



JOE COSTELLO NWC



ADVANCED MONSTER BULK PROGRAM

INCLUDES EXERCISE REGIMEN, DIET
PLAN, & SUPPLEMENTATION GUIDE

Joe Costello NWC



THE COMPLETE MONSTER BULK GUIDE V2

PART 1: MONSTER BULK EXERCISE REGIMEN

DAY 1 – UPPER PUSH: CHEST, SHOULDERS & TRICEPS (Sets x Reps)

CHEST

Flat Barbell Bench Press: 1 x 10, 2 x 8, 2 x 6, 1 x 4 (6 Total Sets: 10 reps, 8 reps, 8 reps, 6 reps, 6 reps, 4 reps. You should be increasing the weight as the number of reps decreases)

Incline Barbell Bench Press: 4 x 8

Decline Barbell Bench Press: 2 x 8

SHOULDERS

Seated Barbell Military Press Superset: 4 x 16 (How to perform each superset: Perform 8 reps of heavy weight to failure, then take half of the weight off of the barbell and perform 8 more reps...this will equal a total of 16 reps per set)

Seated Dumbbell Arnold Press: 4 x 8

Lateral Raises / Front Raises Superset: 2 x 20 (How to perform each superset: Perform 10 lateral raises followed immediately by 10 front raises)

TRIS

Close Grip Barbell Bench Press: 4 x 8

Tricep Rope Extensions: 4 x 8

Bodyweight Dips: 3 x BURNOUT (Complete 3 sets of dips until failure)

DAY 2 – LOWER PUSH: QUADS, GLUTES, CALVES & CORE

Barbell Squat: 2 x 10, 2 x 8, 2 x 6 (6 Total Sets: 10 reps, 10 reps, 8 reps, 8 reps, 6 reps, 6 reps. You should be increasing the weight as the number of reps decreases)

Leg Press: 4 x 10

Hack Squat: 4 x 10

Leg Extensions: 4 x 10

Calf Raises: 6 x 10

Cable Crunches: 5 x 20



DAY 3 – VERY LIGHT CARDIO & STRETCH

Low Intensity 30 Minute Light Jog
Thoroughly Stretch Sore Muscles To Ensure Growth

DAY 4 – UPPER PULL: BACK, BICEPS, DELTOIDS

BACK & DELTS

Barbell Row Underhand: 4 x 8
Barbell Row Overhand: 4 x 8
T-Bar Row: 4 x 8
Lat Pulldowns: 3 x 10
Rear Delt Flys: 3 x 10

BICEPS

Barbell Curls: 4 x 8
Alternating Dumbbell Curls: 4 x 8
Hammer Curls 4 x 8
Preacher Curls W/ Negatives: 2 x 10

DAY 5 – LOWER PULL: HAMSTRINGS

Deadlift: 1 x 10, 2 x 8, 2 x 6, 1 x 4 (6 Total Sets: 10 reps, 8 reps, 8 reps, 6 reps, 6 reps, 4 reps. You should be increasing the weight as the number of reps decreases)
Straight Leg Deadlift: 6 x 8
Leg Curls: 4 x 10
Spin Cycle Bike: 20 Mins Low Intensity

DAY 6 – CORE

PHASE 1: THE INFERNO

The first 100 reps are the phase of the routine I call “The Inferno” because of how on fire your abs will be after phase 1 is complete. Depending on how fit you are, you may not want to continue onto phase 2, but I suggest you complete phase 2 if you think you can handle it.

Note that you are NOT expected to complete all 50 reps of these two exercises without stopping for breaks. All you have to do is complete the 100 total reps at your own pace. With that being said, the faster you complete the 100 reps, the better. Here’s Phase 1...



50 Cable Crunches
50 Decline Bench Sit Ups

60 SECONDS OF REST, THEN IMMEDIATELY MOVE ON TO PHASE 2 (IF YOU CAN)

PHASE 2: THE BURNOUT

COMPLETE THE FOLLOWING 100 REPS IN A ROW WITH NO REST

20 Straight Leg Sit Ups
20 Bicycle Crunches
20 Reverse Crunches
20 Toe Touch Crunches
20 Jack Knives

DAY 7 – REST

Full Rest Day – No Routine

REPEAT

When Should I Exercise?

The time of day at which you exercise really isn't all that important when it comes to bulking. For cutting, you'll want to get a little more specific, but when bulking, you can exercise basically at any point in the day that fits best with your schedule. The only recommendation I have is to make sure you have eaten at least one meal and drank at least one protein shake before you exercise.

PART 2: MONSTER BULK DIET PLAN

General Rules For Macronutrient Distribution

Counting macros is not required, but if you want to be exact and scientific about the way you do things, it's something you may want to consider. With that being said, there is no need to count macros if you simply follow the meal plan below, in which I recommend eating 3 very large meals per day in addition to 2-3 protein shakes per day.



There are 3 major, large meals per day if you follow the meal plan provided. I also drink a protein shake with breakfast and one with dinner, as well as a post-workout protein shake.

If you choose to count macros on your own, your breakdown should look something like this (depending on how much you weight right now)...

Carbs: 55-65% of Total Kilocalories (Kcals)

Protein: 25-35% of Total Kilocalories (Kcals)

Fats 25-35% of Total Kilocalories (Kcals)

Monster Bulk Grocery List – What You'll Need To Follow The Meal Plan

Breakfast List:

- Large Brown Eggs
- Bacon (Pork)
- Peanut Butter
- Bananas
- Greek Yogurt
- Instant Oatmeal
- Bagels
- Breakfast Sausage Patties
- Cream Cheese
- Blueberries
- Sliced Cheese
- Spinach
- Avocado

Lunch List:

- Tuna Salad (or Tuna Salad Ingredients)
- Chicken Salad (or Chicken Salad Ingredients)
- Apple Juice
- Bananas
- Blueberries
- Strawberries
- Peaches
- Apples
- Turkey Burger Patties



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- Chicken Burger Patties
- Whole Wheat Buns
- Sliced Cheese
- Canned Tuna
- Organic Mac & Cheese
- Sliced Turkey
- Tomatoes
- Lettuce
- Mayonnaise
- Salami
- Mortadella
- Capicola
- Pepperoni
- Sliced Deli Chicken
- Wheat Bread
- Italian Bread

Dinner List:

- Bonless Chicken Breast
- Salmon
- Tilapia
- Sirloin Steak
- Tuna Steak
- Turkey Meatballs
- Pork Steak
- Cod
- Meatloaf
- Beef Meatballs
- Long Grain Brown Rice
- Sweet Potatoes
- Red Potatoes
- Spaghetti
- Marinara Sauce
- Broccoli
- Asparagus
- Spinach



Monster Bulk Breakfast Meals – 30 Day Plan (Repeat Each Month)

Meal #1: 3 Large Eggs Boiled, 3 Slices Bacon (Pork), 1 Protein Shake

Meal #2: 1 Peanut Butter & Banana Sandwich, 1 Cup Greek Yogurt, 1 Protein Shake

Meal #3: 1 Packet Instant Oatmeal, 1 Cup Blueberries Raw, 1 Cup Greek Yogurt, 1 Protein Shake

Meal #4: 3 Large Eggs Over Easy, 2 Slices Toast W/ Avocado Spread, 1 Protein Shake

Meal #5: 1 Breakfast Sandwich (1 Toasted Bagel, 2 Eggs, 2 Sausage Patties, 2 Slices Bacon [Pork]), 1 Protein Shake

Meal #6: 3 Scrambled Eggs, 1 Bagel W/ Cream Cheese, 1 Protein Shake

Meal #7: 2 Packets Instant Oatmeal, 4 Slices Bacon (Pork), 1 Protein Shake

Meal #8: 1 Peanut Butter & Banana Sandwich, 1 Cup Blueberries Raw, 1 Protein Shake

Meal #9: 1 Omelet (3 Eggs, 1 Slice Cheese, ½ Cup Spinach), 1 Slice Toast W/ Avocado, 1 Protein Shake

Meal #10: 1 Packet Instant Oatmeal, 1 Cup Greek Yogurt, 1 Cup Blueberries Raw, 1 Protein Shake

Meal #11: 3 Large Eggs Boiled, 3 Slices Bacon (Pork), 1 Protein Shake

Meal #12: 1 Peanut Butter & Banana Sandwich, 1 Cup Greek Yogurt, 1 Protein Shake

Meal #13: 1 Packet Instant Oatmeal, 1 Cup Blueberries Raw, 1 Cup Greek Yogurt, 1 Protein Shake

Meal #14: 3 Large Eggs Over Easy, 2 Slices Toast W/ Avocado Spread, 1 Protein Shake

Meal #15: 1 Breakfast Sandwich (1 Toasted Bagel, 2 Eggs, 2 Sausage Patties, 2 Slices Bacon [Pork]), 1 Protein Shake

Meal #16: 3 Scrambled Eggs, 1 Bagel W/ Cream Cheese, 1 Protein Shake

Meal #17: 2 Packets Instant Oatmeal, 4 Slices Bacon (Pork), 1 Protein Shake

Meal #18: 1 Peanut Butter & Banana Sandwich, 1 Cup Blueberries Raw, 1 Protein Shake

Meal #19: 1 Omelet (3 Eggs, 1 Slice Cheese, ½ Cup Spinach), 1 Slice Toast W/ Avocado, 1 Protein Shake

Meal #20: 1 Packet Instant Oatmeal, 1 Cup Greek Yogurt, 1 Cup Blueberries Raw, 1 Protein Shake

Meal #21: 3 Large Eggs Boiled, 3 Slices Bacon (Pork), 1 Protein Shake

Meal #22: 1 Peanut Butter & Banana Sandwich, 1 Cup Greek Yogurt, 1 Protein Shake

Meal #23: 1 Packet Instant Oatmeal, 1 Cup Blueberries Raw, 1 Cup Greek Yogurt, 1 Protein Shake

Meal #24: 3 Large Eggs Over Easy, 2 Slices Toast W/ Avocado Spread, 1 Protein Shake

Meal #25: 1 Breakfast Sandwich (1 Toasted Bagel, 2 Eggs, 2 Sausage Patties, 2 Slices Bacon [Pork]), 1 Protein Shake

Meal #26: 3 Scrambled Eggs, 1 Bagel W/ Cream Cheese, 1 Protein Shake

Meal #27: 2 Packets Instant Oatmeal, 4 Slices Bacon (Pork), 1 Protein Shake

Meal #28: 1 Peanut Butter & Banana Sandwich, 1 Cup Blueberries Raw, 1 Protein Shake



Meal #29: 1 Omelet (3 Eggs, 1 Slice Cheese, ½ Cup Spinach), 1 Slice Toast W/ Avocado, 1 Protein Shake

Meal #30: 1 Packet Instant Oatmeal, 1 Cup Greek Yogurt, 1 Cup Blueberries Raw, 1 Protein Shake

REPEAT

Monster Bulk Lunch Meals – 30 Day Plan (Repeat Each Month)

Meal #1: 2 Cups Tuna Salad, 1 Fruit Bowl or Smoothie (Water or Apple Juice, Bananas, Blueberries, Strawberries, Peaches, Apples)

Meal #2: 2 Cups Chicken Salad, 1 Fruit Bowl or Smoothie (Water or Apple Juice, Bananas, Blueberries, Strawberries, Peaches, Apples)

Meal #3: 1 Double Turkey Burger (Whole Wheat Bun, 2 Turkey Patties, 1 Slice Cheese), 1 Fruit Bowl or Smoothie (Water or Apple Juice, Bananas, Blueberries, Strawberries, Peaches, Apples)

Meal #4: 1 Double Chicken Burger (Whole Wheat Bun, 2 Chicken Patties, 1 Slice Cheese), 1 Fruit Bowl or Smoothie (Water or Apple Juice, Bananas, Blueberries, Strawberries, Peaches, Apples)

Meal #5: 2 Cups Tuna Mac (Mix Organic Mac And Cheese W/ 1 Can Tuna), 1 Fruit Bowl or Smoothie (Water or Apple Juice, Bananas, Blueberries, Strawberries, Peaches, Apples)

Meal #6: 1 Turkey Sandwich (2 Slices Wheat Bread, 1/2 LB Sliced Turkey, 1 Slice Cheese, 1 Tomato Slice, Mustard), 1 Fruit Bowl or Smoothie (Water or Apple Juice, Bananas, Blueberries, Strawberries, Peaches, Apples)

Meal #7: 1 BLT Sandwich (2 Slices Wheat Bread, 6 Slices Bacon [Pork], 2 Slices Avocado, 2 Slices Tomato, Lettuce), 1 Fruit Bowl or Smoothie (Water or Apple Juice, Bananas, Blueberries, Strawberries, Peaches, Apples)

Meal #8: 1 Tuna Melt (1 Slice Wheat Bread, 1 Can Tuna Mixed W/ Mayonnaise, 1 Slice Cheese – Best If Toasted), 1 Fruit Bowl or Smoothie (Water or Apple Juice, Bananas, Blueberries, Strawberries, Peaches, Apples)

Meal #9: 1 Italian Sandwich (2 Slices Italian Bread, ¼ LB Salami, ¼ LB Capicola, ¼ LB Mortadella, ¼ LB Pepperoni, 1 Slice Tomato, 1 Slice Onion), 1 Fruit Bowl or Smoothie (Water or Apple Juice, Bananas, Blueberries, Strawberries, Peaches, Apples)

Meal #10: 1 Chicken Sandwich (2 Slices Wheat Bread, ½ LB Roasted Deli Chicken, 1 Slice Cheese, Mustard), 1 Fruit Bowl or Smoothie (Water or Apple Juice, Bananas, Blueberries, Strawberries, Peaches, Apples)

Meal #11: 2 Cups Tuna Salad, 1 Fruit Bowl or Smoothie (Water or Apple Juice, Bananas, Blueberries, Strawberries, Peaches, Apples)

Meal #12: 2 Cups Chicken Salad, 1 Fruit Bowl or Smoothie (Water or Apple Juice, Bananas, Blueberries, Strawberries, Peaches, Apples)

Meal #13: 1 Double Turkey Burger (Whole Wheat Bun, 2 Turkey Patties, 1 Slice Cheese), 1 Fruit Bowl or Smoothie (Water or Apple Juice, Bananas, Blueberries, Strawberries, Peaches, Apples)



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Meal #14: 1 Double Chicken Burger (Whole Wheat Bun, 2 Chicken Patties, 1 Slice Cheese), 1 Fruit Bowl or Smoothie (Water or Apple Juice, Bananas, Blueberries, Strawberries, Peaches, Apples)

Meal #15: 2 Cups Tuna Mac (Mix Organic Mac And Cheese W/ 1 Can Tuna), 1 Fruit Bowl or Smoothie (Water or Apple Juice, Bananas, Blueberries, Strawberries, Peaches, Apples)

Meal #16: 1 Turkey Sandwich (2 Slices Wheat Bread, 1/2 LB Sliced Turkey, 1 Slice Cheese, 1 Tomato Slice, Mustard), 1 Fruit Bowl or Smoothie (Water or Apple Juice, Bananas, Blueberries, Strawberries, Peaches, Apples)

Meal #17: 1 BLT Sandwich (2 Slices Wheat Bread, 6 Slices Bacon [Pork], 2 Slices Avocado, 2 Slices Tomato, Lettuce), 1 Fruit Bowl or Smoothie (Water or Apple Juice, Bananas, Blueberries, Strawberries, Peaches, Apples)

Meal #18: 1 Tuna Melt (1 Slice Wheat Bread, 1 Can Tuna Mixed W/ Mayo, 1 Slice Cheese – Best If Toasted), 1 Fruit Bowl or Smoothie (Water or Apple Juice, Bananas, Blueberries, Strawberries, Peaches, Apples)

Meal #19: 1 Italian Sandwich (2 Slices Italian Bread, ¼ LB Salami, ¼ LB Capicola, ¼ LB Mortadella, ¼ LB Pepperoni, 1 Slice Tomato, 1 Slice Onion), 1 Fruit Bowl or Smoothie (Water or Apple Juice, Bananas, Blueberries, Strawberries, Peaches, Apples)

Meal #20: 1 Chicken Sandwich (2 Slices Wheat Bread, ½ LB Roasted Deli Chicken, 1 Slice Cheese, Mustard), 1 Fruit Bowl or Smoothie (Water or Apple Juice, Bananas, Blueberries, Strawberries, Peaches, Apples)

Meal #21: 2 Cups Tuna Salad, 1 Fruit Bowl or Smoothie (Water or Apple Juice, Bananas, Blueberries, Strawberries, Peaches, Apples)

Meal #22: 2 Cups Chicken Salad, 1 Fruit Bowl or Smoothie (Water or Apple Juice, Bananas, Blueberries, Strawberries, Peaches, Apples)

Meal #23: 1 Double Turkey Burger (Whole Wheat Bun, 2 Turkey Patties, 1 Slice Cheese), 1 Fruit Bowl or Smoothie (Water or Apple Juice, Bananas, Blueberries, Strawberries, Peaches, Apples)

Meal #24: 1 Double Chicken Burger (Whole Wheat Bun, 2 Chicken Patties, 1 Slice Cheese), 1 Fruit Bowl or Smoothie (Water or Apple Juice, Bananas, Blueberries, Strawberries, Peaches, Apples)

Meal #25: 2 Cups Tuna Mac (Mix Organic Mac And Cheese W/ 1 Can Tuna), 1 Fruit Bowl or Smoothie (Water or Apple Juice, Bananas, Blueberries, Strawberries, Peaches, Apples)

Meal #26: 1 Turkey Sandwich (2 Slices Wheat Bread, 1/2 LB Sliced Turkey, 1 Slice Cheese, 1 Tomato Slice, Mustard), 1 Fruit Bowl or Smoothie (Water or Apple Juice, Bananas, Blueberries, Strawberries, Peaches, Apples)

Meal #27: 1 BLT Sandwich (2 Slices Wheat Bread, 6 Slices Bacon [Pork], 2 Slices Avocado, 2 Slices Tomato, Lettuce), 1 Fruit Bowl or Smoothie (Water or Apple Juice, Bananas, Blueberries, Strawberries, Peaches, Apples)

Meal #28: 1 Tuna Melt (1 Slice Wheat Bread, 1 Can Tuna Mixed W/ Mayo, 1 Slice Cheese – Best If Toasted), 1 Fruit Bowl or Smoothie (Water or Apple Juice, Bananas, Blueberries, Strawberries, Peaches, Apples)



Meal #29: 1 Italian Sandwich (2 Slices Italian Bread, ¼ LB Salami, ¼ LB Capicola, ¼ LB Mortadella, ¼ LB Pepperoni, 1 Slice Tomato, 1 Slice Onion), 1 Fruit Bowl or Smoothie (Water or Apple Juice, Bananas, Blueberries, Strawberries, Peaches, Apples)

Meal #30: 1 Chicken Sandwich (2 Slices Wheat Bread, ½ LB Roasted Deli Chicken, 1 Slice Cheese, Mustard), 1 Fruit Bowl or Smoothie (Water or Apple Juice, Bananas, Blueberries, Strawberries, Peaches, Apples)

REPEAT

Monster Bulk Dinner Meals – 30 Day Plan (Repeat Each Month)

Meal #1: 8 Ounces Boneless Chicken Breast, 1 Cup Long Grain Brown Rice, 1 Cup Broccoli, 1 Protein Shake

Meal #2: 8 Ounces Salmon, 1 Cup Roasted Sweet Potatoes, 1 Cup Spinach, 1 Protein Shake

Meal #3: 8 Ounces Tilapia, 1 Cup Roasted Red Potatoes, 1 Cup Broccoli, 1 Protein Shake

Meal #4: 8 Ounces Sirloin Steak, 1 Cup Long Grain Brown Rice, 1 Cup Asparagus, 1 Protein Shake

Meal #5: 8 Ounces Turkey Meatballs, 1 Cup Roasted Sweet Potatoes, 1 Cup Broccoli, 1 Protein Shake

Meal #6: 8 Ounces Pork Steak, 1 Cup Roasted Red Potatoes, 1 Cup Spinach, 1 Protein Shake

Meal #7: 8 Ounces Cod, 1 Cup Long Grain Brown Rice, 1 Cup Broccoli, 1 Protein Shake

Meal #8: 8 Ounces Tuna Steak, 1 Cup Roasted Sweet Potatoes, 1 Cup Asparagus, 1 Protein Shake

Meal #9: 8 Ounces Meatloaf, 1 Cup Roasted Red Potatoes, 1 Cup Broccoli, 1 Protein Shake

Meal #10: 8 Ounces Meatballs, 1 Cup Spaghetti W/ Marinara Sauce, 1 Cup Spinach, 1 Protein Shake

Meal #11: 8 Ounces Boneless Chicken Breast, 1 Cup Long Grain Brown Rice, 1 Cup Broccoli, 1 Protein Shake

Meal #12: 8 Ounces Salmon, 1 Cup Roasted Sweet Potatoes, 1 Cup Asparagus, 1 Protein Shake

Meal #13: 8 Ounces Tilapia, 1 Cup Roasted Red Potatoes, 1 Cup Broccoli, 1 Protein Shake

Meal #14: 8 Ounces Sirloin Steak, 1 Cup Long Grain Brown Rice, 1 Cup Spinach, 1 Protein Shake

Meal #15: 8 Ounces Turkey Meatballs, 1 Cup Roasted Sweet Potatoes, 1 Cup Broccoli, 1 Protein Shake

Meal #16: 8 Ounces Pork Steak, 1 Cup Roasted Red Potatoes, 1 Cup Asparagus, 1 Protein Shake

Meal #17: 8 Ounces Cod, 1 Cup Long Grain Brown Rice, 1 Cup Broccoli, 1 Protein Shake

Meal #18: 8 Ounces Tuna Steak, 1 Cup Roasted Sweet Potatoes, 1 Cup Spinach, 1 Protein Shake

Meal #19: 8 Ounces Meatloaf, 1 Cup Roasted Red Potatoes, 1 Cup Broccoli, 1 Protein Shake

Meal #20: 8 Ounces Meatballs, 1 Cup Spaghetti W/ Marinara Sauce, 1 Cup Asparagus, 1 Protein Shake



Meal #21: 8 Ounces Boneless Chicken Breast, 1 Cup Long Grain Brown Rice, 1 Cup Broccoli, 1 Protein Shake

Meal #22: 8 Ounces Salmon, 1 Cup Roasted Sweet Potatoes, 1 Cup Spinach, 1 Protein Shake

Meal #23: 8 Ounces Tilapia, 1 Cup Roasted Red Potatoes, 1 Cup Broccoli, 1 Protein Shake

Meal #24: 8 Ounces Sirloin Steak, 1 Cup Long Grain Brown Rice, 1 Cup Asparagus, 1 Protein Shake

Meal #25: 8 Ounces Turkey Meatballs, 1 Cup Roasted Sweet Potatoes, 1 Cup Broccoli, 1 Protein Shake

Meal #26: 8 Ounces Pork Steak, 1 Cup Roasted Red Potatoes, 1 Cup Spinach, 1 Protein Shake

Meal #27: 8 Ounces Cod, 1 Cup Long Grain Brown Rice, 1 Cup Broccoli, 1 Protein Shake

Meal #28: 8 Ounces Tuna Steak, 1 Cup Roasted Sweet Potatoes, 1 Cup Asparagus, 1 Protein Shake

Meal #29: 8 Ounces Meatloaf, 1 Cup Roasted Red Potatoes, 1 Cup Broccoli, 1 Protein Shake

Meal #30: 8 Ounces Beef Meatballs, 1 Cup Spaghetti W/ Marinara Sauce, 1 Cup Spinach, 1 Protein Shake

Still Hungry? See These Ideal Between-Meal Snacks

For most of you, the meal plan will be a lot of food, and you should be feeling full pretty often. However, with your testosterone levels running very high, and your gym routine being as intense as it is when following this regimen, you may find yourself hungry in between meals.

When bulking, you should eat every time you feel hungry, which is why I have provided the below list of awesome bulking snacks in case you need some extra food. Many of these foods have also been proven to increase testosterone levels. With that being said, the only surefire way to increase testosterone levels enough to the point where you're dramatically impacting your ability to build muscle is through the use of a testosterone booster...more on that in part 3.

- ✓ Oysters
- ✓ Pomegranate
- ✓ Beans
- ✓ Coconut
- ✓ Tuna/Sushi
- ✓ Greek Yogurt
- ✓ Raw Avocados
- ✓ Mangos
- ✓ Carrots
- ✓ Quinoa
- ✓ Peanuts



- ✓ Cashews
- ✓ Almonds

PART 3: MONSTER BULK SUPPLEMENTATION GUIDE

IMPORTANT: SUPPLEMENTATION IS EXTREMELY CRUCIAL. If you do not implement the supplementation guide, your results will be significantly less dramatic. Without proper supplementation, your body won't be able to keep up with the level at which you are training and performing when following the Complete Monster Bulk Guide.

REQUIRED SUPPLEMENTS: TESTOSTERONE BOOSTER, PROTEIN POWDER

TESTOSTERONE is what fuels your body through the grueling routines, TESTOSTERONE is synonymous with strength (how much strength you have = how much testosterone you have), TESTOSTERONE is what builds muscle, and TESTOSTERONE is what shreds excess fat. Therefore, in my eyes, **using a testosterone booster is a requirement.**

PROTEIN is what allows your muscles to recover, PROTEIN is what causes your muscles to grow, PROTEIN is what is primarily responsible for allowing you to gain mass, and it's nearly impossible to get enough protein from your diet. Therefore, in my eyes, **using protein powder is a requirement.**

My Pre-Workout Supplementation Routine

WHAT: 1 Serving TestoTEK Natural Testosterone Booster 30 Minutes Before My Workout

WHY: The most surefire way to dramatically speed up muscle growth is by increasing the amount of testosterone available within the body. This is the reason why bodybuilders take steroids. Steroids catapult your testosterone levels through the roof, which is why they work so well. However, steroids wreak havoc on your liver and cause a very long list of unwanted side effects.

Natural testosterone boosters are designed to mimic the effect that steroid use has on your testosterone levels in a safe, natural way. It's important to understand that natural testosterone boosters are NOT steroids. They utilize a blend of clinically tested natural substances that have been proven to stimulate increased testosterone production within the body upon ingestion.



Another important thing to understand is that once your testosterone levels increase, so will your energy levels and strength. Having higher testosterone levels gives you more energy and strength than any pre-workout powder you can find at your local supplement store.

Those supplements only give you energy through caffeine, and testosterone is a much more powerful energy source than caffeine. The amount of testosterone you have is equivalent to the amount of strength you have. Strength IS testosterone, and testosterone IS strength. I have found TestoTEK to work better than any other testosterone booster I've tried throughout my years of experimentation.

My Post-Workout Supplementation Routine

WHAT: 1-2 Scoops Hydro Whey 100 Immediately After My Workout

WHY: When you're lifting this heavy and looking to pack on real mass, protein should be the most important thing in the world to you (next to testosterone). You need to DRAMATICALLY increase your daily protein intake, and the most effective and efficient way to do that is by drinking multiple protein shakes on a daily basis.

Everybody knows it's important to use protein powder after you exercise for muscle growth and recovery, but most people will just use any protein powder they can get their hands on. People don't understand how important it is to make sure you're using the right protein powder.

Almost every protein powder on the market contains Whey Protein Concentrate (WPC) because it is the cheapest type of protein to use, but it's important to avoid using any protein powder that contains WPC. The WPC fat content is rather high, the purity level is low, and it does not absorb into the muscles rapidly. Before buying a protein powder, check the label for WPC. If you see it on there, do NOT buy that product!

The much more effective option is Whey Protein Isolate (WPI), which digests and absorbs much faster than concentrate. Plus, it is extremely pure and contains essentially no fat. The only way to create a protein powder that is even more pure, digests faster, and absorbs more rapidly, is by hydrolyzing WPI in order to create Whey Protein Hydrolysate (WPH), otherwise known as Hydrolyzed Whey Protein Isolate

You will find that basically no protein powders on the market today use WPH, and that's because if they used it, they would make a lot less money. WPC and WPI are much cheaper to use than WPH, but WPH is far and away the most effective when it comes to producing faster muscle recovery and subsequent muscle growth.



The ideal protein powder would use 100% Pure Whey Protein Hydrolysate, which is something that didn't exist until late 2017 when TEK Naturals created Hydro Whey 100. I switched to Hydro Whey 100 ever since it came out as it is the purest protein powder on the market.

SPECIFIC RECOMMENDATIONS: TESTOTEK, HYDRO WHEY 100

You don't have to pay for the Monster Bulk guide, but unfortunately, sports nutrition companies don't give anything away for free...supplements cost money. With that being said, I have provided you with as much information as possible about how to save money on the supplements (see the info below).

Below, you'll find the website where you can buy the protein powder and fat burner that I use. Make sure you use the code CFIT15 to save 15% on your order. This is the largest discount they currently offer. If you use the discount code, then the supplements aren't very expensive at all. Plus, you can get an even larger discount by utilizing one of my **Pro Tips** below. I personally recommend utilizing **Pro Tip #1**, but either one will save you tons of cash.

WEBSITE: TEKNATURALS.COM

SUPPLEMENTS: TestoTEK, Hydro Whey 100

DISCOUNT CODE: CFIT15 (SAVE 15% AT CHECKOUT)

PRO TIPS: HOW TO SAVE MORE MONEY ON SUPPLEMENTS

PRO TIP #1: BUY IN BULK

If you buy in bulk, they give you an enormous discount. As I said before, I personally recommend buying in bulk because you're always going to need these supplements for as long as you follow the Super Shred program, so I figure why not save some money by stocking up.

Plus, the combination of the discount you get from using the discount code AND buying in bulk allows you to save A LOT of money.

PRO TIP #2: AUTO-SHIP

Luckily, the supplement has an auto-ship option, which is super convenient. Auto-ship means you get a fresh batch of supplements shipped to your door every month without you having to visit the website again or anything...they just automatically charge your card once a month.



When you sign up for auto-ship, you save 10% on the supplements. Therefore, if you use the 15% off discount code I gave you AND select the auto-ship option, you save 25%. That's a lot of money, and another upside of the auto-ship option is that you don't spend a lot of money at one time. You just get auto-charged a small amount every month. I still prefer buying in bulk, but if you don't have the money, auto-ship is a great option too.

Other Supplementation Tips

As is stated in the meal plan, I recommend drinking a protein shake with breakfast and dinner every day to really maximize your protein intake and keep muscle growth steady and consistent. I drink 3 protein shakes per day: 1 with breakfast, 1 after my workout, and 1 with dinner.

Those 3 scoops of Hydro Whey 100 in combination with your daily serving of TestoTEK is going to maximize protein intake, spike testosterone levels through the roof, and ultimately transform your body into an anabolic muscle-building machine.

For More Supplementation Or Lifting Advice...

If you have any more questions about what supplements to use, when to use them, why to use them, how to save money on them, or anything else at all, feel free to contact me directly via Instagram. Simply visit my Instagram page, follow me so that I can see your messages, and then direct message me with any questions you may have.

Instagram Handle: @JoeCostelloFit