



RIPFAST

ULTIMATE MUSCLE BUILDING SYSTEMS TRAINING MANUAL

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WARNING:

**YOU HOLD IN YOUR HANDS THE MOST POWERFUL
MUSCLE BUILDING SYSTEM IN THE WORLD.
IN TWO HOURS, AFTER TAKING IN THE FOLLOWING
PRECIOUS INFORMATION ALONG WITH THE STATE OF THE
ART SCIENTIFICALLY ENGINEERED TRAINING PROGRAM,
YOU'LL BE READY TO CHANGE YOUR BODY.
AND YOUR LIFE.**

**READY?
HERE WE GO!**

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RIPFAST MISSION STATEMENT

For Ripfast to be the sports nutrition company of choice for body builders, athletes and fitness enthusiasts across the globe, whilst vigorously maintaining our quality, honesty and integrity.

To develop and market safe, effective, strong supplements, with the highest quality ingredients in the world. To surpass our customers' highest expectations from our supplements and training systems.

To earn the trust and loyalty of our customers and staff. Treating them as the most important people in the world. Committing ourselves to helping them achieve their fitness goals.

To continually innovate. Nutritional science is constantly evolving, to be constantly developing cutting edge formulas that deliver performance benefits never before seen in nutritional supplements.

For our research and development staff to only formulate products that deliver results. We refuse to mislead our customers. If there is not substantial research to support the effectiveness of a product, you won't see it in the Ripfast line.

WWW.RIPFAST.COM

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QUICKSTART: If you understand diet and want to dive straight in, you can directly go to page 25 and see the Precision-1 / STERL Principles and start applying them during your next gym visit.

We also recommend that you watch the training video in full.

Ideally read the full program contained in this manual.

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Introduction To Ripfast

The attainment of a lean, sculpted muscular physique is the goal of all athletes wishing to enter the dynamic world of bodybuilding.

However, most beginners (and many intermediate bodybuilders) quickly discover that ,in many cases, they flounder by not achieving what they set out to achieve. This scenario is repeated at countless gyms across the planet.

Most people are using out-of-date re-applications of old techniques, which will work eventually, but not in direct proportion to the amount of time and energy wasted.

Ripfast products have changed all that, The Ripfast Ultimate Muscle Building System™ is a major leap forward in the science of natural drug free bodybuilding and anabolic growth systems.

The scientifically engineered training system and nutritional plan will lead to fast and explosive muscle growth, as well as cardio-vascular and strength benefits.

As with all Ripfast products, the System is the result of years of muscle building analysis and scientific research.

Ripfast has done the work for you, no more guessing or hoping. Simply follow the guidelines, and watch your muscles explode into growth.

The meticulously engineered scientific basis of the system will ensure rapid impressive results.

Maximum Advantage

For the fastest, greatest results in the shortest period of time, please familiarise yourself with all aspects of the system.

Especially the RIPFAST PRECISION-1 TRAINING PRINCIPLES™ and dietary game plan.

There are some amazing nutritional supplements in the Ripfast Advanced Nutrition™ Essentials Range which we also insist that you include in your bodybuilding regime. Using these will enhance the use of all Ripfast training principles, as well as reduce nutritional problems.

The Ripfast Ultimate Muscle Building System is a highly advanced system of resistance training that takes the muscle to complete momentary positive muscular failure, paving the way for maximum muscle growth.

During research, our researchers have found amazing stimulation of mass muscle growth utilizing the RIPFAST PRECISION-1 TRAINING PRINCIPLES™.

Also, a common problem faced by bodybuilding athletes is the 'plateau'.

After achieving a certain level of muscle mass, growth stops or drastically slows down.

This leads the athlete into all sorts of confusing avenues, none of which really help in the long term, some of which are plain dangerous. But we have solved this age old problem.

Once you have achieved a great physique using RIPFAST PRECISION-1. Or if you are already an experienced bodybuilder.

You can dive straight into new, even more exciting, explosive muscle growth territory with RIPFAST'S AMAZING ETERNITY TRAINING: PHASE 1/ PHASE 2 & RIPFAST 'S.i' Training.

Please ensure that you follow the guidelines strictly.

After 4-8 weeks of applying the RIPFAST PRECISION-1 TRAINING PRINCIPLES™ you should expect dramatic improvements in muscular development, strength, stamina and endurance, as well as the overall quality of your physique.

The logo for RIPFAST, featuring the word "RIPFAST" in a bold, white, sans-serif font with a registered trademark symbol (®) to the upper right, set against a dark grey rectangular background.

ULTIMATE MUSCLE BUILDING SYSTEM

The fast and natural way to pack on serious muscle mass

Important Note:

Used properly, this system is unlike anything you've wasted your time on before.

There's only one rule: PLEASE FOLLOW THE ORDER & RULES STRICTLY!

NOTE:

It is best in the 7 - 10 days before starting your Ripfast cycle that you get your body tuned and prepared by:

- a) Practising the RIPFAST PRECISION-1 TRAINING PRINCIPLES™ outlined later.
- b) Eating the recommended doses of the following food types and training supplements:

Complex Carbohydrates and Protein:

Consume these in large quantities, keeping fat intake low, ideal calories for your body weight are discussed later.

Thus it is imperative to choose foods high in complex carbohydrates and protein, but low as possible in fat.

Such nutrient rich foods include: baked beans, pasta, whole grain rice, baked potatoes, chicken, turkey, lean red meat, fish, sushi, fresh vegetables, fruit, eggs, skimmed milk.

ALSO

- Reduce to an absolute minimum your consumption of simple and refined sugars during the 7 - 10 day preparation period, and during the Ripfast cycle.
- Limit your beverage intake to warm or cool unsweetened drinks. Ice cold and very cold drinks just travel straight in and out of your body, so try getting used to warm drinks - (including water). Other recommended beverages include: 100% skimmed milk, herbal teas, coffee, diluted fruit juice. Cut out alcohol completely if possible, and of course drink plenty of water.
- Remember that strict adherence to the guidelines will improve results greatly.

- Always consult a physician before starting any fitness/exercise programme especially if you are currently out of shape, ill or taking medication.
- If you are unfamiliar with any exercise, watch the Ripfast Training video as many times as necessary or consult an experienced instructor to find out how to execute the exercise and on using correct “form”.
- Please remember, as with all intensive muscle training programmes muscle soreness will inevitably develop. But if it persists, or you sustain an injury, consult a physician as soon as possible. A basic ESSENTIAL rule is to stretch and warm up before ANY training session to allow blood to enter the body part trained and loosen the body up generally. Doing this greatly reduces any chance of injury.

NB:

All advice and methods in this programme are not in any way substitutes for medical or other personal/professional counselling. As the response can be different in every person, the guide lines may not be appropriate for everybody. This programme contains exercises that may be hazardous to your health if you have been ill or seriously out of shape. Please consult a physician before embarking on any exercise programme. Please exercise care in performing the routines in the programme as use of incorrect form can lead to injury.

The Ripfast Corporation, the editors and authors disclaim any liability for loss or injury in connection with the use of this programme and advice herein.

Diet and Nutrition Guidelines

The correct intake of calories and nutrients is essential for maximizing muscle growth.

One’s base diet must consist of the most effective proportions of proteins, carbohydrates, essential fats and other essential nutrients (eg vitamins and minerals).

Nutritional terms explained

Nutrition

The term nutrition describes the process by which materials from the environment are taken up by the body in order to provide the nutrients and energy necessary to keep the body alive and healthy.

Nutrients

The food that you eat can be broken down into components called nutrients ie, carbohydrates, fats, proteins, alcohol, vitamins, minerals trace elements, dietary fibre and water. Different foods are made of different proportions of nutrients. No one naturally occurring food contains sufficient amounts of each of these nutrients to meet the body’s needs, hence the necessity to eat a wide variety of foods.

Diet

Diets are best described as patterns of everyday eating habits and food selection which result in a specific nutrient consumption, for example, a low-fat diet, a weight-reducing diet, a high-fibre diet or a high carbohydrate diet.

The primary energy source for a bodybuilder for fuelling workouts should be carbohydrates.

If the carbohydrate supply is insufficient the body will search elsewhere for energy.

The source that it will turn to is protein – usually in the form of muscle, which will be converted into glucose and then used as energy.

This process of the conversion of protein to glucose can deplete your protein stores, making real the possibility of taking your body out of a state of positive nitrogen balance.

Thus not ingesting enough carbohydrates can severely damage your bodybuilding program and potential gains.

Carbohydrates Technical Analysis:

Carbohydrates are composed of carbon, hydrogen and oxygen. The basic unit of carbohydrates is the monosaccharide; the most common monosaccharide in food is glucose.

Glucose and other monosaccharides, such as fructose and galactose, are usually combined together in foods as larger compounds. When two monosaccharides are joined together they are termed a disaccharide.

The most common disaccharide in the diet is sucrose or table sugar (one molecule of glucose combined with a molecule of fructose). Other disaccharides are maltose (two molecules of glucose plus one galactose - the carbohydrate in milk).

Whereas many of the different carbohydrates can be converted from one type to another within the body, the body has only a limited potential to produce glucose from substances other than carbohydrates (for example, it can produce glucose from proteins by a process called gluconeogenesis). So, to meet the body's requirements for carbohydrate, we must actually consume foods rich in carbohydrates.

Carbohydrates are important in maintaining the energy stores of the body (as glycogen) and are also used in the synthesis of important compounds in the body.

Complex carbohydrates and simple sugars

The best high-carbohydrate foods are those in which the carbohydrate exists in the natural unrefined state, the starchy foods containing complex carbohydrates. The carbohydrate in these foods is mainly found in the form of polysaccharides that is, starch in whole grains and grain products. The best examples are the high-fibre foods, such as wholemeal or whole wheat bread, whole wheat pasta, cereals, pulses (peas and beans), vegetables and nuts. In addition to their starch content they also contain all the vitamins and minerals associated with the processes that metabolise the carbohydrate plus fibre.

The other high-carbohydrate foods are the sugary foods containing large amounts of refined simple sugars. In these highly processed foods, the carbohydrates have been extracted from the natural source and broken down mainly into disaccharides and monosaccharides which can then be rapidly absorbed following relatively little digestion. Examples include sweet foods, such as sugar, preserves and confectionery. While they contain carbohydrate, they usually contain little in the way of vitamins, minerals, trace elements and fibre, but often a lot of fat. So they are considered to be less nutritious than starchy carbohydrate foods rich in fibre.

TABLE I FOODS RICH IN CARBOHYDRATES

Starchy carbohydrates

Wholemeal bread flour and crispbreads, wholemeal pastas, brown rice, pulses and legumes: peas, lentils, beans (kidney, haricot, baked beans, etc.), pearl barley, potatoes sweetcorn, root vegetables. Cereal: Weetabix, Shredded Wheat, Branflakes, Puffed Wheat, porridge, sugarfree muesli. Nuts: peanuts (unsalted), brazils, hazelnuts, chestnuts, almonds, etc. Fresh fruit: apples, pears, oranges, bananas, grapes. Dried fruit: currants, sultanas, apricots, prunes, etc., tinned fruit in natural juice.

Simple sugars

Sugars, syrups, jams, marmalades. Confectionery: boiled sweets, chocolate, toffee, fudge, etc. Sugary drinks: lemonade, cola, squashes, blackcurrant, drinking chocolate, malted bedtime drinks. Sugar-coated cereals, sugary cakes, biscuits, pastries, fruit pies and crumbles, jellies, cheesecake, ice cream, fruit yogurt, tinned fruit in syrup, sweet custard, milk puddings, sweet pickles.

FATS

Another energy source is fat.

The body taps in to fat stores to fuel normal daily activity.

Apart from its value as an energy source, fat keeps joints lubricated, helps in the absorption of certain vitamins and keeps skin tissue healthy.

Fat's basic component is the triglyceride which consists of a glycerol base with three fatty acids attached. The difference between the various types of fats depends upon which fatty acids are in the triglyceride.

Fatty acids are chains of carbon atoms (usually 16 - 20 carbon atoms long) which can either be saturated with hydrogen atoms (the saturated fatty acids normally found in animal fats) or contain relatively fewer hydrogen atoms (the unsaturated or polyunsaturated fatty acids commonly found in vegetable fats and oils). Two of these unsaturated fatty acids (linoleic and linolenic acid) must be eaten in the diet and are thus called essential fatty acids. Cholesterol is not a fatty acid, but a type of fat found mainly in animal produce, for example, egg yolks.

SUGAR AND FAT

As a weight training athlete, one of your prime concerns is maintaining a lean body for maximum muscle tone to be visible. A lot of 'big guys' you see aren't big. They're fat.

It's tempting to want to be big fast, and "big (fat) guys" look okay with a t-shirt on, take it off and it's all blubber.

One key way to avoid amassing body fat is to avoid refined sugar eg: fizzy drinks, sugar in your tea/coffee, candy/sweets/sugary biscuits, etc.

You don't have to completely starve yourself and feel deprived, have a couple of days in the week where you do indulge, but be sensible.

Another surprising source of sugar is fruit juice!

Some people drink loads of this, thinking it's really good for them, it is good but it's also high in sugar.

Restrict juice intake to one glass a day.

WHAT SUGAR DOES

When you eat or drink a sugary product, the sugar content in your blood rises. This leads to a hormone called insulin being released.

Insulin, in effect "mops up" excess sugar in the bloodstream, storing it away as FAT to be used later for energy.

So the more sugar based food you ingest, the more insulin will get released, and the bigger your fat reserves will get. Remember this!

Tips: If you love fruit juice, eat the whole fruit, rather than juicing it, this is more filling, and better for you.

For fat avoidance purposes, a can of diet soda is actually better than a glass of juice.

TABLE 2 FOODS RICH IN FAT WITH SUGGESTIONS FOR LOW-FAT ALTERNATIVES

Visible Fats

Butter, margarine, lard, suet, dripping. Oils (vegetable, fish, etc.). Fatty meat, pork crackling and scratchings, skin on chicken and duck.

Hidden Fats

Meat, especially beef, pork, lamb, bacon, ham, duck. Oily fish, e.g. mackerel, sardines, pilchards, salmon, herrings. Meat pies, and pasties, sausages, burgers, pâté's, salami, pork pies, etc. Cheese (except curd, cottage and low fat types). Whole milk, cream, creamy puddings, cheesecakes. Nuts, olives, avocado pears. Chips, crisps, fried foods, mayonnaise, peanut butter.

Low-fat alternatives

Skimmed milk; skimmed milk products; low fat cheeses, e.g. cottage, curd, low fat spreads; use natural yoghurt instead of cream. White meats - poultry (remove the skin); white fish, e.g. plaice, cod, coley, sole, shellfish, crustaceans, e.g. crab.

PROTEINS

Protein is without a doubt, the bodybuilder's best friend. It is without a doubt the essential ingredient in any bodybuilding diet. To facilitate muscle growth, (creating, maintaining and repairing muscle tissue), the body must be in a condition of positive nitrogen balance – the metabolic state in which anabolism (muscle growth) can occur.

To achieve and sustain that positive nitrogen balance, the body must be supplied with sufficient quantities of protein on a regular basis throughout the day.

But many untruths and myths abound about protein. Furthermore, there are many types of protein, many of which aren't ideal for the bodybuilder.

In this section we will clear up the myths and misconceptions about protein and highlight the value of the various types of protein to the bodybuilding athlete.

What is Protein?

Protein is a complex organic nitrogen substance and the main structural material of cells and tissue in the human body.

It is the main "building block" of muscles, skin, hair, nails and interior organs.

Proteins are made up of linked amino acids, containing carbon, hydrogen, nitrogen and oxygen components.

Some proteins also contain phosphorus, sulphur, iron and other essential elements for living cells.

Body Energy

When the body needs energy, its first energy source is carbohydrates, second is fat. Only when these two sources are insufficient does the body use protein for energy.

This means breaking down precious muscle tissue to fulfil energy needs. This is why it is essential for a person wishing to build a solid, muscular physique to eat a constant, quality supply of carbohydrates and protein throughout the day.

Protein can only be obtained from foods high in protein, i.e. milk products, eggs, meat, poultry, fish, cheese, vegetables and protein supplements.

Protein, when absorbed into the bloodstream breaks down into amino acids. Out of the 23 amino acids in protein the body can only manufacture 14. The remaining nine need to be eaten by eating the correct amount of protein for "regular" people. For heavy training bodybuilders this is even more important. These nine amino acids are called essential amino acids, and as stated, must be consumed through one's diet.

Complete proteins, such as meat, eggs and milk, are those that contain all nine essential amino acids.

Incomplete proteins like grains, vegetables, nuts and soy beans are missing some of the essential aminos. They can only be made complete if eaten with foods which contain the essential amino acids they lack.

For example, two incomplete proteins, if combined correctly, can make a complete protein.

Lack of sufficient protein can lead to disease and stunted growth in children. In adults it can cause weakness, depression, reduced resistance against disease and infection, as well as longer healing time from wounds, disease and stress.

The Bodybuilders Protein Requirement

It is essential for you to remember this essential fact: protein is by far the most important nutrient for you, as a bodybuilder.

Before we go deeper into the mechanics of how much protein you should eat, you must also remember that the human body has no capacity for storing protein. Seriously excessive protein intake per meal (any more than 40g-50g per meal, can be deemed as excessive) will be converted and stored as fat!

Spread total daily protein intake over 4 to 6 meals for maximum absorption by the muscles. Ideal level: 30 to 46 grams protein per meal.

Protein Benefits

Protein consumption will also help you to burn fat. Protein stimulates the metabolism through its thermic effect. When food is eaten, the body has to burn a certain number of calories to digest it. Approximately 20% of protein calories consumed are used by the body for digestion and assimilation. Protein has the highest thermic (fat burning) effect on the metabolism. Carbohydrates and fats have thermic values of only 8% and 2% respectively.

Best Time for Protein

A good time for taking a protein supplement is just before you go to sleep at night, as during this time the body assimilates protein for the first few hours, then recycles and breaks down protein for several hours.

The breakdown phase can be counter-acted by taking a protein supplement first thing in the morning.

Another good time for protein is 15 minutes before and within 45 minutes after your training session, as the metabolism is desperate for nourishment for the muscle tissue at this time.

When protein has been shown to strengthen the immune system, boosting its ability to fight disease. This boost is extra beneficial to hard training bodybuilding athletes, who constantly put their bodies through heavy stress.

ESSENTIAL NOTE:

To build muscle mass, you should be consuming at least 1 gram of protein per pound of bodyweight daily. Ideally even 1.5 grams to 2 grams, spread over several meals.

This is what is required for recovery and then further growth of muscle. Remember when performing an intense training regime like Ripfast, you are completely breaking the muscle down. It is this diet supplemented by an ample supply of protein, combined with sufficient rest time and sleep which will give you the amazing results that you rightly expect.

What to do

For fast, effective and quality gains, the best plan is to keep a steady, stream of protein flowing into your bloodstream, that means a constant intake of protein throughout the day.

The beginning bodybuilder may say “this is crazy! I don’t want my whole day totally dominated by this stuff! I just want a good body.” This is understandable, but the fact is, it doesn’t have to dominate your day!

Simply mix your protein drinks at breakfast time and keep them in a handy place to drink at the allotted time. This is what will differentiate you from “the good” and “the best.” People will consider you lucky, because of your “natural bodybuilding genetics,” when really it is intelligent application of the seriously effective Ripfast know how.

Dosage

We recommend you feed your body protein every 2 1/2 hours from the time you wake up until the time that you go to bed. That’s a daily intake of 6 nutritionally rich meals.

If you are a real hard gainer or are very skinny, make that every 2 hours. Depending on your daily total protein target , your ideal target for protein content per meal should be no more than, or around 30g to 46g per meal.

If your find it difficult or troublesome to eat, you will find your potential as a bodybuilder will be severely restricted. A good idea, to ensure maximum protein intake is to eat the protein part of your meal first, then at least the protein percentage of your daily food intake will have been met. Carbohydrates tend to be a lot more filling so it’s a good idea to juggle your nutrient intake this way.

The golden rule is of course: NO PROTEIN, NO MUSCLE!

Not abiding by the above principles causes you to seriously ruin any chances of making any gain from all that sweat in the gym, performing your intense Ripfast workout.

Eat the protein to solidify your efforts and watch the muscle appear as if by magic!

The Best Protein

Get your protein from real food. This will give you REAL strength and QUALITY muscle mass.

You should only use your protein powder supplement before and after a workout (due to fast absorption by the body). And when due to time constraints and so on, you can’t eat a real protein meal like beef, fish, chicken, turkey, eggs and so on.

Liquids

Many bodybuilders don't realise the value of water.

This is the most important fluid for the bodybuilder.

It regulates the body's metabolic processes, energy production and metabolism of fat.

To synthesise protein, the body must have an adequate water supply.

You can see how all the various elements of nutrition are interlinked and rely on the presence of each other to function in the most effective manner, water is a key link.

Furthermore, an important fact to note is that as a knowledgeable bodybuilder, your diet will be high protein. A side effect of a high protein diet is dehydration. For optimum growth the human body needs to be adequately hydrated, i.e. have the necessary supply of water.

Even away from the world of bodybuilding, water is renowned for its health enhancing properties.

Models swear by it. It flushes toxins and many other undesirable elements from the body, cleaning out the entire system.

You should therefore drink water regularly throughout the day. To calculate your specific daily requirement, simply multiply your body weight in pounds by 0.5. The resulting figure will give you the number of fluid ounces of water that you should drink each day.

E.g. the daily water

requirement for a person weighing 180lbs would be $180 \times 0.5 = 90$ fluid ounces.

(To make calculations easier, please remember that a pint of water consists of 16 fluid ounces, and a gallon 128).

Therefore, the above person should consume just under six pints of water per day, if possible).

Water doesn't cause any calorie problems, as it is calorie free.

Ideal Time for Meals

The protein section tells you about spacing and meal content. But two scientifically proven times, absolutely essential for muscle growth, are:

1. Within 45 minutes of completing your workout. Make sure that you have a protein drink (ideal as the liquid goes straight into the system and is used up by your hungry muscles). Then, within 90 minutes of your workout eat a nutrient-rich meal. If you don't eat within this period, there is a serious risk of you going into a catabolic state – which can lead to your body “cannibalising” its own muscle stores, which is exactly what you don't want.
2. The pre-workout meal. Eat enough protein and carbs. 90 minutes before your workout to ensure that the body has enough energy to meet the demands of your upcoming Ripfast Training session.
(Please Note: if training specifically for fat loss, and extra definition, it is best to train on an empty stomach.)
3. Have a small protein shake (approx 1 scoop) 15 minutes before your workout.

TIME OUT: TRAINING . . . WHY BOTHER?

99% OF PEOPLE DON'T!

Remember, training is probably the most important thing you can do in your life! because your health, and physical condition govern every other area of your life. Let us explain this. The RIPFAST programme, and the associated RIPFAST products will keep you strong and fit for life, improving the quality of your life all the way into old age, whatever age you are now.

Older gentlemen who have been, and continue to be athletically active have more muscle mass, strength, stamina and bone density than their non training counterparts. And they look better!

Training for just 4 hours a week (which, if you compare to the 168 hours in a week!) is nothing. The discipline to maintain this commitment to a weekly 4 hours in the gym, could lead to years added to your life, the prevention of many health related diseases (and depressing time wasted in hospitals etc.) Last but not least a great looking body, and a big improvement in the actual quality of your life.

The old cliché has never been truer, health is wealth. You truly have good fortune and a fantastic opportunity with RIPFAST the best all natural bodybuilding system in the world, which you now hold in your hands. It'll save you so much time, and give you brilliant results. Use it! Stick to it! Start today.

Ripfast are winners because we create winners. Nothing is more important to us than our customer's health and bodybuilding success.

The choice is literally in your hands. Don't be loser. Choose to be a winner.

We wish you everything that is good in life . . . for the rest of your life and we want to do our maximum to help you to achieve it.

Start RIPFAST training today! On with the information . . .

Nutrition Section

Please note that without proper nutrition, you are wasting your time training your muscles. Training without quality nutrition and supplements is like demolishing an old building and trying to build a great looking new one (with fantastic architectural plans) but with NO CEMENT!

Don't listen to people who say that quality training supplements don't work – they are lying, and they usually don't have good physiques,

BASICALLY IF YOU DON'T EAT RIGHT, DON'T TRAIN!

Fortunately the following regime, combined with the state of the art supplements available with this package will keep your diet simple to implement whilst absolutely maximising your muscular gains.

Note: IF YOU REQUIRE SERIOUS MASS, and find that the following nutrition routine isn't giving you enough calories. Refer to calories based BMR nutrition plan at the back of this manual.

RIPFAST NUTRITION: Daily Routine:

1. Eat 0.75 to 2 grams of protein per pound of body weight. Example: A 200 pound man ABSOLUTELY MUST eat at least 150g of protein a day. If anything, keep your protein intake higher on training days, on these days, the body will use up more protein, faster. ADEQUATE PROTEIN INTAKE IS ABSOLUTELY CRUCIAL. NEVER FORGET THIS. Watch the mirror daily, if you start gaining excessive fat, lower your intake.
2. Eat 1 to 2 grams of carbohydrate per pound of bodyweight. Example: A 200lb man should eat 200g to 400g of carbohydrates every day. If you are overweight, keep to the lower end of carbohydrate intake. Even if you are not overweight, it is best to keep to the lower end of carbohydrate intake, especially if you desire lean muscularity.
3. Eat no more than 20 - 40 grams of fat a day. If you are currently overweight stay nearer 20g. If you are underweight or have a fast metabolism you can go nearer 40g.
4. Constantly drink water throughout the day. People often enquire, is it OK if it's mixed with an orange drink, or does the water in my tea/coffee count? NO! Drink pure water, mixing it with other products simply increases the work the body has to do to "purify" it. Calculate your water intake requirement (in ounces) multiplying bodyweight (pounds) x 0.5. Example: a 200lb man's water requirement = $200 \times 0.5 = 100$ ounces. (A pint of water consists of 16 fluid ounces.) If you find it difficult to drink water, try drinking few glasses a day, and building up gradually. Furthermore, as your training progresses your muscles will "demand" water, and you'll instinctively drink more. You'll also enjoy it more, as you'll see the positive effect it is having on your physique.
5. Keep calorie intake between 12 to 15 calories per pound of bodyweight. Again, if you are overweight, keep calories at the lower end of the scale. Conversely, if you are underweight, you can keep your calorie intake nearer the higher end of the scale. Also, remember to spread the intake of your nutrition over 5 to 6 quality meals, this ensures that the body is not "overloaded" and can cope, thus absorbing and digesting nutrients more effectively.

Recommendations:

1. NEVER SKIMP ON YOUR PROTEIN. Always keep to the amounts listed above EVERY DAY.
2. If you want maximum leanness in your physique. That is shape, fair size, minimum fat then keep to the lower end of the calculations above (the only one you can go over on is on the PROTEIN – have we emphasised this enough yet?) To recap, that is 0.75 to 2 grams of protein per pound of bodyweight, with 1 gram of carbohydrate and approx. 20g of fat.
3. Also, you will develop a much leaner physique if you train on an empty stomach, first thing in the morning. This is especially important for people with an abundance of fat around the waist. Or generally overweight people.

But even if you're underweight, as long as you are keeping to the nutrition plan outlined above, you will still benefit. This is because your muscles will, over the next few weeks explode into growth, and the less fat covering them, the more visible they will become, giving your physique a fantastic "cut up" muscular look very quickly.

If you are very skinny, increase your carbohydrate intake to 2 to 3 grams per pound of body weight, this is because it is highly likely that your body does not have enough muscle or fat to properly support the energy requirements for a thorough RIPFAST workout.

Increased Carbohydrate intake, and a good pre workout meal will help you, and will supply that necessary energy. Also train after having a well rounded nutritionally complete meal 90 minutes before you workout. Eliminate aerobics from your training, sessions for the first 8 weeks. After period that introduce aerobics slowly.

4. Perform Aerobic exercise. Although ideally you should do it at a separate time to your workout, most people want to hit the gym minimum times in the week, for minimum time spent training, and this is perfectly understandable.

Ideally go for a fast walk or jog on an empty stomach when you wake up. If you can't do this, then park further away from work, or walk to work! This means you can leave after doing your weights in the gym rather than having to use a treadmill or bike. Which feels great.

Your weights workout should ideally be no more than 45-60 minutes. Testosterone levels drop after that!

Even if you do your aerobic exercise straight after your training session it will do wonders for you. For aerobics, spend 15 to 30 minutes out running. You get variety and wind resistance. Also, it's less boring than the treadmill - but the treadmill is fine if you prefer it. When running outdoors - do your best to run on grass as it is easier on the shins and knee joints (you'll need those later in life so don't wear them out unnecessarily). If you find running difficult or you're very heavy - go for the bike and the rowing machine. If you find you're burning too much fat, simply cut down to 2 sessions a week.

5. Work your abdominal muscles (abs) HARD. Combining effective abdominal training as in the RIPFAST ABSOLUTE DEFINITION PROGRAMME with effective aerobic work will rapidly bring up your hidden six-pack on your stomach! Remember a guy with great abs and an okay chest looks much better physique-wise than a guy with a fantastic chest and crap abs. Most people consider ab training as a few crunches. it's NOT. Respect your ab training, do it with the same intensity as the other exercises at the end of every training session and you'll get respect!
6. Perform your exercises with perfect form (more about this later). Ignore the lunk heads who are always asking each other "How much d'you bench". Strict form pays dividends and avoids injury (there's nothing worse than an injury that causes you to sit out a month in frustration, waiting for it to heal – strict form will ensure that you never get injured).
7. TUNA – This stuff tastes horrible! If you like it, lucky you! Because a small tin contains 48g of pure protein! (Yes protein, again). But a good tip to kill the nasty flavour is to boil some water, put some chicken or vegetable stock in, add the tuna, boil it for five minutes. When you take it out mix in some spice cubes (available at supermarkets), this process kills the flavour, and it tastes like spicy chicken/vegetables. A fantastic source of protein. But it is not good to eat more than one serving of this size per day.

If you are a real tuna hater though, the ideal solution is fresh tuna steak from the fishmongers. Although this can be expensive, if you make a deal with the shopkeeper to buy larger amounts (just freeze it at home). They usually agree a good price. tell them you are training.

Fresh tuna also avoids the risk of mercury poisoning as has happened to bodybuilders who eat too much tinned tuna.

THE TRAINING PRINCIPLES:

RIPFAST PRECISION-1 TRAINING SYSTEM:

To gain maximum effect in building muscle mass, maximum effort must be applied. Many people waste time using light weights and high reps, others use weight that is too heavy and thus perform exercises incorrectly - both methods are highly ineffective.

Following the PRECISION-1 TRAINING PRINCIPLES™ outlined later, muscle mass and strength gains can be made fast and effectively. Apart from increased muscle mass, the Ripfast PRECISION-1 TRAINING PRINCIPLES™ system will vastly improve your endurance and strength, and further facilitate fat loss.

Please note the following Ripfast Training System has been Scientifically engineered for maximum muscle mass results. It is therefore essential that you perform the routines in the exact order, and intensity recommended for at least the first 6 – 8 weeks of training.

This will result in amazing gains in muscle mass.

Definitions of terms used in the following pages:

STERL

STERL Stands for

S T E R L

SIX TO EIGHT REP LEVEL.

This means you should use a weight where you can only properly perform 6 to 8 reps. The last two should be almost impossible!

We use 6 to 8 reps, because you'll find that after training on a weight on which, initially you could only do 6 reps, a few sessions later, you'll manage 8. Once you manage 9 or 10 reps, it's time to increase the weight.

STERL PERCENTAGE

The RIPFAST PRECISION TRAINING PRINCIPLES are based on your STERL weight and percentages of it. It is very simply to understand and apply, and also a super effective system.

For Example if your STERL for an exercise was 100kg.

60% STERL for you would be $60\% \times 100 = 60$ kg.

As your ability to push various weights will differ with different exercises, your STERL will vary depending on the bodypart involved.

Reps & Rep Speed

A rep is a repetition – the act of raising and lowering the weight one time for a particular exercise – eg – arm curling a dumbbell up and lowering it down is one rep.

Rep Speed: Not too fast, not too slow.

Slowness reduces intensity. Fast reps lead to use of momentum, lack of proper form, and therefore possible injury.

Example: You often see people performing the bench press fast. But this speed transfers much of the benefit of this great exercise to the shoulders, leading to lesser chest development.

These things count. Do everything right and you'll get fantastic rather than just reasonable results.

You must perform reps slow enough to keep strict form, but fast enough to maximise intensity, basically as fast as you can without losing form or over reliance on momentum. Remember, and this cannot be stressed enough, to keep strict form in your exercise.

Sets

A set is a series of reps performed consecutively – continuing without a rest between each rep. The number of reps performed on various weights by various individuals varies, it depends on one's own personal muscle output performance.

Cycles:

A cycle is two or more sets of exercises performed with no rest between each set of the cycle.

Positive Failure:

Positive failure is reached when a weight can absolutely no longer be lifted. Where one more rep would be impossible.

Weight adjustment:

Every so often readjust the weights that you push. As you start

adapting to a weight – change it! To “shock” the muscle into new growth this also keeps the routine fresh. But don't get too bothered about weight increases - remember you want to build up your physique not your ego.

This Ripfast PRECISION-1 system places emphasis on the quality and intensity of the workout, rather than the length of time spent on it.

The closer you get to 100% positive muscular failure (the point at which one's muscles can no longer raise a weight) in your workouts, the more effective they will be and bring you nearer to maximum muscle growth.

This point of absolute momentary muscular failure will only be attained when 100% of your strength supplies have been used up and, completion of another rep is impossible.

REST:

When following the RIPFAST PRECISION-1 programme that follows make sure that there is minimal, if any rest between sets of exercises. Resting the muscle more than 3 seconds will allow it to partially recover which in turn greatly reduces much of the benefits of the system.

Therefore have each weight required in each particular workout set up beforehand, to allow optimum use of time without wasteful intervals. An excellent alternative is to train on a machine where changing weights is fast and simple.

Rest 60 to 120 seconds between sets, ideally 90 seconds. You can rest for up to 5 minutes between cycles

Intensity

Intensity requires the performance of the maximum amount of work in the least amount of time, with full effort going into every movement.

Ways to increase intensity: More weight / More sets / Less Rest. One argument would be to do a massive weight, with just one rep! But this would not stimulate muscle mass correctly.

The rep range should be in the STERL (six to eight rep level).

Remember intensity is the amount of work (amount of weight and reps) in the least amount of time. So remember when performing reps that performing them too slowly ends up in reduced intensity.

THE BENEFITS OF NO REST

Next time you go to the gym, notice how many people spend most of their time talking and chatting between sets.

These people are wasting their time and money – DON'T BECOME ONE OF THEM! They are probably using useless dated routines anyway which are being made worse by the big rests they are having in between sets.

By resting too long between sets, you are allowing the muscle to recover. If it recovers too much, your earlier set will have, in effect, been wasted, as it will be like starting again from scratch.

You'll get results, but why settle for just results?

Ripfast means fantastic results, and that's what we want for you. Think of it like this. Just say you're trying to run to the top of a hill.

Half way up you take a short break, then carry on to the top and achieve your goal. Great! Now what if, during the break you came back down to the bottom, relaxed with a cold drink, and then started running back up! Crazy isn't it?

But that's exactly what you're doing when you're resting, or, socialising too much between sets, you're nullifying the results of your first set, and in effect, starting again.

So timing is crucial. Do not rest at all between sets. Rest for only 1 to 2 minutes between cycles, the nearer to one minute the better. Try for 75 seconds. You'll find that you can't do as many reps in your second or third cycle. That's good, because it means that a "cumulative stress" is being put on your muscles, that is the total effect of all the work you've done is building up and taking effect.

But still, always put 101% effort into every rep.

SCREAMING AS YOU TRAIN

We recommend it! If you're straining show it! Don't be timid. By grunting and groaning you are sending signals to your mind and subconscious self on how hard you're working, and how disciplined you are, it'll only make you better. If it helps do it!

THE RELAXED BODY VS THE PAIN TO TRAIN

Your body wants you to relax. It wants you to sit in front of the TV and conserve energy. It wants to reserve your fat stores and this energy in case there's a famine or a some threat to your life! But this system has been there since the days of the dinosaurs. There are no more dinosaurs, we no longer hunt for dinner, and there are shops and supermarkets everywhere bursting with good (and not so good) food.

KNOWLEDGE

Never give in. Never miss one session. Don't allow yourself to be a loser. Believe in yourself. If it's a cold, snowy morning get up and go to the gym. Don't allow your body to convince you otherwise.

A brilliant body beats a nice cosy bed *every time*.

If you never miss one session you'll never miss any session.

This is what separates you from the millions of out of shape, ill people walking the planet.

They gave in to their bodies, they sat at home, they stayed in bed, they watched TV and ate cream buns. People pay for this kind of life style when they're too old to do much about it. But still it's never too late.

Wherever you are in life now. Don't be one of them.

Ripfast are winners because we create winners.

The precious information that you hold in your hands will help you to win. That victory will spill over into other areas of your love life/social life/work life – guaranteed!

ALWAYS GIVE A 101%

Always go flat out when you train. Don't think of it as discomfort and pain – ENJOY IT! You are in effect hammering your muscles, demolishing them!

When the muscle goes through this it "thinks" if I don't grow back bigger and stronger to cope with this stress, I'll wither away and die, and the human body will never allow that, so survival instinct kicks in and as long as it is fuelled properly, the body forces the muscle to grow back bigger and stronger to cope with this "strain". And just simply to exist, muscle will constantly be burning fat 24 hours a day. So you benefit not just only with increased muscle mass, but less body fat too.

YOU'RE IN CONTROL . . . ALWAYS

REMEMBER When performing a set you are CHOOSING this "PAIN AND DISCOMFORT" – because you know what pleasure and rewards it will bring (stuff money can't buy). YOU ARE IN CONTROL.

So don't be intimidated by it:

LOVE IT. CONTROL IT. DOMINATE IT.

When you do a serious workout and get a STRICT PUMP in your muscles, you'll be so tired but brilliantly happy. You'll know exactly what we're talking about when you experience it.

It's like completely demolishing a garden shed, and building a beautiful sky scraper in it's place. That's what you've decided to do. And you went about it the right way: RIPFAST. Furthermore with your new body you'll feel that you really can touch the sky.

The fabulous thing is that you are already have the key to that reality right this second, right before your eyes.

And this reality can be yours in a short 6 to 8 weeks from today.

Muscle Memory

After training consistently for at least 16 weeks, if you have to take a break from training for any unavoidable reason (holiday, sickness, etc.) one advantage is anything you lose in muscle size you will quickly regain once you return to regular training (normally between four to eight weeks after you restart). You're only a 'Muscle Virgin' once! (Especially if you're on the seriously intense Ripfast Routines!).

Muscle memory is when the body 'remembers' the muscle that it once had.

This is just one of the rewards of patience, consistency and discipline.

Overtraining – Don't over train!

Remember to allow recovery time - this is as important as the work out itself. For optimum muscle growth, allow approx 42 hours, but no more than 72 hours to elapse before working a particular muscle group again.

Also, on Wednesday, Saturday and Sunday remember to have a good rest, allowing muscles to recuperate fully. This is the period when growth takes place. Remember to get plenty of sleep. Ideally at least 8 hours every night.

Note:-

Apart from your STERL set, reps don't have to be counted, as there is no designated amount that should be performed. The cycle/set is complete only on reaching the STERL level or POSITIVE FAILURE.

Where to train

We thoroughly recommend that you train at a gym. This is because you will be spending several hours a week training. Why not do it on the best equipment available?

Most people live within 15 to 20 minutes of a commercial gym.

If you had the choice, would you drive a £200 car or a £20,000 car?

It's the same with gyms. Home gyms can be rickety, and limited. It can also be lonely and boring. A commercial gym will give you the best, most expensive machines and weights as well as sauna/steam room facilities.

Also, you can measure your progress against others in the gym. There are usually fabulous treadmills, bikes and mirrors everywhere.

These will all help. If you combine all this with the fact that you're going to be training with the best bodybuilding system in the world (which you hold in your hands) and state of the art Ripfast Training Supplements (also the best in the world), the combination is unbelievably effective. You'll progress so fast with the Ripfast Training System and Ripfast products, that you'll enjoy going to the gym and the amazing benefits it all gives you. Furthermore, with all the competition between commercial gyms, membership these days is very inexpensive.

There are certain factors that contribute to gym life that could never be available with home training. For example:

- Heavy duty machinery, designed for many body parts (useful when, after achieving good muscle mass, you may wish to “chisel” and define certain areas. Machines also are designed so that you perform exercises with strict form with equal pressure on all muscles which definitely improves results.
- A sauna or steam bath after an intense training session is not only welcome, it also soothes the muscles and joints and is great for the skin.
- The energy level, excitement and interaction with others at a commercial gym can be good.

After training using the Ripfast Ultimate Muscle Building System™ principles, you will definitely gain strength, getting stronger and stronger the more you train. At a certain level, the weights required to challenge you may only be realistically available in a commercial gym. A couple of important points to look out for, when choosing a gym:

1. A good variety of equipment including plenty of free weights. Many modern gyms have a high percentage of machines and some are exclusively machine-filled places. You should look for a place with a balance of both.
2. The right atmosphere. The more good athletes at the gym, the more motivated and challenged you will be to improve.

THE BENEFITS OF TRAINING ALONE

Traditional body builder wisdom says train with a partner.

We say: TRAIN ALONE! There are problems with having a partner.

Here are some of them:

- You may miss sessions if your partner misses sessions, because you've become too dependent on having a training partner.
- You may talk too much, rather than concentrating during your workout.
- Having to wait for, and spot a partner can be boring and will almost double the time you spend in the gym. It will also almost definitely cause you to rest too long between sets.

Anyway you may be the type who prefers either to train alone at home or to be able to go to the gym as and when you like, rather than having to arrange times with your partner. Good.

By training alone you are in complete control, your workout is shorter, and you can go through your sets faster because you're not having to help someone go through their sets. Resting less between sets hammers the muscles more, and leads to better bodybuilding results.

In fact, almost all the RIPFAST Staff also train alone!

By going to positive failure, reducing the weight and taking the muscle to positive failure again, you will be getting fantastic results, only marginally different to if you had taken the muscle to complete negative failure. Bearing in mind all the above points, the real difference in whether you train with someone or alone is not in the quality of results, but your personal preference as to whether you want to train alone or with a friend. But we say, TRAIN ALONE.

Ripfast 5000 Ultimate Muscle Building System™

Note:

1. This system has been scientifically designed to produce maximum muscle mass in the shortest possible time. For maximum gains, stick to the order and intensity as shown.
2. As with all intense training systems, muscle soreness will occur. But this is good! It means it is working. As long as you stick to the Ripfast nutrition program, your muscles will grow back bigger, more defined and stronger.

Ripfast 4 day weight training schedule

- Suitable for individuals with medium to advanced weight lifting experience.
- ABSOLUTE BEGINNERS:
- If you have never trained with weights before, or have been training for less than six months, we recommend that you do the following: Train for the first month, doing all the exercises recommended for just one STERL set. Don't do the STERL % sets. This will introduce your body to the regime, preparing it for the intensity packed workouts starting on week 5.
- Remember : you must still warm up as required and eat correctly right from Day 1.
- By the way, please let us know how you get on, we love success stories – you'll know what we mean when soon you help someone out with their training!)

SYSTEM TRAINING SCHEDULE

MON

Chest, Biceps, Triceps, Abdominals

TUE

Shoulders, Traps, Back, Legs, (Abdominals Optional)

WED

Off

THUR

Chest, Biceps, Triceps, Abdominals

FRI

Shoulders, Traps, Back, Legs, (Abdominals Optional)

MONDAY & THURSDAY TRAINING

CHEST/BICEPS/TRICEPS/ABDOMINALS

CHEST

Warm up	Bench Press	30% STERL 5 reps 40% STERL 10 reps 50% STERL 10 reps
Cycle No 1C	Bench Press	STERL
(+) failure	Bench Press	70% STERL
(+) failure	Bench Press	50% STERL
	Flyes	STERL
	Dumbbell Press	Same as flyes

Repeat Cycle No. 1C three times.

Keep the bar level to your upper chest, and when lowering it, bring it as close to your chest as you can. Remember to have no rest between each of the sets of every cycle in this programme, try to keep your weights prepared beforehand, or just strip the weight down fast, and carry on.

Notes: Doing the bench press on a seated bench press machine gives a great pump, allows perfect form, and allows superfast weight changing.

INNER/LOWER CHEST

Decline bench press is great to get that "ridge" along your lower chest. They are performed like regular bench press but on a decline bench.

Keep the angle no more than 45°. You lie on the bench with your feet at the higher end of the bench.

Warm up	Decline Bench Press	70% STERL 8 reps
Cycle No 2C	Decline Bench Press	STERL
(+) failure	Decline Bench Press	80% STERL
	Cable Crossovers	STERL
(+) failure	Cable Crossovers 80%	STERL

Repeat Cycle No 2C three times.

Notes: Cable crossovers and Pec Dec are in inner chest definition exercise. If you don't have access to a crossover/pec dec machine, perform dumbbell flyes, "crossing" your hands at the top of the movement and "squeezing" your inner chest muscles, as you do so. If you are an absolute beginner, introduce the above cycle (2C) into your program on week 5.

Warm up	Dumbbell Pullovers	60% STERL 10 reps
Cycle No 3C	Dumbbell Pullovers	STERL
(+) failure	Dumbbell Pullovers	60% STERL
(+) failure	Parallel Bar Dips	
OPTIONAL:	*Assisted Parallel Bar Dips 10 reps (+) failure	

(*Assisted dips are when a friend helps you, or you use a machine that has a platform that assists you.)

Repeat Cycle No 3C three times.

Notes: When training chest, try to alternate your routine - i.e. changing the order of the cycles - this allows energy application of equal emphasis on all chest parts.

BICEPS

	2 sets warm-up	Barbell curl 40% STERL 10 reps
		Barbell curl 50% STERL 10 reps
Cycle No 1 B		Barbell curls STERL
	(+) failure	Barbell curls 70% STERL
	(+) failure	Barbell curls 50% STERL

Repeat Cycle No 1B three times.

Notes: A great mass builder is to do the barbell curl movement on a cable machine. These ensures strict form and you can change the weight really fast.

Cycle No 2B		Seated Hammer Curls STERL
	(+) failure	Seated Hammer Curls 60% STERL

Repeat Cycle No 2B three times.

Cycle No 3B (optional)

(lean back on incline bench, arms at side).

		Incline Concentration Curls STERL
	(+) failure	Incline Concentration Curls STERL 60% STERL

Repeat Cycle No 3B two times.

TRICEPS

Stretch after each cycle by pushing your arms as far out behind you as you can.

2 sets warm-up

Triceps pushdowns 40% STERL 10 reps

Triceps pushdowns 50% STERL 10 reps

Cycle No 1T

Triceps pushdowns STERL

(+) failure

Triceps pushdowns 70% STERL

(+) failure

2 Bench Triceps Dips

Repeat Cycle No 1T: three times

Cycle No 2T

Dumbbell extensions STERL

(+) failure

Dumbbell extensions 60% STERL

Repeat Cycle No 2T: three times

(+) failure

2 Bench Triceps Dips

Repeat Cycle No 1T: three times

Cycle No 2T

Dumbbell extensions STERL

(+) failure

Dumbbell extensions 60% STERL

Repeat Cycle No 2T: three times

Notes: 2 bench triceps dips are when you place your hands behind you on one bench, and your feet in front of you on another. You then “dip” down as far as you can. On the up movement lock your arms at the top, and repeat. Feel the movement into your triceps.

ABDOMINALS

50 Semi Sit ups on a bench (do not go all the way up or down)

150 Crunches (performed intensely)

30 Twisting Crunches left side (performed intensely)

30 Twisting Crunches right side (performed intensely)

30 Side Crunches left side (performed intensely)

30 Side Crunches right side (performed intensely)

50 Semi Sit ups (accelerated)

Please also see RIPFAST’S ABSOLUTE DEFINITION for super effective abdominal routines.

Notes: We recommend that you do the abs routine on all 4 days! But you can do it on just Monday and Thursday if you wish. If you cannot manage all of the movements, simply do all you can. But aim to eventually hit the targets. Once you’re comfortable, take it further.

The abs routine will give you fantastic results very fast, and it only takes around 10 minutes!

Did you know that the routine above if done 4 times a week, means you'll be doing nearly 77,000 crunch type movements a year!

This will give you great abdominal and lower back strength, but above all a stunning, rock hard six pack.

Remember that abdominal work is very rewarding.

REMEMBERING IT ALL

Don't be worried how you're going to remember all this information. The programme really is very simple to use and is unbelievably effective. Note down your exercises for the day, and take the notes with you to the gym.

After three to four sessions it will become almost second nature to you. Furthermore, after a few months (as long as you train consistently, and eat what we've recommended), you'll be advising others in the gym on how to train, after they see how well you're doing, and ask your advice. We're saying this not to boast, but from real experience.

TUESDAY AND FRIDAY TRAINING REGIMEN

SHOULDERS/TRAPS/BACK/LEGS/ (ABDOMINALS)

SHOULDERS

(DELTOIDS)

Stretch between each cycle by "turning" arms round several times at your side or pushing arms back as far as possible.

2 sets warm-up

Shoulder Press 30% STERL 10 reps

Shoulder Press 40% STERL 10 reps

Cycle No 1s

Shoulder Press STERL

(+) failure

Shoulder Press 70% STERL

Lateral Raises STERL

(+) failure

Lateral Raises 70% STERL

Repeat Cycle No 1S three times.

Cycle No 2s

Dumbell Press STERL

(+) failure

Dumbell Press 70% STERL

Front Raises STERL

(+) failure

Front Raises 70% STERL

Notes: The Dumbbell Press is exactly like the barbell press, but using dumbbells. Remember to bring the weight down as close to your shoulders as you can.

Front raises – are exactly like lateral raises, except you lift the weight up in front of you upto forehead height, instead of to your side.

Performing these exercises on a shoulder press machine is more effective because you can use perfect form and change the weight faster.

This potent Ripfast combination of exercises, backed up with good traps work will give you front, back and side shoulder development – i.e. shoulders like boulders!

TRAPEZIUS:

(TRAPS)

2 sets warm-up

Barbell shrugs 40% STERL 12 reps

Barbell shrugs 50% STERL 12 reps

Cycle No 1T

Barbell shrugs STERL

(+) failure

Barbell shrugs 70% STERL

Dumbbell shrugs STERL

Repeat Cycle No 1T: two times.

*Stretch between cycles by “rolling” your head round slowly.

BACK

(LATS)

Cycle No 1B

Warm up

Lat pulldown 40% STERL 8 reps

Lat pulldown 50% STERL 8 reps

Lat pulldown STERL

(+) failure

Lat pulldown 80% STERL with close grip

(this varies the angle of attack)

Repeat Cycle No 1B: three times

Cycle No 2B

(+) failure

Bent rows with barbell STERL

Bent rows with barbell 80% STERL

Repeat Set No 2B three times

*After each cycle, stretch by touching your toes.

LOWER BACK

WARNING:

If you have any lower back problems, do not perform this exercise without first consulting a physician. Have an experienced trainer instruct you on the proper execution of this and all weight lifting exercises. Another good exercise for lower back are traditional sit ups.

2 Sets	warm-up	Deadlift 30% STERL
1 set		Deadlift STERL
1 set	(+) failure	Deadlift 75% STERL
1 set	(+) failure	Deadlift 50% STERL

Note: Many gyms having very exciting “back” machines. If you wish, you can add or replace “dead lift” with one of these, but still apply the STERL RIPFAST PRECISION-1 PRINCIPLES.

ALTERNATIVE: Sit ups with weight to failure. Weight: 50 to 75% STERL.

LEGS:

After completing each cycle, make sure you stretch well touching your toes. After toe raises stepping back and leaning against the wall, heels flat. Hold these poses for 20 seconds.

2 sets	warm up	Squats 20% STERL 30 reps (Legs continued)
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Cycle No 1L

		Leg Presses STERL
	(+) failure	Leg Presses – 80% STERL
		Leg extensions STERL
	(+) failure	Leg extensions – 80% STERL

Repeat Cycle No 1L three times.

Cycle No 2L

		Squats or Leg Presses STERL
	(+) failure	Squats or Leg Presses 50% STERL

Cycle No 2L

		Squats or Leg Presses STERL
	(+) failure	Squats or Leg Presses 50% STERL
		Leg curls STERL
	(+) failure	Leg curls 80% STERL

Toe raises STERL

(+) failure

Toe raises 80% STERL

Repeat Cycle No 2L once.

ABDOMINALS: Recommended, but optional (routine as before)

45 MINUTE ROUTINE:

The previous routine is a seriously effective heavy workout. It's great advantage is that it makes you a serious weight training athlete practically straight away, (and it'll give you serious results very fast too), unlike many poor guys who are too intimidated or are so unknowledgeable that they don't pick up their first barbell until six months after they've joined the gym! (By the way, if you see someone like this, help them, it's very satisfying).

You should aim to be in and out of the gym in 45-60 minutes. As mentioned before after this, testosterone levels start to drop. This time-window is for your weights session. Ideally do any aerobics when you wake up, on a nempty stomach. Like a brisk walk or jog in the street. It's also much less boring than the treadmill and gets you vital fresh air.

After this, if you wish, you can switch to the following routine.

It is just as intense, but limits your actual weights sessions to only about 45 minutes per session. (On aerobics days they'll be longer).

We have listed only bodyparts to train.

Day 1 : CHEST/BICEPS/ABS

Day 2 : SHOULDERS/TRAPS/AEROBICS

Day 3 : LEGS/BACK/ABS

Day 4 & 5 : REST

Cycling

As and when you feel that the explosive growth that you experienced early on in PRECISION-1 TRAINING has slowed down considerably, or seems to have stopped, simply refer to the CYCLING information, towards the back of this manual.

(PLEASE NOTE: This could literally be after 2 to 3 years of consistent gains on Precision-1! So don't be too concerned about this just yet. We just wish to assure you that as and when you need it, Ripfast has the solution!)

AEROBICS

Aerobics are generally considered bad for people wishing to put on serious muscle mass, but this is really not the case, aerobics should be an intrinsic part of your training regime.

Anaerobic Exercise

Weight training for increasing muscle tone is classified as anaerobic exercise. This means “without oxygen.” The reason for this is that the exercise is so intense that the body cannot supply enough oxygen to the working muscles during the activity. This explains why, after an intense set you are left out of breath.

Your body now has a negative oxygen supply, which is “refilled” during the rest between sets as you regain your breath.

The energy for anaerobic exercise is obtained by the body by burning glycogen, the body sugar found in the muscles, liver and bloodstream.

Due to the short duration and explosive nature of anaerobic exercise the body is prohibited from tapping into its stores of fat for energy.

Aerobic Exercise

Aerobic means “with oxygen” and refers to exercise done with a low to moderate intensity during which the body is still able to supply enough oxygen to the system while the activity is taking place.

Aerobic activities can therefore be sustained for a longer period of time. During aerobic exercise, the initial source of energy for the body is the glycogen stores, as these stores are depleted, the body begins to utilise body fat for its energy requirements.

The Difference: INTENSITY

The key for you in deciding to use aerobics in your workout is intensity. That is the factor that separates aerobic from anaerobic exercise. If you think about it, almost any activity can be performed in an aerobic or anaerobic fashion, the dividing factor is the intensity applied.

You can run a marathon at a slow steady rate (aerobic with a steady supply of oxygen) or you can do a 100m dash without even stopping for a breath (anaerobic – at the end you will actually be in a negative oxygen state, gasping for oxygen).

The results in this can be seen in the athlete. Look at the amazing, cut up, heavily muscular physiques of top sprinters compared to the very slim yet toned light bodyweight structures of aerobic athletes like marathon runners.

Why then would a bodybuilder be interested in aerobic activity when it can lead to a slender physical build?

Performing aerobic activity, along with intense weight training exercise will give you amazing results, the results that are the quest of all athletes – lean muscle mass.

All top athletes in the world today incorporate aerobic activity into their training schedules. It is an amazing system of burning fat, with many, more beneficial cardiovascular benefits besides.

The results in this can be seen in the athlete. Look at the amazing, cut up, heavily muscular physiques of top sprinters compared to the very slim yet toned light bodyweight structures of aerobic athletes like marathon runners.

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Benefits from Aerobics

1. Improved cardiovascular efficiency, which leads to improved heart and lung function.
2. Improved stamina and endurance. This will improve your workout intensity and will also lead to additional intensity through not needing as much rest time between sets.
3. Improved metabolic function – thus improving your body's efficiency in the burning of fat.

Aerobics for Muscle Mass

Your workout should last at least thirty minutes, additional to or inclusive of this (your choice) should be a two minute warm up and a two minute cool down. If your chosen activity was running (an ideal choice) the warm up would be walking at an increasing pace, for cooling down, the reverse.

Level of Intensity

Your heartbeat should be at 65% of its maximum rate consistently throughout your aerobic session.

To calculate your maximum heart rate:

Subtract your age from 220 and multiply x 0.65.

Example: to calculate the target heart rate of a 32 year old person.

$220 \text{ minus } 32 = 188$

$188 \times 0.65 = 122$ (The target heart rate during aerobic exercise).

Aerobics Program

When training intensely for muscle mass using the Ripfast system, performing aerobics on the same day as weight training can be counter productive if not done properly. There are a couple of points to remember:

1. If you do your aerobics immediately before your workout, you will use up vital energy, mental and physical that should really be used to pump your muscles as far as they can go, so do aerobics after your weights session.
2. If you do your aerobics after your intense Ripfast training session, not only will it add another half an hour to your training time, but after a heavy training session, the body is in serious need of quality nutrition including proteins and carbohydrates. Intake of this nutrition is highly recommended within an hour of you completing your workout. This is essential for muscles to recuperate and rebuild, the body goes into recuperation mode. Research has shown, that the body quickly uses up all of the nutrients in the most effective (and therefore result producing) way when taken within this one hour timeframe. Therefore, if starting your aerobics session straight after your workout, to prevent any danger of further muscle breakdown and of going into a catabolic state the (risk is of the body, with an already depleted glycogen store, delving into muscle tissue for that extra energy.) Ensure you have your Ripfast Meal replacement drink ready to drink down straight away. A drink is the preferred nutrient source as the body is now in recuperation and rebuilding mode can use liquid nutrition instantly. A proper meal would force the body to move "resources" to digest the food before being able to soak up essential protein and nutrients. Nevertheless, have a proper meal a short while later.

The Best Time

The best time to do your aerobics program is after your intense Ripfast muscle training session, first thing in the morning and on an empty stomach. This is the best way to increase muscle mass and deplete fat stores. because at that hour (based on a regular night's sleep) you won't have eaten for 9-10 hours, so the body's glycogen stores will be low.

With low glycogen levels, the body is more likely to burn fat for energy.

(If you must train in the evening, for best results, do so 2 1/2 to 3 hours after the evening meal.)

Recommended Aerobic Activities:

Bike ~ Treadmill ~ Speedwalking ~ Stair Climbing ~ Skip Rope

You need to perform at your target heart rate constantly for at least 30 minutes – with no rest.

If you are not used to aerobic activity, the 30 minutes threshold will seem too difficult. Start at 10, working up to 15, 20 etc. You'll genuinely be surprised at how quickly you progress, as long as you stay at it and stick with the program.

The net result of all this will be a leaner body, more visible muscle mass, with much higher definition (as it won't be smothered in fat!)

Also, your metabolism will be more efficient at burning fat and calories – allowing you to ingest more calories without surplus bodyweight worries, as the body will now gradually become a constant "calorie burning machine". The growing muscles, burning calories even whilst you rest.

Your stamina and endurance will increase leading to more workout intensity and a general all-round improvement in fitness and health will take place.

Additional Information on Fat Control

1. A good tip to reduce the chances of your daily intake of carbohydrates being stored as fat is to take 30% of your daily planned intake at breakfast and 30% after your workout session. Divide the other 40% equally among your other four meals. This is because on waking up and after training, glycogen stores and blood sugar levels are low, so the carbohydrate intake is used by the body to replenish these stores, rather than as stored fat.
2. Eat more fibre as it slows the entry of carbohydrates into the bloodstream, this causes less insulin to be produced, lower insulin levels promote fat burning – whereas high insulin levels cause cells to hoard fat.
3. Cut carbohydrates from your diet at night. Intense weight training requires glycogen, which is manufactured by the body mainly from carbohydrates. Eating carbohydrates at night, especially after 8pm ups the risk of fat storage. This is because only small amounts of sugar and glycogen are burned when the body is at rest, furthermore your metabolic rate slows down during sleep. Also, the body releases more insulin in response to carbohydrates consumed in the evening and as stated earlier, a high insulin presence favours the storage of fat.

Troubleshooting

1. Overtraining.

When people complain of laziness, insomnia, irritability, increased vulnerability to minor infections and colds, lack of training results etc. This is usually put down to over training.

But the fact is that usually the athlete is lacking in quality nutrition, i.e. not eating properly, usually combined with lack of rest, sleep and recuperation time. So if you feel any of the previous symptoms, first check your diet, and your sleep patterns usually once these are fixed, things start to look up again.

2. Inconsistent muscle growth in certain areas.

If you find certain parts of your body are building great muscle mass and others don't seem to budge – don't despair! This happens to many athletes and the answer is to prioritise the lagging body part.

Give it priority, train it first when you train, concentrate intensely on that body part when training it. Try other exercises or new poundages to kick it into gear. Also remember to hit the stubborn muscle area from all angles with a variety of exercises.

Changing the emphasis and poundages should give way to improvement.

3. Joint Injuries/Stiffness.

Make sure that you warm up and stretch properly before you train heavy. This is as vitally important as the heavy poundages you push when you start training. Ideal warm up is performing reps of the upcoming exercise with a light weight.

If aches and stiffness persist, ensure you keep warm when training, because there is a danger of the muscle getting cold when exposed and not being worked.

Also, refrain from staying in wet, sweat ridden gear after you complete your workout.

Shower and change.

If joint aches persist, increase your reps and reduce the poundages for a while, to lessen the pressure.

If it seems more serious, stop training that area for a week or two, and in the meantime seek medical advice.

4. Slow Fat loss

If during the course of your training program you find that you are not losing fat at a rapid enough pace, simply reduce your calorie intake and perform more moderate aerobic exercise.

Keep your protein/carb intake constant though.

When performing aerobic exercise it is important to remember that as a body building athlete, you are performing it to lose fat. To do this you must not overdo it otherwise the body will start using muscle mass for energy. (See Aerobics section)

A slower steady pace will burn fat.

5. Too much fat loss

If conversely you find you are burning too much fat and look too lean, reduce your aerobic activity.

6. Imbalanced Results (lack of symmetry)

If you find that one muscle is growing bigger or faster than its counterparts (usually chest, shoulders, biceps, triceps or back), this is because in your training you are unconsciously favouring one side of the body or muscle group over the opposing side.

Due to one side doing more work, it responds to the greater workload by a disproportionate increase in size.

To solve this ensure, that the intensity of pressure that you are placing on both sides is equal, either by increasing your concentration, or working each part individually. Also, machine work forces balanced resistance, so try the same movement on a machine.

Training Journal

One of the crucial elements of a person's success in improving their body is their training journal.

Many people new to muscle training regimes don't realise the importance of a few minutes spent noting what you did, that can make all the difference.

When you get amazing results one week, when you have that information stored away you will think you know what you did, when you check your training journal out, you'll realise there were other important elements also involved.

A library of training journals over the next few years charting your progress will be amazingly useful because that way you will learn more and more about your body and what you did that worked, and what didn't. A whole powerhouse of knowledge.

Knowledge is power. So remember to spend five minutes every time you train logging in your training journal entries.

Myth Busting

Myths abound in gyms. Every gym or almost every person you talk to about training has his own theory and opinion on how to get a good physique! The fact is, that a lot of information out there on the subject of body building is baseless. A lot of people don't know what they're talking about – either through not being able to communicate the idea or through not understanding it properly themselves.

At Ripfast, we believe knowledge is power – knowing the right stuff makes the difference between “the good” and “the best.” By the same token, misinformation or unsound theories can be negative and downright destructive.

In our quest to give you maximum quality information, we present the following section which blasts many of the common misconceptions and myths that abound in the gym world.

Read and avoid!

1. *Myth* – Cut fat to avoid getting fat.

The fact is that you can put on fat even if there is no fat in your diet. Excess carbohydrates are stored as body fat once glycogen levels are full. Protein not used for muscle creation can also be stored as fat.

It is still important to avoid excess dietary fat though. Also, if you wish to encourage body fat loss, follow a diet that contains only 15-18% of total daily calorie intake from fat, and ingest slightly lesser calories than you burn each day.

2. *Myth* – All Fat is Bad

This is not true. There are certain essential fatty acids (EFAs) that the body cannot manufacture itself and need to be eaten.

EFAs support several bodily functions and are essential to support normal fat metabolism – yes, it's true – you need fat to burn fat.

Fish oils are vital for bodybuilder and really help recovery and mass building.

3. *Myth* – Eating Regular Good Food 3 times a day is enough to build muscle.

Three large meals are harder to digest, neither are they likely to supply all the nutrients your intensely trained muscles need to get in shape.

Large meals stimulate fat storage.

5-6 smaller meals, including protein/meal replacement supplements are ideal, for growth, nutrient absorption and less storage of fat.

4. *Myth* – All red meat is high in fat.

No it is not, especially when grilled or broiled.

5. *Myth* – Carbohydrates build muscle.

No, carbohydrates supply the energy to fuel training sessions that will yield muscle growth.

Only protein actually forms an actual part of new muscle tissue.

Ideally, consume 1 gram of carbohydrate per pound of body weight to top up depleted muscle glycogen stores and supply energy requirements.

6. *Myth* – If you just want moderate muscle definition, even lower levels of protein will do.

Never make a mistake on this one. To create an environment for even moderate muscle tone, it is essential that you consume 1 gram daily per pound of lean body weight.

Low protein intake combined with intense training is crazy. It causes the body to cannibalise its own tissue to obtain the amino acids it requires to support bodily function. The result is an increase in body fat to muscle ratio, the reverse of what you want as a weight training athlete. Never skimp on your protein. Ever.

7. Myth – You can only build a serious physique with steroids.

No way! Steroids do build a certain amount of muscle, but the negative side effects can completely outweigh any short term gains.

Especially if you don't know what you're doing.

Unless you belong to that lucky ELITE group and earn your money from being muscular, there is quite simply no real reason for you to have to use steroids or feel forced to use steroids.

Prohormones are a great steroid alternative that boost testosterone. They can give a 'steroid like' effect without the risks and side effects. For more information, visit the Ripfast website.

8. Myth – Your muscle will turn into fat if you don't keep up your training.

This is impossible – muscle and fat are two completely different substances.

To maintain your muscle development you must keep in training, along with maintaining the necessary diet and rest required.

If you stop you will lose some muscle mass, and due to the lack of intense activity probably increase body fat levels. But this doesn't mean that your muscle has turned to fat. Rather, that actually your body composition has changed.

9. Myth – “Because I'm fat, I'd better lose weight first, then start to weight train, because then my muscles will show properly.”

No! Overweight people should engage in an aerobic and dietary program along with an intense weight training program, like Ripfast.

Only the calorie intake figures change.

This is because people with a high percentage of body fat don't have enough lean tissue to be able to support the calories that they eat, so that when they do eat, it is all contributing to the fat, even if they don't eat much.

When they engage in a weight training program, initially, this weight (due to new muscle mass forming) will increase. But gradually the weight will drop revealing more increased muscle tone. As muscle tissue is a lot denser than fat, it weighs more and its existence uses up more calories.

A progressive weight training/aerobic programme can lead to a massive change in body composition that can, within 6-12 months, transform an overweight body into a much more defined and muscular one.

10. Myth – “I'm really busy. I'd love to train, but my hectic schedule won't allow it.”

There are many pockets in the day, where, when properly managed, time will allow everything you wish to do to be slotted in.

Training is an investment in life, for life. Sit down, work it out. By spending a few hours a week you could be adding years to your life and in the meantime, looking and feeling fantastic.

Look at training not as a chore, but a deposit in your health bank. Balance a healthy lifestyle against the time you'd lose in future fighting illnesses that a healthy lifestyle would have helped you avoid.

Training is a win-win proposition.

Do it and stick to it!

CYCLING YOUR ROUTINE

You can get even better gains from your Ripfast Precision-1 training system by introducing 'cycling'. Once you have been training for several months, and find that the initial explosive increases in muscle mass that you experienced has slowed down, introduce cycling to your Precision-1 training routine.

Note:

It is genuinely in your best interests to take your Precision-1 training as far as it can go, to get the most muscular gains you can from it, before moving on. Don't rush! This is a common mistake made by many impatient beginners as well as experienced athletes. It's all there waiting for you, take each level to the maximum, until you are 100% certain that gains have stopped. The fact is that the better the condition you are in when you hit Eternity Training, the more explosive the results you'll get from it. Back to cycling.

If an athlete trains using the same combination of exercises and number of sets etc. for a prolonged period of time, he hits a 'brick wall', a 'plateau' where gains seriously slow down, or stop altogether, because the body recognises and adapts to this regular 'stress'. If you start with, say, two sets per exercise, and over the weeks increase to five sets, the progressive resistance will force the body to grow stronger and more muscular as time goes by, due to the ever increasing loads. But, if this were to continue ad infinitum, not only would it eventually be physically impossible, the athlete would end up seriously overtraining and 'burned out'. This would actually have a seriously negative effect on the body. But if, conversely, the athlete 'cycled' his training, by taking it to a fairly heavy intensity e.g. five sets per body part, and then gradually pulled right back to two sets, the body would 're-adapt' to the lighter workload, thinking the 'stressful' period was over. The athlete would then gradually increase the intensity and workload again over the coming weeks.

The body would then gradually adapt to the new 'shock' of increased intensity workouts by adding more muscle to that it had already created in the previous cycle (it is important to remember that during the low intensity period, the body maintains the muscle gains it made during the previous 'heavy' period).

Thus, by cycling, the athlete constantly 'tricks' his body into accepting a certain load, and then shocks it again by increasing intensity and so on. Cycling like this also eventually leads to a 'brick wall' (such are the adaptation powers of the amazing human body) – but there again that's why we'll introduce the stunning RIPFAST ETERNITY PRINCIPLES later on as well!!!) But for a reasonable period of time, years even, especially for the beginner to intermediate bodybuilding athlete, cycling can lead to very exciting and constant increases in muscle mass.

Not only that, effective cycling removes the danger of overtraining, burnout, training frustration, and the possible boredom and tedium of doing the same routine all the time. Cycling provides your body with consistently varying levels of stress.

Adjustable factors in cycling include:

Exercises

No. of reps.

No. of sets

Amount of weight

Amount of rest between sets.

Once you genuinely feel that you may have reached a plateau in Precision-1, put together a new 'cycled' routine. It will inject freshness into your training routine and bring new improvements to your physique.

To help you along there follows a sample 'cycling' routine:

(Apply the set ratios to each body part.)

Week 1

2 minutes rest between sets

2 sets

8-10 reps

Weeks 2 & 3

1 1/2 minutes rest between sets

3 sets

4-7 reps

Week 4

1 minute rest between sets

4 sets

8-11 reps

Weeks 5 & 6

1 minute rest between sets

5 sets

4-7 reps

Week 7

Start again

You can apply the STERL principles here, along with the exercises recommended in the Precision-1 Training regimen outlined earlier.

Obviously, as STERL means 6 to 8 rep level, as we are dealing with different rep levels here, you will change the REP LEVEL as required.

REP LEVELS

Simply stated, you perform the designated number of reps, but the last 2 reps should be almost impossible to perform.

E.g. In week 1, reps 9 and 10 should be almost impossible, and in weeks 2 & 3 reps 6 & 7 should be almost impossible, and so on. This is how you determine weight selection.

Further variation : Percentages

You may implement the first cycle as above, simply 'as is'. For the subsequent cycle, as on the Precision-1 STERL, and STERL % system outlined in the main training regimen, you could add 'weight drop percentages'.

For example, you could further intensify your next training cycle by reducing the weight by 50% after performing your last rep, and pumping out another quick set. You could follow this up with a cycle where you do a % weight drop only on alternate weeks, followed again, by a cycle where you do no % drop weights at all.

The break would do you good. The variables are endless. But when cycling, you must be very consistent and methodical in your approach.

Also, be sure to log all results in your training journal, this will ensure that when a combination works exceptionally well, you'll remember what you did, and be able to reapply it in the future.

Momentum is THE KEY

Possibly the most important thing is this: Momentum. Once you start, don't stop. There will be days when you don't want to train. Fair enough. It happens.

On those days there are 2 options:

- a) Miss it, relax and make sure you're back the next day.
- b) The better choice is to go and train. Do a 'useless' workout (ie no heart in it and no real heavy weight) but at least you will not lose your momentum and not miss a session.

That's the key - momentum. Training is easy, it's under 3 hours a week. That's 12 hours a month. After 6 months that's a measly 72 hours! Think about it for a second. That's nothing.

But after 6 months your bodybuilding success can be truly amazing.

Momentum. Remember that word.

A Word to the Wise

For new, up to date information on real advances in bodybuilding nutrition and techniques, you may wish to visit our website on a fairly regular basis, at www.ripfast.com.

You'll get the facts – no nonsense!

You may have wondered at times, all these guys keep talking about is more and more improvements. All they ever speak of is new ways to get even better results in the gym, I'm quite happy with the results I've already achieved!

To this, we say, great! But the fact is one should always be reaching for the next goal, that next improvement, not just in the gym, but in life too.

Whether, you're training to maintain what you have achieved, newer bigger gains, or whatever your goal, you're still going to be spending 'x' amount of time in the gym, we want that to be the most constructive, beneficial time that can be! That's what we're about. That's our philosophy.

Thank you for choosing Ripfast.

We hope, and are confident that your bodybuilding success will soon expand even further to encompass all aspects of your life!