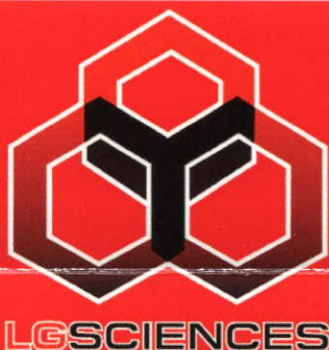


# Nutrition

In the early to late 1980's, the massive, hulking Barbarian Brothers were everywhere in fitness. If Social Media existed then, they would be the equivalent of the Kardashians now. Their philosophy was simple, yet sound: "There is no such thing as over training, just under nutrition and under sleeping". In a way they are right. All though over training leads to a lot of physiological problems they did not understand back then. But, in short, they are simply stating that the Rule of Thirds works.

Nutrition is straight up easy, but it takes a real commitment to eat all of the food you need to grow and to only eat the food you need to grow. Many Old School bodybuilders claimed off season McDonald's, BBQ, Kentucky Fried Chicken amongst other high calorie suspects were the keys to their off season "weight gain". Water and bodyfat are not what we are after. Keep these concepts in mind when choosing your daily meals and you will successfully have the nutrients you need to grow. Remember to that preparing your food ahead of time each week is a sure fail safe to keep from the "oh, McDonald's Cheeseburgers will be ok to substitute for my meal". No. No it's not.



**The basic idea is protein, high quality carbs and good fats with every meal. Some examples of these:**

#### **Proteins**

- Chicken or Turkey – Breast is preferred. Whole or ground
- Fish - Salmon, Tuna, Sea Bass, Halibut
- Egg Whites or Eggs
- Red Meat - Top Sirloin, Filet Mignon, NY Strip Steak, Flank Steak, Lean Ground Beef
- Whole Eggs or Egg Whites
- Cottage Cheese

#### **Complex Carbs**

- Oatmeal (No Sugar Added)
- Sweet, Red, Russett or New Potatoes
- Brown, Jasmine, Basmati Rice
- Cream of Wheat/Rice

#### **Fibrous Carbs**

- Green Leafy Lettuce
- Broccoli
- Asparagus
- Green Beans
- Spinach
- Brussels Sprouts

#### **Healthy Fats**

- Peanut, Almond, Cashew Butter
- Olive, Macadamia, Avocado, Flax Seed Oils
- Whole Nuts – Almond, Macadamia, Cashew
- Flax and Sunflower seeds
- Avocados

## Remember these rules:

- 1-2g of protein per pound of bodyweight every meal
- No matter when you wake up, 6-8 meals of equal portion per day
- Whole food meals are a far better source of nutrition than supplements
- Having trouble eating all your food? Try adding a protein shake to some of your meals
- All fats are not created equal
- No alcohol, especially while using a prohormone
- Cheat meal. Enjoy a cheat meal once per week
- Greens. Never forget your greens

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## LG SCIENCES - HARDCORE SPORTS SUPPLEMENTS BACKED BY SCIENCE.

Increasing muscle mass, becoming stronger or maintaining muscle while losing bodyfat is not just as simple as working out and taking a handful of pills. No. It takes a real commitment to maximize your growth and strength potential. At LG Sciences we use the Rule of Thirds. The idea behind the Rule of Thirds is that no one third is any more important than the others. Rule #1. Eat clean with the right amount of macro-nutrients. Rule #2. Train. Train heavy with lots of volume, but never over train. Rule #3. Sleep is the most abused rule there is.

It goes like this: Without proper nutrition, protein synthesis and cellular repair can not occur. Without proper training, we don't tax our body hard enough to allow for any meaningful repair or growth. Without sleep, which is when our bodies repair themselves the most, we will never have the time to recover. So, as you can see, one of these rules is no more important than another.

So, how should I train? What should I do? Contrary to what we see in the gym on Monday nights, training biceps and bench pressing four times a week is no way to grow. Training every body part once or twice a week is ideal for massive strength and muscle gains or dropping bodyfat. Try this easy to learn routine that will hit all of the major muscles and maybe a few you didn't even know you had!



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## Training Basics

- Monday: Legs/Core.
- Tuesday: Shoulders/Triceps
- Wednesday: Upper Back/Biceps
- Thursday: Cardio only
- Friday: Lower Back/Core/Biceps
- Saturday: Chest/Triceps
- Sunday: Funday. Off. Nothing.

### Core training

- Plank crunch – 3 sets
- Bicycle crunch – 3 sets
- Roman chair weighted leg lifts – 3 sets
- Weighted seated twists – 4 sets

### Upper back

- Cable pulldowns – 4 sets
- Straight arm pulldowns – 4 sets
- Bentover DB rows – 3 sets
- Pullups – 3 sets

### Biceps

- Machine bicep curls – 4 sets
- DB hammer curls – 4 sets
- Incline DB curls – 3 sets

### Triceps

- Cable pressdowns – 4 sets
- Overhead DB triceps extensions – 4 sets
- Triceps bench dips – 3 sets

### Chest

- Barbell bench press – 5 sets
- Incline DB presses – 4 sets
- Pushups – 3 sets to failure
- Cable flyes – 3 sets

### Legs

- Plate loaded leg press – 6 sets
- Front squats – 3 sets
- Machine leg extensions – 4 sets
- Lying leg curls – 4 sets
- Barbell lunges – 3 sets of 50'

### Shoulders

- Standing BB presses – 5 sets
- Seated DB side laterals – 4 sets
- Seated DB front raises – 3 sets
- Bentover DB shoulder raises – 3 sets

### Low back

- Barbell deadlifts – 6 sets
- Straight leg deadlifts – 3 sets
- Hyper extensions – 3 sets

## Cardio

Cardio is essential to depleting yourself of any extra water you may be retaining and to keep your heart healthy. However, the cardio we suggest is Low and Slow – Use a treadmill, stationary bike, elliptical machine or anything you can control the speed with. Take your heart rate up to ~120BPM. Once you are at 120BPM, that's it for 20 minutes. Take 5 minutes to cool down and you are done.