



**Jay Cutler**  
Mr. Olympia

# HUGE GAINS in 2 Weeks

**Discover the breakthrough solution clinically proven to build up to 8.4 lbs. of muscle in as little as 14 days!**

**IT WASN'T LONG AGO** when you lifted a dumbbell for the very first time. And now, you find yourself in the gym five days a week, feeding your addiction for inhuman size ... for the pride of peeling your sweat-soaked shirt off your expanding chest ... for the rush of having pumped so much growth into your swelling arms that you can barely straighten them. And like any bodybuilder, the harder you train, the more muscle you crave!

You demand arms that threaten the seams of your training shirt and a chest so full and hard it looks like it's hiding metal plates. You want a back as thick as it is wide and spanning shoulders that push you sideways through doorways. So that

when all is said and done, you've earned the moniker, the right to call yourself HUGE! Well finally, the complete training, nutrition and supplementation plan that's sure to satiate your hunger for size has arrived!

In the next few pages, you'll discover a complete training system and advanced nutritional program guaranteed to deliver heavyweight gains in just two weeks! In fact, you're about to learn the very same secret that caused one extraordinary test subject in a human clinical study to gain 8.4 pounds of muscle in just 14 days! Developed in the lab, tested in the gym and proven onstage by some of the world's biggest bodybuilders, this is the solution you've been waiting for to put on size, fast!

## Eating to Get HUGE

It sounds simple, but to get huge you have to eat huge. Follow these four nutritional guidelines below to become your own diet guru and your muscles will literally have no choice but to grow!

### Packing It In

To build quality muscle, and fast, you need to fuel your expanding frame with 20 calories per pound of bodyweight daily, that's 4,000 calories for a 200-pound bodybuilder, spaced out in five or six meals. Most of these calories will come from the 2.5 to three grams of carbohydrates per pound of bodyweight you should be taking in daily. Get your carbs from low-glycemic sources, such as oatmeal, sweet potatoes and whole grains. This will fend off catabolism and keep you in a musclebuilding state.

### Protein is Paramount

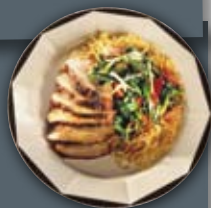
Without protein, no amount of training or calories will allow you to grow. Each day take in one to 1.5 grams of protein per pound of bodyweight from chicken, fish, eggs, beef and the best muscle-building protein on the planet – Nitro-Tech Hardcore.

### Healthy Fats

Omega-3 fatty acids supply a slew of musclebuilding benefits, in addition to supporting your immune system. Take in about 15 grams four times a day from flaxseed oil, salmon and walnuts.

### Musclebuilding Meals

Your most critical meals are pre- and post-workout. Before training, take in sixty grams of slow-burning carbs. This will force water into your muscle bellies, amplifying your workouts and accelerating your growth. After training, take in 75 grams of fast-digesting carbs to spike insulin levels and refill depleted muscle glycogen stores. Most importantly, sandwich every workout with two scoops of Nitro-Tech Hardcore. It's specially engineered to trigger an anabolic environment by optimizing nitrogen retention and stimulating protein synthesis.



## Bigger Muscles in 2 Weeks

Forget everything you've learned from other guys at the gym, because the information in these few pages encompasses everything you'll need for the fastest gains possible!

The HUGE in 2 Weeks Training System and Eating to Get HUGE diet plan will have you sporting show-stopping mass in no time. But the real secret to their unparalleled power and musclebuilding effectiveness lies in their key component – Nitro-Tech® Hardcore. Supported by research spanning a decade, Nitro-Tech Hardcore has been proven time and again through multiple, human clinical studies to build solid, freaky muscle in just weeks. In fact, one extraordinary Nitro-Tech Hardcore subject gained 8.4 pounds of thick, dense muscle in just 14 days!



## HUGE RESULTS in Just Weeks!



Johnnie Jackson test-drove the explosive power of Nitro-Tech Hardcore, and in six weeks radically transformed his frame. Just look how massive his chest, arms and delts are!

## Get 24 Times Bigger

Make no mistake, the included diet plan and training system will stack muscle onto your hulking frame within two weeks. That's because at its foundation is Nitro-Tech Hardcore – the best muscle-building protein formula on the planet! In fact, it's clinically proven to build 24 times more muscle than regular whey protein in just 28 days (2.75 vs. 0.11 pounds).

Nitro-Tech Hardcore is equipped with three anabolically infused musclebuilding complexes – SynthePro®, Nitroxen® and Insulogen®. These scientifically engineered nutrient blends are

## “Nitro-Tech Hardcore is proven to build up to 8.4 lbs. of muscle in as little as 14 days!”

formulated to build muscle fast. They also work in conjunction with Nanomolecular Hyperdispersion Technology™, an advanced technique which nanoparticulates a precise portion of protein to a fraction of the size of regular protein particles. These multiple components are designed to operate synergistically, to make your muscles explode with new size, starting with your very first dose!

## The Easy Way to Build Muscle

Two weeks in and you've started to build a monster. So why stop now? You've realized how easy it is to get bigger than ever with Nitro-Tech Hardcore, now it's time to get stronger than ever! In just a few more weeks you'll be dominating the weight. That's because Nitro-Tech Hardcore is clinically proven to make you 143 percent stronger on your max bench than regular whey protein in just six weeks (34 vs. 14 pounds). In fact, in the same six-week study, one subject using Nitro-Tech Hardcore added 45 pounds to his max bench!

To get bigger than ever, master the HUGE in 2 Weeks Training System and Eating to Get HUGE diet plan and your mega-sized frame will command attention at the gym, on the beach and on the streets. Become a modern-day Colossus in just weeks, with Nitro-Tech Hardcore!

### DAY 1: Chest & Abs

Exercise	Sets	Reps
Flat Bench Press*	4	8 to 10
Incline Bench Press*	4	8 to 10
Flat Dumbbell Flye	4	8 to 10
Pec Deck	4	12 to 15
Hanging Leg Raises	5	20

### DAY 2: Back

Exercise	Sets	Reps
Lat Pulldowns	4	10 to 12
Deadlifts	4	8 to 10
Barbell Rows	4	8 to 10
Dumbbell Rows	4	8 to 10
Seated Cable Rows	3	10 to 12

### DAY 3: Off

### DAY 4: Shoulders & Calves

Exercise	Sets	Reps
Barbell Military Press	4	8 to 10
Dumbbell Laterals	4	10 to 12
Superset with Front Raises	4	10 to 12
Rear Dumbbell Laterals	4	10 to 12
Dumbbell Shrugs	4	8 to 10
Seated Calf Raises	5	12 to 15

### DAY 5: Arms & Abs

Exercise	Sets	Reps
Dumbbell Curls	4	8 to 10
Hammer Curls	4	8 to 10
Dumbbell Preacher Curls	4	10 to 12
Close Grip Bench Presses	4	8 to 10
Lying Tricep Extensions	4	8 to 10
Bodyweight Dips	4	Failure
Rope Crunches	5	20

### DAY 6: Legs & Calves

Exercise	Sets	Reps
Leg Extensions	4	12 to 15
Barbell Squats	4	8 to 10
Leg Presses	4	8 to 10
Lying Leg Curls	4	10 to 12
Stiff-Legged Deadlifts	4	8 to 10
Standing Calf Raises	3	12 to 15
Seated Calf Raises	3	12 to 15

### DAY 7: Off

- Precede the first exercise of every workout with a warm-up set of 16 to 20 reps.
- For maximum growth, take a serving of Nitro-Tech Hardcore before and after training.
- \* Alternate with dumbbell press for week 2.

Johnnie Jackson also used other MuscleTech® supplements. Get Nitro-Tech Hardcore, the world's #1-selling musclebuilding protein, at GNC, GNC Rite Aid, Vitamin Shoppe, Vitamin World, Hi-Health, Popeye's and BOSS Distributors. All trademarks are owned by their respective trademark owners and are used with permission. © 2007. Nitro-Tech® Hardcore is patented.

The **HUGE** in 2 Weeks Training System