THE GET SWOLE
DIET+WORKOUT GUIDE
A 12 WEEK DIET AND TRAINING GUIDE DESIGNED SPECIFICALLY FOR MEN TO GAIN MUSCLE MASS

TEAM MUSCLEPHARM®
LIND WALTER
WBFF FITNESS ICON

PHASE 1 OF 3
4 WEEK PLAN
THIS DIET AND TRAINING GUIDE WAS DESIGNED FOR ONE PURPOSE: TO GET YOU HUGE. THAT’S WHY IT’S NAMED GET SWOLE™. GET STARTED. AND GET SWOLE.

This diet and workout program were created to help you see size and mass super fast. The MusclePharm products were picked because they are tuned perfectly with the goals of Get Swole.

GET SWOLE BEGINS WITH THE 4 WEEK START PHASE. ONCE THAT IS ACCOMPLISHED, GET SWOLE DIETERS MOVE INTO PHASE 2.

The Get Swole program works. Follow it and see. As you learn the ropes of this program, please remember to stick to the basics as they are spelled out. For instance, the eating times in the following pages are to be used as examples only. While the times listed aren’t critical, obeying the amount of time BETWEEN meals is very important.

Let’s say you work nights. No problem. Just adjust each time so you’re consuming the foods and supplements at their optimum times. If you wake at 9 a.m. instead of 5:30 a.m., then that is when your Get Swole Diet schedule starts.

THE GET SWOLE DIET IS NO DIFFERENT THAN ANY OTHER DIET: IF YOU DON’T FOLLOW IT, IT WON’T WORK.

We built this diet around MusclePharm products because we believe in their superiority. MusclePharm products like Assault™, Armor-V™ and Re-con™ are your best bet. Assault—our clinically-proven pre-workout—is perfect for the Get Swole program because it supplies the body with a stream of nutrients like BCAAs during the workout. Post-workout, Re-con and ZMA Max maximize your “anabolic window” and ZMA promotes deeper and more efficient sleep. To build muscle mass, do not neglect the recovery phase.

A MUSCLE-BUILDING SECRET:

Focus on a different muscle group each workout. The training schedule we lay out here is designed to promote fast but safe muscle building. Phase 1 features lighter weights with more reps, which prepares you for the heavier weights and fewer reps of Phase 2.

WELCOME TO THE GET SWOLE DIET. GET READY: THE RESULTS WILL BE HUGE.

WARNING: The training and nutrition programs described here are not intended to be used a substitute for any exercise plan or dietary regimen that may have been prescribed by your physician. MusclePharm strongly recommends that you consult with your physician before beginning any training and nutrition program and perform exercises under the supervision of a certified fitness trainer or conditioning coach.

PRODUCTS IN THIS GUIDE

ASSAULT

ASSAULT™ is a combination of several powerful, clinically proven, naturally occurring substances brought together for their specific performance-enhancing, endurance-boosting and strength-building properties. These key ingredients work synergistically to provide your muscles with true increased energy at the cellular level, to dramatically improve performance.

RE-CON

RECON™ is a unique, high-performance post-workout formula. RECON™ was designed to maximize the most important phase of the athlete’s total training program – the post-workout phase, what those in our game call the “anabolic window.”

BCAA 3:1:2

BCAA 3:1:2 offers a unique patent pending ratio—3 Leucine, 1 Isoleucine, 2 Valine—that is specifically tuned to deliver the ideal amounts of these three amino acids during all phases of muscle development and maintenance. Through this formulation, amino acids are released both before and after a workout. MP BCAA minimizes both muscle damage and weight loss, while increasing lean body mass.

ZMA MAX

ZMA Max™ promotes deeper and more efficient sleep to maximize healing, tissue repair, anabolic hormone production, testosterone levels and muscle growth. It delivers the benefits of precise dosages and ZMA ingredient ratios, and adds the synergistic effects of clinically-proven Testofen to support natural levels of free testosterone and healthy libido function in women and men.

ARMOR-V

Armor-V™ is the most comprehensive multi-nutrient complex available. Its unique blend of organics, herbs and natural ingredients were specifically formulated to feed your body with everything nature intended - and then some.

COMBAT

COMBAT™ is MusclePharm’s technologically advanced Protein Superfood. Athletes and Bodybuilders have long known that high-quality protein is the key to building and maintaining lean muscle, while supporting a healthy body composition and fueling fat loss. Protein is the most-important macronutrient for muscle growth, mass and power.
# The Get Swole: Diet Program

**Phase 1: Weeks 1 - 4**

**Eat Each Meal or Snack Every 2.5 - 3 Hours**

**Consume 6-8 Cups of Water Per Day**

<table>
<thead>
<tr>
<th>Time</th>
<th>Example Time</th>
<th>MP Supplement</th>
<th>Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wake Up</td>
<td>7:00 AM</td>
<td>RE-CON® 1/2 Scoop 8-12 oz. of Water</td>
<td>3 Whole Eggs 1/4 Cup Oatmeal Banana</td>
</tr>
<tr>
<td>Mid Morning</td>
<td>10:00 AM</td>
<td>COMBAT® 2 Scoops With Water 8-12 oz. Of Heavy Whipping Cream</td>
<td>None</td>
</tr>
<tr>
<td>Lunch</td>
<td>1:00 PM</td>
<td>None</td>
<td>8 oz. of White Meat and 1 Cup Of Rice or Sweet Potato (Substitute red meat up to 3x a Week)</td>
</tr>
</tbody>
</table>

**Pre-Workout**

- Assault® 1 Scoop 15-30 Minutes Before Workout
- RE-CON® 1 Scoop Immediately After Workout

**Post-Workout**

- BCAA 3:1:2™ 6 Capsules Immediately After Workout

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Learn More About Diet and Nutrition at MusclePharm.com
**TIME:** MID EVENING  
**EXAMPLE TIME:** 4:00 PM  
**MP SUPPLEMENT / PROTEIN**  
COMBAT™  
2 SCOOPS  
WITH WATER & 2 OZ. OF HEAVY WHIPPING CREAM  
**FOOD**  
NONE

**TIME:** DINNER  
**EXAMPLE TIME:** 7:00 PM  
**MP SUPPLEMENT**  
NONE  
**FOOD**  
8 OZ. LEAN MEAT  
2 SERVINGS OF VEGETABLES  
1-2 CUPS OF RICE  
(SUBSTITUTE RED MEAT UP TO 3X A WEEK)

**TIME:** PRE-SLEEP  
**EXAMPLE TIME:** 10:00 PM  
**MP SUPPLEMENT / PROTEIN**  
COMBAT™  
1 SCOOP  
WITH WATER & 2 OZ. OF HEAVY WHIPPING CREAM  
**MP SUPPLEMENT / RECOVERY**  
ZMA MAX®  
1 CAPSULE  
WITH 8-12 OZ. OF WATER  
**FOOD**  
NONE

EAT EACH MEAL OR SNACK EVERY 2.5 - 3 HOURS  
CONSUME 6-8 CUPS OF WATER PER DAY
The Get Swole: Workout Program

Phase 1: Weeks 1 - 4

Phase 1 is meant to grow the muscle fibers in rep ranges of 8-15, this will get you ready for the lower reps and heavier weight of Phase 2 making sure your connective tissue is ready for the heavy lifting. Phase 1 is all about blood pump.

**Pre-Workout**

**Assault™**
1 scoop
8-12 oz. of water
15-30 minutes before workout

**Post-Workout**

**RE-CON®**
1/2 scoop
8-12 oz. of water
Immediately after workout

**Post-Workout**

**BCAA 3:1:2™**
6 capsules
8-12 oz. of water
Immediately after workout

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**Monday**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets/Reps</th>
<th>Training Tip</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wide Grip Pull-Ups</strong></td>
<td>5 X Failure</td>
<td></td>
</tr>
<tr>
<td><strong>Flat Bench</strong></td>
<td>5 X 12</td>
<td></td>
</tr>
<tr>
<td><strong>Incline Dumbbells</strong></td>
<td>5 X 12</td>
<td></td>
</tr>
<tr>
<td><strong>Seated Row</strong></td>
<td>5 X 12</td>
<td></td>
</tr>
<tr>
<td><strong>Wide Grip Pull-Ups</strong></td>
<td>5 X Failure</td>
<td></td>
</tr>
<tr>
<td><strong>Chest Fly</strong></td>
<td>5 X 12</td>
<td></td>
</tr>
<tr>
<td><strong>Single Dumbbell Pullovers Across Bench</strong></td>
<td>6 X 12</td>
<td></td>
</tr>
</tbody>
</table>

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**Tuesday**

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets/Reps</th>
<th>Training Tip</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Squats</strong></td>
<td>5 X 12</td>
<td></td>
</tr>
<tr>
<td><strong>Leg Press</strong></td>
<td>5 X 12</td>
<td></td>
</tr>
<tr>
<td><strong>Stiff Leg Dead Lift</strong></td>
<td>5 X 12</td>
<td></td>
</tr>
<tr>
<td><strong>Hamstring Curl</strong></td>
<td>5 X 12</td>
<td></td>
</tr>
<tr>
<td><strong>Barbell Lunges</strong></td>
<td>5 X 12</td>
<td></td>
</tr>
<tr>
<td><strong>Weighted Calve Raises</strong></td>
<td>5 X 12</td>
<td></td>
</tr>
<tr>
<td><strong>Ab Wheel</strong></td>
<td>50</td>
<td></td>
</tr>
</tbody>
</table>
### Wednesday

<table>
<thead>
<tr>
<th>Arms</th>
<th>Exercise</th>
<th>Sets/Reps</th>
<th>Training Tip</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Arnold Cheats Curls</td>
<td>6 x 8</td>
<td></td>
</tr>
<tr>
<td></td>
<td>with Straight Bar</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Incline French Press</td>
<td>6 x 8</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Incline Alternating</td>
<td>8 x 5</td>
<td>2nd twist then 4 more</td>
</tr>
<tr>
<td></td>
<td>Dumbbell Curls</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Straight Bar Pushdowns</td>
<td>20 x then</td>
<td>20 x 1/4 reps</td>
</tr>
<tr>
<td></td>
<td>Bench Dips</td>
<td>6 x Failure</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Preacher Curl Machine</td>
<td>3 x 30</td>
<td></td>
</tr>
</tbody>
</table>

### Thursday

<table>
<thead>
<tr>
<th>Shoulders + Abs</th>
<th>Exercise</th>
<th>Sets/Reps</th>
<th>Training Tip</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Military Press Bar</td>
<td>5 x 12</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Upright Rows</td>
<td>5 x 12</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lateral Raisers</td>
<td>5 x 12</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Full Frontals</td>
<td>5 x 12</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Ab Wheel</td>
<td>1 x 100</td>
<td></td>
</tr>
</tbody>
</table>

### In Phase 1

**Take 3 Full Days Off and Focus on Recovery. Growth Occurs When You Are Not in the Gym.**

### Recovery Days

- Take on an Aggressive Recovery Schedule
  - 1/2 Scoop of Re-Con® with 12 oz. water on waking up
  - Take Armor-V™ with breakfast
  - 1/2 Scoop of Re-Con® with 12 oz. water at lunch
  - BCAA 3:1:2™ and ZMA Max™ Prior to Bed
  
  **This will help you maintain your intensity in training come Monday.**

### Friday

**None**

### Saturday

**Rest**

### Sunday

**Rest**

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**Get Swole: Workout Program**

**Phase 1: Weeks 1 - 4**

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Learn more about diet and nutrition at musclepharm.com

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**A Super Set Is A Back To Back Grouping Of Your Sets, Alternating, With No Rest In Between.**

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**Get Swole**

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DOWNLOAD THE NEXT PHASE!

PHASES 2-3

THE START IS JUST THE BEGINNING. NOW THAT YOU'RE FAMILIAR WITH PHASE 1, HEAD TO MUSCLEPHARM.COM TO START LEARNING ABOUT PHASES 2 AND 3 OF THIS PROGRAM.

DOWNLOAD PHASE 2 AND 3 AT: BODYBUILDING.COM/MILITARY

MUSCLEPHARM.COM