

## ULTIMATIVE MASSEPHASE FÜR VIEL MUSKELN UND **WENIG FETT!**

Lorem Ipsum is a dummy text that is mainly used by the printing and design industry. It is intended to show how the type will look before the end product is available.





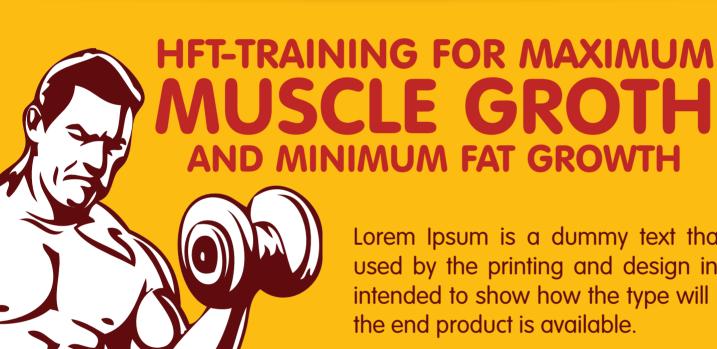
## SURPLUS CALORIES

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## BEST TIME FOR MUSCLE GROWTH

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# THE IMPORTANCE OF FOOD

- Keep your foods natural You need high energetic foods (meat, fish, nuts, cheese etc.)
- Good carbs (brown rice, potatos, sweet potatos etc.)
- Cooking with oliveoil an butter is good
- Many liquids like Shakes as Adon AND: No sugar, chocolate or sweets





# MEAL TIMING Take complex carbs like potatos, fruits, granary loaf etc.



- Eat proteins and vegetables beside this times. Eat more times during the day to get a constant
- energy balance.



### Train on the High Frequency-Traing as often as possible (HFT)

Eat natural foods Takehealthy sources of fat (especially nuts)

Mmake yourt nutrient uptake in the purpose

of Carb-Backloading



**SOURCES:** 

http://www.nerdfitness.com/blog/2012/07/02/bodyfatpercentage/ http://www.nerdfitness.com/blog/2012/07/02/bodyfatpercentage/ http://www.nerdfitness.com/blog/2012/07/02/bodyfatpercentage/

