

Part 3 - Optimizing Body Composition, Contest Prep

dotFIT Masterclass

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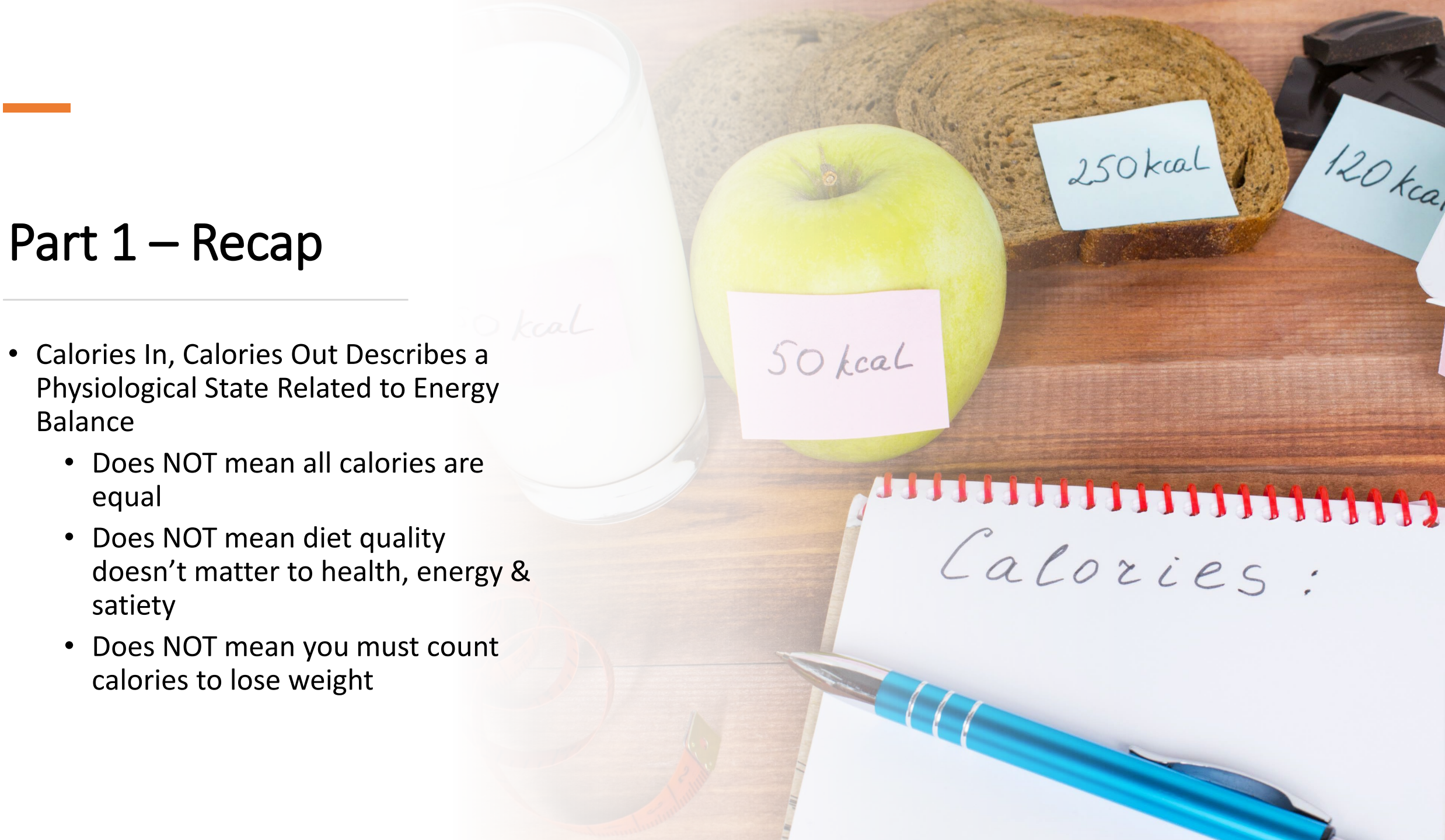
Content to be Presented

- Part 1 Recap – Maximizing Fat Loss While Preserving Muscle
- Monitoring and Adjustments for Overcoming Plateaus
- Fat Loss Facts
- Part 2 Recap – Maximizing Muscle Gain While Minimizing Fat Gain
- Physique & Bodybuilder Contest Prep



Part 1 – Recap

- Calories In, Calories Out Describes a Physiological State Related to Energy Balance
 - Does NOT mean all calories are equal
 - Does NOT mean diet quality doesn't matter to health, energy & satiety
 - Does NOT mean you must count calories to lose weight





Maximizing Fat Loss While Preserving Muscle

- Requires a calorie deficit for most while increasing protein and micronutrients to support energy and metabolism
- The BEST diet for weight loss is the one you can stick to
 - All diets result in micronutrient shortages
- Dieting (reducing calories) invokes survival mechanisms to close the deficit
 - Increase in hunger hormones, decrease in NEAT, reduced BMR, loss of LBM
- Key factors to preserve LBM and metabolism:
 - Slower rate of weight loss, resistance training, higher protein, adequate micronutrient intake



Maximizing Fat Loss While Preserving Muscle – Calories & Macronutrients

Starting Calories

- ~500-750 calories below maintenance
- Adjust to lose ~0.5 - 1.5% body fat every two weeks
 - The leaner, the slower to protect or add LBM

Prioritize Protein: 25-35%

- 1 g per pound of body weight (or LBM). Trends up during prolonged fat loss
 - Divided 4-6 times per day, including pre/post workout

Starting Carbohydrate: 40-50%

- Most before workout (unless early training), some with meals
 - First macro to be reduced if calories are reduced

Starting Fats: 25-35%

- Second macro to adjust based on goal and energy

Bottom line is to maintain or increase protein as body fat loss progresses while reducing calories as necessary to stay on target

Body Fat Loss 4/5

Component Summary

Favorably Altering Body Composition

Meal Planning

- Proper macronutrient and timed caloric intake below maintenance

Exercise

- Resistance training & cardio as necessary for desired caloric extraction & deposition

Dietary Support & Next Level As Desired

- Complete nutrition within body fat goal calories to support structural/functional integrity
- Baseline through physique competition support

Personal Programming Assistance

- Set up, monitoring & adjustments (trainer & client centric program)
- Based on starting and ongoing weekly measurements

Meal 1 – Morning Meal (Eat this meal as soon as you wake up.)	Pro (g)	Carb (g)	Fat (g)	Calories
2 eggs + 2 egg whites (scrambled)	19	2	9	174
2 pieces whole grain toast	9	28	3	170
1/2 cup sliced strawberries	1	6	-	27
1/2 cup blueberries	1	11	-	42
Total:	30	47	12	413
Percent of Calories:	30%	44%	26%	
Meal 2 – Lunch (Eat this meal 2 1/2 to 3 hours before workouts or competition.)	Pro (g)	Carb (g)	Fat (g)	Calories
2 pieces whole grain bread	9	28	3	170
3 ounces sliced oven roasted turkey breast	12	6	2	90
1-ounce sliced avocado	1	2	4	45
1 tablespoon light mayo			4	45
1 teaspoon of mustard				3
Lettuce and tomato		1		6
Total:	22	37	13	359
Percent of Calories:	25%	41%	34%	
Meal 3 – Pre-Training Snack - (Eat this snack 10 to 40 minutes before workouts)	Pro (g)	Carb (g)	Fat (g)	Calories
1 scoop dotFIT WheySmooth	25	7	3	160
8 ounces of water + ice as desired	-	-	-	-
Total:	25	7	3	160
Percent of Calories:	65%	17%	18%	
Meal 4 – Post Training Snack - (Eat or drink this snack immediately after workouts)	Pro (g)	Carb (g)	Fat (g)	Calories
1 scoop dotFIT WheySmooth	25	7	3	160
8 ounces of water + ice as desired	-	-	-	-
Total:	25	7	3	160
Percent of Calories:	65%	17%	18%	
Meal 5 – Post-training Meal (Eat this meal within 1.5-hours after workouts.)	Pro (g)	Carb (g)	Fat (g)	Calories
1 large (8 oz) baked sweet potato	4	37		159
1/2 tablespoon of butter	-	-	6	51
3 ounces roasted chicken breast, skinless	26	-	3	140
4 cups of mixed greens	2	5		34
2 tablespoons balsamic vinaigrette		3	5	60
Total:	32	45	14	434
Percent of Calories:	30%	40%	30%	
Meal 6 – Dinner (Eat this typical dinner within 3-4 hours of previous meal.)	Pro (g)	Carb (g)	Fat (g)	Calories
1 cup cooked brown rice	5	46	2	218
3 ounces baked salmon	19	-	11	176
8 asparagus spears	3	5		26
1/2 tablespoon of extra virgin olive oil	-	-	7	60
Total	27	51	20	479
Percent of Calories	37%	35%	26%	
Menu Totals:	161	194	65	2005

Diet Monitoring & Adjustments

Program Algorithms

Consistency

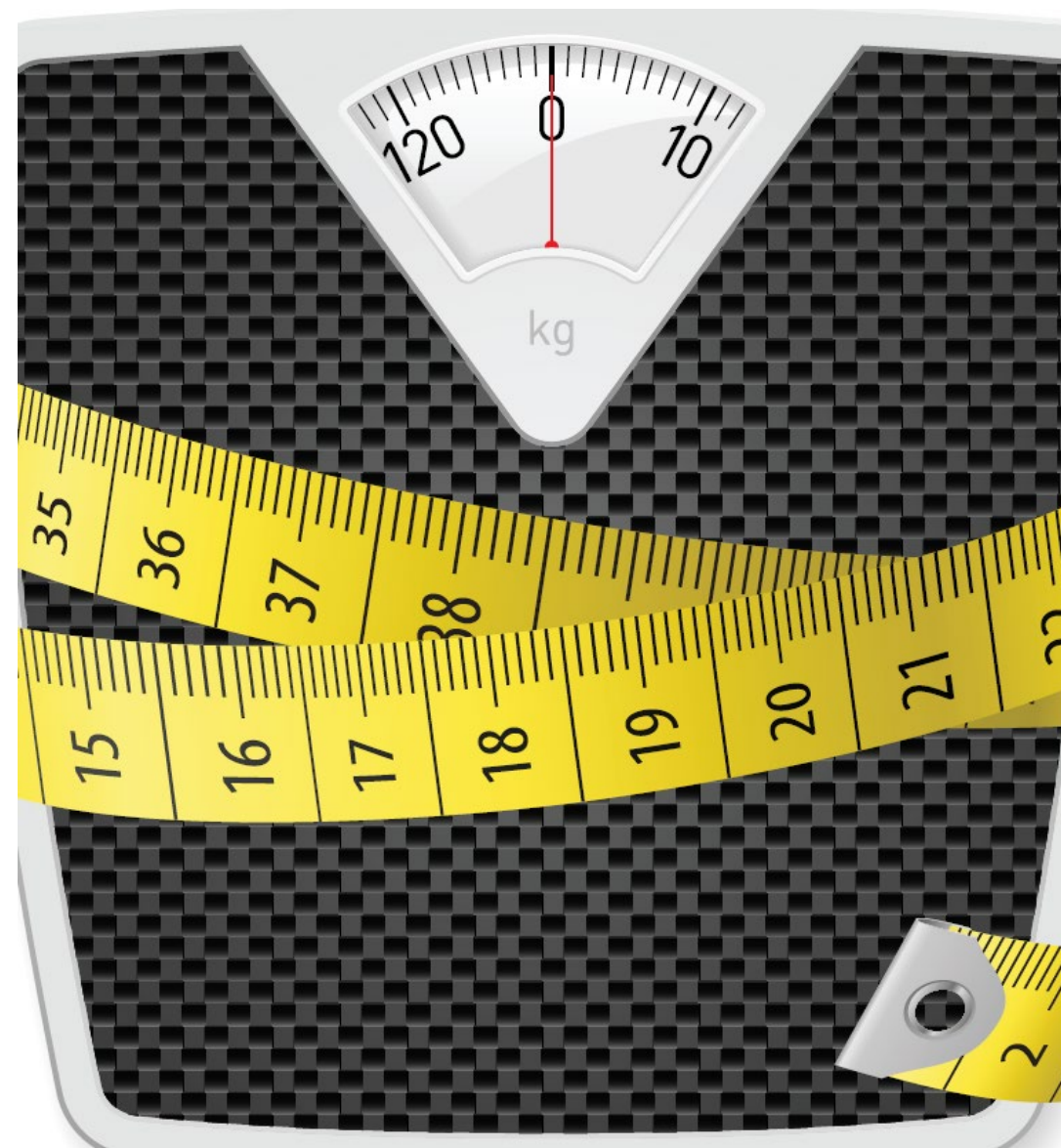
- Weigh or measure in same clothing, same time of day and same scale.

Body fat

- Use same method or device for body fat measurements. Skin calipers preferred.

Adjust if needed

- If necessary, only adjust calories in or out every seven days



Diet Monitoring & Adjustments

Program Algorithms

Adjustments:

- Measurable or visual reduction in body fat and/or weight proceeds in a consistent manner, e.g. a decrease in circumference inches, and/or the desired average decrease in body fat per week
- If progress stops or slows dramatically, use one or combination of adjustments to re-start the process:
 - **Increase daily activities** (e.g. daily steps or other non-athletic/exercise activities)
 - Standing and pacing burns 1.5-2 times more calories than sitting for the same period
 - There are approximately 2000-2500 steps (depending on stride length) in a mile. Walking 2000 steps will burn ~75-150 more calories (depending on individual size) than sitting for the same time, takes ~20-30min and can be done anywhere, even in the office, while on the phone or watching TV
 - **Increase cardio workout time and/or intensity** and include interval training if necessary
 - Ex: if doing 30 minutes 5D/WK, go to 45min and add interval work within the time frame
 - **Decrease food intake** approximately 200 to 300 calories per day or remove a small portion (carbs/fats) of largest meal other than pre-workout meal (incorporate 3-days low/1-high as necessary)
 - **Add dietary support** beyond baseline as necessary (thermogenic, appetite control, etc.)
- **Repeat the process any time body fat is stable for at least one week. Always remember if you stop losing fat, you need to eat less, move more or a combination of the two regardless of what you read or hear from others.** As you lower calorie intake, make sure your protein intake stays at or above 1gm per pound of body weight to protect LBM

Progress Check Pop-Up

Appears on Summary page every 1-2 weeks

TRAINER TIP:

The dotFIT Program:

- Adjusts calories based on input
- Provides feedback and options
- Tracks results on progress graphs

Coaching Measurements

Progress Check

It's time to check your results and get feedback to stay on track. Enter your weight and body fat now.

Weight: lbs

Body Fat: %

ENTER



Actionable Feedback

Feedback:

According to your weight/measurement change since the beginning of this program, you lost 0 lb(s) of weight, therefore you consumed an average of 0 fewer calories per day than you burned during this period. Your goal was to lose 2.3 lb(s). Keep in mind, body weight can vary based on rate/amounts of muscle/fluid gains or losses.

What do you want to do:

1. Keep my program the same.
2. Understand why my weigh-in was different than I expected.
3. Keep my goal date of 06/07 and update my average deficit target to 1082 calories per day.
4. Keep current calorie deficit of 1000 and extend the goal date to 6/15/2010.
5. Start a new program.
6. Contact a coach.

Do not ignore it – this is your accountability secret sauce!



Monitoring & Adjustments

- Once body composition goal is achieved, increase calorie intake and decrease, as/if needed, activities to maintain desired body fat (i.e. plug in maintenance goal)
- Note: what it takes to get there is not necessarily what it takes to maintain depending on when and how long you stabilize



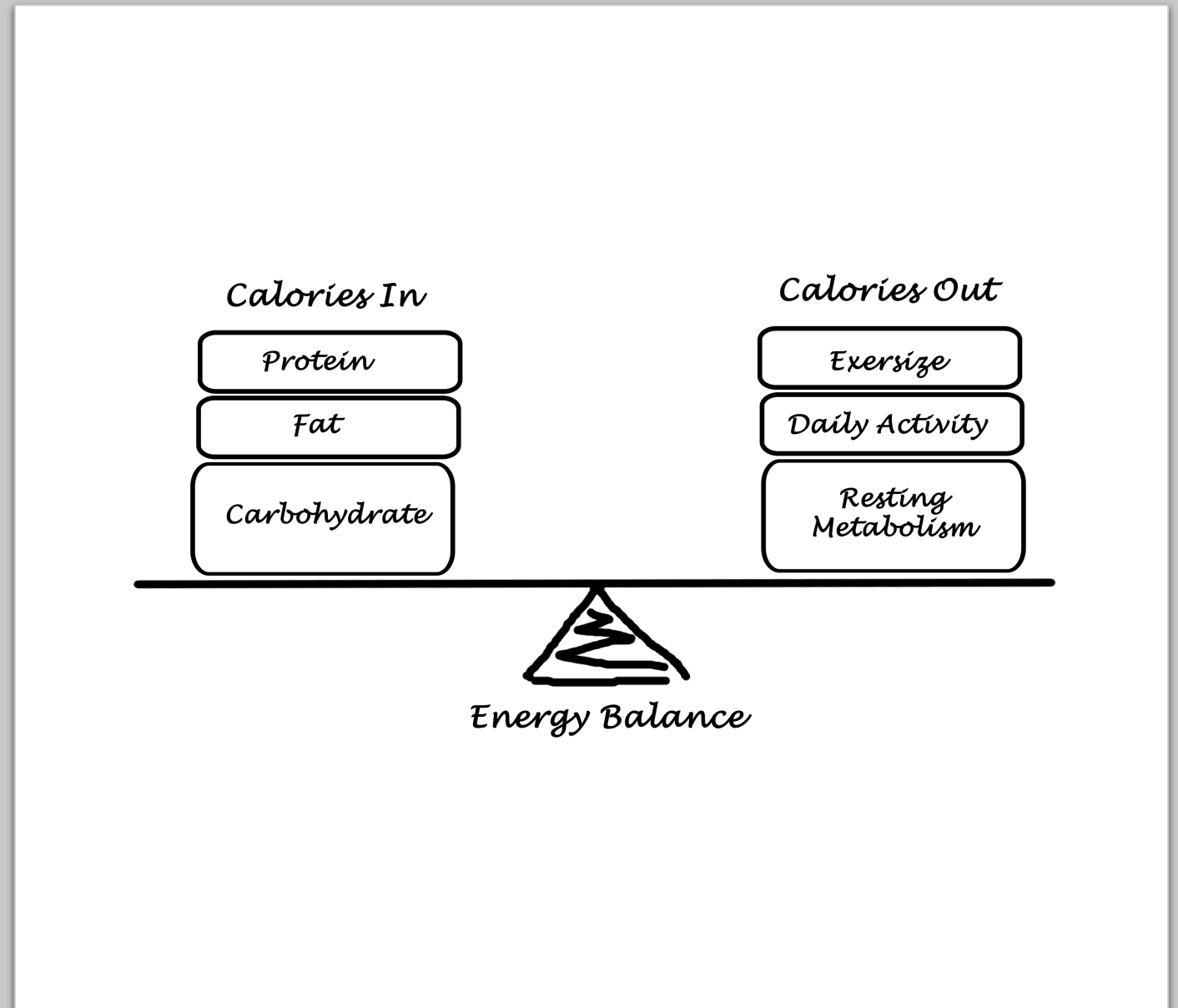
**Facts You Need
To Know To
Avoid Failure
and “Internet
Distraction”**



Facts You Need To Know To Avoid Failure and “Internet Distraction”

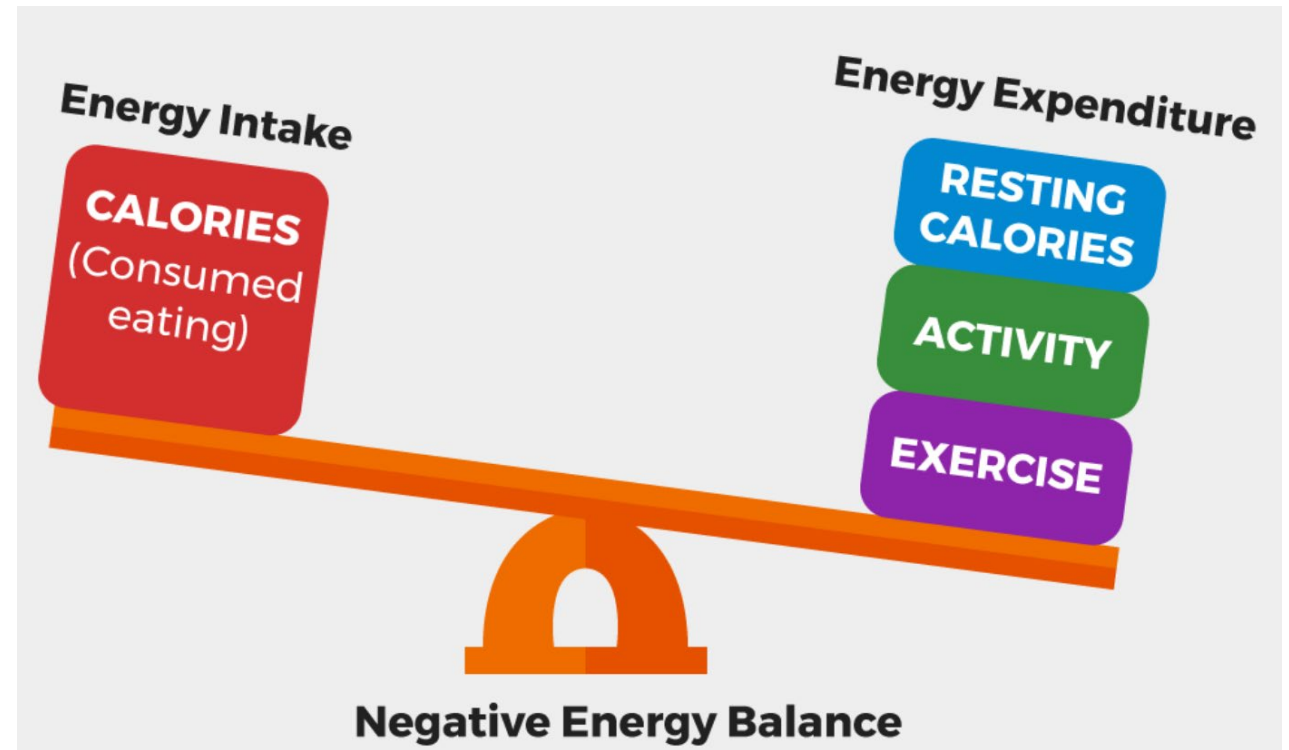
Fact:

- Energy is neither created or destroyed – only transferred
 - Law of Thermodynamics
- No mammalian structure violates this law



Facts You Need To Know To Avoid Failure and “Internet Distraction”

- Rate of weight/fat lost is always the average daily energy/calorie deficit
- Where energy is removed during a deficit is controlled by all factors discussed here (and there is no “spot reducing”)

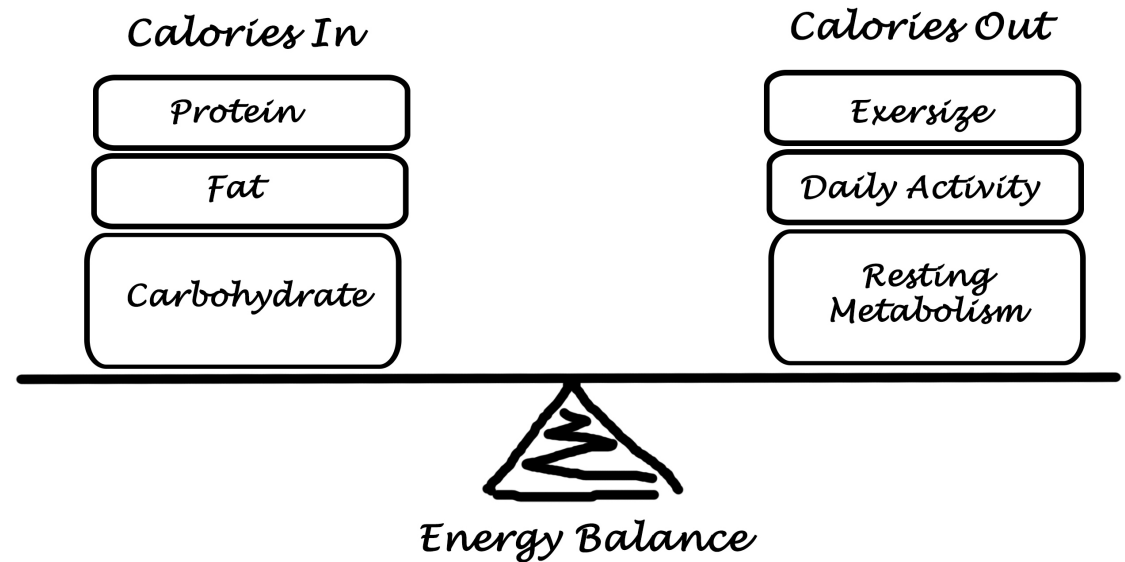


Facts You Need To Know To Avoid Failure and “Internet Distraction”

Fact:

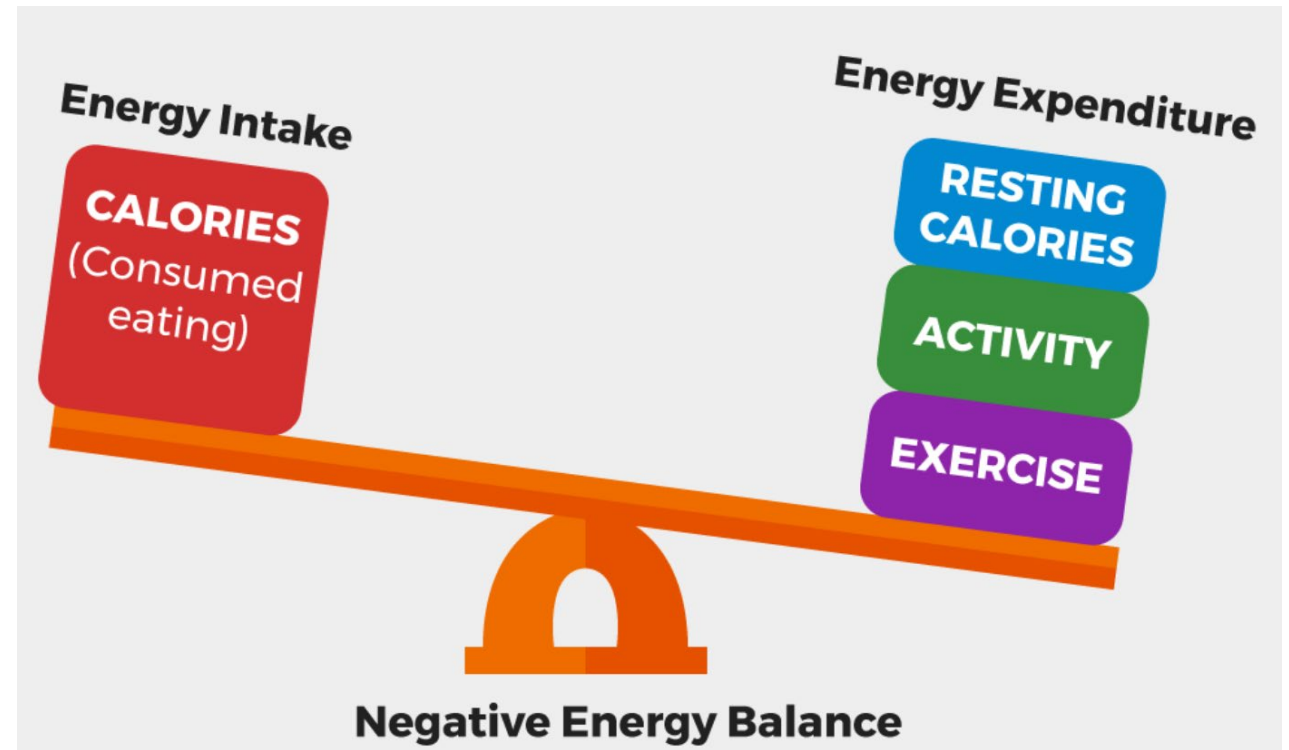
A weight and body composition plateau is the definition of energy balance (CI=CO)

Regardless of the “human math”



Facts You Need To Know To Avoid Failure and “Internet Distraction”

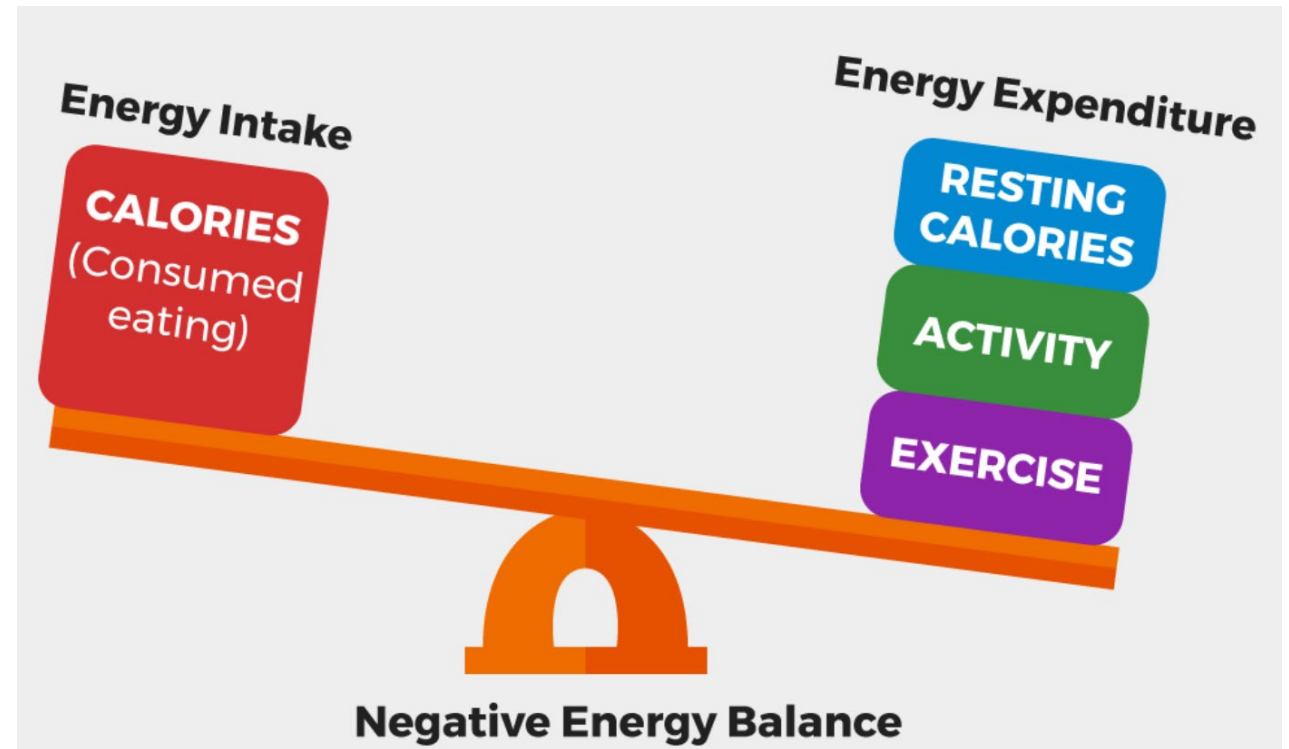
- Continuous fat loss requires continuous adjustments of CI/CO as the body naturally adapts
- Type of CI can effect CO; weight/fat reduction & fitness leads to energy efficiency (adding LBM can offset)



Facts You Need To Know To Avoid Failure and “Internet Distraction”

FACT:

- No limit to fat loss until death, meaning plateaus are avoided or broken by the program adjustments
- Genetics, age, medications, etc., can make progression more difficult – but not impossible



Facts You Need To Know To Avoid Failure and “Internet Distraction”



There is no spot reducing. A deficit draws from stores wherever the body is programmed



Genetics set the subcutaneous fat programming and age can alter it (caveat –visceral fat)

DIETMORE

HOW TO GET RID OF BELLY FAT

the secrets you never knew



Facts You Need To Know To Avoid Failure and “Internet Distraction”

FACT:

- Numbers don't lie – people do!
- Clients are misrepresenting intake/movement if plateau is not overcome, while they profess to be adherent
- Mis or underreporting is common but not necessarily purposeful (declining daily activities often go unnoticed)





Facts You Need To Know To Avoid Failure and “Internet Distraction”

FACT:

No such thing as “starvation mode” or calorically “damaged metabolism.” Human metabolism flexes in both directions as needed

Starving humans don’t eventually perish while overweight - i.e. die still fat

Recap

Part 2 – Maximizing Muscle Growth While Minimizing Fat Gain

Summary – Ideal Nutrition Gainz Program



Nutrition Plan - Set up Your dotFIT Program for Muscle Gain and See Sample Menus

Calories	5-20% above maintenance Adjust every 7 days if needed based on measurements
Protein	1.0 gram per pound of LBM or body weight split evenly across 4-6 meals + pre/post within 1-2 hours of exercise
Fat	~0.2 to 0.7g /lb. of body weight per day (20-35% of total calories)
Carbs	~1.4-2.3 g/lb. of body weight per day
Baseline/Foundational Supplements	<ul style="list-style-type: none"> • Targeted Multivitamin & Mineral with Vitamin D • Omega-3 Fish Oils (EPA+DHA) if diet falls short of 8.5 ounces of fatty fish/week • Calcium if diet falls short of 1,000-1,300 mg/day • Protein to help meet daily targets + optimize timing
Supplements to Enhance Training Sessions	<ul style="list-style-type: none"> • Creatine Monohydrate (loading by weight: 0.14 g/lb./day 4 times per day for 5 days + maintenance by weight: .014-.04 g/lb./day) • Caffeine (1.4-2.7 mg/lb of body weight) • Beta Alanine (~3.2–7 g per day, divided into 800–1,600 mg doses for 4 weeks minimum)
Supplements to Enhance Training Adaptations	<ul style="list-style-type: none"> • Protein (full spectrum of EAAs with ~2.5 g of leucine) • Essential Amino Acids (10-12 g) • Creatine Monohydrate (see above for doses by weight)

Maximize Muscle

4/5 Component Summary

Meal Planning

- Proper macronutrient & timed caloric intake above maintenance

Exercise

- Progressive unaccustomed resistance training & cardio as necessary
- for desired caloric deposition

Dietary Support & Next Level as Desired

- Isolated nutrition with little to no calories: feed muscle/starve body fat, fill gaps (health), improve training/recovery to accelerate & prolong gains

Personal/Programming Assistance (component adjustments)

- Set up, monitoring & adjustments (trainer & client centric program) based on starting and ongoing weekly measurements

Meal 1 – Morning Snack Eat this meal as soon as you wake up.	Pro (g)	Carb (g)	Fat (g)	Calories
3 Eggs (scrambled)	19	2	16	233
2 pieces Wheat toast	5	24	2	130
1 pat Butter	-	-	3	27
1 ¹ / ₂ cup (12 oz) Orange Juice	-	41	-	165
Total:	24	66	21	554
Percent of Calories:	17%	48%	34%	
Meal 2 – Pre Training Meal: low-fat/high carb meal including lean meat and starch Eat this meal 2 ½ to 3 hours before workouts or competition.	Pro (g)	Carb (g)	Fat (g)	Calories
1 Chicken Teriyaki Bowl	26	106	5	580
1 bottle (20 oz) Gatorade	-	14	-	50
1 medium Banana	1	27	0.4	105
1 each dotFIT ActiveMV™ Multivitamin	-	-	-	-
Total:	27	147	5.4	735
Percent of Calories:	15%	80%	7%	
Meal 3 – Pre Training Snack (dotFIT FirstString, Any Recipe) Eat this snack 10 to 40 minutes before workouts to maximize energy stores.	Pro (g)	Carb (g)	Fat (g)	Calories
2 scoops dotFIT FirstString™	21	45	3	285
1 cup Frozen Mixed Berries	-	17	-	70
Crushed Ice	-	-	-	-
Total:	21	62	3	355
Percent of Calories:	14%	67%	26%	
Meal 4 – Post Training Snack (dotFIT FirstString, Any Recipe) Eat or drink this snack immediately after workouts to refill energy stores and enhance recovery.	Pro (g)	Carb (g)	Fat (g)	Calories
2 scoops dotFIT FirstString	21	45	3	285
1 cup (8 oz) Whole Milk	8	13	8	147
Total:	29	56	12	432
Percent of Calories:	27%	52%	25%	
Meal 5 – Post-training Meal Eat this meal within 1.5-hours after workouts	Pro (g)	Carb (g)	Fat (g)	Calories
1 Foot long Turkey Sandwich	37	92	9	577
1 cup (8 oz) Whole Milk	8	13	8	147
Total:	45	105	17	724
Percent of Calories:	25%	58%	21%	
Meal 6 – Starch/Grain with Meat, Veggies & Fruit Eat this typical dinner within 3-4 hours of previous meal	Pro (g)	Carb (g)	Fat (g)	Calories
6 ounces New York Steak, Lean, Broiled	50	-	9	293
1 large (10.5 Oz) Baked Potato	8	63	0.4	278
1 tbsp Light Sour Cream	1	1	1	15
1 cup Green Beans, Boiled, Drained	2	10	0.4	44
1 cup Fresh sliced Strawberries & 1 each dotFIT ActiveMV™ Multivitamin	1	13	0.5	53
Total	62	87	11	683
Percent of Calories	36%	51%	14%	
Meal 7 – Late Snack Eat any time before bedtime	Pro (g)	Carb (g)	Fat (g)	Calories
1 cup Whole Milk	8	13	8	147
1 tbsp Skippy Peanut Butter	4	4	9	95
2 scoops dotFIT FirstString	21	43	4	285
Total	32	59	20	527
Percent of Calories	24%	45%	34%	
Menu Totals:	244	583	98	4011
Percentage of Total Calories:	24%	53%	25%	

**Let's Take it To
The Next Level!**



Physique + Bodybuilder Contest Prep



- Same Protocol but can be more aggressive with exercise to reduce body fat (e.g. cardio modes, intensity, etc.)
 - Highly motivated to follow protocol including diet restrictions
 - If time permits, increase time and/or intensity of cardio activities to keep the fat loss on schedule so food remains high enough, that along with supplements, supports LBM
-
- Closing in on competition level body fat, generally need to adjust both food intake and cardio to stay on schedule
 - Includes multiple sessions, interval training and 3-days low, 1-day high diet planning
 - Low days 50-100 grams of carbs and ~1000 calories lower than high day depending on size (see example)

SAM'S COMPETITION COUNTDOWN WEEKS 1 – 16

Original Statistics:

Body Fat: 13%
Caloric Intake: 4000
Cardio Sessions: 2 days per week / 20 minutes per session

WEEK	BODY FAT	CALORIES	CARDIOVASCULAR TIME
16	13%	3250	4 days/20 minutes, medium intensity
15		3250	4 days/20 minutes, medium intensity
14	11%	3250	4 days/30 minutes, medium intensity, mode change
13		3250	4 days/30 minutes, high intensity
12		3250	5 days/30 minutes, high intensity, mode change
11	9%	3250	5 days/30 minutes, high intensity
10		3250	5 days/40 minutes, high intensity, change mode
9		3250	5 days/45 minutes, high intensity
8	7%	2600/3 days 3600/1 day	5 days/45 minutes, high intensity
7		2600/3 days 3600/1 day	5 days/45 minutes, high intensity, change mode
6		2600/3 days 3600/1 day	5 days/45 minutes, include interval training
5		2500/3 days 3500/1 day	5 days/45 minutes, include interval training
4		2500/3 days 3500/1 day	5 days/45 minutes, include interval training, change mode
3		2500/3 day 3500/1 day	6 days/45 minutes include interval training
2	2-4%	3200-3500	6 days/45 minutes, include interval training, alt. training mode
1		3500/4000 (3200)*	*see Guidelines for the Final Week
Contest	2-3%		

Final week - Saturday competition

Calories generally higher during the last week prior to competition to fill muscle glycogen stores and fully restore damaged tissue includes reducing workload. *Discontinue all creatine 4-5-days before competition*

Athlete should look harder & more vascular each day. If losing this appearance, reduce CHO calories.

Highest caloric day should be Thursday prior to Saturday competition. Friday, reduce calories 20 percent.

Ex: 4,000 calories on Thursday, reduce to ~3,200 Friday. *Not necessary if still getting harder and more vascular thru Friday – if so, keep calories as Thursday.*

Normal sodium thru Wed. Low to no till Sat AM. Water consumption high till mid-afternoon Friday then only sip as needed.

Competition Day:

Consume pre-game type meal without filling stomach, then trickle CHO (e.g. white rice/sweet potato/banana) every hour till stage time.

Sip small amounts of isotonic solution - only when thirsty.

Jacked, Stacked & Big Macked!! Then Shredded

Bodybuilding/Physique Competitor Program

Table 3

Bodybuilding Competitive Athlete Supplement Super Stack <https://www.dotfit.com/stacks>

Notes:

- Use dF **FirstString** for protein supplement including for pre & post workout formula as shown below **during off-season** to maximize muscle gain.
- Switch FirstString for **WheySmooth** during diet preparation.
- If competitor falls **behind schedule**, discontinue complete protein supplement (e.g. WheySmooth) and **use only AminoBoostXXL** for the pre & post workout protein supplement as shown below, and other times as necessary during the day to meet protein requirements within the least amount of total calories (as a reference 1-scoop of AB is equivalent to ~25gms of protein based on it's essential amino acid content, but also maintain at least 1gm/LB/LBM/Dy of complete protein).
- 5-days before competition discontinue all creatine containing products (NO7Rage, ExtremeCreatineXXXL and CreatineMonohydrate).

All necessary products found here <https://www.dotfit.com/store>

Active Multivitamin Mineral Formula

- Take two (2) daily: one (1) immediately following first large meal and one after final meal of the day

SuperOmega-3

- Take one (1) daily if not consuming 2-4 servings of fatty fish weekly

FirstString (use WheySmooth when dieting to stay within calorie allotment)

- Take two (2) scoops 30-45 minutes before workout
- Take two (2) scoops 20-30 minutes after post workout AminoBoostXXL dose
- Use anytime throughout the day as a supplement to a meal or by itself mixed with desired ingredients to add protein/calories as needed to meet calorie and protein requirements
 - Be sure to ingest at least 1 g of protein per pound of LBM (or weight if not overweight) daily from all sources including foods divided 4-5 times daily along with the pre/post shakes (the pre/post combined generally supplies 50-80 g of the daily requirement). This amount may rise during prolonged dieting.

AminoBoostXXL (workout days only unless needed for daily protein source during prolonged dieting)

- Take one and a half (1.5) scoops approximately 10 minutes before workout (add to NO7Rage if using this product – see below) and may continue to drink during workout
- Take 1-1.5 scoop immediately following workout (1.5 if over 200LBS)

Begin Creatine Supplementation at 2nd Week of Program

2nd Week Start CreatineMonohydrate (CrM)*

- **Loading phase:** mix one (1) scoop (5g) with 4-8oz of favorite fluid/shake and take four (4) times daily with a carbohydrate containing meal/drink for first five (5) days
 - On training days, use one dose before workout and one after with meals/drinks. May mix with your pre/post training formula
- **Maintenance phase:** after five (5) day loading phase:
 - On training days Take one (1) scoop daily with post workout shake
 - On non-training days take one (1) scoop with any meal when not taking ExtremeCreatineXXXL (i.e. use ExtremeCreatineXXXL at different times so total creatine is evenly dispersed throughout the day)

Add ExtremeCreatineXXXL on 6th day of 2nd Week

2scoops supply 3.2gm of beta-alanine, 5gm of creatine monohydrate and 7gm L-glutamine

- **Take 2-scoops daily** (always take with some protein and/or acceptable carbs but within allotted calories based on body composition goal)
 - **On training days:** take 1-scoop before training with pre-workout full meal (generally two to three hours pre-workout). If not possible based on early training, take with pre-workout shake.
 - Take remaining dose (1-scoop) any time with meal or shake when not taking a CreatineMonohydrate dose to help evenly spread total creatine intake throughout the day
 - **On non-training days:** take 1-scoop with morning meal or shake and 1-scoop with evening meal or shake

Add NO7Rage at 4th week (workout days only) *

One (1) scoop contains 2.5gms CrM and 1gms beta-alanine (BA), 175mgs of caffeine

- Take one to two and a half (1-2.5) scoops (depending on weight and caffeine sensitivity; start with one scoop and increase to two (2) if not uncomfortably affected by caffeine) approximately 10 minutes before workout (may mix with AminoBoostXXL and continue to consume during workout). See directions on label for weight dosages. Do not take within 4hours of other caffeine containing products
 - NO7Rage contains 175 mg of caffeine per scoop. As a reference: Starbucks Grande-drip coffee contains ~330 mg of caffeine, close to the same amount in two (2) scoops of NO7Rage

Programs total daily creatine: Loading phase 20 g/d. Thereafter until fourth week 10g/d. At fourth week on workout days 12.5-15 g/day and 10 g on non-workout days. Total BA intake 5.2 g/day on workout days (two (2) scoops NO7Rage). 3.2gms on non-workout. To maximize uptake, creatine intake should be spread as evenly as possible throughout the day and around the workout as described and ingested with carbohydrates and/or protein.

Final contest supplements as needed

Muscle Defender (Glutamine)

- Conditional: In final weeks you may add MuscleDefender (glutamine) to help maintain health, immune function and recovery during prolonged caloric restriction and/or high intensity and high-volume training
 - 1-scoop with pre-workout protein formula/shake)
 - 1-scoop immediately following activity
 - 1-scoop before bed or mid-evening if training is earlier in the day

▲ *ThermAccel

- If necessary, to aid in fat loss including appetite control, add and use as directed for aggressive support. When using ThermAccel do not use within 4 hours of NO7Rage or other caffeine containing products

Adult Gainz & Performance **Stack 1: AminoBoostXXL + Creatine Monohydrate + ExtremeCreatineXXXL**

Week	AminoBoostXXL (workout days only)	CreatineMonohydrate*	ExtremeCreatineXXXL**
1	<ul style="list-style-type: none"> 1.5 scoops 10 minutes before workout 1 scoop immediately after workout 		
2	<ul style="list-style-type: none"> 1.5 scoops 10 minutes before workout 1 scoop immediately after workout 	<p>Loading phase:</p> <ul style="list-style-type: none"> 1 scoop with 4-8 oz. of fluid and carbohydrate containing meal/drink 4 times a day for first 5 days (20 g/day total) 2 of the servings to be taken before and after workouts <p>After first 5 days:</p> <ul style="list-style-type: none"> 1 scoop daily with post workout shake (FirstString or Pre/Post Workout shake) 1 scoop with a meal on non-workout days 	<p>Begin on 6th day:</p> <ul style="list-style-type: none"> Workout days <ul style="list-style-type: none"> 1 scoop with pre-workout meal (~2-3 hours prior to workout) or with shake for early morning workouts 1 scoop with any other meal or shake when not taking CreatineMonohydrate Non-workout days <ul style="list-style-type: none"> 1 scoop with morning meal or shake and 1 scoop with evening meal or shake, separate from meals with CreatineMonohydrate for even distribution
3 and beyond	<ul style="list-style-type: none"> 1.5 scoops 10 minutes before workout 1 scoop immediately after workout 	<p>Workout days:</p> <ul style="list-style-type: none"> 1 scoop with post-workout shake <p>Non-workout days to maintain stores:</p> <ul style="list-style-type: none"> 1 scoop with a meal on non-training days 	<ul style="list-style-type: none"> Workout days <ul style="list-style-type: none"> 1 scoop with pre-workout meal (~2-3 hours prior to workout) or shake for early morning workouts 1 scoop with any other meal or shake when not taking CreatineMonohydrate Non-workout days <ul style="list-style-type: none"> 1 scoop with morning meal or shake and 1 scoop with evening meal separate from meals with CreatineMonohydrate

Muscle Gain
Stacks at
[www.dotFIT.com/
stacks](http://www.dotFIT.com/stacks)



**YOU
ARE
WHAT
YOU
EAT**



BUT YOU ALSO BECOME WHAT YOU DID NOT EAT.

Thank you!

