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# GUIDE TO FAT-BURNING TRAINING

## TUBBO RIPER STRONG AND SUSTAINED STIMULATION



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#### JAMES ELLIS

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CREATES A SENSE OF FULLNESS

REDUCES THE ABSORPTION OF CARBS AND FATS

CONTRIBUTES TO WEIGHT LOSS WITH AN ENERGY RESTRICTED DIET

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### FOOD SUPPLEMENTATION - WISELY!

#### OVER THE PAST TWO DECADES, THE RANGE OF AVAILABLE FOOD SUPPLEMENTS HAS CHANGED ENTIRELY.

Twenty years ago there were only vitamin and mineral formulas, proteins, weight/mass gainers (full of sugar) and a handful of amino acid products on the market. It wasn't particularly

difficult for anyone to put together the suitable stack to meet all possible needs. Since then, the situation has changed substantially. The leading supplement companies supply tens or hundreds of different products.
As a result, there are many things to take into consideration before choosing the best possible dietary supplement combination.

The first step is to clarify what you have in mind to achieve. Second, you have to be clear about your current level of physical development and your budget constraints. It's also recommended to find out if you have any allergies to certain micro- and

macronutrients or ingredients. As the name suggests, do not forget that dietary supplements supplement the diet. If your aims and your diet are incompatible, it's practically impossible to achieve the goals you set. Similarly, you won't get bigger and stronger muscles, a lower level of body fat or better endurance without proper physical training. Before starting a supplement program, it is strongly recommended to get some basic knowledge concerning nutrition and training theory and practice.

### THE ONLY DRAWBACK OF LOSING WEIGHT

In case of body fat reduction it is increasingly true that without proper daily nutrition, all the world's legal and illegal supplements won't be enough to see a satisfying result. The main idea behind losing weight is to take fewer calories into our bodies than we actually use up.



#### **ESSENTIAL MICRO-NUTRIENTS**

In case of a low calorie diet, providing the essential vitamins, minerals and fatty acids is essentially important. Vitamin deficit generates exhaustion, weakness and lethargy. With this notion in mind, it is vital to develop your basic dietary supplement stack around multivitamins, minerals and essential fatty acids.

When choosing the suitable vitamin product, it is advised to consider multiple circumstances. You have to estimate the intensity level of your training during dieting. Certain

exhausting sport activities require increased amounts of vitamin and mineral intake. A mild intensity cardio workout pushes mineral needs further, whereas a heavy and intensive workout can increase Vitamin B and antioxidant requirements. You have to be aware of calorie limitations as well. The stricter the diet, the higher the body's additional vitamin- and mineral-needs. You have to consider what other supplements you would like to use. There might be overlapping between





#### **CALCULATING CALORIE NEEDS**

The basis of a well-planned diet is to be aware of the amount of calories you require to maintain a constant bodyweight. There are various formulas and programs to calcualte the so-called "maintenance calorie intake" that only require certain data, e.g. height, weight, age and daily activity level. It is easy to find such programs and pages on the internet, which present approximate results. According to these, you lose weight if your calorie intake does not reach the given result, and put on weight if it exceeds the estimated levels. Consider the following example: A 30 year old, 170 centimetre tall man, weighing 70 kilograms, doing sedentary work and not doing any sports can maintain his bodyweight when consuming 2000 calories a day; this equals approximately three and a half Big Mac sandwiches a day. Please find a corresponding formula to measure daily sustainable calorie needs.

Another important factor to bear in mind is that the optimal rate of losing weight is half a kilo per week. If you aim for faster results, your metabolism will slow down way too much, and you will be risking losing muscle mass besides body fat. In order to lose half a kilo of fat, your weekly calorie intake should be below the weekly maintenance calorie intake level by 3500. This means that you should consume the maintenance calorie level minus 500 on a daily basis. In the previous example, the daily energy intake of the mentioned male should be adjusted to 1500 calories a day. If the diet is paired with an increase in physical activity, the maintaining calorie intake should be increased accordingly, meaning that it would be somewhat more than 1500 calories to achieve optimal weight loss.

#### MEN

#### 1<sup>ST</sup> STEP

Multiply your bodyweight by ten and add 900 to it! bodyweight (kg) x 10 + 900

#### 2<sup>ND</sup> STEP

Multiple the result by

- 1.2, if doing sitting work
  - (bodyweight x 10 + 900) x 1.2
- 1.4 if characterised by moderate physical activity (bodyweight x 10 + 900) x 1.4
- 1.8 if doing heavy physical activity
  - (bodyweight x 10 + 900) x 1.4

#### WOMEN

#### 1<sup>ST</sup> STEP

Multiply your bodyweight by ten and add 700 to it! bodyweight (kg) x 10 + 700

#### 2<sup>ND</sup> STEP

Multiple the result by

- 1.2, if doing sitting work
  - (bodyweight x 10 + 700) x 1.2
- 1.4 if characterised by moderate physical activity
  - (bodyweight x 10 + 700) x 1.4
- 1.8 if doing heavy physical activity
  - (bodyweight x 10 + 700) x 1.4

#### PROTEINS - FATS - CARBOHYDRATES

So although we now know how many calories we should eat, we are eating food, not calories. Out of all the components of food, protein, carbohydrates, fat and alcohol contain calories. Proteins and carbohydrates yield 4 calories, fat yields 9, and alcohol delivers 7 kcal per gram. The second step of adjusting the diet is to calculate the daily protein need. Diets aimed at decreasing body fat and maintaining muscle mass require a relatively high amount of protein intake. Depending on gender and physical activity, the daily recommended protein intake (per bodyweight-kilograms) could vary from 1.5 grams to 3 grams.

Looking back at the man in our example, his minimum daily protein need is 105 grams. Presuming he takes 105 grams of protein (1.5 per bodyweightkilograms), this results in a total of 420 calories. The remaining 1080 calories should be divided between carbohydrates and fats (alcohol consumption is not recommended). Because there are no essential carbohydrates, only fatty acids, the next step is to adjust the proper fat intake. Most experts claim that 20-30% of the energy intake should come from fats. In this case we will stick with

20%, which translates

to 300 calories and can be provided by a daily intake of 33 grams fat. The remaining 780 calories should be gained from carbohydrates, which translate to 195 grams of carbs a day. In this respect, a 1500 calorie daily diet should consist of 105 grams protein, 195 grams carbs and 33 grams fat. Naturally, these are not strict numbers to follow, only guidelines to give you an idea how to start off. The given amount of calories and nutrients should be divided into at least four meals a day.

In order to compose the prescribed nutrient combination, we have to know the exact protein, fat and carbohydrate content of different foods. There are specific tables and charts out there, and these are highlighted on the packaging of every food product. At first, orientation between millions of different foods seems to be a tough task, but luckily there are some basic guidelines that can help you in choosing the right food for your aims and diet.

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#### **WHAT SHOULD WE EAT?**

GOOD PROTEIN SOURCES:	MODERATE	GOOD	PERFECT
chicken breast			*
other parts of chicken	*		
turkey breast			*
other parts of turkey	*		
Saltwater fish			*
freshwater fish		*	
lean red meat		*	
egg white			*
fat-free dairy products	*		
legumes	*		
oil seeds (with care)	*		
protein powders, dietary shakes			*

#### **GOOD FAT SOURCES:**

Fish (salmon, herring, sardine, etc.)			*
Fish- and flaxseed-oil based supplements			*
Oil Seeds		*	
Olive oil	*		
Colza Oil	*		

#### **GOOD CARBOHYDRATE SOURCES:**

Oatmeal			*
Brown Rice		*	
Sweet Potato		*	
Legumes	*		
Vegetables		*	100
Whole-wheat Products	*	400	CHECK
Certain Fruits	*		

#### A HANDFUL OF IMPORTANT FOODS AND THEIR NUTRIENT AND ENERGY CONTENT (PER 100 G OF RAW NUTRIENTS)

	Calories (kcal)	Protein (g)	Fat (g)	Carbohydrates (g)
Chicken Breast	109	25	1	0
Chicken Thigh	129	21	5	0
Turkey Breast	114	24	2	0
Turkey Thigh	174	21	10	0
Beef (loin)	116	19	4	1
Beef (topsides)	243	17	19	1
Beef (sirloin)	233	19	17	1
Pork (thigh, chop)	156	21	8	0
Pork (scapula)	295	18	24	0
Tuna	89	19	1	1
Carp	100	16	4	0
Milk (fat-free)	36	4	0	5
Milk (1,5% fat)	54	4	2	5
Milk (2,8% fat)	63	4	3	5
Low Fat Cheese	205	29	9	2
Cottage Cheese (low fat)	81	14	1	4
Cottage Cheese (fatty)	143	16	7	4
Egg (1 egg = 40g)	65	5	5	0
Egg white (1 egg = 24g)	12	3	0	0
Oatmeal	375	14	7	64
Rice	344	8	0	78
Graham Bread	265	10	1	54
Rye Bread	257	8	1	54
Potato	92	3	0	20
Beans	313	22	1	54
Chickpeas	303	20	3	49
Lentil	334	26	2	53
Peas	88	7	0	15
Broccoli	24	2	0	4
Cucumber	12	1	0	2
Carrot	36	1	0	8
Spinach	16	2	0	2
Tomato	20	1	0	4
Apple	28	0	0	7
Pineapple	59	0	1	12
Banana	100	1	0	24
Grapes	85	1	1 57	18
Walnut	637	19	57	12
Almond	608	28	52	7
Hazelnut	676	16	64	9
Peanut	591	27	47	15

#### THE GLYCEMIC INDEX

The glycemic index is an important attribute of food that specifies how much a given food increases blood sugar levels on a scale from 0 to 100.

The higher blood sugar level (or blood glucose level) a food causes, the higher its glycemic index is.

Only those foods have a glycemic index that contain significant amounts of carbohydrates.

The higher a particular food's glycemic index is, the higher and faster it raises blood sugar levels, forcing the body to produce an increased amount of insulin. Following the significant insulin production, the blood glucose level

drops suddenly, resulting in a fluctuating blood sugar level. The decreased blood glucose level leads to hunger, which forces one to eat again, thus creating a never ending cycle.

If your aim is body fat reduction, make sure you choose a carb source with a low or mild glycemic index, while also keeping the chosen products' energy and fat content in mind. The only exception to this notion is post-workout meals, when the glycogen reserves of muscles are depleted. In order to avoid muscle mass loss, you have to refill these storages with carbohydrates with high glycemic indices.

#### **GLYCEMIC-INDEX TABLE**

	High (70-100)	Moderate (55-70)	Low (0-55)
FOODS	glucose, granulated sugar, fizzy drinks and juices, syrups, sweetened dairy drinks, alcoholic beverages, cakes, sweets, biscuits and cookies, chocolate, pastries (of white flour), pasta (of white flour), cornflakes, popcorn, potato (cooked, roasted, mashed), grape, banana, watermelon, dates, dried fruit	honey, seedy breads, muesli (plain, not sweetened), plain biscuits, corn, peas, brown and basmati rice, quinoa, juices (with no added sugar), melon, turnips, yellow squash, beetroot, mangos, pineapple	pastries (wholegrain), pasta (whole seeds), oatmeal, barley, beans, lentil, chickpeas, milk, yogurt, kefir, walnuts, cashews, hazelnuts, certain fruits, most vegetables, dark chocolate (with 70% or higher coca content), fructose

You already know how many calories, proteins, fats and carbohydrates you have to consume. You have a list of what you can eat. You've seen what these foods are comprised of and how much calories they contain. What you have left is to do some math to build up your own diet.

The daily planned protein intake cannot always be met in quality, or in quantity. This is the time when protein based food supplements take the stage. One or two servings are definitely recommended on a daily basis. For losing weight and for fat-burning diets, we would like to recommend our own casein based protein formulas, like the 100% Casein Complex, Night Pro and Über Milk. Our protein blends are also suitable for diets. Due to their slow absorbing nature, using them

makes "bridging" the catabolic (muscle break down) periods easier. Slower digestion rates make it easier to control hunger too. If a body fat reducing diet is paired with intense sport activities, it is highly recommended to use one of our BCAA (branched chain amino acid) formulas, which already count as semiadvanced supplements. During a calorie deficit diet, even moderately intense sports activities can start absorbing the muscle tissue by using branched chain amino acids to produce energy. A more complex composition characterises our two dietary shakes designed for women: the New Style and the Restvle Shake. Besides their high quality protein and carbohydrate content, they contain micro-nutrients and other active ingredients which support bodyweight management.



#### INGREDIENTS — PRODUCTS

Once the micro and macro-nutrients necessary for health and muscle maintenance are provided, the next step is choosing further supplements. The range of dietary supplements is huge! Our brand provides a solution to every possible need when considering practical effects, complexity (based on the number of ingredients) and strength (based on quantities of certain active ingredients). How to find the best supplements for your needs?

The primary aspect when choosing weight-management products is sensibility to certain stimulants. One of the most popular ingredients of weight management formulas is Caffeine. However,

the degree of Caffeine-tolerance varies from person to person. Out of all our complex formulas, THERMO-X contains the least amounts of caffeine per serving -60 mg. RESTYLE has 110 mg, whereas the PFX, FIRE RAID, REVEX-16 and SHREDEX collectively contain a massive amount of 220 mg caffeine per serving. The Caffeine content in the latter products is equal to those found in our energizer formulas. The THERMO-FX, which is a caffeine enhanced Carnitine formula, contains 60 mg of caffeine per serving.

If you take a look at our complex formulas, THERMO-X is the least complex, followed by the TURBO RIPPER, RESTYLE and FIRE RAID,

#### **NUMBER OF INGREDIENTS**



while the products containing the most active ingredients are the REVEX-16 and SHREDEX. When considering complexity, it is helpful to take overlapping amounts of ingredients into consideration. Most of our ingredients can be found in our other products as well. REVEX-16 and SHREDEX contain most of those special ingredients which are not present in any other formula that we have.

Choosing a one or two ingredient body fat control formula is recommended if you would like to refrain from using stimulants, or if you already take Caffeine from any other source. It is possible to compose a relatively or entirely stimulant free stack from

**TEA-X, HCA, HCA-CHITOSAN, CLA** and our Carnitine formulas. We can also include **WATER CUT**, which is a popular pre-contest formula among competitors.

Of course, the intensity and the effectiveness of training can be enhanced by several other ingredient combinations as well. Pre-workout formulas, amino products, Creatines and hormone optimisation formulas can all come handy during body fat lowering or muscle maintenance programs. One important thing to consider when composing product combinations is to mind the overlapping amounts of stimulants in bodyweight management and pre-workout energizing formulas.

# CAFFEINE CONTENT PER SERVING PFX 220 MG RESTYLE 110 MG RESTYLE 11

### WITH TRADITIONAL AND MODERN

INGREDIENTS FOR A TIGHTER SHAPE!



COMPLEXES
FROM SINGLE-INGREDIENT
FORMULAS!



is a standardized Green Tea extract with 50% Polyphenols content - including epigallocatechin gallate (EGCG) - which is a potent antioxidant. The thousands years' use and scientific evidence also support the claim that Green Tea in Tea-X may contribute to normal fat metabolism and bodyweight management. TEA-X contains only little amount of Caffeine.



The (Hydroxycitric Acid) extracted from the plant Garcinia Cambogia has been considered as a "star" ingredient among the people who follow fit lifestyle. The HCA content of the SCITEC NUTRITION® HCA supplement is 60%! CHITOSAN is a soluble fiber which is often added to HCA formulas for even better results.

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### SUGGESTED SUPPLEMENT STACKS FOR MEN

#### **BASIC STACK — FOR BEGINNERS**

With slow-digesting muscle maintaining protein, complex bodyweight control formula, essential fatty acids and vitamins/minerals.



#### MEGA DAILY ONE PLUS

basic complex multivitamin/mineral formula

#### **NIGHT PRO**

casein milk protein formula for nighttime usage

#### PFX

complex bodyweight control formula

#### OMEGA 3

essential fatty acids, necessary during dieting



#### PREMIUM STACK — FOR SERIOUS PURPOSES

With slow digesting muscle maintenance protein, complex bodyweight control formula, essential fatty acids and vitamins/minerals. At the premium level, we recommend a stronger multivitamin/mineral formula, super complex bodyweight control formula and extra L-Carnitine supplementation.

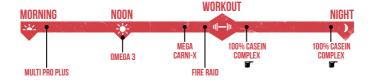


FIRE RAID super complex stimulant formula

MULTI PRO PLUS
high level complex
multivitamin/mineral
formula

100% CASEIN COMPLEX micellar casein dominant casein milk protein formula OMEGA 3 essential fatty acids, necessary during dieting

MEGA CARNI-X high dose L-Carnitine formula



### SUPER PREMIUM STACK FOR PERFECTIONISTS

With slow digesting muscle maintenance protein, complex bodyweight control formula, essential fatty acids and vitamins/minerals. At the super premium level, we recommend a stronger multivitamin/mineral formula, super complex bodyweight control formula, and the usage of CLA and different types of L-Carnitine.



#### super complex

formula

lex

#### **MULTI PRO PLUS**

high level complex multivitamin/mineral formula

#### ÜBER MILK

micellar casein dominant milk protein isolate – with zero carbs

#### OMEGA 3

essential fatty acids, necessary during dieting

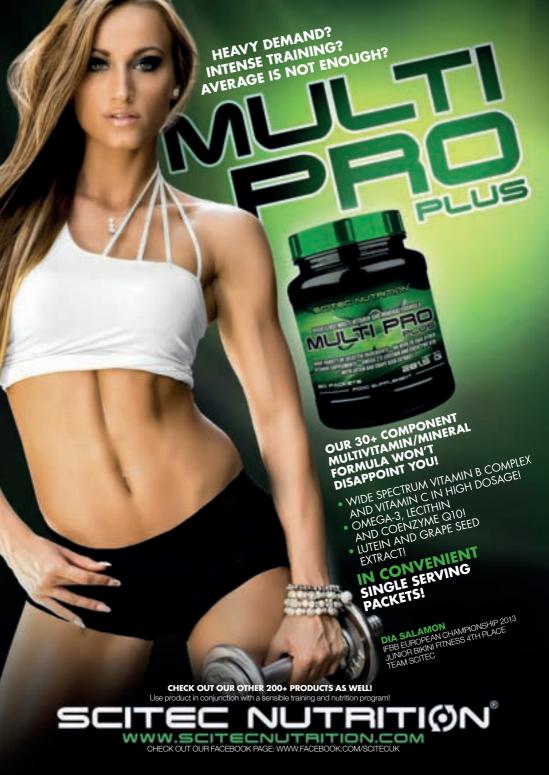
#### CARNI CANNON

super complex L-Carnitine formula

#### CLA

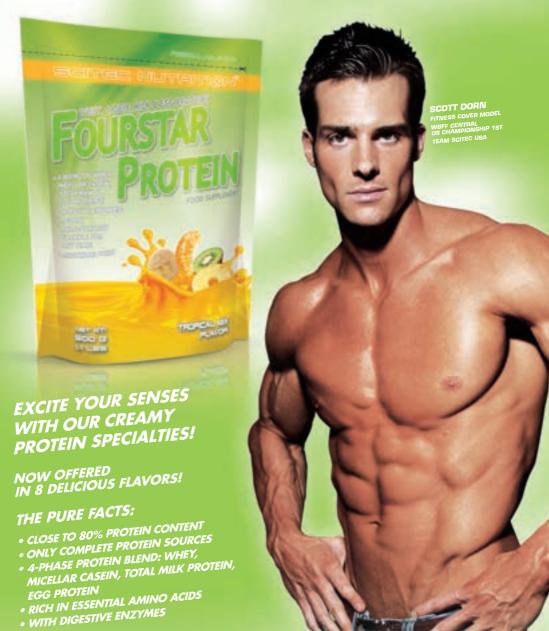
conjugated linoleic acid formula





### PROLONGED NIGHT PLEASURES - WITH OTEN





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USE PRODUCT IN CONJUNCTION WITH A SENSIBLE TRAINING AND NUTRITION PROGRAM!

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### SUGGESTED SUPPLEMENT STACKS FOR WOMEN

#### **BASIC STACK — FOR BEGINNERS**

With slow digesting muscle maintenance protein, complex bodyweight control formula, essential fatty acids and vitamins/minerals.



#### **MEGA DAILY ONE PLUS**

basic complex multivitamin/mineral formula

#### FOURSTAR PROTEIN

4 component protein blend

#### RESTYLE

complex bodyweight control formula

#### OMEGA 3

essential fatty acids, necessary during dieting



#### PREMIUM STACK — FOR SERIOUS PURPOSES

With slow digesting muscle maintenance protein, complex bodyweight control formula, essential fatty acids and vitamins/minerals. At the premium level we recommend a stronger multivitamin/mineral formula, super complex bodyweight control formula and extra L-Carnitine supplementation.

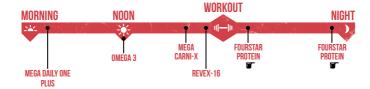


REVEX-16 super complex bodyweight control formula

basic complex multivitamin/mineral formula FOURSTAR PROTEIN
4 component protein blend

omega 3
essential fatty
acids, necessary
during dieting

high dose L-Carnitine formula



### SUPER PREMIUM STACK FOR PERFECTIONISTS

With slow digesting muscle maintenance protein, complex bodyweight control formula, essential fatty acids and vitamins/minerals. At the super premium level, we recommend a stronger multivitamin/mineral formula, super complex bodyweight control formula, and the usage of CLA and different types of L-Carnitine.



### REVEX-16 super complex bodyweight control formula

### MULTI PRO PLUS high level complex multivitamin/mineral formula

#### micellar casein dominant casein milk protein formula

### omega 3 essential fatty acids, necessary during dieting



conjugated linoleic acid formula





### 6 INGREDIENT WEIGHT AND BODYFAT MANAGEMENT COMPLEX

SUPPORTS THE NORMAL THYROID FUNCTION! BOOSTS METABOLISM AND CARDIOVASCULAR CONDITION! HELPS LIPID METABOLISM!

CHECK OUT OUR OTHER 200+ PRODUCTS AS WELL!

USE PRODUCTS IN CONJUNCTION WITH A SENSIBLE TRAINING AND NUTRITION PROGRAM!

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#### FAT-BURNING TRAINING METHODS

When choosing between fat burning training methods, you should be asking the following questions: What should I do? When? For how long? How often? There are multiple good answers for all of them, as all the methods have their advantages and their drawbacks at the same time. People's aims and possibilities are not entirely the same, so it is quite difficult to determine one

perfect solution that applies to everyone. At this point, the starting notion should be: anything is better than nothing. With this idea in mind, you can choose from among some training techniques explained in the following sections, considering multiple factors, like personal aims, time schedules, available training equipment and your physical development.

#### WHAT SHOULD WE DO?

#### SHORT, HIGH INTENSITY INTERVAL CARDIO TRAINING

High intensity interval training (HIIT) is gaining ground really fast among existing training methods. This workout strategy alternates periods of short, high intensity exercises with short, low intensity recovery periods. Usually, intervals fall between 30-120 seconds, while the entire exercise should take about 15-25 minutes overall. Researches have shown that HIIT results in higher post-workout energy consumption than moderate, consistent intensity cardio exercises, which means that the rate of burning calories stays high for longer periods of time. There are some risks to bear in mind though, especially for beginners, people in bad physical shape and those who are not conscious of their own medical condition. Nevertheless, because of the relative nature of intensity, the risk is moderate and easily manageable, but the advantages are apparent. In addition, risks are smaller for those who are already fit.

#### **METABOLIC WEIGHT TRAINING**

By now, it is widely believed that metabolic weight training is a really effective form of exercise. As opposed to traditional bodybuilding exercises, it is executed with lighter weights but is done for a longer period of time. However, it is not regarded as a traditional cardio activity, nor is it a monotone and slow cardio training, as it is a more intensive type of workout. Metabolic training is capable of burning an outstanding amount of calories, accelerates fat burning throughout the body and is similar to HIIT in the sense that it also induces beneficial hormonal reactions. Be aware that metabolic training results in muscle loss in itself, because muscle building – and maintenance – can only be attained by trainings based on heavier weights and fewer reps with longer pauses. This is why a successful fat reducing – muscle maintenance workout program must contain both heavy and metabolic weight training.



When doing cardio exercises for a moderate duration (30-45 minutes) at the upper limit of the aimed pulse zone (moderate intensity), body fat can be burnt very effectively. Additionally, the training is followed by some rise in calorie burning, though not as dominantly as in case of HIIT.

#### LONG, LOW INTENSITY CARDIO TRAINING

The advantage of a long duration – at least 60 minute – cardio is that more calories are burnt from fat and the overall amount of burnt calories is relatively high. However, intensity and duration are inversely proportional, so even though the training is longer, the intensity can only be lower at the same time. Even though



this kind of cardio burns more fat than carbohydrates, the burnt amount of calorie per unit of time is lower, and this method has no practical advantages in post-workout metabolic acceleration. As explained, this practice is recommended for fat burning to those beginners who are incapable of sustaining a higher intensity training regime. Under these conditions, this particular type of cardio is not too time efficient. Hiking and walking is ideal for those who are not particularly fit or are older, (seriously) overweight or are suffering from orthopaedic problems (joint issues). Otherwise, there is no point to do one hour or longer cardio training sessions, once it is possible to burn the same - or more - amount of calories with less time invested, or with a different technique. Not to mention the beneficial effects of post-workout metabolic acceleration.

#### WHEN SHOULD WE TRAIN?

#### CARDIO IN THE MORNING ON AN EMPTY STOMACH

One of the most popular fat burning techniques is doing cardio training in the morning on an empty stomach. Many bodybuilding and fitness competitors apply this method when aiming for a lean physique, and it is also recommended by trainers. On the other hand, some experts tend to warn that the risk of muscle mass loss is way too high and claim that in a 24 hour time span, the actual time of cardio training is not a deciding factor when considering the burning of calories. Low blood sugar and stored carb levels in the morning mean that the body is in its perfect condition to burn fat, but because of high cortisol (hormone that breaks down muscles) levels, the chance of muscle burning is much higher. As a result, the potential benefits and risks are equally high when following this training method.

#### CARDIO IN THE MORNING AFTER A PROTEIN SHAKE

A good way to prevent potential muscle loss is to have a small meal in the morning, containing only protein, or to have a protein shake instead. It lowers the risks by suppressing cortisol levels and preventing muscle break down while providing all the benefits due to low blood sugar and insulin levels.

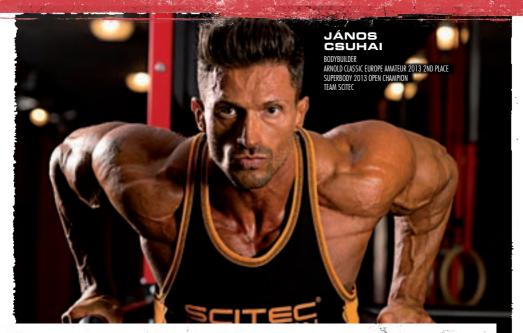
#### **CARDIO IN THE EVENING**

Many bodybuilders and dieters do cardio training late at night but refrain from eating a single bite after workout so that the amount of burnt fat is maximised. This method has its own benefits too, but these results are moderate to say the least, while risks are quite high. Late night exercising is even prone to disturb your sleep cycles and regeneration rates. By the time you fall asleep, the speed of metabolic processes fall back to savings level, so you'll miss all the post-workout benefits of metabolic acceleration. The risk of losing muscle mass is exceptionally high.

#### **HOW OFTEN?**

Regarded as an effective fat burning program, daily cardio workout is usually supported by two arguments. Firstly, more training means more burnt calories. Secondly, frequent cardio helps maintain high metabolic efficiency, as there are no longer inactive periods between exercises. These advantages are hindered by present risks of overtraining or/and muscle mass loss. Furthermore, the risk of aerobic adaptation rises if a higher frequency in training is maintained for a longer period – as the body becomes more efficient, meaning that the same amount of training burns fewer calories over time. When considering all the benefits and risks, it becomes apparent that shorter but more frequent exercises provide a better benefit to risk ratio.





### TRAINING PROGRAM FOR BUILDING AND MAINTAINING MUSCLES

Whichever fat burning training system is chosen, it should be done in conjunction with a weight training program aimed at muscle building or muscle maintenance. This is especially true because muscles are active tissues that burn calories even in a relaxed state.

#### **4-DAY SPLIT TRAINING PROGRAM**

- 1. day: chest, biceps, abs
- 2. day: thighs, calves
- 3. day: shoulders +traps, triceps, abs
- 4. day: back, calves

The sequence of the body parts can be varied. We recommend starting the week with the weakest muscle group.

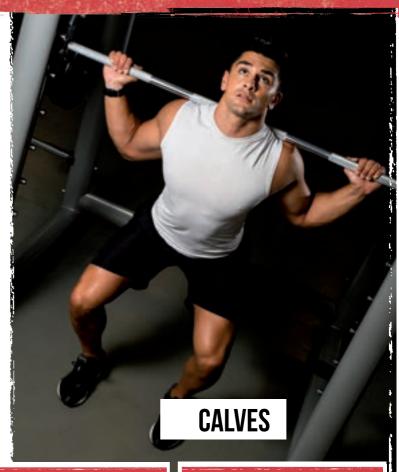
**FOR MEN** 



#### **CHEST**

Incline bench press with dumbbells or barbell	2 warm-up sets 3 x 8-10
2. Flat bench press with barbell or dumbbells	3 x 8-10
3. Incline dumbbell flyes	3 x 10-12
4. Dips	3 x 8-12
5. Pull-over	3 x 15





#### **THIGHS**

1. Back squats or front squats

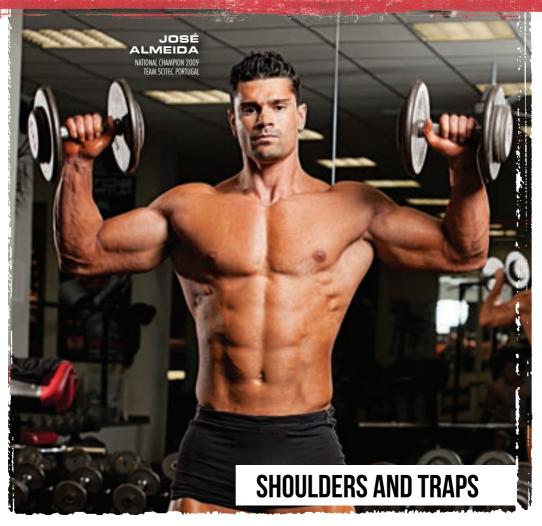
2 warm-up sets 4 x 6-20

Note: We give a wide rep range for quad exercises because some react better to lower, some to higher reps. This is highly individual and is something you have to learn about yourself!

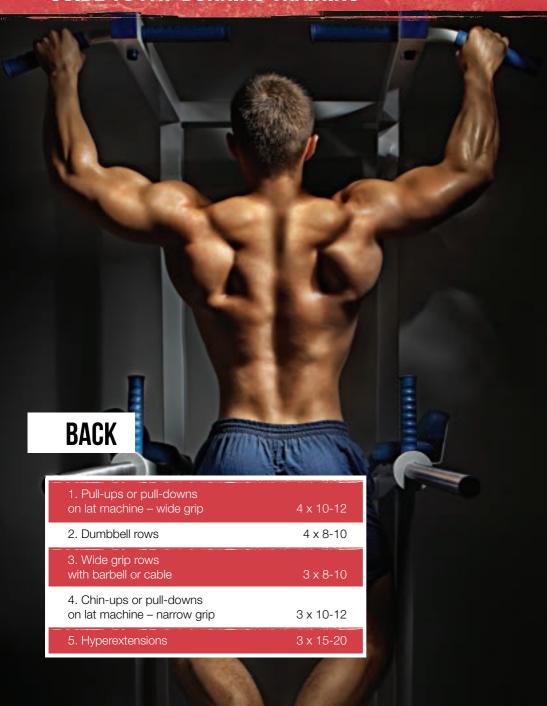
Something you have to loan about yourson.				
2. Lunges or leg presses	3 x 6-20			
3. Leg extensions	3 x 15			
4. Stiff legged deadlifts	4 x 10-12			
5. Lying leg curls	3 x 8-10			
6. Standing leg curls	3 x 8-10			

1. Standing calf raises or donkey calf raises 4 x 10-12

2. Seated calf raises 4 x 15-20



Side laterals     with dumbbells	2 warm-up sets 3 x 10-12	
Military press with vbarbell or dumbbells	2 warm-up sets 3 x 8-10	
3. Bent-over laterals with dumbbells	3 x 10-12	
4. Shrugs with dumbbells or barbell	4 x 10-12	







János Csuhai Arnold Classic Europe Amateur 2013 2nd place

# THE NEW STANDARD!

L-Leucine - L-Isoleucine - L-Valine in 8:1:1 ratio!

One of the most basic sports supplements!
Indispensable amino acids for humans!
Strongly recommended during high intensity training!

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USE PRODUCT IN CONJUNCTION WITH A SENSIBLE TRAINING AND NUTRITION PROGRAM!

#### ADDITIONAL BCAA FORMULAS FROM

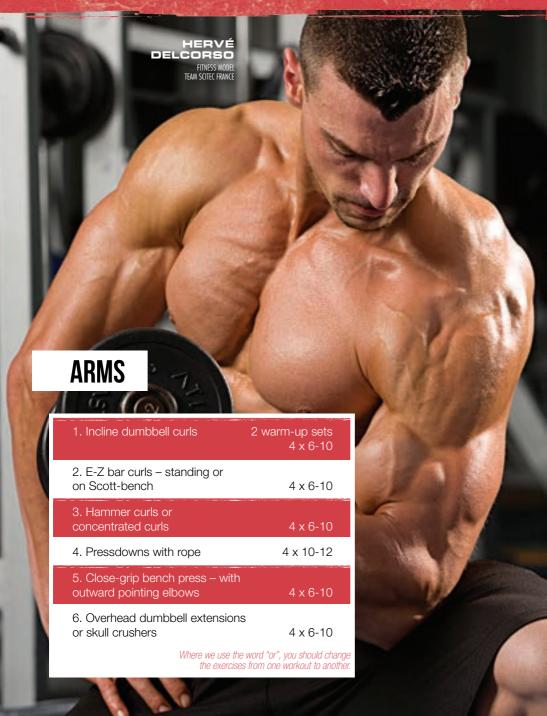


G-BCAA

BCAA 6400 125 and 375 tablets BCAA-X 120 and 330 capsules BCAA XPRESS apple, pink lemonade: 700 g unflavored: 500 g

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ADVANCED MULTIVITAMIN AND MINERAL FORMULA WITH 25 INGREDIENTS!



- WITH ESSENTIAL MINERALS
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# SCOTT DORN

A COMPETITOR LEVEL BODY FAT LOSS STACK SHOULD DEFINITELY CONTAIN A BCAA FORMULA AS WELL. A CASEIN-DOMINANT PROTEIN, AN OMEGA-3 SOURCE AND A COMPLEX STIMULANT ARE ALL STANDARD COMPONENTS OF THESE KINDS OF PROGRAMS.

OMEGA 3 BCAA COMPLEX ÜBER MILK SHREDEX CLA



MEGA



# JÁNOS CSUHAI

IF YOU TAKE HOT BLOOD 3.0, YOU WON'T NEED MORE STIMULANTS. THIS IS THE REASON BEHIND THE USAGE OF SINGLE INGREDIENT, NON-STIMULANT WEIGHT MANAGEMENT FORMULAS. ZERO SUGAR / ZERO FAT IS ONE OF THE BEST CHOICES FOR PRE-CONTEST PROTEIN SUPPLEMENTATION.

ZERO SUGAR /ZERO FAT ISOGREAT

L —GLUTAMINE

AMINO 5600

HOT BLOOD 3.0

HCA-CHITOSAN

CARNI COMPLEX







# TRAINING PROGRAM FOR BUILDING AND MAINTAINING MUSCLES

**FOR WOMEN** 

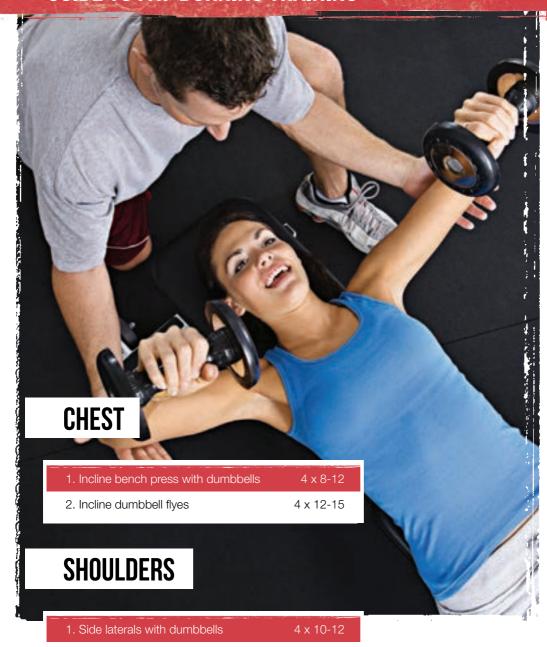
#### **3-DAY SPLIT TRAINING PROGRAM**

- 1. day: thighs, glutes, calves
- 2. day: chest, shoulders, triceps, abs
- 3. day: back, biceps, calves



#### **CALVES**

-	Standing calf raises     or donkey calf raises		⟨8-12	
	2. Seated calf raises	4 x	15-20	



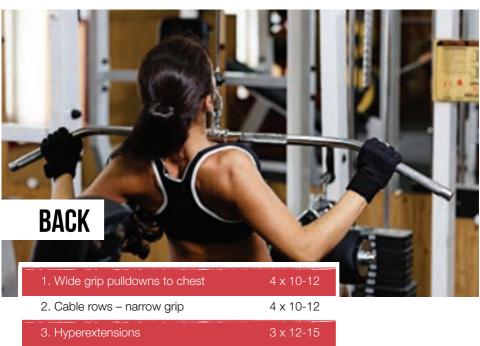
4 x 10-12

48

2. Bent-over laterals with dumbbells















MICHELLE PLACES GREAT EMPHASIS ON HIGH PROTEIN AND AMINO ACID INTAKE: AMINO DRINK BEFORE AND DURING WORKOUT, WHEY PROTEIN AFTER TRAINING AND CASEIN BEFORE GOING TO BED. TO ACHIEVE A CONTEST-READY TIGHT PHYSIQUE, SHE CONSIDERS THE USE OF A COMPLEX BODYFAT-CONTROL FORMULA AND OMEGA-3 SUPPLEMENTATION NECESSARY!

100% WHEY PROTEIN PROFESSIONAL 100% CASEIN COMPLEX AMINO MAGIC RESTYLE OMEGA 3





## ZSUZSI TOLDI

ZSUZSI AIMS AT BEING TIGHT AND NOT ONLY SLIM, SO SHE CONSIDERS HIGH PROTEIN INTAKE EXTREMELY IMPORTANT DURING FAT BURNING PROGRAMS.

REVEX-16 100% WHEY PROTEIN PROFESSIONAL CLA WATER CUT





#### **MYTHS ABOUT BURNING FAT**

#### TARGETED FAT REDUCTION

"I'd only like to lose fat from my belly, not from anywhere else." "I only want to target my inner thighs." "I just want to cover up the bat-wings from the back side of my upper arm!" These are often quoted sentences, mostly from women.



What is common in these objectives? These are impossible to achieve! Even though it has been stated countless times that "targeted fat reduction" is a non-existent thing, people just keep repeating thousands of abs and torso exercises, and spend hours sweating on different leg machines in order to get rid of every gram of unwanted fat on their belly and waist, and to achieve a tighter thigh and bum. What do you think, how many calories can be burnt by swinging left and right with a broom up on your shoulders? Absolutely minimal! Let's take crunches for example: researchers from the University of Virginia showed that 250,000 crunches are required to burn 1 pound (0.45 kg) of fat, which translates to 100 crunches a day over seven years. It is even more useful if you park your car further away from the gym and walk a little more.

The burning feeling in your muscles after a hundred or a thousand trunk/ torso twists does not indicate that fat is being burnt, only that your muscles are exhausted.

#### STARVATION — AFTER A CERTAIN POINT IN TIME

When aimed at accelerating fat burning, another widespread method is to avoid eating 2-3 hours before going to bed, or after 6 PM.

The increased pace of losing weight stems from the longer "starving" night-time period. Regarding this method, some claim that one should avoid consuming any calories when the rate of physical activity is lower – and the body is not burning that many calories, and after an entire day of diet, all the carb reserves are full, or when insulin sensitivity is lower. In reality, what happens is that people take fewer calories into their bodies this way during the day, increasing the rate of calorie burning – regardless of the pacing of calorie intake.

#### THE MORE YOU SWEAT, THE MORE FAT YOU BURN

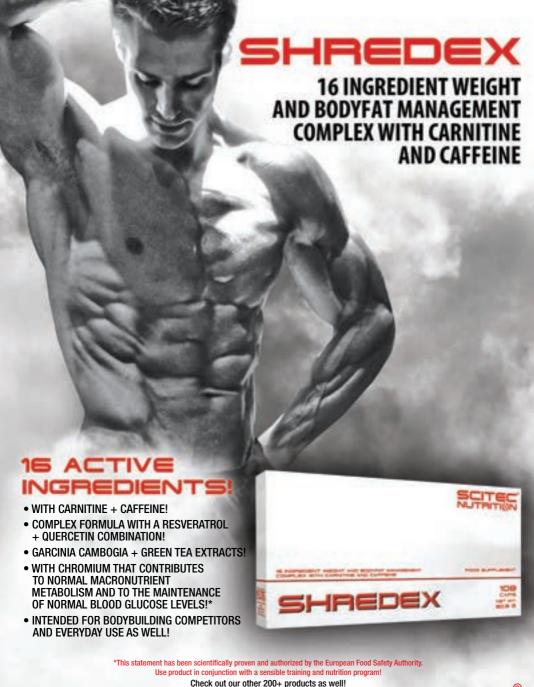
The harder you train, the more calories you can burn in a given period of time. However, the rate of sweating is not only determined by the intensity of your training. There are people who produce more sweat because they are overweight, and there are those who are genetically prone to sweat more. People tend to sweat more in a hot and dry environment or when they have warm clothes on. Fast weight reduction is guaranteed in big heat or when wearing plastic "sweaty" clothes, but the majority of weight lost this way is water, which has to be provided after workout if you do not want to risk damaging your health.

### THERE ARE FOODS WITH NEGATIVE CALORIE CONTENT

Some people claim there are foods that require more energy to be digested than the amount they actually contain, as if you were consuming negative amounts of calories. The most noted vegetables and fruits are carrots, broccoli, melons, pineapple, apples, etc.



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ONE OR MORE INGREDIENTS - WITH DIFFERENT STRENGTH LEVELS!



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