

# Adonis Golden Ratio Supplementation Guide

CATEGORY 3 - PRIMARY GOAL  
MUSCLE BUILDING & FAT LOSS



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# ADONIS GOLDEN RATIO SUPPLEMENT GUIDE

## Category 3 – Primary Goal Muscle Building & Fat Loss

Based on your current measurements your goal should be a balanced mixed focused on both building muscle and losing fat, some people call this 'recomposition'. Regardless what you call it the point for you is to build muscle while stripping away the last bit of fat in order to have a lean defined and muscled physique. I've put together a 'stack' of items that are your best options for maximizing your gains given your current measurements. As with any supplement these are not 'required' and you can certainly make significant improvements without them. However if maximizing your potential to hit your ideal body is your goal then these supplements can go a long way to making it happen faster and allowing you to push your body farther than without them.



The 'stack' I'm recommending is a few different items from a couple different companies that I consult with and know well. These are your best options at your current measurements.

# Muscle Building & Fat Loss

**THERE ARE THREE SUPPLEMENTS I SUGGEST YOU FOCUS ON GIVEN YOUR CURRENT MEASUREMENTS:**



## FAT BURNER

I recommend Leptiburn



## TESTOSTERONE BOOSTER

I recommend and use Status



## PRE-WORKOUT DRINK

I recommend Extreme Rush

I can vouch for the quality and effectiveness of these three products and I personally use them. I actually helped formulate Status and Extreme Rush as well. This is as good as it gets when it comes to formulation, quality and reliability from a supplement.

The rest of this manual is a brief explanation of how each of these supplement categories will help you get to your ideal body as fast as possible.

# FAT BURNING

As I've stated in other parts of this program you should always be training for muscle growth, but carrying excessive bodyfat can actually slow down your ability to gain muscle. This is because fat cells cause three major problems:

## 1. They convert testosterone to estrogen.

This is obviously not good as testosterone is the most important muscle building hormone in your body. This is also why it's not a good idea to take testosterone boosters until you've stripped away some of the excess fat as it will just end up getting converted to estrogen which is no good because estrogen signals your body to store even more fat. This is a vicious cycle that you must break out of to get a ripped, lean, hard muscled body.

## 2. Excess bodyfat sends out protein signaling molecules (sort of like hormones) that make your muscle cells insensitive to insulin.

This means that when you eat carbohydrates your muscles will have a hard time taking the carbs in for energy and instead more of them will get stored as fat. In other words, the more fat you have the worse your body is at burning carbs and the better it is at storing fat.

## 3. Leptin resistance.

We know that when you're carrying excessive fat your cells also become resistant to Leptin. Leptin resistance can stall your ability to lose weight and work against your best efforts when you're dieting.

These are the three main issues with excessive fat from a hormonal standpoint and why excess fat will stall your muscle growth potential and also sap some of the energy from your muscles so you can't workout as hard. And I'm not even mentioning how excess fat simply

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**“Reducing your bodyfat as fast as possible will allow your testosterone levels to rise ...”**

doesn't look good, and puts a strain on your entire body.

The faster you can strip away this fat the better. Reducing your bodyfat as fast as possible will allow your testosterone levels to rise and kick start the muscle building process and it'll

also allow your muscles to become more sensitive to insulin and carbohydrate foods. As you reduce bodyfat your body will become better at burning carbs for energy, this is why throughout this program your specific recommendations of how much carb and sugar you can/should eat changes as your body changes. The Adonis Golden Raito nutrition calculator will give you the correct amount for you to maximize fat loss without losing lean muscle, however there is one issue that can come up with fat burning that causes most people to fail. It's called the Leptin Paradox.

## The Leptin Paradox



The process of burning fat requires a reduction in calories, this should not come as a surprise to you, but there is one problem. When you reduce calories for an extended period of time, for example longer than a week, your body starts to reduce the amount of a hormone called 'Leptin' that is released from your fat cells. During this process of dieting your body can also become Leptin resistant, which means your cells are become less capable of receiving the signal from Leptin. This is a double step backwards from a fat burning standpoint.

This reduction in both Leptin production and sensitivity is a problem because Leptin is an important hormone in the energy balance and fat burning process. In normal situations it signals your body that you've got enough fat and enough food to live on. But when you start dieting Leptin levels can drop, and if they drop too low for too long you will find it harder and harder to actually burn any fat. This is because your body is sensing the lower Leptin levels as a sign that you must already have very low bodyfat. In other words, eating less calories to lose weight tricks your body into thinking you've already lost all of the weight...at least from the standpoint of Leptin balance anyway.

### **Now you're faced with a problem, how do you reduce calories without reducing Leptin?**

Until very recently scientists didn't even know Leptin existed. Once they discovered Leptin and learned how important it was they also realized that reducing calories reduces Leptin, which makes it increasingly harder to lose more weight. To effectively lose weight without stalling, crashing or rebounding you want to keep your Leptin levels steady as you reduce calories and lose weight.

## **Energy Maintenance**

During a fat loss program you could potentially experience fatigue and a loss of energy that can end up affecting your workouts, and your daily life. Your fat loss supplement should also provide you with energy and help prevent any fatigue you might experience.



You'll find that the Leptiburn formula I'm recommending here also has this covered with ingredients that are shown to stimulate thyroid hormone and also multiple natural forms of caffeine that will give you a smooth energy rush.

**[CLICK HERE TO LEARN ABOUT FAT BURNER](#)**

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## 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 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 recommended 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 <a href="#">Status</a> post workout +	1 capsule <a href="#">Status</a> post workout +	2 capsules <a href="#">Status</a> post workout +
1 capsule <a href="#">Status</a> before bed	2 capsules <a href="#">Status</a> before bed	2 capsules <a href="#">Status</a> 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 <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	1 capsule <a href="#">Status</a> before bed		



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## 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		

[CLICK HERE TO LEARN ABOUT  
TESTOSTERONE BOOSTER](#)

# 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

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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 'strength endurance'. 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.

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 properly designed pre-workout formula can help you maximize the results

**“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.”**



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.

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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.

[CLICK HERE TO LEARN ABOUT EXTREME RUSH](#)