

Branch Warren
• 2007 New York Pro Champion



9 WEEKS OF HELL

In just 9 weeks, Branch Warren forged the thickest, and most densely packed muscular frame ever to hit a pro stage. This is a raw account of his rise toward his 2007 New York Pro victory – starting from the beginning!

9 WEEKS OUT:

Nine weeks before his third pro victory, Branch Warren starts his pre-contest diet for the New York Pro. His calculated regimen is enough to drive the average person mad. Trying to feed a 250-pound behemoth every day is no easy task, but

it's absolutely critical to muscle growth. Branch knows this, so every day he takes in ten-ounce steaks, eats chicken by the pound and drinks Nitro-Tech® Hardcore protein shakes. "Nitro-Tech Hardcore is essential to my contest prep. I need it in my program to maximize my muscle growth," says Branch.

7 WEEKS OUT:

Day two of Branch's training program is a ruthless assault on his arms – a body part he's been crucified for in the past. Although, his arms are far from a curse. They already stretch past 20 inches, but after today's workout they'll swell with

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At seven weeks out, Branch gives his heart and soul to his arm training. Only then will his biceps begin exploding with the mass they need to incinerate the competition.

almost an extra inch in size. Cutting unearthly weight to ignite a torturous burn, Branch leaves his muscles screaming for mercy. Finally, he follows his workout with two scoops of Nitro-Tech® Hardcore, drastically accelerating the growth of the torn muscle tissues that haunt his gains.

6 WEEKS OUT:

It's two o'clock in the afternoon and a sweltering 85 degrees in the most hardcore gym in Arlington, Texas. "It's a big, dirty warehouse! There's no air conditioning. If it's hot outside, it's hotter inside," describes Branch. He's tucked into a corner training chest, but his groans can be heard from outside the gym. Today, Branch will load a barbell with close to 500 pounds of cold iron and haul it up and down with so much force, it bends the bar. As Branch knocks out mind-numbing set after set, the 45-pound plates rattle with intensity.

To build muscle, Branch knows he has to inflict pain. His torment of choice – heavy weight! The only way to survive this hell is to rest, recover and come back bigger and badder. It all

starts just seconds after he rises from the ashes of a training session, when he takes another two scoops of Nitro-Tech Hardcore. "During my training for the New York Pro, I kept getting stronger, which is odd when you're dieting," explains Branch. "Nitro-Tech Hardcore loads your body with the best amino acids and forces them into your muscles. Without them, you can't get stronger and that means you won't build muscle!"

26 DAYS OUT:

As the days wind down, Branch's intensity escalates, despite the relentless beating his muscles take. To make sure they grow back bigger and stronger, he keeps taking Nitro-Tech Hardcore. "Before my workout, I grab a coffee, put on some heavy rock and get in the zone. I train really intense – that's just the way we do it at my gym. So I need Nitro-Tech Hardcore to help my muscles recover and grow."

5 DAYS OUT:

As his training partner looks on, Branch practices his posing in front of a mirror. He stops for a moment to catch his breath and take in his reflection. The beast staring back at him is bigger and freakier than ever. You can see the raw effects of Nitro-Tech Hardcore engraved in his muscles. "Since I've been taking Nitro-Tech Hardcore every day, my muscles are a lot fuller, my arms are bigger and my back is thicker – all areas I wanted to improve!"

30 MINUTES:

As Branch prowls backstage to an empty corner, he casts a shadow over his intimidated opponents. He pumps up, and watches his muscles come to life. Wrapped in hose-like veins etched across his chest and arms, Branch's 250-pound body is as thick as it is wide. It'll soon be game over for his competition.

SHOW TIME:

With a hellowing grunt, Branch's super-sized frame flexes into the grainy hard muscularity that is common among past Mr. Olympias. It's the embodiment of a champion, and another testament to the mind-blowing power of Nitro-Tech® Hardcore. Minutes later, he captures his third pro victory. And then, when it's all over, he returns to the pit where he will once again rise up and claim what is his.

BRANCH WARREN'S SECRET WEAPON

With so much thickly packed, dense muscle, Branch Warren is walking proof of the power of Nitro-Tech Hardcore. "Using Nitro-Tech Hardcore, I packed on the muscle I needed to win the New York Pro," testifies Branch. Nitro-Tech Hardcore is based on available published research, the most powerful musclebuilding protein ever used. In just one, 28-day clinical study, Nitro-Tech Hardcore built 24 times more show-stopping muscle than regular whey protein (2.75 vs. 0.11 pounds!)

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Armed with three scientifically formulated and cutting-edge musclebuilding blends, along with advanced Nanomolecular Hyperdispersion Technology™, Nitro-Tech Hardcore is engineered to make your muscles explode with new size, starting with your first dose! In a human clinical study, Nitro-Tech Hardcore forced up to 8.4 pounds of solid, freaky muscle growth in just 14 days! You've seen what it can do for IPBB Pro Branch Warren, but you train like hell too. So raise your muscles from the ashes with Nitro-Tech Hardcore, the world's #1-selling musclebuilding protein formula!



8 weeks of demonic training ended on May 12, as Branch Warren revealed a supernatural amount of muscle, and captured his third pro championship.

Get Nitro-Tech Hardcore, the world's #1-selling musclebuilding protein, at GNC, GNC.com, Ad. Warren Shoppes, Vitamin World, Hi-Health, Poppy's and BOSS Distributors. All trademarks are owned by their respective trademark owners and are used with permission. © 2007, Nitro-Tech® Hardcore is patented.



Today, Branch will put on a display of biblical strength and intensity, as he lifts a 500-lb. bench and hauls 200-lb. dumbbells...for reps!



Branch's hardcore intensity forces him to rest between sets, offering us a glimpse of the freakiest chest in the sport.

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