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5 WAYS TO STAY ANABOLIC AND GET JACKED

Bodybuilding is all about hardcore intensity in the quest to pack on colossal muscle mass. The following tips reveal the industry's 5 top-tier methods for staying anabolic and getting seriously jacked!

Enough is enough! If you don't get results fast, you're going to snap! You look for answers by drilling every hardcore iron pusher: "What do you eat? How do you train?" The problem is that these questions only add up to half of the equation. Before you go on an interrogating rampage across the gym floor, realize that there's more to bodybuilding than big meals and big weights. The question you should be asking is, "How do you stay anabolic?"

1. No Excuses

Staying anabolic isn't a part-time job. Every skipped workout and every half-assed training session is a giant lunge in the wrong direction. Set goals, track your workouts and get a training partner if you need to. Do whatever it takes to get into the gym at least four times a week. In the musclebuilding game, consistency is key!

2. Go Heavy

Hit the weights hard to pack on as much muscle as humanly possible. Shocking your muscles with heavy weight, forced reps and drop sets will increase the production of vital musclebuilding hormones, kicking your anabolic machinery into overdrive during the rebuilding process.

3. Rest, Relax and Recover

After countless hours battling the iron, your body needs time to repair. Sleep plays a huge role in skeletal muscle growth and protein synthesis through increased Growth Hormone (GH) levels. A solid eight hours will give your body enough recuperation time and allow for serious muscle gains.

4. Feed Your Muscles

Whether you're bulking up or shredding down, the timing of your eating is vital during your quest for total anabolism. Upon waking, pre-workout, post-workout and before bed are critical times to stuff your face with all the right foods. Fast and slow digesting proteins, complex and simple carbs, multivitamins, creatine and leucine blends all help keep your system primed for ultimate muscle growth and should be taken during those four critical times of the day.

5. Supplement with an Anabolic Activator

Staying anabolic is usually a constant uphill battle, but it doesn't have to be! LEUKIC Hardcore – the world's #1 selling anabolic activator – is a cutting-edge, 100 percent anabolic compound that triggers an intense, full-body anabolic state! LEUKIC Hardcore is equipped with a key ingredient that has been proven to force 350 percent more anabolic signal activation compared to a placebo. Furthermore, another key ingredient in its scientifically engineered formula has been shown to increase GH levels by an incredible 106 percent! With this groundbreaking science, there's no doubt that the hard-hitting anabolic power of LEUKIC Hardcore is going to load your frame with more muscle!

Ignite Your Anabolic State

No one said it's going to be easy, but this guide gives you all the right tools for sparking seriously dense muscle growth. Remember: you have to be anabolic to build muscle! And there's no better way to ignite an intense anabolic state than LEUKIC Hardcore.

- ✓ **World's First 100% Anabolic Compound!**
- ✓ **Force 350% More Anabolic Signal Activation!**
- ✓ **Increase Growth Hormone (GH) Levels by 106%!**

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