

# THE 12 WEEKS FAT LOSS TO YOUR BEST BODY EVER! FACTOR BY: MARC "THE MACHINE" LOBLINER



**The Fat Loss Factor**  
***12 Weeks To Your Best Body Ever!***  
**By: Marc “The Machine” Lobliner**

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Foreword

By: Mike Roberto

Right now, I want you to make an excuse about your health. Go ahead - enjoy it in all its responsibility-shirking glory.

Because after you start this book, your excuses will be none.

Soon enough, you will be armed with everything you need to know to achieve your goals. But more importantly, you will also be *dis*-armed from the fallacies that pushed you towards those excuses in the first place.

You see, over the past few years, there's been a movement brewing. This movement -- which has just reached you in this very book - is so exciting and powerful that it can only be described with one word: **REVOLUTION**.

A revolution that, as simple as it sounds, has completely escaped us after *decades* of misinformation.

The simple idea of this so-called revolution?

That if you eat REAL food -- not processed, "food-like substances" -- your health will remarkably improve on *every* possible level.

The problem with this movement is that all resources available are geared towards weight loss and general health. And while that's incredible... what about those of us that also want to GET BEYOND RIPPED? Not only getting beyond ripped, but doing so in a *sustainable and healthy way*.

To answer this call, I proudly introduce to you **Marc "THE MACHINE" Lobliner**.

For some, Marc needs absolutely no introduction. This charismatic business owner, husband, and father of two is well-known for his hell-bent drive in bringing **ethics** and common-sense to the nutrition and supplementation industry - an industry that could use a whole lot more of both.

Those of you who have met Marc or have seen his daily videos and blog posts know that he's not just funny and full of life, he also knows exactly what he's talking about. But Marc does not just talk the talk, he walks the walk.

And for the rest of you who haven't met him, Marc *still* needs no introduction. All you have to do is look at a few of his photos to see that he truly does put his money (and his body) where his mouth is.

As I write this, Marc is on his epic quest for his IFBB (International Federation of Bodybuilders) Pro Card, a designation for professional bodybuilders. While some bodybuilders keep secrets, Marc keeps absolutely none. And in GET BEYOND RIPPED, you are privy to the systems he uses, in all their gory detail.

Marc is a no-nonsense guy, and this is a no-nonsense book. After your intro, Marc gives you the diet plan *immediately*. You aren't going to be overwhelmed with pages full of theory without any of the practice. Aren't you sick of these types of books?! Marc is, and so am I.

Instead, you are going to get into the meat and potatoes (quite literally) right off the bat. The workout plan isn't far behind.

Marc will ask you to reject many things you thought were good for you. He is going to have you go against the grain, in all senses of the phrase. Put simply, Marc cuts the crap and promotes high quality, *natural* food. In turn, he creates high quality, *natural* bodies.

The supplements recommended in this book are top-notch. While they're not all made by Marc's companies, MTS Nutrition and EthiTech Nutrition, I wish they were. There is not a single person in this industry who I trust more than The Machine himself. After you read his back-story, which comes after the diet and training plan, you'll agree. Marc's energetic idealism is that infectious.

This is definitely a "do as I do" type of book. Every meal, every step, every rep is laid out here. It's the ultimate plan for readers who want to live the Lobliner lifestyle without doing the years of homework and trial-and-error that Marc has put in throughout his journey.

But for those of us who *need* that theory behind his ways, all you need to do is ask him for it. Chances are, you'll get a prompt and thoughtful response. Better yet, he may even make a blog post or video if it's a commonly misunderstood topic. Marc is that kind of guy with that kind of conviction.

All I ask of you is this: Join the revolution. Give Marc a solid 12 weeks of your life. Follow the plan as closely as possible, but tweak it as needed. Stop eating garbage that comes out of a box. Yes, you need to eat your vegetables (and no, corn is not a vegetable).

Within weeks, you will be hooked, and will share my same contagious energy.

It works for Marc, it works for me, and it will work for you. Get started now - you have nothing but fat to lose, and a whole lot of muscle to gain.

*Mike is a competitive open-water swimmer with All-American honors and is the CEO of ClutchWave Inc., which runs the [PricePLOW.com Supplement Price Comparison Engine](#). Mike uses Marc's diet plan year round, and training program during off-season winter bulks before cutting down for competitions.*

# Chapter 1: The Meat and Sweet Potatoes—The DIET!



I know what you're thinking. Most so-called diet books make you read pages and pages of worthless drivel to get to what you thought would be the good stuff—the actual diet and training program.

Well, this is not one of those books.

The first chapter is all about the program so when you need to look up what you need to do, you just open the book. Chapter 2 and beyond will go into the nuts and bolts of how this diet came about and also provide what might be the most advanced and effective training system ever created. Let's get results! This is how *you* can achieve your best body ever much like I have in record time!

DISCLAIMER: There will be jokes throughout the book. This is FUN. I have fun doing this. This is not a misery, death march style, celebrity diet that sucks the life (and muscle) out of you. If you feel so crappy from your lifestyle or diet (whether you're dieting down or not), why are you doing it? Instead, we have fun here and eating quality, natural foods is a MOOD ENHANCER - not a depressant!

This book was written for anyone looking to get in their best condition EVER and even get onstage and compete, but it can also be applied to anyone looking to improve their physiques and overall health *dramatically!* It was mostly meant for males of any age who are looking to drop fat and gain lean mass and BE HEALTHY. Women can also safely and effectively use these exact principles with the adjustments listed in the book.

This is an all-natural approach here. The basis of the plan is QUALITY FOOD and INTENSE WORKOUT. I am going to recommend certain foods, but also omit many things that I've found to be hazardous and counter-productive for myself and nearly all of my clients or at least limit them. After all, it is all about balance (as we will get into).

In far less than 12 weeks, you will begin to feel incredible, thanks to eating REAL food, training INTENSELY, and supplementing INTELLIGENTLY. After 12 weeks of this program, you will be well on your way to a shredded new you. So let's get started.

## THE DIET

This is it, no making you wait. This diet has been proven time and time again to not only get you more ripped than an anatomy chart, but also improve blood profiles in many cases including my own. In fact, I have always had high Bilrubin levels as a liver indicator and due to weight training, my AST and ALT are always elevated. A few months on this plan and BAM—EXTREME PERFECTION!

Bilrubin, AST and ALT are markers of liver and overall health and weight training naturally elevates the readings of your AST and ALT levels. My AST and ALT went down nearly 100 points (that is BIG) and my bilrubin, while never severely high, was never in normal range. Now, it is "normal" as deemed so by the US government. With most of my clients, we have seen extreme results like this. Take a testimonial from client David Pope....

*"When I started your program I weighed 341.5 pounds, I was pre-hypertensive and my triglycerides were at 172. Worst of all, I had to hear the "pull yourself up by your sack" speech from my long-time friend Marc Lobliner. Now, 18 weeks later, I have lost 28.5 pounds, my blood pressure at my last doctor's visit*

*was 110/60, with the average being 115/63. My last blood draw showed triglycerides at 133 with cholesterol remaining well in the normal/optimal range.*

*The numbers speak for themselves. There is no greater testimonial I can give than sharing these numbers. I have energy, confidence, and I have never been hungry while I have been training. Yet I have never been hungrier for success. What you have done so far for me is amazing.”*

You might be saying, “But Marc, I just want to get shredded. What does all of this health bullshit have to do with anything?” It has a LOT to do with it. Your body will not function and lose weight properly if not in optimal health and to be ever more dire, being lean and sexy means nothing if you are dead.

## **The Machine Diet**

We always see diets focusing on one aspect.

*Low Carbs*

*Low Fat*

*High Fat*

*Olive Oil*

*Grapefruit*

*Detoxing*

*Cleansing*

STOP! Diet is all about balance. Sure, at the end of the day, calories in versus calories out and macronutrient balance is the KEY, but to get optimal results and to be HEALTHY, micronutrients, TYPES of fat, protein and carbs, among other things are tantamount to reaching your goals and being healthy. With that said, here are the basics to this diet.

## **Fat**

Fat is GOOD and we will focus on getting the right kinds of fat. I want fish oil for its amazing EPA and DHA from polyunsaturated fat; Free-Range, Cage-Free DHA eggs for its DHA and saturated fat; Coconut Oil for its MCT concentration; Macadamia Nut Oil for its monounsaturated fat and Natural Peanut Butter for its monounsaturated fat content. Aside from all being NEEDED to absorb fat soluble vitamins and minerals, let’s look at these fats!

The Machine Diet uses a ratio that isn’t exact, but we want to have all of these fats in our diet on a daily basis.

## **EPA and DHA (Polyunsaturated Fat) from Fish Oil:**

- Contribute to heart health
- Helps alleviate symptoms of arthritis
- Weight Management
- Supports healthy blood lipid and cholesterol levels



- Support mood and well being
- Supports mental focus

Basically, fish oil is awesome. EPA is **Eicosapentaenoic acid**. EPA helps lower inflammation and even helps mediate and control some mental disorders! DHA is **Docosahexaenoic acid**. DHA helps everything from mental disorders, helping an unborn child's brain development when taken by a pregnant woman, as well as helping to support fat loss! This fat is that damn good!

Omega 6 fats are found in plant sources like many of our oils, particularly corn oil, safflower oil and sunflower oil, sesame oil and peanut oil that happen to be found in processed foods like margarine.

This is also one reason in this diet we recommend ONLY Free Range Beef and Chicken. Our meat is now much higher in Omega 6 than it was. But cows used to be grass-fed and now they are mainly grain fed to fatten them up and the oils from grains are high in Omega 6.

Why is this important for getting shredded? Well, for one, as stated before, HEALTH and having an optimal system is first and foremost. But beyond that, EPA and DHA have been directly linked to fat loss via research. WE WANT THIS FAT!

### **Saturated Fat**

AHH, the DEVIL! But, in the right amounts from the right sources, these are GOOD!

- Contribute to heart health: I will explain this one! Some saturated fat is found in the fat around the heart muscle, and are used by the heart as an energy reserve in times of stress.
- Hormonal support
- Support mood and well being
- MCT's from coconut oil are more likely to be used as muscle and NOT stores as fat

My stance on this is simple—we are eating the RIGHT saturated fat and you need a mix. When eating the diet prescribed on this program, you will be getting fats from supplements, and I like a MINIMUM of 20% of fats to be saturated. Since even the beef we are eating is lower in fat and free range beef is full of Omega 3's and other healthy fats, we need to add these in. This is why I recommend MCT or Coconut oil. It is more likely to be used for energy and not stored as fat due to its structure and it has been shown to improve markers of overall health. As for eggs, we aren't going to be eating the mass produced eggs you see in the store for dirt-cheap prices. The fat in the eggs we buy will be chock full of more vitamins and other healthy fats in addition to Saturated fat. That whole "cholesterol being unhealthy" thing is a JOKE (more on that later). In order of preference, here are the eggs you will buy:

1. Pasture Raised: Chickens running around, eating worms and grubs and getting SUNLIGHT which helps product vitamin D. I actually pick my own from a local farm.
2. Cage Free: They can still be in dark pens, but still an improvement.
3. Eggland's Best or Other DHA-Rich Egg: They are fed a diet to improve their fat ratio, which is great. I have seen a documentary on their plant and this is not the normal, nasty, chicken's eating eachother's poop facility. It is very clean.

## **Monounsaturated Fat**

- Contribute to heart health
- Weight Management
- Supports healthy blood lipid and cholesterol levels
- Helps reduce belly fat

By combining the CORRECT ratio and amounts and using all types of fat, we will derive multiple benefits and achieve amazing results!

This diet isn't based on a specific ratio since it can vary daily, but we have some simple fat principles I like to stick to:

1. Have at least one meal with Whole Eggs included in it.
2. Have MCT Oil at 1-2 meals per day as the fat source (2 MAX)
3. Have 1Tbsp LIQUID fish oil (for the DOSING) or the equivalent of 1g DHA from capsules (EPA will likely be higher in the capsules, this is fine) NOT counted toward daily fat intake. This is a constant no matter how low calories go.
4. Have Macadamia Nut Oil or Nuts/Peanut Butter/Almond Butter at other meals for Monounsaturated Fat.

## **Protein**

The almighty macronutrient. Shown in studies to promote lean body mass and weight management. This calorie source is the backbone to all diets. We get our protein from lean meats and Whey Protein. Whey Protein has been shown to enhance lean mass gains as well as promote immune function and curb hunger. We will also occasionally use different protein sources for variety. Salmon is an option but this also counts as a fat source. The protein still counts in the salmon. So if the Salmon is 21g protein and 5g fat, it counts as three protein servings and one fat (see appendix!).

## **Carbohydrates**

Carbs are a part of the diet. Fruits and veggies, for example, contain MANY micronutrients as well as fiber, antioxidants and other healthy components. We will focus mainly on the following carb sources:

- Oatmeal: Full of fiber and slow digesting. Immense health benefits.
- Sweet Potatoes and White Potatoes: Loaded with potassium and fiber. These actually are a vegetable!
- Green Veggies (Broccoli, Asparagus, Green Beans, Lettuce, Kale and Spinach): Loaded with vitamins, fiber and are essentially a calorie void food!
- Berries: Antioxidants, fiber and has been shown in studies to enhance fat loss!
- Bananas: Full of fiber and potassium along with other nutrients.

- Grains, Corn, Beans: Can be used, but I feel they are inferior to Potatoes as a starchy carb source. This is why I would limit these to two meals or less per day. While they are fine, I just feel that SPUDS are optimal! This is about results, right? Also, what is more awesome than a little organic, unsweetened cocoa with some Stevia on top of a sweet potato or homemade, Baked fries? Homemade Fries [VIDEO HERE](#)

These are just some of the things that this diet factors in along with:

- Insulin Control: Insulin is the storage hormone. By controlling this when LOSING fat, we are putting ourselves in a good place to lose fat. Also, some of our supplements like Yohimbine HCl work best in the presence of controlled insulin.
- Alkalinity: Basically, the body absorbs less nutrients from food when it is acidic. We maintain alkalinity by eating vegetables and fruits and also by combining food sources. SO EAT THOSE VEGGIES!
- Calorie Control
- Digestion

With all of these accounted for, it is time for RESULTS!

Those are the nuts and bolts. We all have different needs and these might need to be altered as we move forward, but here are the starting points to your Machine Diet. As you

**NOTE: You get two FREE servings of fruits per day preferably from grapefruit, berries or bananas. Another over two servings counts toward carb totals.** This is done because no matter HOW low our calories go, we KEEP these in for overall health and their nutrients. DO NOT worry about the GI (Glycemic Index or how fast the carb hits the bloodstream) since this will be combined with other foods within a meal, thus blunting the insulin response.

## **FREE MEAL!! DO THIS ONCE PER WEEK!!!!**

You get ONE weekly free meal per week. Make this ANYTHING you want. Just one meal, within an hour, no buffets.

We do not call it a “cheat” meal because it is on the program! Cheating is when you DON’T follow the program. The free meal will help keep your body on its’ toes, rev up metabolism and also keep you SANE with yummy, not so healthy foods! But we have seen many people OVERDO it or not do it at all. Both of these can have negative ramifications. If you go to a buffet, you can eat MUCH more than normal -- to the point of gluttony which can consist of swollen ankles, bloated abs, and a 12 hour date with the porcelain princess! NOT having it can be just as bad. When dieting, the free meal acts to stimulate the metabolism. When you eat 100% clean for an extended period, the low calories become maintenance and fat loss stalls. This is where the free meal can kick your metabolism straight in the glutes and get your glutes tight and firm!

Shizzam! The FREE part also stands for FREEDOM! The freedom to eat without guilt, without a food scale, and without counting. It is psychological freedom at its finest! ENJOY it. Take someone on a date. Eat an ice cream cone with your dog. Or if you really want to get freaky, get some honey and whipped cream and...never mind.

So back to the RULES. The “Rule of Three” represents three courses. But we are NOT allowing trips to the buffet as a free meal. Sit down at a restaurant or enjoy home cooked yumminess! The three courses are:

- Course 1: Salad OR Soup OR Appetizer
  - You may have any ONE of these.
  - Appetizers are usually meant for two. You can even get fried stuff. Any appetizer works. Just eat half of it or split it with someone. Don’t take it home!
  - For salads, just get any old salad you want and eat the GOOD DRESSING! You know, the creamy stuff that is “bad” for you!
  - Soup is GOOD. Get any soup on the menu. A bowl, not a pitcher!
- Course 2: Main course
  - ANYTHING on the menu. Fried food, pizza, calamari, burger and fries, chitterlings, latkes, s’cango, pork n’ beans, chimichangas, meat pie....you get the point!
- Course 3: Dessert
  - Let them eat cake! Rock it out. Apple Pie ala Mode, cheesecake, fried bananas, banana splits. Just order dessert!

This should satiate you and not leave you feeling BAD. The rule is that if it is not the last meal of the day that you should be able to eat your normally scheduled meal after it. If you cannot, you overdid it.

There you go! Now have a good time and fit in with the “average” people for once!

Here are the weight ranges we will have plans for. If you weigh less than 140 pounds , start at the macronutrient (calorie) level listed below and decrease by 5 grams of fat per meal to start if uncomfortable and/or you gain over 2 pounds the first week.

- Male 140lbs - 175lbs
- Male 175lbs - 200lbs
- Male 200lbs – 225lbs
- Male 225lbs – 250lbs
- Male 250lbs+

**YOU NEED A FOODSCALE! This is hardcore, thus we need to measure everything. I do not even “eyeball” food and I do this for a living. BEFORE STARTING BUY A FOODSCALE!**

**MALE - UNDER 175lbs Starting Diet**

<b>Meals</b>	<b><u>Carbs</u></b>	<b><u>Protein</u></b>	<b><u>Fat</u></b>	<b><u>Calories</u></b>
Meal 1: 7am	60	42	15	
Meal 2: 10am		42	15	
Meal 3: 12:30pm (lunch at work)		42	15	
Meal 4: 3pm (for 5:30pm WO)		42	15	
Meal 5: 6:30pm PWO	60	42	15	
Meal 6: 9:30pm		42	15	
<b>Total</b>	120	252	90	
<b>Calories</b>	480	1008	810	~2,298

**Meal 1**

- 3 Whole DHA Eggs
- 7 egg whites
- ¾ cup oatmeal (measured uncooked)
- 99g blueberries

**Meal 2**

- 1.75 scoops [MTS Nutrition Machine Whey](#)
- 1Tbsp macadamia nut oil
- 99g Blueberries
- <http://www.youtube.com/watch?v=chxWTwNQ9I>

**Meal 3**

6oz Free Range Chicken (cooked)  
30g Natural Peanut Butter or 1Tbsp Macadamia  
Nut Oil  
Broccoli

**Meal 4**

1.75 scoops [MTS Nutrition Machine Whey](#)  
1Tbsp Coconut nut oil or 30g Natural Peanut  
Butter or 15g fat from unsweetened coconut  
flakes  
99g blueberries

**Meal 5**

6oz Free Range 85/15 or LEANER LEAN BEEF/Steak  
or Wild Salmon  
Asparagus  
8oz Sweet Potato

**Meal 6 BEDTIME**

3 Whole DHA Eggs  
7 egg whites  
Broccoli  
OR  
Repeat Meal 2

**MALE - 175lbs - 200lbs Starting Diet**

Workout Days				
Meals	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
Meal 1: 7am	60	42	15	
Meal 2: 10am	60	42	15	
Meal 3: 12:30pm (lunch at work)		42	15	
Meal 4: 3pm (for 5:30pm WO)		42	15	
Meal 5: 6:30pm PWO	60	42	15	
Meal 6: 9:30pm		42	15	
Total	180	252	90	
Calories	720	1008	810	~2,538

**Meal 1**

3 Whole DHA Eggs  
7 egg whites  
4 slices Ezekiel Bread

**Meal 2**

1.75 scoops [MTS Nutrition Machine Whey](#)  
1Tbsp macadamia nut oil  
¾ cup oatmeal (measured uncooked)  
99g Blueberries  
<http://www.youtube.com/watch?v=chxWTwNQ9I>

**Meal 3**

6oz Free Range Chicken (cooked)  
30g Natural Peanut Butter or 1Tbsp Macadamia Nut Oil  
Broccoli

**Meal 4**

1.75 scoops [MTS Nutrition Machine Whey](#)  
1Tbsp Coconut nut oil or 30g Natural Peanut Butter or 15g fat from unsweetened coconut flakes  
99g blueberries

**Meal 5**

6oz Free Range 85/15 or LEANER LEAN BEEF/Steak or Wild Salmon  
Asparagus  
8oz Sweet Potato

**Meal 6 BEDTIME**

3 Whole DHA Eggs  
7 egg whites  
Broccoli  
OR  
Repeat Meal 2 Without Oatmeal

**MALE- 200lbs - 225lbs Starting Diet**

Workout Days				
Meals	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
Meal: 1 7am	60	49	15	
Meal 2: 10am	60	49	15	
Meal 3: 12:30pm (lunch at work)	60	49	15	
Meal 4: 3pm (for 5:30pm WO)		49	15	
Meal 5: 6:30pm PWO	60	49	15	
Meal 6: 9:30pm		49	15	
<b>Total</b>	240	294	90	
<b>Calories</b>	960	1176	810	~2,946



**Meal 1**

**3 Whole DHA Eggs**

**9 egg whites**

**1 cup Oatmeal**

**Meal 2**

**2 scoops [MTS Nutrition Machine Whey](#)**

**1Tbsp macadamia nut oil**

**99g Blueberries**

**1 cup Oatmeal**

**<http://www.youtube.com/watch?v=chhxWTwNQ9I>**

**Meal 3**

**7oz Free Range Chicken (cooked)**

**30g Natural Peanut Butter or 1Tbsp Macadamia**

**Nut Oil**

**8oz Sweet Potato**

**Broccoli**

**Meal 4**

**2 scoops [MTS Nutrition Machine Whey](#)**

**1Tbsp Coconut nut oil or 30g Natural Peanut Butter**

**or 15g fat from unsweetened coconut flakes**

**99g blueberries**

**Meal 5**

**7oz Free Range 85/15 or LEANER LEAN BEEF/Steak**

**or Wild Salmon**

**Asparagus**

**8oz Sweet Potato**

**Meal 6 BEDTIME**

**3 Whole DHA Eggs**

**9 egg whites**

**Broccoli**

**OR**

**Repeat Meal 2 without oatmeal**

**MALE – 225-250lbs Starting Diet**

Workout Days				
Meals	Carbs	Protein	Fat	Calories
Meal 1: 7am	60	56	15	
Meal 2: 10am	60	56	15	
Meal 3: 12:30pm (lunch at work)	60	56	15	
Meal 4: 3pm (for 5:30pm WO)	60	56	15	
Meal 5: 6:30pm PWO	60	56	15	
Meal 6: 9:30pm		56	15	
<b>Total</b>	300	336	90	
<b>Calories</b>	1,200	1,344	810	~3,354

**Meal 1**

3 Whole DHA Eggs  
11 egg whites  
4 slices Ezekiel Bread

**Meal 2**

2.25 scoops [MTS Nutrition Machine Whey](#)  
1Tbsp macadamia nut oil  
¾ cup oatmeal (measured uncooked)  
99g Blueberries  
<http://www.youtube.com/watch?v=chhxWTwNQ9I>

**Meal 3**

8oz Free Range Chicken (cooked)  
30g Natural Peanut Butter or 1Tbsp Macadamia Nut Oil  
Broccoli

**Meal 4**

2.25 scoops [MTS Nutrition Machine Whey](#)  
1Tbsp Coconut nut oil or 30g Natural Peanut Butter or 15g fat from unsweetened coconut flakes  
99g blueberries

**Meal 5**

8oz Free Range 85/15 or LEANER LEAN BEEF/Steak or Wild Salmon  
Asparagus  
8oz Sweet Potato

**Meal 6 BEDTIME**

**3 Whole DHA Eggs**

**11 egg whites**

**Broccoli**

**OR**

**Repeat Meal 2 with no oatmeal**

**MALE - 250lbs PLUS Starting Diet**

Workout Days				
Meals	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
Meal 1: 7am	60	56	15	
Meal 2: 10am	60	56	15	
Meal 3: 12:30pm (lunch at work)	60	56	15	
Meal 4: 3pm (for 5:30pm WO)	60	56	15	
Meal 5: 6:30pm PWO	60	56	15	
Meal 6: 9:30pm	60	56	15	
<b>Total</b>	360	336	90	
<b>Calories</b>	1,440	1,344	810	~3,594

**Meal 1**

**3 Whole DHA Eggs**

**11 egg whites**

**4 slices Ezekiel Bread**

**Meal 2**

**2.25 scoops [MTS Nutrition Machine Whey](#)**

**1Tbsp macadamia nut oil**

**¾ cup oatmeal (measured uncooked)**

**99g Blueberries**

**<http://www.youtube.com/watch?v=chhxWTwNQ9I>**

**Meal 3**

**8oz Free Range Chicken (cooked)**

**30g Natural Peanut Butter or 1Tbsp Macadamia Nut Oil**

**Broccoli**

**Meal 4**

**2.25 scoops [MTS Nutrition Machine Whey](#)**

**1Tbsp Coconut nut oil or 30g Natural Peanut Butter or 15g fat from unsweetened coconut flakes**

**99g blueberries**

**Meal 5**

**8oz Free Range 85/15 or LEANER LEAN BEEF/Steak or Wild Salmon**

**Asparagus**

**8oz Sweet Potato**

**Meal 6 BEDTIME**

**3 Whole DHA Eggs**

**11 egg whites**

**Broccoli**

**1 cup Oatmeal**

**OR**

**Repeat Meal 2**

**FOR WOMEN ONLY!**

- Female 90lbs - 115lbs
- Female 115lbs -130lbs
- Female 130lbs - 150lbs
- Female 150lbs – 180lbs
- Female 180lbs+

**YOU NEED A FOODSCALE! This is hardcore, thus we need to measure everything. I do not even “eyeball” food and I do this for a living. BEFORE STARTING BUY A FOODSCALE!**

**Female - 90lbs -115lbs Starting Diet**

Workout Days				
<b>Meals</b>	<b><u>Carbs</u></b>	<b><u>Protein</u></b>	<b><u>Fat</u></b>	<b><u>Calories</u></b>
Meal 1	30	28	10	
Meal 2		28	10	
Meal 3		28	10	
Meal 4 PWO	30	28	10	
Meal 5		28	10	
<b>Total</b>	60	140	50	
<b>Calories</b>	240	560	450	1,250

**Meal 1**

- 2 Whole DHA Eggs
- 5 egg whites
- ½ cup oatmeal (measured uncooked)
- 99g blueberries

**Meal 2**

- 1.15 scoops [MTS Nutrition Machine Whey](#)
- 2tsp macadamia nut oil
- 99g Blueberries
- <http://www.youtube.com/watch?v=chxWTwNQ9I>

**Meal 3**

- 4oz Free Range Chicken (cooked)
- 20g Natural Peanut Butter or 2tsp Macadamia Nut Oil
- Broccoli

**Meal 4**  
**4oz Free Range 85/15 or LEANER LEAN BEEF/Wild Salmon**  
**Asparagus**  
**4oz Sweet Potato**

**Meal 5 BEDTIME**  
**2 Whole DHA Eggs**  
**5 egg whites**  
**Broccoli**  
**OR**  
**Repeat Meal 2**

**Female - 115lbs – 130lbs Starting Diet**

Workout Days				
<b>Meals</b>	<b><u>Carbs</u></b>	<b><u>Protein</u></b>	<b><u>Fat</u></b>	<b><u>Calories</u></b>
Meal 1	30	35	10	
Meal 2	30	35	10	
Meal 3		35	10	
Meal 4 PWO	30	35	10	
Meal 5		35	10	
<b>Total</b>	90	175	50	
<b>Calories</b>	360	700	450	1,510

**Meal 1**  
**2 Whole DHA Eggs**  
**7 egg whites**  
**½ cup oatmeal (measured uncooked)**  
**99g blueberries**

**Meal 2**  
**1.33 scoops [MTS Nutrition Machine Whey](#)**  
**2tsp macadamia nut oil**  
**99g Blueberries**  
**½ cup oatmeal**  
<http://www.youtube.com/watch?v=chhxWTwNQ9I>

**Meal 3**  
**5oz Free Range Chicken (cooked)**  
**20g Natural Peanut Butter or 2tsp Macadamia Nut Oil**  
**Broccoli**

Meal 4  
 5oz Free Range 85/15 or LEANER LEAN BEEF/Wild  
 Salmon  
 Asparagus  
 4oz Sweet Potato

Meal 5 BEDTIME  
 2 Whole DHA Eggs  
 7 egg whites  
 Broccoli  
 OR  
 Repeat Meal 2

**Female – 130lbs – 150lbs Starting Diet**

Workout Days				
Meals	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
Meal 1	30	35	10	
Meal 2	30	35	10	
Meal 3	30	35	10	
Meal 4 PWO	30	35	10	
Meal 5		35	10	
<b>Total</b>	120	175	50	
<b>Calories</b>	480	700	450	1,630

Meal 1  
 2 Whole DHA Eggs  
 7 egg whites  
 ½ cup oatmeal (measured uncooked)  
 99g blueberries

Meal 2  
 1.33 scoops [MTS Nutrition Machine Whey](#)  
 2tsp macadamia nut oil  
 99g Blueberries  
 ½ cup oatmeal  
<http://www.youtube.com/watch?v=chhxWTwNQ9I>



**Meal 3**

5oz Free Range Chicken (cooked)  
20g Natural Peanut Butter or 2tsp Macadamia Nut Oil  
4oz Sweet Potato  
Broccoli

**Meal 4**

5oz Free Range 85/15 or LEANER LEAN BEEF/Wild Salmon  
Asparagus  
4oz Sweet Potato

**Meal 5 BEDTIME**

2 Whole DHA Eggs  
7 egg whites  
Broccoli  
OR  
Repeat Meal 2

**Female – 150lbs – 180lbs Starting Diet**

Workout Days				
Meals	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
Meal 1	30	42	15	
Meal 2	30	42	15	
Meal 3	30	42	15	
Meal 4	30	42	15	
Meal 5		42	15	
<b>Total</b>	120	210	75	
<b>Calories</b>	480	840	675	1,995

**Meal 1**

2 Whole DHA Eggs  
9 egg whites  
½ cup oatmeal (measured uncooked)  
99g blueberries

**Meal 2**

1.75 scoops [MTS Nutrition Machine Whey](#)  
2tsp macadamia nut oil  
99g Blueberries  
½ cup oatmeal  
<http://www.youtube.com/watch?v=chhxWTwNQ9I>

**Meal 3**

6oz Free Range Chicken (cooked)  
20g Natural Peanut Butter or 2tsp Macadamia Nut Oil  
4oz Sweet Potato  
Broccoli

**Meal 4**

6oz Free Range 85/15 or LEANER LEAN BEEF/Wild Salmon  
Asparagus  
4oz Sweet Potato

**Meal 5 BEDTIME**

2 Whole DHA Eggs  
9 egg whites  
Broccoli  
OR  
Repeat Meal 2

**Female – 180lbs+ Starting Diet**

Workout Days				
Meals	<u>Carbs</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
Meal 1	30	42	15	
Meal 2	30	42	15	
Meal 3	30	42	15	
Meal 4	30	42	15	
Meal 5	30	42	15	
<b>Total</b>	150	210	75	
<b>Calories</b>	600	840	675	2,115

**Meal 1**

3 Whole DHA Eggs  
7 egg whites  
½ cup oatmeal (measured uncooked)  
99g blueberries

**Meal 2**

1.75 scoops [MTS Nutrition Machine Whey](#)  
1Tbsp macadamia nut oil  
99g Blueberries  
½ cup oatmeal  
<http://www.youtube.com/watch?v=chhxWTwNQ9I>

**Meal 3**

**6oz Free Range Chicken (cooked)  
30g Natural Peanut Butter or 1Tbsp Macadamia  
Nut Oil  
4oz Sweet Potato  
Broccoli**

**Meal 4**

**6oz Free Range 85/15 or LEANER LEAN BEEF/Wild  
Salmon  
Asparagus  
4oz Sweet Potato**

**Meal 5 BEDTIME**

**3 Whole DHA Eggs  
7 egg whites  
Broccoli  
½ Cup Oatmeal  
OR  
Repeat Meal 2**

**Note: This is the OPTIMAL eating plan, but if you HATE or get sick of the meals the way they are, feel free to utilize the chart at the bottom of the program to switch out foods.**

- **TRY to get in the fat sources as listed but they can all be interchanged as desired. For example, if you want 20g Peanut Butter in Meal 5 instead of 2tsp Macadamia Nut Oil, go ahead!**
- **If you miss a meal, simply space other meals apart differently to get all of your meals in.**
- **Egg beaters can be used instead of egg whites—why waste the yolk?**

**Food Choices DO MATTER! Try to stick to what I recommend as often as possible!**

## Tailoring The Diet For YOU

- On OFF or non workout days, simply REMOVE THE CARBS from the Post Workout (PWO) Meal or if you are on one of the higher calorie plans, remove the carbs from the last meal of the day containing carbs.
- If you look at this and it is WAY beyond what you eat now, even controlled, then just start at a lower level.
- If you are a woman or under 140 pounds, adjust the calories to be slightly above what you are eating now and start out having carbs meal one and post workout. Protein should be set at around 1.5 grams per pound of bodyweight per day and fat should start out around 10 grams per meal.

## The Diabetic Exchange—Counting All Calories IS GONE!

You might look at this diet with a sense of confusion and bewilderment. “But Marc, I plugged it into FitDay and the calories were like 20% higher!” To that I will email back, “So what?” The diabetic exchange is brilliant. It factors in consistency and makes for STRESS FREE DIETING! I have seen the best results with this method. Dieting is all about consistency. What we do is count the protein from protein-based foods, the fat from fat-based foods and the carbs from carb-based foods. Unless they are high (see chart) we neglect counting the other macronutrients from that food. Some guidelines on when to count the “other” macros on foods:

- Carbs: When there are over 7g carbs per 25g protein
- Fat: When there are over 5g fat per 20g protein

The reason this is brilliant is simply because it makes it EASY. You do not have to be diabetic to reap the benefits of an Easy Counting system. Think of it as a kind of Weight Watchers that doesn't suck.

## THE KEY TO THE DIET—ADJUSTING!

Any idiot can write a diet. The key is adjusting as you hit stick points. What is a stick point? Well, when dieting it is when you do not lose weight or bodyfat for two straight weeks. We are aiming for one to two pounds a week and if you do not average that, it is time to adjust. The first variable will be CARBS!

Stick Point 1: Remove carbs from the last meal of the day where carbs are allotted UNLESS it is the post workout (PWO) meal.

Stick Point 2 and until the only carbs remaining are PWO: Repeat Stick Point 1 until the only carbs remaining are the PWO carbs.

Stick Point 3: Remove 5g fat per meal.

Stick Point 4: Add in 20 minutes PWO or AM cardio and add in 10 minutes per stick point until you reach a MAX of 45 minutes.

Stick Point 5: Lower protein NOT to go below 1.5 grams per pound of bodyweight. Remove 7 grams per meal each time. Thus, if all of your meals are currently 49 grams, lower them to 42 grams.

Stick Point 6: Remove another 5g fat NOT TO GO BELOW 5g PER MEAL!

At this point, you should NOT need to lower any more.

### **Why Did We Cut From There?**

Insulin sensitivity is the highest in the morning and Post Workout. This is our hierarchy of carb needs:

1. Post Workout
2. Meal 1
3. Meal 2
4. Meal 3
5. Meal 4
6. Etc....

Thus, we leave the most needed times for carbs WITH carbs until we need to cut it, if we ever do.

### **Substitutions**

You do NOT have to eat the same thing everyday. What is listed is recommended, but in reality, it can get BORING! Simply move to the very end of the book and you can make substitutions. Just take the equal amount of the alternative and BOOM—you are on point! And with the options, the options are endless!

### **How to Cook Your Food**

Cook your food in non-stick, no-calorie spray like “Pam” or get a *Misto* brand sprayer and fill it with macadamia nut oil. You can also cook in a SMALL amount of macadamia nut or coconut oil—just enough to coat the bottom of the pan!

### **What Can I NOT Eat?**

You can really eat ANYTHING in moderation. Severe restriction will lead to quitting and binges. The free meal helps alleviate this, but not totally. So if you feel like having a pop tart, do your best to fit it into your macronutrients and DO NOT make this an every meal thing. I recommend a getting the diet on-point with the food choice at the end of the book at least 85%-90% of the time. That will still yield amazing results! Thus, NOTHING is “off limits”.

### **What and How Much to Drink?**

Pretty much unlimited NON-caloric beverages. Get most of your liquid from plain old water, but Diet Sodas, Crystal Light and even some flavored BCAA (choices listed in Supplement Chapter) work. Coffee with artificial sweetener and no cream is also a GO! As for how much to drink, recent research shows drinking when thirsty works. With that said, I know a lot of people who hardly drink anything, so aim for one gallon of water per day, but no need to carry it around like a big meathead!

### **Alcohol**

In moderation, maybe on a weekend or at a gathering, sure. Alcohol will slow your progress, period, but it is a social thing and once a week or two won't hurt a thing in moderation!

### **Where Do I Get My Egg Whites From?**

Egg Beaters or similar are fine or even bulk, non-free-range eggs work for this. All Free Range for whites even gets expensive!

### **I cannot eat ALL OF THOSE EGGS!**

Simple solution—SUBSTITUTE! Have MTS Nutrition Whey or even chicken or another protein source instead with your whole eggs!

### **Grains?**

Grains are fine, but I think that sweet potatoes and other non-grains are better since they are more micronutrient-dense and grains are not tolerated well in a large segment of people. Thus, I would keep grains to less than 50% of your total carbohydrate intake.

### **What if I train first thing in the morning?**

Simply wake up, down a scoop of [MTS Nutrition Whey](#) (25g protein) along with your PreWorkout supplement (my recommendation later), mix up your Xtend for during training and get to work! This does NOT count as a meal! It is just enough to keep you from going catabolic and feeling like CRAP during training but will not hinder fat loss! After training, move your Post Workout meal to Meal One and carry on! Then, remove carbs from the PWO meal if you do not have carbs in that meal based on the amount of carb meals per day and how we taper calories.

## The 10 Commandments of “Machine”ism

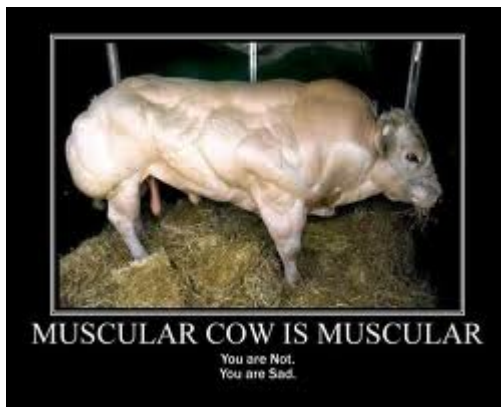
1. Always choose LEAN proteins and if you have fatty proteins, count them as your fat sources. Lean is Lean Beef (94% and above), chicken breast, turkey, etc. Opt for 100% FREE RANGE AND ORGANIC AT ALL TIMES!!!!
2. ALWAYS have MCT oil in the meal immediately preceding your workout: MCT’s are converted to energy more readily than any other fat, so we take these PRE WORKOUT to take advantage of this and give you that extra edge to fuel through hardcore workouts!
3. Eat ONLY DHA-laden, free range, cage free eggs (Eggland’s Best™): Pasture Raised is best, but is hard to find. BUT, for the whites, Egg Beaters or carton egg whites are FINE!
4. Avoid and DO NOT CONSUME caloric beverages and drinks. Gatorade™ is crap. Coffee, Diet Coke and other non-caloric beverages are FINE!
5. Fat is GOOD—we will use the perfect amount of each fat source.
6. If a machine isn’t in the gym, do something similar.
7. Do not skip a meal and if hungry between meals, you aren’t eating enough veggies. If you need more food, eat broccoli until you literally poop green.
8. Green veggies are a FREE meal, eat ALL THAT YOU WANT—broccoli, asparagus, spinach, kale and green beans.
9. Shakes are fine, but whole food is priority. We will aim for four whole food meals and two shake meals. ONLY USE THE PROTEIN I RECOMMEND. Others can have hidden carbs and fat. NO WEIGHT GAINERS ALLOWED!
10. You may substitute food when needed.

## Why Organic and Free Range?

It turns out all of that grain fed CRAP we have been eating might be making us fat, less anabolic, SLOWER at burning fat and the added hormones might be causing us to store UNWANTED FAT by messing up our hormonal balance! Grass Fed Beef? HELL YES!

**The difference between grainfed and grassfed animal products is dramatic.** I find it EXTREMELY INTERESTING that a Grassfed sirloin steak has about HALF the amount of fat as a Grainfed sirloin steak! This crappy grain diet is even making the cows fat!

With the amount of beef Americans eat, just switching to grassfed would save calories and overall,



cause weight loss!

**Grassfed provides up to six times more omega-3 fatty acids than Grain Fed Beef.**

And as you know, MachineMuscle.com is a HUGE FAN of Omega 3's

- Contribute to heart health
- Helps alleviate symptoms of arthritis
- Weight Management
- Supports healthy blood lipid and cholesterol levels
- Support mood and well being
- Supports mental focus

**The meat from grassfed cattle is the richest known source of another good fat called "Conjugated Linoleic Acid" or CLA.** CLA helps maintain healthy lipid levels and also helps you keep off fat and BURN MORE FAT! But the PRICE?! Think again! Do you buy CLA? The SAVINGS in the amount of CLA



and OMEGA 3 you won't have to buy ALONE will probably more than make up for the added expenditure.

--Information Taken From <http://www.americangrassfedbeef.com/grass-fed-natural-beef.asp>

**If I Buy Fattier Meat From The Farm, How Do I Defat It?**

See THIS: <http://www.youtube.com/watch?v=vamI0HwblMc>

**12 Weeks For Everyone?**

For those starting between eight and 15 percent bodyfat, 12 weeks with this program should be adequate to get into amazing shape. But for those in a fatter state, it might take longer. Simply stick to this for as long as it takes to get to your goal! BUT, after every 12 week phase, take a week off of training. But, do NOT take a week off of the diet!

**What about intermittent fasting or fasting**

Yes there are fasting-based diets that have merit and I believe work to a degree, and work well in some cases. This, however, is not one of them. This diet utilizes the tried and true method of frequent meals to control insulin and keep nutrients flowing. Am I against trying a fast-based diet? Heck no—you might love it! But for me, multiple meals has proven most effective and the results my clients have seen are so great on this program it is almost unbelievable!

## Chapter 3: Machine<sup>3</sup> Training System



People ask me all of the time, “What is more important, diet or training?” The answer is both. One without the other is like peanut butter without jelly. Without the jelly, you are left with dry mouth and an incomplete experience. Sure, you are getting some macronutrients and it is tasty, but you are missing out on a LOT! When you combine training and diet, you get training which is the stimulus for all physical change and also greatly promotes mental well-being with diet, the KEY to being lean, muscular and healthy. Thus, a diet book without training is not going to happen on my watch!

### **The Machine<sup>3</sup> Training System**

This system is based on three phases:

Volume Phase

Blast Phase

Machine Phase

In the Volume Phase, we do old school type bodybuilding reps and sets to drive nutrients into and to make sure that the body is prepared and ready for the all out assault we are about to shock it with our Blast Phase and the OVERLOAD we will have in our Machine Phase. After this 12 week program, you will NEED a week off to recover from what you have done, but you will also have a lean, muscular and DAMN SEXY body to show for your hard work. Are you ready to get into this? If yes, LET’S GO!

**NOTE: EACH PHASE LASTS FOUR WEEKS FOR A TOTAL OF 12 WEEKS!**

#### **Volume Phase**

When asked what training works best, the answer is ALL OF IT! This program takes into consideration the VOLUME approach notarized by Arnold, Ronnie and other bodybuilder and puts a little twist into it. We do this with the thought of flooding the muscles with nutrients, stimulating growth and also just tearing down and building up muscle fibers. This is the system I built a lot of my base on but as I progressed, I found I need to incorporate the other two phases.

Do not go BEYOND FAILURE as we do in the Blast Phase. Go right up until failure and stop there.

## **Monday: LEGS!**

Squat: Pyramid up in weight. Start with a lighter weight for 15 reps and work up to a heavier weight at 6 reps for 4 sets. For example:

95 x 15

135 x 12

185 x 10

225 x 8

Leg Press

3 sets of 6-12 reps

(Start at 12 and work down to 6 as you fatigue—pyramid UP as you did with squats)

Lunges

3 sets of 20 total steps, no weight yet

(Use as much weight as you can to get desired reps)

Leg Extensions

3 sets of 10-12

(Start at 12 and work down to 6 as you fatigue—pyramid UP as you did with squats)

Lying Hamstring Curls

3 x 6-12

(Start at 12 and work down to 6 as you fatigue—pyramid UP as you did with squats)

Seated Hamstring Curls

3 x 6-12

(Start at 12 and work down to 6 as you fatigue—pyramid UP as you did with squats)

Seated Calf Raise

3 x 6-12

(Start at 12 and work down to 6 as you fatigue—pyramid UP as you did with squats)

Standing Calf Raise

3 x 6-12

(Start at 12 and work down to 6 as you fatigue—pyramid UP as you did with squats)

## **Tuesday: CHEST and Triceps**

Incline Bench Press: Pyramid up in weight. Start with a lighter weight for 15 reps and work up to a heavier weight at 6 reps for 4 sets. For example:

95 x 15

135 x 12

185 x 10

225 x 8

Dumbbell Bench Press

3 x 6-12

(Start at 12 and work down to 6 as you fatigue—pyramid UP as you did with squats)

Incline Dumbbell Flys

3 x 6-12

(Start at 12 and work down to 6 as you fatigue—pyramid UP as you did with squats)

Cable Crossovers

3 x 10-15

(Start at 15 and work down to 6 as you fatigue—pyramid UP as you did with squats)

Skull Crushers

3 x 10-12

(Start at 12 and work down to 6 as you fatigue—pyramid UP as you did with squats)

Triceps Pressdowns

3 x 6-10

(Start at 10 and work down to 6 as you fatigue—pyramid UP as you did with squats)

**Wednesday: HIIT**

HIIT on Elliptical: -5 minute Warm Up at 10 out of 25 speed then... -10 intervals with 20 out of 25 speed sprint for 15 seconds and 8 out of 25 rest for 45 seconds.

10 minutes (Low Intensity, Steady State Cardio) LISS on Stepmill

5 sets of 20 1-arm Kettlebell Swings.

ABS OF YOUR CHOICE—Try weight situps, leg raises. Pick 2-3 exercises and do 3 sets of each.

--If no kettlebells, do 30 minutes TOTAL LISS after HIIT

## Thursday

### Back and Rear Delts

Deadlifts: Pyramid up in weight. Start with a lighter weight for 15 reps and work up to a heavier weight at 6 reps for 4 sets. For example:

135 x 15

225 x 12

315 x 10

405 x 8

T-Bar Rows

3 x 6-12

(Start at 12 and work down to 6 as you fatigue—pyramid UP as you did with squats)

Lat Pull Downs

3 x 6-12

(Start at 12 and work down to 6 as you fatigue—pyramid UP as you did with squats)

Hammer Strength or Cable Rope Pullovers

3 x 10-12

(Start at 12 and work down to 6 as you fatigue—pyramid UP as you did with squats)

DB Rear Delt Raise

3 x 6-12

(Start at 12 and work down to 6 as you fatigue—pyramid UP as you did with squats)

## Friday: Shoulder and Bicep

DB Shoulder Press OR Smith Machine Shoulder Press: Pyramid up in weight. Start with a lighter weight for 15 reps and work up to a heavier weight at 6 reps for 4 sets. For example:

135 x 15

225 x 12

315 x 10

405 x 8

Lateral Raise

3 x 6-10

(Start at 12 and work down to 6 as you fatigue—pyramid UP as you did with squats)

Hang Clean into push press ([http://www.youtube.com/watch?v=MTGYz1\\_hv\\_4&feature=related](http://www.youtube.com/watch?v=MTGYz1_hv_4&feature=related))

3 x 6-10

(Start at 12 and work down to 6 as you fatigue—pyramid UP as you did with squats)

Hammer Strength or Fixed Bar Preacher Curl

3 x 6-12

(Start at 12 and work down to 6 as you fatigue—pyramid UP as you did with squats)

Barbell Curl

3 x 6-10

(Start at 12 and work down to 6 as you fatigue—pyramid UP as you did with squats)

Incline Dumbbell Curl (single arm or both arms at same time)

3 x 6-10

(Start at 12 and work down to 6 as you fatigue—pyramid UP as you did with squats)



**Saturday: HIIT**

HIIT on Elliptical: -5 minute Warm Up at 10 out of 25 speed then... -10 intervals with 20 out of 25 speed sprint for 15 seconds and 8 out of 25 rest for 45 seconds.

10 minutes (Low Intensity, Steady State Cardio) LISS on Stepmill

5 sets of 20 One Arm Kettlebell Swings.

ABS OF YOUR CHOICE—Try weight situps, leg raises. Pick 2-3 exercises and do 3 sets of each.

--If no kettlebells, do 30 minutes TOTAL LISS after HIIT

**Sunday: OFF**

## **BLAST PHASE**

This is the program I get results on now that I am advanced. You go beyond failure, reaching overload and stimulation lean mass acquisition! The key to this program is to beat your weight or reps from the previous week. If you have a partner, do forced reps until you can no longer move the muscle. If you do not, do drop sets or rest pause to completely go BEYOND failure. For an example of going BEYOND failure, see the videos linked below. For drop sets, 2-3 sets PAST your first set to failure works. For rest pause, rest 10 seconds and do sets of the same weight until you cannot even get one—usually 2-4 sets.

<http://www.youtube.com/watch?v=SvGZCeKfqSk>

<http://www.youtube.com/watch?v=tbOIEI9EPS4>

[http://www.youtube.com/watch?v=\\_lvU5u-xxjA](http://www.youtube.com/watch?v=_lvU5u-xxjA)

Essentially HIIT, or BLAST training is doing a few sub-maximal warm-ups and they doing one set to all out failure....BEYOND failure!

For each set, you will do two or more warm up set to your working weight for the first exercise for the bodypart being trained. After that, warm up as needed, if needed. Pick a weight you can do SIX times without a spot but the sixth rep would be tough. Then, go all out, to failure as explained above.

Day 1 – Shoulders, Triceps & Abs

Day 2 – Back

Day 3 – HIIT

Day 4 – Chest & Bi's & Abs

Day 5 – HIIT

Day 6 – Quads & Hams & Calves

Day 7 – Off

## **DAY 1**

### **Shoulders, Triceps & Abs**

Smith machine presses OR DB Presses

1×15 warmup set

1×12 warmup set

1×8-10

Seated laterals

1×12 warmup set

1×8-10

One-arm cable laterals

1×20 warmup set

1×8-10

Dumbbell Shrugs

1×12 warmup set

1×10-12

### **Triceps**

Triceps pushdown

1×15 warmup set

1×12 warmup set

1×8-10

Lying EZ-curl barbell extensions

1×12 warmup set

1×8-10

### **Abs**

Abs of choice!

## DAY 2

### Back & Rear Delt

Hammer Strength pulldowns

1×15 warmup set

1×12 warmup set

1×8-10

Barbell rows

1×12 warmup set

1×8-10

Hammer Strength one-arm rows

1×8-10

Cable rows (overhand grip)

1×8-10

Hammer Strength rear-delt machine OR Reverse Pec Deck

1×8-10

Bent-over dumbbell raises

1×8-10

Weighted Hyperextensions with bar across back/traps

1×10-12

Deadlifts

1×8 warmup

1×8

**--NOTE--Do NOT go to complete failure with drop sets on deadlifts. Just do one set of 8 but make it HARD! No intensity techniques.**

### **DAY 3 HIIT**

HIIT On Elliptical: -5 minute Warm Up at 10 out of 25 speed then... -10 intervals with 20 out of 25 speed sprint for 15 seconds and 8 out of 25 rest for 45 seconds.

10 minutes (Low Intensity, Steady State Cardio) LISS on Stepmill

5 sets of 20 One Arm Kettlebell Swings.

ABS OF YOUR CHOICE—Try weight situps, leg raises. Pick 2-3 exercises and do 3 sets of each.

--If no kettlebells, do 30 minutes TOTAL LISS after HIIT

## **Day 4 Chest, Biceps and Abs**

### **Chest**

Incline barbell press

1×12 warmup set

1×8 warmup set

1×8

Hammer Strength seated bench presses

1×10 warmup set

1×6-8

Incline dumbbell flies

1×10 warmup set

1×8

Cable crossovers

1×10-12

### **Biceps**

Incline dumbbell curls

1×10 warmup set

1×6-8

EZ-curl barbell curls

1×10 warmup set

1×6-8

Nautilus curls or any machine curl OR cable curl

1×10 warmup set

1×6-8

### **Abs**

Abs of choice

## **Day 5 HIIT**

HIIT on Elliptical: -5 minute Warm Up at 10 out of 25 speed then... -10 intervals with 20 out of 25 speed sprint for 15 seconds and 8 out of 25 rest for 45 seconds.

10 minutes (Low Intensity, Steady State Cardio) LISS on Stepmill

5 sets of 20 One Arm Kettlebell Swings.

ABS OF YOUR CHOICE—Try weight situps, leg raises. Pick 2-3 exercises and do 3 sets of each.

--If no kettlebells, do 30 minutes TOTAL LISS after HIIT

## **Day 6**

### **Legs**

Leg extensions

1×15 warmup set

1×12 warmup set

1×10-12

Squats

Pyramid up in weight. Start with a lighter weight for 15 reps and work up to a heavier weight at 6 reps for 4 sets. For example:

135 x 15—Warm up

225 x 12

315 x 10

405 x 8

465 x 6

Hack squats

1×12 warmup set

1×10-12

Lying leg curls

1×10-12 warmup set

1×10-12

Stiff-legged deadlifts

1×8-10

Single-leg curls

1×8-10

Standing calf raises

1×10-12 warmup set

1×10-12

Seated calf raises

1×8-10

## **Day 7**

**OFF**



## **Machine Training**

### **Machine Training—The Evolution of Dorian Yates Style HIIT and Volume Training**

I learned a lot when I spent time with Dorian Yates in Australia and then on his home turf at Body Temple Gym in Birmingham, UK. I learned that the body can only take so much and the more advanced you get, the more time off you need to recover from the overload required to produce results. I also knew in the back of my mind that I have seen tremendous results with volume training as well as DY style BLAST training and didn't want to forego that entirely. Also, the body of scientific evidence supporting multiple sets slaps me in the face daily as I browse through training abstracts. So what is a meathead to do? Yup, invent a new system.

The long awaited and long-tested "Machine Training" is HERE!

This is not for beginners, intermediates or even for people who have been training a long time but train like complete pussies. This is for the advanced trainer. This is for the guy or gal who wants sick results and isn't afraid to feel some delayed onset muscle soreness (DOMS) and train through it! This is for the person who wants big, hard, grainy, nasty, lean, shredded and veiny muscles. This is for the unique individual with the mindset like me—get as big and lean as possible. If this describes you, take out the tampon and get ready to work. This program ain't no joke.

This is my baby, my hybrid and what I LOVE to do! It combines blast days followed by a volume day for the bodyparts just blasted. This gives you the best of both worlds and also takes advantage of the RBE, or repeated bout effect. Thus, this for lack of better terms, SHOCKS your muscles into responding. It is hard, grueling and challenging, but the results are worth it!

This is where it gets a little bit funky. I am a HUGE fan of the Dorian Blast System and LOVE my Volume-Blast Program that I sometimes put people on although all are different based on their individual needs and physiological requirements. I want to keep Dorian style IN. I also do NOT want to overtrain.

You will have 4 days of BLAST (Dorian-inspired) training and 2 days of VOLUME training. Your diet does not change on any of the days. This will put the finishing touches on your best body ever! I feel while Dorian's program is AWESOME, I took it a step further...although he might disagree!

#### **For the Blast Parts:**

**Refer to the blast section above!**

#### **For The Volume Parts:**

**Refer to the volume section above!**

Day 1 – Quads, Hams and Calves

Day 2 – Shoulders, Triceps and Abs

Day 3 – Leg and Shoulder VOLUME

Day 4 – Chest, Bi's and Abs

Day 5 – OFF

Day 6 – Back, Rear Delts, Deadlifts

Day 7 – Back and Chest VOLUME

**Day 8—Off**

**Day 9—Repeat Day 1**

**DAY 1: Legs**

Leg extensions

1×15 warmup set

1×12 warmup set

1×10-12

Squats

Pyramid up in weight. Start with a lighter weight for 15 reps and work up to a heavier weight at 6 reps for 4 sets. For example:

135 x 15—Warm up

225 x 12

315 x 10

405 x 8

465 x 6

Hack squats

1×12 warmup set

1×10-12

Lying leg curls

1×10-12 warmup set

1×10-12

Stiff-legged deadlifts

1×8-10

Single-leg curls

1×8-10

Standing calf raises

1×10-12 warmup set

1×10-12

Seated calf raises

1×8-10

## **DAY 2: Shoulders, Traps, Triceps, Abs**

Smith machine presses OR DB Presses

1×15 warmup set

1×12 warmup set

1×8-10

Seated laterals

1×12 warmup set

1×8-10

One-arm cable laterals

1×20 warmup set

1×8-10

Dumbbell Shrugs

1×12 warmup set

1×10-12

### **Triceps**

Triceps pushdown

1×15 warmup set

1×12 warmup set

1×8-10

Lying EZ-curl barbell extensions

1×12 warmup set

1×8-10

### **Abs**

Abs of choice!

### **DAY 3: Leg and Shoulder VOLUME**

Leg Press

3 sets of 6-12 reps

(Start at 12 and work down to 6 as you fatigue)

DB Shoulder Press OR Smith Machine Shoulder Press: Pyramid up in weight. Start with a lighter weight for 15 reps and work up to a heavier weight at 6 reps for 4 sets. For example:

135 x 15

225 x 12

315 x 10

405 x 8

465 x 6

Straight Leg Deadlift

3 sets of 6-12 reps

(Start at 12 and work down to 6 as you fatigue)

Lateral Raise

3 x 6-10

(Start at 12 and work down to 6 as you fatigue—pyramid UP as you did with squats)

Leg Curl

3 x 12

(Start at 12 and work down to 6 as you fatigue—pyramid UP as you did with squats)

DB Shrugs

3 x 6-12

(Start at 12 and work down to 6 as you fatigue—pyramid UP as you did with squats)

## **Day 4: Chest, Biceps and Abs**

### **Chest**

Incline barbell press

1×12 warmup set

1×8 warmup set

1×8

Hammer Strength seated bench presses

1×10 warmup set

1×6-8

Incline dumbbell flyes

1×10 warmup set

1×8

Cable crossovers

1×10-12

### **Biceps**

Incline dumbbell curls

1×10 warmup set

1×6-8

EZ-curl barbell curls

1×10 warmup set

1×6-8

Nautilus curls or any machine curl OR cable curl

1×10 warmup set

1×6-8

### **Abs**

Abs of choice

## **Day 5: OFF**

## Day 6: Back & Rear Delt

Hammer Strength pulldowns

1×15 warmup set

1×12 warmup set

1×8-10

Barbell rows

1×12 warmup set

1×8-10

Hammer Strength one-arm rows

1×8-10

Cable rows (overhand grip)

1×8-10

Hammer Strength rear-delt machine OR Reverse Pec Deck

1×8-10

Bent-over dumbbell raises

1×8-10

Weighted Hyperextensions with bar across back/traps

1×10-12

Deadlifts

1×8 warmup

1×8

**--NOTE--Do NOT go to complete failure with drop sets on deadlifts. Just do one set of 8 but make it HARD! No intensity techniques.**

## Day 7: Back and Chest VOLUME

Incline Bench Press: Pyramid up in weight. Start with a lighter weight for 15 reps and work up to a heavier weight at 6 reps for 4 sets. For example:

135 x 15

225 x 12

315 x 10

405 x 8

465 x 6

Lat Pull Downs

3 x 6-12

(Start at 12 and work down to 6 as you fatigue—pyramid UP as you did with squats)

Dumbbell Bench Press

3 x 6-12

(Start at 12 and work down to 6 as you fatigue—pyramid UP as you did with squats)

T-Bar Rows

3 x 6-12

(Start at 12 and work down to 6 as you fatigue—pyramid UP as you did with squats)

Incline Dumbbell Flys

3 x 6-12

(Start at 12 and work down to 6 as you fatigue—pyramid UP as you did with squats)

Hammer Strength or Cable Rope Pullovers

3 x 10-12

(Start at 12 and work down to 10 as you fatigue—pyramid UP as you did with squats)

Cable Crossovers

3 x 10-15

(Start at 12 and work down to 10 as you fatigue—pyramid UP as you did with squats)

## Where Do I Do Cardio?

As you can see, there is little time for cardio. The way I see it, treadmills are stupid. VERY stupid. But if you hit a stick point as described earlier and are looking to increase your caloric burn, I recommend one or more things:

1. PWO or Cardio Apart from Weight Training on Training Days. This cardio will be low intensity, steady state (LISS) and will NOT be done on a treadmill since, treadmills are stupid. Do it on either a HELIX, Stepmill or a Arc Trainer. Hell, even an elliptical if needed. But not a stupid treadmill unless you absolutely have no choice.
  - a. PWO for as long of a duration as your diet calls for as far as cardio is concerned. Take your EthiTech Yohimbine HCl 15 minutes prior to starting cardio (more info on that HERE: <http://www.tigerfitness.com/Yohimbine-HCl-by-EthiTech-Nutrition-p/ethiyo.htm>)
  - b. You can either do it in the morning when if you train in the evening or in the evening if you train in the morning.
2. HIIT Cardio on off days (explained below)

I REALLY recommend HIIT on your off days if trying to burn fat. Here is why....

## HIIT Cardio, WHY?

Do you grocery shop? Ever walk around Wal Mart? I bet you haul ass with the cart full of diapers and Diet Soda. Well, have you ever asked yourself what the difference is between that and slow to moderate walking on a treadmill? Other than the fact that you at least get to internally laugh at people at Wal Mart, it isn't different at all! That is why we will choose a cardio method that elicits the same hormonal response as weight training, HIIT!

As Coach Dave Andrews at the University of Illinois stated one afternoon to me in the weight room at the University of Cincinnati, Low Intensity Cardio is COUNTERPRODUCTIVE to what we are trying to achieve which is building lean mass and losing fat! LISS essentially trains your slow twitch muscles to take over, hindering lean mass when overdone! Thus, I recommend the following cardio program on the above listed HIIT days:



HIIT on Elliptical: -5 minute Warm Up at 10 out of 25 speed then... -10 intervals with 20 out of 25 speed sprint for 15 seconds and 8 out of 25 rest for 45 seconds.

10 minutes (Low Intensity, Steady State Cardio) LISS on Stepmill

5 sets of 20 One Arm Kettlebell Swings.

ABS OF YOUR CHOICE—Try weight situps, leg raises. Pick 2-3 exercises and do 3 sets of each.

--If no kettlebells, do 30 minutes TOTAL LISS after HIIT. LISS=LOW INTENSITY CARDIO but NOT on the treadmill! Do wither The Cybex Arc Trainer, StepMill or HELIX!

### **HIIT is What it is**

Essentially, HIIT is short periods of work followed by periods of rest. Thus, going all out (sprinting 60 yards) then walking back to the start and then repeating would be HIIT. So if you live by the beach and want to do HIIT in the sand by doing sand-sprints, do it! If you want to push a car in a parking lot, do it! Just be sure to have a work to rest ratio of about three to one. Meaning if you do 15 seconds of WORK, do 45 seconds of REST, then repeat ALWAYS warm up and cool down for a minimum of 5 minutes with light walking, jogging or similar. The HIIT should last 10-15 minutes. With cool down and warm up, LESS than 45 total minutes. Not bad, huh?

### **When is LISS Okay?**

HIIT is okay when you simply need to burn more calories. NO ONE should ever go over 45 minutes per day in my opinion when weight training and doing HIIT. Well, at least in my personal experience this is true!

# CHAPTER 4: No BS Supplements



## **The Supplements Everyone MUST Take to Drop Fat Fast!**

I am not going to inundate you with supplements that claim steroid-like gains or the addition of a new testicle. We are going to go for general health and what I have found effective. I am not going to slam some crap down your throat about activating some weird pathway to mimic GH or Test or anything like that—thing *essentials*! That is right, mainly supplements that help blood glucose control, provide ESSENTIAL fats and ESSENTIAL Amino Acids. Yes, I will be recommending supplements from my own company, since I believe in them and know they are TOP quality.

For example, creatine is AWESOME, but not on my essential list. Why? Well, we get a ton of it in our Free Range Beef! Thus, we are already getting enough. What we want are things we NEED, such as BCAA during training. The reason is, no food can mimic what these do. Same goes for fish oil. To get the dosing I recommend, that would be a lot of fish! Here we go!

### **These are the Fat Supplements I recommend for OPTIMAL HEALTH and they are part of this diet!**

Macadamia Nut Oil

<http://www.tigerfitness.com/Macadamia-Nut-Oil-p/sn-01.htm>

MCT Oil (the part of Coconut Oil we WANT!)

<http://www.tigerfitness.com/MCT-Gold-Glass-Bottle-33-8-oz-p/220018.htm>

PFO Pure Fish Oil: 1TBSP per day NOT counted toward fat intake since it NEVER gets lowered as long as you diet. <http://www.tigerfitness.com/SearchResults.asp?Search=PFO+Pure+Fish+Oil>

**You can also take 6 NOW DHA-500 softgels instead (500mg DHA, 250mg EPA per gel) per day**

## **Protein**

The almighty macronutrient. Shown in studies to promote lean body mass and weight management. This calorie source is the backbone to all diets. We get our fats from lean meats and Whey Protein. Whey Protein has been shown to enhance lean mass gains as well as promote immune function and curb hunger. We will also occasionally use different protein sources for variety. Salmon is an option but this also counts as a fat source. Here is why I recommend MTS Nutrition Whey and no other sources of powdered protein:

**You might be wasting your money and sabotaging your gains by taking protein!**

That's right. Do me a favor, pick up that protein powder bottle that you spend your hard earned money on to build muscle and burn fat. Look closely....do you see a logo that looks like this?



**If not, you could be getting too many carbs, fats, not enough protein and even a hefty dose of rat feces...**

Rat Feces?!?

Oh yeah, in 2010 a supplement manufacturer who manufactured for many companies had an issue that the FDA found---not only were they (thus ALSO the brands they manufactured for) not meeting label claims or even coming close, but they found rats, rat feces and other despicable, nasty things in their facility. This is what you risk getting if you do not have this logo.

I remember at the time, this protein was selling amazingly well. When I told people about this and even the greedy stores that pushed this to make extra margin (it was VERY cheap), they simply said things like, "I took it and I still got results." Well, imagine the results they would have had if you weren't drinking a shake filled with maltodextrin instead of whey and a heaping dose of rat feces.

**Machine Whey™ is the quality protein brought to you by the man who brought ethics back to the industry, Marc Lobliner.**

It is not only the one of the cleanest, purest, most QC-tested Whey Proteins you will ever find, it has ingredients that make sense.

- A High Biological Value Protein Matrix of a proprietary Whey Concentrate and Whey Isolate Blend designed for optimal results and capitalizing on Whey's health and immune benefits, NOT just its immense muscle-building and fat loss effects, although we get all of those and MORE than other proteins
- NO Maltodextrin, Dextrose, High Fructose Corn Syrup, Mono and Di-Glycerides, added Sugars or Partially Hydrogenated Soybean and/or cottonseed oil (TRANS FATS!) which have NO PLACE in your protein shake!
- PROVEN 3<sup>rd</sup> part lab tests with every batch
- The NSF assurance that you are getting what we say you are getting
- Machine Muscle Approved™ RESULTS

Read on as I explain everything there is to know about why our Whey is perfect for you, point by point....

### **Arguably the Greatest Protein Blend Ever Created**

Some people look at Whey and say "Isolate and Hydroisolates cost more but work better". Well, they are wrong. When you over-process whey, you lose some beneficial properties that could be negatively affecting your gains. Are you missing out?

### **The Protein Designed to the EXACT Specifications of MTS Nutrition for Optimal Results and HEALTH**

Machine Whey uses a VERY HIGH PERCENTAGE (80%) Whey Protein. I will argue that concentrate is the BEST form of whey. Whey Protein Concentrate is more in-tact than Whey Protein Isolate, meaning more of nature's AWESOME powers that although have not been shown to increase lean mass, HAVE been shown to help with immune function. The Whey Protein Concentrate made specifically for Machine Whey utilizing MTS Nutrition's exact specifications contain:

- Higher Levels of growth factors such as IGF-1 as opposed to isolate

- In its naturally-occurring fat, it contains various healthy fats, such as CLA
- Higher levels of immunoglobins and lactoferrins to support immune function

We also use a super-high, above 90% Whey Protein Isolate to keep the fat and carbs in check without hampering the goodness we get from our specifically-manufactured Whey Protein Concentrate.

### **And What About Cholesterol?**

Alongside the above, we want to have some naturally occurring cholesterol in this blend. First off, this is naturally occurring in Whey Protein concentrate and you should not shy away from this! People NEED Cholesterol to:

- Maintain cell walls
- Insulate nerve fibers
- Produce Vitamin D
- Maintain healthy hormone levels

Also, studies have shown that dietary cholesterol does NOT raise blood cholesterol and the theory is that sugar and saturated fats are the culprit for this. Thus, we WANT this in there!

### **You Call That a “CONTEST-PREP Protein”? I Call It CRAP!!**

I looked over the facts for a product or two deemed “contest prep” friendly. Well, unless you are in a crap contest, this NEEDS TO GO! If you see any of these in your shake, use it up (hey, you DID spend money on it!) and go get a tub of Machine Whey ASAP! Here are some things **NOT** in Machine Whey:

- Maltodextrin: Added as cheap filler and to help with texture, taste and also adds volume while being DIRT CHEAP! This BAD carb raises insulin, is void of any micronutrients and really has NO PLACE in a Whey Protein shake.
- Dextrose: This carb has a place spiking insulin post workout if BULKING, but what about other times during the day? It lacks any micronutrients, spikes insulin through the roof potentially leading to unwanted fat gain and deleterious health effects. If you want this post workout ADD IT to your shake, don’t ruin your diet! This is added as cheap filler and for taste and needs to STAY AWAY from your protein shake!
- High Fructose Corn Syrup (HFCS): It makes me want to throw up seeing this in protein shakes. I cannot think of ONE HEALTHY benefit to this. It simply tastes extremely good. HFCS is a man-made, PROCESSED sweetener that has been linked to weight gain, dental cavities, poor nutrition, and increased triglyceride levels, which can boost your heart attack risk. Wow, so much for a health shake!
- Added Sugars: All for the TASTE, not the function. No reason for this. This will help spoil any healthy diet.
- Mono and Di-Glycerides: Do you like trans fatty acids (Trans fats)? Trans fats RAISE the levels of LDL (BAD) cholesterol and lower the levels of HDL (GOOD) cholesterol in our body, increasing the risk of heart disease and Per food laws; we only have to report trans fat content from *triglycerides*--not from monoglycerides or diglycerides. But trans fats are inevitably formed in

when mono- and diglycerides are manufactured, which they are since they are not natural, they are human-made--just like partially hydrogenated oils!

- Partially Hydrogenated Soybean and/or Cottonseed oil: See above-MORE TRANS FATS added just for taste and texture!

Have we convinced you to switch yet?

### **Machine Whey is YOUR Protein**

Make the switch to the Whey Protein designed with YOUR goals in mind. Make the switch to Machine Whey TODAY!

### **This is the protein I recommend!**

MTS Nutrition Machine Whey

<http://www.tigerfitness.com/Machine-Whey-Protein-5lbs-p/mtswhey.htm>

### **For That Extra Fat Burning Boost....**

For this purpose, the best formula in my opinion is obviously going to be the one I designed. Here is the reason....

Looking at the fat burners you have in your pantry, I am sure we can all say the same thing about the fat burners. Underdosed, proprietary blends that lead us the wonder what exactly we are taking. And the Latin names, wow! I actually looked up an ingredient from a well known fat burner and it literally translates to "Orange Tree". No, not a special orange tree in Taiwan or a special extract from an orange tree, but actual ORANGE TREE! Like the ones you find in Florida that make that awesome juice. Well, orange juice is great and all, but will it cause fat loss?

Everyone wants results from a fat burner and the ability to control dosing to yield tremendous, tangible results above and beyond any fat burner in existence. A fat burner with ingredients you can look at, understand, and also KNOW that the dosing is scientifically validated. After years of researching and testing the most effective compounds in existence, MTS Nutrition CEO Marc Lobliner butted heads with some of the greatest science minds in the industry to create what they feel is the best fat burner for results, period. Drop Factor™ is here. FAST Fat loss; long-lasting, 12+ hour energy and TARGETED fat loss are the things that Drop Factor does better than any other fat burner ever seen, period. Are you ready for RESULTS?

The ingredients are max dosed with one caveat, Yohimbine HCl. Yohimbine HCl in its full dosing in Drop Factor, 2.5mg per serving, is usually very well tolerated. Some can take more, some less. Studies show that the effective dose is .2mg per kilogram of bodyweight per day—that is a LOT of Yohimbine HCl and too much for some people. Also, while the max dose of the other ingredients covers a wide range of weights and the two genders, Yohimbine HCl, being weight dependent, requires a varying degree of dosing and also, you need to ease into the higher dose moreso than other fat burning agents to assess tolerance. This is why EthiTech Nutrition, MTS Nutrition's sister company, has a Yohimbine HCl so once you reach the maximum two capsules of Drop Factor two times per day, you can still adjust dosing by simply adding in Yohimbine HCl. It is the most though out fat loss system ever created!

### **Cocoa (Theobroma Cacao) Extract (Bean) standardized to 10% Theobromine: 500mg**

Not only does this help decrease appetite and increase fat burning, it also acts as a vasodilator and diuretic (1). Not only will it aid in fat loss, but it will also provide that extra bloodflow and PUMP, a welcome effect while losing fat, alongside the reduction in nasty, excess water weight! Even cooler, it has even been linked to having an aphrodisiac effect! (2) All of this alongside a smooth, controlled stimulant release similar to caffeine make it a must have in any fat burner and with this adequate, no BS dosing, look out!



**Caffeine: 250mg**

The granddaddy of them all, Caffeine is the world's most widely used stimulant (4). Caffeine is a Central Nervous System (CNS) stimulant that has been shown to reduce fatigue as well as mobilize fatty acids resulting in fat loss. (5)

**Cayenne Pepper 40HU (Fruit): 150mg**

Cayenne pepper increases thermogenesis (fat loss) by dilating blood vessels and increasing blood circulation. This helps to transport fatty acids and be BURNED! Cayenne Pepper is also used to aid digestion and relieve pain. (6)

**Coleus Forskohlii Extract (Root) supplying 20% Forskolin (25mg): 125mg**

Forskolin is the powerful active found in the herb *Coleus forskohlii* and can help increase lean mass (build muscle) and decrease fat mass (burn fat). Forskolin activates the enzyme adenylate cyclase, which increases cyclic adenosine monophosphate (cAMP) levels. The increase in cAMP activates hormone-sensitive lipase (HSL) which breaks down stored triglycerides (bodyfat) and releases fatty acids so they can be oxidized and body fat can be decreased. (7)

Forskolin helps to increase the release of fatty acids from fat tissue allowing them to be burned for energy, leading to a decrease in body fat. (8)

Forskolin is also believed to have thyroid stimulating properties. Thyroid hormones are responsible for your metabolism. I have even known MANY fitness competitors who use this herb instead of harsh, prescription thyroid medications (when no pre-existing medical condition is present). Increasing thyroid output will accelerate your metabolic rate and lead to increased fat loss. (8)

To make things even more awesome, Forskolin may increase testosterone levels in men, but not negatively affect sex hormones in women. When on decrease calories, this can be A GREAT SIDE EFFECT and can also help explain how Forskolin prevents muscle wasting! (9)

Forskolin is a vasodilator. Blood flow is VITAL for fat loss as blood flow to fat tissue, especially stubborn fat areas, is vital to the transportation of fatty acids to areas where they can be burned and can help Yohimbine HCl (explained later) do its dirty work!

**SyneLEAN™ Blend (containing Synephrine and Methylsynephrine): 45mg** Synephrine is found in the *Citrus aurantium* fruit. This fruit has been used for hundreds of years. Synephrine can increase metabolic rate and thermogenesis without any side effects on blood pressure or cardiovascular health. An increased metabolic rate means more calories are burned. Synephrine increases the body's ability to metabolize stored body fat as well as a decrease in appetite. (10), (11)

Methylsynephrine is simply synephrine with a methyl group attached. Thus, it is absorbed very efficiently and we have found that our proprietary blend of the two forms of Synephrine leads to optimal appetite suppression and energy.

**PolyphORAC Blend** (Grape Skin Extract [Seed and Skin], Blueberry Extract [Fruit], Raspberry Powder [Fruit], Cranberry Powder [Fruit], Prune Powder [Fruit], Cherry Powder [Fruit], Bilberry [Fruit] and Bilberry Extract [Fruit], Strawberry Powder [Fruit], Broccoli Extract [Whole], Spinach Powder [Whole], Tomato Powder [Whole], Carrot Powder [Whole], Onion Powder [Whole]): 25mg

Not only are antioxidants a pivotal component to overall health and wellness, but they also decrease the production of triglycerides thus decreasing fat storage and enhancing fat loss.

Anti-oxidants also increase fat used for energy during exercise, thus causing your body to burn more fat DURING exercise.

The PolyphOrac Blend was designed to contain a high amount of the anti-oxidants research shows to have a fat loss effect. (110)

#### **Vinpocetine: 5mg**

Vinpocetine increases circulation and blood flow to the brain. This aids in the transport of fatty acids to be burned. Vinpocetine also helps with mental and cognitive enhancement. (12-49)

#### **Black Pepper Fruit Extract (Bioperine): 5mg**

Bioperine is a patented product from Sabinsa Corporation, U.S. Patents No. 5,536,506; 5,744,161; 5,972,382; 6,054,585.

Based on clinical data, having Bioperine in the digestive system with supplemented nutrients results in enhanced absorption. Studies show that when Bioperine is taken with other nutrients, it significantly increases the absorption of those nutrients. On its own, it may enhance the body's natural thermogenic activity and assist the digestive system with supplemented nutrients, resulting in enhanced absorption.

#### **Yohimbine HCl: 2.5mg**

Yohimbine is an alpha2 receptor antagonist and known to help LOSE FAT from PROBLEM AREAS like hips and thighs for women and lower back and love handles in men. This is VERY IMPORTANT as this is the variable we play with....

Yohimbine blocks the alpha2 receptor, the receptor responsible for stubborn fat areas, from being activated. By blocking the alpha2 receptor with Yohimbine, the negative feedback caused by NE binding to the alpha receptors is reduced and fatty acid from those stubborn areas are released and now able to be burned. Yohimbine has been shown to increase fat loss by increasing the amount of lipid mobilization and oxidation and blood flow to adipose tissue due to alpha2 antagonism. So Yohimbine addresses two of the fat burning principles we are trying to address: alpha2 receptor action and blood flow. The presence of low insulin found on insulin controlling diets like MachineTrainingSolutions.com makes Yohimbine work OPTIMALLY!

Thus, Drop Factor contains only 2.5mg Yohimbine HCl per serving. BUT, but adding in EthiTech Yohimbine HCl at the dosing needed for you, you will get the best results possible! The scientific dose is to work up to 0.2mg per kilo of bodyweight per day. This would be 18mg for a 200lb person. This would be a LOT in the formula, thus we give you this option and it allows you to work up to this dose. (50-109)

**What about TRUTH TO LABEL!?!? Illegal Substances, Recalls?!**

I have also heard of many *effective* fat burners removed from the market for having adulterated and/or ILLEGAL contaminants in their formulas, such as ADD medication, illegal amphetamines and even mislabeling for international shipping. Well, with Drop Factor you get what is on the label. Assurance guaranteed by...



With this assurance, each ingredient is tested going in for efficacy, microbials and truth to label. If your product does not have this on the label, don't trust it! Not only will you burn tons of fat and feel great, but you will know what you are taking to help achieve that goal—nuff said!

**And the products you need are here....**

MTS Nutrition Drop Factor (2x per day)

<http://www.tigerfitness.com/MTS-Nutrition-Drop-Factor-p/mtsdrop.htm>

EthiTech Nutrition Yohimbine HCl

<http://www.tigerfitness.com/Yohimbine-HCl-by-EthiTech-Nutrition-p/ethiyo.htm>

### **12 Weeks on a Fat Burner?**

YES, for the 12 weeks of this program, stick on it. After the 12 weeks are over, even if continuing on with the diet, take two weeks off of stimulants.

### **No Creatine?**

Well, we will be getting plenty of creatine. In fact, in initial creatine studies, the “non-responders” were consumers of beef! With all of the free-range beef we will be eating, our creatine stores will be saturated! Also, if you would like to take a PreWorkout supplement, it will have creatine in it. I recommend Athletic Xtreme Supersize as a PreWorkout Stimulant.

# Chapter 5: How to Start This Program



The key to starting this program is to JUMP RIGHT IN! Make it simple, start on a Monday. So if it is a Wednesday when you decide to do the Machine Program, then use the remainder of the week to get ready for it. Go out and buy the necessary supplies—Food and Supplements, then when Monday comes around, you are set and ready to go.

I get asked all of the time if one should ease into a program or make minor adjustments until sooner or later, your lifestyle is changed. Well, by picking up this book and ready it, I know *you* are ready for a change and fast. This is not a half-ass program. Jump in with both feet. Hell, do a cannonball. The first step is to make a grocery list. I recommend looking at places like Trader Joe's for the organic chicken and Free Range Beef and Costco even has these items. Also, if you have a local organic farm, or farmer's market you can go there. The difference is profound!

### Grocery List (more options in Food Choices Chapter)

#### **Protein**

Free Range Beef

Organic Chicken

Cage-Free DHA Eggs

Liquid Egg Whites

MTS Nutrition Machine Whey

(ANY lean meat like Free Range Turkey, Pork, or Bison and other game meats work)

#### **Fats**

Macadamia Nut Oil

MCT Oil or Coconut Oil

Olive Oil

Fish Oil

Cashews

Almonds

Almond Butter

Peanut Butter

(All nuts, including peanuts, work)

#### **Carbs**

Sweet Potato

Old Fashioned or Steel Cut Oatmeal

Quinoa

Ezekiel Bread

#### **Greens**

Broccoli

Asparagus

Green Beans

Kale

Spinach

**Fruit**

Blueberries

Strawberries

Bananas

Grapefruit

--NOTE, all fruit works (see list below), these are just my preferred fruits.

## Chapter 6: Conclusion





We now have a blueprint. Say to yourself that you *will* do this. But remember, if training and diet start to interfere with your daily life as a business-person, family-person or anything else, step back, take a deep breath and reorganize so that this can help your life, not take it over. Bodybuilding is about balance. Once you learn how to harness it and use it to benefit all other areas of your life, you will be on your way to true greatness.

## APPENDIX: FOOD CHOICES

**High Performance Nutrient Selection**  
**Starches (equal to 1 serving of Carbohydrate)**  
**12-15 grams carbohydrate**

### **BREADS**

* Bagel - whole-wheat, oat-bran, 9-grain (3.5 inch)		½ or 42g
* Bread - whole-wheat, oat-bran, 9-grain	1 slice or 32g	
* Ezekiel bread (sprouted grains NO FLOUR)	1 slice	
* Whole Wheat English muffin	½ or 33g	
* Whole Wheat Pita bread (6.5 inch in diameter)	½ or 32g	
* Whole Wheat Tortilla, 6 inches across	1 or 35g	

### **CEREALS & GRAINS**

* Barley (pearled) (dry)	1.25 Tbsp or 15.6g	
* Kashi Medley	1/3 cup or 19.8g	
* Cream of Wheat regular or quick (dry)	1.5 Tbsp or 16.7g	
* Granola, low-fat (Heartland brand)	2.5 Tbsp or 16.5g	
* Grape-Nuts (Post brand)	2.5 Tbsp or 16.5g	
* Honey	¾ Tbsp or 15.8g	
* Millet (dry)	1.5 Tbsp or 18.75g	
* Oat Bran (dry)	3.5 Tbsp or 20.5g	
* Oatmeal (Quaker Instant/Old Fashion, dry)	¼ cup or 20g	
* Pasta, wheat (noodles, bowtie, shells etc), (cooked)	1/3 cup or 46g	
* Quinoa Grain (dry)	1.75 Tbsp or 18.6g	
* Rice, brown long-grain (cooked)	1/3 cup or 64.35g	
* Rolled Oats	¼ cup or 20.25g	
* Steel Cut Oats, dry	1/8 cup or 20g	

**STARCHY VEGETABLES**

- \* Baked potato (no skin) 63.8g or 2.25 oz
- \* Baked Sweet potato (baked no skin) 56.7g or 2 oz
- \* Yams (baked, no skin)

**DRIED BEANS & LENTILS**

*ALSO COUNTS AS 1 MEAT SERVING*

- \* Black Beans (S&W - canned) 106g or 3.75 oz
- \* Red Kidney, Pinto Beans (Green Giant - canned) 85g or 3 oz

## Fruits (equal to 1 serving of Carbohydrate)

### 12-15 grams carbohydrate

* Apple, (with peel)	3.25 oz or 92g
* Banana, (peeled)	2.25 oz or 64g
* Blueberries (fresh)	3.5 oz or 99g
* Grapefruit, (peeled)	6.5 oz or 184g
* Grapes	3 oz or 85g
* Mango (fresh)	3 oz or 85g
* Orange, (peeled)	3.5 oz or 99g
* Pineapple	4 oz or 113g
* Peach (fresh)	4.55 oz or 127.5g
* Pear (fresh)	3 oz or 85g
* Papaya (fresh)	5 oz or 141.75g
* Raisins (seedless)	2 Tbsp or 18.5g
* Strawberries (fresh)	6.5 oz or 184g
* Watermelon (fresh)	5 oz or 141.75g

**Milk (equal to 1 serving of Protein & 1 serving Carbohydrate)**

**12-15 grams carbohydrates**

**6-8 grams protein**

**MILK & VERY LOW-FAT MILK**

- \* Skim milk (0 grams fat) 1 cup or 8 Fl oz
- \* 1% Milk 1 cup or 8 Fl oz
- \* Plain non-fat yogurt
- \* Yoplait/Dannon Light Fruit yogurt 6 oz (1 container)

**LOW-FAT MILK**

*Also Counts as 1 Fat serving*

- \* 2 % milk 1 cup or 8 oz
- \* Plain low-fat yogurt
- \* Sweet acidophilus milk

**WHOLE MILK**

*Also Counts as 2 Fat servings*

- \* Whole milk 1 cup or 8 oz

## Vegetables (equal to 1 serving of Vegetables)

4-6 grams carbohydrates

- All servings sizes are based on (raw or steamed)

* Asparagus	4 oz or 113 g	
* Broccoli	2.75oz or 78g or ½ cup	
* Cauliflower	2.75oz or 78g or ½ cup	
* Green Beans	2.2oz or 62.5g or ½ cup	
* Onions	53g or 1.86 oz or 1/3 cup	
* Spinach	125g or 4.4oz or 2/3 cup	
* Celery	120g or 4.25 oz or 1 cup	* Cucumber
	156g or 5.5 oz or 1/3 cup	
* Green onions	50g or 1.75 oz or ½ cup	
* Mushrooms	78g or 2.5 oz or ½ cup	
* Tomato	90g or 3.2 oz or ½ cup	
* Salad greens (lettuce, romaine)	165g or 5.2 oz or 3 cups	

**Protein (equal to 1 serving of Meat)**

**6-8 grams protein**

**VERY LEAN MEAT (all measurements AFTER cooked)**

- \* Chicken breast (white meat) boneless/skinless
- \* Turkey breast (LEAN)
- \* Fresh fish (cod, haddock, halibut, tuna (canned in water), tilapia) 1 oz or 28.35g
- \* Shell fish (crab, lobster, shrimp) 1.25 oz or 35.5g
- \* Egg whites 2 or 67g
- \* Egg Beaters ¼ cup or 2.15 oz or 61g
- \* Non-fat cottage cheese
- \* Salmon Fillet
- \* Lean Sirloin ¾ oz or 21.25g
- \* Egg (including yolk)
- \* Cheese 2% (Reduced Fat) 1 oz or 28.35g (also counts as 1 fat serving)
- \* Salmon 1 oz or 28.35g (also counts as ½ fat serving)

## Fat (equal to 1 serving of Fat)

5 grams fat

### MONOUNSATURATED FATS & POLYUNSATURATED FATS

* Avocado	1 oz or 28.35g
* Almonds (dry roasted)	1/3 oz (~ 6 pieces) or 1 Tbsp or 8.6g
* Benecol light	1 Tbsp or 14g
* Cashews	1/3 oz or 1 Tbsp or 9.65g
* Enova oil	1 Tsp or 4.5g
* Flax oil	1 Tsp or 4.5g
* Mayonnaise (Light, reduced-fat)	1 Tbsp or 15g
* Oil (olive or canola, Enova)	
* Peanuts	1/3 oz or 9.36g
* Peanut/Almond butter (smooth or crunchy)	2 tsp or 0.38 oz or 10.6g
* Pecans	¼ oz or 1 Tbsp or 7.44g
* Salad dressing (Light, reduced-fat)	2 Tbsp or 30g
* Sesame seeds	1Tbsp or 1/3 oz or 9.4g
* Smart Balance Light spread	1 Tbsp or 14g
* Sunflower seeds	1Tbsp or 1/3 oz or 9.0g
* Walnuts	1Tbsp or 1/4 oz or 7.5g



## FREE FOOD LIST

Less than 20 calories per serving

Less than 5 gram carbohydrates per serving

Recommended at 1 serving per meal per day

### FAT FREE or REDUCED FAT

* Cream cheese	1 Tbsp
* Creamers, non-dairy liquid	
* Creamer, non-dairy powder	2 Tbsp
* Mayonnaise, fat-free	1 Tbsp
* Margarine, fat-free	4 Tbsp
* Miracle Whip, non-fat	1 Tbsp
* Salad dressing, fat-free	1 Tbsp
* Sour cream, fat-free	2 Tbsp

### SUGAR FREE or LOW SUGAR

* Hard candy, sugar free	
* Gelatin dessert, sugar free	
* Gum, sugar free	
* Jam or jelly. Low sugar or light	2 tsp
* Syrup, sugar free	

### DRINKS

- \* Coffee
- \* Club soda
- \* Diet soft drinks, sugar free
- \* Tea
- \* Tonic water

## **SUGAR SUBSTITUTES**

Equal (aspartame)

Splenda (Sucralose)

Sprinkle Sweet (saccharin)

Sweet One (Acesulfame potassium)

Sweet 'n Low (saccharin)

Truvia (Stevia)

## **EATING OUT FOOD OPTIONS**

The beauty of gaining mass is that you now have the freedom that you did not have while dieting. If you want to eat out, go ahead! You are trying to pack on mass and if you are off on macronutrients on one of your many weekly meals, it is not a big deal and might even help you reach your goals more efficiently – and definitely more palatable!

### **Meats to Select**

- Grilled Boneless/Skinless Chicken Breast
- Grilled Lean Fillet Mignon or Lean Sirloin
- Grilled Lean Roasted Turkey Breast
- Grilled Halibut, Salmon, Cod, Whiting, etc
- Albacore tuna (canned in water)
- Reduced Fat cottage cheese
- Egg Whites

### **Carbohydrates to Select**

- Plain oatmeal (LOW SUGAR)
- Whole wheat pancakes
- Whole grain/wheat toast, bread and bagels and crackers
- Whole grain cereals – Wheaties, Honey Bunches of Oh's, Cheerios, Special K
- Baked Yams/Sweet potatoes
- Whole wheat/grain pastas
- Baked potatoes
- Black, pinto and kidney beans
- Brown rice
- Corn tortillas
- LOW FAT granola

**Fruits to Select**

- Apple
- Banana
- Black/Blueberries
- Cantaloupe
- Grapefruit
- Oranges
- Peaches
- Pears
- Pineapple
- Raspberries
- Strawberries
- Tangerines

**Fats to Select**

- Dry roasted nuts (almonds, peanuts, pecans, walnuts, cashews)
- Peanut butter, Almond butter
- REDUCED FAT butter spreads - margarine
- Benecol Light butter spread
- Avocado
- REDUCED FAT dressing
- Sunflower seeds – can be added to salads for additional GOOD FATS
- Flax oil, Fish oil (rich in DHA/EPA)

**Vegetables to Select**

- All steamed vegetables with NO BUTTER added
- Green leafy vegetables

## Understanding how to read Nutrition Facts Panel

Nutrition Facts	
Serving Size: ½ cup Dry (40g)	
Servings Per Container: ~ 30	
Amount Per Serving	
Calories 150	
Calories from Fat	25
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	2%

These standards always stay the same. We are counting "SERVINGS" not every single calorie:

1 Carbohydrate Serving = 15g

1 Fat Serving = 5g

1 Meat/Protein Serving = 7g

1. ½ cup serving of this food item will count for the following:

**Carbohydrates @ 28g = 2 carbohydrate servings** calculated by carbohydrates divided by the STANDARD (15g) = 1.866 servings so we round up to 2 servings carbohydrates. Now if your meal recommends 4 TOTAL servings you will make up 2 additional servings of carbohydrates meaning 1.5 Tbsp honey or ½ cup oatmeal.

**Fat @ 2g = ½ fat serving** calculated by fat divided by the STANDARD (5g) = 0.40 servings so we round up to ½ serving fat. Now if your meal recommends 2 TOTAL servings you will make up 1 additional serving of fat meaning 6 almonds or 2 tsp peanut butter.