Fat to Muscle Seminar (notes)

Section 1:

Lean Muscle Gain

Weighing yourself is a misleading manner by which to gauge how fat you are.
- Example a 150 lb. person has 37.5 lbs. fat. BF% is at 25% body fat; 112.5 lean.
- They lose 20 lbs on high carb, low fat, low calorie diet. They are now 130 lbs. at 30 lbs. body fat or 23% body fat. Unfortunately, their lean is now 100.
- They go off the diet and gain the 20 lbs. back. But 15 of the pounds gained are from fat. New stats: Weight 150. Pounds Fat 45. Bodyfat is now 30%. 105 lbs. lean

This seminar is centered around the process of fat reduction, not weight reduction.

Goal: Controlled fat loss while increasing lean body mass. How to maximize muscle and minimize fat; achieve a fat-to-muscle transition

Four basic ways to get fat:
1. Eat too little
2. Eat too much.
3. Eat at the wrong times.
4. Eat the wrong combination of foods (nutrient ratio).

Three ways to improve your bodyfat percentage:
1. Nutrition is the key factor in gaining muscle and losing fat!
2. Train to build muscle – always!
3. Cardio is a tool.

You should always tailor your training, cardio and nutrition to build muscle and lose fat.

Each extra pound of muscle means you can eat 50 extra calories

Accelerate Fat – to – Muscle Transition with Correct Nutrient Ratio

1. The most important factor in building – lean muscle tissue while losing fat is your ratio of Protein, Fat and Carbohydrate.
2. For most people 50% Protein, 20-30% Carbohydrate and 20-30% Fat is best.
3. Another important factor if you want to lose fat and gain muscle is total calorie intake.
4. You can almost always eat more calories with fewer carbohydrates than with a lower fat diet.
5. It is nearly impossible to gain lean muscle tissue when your calories are too low. To gain lean muscle you need at least 12 and as many as 20 calories per pound of bodyweight.
6. Think of your bodyfat and lean muscle tissue as competing magnets. The more fat you have, the more chance that any additional calories and/or carbohydrates will be stored as body fat. The greater your percentage of lean mass, the more extra calories you will be able to eat.
7. It is a good idea to have your bodyfat percentage measured each month.
Sample Lean Gain / Fat Burning Diets

Basic Lean Gain / Moderate Fat Burning Supplement Plan
1 – Super Pak with meal #1
4 – Ultra 40 tablets with each meal (females take 2 – 3 tablets per meal)
4 – Mass Amino Acid Tablets with each meal (or 2-3 Density)
3 – BEV ZMA before bed

Advanced Supplement Plan (add to above)
15-20 – Muscle Mass BCAA tablets 20 minutes prior to training
1-2 – scoops Glutamine Select plus BCAAs after training
2 – Beverly Antioxidant Formula after training

As an anabolic meal replacement: Mix Ultimate Muscle Protein with heavy whipping cream and water. This is the most successful anabolic meal replacement combination that we have seen.

<table>
<thead>
<tr>
<th>Bodyweight (#)</th>
<th>Amount Ultimate Muscle Protein</th>
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<tbody>
<tr>
<td>90 - 115</td>
<td>1 scoop mixed in 6 – 8 oz water and 1 TBS heavy whipping cream</td>
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<tr>
<td>115 – 165</td>
<td>2 scoops mixed in 12-oz water and 2 – 4 TBS whipping cream</td>
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<td>3 scoops mixed in 18-oz water and 3 - 6 TBS whipping cream</td>
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Sample Lean Gain / Fat Burning Diet - Male

Meal #1
1 whole egg + 5 egg whites
5 oz. 93% lean beef
1/2 cup oatmeal before cooking
1 TBS Flax Oil, Olive Oil (or nut butter)
(Or if you are in a hurry in the morning and do not have time to prepare a meal mix the following in a blender and get all the nutrients in 1/10 the time)
3 scoops Ultimate Muscle Protein, 3 TBS heavy whipping cream, 18 oz water and 1/3 cup quick oats

Meal #2
Protein Drink: use chart above to determine amounts

Meal #3
8 oz. chicken (before cooking)
6 oz. sweet potato or 1/2 cup cooked brown rice
1.5 cup vegetables (broccoli, etc.) or salad with 2 TBS. Low Cal or Vinegar & Oil Dressing
or
6 oz chicken or beef, 1 cup cottage cheese, ½ cup pineapple (fresh or packed in its own juice)

Meal #4
Protein Drink: use chart above to determine amounts

Meal #5
8 oz. 93% lean beef, chicken, turkey, fish sirloin steak
2 cups vegetables (asparagus, broccoli, cauliflower, green beans, spinach or zucchini)
1 TBS Olive Oil, Flax Oil

Meal #6
2 whole eggs + 4 egg whites, 4 oz. 93% lean beef , 1 cup vegetables
Or: 8-oz chicken breast, 1 apple
Or: any of the Ultimate Muscle Protein recipes below for Anabolic Lean Mass Gain
Sample Lean Gain / Fat Burning Diet - Female

Basic Lean Gain / Moderate Fat Burning Supplement Plan
1 – Super Pak with meal #1
2 – Ultra 40 tablets with each meal
2 – Mass Amino Acid Tablets with each meal (or 2 Density)
2 – BEV ZMA before bed

Advanced Supplement Plan (add to above)
10 – Muscle Mass BCAA tablets 20 minutes prior to training
1-2 – scoops Glutamine Select plus BCAAs after training
2 – Beverly Antioxidant Formula after training

As an anabolic meal replacement: Mix Ultimate Muscle Protein with heavy whipping cream and water. This is the most successful anabolic meal replacement combination that we have seen.

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Meal #1
1 whole egg + 3 egg whites
3 oz. 93% lean beef
1/2 cup oatmeal before cooking

(Or if you are in a hurry in the morning and do not have time to prepare a meal mix the following in a blender and get all the nutrients in 1/10 the time)

2 scoops Ultimate Muscle Protein, 1 TBS heavy whipping cream, 12 oz water and 1/4 cup quick oats

Meal #2
Protein Drink: use chart above to determine amounts
or
1 cup cottage cheese, 1/3 cup pineapple (fresh or packed in its own juice)

Meal #3
5 oz. chicken (before cooking)
4 oz. sweet potato or 1/2 cup cooked brown rice
1 cup vegetables (broccoli, etc.) or salad with 2 TBS. Low Cal or Vinegar & Oil Dressing
or
6 oz chicken or turkey breast, 1 apple or peach

Meal #4
Protein Drink: use chart above to determine amounts

Meal #5
6 oz. 93% lean beef, chicken, turkey, fish or sirloin steak
2 cups vegetables (asparagus, broccoli, cauliflower, green beans, spinach or zucchini)
2 tsp. Flax Oil, Olive Oil, etc
**Section 2:**

**Maximum Fat Burning / Lean Sparing Diets**

**Goal:** When you need to lose as much fat as possible as quickly as possible without losing lean.

**Maximum Fat Loss Hierarchy** (Most Important to Least Important)

1) Total Caloric Intake should be between 10 and 15 calories per pound of lean body mass
2) Active carbohydrate gram limits – per meal and per day
   a. Active carbohydrates = total carb grams – grams of fiber (some do not count carbs from sugar alcohol, but you should include them in your total carb grams)
   b. Always limit active carbs to < 25 per meal and between 30 and 75 grams per day
   c. Add carb loading meals every 3rd then 4th day
3) Protein Optimization 15 – 50 grams per meal depending upon your lean muscle mass
4) Using Dietary Fats to Burn Bodyfat
   d. Greater emphasis on Omega 3 and Mono Unsaturated – Flaxseed Oil – Olive Oil
   e. Less emphasis on saturated fats – cream – beef
5) Functions of the Carb Load Meal every 3rd, then 4th day:
   f. Refuels glycogen stores
   g. Prevents decline in metabolism. (T3 synthesis remains optimal)
   h. Provides variety – mental ease
   i. Facilitates muscular growth by inducing uptake of Amino Acids and insulin surge drives IGF-1 production. Optimizes “anabolic” effect of insulin, while minimizing the lipogenic (fat producing) effect.
6) Thermogenesis
   j. Fruits with an excellent Thermogenic/Carbohydrate Ratio include: Apples, Blueberries, Grapefruit, Peaches, Strawberries vs. Inferior Thermogenic Effect Fruits: Bananas, Dried Fruit, Raisins, etc.,
   k. Thermogenic Vegetables: Asparagus, Broccoli, Cabbage, Celery, Lettuce, Mushrooms, Onions, Radishes, Spinach, Tomatoes
   l. Almost all proteins except: proteins that are very high in fat, lunch meats, and processed proteins including most single species protein powders like whey concentrate, whey isolate, etc.
Maximum Fat Burning / Lean Sparing Diets

Sample Maximum Fat Burning / Lean Sparing Diet - Male

Maximum Fat Burning Supplement Plan
2 - GH Factor capsules, 2 – Lean Out capsules and 1 Energy Reserve tablet 30 minutes prior to meals and training
1 – Super Pak with meal #1
4 – Ultra 40 tablets with each meal
6 – Muscularity capsules before training and 6 Muscularity capsules after training (training days only)

Meal #1
5 oz. lean beef or turkey
6 egg whites, 2 yolks (if you prefer not to bother with the eggs you may substitute 1 scoop Ultimate Muscle Protein and 1 whole egg blended in 6 – 8 oz water
1/2 grapefruit

Meal #2
Protein Drink: 2 - 3 scoops Ultimate Muscle Protein (or Muscle Provider + 4 oz liquid egg whites), 12 – 18 oz water (optional – you may add 3 – 4 strawberries – I like the frozen ones that you get in a bag)

Meal #3
8 ounces chicken (weighed prior to cooking)
4 cups salad (lettuce, tomato, carrot, cucumber, green peppers, etc)
2 TBS Newman’s Vinegar and Oil dressing
or
6 oz can tuna or 5 oz. chicken
3 egg whites, 1 whole egg
1 tomato

Meal #4
Protein Drink: same as #2

Meal #5
8 ounces lean meat (chicken, turkey, fish, lean beef, etc.)
2 cups vegetables (asparagus, broccoli, cauliflower, green beans, spinach or zucchini)

Monday and Thursday: Add a 6th meal at the end of the day: 1.5 cups oatmeal (precooked) or cooked rice, 10 oz. sweet potato, 4 oz. banana, 1 cup vegetables, 1 TBS olive oil
Sample Maximum Fat Burning / Lean Sparing Diet - Female

**Maximum Fat Burning Supplement Plan**
2 - GH Factor capsules, 2 – Lean Out capsules and 1 Energy Reserve tablet 30 minutes prior to meals and training
1 – Super Pak with meal #1
2 – Ultra 40 tablets with each meal
6 – Muscularity capsules before training and 6 Muscularity capsules after training (training days only)

**Meal #1**
3 oz. turkey breast
3 egg whites, 1 yolk (if you prefer not to bother with the eggs you may substitute 1 scoop Ultimate Muscle Protein blended in 6 – 8 oz water)
1 serving high thermogenic fruit (see pg 2) or ½ cup omelet type vegetables

**Meal #2**
3 celery sticks
3 pieces string cheese

**Meal #3**
4.5 ounces chicken or turkey breast (weighed prior to cooking)
2 cups salad (lettuce, tomato, carrot, cucumber, green peppers, etc)
1 oz grated cheese
2 TBS. diet dressing or Newman’s Vinegar and Oil dressing
or
6 oz can tuna, 2 egg whites, and 1 tomato (you may substitute ½ cup vegetables for tomato)

**Meal #4**
Protein Drink: 1 - 2 scoops Ultimate Muscle Protein or Muscle Provider, 6 - 12 oz water

**Meal #5**
5 oz lean meat (chicken breast, turkey breast) or 6 oz Cod Fish
1 cup vegetables (asparagus, broccoli, cauliflower, green beans, spinach or zucchini)

**Monday and Thursday:** *Eat in place of your 5th meal at the end of the day: 1/2 cup oatmeal or 2/3cup cooked rice, 6 oz. sweet potato, 4 oz. banana, 1 cup vegetables, 2 tsp. olive oil*

**Resources to help you choose the best supplements to achieve your goals**
- [Easy to Use Supplement Recommendation Chart](#)
- [Beverly International Top 10 Report](#)
- [BI Official Webstore](#) (click product name for more information)
High Intensity Cardio
By: Dave Payne

The first thing to understand is that from a bodybuilding perspective, we're using cardio to burn body fat, plain and simple. Too much cardio can burn muscle, so it makes sense that the less cardio we do, the better our chances of holding on to our lean muscle tissue.

One technique that is very useful in maximizing cardio is using “High Intensity Cardio”. One nice thing about this technique is that you won’t have to spend near as much time doing cardio work each week, and you can still burn the extra calories you need to. There is a cost, however, and you'll find that high intensity cardio is much harder than just sitting on a bike and spinning your wheels for 30 minutes while reading a magazine.

The main thing is to make your cardio goal-oriented hard work, just like your weight training sessions. When you perform a bench press you know how much weight you are going to use – when it gets easy you increase the weight. You have to do the same thing with your cardio sessions. I use calories expended (as measured by the particular piece of cardio equipment that I am using that day.) The idea is to get a higher calorie expenditure in the same amount of time.

One of the most important things you can do is to set a goal for the total calories you will burn per week with cardio. Most of the cardio machines will give you calorie readouts so you can keep track of how many calories you burn during a session. Setting this weekly goal will ensure that you do the right amount of cardio, and you can increase your goal as the contest approaches. Some weeks, you may not need to increase your cardio; it all depends on what kind of progress you are making. Here's an example:

The calories listed are the total calories I burned per week through cardio:

- 12 weeks out until 8 weeks out: 1500 calories
- 7 weeks out: 1650 calories
- 6 weeks out: 1815 calories
- 5 weeks out: 1996.5 calories
- 4 weeks out until 1 week out: 2197 calories

As for my daily cardio totals, I would basically try to reach my weekly goal by Friday, so I would divide the weekly total by 5 (I did 5 days of cardio per week) to see how much cardio I needed to do each day. Some days I might do more cardio or less, but I would always make sure I reached my weekly goal by the end of the week. Roger kept my cardio constant until 7 weeks out, and then we increased the total calories burned each week by 10% until we got to 4 weeks out, and then we kept it constant until 1 week out. The last week before the show, we always cut back the cardio; if you haven’t done your homework by then, it’s too late!

You may be saying, “How in the world can I keep my heart rate at 75-90% for 30 minutes?” Well, you don’t. The technique is interval based. Here’s how I do it:

My favorite piece of equipment for utilizing high intensity cardio is the stationary bike, and I’ll explain the technique I use in detail. The bikes at my gym have 12 levels of difficulty, so when I start my cardio session, I start at level 2 and stay there for 1 minute. At this point, I’m getting warmed up and ready for the grueling work ahead. After the first minute, I go up to level 5, which is still pretty easy. I stay at level 5 for a minute. My heart rate at this point will still be pretty low, nowhere close to the 75-90% range. But don’t worry, that will come later. After riding at level 5 for a minute, I go back down to level 2 for a minute. Then I go to level 6 for a minute. Now my heart rate is starting to climb a bit higher. After level 6, I go back down to level 2 once again for another minute, and then it’s up to level 7 for a minute. My heart rate climbs a bit higher as I increase the difficulty. I continue this interval technique until I reach level 9, and I do 3 intervals at level 9. When I get to level 8, my heart rate is getting close to the top of the target range, and at level 9, I’ll be up to 85 - 90% or more.
Remember, I’m only going hard for a minute at a time, and then I get to go back down to an
easier level and “rest” for a minute. My heart rate will drop some on the easy minute, but before it goes
down too much I’m cranking out another hard level and getting my heart rate back up. After I’ve done
three intervals at level 9, I complete the remaining intervals at level 8 for the final portion of the cardio
session.

Here’s the workout in chart form:

<table>
<thead>
<tr>
<th>Minutes</th>
<th>Level</th>
</tr>
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<tbody>
<tr>
<td>1</td>
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<td>2</td>
<td>5</td>
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<td>3</td>
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<td>10</td>
<td>9</td>
</tr>
<tr>
<td>11</td>
<td>2</td>
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</table>

I then complete 3 more sets of intervals at level 9, followed by a 3 minute warm-down at level 5 and 1
minute at level 2.

I’ve found that a 20-minute session using this technique works very well. You don’t have to use
the bike though; it will also work on the stepper, treadmill, or just about any piece of cardio equipment
where you can adjust the difficulty. On the treadmill, I like to adjust the incline when I’m doing the cardio
intervals. I usually keep the speed constant. Whichever piece of equipment you use, try to increase your
intensity each week. For example, on the bike, I would start out at maybe 1-2 intervals at level 9, but then
work to 3-4 intervals at this level as the contest approaches.

My cardio strategy is usually to do about 3 high intensity cardio sessions per week, and about 2-3
medium intensity sessions. Sometimes I’ll throw in 10-15 minutes of medium intensity cardio in the
evenings to help keep my metabolism cranking into the night. Just like with your weight training, it’s good
to mix things up with cardio and keep a variety. Medium intensity cardio sessions last from 12 – 24
minutes. If your particular equipment has a program feature this is a good time to use it. For example, on
a Lifecycle you might do the “Hill Profile” for 12 – 18 – or 24 minutes depending on your weekly caloric
expenditure goal. Once again though, the goal is to not be content with the same level week after week.
Every week or two raise the intensity level of your moderate sessions as well.

I found that targeted supplementation could also enhance the effect of my cardio work. I rely on
Beverly’s GH Factor, Energy Reserve and Lean-Out. I’ve found that 4 GH factor, 2 Energy Reserve, 4
Lean Out, and 3 7-KetoMuscLEAN can really produce amazing results. I would take this stack right
before leaving my home to go to the gym for my morning cardio work. Following cardio I took 1 more
Energy Reserve and 6 Muscularity to make certain that I did not start burning lean muscle for fuel.

Let me close by saying that all the cardio in the world won’t get you into contest condition if your
diet and supplement program is off in the weeds. I rely on the folks at Beverly International for all my
dieting and supplement programs, and I know of no other source that will give you the absolute best
advice and instruction when it comes to bodybuilding. They are truly the best in the business and I’d just
like to say a big “Thanks!” to them for all they do.

I think you’ll find high intensity cardio to be an invaluable asset in your precontest toolbox. Give it
a try; all you have to lose is the fat!

**Breaking Research**

I’d like to present a research study relating the effects of a HIIT (High Intensity Interval Training)
cardio program versus a more traditional cardio (TC) program.
One group (TC) performed uninterrupted cycling on a stationary bike for 20 weeks. They started at 30 minutes; 4 days per week and at the end of 20 weeks had increased to 5 days per week at 45 minutes.
- Exercise intensity was 60% MHR at the beginning of the study and by the end it had increased gradually to 85% MHR.
- TC performed an average of 90 cardio sessions over the 20-week period.
- Over the 20 weeks the TC group lost an average of 5 points on the sum of their skin folds or about 1% bodyfat.

The HIIT group performed the following cardio program for 15 weeks (5 weeks less than the TC group).
- Twenty-five 30-minute sessions of Moderate Intensity Cardio (70% MHR)
- Thirty-Five HIIT sessions
- Intensity of HIIT sessions was increased by 5% every three weeks

The HIIT sessions were broken down as follows:
- 19 short interval sessions consisting of an easy 5-minute warm-up at 50%, then 10-15 sets of short interval work (15-30 seconds each followed by a one minute rest.)
- 17 longer interval sessions consisting of an easy 5-minute warm-up, then 4-5 sets of 60 – 90 second interval work each followed by the same length rest period.
  Note: Rest periods are not stop pedaling, but pedaling at an intensity level of 50-60% MHR.
- HIIT performed a total of 60 sessions over the fifteen-week period.
  The HIIT group lost an average of 14 points on the sum of their skin folds or about 3% bodyfat.

The caloric expenditure for the (TC) group was actually more than double that of the HIIT group, yet the HIIT group lost nearly triple the amount of fat!


In Summary:
Cardio is good for your health! But as practiced by most bodybuilders it is not necessarily best for fat loss or keeping your lean muscle mass. Forty-five minutes to an hour of low intensity cardio often will cause you to lose muscle. Yes, it’s true that during low intensity cardio more fat (not necessarily bodyfat but lipids in the blood and from the muscle as well) is burned as fuel than at higher intensity levels. However, we have found that it’s not just during, but also after cardio that fat may be burned. High intensity cardio seems to be better suited to the competitive bodybuilder than the more popular low intensity method.

Here’s why:
- A favorable hormonal environment is created by high intensity cardio including a growth hormone response (Dave always took his GH Factor prior to his cardio sessions to enhance this effect)
- High intensity cardio causes the “fat burning” response to last for hours after completion of your cardio session
- High intensity cardio takes less time and yields better results