Advanced Controlled Fatigue Training/CFT

The Super Muscle Workout
Revised Edition

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Are We Inherently Programmed for Developing a Hybrid Super Muscle Fiber?

Can We Build a Muscle with Unmatched Capacity to Generate Force and Resist Fatigue?

The upcoming pages present you with the facts that will explain why all your fancy exercise skills won’t earn you even one half of your peak strength capacity; why all the super-hyped fitness programs you read about are pure overrated waste. Worse...if you are ever forced to actually use anything you’ve learned in fitness magazines, you will likely get so exhausted from getting nowhere that you may actually give up on your real chance to reach your true physical potential – get stronger, harder and tougher beyond even your own expectations.

Size, Power and Survival

Size is only one of many factors that affect muscle performance and regardless to what you read in muscle magazines, it is not the most important one.

Muscle gain is part of a survival response to repetitively applied physical stress. Survival is the most dominant driving force of life. When challenged with intense hardship, your body will initiate a survival response to improve its resistance to stress. This response may lead to muscle gain or muscle waste. Your survival depends on your performance, and your performance depends on more than just muscle size. What really counts is actually your muscle power.

"Power" is a term that is often confused with "strength." While you probably admire strength and size, you need to understand that muscle size has only a limited correlation with muscle power. Power is the total sum of all performance capabilities, including strength, speed, velocity, and endurance.

- Strength—Resistance to weight load
- Velocity—Explosive impact (acceleration of force)
- Speed—Rhythm of repetitive moves per time (slow to fast)
- Endurance—Resistance to fatigue
• Elasticity—Stretched muscle resistance to breakdown (muscle resistance to tearing and injury)

All the above factors contribute to muscle power, although they may seem somewhat contradictory. Speed seems to antagonize strength, and strength seems to antagonize speed and endurance. Apparently the rules of survival dictate priorities. For instance, if one is engaged primarily in intense explosive drills, the body will get the message that explosive drills are essential for survival and it will design itself accordingly – developing a lean musculature such as with lightweight boxers or MMA fighters. And if one is primarily engaged in heavy weight lifting, that will signal the body that strength is a top survival priority and the body will respond by increasing its muscle mass, such as in the case of bodybuilders and powerlifters.

Is Modern Fitness Effective Enough? Can it Improve Human Survival?

Due to inadequate routines – separation between strength, speed and endurance training, often with bad nutritional protocols, modern fitness has only a limited effect on muscle power and questionable effect on human survival.

Can You Boost Muscle Power Along with Your Survival Capabilities?

Apparently yes. The human body is programmed for developing maximum power – incredibly up to a level that may seem supernatural. This phenomenon has been called “hysterical strength”. It is the kind of power that enables mothers to lift cars off trapped babies…a phenomenon that seems to go beyond the natural laws of physics but is nevertheless real.

How can you unleash that?

The Super Muscle Phenomenon

To understand the super muscle phenomenon, we must first address the following questions:

– Why our species had rendered itself physically inferior to wild apes – gorillas and chimpanzees – who share 98% of our DNA?

– Why our muscles today are weaker than our early ancestors who had no access to sport
enhancing drugs, sport nutrition products, gym equipment, etc?

The Great Ape Advantage

Researchers who have worked with great apes have stated repeatedly that these animals are substantially stronger than humans. Grandner (1969) wrote “a full grown specimen (chimpanzee) is likely to be from three to five times as strong as a man, pound to pound.” Sauage-Rumbaugh et al (1958) wrote about a certain 165 lb chimpanzee, “he is very strong – five times stronger than a 165 lb human man in excellent physical shape.”

Anecdotal reports of the strength of chimpanzees and gorillas are abundant. In another experiment it took a 190 lb. man to beat a 107 lb. female chimpanzee in rope pulling (Fince, 1943). To date, no research has been conducted into how strong gorillas are compared to humans, but based on anecdotal evidence, some people say that a silverback male is ten times stronger than man.

Why Apes are Pound for Pound Stronger than Humans?

Neither gorillas nor chimpanzees seem to be overly muscular compared with a healthy human athlete. But not only do these wild apes show superior strength, they also exhibit superior endurance. Several hypotheses for the greater power of apes over humans have been suggested, including continuity and intensity of exercise, but mostly, it is believed that the superior mechanical output capacity of the great apes’ muscle has to do with its muscle fiber’s composition – cross sectional apparatus and robust neuro wiring (Goodall, Bauman, 1926; Edwards, 1963; Sauage-Rumbaugh et al, 1998). According to Alan Walker, professor of Anthropology and Biology at Pennsylvania State University, the difference between modern humans’ and great apes’ muscle is in the number of motor units. Great apes have fewer but larger motor units than humans. This enables them to recruit more units and generate more force than given task.

Some researchers believe that since the great apes’ DNA is closely related to humans, this area of investigation may shed light on early human muscularity. It has been speculated that our ancestors had similar muscle fiber types as wild apes. Consistent with this theory is the argument that having a super muscle fiber would have been a great evolutionary advantage to our species; and though the mechanism to develop a super muscle fiber is most likely inherent to us, it remains largely dormant.
due to our overly convenient lifestyle and inadequate exercise routines.

From What Prototype did the Hybrid Super Muscle Fiber Evolve?

If the super muscle fiber did exist, it was most certainly an advanced hybrid of a fast fiber prototype – the Type IIA. What’s unique about the Type IIA fiber is its outstanding fueling capacity. The Type IIA fiber is glycolytic-lipolytic which yields that fiber a clear power advantage; it can effectively utilize both carb and fat fuel and therefore can develop superiority in both strength and durability. Other muscle fibers have a limited fueling capacity as they’re primarily dependent on either carb fuel (Type IIB) or fat fuel (Type I).

How can you develop this fiber in practice?

The Type IIA fiber is highly responsive to repetitive bouts of combined strength and speed with minimum rest between. If done intensely enough, this exercise protocol will transform the Type IIA fiber into a more advanced subtype, potentially a hybrid.

Current sport-specific conditioning and exercise programs, based on isolation of body parts as well as separation between strength, speed and endurance, fail to trigger the mechanism that transforms the Type IIA fiber, thereby diminishing the chance of developing the super muscle fiber. It is very likely, however, that people who exercise fight and flight activities such as MMA fighters, boxers, or wrestlers, who routinely incorporate speed and strength in their training regimen, have muscle predominantly with a higher percentage of Type IIA fiber potentially along with its upscale hybrid – the super muscle fiber.

Like the great apes, our ancestors most probably had a significantly higher percentage of Type IIA and the hybrid super fiber in their muscles than we do today. Early humans were frequently engaged in fight or flight activities that required combined strength, speed and durability — a trait that was essential for our species’ survival and therefore remained programmed in each of us that way.

The Super Muscle Workout

How to Develop the Super Muscle Fiber

Muscular adaptation to exercise involves the conversion of one fiber type to another. The conversions of muscle fiber serve an obvious purpose – functionality. The body adapts to the most intense or
long-lasting stimuli by changing the composition of its muscle fibers.

To develop the super muscle fiber, you need to combine strength, speed, velocity, and endurance all together in one drill.

For instance, you can combine clean presses with heavy bag punching or combine shoulder presses with fast explosive punches, followed by power punches. If done repetitively with minimum rest between sets, these drills will force your muscle to upgrade its fiber quality and power along with the capacity to sustain strength and resist fatigue.

Sustain Rather than Score

Train to sustain rather than score – sustain performance for minutes rather than score for a second.

Keep it Short

This is an extreme training protocol that if overdone may lead to overtraining, so keep it short. In roughly fifteen to thirty minutes you should be able to go all way out and finish your workout.

Build Gradually

Start by incorporating one or a couple of workouts per week in your regular training routine, and build up gradually. Adjust the workout to accommodate your specific priorities, with the goal of strengthening weaknesses. Be patient. The threshold time needed to start noticing actual results can be up to a few weeks.

Feed Properly

Nutrition is critical for your progress. Proper application of post exercise recovery meals is necessary to promote fast recuperation and muscle regeneration.

Sport-Specific Adjustments

You can adjust the workout to accommodate your sport specific priorities by making your sport’s priority the main component in your workout.
For instance, since powerlifting’s priority is strength, strength exercises should be the core component of the powerlifter’s routine. In the case of fight conditioning, the priorities are speed/velocity, strength and endurance – therefore, boxers and MMA fighters should incorporate repetitive combinations of explosive and strength drills as the core component of their workout.

In both cases, the principle of combining strength and speed/velocity in one drill must remain, but the balance must be adjusted to fit the sport’s specific needs.

Initiation

Numerous exercise variations can be incorporated in the Super Muscle Workout. Nonetheless for the purpose of clarity and efficiency, the following regimen includes only elementary drills that are essential for your progress. This will be sufficient not just for jump starting your workout but also for continually improving and progressing.

Basic Guidelines

I. Combine strength and speed exercises in a single superset unit

II. Combine 2 – 5 units into a drill

III. Combine 2 – 5 drills into a workout

When initiating your workout, do not waste your time on aerobics, warm-up or stretching of any kind. Do not rest over 30 seconds between units and do not rest over 60 seconds between drills.

Make your workout short, go all way out and finish within 30 minutes. If you feel that you can continue after 30 minutes, your level of intensity was probably inadequate.

Notes

- Sustaining high intensity is a key to your success. When lifting weights, go heavy (1-5 reps max). When sprinting or punching use max power.

- Try to sustain a minimum of 3 minutes per drill. (For instance: 1 minute of lifting followed by 1 minute of punching followed by 1 minute of lifting.)
When combining drills, try to sustain your performance for 6-15 minutes at a time.

Do not exceed the time of your rest intervals (no more than 30 seconds between exercise units or 60 seconds between drills).

As you progress, the exercise complexity will increase, but the main principle must remain: combine strength and speed together.

During the initiation period, do not isolate body parts. For the purpose of upgrading your muscle fibers, compound exercises will always yield better results than isolation exercises.

**The Exercises**

**Total Body Exercises**

The most effective and essential to your progress are compound exercises that work your whole body. These can maximize your energy output and fat burning while improving your balance control and overall power. The Total Body Exercises are also the hardest to endure.

Following are sample exercises divided into strength and speed/velocity categories.

**Strength:**

- Clean presses
- Squats while holding a barbell in an overhead press position
- Lunges while holding a barbell in an overhead press position
- Barbell overhead presses / two legs stand
- Barbell overhead presses / one leg stand
- Barbell lateral overhead presses / two legs stand
- Barbell lateral overhead presses / one leg stand

**Speed/Velocity**

- Sprinting/max speed
• Running with weights/hands up in an overhead press position
• Heavy bag punching (conventional)
• Heavy bag punching on a one leg stand
• Heavy bag punching with weights
• Heavy bag punching and kicking
• Bench hopping
• Bench hopping with weights
• Towel swiping

The Unit’s Structure
The unit methodically combines two kinds of Total Body Exercises: strength and speed/velocity.

How to Jump Start your Workout
Jump start your workout with only the basic drills featured below. Do not attempt to do advanced drills right from the get-go, build your capacity to sustain strength gradually. Each drill is made out of units that combine strength, and speed/velocity exercises. (More varieties of basic exercises are featured in the Warrior Diet’s Controlled Fatigue Training/CFT.)

The Units

Class I – Lift & Punch

The Lift & Punch units combine lifting and punching.

Sample Units:
1. Clean presses & heavy bag punching
2. Standing overhead presses & heavy bag punching
3. One leg stand/overhead presses & one leg stand/heavy bag punching
4. One leg stand/lateral overhead presses & one leg stand/heavy bag punching
5. Standing overhead presses & heavy bag punching with weights

Notes:

- The Lift & Punch units can be done in different volumes – 1 minute lifting followed by 1 minute punching, or 1 minute lifting followed by 2 minutes punching, or 2 minutes lifting followed by 1 minute punching, etc.

- One leg standing exercises are certainly more challenging than two legs standing exercises, and may force you to shorten the length of the exercises’ intervals from 60 seconds to 30 seconds – alternating between right and left legs if needed. For instance: 30 seconds standing right leg/lifting, followed by 30 seconds standing left leg/lifting, followed by 30 seconds standing left leg/punching, and so forth, until reaching a minimum 3 minutes drill.

- You can improvise your Lift & Punch units. For instance, you can substitute heavy bag punching with air punching. (Note that punching in the air is as difficult). Also, at any time you can incorporate punching with weights instead of conventional punching.

- When punching, alternate between speed and power impacts in the following ways: 10 seconds speed punching/10 seconds power punching x 3 (until reaching a minimum 1 minute punching interval), or 10 seconds speed punching/20 seconds power punching x 2. (until reaching a minimum 1 minute punching interval), or 30 seconds speed punching/30 seconds power punching x 3 (until reaching a minimum 3 minute punching interval).

- When punching while standing on one leg, use hopping if needed to sustain your balance.

- When punching with dumbbells, start with light weight 5-8 lbs, and gradually increase to 10, 15 and even 20 lbs as you progress.

Try sustaining for 3-15 minutes per drill. As noted, one drill incorporates 2-5 units.

Lift & Punch Drills:
• Do 1 minute clean presses followed by 1 minute heavy bag punching – overall a 2 minute unit. Repeat the above unit 1-4 times – to an overall 4-10 minute drill.

• Do 4 minutes overhead presses, rotating between heavy, medium and light weights (see Upside-Down Pyramid/CFT) followed by 1 minute heavy bag punching – overall a 5 minute unit. Repeat the above 1-4 times to an overall 10-25 minute drill.

• Do 30 seconds heavy lifting followed by 1 minute heavy bag punching as a 1 ½ minute unit. Repeat the above 1-4 times, to an overall 3 – 7 ½ minutes drill. (Note that the increased intensity/weight load may require a shorter drill.)

Changing the Order of the Lift & Punch Exercises

Changing the order of exercises will further challenge your body. In this case start with punching and follow with lifting. This option can benefit fight conditioning regimens as it will develop a greater durability for explosive drills.

For example:

• Do 3 minutes heavy bag punching followed by 15 second heavy lifting, yielding a 3.15 minutes unit. Repeat 1-4 times for a 6.5 – 16 minutes drill.

• Do 2 minutes of one leg stand/punching (1 minute each leg) followed by 30 – 60 seconds lifting. Repeat 1-4 times for roughly a 6 – 15 minute drill.

The Combined Impact

As long as you continue drilling, it doesn’t really matter whether the exercise components last 30 seconds or 3 minutes – what really matters is the combined impact of your exercise components – hence the drill.

The sample exercises and drills provided here are just samples. You can improvise the Lift & Punch exercises any way you want, but remember, keep your level of intensity high. Do not lift moderately, do not hit the bag with “lazy punches”, and do not cut short your drills.
Class II: Punch, Kick & Lift

The Punch, Kick & Lift unit is more complex than Lift & Punch unit. The kicking element makes it more difficult to endure. As you can see, the order of the exercise here starts with punching and kicking and follow with lifting. Note that the exercise that is performed first will take most of your strength. This means that your first exercise may affect your second and third exercises.

For instance: 1 minute of heavy bag punching & kicking will certainly affect your lifting. Will that compromise your strength in the long run? Quite the opposite, this is what drives your body to improve. Rather than reaching a plateau with “dandy” lifting, your body will be forced to continually grind its limits and excel.

And upon resuming sheer resistance training, you’ll be surprised how your strength actually increases.

Sample Units:

1. Punching and kicking & clean presses
2. Punching and kicking & standing overhead presses
3. Punching and kicking & one leg stand overhead presses
4. Punching and kicking with weights & standing overhead presses
5. Punching and kicking with weights & one leg stand overhead presses (4 and 3 are same)

You can alternate the length and intensity of this exercise the same way as the previous exercise. You can also increase the complexity of the exercise by adding a “pull” exercise right after the lifting. For instance, start with punching and kicking (1 minute), move to lifting (3-5 reps), and finish with pull-ups (5-10).

Punch, Kick & Lift Drills

Incorporate 2-5 Punch, Kick & Lift units in a single drill.

For example:
• Do 1 minute punching & kicking followed by clean presses/2-5 reps – repeat 4 times to a roughly 2.5 – 13 minute drill.
• Do 3 minutes punching & kicking followed by standing overhead presses/2-5 reps – if possible, repeat 1-4 times to roughly 6.5 – 15 minute drills. In this case, the 3 minute kick & punch exercise may not leave you enough strength for a few repetitive exercises, nevertheless try to repeat this exercise at least once.
• As noted, the higher the level of difficulty, the shorter the drill will be.

Class III – Running/Hands Up

Class III Running/Hands Up is an extremely intense drill. It is a class by itself due to its high complexity and brutal impact on the body. Though called “running”, it actually works the upper body – particularly when running with weights (see next). You may consider this exercise as a quintessential super muscle drill as it will challenge your durability more than anything you have ever tried.

Note:
If you suffer from a knee injury, do not attempt running with your hands up, let alone with weights – instead, follow the very same drill while walking.

The Drill

Run or sprint while your hands are up in two positions: First – defense – your hands are positioned slightly above your forehead, as your arms are hooked 90° in front of your forehead; Second – overhead stretched – your arms are stretched high above your head.

You can do this drill outdoors or indoors (treadmill), the faster you run, the harder it will get. As a general rule, try incorporating the following sprint intervals:

- Start running for 30 seconds while your hands are up in a defense position
- Continue with a sprint for 30-60 seconds while your hands are in an overhead-stretched position
- Repeat the above twice (or more if you can), yielding a minimum overall 3 minute drill
- To challenge yourself further, go all the way out. Incorporate 1-3 minutes sprint intervals in your drill (performing max speed / per 60 sec. interval). For instance: 1st minute/maintenance speed, 2nd minute/max speed, 3rd minute/maintenance speed, etc., continue up to 10 minutes.
Running with Weight

Running with weight is an advanced version of the previous drill. Pick a pair of lightweight dumbbells (start with 5-8 and increase gradually to 10-12) – run the same way as featured previously in the running/hands up drill while holding a dumbbell in each hand. Running with weights involves a higher level of intensity – within the first minute or so, you’ll start feeling the lactic acid accumulating in your shoulders and back, slowly taking over every major and supportive muscle in your upper body. Once you cross the three minute limit, you will become a bundle of pain and from there on it can only be defined as plain cruelty. You will certainly feel that drill regardless to how strong you are.

Running with weights is one of the most effective ways to force physical toughening and fat burning. Your body responds best to extreme challenges. Adjust your weight load accordingly. Remember, you’ll get better results from a three minute super intense drill than from a thirty minute moderate drill.

As you progress, you may be able to run with weights for up to 5 minutes or even 10 minutes at a time. If needed, you can turn this drill into a few minutes stand-alone workout as you’ll be in and out of the gym in no time.

Advanced Drills

Class IV – Extreme Units

Lifting, pulling, punching and hopping

Class IV Extreme Units might be too advanced for beginners. The premise of these units is to drive the overall impact to its extreme potential. This can be done via increased weight load, increased level of difficulty, increased time under tension, and increased complexity.

Similar to Class I units, Class IV units incorporate Lift & Punch exercises but with higher intensity and complexity as they shoot the level of difficulty from huffing and puffing into screaming. Your goal remains the same: sustain performance rather than score and fail. Following are sample units.
Sample Units:

1. Squats with a barbell in overhead press position & heavy bag punching
2. Lunges with a barbell in overhead press position & heavy bag punching
3. Bench hopping (see below) & heavy bag punching
5. Combine 1. and 3.

Notes

- You can increase the complexity of the unit by adding a “pull” exercise to the mixture. For instance: Do 5 squats with overhead barbell, followed by 5-10 pull-ups, followed by 1 minute of heavy bag punching.

- When doing the Class IV squat exercises, work all the way down until your butt almost touches your Achilles (not halfway). While declining, keep your heels on the ground; if you can’t, it’s a sign of a weakness in your lower back – and if this is your case, lower the weight load (or squat without weight) until strengthening your back.

- You can increase the intensity of the exercise in the following way:
  - Increasing weight load
  - Increasing the number of reps (squats or lunges)
  - Increasing the velocity of your punches
  - Increasing the number of the bench hopping intervals
  - Increasing the height of the bench

- You can substitute heavy bag punching with air punching or with towel swiping. You can also substitute the barbell with dumbbells in the squat and lunge exercises.

Bench Hopping

Put a bench in front of a heavy bag, forming 90° with the bag. Stand next to the bench, your face in front of the bag, and your hands up in defense position, fisted in front of your head.

Punch the bag with max intensity a few times and jump sideways over the bench – landing while your
hands up in defense position. Punch again and jump over the bench back to the starting position.
Repeat 4-10 times if possible.
You can also alternate by jumping on the top of the bench, punch, and then jump down to the other side of the bench and punch. Repeat 1-4 times.

Extreme Drills:

Class IV Extreme Drills can be incorporated by combining 2-5 units. For instance:

- Do 5 reps of squats with overhead pressed barbell followed by 1 minute of heavy bag punching – repeat 1-4 times
- Do 5 reps of lunges with overhead barbell followed by 1 minute of heavy bag punching – repeat 1-4 times
- Increase the length of the drill by combining squats with lunges and pull up exercises in the following way: Do 5 squats with overhead barbell, followed by 5 lunges with overhead barbell, followed by 5-10 pull-ups followed by 1 minute heavy bag punching – repeat 1-4 times.
- Do 5 reps of bench hopping. [“Rep” means jumping forward and backward over the bench (left -right- left) followed by 1 minute of heavy bag punching – repeat 1-4 times.
- Substitute heavy bag punching with air punching or with towel swiping.
- You can also combine Class IV advanced exercises with Class I basic exercises or Class III running exercises. For instance:
  - Do 5 reps of bench hopping followed by 1 minute heavy bag punching followed by 1-5 reps clean presses – repeat 1-4 times. Combining basic and advanced exercises is always beneficial.
  - Do 3 minutes of running with weights followed by 5 reps of squats with overhead pressed barbell, followed by 5 reps of lunges with overhead pressed barbell, followed by 1 minute of super intense heavy bag punching – to a roughly 5 minutes monster drill. Repeat 1-4 times but without the running.

As a general rule, combine advanced and basic drills.

The term “advanced drill” does not indicate in any way a superiority over the basic drills. Advanced means higher level of complexity and difficulty but not superiority. Regardless to how physically
stronger and tougher you become, you should always look at basic exercise as the cornerstone of your training – you’ll be surprised how more effective your exercise regimen will be if you cycle between basic and advanced drills in your workout routine.

**Summary**

- The key to the super muscle training regime is in the drill. A super muscle workout can be done as a single stand-alone drill, or as a few combined drills. The workout’s length can range from 3 minutes to 45 minutes. In times of “having no time”, you can still hit your body with a super intense 3 minutes workout *via running with weights* (see Class III exercise).

- When designing your workout, be patient. Build your strength and durability gradually. Start with 3-5 minute drills, combine 2-5 drills in your workout to yield roughly 10 – 30 minute sessions. As you progress, increase the weight load or the length of the drill, or both.

- You can incorporate conventional exercise in your super muscle workout including pull exercises and abdominals. You can also cycle between days of super muscle workouts and days of sheer resistance, cross fit, or sport conditioning. If you do aerobics, incorporate sprint intervals in your regimen.

- The three factors that give your body the signal to adapt and improve are:

  - *Intensity*, *diversity* and *length*.
  
  - *Intensity* means weight load, level of speed, level of velocity, and level of difficulty.
  
  - *Diversity* means the number of different performance capabilities incorporated – strength, speed, velocity, etc.
  
  - *Length* means time under pressure.

- Finally, do not overtrain. Incorporate 1-2 resting days per week; allow yourself to get lazy in these days. Your recuperation period is as important to your progress as your training.

**Nutritional Tips**

The super muscle regimen may fail to deliver its *full* impact without proper nutrition. Following are some useful tips:
Choose your food from the lower food chain. Your body is programmed to better survive that way. Fruits, vegetables, legumes, roots, nuts, seeds, eggs and dairy should be your staple foods. To this you can add marine food – fish and seafood (wild catch).

The above foods should always be first priority on your grocery list. Foods from the top of the food chain – grain, meat (from overfed animals) and refined products should be your last priority. Our species hasn’t fully adapted to foods higher on the food chain. We are indeed predators as we have the ability to kill and eat other species, but as predators we stand in the end of the line. Regardless to how attractive meat may seem to you – hamburgers, fried chicken and beef steaks – the fact remains: humans and apes lack certain enzymes necessary for fully utilizing meat protein. The high intake of meat has been shown to shatter human health. Gorillas, the strongest of all apes, do not even like meat. As for grains, though not an ideal choice, the ancient grains – oats, barley, wild rice and corn are superior to the later grains – wheat and some new species of rice and corn. Sprouted grains are better than whole grains and whole grains are better than refined grains.

As a general rule, keep your meals as low glycemic as possible.

Rotate between the two fuels: carbs and fat. Separate between “carb days” and “fat days” as your muscle can only utilize one primary fuel at a time. Nonetheless, beware of the carb fuel’s glycemic index as this could be counter-effective. Keeping your diet as low glycemic as possible will certainly contribute to your health and longevity.

Use the right food combinations:

- Vegetables & protein mix with everything
- Grains & nuts do not mix
- Grains & sugar do not mix
- Grains & alcohol do not mix
- Nuts & sugar (or fruits) do not mix

Have your main meal at night. Humans are inherently nocturnal eaters.

Incorporate recovery meals right after your workout. Use quality fast assimilating proteins such as non-denatured whey protein from grass fed cows (see warriorwhey.com).

You can incorporate a few recovery meals after your workout. First recovery 15-30 minutes after training, followed by second and potentially third recovery meals every 1-2 hours.
• Your recovery meals should be made with no sugar added to avoid blood sugar fluctuation and insulin resistance (see warriorwhey.com).

• Adjust your diet to fit your sport conditioning priority. If your main priority is strength, increase the ratio of protein/fuel. If your main priority is endurance, increase the ratio of fuel/protein.

• Adjust your calorie intake and supplementation to accommodate the level of your physical activity – by adding or lowering the amount of fuel food in your main meal, and by adjusting your supplement intake (plant-based vitamins & minerals, vitamin C and detox herbs).

• When adjusting your diet, use common sense. If you increase your training volume by merely 5%, do not bother with fuel food adjustments. If however you increase your training volume by 100%, you should increase your fuel food accordingly. Through trial and error you’ll master the skill of adjusting fuel food intake – how much to add or omit. To be on the safe side, do the adjustments gradually – check how each adjustment (increase or decrease in fuel food intake by 30% - 50% - 100%) affects your energy level, body fat, and overall progress.

**Final Note**

The Super Muscle Workout is not just a training program, but rather a commitment to a lifestyle. If you haven’t given up on your dream to excel, you’ll find this regimen highly viable regardless to how old you are. Be practical, adjust the workout to accommodate your level of fitness and schedule. For instance, if your physical capacity allows you to handle only a lower level of difficulty, that’s ok as your current condition is only relative to your peak potential. And if you persist challenging yourself you will be able to progress regardless to your initial level of fitness. Be patient. There is no quick fix and progress takes time. Nonetheless, once you’re committed to actively survive (rather than passively die), time will work for you instead of against you – and unlike most people you’ll be able to keep a strong healthy physique and a biologically young body.

(More information on the super muscle in *Unlock Your Muscle Gene* and Ori’s Blogs.)
References


