

Warrior's Primed Beef Cycle :: Phase 1

6 Weeks Priming

During the first six weeks, the goal is to prime the system for the upcoming growth phase. Priming will take several forms to sensitize the body to the system's growth hormones (testosterone, insulin, thyroid,) as well as incoming nutrition and protein synthesis. Focus is on diet, training and supplementation to lead to a primed anabolic state for maximizing anabolism in the next stage. The goal during these six weeks is to drop 10-12 pounds of fat while priming the body for a growth phase.

Diet

Diet will contain four basic nutritional approaches with a Cyclic **Ketogenic Diet** structure. The CKD will use periods of low carbs (less than 10% total calories) with carb load phases of around 24-30 hours. The outline will start like this:

Sunday:	Low Carb
Monday:	Low Carb
Tuesday:	Low Carb
Wednesday:	Preload Carb
Thursday:	Re-Feed
Friday:	Moderate Carb
Saturday:	Moderate Carb

Structure is subject to change based on results

Low Carb: low carb days will be kept well below maintenance; at around 1500-1800 calories from high protein and moderate fat sources. Carbohydrates will be kept at 100 grams or less per day; most consumed post-workout.

Preload Carb: basically the same as low carb days but about 25 percent less calories prior to the evening. Preload begins in the PM with 30 grams of carbs pre-workout to get the body sensitive to insulin. A Carb/Pro mix immediately post-workout will then be followed by a high carbohydrate dinner (around 60-25-15).

Re-Feed: re-feed days focus on glycogen super compensation via a high carbohydrate, moderate carb and low fat approach. Total calories will be aimed at around 5000 per day – based on previous loading experience.

Moderate Carb: moderate carb days will be structured like a typical Zone-type diet of 40-30-30 keeping the calories at around 2750-3000 per day. Carbohydrate intake ends the evening of the last moderate carb day.

Training

Training will also contain four approaches (similar to my abbreviated maintenance program using heavy compound movements with short rest intervals):

German Body Composition (GBC) training, as outlined by the great strength coach Charles Poliquin, uses giant sets with short rest intervals to deplete the muscles of all energy stores and sensitize them to growth hormones and nutrients. GBC is based on short rest intervals that lead to increased production of lactate, which leads to dramatic increases in endogenous GH thus resulting in greater body fat loss and better priming.

On the *Preload Carb* day, a **Glycogen Depletion Routine** will be performed. This is a full body workout to try and finish off remaining muscular glycogen stores... maximizing sensitivity in all muscle groups prior to ingesting simple carbs that night.

Then a day after carb loading - on a *Moderate Carb* day, a **Carb/Creatine Loaded Routine** will be performed. This is a full body power routine orientated to take advantage of the replenished condition – a time to fight for keeping up limit strength, prior to beginning another depletion phase.

I will illustrate training progress (or digress) using a basic *Power Index* equation for the same core movements every workout. (LOAD*REPS)SETS=TOTAL then TOTAL/MINUTES= "X pounds/min" This method won't bore you with too many figures but tell you exactly how strength is effected using the load and time variables.

Aerobic days will include running for a few days after a re-feed to get a jump on depletion and then shift to stationary cycling as energy levels dwindle. Cardio will primarily assist in fully depleting liver and muscular glycogen. The secondary purpose is cardiovascular and endurance progress.

The Advance GBC Program

The program divides into the following sections. I will continue to use the same movements for each muscle group, but may change the combinations. Giant sets are grouped in sequence by letters and performed in order by number.

Chest and Back

Chest

A1: (6) **Flat Barbell Press**

Rest 10 seconds

A2: (12) **45 Degree Incline Dumbbell Press**

Rest 10 seconds

A3: (25) **30 Degree Incline Dumbbell Flye**

Rest 2 minutes

Repeat 3 times

Back

B1: (6) **Wide Grip Pull Ups**

Rest 10 seconds

B2: (12) **Bent Barbell Rows**

Rest 10 seconds

B3: (25) **Close Grip Front Pull downs**

Rest 2 minutes

Repeat 3 times

Legs

Quads

A1: (6) **Full Barbell Squats**

Rest 10 seconds

A2: (12) **Hammer Hack Squats**

Rest 10 seconds

A3: (25) **Hammer Quad Extensions**

Rest 2 minutes

Repeat 3 times

Hams

B1: (6) **Hammer Leg Curls**

Rest 10 seconds

B2: (12) **Romanian Dead**

Rest 10 seconds

B3: (25) **Back Extensions**

Rest 2 minutes

Repeat 3 times

Arms and Shoulders

Delts

A1: (6) **Front Military Press**

Rest 10 seconds

A2: (12) **Standing Dumbbell Laterals**

Rest 10 seconds

A3: (25) **Standing Upright Rows**

Rest 2 minutes

Repeat 3 times

Triceps

B1: (6) **Flat Close Grip Presses**

Rest 10 seconds

B2: (12) **Incline Triceps Extensions**

Rest 10 seconds

B3: (25) **Standing Rope Extensions**

Rest 2 minutes

Repeat 3 times

Biceps

C1: (6) **Incline Dumbbell Curls**

Rest 10 seconds

C2: (12) **Standing Barbell Curls**

Rest 10 seconds

C3: (25) **Standing Reverse Grip Cambered Curls**

Rest 2 minutes

Repeat 3 times

NOTE: Only two routines will be used per training week. Selection will be based on weak points and soreness. Legs will typically be paired with either of the other two since their training volume is generally more acceptable and progressive with the frequency.

The Glycogen Depletion Routine

This routine is using SETSXREPS and will always use the same movements and target reps in the same order to completely exhaust the whole body prior to the re-feed. The Power Index will gauge training progress. The goal of this full body workout is to sensitize every muscle group in the body to the incoming carb load's nutrition.

(2X15) Full Barbell Squats

(2X10) Hammer Leg Curls

(2X15) Hammer Quad Extensions

(2X20) Seated Calve Raise

(2X12) Barbell Bench Press

(2X12) Bent Barbell Rows

(2X12) Military Front Press

(2X15) Close Grip Pull downs

(2X10) Incline Triceps Extensions

(2X10) Standing Barbell Curls

(2X20) Back Extensions

(2X20) Rope Crunches

The Carb/Creatine Loaded Routine

This routine is illustrated like the previous (SETSXREPS) and will always use the same movements with the targeted reps. The Power Index may vary quite a bit with these due to the more relaxed rest intervals. The main goal of this routine is to move heavier weight - AKA, strength training.

(5X6) Full Barbell Squats

(5X3) Rack Dead Lifts

(5X5) Barbell Bench Press

Aerobics/Cardio

The aerobic days will be broken into two types: running and cycling.

Run (progress gauged by time to completion)

Stationary Cycle (progress gauged by calories burned as indicated on bike)

Supplementation

Supplementation during this period will include a **multivitamin/mineral** to make up for nutritional deficits; as well as five grams of **Vitamin C** to support my immune system so I am less likely to get ill and three to five grams of **Essential Fatty Acids** for metabolism and cardiovascular health. I will use MuscleTech's **ThermoShred** prior to training for increased energy and metabolism. I will take 10 grams of **BCAA's** prior to training. Post-workout will be one banana with 40 grams of **Glutamine** after resistance training. Carb load days will include **CellTech** or straight **dextrose** to help fully volumize the muscle. **Proviron** will be used at 50mg everyday to support normal natural androgen levels. **Bromocriptine** will be staggered up to 5mg every morning to support normal metabolism, leptin and thyroid levels while restricting calories during the depletion phase. If the bromocriptine affects hunger during re-feeds, it may be reduced or omitted those days).

Why?

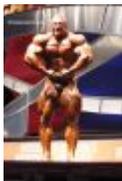
I plan on taking myself down in fat weight and then building back up with lean muscle to shift my body composition toward stronger and leaner. I chose to use the CKD primer for fat loss to keep from outgrowing my clothes, again – plus, I should be at a good point for a quick fat loss rotation since I have been on basic maintenance for a few months now. After the next growth phase, I will go back to cruising on my normal abbreviated maintenance program.



<http://forums.anabolicreview.com/member.php?u=8001>

<http://www.warriorfx.com/forums/member.php?u=2>

Thanks Marcus300 for his helpful info on priming and short cycles...



<http://forums.anabolicreview.com/member.php?u=32469>

BEFORE (228lbs):



See **Warrior's Primed Beef Cycle Phase 2** for the following growth portion.