The Top Size-Training Technique You're NOT Using

Vince Del Monte Presents...

The 8-8-8 Hyper-Growth Protocol
VINCE DEL MONTE FITNESS PRESENTS

THE 8-8-16 HYPER-GROWTH PROTOCOL

THE TOUGHEST TRAINING TOOL YOU’RE NOT USING... UNTIL NOW!

BY VINCE DEL MONTE,
Honors Kinesiology Degree, P.I.C.P Level 1 & 2, BioSignature, PIMST, Precision Nutrition, WBFF Pro Fitness Model
BASIC INTRODUCTION

- Always consult a physician before beginning any exercise program.
- Complete a thorough warm-up of cardiovascular activity, static stretching and dynamic stretching before commencing the 8-8-16 workout. I recommend Dynamic Stretching For Bodybuilders as the ultimate ten-minute pre workout warm up. It's free when you join Live Large TV by clicking here.
- This is a 3-day muscle-building program for individuals with at least one year of consistent lifting and can be performed for a minimum of four weeks and a maximum of 12 weeks.
- It’s recommended to perform the workouts every 48 hours so you could do Day 1 on Monday, Day 2 on Wednesday and Day 3 on Friday. Or you could do Day 1 on Tuesday, Day 2 on Thursday and Day 3 on Saturday/Sunday.
- Cardio recommendations:

**OVER 15% BODY FAT** – Perform three interval training sessions each week on the days you are not lifting weights. I recommend my 20-minute interval circuit from Season 2, Episode 1 of Live Large TV.

**BETWEEN 10-15% BODY FAT** – Perform two interval training sessions each week on the days you’re not lifting weights. I recommend my 20-minute interval circuit from Season 2, Episode 1 of Live Large TV.

**UNDER 10% BODY FAT** - Perform two interval training sessions each week on the days you’re not lifting weights. I recommend my 20-minute interval circuit from Season 2, Episode 1 of Live Large TV.

Here’s a periodized interval workout over 12 weeks. Your best activities involve a lot of power and muscle mass such as hill sprinting, track sprinting or skipping. Your goal is to NOT pace yourself for the hard effort but to move like you’re being chased by a T-Rex in the desert!
• Week 1 – 20 seconds of sprinting, 40 seconds rest - 4 intervals
• Week 2 – 20 seconds of sprinting, 40 seconds rest - 5 intervals
• Week 3 – 20 seconds of sprinting, 40 seconds rest - 6 intervals
• Week 4 – 10 seconds of sprinting, 50 seconds rest - 5 intervals
• Week 5 – 30 seconds of sprinting, 30 seconds rest - 6 intervals
• Week 6 – 30 seconds of sprinting, 30 seconds rest - 7 intervals
• Week 7 – 30 seconds of sprinting, 30 seconds rest - 6 intervals
• Week 8 – 10 seconds of sprinting, 50 seconds rest - 7 intervals
• Week 9 – 40 seconds of sprinting, 20 seconds rest - 8 intervals
• Week 10 – 40 seconds of sprinting, 20 seconds rest - 7 intervals
• Week 11 – 40 seconds of sprinting, 20 seconds rest - 8 intervals
• Week 12 – 10 seconds of sprinting, 50 seconds rest - 9 intervals
HOW TO SAFELY SELECT LOADS

The tempo and reps dictate the load from set to set. It’s that simple!

In some instances, as you fatigue, you will have to reduce the weight so you can continue meeting the reps and tempo outlined.

In some instances, when you’re feeling extra good, you will increase the weight so you fail by the number of reps outlined.

If the workout indicates 8 reps, the weight should not allow for a 9th rep but it should not be so heavy that you only manage 5 or 6 reps either. Eight reps means 8 reps. The fastest way to get familiar with your load selection is to use a training journal. Get one.
THE PROGRESSION MODEL

I have seen dramatic results with the standard linear periodization model, especially if you have not utilized any form of periodization (periodization simply means to plan, and in our case we’re planning how to manipulate the volume and intensity).

The basic aim of linear periodization to start off using lower volume (measured by number of sets per body part) and gradually increase the volume from week to week with loads that trigger a hypertrophy response. It’s actually very simple:

<table>
<thead>
<tr>
<th>Week 1 – 2 giant sets per body part</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 2 – 3 giant sets per body part</td>
</tr>
<tr>
<td>Week 3 – 4 giant sets per body part</td>
</tr>
</tbody>
</table>

Week 4 – Increase the loads 5-10% and start back at 2 giant sets. This is considered “de-loading” or backing off to allow for recovery from the increased volume.

This is a one-way progression model that is very simple and allows you to progress constantly, without undertraining and without overtraining.

To learn more about deloading and recovery weeks be sure to join the Live Large Inner Circle to get an All Access Pass including Season 3 which goes into depth on analyzing and designing an effective program and to fully understand the application of deloading and recovery weeks. [CLICK HERE]
THE LOGIC BEHIND GIANT SETS

Giant sets can consist of anywhere from three or more exercises on the same or different body parts with as much effort as possible on each exercise. In short, they are brutal. If you’re used to straight sets or super sets then your world is about to get rocked! Giants throw one muscle a lot of volume and blood flow, elicit a nice fat burning growth hormone response (because of the lactic acid accumulation), and will challenge your cardiovascular fitness (primarily on leg day)!

The Hyper-Growth Protocol prescribes three different exercises per body part while targeting all three parts of the strength curve (more on that in a moment). Let me reassure you these are NOT three random body part specific exercises stacked on top of each other like most poorly designed giant set programs.

The major goal here is to complete each exercise (using rep ranges that target your specific goals) with nothing left in the tank before moving onto the next exercise within the giant set. All three exercises done back to back to back is considered one giant set. Be sure to watch the accompanying videos to fully understand how to perform giant sets correctly.

We keep our rest periods between exercises to a minimum - no more than 10 seconds between exercises and no more than 2-3 minutes between sets (I'll explain the variation soon). We keep the rest periods brief to ensure the compounding effect each movement has upon the one following is maximized. By the end of one giant set you will have performed a total of 32 reps (8+8+16 =32) and each muscle will have been targeted with three unique exercises hitting all points of the strength curve!
THE KEYS TO USING GIANT SETS INTELLIGENTLY

Most giant set programs fail because they do not understand how to incorporate the strength curve to your advantage. Plus, it’s crucial to understand the fiber-type content of a muscle to ensure your exercise is allocated to the appropriate rep range. For instance, hamstrings are a fast-twitch muscle fiber so they would be better suited for the sets of 8, not the set of 16. It’s applying these little details that make a big difference.

The strength curve describes the amount of force a muscle can exert at a specific joint angle. Likewise, every exercise has a resistance curve that emphasizes different areas of the strength curve.

Simply, there are three resistance curves: low range, mid range, and end range. The idea of giant sets is to overload all three ranges multiple times when training. For example, during shoulder training, cables help us emphasize the start of the movement or the low range, and dumbbells help us emphasize the end of the movement or the top range. Throughout the videos we’ll explain this in more detail. This is not a concept you’ll figure out overnight, so pay close attention.
One of the major benefits of this program is its brevity; each body part should take only 15-30 minutes depending on the week you're on. Condensing three brutal exercises with three challenging rep ranges into such a short period of time produces unbeatable progress for both muscle building and fat loss.

These giant set workouts can significantly enhance fat loss and produce more muscle growth than workouts that last twice as long, provided enough effort is applied to each working set. The key is to view each working set like a sprint, and the key to sprinting is to not pace yourself. It's an all-out, go-till-you-blow effort.

With traditional bodybuilding training that prescribes 20+ sets you end up pacing yourself and hold back your ability to truly work hard. You also work with lighter loads that are hardly around 50-60% of your 1 rep max, which does very little, if anything, for producing larger muscles. Most traditional bodybuilding programs tell you to “train to failure” or “go hard” but then prescribe a ridiculous amount of sets. That’s like telling a marathon runner to sprint for 26 miles! No way. However, if I told you to sprint 100 meters, you could do it. If I asked you to sprint 100 meters twice, you could probably do that too. But you probably would not be ready to sprint 100 meters three times until next week. And you probably couldn't sprint 100 meters four times until two weeks from now. Progression, baby! If you're just going to the gym and going based on “how you feel” then you’re going to plateau very soon and have no clue on what to change. No professional athlete trains based on feelings. They have a plan that progresses and moves them toward their goals. People who train based on feelings have little control of attaining their ultimate goals and are robbing themselves of enormous gains.

Giant sets give you an opportunity to go all out for a short period of time, rest briefly, do it again, and then call it a workout. I only want you to add volume if you can sustain the intensity (as defined by load). I don’t want you to add sets if you have to keep reducing the loads, which is why we have a very gradual progression model prescribed.
THE REASONING
BEHIND THE REP RANGE

Truthfully, there are a lot of different rep ranges that can be effective for muscle growth while utilizing giant sets, and the most popular one you've probably seen is 10 reps + 10 reps + 10 reps. There is nothing wrong with this but as an educated bodybuilder I am always looking for a new edge to recruit all my muscle fibers – everything from the Type Ila and Type IIb fast-twitch muscle fibers and the Type 1 slow-twitch muscle fibers. To fully develop a muscle you need to exhaust all of these fibers.

You may not be acquainted with the scientific research in the field of exercise science, but you should know that not all sets are created equal, at least when it comes to building muscle. Here's a brief primer on the training response from the common rep ranges.

1-6 REPS = Relative strength gains. Great for athletes who need to be fast or explosive at strength related sports like gymnastics, speed-skating, jumping sports, or sports that involve weight classes like judo, wrestling and boxing.

6-8 REPS = Functional hypertrophy gains. Great for athletes who need to be strong and still perform at high levels in sports.

8-12 REPS = Hypertrophy. Great for athletes who need a high degree of muscle mass like football linesmen, bodybuilders and shot putters.

13-20 REPS = Endurance. Great for athletes who need a high level of strength and endurance for sports like swimming, biking, running or any endurance sport.

To shock a muscle into growing, giant sets utilizing 8-8-16 are considered to be unequalled. By targeting the appropriate rep ranges for hypertrophy you should be lying on the group exhausted after each giant set and thankful you don’t have a single extra set prescribed that week. Each set should be achievable, but only just. The incremental bumps in volume each week will compound to exponential gains that encourage extreme muscle growth!
THE EXERCISE SELECTION

Stick to the exercises in the program, we did our best to make the workout home-gym friendly and without too much fancy equipment. In fact, if you don’t mind me being frank, if your gym doesn’t have the equipment we have in the program you should either switch gyms or ask the gym owner to order the pieces they are missing. There is no excuse for any gym not to have the equipment in this program. You’ll see that our equipment needs are very reasonable.

VISUALIZE YOUR END GOALS: If you don’t know where you’re going in life, any road will get you there! Don’t be a fool and train blind. Set goals. For instance, let’s consider the shoulder blaster combo. Each week you’re going up 5 reps until you’re doing a total of 100 reps per giant set. Ask yourself, where do you want to be on week 12? Do you want to be able to complete the entire 100 reps with 20 pound dumbbells? Let me tell you, that’ll be tough, but if that is your goal, let’s come up with a plan to get there. Here is an example:

Week 1 – 15lbs – 50 reps
Week 2 – 15 lbs – 50 reps
Week 3 – 15 lbs – 50 reps
Week 4 – 15 lbs – 50 reps
Week 5 – 17.5 lbs – 75 reps
Week 6 – 17.5 lbs – 75 reps
Week 7 – 17.5 lbs – 75 reps
Week 8 – 17.5 lbs – 75 reps
Week 9 – 20 lbs – 100 reps
Week 10 – 20 lbs – 100 reps
Week 11 – 20 lbs – 100 reps
Week 12 – 20 lbs – 100 reps

Remember, do not increase volume if you can sustain the intensity with this program! Now, you’ll probably be a few reps short each week to the goal reps but you have three weeks to build up before coming down for a de-load week so appreciate the time it takes to work with challenging loads and higher reps. It takes TIME to build muscle so be patient and work the plan!
**Keep a Training Journal:** Every time you do a new 4-week cycle, you can make sure your starting weights are slightly heavier on week one, at least 5-10% depending on the body part.

**The Tempo Matters:** You do not need to bust out the metronome but it’s critical to use the tempo to help you dictate the appropriate load selection. In this program you’re using a 40X1 tempo on everything. This means

4 is the lowering
0 is the pause
X is the return (and represents being explosive)
1 is the pause to the next rep

So in short, you will be going “slow and controlled” on the way down, explosive on the way up and no pausing at the top or bottom of any reps.

**The Rest Periods Matter:** When I say three minutes, I mean that the next set starts at 3 minutes so start getting ready for your next set around 2½ minutes.

True progress is based on standardizing the tempo and rest period from workout to workout. If you’re training on your own, you’ll take 2 minutes between giant sets. If you’re with a workout partner, keep it no longer than 3 minutes.
THE DURATION MATTERS: No matter how well the program is designed, you'll eventually adapt. Do not follow this protocol for longer than 12 weeks and do not do it for anything less than four weeks. A great follow up to this program is the 8-6-4 Wave Loading Workout or The 7x7 Size and Strength Solution and then the 6-12-25 Mega-Size Method, all which can be found in the Live Large members page. If you're not a member, sign up here.
## Day 1: Chest, Biceps, Shoulders

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
<th>Tempo</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1. Hi incline dumbbell presses</td>
<td>2-4*</td>
<td>8</td>
<td>40X0</td>
<td>10 sec</td>
</tr>
<tr>
<td>A2. Decline dumbbell presses</td>
<td>2-4*</td>
<td>8</td>
<td>40X0</td>
<td>10 sec</td>
</tr>
<tr>
<td>A3. Hi to low cable flys with external to internal rotation</td>
<td>2-4*</td>
<td>16</td>
<td>40X0</td>
<td>2 min</td>
</tr>
<tr>
<td>B1. Incline dumbbell curls</td>
<td>2-4*</td>
<td>8</td>
<td>40X0</td>
<td>10 sec</td>
</tr>
<tr>
<td>B2. Standing close grip EZ bar curls</td>
<td>2-4*</td>
<td>8</td>
<td>40X0</td>
<td>10 sec</td>
</tr>
<tr>
<td>B3. Prone incline zottaman Curls</td>
<td>2-4*</td>
<td>16</td>
<td>40X0</td>
<td>2 min</td>
</tr>
<tr>
<td>C1. Bent over cable raises</td>
<td>2</td>
<td>10*</td>
<td>30X0</td>
<td>10 sec</td>
</tr>
<tr>
<td>C2. Kneeling side cable laterals</td>
<td>2</td>
<td>10*</td>
<td>30X0</td>
<td>10 sec</td>
</tr>
<tr>
<td>C3. Kneeling front cable raises</td>
<td>2</td>
<td>10*</td>
<td>30X0</td>
<td>10 sec</td>
</tr>
<tr>
<td>C4. Kneeling cable presses</td>
<td>2</td>
<td>10*</td>
<td>30X0</td>
<td>10 sec</td>
</tr>
<tr>
<td>C5. Lying cable upright rope rows</td>
<td>2</td>
<td>10*</td>
<td>30X0</td>
<td>2 min</td>
</tr>
</tbody>
</table>

**NOTES:**

*Progression model for chest and biceps:*

- Week 1 – 2 giant sets
- Week 2 – 3 giant sets
- Week 3 – 4 giant sets
- Week 4 – 2 giant sets but increase loads 5-10%

*Progression model for shoulders:*

You will stick with 2 sets the entire time but you’ll increase reps:

- Week 1 – 10 reps each exercise
- Week 2 – 15 reps each exercise
- Week 3 – 20 reps each exercise
- Week 4 – 10 reps each exercise but increase loads 5-10%

40X0 tempo means 4 seconds to lower, 0 second pause, X means to lift explosively, 0 second pause, repeat.
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THE 8-8-16 HYPER-GROWTH PROTOCOL

DAY 2: HIPS, QUADS & CALVES

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>SETS</th>
<th>REPS</th>
<th>TEMPO</th>
<th>REST</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1. Conventional deadlift</td>
<td>2-4*</td>
<td>8</td>
<td>40X0</td>
<td>10 sec</td>
</tr>
<tr>
<td>A2. Toes pointed lying leg curls</td>
<td>2-4*</td>
<td>8</td>
<td>40X0</td>
<td>10 sec</td>
</tr>
<tr>
<td>A3. Glute-ham raises or back extension</td>
<td>2-4*</td>
<td>16</td>
<td>40X0</td>
<td>2 min</td>
</tr>
<tr>
<td>B1. Back squats or Leg press</td>
<td>2-4*</td>
<td>8</td>
<td>40X0</td>
<td>10 sec</td>
</tr>
<tr>
<td>B2. Lunges (with glute emphasis)</td>
<td>2-4*</td>
<td>8</td>
<td>40X0</td>
<td>10 sec</td>
</tr>
<tr>
<td>B3. Heels elevated dumbbell squats</td>
<td>2-4*</td>
<td>16</td>
<td>40X0</td>
<td>2 min</td>
</tr>
<tr>
<td>C1. Seated calf raises</td>
<td>2</td>
<td>10*</td>
<td>20X0</td>
<td>10 sec</td>
</tr>
<tr>
<td>C2. Standing calf press</td>
<td>2</td>
<td>10*</td>
<td>20X0</td>
<td>10 sec</td>
</tr>
<tr>
<td>C3. Donkey calf press</td>
<td>2</td>
<td>10*</td>
<td>20X0</td>
<td>10 sec</td>
</tr>
<tr>
<td>C4. Ankle hops</td>
<td>2</td>
<td>10*</td>
<td>20X0</td>
<td>2 min</td>
</tr>
</tbody>
</table>

NOTES:
*Progression model for chest and biceps:

Week 1 – 2 giant sets
Week 2 – 3 giant sets
Week 3 – 4 giant sets
Week 4 – 2 giant sets but increase loads 5-10%

Progression model for shoulders:
You will stick with 2 sets the entire time but you’ll increase reps:

Week 1 – 10 reps each exercise
Week 2 – 15 reps each exercise
Week 3 – 20 reps each exercise
Week 4 – 10 reps each exercise but increase loads 5-10%

40X0 tempo means 4 seconds to lower, 0 second pause, X means to lift explosively, 0 second pause, repeat.

***Calves was not demoed in the videos.
# Day 3: Back, Triceps, Shoulders

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Reps</th>
<th>Tempo</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1. Neutral grip chin ups</td>
<td>2-4*</td>
<td>8</td>
<td>40X0</td>
<td>10 sec</td>
</tr>
<tr>
<td>A2. Head supported bent over dumbbell rows</td>
<td>2-4*</td>
<td>8</td>
<td>40X0</td>
<td>10 sec</td>
</tr>
<tr>
<td>A3. Seated incline straight arm rope/bar pullovers</td>
<td>2-4*</td>
<td>16</td>
<td>40X0</td>
<td>2 min</td>
</tr>
<tr>
<td>B1. Seated overhead EZ bar extensions</td>
<td>2-4*</td>
<td>8</td>
<td>40X0</td>
<td>10 sec</td>
</tr>
<tr>
<td>B2. Pre-shortened triceps kickbacks</td>
<td>2-4*</td>
<td>8</td>
<td>40X0</td>
<td>10 sec</td>
</tr>
<tr>
<td>B3. Decline dumbbell California press</td>
<td>2-4*</td>
<td>16</td>
<td>40X0</td>
<td>2 min</td>
</tr>
<tr>
<td>C1. Bent over dumbbell raises seated</td>
<td>2</td>
<td>10*</td>
<td>30X0</td>
<td>10 sec</td>
</tr>
<tr>
<td>C2. Side dumbbell lateral raises seated</td>
<td>2</td>
<td>10*</td>
<td>30X0</td>
<td>10 sec</td>
</tr>
<tr>
<td>C3. Front dumbbell raises seated</td>
<td>2</td>
<td>10*</td>
<td>30X0</td>
<td>10 sec</td>
</tr>
<tr>
<td>C4. Dumbbell shoulder presses w/ neutral grip seated</td>
<td>2</td>
<td>10*</td>
<td>30X0</td>
<td>10 sec</td>
</tr>
<tr>
<td>C5. Dumbbell upright rows seated</td>
<td>2</td>
<td>10*</td>
<td>30X0</td>
<td>2 min</td>
</tr>
</tbody>
</table>

**NOTES:**

*Progression model for chest and biceps:*
- Week 1 – 2 giant sets
- Week 2 – 3 giant sets
- Week 3 – 4 giant sets
- Week 4 – 2 giant sets but increase loads 5-10%

*Progression model for shoulders:*
- You will stick with 2 sets the entire time but you’ll increase reps:
  - Week 1 – 10 reps each exercise
  - Week 2 – 15 reps each exercise
  - Week 3 – 20 reps each exercise
  - Week 4 – 10 reps each exercise but increase loads 5-10%

40X0 tempo means 4 seconds to lower, 0 second pause, X means to lift explosively, 0 second pause, repeat.
Here's an example of a lean mass-gaining meal plan that utilizes a fairly balanced macro-nutrient split I've used very successfully. You'll be consuming approximately 30% carbohydrates, 35% protein and 35% fat with a wide variety of foods and bringing in just over 4,000 calories. I'll provide guidelines on how to modify this meal plan below. If you would prefer not to take the time to make the modifications yourself and would like me to do all the meal plan design for you, which saves you boat loads of time, take advantage of my Done For You Meal Plans offer below.

WANT ME TO ELIMINATE THE GUESS WORK AND DESIGN YOU'RE YOUR MEAL PLAN FOR YOU?

Click here to order No Nonsense Muscle Building and get access to my 84-Day Healthy Mass Meal Plans which includes amounts from 2,000 to 6,000 calories!
## The Sample 4,000 Calorie Lean-Mass Gaining Diet

<table>
<thead>
<tr>
<th>Meal/Food</th>
<th>Calories</th>
<th>Protein (g)</th>
<th>Carbs (g)</th>
<th>Fat(g)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Upon rising: 6:45 a.m.</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Greens drink (5 veggies)</td>
<td>60</td>
<td>0</td>
<td>15</td>
<td>0</td>
</tr>
<tr>
<td><em>For 101 Muscle-Charging Juicing Recipes to plug in here, grab a copy of Get Juiced</em></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Breakfast: 7 a.m.</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 whole large eggs</td>
<td>360</td>
<td>36</td>
<td>2</td>
<td>24</td>
</tr>
<tr>
<td>3 egg whites</td>
<td>51</td>
<td>11</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>1 whole-grain bagel</td>
<td>177</td>
<td>7</td>
<td>35</td>
<td>1</td>
</tr>
<tr>
<td>3 slices of turkey bacon</td>
<td>65</td>
<td>12</td>
<td>1</td>
<td>12</td>
</tr>
<tr>
<td>1 cup of berries</td>
<td>75</td>
<td>0</td>
<td>14</td>
<td>1</td>
</tr>
<tr>
<td><em>Supplements: 1-3 caps of Omega Blue 4 caps of Vitality</em></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Totals:</strong></td>
<td>728</td>
<td>66</td>
<td>52</td>
<td>38</td>
</tr>
<tr>
<td><strong>Mid-Morning Snack: 10 a.m.</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 oz chicken breast</td>
<td>205</td>
<td>38</td>
<td>0</td>
<td>5</td>
</tr>
<tr>
<td>2 slices of whole-grain</td>
<td>138</td>
<td>7</td>
<td>23</td>
<td>2</td>
</tr>
<tr>
<td>1 tbsp. mayo</td>
<td>103</td>
<td>0</td>
<td>0</td>
<td>12</td>
</tr>
<tr>
<td>¼ avocado</td>
<td>57</td>
<td>1</td>
<td>3</td>
<td>5</td>
</tr>
<tr>
<td><em>Supplements: 1-3 caps of Omega Blue</em></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Totals:</strong></td>
<td>503</td>
<td>46</td>
<td>26</td>
<td>24</td>
</tr>
</tbody>
</table>
### Meal/Food | Calories | Protein (g) | Carbs (g) | Fat (g)
--- | --- | --- | --- | ---
**Lunch: 2 p.m.**
8 oz of baked salmon | 472 | 47 | 0 | 30
1 cup of rice (any color) | 242 | 4 | 53 | 0
1 cup of asparagus | 27 | 3 | 5 | 0
*Supplements: 1-3 caps of Omega Blue*

**Totals:** | 741 | 54 | 58 | 30

**Pre Workout: 4 p.m.**
*Supplements:*
2 caps of POWERxd
2 caps of Status
2 caps of TRIBxd
1 scoop Extreme Rush

**During Workout: 4:30-5:30 p.m.**
*Supplements:*
10-20 grams of BCAAxd

**Post Workout: 5:30-6:30 p.m.**
3 cups of raspberry juice | 400 | 0 | 100 | 0
*Supplements:*
2 scoops of Iso-Smooth | 270 | 60 | 2 | 2

**Totals:** | 670 | 60 | 102 | 2
<table>
<thead>
<tr>
<th>Meal/Food</th>
<th>Calories</th>
<th>Protein (g)</th>
<th>Carbs (g)</th>
<th>Fat (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dinner: 7 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 oz of flank steak</td>
<td>360</td>
<td>44</td>
<td>0</td>
<td>18</td>
</tr>
<tr>
<td>6 oz of potato</td>
<td>145</td>
<td>3</td>
<td>34</td>
<td>0</td>
</tr>
<tr>
<td>(any color)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup of greens</td>
<td>12</td>
<td>0</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>(anything)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 tbsp of olive oil</td>
<td>238</td>
<td>0</td>
<td>0</td>
<td>27</td>
</tr>
<tr>
<td>*Supplements:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1-3 caps of Omega</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blue</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 caps of Vitality</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Totals:</td>
<td>755</td>
<td>47</td>
<td>37</td>
<td>45</td>
</tr>
<tr>
<td>Late Night: 10 p.m.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 oz white fish</td>
<td>228</td>
<td>32</td>
<td>0</td>
<td>10</td>
</tr>
<tr>
<td>1 cup of greens</td>
<td>31</td>
<td>3</td>
<td>6</td>
<td>0</td>
</tr>
<tr>
<td>(anything)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*Supplements:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1-3 caps of Omega</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blue</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Totals:</td>
<td>259</td>
<td>35</td>
<td>6</td>
<td>10</td>
</tr>
<tr>
<td>Daily Totals:</td>
<td>4,040</td>
<td>308</td>
<td>291</td>
<td>149</td>
</tr>
</tbody>
</table>
MY #1 SUPPLEMENT RECOMMENDATION:

BLUE STAR NUTRACEUTICALS

Anabolic Lean Muscle Building  CLICK HERE TO VIEW ANABOLIC STACK
- EXTREME RUSH  - POWERxd  - STATUS  - TRIBxd

CLICK HERE  CLICK HERE  CLICK HERE  CLICK HERE

Core Essentials for Men  CLICK HERE TO VIEW ALL CORE ESSENTIALS
- ISO-SMOOTH  - OMEGA BLUE  - VITALITY MEN

CLICK HERE  CLICK HERE  CLICK HERE

www.vincedelmontefitness.com
Success Students Who Have Followed Vince Del Monte Programs

**TONY GREGORY**
Gahanna, Ohio
Packed On 50 Pounds of MUSCLE!

**CHRISTIAN ROSENVOLD**
Copenhagen, Denmark
Gained 17 Pounds Of Muscle

**TOM BODD**
Creston, British Columbia
Got My Life Back at 53 Years Old

**AMIT SIDHWANI**
Mumbai
The Best Shape I Have Ever Been In!

**DANIEL ERNESTO GOMEZ CHAMA**
Veracruz, Mexico
Your Full Body Routine Is Simple Amazing!

**ANDY SPRUILL**
Andy Notices Veins And Cuts He's Never Seen Before!

**STATON AKANA**
Lindon, Utah
My Self-Esteem Shot Through The Roof!

**BORISLAV HRISTOV**
Bulgaria
Lost 22 Pounds Of Fat

**EZRA VAN DEN BOSCH**
Waddinxveen, Netherlands
Gains 30 Pounds Of Solid Muscle

**CLICK HERE** To Ready Their Success Stories

[www.vencedelmontefitness.com](http://www.vencedelmontefitness.com)
Success Students Who Have Followed Vince Del Monte Programs

AIMO RUOHOTorrevieja, Alicante province, Spain
Aimo’s Inspires An Entire Generation!

JOEY DE LA CRUZUvalde, Texas
From Fit To Freaking Shredded!

JUUSO KORVOLAHelsinki, Finland
The New “Go To Guy”

KIM HO
Hong Kong
Gains 90 Pounds Of Muscle!

MARIOS PRODROMOULarnaca, Cyprus
12-Weeks - Went From 200 lbs at 17% Body Fat To 210 lbs at 10% Body Fat!

THARUN SHOLARAJAN
India
25-Days - Transformed From 15% Body Fat to 9% Body Fat!

PHIL SMITH
Grove City, Ohio
Gained 15 Pounds Of Muscle

DON CASAGRANDE
New Zealand
65 Is Only A Number

CHAZ GINEST
Denver, Colorado
Added Nearly 20 Pounds Of Muscle

CLICK HERE To Ready Their Success Stories

www.vincedelmontefitness.com
Success Students Who Have Followed Vince Del Monte Programs

GINO AQUINO
Trinity Beach, QLD, Australia
Anything Can Be Physically Achieved

JOÃO PAULO GASPAR DA SILVA
Brazil
Now Quickly Noticed By Women

ANTHONY CICCOTTO
Long Island, New York
Gave "One Hundred And Ten Percent"

BERNARDO PINHO
Portugal
"Commitment is key!"

BEN GOUWENS
IN, USA
He Gains 10 Pounds Of Muscle!

JOEY VAILLANCOURT
Gatineau, Quebec
Joe Lost 25 Pounds

NICK LOFTON
Katy, Texas
 Packs On 47 Pounds Of Size!

JOSH PROBERTS
Wamsutter, Wyoming
Josh Lost 7% Body Fat

ANTHONY CICCOTTO
Long Island, New York
Gave "One Hundred And Ten Percent"

JOEY VAILLANCOURT
Gatineau, Quebec
Joe Lost 25 Pounds

NICK LOFTON
Katy, Texas
 Packs On 47 Pounds Of Size!

JOCK PURTLE
NSW, Australia
Added Nearly 20 Pounds Of Muscle

CLICK HERE To Read Their Success Stories
Success Students Who Have Followed Vince Del Monte Programs

IVAN MENDEZ
Akureyri, Iceland
Maan...you look so muscular!

MICHAEL DAHL
BC, Canada
Pain is only temporary

PETE LUCKRAFT
Stayed On Track and Took Action

SONDRA ST-AMAND
Vernon, British Columbia
40 Year Old Mother, Loses 18 ½ Inches

MEGAN KELLY
MA, USA
Went From Skinny-Fat To Lean, Toned And Sexy!

BILL RANCHMEN
Louisiana, USA
“I Wanted To Be Someone Instead Of Being A Little Skinny Push Over”

DEREK CUTSINGER
Daegu, South Korea
Building Muscle The Chicks Dig!

PAUL MASINELLI
The Work Is It’s Own Reward!

MATT BEUKELMAN
Mitchell, South Dakota
Packed On 10 Pounds Of Muscle

CLICK HERE To Ready Their Success Stories

www.vincedelmontefitness.com
ABOUT VINCE DEL MONTE

Meet “Vince Del Monte,” the only Fitness Guru who has been coined The Skinny Guy Savior. He earned this name by dedicating his life to transforming the lives of the skinny, scrawny wimpy guys & skinny girls – helping them become healthier, fitter and more confident in their bodies. In the end his students transform themselves to “Live better, Look better & Know better!” Vince has transformed thousands of lives of the skinny, scrawny wimpy individual with a perfect mix of encouragement, humor, no BS, inspiration and fun with his popular best selling “No-Nonsense Muscle Building” system.

Vince has the most popular “skinny to muscular” transformation stories in the world. He was the poster boy of the “I can’t gain weight or get the girl” story. Vince became known as “Skinny Vinny.” He was 140-150 pounds at 6 feet tall. The nickname didn’t die; it stuck with him all through college.

He tried everything to gain weight any way he could, never reaching past 149 lbs., dripping wet. He went through the battles to gain like no other. As a former competitive long distance runner, Vince used running to survive the embarrassment and insecurity he suffered from being too skinny. He formed an identity for himself as one of those lean, mean, running machines.

Vince studied Kinesiology and received a Honors Kinesiology degree from the University of Western Ontario. After college, he found a mentor who “told him to burn all of his fitness magazines and stop wasting money on supplements to gain weight.” Vince’s life started to change. He gained some weight, got muscles and then met the girl of his dreams – whom he calls his B.M.W. – Beautiful Marvelous Wife!

Vince helps thousands of individuals with “muscle unfriendly genetics”; make a plan to create new habits and commit to it. He helps with motivation, confidence, and teaches the basis for training smarter not harder – individuals see muscles within 2 weeks, not 2 months! They eat better and have a more balance life. And in the end, each individual becomes a better man or woman all while reaching his or her goals.

Vince is the Author of “No-Nonsense Muscle Building: Skinny Guy Secrets To Insane Muscle Gain.” The book has sold more than 80,000 copies in more than 120 different countries. He is also a WBFF Professional Fitness Model.
Vince continues to compete in the fitness-modeling world and has won the Canadian Fitness Model Championships. In June 2008, he competed again and placed 3rd at the World Fitness Model Championships. In 2011 Vince became a WBFF Pro Fitness Model and competed at the 2011 WBFF World Championships. He enjoys the natural bodybuilding and fitness lifestyle, and continues to practice what he preaches to challenge himself and inspire his readers.

CONNECT WITH VINCE!

http://www.vincedelmontefitness.com

Facebook.com/VinceDelMonteLiveLargeTV

www.youtube.com/user/VinceDelMonte
No Nonsense Muscle Building: Skinny Guy Secrets For Insane Muscle Gain

This is my original flagship muscle building program that has been followed by more than 80,000 guys and gals worldwide. It’s the same system I followed to gain 41 pounds of drug-free muscle in exactly 24 weeks. It’s where I strongly recommend all my students begin. It includes a 6-month program for Beginners and Intermediate trainees and an additional 6-month program for Advanced trainees.

Click here to read more or buy No Nonsense Muscle Building.

Regular Price: $127
Sale Price: $77

21 Day Fast Mass Building: Gain 12 Pounds Of Pure Muscle In Just 21 Days

This is the program I followed to bulk from 214 pounds to 227 pounds in 42 days following a scientifically-proven dietary protocol called cyclical bulking and it can be utilized with any muscle building workout. This system includes three unique muscle building workouts catered to three different goal looks: A fitness model physique; a muscle model physique; and a bodybuilder physique.

Click here to read more or buy 21 Day Fast Mass Building.

Regular Price: $127
Sale Price: $77
The 1,000 Rep Muscle Challenge

This is an extreme, short-term, 28-day muscle building workout for emergency use only. If you’re not as ripped and muscular as you want to be and you’re looking for a groundbreaking program to shock your muscles into submission then you’re going to want to give this a shot. You’ll also get to meet one of the biggest rising stars in professional fitness modeling, Artus “Six Pack” Shakur who is my guest. Click here to test out the 1,000 Rep Muscle Challenge.

Click here to test out the 1,000 Rep Muscle Challenge.

Regular Price: $127
Sale Price: $7

Maximize Your Muscle: Advanced Muscle Routines & Exclusive Coaching To Blow Beyond Your Genetic Potential

This is my first 16-month curriculum-based coaching program that is open to students who successfully complete No Nonsense Muscle Building first. This is 16 months of periodized muscle building workouts that focus on 12 untapped targets for igniting new muscle growth. This is a membership based program that includes a 24-page hardcopy newsletter, two hour workout DVD, 90-minute coaching call and private members community.

Click here to get started with Phase 1 of Maximize Your Muscle

Regular Price: $69.95
Sale Price: $7
Hypertrophy M.A.X.: 12 Unique Hypertrophy Models & Elite Coaching For Colossal Gains In Size & Strength

This is my current muscle-building masterpiece and it’s designed exclusively for advanced trainees seeking out the most professional and advanced programming in the world. I teamed up with my coach, great buddy and IFBB Pro Bodybuilder Benjamin Pakulski to deliver the only 12-month periodized muscle-building program in the world that includes a 24-page hardcopy newsletter, two-hour workout DVD of the month, secrets from the pros, a 90-minute coaching call and private members community with over 2,089 members. Hypertrophy M.A.X. is currently closed and only opens twice a year.

Click here to be added to the waiting list so you’re notified when it re opens.

Offer Status: CLOSED - Re opens every June and December for 4-days only. Click here to join the waiting list
Ripped Abs Now

This is the identical abdominal workout and cardio protocol I utilized to get my WBFF Pro Card and to lose 25 pounds of fat in 12 weeks. You can incorporate this abdominal workout and cardio protocol into your current program.

Click here to read more or buy Ripped Abs Now.

Regular Price: $29.95
Sale Price: $7

Metabolic Ab-Shredder

This is my early morning abdominal and cardio protocol I perform on an empty stomach when I need to get ultra lean in a short period of time. Learn the cardio protocol and the abdominal exercises and abdominal circuits I use to get ripped abs and blast my belly fat. You can incorporate this protocol into your current muscle building or fat loss workout.

Click here to read more or buy Metabolic Ab Shredder.

Regular Price: $49.95
Sale Price: $29.95
The Best Of Series

If your muscle gains have come to a halt and you’re looking to bust through your plateau then start introducing my best muscle-building and fat-loss exercises that include advanced intensity techniques. None of these exercises or techniques are included in my other programs so this is a “plateau-busting” owners’ manual. The best part is that you incorporate anything you learn into the workout program you’re currently on.

Click here to read more or buy The Best Of Series.

Regular Price: $79.90
Sale Price: $29.95

Anabolic Finishers

Perhaps my most popular muscle building “plug in” program, which includes a series of unique finishing moves to add to the end of your workout to ensure you’ve recruited every last muscle fiber. This workout will take you beyond the “critical drop off point,” which is the point in the workout that new muscle gains are discovered. If you don’t feel like your current workout program is cutting it for you then.

Click here to read more or buy Anabolic Finishers.

Regular Price: $47
Sale Price: $27
Your Six Pack Quest

This is my original flagship fat loss program that has been followed by over 20,000 guys and gals worldwide. It’s the same system I used to help one client lose 100 pounds in six months and the same system I used to place third at the Canadian Fitness Model Championships. It includes a 3-day, 4-day and 5-day workout program. It’s the fat loss program I recommend all my students start with if you’re interested in eliminating all your belly fat and getting into the best shape of your life.

Click here to read more or buy Your Six Pack Quest.

Regular Price: $127
Sale Price: $77

The June 26th Wedding Day Workout

This is the workout program my wife and I followed to get ready for the biggest day of our lives - our wedding day! It’s a 4-day hypertrophy-based workout program that includes an interval cardio workout program and a full-blown stretching routine as well. I recommend this for beginner and intermediate lifters, males and females alike. You’ll also learn all the nutrition rules we followed to look sexy for our wedding night and our honeymoon!

Click here to read more or buy The Wedding Day Workout.

Regular Price: $49.95
Sale Price: $29.95
Stage Shredded Status

This is perhaps one of my favorite programs to date. It documents my entire transformation from 227 pounds down to 195 pounds and 4.8% body fat. In this 8-disk hardcopy DVD series you’ll get to see how I ate and trained to win my WBFF Pro Card, you’ll meet my coach IFBB Pro Bodybuilder Ben Pakulski, my training partner former NFL lineman Ryan Watson, and you’ll get to see me compete in two separate shows. Everything from weight training, cardio, supplements, nutrition and stage prep is covered in explicit and step-by-step detail. For anyone looking to get ultra ripped, this bad boy is for you.

Click here to read more or buy Stage Shredded Status.

Regular Price: $297
Sale Price: $149.95

Last Minute Confidence

Need to lose 10 pounds in the next 14 days? It won’t be easy but this is your complete step-by-step 14-day workout, meal plan and supplement protocol for a leaner, harder and fuller physique for any urgent deadline. This is a hardcore program and only for individuals who are ready to work hard the next 14-days, wimps need not apply.

Click here to buy Last Minute Confidence.

Regular Price: $49.95
Sale Price: $19.95
VINCE DEL MONTE’S
FOR FEMALES

FLAVILICIOUS FITNESS

This is the site of my B.M.W. (i.e. my Beautiful Marvelous Wife) who does the same for females as I do for the males. Flavia is a Registered Nurse, certified nutritionist, certified trainer, a cover model and the creator of two of the hottest selling female fitness programs in history. At her website, www.FlaviliciousFitness.com you can join her free newsletter for daily recipes, motivation, workouts and female fitness tips.

FULL BODY LICIOUS

This is Flavia’s entry level fat-loss program that shows females her F.O.R.C.E. formula for a flawless figure.

Click here to learn more about Flavia Del Monte’s FULL BODY LICIOUS.

Regular Price: $97
Sale Price: $67

CURVALICIOUS

This is the sequel to Full Body Licious and takes females from a lean body to a sculpted body with targeted metabolic fat loss workouts for toned and sexy curves.

Click here to learn more about Flavia Del Monte’s Curvalicious.

Regular Price: $97
Sale Price: $67
ABOUT SCOTT TOUSIGNANT

Scott Tousignant, BHK is a Certified Fitness Consultant and Elite Natural Bodybuilder with the UFE. Scott specializes in helping regular guys get ripped abs insanely fast. With his careful attention to the finer details, you'll carve out a rock hard and jacked physique in no time flat!

Viewing training as an art form and your body as a sculpture is a simple shift in mindset that brings out the beauty in your ongoing body transformation. The art of molding and chiseling an aesthetically pleasing physique with ideal proportions, spectacular symmetry, and magnificent detail is one of life's most rewarding and fulfilling experiences. It's an opportunity for self growth and self discovery that will impact every area of your life.

When Scott needs to urgently strip away stubborn sacks of fat for a photo shoot or bodybuilding contest, he turns to his time-tested proven system... Elite Physique. Now you too, can follow his easy-to-follow system to finally uncover your ripped abs and chiseled body! Get the full details by visiting Elite Physique today!

www.MetabolicMasterpiece.com

Sculpt a Masterpiece,

Scott Tousignant

CONNECT WITH SCOTT!

www.MetabolicMasterpiece.com/blog

www.facebook.com/scotttousignant

www.facebook.com/MetabolicMasterpiece