

# Adonis Golden Ratio Supplementation Guide

CATEGORY 1 - PRIMARY GOAL  
MUSCLE BUILDING



BY JOHN BARBAN

# ADONIS GOLDEN RATIO SUPPLEMENT GUIDE

## Category 1 – Primary Goal Muscle Gain

Based on your measurements your body is primed and ready for building serious muscle mass and there are some specific supplements that will be essential to this process.

First thing you should know is that the dosing recommendations you will find printed on a supplement label aren't necessarily the best or most ideal for you.

Based on your measurement you've got a specific workout to follow and you'll also have specific supplements to take, but also specific dosing that will not appear on any label or bottle.

I've already worked closely with Bluestar Nutraceuticals to put a lean mass building stack together for you. These are products I've either formulated directly or consulted with Bluestar on formulation, and they're what I take, so they are also what I am going to recommend to you.



# Muscle Building

“...The dosing recommendations you will find printed on a supplement label aren’t necessarily the best or most ideal for you.”

**THE STACK I HAVE BUILT FOR YOU IS AS FOLLOWS:**

**CREATINE**

**STATUS – TESTOSTERONE BOOSTER**

**EXTREME RUSH – PRE-WORKOUT DRINK MIX**

**PROTEIN – BLUESTAR ISO-SMOOTH**



**[CLICK HERE TO SEE THE STACK](#)**

*Note:*

*In this guide I’m showing you what I would do in an ideal situation to maximize your ability to gain muscle. This stack is not ‘mandatory’ and you can certainly get great results without it. This is my best recommendation for supplementing for muscle gain, you can choose to do the whole stack, or pick and choose parts of it. In the rest of the guide I’ll explain the benefits of each supplement, you can then decide what you want to do.*





# CREATINE

Creatine is essential to the muscle building process and you cannot reach your true potential without it. It has multiple effects on the muscle building process including, cell volumization, selective protein synthesis, ATP regeneration. I'll explain each of these in more detail now.

## CELL VOLUMIZATION

Picture your muscles like a series of tightly packed water balloons. Each 'balloon' has the rubber of the balloon itself as well as the water inside the balloon. In this example the 'rubber' of the balloon can be thought of as the protein scaffolding of the muscle, and the water inside the balloon would be the intercellular fluid that consists largely of water with various proteins and nutrients in it. Just like a steak or piece of meat can dry out and shrivel up so can your muscles. Creatine drives water into your muscle keeping it hydrated and 'volumized'. This is important because a fully hydrated and volumized muscle is more anabolic and more powerful. A dehydrated muscle will not produce as much force and cannot grow as fast. This should be evident if you've ever attempted to workout in a dehydrated state, you will immediately feel weak and have very little power. Immediately after taking creatine you should notice a cell volumizing effect that leaves your muscles feel fuller, tighter and more powerful. This is also why you will likely gain some weight almost immediately after taking creatine.

**“Creatine drives water into your muscle keeping it hydrated and ‘volumized’...”**

## SELECTIVE PROTEIN SYNTHESIS

There are many different proteins that make up your muscles and two of them are what causes muscle contraction and strength. These two proteins are called "Actin" and "Myosin". Creatine selectively increases the synthesis of these two proteins. This is another big reason why it's so important to take creatine to maximize muscle growth and strength gain.

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## ATP REGENERATION

When you're lifting heavy weights and generating maximum force your body is using an energy source called ATP (Adenosine Tri-Phosphate). Your muscles only store enough free ATP for about 3-5 seconds of high intensity work then it runs out and needs to be replenished. At this point it switches to use other energy sources. Creatine can increase your storage of ATP which allows you to push heavier weights from set to set when you would normally start to fatigue and have to decrease the weight. The advantage is more total weight lifted, and therefore more muscle growth and strength gain.

## SELECTIVE UPTAKE

The muscles you have most recently worked in the gym will selectively uptake more creatine than any other muscle group. This means that your post workout creatine doses will have a muscle targeting effect. Your other muscles will also take up creatine however more of the [creatine in your post workout](#) doses will go to the muscles you just trained. This targeting effect is why it makes sense to take two-three separate doses of creatine during the day, one in the morning for the overall absorption throughout your body, and a second dose within your pre-workout supplement, and a third dose post workout for direct enhanced absorption from the muscles you just worked.



## CREATINE DOSING:

3 doses per day

Dose 1 – 2.5 grams of [Creatine](#) with your first meal

Dose 2 – 5 grams of [Creatine](#) post workout  
(within 1 hour after workout)

Dose 3 – 2.5 grams of [Creatine](#) with dinner/final meal of day

# TESTOSTERONE BOOSTING

Testosterone is the single most important anabolic hormone and without it you could not build muscle at all. Everyone has a specific amount of testosterone that their body will produce naturally, and raising your natural level will allow for faster and greater muscle gains, faster and greater strength gains, and faster recovery.

Testosterone does this by binding to the nucleus of your muscle cells signaling them to grow faster and larger. The only thing holding back your muscles from growing to hulk like proportions is the amount of testosterone you have. For example bodybuilders will inject themselves with massive amounts of testosterone and this is how they build cartoon size muscle. However there is a down side to taking this much testosterone, any drugs that can produce such massive muscle mass also have massive side effects including increased risk of heart attack and impotence - massive side effects which you DO NOT want.



This is why I recommend taking a [testosterone boosting supplement](#) that naturally raises your levels. This will promote faster muscle growth without risking the side effects of using testosterone based drugs. Using a testosterone boosting supplement will also give you a more natural look compared to the drug induced look of bodybuilders. We're basically talking about the difference between being as big and muscular as you can be naturally vs on drugs. I'm sure you'll agree that 'natural big' is much better than 'drug big'. But with that said you'll still need all the help you can get and a testosterone boosting supplement is definitely an ace up your sleeve.

You'll notice that I recommend dosing most of your Testosterone booster at night. This is because many test-boosters (and especially

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the ones I recommend) can have a profound affect on your sleep.

Test boosters are know for improving the quality of your sleep leading to a better hormonal balance, better recovery and less risk of suffering from symptoms of overtraining.



## STATUS TESTOSTERONE BOOSTER DOSING:

To establish a new testosterone level I recommend a graded dosing scheme to allow your body to ramp up. I suggest the following three week ramp up to a full dose:

Week 1	Week 2	Week 3
1 capsule <b>Status</b> post workout +	1 capsule <b>Status</b> post workout +	2 capsules <b>Status</b> post workout +
1 capsule <b>Status</b> before bed	2 capsules <b>Status</b> before bed	2 capsules <b>Status</b> before bed

**NOTES:** On days you don't workout only take the before bed dose.

As of week 3 you will be at the recommended label dose. You can continue this dose for the remainder of your workout program then follow a ramping down schedule to cycle off.

## 4 WEEK RAMPING DOWN SCHEDULE:

Week 1	Week 2	Week 3	Week 4
1 capsule <b>Status</b> post workout +	1 capsule <b>Status</b> post workout +	1 capsule <b>Status</b> before bed	Off
3 capsules <b>Status</b> before bed	1 capsule <b>Status</b> before bed		

## FOR EXTREME RESULTS:

Four capsules per day is the labeled recommended dose and many of our past clients have had great success with this dose, however we know that some people have taken it a step further by increasing the dose beyond this recommendation up to double the labeled dose. If you want to test the highest dose we recommend you can continue the ramp up as follows:

Week 4	Week 5
3 capsules <a href="#">Status</a> post workout +	4 capsules <a href="#">Status</a> posts workout +
3 capsules <a href="#">Status</a> before bed	4 capsules <a href="#">Status</a> before bed

As of week 5 you will be double the recommended label dose. Hold her for the remainder of your scheduled workout program then cycle off for 4 weeks. 8 capsules per day is the highest dose we've tested on ourselves and our clients. If you want to see how far you can push your muscle gaining in a short period of time you may want to test this dosing schedule, however it's not mandatory.

If you choose this higher dose you will need to follow a longer ramping down schedule to cycle off as follows:

## 5 WEEK RAMPING DOWN SCHEDULE:

Week 1	Week 2	Week 3	Week 4	Week 5
3 capsules <a href="#">Status</a> post workout +	2 capsules <a href="#">Status</a> post workout +	1 capsule <a href="#">Status</a> post workout +	1 capsule <a href="#">Status</a> before bed	Off
3 capsules <a href="#">Status</a> before bed	2 capsules <a href="#">Status</a> before bed	1 capsule <a href="#">Status</a> before bed		



# Muscle Building

## PRE-WORKOUT

Your workout is the single most important activity of the day when it comes to muscle building. Following the right diet and taking the right supplements isn't going to really matter if you don't bother lifting weights. You must complete your workouts consistently and with maximum intensity, focus, and effort if you expect to reach your full potential.

Step one is getting to the gym. Step two is doing the workout. Step three is hitting that workout with 100% effort. Step three is where many guys fail. Just going through the motions of your workout isn't going to cut it. A [pre-workout supplement](#) will give you the right mix of nutrients to keep your mind and muscles primed for maximum intensity and growth.

### **NOOTROPICS – ENHANCED MIND-MUSCLE CONNECTION, MAXIMUM ENERGY AND INTENSITY**

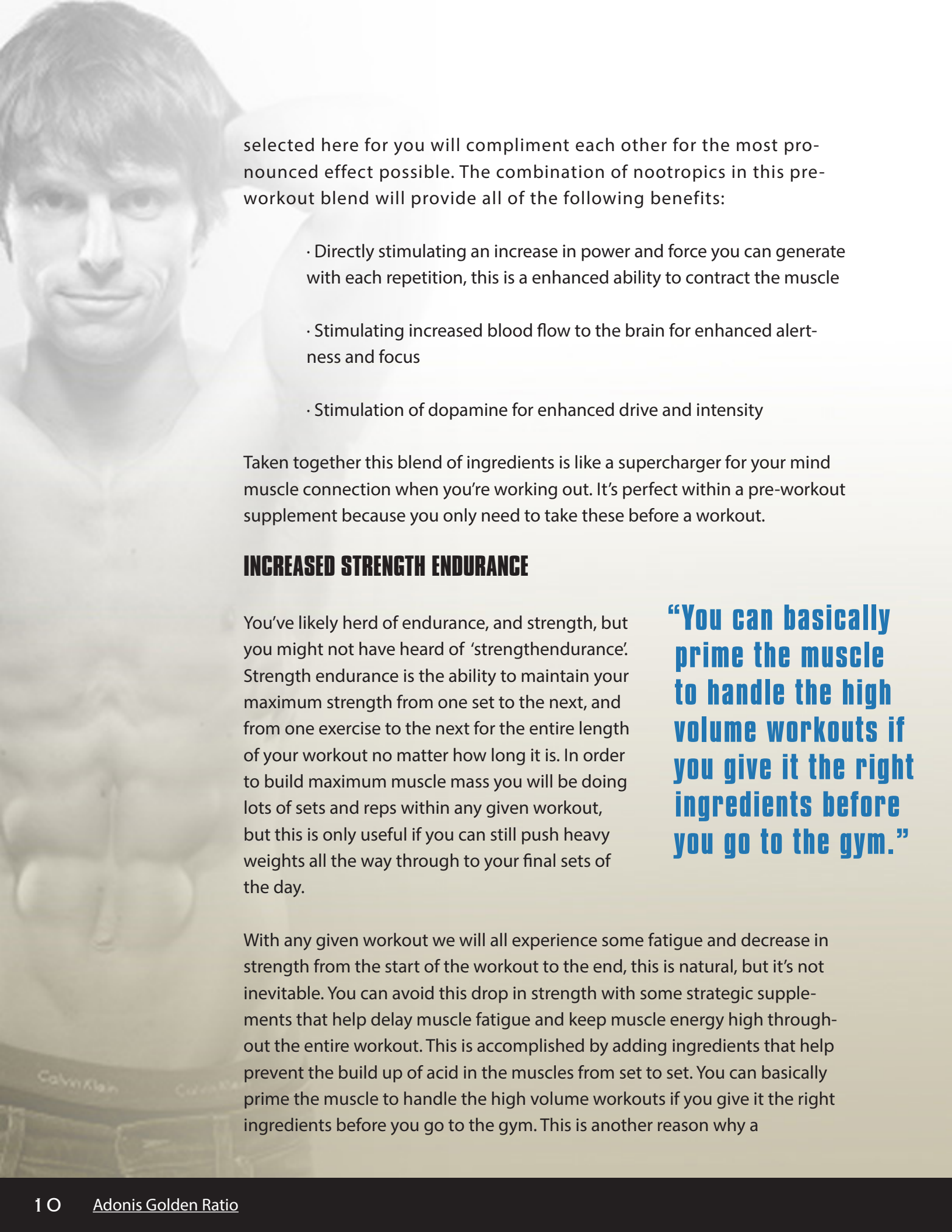
Nootropics are a broad class of compounds that are psychoactive. This means they have the power to affect your ability to focus, and thus they can also affect your ability to generate strength and intensity.

They do this multiple ways from increasing blood flow to the brain and modifying certain neurochemicals to give you what might feel like enhanced abilities.

For the purpose of a workout you want to be 'dialed in' every time you step foot in the gym and a blend of nootropics will do just that. This will translate into massively productive workouts and being able to push harder on every set and every rep.

Think of it as the difference between working out half asleep or wide awake and totally in the zone.

Each class of nootropic compound will have different effects; the ones



selected here for you will compliment each other for the most pronounced effect possible. The combination of nootropics in this pre-workout blend will provide all of the following benefits:

- Directly stimulating an increase in power and force you can generate with each repetition, this is an enhanced ability to contract the muscle
- Stimulating increased blood flow to the brain for enhanced alertness and focus
- Stimulation of dopamine for enhanced drive and intensity

Taken together this blend of ingredients is like a supercharger for your mind muscle connection when you're working out. It's perfect within a pre-workout supplement because you only need to take these before a workout.

## **INCREASED STRENGTH ENDURANCE**

You've likely heard of endurance, and strength, but you might not have heard of 'strengthendurance'. Strength endurance is the ability to maintain your maximum strength from one set to the next, and from one exercise to the next for the entire length of your workout no matter how long it is. In order to build maximum muscle mass you will be doing lots of sets and reps within any given workout, but this is only useful if you can still push heavy weights all the way through to your final sets of the day.

**“You can basically prime the muscle to handle the high volume workouts if you give it the right ingredients before you go to the gym.”**

With any given workout we will all experience some fatigue and decrease in strength from the start of the workout to the end, this is natural, but it's not inevitable. You can avoid this drop in strength with some strategic supplements that help delay muscle fatigue and keep muscle energy high throughout the entire workout. This is accomplished by adding ingredients that help prevent the build up of acid in the muscles from set to set. You can basically prime the muscle to handle the high volume workouts if you give it the right ingredients before you go to the gym. This is another reason why a

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properly designed pre-workout formula can help you maximize the results you get from every single set and rep of every workout.

## MAXIMUM STRENGTH

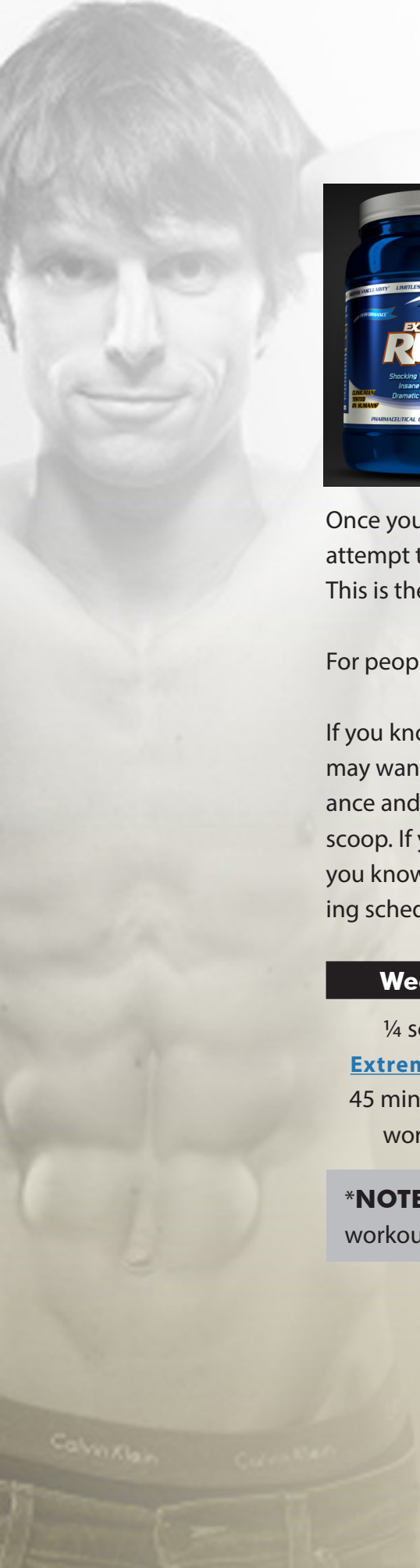
Along with increased strength endurance you also want to hit your maximum strength with each lift otherwise you're leaving some of your potential gains on the table. A good pre-workout mix will also have creatine and targeted energy enhancing ingredients that prime your muscles for the ability to push max weights. You'll not only have enough strength endurance to give each set and rep your all, but every rep will also be the heaviest weight you can lift. This combination of strength-endurance and max strength is a major key to accelerated muscle gains.

## BLOOD FLOW ENHANCEMENT

The "pump" as it's become known is the effect of your muscles swelling with blood during a workout. The faster and fuller you get a pump the more you are forcing muscle building nutrients into each muscle. Stimulating a chemical in your blood called 'Nitric Oxide' has long been believed to be the key to creating bigger and fuller muscle pumps, and the old standard for this was the amino acid Arginine.

But that was then, and this is now.

Arginine is old news when it comes to nitric oxide stimulation. There are new more effective ingredients for stimulating nitric oxide and developing fuller longer muscle pumps and it's what you'll find in the new [Extreme Rush](#) pre-workout formula. This is the most potent pre-workout formula currently available.



## EXTREME RUSH PRE-WORKOUT DOSING:

This product is so potent that I suggest you simply following the dosing instructions on the label and start with half a scoop which is one serving approx 45-60 mins before your workout.

Once you've assessed your tolerance after approximately 10-14 days you can attempt to go to one full scoop approx 45-60 minutes prior to your workout. This is the MAX dose I recommend and I would not attempt to any higher.

For people who are extremely sensitive to stimulants:

If you know that you're highly sensitive to caffeine and other stimulants you may want to start with a quarter scoop for the first week to assess your tolerance and work your way up to a half scoop, then  $\frac{3}{4}$  scoop and finally a full scoop. If you are highly sensitive you may not need to ever use a full scoop. If you know you're highly sensitive to stimulants use the following graded dosing schedule to assess tolerance:

Week 1	Week 2	Week 3	Week 4
$\frac{1}{4}$ scoop	$\frac{1}{2}$ scoop	$\frac{3}{4}$ scoop	Full scoop
<a href="#"><u>Extreme Rush</u></a>	<a href="#"><u>Extreme Rush</u></a>	<a href="#"><u>Extreme Rush</u></a>	<a href="#"><u>Extreme Rush</u></a>
45 mins before workout	45 mins before workout	45 mins before workout	45 mins before workout

**\*NOTES:** ONLY take your pre-workout supplement on the days you workout, do not add it in on your non-workout days.



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## PROTEIN

Protein is a staple for muscle growth. It provides the building blocks for your muscle called amino acids. Complete protein sources such as animal proteins, whey, casein and egg protein provide all of the amino acids your body needs to grow. Each protein source however has a different mix of these specific amino acids. Some proteins provide more of a certain amino acids than other protein sources, they also digest and enter your blood stream at different rates. You could almost view different proteins and different forms of time released amino acids.

Whey protein is a 'fast' protein meaning your body can quickly digest and absorb it. Casein protein is a 'slow' protein meaning it will absorb slower giving you a steady release of amino acids after you eat it.

The best protein for you to take would combine both fast and slow proteins so you get an immediate protein boost while also getting a sustained dose of amino acids hours after you eat.

The second important thing to consider with protein is the 'biological value' of the protein. Biological value is a measure of how much protein your body can assimilate and use from the dietary sources you're eating. Egg protein is the standard used to set the biological value as your body can easily digest, absorb and use almost all of the protein in an egg. From there all other proteins are rated compared to egg. Whey and casein have a very high biological value whereas vegetarian proteins such as soy have a much lower biological value. This means that for every 50 grams of whey or casein or egg protein you eat your body can actually absorb, digest and use almost all 50 grams. However if you eat 50 grams of soy protein your body may only be able to actually use 60-70% of it.

**Bluestar Iso-smooth** uses a mix of fast and slow proteins as well as the 3 highest biological value proteins, Whey, Milk and and Casein proteins. For the money you cannot get a better protein source even from whole food.



## ISO-SMOOTH PROTEIN DOSING:

Protein dosing is dependent on how much protein you can find from your regular food sources. Assuming you can get approximately half your protein from food I suggest adding a protein shake to your first meal post workout as well as your final meal of the day.

You can take up to 50 grams of [Iso Smooth](#) protein per shake. Add one shake to a meal at the end of the day. You can add a second shake to a meal earlier in the day or take it separate of any meal.

Important Note – you are to make sure protein intake is sufficient on every day, not just your workout days.

When your priority is overall muscle growth with a secondary interest in fat loss I've found that providing your protein in 1 or 2 large pulses seems to work best. Because of this taking your protein shake with a protein meal may be the best dosing schedule for guys who typically have problems gaining muscle mass. I like to divide these protein pulses by as much as 8-10 hours whenever I can.



[CLICK HERE TO SEE THE ADONIS LEAN MASS BUILDER STACK](#)