



ALPHA MUSCLE

BY ALAIN GONZALEZ

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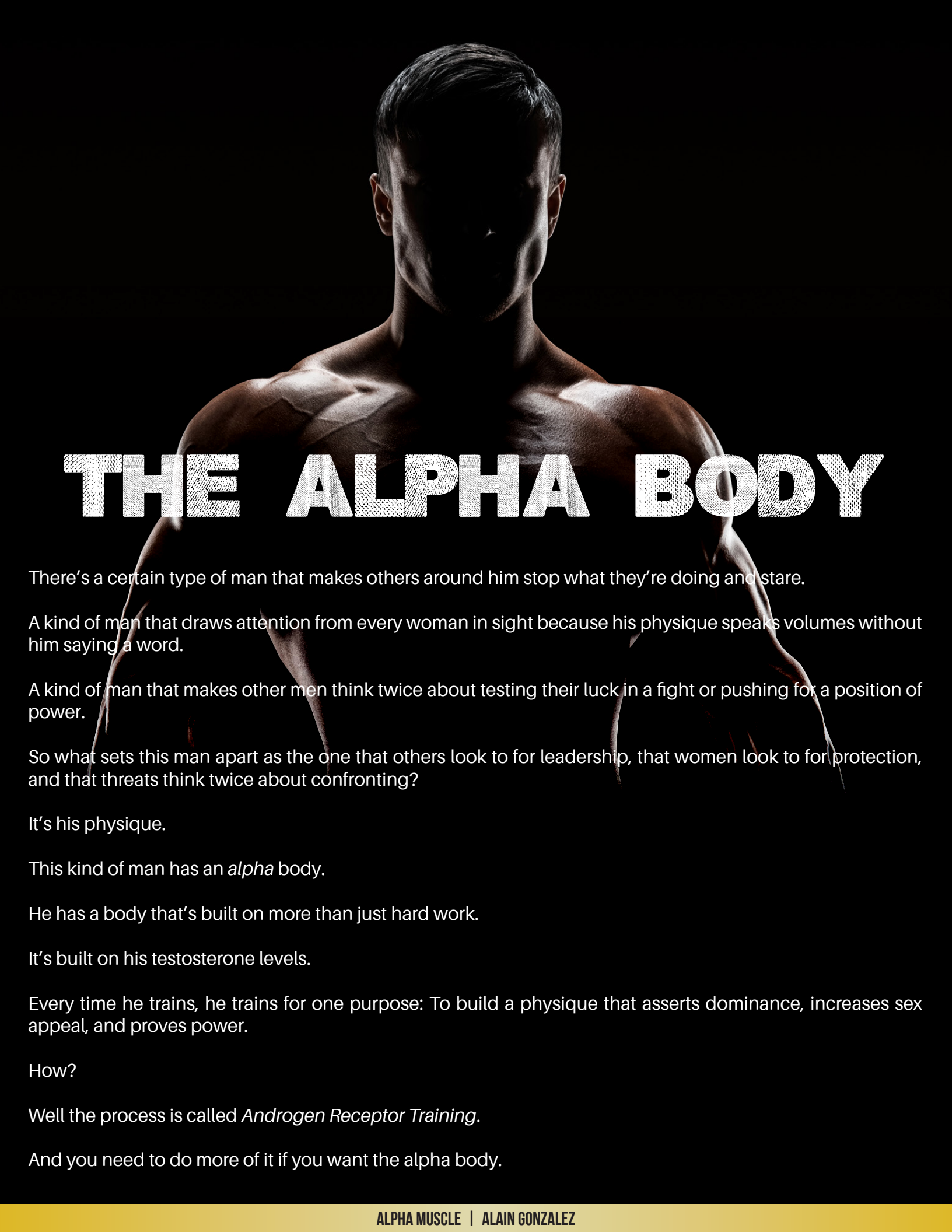
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THE ALPHA BODY

There's a certain type of man that makes others around him stop what they're doing and stare.

A kind of man that draws attention from every woman in sight because his physique speaks volumes without him saying a word.

A kind of man that makes other men think twice about testing their luck in a fight or pushing for a position of power.

So what sets this man apart as the one that others look to for leadership, that women look to for protection, and that threats think twice about confronting?

It's his physique.

This kind of man has an *alpha* body.

He has a body that's built on more than just hard work.

It's built on his testosterone levels.

Every time he trains, he trains for one purpose: To build a physique that asserts dominance, increases sex appeal, and proves power.

How?

Well the process is called *Androgen Receptor Training*.

And you need to do more of it if you want the alpha body.

ANDROGEN RECEPTOR TRAINING

Before we get into what Androgen Receptor Training is, you need to be familiar with what androgens are and why they're so important for developing an alpha physique.

An androgen is any natural steroid hormone that regulates the development and maintenance of male characteristics (broad chest and shoulders, large arms, thick traps, deep voice, square jaw, facial and body hair).

It does this through the process of androgens binding to androgen *receptors*.

See, higher doses of androgen (compared to women) is what biologically makes men, men, with the major androgens being the male sex hormones, testosterone and dihydrotestosterone (DHT)... But even more so, it's higher amounts of androgens binding to androgen receptors that makes men *look* like alpha males.

And here's the deal...

You can actually increase the amount of androgen receptors you have. And it all depends on the way that you train.

If you train to increase the amount of androgen receptors your muscles have, you can naturally manipulate your masculinity and thereby develop the alpha body.

So how does the process work exactly?

ACTIVATING ANDROGEN RECEPTORS AND TESTOSTERONE UTILIZATION

Activating androgen receptors is key to building the alpha body.

In fact, there's nothing more important, and like I mentioned above, the way you train determines the amount of androgen receptor activity you have in your muscle tissue.

The more androgen receptors you have, and the greater the density of those androgen receptors, the more anabolic you'll be, or to say it another way, the more *alpha* you'll be.

See, as a man, you have high amounts of testosterone pulsing through your veins.

But the sad reality is that a lot of that testosterone is null - it's not being utilized at all.

However, by increasing your androgen receptor amount and density, you'll utilize more of the testosterone that you *do have*, which will increase the effects of your testosterone on your masculinity in general and your alpha physique in particular.

WHAT MUSCLES HAVE THE MOST ANDROGEN RECEPTORS?

If you've ever watched a Mr. Olympia bodybuilding competition, opened a men's fitness magazine or scrolled through a bodybuilding website of sorts, you'll notice that these muscle monsters have a peculiar physique consisting of a broad chest, rounded shoulders, mountaintop traps, and massive arms.

And the reason for their imposing upper body has to do with androgen receptors.

Generally speaking, the men featured in the highest profile fitness spaces didn't get to the top rung of the ladder naturally. This isn't to say that they haven't worked incredibly hard to get to where they are. They have. But with that said, the familiar featured faces of the bodybuilding world use anabolic steroid injections to achieve their physique as a supplement to their hard work.

The steroid response is greatest where the most androgen receptors are located - the shoulders, upper back, traps and chest, which is why these fitness professionals have a massive male physique.

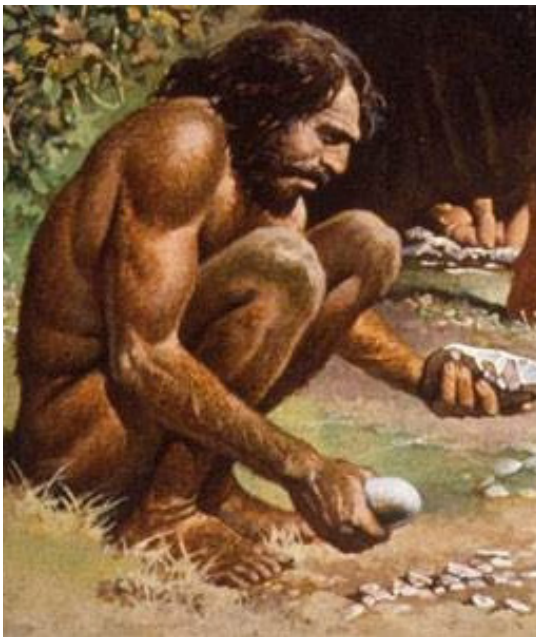
But here's the deal for natural bodybuilders and workout enthusiasts like yourself...

You can achieve a similar response as well. You just need to adjust the way you train to activate the most androgen receptors in your body.

See, training your body for an alpha physique is necessarily going to look different than simply training in general.

As a man, you'll need to focus on those muscle groups with high androgen receptor density which are your shoulders, upper back, traps and chest. And what's even better is that when you train these muscle groups you can also increase the amount of androgen receptors for an even greater response.

THE ANCIENT REASON WHY MEN HAVE MORE ANDROGEN RECEPTORS IN THESE MUSCLES



Men, biologically speaking, we don't have any questions about what an alpha physique is and isn't.

We know when we see another guy with a broad chest, rounded shoulders and a pyramid of muscle rippling from his upper back to the top of his traps, that this man has achieved alpha status.

The alpha physique is a distinguished look that we're wired to carry as men, which is why we have a higher amount and density of androgen receptors in our upper body than women do. And this "wiring" dates all the way back to our ancient ancestors.

Thousands of years ago, the alpha physique, derived from androgen receptor activity, was used in order to identify, at a distance, males from other tribes. Naturally, an ancient tribe, before contacting another in war or negotiation, would size up the men in the other clan based on their upper body. The larger the upper body, the greater the threat.

But a male physique wasn't only important in determining potential threats from tribe to tribe...

It was also important socially, within the tribe itself.

Men with the most muscular upper bodies were also those with the highest testosterone levels in the tribe.

The male physique acted as a "tell all" of testosterone levels because the men with higher testosterone levels had more androgen receptors in their upper body which triggers the alpha growth response.

As a result, the women of the tribe would be able to identify who the strongest males in the tribe were, who could protect them, and who would be able to give them the strongest children, who in turn, would have a better chance of survival in a culture built on travel and war.

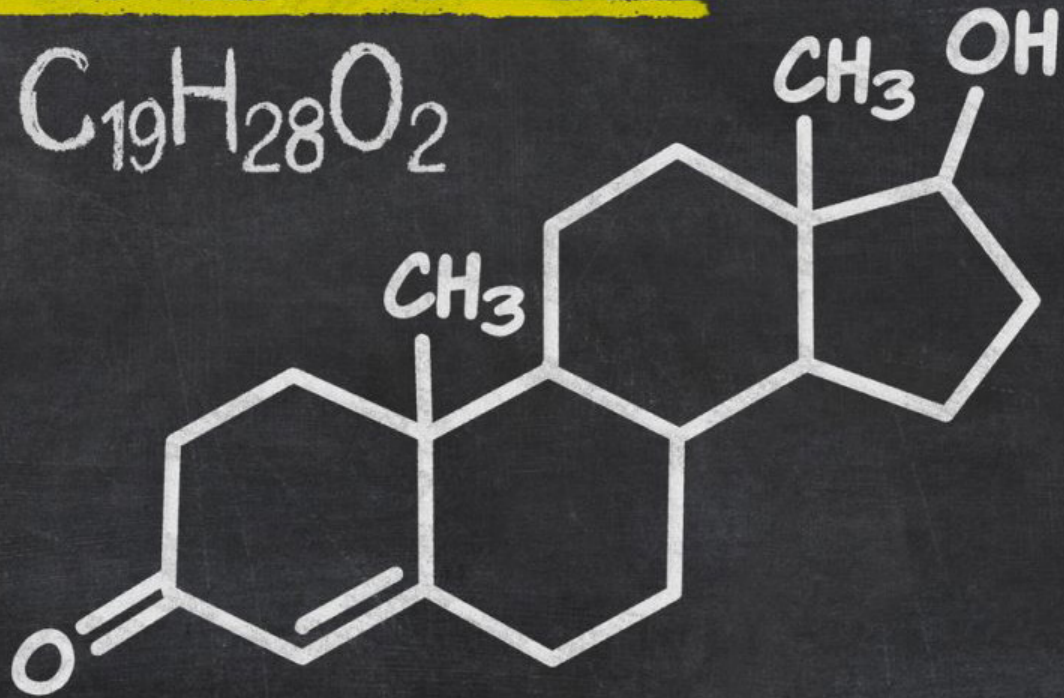
In tribal cultures, broader shoulders and thick traps also indicated authority and leadership. An imposing physique commanded respect in the community's hierarchy.

This alpha physique (the result of high amounts of androgen receptors) indicated that a man was strong, brave, sacrificial and a decision maker. So it necessarily followed that these kinds of men would be looked to for leadership in some way, shape or form that was higher than those with smaller shoulders and mole-hill traps.

To sum up, men are hard-wired to have greater androgen receptor density in our upper bodies to evoke feelings of protection, increase appeal with the opposite sex, and assert leadership.



Testosterone



It's clear that as a man, building the alpha physique through androgen receptor training is essential to your overall presence.

And if you want to achieve optimal results - build a massive set of shoulders, chest and back - you need to prioritize and optimize your testosterone levels.

THE LIMITING FACTOR

So what's standing in the way to achieving your alpha body?

After all, you've done some training before. You're not new to the game.

But for some reason, you're still holding onto too much body fat that simply doesn't fit the bill.

Or your upper body just isn't wide enough to assert dominance, trigger a response from women, or exude feelings of protection.

You've trained. You've chugged protein shakes.

But you're clearly missing something.

The limiting factor?

Your testosterone levels.

See, androgens (testosterone and Dehydroepiandrosterone) bind to androgen receptors which then activate and cause a direct effect on the targeted muscle tissue of androgen receptor training.

So if your testosterone levels are low, you'll also have a very low ceiling in which you can build your upper body, or in other words, you won't achieve an alpha physique.

Taking testosterone levels and turning them around requires, not only a change to your training approach, but your lifestyle as well.

Here's why more testosterone is important for your success during androgen receptor training.

INCREASE TESTOSTERONE FOR MAXIMUM BENEFITS

Increased levels of testosterone trigger a greater muscle building and fat burning response to training in general.

A study published in the *Journal of Endocrinology and Metabolism*, showed a direct muscular response (9.6% increase in lean muscle mass, 16.2% reduction in body fat) for men who increased their testosterone levels [1].

And it's the missing link in most men today who simply don't understand how to boost their testosterone levels naturally both inside and outside the gym.

The more testosterone you direct into your androgen receptors, the greater your muscle growth will be. So the next question is pretty obvious: How do you boost your testosterone *and* increase your androgen receptor density?

5 WAYS TO BOOST TESTOSTERONE NATURALLY

When most guys talk about boosting testosterone, the conversation consists of diet and exercise...

And there's good reason for that...

Because diet and exercise are essential elements of tough testosterone levels.

But there are other ways to boost testosterone...

Ways that are simple and a sure thing, and don't involve diet or exercise.

Here are 5 of them.

RULE 1 SLEEP BETTER



Even though diet and exercise are the most talked about ways to boost testosterone, sleep is more important than either of them...

You won't build your testosterone levels unless you sleep longer and better.

In fact studies have shown a direct correlation between the amount of time you sleep and the amount of testosterone you have.

In one comprehensive study, men who slept 4.5 hours a night clocked in about 250ng/dl of testosterone while those who slept 8 hours added almost 400ng/dl to that number, which makes sense figuring that most of your testosterone is produced while you sleep...

If you need help getting some better shut-eye, I recommend checking out the top Chinese herb for sleep...

It called Ziziphus, and has been used for hundreds of years as an effective herb to increase both sleep length and quality, and as a result, boost testosterone levels.

Check out Ziziphus for yourself [here](#).

RULE 2 COLD SHOWERS

Cold showers are fast and effective ways to boost testosterone levels – fast because you won't want to hang out in the shower for very long when the water is freezing cold, effective because, well, it works.

Have you ever noticed that your balls always hang lower in warmer weather?



That's because they're trying to get out of the heat.

A cold shower is optimal for testosterone production because, according to this study and others, all functions of your gonads work better when they're cooler.

Have you ever heard the phrase, "If you can't take the heat, get out of the kitchen?"

Well, your balls can't take the heat, so do them a favor and get them out of those hot as hell showers.

A cold shower will wake you up, boost your T, and you won't waste unnecessary time in the shower, either.

RULE 3 WIN AT SOMETHING

Winning boosts testosterone...

It's an undisputed fact...

But winning doesn't always mean competing against another person and coming out on top...

Winning at something is more of a mindset than anything else...

It could mean that you fix a busted pipe in your house...

It could mean that you successfully help your neighbor saw down and haul off trees in his hard...

It could absolutely mean beating someone in a competition of sorts, too.

Simply look at more daily situations as opportunities for success and win at them.

RULE 4 GET SOME SUN



If you like to spend time outside, this is one of the easiest ways to boost testosterone without diet and exercise.

Vitamin D is an essential testosterone-boosting nutrient.

And sunlight provides plenty of it.

One recent study explored the testosterone levels of 2,299 men over the course of a year and discovered that testosterone levels followed a seasonal pattern - peaking in the warmer months and falling in the winter months, drawing a clear link between sun exposure and testosterone levels.

Research also suggests that early morning sunlight exposure increases luteinizing hormone, a precursor to testosterone, by almost 70%.

So whether you're spending time with your family, or you feel like killing two birds with one stone during your workout, spend more time in the sun to boost testosterone.

RULE 5 PINE POLLEN



Why is this herb so effective?

Because it contains actual testosterone in it so that when you take pine pollen supplementation your T-count naturally increases...

Which, if you have any doubts, is made qualitatively clear by the morning wood you'll wake up with when you take it...

And with plenty of quantitative research to back it up.

For an immediate testosterone-boosting impact, **check out pine pollen tincture.**

You simply hold the pine pollen under your tongue for a few seconds and it immediately works its magic in your bloodstream.

If you aren't a tincture guy, **check out pine pollen powder.**

You can mix it in water, tea or even with your morning coffee to give yourself a morning and evening testosterone boost.

Men, diet and exercise are important for boosting your testosterone levels...

But they aren't the only ways to get the job done.

Add these 5 ways to boost testosterone into your daily routine and give yourself that extra surge of T that you've been looking for.

THE KEYS TO AN ALPHA BODY

This guide wouldn't be of any use to you if I told you *why* you need to focus on androgen receptor training without telling you how to train for greater androgen receptor increases (and as a result massive muscle growth). Here are the 4 key principles you need to put into practice if you want to build the alpha body...

PRINCIPLE 1 TRAIN IN A FASTED STATE

You've probably heard plenty of "experts" tell you that training in a fasted state isn't optimal for your workout in general...

But the "experts" couldn't be more wrong...

That is, if you really want to build the alpha body.

Studies have shown that intermittent fasting (refraining from eating for 12-24 hours) can increase your testosterone levels by 180% while also increasing luteinizing hormone production (a necessary building block of testosterone) by 67% [2].

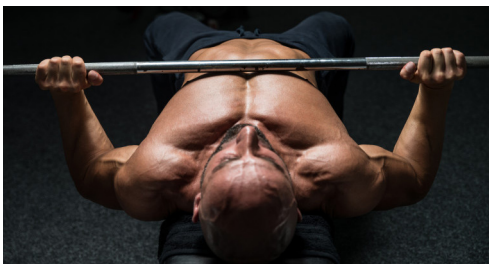
So when you lift weights while fasted, your body necessarily has higher testosterone and will initiate greater growth hormone responses through androgen receptor training.

Or to put it another way, the more androgen you have, the more it'll attach to your androgen receptors while you train...

The result?

Building an alpha male upper body.

PRINCIPLE 2 ALWAYS PUSH, PULL AND PRESS



Remember the target muscle groups for Androgen Receptor Training are your shoulders, traps, upper back, and chest.

The reason is because not only are these muscle groups biologically wired with more androgen receptors, but they're also the only muscle groups where you can increase the amount of androgen receptors that you have.

For instance, men don't have as many androgen receptors in our calves. Nor can we increase the amount of androgen receptors we have in our calves. This is why even bodybuilders who use anabolic steroids, still have relatively small calves when you consider how massive their shoulders, traps, back and chest are [3].

In fact, regardless of how much you train your lower body, you'll never be able to increase the amount of androgen receptors in your legs. But you can with your upper body.

And this is why you want to include upper body push, pull and press exercises every time you train - to induce androgen receptor activity.

Upper body pushes and presses will recruit androgen receptors in your chest, shoulders and upper traps, while the pull movements will increase androgen receptor density in your upper back and traps, too.

By implementing the groundbreaking *push, pull and press method*, your shoulders, traps, back and chest will experience more stimulation than ever before through the increase of androgen receptors in these muscle groups.

As a result, you'll grow mountainous traps that cut down to a rippling upper back, extended by boulder shoulders and an impenetrable chest.

The program itself will emphasize this unique approach to training during each session so that you'll be sure to increase your testosterone, DHT and androgen receptor density...

And the result is a sure thing...

You'll be the alpha of your tribe.

PRINCIPLE 3 TRAIN LESS



Like I've mentioned above, training for the alpha body is going to look different than what you're used to.

If you're unwilling to let go of your 1 hour to 1 ½ hour training sessions, then the alpha physique isn't for you.

See, in order to initiate the greatest hormonal and androgen receptor response in your training, you need put your body under enough stress to elicit hormonal adaptation without training for too long (and too often during the week).

Essentially your goal is to activate as much *muscle tissue* as possible in the shortest amount of time possible... Even further you want to activate as many androgen receptors as possible as well, by implementing heavy upper body compound movements (step #2) into every workout.

When your gym sessions are long and frequent, your body crosses a stress threshold in which your cortisol levels increase, and your testosterone levels decrease, which will negatively impact the amount of androgen that binds to your androgen receptors.

That's why it'll be crucial throughout your Androgen Receptor Training to keep your workouts between 30-45 minutes.

Train hard. Train less. Build the alpha body.

LIMIT LEG TRAINING (AND WHY)

Your lower body is loaded with muscle tissue that will initiate a boost in testosterone when you train them with big, compound movements.

But unfortunately, unlike your upper body, no matter how much you train your legs, you won't increase the androgen receptor density contained within your leg muscles.

Also, training your legs will increase hormonal stress past the stress threshold that I mentioned above.

So when it comes to this program, you'll want to cut keep leg training to a minimum; just enough to stimulate growth but not so much that you surpass the stress threshold.

In other words, when you train legs, your goal isn't to annihilate them...

Your goal is to train with heavy loads in a short amount of time in order to initiate an increase in testosterone levels, which will pave the way for a greater androgen receptor response when you perform upper body exercises.



ANDROGEN RECEPTOR NUTRITION HACKS

The gym isn't the only place where you can increase your androgen receptor density.

There's plenty you can do outside of the gym to build alpha muscle, too.

I DRINK COFFEE

A couple cups of coffee are a great way to start your morning.

Studies have shown that the caffeine in coffee beans can increase your muscle endurance and strength in the gym [4] [5], which is a necessary element of increasing testosterone levels.

But caffeine doesn't only increase your testosterone levels, but it increases your androgen receptor density as well.



One rodent study indicated that consistent doses of caffeine (a daily cup o' Joe, perhaps) increases testosterone, DHT, and androgen receptor activity [6].

Essentially, caffeine stimulates cAMP enzyme inside of the cells that contain androgen receptors, which regulates glycogen, sugar and fat metabolism inside the receptors themselves and intensifies the DHT and testosterone binding process [7].

II INTERMITTENT FASTING



Intermittent fasting is simply refraining from eating for a set amount of time.

For general consistency and effectiveness, the most advantageous intermittent fasting protocol for increasing testosterone and androgen receptor density is with a daily 16/8 fasting approach (16 hours fasting, 8 hours feeding).

Studies have shown that when you feed after a 16-hour fast, your testosterone levels, DHT, and androgen receptor density increase [2].

Also consider that our ancient male ancestors (with the same alpha physique you're training for in this program), practiced intermittent fasting frequently.

Hunting for food so that their communities could eat was a process. It wasn't as simple as hitting a drive-thru on the way home from work. When they went out to hunt for food, they would essentially fast while on the hunt, which could have taken long periods of time, even a few days.

These frequent fasting windows triggered a growth hormone response, even up to 2,000%, in our male ancestors and still does the same for us today [8].

III INCREASE DHT

DHT (dihydrotestosterone) is your body's most potent form of testosterone.

In fact, it's 5x more powerful than simple testosterone and is more conducive to higher androgen receptor activity than your other male androgen because DHT binds to androgen receptors with more ease and for longer periods of time than testosterone [9].

You can increase your DHT and your ability to build the alpha physique by taking a creatine supplement before your workout (0-calories so it won't break your fast), and by eating plenty of healthy fats.

IV TAKE A MULTIVITAMIN

Micronutrients are essential to your hormonal health as man, and unfortunately most guys in the world don't get the proper amounts of essential micronutrients to elevate their testosterone levels (and keep them there).

For instance, studies have shown that most of the world is zinc deficient...

And that poses a major problem for men because there is a direct correlation between zinc intake and testosterone health [10].

You can do everything right on this program, but if you neglect your micronutrients, you won't see as great of an outcome as you could have otherwise.

The less androgens you have in your bloodstream (testosterone and DHT), the less effective your androgen receptor training will be.

The more androgens you have in your bloodstream, the more effective your androgen receptor training will be.

It's that simple.

Get more androgens by ensuring your micronutrient health is on point.

Even though you'll ingest plenty of micronutrients in your diet, grab a multivitamin to cover your blind spots.

V DIET HIGH IN CARNITINE



And speaking of your diet, let's talk about carnitine.

Carnitine is found naturally in meats, poultry and fish, and is essential to increasing androgen receptor density in your muscles.

Here's how carnitine and androgen receptors interact:

Carnitine transports fat into your cellular mitochondria where it's used as energy. As a result, androgen receptor density is increased within those same cells.

Studies published in *Medicine and Science in Sports and Exercise*, concluded that 3-weeks of L-Carnitine supplementation was able to significantly increase the amount of active androgen receptors in men at rest and even more so after exercise [11] [12].

So the bottom line is that you should eat more beef steak or ground beef to increase the amount of carnitine you get into your diet, and as a result increase androgen receptor density in your shoulders, upper back, and chest so that you can build alpha muscle.

If you find that you aren't able to eat as much beef as you'd like, try taking a carnitine supplement.

They're easy to find over the counter, and 1-2 grams of L-carnitine will be enough to initiate a solid androgen receptor response.



THE ALPHA-3 PHYSIQUE

Because your shoulders, traps and lats have the most androgen receptors, it's only natural that having *larger* shoulders, traps and lats implies dominance.

In other words, a physique that emphasizes mountainous traps cutting across a terrain of ripped shoulders, forged from v-tapered lats, shouts one word to bystanders and babes alike: Alpha.

I call these muscles the Alpha-3 Muscles.

Why?

Because from our ancient ancestors to the modern-day millennial generation, these muscles are a physiological "tell all" of testosterone levels. And as history and simple biological wiring tells us, the Alpha-3 muscles assert dominance, imply protection and generate sexual attractiveness from the opposite sex.

It's an uncontested fact that having broad shoulders with large traps and a wide back makes you look more manly than other guys you associate with, which naturally has your tribe of friends looking to you for leadership...

And not only do Alpha-3 muscles make you look manlier than the other guys, but they also give off an air of confidence, because well, when your testosterone levels are high, and you have a wide and thick upper body to prove it, confidence just comes along with the territory...

Not to mention, that if there's one trait that women look for in a man, it's confidence.

But that's not the only reason more women will be attracted to you as a result of androgen receptor training... According to studies, most women are attracted to men who have a v-tapered physique - a natural component of the alpha body (achievable through androgen receptor training)...

The v-tapered physique is this: a body detailed by a small waist and a wide back and broad shoulders...

According to a *Sexual Behavior* study, this "golden ratio," the most pleasing physique to the female eye, is when your shoulders are 1.6 times the size of your waist.

And this is what makes androgen receptor training more attractive to us as men...

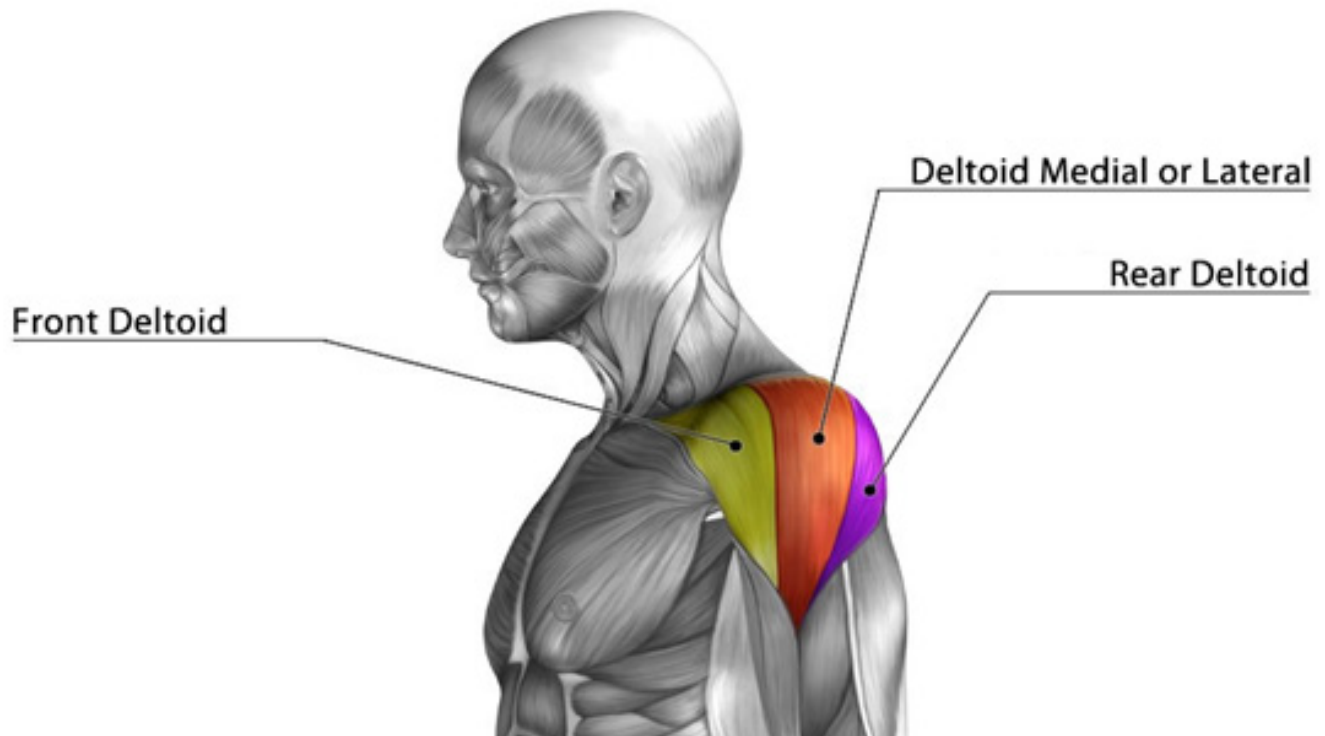
Because with this ancient but somehow still revolutionary style of training you'll build a larger set of traps, shoulders and lats which will make your waist look smaller, giving you the coveted golden ratio. Also, while you perform this type of training, you'll increase your testosterone levels, which will naturally cause you to burn more fat from your midsection and as a result, your v-tapered physique will become even wider and more dominant...

In other words, with androgen receptor training, your body will have no choice but to become an alpha presence.

THE ALPHA-3 ANATOMY

Shoulders: The delts are, hands down, the most important muscle-group for creating an alpha body. I'd even go as far as to say that the shoulders can make or break a physique completely. I don't care how big your arms and chest are or how thick your back is, if you've got narrow shoulders, you don't look impressive. In fact, you could have minimal muscle mass on your arms and chest, but if your shoulders are round and full, you're physique seems more alpha and dominant.

ANATOMY OF THE DELTOID



The deltoid has three origins: the lateral end of the collarbone (front delt), the acromion of the shoulder bone at the top of the shoulder (mid delt), and the spine of the shoulder bone (rear delt). Each origin gives rise to its own band of muscle fibers with the front band forming at the collarbone, the side fibers forming at the top of the shoulder bone, and the rear fibers forming at the spine of the shoulder blade. The muscle fibers merge together as they approach the insertion point on the shoulder tuberosity of the upper-arm.

FUNCTIONS OF THE DELTOID

Shoulder Flexion: Front Delt



Internal Rotation: Front Delt



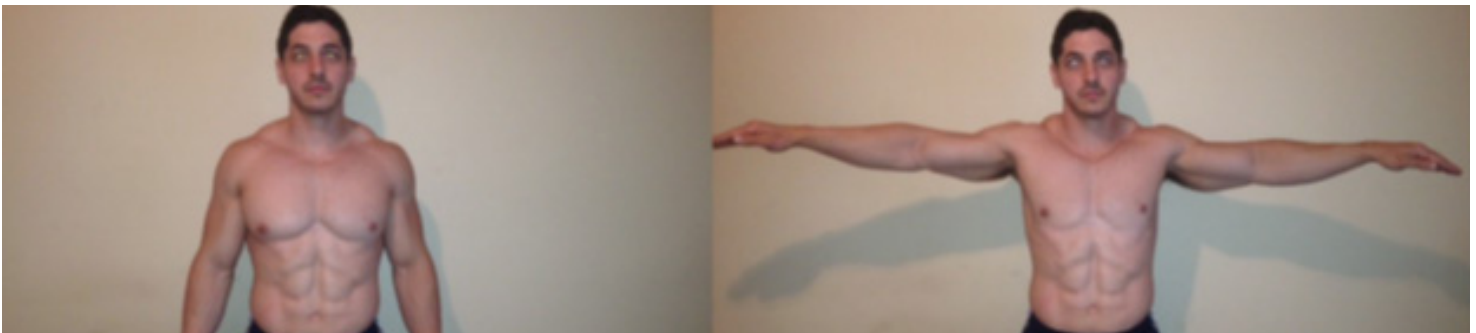
External Rotation: Rear Delt



Shoulder Hyperextension: Rear Delt



Shoulder Abduction: Mid Delt



Traps: Most guys would tell you that having big traps is not aesthetic—I disagree. Having mountainous traps that pop through your shirt isn't just badass, but it makes you look 10x more jacked (and alpha) than the shredded pencil-neck guy flexing his abs. On top of that, it adds to the illusion of having a bigger and more muscular upper-body, which contributes to a seemingly slimmer waistline. If that wasn't enough, the traps are a huge muscle that runs down the middle of your back and contribute to most of your upper back thickness. So not only does it make you look monstrous from the front, but thicker from the side as well.

THE ANATOMY OF THE TRAPS



The trapezius (or traps) is a large paired surface muscle that extends longitudinally from the occipital bone to the lower thoracic vertebrae of the spine and laterally to the spine of the scapula. It moves the scapula and supports the arm.[13]

The trapezius has three functional parts: an upper part which supports the weight of the arm; a middle region, which retracts the scapula; and a lower part which medially rotates and depresses the scapula.[13]

FUNCTIONS OF THE TRAPEZIUS

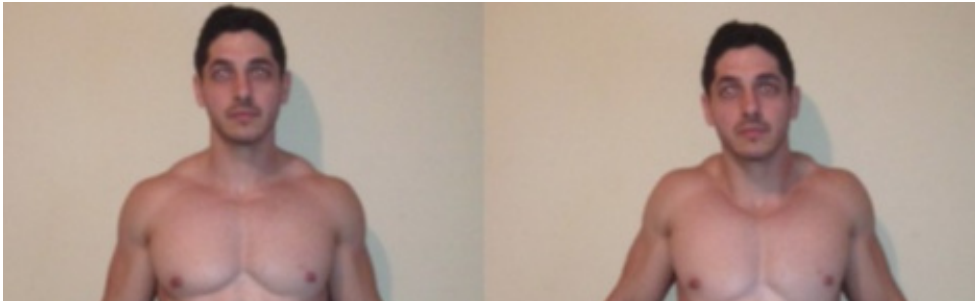
Shoulder Abduction



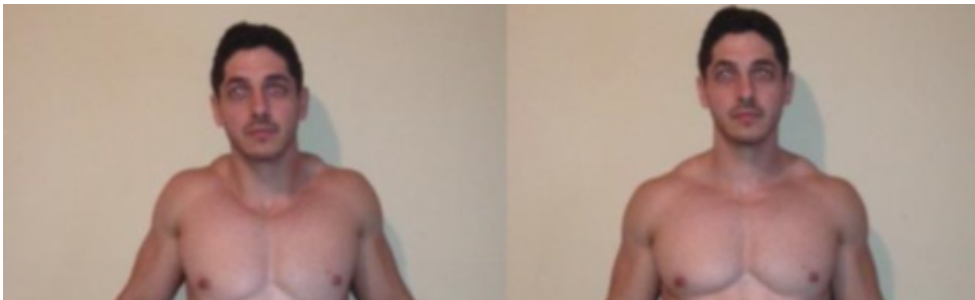
Retraction of the Scapula



Elevation of the Scapula



Depression of the Scapula



Lats: The wider your upper-body, the slimmer your waist appears. The lats not only add width from the front view, but from the back as well; so you'll look just as jacked when you're coming in as when you're going out. If you fail to build wide lats, however, you'll develop what I refer to as "the SpongeBob effect": where your torso is shaped like a square, making your waistline look almost as thick as your chest.

THE ANATOMY OF THE LATS



The **latissimus dorsi** (or lats) is a large, flat muscle on the back that stretches to the sides, behind the arm, and is partly covered by the traps on the back near the midline. The latissimus dorsi is the largest muscle in the upper body.[14]

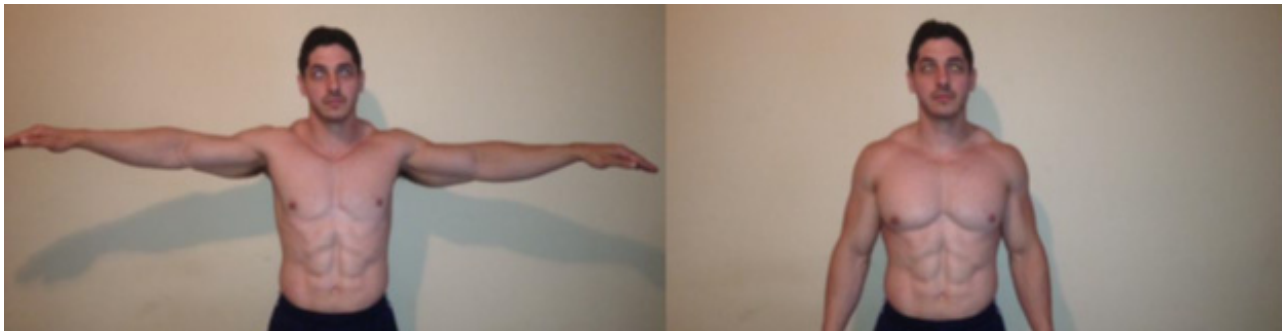
The latissimus dorsi is responsible for extension, adduction, transverse extension also known as horizontal abduction, flexion from an extended position, and (medial) internal rotation of the shoulder joint.

THE FUNCTIONS OF THE LATS

Shoulder Extension



Shoulder Adduction



THE ALPHA-3 SPECIALIZATION METHOD

Alpha-3 Specialization—or focused A.R.T.—is, as the name suggests, a planned training cycle where the trainee devotes all of their attention and resources to bringing up the Alpha-3 muscles.

The reason this approach works is simple: you've got a limited amount energy and resources available to build muscle. When that energy and those resources are distributed *evenly* across all muscle-groups—despite solid progress—the gains are hardly noticeable.

Take a guy who weighs 175 pounds and gains 10 pounds of solid muscle. The guy is now 185 pounds, but the only way you'll notice that he's been hitting the gym is if he stepped on a scale. Not because he hasn't made impressive gains, but because when you take 10 pounds and distribute it across the entire body, it makes for very little *visible* change. Those 10 pounds—depending on how they were distributed—may have translated to a half inch on the arms, one inch on the legs, and maybe one or two inches on the torso. For this individual to make *noticeable* changes, however, he may have to pack on another 10-15 pounds.

Now obviously this has a lot to do with height. An individual who's 6'4 and gains 15 pounds of muscle isn't going to look as impressive as the guy who's 5'4 and gained the same amount.

That said, the fact remains: it's more noticeable when you add an inch or two to your shoulders than it is when you gain an extra 5-10 pounds.

WARNING

Before you decide that *Alpha-3 Specialization* is for you, let me make something very clear. If you've been training for 6 months or less, you have no business attempting to bring up "weak" muscle-groups—your entire body is weak.

You see, the beginning of your fitness journey can be a magical time; a time where you're primed to pack on slabs of muscle mass faster than ever. Not only is your body primed for the ultimate recomposition, but you'll be capable of gaining more strength in one week than most high level lifters gain in 1 year.

In fact, if you take advantage of these newbie gains, you can achieve more muscle growth in your first 12 months than your next 4 years, combined. This is due to our bodies being hyper-responsive to the newly introduced stimulus during the beginning stages of our training. [15] Not taking full advantage of this opportunity will be, hands down, *the biggest mistake of your training career*.

Once that window closes, it's shut forever.

WHO SHOULD FOLLOW ALPHA-3 SPECIALIZATION?

If you're an intermediate or advanced trainee who's already taken full advantage of their newbie gains, chances are, your progress has slowed down dramatically. The reason is simple: the more muscle you have, the harder it is to build more, mainly because you're closer to your genetic ceiling.

More importantly, though, you've gotten much stronger over the years, making it harder to recover efficiently. Let me explain: when you first began training, you may have been squatting 135 pounds for 3 sets of 8—impressive for a novice lifter, but not very taxing on the nervous system. Some years later, however, you're squatting 405 pounds for the same 8 reps—a much more strenuous load.

To put it simply: the longer you train—and the stronger you get—the more difficult it becomes to recover from training for full-body growth.

Not to mention, because our already-developed body can only gain a fraction of the muscle that we once did—and it's distributed among the entire body—the results are even less noticeable. Look at it this way: would you rather distribute the newly added muscle throughout your entire body, or direct it all to the 3 androgen-laced muscles responsible for a physique that screams dominance?

Bottom line: if you've been training for 1 year or more and your physique does not reflect that of a Greek God—or you'd just rather focus on the muscles that make the biggest visual impact—then *Alpha-3 Specialization* is for you.

ALPHA-3 SPECIALIZATION

The main—and most important—benefit of *Alpha-3 Specialization* is visual impact. If your goal is just to get big and strong, then you probably have no business following this program. If your goal, however, is symmetry and aesthetics—because you have a certain look you're aiming for—then *Alpha-3 Specialization* is the way to train.

Alpha-3 Specialization is, by far, the fastest and most effective method for sculpting an Alpha physique. And if your goals are strictly cosmetic, I believe in focused cycles of training for a short period of time. Not only is it the fastest way to make *noticeable* changes in your physique, but it's the closest you'll get to carving out your Alpha body.

4 MOST IMPORTANT ALPHA MUSCLE TRAINING PRINCIPLES

PRINCIPLE 1 VOLUME

The amount of exercise you perform over a given time.

Some experts define volume as the total number of sets and reps performed in a single training session (sets x reps = volume).

Others, on the other hand, like to factor in the amount of weight lifted (sets x reps x weight = total volume). Either way we look at it, though, volume refers to the amount of work we do in our training.

Why Is Volume Important?

You've heard it before: 6-12 reps for size, 1-5 reps for strength, and 15-20 reps for endurance. We use this model because the rep range regulates the amount of time we spend under tension. The duration of the set thus dictates what energy system(s) we use. The energy system we use will then determine whether we're training for strength, endurance, size, and so on.

Another reason we utilize rep ranges is because they attribute to our overall workload (total volume). Here's what I mean: We stimulate the muscle using a given stress, our body then adapts to the stress by building new muscle tissue in order to meet the demands placed on it.

For example: If we perform a 225 pound bench press x 4 sets x 8 reps, our total volume is either 32 reps or 7,200 lbs (depending on how you want to gauge volume). If we go in the gym again the following week and perform the same total volume on the bench press, our body has no reason to adapt.

If we want to increase the total volume, we have a couple of primary options:

- Increase the amount of weight used without sacrificing sets and reps.
- Increase the amount of reps performed without sacrificing weight and sets.

And before you assume that more sets equate to more hypertrophy, consider this: A meta-analysis comprised of 19 treatment groups within 8 different studies, suggested that the difference between 2-3 sets (per exercise) and 4-6 sets (per exercise) were insignificant.[16] Meaning that, although one could continue to add sets, it's only possible to a short degree before you'll experience diminishing returns.

They did, however, conclude that multiple sets are associated with 40% more muscle growth than single set training, in both trained and untrained men.

A more recent study published in the Journal of Strength and Conditioning Research took 48 untrained men and, at random, assigned them to one of 3 training groups; 1set; 3 sets; and 5 sets. They concluded that multiple sets per exercise were superior to a single set per exercise for strength, muscle endurance, and hypertrophy.[17]

I think the evidence is pretty clear that, if we're looking to maximize muscle hypertrophy, we should be regulating volume.

And before you assume that you could maximize muscle growth by simply doing more and more push ups, each week, to increase volume, let's jump into the next important training variable - intensity.

PRINCIPLE 2 INTENSITY

The amount of physical power that the body uses when performing an activity.

Gauging training intensity is typically done using a very simple method: with a percentage of your 1 rep max. Here's an example of using a percentage of your 1RM: Your program calls for 80% of your 1RM for 5 sets of 5 reps. If your 1RM is 315 pounds, this might translate to something like 252x5x5.

$$315 \times 0.8 = 252$$

This may be a bit harder to gauge with smaller isolation lifts such as biceps curls and lateral raises - most of us have no clue what our 1 rep max is for a front raise (as we shouldn't) - in that case, I'd recommend using RM (Rep Maxes).

For example: If your 10RM for barbell curls is, say, 70 lbs, then perhaps using 60-65 lbs for sets of 8-10 will ensure you're training with sufficient intensity.

Simple enough, right?

Why Is Intensity Important?

According to another study published in the Journal of Strength and Conditioning Research, you would have to perform 3x the total volume, when using a lighter weight, to get the same exact results you would from a moderate load. This isn't to say that building muscle with lighter weight isn't possible, but it's certainly not practical.[18]

Another study showed similar findings when they compared a low, moderate, and a high rep group. The difference here was, the low and moderate rep groups produced significantly more hypertrophy than the high rep group. Again, not because you can't build muscle with a lighter load, but because intensity is critical for maximizing growth.[19]

So when the question becomes: Which is more important - volume or intensity? The answer is always neither. If you want to maximize muscle growth, they must both be in order.

PRINCIPLE 3 FREQUENCY

When we talk about training frequency, we're talking about one of two things:

- The number of times we're training per week.
- The number of times we're training a particular muscle-group per week.

Both are of equal importance but because I will assume that you're already training more than once per week, we'll discuss the latter.

Why Is Frequency Important?

Here's what we know: When we equate for volume, training 3 days per week produces greater muscle growth than training once per week.[20] That's enough to solidify the importance of frequency when the goal is to maximize muscle hypertrophy.

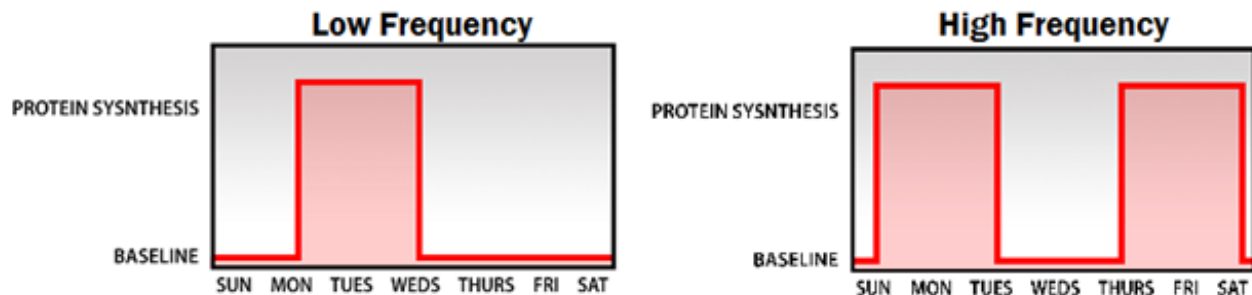
I'd be willing to bet that these results were due to two mechanisms:

- **Repeated Bout Effect:** the adaptation whereby a single bout of eccentric exercise protects against muscle damage from subsequent eccentric bouts.

It's been shown that, when training a muscle-group more frequently (to a degree), we increase our ability to recover and adapt.[21]

- **Muscle Protein Synthesis:** the driving force behind adaptive responses to exercise and represents a widely adopted proxy for gauging chronic efficacy of acute interventions, (i.e. exercise/nutrition).

Studies suggest that MPS is more than doubled at about 24 hours following a workout.[22] By the 36 hour mark, however, it has dropped back to baseline. It's not hard to see that, despite volume being equal, the person spending more time in this anabolic state will produce greater muscle growth.



PRINCIPLE 4 PROGRESSIVE OVERLOAD

A gradual increase in volume, intensity, frequency or time in order to achieve the targeted goal of the user.

Although the list of ways to achieve progressive overload is long, I'll leave you with the ones I find are the primary and more practical methods.

- Lifting the same load for more reps
- Lifting a heavier load for the same number of reps
- Doing the same amount of work (total volume) in less time
- Doing more work (total volume) in the same time
- Lifting the same weight, faster

And on and on and on...

Ultimately, the goal is to get stronger and the methods listed above are all viable options for doing so.

WHY IS PROGRESSIVE OVERLOAD IMPORTANT?

It's no secret that progressive overload is the most critical pathway to building muscle mass.[23]

As long as we can continue to add stress, over time, we'll force an adaptive response that results in growth.

THE ALPHA MUSCLE PROGRESSION MODEL

PROGRESSION WITH KEY LIFTS

You'll notice that although a lot of the exercises prescribe a *rep range*, some prescribe a specified number of reps. For these exercises, the goal is simply to add 5 pounds per week, period.

For Example: Overhead Press

WEEK 1	WEEK 2
Set 1 - 125 x 5	Set 1 - 130 x 5
Set 2 - 125 x 5	Set 2 - 130 x 5
Set 3 - 125 x 5	Set 3 - 130 x 5

Note: In each phase the prescribed reps may differ as you get further into the training block. If a given exercise prescribes less (or more) reps, then the intensity (the amount of weight used) should be adjusted accordingly.

For example: At the beginning of the week, you'll perform overhead presses for 5 sets of 5 reps. As you get further into the week, training will prescribe 3 sets of 8 reps on the same lift. The weight you use when performing 5 reps should be heavier than the weight used when performing sets of 8.

When aiming for progression, compare apples to apples. Simply put, aim for progression in each workout from week to week, not day to day.

PROGRESSION WITH ACCESSORY EXERCISES

What you will notice in the Alpha Muscle training guide is most exercises prescribe a rep range rather than a rep number.

For example, on a specific day, lateral raises may call for 3 sets of 8-12 reps. In this case, choose a weight you can perform for the prescribed number of sets, for 8 reps. Once you are able to complete every set for the *minimum* prescribed reps (8), aim to hit 10 reps—with the same weight—the next time around.

Once you are able to complete every set for 10 reps, use the same weight the next time and aim for 12. Once you are able to complete every set for the *maximum* prescribed reps, increase the weight by 2.5 - 5 lbs.

Perform 3 sets for 8 reps using the new, heavier weight, and repeat.

Here's what it might look like over the course of 6 weeks:

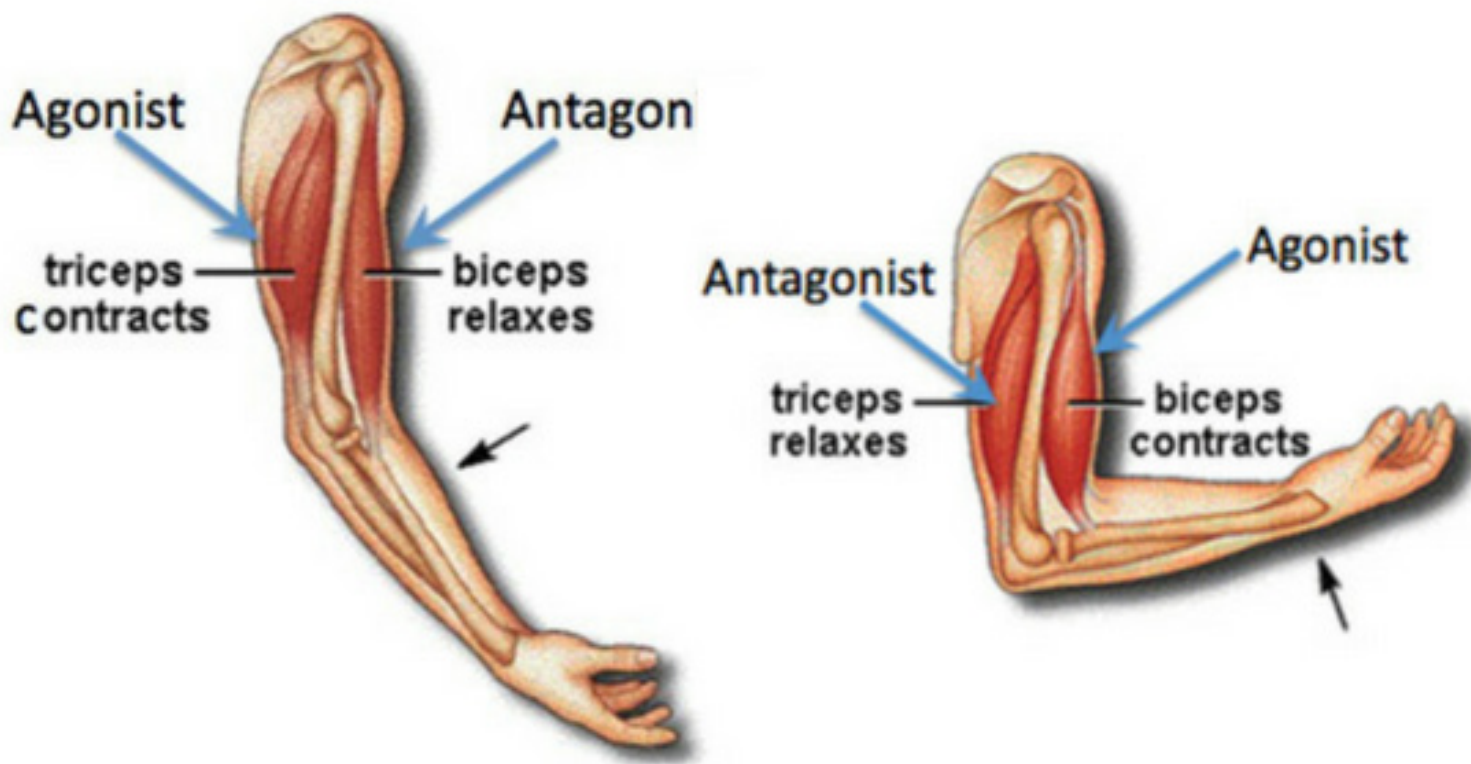
WEEK 1	WEEK 2
Lateral Raises 20 lbs x 3 x 8 Lateral Raises 20 lbs x 3 x 8 Lateral Raises 20 lbs x 3 x 8	Lateral Raises 20 lbs x 3 x 10 Lateral Raises 20 lbs x 3 x 10 Lateral Raises 20 lbs x 3 x 10
WEEK 3	WEEK 4
Lateral Raises 20 lbs x 3 x 12 Lateral Raises 20 lbs x 3 x 12 Lateral Raises 20 lbs x 3 x 12	Lateral Raises 25 lbs x 3 x 8 Lateral Raises 25 lbs x 3 x 8 Lateral Raises 25 lbs x 3 x 8
WEEK 5	WEEK 6
Lateral Raises 25 lbs x 3 x 10 Lateral Raises 25 lbs x 3 x 10 Lateral Raises 25 lbs x 3 x 10	Lateral Raises 25 lbs x 3 x 12 Lateral Raises 25 lbs x 3 x 12 Lateral Raises 25 lbs x 3 x 12

As long as you're doing slightly better from session to session on these accessory lifts, you'll have no problem maximizing your gains on the program.

ANTAGONIST PAIRED SETS

In the Alpha Muscle training guide, you'll notice that I've prescribed some Antagonist Paired sets. In this section, we'll go over what APS are, why they work, and how to execute them for maximum results.

You'll also notice that, although the majority of the training is not made up of Antagonist Paired Sets, we do move back and forth between pushing and pulling movements. The reason for that has a lot to do with the mechanisms by which APS work so read carefully.



WHAT ARE ANTAGONIST PAIRED SETS?

Antagonist: A muscle whose action counteracts that of another specified muscle.

The biceps and triceps both control the elbow joint—moving the forearm up or down. When the triceps contract, the biceps relax, and the forearm moves down. When the biceps contract, the triceps relax, and the forearm moves up. They—the biceps and triceps—are an antagonistic pair.

The quads and hamstrings control the knee joint—moving the lower leg up or down. When the quadriceps contract, the hamstrings relax, and the lower leg moves up. When the hamstrings contract, the quadriceps relax, and the lower leg moves down. They, too, are an antagonistic pair.

The chest and back work in a similar fashion as well; and the same goes for vertical pushing and pulling (think overhead press and pull ups).

Biceps—Triceps
Quadriceps—Hamstrings
Chest—Back
Shoulders—Chest and Back
Lower Back—Abs

ANTAGONIST PAIRED SETS

Antagonist Paired Sets: These are essentially just back to back exercises that target the opposing muscle groups (i.e. biceps/triceps, hamstring/quads, etc.). The antagonist paired set—or APS—is executed by performing one set of a given exercise, and then immediately following it up with an exercise that targets the antagonist muscle of the first set.

For example, instead of performing your set of Overhead Presses (push) and then resting for your next set of the same exercise, you would immediately follow the Overhead Presses with a Pull Up (pull).

Now, I'm sure you're familiar with this type of training as it's been highly popularized in the bodybuilding world as "supersets"; however, there is a difference. For instance, supersets—although performed in the same manner—typically alternate between exercises that target the same muscle-group. APS, on the other hand, target the opposite muscle-group on the second exercise—an important distinction.

You see, when you pair your sets with the *same* muscle-group, you inhibit your ability to increase performance. Have you ever done 50 pushups on your first set and then couldn't get more than 10 on the second? This is due to the fatigue that sets in to the muscle from the high amount of repetitions.

When you pair the opposite muscle-groups, however, not only does it *not* negatively impact your performance, it increases it.

Think about it: let's imagine you're pairing triceps pushdowns with dumbbell curls. When you're performing your pushdowns you're using the triceps, then you follow them up with curls. When you're curling, you're essentially resting the triceps while you're working the biceps. But because you're still moving the triceps through their full range of motion, despite them not actively contracting against resistance, it produces a sort of active recovery effect that can improve performance when performing your pushdowns again. In fact, this was shown in a 2010 study published in the *Journal of Strength and Conditioning Research*, where they compared paired sets to traditional sets and concluded that PS may be more effective than TS in terms of volume load.[24]

APS EXECUTION

Because the goal with APS is not to fatigue a specific muscle, but rather, to increase performance, it's important that we execute them with that intention. A 2014 study on rest intervals between paired sets concluded that more repetitions are performed when the rest period is approximately 60 seconds between sets on opposing muscles.[25] This, however, was based on isolation movements where there is less total body fatigue. Pairing compound exercises may require longer rest periods.

Example: Triceps Pushdowns/ Dumbbell Curls (Isolation Lifts)

Wide-Grip Upright Rows

60 Second Rest

Lat Pulldown

60 Second Rest

Repeat

Example: Close Grip Bench Press/ Pull Ups (Compound Lifts)

OHP

90 Second Rest

Pull Ups

90 Second Rest

Repeat

I am not suggesting that you keep a stopwatch or timer in order to ensure you're resting enough; however, I do recommend that you're mindful of your rest intervals. As long as you're resting just enough to ensure you're recovered and ready for your next set—without resting so long that you end up spending your entire day at the gym, or so little that it impedes performance—you'll be all set.

CONCLUSION

Science says we can expect to increase performance by performing antagonist paired sets with a bit of rest in between exercise, and my experience with APS suggests the same. This is not to say that one should train, primarily, using antagonist paired sets (which we won't); however, the hyperbole associated with super-sets should not deter you from implementing APS.

THE ALPHA MUSCLE TRAINING RULES

In this chapter, we're going to go over the guidelines of the program and how to implement them into your training.

RULE 1 WARM UP PROPERLY

The role of the warm up is simple: to prepare the body to be primed and ready for the working sets.

If you warm up just enough, you're going to feel primed and excited, and you're going to dominate your working sets. If, however, you overdo it, it's going to have a negative impact on your lifts. Any physical activity we perform requires energy, energy that could be better used for a strenuous workout—so why waste it by performing excessive warm ups? If you want to ensure you're maximizing your performance, you've got to make sure you're using your energy wisely.

Warming up before an intense training session is critical, but not complicated. In the case of this program, the warm up should fit the workout. Because we are weight training, then we must utilize a warm up method that will prepare the body for this specific activity. For example, if you're going to bench press, then the warm up should consist of a few lighter sets on the bench press.

HOW TO WARM UP

Go straight to the exercise you are starting off with. Perform 1 set with an empty bar using a full range of motion—a basic rep range of 8-10 would be ideal. Slowly add weight to the bar in even increments until you are ready to handle the work set. Make sure your warm up—*not* including the set with the empty bar—does not exceed 3-5 sets. Once you start to add weight, warm-up reps can be tapered down to save gas for the working sets.

Remember, these are *warm up* sets and should be treated as so. The amount of time you rest in between warm up sets should be limited to the amount of time it takes you to load up the bar for the next one—no longer than that.

RULE 2 **AIM FOR STRENGTH**

Because you're no longer a novice in the gym, training has to become a bit more calculated. This is why we're undulating the rep ranges/intensity levels. The strength gains that you acquire from heavier lifting will allow you to lift more weight on your volume work (lighter weight for more reps). The muscular adaptations you experience from your volume work will, in turn, aid with increasing strength on the heavier exercises. As you can see, it can become a vicious cycle of muscle growth.

GET STRONGER: KEY LIFTS

If Day 1 prescribes an OHP for 3 sets of 5 reps, and you're able to push 135 pounds for the recommended sets and reps, then next time you perform the *same workout*, you'll aim to squat 140 pounds, and so on. Occasionally, due to certain external factors, you may fail on a set and instead of reaching the prescribed 5 reps, only be able to push it for 3 or 4. If this happens, the first step is to give it another go. Next time you perform the workout, use the same exact weight you failed with previously. If, for whatever reason, you fail again, simply reset. The next time you perform said workout, decrease the weight by 10-15% and make gradual increases from there.

GET STRONGER: ACCESSORY EXERCISES

Adding 100 pounds to your bench press, over the course of a year, as a beginner, isn't easy but it's certainly possible. Adding 100 pounds to your biceps curls, however, is not likely. This is true for a couple of reasons. Number 1, your chest, triceps, and shoulders, working together are far stronger than your biceps alone. Secondly, the rate of progression would simply be too fast for anyone to achieve, naturally.

Here's what I mean: If you bench pressed 100 lbs at the beginning of your training career, and managed to increase it to 200 lbs over the course of 1 year, that would make for a 50% increase in your bench. If you, on the other hand, began with 10 pound dumbbells (20 lbs total) and ended the year using 60 pound dumbbells (120 lbs total), that would make for a 500% increase.

Make sense?

HOW TO PROGRESS WITH ACCESSORY LIFTS

1. Choose a weight you can perform for the prescribed sets, for 8 reps.
2. Once you are able to complete every set for the prescribed (8) reps, aim to hit 10 reps, using the same weight.
3. Once you are able to complete every set for the prescribed (10) reps, aim to hit 12 reps, using the same weight.
4. Once you are able to complete every set for the prescribed (12) reps, increase the weight by 5 lbs.
5. Perform x sets for 8 reps using the new weight and repeat steps 2-5.

Simple enough, right?

RULE 3 STICK WITH STRAIGHT SETS

The easiest way to progress is to keep things constant. It's why we'll be performing straight sets for every workout. Unlike the traditional pyramid loading, straight sets rely more on cumulative fatigue. This means that the second set will be more challenging than the first, the third more challenging than the second, and so on.

Here's what it looks like:

If you're going to squat for 3 sets of 8 reps, you'll perform the first set with a given weight, rest, perform another set with the same weight, rest, and finish the last set with the same weight.

Pretty straight forward, right? Straight sets basically means that you'll use the same amount of weight for each set on a given exercise.

RULE 4 TRAIN IN A FASTED STATE

Fasting has been shown to increase your testosterone levels by 180% while also increasing luteinizing hormone production by 67%. So when you lift weights while fasted, your body necessarily has higher testosterone and will initiate greater growth hormone responses through androgen receptor training. Or to put it another way, the more androgen you have, the more it'll attach to your androgen receptors while you train.

RULE 5 LEAD WITH THE LEGS

Squats and other heavy compound lower-body exercises have been shown to increase testosterone significantly more than any other exercise.

The reason we want to lead with the legs simple: lifting heavy loads in a short amount of time will initiate an increase in testosterone levels, which will pave the way for a greater androgen receptor response when you perform upper body exercises.

RULE 6 SHORT WORKOUTS

In order to initiate the greatest hormonal and androgen receptor response in your training, you need put your body under enough stress to elicit hormonal adaptation without training for too long (and too often during the week).

Essentially your goal is to activate as much *muscle* tissue as possible in the shortest amount of time possible...

Even further you want to activate as many androgen receptors as possible as well, by implementing heavy upper body compound movements (step #2) into every workout.

When your gym sessions are long and frequent, your body crosses a stress threshold in which your cortisol levels increase, and your testosterone levels decrease, which will negatively impact the amount of androgen that binds to your androgen receptors.

That's why it'll be crucial throughout your Androgen Receptor Training to keep your workouts between 30-45 minutes.



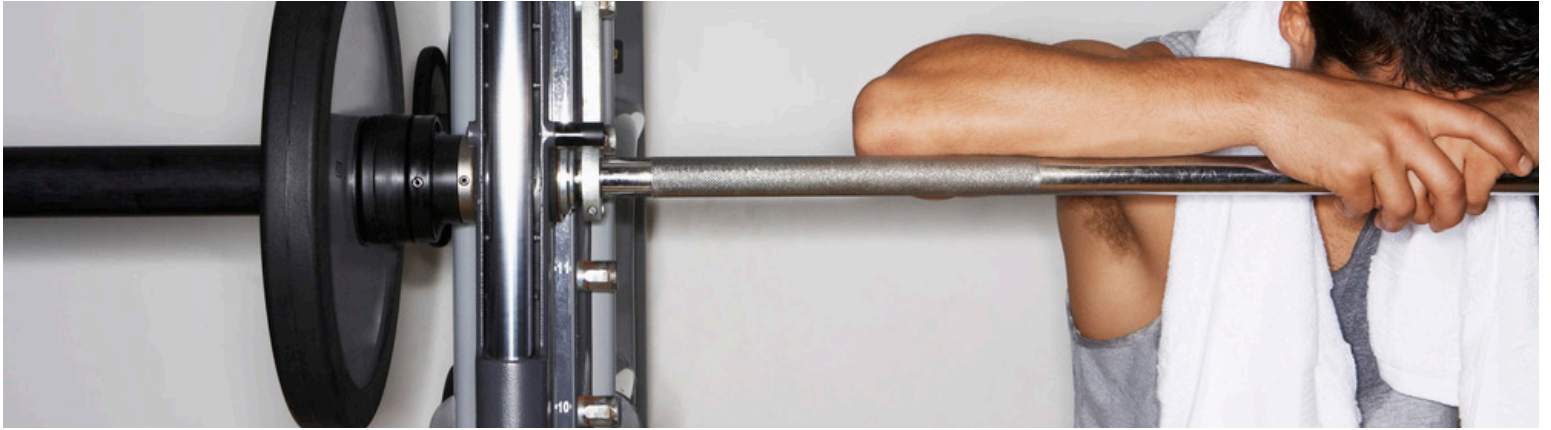
SHORT REST PERIODS

The point of rest periods is twofold: (1) to ensure you're primed and ready for your next set and (2) to mitigate the amount of time you spend in the weight room. As long as you're resting just enough to ensure you're recovered and ready for your next set—without resting so long that you end up spending more than 30-45 minutes in the gym—you'll be all set.

Although there isn't an exact timeframe you should aim for, there are some basic guidelines I'd recommend. However, let me be very clear: I do not expect you to sit around with a stopwatch and time your rest periods. Instead, pay attention to your body and use your best judgment when deciding whether or not you're ready for your next set.

REST PERIOD GUIDELINES	
REP RANGE	REST PERIOD
1-6	90 Seconds
6-12	60 Seconds
12-15	45 Seconds

WHAT'S NEXT (AFTER ALPHA MUSCLE)?



You've been training hard day in and day out...

Breaking down muscle tissue and building it back up again...

Progressively challenging your muscles to lift more weight, do one more rep, or generally produce more volume in your workouts...

But you've finally completed 6 weeks of a grueling program.

It's no surprise that you feel like you've run into a wall.

But now I'm going to tell you how you can get over the wall.

And I want to warn you, the route may feel counterintuitive, but it's just what you need to make breakthrough progress in the gym.

It's called deloading.

WHAT IS A DELOAD?

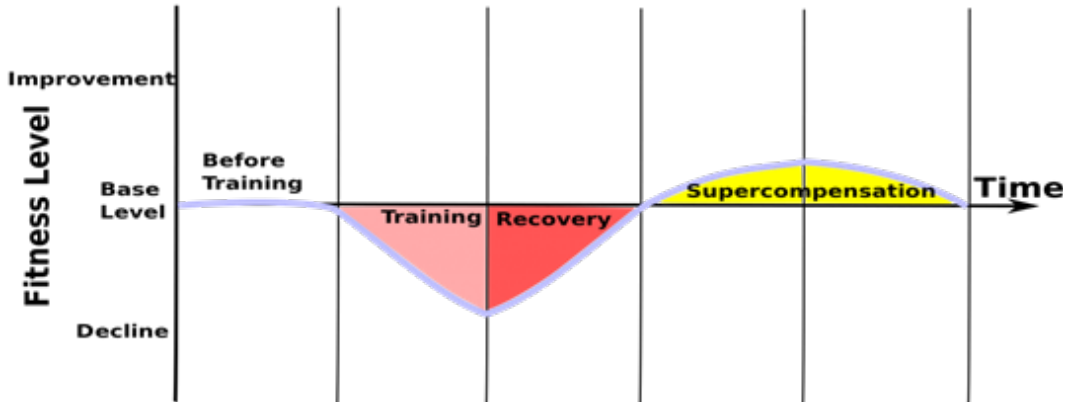
Deloading is exactly what it sounds like...

It's a planned reduction in volume and/or intensity of your workouts...

But the purpose of taking a load off isn't to take it easy... It's to prepare and propel you to progress in the gym.

WHY TAKE A LOAD OFF?

Your body experiences physical stress in three simple steps: first, you provide the stimulus through exercise, next you remove the stimulus through rest and recovery, and lastly, you adapt to handle the stimulus better. This adaptation is known as *supercompensation* and it is what allows us to gain muscle and strength.



Deloading is essentially meant to slingshot you forward in your strength and size gains...

It's not a backup plan for that moment you realize you haven't been responsibly recovering from your workouts.

WHEN SHOULD I DELOAD?

When should you plan a deload so that you'll see slingshot success from it?

If you've completed 6 weeks of Alpha Muscle, it's time for a deload!

Other signs it's time to deload:

- You hit a strength plateau despite proper recovery day to day
- You notice a loss in strength
- Fatigue and lack of motivation for your workout
- Aches in joints/tendons
- You've been working out at high volume and intensity for an extended period of time without any deload

If you ignore these indicators of potential overtraining, it'll be hard to deload for muscle gains, because your deload will be about recovering from a lack of rest and catching up on recovery, rather than choosing to rest in order to build more muscle in the near future.

HOW SHOULD I DELOAD?

Deloading is simple...

After 6 weeks of the Alpha Muscle training, deloading consists of a single week.

In this week, you'll deload for muscle gains by performing the same number of sets and reps per exercise, but with 50% of the load you have been using up until this week.

You'll spend this week really focusing on your technique, and your muscle contractions throughout the movements.

So for example, let's say you are currently squatting 200 lbs. for 5 sets of 10 reps...

On your deload week, you'll drop down your squat to 100 lbs. for 3 sets of 5 reps, focusing on your form, breathing, and explosion through the movement.

You're performing the movements while being physically and mentally focused, without exerting so much physical and mental energy as to become exhausted.

A deload is just as much a psychological break as it is a physical one...

It's a change of pace from the mental preparation needed to push yourself every gym session during weeks and months of progressive overload.

WHEN SHOULD I GET BACK TO BIG WEIGHTS?

After your week of deload for muscle gains, you'll be set to get back to where you left off.

Make sure to eat just as much during your deload week as you would on any other week of progressive overload...

Also, get just as much, if not more rest than you normally would during your deload week.

This will ensure your recovery is a success and you're fueled up for the slingshot effect of your deload week.

If you've gone months without a deload week, you should plan to implement one within the next couple of weeks.



THANK YOU!

My goal is to help 1 million guys (and girls) to completely change their lives through fitness. Receiving emails from readers who have put my strategies into practice is my oxygen. There is no better feeling in the world than when someone tells you that you've made their life better—even if it was just a small change.

This is why I would love to hear from you. Whether you have a question regarding the program or you'd wish to share your experience, I encourage you to shoot me an email: at [**Alain@MuscleMonsters.com**](mailto:Alain@MuscleMonsters.com) with the subject line *Alpha Muscle*.

No email will go unanswered.

Thanks again! Looking forward to hearing about your experience with the program.

ABOUT THE AUTHOR



Alain Gonzalez is a former skinny guy turned jacked fitness professional. He's a personal trainer, consultant, and has written for some of the most prestigious online fitness magazines.

His transformation has been featured in articles on websites all over the internet and has given hope to countless "hardgainers" all over the world.

He is the author of **Bulk Up Fast** and the founder of www.MuscleMonsters.com, a free fitness website dedicated to helping guys (and gals) to build muscle, get lean, and achieve a physique they never thought possible.

Over the years, Alain has helped thousands of naturally skinny guys to finally move the scale and pack on pounds of rock hard muscle mass, regardless of their genetics, and he hopes to do the same for you.

STAY IN TOUCH!



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