

BIGGER SMALLER BIGGER



**HOW TO GAIN 20 LBS IN 28 DAYS, LOSE 20 LBS
IN 5 DAYS, AND GAIN IT ALL BACK OVERNIGHT.**

BY NATE GREEN WITH JOHN BERARDI & MARTIN ROONEY

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Introduction

I recently agreed to try a crazy experiment in the name of science and conquering boredom. The specifics: Gain as much weight as possible in 4 weeks, lose as much weight as possible in 5 days, and try to gain it all back in 24 hours.

Summary

A quick, easily-digestible summary of what happened in my 34-day extreme weight manipulation experiment. I also introduce my coaches, Martin Rooney and Dr. John Berardi.

Phase 1: Get Bigger

I've got 28 days to eat a small farm and try to put on as much weight as humanly possible without my stomach exploding. Click each link below to read my journal entry for that day.

Day 0: You Gotta Start Somewhere

Day 1: The Longest Breakfast of My Life

Day 2: My Introduction to the Hurricane

Day 3: Giving Birth

Day 4: Lean, Muscular, and Out of Shape

Day 5: Motherfucking Dumbbells

Day 6: Sex and The Lion King

Day 7: 24 Hours Without Food

Day 8: My New Job (That Doesn't Pay Me)

Day 9: Martin Rooney Is Trying To Kill Me

Day 10: Double-Steak Dinner

Day 11: Don't Be the "Cooler Guy"

Day 12: Stunt Driving and Headbangers

Day 13: Motivation Is Bullshit

Day 14: Fun Things To Do While Fasting

Day 15: Really? More Food?

Day 16: My Inner Whiny Little Bitch

Day 17: Can My Coaches Be Trusted?

Day 18: Kicking It Up a Notch

Day 19: Riding The Roller Coaster

Day 20: Dog Food and Toothpicks

Day 21: Note To Future Me

Day 22: 8 Pounds To Go

Day 23: Are These Sprints Getting Easier?

Day 24: My Poor Stomach

Day 25: Honorary High Carb Day (Reprise)

Day 26: The Checklist

Day 27: "Make That Pound!"

Day 28: Success! Now for the Hard Part

Phase 2: Get Smaller

I join thousands of MMA athletes, college wrestlers, and other crazy people to see how much weight I can cut in 5 days.

Day 29: My Mom Thinks This Is Dumb

Day 31: Red, Naked, and Spread-Eagle

Day 33: I Look Dead

Day 30: Salt and Tasteless Fish

Day 32: Sweating My Life Away, Drop by Drop

Phase 3: Get Bigger (Again)

A 24-hour free-for-all to gain as much weight as possible before my last day of testing.

34 The Final Day

What I Learned. Plus, a Rant.

My crazy weight manipulation experiment taught me a lot about myself and gave me an appreciation for self-experimentation. [Click here](#) to get a quick run-down of what I learned and how it can help you.

Appendices

Click below to see the final results table, download the workout and nutrition plan I followed, and learn about other cool projects.

A: Final Results Table & Photos

C: The BSB Workout Program

B: The BSB Nutrition Plan

D: Resources and Other Cool Things

About the Author and His Coaches

INTRODUCTION

JUST WHAT THE HELL HAVE I GOTTEN MYSELF INTO?

The past month of my life has been... intense.

How so? Well, here's what I've eaten so far:

- 65 pounds of meat
- 54 bananas
- 84 scoops of protein powder
- 72 pieces of bread
- 36 sweet potatoes
- 7 jars of almond butter
- 5 jars of fruit jam
- 8 jars of sauerkraut
- 144 cups of vegetables
- 36 pieces of fruit
- 72 squares of dark chocolate
- 8 bags of frozen blueberries and raspberries
- 7 cans of coconut milk
- 4 cartons of heavy whipping cream

But eating enough to populate a small farm was only part of my intense month.

I've done hellish workouts in crowded gyms and become so exhausted I once had to take a 5-minute nap next to the treadmill. (The belt whirred on at 12 miles per hour before someone stepped over my body and turned it off.)

At one point, I pretty much stopped drinking water altogether and completely eliminated salt, sugar, and

starchy carbohydrates from my diet. I spent hours in saunas and hot baths trying to sweat out precious pounds of water while not passing out, just like a college wrestler or UFC fighter.

I used strategic intermittent fasting — literally not eating for 24 hours at a time — to gain weight.

Throughout the month I've lifted heavy weights, flipped tires, swung sledge hammers, and climbed ropes. I've been poked and prodded four different times to check my girth measurements and my body fat percentage.

I've done a battery of performance tests to see if my strength and endurance had improved — or, depending on the phase of my experiment — completely plummeted to little-girl levels.

THE COOL PART?
**I'VE GAINED 20LBS IN
28 DAYS, LOST 20LBS
IN 5 DAYS, AND
GAINED 17LBS BACK
IN 24 HOURS.**

Now, here's the cool part:

In the past month I've gained 20 pounds in 28 days, lost 20 pounds in 5 days, and gained 17 pounds back in 24 hours.

How did I do it? Well, that's what we're here for. In this book, I'll lay out the specific nutrition and workout program I followed, along with my day-to-day journal of what I was feeling when it was happening.

From my experiment you'll learn how to gain muscle at an alarmingly fast rate by using both tested and unconventional methods. You'll also discover the secrets of extreme weight manipulation used by professional MMA fighters, wrestlers, and other people whose job is to punch each other in the face.

Of course, while the whole "gaining muscle" concept may be cool, I understand that you probably don't want to gain 20 pounds in 28 days. Or lose 20 pounds in 5 days. Or gain 17 pounds in 24 hours.

(It's like taking a years' worth of progress and condensing it down into one super-charged month.)

That's OK. I certainly don't expect you to want to do it. After the first day, I didn't want to do it any longer, either. That shit was hard.

But through my experiment I learned a lot about rapid muscle gain, rapid weight loss, mental fortitude, and resilience, and I'm excited to share those with you. That way you can go out and do a (less intense) version of this experiment to build a muscular, athletic, healthy body.

Now, the more important question: Why did I do it?

I explain my reasons in detail in the Summary (and I encourage you to read that section next) but the simple answer is this:

I wanted to see how quickly my body could gain weight, take it off, and rebuild back up. I wanted to see how much muscle I could build while still being athletic.

And, if I'm being honest, I just wanted something new to do.

My life was becoming too predictable: Get up, work, hang out, go to sleep, repeat.

I needed to shake things up.

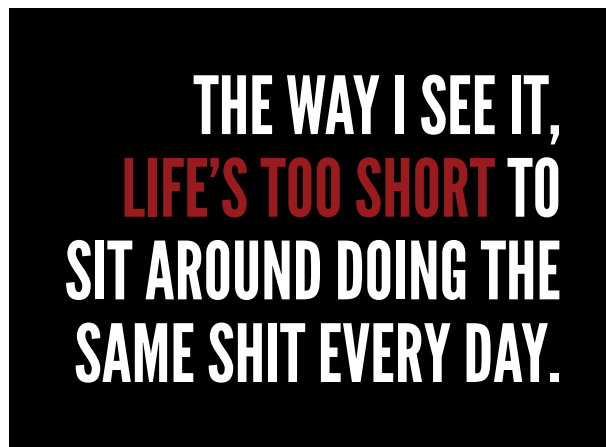
The way I see it, life's too short to sit around doing the same shit every day. I'm not sure about you, but I want to live a bigger, more successful life than the average guy.

To me, that means:

- building a muscular, athletic body I can be proud of
- doing meaningful work at a job I love
- surrounding myself with inspiring mentors and friends
- going on cool adventures

And sometimes it means doing crazy experiments. Like this one.

So let's cut the chit-chat and get started. Here's what happened.



SUMMARY

ALL ABOUT MY CRAZY EXPERIMENT IN UNDER 10 MINUTES

Nate Green spent 34 days drastically manipulating his body and learning the secrets to building muscle, rapid weight gain, insanely quick weight loss, and mental toughness.

This book is a crash-course of his journey, with specific tools you can use too.

Download the meal plans and workouts. Read his day-to-day diary and laugh at his expense. Skim the “Knowledge Bombs” and learn the science behind why things happened the way they did.

Then use it all to build yourself a muscular, athletic body and live a bigger life.

But first, read this summary and get all the details on what really went down and why.

Who Are You?

My name is Nate Green and I’m the Program Director of Scrawny To Brawny, a 12-month online coaching program for guys who want to build muscle and live an awesome life.

I’m also a writer, weight-lifter, self-experimenter, and — as my girlfriend recently pointed out — a heavy mouth-breather who moans when he chews food. Though I have no idea what she’s talking about.



What Is This All About?

I tried gaining as much quality mass (mostly muscle, not a lot of fat) as I could in 28 days. Then I tried to lose it all in 5 days. Then I tried to gain it all back in 24 hours.

Why The Hell Did You Want To Do That?

A few reasons.

REASON NUMBER 1.

As a former skinny guy I've always been interested in gaining muscle. When I was in my late teens I weighed 145 pounds at 5'9", which to me was way too skinny.

But after a couple years of hard work in the gym — and with help from some influential mentors — I put on over 40 pounds of muscle.

Changing my body gave me more confidence and purpose, which in turn helped me create an awesome life for myself.

So I wanted to try this experiment to see how quickly I could change my body again, what it would feel like, and if it led to any significant realizations about myself or my outlook on the world.

REASON NUMBER 2.

As the program director for an online muscle-building coaching program, I wanted to put myself in the position we ask our clients to get in. Namely, to trust their coach and get comfortable being incredibly uncomfortable.

We ask our clients to eat lots of food, work out a few days per week, and adopt 24 new habits to help them gain muscle, become more athletic, and live better. But it's really an act of faith on our clients' part to trust that we know what we're doing.

I wanted to see how difficult — or easy — it was to try something where I wasn't sure of the outcome but was motivated to give it a shot.

REASON NUMBER 3.

As a black belt and as a fan of Mixed Martial Arts I was intrigued and impressed by a fighter's ability to gain weight to move up a weight class, strategically cut 15 pounds or more to "make weight" before their big fight, and then super-hydrate back up to their original weight the next day before they pummeled their opponent.

That's pretty bad-ass stuff, and I wanted to see what it's like. (Except the whole getting-punched-in-the-face part.)

And while the fighters are tested in competition, I've never heard of an experiment that has tested fighters during all three of the following phases: a) in peak shape, b) dehydrated and depleted before a fight, and c) rehydrated on fight night.

There were a lot of questions for which no one really seemed to have an answer. Like:

- How much strength and power do you lose when cutting weight?
- How much of that strength and power do you really gain back when you super-hydrate?
- Is it possible to gain back every pound lost in time for a fight?



From top to bottom:
days 0, 28, 33, and 34

Who Helped You?

Good question.

Although I consider myself a smart guy, I knew before starting this experiment that I'd need help with my eating plan and workout program. So I decided to hire a coach. Two, actually.

Dr. John Berardi is a world-renowned expert on sport nutrition and is the Chief Science Officer for Precision Nutrition. JB (as I call him) has worked with UFC champion Georges St. Pierre and many other athletes from every major sport. He took care of my nutrition.

Martin Rooney is the CEO of Training For Warriors. A strength coach and bestselling author, he's worked with hundreds of athletes, most notable for this project, UFC fighters (and brothers) Jim and Dan Miller. He took care of my training program.

What Kind Of Stuff Did You Track?

I had four testing days:

- Day 0 (before the experiment, to get baseline numbers)
- Day 28 (after the rapid weight gain)
- Day 33 (after the rapid weight loss)
- Day 34 (after I super-hydrated back up)

On those days I tested:

- Weight
- Girth measurements
- Body fat percentage
- Vertical jump (a power test)
- 225-pound bench press for repetitions (a strength endurance test)
- Max-effort deadlift (a strength test)
- V-Max (a test to determine maximum oxygen consumption, done on a treadmill)
- T-Max (an endurance test, also done on a treadmill)

I also weighed in on a digital scale at home every morning and kept a daily journal where I recorded whatever occurred to me as insightful, interesting, or so awful I had to write it down before I permanently pushed it out of my mind.

What Happened?

The experiment was a huge success. Over the course of 34 days I:

- Gained 20 pounds in 28 days. (Technically, 20.6 pounds.)
- Lost 20 pounds in 5 days. (Technically, 20.5 pounds.)
- Gained 17 pounds in 24 hours. (Technically, 16.9 pounds.)

Plus a bunch of random cool stuff happened including:

- reducing my body fat in some areas during my rapid weight gain phase;
- dramatically increasing my strength;
- improving my resilience and becoming more mentally tough;
- nearly passing out in the sauna;
- nearly passing out in my living room after a hot water immersion bath; and
- nearly passing out after seeing my grocery bill for the month.

	DAY 0	DAY 28	DAY 33	DAY 34
Weight	169.6	190.2	169.7	186.6
Girth Measurements				
Neck	15.25	15.38	14.38	14.75
Shoulder	48	49.25	47.75	49.25
Chest	41.5	44	43.25	45
Upper Arm	14.75	16	15.13	15.5
Waist	31.5	32.25	31	32.5
Hip	38	39.5	38	38.25
Thigh	23.13	24.25	23.5	24.5
Calf	15.5	15.38	15	16
Body Fat Measurements				
Mid-Ax	2.8	3.8	2.8	2.8
Cheek	2.8	5.7	5.7	5.7
Chest	2.8	4.7	1.9	3.8
Ab	7.6	3.8	6.7	2.8
Subscap	5.7	7.6	5.7	5.7
Triceps	2.8	3.8	2.8	2.8
Suprailiac	2.8	4.7	4.7	3.8
Knee	5.7	2.8	3.8	3.8
Hamstring	3.8	4.7	2.8	2.8
Calf	9.5	6.7	7.6	7.6
Body Fat (%)	3.03 (probably ~6)	4.1 (probably ~7)	3.2 (probably ~6)	3.37 (probably ~6)
Vertical Jump				
Jump 1	25"	31"	26"	28"
Jump 2	29"	32"	29"	29"
Jump 3	30"	32"	28"	30"
Average	28"	31.7"	27.6"	29"
225 lb Bench Press				
Reps	8	15	5	12
Deadlift				
One-Rep Max (lbs)	405	475	N/A	N/A
V-Max				
Speed (mph)	8	8	8	8
Incline (%)	8	6	3	6
Duration (min)	9:32	7:38	4:15	7:09
T-Max				
Duration (min)	3:11	3:14	1:28	3:25

BIGGER SMALLER BIGGER: How to Gain 20 Lbs in 28 Days, Lose 20 lbs in 5 Days, And Gain it All Back Overnight.

What Are The Big “Takeaways”?

I tried to make this book as comprehensive, useful, and entertaining as possible, so I think there are a lot of takeaways. But if I had to get down to four, it'd be these.

1. THIS IS A CRAZY-ASS EXPERIMENT THAT YOU PROBABLY SHOULDN'T TRY.

Not only was it uncomfortable and time-consuming, it's simply not necessary to gain weight — or lose weight — as fast as I did. Probably not entirely healthy either.

Even if you really want to build muscle and change the way your body looks, there's a healthier, more sustainable way to do it.

I've been working out for the past 10 years and put on most of my muscle during the first couple of years. And all our clients in the Scrawny To Brawny Coaching Program add anywhere from 15 to 40 pounds over the course of our year-long program.

That's how you get the best results: over time, by adopting healthy habits, working within a trusted program, and having the support and help from guys who've been there before you.

Still, I don't want to scare you away, either. There's a lot here that you can try for yourself to build muscle. In fact, fighters, wrestlers, and others do extreme weight manipulation bouts all the time. Under supervision and with the right coaches, this kind of experiment isn't that dangerous.

But unless you...

- work from home
- have 5+ years experience in the gym
- can make time to spend upward of five hours every day eating
- have access to Dr. John Berardi and Martin Rooney

...then I just wouldn't recommend it.

2. THERE ARE PRINCIPLES YOU MUST FOLLOW TO BUILD A MUSCULAR, ATHLETIC BODY.

Whether it's a month-long experiment or a year-long coaching program, the principles of building muscle hold true. Although some of my methods may seem extreme, the principles I followed mirror any successful muscle-building program:

- Eat more calories than you burn.
- Eat mostly nutrient-dense whole foods.
- Lift heavier weights and do a little more, a little better, every workout.
- Consume protein and carbs after a workout.
- Eat 2 to 3 times the amount of protein.
- Perform compound exercises in the gym.
- Get 7+ hours of sleep every night.
- Drink a gallon or more of water per day.

So while it's important to realize I went a bit crazy with some stuff (which I share in detail in the book) and tried some new methods (intermittent fasting for building muscle, for instance) it's equally important to realize I followed proven principles, too.

And if I hadn't followed those principles, nothing worth writing about would have happened.

3. CUTTING WEIGHT IS ONE OF THE HARDEST, MOST INTENSE THINGS A BODY CAN DO.

I have a brand new respect for fighters, wrestlers, and anyone else who has to rapidly drop 15 to 20 pounds in just a few days.

It's hard as shit.

Between completely eliminating starchy carbohydrates and salt, drastically reducing the amount of water I drank, and going back and forth from the sauna to hot-water immersion baths, I can say it was the most uncomfortable thing I've ever done.

I spent hours in the sauna and honestly didn't know if I'd "make weight." And all I had riding on it was an idea for a book to write and give away.

I can't imagine what it would be like if I had a six- or seven-figure contract fight on the line and a guaranteed million viewers watching.

Much respect to all the fighters out there. And much respect for you too if you decide to try it.

4. HAVING A COACH AND MENTOR IS ABSOLUTELY ESSENTIAL.

There's no way I could have done this without the help of Dr. John Berardi and Martin Rooney. And I don't mean that in some corny acceptance-speech kind of way.

I mean I literally could not have done this experiment without their help.

They took all the guesswork out of the equation for me and let me focus on what was really important: my daily actions.

They wrote my training programs and my eating plans and made adjustments as needed. I had complete trust in their experience and methods and didn't have to do a lot of thinking. (I imagine this is what our clients feel like in the S2B Coaching Program.)

I simply followed a variation of Martin's Training For Warriors program and ate the food JB recommended.

Plus throughout the experiment, Martin would send me random text messages. Like this one:

"You ready kid? This is the week where we see what you're made of."

Or this one:

"I don't care what you have to do. Make that pound!"

Or this one (my favorite):

"Don't lie. It's OK to say it was hard as fuck and not much fun. I'm not stupid you know."

DAY 0

YOU GOTTA START SOMEWHERE

DAY	WEIGHT	NUTRITION	TRAINING
0	169.6	N/A	N/A



I wake up at 8 AM, take a piss, and weigh myself. This will be my new routine every day for the rest of this experiment.

JB said it was important to weigh myself after peeing since we tend to hold on to a couple pounds of water in the morning. And after not eating since dinner last night, I'm fasted and emptied which makes 169.6 my true weight.

I feel like a skinny little bitch.

After weighing in, Richelle (my girlfriend) and I cook breakfast together for the last time, or at least until this experiment is over.

I have:

- 3 eggs
- 2 pieces of bacon
- 1/2 an avocado
- salsa
- small salad with chickpeas, shredded carrots, bell pepper and balsamic vinegar dressing

This is a pretty normal breakfast for me. Not a lot of carbs, a good dose of protein and high-quality fat, and plenty of greens.

My weight-gain plan, I think, will certainly not look like this.

After breakfast, I head to MUST— an underground gym owned by my friend Mike — where I strip down to my boxers and socks and pose for photos. Well, I don't really pose. Instead I stand awkwardly against a brick wall with a stupid smirk on my face.

These will be my “before photos”. Here they are.



After the photoshoot, I pull on some shorts, and follow Mike into his office for the next round of testing: body fat percentage and girth measurements.

Mike pokes, prods, and pinches me, and writes down a bunch of numbers on a notepad.

I know my body fat is relatively low, but I’m still surprised when we do the calculations. According to the test I’m 3.03 percent body fat. Which is way wrong.

When testing body fat with calipers, there’s always a 2 – 3 percent margin of error. Mike, who’s done this same test on hundreds of his clients, thinks I’m really about 5 – 6 % body fat. So we’ll just go with that. (Super-scientific, I know.)

The fattest parts of my body? Calves, abs, knee (?), upper back.

We wrap up the pinching, I put on more clothes, and we head back to the gym for the performance tests.

Vertical Jump

First is the vertical jump, which tests my power. Since we don’t have a fancy machine, I stand next to a brick wall with my fingers covered in chalk instead. We record my height (a very average 5’9”) and then I reach as high as I can with my right arm and touch the wall with my chalky fingers. We measure that and get my “reach.”

Now, I’ve got some pretty good hops for an average-sized white dude from Montana. I can grab and hang on the rim of a basketball hoop, which makes me feel cool. And a few years ago — when I was very, very serious about lifting weights — I actually trained for the NFL Combine for a week with strength-coach Joe DeFranco and handful of pros and top-college athletes.

When I tested my vert there, I hit 34.5 inches, a respectable jump for an NFL hopeful. Which I am not.

I re-chalk my fingers, stand next to the wall, and jump. We measure and I jump again. And then we do it all one more time.

We take the average of my three jumps and come up with my vertical: 28 inches.

Not bad, but not awesome either.

225-Bench Press

After the vertical jump, we head over to the bench press. Now, I guess you could say the 225-bench test — lifting 225 pounds as many times as you can without stopping — tests muscle endurance. But really I just wanted to include it since I also did it at DeFranco's. (I got 22 reps then.)

Because of various shoulder issues and different goals, I haven't actually done a barbell bench press in over a year, which makes me a little nervous.

After a half-dozen warm-up sets, I'm ready. I un-rack the bar and bang out 8 decent reps.

It's nowhere near 22, but considering I haven't done a bench press in over a year, I'm happy.

Deadlift

After the bench press it's time for the deadlift, another exercise I haven't done in over a year. (I've done variations of the deadlift, of course. But my lower back doesn't really like heavy deads any more.)

If the vertical jump tested power and the 225-bench press tested muscle endurance, the deadlift will test my maximum strength.

There was a time about 5 years ago where I deadlifted 515 pounds. I have no delusions about getting close to that right now.

I do my warm-up sets, increasing the weight with every set, and resting a minimum of three minutes after each.

Finally I put 405 pounds on the bar and pull.

It's not easy. But it's not hard either.

After setting it down I entertain the idea of adding more weight and trying again. Then I decide that pulling a maximum deadlift after a year of not doing any is probably a good way to hurt myself.

So I'm gonna call 405 my max, and know that if I really pushed it I may have been able to get 435 pounds.

Lunch Break

I look at my watch and it's 1:30 PM.

I have two more tests to do, but JB recommended I break for lunch and give it some time to digest before I start again. Plus, Mike's gym doesn't have a treadmill, which I'll need.

So I head out to grab a quick bite. (Large salad with turkey, eggs, black beans, carrots, beets, and balsamic dressing.)

At 2:45 I'm ready to test again.

	DAY 0	DAY 28	DAY 33	DAY 34
Weight	169.6			
Girth Measurements				
Neck	15.25			
Shoulder	48			
Chest	41.5			
Upper Arm	14.75			
Waist	31.5			
Hip	38			
Thigh	23.13			
Calf	15.5			
Body Fat Measurements				
Mid-Ax	2.8			
Cheek	2.8			
Chest	2.8			
Ab	7.6			
Subscap	5.7			
Triceps	2.8			
Suprailiac	2.8			
Knee	5.7			
Hamstring	3.8			
Calf	9.5			
Body Fat (%)	3.03 (probably ~6)			
Vertical Jump				
Jump 1	25"			
Jump 2	29"			
Jump 3	30"			
Average	28"			
225 lb Bench Press				
Reps	8			
Deadlift				
One-Rep Max (lbs)	405			
V-Max				
Speed (mph)	8			
Incline (%)	8			
Duration (min)	9:32			
T-Max				
Duration (min)	3:11			

VMax and Tmax

I pull up at the local Gold's Gym where my buddy Kyle works as a manager. He's volunteered to run the stopwatch on my next two tests: VMax and Tmax.

The VMax measures how long I can run while steadily increasing the incline of the treadmill. The goal is to start it at 8 mph and 0% incline and then increase the incline by 1% every minute, running until I can't go any longer. (Or, as JB put it, until I nearly fall off the treadmill.) This test gives us an indication of my ability to consume and deliver oxygen.

The TMax, on the other hand, measures the amount of time I can sustain my VMax for. So if I end my VMax at 8 mph and 8% incline, I'll start the TMax at 8 mph and 8% incline and then run for as long as I can. This test gives us an indication of my endurance.

I have a strong feeling this is gonna be ugly.

While I love short-burst exercise — jumps, lifting heavy stuff for a few reps — I absolutely hate endurance exercise. Probably because I suck at it. And because I suck at it, I rarely do it.

It's a vicious cycle.

I saddle up to the treadmill and start walking as a warm-up. Kyle's standing next to me, stopwatch in hand, waiting. After a few minutes I step off the belt onto the sides of the treadmill and bump up the speed to 8 mph.

The belt starts to whirl ridiculously fast underneath me.

I look at Kyle who yells, "Go!"

Using the hand-grips on the side of the treadmill, I lower my feet onto the belt and start running.

9 minutes and 32 horrible seconds later, I finish at 8 mph and 8% incline.

I stop the treadmill, take a wobbly step off, and walk over to the lobby where I'll spend the next hour trying not to cry before I test my Tmax.

While I'm waiting, I pass the time by ignoring Kyle who peppers me with questions about my training program and diet. It's not that I'm trying to be rude — I'm just exhausted. And I only ran for 9 minutes. Pathetic.

An hour later, after drinking water and recouping, I'm back on the treadmill even though it's the last place I want to be. This time I stand on the sides and set the speed to 8 mph and the incline to 8%.

I look at Kyle again.

"Go!"

I hop on and sprint for the longest 3 minutes and 11 seconds of my life.

Kyle pats me on the back as I try to catch my breath. I feel like I just smoked a pack of cigarettes while standing by a smoky campfire in China.

Thankfully, that concludes the testing.

As I get into my car and drive home, I think about the next few weeks and what I'm really about to do.

My lungs hurt. My body hurts. My pride hurts. And I haven't even started the fucking experiment yet.

This is gonna be a shit show.

KNOWLEDGE BOMB!

What's Up With All The Measuring?

“What gets measured gets managed.” – Peter Drucker

Aside from making this experiment slightly more official and scientific, we decided to measure for a few reasons.

ACCOUNTABILITY

You're much more likely to follow through with something (a test, a body transformation, whatever) if you have clear and scheduled “check-in points.” I know I'll have 4 tests for this experiment (Day 0, Day 28, Day 33, and Day 34) and that if I don't show up, I will not only be a pathetic wimp, I'll also screw over JB and Martin. They're putting some time into helping me with my nutrition and training and I don't want to let them down.

MOTIVATION

I have a pretty good idea on how my numbers will climb or fall based on which Day I'm testing, but I still want to kick some ass. I want my Day 28 numbers to kill my Day 0 numbers. Plus I'm genuinely curious to see what happens on Day 33 and 34.

DOCUMENTATION

This book wouldn't be that cool if it was just me talking about random stuff for a hundred pages. I mean, that happens anyway, but at least now you get to look at pretty graphs and photos and wonder if I wore the same underwear and socks every testing day.

SCIENCE

By measuring a bunch of different physical qualities (power, strength, strength endurance, oxygen consumption, and cardio-respiratory endurance), JB wanted to see exactly what happens when athletes manipulate weight for wrestling, grappling, and mixed martial arts. Which qualities improve – and which get worse – when bulking up, cutting down, and super-hydrating? To our knowledge, no one has ever measured this before. Mostly because no one is dumb enough to do this without the motivation of a big competition or fight. Yes, I'm dumb.

But for a good cause – science!

DAY 1

THE LONGEST BREAKFAST OF MY LIFE

DAY	WEIGHT	NUTRITION	TRAINING
1	168.8	High Calorie	Upper Body (Strength)

I stare at the clock and shake my head.

Then I look back at my plate of food. Nate's Breakfast:

Breakfast Pudding

- 2 frozen bananas
- 3 scoops casein protein
- 2 squares high cacao chocolate
- small amount of almond milk

Also

- 4 pieces whole grain bread
- 2 tbsp favorite nut butter
- 2 tbsp favorite jam spread

It's my first official meal of this experiment and I'm only halfway done. It's taken me 20 minutes to get this far.

20 minutes is a long-ass time to eat breakfast.

Of course, I knew before I started this experiment the food would be a challenge. But I only thought about the amount of food and fitting it all in my stomach. I never considered how long it'd take me to actually eat it.

The first two pieces of toast went down easily, thanks to the jam. Yesterday at the grocery store I splurged on five-dollar jars of peach pomegranate and strawberry brandied apricot preserves, and I'm glad I did. I had no idea something as simple as jelly had reached top culinary levels.



My new breakfast.

Anyway, just 20 minutes ago, I was excited. Giddy, even. I snapped a photo of my breakfast with my iPhone and sent it to some friends.

But now. Now the giddiness has stopped. Now I'm just a man who's in the middle of a shit mission. I probably look depressed.

I look at my girlfriend, Richelle, who just finished her breakfast of two scrambled eggs, a small side of bacon, and some fresh fruit.

**GAINING SERIOUS
MUSCLE REQUIRES YOU
TO EAT MORE CALORIES
THAN YOU WANT. YOUR
BODY WILL ADJUST,
BUT ONLY AFTER
YOU CHANGE YOUR
MINDSET.**

She's frowning at me, so I look down and frown at my plate.

I still have half a bowl of Breakfast Pudding and two pieces of toast to get through.

Are you sure you want to do this? she asks.

Yep, I say. It'll be good.

I don't want to admit I underestimated how hard this would be.

She gets up and starts washing dishes, so I soldier through the rest of my breakfast, force-feeding myself in silence.

18 minutes later, I'm finished, bringing my total breakfast time to 38 minutes of chewing and complaining.

I raise my arms triumphantly over my head, but Richelle has already finished the dishes, packed her lunch, and gone to work.

I'm alone in my victory.

I slide out of my chair and start walking across the room to my office when I'm suddenly overcome with the urge to vomit. It's not a "sick to the stomach" feeling, the usual rumble that accompanies the flu. It's a feeling that I'm packed to the brim, like there's no room left in my stomach.

I walk over to my desk and sit down to work. Maybe writing will take my mind off my stomach. But it's so distended I feel like an Ethiopian baby on one of those Save The Children commercials. I sit a good 12 inches back from my desk to accommodate it.

I look at the clock.

It's only 9:00 AM and I've eaten more for breakfast than some people eat in an entire day. Hell, I've eaten more for breakfast than some people in less-developed countries eat in an entire week.

That makes me feel extra bad.

And I still have two more meals to get through before the day is over.

What the hell have I gotten myself into?

OTHER HIGHLIGHTS FOR DAY 1

- Doing jumping jacks during my warm-up and trying not to throw up.
- Struggling through an impossibly long two-hour lunch and an equally ridiculous one-hour dinner.
- Weighing myself before bed and being amazed I'd jumped up ten pounds in one day, from 168 to 178. Maybe I'll just gain 20 pounds in two days and be done with it.

KNOWLEDGE BOMB

Why don't you count calories?

The easy answer is because I'm lazy. The thought of looking at the Nutritional Facts of everything I eat — or, worse, Googling the amount of calories in a medium-sized sweet potato — makes me shudder. No way I'm doing that.

But the real answer is I don't need to count calories.

Gaining weight (or losing weight) is all about energy balance. As long as I eat more calories than I burn, then I'm gonna gain weight. And my new weight-gain eating plan is definitely way more than I've been eating. So all should be good. But even if it's not, and I'm not gaining weight after the first few days, then I'll just eat more.

In fact, in our S2B coaching program, the very first habit our clients follow is "Drink 3 Super Shakes." Most guys will end up adding 5 pounds of muscle or more in the first month by doing that one thing. Why? **Because they're eating more than they're used to eating.**

DAY 2

MY INTRODUCTION TO THE HURRICANE

DAY	WEIGHT	NUTRITION	TRAINING
2	171	Low Calorie	Hurricane Sprint



Last night before I went to bed I weighed 178 pounds.

This morning I weigh 171 pounds.

That leads me to believe I farted about seven pounds' worth of gas during my sleep, which makes me feel both disgusting and very, very bad for Richelle, with whom I share a bed.

But still, a 3 pound gain and I'm only on Day 2 of the experiment? This is gonna be cake.

After a "quick" 25-minute breakfast — I only have to eat two pieces of toast along with my Breakfast Pudding since it's a low-calorie day — I work for a couple of hours and then head to the gym for my first "Hurricane" session, which involves treadmill sprints mixed with ab exercises.

Now, I've done treadmill sprints before, and while they're tough, they're not that bad. You get your heart rate up and by the end you're breathing heavy. Simple.

The "Hurricane" sprints, in contrast, are something I imagine Martin Rooney came up with late one night during a thunderstorm when he was in a particularly bad mood.

They're *insane*.

While I'd normally do 8 sets of sprints at a 10% incline at 8 miles per hour, Martin has me starting at 10% incline and 10 miles per hour. Then I have to do three rounds of three sets, increasing the speed and incline of the treadmill with every round.

GAINING MASS IS A SCIENCE. UNLESS YOU WANT TO BECOME FAT, YOU NEED CARDIO TO HELP BALANCE OUT ALL THE CALORIES YOU EAT.

And that's not even counting the ab work I have to do in between sprints.

Yep, that's right.

Martin actually wants me to stop sprinting, jump off the treadmill while it's still moving and do crunches. And I have to do that after every single sprint. In a crowded gym. With cute girls and muscular guys around, two groups of people I want to look cool in front of for different reasons.

(I don't care what he says, every guy wants to look awesome in front of other guys. I think it's a throwback to our caveman days, where we wanted to establish dominance. It's our way of saying, "I'm not someone you'd want to mess with, and by the way, my genes are better suited for procreation than yours. Dude.")

So here I am at Golds Gym trying to look cool while the treadmill whines underneath me, the belt whirring by so fast I feel like I'm dangerously close to getting thrown off the back of it. I'm panting and cursing and I've only finished my second round of three sprints.

This is honestly one of the hardest workouts of my life.

I look at my notebook and see I have one more round to go and this one calls for the treadmill to be at a simply unreasonable 12 miles per hour.

It quickly becomes clear that I will not make the full 20-second sprint Martin wants me to do.

So I shorten it to 10 seconds like a wuss, vowing that I'll "work my way up" to doing the full thing eventually.

As I step off the treadmill and lie down to do my crunches, my brain decides to give my body the finger. I'm breathing so hard I can't do a single crunch.

My whole body is reverberating with a "whump, whump, whump" sound in my ears.

The treadmill, by the way, is still at 12 miles per hour and 10% incline. An empty machine on full speed.

I notice people trying not to stare at me.

After a couple of minutes, Kyle (the Golds manager) walks over and turns off the treadmill and helps me up. I hobble over to the counter and sit at a bar stool.

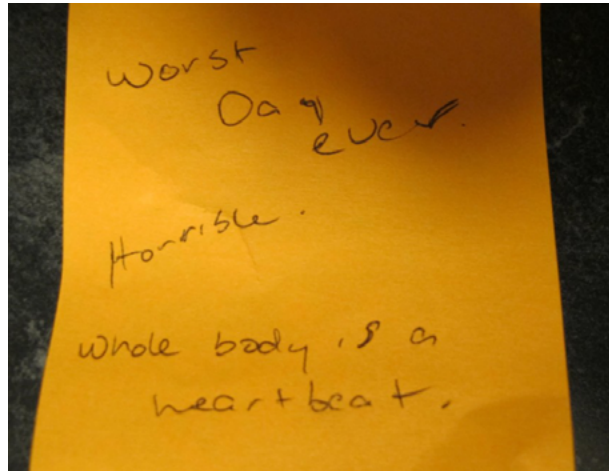
When I finally feel like I have enough control over my body, I pull out my phone and send Martin a text.
worst...workout...ever.

A few minutes later he responds:

I warned you, Green. Take notes so you can remember this. Soon you'll be in the best shape of your life.

I ask Kyle for a piece of paper so I can take notes per Martin's suggestion.

Worst day ever. Horrible. Whole body is a heartbeat.



My assessment of the day's sprint workout.

OTHER HIGHLIGHTS FROM DAY 2

- sitting at the bar trying not to vomit while listening to two MMA guys talk about how easy their workouts were. Bastards.
- lying on the couch for 30 minutes staring at the ceiling in a post-workout stupor

KNOWLEDGE BOMB!

A Less Insane Version of Treadmill Sprints

Here's the simple sprint protocol I used before trying Martin's. If you're new to sprinting, I suggest starting here.

- Start the treadmill and walk slowly for 2 minutes.
- Next, increase the speed to 8 mph and the incline to 10% while standing on the sides of the treadmill.
- As soon as it's up to speed, jump on and sprint for 20 seconds
- At the end of the 20 seconds, jump back on the sides (be careful and grab the handrails securely) and rest for 10 seconds.
- Repeat this cycle 5-10 times. (Start with 5 if you're brand new.)
- At the end of your final round of sprints, walk slowly for 2 minutes to cool down.

DAY 3

GIVING BIRTH

DAY	WEIGHT	NUTRITION	TRAINING
3	174	Low Calorie	Off, Recovery



Can I quickly talk to you about my ass?

I'm sorry — I don't really want to. But I think you should know how god-awful my bowel movements have been the past two days, lest you decide you want to try this experiment for yourself.

I'll spare you most of the details, and just say this: At any given time I feel like I'm about to give birth.

The pain in my stomach is intense and I've spent so much time on the toilet I've developed a rather unpleasant case of hemorrhoids.

JB says it's my body's way of trying to deal with the sudden increase of food and that it'll clear up soon. Plus, I'm likely straining when I'm pooping which is a big no-no. Apparently it should just slide out easily. (Sorry, this is getting gross.) He recommends I drink more water, pick up some Preparation H, and sit in a warm bath.

While my new-found butt pain doesn't bother me much throughout the day, it is incredibly uncomfortable when I'm paying homage to the porcelain throne. Which makes me not want to poop. Which makes my body get pissed off because I'm avoiding the bathroom.

Anyway.

Even though today is an off day from training, it's not an off day from eating. I won't get that until Sunday, my first official "fast" day.

My meals are taking forever to eat — up to four hours per day of just chewing and swallowing — so while I

**“WHATEVER YOU’D
DO TO EAT HEALTHY
— EATING SLOWLY,
FOCUSING ON YOUR
FOOD AND THE TASTE,
BEING AWARE OF
HOW MUCH YOU’RE
EATING — JUST DO THE
OPPOSITE.”**

have JB on the phone, I ask if he has any advice on how to make things go faster.

Whatever you'd do to eat healthy — eating slowly, focusing on your food and the taste, being aware of how much you're eating — just do the opposite.

So instead of enjoying the meal, I ask, you want me cram it into my mouth without thinking?

Exactly.

I tell him I can certainly do that. I'll just cue up some TV and eat my meals while watching the Colbert Report instead.

And it helps.

My lunch and dinner go down in record time today — 1 hour and 15 minutes for lunch, 45 minutes for dinner — and I spend most of the time mindlessly shoveling food into my mouth.

I'll have to remember this tactic for the rest of the experiment.

Toward the end of the day I receive a flurry of text messages from Martin.

How are you feeling? Enjoying the rest day?

I tell him I'm enjoying it quite a bit, thank you.

Keep eating big! Stay rested! That is key! You can do it!

Have I mentioned I love getting texts from Martin? Dude's so energetic he's like one big exclamation mark.

OTHER HIGHLIGHTS FROM DAY 3

- groaning in pain every time I laugh due to the intense soreness in my abs from all the crunches yesterday
- sending photos of my meals to my friend Mike who responds with: I feel bad for your intestines.
- talking to Richelle about hemorrhoids. A good date-night conversation. You should try it sometime.

KNOWLEDGE BOMB!

3 Quick Ways To Improve Your Bathroom Experience.

1. CHEW YOUR FOOD BETTER.

You're probably not chewing your food as thoroughly as you need to. Bigger food particles are harder for your stomach acids to break down and are harder to pass. (You know what I mean.) Plus, when you chew, your saliva interacts with the food and helps break it down even more.

You don't need to go wacko and count the amount of times you chew your steak or anything. But I do recommend chewing a few more times than seems necessary.

2. EAT MORE FERMENTED FOODS.

Your body has a mixture of good and bad bacteria in it. Fermented foods like sauerkraut, kimchi, and yogurt are rich in enzymes and help increase the amount of good bacteria in your intestines. All good stuff. (You'll also notice my diet contains a cup of sauerkraut per day. That's not in there by chance.)

3. DON'T READ A MAGAZINE OR USE YOUR PHONE WHILE ON THE TOILET.

Sit down, poop, and stand back up. (Clean yourself off before you do, of course.) Sitting on the toilet playing Angry Birds, checking your email, or reading the new Men's Health just distracts you from what you're really there to do. Too much time on the toilet leads to straining. Too much straining leads to hemorrhoids. And trust me, you don't want 'em.

DAY 4

LEAN, MUSCULAR, AND TOTALLY OUT OF SHAPE

DAY	WEIGHT	NUTRITION	TRAINING
4	174.8	Low Calorie	Hurricane Energy Circuit

“Can I get three pounds of the chicken, please?”

I’m standing at the deli because I’ve determined that cooking every single one of my meals at home is a laborious task and I’ve got too much shit to do. I mean, I already spend two hours just eating my lunch.

So while I’ll continue to make my breakfast and dinner at home, lunches will now be up to the fine chefs at Whole Foods.

The lady behind the deli counter is perplexed. You want all of them? she asks, eying the 9 already-cooked Mediterranean chicken breasts.

I’m not sure, I say. Probably. I need however many equals three pounds.

People generally order one or two pieces for lunch, she says. Not by the pound.

I tell her that I understand, but I need a pound and a half of meat for my lunch every day.

This really confuses her.

I’m planning on buying two to three days’ worth of lunches at a time. That way I don’t have to come to the grocery store every day.

I’m only four days into my experiment and it’s already evident that planning my meals — what I’m eating, when I’m eating, etc — is something I need to get better at. It sucks going to the grocery store at lunchtime just to order an extra pound of meat.

For the rest of the experiment, I’ll have all the food at my house ready to go. (This is a good strategy, by the



1.5 pounds of poultry. It makes me sick just looking at it.

way, for anyone trying to change their diet. Prep and planning is key. Make life as easy as possible for yourself, so your brain can do more important things, like figure out how to poop less painfully.)

After the grocery store, I head to the gym for my second Hurricane day. Luckily, today's workout doesn't involve sprints. (Thank god.) Instead, I'm doing the Training For Warriors Energy Circuit, five hardcore exercises put together in one giant circuit.

I read through the exercises. Now this is more like it.

Rope slams, kettlebell swings, medicine ball slams, sledge hammer swings, and foot drills on the ladder.

I love these kinds of workouts. Or so I think.

Because after the first round, I'm gasping for breath and trying to mentally add more time to the clock that's ticking down my rest period.

The ugly truth has been revealed: I'm definitely out of shape.

You wouldn't be able to tell by looking at me, of course. I'm lean and muscular. I'm strong and can lift heavy weights. I look healthy. And in most respects, I am. More than most people at least.

But I'm definitely not in shape aerobically.

My body may look 27, but my lungs are like a five-year old's. That's because aside from hitting the weights a few times per week, I rarely do any kind of strenuous activity.

You'd be surprised at how many guys are like this, how many of them "look" in shape but are actually relatively weak. Guys who gas out after a couple of minutes of running. It's kind of pathetic, really.

The whole point of working out is to look and feel better. And to me, it's also a personal challenge. How can I push myself to become better?

Up to this point, though, I've been slacking.

I don't want to be a marathoner or a triathlete or even a "Crossfit guy". But I do want to get in awesome shape, enough to be able to finish a circuit like Martin's and not want to kill myself directly after.

So that's what I'm shooting for. That's my goal.

Which is funny because at the same time I'm trying to gain 20 pounds, I'm gonna try to improve my athleticism and endurance, too.

Most people seem to think they're mutually exclusive — that if you're big and muscular you can't possibly be in great shape.

But that's bullshit.

Ever see an NFL running back? Or a sprinter? Or a stacked MMA fighter?

That's what I'm talking about.

**PLANNING IS KEY.
MAKE LIFE AS EASY
AS POSSIBLE, SO YOUR
BRAIN CAN DO MORE
IMPORTANT THINGS.
LIKE FIGURE OUT
HOW TO POOP LESS
PAINFULLY.**


OTHER HIGHLIGHTS OF DAY 4

- eating 8 chicken breasts for lunch. (Yes, 8. They were so damn small! Together they weighed just over 1.5 pounds.)
- doing medicine ball slams and freaking out the older guy in the gym
- buying Preparation H medicated formula and actually looking forward to using it

DAY 5

MOTHERFUCKING DUMBBELLS

DAY	WEIGHT	NUTRITION	TRAINING
5	174	High Calorie	Upper Body Hypertrophy



Today I called a pair of dumbbells “motherfuckers.”

As in, *All right you motherfuckers, let's go.*

I never talk like this. At least not to inanimate objects. My friend Kyle — who was working out with me at MUST — burst out laughing.

What's next? You gonna call the barbell a pussy? he asked.

Thing is, I wasn't upset at the dumbbells. I was amped. was ready to lift.

There are two reasons for this.

The first is that strength workouts — the ones with weights — make me feel way different than the Hurricane please-kill-me-now workouts.

After a Hurricane I feel wrecked, like I want to lie on the couch for hours. In my post-Hurricane stupor, even the smallest activities — walking to my car, talking to someone for more than four seconds, sitting upright with my eyes open — all seem like insurmountable tasks.

But after a weight workout I feel like I'm invincible. I have energy, my muscles are full and look good in the mirror, and my general attitude toward life is more optimistic.

The second reason I'm amped is a social factor. Having Kyle here lifting weights with me reminds me of a few years ago when I did nearly every workout with a crew of guys.

**SUPPLEMENTS AREN'T
NECESSARY, BUT THEY
HELP. THE BEST ONES
FOR BUILDING MUSCLE:
MULTIVITAMIN,
PROTEIN POWDER,
CREATINE
MONOHYDRATE, AND A
POST-WORKOUT DRINK.**

We'd all meet at the gym, warm-up, and then lift heavy stuff together. It was awesome.

But for the past year or so I've been training on my own, coming into the gym at weird hours when no one's around, simply because my schedule is different than all of my friends'.

I feel like I work harder and don't give up as easily when I have someone there to push me.

Kyle and I spotted each other on the bench press, said stupid shit like Get two more, man! You got it in you! and all that other stereotypical bro talk. We gave each other high fives.

It was fun.

And really, that's another thing training is supposed to be, at least if you want to do it the rest of your life. It's supposed to be fun.

That's something else my workouts have been missing.

(Of course, "fun" is open to interpretation. I'm sure there are a lot of people whose idea of fun doesn't involve hanging out in a musty garage gym and lifting things. But it suits me.)

I'm only 5 days in to my experiment and even though it's hard at times — especially during my two-hour long lunches — I'm having a good time. I'm having fun.

Even though Kyle won't be able to make most of my workouts, I feel good knowing I have JB and Martin — my two coaches and far-away training partners — out there keeping track of me.



One of my supplements, Purple Wraath. Supplement names are ridiculous.

OTHER HIGHLIGHTS FROM DAY 5

- doing dumbbell curls with 40-pound dumbbells and feeling like a boss
- drinking my peri- and post-workout shakes and laughing over how ridiculous the names of these products are. Purple Wraath? Universal Torrent? Supplement companies are shameless.

KNOWLEDGE BOMB!

Do you need supplements to gain muscle?

The short answer is no.

In Scrawny to Brawny we like to say “Supplements are supplements.” In other words, they’re stuff you add to a smart eating and training program. They don’t replace them.

Despite what the supplement ads say, no guy has ever built a good body by taking a weird powder with a stupid name and doing nothing else.

But there are some supplements out there that can help — safe ones with legitimate research behind them — and they’re the ones we recommend in our S2B Coaching Program. ([LINK](#))

Even then, we have some clients every year who don’t take any supplements, and they still build muscular, athletic bodies and do great in the program.

For this experiment, however, JB decided I should use a few supplements strategically to maximize the amount of muscle I could build on such a short time-frame. With only 28 days to gain 20 pounds, I have to look at every opportunity to take in more calories.

The following supplements surely didn’t “make the difference”. But they did help.

KNOWLEDGE BOMB! (CONT'D)

The Supplements Nate Used For This Experiment:

MULTIVITAMIN

Helps fix small deficiencies of vitamins and minerals. I used Optimen Multivitamin. (If you're a dude — and you probably are, if you're reading this — consider a men's formula, which is often lower in things like iron, which we tend to have in excess, at least since we quit bashing each other with clubs and bleeding a lot.)

PROTEIN POWDER

Makes eating large quantities of protein easier. I used Optimum Gold Standard Casein (for my Breakfast Pudding) and Jay Robb Egg-White Protein (for my Super Shakes).

Vitamin D: Even though natural sunlight allows our body to create Vitamin D, many of us are still deficient, which can lead to loss of muscle strength and mass and low levels of immunity. I used Vitamin D3 by NOW.

CREATINE MONOHYDRATE

Helps regenerate muscle energy stores and can improve strength, boost performance, and increase muscle mass. I used Biotest creatine monohydrate.

LIQUID FISH OIL

A key source of omega-3 fatty acids that helps improve mood and motivation while boosting fat-burning and dampening inflammation. I used Carlson's Very Finest Liquid Fish Oil.

BCAA CAPSULES

Helps reduce the chance of muscle tissue breakdown while stimulating protein synthesis, leading to better recovery and preservation of lean muscle mass. I used Optimum BCAA capsules primarily on my fasting days.

GREENS POWDER

Veggies, fruits, algae and/or grasses that have been compacted and distilled into powdered form and contain vitamins, minerals, fiber, and phytonutrients. All good things for a growing man. I used Biotest Superfood.

PERI-WORKOUT DRINK

Supplies essential amino acids to help re-build muscle and acts as a performance-enhancing stimulant. I used Purple Wraath by Controlled Labs.

POST-WORKOUT DRINK

A mixture of high-quality protein and fast-acting carbohydrates that helps your body recover and rebuild quickly. I used Universal Torrent.

DAY 6

SEX AND THE LION KING

DAY	WEIGHT	NUTRITION	TRAINING
6	175.6	High Calorie	Lower Body Strength

When you're shoveling three huge meals into your mouth every day, timing is everything. My "normal" schedule – at least for the past five days – has been breakfast at 8:00 AM, lunch at 2:00 PM, and dinner at 7:00 PM.

But today I fucked up my whole day.

I slept in till 9:30 AM. Which meant I didn't eat breakfast till 10:00 AM. Which meant I didn't eat lunch till 4:00 PM. Which meant I didn't eat dinner till 9:30 PM. There was just no way I could stick to my original schedule without force-feeding myself more than I normally do.

Now I know that in a lot of countries it's customary to start dinner at 9:00 or 10:00 PM.

But when you're eating a pound of meat with three cups of veggies and all the rest – and when you're accustomed to going to bed by 11:00 PM since you're more like a grandpa than a 27-year-old – there's just no way to eat a huge meal that late and feel comfortable.

So my dinner is currently digesting and sleep is totally out of the question. Richelle says she can hear my stomach growling from the other room.

Speaking of my girlfriend, today was the first day we went on a date since I started this experiment.

When you have to work out and cook and eat three huge meals a day, you don't really have a lot of time for movies. Or concerts. Or going out to eat. Or, well, anything.



Pregnant man.

Right now my day revolves around the clock and making sure I'm getting all my meals in.

And another thing for those interested: my sex drive is non-existent right now. I mean, yeah, sex sounds nice. In theory. But once I actually think about the steps that lead to sex — flirting, cuddling, removing clothes, etc — it just seems like way too much work.

Plus I have a permanent bloat going on, which is incredibly uncomfortable and makes me look semi-pregnant. All of which I'm sure don't turn my girlfriend on.

(Unless she finds bloated, farting, pregnant-looking men attractive. In which case...)

I'm hoping by next week my body will be used to the amount of food it's taking in and settle down a bit. At least long enough for a quickie.

Oh, and by the way, our date was awesome.

We went to the digitally remastered version of The Lion King. In 3D. The early show. And we snuck in a couple cans of beer.

I know, right? Classy.

OTHER HIGHLIGHTS FROM DAY 6

- Doing deadlifts and squats
- Weighing myself at 5:00 PM just for the hell of it. (181 pounds, for your information. Which is weird because tomorrow morning I know I'll likely be around 175 again. The weight fluctuations from hour to hour are crazy.)

DAY 7

24 HOURS WITHOUT FOOD

DAY	WEIGHT	NUTRITION	TRAINING
7	177.8	Fast	Off, Recovery



Today was my first 24-hour fast day, all part of some master plan of JB's. Here's what happened.

9:00 AM – Wake up

9:30 AM – Realize I don't have to make a huge breakfast or eat toast. I am ecstatic.

10:15 AM – Prepare my breakfast of greens powder, green tea, and BCAA caps.

10:17 AM – Finish my breakfast. (2 minutes!)

10:18 AM – Wonder just what the hell I'm gonna do with my day now that I don't have five hours of cooking and eating to deal with. Fist pump.

10:30 AM – Drive to a coffee shop for a double espresso and a chocolate croissant. The coffee is for me. The croissant is for David (not his real name), a 12-year old kid I hang out with once a week as part of the Big Brother, Big Sisters program.

10:35 AM – Drive to David's house and try not to eat his croissant. First stomach rumble of the day.

11:00 AM – Shoot baskets, toss the football, and chase after the Frisbee at a park with David.

11:20 AM – Get hit in the temple with the Frisbee after he hurtled it at me when I was tying my shoe. Second stomach rumble.

1:00 PM – Take David to a restaurant and watch him eat noodles, meat, and veggies. I drink green tea and stare longingly at his plate of food. Third stomach rumble.

2:00 PM – Drop David off and drive home where I immediately make my second "meal" of greens powder, green tea, and BCAA caps.

2:03 PM – Finish my lunch. Fourth stomach rumble.

**FASTING IS A GREAT
WAY TO HELP YOU GAIN
WEIGHT.**

2:15 PM – Drive to the gym with a camera. Strip down to my underwear and get my picture taken.

3:00 PM – Help Richelle make a huge pot of chili. Repeatedly tell her that she should eat some and describe the flavors to me since I'm not allowed to eat until 10:00 PM. After the third time, she agrees. Apparently it's delicious. Fifth stomach rumble.

4:00 PM – I sit on the couch, feeling pissed off for no good reason.

5:00 PM – Still sitting on the couch. But now I'm reading a magazine.

6:00 PM – Have my third "meal" of greens powder, green tea, and BCAA caps. Finish it in less than a minute. I am so fucking hungry.

6:30 PM – Decide it's a good time to take a hot bath.

6:45 PM – Lie down in a steamy hot bath.

6:47 PM – Realize that taking a hot bath on an empty stomach is not a good idea. Slowly get out and towel off. I'm lightheaded and wobbly, like I've just downed nine shots of whiskey.

7:30 PM – Lie on the couch, watch TV, and complain loudly. Sixth stomach rumble.

8:30 PM – Drive to the grocery store to stock up on food for the next couple days.

8:45 PM – Guiltily walk through aisle after aisle of food. Seventh stomach rumble.

9:30 PM – Start cooking my real dinner. Feel like I'm moving in slow motion.

10:00 PM – Eat two half-pound steaks and a huge bowl of salad. Starting to feel more like a human.

10:05 PM – Smile at Richelle who says, I like you a lot more when you have food in you.

10:35 PM: Wash the dishes, and get in bed.

10:40 PM: Eighth stomach rumble.

All in all, a good day of fasting.



Fasting materials

KNOWLEDGE BOMB!

Why I Have a 24-Hour Fast Day on a Weight Gain Program

Wait a minute. Here I am trying to gain as much weight as possible in 4 weeks and I have an entire 24 hours every week where I don't eat anything? What kind of sense does that make?

Apparently it makes a lot of sense. At least according to JB, who's done some intensive experiments with intermittent fasting.

While JB has used IF primarily for fat-loss purposes, I'm using it to offset the inevitable fat gain that would normally come with an eating plan like mine.

In other words, the goal is for me to be in a caloric surplus – and anabolic state – six days per week, eating more calories than I burn which will lead to muscle growth. And in an extreme caloric deficit one day per week, which will help reset my insulin sensitivity, boost growth hormone secretion, and help stimulate fat loss while preserving my lean mass.

Coupled with Martin's Hurricane sprint days, this one-two punch of interval training and strategic fasting should help me gain quality mass without adding a lot of fat.

The Importance of the Fasting “Meal”

You'll notice that on Sundays I'm instructed to eat three “meals” containing BCAA (branched-chain amino acids) capsules, green tea, and greens powder. This is because:

- About 30 minutes before our normal meal times, we release a specific hormone called ghrelin. Ghrelin stimulates hunger pangs and gets us ready for the upcoming meal.
- It's psychologically comforting to have some kind of eating routine. When adding in BCAAs and greens powder it feels like you're still “eating”, which helps curb those hunger signals.
- The caffeine in green tea (or coffee) helps to liberate stored fats. This helps us eat the “food” that's stored on our love handles instead of requiring us to actually have a meal.
- Since I'm not eating calories for a full 24 hours, the BCAAs help preserve every ounce of precious, lean muscle mass. I've only got a few weeks to hit my goal.

DAY 8

MY NEW JOB (THAT DOESN'T PAY ME)

DAY	WEIGHT	NUTRITION	TRAINING
8	173.6	High Calorie	Upper Body Strength



This experiment is becoming a full-time job.

So much so that it's starting to negatively affect my real job of running Scrawny To Brawny.

Between cooking, eating, working out, and documenting everything in a journal, I'm spending close to 7 hours per day working on this stuff.

In contrast, I'm maybe doing two to three hours of actual work on S2B. And even then, it's scattered work. I'll write a little in the morning, a little in the afternoon, and a little at night. In between that I'll check Facebook, respond to email, and choke down my food.

It's not productive at all and I'm pissed at myself for not prioritizing stuff better.

So that's gotta change.

In fact, starting tomorrow I'm going to wake up earlier and block off my mornings. If I can get four high-quality hours of writing in between my breakfast and workout, I'll feel good about things.

MY CURRENT SCHEDULE:

7:30 AM – Wake up	12:30 PM – Work out	5:00 PM – Richelle comes home
8:00 AM – Breakfast	2:00 PM – Lunch	7:00 PM – Dinner
9:00 AM – 12 PM – Work	4:00 PM – Screw around / work	

MY SCHEDULE STARTING TOMORROW:

6:30 AM – Wake up	12:30 PM – Workout	5:00 PM – Richelle comes home
7:00 AM – Breakfast	2:00 PM – Lunch	7:00 PM – Dinner
8 AM – 12:00 PM – Focused work with no email, Facebook, or distractions	4:00 PM – Email and plan next work day	

And that brings up another thing: I really doubt I'd be able to do this experiment if I worked a "regular" job. Yeah, I'm sure it'd be possible, but it'd be a gigantic pain in the ass. I'm having a hard enough time scheduling everything right now and I have the easiest schedule in the world. I have no idea how most of my friends — or for that matter, most guys with real jobs — would do on something like this.

This must be how professional athletes feel.

At a Nike camp a couple years ago, I talked with NFL superstars Greg Jennings and Steven Jackson about their daily routines.

They told me that when they're in season everything is geared toward working hard and recovery. Their days revolve around eating, sleeping, running drills at practice, working out, playing games, and more eating and sleeping.

They make time for family and friends, but if they want to be at their best they don't have time to waste. Everything they do has to be calculated and scheduled. They have to bring their A-game every day.

I can relate to that right now. Which may be the first and only time I'll ever relate to a professional athlete.

Perhaps while I'm at it I can get someone to pay me 20 million dollars.



**GAINING WEIGHT FAST
IS A FULL-TIME JOB.**

OTHER HIGHLIGHTS FROM DAY 8

- freaking out when I weighed in this morning and saw I dropped four pounds from yesterday. Must be the 24-hour fast.
- starting Week 2 of my training program and kicking ass on my upper body workout.
- talking with JB about the experiment and how things are going. According to him, we're right on track. So that's good.

KNOWLEDGE BOMB!

How To Get Shit Done

I've worked from home and set my own hours for the past 5 years. Most of the time it's awesome. I can work while wearing the same hoodie and pair of Nike shorts three days in a row. I can break for lunch whenever I feel like it. I can take a random Tuesday off if I want. Truly, I'm very fortunate to have the "job" that I have.

But I've also noticed one other, not so cool thing: I will do to delay actually working. Including:

- getting my seventh glass of water in two hours
- walking aimlessly around my house
- watching YouTube videos or browsing Facebook
- checking my email

And unlike a job where you get paid by how many hours you spend in the office, all of my work revolves around actually getting shit done. As much as I'd like it, no one's gonna pay me a dime to watch the Hot Cheetos and Takis rap for the twentieth time. (<http://www.youtube.com/watch?v=7YLy4j8EZIk>)

So over the years I've read a half-dozen books on lifestyle design and personal organization and tried a bunch of different "time management" methods. Most of them don't work well for me. But a few strategies have helped me immensely. (When I actually follow them, that is).

KNOWLEDGE BOMB! (CONT'D)

Here they are.

DON'T CHECK EMAIL OR FACEBOOK FIRST THING IN THE MORNING.

Checking email and social media are both reactive behaviors — literally reacting or responding to something outside of your control. Instead, to get shit done, you have to be proactive by focusing on what you actually have control over. Like your work and if it gets done. So save the social media and email for mid-afternoon.

DO YOUR MOST IMPORTANT TASK (MIT) FIRST THING IN THE MORNING.

Every morning when I sit down at my computer I have one “big” thing I absolutely must get done that day. If I do it, I can count the day as a success, even if I squander the remaining hours on bullshit. If I don't do my first thing in the morning, it usually won't get done until the next day. Which makes me feel bad like I wasted an entire day. Which I kind of did.

WORK IN UNINTERRUPTED BLOCKS OF TIME.

Instead of working for 5 hours straight, I'll usually block off 50 minutes of “work” with 10 minutes of “rest”. Like a work “sprint”. When it's a work block, I put on my headphones, leave my phone in a different room, close all my browser windows, set a stopwatch, and focus on my MIT. When it's my “rest” period I'll get up to grab some more coffee or a snack. Then it's back to work.

ONLY WORK 4-5 HOURS PER DAY.

Yeah, this seems too good to be true. And perhaps impossible for some guys, depending on their job, schedule, and if any deadlines are looming. But the next time you're at work, try something: Notice how many hours you actually work. Don't count the hour where you got a little something done in 15 minutes and then spent 45 minutes bouncing back and forth from your email account to a news site to Facebook. I'm talking real, focused, intentional work.

Personally, when I'm that focused and doing my Most Important Tasks, I find it difficult to do more than 5 hours of work in a day. I just can't focus after a certain point. And believe me, if you schedule it properly and actually follow through, you'll get more done in those 5 hours than most people get done in a week.

(Note: This is probably only applicable for those who do what Peter Drucker calls “knowledge work”, guys like me who sit in front of a computer and think of shit to work on. Not so ideal for a chef, concrete worker, or anyone with a manual labor or service industry job.)

DAY 9

MARTIN ROONEY IS TRYING TO KILL ME

DAY	WEIGHT	NUTRITION	TRAINING
9	177.4	Low Calorie	Hurricane Sprints



Today was more evil treadmill sprints.

This time they had barbell complexes thrown in between instead of abs. (Really, Martin? Really?)

I felt like I had to vomit, shit, and sneeze at the same time.

I swear to god Martin Rooney is trying to kill me.

Still, I understand why he has these intense interval sprints in the program.

THE BENEFITS ARE HUGE:

- Losing body fat while retaining lean body mass (muscle)
- Strengthening the cardiovascular system
- Developing “work capacity”, the ability to tolerate a high level of intensity for a longer period
- Improving fat and carbohydrate oxidation in skeletal muscle
- Challenging the fast-twitch muscle fibers — the ones that help build more strength, power, and size
- Developing mental toughness and resilience

Plus it’s all over in less time than it takes to say, “Screw you, Martin, I’m never running another one of these sprints again.”

OTHER HIGHLIGHTS FROM DAY 9

- Trying to explain why I needed to leave the treadmill on at full speed to a dude who wanted to use it.
- Lying in Kyle's office at Gold's Gym with the lights off and door closed after finishing the sprints.
- Rejoicing in the morning after weighing in and seeing that my weight jumped back up a few pounds.

DAY 10

DOUBLE STEAK DINNER

DAY	WEIGHT	NUTRITION	TRAINING
10	178	Low Calorie	Off, Recovery



This dude Jeff is telling me he's tried everything to build muscle but still can't add any weight.

He works out. He uses supplements. He eats a lot. And still, he says, nothing happens.

I'm sitting in an Irish pub at a long table with Richelle and an assortment of her friends, many I've never met, including Jeff.

What do you typically eat in a day? I ask him.

He goes over what he ate today and it turns out that Jeff — who probably weighs around 150 pounds — eats less than my girlfriend. Like, way less.

Well, to gain muscle you have to eat more calories than your burn, I tell him. And right now it doesn't sound like you're doing that.

How much should I eat then? he asks, right as the waiter comes by and sets two plates of steak, veggies, and mashed potatoes in front of me.

Jeff looks at my two plates and then back at me.

I smile.

Holy shit, dude, I don't think I can eat that much.

Can I order the blackberry crumble for dessert? I ask the waiter. *I need some kind of fruit to go with this.*

The rest of the table stares at me.

Richelle pats my stomach. *That's my hungry boy,* she says.

Yes. Yes, I am.

**TO GAIN MUSCLE YOU
NEED TO EAT MORE
THAN YOU BURN. MOST
GUYS DON'T EVER COME
CLOSE TO DOING THIS.**

OTHER HIGHLIGHTS FROM DAY 10

- kicking ass on my new and improved work schedule. Waking up an hour early was a good decision.
- further horrifying Jeff and the rest of the dinner table by eating off Richelle's plate, too.

KNOWLEDGE BOMB!

How To Use “Outcome-Based” Decision Making To Accomplish Your Goal

As I explained above, Jeff (the guy from the restaurant) wasn't gaining any muscle because he wasn't eating enough calories. But there's probably a deeper reason why he wasn't changing his body: He wasn't using outcome-based decision making.

Instead of making strategic changes to make it more likely that he'd gain muscle, Jeff was simply trying a bunch of things at once (going to the gym, eating “a lot”, taking supplements, etc.) and not keeping tabs on what was really working. He had no idea what he should do next because he never really defined what he was trying to do in the first place.

One way we help our guys in the S2B Coaching Program — and, as it turns out, the same way JB is helping me with this experiment — is by using outcome-based decision making.

We try something and measure it. We see what happens and what the outcome is. If it's working, we don't change anything. If it's not working — or if progress slows down — we make one small tweak and follow the same process.

It's simple and incredibly effective.

KNOWLEDGE BOMB! (CONT'D)

Here's our 9-step process for using outcome-based decision making yourself.

1. **Decide what thing you want to accomplish or what change you want to make in your life.** (Gain 20 pounds of muscle; find a better-paying job; start your own company; stop checking Facebook 30 times a day. Whatever.)
2. **Pick one thing to try. Make sure it's simple and that you can do it every day.** In the S2B Coaching Program, we start off by having each guy drink 3 protein shakes a day. It's simple, effective, and easy to do every day. All good things when just starting.)
3. **Commit to doing this one action every day for two weeks.**
4. **Measure the things that will give you objective feedback on how it's going.** (Again, in S2B, we have our guys measure their weight on the scale, take girth measurements, record body fat percentage, and take photos.)
5. **Stick with the intervention until two weeks is up, even if your measures go up and down, and if you are feeling "it might not be working."**
6. **Assess the success of your actions based on the overall measures – the general trend over time.** (This is why I record my weight every day in the morning after I do my bathroom business. I'm collecting enough data to see what's happening over time, not just the weight fluctuations from hour to hour.)
7. **At the end of two weeks, if the intervention's working, keep doing it.**
8. **If it's not working, or stops working, make one small change that you're confident you can do.**
9. **Keep repeating until you reach your goal.**

While the process seems like common sense, it takes some patience and discipline. When we want to reach a goal badly enough, the days can seem long and progress can feel exceptionally slow.

Remember that any progress you make is great. In fact, this has to become your mantra.

Only gain half a pound that week? That's great. In a year you'll be up 26 pounds with a completely different body.

Know someone who's making faster progress than you? That's nice. Just don't forget that most guys who try to build muscle will fail. Like most people, they made the it either physically or practically unsustainable.

By using outcome-based decisions and making the smallest reasonable change when your measurements tell you it's time to make a change, you're more likely to succeed in the long term and leave the other guys in the dust.

DAY 11

DON'T BE THE "COOLER GUY"

DAY	WEIGHT	NUTRITION	TRAINING
11	178	Low Calorie	Hurricane Energy Circuit



I've been holding steady at 178 pounds for two days in a row so I e-mail JB and see what he has to say about it.

Let's keep things as is for now, he writes. Next week we'll probably have to bump the calories up a bit. If you finish the week at 180 we'll have to push to get an extra 5 pounds each for the last two weeks. Think about where you can add one more meal each day.

Wait. One more meal?

I can barely drink water on top of everything I'm already eating. How the hell am I gonna fit in another entire meal?

JB may be the expert, but my gag reflex is the gatekeeper to my stomach. And it's not happy with me at the moment.

Still, I should be optimistic.

I email JB back and let him know I'm up for trying anything as long as my stomach doesn't explode. I also mention that I'm heading on a three-hour road trip tomorrow with my younger brother, Jordan, and his friend Mike. I'm taking them to a concert and putting us up in a swanky hotel for a night.

I ask JB what I should do about food.

Just order double-dinners while you're away and try to pick restaurants that can match your meals as closely as possible, he writes back. But whatever you do, don't be the "Cooler Guy."

That's good advice because I can't stand the Cooler Guy.

Let me explain.

The Cooler Guy is a dude who works out and carries all of his meals around in a cooler — from home, to work, to the gym, and even to social events — and periodically breaks it open to eat his tuna fish,

DON'T BE THE COOLER GUY. BECAUSE NO ONE REALLY CARES HOW HEALTHY YOU ARE.

chicken breasts, or whatever other plain protein source he has hidden between his bag of baby carrots and reusable ice pack.

It's like he's trying to call attention to his healthy lifestyle and constantly seeking approval. It's annoying and — except in rare cases — entirely unnecessary.

JB and I were both the Cooler Guy early on in our weight-training career. In fact, most guys who get serious about working out and building a good body have been the Cooler Guy at one point or another.

I went through my Cooler Guy phase the first year of my body transformation. Then I realized if I just planned my day a little better, I could eat all my meals at home or in a restaurant and not have to look like a tool carrying a Coleman lunchbox around.

So I'm glad JB's not insisting I pack a bunch of meals for my trip. Instead I'll just plan on spending a little more money at restaurants.

And to be honest, I'm excited for a little variety. I've been eating the same damn stuff for the past 10 days.

Maybe I can get some lobster or something. I wonder how many mussels and clams add up to 1.5 pounds of protein.

Probably a lot.

OTHER HIGHLIGHTS FROM DAY 11

- climbing the rope, flipping tires, and pushing a sled. I love working out at an “underground” gym with access to all that equipment. It sure as hell beats running on a treadmill.
- my girlfriend insisting that my tits are bigger than hers. Which they aren’t. But it did require a quick comparison and further study. Which means my sex drive is, thankfully, on the rebound.

KNOWLEDGE BOMB!

The philosophy behind adding another meal.

Making a change is all about small incremental improvements. You try something for a little while, see how it works, and if you need to, make a small change and repeat the steps.

For this experiment JB started me off with a lot of food, enough to where I’d be in a caloric surplus and gain muscle. **But he didn’t overload me as much as he could have.** He wanted to leave a little wiggle room to make changes if needed.

This “extra meal” he wants to add next week, therefore, is strategic. Now that I’m stalled at around 178 pounds, we need to increase the calories. Even though it’ll be tough for me and my stomach to eat another meal, I know I can do it. (I think.)

But if I started with this meal at the very beginning, we wouldn’t have had any place to go when I inevitably stalled out.

You can only add so many meals. You can only make so many incremental improvements.


(Plus, the extra calories in the beginning might have lead to extra fat gain, which we didn’t want.)

The lesson then, is to start small and add or subtract from there.

DAY 12

STUNT DRIVING AND HEADBANGERS

DAY	WEIGHT	NUTRITION	TRAINING
12	180	High Calorie	Upper Body Hypertrophy



My day started off great: with a sprained ankle and the brakes on my car going out while driving.

The first happened as I was doing the “backwards run” part of my warm-up, which is the most pathetic, pussified way of spraining your ankle ever.

Luckily it was an upper body day, so my shitty ankle didn’t really affect the workout.

The second happened as I was driving from the gym to the grocery store to grab some lunch. I was in the turn-lane with my blinker on, coasting along at 25 miles per hour with a green light. I pressed on the brakes to slow down before making the turn and the *goddamn pedal went all the way to the floor with absolutely no resistance.*

I immediately used my e-brake to slow down, made the turn, and gently coasted into the grocery store parking lot where, magically, I found an empty space.

After calling Jordan and informing him that we’d be taking his car to the concert, I called an auto repair shop that happened to be a couple blocks away. I learned it’d cost a few hundred dollars to tow my car 700 feet.

So instead, I decided to drive there using the e-brake.

30 minutes and \$1,140 later (note: never buy an Audi) I left my car in the shop and walked back to the grocery store to grab my lunch. Jordan picked me up and drove me home where I hurriedly showered, changed, and packed while him and Mike waited outside.

Then we took off and things improved dramatically.

On the way there we listened to Louis CK — my favorite stand-up comedian — then checked into our fancy hotel room (where we were by far the youngest people there) and grabbed dinner before the concert.

(I had steak, garlic mashed potatoes, veggies, a huge salad, apple sauce, two beers, and an extra burger with pineapple and ham on it. The waitress seemed weirded out, but Jordan and Mike thought it was awesome, and even ordered an extra burger each. I was proud.)

The concert was about as much fun as a head-banging death-metal concert can be; which is to say, the music was OK, but the people-watching was amazing.

Later, after getting back from the concert and lying down in our beds, I got up to piss and upon placing my feet on the ground was unpleasantly reminded that my ankle was indeed still hurt.

I hobbled to the bathroom in pain.

This is not good. With only two more weeks remaining to get big I can't afford to miss a single workout.

OTHER HIGHLIGHTS FROM DAY 12

- my little brother being very confused when a dude from the hotel asked for his car keys. (He's never had his car valet-parked before.)
- counting how many guys with longer-than-shoulder-length hair were at the concert. I lost track after I hit 30.
- feeling proud that I stuck with the workout after I sprained my ankle. Shit happens, right? It's always better to work around it and move on when you can.

DAY 13

MOTIVATION IS BULLSHIT

DAY	WEIGHT	NUTRITION	TRAINING
13	No Idea	High Calorie	Lower Body Strength

You know the people who say they don't have the time or motivation to work out? A lot of fitness experts write that off as laziness. But me? I totally get it. I understand where those people are coming from.

That's because with this experiment, I'm discovering a few things about myself.

The first is that I love working out.

The second is that I absolutely hate working out.

And I never know which mood I'll be in when it's finally time to put on my workout clothes and go to the gym.

Even before this experiment, most people I talked with had it in their heads that I work out "all the time" or eat strictly 100% healthy meals. Not true.

The truth is, I'm past the "honeymoon" stage of lifting weights and getting in shape. I've been doing it for over 10 years now. I no longer go to the gym because I "have to." Now it's just something I do, like brushing my teeth. (Though I usually only workout three or four times per week. But I brush my teeth at least once every day.)

It stopped being about "motivation" a long time ago.

And yet, I'm struggling with motivation right now.

Today was my lower body day and I just flat-out didn't want to go. I didn't want to fucking do it.

But I made myself.

And something interesting happened once I got to the gym. The more time went by — going through my warm-ups, foam rolling, etc. — the more motivated I got.

**"MOTIVATION
STARTS ONCE YOU
START DOING."**

I ended up having a great workout, smashing my numbers from last week on the squat and deadlift. (My ankle feels much better, by the way.)

This never would have happened if I stayed home. In fact, if I stayed home, I'd just be pissed off at myself for being weak, for giving in when I could have done something.

So I realized today that motivation happens once you start doing.

That's a good thing for me to remember.

Every now and then motivation will show up unannounced and I'll let it take me where it will. But other times, it won't show up at all and I'm gonna have to make myself do it anyway.

Because if I just sit around and wait for motivation to hit, I may sit there forever.

OTHER HIGHLIGHTS FROM DAY 13

- Eating two omelets, a huge bowl of oatmeal with fruit, and a cup of coffee for breakfast. Food is going down so much easier now.
- Driving back home with my little brother and his friend. They're good kids.

DAY 14

FUN THINGS TO DO WHILE FASTING

DAY	WEIGHT	NUTRITION	TRAINING
14	180.8	Fast	Off, Recovery



My fast days – while welcome breaks from a week of stuffing my face full of food – have shown me how much of my normal life is centered around eating and drinking.

Barbeques, going out to nice restaurants, grabbing a beer with friends — they’re all things I really enjoy and do every day.

So it’s a weird feeling when those activities are no longer an option.

Which begs the question: What else do you do with your Sunday when you can’t eat or drink anything?

Here are my suggestions:

1. go to the art museum and become convinced that you can do abstract watercolor just as well as these so-called “artists”
2. drink two cups of coffee and get all jittery since you don’t have any food to help neutralize the caffeine
3. make plans for lunch then cancel them ten minutes later when you remember you can’t actually eat anything
4. meet your friends out for a beer then dejectedly sit there and drink water instead
5. go to a matinee movie and spend more time thinking about popcorn than the plot line
6. walk around downtown aimlessly
7. drink a lot of tea and get up to piss every 20 minutes
8. sit in a room and stare at a wall
9. write a list about things you can do on a Sunday when you’re fasting

**TO HELP WITH A FAST,
SLEEP LATER AND
DRINK GREEN TEA.
THAT SHIT WORKS.**

DAY 15

REALLY? MORE FOOD?

DAY	WEIGHT	NUTRITION	TRAINING
15	178.8	High Calorie	Upper Body Strength

With only 2 weeks left and more than 10 pounds to go, I need to eat more food.

This morning JB dropped the bomb on me. Every day for the next two weeks — not counting fast days — I'll add a Super Shake between my breakfast and lunch. (A Super Shake, by the way, is like a fancy protein shake made with almond milk, protein powder, fruit, and other stuff.)

The good news, according to JB, is since it's a shake, I won't actually be "eating" anything. I'll just drink it. Which sounds to me like a clever way of him trying to sneak a few hundred extra calories into my diet without it seeming like a huge change.



The Super Shake

Look, Nate, you're not actually eating any more food. You're just... drinking it.

Uh-huh.

But I've gotta do whatever it takes to gain another 10 pounds.

So I make the Super Shake.

And to be honest, it's not that bad. Sure, it's thick. And I do still kind of have to chew.

But it's a welcome new flavor and it goes down easily. So easily in fact, I think, maybe I can blend my other meals into a shake and just drink them. Which sounds good in theory but not in practice. There's no way I'm drinking liquid steak and potatoes.

On top of my new meal addition, I have a new workout program, too.

It's a progression from the first two weeks with the same movement patterns but slightly different exercises. For instance, instead of doing a regular bench press, I'm now doing a band barbell bench press. A small change, but one that will challenge my muscles in a new way which will — hopefully — lead to more muscle growth.

And right now I need all the growth I can get.

OTHER HIGHLIGHTS FROM DAY 15

- Feeling super-bloated and pregnant around dinner time. Guess that extra meal is gonna take some getting used to. We need to put some candles or something sweet-smelling in the bedroom. For Richelle's sake.

KNOWLEDGE BOMB!

The Six-Step Super Shake

The Super Shake combines high-quality protein, fiber, good fats, antioxidants, and more in a tasty formula. It can replace a meal when you're in a hurry, or give you some extra protein and calories when trying to build muscle.

For optimal mixing, flavor, and consistency, follow the steps in order.

STEP 1: START WITH ICE

Use 1-4 cubes for a thin, chilled shake and 5-10 cubes for a thicker, pudding-like shake

STEP 2: PICK A FRUIT

You've got lots of options here. Choose whatever you like. If you like a thick shake, go with frozen over fresh.

STEP 3: TOSS IN SOME SPINACH

Yeah, I know it sounds gross to put veggies in a shake, but if you use spinach, you'll barely taste it.

STEP 4: SCOOP SOME PROTEIN

Add 1 or 2 scoops of a protein powder of your choice.

STEP 5: SELECT A NUT OR SEED

Make sure you're not allergic. (You'd probably know by now.) Aim for 1/3 cup of nuts/seeds per shake. Use whatever you want.

STEP 6: POUR IN SOME LIQUID

Use water, chilled green tea, or unsweetened almond milk.

KNOWLEDGE BOMB! (CONT'D)

Progressive Overload – Do a Little More, a Little Better.

I'm not kidding when I say this is the most important thing you'll ever learn about exercise for building muscle.

Progressive overload means consistently challenging yourself to do a little more, or a little better.

With Martin's workouts that means either adding more weight to the bar with every workout, changing the exercise from week to week, changing the sets and reps, or simply trying to do a better job and lift with better form.

The fact is, your body won't grow if you don't constantly challenge it. By making small changes and trying to do a little more, a little better every workout, you'll continue to build muscle and make gains.

Need an example?

Let's say in your last workout you lifted 150 pounds. Well, today, you're gonna lift 155 pounds.

Or let's say you could only do 7 reps on your last exercise. Well, today you're gonna do 8 reps. Or you do 7 awesome reps instead of 7 shitty half-assed reps.


That's progressive overload.

Every time you do a workout, you write down what you did, and the next time, you do more, or you do it better.

DAY 16

MY INNER WHINY LITTLE BITCH

DAY	WEIGHT	NUTRITION	TRAINING
16	180.6	Low Calorie	Hurricane Sprints



Nothing is more physically or mentally challenging than Martin Rooney's Hurricane sprint days.

Nothing.

Today was a struggle to even get to the gym. I knew what was coming and I didn't want any part of it.

My brain was giving me excuse after excuse to see if one would stick and stop my body from making the terrible, terrible mistake of running on a goddamned treadmill for 25 seconds in a full-out sprint.

But I did it anyway. And while I'm proud of the fact I went in and got it done, I can honestly say that I fucking hate this workout.

Let me repeat:

I. Fucking. Hate. This. Workout.

It's 20 minutes of insanity that takes me at least 2 hours to recover from and I feel very, very sorry for you if you plan on ever trying this out for yourself.


OTHER HIGHLIGHTS FROM DAY 16

- I can't even remember because I'm so burned out. I'm going to bed.

DAY 17

CAN MY COACHES BE TRUSTED?

DAY	WEIGHT	NUTRITION	TRAINING
17	180.8	Low Calorie	Off, Recovery



Today is the sixth day in a row that I've hovered around 180 pounds.

I'm getting worried that I'm not gonna make it to 190. Counting today I have 11 days left and 9.2 pounds to go, which means I need to gain .84 pounds per day.

That seems like it'll be tough.

At this point, I'm just blindly trusting JB and Martin and that they know what they're doing.

It's a weird feeling to turn over all the thinking to other people, and I'm sure that's what our clients in the S2B Coaching Program probably feel, too.

**"TAKE EVERY DAY AS
IT COMES AND FOLLOW
THE PLAN, NO MATTER
HOW HARD IT IS."**

As a client, you hope your coach knows what he's talking about — and with Martin and JB, I'm confident they do — but there's always a shadow of doubt in your head, too. Maybe they're not really paying attention to what's going on.

Maybe they don't know what's gonna happen either.

Maybe they're both sitting in a recliner stroking a Rottweiler's head and drinking brandy while laughing at my feeble attempts to gain weight.

But I can't let any of that shit creep into my brain. It certainly doesn't help me feel better. And really, I know JB and Martin are looking out for me.

In fact, JB said something to me today that made me think. He told me that often the best leaders are the best followers, too. They have faith in other people.

So I'll soldier through and keep following even though JB's diet recommendations require insane amounts of food and I'm pretty sure Martin is still trying to kill me.

My mantra from now on: Take every day as it comes and follow the plan, no matter how hard it is.

I should put that on a t-shirt or something.

OTHER HIGHLIGHTS FROM DAY 17

- Peeing bright yellow for the first time since I can remember, which is a sign that I'm likely dehydrated. Come to think of it, I haven't been drinking a lot of water during my meals or even throughout the day. I'll have to get on that.

KNOWLEDGE BOMB!

A Thought On Coaching From Martin

A good coach can make or break your chances of succeeding. It's really a lost art, and one JB and I take very, very seriously. You need support. You need help. No one ever does anything truly alone.

In my experience, the guys who are the world champions; the guys who gain the most muscle and build the best bodies; the guys who are truly successful in every part of their life — those are the guys with coaches.

DAY 18

KICKING IT UP A NOTCH

DAY	WEIGHT	NUTRITION	TRAINING
18	180.6	Honorary High Calorie	Hurricane Energy Circuit

It's crunch time.

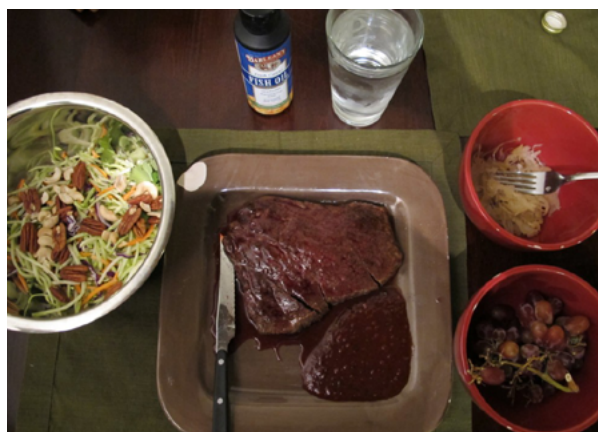
I know I said I was going to follow what my coaches say — and I totally will, I promise — but right now I need to kick-start some muscle growth and weight gain. I'm still hovering around 180 and it's starting to piss me off.

So instead of doing my traditional low calorie day, I'm making today an honorary high-carb-get-shit-done-and-add-some-freaking-mass day.

That means more bread, more protein, more everything. (And after looking at the color of my pee yesterday, more water.)

It also means more bowel movements. Oh well. Sacrifices have to be made.

It's time to get big.



A typical weight gain dinner.


OTHER HIGHLIGHTS FROM DAY 18

- Eating every meal with enthusiasm and setting record times. Check it out: breakfast (22 minutes), lunch (50 minutes), dinner (37 minutes).

DAY 19

RIDING THE ROLLERCOASTER

DAY	WEIGHT	NUTRITION	TRAINING
19	183.2	High Calorie	Upper Body Hypertrophy



That did it.

Yesterday's extra high calorie day was the jolt I needed to break the 180-pound barrier and I'm feeling relieved. Man, a couple days ago I didn't think I'd ever make it to 190 pounds. Today I'm optimistic.

What a fucking roller-coaster. And I'm just a little over halfway done.

And here's the scary part: After I gain all this weight, I'm gonna have to lose it all even faster.

OTHER HIGHLIGHTS FROM DAY 19

- playing the video game Buck Hunter and drinking a couple beers with Richelle at a shitty little dive bar. Best. Girlfriend. Ever. I need to take her out for a nice dinner after this is all over.
- getting a crazy pump during my upper body workout today and catching a glimpse of myself in the mirror while doing biceps curls. Feeling large and in charge. (Also feeling stupid for writing that.)

DAY 20

DOG FOOD AND TOOTHPICKS

DAY	WEIGHT	NUTRITION	TRAINING
20	183.4	High Calorie	Lower Body Strength

Today I get a flurry of text messages from Martin.

How'd it go today, Nate? Eat big, train hard!

I send him a photo of me giving a thumbs-up.

Everyone needs a push. Now you are part of my responsibility. That is what a good coach does. Also, you're looking skinny. Keep eating!!!

When I get home, I send him a photo of my lunch.

What is that? Two sweet potatoes, dog food and toothpicks? Eat big! Don't forget to imagine the changes happening. Think big. Act the way you want to become and you become what you act!

Whoa. I kinda like that.

I can see why UFC's Jim and Dan Miller want Martin in their corner during a big fight; he's so motivating and passionate your energy instantly rises to meet his.

In fact, if I had a negative thought in my body, Martin's good-natured ball-busting burned it right out.

But dog food and toothpicks? C'mon now. That's a lot of food.



Dog food and toothpicks?

OTHER HIGHLIGHTS FROM DAY 20

- loading three 45-pound plates on each side of the bar for my squats. It's the first time in a while where I've really pushed myself on these. There's a kind of smug satisfaction that comes with putting three plates on the bar. If you've done it, you know exactly what I'm talking about.

DAY 21

NOTE TO FUTURE ME

DAY	WEIGHT	NUTRITION	TRAINING
21	184.2	Fast	Off, Recovery



This morning I tried something different, something I haven't done this entire experiment: I slept in on purpose. I've been waking up at 6:30 AM. Today I didn't get out of bed till 10:00 AM.

It's Sunday after all, and I don't really have a lot going on today. And I'm sure my body and brain enjoyed the sleep. (I know my brain did because I had some crazy-ass dreams about mansions and chainsaws and flea-markets. What the hell does that mean?)

But the real reason I slept in was to reduce the amount of hours I have left until I can eat again. The less time I'm fully conscious and aware of my stomach grumbling, the better.

I'm not finding fasting incredibly difficult, but let's not lie here: Going 24 hours without food is very uncomfortable. It's annoying. It's like my body knows I'm doing something I'm not supposed to do.

Listen, dude, you know you can die if you do this for another week or two, right? So, uh, how about some food?

But there is one huge bright spot for me: I have a lot of free time.

(Actually, there are two bright spots: my fast days, as you already know, are helping me stay lean throughout my this weight gaining phase.)

But having a lot of time is only something that's good in theory. As anyone who's watched *The Price Is Right* four times in a row or spent an hour on YouTube screwing around can tell you, free time doesn't necessarily translate to productive time.

In fact, too much time can become poisonous.

So on my fast days I've been trying to be more productive, but not in the way you may think. I don't work on website stuff or other projects. I don't work on business.

Instead, I work on me.

**STOP WASTING TIME
ON STUPID SHIT AND
GO DO SOMETHING FUN
AND MEANINGFUL.**

I read books and volunteer. I go for walks and call friends and family to catch up. I spend time with Richelle. I drink gourmet coffee and tea and watch documentaries.

I do all the stuff I always struggle to find time to do.

During the week days I tell myself I'm too busy. I overestimate how much work I really have, and how long it'll take. I convince myself that calling my friends or family to catch up will take forever and that I should just put it off till later.

But that's all bullshit and I know it.

I also know that when this is all over and I go back to my normal routine I'll try to fill my days with unimportant work and other time wasters again. I'll convince myself I don't have the time to slow down.

So I guess I'll have to read this and remind myself how misguided that really is.

(Hey, Future Nate: Stop wasting time on stupid shit and go do something fun and meaningful. Also, did you ever find your wallet? I lost it a couple days ago.)

That should do it.


OTHER HIGHLIGHTS FROM DAY 21

- admiring myself in the mirror and generally being vain. With no food in me, my abs are looking ripped.

DAY 22

8 POUNDS TO GO

DAY	WEIGHT	NUTRITION	TRAINING
22	182.2	High Calorie	Upper Body Strength



Although I'm not counting calories for this experiment.

But I still have a general idea of how many I'm eating. For instance, the toast in my breakfast. Each piece of bread is 120 calories.

At least, it used to be.

Yesterday I bought a new kind of bread without looking at the calories in the store. But this morning I read the Nutrition Info and saw that each piece of bread has only 80 calories.

Which means instead of eating four pieces of toast on my high calorie days, I now need to eat six pieces. Of course, I know it's the same amount of calories either way. But there's something disconcerting about seeing an extra two pieces of toast on my plate.

It just look like a lot more food.

Speaking of more food, today JB increased the size of meals, too.

This is the final week of the weight-gain phase and we need to push it with everything we have, he said.

(Notice how JB uses the pronoun "we" here. Even though I'm shoveling ungodly amounts of food down my throat, we're still a team. Which is nice.)

So I just did a quick calculation and figured out the food changes from Week 3 to Week 4.

THIS WEEK, ON MY HIGH CALORIE DAYS, I'LL ADD:

- 1 banana
- 1 chocolate square
- 2 tbsp nut butter
- 2 tbsp heavy cream
(for the Super Shake)
- 1 scoop protein
(for the Super Shake)
- 1 scoop Purple Wraath
- 1 scoop Universal Torrent

**WHEN WHAT YOU'RE
DOING STOPS
WORKING, ADD MORE
FOOD AND ADJUST
YOUR TRAINING.**

(Have I mentioned how ridiculous supplement names are?)

AND ON MY LOW CALORIE DAYS, I'LL ADD:

- 1 banana
- 1 chocolate square
- 1 tbsp nut butter
- 2 oz coconut milk
(for the Super Shake)
- 1 scoop protein
(for the Super Shake)
- 1 tbsp chocolate
(for the Super Shake)
- 1 tbsp nut butter
(for the Super Shake)

Seemingly small changes that will (hopefully) make a big impact on how much weight I gain this week.

I'm ready to rock and roll.


OTHER HIGHLIGHTS FROM DAY 22

- Switching to lat pull-downs after I could only get 2 sets of 8 reps on chin-ups.

DAY 23

ARE THESE SPRINTS GETTING EASIER?

DAY	WEIGHT	NUTRITION	TRAINING
23	184.4	Low Calorie	Hurricane Sprint



I'd like to say the Hurricane sprints are getting easier, but I don't want to lie to you.

They're still hard as shit.

But I am in better shape. Way better shape than I was 3 weeks ago.

Even though the sprints leave me breathless and cursing the day Martin Rooney was born, they don't wipe me out nearly as much as they used to. Now, instead of lying next to the treadmill, I simply kneel next to it.

I consider that a win.

But after this experiment I can tell you that except for rare cases, I probably won't run sprints at this intensity ever again. And I certainly won't jump off the treadmill after each sprint and do pushups or abs or whatever.

Does that make me a wuss? Maybe.

But that's OK. I'm fine with that. I'm just trying to gain some weight and get in wicked shape for an experiment.

I'll gladly leave the crazy cardio to MMA fighters and other guys who need it for their job.

OTHER HIGHLIGHTS FROM DAY 23

- Having my friend Kyle run the sprints on the treadmill next to me, a look of pure desperation and exhaustion in his face. That was my confirmation that these sprints are indeed ridiculously difficult.

DAY 24

MY POOR STOMACH

DAY	WEIGHT	NUTRITION	TRAINING
24	186.3	Low Calorie	Off, Recovery

We're in the final stretch.

The extra calories for this week are wreaking havoc on my intestines. Just when I was getting used to all the food, I'm now making my way back to the bathroom, pausing to lean against the wall to clutch my stomach and whisper a quiet, desperate incantation: *fuck. fuck. fuck.*

My body hates me right now. It's trying to tear me apart from the inside.

Four days left.



Monster bloat. And no, I'm not pushing my stomach out on purpose.

OTHER HIGHLIGHTS FROM DAY 24

- Not feeling so run down after my day of sprints. Another sign I'm getting in better shape.

DAY 25

HONORARY HIGH CALORIE DAY (REPRISE)

DAY	WEIGHT	NUTRITION	TRAINING
25	187.7	High Calorie	Lower Body Strength

Today is supposed to be a Hurricane day.

You know, with tire flips and kettlebell swings and the like, but since I'm testing on Sunday I've altered my workout schedule a little.

Instead, today I'm gonna do my lower body workout of squats and deadlifts and take Saturday off so I can rest up and be fresh for the tests.

I'm also making today another honorary high-carb day. I only have three more days to make it to 190 and I'm so close. I need to do everything I can to make it.

Maybe I won't poop for the next few days and see if that helps.

(Kidding.)

Three days left.



What 1.5 pounds of grass-fed steak looks like.

OTHER HIGHLIGHTS FROM DAY 25

- Discovering it's easier to eat 1.5 pounds of steak than any other kind of meat. I have no idea why that is, but I wish I would have figured that out a few weeks ago.

DAY 26

THE CHECKLIST

DAY	WEIGHT	NUTRITION	TRAINING
26	188.5	High Calorie	Upper Body Hypertrophy

Let's run down the list:

Food? Check.

Workout? Check.

Bloat? Check.

Panic that I won't hit 190? Check.

Two days left before weigh-in. Motherfucker.

I swear to god I'll drink shots of straight-up olive oil if it'll help me make weight.


OTHER HIGHLIGHTS FROM DAY 26

- Trying to force-feed myself extra tablespoons of peanut butter in between meals. Ugh.

DAY 27

“MAKE THAT POUND!”

DAY	WEIGHT	NUTRITION	TRAINING
27	189.2	High Calorie	Off, Recovery



This morning I get a text from Martin, who, coincidentally, is at a seminar with JB.

I'm here with JB right now. You better be eating big. I heard one pound to go!!!!

I write back: *It's getting close. It'll be 20 pounds in 28 days if we pull it off.*

A few seconds later, my phone pings with another text from Martin.

No IF Nate, it is WHEN!! I don't care what you have to do, MAKE THAT POUND!

Am I really gonna make this? Or is my body gonna stop at 189.9?

Come on, come on, come on.

OTHER HIGHLIGHTS FROM DAY 27

- Eating a shit-ton of food and lounging around on the couch all day. I don't want to burn any more calories than I need to.

DAY 28

SUCCESS! NOW FOR THE HARD PART

DAY	WEIGHT	NUTRITION	TRAINING
28	190.2	Dehydration protocol	Testing

Hell. Yes.

A few minutes ago I officially weighed in at 190.2 pounds. That's means I've gained 20.6 pounds in the last 28 days.

I text Martin and JB and let them know.

JB responds first.

Nice work man. Now the real work begins. I'll be on call to help.

A text from Martin pings in a minute later.

Congrats, Nate. I'm proud of you. You've done well, young Jedi. But starting next week we're gonna see what you're really made of.

I've only been awake for 30 minutes and I've already been both elated at my success and apprehensive about next week and the extreme weight loss portion of the experiment.

The roller coaster continues.

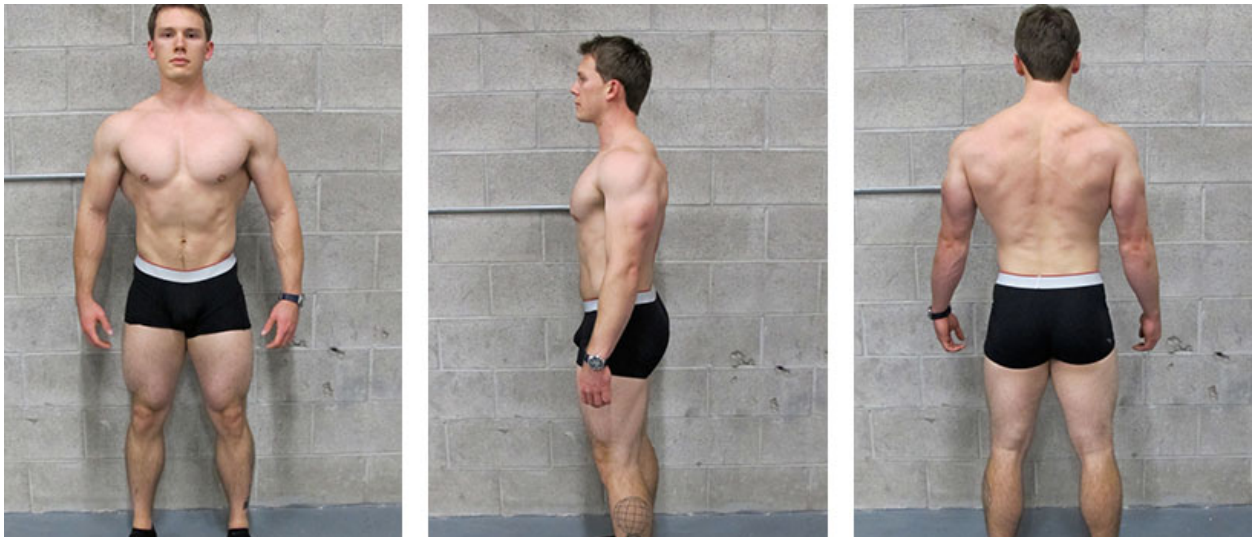
But right now, I gotta go to the gym and test. I wonder what my numbers will be.

OK, so I just got back from the gym.

And I'm feeling pretty good about everything. Check it out:



	DAY 0	DAY 28	DAY 33	DAY 34
Weight	169.6	190.2		
Girth Measurements				
Neck	15.25	15.38		
Shoulder	48	49.25		
Chest	41.5	44		
Upper Arm	14.75	16		
Waist	31.5	32.25		
Hip	38	39.5		
Thigh	23.13	24.25		
Calf	15.5	15.38		
Body Fat Measurements				
Mid-Ax	2.8	3.8		
Cheek	2.8	5.7		
Chest	2.8	4.7		
Ab	7.6	3.8		
Subscap	5.7	7.6		
Triceps	2.8	3.8		
Suprailiac	2.8	4.7		
Knee	5.7	2.8		
Hamstring	3.8	4.7		
Calf	9.5	6.7		
Body Fat (%)	3.03 (probably ~6)	4.1 (probably ~7)		
Vertical Jump				
Jump 1	25"	31"		
Jump 2	29"	32"		
Jump 3	30"	32"		
Average	28"	31.7"		
225 lb Bench Press				
Reps	8	15		
Deadlift				
One-Rep Max (lbs)	405	475		
V-Max				
Speed (mph)	8	8		
Incline (%)	8	6		
Duration (min)	9:32	7:38		
T-Max				
Duration (min)	3:11	3:14		



Day 28 (after gaining 20 lbs) — 190.2 lbs

I expected some of the changes — namely the increase in strength — but others surprised me.

GIRTH MEASUREMENTS

Expected: I was confident every part of my body would increase in size, and for the most part, that was true.

Surprised: My calf measurements actually went down. I believe it was the fat loss from doing the horrible Hurricane sprint days.

BODY FAT PERCENTAGE

Expected: I expected my overall body fat to go increase and all of the tested sites to increase as well. Most did.

Surprised: While most of my individual sites did in fact increase, there were a few that went down (ab, knee, calf). Those were three of the places that had the highest body-fat percentage on the initial Day 0 test. Another surprise was that while my total body fat percentage increased, it didn't go up a whole hell of a lot.

STRENGTH/POWER/MUSCLE ENDURANCE TESTS

Expected: I expected to improve my performance dramatically in all three of my non-endurance tests (vertical jump, 225-bench, max deadlift).

Surprised: No surprises here. Super-stoked on my numbers.

VMAX AND TMAX

Expected: I wasn't too sure to expect here, honestly. I felt like I was in better shape than on Day 0, but I didn't know if my short duration Hurricane sprint training (25 second sprints) would translate to better endurance.

Surprised: What surprised me about both the VMax and the TMax was that I actually felt like I had more endurance. If it were up to my lungs, I could have gone longer for sure.

But the weak link was my legs. After gaining 20 pounds in 28 days, the pressure on my joints while running got to be intense. I felt like I had cement bricks on my feet instead of shoes. I felt like my shins were being ripped in half.

BIGGER SMALLER BIGGER: How to Gain 20 Lbs in 28 Days, Lose 20 lbs in 5 Days, And Gain it All Back Overnight.

So yeah, not so good on the sprint test. (I wonder if my numbers would have been different if we did a cycling test on the bike instead of the treadmill?)

Oh, and the only reason I increased my TMax by three seconds is because I was so pissed at my VMax time I had Kyle yell at me to stay on the treadmill long enough to beat my previous TMax record.

Which is kind of like cheating, but also kind of not.

Now the next part of the experiment begins. In fact, it officially began today.

In fact, it officially began today.

My diet has already radically changed — from crazy high-carb meals to absolutely no starchy carbs, fruit, or sugar.

Plus my concern about dehydration and yellow pee is a non-issue, at least for the few days, as I'm guzzling upward of 2 gallons of water.

But of course, that will change in just a matter of days as I slowly and deliberately start to dehydrate myself.

I'm still trying to wrap my head around the fact I just spent 28 days trying to gain as much mass as humanly possible. And now I'm gonna lose it all in a matter of days.

If JB and Martin are right — that gaining mass was the easy part — I wonder what's in store for me this week.

DAY 29

MY MOM THINKS THIS IS DUMB

DAY	WEIGHT	NUTRITION	TRAINING
29	187.1	Dehydration protocol	Off, Recovery

Ready for some math?

Yesterday morning I weighed 190.2 pounds. At 8:00 PM I weighed 193.2 pounds.

Today is Monday morning and I weigh 187.2. By Friday at 5:00 PM — 4 days from now — I will have to weigh 170 pounds or less.

That means I need to lose at least 17.2 pounds in roughly 96 hours.

That thought alone is crazy to me. It also seems crazy to my mom who I spoke with earlier.

You better stop this stupid shit before you hurt yourself, she said. It's a dumb experiment.

She's right. It is dumb. But it's also kind of cool.

And if we forget about the last 28 days of weight gain, what I'm doing now — while crazy — is something hundreds, maybe thousands of fighters, wrestlers, and even horse jockeys do every year.

They cut weight.

Of course there are a bunch of dumb ways to do it. (Riding a bike in a sauna while wearing a trash bag comes to mind.) And unfortunately, most guys who try to cut weight try all the dumb and dangerous ways and end up either hurting themselves or losing too much muscle, power, and endurance come fight night.

But with JB as my guide — and the specific cutting protocol used by Georges St. Pierre himself — I know I'm in good hands.



Right now I'm drinking one of these a day.

Which doesn't mean it'll be easy, of course. It may even be a little challenging.

But so far not much has happened. I don't feel very different. In fact, this doesn't seem that hard at all.

Sure, I'm not eating nearly as much. And I can't have fruit, sugar, or salt.

But that's OK. I'm already looking leaner in the mirror.

I think JB and Martin were just trying to scare me with the whole, "Let's see what you're made of" kind of talk.

This is gonna be a breeze.

OTHER HIGHLIGHTS FROM DAY 29

- Having a ton of free time to get my work done. With only three easy meals to eat, I'm not spending a lot of time cooking or eating, which is awesome.
- Going to the bathroom 13 times to pee. (Yep, I counted.) That's what happens when you drink a gallon of water.

KNOWLEDGE BOMB!

The Weight Cutting Plan Explained

MMA fighters and wrestlers have to cut weight before every fight. The goal is to drop down to a lower weight-class, say 170 pounds, weigh in the night before the fight, then super-hydrate back up to their real weight of, say, 185 pounds.

Sneaky, right?

Well, when it comes to cutting weight you can either do it two ways: the smart way or the stupid way.

The stupid way is to starve yourself, take a lot of diuretics, not drink any water, and wear trash bags while exercising, sometimes in a sauna. This leads to fast weight loss, sure. It also leads to fast muscle loss, decreased energy and power, and one bad temper. Most guys underperform when they cut weight this way. Some guys have even died doing this.

The smart way involves carbohydrate, water, and sodium manipulation that can help you shed excess water weight, maintain most of your muscle, and ensure you can re-hydrate back up. With this strategy you get to eat plenty of food throughout the cut. Instead of increasing exercise, you taper off so that you're fully recovered for fight time.

I decided to pick the smart way.

CARBS BELOW 50 GRAMS AND NO FRUIT OR STARCH

This helps deplete muscle glycogen levels and flush water. One gram of carbohydrate pulls 2.7 grams of water into the muscle, which is why we minimize them.

Unlimited protein and fat in three meals

BECAUSE I GOTTA EAT SOMETHING.

This is the perfect opportunity to load up on the protein and fat (like lean and fatty meats) and also leafy vegetables (like spinach) and cruciferous vegetables (like broccoli and cauliflower).

DELIBERATELY CYCLING THE AMOUNT OF WATER I DRINK

You don't lose weight by not drinking water, at least not at first. Instead, you have to put your body into flushing mode by drinking lots of water (which will down-regulate aldosterone, a hormone that acts to conserve sodium and secrete potassium), which makes you pee like crazy.

Then, when you cut water intake suddenly at the end, you pee out a lot more than you're taking in. Voila, rapid weight loss.

That's why I started with 2 gallons of water per day and will continue to taper down until I'm barely drinking anything. (Sounds like fun, huh?)

NO SALT

Since the body likes to hold on to sodium (which will hold on to water), dropping salt will help my body flush water.

DIURETICS

This step isn't always necessary, but it can help when you're getting down to the wire and still need to lose water. We opt for a natural diuretic like H2OLean or dandelion root, if necessary.

EXERCISE

Now that I'm purposefully dehydrating myself, I'm in no position to gain muscle or get any stronger or more powerful. Plus I've gotta be recovered for my post-testing, just like MMA athletes have to be recovered for their fights. That's why I'm gonna do some easy bodyweight workouts and other light exercises in the gym. If I go at all.

HOT WATER IMMERSION

We sweat a lot in hot environments. However, we sweat the most in hot, humid environments. Since hot water offers both heat, and 100% humidity, you can lose water quickly.

SAUNA

The "finishing touch" to flush the last few pounds of water.

DAY 30

SALT AND TASTELESS FISH

DAY	WEIGHT	NUTRITION	TRAINING
30	182	Dehydration protocol	Bodyweight Workout



The only thing that's been tough about this phase so far is that I can't salt my food.

It's a basic human taste and one I miss, even though it's only been three days since I've had it.

According to Wikipedia, "salt created and destroyed empires" and has "been a major factor in the outcomes of wars."

I don't want to incite a war or destroy an empire but I would like to make my fish taste better.

Still, there are a ton of good non-salt seasonings out there. (My favorite right now is a citrus blend.) So all in all, I'm doing OK.

On the training front, my workouts this week are a joke.

JB and Martin both suggested I go to the gym when I feel like it and do some light weight-lifting or cycling on the stationary bike. But I'm not obligated or even encouraged to do much more.

On a week like this, when I'm purposefully dehydrating myself, the last thing I need to do is pull a muscle or otherwise injure myself.

So this morning I went in and did a body-weight workout with lunges, push-ups, and chin-ups that only took 20 minutes from start to finish. It was cake.

Other than that, there's not much to report. I am noticing I'm a little tired throughout the day. I don't feel like I need a nap or anything, but sometimes I have a hard time focusing.

I still have 12 pounds to lose and only a few more days to do it in. I'm not nervous, but I'm also wondering if I'll really be able to drop it all in time.

I have a suspicion that this stuff is about to become a lot harder.

OTHER HIGHLIGHTS FROM DAY 30

- Taking photos of my meals and laughing at how small they look.
- Rejoicing over the fact that today isn't a Hurricane sprint day.

DAY 31

RED, NAKED, AND SPREAD-EAGLE ON THE FLOOR

DAY	WEIGHT	NUTRITION	TRAINING
31	179	Dehydration protocol	Nothing

I'm lying on my living room floor — bright red, naked, spread-eagle, and soaking wet.

And for the second time in the past few weeks my entire body feels like one giant heartbeat. My eyes roll back in my head as a gentle breeze comes in through the open window.

I just did my first hot-water immersion bath — aka 10 minutes of torture — and I was so hot, I didn't even want to towel off. I had to get the hell out of the bathroom. So I stumbled into the living room, dripping water everywhere, and nearly face-planted on the floor.

Are you OK? asks Richelle.

I turn my head slowly and look at her. She's sitting on the couch reading a book.

I'm just gonna lie here for a while, I mumble.

I generally enjoy baths, especially hot ones, but this one was different. My apartment's water apparently doesn't get as hot as JB wants — “hot enough to cause moderate pain but not burn your hand” — so I filled two pots and a kettle with water, put them on a stove until they were boiling, then poured them into the bath along with some Epsom salt.

It took a full minute just to work up the courage to dunk my balls in and 5 minutes to fully submerge myself.

After that, I counted every second until I could get out.

It sounds ridiculous, but that 10 minutes in the tub — especially with only drinking a 1/2 gallon of water for the entire day — was one of the most uncomfortable things I've ever done. Maybe even worse than Hurricane Sprints.

I'm so light-headed right now.



The purpose of the baths, JB tells me, is to sweat out water. Which seemed to work.

Before I got in I weighed 180.2 pounds. Before I stumbled into the living room, I stepped on the scale and weighed in at 179.4, which seems like a small return for the shit I just went through.

There's got to be an easier, less painful way to lose weight quickly.

Perhaps I could saw off my left arm.

OTHER HIGHLIGHTS FROM DAY 31

- Switching to a shot of espresso instead of drip coffee in the morning. With only half a gallon of water allowed, I have to conserve every bit.
- Getting a text message from JB that said: You'll probably lose another 3 pounds by tomorrow. Then there will be the push to drop six pounds on Thursday and Friday. Smooth sailing. If I only lost one pound in the bath, how the hell am I supposed to lose 9 more?

DAY 32

SWEATING MY LIFE AWAY DROP BY DROP

DAY	WEIGHT	NUTRITION	TRAINING
32	177.6	Dehydration protocol	20 min. on bike



I was so naive. So stupid.

I really thought this was going to be easy. I thought the hard part was gaining all the weight.

Sunday, Monday, Tuesday, Wednesday. Aside from the immersion bath, they were all fine.

But now I'm in holy-fuck-I'm-gonna-die mode.

I just spent 30 continuous minutes in a dry sauna, sweating out my precious water — 3 pounds in total — watching it run down my skin and knowing I wasn't going to be able to replenish any of it when I got out.

And the water fountain outside of the sauna — oh my god, it was better than sex. I let the cold water hit my lips and cheeks, but I couldn't drink any of it. Not a drop. I had no idea you could get blue balls from a water fountain.

I'm down to one liter of water for the day — that's 4 measly cups of liquid — and I'm officially freaking out.

Well, not quite. Perhaps if I had more energy I'd freak out.

Instead, I'm like a zombie, ambling around the house. I can't read or do any actual work — I'm way too tired for that shit — so I just sit on the couch in a hooded sweatshirt and watch TV till Richelle comes home.

Hey! I'm home! she says when she walks in the front door at 5:30 PM.

I don't reply.

She comes into the living room and sees me packed into the corner of the couch.

How you doing?

I look at her but don't say anything.



I hate everything.

That bad, huh?

I shrug my shoulders.

I'm worried about you. But it's none of my business. I'll just be glad when this is all over and you're back to normal.

I shrug my shoulders again and hold out my hand for her to come join me on the couch.

Later, I watch her make dinner for herself while I eat a ridiculously small amount of ground beef and a cabbage salad.

I maybe say 50 words the entire evening.

My official weigh-in is tomorrow at 5:00 PM and I need to be 170 lb or below. Right now — at 8:00 PM — I weigh 175.2 pounds.

Fuck my life.



My pathetic excuse for a meal.

OTHER HIGHLIGHTS FROM DAY 32

- Sending a text to Martin this morning that said 7 pounds to go and him replying, That's just two sauna sessions and some balls away, son.

KNOWLEDGE BOMB!

Don't Worry, This Is Normal

JB always does this thing. Whenever someone's freaking out – about work, about training, about life – he asks them a few questions about their experience, pauses, then says, Don't worry, this is completely normal. He then goes on to give some advice on how to cope.

So, when I tell him about my suffering, JB tells me this is how I'm supposed to feel.

Actually, he tells me, it's going to get a little worse before it gets better.

I remember flying to Las Vegas for a bodybuilding contest, he says. Dehydrated for the show, I was stumbling around, dragging my carry-on luggage over people's toes and knocking over small children. I remember not knowing where I was and not feeling strong enough to pull my wheeled luggage through the airport. I even tried to get on the wrong plane.

Dehydration is a bitch.

When we lose so much body water, we also lose electrolytes like sodium and potassium. These are essential for cell communication and function. That's one reason our brains, nervous systems, and muscles stop working right when we cut weight. Just getting up off the couch feels like a max rep squat.

But there's also the water part. When body water drops, so does our blood volume. Our blood is over 90% water. With less blood volume, our hearts have to work hard for normal circulation and to pump oxygen to where it's needed. Forget endurance; walking to the toilet feels like a half marathon.

Really, though, dehydration is no joke.

Dehydrate yourself by 1% and you experience temporary strain on your heart and a short-term drop in aerobic endurance.

Dehydrate yourself by 5% and you experience reduced muscle endurance, strength, and motor skills. This is also when heat cramps, heat exhaustion, fatigue, and reduced mental capacity kick in.

Dehydrate yourself by 10% of body weight you experience physical exhaustion, heatstroke, and hallucinations.

And, according to the textbooks, if you go any much further than this, and the dehydration is prolonged, you risk slipping into a coma and death.

If I make weight this week, I'll have dehydrated myself by 10.5%. A little nervous would be an understatement.

I'm just happy to have JB and Martin in my corner. And, if it gets real bad, a big glass of water is just 10 steps away.

DAY 33

I LOOK DEAD

DAY	WEIGHT	NUTRITION	TRAINING
33	173 (8 am) 169.7 (5 pm) 179 (9:30 pm)	Dehydration/Reconstruction	Testing



- 8:00 AM -

I slept like shit last night.

I woke up twice – once at midnight and once at 4:00 AM – to my stomach growling. Normally, I keep a glass of water on a small table next to me bed. Not last night.

But I fumbled around for a glass anyway and ended up knocking over my lamp, which woke Richelle up too. Might as well make another person suffer through this stuff with me, right?

I ended up falling back asleep but, despite my intent to sleep, in I woke up again at 7:00 AM and couldn't turn back off.

So here I am, at 8:00 AM, writing while Richelle sleeps.

The good news? Despite my sleepless night, I'm close to my goal of losing 20 pounds in 5 days. This morning I weighed in at 173 and sent both Martin and JB a text letting them know.

JB hit me up first.

Sweet, one more sauna should do it. Stay light!

Then Martin's text came through.

You are there. Stay strong. Remember, THIS TOO SHALL PASS. Do your sauna close to 4 so you won't suffer much.

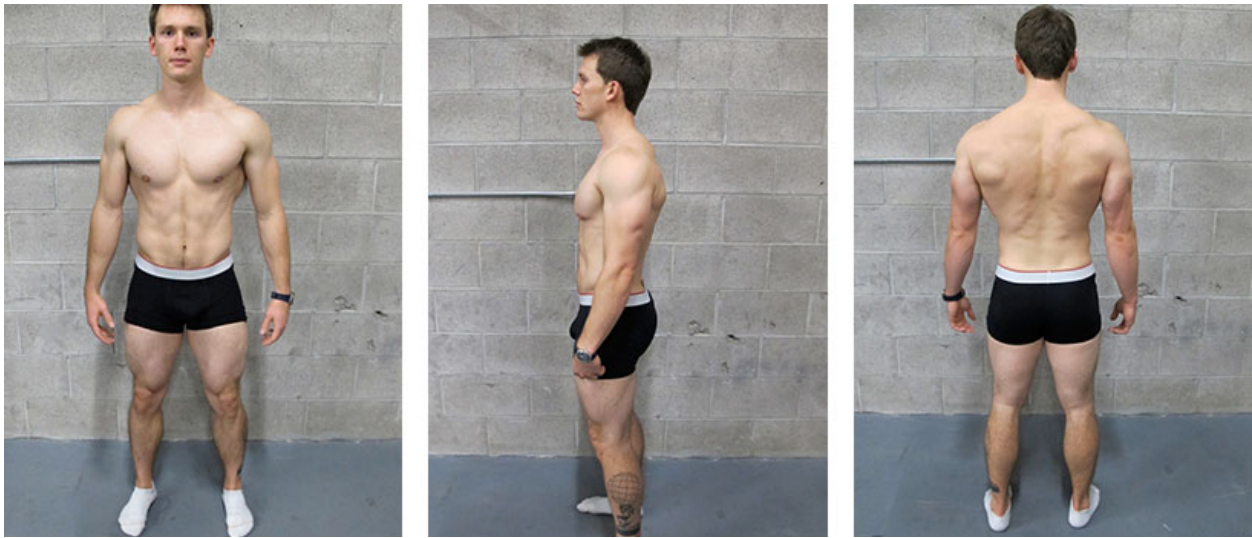
That's good advice.

So if it's 8:00 AM right now and I need to do the sauna at 4:00 and weigh in at 5:00... I have eight hours to do absolutely nothing.

And considering how much energy I have, that's exactly what I'm going to do. Nothing.

Time to cue up some movies, throw on my hoodie, and sit here feeling horrible till I go sweat out these last few pounds.

170 here I come.



Day 33 (after depletion) — 169.7 lbs

- 5:05 PM -

WEIGHT: 169.7

Well, I made it. After another 30 minutes in the sauna, I'm officially back to where I started four weeks ago. And I feel like absolute dog shit. I look very, very sick. Like, cancer sick. My face is all drawn and tight and I have no color in my skin. I've had maybe four small sips of water the entire day.

And now I have to go run, jump, and lift stuff.

I'm an injury waiting to happen right now. I'm going to be decapitated by a barbell. I'm going to fly off the treadmill and fracture my hip like an 80-year old. I can feel it.

When most fighters, like MMA athletes, cut weight before their fight, they only do it for their weigh-ins. They don't do any physical activity — especially strenuous activity — until a few hours later or even the next day when they're fully re-hydrated. That would be incredibly stupid.

Well, guess who's stupid?

I have no idea how my tests are gonna go. I predict there will be a significant decrease in performance.

But anyone with a brain could have told you that.

- 9:30 PM -

WEIGHT: 179 POUNDS

I've gained 9 pounds in the past 3 hours thanks to my re-hydration protocol and a huge dinner.

But first, let me tell you about the "dehydrated" testing.

In one word: pathetic.

	DAY 0	DAY 28	DAY 33	DAY 34
Weight	169.6	190.2	169.7	
Girth Measurements				
Neck	15.25	15.38	14.38	
Shoulder	48	49.25	47.75	
Chest	41.5	44	43.25	
Upper Arm	14.75	16	15.13	
Waist	31.5	32.25	31	
Hip	38	39.5	38	
Thigh	23.13	24.25	23.5	
Calf	15.5	15.38	15	
Body Fat Measurements				
Mid-Ax	2.8	3.8	2.8	
Cheek	2.8	5.7	5.7	
Chest	2.8	4.7	1.9	
Ab	7.6	3.8	6.7	
Subscap	5.7	7.6	5.7	
Triceps	2.8	3.8	2.8	
Suprailiac	2.8	4.7	4.7	
Knee	5.7	2.8	3.8	
Hamstring	3.8	4.7	2.8	
Calf	9.5	6.7	7.6	
Body Fat (%)	3.03 (probably ~6)	4.1 (probably ~7)	3.2 (probably ~6)	
Vertical Jump				
Jump 1	25"	31"	26"	
Jump 2	29"	32"	29"	
Jump 3	30"	32"	28"	
Average	28"	31.7"	27.6"	
225 lb Bench Press				
Reps	8	15	5	
Deadlift				
One-Rep Max (lbs)	405	475	N/A	
V-Max				
Speed (mph)	8	8	8	
Incline (%)	8	6	3	
Duration (min)	9:32	7:38	4:15	
T-Max				
Duration (min)	3:11	3:14	1:28	

Not only were all of my stats worse than last week, they were all worse than four weeks ago when I first started this experiment.

While I didn't decapitate myself with a barbell, my 5 reps on the bench press were sloppy and slow. I felt like the bar was pushing me down into the bench. I'm actually surprised I even got 5 reps.

My vertical jump didn't suffer too much, though it was still a few inches less than what I got 5 days ago.

And I didn't even pull a max deadlift for fear of my spine shooting out of my skin. I did my warm-up sets and got up to about 225 pounds before I called it off. I'm just not willing to seriously hurt myself for one measly number. But if I had to guess, I'd say I may have been able to pull 315 pounds. Maybe. But it would have been ugly.

And my sprints? I don't even think you can call them sprints. It was more like awkward drunken heavy-footed lumbering on a treadmill. I'm pretty sure my arms just swung loosely at my sides the entire time. I didn't even last 2 minutes on the T-Max.

When I finished, I walked over to a chair at Gold's gym, sat down, and drank an entire liter of my "special rehydration beverage".

It was delicious. In fact, I'm still drinking it.

One liter for every hour I'm awake, actually. Which is a ton of water.

This is definitely a lesson in extremes.

It's like wandering around a desert without only a little bit of water that eventually runs dry. And then you find a lake and you're overjoyed. But then, instead of enjoying it, you're forced to drink the entire lake.

OK, that's a bit melodramatic.

Really, I can't complain much. Being hydrated and peeing every 20 minutes isn't nearly as bad as being dehydrated and wasting away on the couch.

After my "dehydrated" test, JB also suggested I eat as much food as I wanted in one meal.

So I went out to my favorite restaurant with Richelle and ordered a pizza, roast chicken, a salad, pumpkin fritters, and two beers. It was incredible.

I test again tomorrow at 6:00 PM, fully hydrated and hopefully with a bit more energy than today.

But right now I'm gonna go piss.

The experiment is almost over and that makes me very, very happy.



KNOWLEDGE BOMB!

The Reconstruction

Now it's time to hydrate back up to a normal weight. Here's how.

1 LITER OF "RECONSTRUCTION DRINK" EVERY HOUR I'M AWAKE.

On average, the body can absorb only about 1 liter (2.2 lbs) of fluid an hour. So we cap our water intake at 1 liter per hour. About 25% of that will be lost as urine. (Although it feels like much more.) And, by the final weigh-in I should be fully rehydrated.

Surge Workout Fuel is a blend of rehydrating carbs and acid buffers that will help speed up the absorption of fluid into my body, increase the amount of water I hold onto, and boost my performance for tomorrow's testing.

AS MANY CARBS AS I WANT.

Now's the time to load up on carbs and pull all the water I'm drinking back into my muscles. It'll also help me feel more human. And look like less of a hospital patient.

SALT

Since sodium helps the body retain water, I'm adding extra salt to my meals.

DAY 34

THE FINAL DAY

DAY	WEIGHT	NUTRITION	TRAINING
34	180 (9 am) 186.6 (5 pm)	Rehydration	Testing

- 9:00 AM -

So I've gained 10 pounds since yesterday at 7:30 PM (when I finished my test) and if I do everything right today, JB expects me to go up another 5 or 6 pounds before my final test at 6PM.

According to JB, Georges St Pierre usually gains 15 -17 pounds back before his fight. So I'm in good company.

I'm still drinking a liter of "special water" every hour, too. Which is funny because instead of being "Cooler Guy" — the guy I talked about earlier who brings his Coleman lunchbox with him everywhere — I'm now "Water Jug Dude". Which is much, much worse.

Water Jug Dude is the guy who brings his own 2-gallon plastic jug of water to the gym and drinks directly out of it. Everyone looks at him and says, "Now that is one hydrated fella! I admire his dedication to living a healthy lifestyle."

No, I'm kidding. No one thinks that at all.

It's more like, *Look at that dude. Is he seriously drinking straight out of a fuckin' milk jug? Doesn't he know they sell bottles of water? Or that he can drink out of a water fountain?*

Since I sat inside most of yesterday, suffering and waiting for my test to start, today I had to get out of the house. So I'm running some errands, eating at restaurants, and working on my laptop at a coffee shop.

And carrying a blue gallon jug of red liquid around with me the entire time.

Anyway, I just polished off a huge breakfast omelet with toast and vegetables. Aside from an unexplained headache, I'm feeling good. Way better than yesterday morning where I would have done anything for a glass of water.

I've got two more meals to eat before my test and a lot more water to drink. So that's my plan for the day.



A hearty breakfast.

- 3:00 PM -

Lunch was a steak salad with a gourmet peanut butter and jelly sandwich on the side. My second lunch was a sandwich, a bowl of soup, and potato chips.

I'm not taking this "eat as much as you want in three meals" recommendation lightly. I also cut off my liter-of-water-per-hour practice and am now sipping water with meals.

In two more hours I'll weigh in. And then the final test at 6:00 PM.

- 5:05 PM -

WEIGHT: 186.6 POUNDS

I've officially gained 16.9 pounds in 24 hours.

That's fucking crazy.

Time to test.



Second lunch. Third lunch.

- 9:00 PM -

I'm done. Finished.

34 days of experimenting, and now I can go back to having a normal life.

The testing was interesting. In fact, the jump in performance was dramatic, especially in the bench press and the TMax and Vmax.

	DAY 0	DAY 28	DAY 33	DAY 34
Weight	169.6	190.2	169.7	186.6
Girth Measurements				
Neck	15.25	15.38	14.38	14.75
Shoulder	48	49.25	47.75	49.25
Chest	41.5	44	43.25	45
Upper Arm	14.75	16	15.13	15.5
Waist	31.5	32.25	31	32.5
Hip	38	39.5	38	38.25
Thigh	23.13	24.25	23.5	24.5
Calf	15.5	15.38	15	16
Body Fat Measurements				
Mid-Ax	2.8	3.8	2.8	2.8
Cheek	2.8	5.7	5.7	5.7
Chest	2.8	4.7	1.9	3.8
Ab	7.6	3.8	6.7	2.8
Subscap	5.7	7.6	5.7	5.7
Triceps	2.8	3.8	2.8	2.8
Suprailiac	2.8	4.7	4.7	3.8
Knee	5.7	2.8	3.8	3.8
Hamstring	3.8	4.7	2.8	2.8
Calf	9.5	6.7	7.6	7.6
Body Fat (%)	3.03 (probably ~6)	4.1 (probably ~7)	3.2 (probably ~6)	3.37 (probably ~6)
Vertical Jump				
Jump 1	25"	31"	26"	28"
Jump 2	29"	32"	29"	29"
Jump 3	30"	32"	28"	30"
Average	28"	31.7"	27.6"	29"
225 lb Bench Press				
Reps	8	15	5	12
Deadlift				
One-Rep Max (lbs)	405	475	N/A	N/A
V-Max				
Speed (mph)	8	8	8	8
Incline (%)	8	6	3	6
Duration (min)	9:32	7:38	4:15	7:09
T-Max				
Duration (min)	3:11	3:14	1:28	3:25

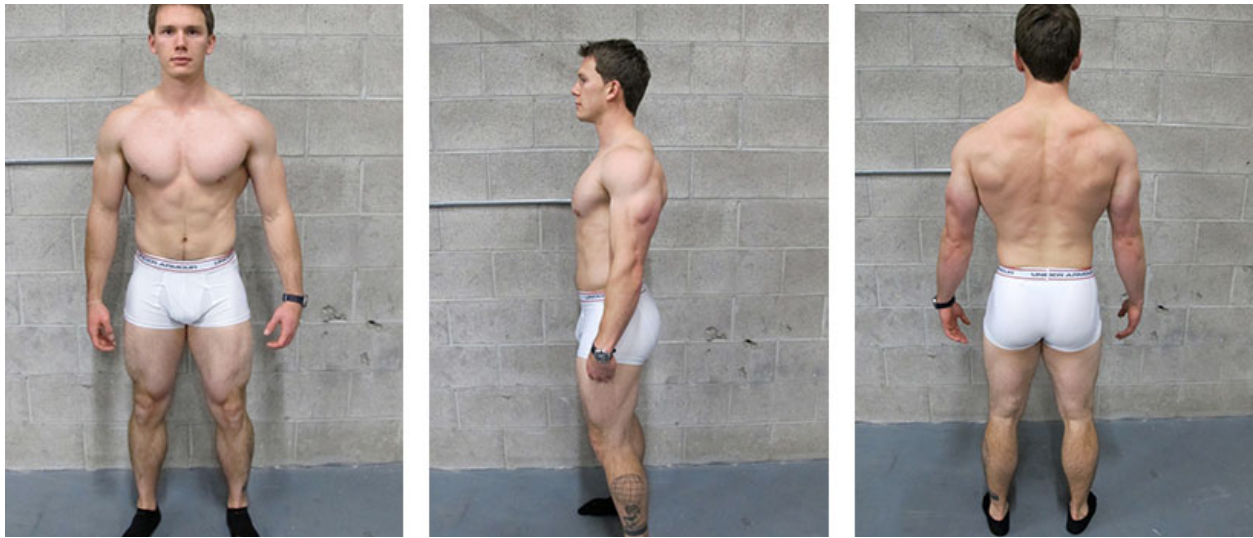
BIGGER SMALLER BIGGER: How to Gain 20 Lbs in 28 Days, Lose 20 lbs in 5 Days, And Gain it All Back Overnight.

After getting a measly 5 reps on the bench yesterday, today was redemption. I got 12 solid reps, not quite as many as I did on Day 28, but more than I did on Day 0. Looks like my new-found strength is here to stay.

My vertical jump was better than yesterday, but not by much.

And I didn't do the deadlift today, either. (I know, I know. It feels like a cop-out. But I just wasn't positive that my body could handle another max deadlift. If you decide to try it, let me know how it goes.)

On my girth measurements, every single site we tested went up, some significantly. It felt like blowing some air into a shriveled balloon.



Day 34 (after rehydration) — 186.6 lbs

The biggest change, though, is in the photos.

I no longer look sick, which is nice. My face and muscles are fuller. I actually look healthy, despite what I've put my body through the 34 days.

If I were an MMA fighter, this would be about the time I'd actually get in the cage and fight. And you know what? I think I'd do OK.

I'd get my ass kicked, of course. I mean, it wouldn't even be close if I was fighting someone who actually knew what they were doing.

But fighting skill and talent aside, I know I'd be strong and athletic, even after dehydrating myself to a ridiculously low weight then hydrating back up gain.

That's pretty cool. And perhaps this protocol is something real fighters would find useful.

11:30 PM

While I didn't rush the test, I was glad to get the hell out of the gym.

After taking a shower and changing clothes, Richelle and I drove to our favorite Thai restaurant to meet up with friends. When my order came — chicken pad thai and a Singha beer — I just sat and looked at it.

My meal had salt, starchy carbs, and sugar, three big no-no's for the dehydration part of my experiment. It was also kind of normal-sized. No doubt I'd have to eat two plates full if I was still in my weight-gain phase.

I looked at Richelle and our friends all gathered around the table, talking, laughing, and enjoying their food.

For the past month, food was simply fuel for me. It was a tool to gain or lose weight. I gorged myself on 2.5 pounds of meat per day, and then went 24 hours without any food at all.

And while I didn't necessarily hate the food during the experiment, I can't say I enjoyed it either. Not like my friends were enjoying this meal, at least.

I picked up my fork, wrapped the noodles around it and took a bite. It was delicious.

And really, it was the perfect setting and the perfect meal to end a challenging, rewarding, crazy-as-shit 34 days.

WHAT I LEARNED. PLUS, A RANT

My crazy weight manipulation experiment taught me a lot about myself.

It gave me an appreciation for self-experimentation. (It also made me never want to cut weight again in my life. Once is enough, thank you.)

Here's some stuff I learned.

THE BODY CAN WITHSTAND SOME WILD STUFF.

I ate as much as I could for 28 days straight. I fasted for a full 24 hours multiple times. I purposefully dehydrated myself and robbed my body of water. I lifted heavy weights and sprinted as fast as I could.

My body stood up to all of that, which is pretty incredible.

But it didn't just lie down and take the punishment. It let me know what it was feeling. My body practiced damage control.

When I first increased my food, it was tough on my gag reflex, my intestines, and my poor unfortunate ass.

But eventually it acclimated. In fact, I started to get hungry between meals on my high carb days.

And when I decreased my water consumption, my energy levels dropped significantly and I didn't want to do much more than lie on the couch. That was my body's way of trying to conserve precious energy.

My body was trying to keep me alive.

My body — and for that matter, your body — is an uber-smart system.

It makes me want to take good care of it for the rest of my life.

So unless I absolutely have to, I won't starve it of food and water for crazy amounts of time or gorge it with unreasonable amounts of food either. Sure, I'll still fast occasionally. And there will be times where I want to gain muscle again, and I'll bump up the calories.

But if my body is gonna take a beating like that and still take care of me, I need to show it some respect and keep it in tip-top shape.

LEARNING HOW TO MANIPULATE YOUR BODY AT WILL IS A GREAT SKILL TO HAVE.

Some guys talk about losing “that last 10 pounds” of fat — or gaining 10 pounds of muscle — their whole lives. And they never figure out how to do it. It's a shame.

I learned how to gain muscle, strength, and power at breakneck speed, without steroids (although I bet they'd be easier). Some guys talk about building muscle for years and never gain a pound of quality weight. I gained 20 pounds in a few short weeks.

I also learned how to drop 20 pounds in no time flat. Sure, I don't recommend dropping weight this way as it's

not healthy or sustainable. But if I needed to cut weight for any reason, I know I can do it. In fact, I remember JB telling me the story of how he helped a prominent TV personality drop 15 pounds in 3 days to get a job as an Olympic commentator. And I think that's pretty cool.

I also learned how MMA fighters can gain muscle during short camps, cut water for weigh-in, and gain it all back so they're fresh for their fight.

I had heard stories of this but never thought I could do it.

Now I know I can.

WHEN YOU HIT A WALL, THE EASIEST THING YOU CAN DO IS QUIT. IT'S ALSO THE HARDEST THING TO DO.

I'm thinking of the Hurricane Sprints here. Those awful Tuesdays. I'm not kidding when I tell you that I wanted to give up after every sprint. In fact, one time I did. I stopped the treadmill and told myself I was through.

But as I powered down the treadmill, my pride got the better of me. The voice in my head came loud and clear.

This isn't who you are. You don't give up on shit.

So I started the treadmill back up and finished my sprints.

And even though I collapsed at the end, tired and breathless, I saw it through. I didn't give up. And that made me feel good and powerful.

The ability to bounce back or stick to something when it gets tough is called resilience. And I sure as hell built a lot of it during this past month.

I think it'll serve me well in other parts of my life and I'm glad I got the opportunity to test myself.

HAVING A COACH IS CRUCIAL TO SUCCESS.

I knew this from working with clients in our S2B coaching program, but this was the first time I got to see it from the other side, as a client.

JB and Martin were amazing.

They kept things super simple for me and took care of all the science and details. I simply showed up and put in the work.

And that's what a good coach does. They hold you accountable. They're around when you need them. They help push you to be better.

In fact, if there's one thing I want to emphasize here it's that no matter what you do, find yourself a coach or a mentor.

Professional athletes have coaches and trainers. Successful entrepreneurs have mentors. We all had teachers and professors growing up.

There's definitely something to it.

I can honestly say I don't think I would have been able to do this on my own. And really, what's the fun in doing something by yourself anyway?

SURROUNDING YOURSELF WITH GOOD PEOPLE MAKES LIFE BETTER.

Along with having a coach or a mentor, you have to find a good support system.

They make you laugh when you're pissed off. They motivate you when you're down and ready to quit.

My girlfriend Richelle was amazing through all of this. (She routinely helped me make my toast in the morning, and wouldn't let me get up from my chair if I hadn't finished it all.)

Even though my mom thought the experiment was stupid, she was still supportive. She still asked how everything was going and let me know she loved me.

My family, my friends, and even the people I talked with at grocery stores and coffee shops were all interested and encouraging.

It's nice to have positive people in your world, people who are genuine, smart, and caring.

It makes a huge difference.

A Final Note From Nate

All right, so here we are. The wrap-up. The part where I talk about how amazing the whole experiment was and then leave you with a couple paragraphs of witty text. That's a lot of pressure, actually.

I really don't even know how to end this. So I guess I'll go on a small rant instead.

Lots of guys start working out to look better. They want to impress girls or attract a mate or instill a little respect into the guys they come in contact with every day. Of course, those are all worthy goals. (I'm guilty of all of them.) And spending time in the gym is a good way to work on yourself.

But building a muscular, athletic body is only half of the puzzle.

The other half, as I see it, is working on building a remarkable life, too. A bigger life. The kind where you call the shots and do what you want. The kind that has meaning. The life you get excited to live every day.

The guys who base their entire identity around the gym often stunt their personal growth by obsessing about growing bigger muscles. They may have a good body or be able to bench press 300 pounds, but they miss out on everything else that's not contained in the four walls of a fitness center.

That sucks. And it's no way to spend a life.

I guess what I'm trying to get at is this: It's admirable to get in the gym and work on your body. This experiment was my opportunity to train hard and push myself.

But as much work as you put into training, eating, and trying to look good, you need to put an equal amount of time into building a good life for yourself and becoming the best man you can be.

**THE GUYS WHO BASE
THEIR ENTIRE IDENTITY
AROUND THE GYM
OFTEN STUNT THEIR
PERSONAL GROWTH
BY OBSESSING ABOUT
GROWING BIGGER
MUSCLES.**

There are lots of dudes out there with six-packs and broad shoulders, lots of guys whose entire identities are wrapped up in their bodies and physical performance.

But without anything of substance underneath — without a strong value system, a will to improve, a desire to learn, empathy for others, and lots and lots of optimism and hunger to create an awesome life — their body is simply a shell.

I don't know about you, but I want to be more than that.

So while I'll continue to work out and eat healthy — it's part of who I am, after all — I'm also gonna spend more time with the people I love, and more time creating fun things to share with other people. Like this book.

So, thanks for reading. I hope you picked up some useful stuff or at least got a good laugh or two.

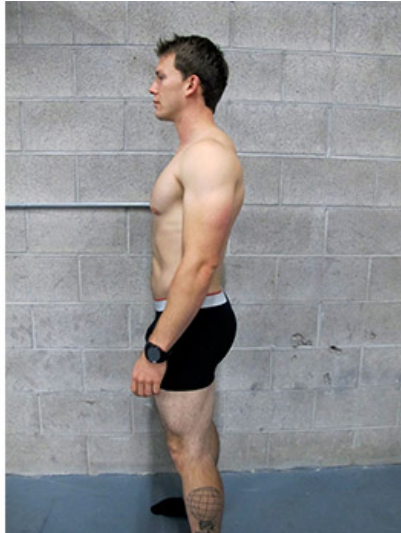
But now I want you to go do something awesome, something fun and challenging and rewarding. I don't know what that is, of course. Use your imagination and don't hurt yourself.

But whatever you try, do me a favor: Take some notes and come share it with the rest of us. You've got a lot of guys here who want to live bigger, better lives too.

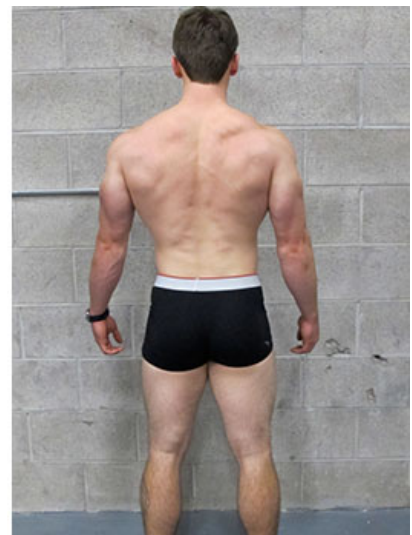
We'll be waiting.

APPENDIX A

FINAL RESULTS TABLE AND PHOTOS

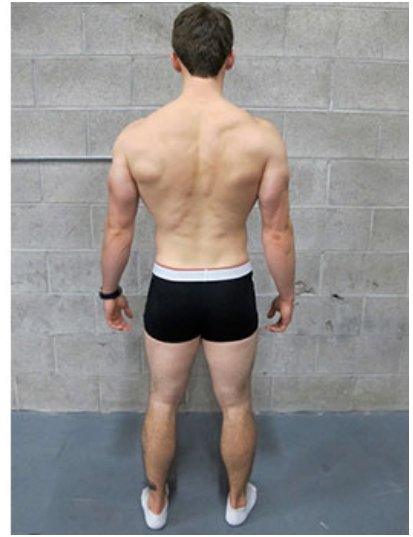
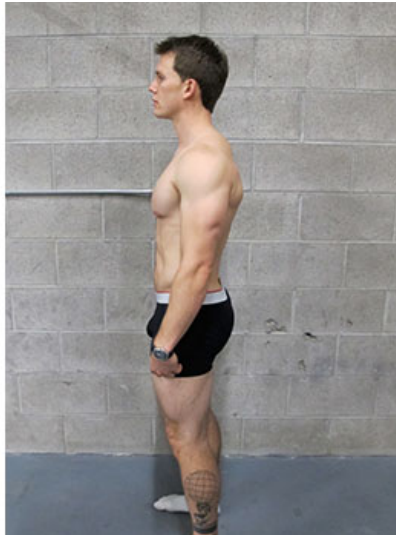


Day 0 (before the experiment) — 169.6 lbs

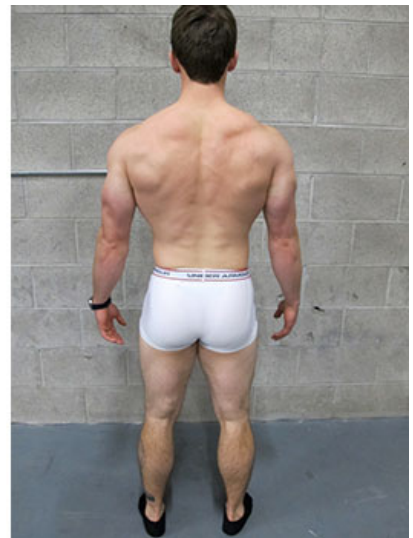


Day 28 (after gaining 20 lbs) — 190.2 lbs

BIGGER SMALLER BIGGER: How to Gain 20 Lbs in 28 Days, Lose 20 lbs in 5 Days, And Gain it All Back Overnight.



Day 33 (after depletion) — 169.7 lbs



Day 34 (after rehydration) — 186.6 lbs

	DAY 0	DAY 28	DAY 33	DAY 34
Weight	169.6	190.2	169.7	186.6
Girth Measurements				
Neck	15.25	15.38	14.38	14.75
Shoulder	48	49.25	47.75	49.25
Chest	41.5	44	43.25	45
Upper Arm	14.75	16	15.13	15.5
Waist	31.5	32.25	31	32.5
Hip	38	39.5	38	38.25
Thigh	23.13	24.25	23.5	24.5
Calf	15.5	15.38	15	16
Body Fat Measurements				
Mid-Ax	2.8	3.8	2.8	2.8
Cheek	2.8	5.7	5.7	5.7
Chest	2.8	4.7	1.9	3.8
Ab	7.6	3.8	6.7	2.8
Subscap	5.7	7.6	5.7	5.7
Triceps	2.8	3.8	2.8	2.8
Suprailiac	2.8	4.7	4.7	3.8
Knee	5.7	2.8	3.8	3.8
Hamstring	3.8	4.7	2.8	2.8
Calf	9.5	6.7	7.6	7.6
Body Fat (%)	3.03 (probably ~6)	4.1 (probably ~7)	3.2 (probably ~6)	3.37 (probably ~6)
Vertical Jump				
Jump 1	25"	31"	26"	28"
Jump 2	29"	32"	29"	29"
Jump 3	30"	32"	28"	30"
Average	28"	31.7"	27.6"	29"
225 lb Bench Press				
Reps	8	15	5	12
Deadlift				
One-Rep Max (lbs)	405	475	N/A	N/A
V-Max				
Speed (mph)	8	8	8	8
Incline (%)	8	6	3	6
Duration (min)	9:32	7:38	4:15	7:09
T-Max				
Duration (min)	3:11	3:14	1:28	3:25

BIGGER SMALLER BIGGER: How to Gain 20 Lbs in 28 Days, Lose 20 lbs in 5 Days, And Gain it All Back Overnight.

APPENDIX B

THE BSB NUTRITION PLAN

Dr. John Berardi is one of the world's foremost experts on sports nutrition.

He's worked with everyone from UFC champion Georges St Pierre to NFL's Greg Jennings and Steven Jackson. So yeah, I felt just fine having him design my entire nutrition plan.

Menu

Here's the schedule I followed for the 28-day weight-gain portion of the experiment:

- Monday – High Calorie
- Tuesday – Low Calorie
- Wednesday – Low Calorie
- Thursday – Low Calorie
- Friday – High Calorie
- Saturday – High Calorie
- Sunday – 24 Hour Fast

BIGGER SMALLER BIGGER

WEIGHT GAIN NUTRITION PLAN

WEEKS
1 & 2

WEIGHT TRAINING DAYS

BREAKFAST

- Blend 2 frozen bananas until creamy
- Add small amount of almond milk
- Add 3 scoops casein protein
- Add 2 squares high cacao chocolate
- Continue to blend until frothy
- Also eat 4 pieces whole grain bread
- With 2 tbsp favorite nut butter
- And 2 tbsp favorite jam spread
- 3 tablets Opti-Men multi-vitamin
- 3,000 IU favorite vitamin D
- 1 tsp creatine in coffee or green tea

IMMEDIATELY PRE-WORKOUT

- 500ml water
- 10 Optimum Nutrition BCAA caps
- Sip During Workout
- 1L water with
- 1 scoop Purple Wrath

POST-WORKOUT MEAL

- 1.5lb any type of lean meat
- 3 cups of favorite veggies
- 1/2 cup sauerkraut
- 2 large sweet or white potatoes
- 1 tbsp udo's oil

DRINK JUST AFTER WORKOUT

- 1L water with
- 3 scoops Universal Torrent

ANYTIME MEAL

- 1lb any type of lean meat
- 3 cups of favorite veggies
- 1/2 cup sauerkraut
- 2 servings of your favorite fruit
- 1 tbsp fish oil

NON-WEIGHT TRAINING DAYS

BREAKFAST

- Blend 2 frozen bananas until creamy
- Add small amount of almond milk
- Add 3 scoops casein protein
- Add 2 squares high cacao chocolate
- Continue to blend until frothy

Also eat 2 pieces whole grain bread with 1 tsp favorite nut butter and 1 tbsp favorite jam spread

- 3 tablets Opti-Men multi-vitamin
- 3,000 IU favorite vitamin D
- 1 tsp creatine in coffee or green tea

LUNCH

- 1.5lb any type of fattier meat
- 3 cups of favorite veggies
- 1/4 cup mixed raw nuts
- 1/2 cup sauerkraut
- 1 large sweet or white potato
- 1 tbsp udo's oil

ANYTIME MEAL

- 1lb any type of fattier meat
- 3 cups of favorite veggies
- 1/4 cup mixed raw nuts
- 1/2 cup sauerkraut
- 1 serving of your favorite fruit
- 1 tsp fish oil

FASTING DAY

You can do your fasting day any day of the week, although I'd like it to be relatively consistent from week to week.

The goal of the fast day is to reboot insulin sensitivity and carb tolerance before another 6 days of big eating.

The rules are simple and as follows: stop eating 10pm the night before your fasting day. Eat again at 10pm the next night. On the fasting day, have 3 "meals" as follows:

- 1L water w/ 1/2 serving greens
- 15g BCAA capsules
- 1 cup of green tea

At the end of the fasting day, you can break the fast with a protein (about 1lb) and veggie meal.

BIGGER SMALLER BIGGER

WEIGHT GAIN NUTRITION PLAN

WEEK 3

WEIGHT TRAINING DAYS

BREAKFAST

- Blend 2 frozen bananas until creamy
- Add small amount of almond milk
- Add 3 scoops casein protein
- Add 2 squares high cacao chocolate
- Continue to blend until frothy

Also eat 4 pieces whole grain bread with 2 tbsp favorite nut butter and 2 tbsp favorite jam spread

- 3 tablets Opti-Men multi-vitamin
- 3,000 IU favorite vitamin D
- 1 tsp creatine in coffee or green tea

SUPERSHAKE

- 8 oz unsweetened almond milk
- 2 tbsp heavy cream/whipping cream
- 1 scoop casein protein
- Handful frozen raspberries
- Handful frozen blueberries

IMMEDIATELY PRE-WORKOUT

- 500ml water
- 10 Optimum Nutrition BCAA caps

SIP DURING WORKOUT

- 1L water with
- 1 scoop Purple Wrath

DRINK JUST AFTER WORKOUT

- 1L water with
- 3 scoops Universal Torrent

POST-WORKOUT MEAL

- 1.5lb any type of lean meat
- 3 cups of favorite veggies
- 1/2 cup sauerkraut
- 2 large sweet or white potatoes
- 1 tsp udo's oil

ANYTIME MEAL

- 1lb any type of lean meat
- 3 cups of favorite veggies
- 1/2 cup sauerkraut
- 2 servings of your favorite fruit
- 1 tsp fish oil

NON-WEIGHT TRAINING DAYS

BREAKFAST

- Blend 2 frozen bananas until creamy
- Add small amount of almond milk
- Add 3 scoops casein protein
- Add 2 squares high cacao chocolate
- Continue to blend until frothy

Also eat 2 pieces whole grain bread with 1 tbsp favorite nut butter and 1 tbsp favorite jam spread

- 3 tablets Opti-Men multi-vitamin
- 3,000 IU favorite vitamin D
- 1 tsp creatine in coffee or green tea

SUPERSHAKE

- 8 oz unsweetened almond milk
- 2 oz coconut milk
- 1 scoop casein protein
- 2 tbsp cacao nibs or 99% chocolate
- 1 tbsp favorite nut butter

LUNCH

- 1.5lb any type of fattier meat
- 3 cups of favorite veggies
- 1/4 cup mixed raw nuts
- 1/2 cup sauerkraut
- 1 large sweet or white potato
- 1 tsp udo's oil

ANYTIME MEAL

- 1lb any type of fattier meat
- 3 cups of favorite veggies
- 1/4 cup mixed raw nuts
- 1/2 cup sauerkraut
- 1 serving of your favorite fruit
- 1 tsp fish oil

FASTING DAY

Same as weeks 1 and 2.

MATE ERGEN

DESIGNED BY
DR. JOHN BERARDI

BIGGER SMALLER BIGGER

WEIGHT GAIN NUTRITION PLAN

WEEK 3

WEIGHT TRAINING DAYS

BREAKFAST

- Blend 2 frozen bananas until creamy
- Add small amount of almond milk
- Add 3 scoops casein protein
- Add 2 squares high cacao chocolate
- Continue to blend until frothy

Also eat 4 pieces whole grain bread with 2 tsp favorite nut butter and 2 tsp favorite jam spread

- 3 tablets Opti-Men multi-vitamin
- 3,000 IU favorite vitamin D
- 1 tsp creatine in coffee or green tea

SUPERSHAKE

- 8 oz unsweetened almond milk
- 2 tsp heavy cream/whipping cream
- 1 scoop casein protein
- Handful frozen raspberries
- Handful frozen blueberries

IMMEDIATELY PRE-WORKOUT

- 500ml water
- 10 Optimum Nutrition BCAA caps

SIP DURING WORKOUT

- 1L water with
- 1 scoop Purple Wrath

DRINK JUST AFTER WORKOUT

- 1L water with
- 3 scoops Universal Torrent

POST-WORKOUT MEAL

- 1.5lb any type of lean meat
- 3 cups of favorite veggies
- 1/2 cup sauerkraut
- 2 large sweet or white potatoes
- 1 tsp udo's oil

ANYTIME MEAL

- 1lb any type of lean meat
- 3 cups of favorite veggies
- 1/2 cup sauerkraut
- 2 servings of your favorite fruit
- 1 tsp fish oil

NON-WEIGHT TRAINING DAYS

BREAKFAST

- Blend 2 frozen bananas until creamy
- Add small amount of almond milk
- Add 3 scoops casein protein
- Add 2 squares high cacao chocolate
- Continue to blend until frothy

Also eat 2 pieces whole grain bread with 1 tsp favorite nut butter and 1 tsp favorite jam spread

- 3 tablets Opti-Men multi-vitamin
- 3,000 IU favorite vitamin D
- 1 tsp creatine in coffee or green tea

SUPERSHAKE

- 8 oz unsweetened almond milk
- 2 oz coconut milk
- 1 scoop casein protein
- 2 tsp cacao nibs or 99% chocolate
- 1 tsp favorite nut butter

LUNCH

- 1.5lb any type of fattier meat
- 3 cups of favorite veggies
- 1/4 cup mixed raw nuts
- 1/2 cup sauerkraut
- 1 large sweet or white potato
- 1 tsp udo's oil

ANYTIME MEAL

- 1lb any type of fattier meat
- 3 cups of favorite veggies
- 1/4 cup mixed raw nuts
- 1/2 cup sauerkraut
- 1 serving of your favorite fruit
- 1 tsp fish oil

FASTING DAY

Same as weeks 1 and 2.

NATE GREEN

DESIGNED BY
DR. JOHN BERKARDI

Rapid Weight Loss and Super-Hydration Plan

Here's the schedule I followed for the 6-day weight-loss and 2-day rehydration weight gain portions of the experiment.

WEIGHT LOSS PROTOCOL

	CARBOHYDRATES	PROTEIN AND FAT	WATER	SALT	DIURETICS	LAXATIVE	EXERCISE	SAUNA OR IMMERSION
Sunday	Less than 50g; no fruits, starches, or sugars	As much as you want in 3 meals	2 gallons	No salt	None	None	As per Martin	None
Monday	Less than 50g; no fruits, starches, sugars	As much as you want in 3 meals	1 gallon	No salt	None	None	As per Martin	None
Tuesday	Less than 50g; no fruits, starches, sugars	As much as you want in 3 meals	1 gallon	No salt	None	None	As per Martin	None
Wednesday	Less than 50g; no fruits, starches, sugars	As much as you want in 3 meals	0.5 gallon	No salt	None	None	As per Martin	Sauna in afternoon
Thursday	Less than 50g; no fruits, starches, sugars	Eat 3 very small meals throughout day	0.25 gallon	No salt	MHP Xpel 1 dose with breakfast, lunch, and dinner	None	As per Martin	Sauna in afternoon then immersion in evening if necessary
Friday	Less than 50g; no fruits, starches, sugars	Eat 2 very small meals until weigh-in then 1 meal after weigh-in before testing	None till weigh-in	No salt	MHP Xpel 1 dose with breakfast, lunch, and dinner	None	As per Martin	Sauna in afternoon then immersion in evening if necessary

HOT WATER IMMERSION

If required, fill a bathtub with water that doesn't burn the hand but causes moderate pain if the hand is under water. Also add 1 cup Epsom salts. Submerge your entire body and head so that only your face is exposed to the air. Weigh in and then get in tub for 10 minutes. Exit the tub at the 10 minute mark, weigh-in again, and place an ice pack over your head and neck to cool off. Don't shower. Do this 1x on Thursday evening if necessary and 1x on Friday before weigh-in if necessary. For all sauna and immersion bouts, weigh-in before and after to track rate of weight loss.

WEIGHT LOSS PROTOCOL

	CARBOHYDRATES	PROTEIN AND FAT	REHYDRATION BEVERAGE	SALT	DIURETICS	EXERCISE	IMMERSION
Friday	Eat as much as you want in one meal after weigh-in and testing	Eat as much as you want in one meal after weigh-in and testing	Drink 1L per hour awake after weigh-in	Salt food	None	None	None
Saturday WEIGH IN and TESTING at 6pm	Eat satisfying amount in 4 meals before weigh-in and testing	Eat satisfying amount in 4 meals before weigh-in and testing	Drink 1L per hour awake but stop 3 hours before weigh-in/testing	Salt food	None	None	None

REHYDRATION BEVERAGE

Use 1/2 scoop of Surge Workout Fuel per 1L of water

NOTES

On average, the body can absorb only about 1L (2.2lbs) of fluid an hour. So it's important not to drink any more than that. Sipping 1L (2.2lbs) per hour is the way to go. However, obviously, not all the fluid will be retained. In fact, probably about 25% of it will be lost as urine. So, here's the math.

9L (20lbs) of water to get back. 11L (25lbs) of fluid between Friday weigh-in and Saturday weigh-in to get it all back. 24 hours - 8 of which be sleeping and 3 will be leading up to Saturday weigh-in. Leaving 13 hours for rehydration. At 1L per hour, that's 13L or up to 28lbs you can get back. So you should be cool.

APPENDIX C

THE BSB WORKOUT PLAN

Most guys think the workout program is the most important part of gaining muscle.

Well, most guys are wrong.

The truth is, you could have the best training program in the world, but if you aren't eating enough food or recovering fully between workouts, it won't matter. You'll never reach your full potential.

A good training program is still very important, of course.

In S2B, our clients follow our exclusive year-long muscle-building program. (www.scrawnytobrawny.com) But for this experiment, I decided to ask for Martin Rooney's help. He's the creator of the Training For Warriors (www.trainingforwarriors.com) system, a 15-year labor of love that has helped countless athletes get in wicked shape.

And since Martin regularly works with fighters and wrestlers — two groups of athletes who are used to putting on weight and taking it off quickly — I knew his TFW system would be the perfect fit for my crazy experiment.

The Bigger, Smaller, Bigger Workout Program

MONDAY: UPPER BODY STRENGTH

This workout focuses on compound exercises and uses heavy weights to build strength and target fast-twitch muscle-fibers, the ones most primed for growth.

TUESDAY: HURRICANE DAY - SPRINTS

An intense total-body workout that promotes rapid fat burning and power development.

"I call it a Hurricane because the workouts are like a brief, powerful storm that create disruption in your muscular, cardiovascular, and neurological systems," says Martin.

WEDNESDAY: OFF - RECOVERY

Thursday: Hurricane Day – Energy Circuit

A brief, intense workout comprised of five unconventional exercises done in circuit fashion.

"This day is fun and will keep your mind fresh," says Martin.

FRIDAY: UPPER BODY HYPERTROPHY

A second upper-body day that uses less complex exercises and higher reps to promote more hypertrophy (muscle-growth).

“If you were a fighter and trained a couple times per week, I normally wouldn’t put this day in since you’d need to recover more between your sessions. But since you’re not a fighter I figured you could handle it,” says Martin. “Plus we only have 4 weeks. We have to pull out all the tricks.”

SATURDAY: LOWER BODY STRENGTH

Just like the Upper Body Strength day, this workout focuses on compound exercises and uses heavy weights to build strength and target fast-twitch muscle-fibers.

SUNDAY: OFF - RECOVERY

BIGGER SMALLER BIGGER

WORK OUT PROGRAM

WEEK 1

MONDAY – Upper Body (Strength)

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10

- 2 sets of 20 yard skips

- 2 sets of 20 yard side shuffle

- 2 sets of 20 yard carioca

- 2 sets of 20 yards backward run

- 1 set of fire hydrants x 8

- 1 set of forward hip circles x 8

- 1 set of backward hip circles x 8

- 1 set of side leg raise x 8

- 2 sets of band shoulder external rotation x 10

- 2 sets of band shoulder row x 10

- 2 sets of band shoulder extension x 10

- 2 sets of band shoulder extension x 10

WEIGHTS

Bench Press

- Warm-up sets of 5 reps up to the weight

- of your 5RM (5 rep max)

- perform 5 sets of 5RM

Weighted Chin-up

- Warm-up set of 8 reps

- second set with 25 pounds of 6

- perform 4 sets of 6 reps with 6RM

Weighted Dips

- Warm-up set of 10 reps

- second set with 30 pounds for 8

- perform 4 sets of 8 reps with 8 RM

Overhead Press

- Perform 4 sets of 10 with 10 RM

Barbell Curls

- Perform 4 sets of 10 with 10 RM

Abs of your choice

TUESDAY – Hurricane Sprints

WARM-UP

- 3 sets jumping jacks x 10

- 3 sets pogo jumps x 50

- 3 sets of wide outs x 10

- 2 sets of 20 yard skips

- 2 sets of 20 yard side shuffle

- 2 sets of 20 yard carioca

- 2 sets of 20 yards backward run

- 1 set of fire hydrants x 8

- 1 set of forward hip circles x 8

- 1 set of backward hip circles x 8

- 1 set of side leg raise x 8

- 5 sets of quick steps for 5 yards

- 5 sets of high knees for 5 yards

- Rest 2 Minutes

HURRICANE CATEGORY 2

Round 1

- Treadmill at 10 mph and 10% grade

- incline for 25 sec. for 3 sets with Regular

- Crunch (20 reps) and Table Top Crunch

- (20 reps) after each sprint.

- Rest 2 minutes

Round 2

- Treadmill at 11 mph and 10% grade

- incline for 20 sec. for 3 sets with Knee

- Grabs (20 reps) and Ab Knee Slides

- Crunch (20 reps) after each sprint.

Round 3

- Treadmill at 12 mph and 10% grade

- incline for 20 sec. for 3 sets with

- Knee Grab with Row (20 reps) and

- Split Leg Crunch (10 reps) each side

- after each sprint.

WEDNESDAY – Off

NATE GREEN

BY MARTIN ROONEY, TRAINING FOR WARRIORS

WORK OUT PROGRAM

WEEK 1

THURSDAY – Hurricane Energy Circuit

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10
- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run
- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8
- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8
- 5 sets of quick steps for 5 yards
- 5 sets of high knees for 5 yards

TRAINING FOR WARRIORS CIRCUIT

Complete each station of the circuit for 1 minute for 5 total minutes. Rest for 3 minutes and repeat. Rest for 3 minutes and perform the last round for 30 seconds each station.

1. Rope

Begin standing holding one end of the rope in each hand. Start by performing 10 double arm swings by bringing the arms up and down as violently as possible. Then perform 10 alternating swings by bringing each arm up and down one at a time. Then perform 10 rotations by bringing each arm up and out to the sides and back down.

Once all 30 reps are completed as fast as possible, start back at the beginning for the allotted time.

2. KB Swing

Begin standing with the kettlebell in both hands. Swing the bell between the legs while squatting down. Extend at the knees and hips and swing the bell forward to shoulder height. Repeat for 10 reps. Then perform 10 more reps using each arm single handed. Once the 30 reps are completed, start back at the beginning with two hands for the allotted time.

3. Medicine Ball Slams

Begin holding the medicine ball in both hands overhead. Fire the ball into the ground as hard as possible. Recover the ball and repeat for as many reps as possible in the allotted time.

4. Sledge Hammer Swings

Begin facing the tire with both feet forward holding the hammer. Bring the hammer back and over one side of the body and hit the tire as hard as possible. Return the hammer over the other side of the body and repeat for as many reps as possible in the allotted time.

5. Ladder

Begin standing inside of the ladder with both feet. Jump the feet outside of and forward one box. Jump the feet back into the box and repeat for the length of the ladder and back. Once completed, begin running with high knees using one foot in each box down and back the length of the ladder. Once this second set is finished, perform side steps through the ladder using two feet in each box down and back up the ladder. Once the third set is completed, start at the beginning and complete as many reps in the allotted time possible.

WORK OUT PROGRAM

WEEK 1

FRIDAY – Upper Body (Hypertrophy)

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10

- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run

- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8
- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8

- 2 sets of band shoulder external rotation x 10
- 2 sets of band shoulder row x 10
- 2 sets of band shoulder extension x 10

WEIGHTS

Close Grip Bench

- do 3 warmup sets of 5 reps.
- Perform 4 sets of 8 with your 8 RM

Cable High Pull

- do 4 sets of 10 reps after a warmup set.

Band Triceps Pushdown

- do 4 sets of 15 reps with high tension

Cable Rows

- Do 4 sets of 8 reps with 8RM

Dumbbell Curls

- Do 3 sets of 8 each arm

Abs of your choice

SATURDAY – Lower Body (Strength)

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10

- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run
- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8

- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8
- Stretch out the hip flexors, the hip rotators and the ankles.

WEIGHTS

A. 45 degree back raise

- Perform 1 set of 10 with bodyweight
- Perform 1 set of 8 with 25 pounds
- Perform 1 set of 8 with 45 pounds
- Perform 1 set of 8 with 70 pounds

B. Barbell Squat

- after 3-4 warmup sets
- Perform 5 sets x 8 of 8 RM

C. Deadlift

- after 3-4 warmup sets
- Perform 5 sets x 8 with 8RM

SUNDAY – Off

BIGGER SMALLER BIGGER

WORK OUT PROGRAM

WEEK 2

MONDAY – Upper Body (Strength)

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10
- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run

- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8
- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8
- 2 sets of band shoulder external rotation x 10
- 2 sets of band shoulder row x 10
- 2 sets of band shoulder extension x 10

WEIGHTS

Bench Press

- warmup sets of 6 reps up to the weight of your 6RM
- perform 5 sets of 6RM (goal is to get heavier weight in last few sets than Week 1 at 5 reps)

Weighted Chin-up

- warmup set of 8 reps
- second set with 25 pounds of 8
- perform 4 sets of 8 reps with 8RM (goal is to get heavier weight in last few sets than Week 1 at 6 reps)

Weighted Dips

- warmup set of 10 reps
- second set with 30 pounds for 10
- perform 4 sets of 10 reps with 10 RM (goal is to get heavier weight in last few sets than Week 1 at 8 reps)

Overhead Press

- Perform 5 sets of 6 with 6 RM

Barbell Curls

- Perform 5 sets of 8 with 8 RM

Abs of your choice

TUESDAY – Hurricane Sprints

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10
- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run

- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8
- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8
- 5 sets of quick steps for 5 yards
- 5 sets of high knees for 5 yards

HURRICANE CATEGORY 3

(Use a 65-pound barbell for the following.)

Round 1

- Perform the following for three sets:
- Treadmill at 9.5 mph X 10% grade for 25 sec
 - Push Jerks X 10, Close Grip Snatch X 8
 - Rest 2 min

Round 2

- Perform the following for three sets:
- Treadmill at 10.5 mph X 10% grade for 25 sec
 - Wide Grip Bent Over Row X 10, High Pull X 10
 - Rest 2 min

Round 3

- Perform the following for three sets:
- Treadmill at 11.5 mph X 10% grade for 25 sec
 - Bicep Curl X 10, Cleans X 10
 - Rest 2 min

WEDNESDAY – Off

MATE GREEN

BY MARTIN RONEY, TRAINING FOR WARRIORS

WORK OUT PROGRAM

WEEK 2

THURSDAY – Hurricane Energy Circuit

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10
- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run
- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8
- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8
- 5 sets of quick steps for 5 yards
- 5 sets of high knees for 5 yards

TRAINING FOR WARRIORS CIRCUIT

Complete each station of the circuit for 1 minute for 5 total minutes. Rest for 3 minutes and repeat. Rest for 3 minutes and perform the last round for 30 seconds

each station.

1. Farmer's Walk

Begin standing holding a heavy dumbbell or implement in each hand with the elbows extended. Walk for 20 yards down and back as many times as possible in the time allotted.

2. Sandbag Drag

Begin facing the sandbag while gripping the bag with both hands. Drag the bag backward for 20 yards, using a toe-heel foot contact. Repeat for the distance as many times as possible in the time allotted.

3. Arm Over Arm Rope Pull

Begin standing with the single rope in each hand. Pull the rope to the hip with the far hand and then grab further down the rope with the opposite hand. Repeat for as many grips as possible in the allotted time.

4. Prowler Push or Plate or Sled Push

Begin using the high grip on the Prowler. Taking as big of steps as possible, push the sled 20 yards. Run around to the other side of the sled and push it back using the low grip. Repeat for as much distance as possible in the allotted time.

5. Tire Flip

Begin facing the tire. Bend down and grab both hands under the bottom rim. Using the legs, lift the tire onto one side while keeping the elbows extended. Turn the hands over and push the tire down as hard as possible. Run to the opposite side of the tire and flip it back to the other side. Repeat for as many reps as possible in the allotted time.

BIGGER SMALLER BIGGER

WORK OUT PROGRAM

WEEK 2

FRIDAY – Upper Body Day (Hypertrophy)

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10
- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run
- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8
- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8

- 2 sets of band shoulder external rotation x 10

- 2 sets of band shoulder row x 10
- 2 sets of band shoulder extension x 10

WEIGHTS

Close Grip Bench

- Do 3 warmup sets of 5 reps.
- Perform 4 sets of 10 with your 10 RM

Cable High Pull

- Do 4 sets of 8 reps after a warmup set.

Band Triceps Pushdown

- Do 4 sets of 20 reps with high tension

Cable Rows

- Do 4 sets of 8 reps with 8RM

Dumbbell Curls

- Do 3 sets of 8 each arm

Abs of your choice

SATURDAY – Lower Body (Strength)

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10
- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run
- 1 set of fire hydrants x 8

- 1 set of forward hip circles x 8

- 1 set of backward hip circles x 8

- 1 set of side leg raise x 8

- Stretch out the hip flexors, the hip rotators and the ankles.

WEIGHTS

A. 45 degree back raise

- Perform 1 set of 10 BW
- Perform 1 set of 8 with 25 pounds

- Perform 1 set of 8 with 45 pounds
- Perform 1 set of 8 with 90 pounds

B. Barbell Squat

- after 3-4 warmup sets
- Perform 5 sets x 8 of 8 RM

C. Deadlift

- after 3-4 warmup sets
- Perform 5 sets x 8 with 8RM

SUNDAY – Off

NATE GREEN

BY MARTIN RODNEY, TRAINING FOR WARRIORS

BIGGER SMALLER BIGGER

WORK OUT PROGRAM

WEEK 3

MONDAY – Upper Body (Strength)

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets Pogo jumps x 50
- 3 sets of wide outs x 10
- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run

WEIGHTS

Band Bench Press

- warmup sets of 5 reps up to the weight of your 5RM
- perform 5 sets of 5RM (using mini bands)

Weighted Dips

- warmup set of 6 reps
- second set with 40 pounds for 6
- perform 5 sets of 6 reps with 6 RM (goal is to get heavier weight in last few sets than Week 1 at 8 reps)

Overhead Press

- Perform 5 sets of 5 with 5 RM

Barbell Curls

- Perform 4 sets of 8 with 8 RM

Abs of your choice

- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8
- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8
- 2 sets of band shoulder external rotation x 10
- 2 sets of band shoulder row x 10
- 2 sets of band shoulder extension x 10

TUESDAY – Hurricane Sprints

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10
- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run

- 5 sets of quick steps for 5 yards
- 5 sets of high knees for 5 yards

- 5 sets of quick steps for 5 yards
- 5 sets of high knees for 5 yards

HURRICANE CATEGORY 3

(Use a 65-pound barbell for the following.)

Round 1

Perform the following for three sets:

- Treadmill at 9.5 mph X 10% grade for 25 sec
- High Pull X 10, Bent Over Row X 8
- Rest 2 min

Round 2

Perform the following for three sets:

- Treadmill at 10.5 mph X 10% grade for 25 sec
- Close Grip Snatch X 10
- Rest 2 min

Round 3

Perform the following for three sets:

- Treadmill at 11.5 mph X 10% grade for 25 sec
- Cleans X 10
- Rest 2 min

WEDNESDAY – Off

NATE GREEN

BY MARTIN ROONEY, TRAINING FOR WARRIORS

WORK OUT PROGRAM

WEEK 3

THURSDAY – Hurricane Energy Circuit

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10
- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run
- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8
- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8
- 5 sets of quick steps for 5 yards
- 5 sets of high knees for 5 yards

TRAINING FOR WARRIORS CIRCUIT

(Same exercises as Week 1, but with different time parameters.)

Complete each station of the circuit for 30 seconds for 2.5 total minutes. Rest for 1 minute and repeat. Do 4 total sets.

1. Rope

Begin standing holding one end of the rope in each hand. Start by performing 10 double arm swings by bringing the arms up and down as violently as possible. Then perform 10 alternating swings by bringing each arm up and down one at a time. Then perform 10 rotations by bringing each arm up and out to the sides and back down.

Once all 30 reps are completed as fast as possible, start back at the beginning for the allotted time.

2. KB Swing

Begin standing with the kettlebell in both hands. Swing the bell between the legs while squatting down. Extend at the knees and hips and swing the bell forward to shoulder height. Repeat for 10 reps.

Then perform 10 more reps using each arm single handed. Once the 30 reps are completed, start back at the beginning with two hands for the allotted time.

3. Med Ball Slams

Begin holding the medicine ball in both hands overhead. Fire the ball into the ground as hard as possible. Recover the ball and repeat for as many reps as possible in the allotted time.

4. Sledge Hammer Swings

Begin facing the tire with both feet forward holding the hammer. Bring the hammer back and over one side of the body and hit the tire as hard as possible. Return the hammer over the other side of the body and repeat for as many reps as possible in the allotted time.

5. Ladder

Begin standing inside of the ladder with both feet. Jump the feet outside of and forward one box. Jump the feet back into the box and repeat for the length of the ladder and back. Once completed, begin running with high knees using one foot in each box down and back the length of the ladder. Once this second set is finished, perform side steps through the ladder using two feet in each box down and back up the ladder. Once the third set is completed, start at the beginning and complete as many reps in the allotted time possible.

BIGGER SMALLER BIGGER

WORK OUT PROGRAM

WEEK 3

FRIDAY – Upper Body Day (Hypertrophy)

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10

- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run

- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8
- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8

- 2 sets of band shoulder external rotation x 10

- 2 sets of band shoulder row x 10
- 2 sets of band shoulder extension x 10

WEIGHTS

Incline Bench

- do 3 warmup sets of 5 reps.
- Perform 4 sets of 10 with your 10 RM

One Arm Dumbbell Row

- do 4 sets of 8 reps each arm after a warmup set.

Cable Tricep Pushdown

- do 4 sets of 12 reps with high tension
- Bent Over Reverse Flys with dumbbells
- 3 sets of 10

Dumbbell Curls

- Do 3 sets of 8 each arm

Abs of your choice.

SATURDAY – Lower Body (Strength)

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10

- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run
- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8

- 1 set of backward hip circles x 8

- 1 set of side leg raise x 8
- Stretch out the hip flexors, the hip rotators and the ankles.

WEIGHTS

A. 45 degree back raise

- Perform 1 set of 10 BW
- Perform 2 sets 45 pounds
- Perform 2 set of 8 with 90 pounds

B. Barbell Squat

- after 3-4 warmup sets
- Perform 5 sets x 6 of 6 RM

C. Deadlift

- after 3-4 warmup sets
- Perform 5 sets x 6 with 6RM

SUNDAY – Off

NATE GREEN

BY MARTIN ROONEY, TRAINING FOR WARRIORS

BIGGER SMALLER BIGGER

WORK OUT PROGRAM

WEEK 4

MONDAY – Upper Body Day (Strength)

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10

- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run

- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8
- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8
- 2 sets of band shoulder external rotation x 10

- 2 sets of band shoulder row x 10

- 2 sets of band shoulder extension x 10

WEIGHTS

Band Bench Press

- warmup sets of 8 reps up to the weight of your 8RM
- perform 5 sets of 8RM (using mini bands)

Weighted Pull-up

- warmup set of 8 reps
- second set with 25 pounds of 8
- perform 3 sets of 6 reps with 40 pounds added

Weighted Dips

- warmup set of 6 reps with 25 pounds
- second set with 40 pounds for 6
- perform 5 sets of 6 reps with 80 pounds added

Overhead Press

- Perform 4 sets of 8 with 8RM

Barbell Curls

- Perform 4 sets of 10 with 10 RM

Abs of your choice

TUESDAY – Hurricane Sprints

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10

- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca

- 2 sets of 20 yards backward run
- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8
- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8
- 5 sets of quick steps for 5 yards
- 5 sets of high knees for 5 yards

HURRICANE CATEGORY 3

(Use light weight – 30 pounds or so – on the cable exercises.)

Round 1

Perform the following for three sets:

- Treadmill at 10 mph X 10% grade for 30 sec
- Cable Row X 10, Cable Triceps Pressdown X 8
- Rest 2 min

Round 2

Perform the following for three sets:

- Treadmill at 10.5 mph X 10% grade for 30 sec
- Cable High Pull To Chin X 10
- Rest 2 min

Round 3

Perform the following for three sets:

- Treadmill at 11.5 mph X 10% grade for 30 sec
- Cable Lat Pull-downs X 10
- Rest 2 min

WEDNESDAY – Off

NATE GREEN

BY MARTIN ROONEY, TRAINING FOR WARRIORS

WORK OUT PROGRAM

WEEK 4

THURSDAY – Hurricane Energy Circuit

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10
- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run
- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8
- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8
- 5 sets of quick steps for 5 yards
- 5 sets of high knees for 5 yards

TRAINING FOR WARRIORS CIRCUIT

(Same exercises as Week 2, but with different time parameters.)

Complete each station of the circuit for 30 seconds for 2.5 total minutes. Rest for 1 minute and repeat. Do 4 total sets.

1. Farmer's Walk

Begin standing holding a heavy dumbbell or implement in each hand with the elbows extended. Walk for 20 yards down and back as many times as possible in the time allotted.

2. Sandbag Drag

Begin facing the sandbag while gripping the bag with both hands. Drag the bag backward for 20 yards, using a toe-heel foot contact. Repeat for the distance as many times as possible in the time allotted.

3. Arm Over Arm Rope Pull

Begin standing with the single rope in each hand. Pull the rope to the hip with the far hand and then grab further down the rope with the opposite hand. Repeat for as many grips as possible in the allotted time.

4. Prowler Push or Plate or Sled Push

Begin using the high grip on the Prowler. Taking as big of steps as possible, push the sled 20 yards. Run around to the other side of the sled and push it back using the low grip. Repeat for as much distance as possible in the allotted time.

5. Tire Flip

Begin facing the tire. Bend down and grab both hands under the bottom rim. Using the legs, lift the tire onto one side while keeping the elbows extended. Turn the hands over and push the tire down as hard as possible. Run to the opposite side of the tire and flip it back to the other side. Repeat for as many reps as possible in the allotted time.

BIGGER SMALLER BIGGER

WORK OUT PROGRAM

WEEK 4

FRIDAY – Upper Body (Hypertrophy)

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10
- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run
- 1 set of fire hydrants x 8
- 1 set of forward hip circles x 8
- 1 set of backward hip circles x 8
- 1 set of side leg raise x 8

- 2 sets of band shoulder external rotation x 10

- 2 sets of band shoulder row x 10
- 2 sets of band shoulder extension x 10

WEIGHTS

Incline Bench

- do 3 warmup sets of 5 reps.
- Perform 4 sets of 6 with your 6 RM

One Arm Dumbbell Row

- do 4 sets of 8 reps each arm after a warmup set.

Seated Dumbbell Triceps

Behind-the-neck Extensions

- do 4 sets of 10 reps

Bent Over Reverse Flys with dumbbells

- 3 sets of 10

Dumbbell Curls

- Do 3 sets of 8 each arm

Abs of your choice

SATURDAY – Lower Body (Strength)

WARM-UP

- 3 sets jumping jacks x 10
- 3 sets pogo jumps x 50
- 3 sets of wide outs x 10
- 2 sets of 20 yard skips
- 2 sets of 20 yard side shuffle
- 2 sets of 20 yard carioca
- 2 sets of 20 yards backward run
- 1 set of fire hydrants x 8

- 1 set of forward hip circles x 8

- 1 set of backward hip circles x 8

- 1 set of side leg raise x 8

- Stretch out the hip flexors, the hip rotators and the ankles.

WEIGHTS

A. 45 degree Back Raise

- Perform 1 set of 10 BW

- Perform 2 sets 45 pounds

- Perform 2 set of 8 with 90 pounds

B. Barbell Squat

- after 3-4 warmup sets

- Perform 5 sets x 10 of 10 RM

C. Deadlift

- after 3-4 warmup sets

- Perform 5 sets x 8 with 8RM

SUNDAY – OFF

NATE GREEN

BY MARTIN ROONEY, TRAINING FOR WARRIORS

APPENDIX D

RESOURCES AND OTHER COOL THINGS

Last time I checked, there were around 9,000 books indexed on Amazon that explain how to build muscle.

I don't know about you, but that feels like way too many.

So here are some resources to help you narrow things down. If you're looking for more info on how to build a muscular athletic body and live a good life, these are perfect starting points.

Scrawny To Brawny – A 12-month online coaching program for guys who want to build muscle and live an awesome life. Check out the (Free) 5-Day Muscle Building Crash Course, a brief and concise course that's been called "the best muscle-building course on the internet", complete with printable habits, recipes, and workout routines.

Precision Nutrition – This is Dr. Berardi's company's website. It's a huge resource full of free exercise, nutrition, and lifestyle information. With over 500 free articles and a popular, friendly, supportive discussion community, it may be the only fitness and nutrition site you ever need to visit.

Training For Warriors – This is Martin Rooney's website. If you're an MMA athlete, wrestler, or just a guy who wants to look and perform like a warrior, Training For Warriors was made for you. Watch the hardcore workout challenge videos (many of them with famous fighters), read Martin's inspiring articles, and check out the TFW certification.

Experiments in Intermittent Fasting – A quick, easily-digestible book of everything Dr. John Berardi found during his six months of experimenting with intermittent fasting. An awesome resource for guys looking to strategically lose fat.

Training For Warriors, Ultimate Warrior Workouts and **Warrior Cardio**. All awesome books by Martin Rooney.

ABOUT THE AUTHOR AND HIS COACHES

Nate Green

Nate Green is the program director of Scrawny To Brawny. He's been featured in The LA Times, Men's Health, Men's Fitness, and lots of other places with fancy names.

He has written two books, Built For Show, and The Hero Handbook, helped provide research for Tim Ferriss's bestselling book, The Four Hour Body, and helped write co-author Dr. John Berardi's popular book, My Experiments with Intermittent Fasting.

Nate is 27 years old and lives in Portland, OR.

John Berardi, Ph.D

Dr. John Berardi is the Chief Science Office of Precision Nutrition.

As an elite nutrition coach and exercise physiologist, Dr. Berardi has coached hundreds of amateur and professional athletes. In the last three Olympics alone, his athletes collected over 30 medals, 15 of them gold. He's a member of the Nike High-Performance Team and has worked extensively with a host of UFC athletes, including welterweight champion Georges St Pierre.

Further, for the last 4 years, Dr. Berardi has acted as the director of the world's largest body transformation project, a one-of-a-kind fat loss coaching program that has produced more total weight loss than all seasons of The Biggest Loser combined.

Martin Rooney, CSCS

Martin Rooney is the creator of the Training For Warriors system and a pioneer of strength and conditioning for the martial arts. He holds various exercise, nutrition, and health degrees from the Medical University of South Carolina and Furman University.

Martin is a black belt in Kodokan Judo under Olympian Teimoc Johnston-Ono and a purple belt Brazilian Jiu Jitsu under UFC fighter Ricardo Almeida. Martin has been featured on ESPN, Spike TV, Fox Sports, The New York Times, Men's Health, FIGHT!, and dozens of other media.

His training programs and unique coaching style are known as "the secret weapon" for many UFC fighters, including Jim Miller and Dan Miller.