



# RIPFAST

## BMR NUTRITION SYSTEM

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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](http://WWW.RIPFAST.COM)**

# EATING FOR SIZE:

## BMR BASED / HIGH CALORIE NUTRITION

The nutrition plan outlined in the Ripfast 5000 program gives fantastic results, and is specifically designed to be very easy to follow and apply for excellent results.

The following nutrition plan is more for athletes who are very skinny and wish to put on more muscle mass and weight, or those who genuinely wish to create SERIOUS MASS! And feel that the earlier nutrition plan wasn't supplying enough calories.

If you don't fit within either of these categories, simply stick to the nutrition plan outlined earlier.

If you do, you may wish to try the following BMR/Calorie Based Nutrition Plan.

One problem with 'high calorie' diets is fat accumulation. Due to the serious intensity of the Ripfast Training Programs outlined in these pages, you will naturally burn a lot of fat anyway.

But if you do find that you are putting on excess fat, simply follow the fat control guidelines suggested earlier in this manual, and below.

Note: If you find that this is not the case, and you aren't gaining excess fat, you can do the opposite, and increase calorie intake by increments of 10% of DCN until bodyfat level increases do become apparent.

One thing you will find is that, a specifically calculated 'overload' of calories, will lead to greater muscular gains, simply because the muscles are constantly supplied with a plentiful stream of quality nourishment to 'gorge' upon.

The trick is to balance it out by controlling the increases in bodyfat that can accompany such surges in muscle mass, techniques for which are outlined next.

## BMR

First you must establish your Basal Metabolic Rate, the number of calories required to sustain vital functions - your body at rest - without gaining or losing weight. The easiest way to calculate BMR is:

$$\text{BMR} = 1 \text{ Calories/kg} \times \text{Body Weight (kg)} \times 24 \text{ hours.}$$

Kilograms of bodyweight are calculated by dividing the weight in pounds by 2.2 e.g.: The following examples show how to calculate the BMR of a 170lb

male:

$$\text{BMR} = 1 \times (170 \div 2.2) \times 24$$

$$\text{BMR} = 1,855 \text{ cal./24 hours}$$

Thus, the BMR for the 170lb man is approx. 1,855 calories per day.

Note:

The aforementioned formula gives an estimated value of your BMR

BMR: Overweight people

By using the above technique and subtracting your total amount of body fat from the total bodyweight, this lean body weight number will give a better estimate of your true BMR.

More sophisticated BMR testing can be done by nutritional and clinical professionals. It can be beneficial to get at least one other method of BMR calculation done, to better judge if your result after applying the above formula was an accurate, high or low estimate.

## Daily Physical Activity

Your total amount of physical activity during the day must also be considered when calculating your DCN (daily caloric needs). Next to your body's BMR requirements physical activity greatly affects an individual's energy needs.

e.g. A person performing heavy duty work may need up to 5,000 calories daily in order to maintain body weight and energy levels, while a person of equal age and body composition's calorie requirements (e.g. of an office worker) may be half that (2,500 calories).

Total energy needs depend upon the intensity and duration of strenuous physical activity.

## Actual Caloric Needs

On this plan, your average caloric intake on training days, must be 2 x BMR.

Thus in the previous 170 lb man's example his DCN (daily caloric intake) on training days would be  $1855 \text{ cal} \times 2 = 3710$  calories DCN.

This figure should on RESTDAYS be 1.5 x BMR.

This is because you are not performing strenuous activity on these rest days.

## Additional Physical Activity

ONLY REFER TO THIS SECTION IF YOU ARE GOING TO BE DOING OVER 2 HOURS STRENUOUS ACTIVITY ON YOUR TRAINING DAYS (EXTRA TO YOUR ACTUAL TRAINING SESSION - Please note, for maximum muscle growth this is not recommended, as your body needs recovery time).

For every hour of additional strenuous physical activity over 2 hours a day :

Add 600 cal. To the (2 x BMR) figure for each extra hour of strenuous physical activity.

e.g. If the 170 lb man weight trained for 2 hours in the morning and had 2 hours of rugby practice in the afternoon, his extra caloric needs would be approx.  $2 \times 600$  (because the diet plan already allows for 2 hours of strenuous activity, which covers upto 2 hours training) = 1,200 extra calories.

Thus total daily caloric needs would then be approx.

$(1855 \times 2) + 1200 = 4910$  calories (on training days)

It must be noted that daily caloric needs can vary between people of the same weight because of varying body types and metabolism.

Another reason is age - generally teenagers to young adults have higher metabolic rates than older individuals (26 and over).

## Body Types

Gauge your progress by monitoring bodyfat levels.

Some persons with low bodyfat and low muscle tissue levels will find that they can keep their DCN figure constantly high.

Others with reasonable amounts of muscle mass, and average bodyfat will find that a fluctuating figure is more appropriate.

Overweight or obese persons are another category.

If you fit in this category, your DCN may be high, but if you wish to considerably reduce body fat while increasing muscle mass, it is best to try out your estimated DCN figure. If you aren't losing fat mass at the rate you desire then decrease calorie intake by increments of 10% weekly until the desired rate of fat loss is attained. Reducing your calorie intake should involve cutting intake of fats and carbohydrates.

But when doing this medical supervision is essential - particularly if your daily calorie intake ends up less than your BMR. As you will want to increase muscle mass while reducing body fat, it is best to add some extra activity: walking, running, etc. and continuing at a level that you are comfortable with, with which your physician is also happy. Keep nutrition, training, weight gain/loss notes to help chart and assess your personal development and to see what works best for you.

Also refer to the section on overweight persons in the 'Mythbusting' section of the Ripfast 5000 manual.

## FAT REDUCTION:

Bear the importance of correct calorie intake in mind on each individual day, as unneeded excess calories will just be stored as fat, masking the true shape of your muscles.

The simplest and most visibly direct way to monitor body fat is to monitor increases in fat around your waist line. If there is an increase of 2 inches in your waist measurement, put the measures below into practice.

Thus if, whilst gaining muscle mass, you start to gain fat:

Cut down on your DCN by weekly increments of 10% until steady gains in muscle mass are achieved without corresponding increases in body fat.

Also increase aerobic activity.

Thus you adjust your DCN and aerobic activities to meet your individual body type needs and body goals.

It is best, initially, to try decreasing/increasing DCN by increments of 10% of DCN.

e.g. If the 170lb man is overweight and wants to lose body fat, while increasing muscle mass and has not been successful in the first 14 days using the previously mentioned estimates, he should try reducing his calculated DCN estimates by 10%.

For 2 hour training days:  $3710 - 10\% = 3339$  cal. Per day.

For rest days, reduce calorie intake by the same percentage too.

Try this for another 14 days.

If there is still no fat loss, try reducing DCN by another 10%.

DO NOT REDUCE YOUR DCN TO BELOW YOUR BMR WITHOUT THE SUPERVISION OF A PHYSICIAN.

All weight loss programmes should be monitored by a physician.

## Fat Control

As soon as your bodyfat is back within acceptable levels, increase your calorie intake again.

This will lead to further muscle mass increases. Once fat levels go up again, drop your calories as before. This diet cycling, which is already happening on one level when you alter caloric intake on rest days, will keep your metabolism from getting used to one type of calorie intake, and adapting to its effects.

Another good tip to follow is to alternate this dietary plan with the one outlined earlier in the manual. Again this keeps the metabolism constantly subject to differing food intake levels, not allowing it to get used to or adapting to a certain system.

If you are eating as directed, and not increasing bodyfat, to further increase muscle potential, you can do the opposite of the fat reduction action, and increase calorie intake by increments of 10% of DCN until bodyfat increases do become apparent.

## Nutrient Proportions

Daily Meal Proportion of Proteins, Carbohydrates and Fats

Breakdown your daily calories per meal as follows:

Carbohydrates	60% or more
Protein	30%
Fat	10%

Example: In practice, this means that based on a 3,710 calorie per day diet, the breakdown is as follows:

Carbohydrates:  $60\% \times 3,710 \text{ calories} = 2,226 \text{ calories from carbohydrates}$   
Therefore as there are 4 calories per gram of carbohydrate  
= 557 grams of carbohydrates.

Proteins  $30\% \times 3,710 \text{ cal} = 1,113 \text{ calories from protein}$   
Therefore as there are 4 calories per gram of protein  
= 278 grams of protein

Fats:  $10\% \times 3,710 \text{ cal.} = 371 \text{ calories from fat}$   
Therefore as there are 9 calories per gram of fat  
= 41 grams of fat

Note: To keep lower fat levels, try to eat smaller, more easily digestible meals in the evening. Keep these meals higher in protein, lower in carbohydrates.

Once you understand how to calculate your own ratios – you will see great gains in your personal physical development – so get calculating!

## Please Note

With protein, carbohydrates and fat, the weight that needs to be consumed is different. Basically, as fat has a higher amount of calories per gram, the weight required is less.

You will find that after calculating your personal level of daily caloric intake, that achieving such high levels of protein/carbohydrate in meals is just not practical.

Boost your daily quality food intake using high quality training supplements.

## **EXTRA NUTRITION TIPS:**

Even though the above caloric system counts on a training session of 2 hours, if your session is less than 2 hours in length, don't worry.

Only amend the calorie figures if you start gaining fat.

To complete one's healthy, balanced diet, it is necessary to have it consist of several servings of complete proteins, e.g. lean meat, particularly: chicken, turkey & fish.

Also: eggs, dairy produce, and of course, quality supplements.

**BEWARE OF:** Incomplete Proteins (these are proteins that don't contain all 9 essential amino acids), such as pasta, some vegetables, corn, rice, peanuts etc. As stated in the nutrition section earlier, these can be combined with other incomplete proteins to form a complete protein (one that contains ALL the essential amino acids). But this mixing and matching can become tedious, and is still unreliable. There's nothing wrong with eating incomplete protein foods, some are actually great carbohydrate sources, but don't count them in your daily protein intake levels.

Stick with complete the quality protein sources, as listed above, and of course quality Ripfast Training Supplements. These products guarantee quality fuel for building muscle mass.

Remember: Hitting calorie levels alone is not enough. They must be quality calories, from quality foods.

3. You probably know by now (at least we hope you do!) of the vital importance of protein in muscle growth and repair. But whilst ensuring good protein supplies, don't neglect your carbohydrates. These supply essential energy for daily activity, and intense workouts. If they're not there in the right amounts, the body will use protein for energy. You don't want this! Sufficient carbohydrate supplies ensure that your protein supply is left to do what it does best, that is repair and create new muscle! For the most efficient use of your food intake, that is so that the body uses it all, rather than storing the excess as fat, it is best to spread one's daily caloric intake over 5/6 meals per day.

5. It's easy to forget. Drink plenty of water.

## 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](http://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!