

10 PRO BODYBUILDING SECRETS

fusionTM

BODYBUILDING'STM
STRONGEST
SUPPLEMENTS



REST AS MUCH AS POSSIBLE.

Rest is critical if you want to grow. The fact is: you grow when you rest – not when you train. Training tears down muscle tissue and stimulates it to grow – but resting creates the environment where growth occurs. If you don't rest, you don't grow. Period.

1

EAT PLENTY OF PROTEIN TO KEEP FAT INCINERATION HIGH:

Eating protein is a staple of a bodybuilders diet for many reasons – and building muscle is only one of them. One of the other most important reasons is fat burning. Protein burns more calories than it contains, so you incinerate fat when you eat it. Not to mention that by eating protein, you stay anabolic, and that further cranks up fat incineration to new levels.

2

REDUCE SODIUM INTAKE AND AVOID HIGH SODIUM FOODS:

Sodium – salt - is an electrolyte – a substance that helps control your water balance. Unfortunately, sodium causes you to both be dehydrated and bloated. Reduce your sodium intake as much as possible and never salt your food.

3

DRINK PLENTY OF NATURAL SPRING WATER:

Everyone goes on about water, saying it doesn't matter what kind you drink so long as you drink enough.

Pro-Bodybuilders know better! Spring water is the best, while tap water and distilled water are the worst choices.

4

LIMIT SIMPLE SUGAR INTAKE ALWAYS:

Simple sugars should be limited to immediately post-workout. Other than this time period, you should never consume a ton of simple sugars, because insulin levels fluctuate wildly and you'll gain fat.

5

TAN NATURALLY OR IF NECESSARY, INDOORS:

Tanning is a great way to help you Get Beyond Ripped. Tanning drives out extra water from under your skin and the light dissolves away the subcutaneous fat. Not only that, but by inducing sweating, tanning increases calorie burning.

6

USE NATURAL SOURCED VITAMINS AND MINERALS:

Natural sourced vitamins and minerals are better because they're absorbed with 100% efficiency, as opposed to synthetics that are absorbed at around 50%. The higher the absorption rate, the less work the kidneys and liver have to do.

7

USE YOUR MIND - IT'S A POWERFUL TOOL:

You might be physically strong, but your mind will make or break you in this sport. To get results, you have to use your brain for what it was designed to do: create your dream and the motivation to pound away set after set until you get there. If you don't use your mind and stay focused, you'll be like one of the many - wishing you had given it your all.

8

EAT PLENTY OF UNSATURATED FATS:

Fats aren't evil – they're your recipe for getting into fat burning mode. The fact is: while eating the wrong kinds of fats will kill you, unsaturated fats from seeds and nuts will jack up your testosterone and help you incinerate fat all day long.

9

STAY CONSISTENT:

The biggest factor of winning the brutal iron war?
Consistency. So many would-be-greats concede to the pain,
withdrawal their troops from the field and go home to their
mommy. Consistency is key!

10

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