This is your No BS guide to the simple, easy to use Pre & Post workout nutrition and supplementation strategies used at Performance U to accelerate metabolism and torch body fat! Discover the perfect pre-workout meal, and the scientifically proven BEST supplements to take before and after you train to get more out of your workouts and burn fat without losing muscle!
Check out our latest training equipment, books, DVDs, workshops and mentorships at NICKTUMMINELLO.COM
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PURPOSE OF THIS MANUAL

To provide you with a simple to understand and easy to follow formula for what foods to eat, what supplements to take, and when to take them in order to lose fat and maintain muscle.

The Pre & Post Workout meal and supplement strategies you’re about to discover are scientifically based and practically approved with the athletes, physique competitors and exercises enthusiasts we train at Performance U.

We aren’t nutritionists or dieticians. So we don’t provide specific, individualized diet plans. We’re fitness professionals who read the scientific literature and rely on the expertise of top nutrition and supplement specialists to provide us with general guidelines that work universally for both men and women of all ages and abilities.

By following some basic, generalized and universal eating & supplementation guidelines - like what I’ve provided you in this manual - We’ve found that rarely is it necessary to use more specific and complex strategies unless we're dealing with a medical condition, cutting water weight, etc. Which, is beyond the scope of this manual.

*When we want to help our clients accelerate fat loss without losing their hard earned muscle – These are the exact Pre & Post workout meal and supplementation strategies we use...*
THE IMPORTANCE OF NUTRIENT TIMING!
It’s not just what you eat, but when you eat it!

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A recent study measured the effects of supplementation during the pre- and post-workout training "windows" against supplementation effects from supplementing at breakfast and dinner, over the course of a 10-week program.

Two study groups were fed 32 grams of protein, 34.4 grams of carbs, less than .4 grams of fat, and 5.6 grams of Creatine Monohydrate per day.

The control group consumed the above nutrient ratio over two meals (one at breakfast and one in the evening), while the other group consumed the nutrients directly before and after strength training.

Here’s what they found…

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THE RESULTS ARE IN!

- “Pre and post-workout supplementation demonstrated a greater increase in lean body mass and 1Rep Max strength.”

- “The changes in body composition from pre/post-workout supplementation were supported by a greater increase in cross-sectional areas of the type II muscle fibers and contractile protein content.”

- “Pre/post-workout supplementation also resulted in higher muscle creatine and glycogen levels after the training program.”

The study concluded...

"Supplement timing represents a simple but effective strategy that enhances the adaptations desired from resistance training.”

MORE MUSCLE = FASTER FAT LOSS

- Pre/Post workout nutrition has been shown to help increase muscle gains from strength training.

- Muscle is metabolically active tissue. It’s the physical place where fat is burned! Put simply, the more muscle you have the more calories you burn each day, even while you sleep.

- Pre and Post-workout nutrition can play an important role in helping you accelerate fat loss when used in conjunction with healthy eating habits.

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PRE-WORKOUT MEAL

THE FOODS WE RECOMMEND OUR CLIENTS EAT BEFORE THEY TRAIN IN ORDER TO KEEP THE MUSCLE AND ACCELERATE FAT LOSS.
WITHIN 2-TO-3 HOURS BEFORE YOUR WORKOUT, WE RECOMMEND EATING THE FOLLOWING:

- Consume 30-40 grams of this slow digesting carbohydrate like whole wheat bread or fruit.

  Slow-digesting carbs produce a relatively slow increase in blood glucose and a modest insulin release in response. They are more natural carbs that aren't made in a food-processing plant.

- A lean protein like chicken breast or fish fillet, low in saturated fat.

  Foods high in saturated fats have been shown to decrease blood flow to the muscles. But, foods high in EFA's (Essential Fatty Acids) have been shown to increase blood flow to the muscles.

- A fibrous carb source like vegetables.

  Salads are a great pre-workout food, and they can keep blood vessels dilated to increase blood and oxygen flow to the muscles.
SAMPLE PRE-WORKOUT MEAL

A “house” style salad (use light dressing) with grilled chicken breast and an apple.
PRE-WORKOUT SUPPLEMENTS

THE EXACT SUPPLEMENTS WE RECOMMEND OUR CLIENTS CONSUME BEFORE THEY TRAIN TO PRESERVE MUSCLE AND FURTHER ENHANCE FAT LOSS
WE PROUDLY SUPPORT VPX SPORTS SUPPLEMENTS BECAUSE...

- They are well researched.
- Battletested with physique and performance athletes around the world.
- Extremely high quality!
- Great tasting!
- Backed by our friend Dr. Jose Antonio, who’s one of the founders of the ISSN and one of the worlds leading experts on sports supplements.
- We get our supplements directly from
  - VPXSports.com
  - BodyBuilding.com
WITHIN 30-60 MINUTES BEFORE YOUR WORKOUT, WE RECOMMEND CONSUMING THE FOLLOWING:

- 100-to-400 milligrams of caffeine (sources include coffee or supplement like Redline).

- 20 grams of a fast-digesting protein like whey protein.

Go your FREE copy of my Protein Report - The most comprehensive, unbiased, research-based resource on protein ever written!

www.FreeProteinReport.net

- 20-to-40 grams of a slow-digesting carbohydrate like berries (optional).

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CONTINUED...

- 1 serving of Branched Chained Amino Acids (BCAAs).

- 5 grams of Creatine Monohydrate.

  Check out my FREE Creatine Report - The most comprehensive, unbiased, research-based resource on creatine ever written.

  www.FreeCreatineReport.com

- 1-to-3 grams of Beta Alanine (like VPX Power Shock, which also has BCAAs).

  Beta Alanine A naturally occurring amino acid which delays fatigue by buffering lactic acid production at the cellular level.

  The longer and harder you can workout the more muscle you can build through the process of progressive overload.
WE LIKE “VPX: NO SHOTGUN MHF-1” AS OUR “GO-TO” PRE-WORK DRINK BECAUSE...

It contains:

- Caffeine & other energy/mental focus stimulants
- Protein
- BCAA’s
- Creatine
- Beta Alanine

It’s an all-in-one drink, which saves us time and $ from buying/consuming several different products.
POST- WORKOUT SHAKE & SUPPLEMENTS

WHAT WE RECOMMEND OUR CLIENTS EAT AFTER THEY WORKOUT TO REPLENISH THEIR BODY WITHOUT SLOWING FAT LOSS.

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WITHIN 30 MINUTES AFTER YOUR WORKOUT, WE RECOMMEND CONSUMING THE FOLLOWING:

- Consume a fast-acting protein shake with whey protein or even better, a combination protein shake with whey and casein.

Why? A study on protein digestion and retention showed that a slow-absorbing protein like casein is superior to whey in promoting protein accretion over a 7-hour time frame.


- Get plenty of BCAAs!

  Why no carbs post workout? Will you lose your hard-earned muscle?

  Nope, and I'll tell you why. A recent study showed that the pre and post-workout ingestion of dietary protein is superior to an equal amount of carbohydrate ingestion, concluding, "From the standpoint of gaining skeletal muscle mass, evidently consuming carbohydrates is not necessary."
WE LIKE “VPX: NO-SYNTHESIZEAS” OUR “GO-TO” POST-WORK DRINK BECAUSE...

It contains:
- Protein (whey & casein)
- BCAA’s
- Creatine
- Beta Alanine

Another all-in-one drink mix that tastes awesome!

The additional post workout creatine & beta-alanine is just an added bonus!
REFERENCES:


DON’T FORGET TO CHECK OUT MY FREE “REPORTS”

THE PROTEIN REPORT
THE MOST COMPREHENSIVE, UNBIASED, RESEARCH-BASED RESOURCE ON PROTEIN EVER WRITTEN!


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THE CREATINE REPORT
THE MOST COMPREHENSIVE, UNBIASED, RESEARCH-BASED RESOURCE ON CREATINE EVER WRITTEN!

DISCOVER THE SCIENTIFICALLY PROVEN BEST KIND OF CREATINE AND THE ABSOLUTE TRUTH ABOUT HOW TO USE IT, HOW IT WORKS, LOADING, SAFETY, SIDE EFFECTS & MUCH MORE...

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Coach Nick Tumminello has become known as “the trainer of trainers.”

He’s the owner of Performance University International, which provides hybrid strength training & conditioning for athletes and educational programs for fitness professionals all over the world.

He’s also the hybrid training expert for Team Jaco clothing.

Nick lives in Fort Lauderdale Florida where he trains a select group of clients and teaches mentorships.

Check out his DVDs, seminar schedule and very popular fitness blog at NickTumminello.com.