

à, •à, ±à, §à, -à, çà^à, ²à, †à, •à, ²à, £à, ^à, ±à, "à¹, à,)à, £à¹•à, •à, £à, |à, -à, ²à, «à, ²à, £à¹€à, ªà, £à, ´à,

à, ªà¹à, †à¹€à, £à, à¹à, -à, †à¹, à, "à, ç Administrator

Monday, 17 March 2008

à¹à, •à¹%à¹, à, à, ¥à¹à, ²à, ªà, à, "à¹€à, |à, -à¹à, - Monday, 11 August 2008

Muscle Gain Stack

All the whey Creatine: Power up and Cell Volumizing

All the whey BCAA: Building Muscle Block

Dymatize Elite Whey : Filling The Block

Optimen : Multivitamin

Week1

Creatine
Whey
BCAA

Mon
4 x 5g *
2-4scoop
5g

Tue
4 x 5g
2-4scoop
5g

Wed
4 x 5g
2-4scoop
5g

Thu
4 x 5g
2-4scoop
5g

Fri
5g**
2-4scoop
5g

Sat
5g
2-4scoop
5g

Sun

5g
2-4scoop
5g

Week2

Creatine
Whey
BCAA

Mon
2x5g***
4-6scoop
5g

Tue
2x5g
4-6scoop
5g

Wed
2x5g
4-6scoop
5g

Thu
2x5g
4-6scoop
5g

Fri
2x5g
4-6scoop
5g

Sat
2x5g
4-6scoop
5g

Sun
2x5g
4-6scoop
5g

Week3

Creatine

Whey
BCAA

Mon
2x5g
4-6scoop
10g

Tue
2x5g
4-6scoop
10g

Wed
2x5g
4-6scoop
10g

Thu
2x5g
4-6scoop
10g

Fri
2x5g
4-6scoop
10g

Sat
2x5g
4-6scoop
10g

Sun
2x5g
4-6scoop
10g

Week4

Creatine
Whey
BCAA

Mon
2x5g
4-6scoop
10g

Tue
2x5g

4-6scoop
10g

Wed
2x5g
4-6scoop
10g

Thu
2x5g
4-6scoop
10g

Fri
2x5g
4-6scoop
10g

Sat
2x5g
4-6scoop
10g

Sun
2x5g
4-6scoop
10g

Week5

Creatine
Whey
BCAA

Mon
2x5g
4-8scoop
10g

Tue
2x5g
4-8scoop
10g

Wed
2x5g
4-8scoop
10g

Thu

2x5g
4-8scoop
10g

Fri
2x5g
4-8scoop
10g

Sat
2x5g
4-8scoop
10g

Sun
2x5g
4-8scoop
10g

Week6

Creatine
Whey
BCAA

Mon
2x5g
4-8scoop
15g

Tue
2x5g
4-8scoop
15g

Wed
2x5g
4-8scoop
15g

Thu
2x5g
4-8scoop
15g

Fri
2x5g
4-8scoop
15g

Sat

2x5g
4-8scoop
15g

Sun
2x5g
4-8scoop
15g

Week7

Creatine
Whey
BCAA

Mon
2x5g
4-8scoop
15g

Tue
2x5g
4-8scoop
15g

Wed
2x5g
4-8scoop
15g

Thu
2x5g
4-8scoop
15g

Fri
2x5g
4-8scoop
15g

Sat
2x5g
4-8scoop
15g

Sun
2x5g
4-8scoop
15g

Week8

Creatine
Whey
BCAA

Mon
5g
4-8scoop
15g

Tue
5g
4-8scoop
15g

Wed
5g
4-8scoop
15g

Thu
5g
4-8scoop
15g

Fri
5g
4-8scoop
15g

Sat
5g
4-8scoop
15g

Sun
5g
4-8scoop
15g

Creatine

*4 x5g = 1tsp in the morning , 1tsp before workout, 1tsp after workout, 1tsp before sleep

**5g = before workout

***2x5g = 1tsp 30min before workout 1tsp right after workout

Whey Protein

2- 4 scoop = 1scoop before training , 1-2 scoop after training, 1scoop in the morning, 1scoop mix with milk before bed.

4-6 scoop = 1scoop before training, 1-2scoops right after training, 1scoop between meals 2-3 times daily.

4-8 scoop = 2scoops before training, 2scoops right after training, 2scoop between meals 2 times daily

BCAA

5g = 1tsp after training

10g= 1tsp before training,1tsp after training

15g= 1tsp before training,1tsp after training, 1tsp before bed.

MultiVitamin

For maximum Result take OPTIMEN® 3tablets daily with meals . 1in the morning,1 after workout, 1 Before Bed
Male Fat burn stackDymatize Elite Whey: Keep the Mass

All the whey Glutamine: Block Muscle, Improve immune system

Dymaburn: Increase the metabolism, Melt stubborn fat

Week1

Dymaburn
Whey
Glutamine

Mon
2capsules
4-6scoop
-

Tue
2capsules
4-6scoop
-

Wed
2capsules
4-6scoop
-

Thu
2capsules
4-6scoop
-

Fri
2capsules
4-6scoop
-

Sat
2capsules
4-6scoop
-

Sun
2capsules
4-6scoop
-

Week2

Dymaburn
Whey
Glutamine

Mon
2capsules
4-6scoop
5g

Tue
2capsules
4-6scoop
5g

Wed
2capsules
4-6scoop
5g

Thu
2capsules
4-6scoop
5g

Fri
2capsules
4-6scoop
5g

Sat
2capsules
4-6scoop
5g

Sun
2capsules
4-6scoop
5g

Week3

Dymaburn
Whey
Glutamine

Mon
3capsules
4-6scoop
5g

Tue
3capsules
4-6scoop
5g

Wed
3capsules
4-6scoop
5g

Thu
3capsules
4-6scoop
5g

Fri
3capsules
4-6scoop
5g

Sat
3capsules
4-6scoop
5g

Sun
3capsules
4-6scoop
5g

Week4

Dymaburn
Whey
Glutamine

Mon
3-4capsules
4-6scoop
2x5g

Tue
3-4capsules
4-6scoop
2x5g

Wed
3-4capsules
4-6scoop
2x5g

Thu
3-4capsules
4-6scoop
2x5g

Fri
3-4capsules
4-6scoop
2x5g

Sat
3-4capsules
4-6scoop
2x5g

Sun
3-4capsules
4-6scoop
2x5g

Week5

Dymaburn
Whey
Glutamine

Mon
3-4capsules
4-8scoop
2x5g

Tue
3-4capsules
4-8scoop
2x5g

Wed
3-4capsules
4-8scoop
2x5g

Thu
3-4capsules
4-8scoop
2x5g

Fri
3-4capsules
4-8scoop
2x5g

Sat
3-4capsules
4-8scoop
2x5g

Sun
3-4capsules
4-8scoop
2x5g

Week6

Dymaburn
Whey
Glutamine

Mon
3-4capsules
4-8scoop
2x5g

Tue
3-4capsules
4-8scoop
2x5g

Wed
3-4capsules
4-8scoop
2x5g

Thu
3-4capsules
4-8scoop
2x5g

Fri
3-4capsules
4-8scoop
2x5g

Sat
3-4capsules
4-8scoop
2x5g

Sun
3-4capsules
4-8scoop
2x5g

Week7

Dymaburn
Whey
Glutamine

Mon
3capsules
4-8scoop
3x5g

Tue
3capsules
4-8scoop
3x5g

Wed
3capsules
4-8scoop
3x5g

Thu
3capsules
4-8scoop
3x5g

Fri
3capsules
4-8scoop
3x5g

Sat
3capsules
4-8scoop
3x5g

Sun
3capsules
4-8scoop
3x5g

Week8

Dymaburn
Whey
Glutamine

Mon
2capsules
4-8scoop
3x5g

Tue
2capsules
4-8scoop
3x5g

Wed
2capsules
4-8scoop
3x5g

Thu
2capsules
4-8scoop
3x5g

Fri
2capsules
4-8scoop
3x5g

Sat
2capsules
4-8scoop
3x5g

Sun
2capsules
4-8scoop
3x5g

Glutamine

5g = 1tsp after workout
2x5g = 1tsp after workout, 1tsp before bed.
3x5g = 2tsp right after workout, 1tsp before bed.

Whey Protein

4-6 scoop = 1scoop before training, 1-2scoops right after training, 1scoop between meals 2-3 times daily.
4-8 scoop = 2scoops before training, 2scoops right after training, 2scoop between meals 2 times daily

Dyma-burn X

2capsules = 1capsule in the morning, 1capsule 30min before workout.
3capsules = 1capsule in the morning, 2capsules 30min before workout.
4capsules = 2capsules in the morning, 2capsules 30min before workout.

In case that Who workout in the morning take

2capsules = 1capsule 30min before workout. 1capsule in the afternoon

3capsules = 2capsule 30min before workout. 1capsule in the afternoon

4capsules = 2capsule 30min before workout. 2capsule in the afternoon

Multivitamins

For maximum Result take OPTIMEN™ 3tablets daily with meals . 1in the morning,1 after workout, 1 Before Bed
Female Fat burn stackDymatize Elite Whey: Keep the Mass

All the whey Glutamine: Block Muscle, Improve immune system

Dymaburn: Increase the metabolism, Melt stubborn fat Week1

Dymaburn
Whey
Glutamine

Mon
1capsules
2-3scoop
5g

Tue
1capsules
2-3scoop
5g

Wed
1capsules
2-3scoop
5g

Thu
1capsules
2-3scoop
5g

Fri
1capsules
2-3scoop
5g

Sat
1capsules
2-3scoop
5g

Sun
1capsules
2-3scoop
5g

Week2

Dymaburn
Whey
Glutamine

Mon
1capsules
2-3scoop
5g

Tue
1capsules
2-3scoop
5g

Wed
1capsules
2-3scoop
5g

Thu
1capsules
2-3scoop
5g

Fri
1capsules
2-3scoop
5g

Sat
1capsules
2-3scoop
5g

Sun
1capsules
2-3scoop
5g

Week3

Dymaburn
Whey
Glutamine

Mon
1capsules
2-3scoop
5g

Tue
1capsules
2-3scoop
5g

Wed
1capsules
2-3scoop
5g

Thu
1capsules
2-3scoop
5g

Fri
1capsules
2-3scoop
5g

Sat
1capsules
2-3scoop
5g

Sun
1capsules
2-3scoop
5g

Week4

Dymaburn
Whey
Glutamine

Mon
2capsules
2-3scoop
2x5g

Tue
2capsules
2-3scoop
2x5g

Wed
2capsules
2-3scoop
2x5g

Thu
2capsules
2-3scoop
2x5g

Fri
2capsules
2-3scoop
2x5g

Sat
2capsules
2-3scoop
2x5g

Sun
2capsules
2-3scoop
2x5g

Week5

Dymaburn
Whey
Glutamine

Mon
2capsules
2-3scoop
2x5g

Tue
2capsules
2-3scoop
2x5g

Wed
2capsules
2-3scoop
2x5g

Thu
2capsules
2-3scoop
2x5g

Fri
2capsules
2-3scoop
2x5g

Sat
2capsules
2-3scoop
2x5g

Sun
2capsules
2-3scoop
2x5g

Week6

Dymaburn
Whey
Glutamine

Mon
2capsules
2-3scoop
2x5g

Tue
2capsules
2-3scoop
2x5g

Wed
2capsules
2-3scoop
2x5g

Thu
2capsules
2-3scoop
2x5g

Fri
2capsules
2-3scoop
2x5g

Sat
2capsules
2-3scoop
2x5g

Sun
2capsules
2-3scoop
2x5g

Week7

Dymaburn
Whey
Glutamine

Mon
1capsules
2-3scoop
2x5g

Tue
1capsules
2-3scoop
2x5g

Wed
1capsules
2-3scoop
2x5g

Thu
1capsules
2-3scoop
2x5g

Fri
1capsules
2-3scoop
2x5g

Sat
1capsules
2-3scoop
2x5g

Sun
1capsules
2-3scoop
2x5g

Week8

Dymaburn
Whey
Glutamine

Mon
1capsules
2-3scoop
2x5g

Tue
1capsules
2-3scoop
2x5g

Wed
1capsules
2-3scoop
2x5g

Thu
1capsules
2-3scoop
2x5g

Fri
1capsules
2-3scoop
2x5g

Sat
1capsules
2-3scoop
2x5g

Sun
1capsules
2-3scoop
2x5g

Glutamine

5g = 1tsp after workout
2x5g = 1tsp after workout, 1tsp before bed.
3x5g = 2tsp right after workout, 1tsp before bed.

Whey Protein

2-3 scoop = 1scoops right after training, 1scoop between meals 2times daily.

Dyma-burn X

1capsules = 1capsule 30min before workout.
2capsules = 1capsule in the morning, 1capsule 30min before workout.

In case that Who workout in the morning take

1capsules = 1capsule 30min before workout.

2capsules = 1capsule 30min before workout. 1capsule in the afternoon

Multivitamins

For maximum Result take OPTIWOMEN®; 2tablets daily with meals . 1in the morning, 1 after workout Addition Supplements

-NOW Glucosamine & Chondroitin: support and lubricate joint.

-NOW Calcium: Bone support

-NOW Omega 3-6-9: Good fat for boost testosterone and Heart condition

-NOW L-carnitine: Promote more fat loss and Heart Condition.