



THE ATHLETIC-AESTHETIC PHYSIQUE

BY ALAIN GONZALEZ

SUPPLEMENT GUIDE



ANABOLIC SLEEPING

Sleep.

You know you need it...

But for some reason you aren't getting enough of it...

And if you're completely honest, you aren't getting enough sleep because you don't value it as much as you should...

Think about this with me for a minute.

How many times have you put sleep on the backburner of your life?

How many times have you thought, "Well, I'm going to have to cut back on sleep here, but at least I'll get my work done..."

Or even worse, "I'm going to lose a little sleep here but at least I'll get my workout done..."

Or something like that...

So you're in bed by midnight and up by 5am...

But even when you finally get around to sleeping, you find that your quality of sleep is less than suitable.



Your mind races...

You wake up frequently...

Your sleep habits can be described with three words: scarce, scattered and insufficient...

And men, when I say insufficient, I mean it...

Especially for your muscle building goals...

Lack luster sleep will only cause lack luster performance in the gym, and less than lack luster recovery.

Time and time again science has shown a direct link between sleep habits and muscle growth...

In a Chinese study involving 10,125 male and female university students, research showed that men who slept for less than 6 hours a night had noticeably less muscle strength than those who slept 7 hours or more...

Oddly enough, the study also noted there wasn't a significant difference in muscle growth for the women in the group, no matter where they fell on the sleeping length spectrum...

So the science is in, men.

You need sleep if you want to build muscle...

You need higher amounts of it and higher quality of it.

So how do you do it?

Well, that's why I'm writing this article today...

I want to give you 4 ways to sleep better so that you can build muscle, better.

They're short, simple, sustainable, and will make your sleep more successful.

GET OFF YOUR PHONE

When your night is winding down, one of the worst things you can do is scroll through your phone...

On it you have text messages, social media, personal and work email...

Too much, really...

And simply scrolling through your phone is enough to get your mind racing rather than relaxing, making falling asleep faster, harder.

But this isn't just personal philosophy...

It's science...

The artificial light—particularly blue light—emitted by electronic screens trigger your body to produce more daytime hormones like cortisol...

And as a result, melatonin, your sleep hormone, suffers, not only making falling asleep more challenging but also making your quality of sleep a wishful thought.

A **study done at Harvard**, revealed that the blue light from your phone will interrupt you from having a quality night's sleep (REM sleep), which is necessary for growth hormone production in your body.

So, I'm not saying you need to shut your phone off completely...

But you need to before bed...

I recommend keeping off your 30 minutes to an hour before you hit the sack.

KEEP IT COOL

Keep your room temperature cool...

Like the other side of the pillow...

One of the biggest influencers to sleep is [thermoregulation](#).

The warmer you are when you sleep, the more likely your sleep is going to be disrupted...

Which is why your body actually tries to cool itself off when the late night hours roll around.

You've probably noticed this before bed a few times in your life...

When you get tired, you begin to feel a bit cold, don't you?

That's because your body is preparing itself to sleep...

It prefers to be a little chilly over a little (or a lot) warm.

And if your body is too warm when you sleep, you'll begin to sweat, which is your body's way of saying, "I'm trying to cool down here!"

Your body temperature is crucial for sleep quality.

So keep it cool in the bedroom and you'll drastically improve the length and quality of your sleep patterns.

KICK BAD HABITS

Do you have a bad habit in the bedroom?

Not sure?

Here's how to tell...

What do you do in your bedroom throughout the day?

Work?

Watch television?

Read?

Eat? (Get a grip man. Eat in the kitchen.)

No matter what activities you do in the bedroom, you want to cut out as many activities besides sleeping as you can...

Why?

Because your body is always looking for environmental repetition.

Have you heard of Myelin?

It's a sheath-like material that forms an insulating and protective coating around nerve fibers, enabling them to quickly conduct impulses between the brain and the body.

Myelin grows when action is repeated. It helps create muscle memory.

Which is why you want to train your mind to know that when you walk into the bedroom, it's time to sleep.

Here's an example for you...

Say you spend 3-5 hours a day propped up in bed, working on your laptop...

When 10 pm rolls around and you decide it's time get to bed, do you know what your body is going to want to do?

It's going to want to work because your mind has associated your bedroom with your work-space...

Not your sleep-space.

So kick all of the sleep disrupting habits out of your bedroom and into another room of your house...



ENJOY SLEEP TEA

Of the other tips on this list to sleep better and as a result, build better muscle, this is the one that I can confidently say most of you aren't doing (but should be doing)...

Drink some Pitch Black, or what I like to call [Sleep Tea](#), before bed.

This particular tea supports successful sleep habits every night, which will keep you feeling great each morning...

And speaking practically rather than biologically for a moment, waking up from a good quality night of sleep will help you to build muscle because, well, you'll have more energy in the gym.

This [deep sleep formula](#) is loaded with Magnesium, Lavender Extract, and Lemon Balm (among other superfoods), all of which have proven to be advantageous ingredients to healthy sleep.



They support relaxation and recovery while you sleep...

And also, help you to feel rejuvenated in the morning when you wake.

Really, improving your sleep patterns and muscle building is only the tip of the iceberg of benefits that Pitch Black offers you.

[Get some more information on Pitch Black here](#), and give it a trial run for yourself.

It could be a great way not only to look forward to sleep each night, but also to look forward to your pre-bedtime ritual, too.

Men, you need to put an end to sleepless nights if you want to build muscle...

Make sleep a priority.

Implement these 4 ways to sleep better and you'll build muscle, faster.

Sleep longer.

Sleep better.

Build muscle.

It's that simple.

PERFORMANCE

There's no guy out there that wants to take the "long road" when it comes to building muscle.

Because more muscle comes with a lot of great perks like looking great in your clothes and naked, feeling confident, getting more respect from your peers, attention from women, and on and on it goes.

The sooner you get these perks, the better, right?

That's why in today's articles I'm going to show you the top 4 ingredients proven to speed up muscle growth... and where you can get them all in [one brand new supplement.](#)



CREATINE MONOHYDRATE

Creatine monohydrate is one of the best tested and best received natural muscle-building supplements on the planet.

- A study published in the Journal of Applied Physiology found that creatine boosts muscle mass growth by an average of 0.36% each week and 1.09% strength each week.
- Creatine is also shown to boost testosterone. Testosterone is your main muscle-building hormone, so the more testosterone you have, the better. A 2009 study showed that after 7-days of high creatine supplementation, followed by 14 additional days of creatine maintenance supplementation, dihydrotestosterone (the most powerful form of testosterone) increased by 56% after the initial 7 days and remained 40% above the baseline after 14 days following.
- The Journal of athletic training tested how creatine supplementation affects the muscles themselves and found that creatine increases extracellular water and intracellular water in the muscles and causes something called “cell volumization”. As a result, you increase the size and density of your muscles so you can pack on more muscle with simple creatine supplementation, even without training.

BETA ALANINE

Have you ever wondered what your physique would look like if you could squeeze out just a few more reps every set? And lift even just 5 or 10 more pounds than you’re lifting right now? The answer is, you’d have a noticeably more amount of muscle packed on your frame.

- A study published in the International Journal of Sports Medicine found that Beta Alanine can help you complete 22% more reps and lift 18% more total weight than you could without it. Which also led to an increase in muscle mass.
- One study published in the Journal of the International Society of Sports Nutrition compared two groups—one that took a Beta Alanine supplement, and one that didn’t. After a 21-day workout program, the researchers found that the Beta Alanine group built significantly more muscle than the non-Beta Alanine group.
- As a bonus, studies have shown that when you combine Beta Alanine with Creatine, all the muscle building benefits increase over time—which is pretty much unheard of. [Click here](#) to check out an “all-in-one” supplement that has Creatine and Beta Alanine in one formula (along with the other two on this list).

L-CARNITINE L-TARTRATE

Did you know there's a certain kind of body that men and women agree is an "alpha body"? Basically, it's a muscular chest, round shoulders and wide back. And L-Carnitine helps specifically to give you this head-turning physique.

- In a 3-week study, researchers found men who take L-Carnitine have a higher density of muscle androgen receptors in their upper bodies than those who don't. Androgen receptors are binding sites where testosterone meets your muscles to give them upgraded growth. L-Carnitine creates this effect even if you don't workout. Yet, if you do train, it increases the effectiveness of L-Carnitine even more.
- Aside from being beneficial for androgen receptors, Carnitine has also been found to increase blood flow. L-Carnitine increases the amount of nitric oxide the body produces which means you'll get a massive pump when you train. That pump won't only make you look good when you train, but it also helps you build muscle faster.
- Sometimes building muscle can feel like taking two steps forward and one step back. That's get ripped fast. But the good news is, L-Carnitine can fix that. An Austrian study found that L-Carnitine reduces muscle breakdown. This way you're not starting from ground zero every time you train and can build muscle faster than you ever could without it.

By the way, studies have shown that if you combine L-Carnitine and Creatine, you'll build muscle at an even more impressive rate. Want to get a supplement that combines both of them? [Go Here.](#)

BETAINE

Betaine is an amino acid taken from beets. And surprisingly, it's shown to be a game-changing ingredient for your physique.

- A study from the College of Massachusetts found that betaine supplementation burns fat and builds muscle at the same time. The results of the six-week study were that male subjects increased muscle mass by 4 pounds, arm size by 10%, and lost 7 pounds of body fat at the same time.
- A study from the University of Connecticut found that Betaine puts your body in the "perfect environment" for building muscle. It does this by regulating both your stress hormones (cortisol) and testosterone so that they work together to help you build muscle, instead of against one another.

- Another study from UCONN found that Betaine increases strength 25% and boosts power output by 20%. Increases like that will naturally improve your physique. Think about it. If you can increase your bench, squat, shoulder press by a full 25% all because of a taking a supplement, why wouldn't you do that. Betaine is crazy powerful.

As an added bonus, Betaine also increases the amount of Carnitine your body produces. The more Carnitine you have, the more androgen receptors you'll have on your upper body. As a result, you'll practically force your body to put on muscle.

NOW WHAT?

These are the best 4 supplements on earth for building muscle fast.

And I highly recommend checking them out for yourself...



But instead of checking them out separately, wouldn't it be easier to get them all in one brand new supplement? Now you can. Because I've created a new muscle building supplement called [MAXED OUT.](#)

It combines Beta Alanine, Creatine, L-Carnitine L-Tartrate and Betaine—and is scientifically proven to help you build muscle 57% faster, make you 42% stronger and boost testosterone by 110%.

This is one you don't want to miss out on. [Check out MAXED OUT here.](#)

FAT LOSS

If you've been around fitness, flipped through a bodybuilding magazine, even stepped foot into a drug store, you know there's no shortage of fat loss supplements out there...

And like you already know, some are better than others. And today, in this article, I'm going to clue you in on the best 3 of them... and where you can get them all in one fell swoop.

So make sure you read until the end. Because I don't want you to miss out on a groundbreaking new formula that'll take your body to the next level.

HMB

HMB stands for beta-Hydroxy beta-methylbutyric acid and a study published in the *Journal of Strength and Conditioning Research* found this ingredient helped men build 18.7 lbs. of muscle mass while losing 8.5% body fat at the very same time during several weeks of testing and training.

So have even said it works better for building muscle than steroids—which is one MASSIVE claim. But with the numbers I mentioned above, it sounds about right.

HMB has also been shown in studies to be more effective for protecting muscle mass from breaking down during fasted training than amino acid supplements. Plus, it's been shown to boost testosterone levels in men... so you can achieve even more muscle-building and fat-loss power.

So when it comes to getting the biggest bang for your buck, HMB is a great option. But before you go searching for it... I've just come out with a brand new pre-workout supplement that contains HMB along with the other ingredients in the article. I've been using it for several months now and I'm telling you—in all my years of experimenting with pre-workout supplements, I've never seen as good of results as I've seen with BLAST OFF. [Check it out here.](#)

L-THEANINE

Did you know there's a "perfect muscle building environment" you can achieve for your body that makes it easy to burn fat and build muscle?

It's true... and L-Theanine helps you get there because it upgrades your anabolic hormones so your body practically transforms automatically when you train. Plus it gives you extra energy for those last few reps, drive to keep going when the weight gets heavy and it also boosts your metabolism for extra fat-burning power.

Even better, L-Theanine doesn't just give your workout a boost. But it'll also help your body switch to "sleep mode" when it's time for bed which is super important because those hours when you sleep are the time when your body produces testosterone, your muscles repair, and you burn fat. So the more quality sleep you get, the better your body will look in the morning day after day...

Until you achieve the physique you've always wanted.

If you combine L-Theanine with HMB you'll easily take your testosterone and growth hormone to the next level... naturally. There are so many guys out there wasting hundreds of thousands of dollars on steroids and illegal performance enhancing drugs. You don't have to do that. The combination of these two ingredients will MAX your muscle building and fat burning hormones so you can upgrade your physique faster than ever without illegal substances.

[Check out my brand new supplement, BLAST OFF.](#)

It combines L-Theanine and HMB into one high powered supplement. Grab it for yourself [HERE.](#)

YOHIMBINE

Yohimbine comes from bark in the trees of Africa. And multiple studies have revealed it's the best supplement you can take while fasting to burn fat off your body with ease.

A study published in *Research in Sports Medicine* found that Yohimbine increases the amount of fat that's released from your fat cells during fasted exercise. In fact, another study discovered that taking Yohimbine can more than double the amount of fat you lose... especially on your belly.

Every fat cell has two kinds of receptors. Beta-receptors and Alpha-receptors. Beta-receptors cause your body to burn fat while Alpha-receptors cause your body to store fat. But what's so impressive about Yohimbine is that it doesn't only help you burn more fat... it also blocks alpha-receptors so that your body doesn't store fat!

And not only that... But Yohimbine has also been shown to push back your "fatigue threshold" in the gym so you can crank out more reps, lift more weight and build more muscle than you ever could without it.

The bottom line is, you want Yohimbine to be a part of your pre-workout fat-burning stack. And that's why I've combined Yohimbine with the other two ingredients on this list to create my brand new supplement BLAST OFF. I guarantee it'll take your performance and physique to the next level. [Check it out HERE.](#)

NEXT STEP

So there you have it... the 3 best pre-workout supplements for fat loss.



But hey, I'll do you one even better. Because I've combined all 3 of these ingredients and a few others into a brand new supplement that I'm just releasing to the world called BLAST OFF.

I've been taking it for months now and have noticed that it's easier for me to stay lean year round while at the same time getting stronger in the gym and adding more muscle to my frame. Plus, I can practically feel the natural testosterone and energy boost pulsing through my veins when I start my workout.

So don't do anything else before checking BLAST OFF for yourself. [Click here to see what else is inside.](#)