



GAINSINSANE.COM

An INSANE Guide to Gaining 20-30 lbs of Muscle
Brought to you by the MASS MAFIA

Are you a young adult in your teens or 20's that has a hard time gaining muscle? Have you tried numerous weight gaining and building programs in an attempt to bulk up only to be disappointed with the results? Well, we are young fitness enthusiasts like you and we sure have.

The only difference between you and us is that we got taught correctly and we are showing you the results as we progressed through the protocols along with many other people. The biggest difference we discovered is that you need to have a simple-to-follow, balanced approach and you must stay consistently committed. If you are older and want to gain insane muscle quick, this program can work for you as well; however, you need to take the right nutrients to boost hormone levels younger people naturally have. We will cover that in a moment.

We were lucky to be raised by parents that are Sports Nutritionists and internationally certified professional trainers. They have been the nutritionist and trainers for professional teams, ranging from the world champions Miami Heat and San Antonio Spurs, to movie stars like Wesley Snipes (Blade II), Olympic gold medalists, and even Pageant contestants needing to put on quick, solid muscle. They have made programs and diets for athletes and weekend warriors who have achieved unparalleled physical success by gaining muscle, utilizing the researched techniques you are about to read.

As teenagers, we got put on the same exact programs and although we started getting good results, it was just too detailed and hard to follow with school, sports, church responsibilities, and, of course, dating!! With the help of our parent's knowledge and especially mom's figure competitor recipes, we have created a program that can put on as much weight and muscle as you want in a short amount of time. The research behind it is based on facts and proven results with professional athletes but modified for

young adults and older people with increased hormone secretion wanting to gain weight and/or muscle.

When it comes to gaining weight and muscle, you can throw all of the witch tales and ridiculous formulas out the door. Sound science and phenomenal results are all that matters. This program focuses on the most important factor. Most of us would gladly spend an extra 30 minutes in the weight room but won't spend 15 minutes in the kitchen preparing the meals that actually create healthy weight and muscle. No matter what you do, don't forget that gaining muscle takes a balanced approach with exercise, rest, supplementation and a major focus on what you eat. The exciting thing is, for the first time, a simple-to-follow program has been made for people with our lives.

Get Passionate

Speaking of how he achieved unparalleled success on the basketball court, Michael Jordan said, "I visualized where I wanted to be, what kind of player I wanted to become.

I knew exactly where I wanted to go, and I focused on getting there."

Michael Jordan, one of the greatest basketball players of all time, set a goal he was extremely passionate about and did everything it took to achieve that goal. In order to accomplish any worthwhile task in life, it is imperative that one possesses the passion necessary to complete the task.

For some people, this is relatively simple – they seem to be naturally passionate about achieving a particular goal in life and nothing, or no one, can keep them from accomplishing what they set out to do. For the rest of the world, this kind of determination is not so easy to maintain. Sure, many people start off extremely excited about accomplishing. We have all dreamed of being rock stars and professional athletes. But, after a few weeks or a few months, what was once a burning flame of desire turns into a flickering spark. For this reason, before you begin the Mass Mafia weight gain program, it is essential that you have a clear and determined goal. **Be extremely passionate about your goal, and be willing to make the sacrifices necessary, no matter how difficult they may be. In order to achieve success on this program you must:**

- a) Be willing to organize your eating plan for the day, week, and month.

- b) Consistently train each day as prescribed (if you are wanting to gain muscle weight).
- c) Sacrifice late nights so you can get a minimum of seven hours of sleep a night.
- d) Take your supplements as directed every time, on time.
- e) Stay motivated by envisioning your goal and staying mindful of it, morning, noon and night.
- f) Don't quit, don't quit, don't quit, and don't ever quit!

If you are willing to follow these guidelines listed above, then your first step towards gains is to write down the reason or reasons that motivated you to want to change your physique in the first place. No matter how silly your reason may sound to other people, your reason provided you with enough motivation to do this program and it can also provide you with the motivation to complete it. **Having a clear goal, writing down this goal, and writing down your motivation for achieving your goal is more vital to your success than any weight-training exercise, any nutrition recommendation, or any supplement you will ever take.** This may sound like an over-exaggeration, but it's true. Before you can change any aspect of your physical condition, you must first change the way you think. Unless your mind is made up and you are determined to achieve your goal despite all obstacles, none of the tools we present to you will give you the body you desire. In order for you to be truly successful, your goal must be the driving force behind everything you do or don't do in regards to your physical condition during the next 12 weeks. With that in mind, complete the goal-related sentences in the program section.



Nutrition

In this section we will focus on educating you and supplying you with the tools to apply proper nutrition to gain insane muscle. The Mass Mafia crew started this program as teenagers and we had to learn how to cook from scratch. Mass building nutrition is different than most diet programs because it involves more than just replenishment. It also calls for going beyond the basic needs levels and allow for weight gain and if you choose, muscle growth. For the people that have a hard time gaining weight, we will start our focus on calories and taste. We have allowed certain foods that our sports nutritionist mentors don't necessarily promote but we are finding that we need to eat a lot and like what we eat to get gains.

We have seen all the papers written of the Why's and research behind the "what to eat" protocols. We are not going to bore you with all that; we are going to just lay out what to eat and how to make it. The bottom line is that you need a ton of anabolic-creating calories to gain weight, and most of us don't get enough. **If you are 30 or younger, your bodies are secreting hormones that burn calories like they're going out of style. We have to add more calories in than we burn. This program is designed to take advantage of that. If you are older, you will need to supplement with nutrients to boost those levels.**

Your nutrition plan is critical to your success in this program. You not only ensure that you receive all of the nutrients needed to create energy and function properly, you must also ensure that you supply your body with large amounts of weight-gaining and muscle-repairing nutrients. The following key areas will help you create the best meal plan for your program.

1. Instead of going through all the complicated calculations and make you count each calorie, we made it simple. You will eat 5,000 calories a day and we will show you easy-to-make recipes that are around 1,000 calories each. You eat five of them a day and you are done. **We call this the "5G a Day" plan. Everyone should lose body fat while putting on 20-30 lbs of muscle. You can adjust the calories as needed but the vast majority of people work well with this number.**

2. Prepare your meals ahead of time. You can do this on your own or, like us, do it with a group, which is way more fun. You will take some food with you to school or work, so make sure you have some containers handy. Having "ready to eat" foods is the key to success.

3. Your largest meal of the day needs to be breakfast. Eating breakfast is like flipping on your metabolic switch. Research shows that the calories you eat early in the day are less likely to be stored as fat than those same calories eaten later on but yet they will be used for healthy weight gain. You want good, healthy weight and not fat. **If you are a teenager, you will have to wake up 30 minutes before school, instead of 15, but this is extremely important.**

4. You will be eating five, six, or more meals per day instead of consuming the average three meals. Frequent eating promotes better cellular delivery of nutrients and also keeps the body from storing the extra calories as fat. You will need to have good high calorie snacks always available. We have figured out the easiest and best ones in our plan. There is also great research showing you can deliver up to 400% more nutrients from your food by taking digestive enzymes. More on that later but more anabolic nutrients delivered from the same food is a good thing.

5. It is vitally important that you consume a sufficient amount of water. Get a water bottle to carry around. Hydration is extremely important in your mass gaining cycle. Water is the critical element that not only influences muscle size, but also helps eliminate toxins and excess sources of stress that can cause a blood sludge condition. This condition impedes the body's ability to recuperate. For this reason, it is imperative that you drink at least eight glasses (1/2 gallon) of water every day.

If your goal is just weight gain, then we recommend jumping to the Nutrition recipes section and start following the simple protocol laid out for you. If you are wanting create insane muscle mass then continue reading the exercise section first.



Exercise

“Pain is inevitable. Suffering is optional.” – Anonymous

This section is for those of you not just wanting to gain weight but also gain muscle mass. Mass Mafia is a group starting off on this journey as teenagers in a small Arizona town that wanted to get bigger muscles for sports, looks, and for health.

Ok, we need to explain a little bit about the science behind our recommendations so you can understand the rationale. Bear with us on a little tech talk.

Optimal mass occurs only when your muscle adapts to a stress it isn't familiar with. There has been a lot of controversy over the years as to what the ultimate exercise program should be, especially when it comes to younger athletes. A complete book going into the different methodologies and sciences of resistance training could be written here, but the purpose of this book is to supply adequate scientific research written in a way that you and your parents know this program is safe and effective.

There are some important terms and concepts that will help you understand why this exercise program will work for you and build larger, healthier performance muscles. For those of you who already know this, remember “If you don't have a voice that forces you back to the basics constantly, you will not keep creating growth in your life.” – D. Grant.

Hypertrophy – When a muscle enlarges (muscle growth)

Intensity – The amount of stress on a body part or muscle fiber in the shortest period of time.

Repetitions “Reps” – The number of times a weight is lifted or pushed without resting or setting the weight down.

Set – The number of times you perform a certain exercise of reps. For example; you do 10 reps of bicep curls for the girls and then set the weight down you have performed one set. If you do another 10 repetitions after a timed break then you have done two sets.

Timing or Speed - The amount of time you spend either lifting or lowering the weight.

Recovery - The amount of time it takes for the muscle to rebuild stronger and larger from the workout.

Compound Movement - An exercise movement (like bench press) that incorporates more than one muscle group and the body moves more than one joint.

Isolation Movement - An exercise that incorporates mainly one muscle group and a single joint on the body moves like the curl.

Mitochondria – These are "cellular power plants" because they supply energy (ATP). They are found in muscle tissue. Your body can create more mitochondria by performing certain exercises. The more mitochondria a muscle has, the greater the muscle endurance and possible growth.

There are two keys to muscle MASS with exercise: 1. create a large amount of intensity on as many muscles and fibers within the muscle as possible in a reasonably short amount of time, and 2. increase the body's natural hormones. This understanding has been accepted for quite some time but there has been great controversy over how much intensity and how much time. The research on the muscle growth response itself, along with the tried and proven techniques used by some of the best athletes in the world, led us to this program. The mastermind group of professionals we consulted includes trainers who have trained thousands of athletes, including teenagers, and also Bill Foran, who is the strength coach for the World Champion Miami Heat. He is so experienced (OLD) because he has been their strength coach for longer than we have been alive, ha ha.

OK, Lets look at some of the science behind this program. In order to create Hypertrophy (muscle mass), you need to place a stress on the muscle. Exercising creates micro-tears. After micro tears are created, there are four main factors that determine how large and strong a muscle will become.

1. **The amount of chemicals the body secretes that hinders or builds muscle** (cortisol, testosterone, growth hormone etc).
2. **The amount of nutrition available to the muscle tissue for rebuilding and growth.**
3. **The stress put on the muscle forcing it to seek nutrients to grow stronger and larger.**
4. **The amount of rest you give the muscle to allow for the healing process to occur.**

Research shows that young muscle (15 -29 yrs.) has a high amount of great hormones like growth hormone and testosterone, that enable the muscles to grow when properly stimulated. Your workout technique will vary depending on the muscles'

endurance level (amount of mitochondria). This sounds technical but we simplify it, so keep reading.

1. **Lift Every Other Day** - Guys, we didn't understand this at first but we don't get bigger muscles when we lift weights. We get bigger muscles after we lift weights if we supply the right foods and rest. We lift one day heavy and then focus on sport stuff like jumping and agility work on the off day. This is important. We lift heavy on Mondays Wednesdays and Fridays.
2. **Frequency** – Lift heavy at least two days a week. All three is ideal but once in a while, we have a game or something on one of those days so we don't get three in but it is imperative to lift heavy on at least two days.
3. **Repetitions** – To make it simple, this is what we do. We do 21 repetitions of squats, deadlifts and bench press for two weeks. This builds up our muscle endurance and hormone secretion. After that, we lower the reps.
4. **Sets** – We do 2 to 4 sets of each exercise. We have built a workout chart so all you have to do is follow it.
5. **Speed/Timing** - Everyone argues about this, but the answer for this program is smoooooth. Don't lift so fast that momentum carries the weight, and don't lift so slow that it is painfully boring.
6. **Rest** - One of the key components that determines whether or not increased muscle mass is created from your workout is the amount of recuperation. It is extremely important that you sleep at least seven hours every night. Research shows that if you don't get enough sleep, your muscle building and recuperation needs will not be met. It is so critical that you get your mass sleep that you should make it a priority to get to bed on time over everything else.
7. **Compound/Isolation Movements** - When wanting to gain increased mass, compound movements should be your primary focus. We concentrate on compound movements that work a lot of muscles and that increase the most testosterone and growth hormones. The best compound (multi-joint movement) lifts are the:
 - **Squat** – This exercise employs over 240 different muscles and builds great legs so we don't run around with toothpick legs and a large chest like so many teenagers do.
 - **Deadlift** – This is for legs, glutes, and back and is a great overall muscle builder.
 - **Bench Press** – This exercise develops the chest, giving the great cleavage factor, and also triceps and shoulders.
 - **Pull-Up or Pull-Down** - This works the back muscles and give the v-taper look that we want. Wings, baby!

- **Military Press** – Develops the deltoids (shoulders). These look great larger (like Dwight Howard's) and are extremely helpful for all sports.
- **Dips** – This exercise really builds the triceps giving the horseshoe look. We are from Arizona but the only horseshoes we deal with are on the backs of our arms.

These six are the best exercises for muscle weight gain and are staples of the Mass Mafia program. There has been some crazy cool studies including MRI's and Thermo imaging (crazy xray stuff) that have proven this. A less known factor is that compound movements at lower reps increase your testosterone levels. Higher reps with isolation movements help the body create more growth hormone. A recent study showed that both testosterone and growth hormone levels together create an environment for the most muscle growth. The exercises, sets, and speed in the mass mafia program will create an environment for the best secretion of natural anabolic hormones. No steroids or drugs with the Mass Mafia. In fact, our mentors in this field pride themselves on getting people off steroids and showing them how they can get large muscles and great performance naturally. Also, it is cool to note that the Olympics will now feature classic physique bodybuilding as a sanctioned sport. If you are natural, stay natural.

Lastly. Stretch, stretch, and stretch in order to help increase the ability for your muscles to grow. This important tip is not only crucial for increased size, but also for injury prevention and additional range of motion. One of the biggest mistakes when trying to enlarge muscles is not stretching. A myth about large muscles is that they restrict your motion and they are not favorable for true performance. This couldn't be further from the truth. Our mentors have worked with some body builders who have had extremely large muscles and could still do the splits and out-stretch anyone in a yoga class. We have seen smaller muscled athletes who can't bend down and touch their toes. The key is how flexible you keep the muscles through proper stretching. As with exercise, there are many stretching variations and techniques. The research is quite clear that you can benefit from any type of stretching. We will make some recommendations to you.

In the actual workout section, we have laid out some stretches for you to do after your workouts and on non-lifting days.



Supplementation

Because of the extreme amount of calories you are going to consume, we highly recommend a supplement to digest it all. If you don't digest the foods, you won't get the nutrients delivered to your cells and you won't gain healthy weight. The other problem with not digesting your foods is that you will get a lot of gas. We don't like gas. With 5,000 calories per day, the more we can help our body digest foods, the less gas and more energy we will have. Our bodies won't have to work so hard to break the foods down. Do you remember getting tired after your big thanksgiving meal? Well, part of it was the turkey you ate. It also had to do with the amount of calories and your body's inability to digest so much in such a short time. Your body was overfed and it took energy from you to get that food digested and, before you knew it, it was nappy time.

Luckily, there is a special product that focuses on digesting all the foods in our eating plan and specifically the grain proteins (they call it gluten) and the dairy sugars (lactose). It was meant to be for people wanting to make sure they digested all the proteins you come across and works perfect to help digest all the macronutrients in the 1,000 calorie meals on the Mass Mafia eating program.

It has enzymes and probiotics to digest everything. It is called the Athlete Digestive Formula. Check it out on our website at **GAINSINSANE.COM** to order if you want. Oh yeah, you can use the promo code "*massmafia10*" and get a crazy good discount. If you don't use the digestion formula, try to find a good balanced plant enzyme formula from WalMart or a local health food store. Just take 1-2 capsules with each 1,000 calorie (1G) meal.

Supplements for building muscle

This area of your program is clouded by a whole bunch of hype and misinformation. Instead of talking about all of the "good and bad" nutrients, we will focus on the nutrients proven through research and science to significantly help you build muscle immediately. Many of the top sports nutrition scientists and writers have studied the peer reviewed journals. They came out with their list of the top proven nutrients for muscle growth, and this applies to teenagers. Lets take a look at them and what they can do for you.

The top are: Nitric Oxide boosters, Creatine, Glutamine and BCAA's (Branch Chain Amino Acids)

Nitric Oxide boosters are nutrients that your body uses to create Nitric Oxide (NO). It expands your blood vessels, allowing for oxygen and muscle-enhancing, fat-burning nutrients to get in. It also expands the blood vessels, creating phenomenal pumps and vascularity during your workouts. For the Mass Mafia program we will be combining “nitrates” from foods to do this job.

Creatine is the most widely known and used nutrient for muscle performance. Because it is so popular, there has been some controversy in the media as to whether or not creatine is effective and safe. Let us be very clear. **You will not see or hear of a nutrient being recommended by the Mass Mafia crew to anyone unless there is sufficient studies to back up not only its effectiveness, but also its safety and non-toxicity.**

Over 200 university clinical studies show creatine improves muscle size, strength, and speed according to a review of the clinical research published in Molecular and Cellular Biochemistry. Baylor University researcher, Dr. Richard Kreider, reports that of the approximately 300 studies that have evaluated the potential ergogenic value of creatine supplementation, about 70% of these studies report statistically significant results. The remaining studies generally report non-significant gains in performance. Dr. Kreider says that creatine supplementation during training has been reported to promote significantly greater gains in strength, fat free mass, and performance, primarily of high intensity exercise tasks.

Creatine creates a higher rate of energy (ATP) synthesis, resulting in a delay the onset of muscle fatigue and facilitating more rapid recovery during high intensity exercise. Creatine is converted to a usable form inside of the liver and kidney and is then released into the bloodstream so it can be taken up by muscle cells. Around 95% of the body's total creatine/phosphocreatine pool is found in muscle. Through monitoring the amount of creatine and phosphocreatine that cycle through the body in a certain amount of time, we are able to measure how much creatine a lifter uses.

Glutamine is the king of nutrients proven to enhance muscle growth and performance. Glutamine is an amino acid that, until the last few years, was not thought to be essential. Now research shows that glutamine is dramatically used up under any type of stress, and needs to be replenished. Glutamine is both directly anabolic (muscle building) and anti-catabolic (stops muscle degradation) at the same time. It has been

proven to be non-toxic. It greatly supports the immune system and is the main food for the GI tract, which is key to long term performance success, **and** our crazy diets.

Your glutamine needs after intense training can increase tenfold. Most of our glutamine reserves are stored in muscle tissue. Your body considers muscle tissue to be much less important than its other metabolic needs. Therefore, when demand increases, the first thing your body does is start to break down muscle to release glutamine into the blood stream to be used elsewhere. That's catabolism.

Multiple studies have shown that supplementing with glutamine during workouts will spare your muscle from catabolism. As for its anabolic effects, not only does glutamine directly stimulate the production of both growth hormone and Gonadotropin. It also promotes glycogen synthesis. It's one of the most potent muscle cell-enhancing agents known.

As if this wasn't enough, glutamine also suppresses the effects of cortisol, can be converted to blood sugar when needed. creates a powerful antioxidant, stimulates neurotransmitter production, and even supports production of natural killer cells in the immune system. L-Glutamine available through M.M. in a straight powder to ensure proper dosing.

Branch Chain Amino Acids (BCAA's): The branch chain amino acids are three key amino acids that along with over 20 other aminos, make up a protein. leucine, iso-leucine and valine are the names of each individual BCAA. These three amino acids make up one third of the muscle intake after exercise. During intense exercise and in conditions of a relative lack of energy, the metabolism of the BCAA's is accelerated in muscle. It has been proven that the administration of BCAA's during short-term and long-term exercise, resulted in significantly greater muscle and glutamine production, as well as lower lactate production, than is observed during exercise without BCAA supplementation. The amount of each amino acid supplemented is important. A 2:1:1 ratio towards leucine is best.



What To Take & When

Because it can be confusing, we have laid out a specific package for you to make it simple, effective and very inexpensive.

We recommend you get set up with the supplements straight from the manufacturer and ones that have certificates of analysis proving their potency and purity. This way, you get guaranteed results with high potency formulas and super cheap pricing because there is no middleman.

We are going to have you purchase a customized ATHLETE BOX from Gains In Bulk. Go to www.gainsinbulk.com/athletebox and put these 5 items in your box.

1. Crea-Nitric 100 ----- Pre-Workout Creatine Nitrate
2. PCT Flush ----- Pre-Workout energy formula without synthetic caffeine
3. BCAA's ----- Branch Chain Amino Acids to be used during workout
4. Glutamine ----- Glutamine powder to be used during workouts to speed up recovery
5. ADF ----- Athlete Digestive Formula to digest all your foods

These will be shipped to you in a month's supply and will come each month until you don't want anymore gains. In other words, we always get ours. 😊 If you buy this many products from any other company it would cost you \$4-500.00 a month but through Gains in Bulk it costs less than \$60.00 a month.

Post Workout Nutrition

You must consume one of your 1,000 calorie meals within 30 minutes of finishing your workout, along with a capsule of the Digestion enzyme. A lot of people make one of the shakes because they don't feel like eating much. However you do it, make sure you eat right after your workout and consume muscle building nutrients. You have a one hour window where your body soaks up extra nutrients for muscle growth.

The Mass Mafia Program

GET PASSIONATE

1. Write down your goal and your motivation for achieving that goal.
2. Read your goal and motivation statement morning and night.
3. Find a picture that motivates you to have larger muscles and put it up in a place where you will see it often.

Three months from now, I envision myself _____

I want to achieve this goal because _____

After you have completed the above sentences by writing down your goal and your reason(s) for achieving your goal, read what you have written first thing every morning, and again right before you go to bed every night. In addition, find a picture of an individual that possesses the size you would like to achieve and hang the picture up on your mirror, refrigerator, or some other place where you will see it often. Then, when obstacles come, as they most certainly will, you can re-motivate yourself. Above all, remember that nothing can prevent you from achieving your goal, except yourself.

***Challenge Yourself:**

1. Beep! Beep! Beep! Its 5:00 in the morning and your alarm signals it's time to get up and do your daily workout. The only problem is you stayed up until 1:00 a.m. the night before to finish a huge project for school and you are exhausted. Do you stay in bed and tell yourself you'll work out twice as hard tomorrow?
2. It's Friday night and you just got back from a hot date and realized you haven't hit your 5G mark for calories for the day. You are tired and don't feel like eating. Do you go to bed without eating the final calories to hit your 5,000 mark?

If you answered "yes" to either one of these questions, you need to immediately go back and get more passionate about your goal before continuing with this manual. Failure to do so will greatly hinder your success in gaining weight.

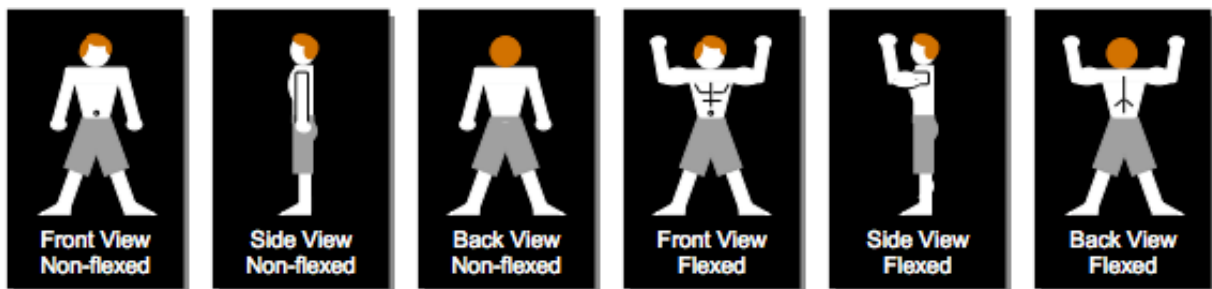
Track Your Progress

1. Take pictures of yourself at the beginning and at the end of your program.
2. Measure and record your weight, body fat percentage, and circumference measurements at the beginning of your program and every four weeks thereafter.

In order to maintain your passion throughout the complete 12 weeks of this program, it is essential that you track your progress. The best way to accomplish this is by taking “before” & “after” pictures along with periodic body fat & circumference measurements. By constantly reviewing your before pictures and taking periodic measurements, you will receive excellent motivation to help you achieve your goal.

Taking The Before & After Pics

Take pictures of yourself before you begin the weight gain program whether you are doing the muscle building part or not, and, again at the end of the 12 week program. Follow this procedure:



- Wear the same bathing suit or shorts for both sessions
- Stand in front of an uncluttered background
- Have the photographer make sure your entire body is in the picture
- Stand with your hands at your side, and your feet spaced evenly apart
- Take a total of six pictures (as shown in above diagram)

Measuring Your Body Fat Percentage

Before you begin the program, you will need to measure your body fat percentage and then again after your 4, 8, & 12 week marks. Have a local trainer do your body fat measurement or you can order your own calipers to measure your body fat on our website, gainsinsane.com.

If you don't want to do either of those things, you can keep it simple by following what we call the 'AB PACK RULE". If you are a guy who's looking in the mirror and have NO abs showing then you have over 20% body fat. If you have a 2-pack, thats around 16-19%. If you see a 4-pack of abs, you are around 12-15%. If you got the sought after 6-pack then you are between 8-10%. if you have the 6 pack abs and the money maker muscle that starts at your hip and goes down diagonally the you are 9% or lower.

Measuring Your Body Fat Percentage.

We encourage you to weigh-in each week and to take measurements at the beginning of the 12 week program, 4 weeks into the program, 8 weeks into the program, & at the end of the 12 weeks. Record your measurements.



ASSESSMENT

NAME _____ AGE _____ HEIGHT _____

BEGINNING DATE ____ / ____ / ____ END DATE ____ / ____ / ____

WHAT DO YOU ENVISION YOURSELF ACCOMPLISHING IN 12 WEEKS:

WEIGHT & BODY FAT PERCENTAGE

	BEGINNING	WEEK 4	WEEK 8	WEEK 12	DIFFERENCE
SCALE WEIGHT					
BODY FAT PERCENTAGE					

CIRCUMFERENCE MEASUREMENTS

	BEGINNING	WEEK 4	WEEK 8	WEEK 12	DIFFERENCE
NECK					
RIGHT BICEP - RELAXED					
RIGHT BICEP FLEXED					
LEFT BICEP - RELAXED					
CHEST					
WAIST					
HIPS					
RIGHT THIGH					
RIGHT CALF					
LEFT CALF					

*MEASURE EACH CIRCUMFERENCE TWO TO THREE TIME TO FIND THE LARGEST POINT. RECORD THE LARGEST MEASUREMENT.

NUTRITION

MASS MAFIA RECIPES

NOTE: Even though these recipes are in the breakfast or lunch sections, it doesn't mean you can't eat them anytime. The mass muffins are a favorite throughout the day because they are easy to carry and taste super good.

Breakfast Recipes

Mass Muffins: *(makes 6 large muffins, 1 muffin w/ butter and glass of whole milk 1000+ calories)*

- ½ cup coconut oil
- 1 ½ cups sugar
- 2 eggs
- 1 ½ cups flour (wheat preferred)
- 1 cup oats
- 1 tsp salt
- ½ tsp baking soda
- 2 bananas mashed
- ½ tsp vanilla
- ½ cup sour cream or greek yogurt
- 1 cup nuts
- ½ cup raisins (optional)
- ½ cup chocolate chips (optional)

Preheat oven to 350 degrees. Mix together the oil and sugar, add eggs and mix. Mix together all dry ingredients first; add to the oil/sugar/egg mixture. Next add the banana, sour cream and vanilla. Last add the nuts. Put in large muffin tin—6 per pan. (Don't forget to spray tin with nonstick spray) Bake at 350 degrees for about 45 minutes.

Overload Oatmeal: *(makes 1 serving, 1000+calories)*

- ½ cup oatmeal
- ½ cup heavy whipping cream
- ¼ cup raisins
- ¼ cup seeds or nuts
- ½ banana
- 1 scoop Complete Performance

Cook oatmeal according to package add all ingredients (except whipping cream) while cooking. Pour whipping cream over oatmeal and eat.

Buffed Out Egg Burrito: *(makes 1 burrito—850 calories. Add a glass of milk to hit 1000 calories)*

1 whole wheat tortilla
3 eggs
½ cup diced ham
1/3 cup shredded cheese
1 Tbsp butter (to cook eggs)

Scramble eggs in pan with butter and ham. Put inside tortilla cover with cheese and salsa if desired.

Protein Packed Power Pancakes: *(makes 16 pancakes. 400 calories per 2 pancakes; top with syrup, butter and peanut butter for an additional 400+ calories. Each serving (2 pancakes with toppings and a glass of whole milk 1000 calories)*

1 cup dry steel cut oatmeal
2 cups whole wheat pastry flour
4 scoops protein powder
1 cup chopped walnuts
1 tsp baking soda
2 tsp baking powder
¼ cup sugar
2 eggs
2 tsp vanilla
1 cup whole milk
1 cup water

Topping

¼ cup full calorie syrup per 2 pancakes
1 Tbsp butter per 2 pancakes
1 Tbsp peanut butter per 2 pancakes

Mix all dry ingredients in a bowl and mix all wet ingredients in a bowl. Combine dry to wet and mix well. Cook on skillet in butter to add extra calories.

LUNCH RECIPES

Peanut Butter & Jelly Sandwich *(makes 1 sandwich, 850 calories)*

2 slices dense whole wheat bread or whole wheat bagel
4 Tbsp peanut butter
2 Tbsp preserves
1 cup whole milk to drink

I hope you know how to make a PB&J!

Chicken Salad Sandwich: *(makes 12-15 sandwiches. Mix entire recipe, it will stay good for a week in the fridge. Eat all week long and share with others trying to gain weight. One sandwich w/ cheese and glass of milk or juice = 1000+ calories)*

5 lbs cooked chicken breast (shredded or chopped)

1 quart mayonnaise

1 cup sour cream

½ cup apple juice

2 tsp salt

1 tsp pepper

1 tsp onion powder

1 tsp garlic powder

3 gala apples (cut into small pieces)

1 stalk celery (chopped)

2 cups grapes (cut in half)

1 cup pecans (chopped)

Mix all wet ingredients and spices first. Then add chicken and all other ingredients. Take ½ cup to a cup and put on whole wheat bread with cheese. Note: you can use canned chicken if preferred; you will use 3-5 large cans for this recipe. Once the large batch is made this makes for an easy meal anytime.

Chicken Burrito: (makes 1 burrito, 630 calories; add a glass of milk for additional calories)

1 whole wheat tortilla

1 chicken breast diced

½ avocado or ½ cup guacamole

1/3 cup cheese Salsa or veggies as desired

Put all ingredients inside tortilla, roll and enjoy!

DINNER RECIPES

Mass Mafia Pasta *(makes 1 serving; cook extra and freeze for later. 1090 calories per serving)*

2 cups cooked egg noodles

1/3 cup pesto

1 baked or grilled chicken breast diced

1 cup mixed vegetables

¼ cup shredded parmesan

Boil noodles, drain water, add all other ingredients, enjoy.

Chinese Rice: *(makes 1 serving, cook extra and freeze for later. 1000 calories)*

- 2 cups cooked brown rice
- 2 Tbsp oil (safflower or extra virgin olive oil preferred)
- 2 eggs
- 1 cup mixed veggies
- 3 Tbsp mandarin sauce (we like Panda Express brand)

Cook rice according to directions. Heat oil in skillet add eggs and fry; add rice and other ingredients. This rice contains over 1000 calories. If you prefer to add chicken or salmon you can add another 150-200 calories!

Chicken Enchiladas (sort of): *(makes 3 servings, serving size 2 cups; 790 calories)*

- 1 (10.75 oz) can cream of mushroom soup
- 1 (15 oz) can enchilada sauce
- 2 cups cooked chicken breast diced
- 1 cup cheddar cheese
- 1-2 cups crushed tortilla chips

Preheat oven to 375 degrees. Mix all ingredients in a large bowl. Pour mixture in a greased 1.5 quart casserole dish. Bake for 25 minutes. To add even more calories eat with sour cream.

Bagel Pizza: *(makes 1 serving, 780 calories. Add large glass of milk or juice to reach 1000 calories)*

- 1 whole wheat bagel split in two
- 1 Tbsp. olive oil
- ¼ cup pizza/marinara sauce
- ½ cup mozzarella cheese
- Garlic salt to taste
- Any other toppings you prefer

Put split bagel on broiler pan or cookie sheet spread olive oil over both pieces and let brown under broiler (keep a close eye on it so it won't burn) or you can fry oil side down in skillet until lightly browned) remove and cover with all toppings; sprinkle with garlic salt and put back under broiler for another minute or two, until cheese is melted.

ANY TIME MEALS

Chocolate Peanut Butter Banana Performance Shake: *(makes 1 shake; 1079 calories per serving)*

2 cups whole milk
2 scoops GIB-100 Chocolate Malt protein performance powder
¼ cup peanut butter
2 Tbsp chocolate syrup
1 banana
Ice

Nutty Vanilla Banana Berry Performance Shake: *(makes 1 shake; 950+ calories per serving)*

2 cups whole milk
2 scoops GIB-100 Vanilla Milkshake protein performance powder
¼ cup macadamia nuts
2 Tbsp strawberry preserves
1 banana

No Bake Protein Cookies: *(makes about 11 LARGE cookies at 600+ calories each)*

½ cups sugar
4 Tbsp cocoa
½ - 1 tsp vanilla
1 cup whole milk
2 cubes butter
1 cup peanut butter
4 cups oatmeal
5 scoops GIB-100 protein performance powder

Bring the first 5 ingredients to a boil. Boil for 1-2 minutes. Remove from stove top and add remaining ingredients; immediately scoop ½ cup worth onto foil to set.

OK, here we go. You need to start making the recipes and getting used to them. It is sooo important that YOU learn to make them and not rely on others. The goal is to get your food intake to where you are consuming 5,000 calories a day (5G's). We are going to lay out a basic day plan for you and give you some suggestions to make it happen.

NORMAL WORK/SCHOOL DAY PLAN

Breakfast - Get up 15 minutes early and make the OVERLOAD OATMEAL or if you are in a rush, make one of the Shake recipes.

Lunch - Take a Mass muffin or Buffed out egg burrito to eat at lunch (Make sure you drink a cup of whole milk with it) Eat other foods that you can also get hold of at lunch.

After School - Make the Mega Peanut Butter and Jelly sandwich and drink a cup of whole milk with it.

Dinner - Make one of the Dinner recipes (Mass Mafia pasta, Chicken Enchiladas (Sort Of), or the Chinese dish).

Before Bed - Either make a Shake or eat a muffin. Some people also like the burritos before they go to bed.

For snacks, always keep trail mix or dark chocolate (60% or higher) handy and much on them ALL THE TIME. Make up some baggies and take them with you everywhere

5G Meal Plan Tracker

Print the blank "5G Meal Plan Tracker" page a bunch of times and fill one out for each day. This will help you focus on getting 5,000 calories a day. Here is what a tracker would look like if you followed the above recommendations.

SCHEDULE	FOODS EATEN	CALORIES	SUPPLEMENTS
BREAKFAST	Overload Oatmeal	1,000	1 digestion enzyme 5 grams BCAA's 2 PCT Flush
MID-MORNING SNACK	Handful of chocolate covered macadamia nuts	500	
LUNCH	Mass Muffin, Glass of Milk, and ate at school cafeteria	1,000 <small>cafeteria calories unknown</small>	2 digestion enzymes
AFTERNOON SNACK	Peanut Butter and Jelly sandwich and glass of milk	1,000	1 digestion enzyme 5 grams BCAA's 5 grams Glutamine 1/4 Crea-Nitric
DINNER	Chicken Enchiladas (sort of)	1,000	2 digestion enzymes
30 MINUTES BEFORE BED	Choco PB shake	1,000	1 digestion enzymes
TOTALS	HOW MANY DIFFERENT TIMES DID I EAT TODAY? 6	TOTAL CALORIES 5,500+	DID I TAKE ALL MY SUPPLEMENTS YES NO

5G MEAL PLAN TRACKER

SCHEDULE	FOODS EATEN	CALORIES	SUPPLEMENTS
BREAKFAST			
MID-MORNING SNACK			
LUNCH			
AFTERNOON SNACK			
DINNER			
30 MINUTES BEFORE BED			
TOTALS	HOW MANY DIFFERENT TIMES DID I EAT TODAY? _____	TOTAL CALORIES _____	DID I TAKE ALL MY SUPPLEMENTS YES NO

The Workout

First thing you need to do is find a gym or create a workout area in a home garage, like we did. Make sure it is a location you can easily get to three times a week.

Next, you need to see your muscle endurance level by seeing how many reps you can do at squat, bench press and deadlift. Its actually pretty simple to figure out which weight to use. Here is how you do it.

- **Squat and Deadlift** (*weeks 1 & 2*) – Do some warm-up squats with low weight. Then load the bar with 30 lbs more than your FULL body weight and do as many repetitions as you can. If you weigh 140 lbs you will be trying to get 21 reps at 170.
- **Bench Press** (*Weeks 3 & 4*) - Warm up with 8 repetitions of $\frac{1}{2}$ your body weight. Do this twice (2 sets). Then load the bar with 25 more pounds. You will be lifting 25 lbs more than HALF your body weight. For example if you weigh 150 lbs then you would take half of that which is 75lbs. and add 25lbs to it. You will be lifting 100 lbs. You are shooting to be able to do 21 repetitions for 3 sets. Make sure you have a spotter.

The Mass Mafia workout is set up to help you create more muscle endurance, size, and flexibility. You will be doing 21 reps on certain exercises so that you can build up more mitochondria. You can build up a whole bunch of them by lifting a certain way. This is what we are doing with the 21 rep scheme.

The other repetition and set protocols are created to build large amounts of hormone secretion for insane muscle gains. It is recommended that you have started puberty before you do this program. Starting too young can do more harm than good.

The workout chart lays out exactly what to do on which workout days. Make sure you STRECH after your workouts and on off days. This is critical because we are building new muscle and we want it flexible.

MASS MAFIA WORKOUT CHART

*For the Bicep Curls, and Abs Super-Set, you will be doing a super-set of 3 different bicep or ab exercises of your choice. Do each exercise for 30 seconds and immediately go to the next exercise. After you are done with the three exercises in the super-set, take a 1 minute break and repeat for a total of three sets.

WEEKS 1 & 7	MONDAY					WEDNESDAY					FRIDAY				
EXERCISE	REPS	SET 1	SET 2	SET 3	SET 4	SET 1	SET 2	SET 3	SET 4	SET 1	SET 2	SET 3	SET 4		
Squat (2 days) Deadlift (1 day)	21														
Hip Thrust	21														
Bench Press	8, 6, 4, 4														
Pull-Ups	8														
Military Press	8														
Dips	8														
*Bicep Curls															
*Abs Super-Set															

WEEKS 2 & 8	MONDAY					WEDNESDAY					FRIDAY				
EXERCISE	REPS	SET 1	SET 2	SET 3	SET 4	SET 1	SET 2	SET 3	SET 4	SET 1	SET 2	SET 3	SET 4		
Squat (2 days) Deadlift (1 day)	21														
Hip Thrust	21														
Bench Press	8, 6, 4, 4														
Pull-Ups	8														
Military Press	8														
Dips	8														
*Bicep Curls															
*Abs Super-Set															

MASS MAFIA WORKOUT CHART

*For the Bicep Curls, and Abs Super-Set, you will be doing a super-set of 3 different bicep or ab exercises of your choice. Do each exercise for 30 seconds and immediately go to the next exercise. After you are done with the three exercises in the super-set, take a 1 minute break and repeat for a total of three sets.

WEEKS 3 & 9	MONDAY						WEDNESDAY					FRIDAY			
EXERCISE	REPS	SET 1	SET 2	SET 3	SET 4		SET 1	SET 2	SET 3	SET 4		SET 1	SET 2	SET 3	SET 4
Squat (2 days) Deadlift (1 day)	8, 6, 4, 4														
Hip Thrust	21														
Bench Press	21														
Pull-Ups	8														
Military Press	8														
Dips	8														
*Bicep Curls															
*Abs Super-Set															

WEEKS 4 & 10	MONDAY						WEDNESDAY					FRIDAY			
EXERCISE	REPS	SET 1	SET 2	SET 3	SET 4		SET 1	SET 2	SET 3	SET 4		SET 1	SET 2	SET 3	SET 4
Squat (2 days) Deadlift (1 day)	8, 6, 4, 4														
Hip Thrust	21														
Bench Press	21														
Pull-Ups	8														
Military Press	8														
Dips	8														
*Bicep Curls															
*Abs Super-Set															

MASS MAFIA WORKOUT CHART

*For the Bicep Curls, and Abs Super-Set, you will be doing a super-set of 3 different bicep or ab exercises of your choice. Do each exercise for 30 seconds and immediately go to the next exercise. After you are done with the three exercises in the super-set, take a 1 minute break and repeat for a total of three sets.

WEEKS 5 & 11	MONDAY					WEDNESDAY					FRIDAY				
EXERCISE	REPS	SET 1	SET 2	SET 3	SET 4		SET 1	SET 2	SET 3	SET 4		SET 1	SET 2	SET 3	SET 4
Squat (2 days) Deadlift (1 day)	8, 6, 4, 4														
Hip Thrust	21														
Bench Press	8, 6, 4, 4														
Pull-Ups	8														
Military Press	8														
Dips	8														
*Bicep Curls															
*Abs Super-Set															

WEEKS 6 & 12	MONDAY					WEDNESDAY					FRIDAY				
EXERCISE	REPS	SET 1	SET 2	SET 3	SET 4		SET 1	SET 2	SET 3	SET 4		SET 1	SET 2	SET 3	SET 4
Squat (2 days) Deadlift (1 day)	8, 6, 4, 4														
Hip Thrust	21														
Bench Press	8, 6, 4, 4														
Pull-Ups	8														
Military Press	8														
Dips	8														
*Bicep Curls															
*Abs Super-Set															

Stretching

Here is a set of stretches you can do after workouts and on off days.

Hamstrings: Laying on your back with the left leg bent, using your quads raise your right leg as if you were kicking a ball over your head. Keep your knee locked. Once you have your leg as high as you can grab the back of your knee or use a rope looped around your foot and gently pull for a two count. Release to the starting position and repeat 6 – 10 times then switch to the other leg.

Quadriceps: Laying on your left side with the left knee flexed up to your chest. Hold the left knee in place with the left hand. Bend your right leg so you can grasp the ankle or use a rope looped around your ankle with your right hand. Extend the right knee back by contracting your hamstring and buttocks then pull with your right hand for a two count. Release and repeat 6 – 10 times then switch to other leg.

Gluteals: Laying on your back with your left leg extended and your right leg bent. Place your hands on your right knee and pull toward your left shoulder. Remember to activate the muscles in your groin so you are not just relying on your arms to do the work. Hold for a two count, release to the starting position and repeat 6 – 10 times then switch to the other leg.

Calves: In a seated position with one leg straight in front of you and the other bent with the sole of your foot on the floor. Lean forward and grab the bottom of the toes of the bent leg. Using the muscles in the front of your lower leg lift your toes toward your knee then pull with your hands. Hold for a two count, release to the starting position and repeat 6 – 10 times then switch to the other leg.

Chest: Standing with your arms in front of you at shoulder height, palms together. Squeeze your shoulder blades together keeping your arms straight reach back as far as you can. Hold for a two count, release to the starting position and repeat 6 – 10 times.

Shoulders/Biceps: In a standing position clasp your hands behind your back (interlace fingers), palms facing away from you. Keep your arms straight and lift away from your back. Hold for a two count, release to the starting position and repeat 6 – 10 times.

Triceps: Place your right hand, palm down, on your right shoulder. Lift your elbow toward the ceiling, assist with your left hand. Hold for a two count, release to the starting position and repeat 6 – 10 times then switch to the other arm.

Lats: Stand with your arms straight at your sides palms facing forward. Lift your right arm out to the side and up over your head as high as you can, keeping your arm straight. (like your doing a jumping jack) With your left hand grasp your right elbow and

pull trying to get your right arm behind your head. Hold for a two count, release to the starting position and repeat 6 – 10 times then switch to the other arm.

Low Back: From a seated position with your legs bent and the soles of your feet on the floor, wider than shoulder width. Bend forward at the hips reaching through your legs as far as you can. If possible clasp your feet and pull to aid the stretch. Hold for a two count, release to the starting position and repeat 6 – 10 times.

Forearm: With your left arm straight out in front of you bend your wrist so your palm is facing forward as though you are telling someone to stop. With your right hand pull your left fingers toward you and feel the stretch on the under side of your left forearm. Hold for a two count, release to the starting position and repeat 6 – 10 times then switch to the other arm.

Conclusion

As you have seen, this program is unlike any other. The reason the NBA and countless athletes seek out our mentors is because they don't base programs on opinions. **An eight million dollar athlete is not to be used as a guinea pig and neither should we.** We all need proven results that work for those wanting to build muscle naturally. We've given you all the proven tools that you need to be successful in your efforts to gain weight. Now the rest is up to you.



