

THE LEAN MASS BLUEPRINT

Introduction

Welcome to **The Lean Mass Blueprint** — your comprehensive guide to building lean muscle and optimizing your body composition with scientifically-backed strategies. In today's world, the internet is inundated with information about fitness, nutrition, and performance enhancement, making it challenging to separate fact from fiction. This document aims to cut through the noise and deliver you straightforward, actionable insights backed by science, helping you navigate the often-misleading landscape of muscle-building advice.

What You Will Learn:

In this blueprint, we will explore the essential components of an effective strategy for gaining lean mass while minimizing fat. You will discover:

- An understanding of body composition and its significance for overall health and performance.
- Nutrition guidelines focused on macronutrients, meal timing, and micronutrients to fuel your muscle-building efforts.
- Training principles that emphasize effective strength workouts, the importance of recovery, and the role of cardio in preserving muscle while losing fat.
- Performance enhancement techniques, including an overview of safer injectable options and cutting-edge peptide protocols, designed to maximize tissue accumulation without compromising your health.
- Lifestyle factors that contribute to sustainable progress, such as the impact of sleep, hydration, and mindset on your journey to building lean mass.

Whether you're a novice looking to start your fitness journey or an experienced athlete aiming to level up your training, this blueprint provides the foundation you need to achieve real results. By debunking common myths and providing you with real-world applications, you'll be empowered to make informed decisions about your fitness and nutrition.

Say goodbye to the overwhelming amount of conflicting information found online. With The Lean Mass Blueprint, you'll gain clarity on what truly works, allowing you to focus on proven strategies that lead to tangible progress. Let's embark on this journey together and unlock your full potential for building lean muscle and improving your overall well-being.

Understanding Nutrition

Eric's Food Hierarchy

If I had to break down nutritional adherence into buckets of importance, this is how I would lay it out.

1. Overall calorie goal met + food quality – This is the foundation. Whether your goal is fat loss, muscle gain, or maintenance, total calories determine the overall energy balance. If you're not eating enough, you won't build muscle efficiently; if you're eating too much, fat accumulation becomes a factor. So first and foremost, we need to be within the right calorie range for your goals.

Within this, we'll also want to focus on whole food, minimally processed, high fiber, high micronutrient foods

2. Hitting your protein goal; Hitting your daily protein target is the next biggest priority. Protein is essential for muscle repair, growth, and recovery, and it also plays a key role in satiety. Regardless of whether your carbs and fats fluctuate a bit, ensuring you hit protein will help preserve muscle and optimize body composition.

3. Balancing your remaining calories between fats and carbs; Once calories and protein are covered, the ratio of carbs to fats becomes more individualized. If your overall calories and protein are dialed in, you have some flexibility with your carb-to-fat ratio based on personal preference and performance needs.

If you're highly active, prioritizing carbs can improve training performance and recovery.

If you struggle with insulin resistance or prefer higher-fat diets, I'll usually recommend that.

If you can consistently get close to your calorie target and hit your protein goal, I'm far less concerned with whether your carbs and fats fluctuate slightly on a daily basis. As long as you're eating nutrient-dense foods, performing well in the gym, and recovering properly, you're on the right track.

How to Calculate Your Macros to Maximize Growth

Calculating your macronutrient ratios is a crucial step in optimizing your nutrition for lean muscle growth. Here's a step-by-step guide to help you determine your ideal macronutrient intake, alongside important considerations regarding body fat percentage.

Step 1: Determine Your Caloric Needs

1. Calculate Your Basal Metabolic Rate (BMR): This is the number of calories your body needs at rest to maintain basic physiological functions. You can use the Mifflin-St Jeor equation:

- For men: $BMR = 10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} + 5$
- For women: $BMR = 10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} - 161$

2. Determine Activity Level: Multiply your BMR by an activity factor based on your lifestyle:

- Sedentary (little or no exercise): $BMR \times 1.2$
- Lightly active (light exercise/sports 1-3 days/week): $BMR \times 1.375$
- Moderately active (moderate exercise/sports 3-5 days/week): $BMR \times 1.55$
- Very active (hard exercise/sports 6-7 days a week): $BMR \times 1.725$
- Super active (very hard exercise, physical job, or training twice a day): $BMR \times 1.9$

3. Establish Your Caloric Surplus: Add 250-500 calories to your total daily caloric needs to create a surplus that supports muscle growth without excessive fat gain.

Step 2: Set Your Macronutrient Ratios

Macronutrients—proteins, carbohydrates, and fats—play a vital role in muscle growth. A commonly recommended macronutrient distribution for muscle building is:

- Protein: 25-30% of total calories
- Carbohydrates: 45-55% of total calories
- Fats: 20-25% of total calories

1. Protein Calculation: Aim for about 1.6 to 2.2 grams of protein per kilogram of body weight. This can support muscle repair and growth.

2. Fat Calculation: Typically, you should consume around 0.8 to 1 gram of fat per kilogram of body weight. Fat plays a crucial role in hormone production, including testosterone.

3. Carbohydrate Calculation: The remaining calories will come from carbohydrates, which will provide the necessary energy for your workouts and recovery.

Example Calculation

For a 70 kg male with a BMR of 1,700 calories and a moderately active lifestyle:

1. Total Daily Calories: $1,700 \times 1.55 = 2,635$ calories

2. Caloric Surplus: $2,635 + 300$ (example surplus) = 2,935 calories

3. Macronutrient Breakdown:

- Protein: $2,935 \times 0.30 = 880$ calories $\rightarrow 880 \div 4 = 220\text{g}$ of protein
- Fats: $2,935 \times 0.25 = 734$ calories $\rightarrow 734 \div 9 = 82\text{g}$ of fat
- Carbohydrates: The remaining calories $\rightarrow 2,935 - (880 + 734) = 1,321$ calories $\rightarrow 1,321 \div 4 = 330\text{g}$ of carbohydrates

Important Considerations: Body Fat Percentage

It's crucial to consider your body fat percentage when aiming for muscle growth. If you are above 12-15% body fat, starting a cutting phase might be beneficial before entering a muscle-building phase. Here are the downsides of attempting to grow while at a higher body fat percentage:

1. Increased Fat Gain: When you have excess body fat, any caloric surplus intended for muscle gain is more likely to be converted into fat, rather than muscle. This can lead to unwanted weight gain.
2. Hormonal Imbalances: Higher body fat percentages can lead to hormonal imbalances, particularly in testosterone and insulin sensitivity, both of which are crucial for muscle growth and recovery.
3. Decreased Insulin Sensitivity: Carrying excess body fat can lower your insulin sensitivity, leading to less effective nutrient partitioning. This means that your body may not utilize the carbohydrates and proteins you consume as efficiently for muscle growth.
4. Health Risks: Higher levels of body fat are associated with various health risks, including increased chances of metabolic syndrome, cardiovascular disease, and type 2 diabetes.

By focusing on achieving a more optimal body fat percentage before entering a muscle-building phase, you can maximize your growth potential and maintain a healthier body composition in the long run.

In summary, calculating your macros and being mindful of your body fat percentage will set the stage for effective muscle growth. Commit to the process, and you'll be better equipped to reach your goals!

Absolutely—here's a full, in-depth Section 3: Training for Lean Gains for The Lean Mass Blueprint, following your exact points and philosophy:

Section 3: Training for Lean Gains

3.1 - Train Based on Your Schedule, Not Your Ego

One of the most common mistakes people make is trying to follow an advanced 6-day plan when they can only realistically train 3 days per week. Instead of forcing volume, match your split to your availability and train hard with what you can consistently execute.

Choose Your Training Frequency:

2–3 Days/Week → Full Body

- Best for busy schedules and beginners
- Frequent exposure to movement patterns
- Higher intensity, lower volume per session

4 Days/Week → Upper/Lower Split

- Balance of frequency and recovery
- Works well for intermediates
- Allows you to hit each muscle group twice/week

5–6 Days/Week → Push/Pull/Legs or Modified PPL

- Ideal for advanced trainees or those with more time
- Can be customized to emphasize weak points
- Beware of junk volume and CNS fatigue

Pro Tip: A well-executed 3-day plan will always beat a sloppy 6-day grind.

3.2 - Volume: The Right Dose for Growth

Muscle doesn't grow from more, it grows from effective. You don't need to annihilate a muscle group with 20 sets. In fact, excessive volume often leads to poor recovery, joint stress, and minimal return on effort.

Ideal Volume Target:

- 2-6 hard working sets per muscle group per session
 - That's true working sets, taken near or to failure
- Quality > Quantity
- Stop treating the gym like cardio
- More is NOT better. Better is better.

3.3 - Diminishing Returns & Fatigue Management

The ability to drive mechanical tension and force output drops the longer you train. After 60–75 minutes, performance and focus tank. You're no longer building—you're just accumulating fatigue.

Keep workouts efficient

Front-load the most important, compound movements

Avoid “filler sets” that just add fatigue without stimulus

If you can maintain the same quality of effort for 15+ sets per muscle in one session... you're probably not training hard enough.

3.4 - Structure: Prioritize Straight Sets

Straight sets (e.g., 3x8-10 with controlled rest) should be your foundation.

Avoid bouncing from exercise to exercise with supersets unless targeting different muscle groups

Log your lifts, track your reps and weight, and make progressive overload the goal

Treat each set as a chance to create a stimulus for adaptation, not just to sweat

3.5 - Tempo & Range of Motion: Build Muscle Smarter

Proper execution beats more weight, every time. Use tempo and full range of motion (ROM) to:

- Maximize time under tension
- Minimize joint wear and tear
- Create stretch-based adaptations that protect against injury
- Improve muscle fiber recruitment

Example Tempo:

2-3 seconds down, 0-1 second pause, controlled concentric

(Ex: Romanian deadlift: 3 sec down, pause at stretch, explode up)

3.6 - Summary

Choose a training split that fits your lifestyle and recovery

Limit your working sets to the most effective, tension-based movements

Avoid excessive fatigue—fatigue is not the goal, stimulus is

Prioritize straight sets, full ROM, and proper tempo

Don't train like a calorie-burning machine—train like someone trying to sculpt lean mass

“Train hard enough to grow, but smart enough to recover.”

EXAMPLE PROGRAMS

2-Day Full Body Program

Day 1 - A

- Chest Incline Press – 2 x 8-10
- Back Vertical Pull – 2 x 6-10
- Shoulder Lateral Raise – 2 x 8-12
- Hamstring Iso (Seated/Standing) – 2 x 8-10
- Quad Squat (Hack, Leg Press, etc.) – 2 x 6-10
- Calf Standing – 3 x 8-14
- Biceps Supinated Grip – 2 x 8-10
- Triceps Overhead – 2 x 8-10
- Abs – 2 x 8-12

Day 2 - B

- Chest Fly – 2 x 8-12
- Back Horizontal Pull (Lat Focused) – 2 x 8-10
- Shoulder Press – 2 x 6-10
- Quad Iso – 2 x 8-12
- Glute Ham Hinge – 2 x 6-10
- Calf Donkey – 3 x 8-12
- Biceps Supinated Grip – 2 x 8-10
- Triceps Iso – 2 x 8-10
- Rear Delt Lateral – 2 x 8-12

3-Day Full Body Program

Day 1 - A

- Chest Incline Press – 2 x 8-10
- Back Vertical Pull – 2 x 6-10
- Shoulder Lateral – 2 x 8-12
- Hamstring Iso – 2 x 8-10
- Quad Squat – 2 x 6-10
- Calf Standing – 3 x 8-14
- Biceps Supinated Grip – 2 x 8-10
- Triceps Overhead – 2 x 8-10
- Abs – 2 x 8-12

Day 2 - B

- Chest Fly – 2 x 8-12
- Back Horizontal Pull – 2 x 8-10
- Shoulder Press – 2 x 6-10
- Quad Iso – 2 x 8-12
- Glute Ham Hinge – 2 x 6-10
- Calf Donkey – 3 x 8-12
- Biceps Supinated Grip – 2 x 8-10
- Triceps Iso – 2 x 8-10
- Rear Delt Lateral – 2 x 8-12

Day 3 - C

- Chest Flat Press – 2 x 6-10
- Back Vertical Pull – 2 x 8-12
- Shoulder Lateral – 2 x 8-12
- Quad Abduction/Adduction – 2 x 8-12
- Glute Iso – 2 x 8-12
- Calf Seated – 2 x 8-12
- Biceps Pronated Grip – 2 x 8-10
- Triceps Compound – 2 x 8-10
- Abs Lower Variation – 3 x 8-12

4-Day Upper/Lower Split

Day 1 - Upper A

- Chest Incline Press – 3 x 8-10
- Back Vertical Pull – 3 x 6-10
- Shoulder Lateral – 2 x 8-12
- Biceps Supinated Grip – 2 x 8-10
- Triceps Overhead – 2 x 8-10
- Rear Delt Lateral – 2 x 8-12

Day 2 - Lower A

- Quad Squat – 3 x 6-10
- Hamstring Iso – 3 x 8-10
- Glute Ham Hinge – 3 x 8-12
- Calf Standing – 3 x 8-14
- Abs – 3 x 8-12

Day 3 - Upper B

- Chest Fly – 3 x 8-12
- Back Horizontal Pull – 3 x 8-10
- Shoulder Press – 2 x 6-10
- Biceps Supinated Grip – 2 x 8-10
- Triceps Iso – 2 x 8-10
- Rear Delt Row – 2 x 8-12

Day 4 - Lower B

- Quad Unilateral – 3 x 8-12
- Hamstring Curl – 3 x 8-12
- Glute Ham Hinge – 3 x 8-12
- Calf Seated – 3 x 8-12
- Abs – 3 x 8-12

5-Day Modified PPL

Day 1 - Push (Chest/Shoulders/Triceps)

- Chest Incline Press – 4 x 8-10
- Chest Fly – 3 x 10-12
- Shoulder Lateral Raise – 4 x 10-12
- Shoulder Press – 3 x 8-10
- Triceps Overhead Extension – 3 x 8-12

- Triceps Dips – 3 x 8-10
- Abs Hanging Leg Raise – 3 x 12-15

Day 2 - Pull (Back/Biceps/Rear Delts)

- Back Vertical Pull – 4 x 6-10
- Back Horizontal Row – 3 x 8-12
- Rear Delt Reverse Fly – 3 x 12-15
- Biceps Supinated Grip Curl – 3 x 8-10
- Biceps Incline Curl – 3 x 10-12
- Forearm Reverse Curl – 2 x 12-15

Day 3 - Legs (Quads/Hamstrings/Glutes/Calves)

- Quad Squat – 4 x 6-10
- Quad Leg Extension – 3 x 10-12
- Hamstring Curl – 3 x 8-12
- Glute Hip Thrust – 4 x 8-12
- Calf Standing Raise – 4 x 10-14
- Calf Seated Raise – 3 x 10-14

Day 4 - Upper Body (Weak Points Focus)

- Chest Flat Press – 3 x 8-10
- Shoulder Lateral Raise – 4 x 10-12
- Rear Delt Row – 3 x 10-12
- Triceps Skull Crushers – 3 x 8-12
- Biceps Hammer Curl – 3 x 8-10
- Abs Cable Crunch – 3 x 12-15

Day 5 - Lower Body (Weak Points Focus)

- Quad Bulgarian Split Squat – 3 x 8-12
- Hamstring Seated Curl – 3 x 10-12
- Glute Reverse Hyperextension – 3 x 8-12
- Calf Standing Raise – 3 x 10-14
- Calf Seated Raise – 3 x 10-14

6-Day PPL Split (Fully Built Out with Comprehensive Volume)

Day 1 - Push (Chest/Shoulders/Triceps)

- Chest Incline Press – 4 x 8-10
- Chest Fly – 4 x 10-12
- Shoulder Lateral Raise – 4 x 10-12
- Shoulder Press – 3 x 8-10
- Triceps Overhead Extension – 3 x 8-12
- Triceps Dips – 3 x 8-10
- Abs Hanging Leg Raise – 3 x 12-15

Day 2 - Pull (Back/Biceps/Rear Delts)

- Back Vertical Pull – 4 x 6-10
- Back Horizontal Row – 4 x 8-12
- Rear Delt Reverse Fly – 3 x 12-15
- Biceps Supinated Grip Curl – 3 x 8-10
- Biceps Incline Curl – 3 x 10-12
- Forearm Reverse Curl – 2 x 12-15

Day 3 - Legs (Quads/Hamstrings/Glutes/Calves)

- Quad Squat – 4 x 6-10
- Quad Leg Extension – 3 x 10-12
- Hamstring Curl – 3 x 8-12
- Glute Hip Thrust – 4 x 8-12
- Calf Standing Raise – 4 x 10-14
- Calf Seated Raise – 3 x 10-14

Day 4 - Push (Chest/Shoulders/Triceps - Secondary Focus)

- Chest Flat Press – 4 x 8-10
- Chest Machine Press – 3 x 10-12
- Shoulder Lateral Raise – 4 x 10-12
- Shoulder Front Raise – 3 x 10-12
- Triceps Rope Pushdown – 3 x 8-12
- Triceps Skull Crushers – 3 x 8-10
- Abs Cable Crunch – 3 x 12-15

Day 5 - Pull (Back/Biceps/Rear Delts - Secondary Focus)

- Back T-Bar Row – 4 x 8-12
- Back Lat Pullover – 3 x 10-12
- Rear Delt Row – 3 x 10-12
- Biceps Hammer Curl – 3 x 8-10
- Biceps Concentration Curl – 3 x 10-12
- Forearm Reverse Curl – 2 x 12-15

Day 6 - Legs (Quad/Glute/Hamstring/Calf - Secondary Focus)

- Quad Bulgarian Split Squat – 4 x 8-12
 - Hamstring Seated Curl – 4 x 10-12
 - Glute Reverse Hyperextension – 4 x 8-12
 - Calf Standing Raise – 4 x 10-14
 - Calf Seated Raise – 4 x 10-14
-

Section 4: Supplementation Stack

Enhance—not replace—your nutrition and training.

4.1 - The Role of Supplements in a Lean Bulk

Supplements are exactly what the name implies: supplementary. They help fill gaps, support recovery, and improve performance—but they'll never make up for poor sleep, a garbage diet, or lazy training.

That said, when used strategically, supplements can:

- Improve nutrient timing and absorption
 - Enhance recovery and energy
 - Optimize hormonal and metabolic function
-

4.2 - Foundational Supplements (High ROI)

These should form the core of your stack:

- Creatine Monohydrate
 - Dose: 3–5g daily (timing doesn't matter)
 - Benefit: Increases strength, muscle fullness, and recovery
 - Highly researched, inexpensive, and effective
- Whey or Hydrolyzed Protein
 - Use when whole meals aren't convenient
 - Whey isolate for low-cal, fast-digesting post-workout fuel
 - Hydrolyzed protein for intra- or post-workout if digestion is a concern
- Essential Amino Acids (EAAs)
 - Optional for intra-workout, especially in a fasted or long training state
 - Helps reduce muscle breakdown and improve endurance
- Vitamin D3

- Dose: 2,000–5,000 IU daily (test blood levels if unsure)
 - Supports testosterone, immune health, and mood—especially if indoors often
 - Magnesium Glycinate or Citrate
 - Dose: 200–400 mg before bed
 - Improves sleep quality, stress reduction, and muscle relaxation
 - Omega-3s (Fish Oil)
 - Dose: 1–3g EPA/DHA daily
 - Anti-inflammatory, supports brain, joint, and cardiovascular health
-

4.3 - Performance & Recovery Enhancers (Situational)

These aren't essential but can make a noticeable difference in specific contexts:

- Pre-Workout
 - Helps with energy, focus, and blood flow
 - Look for options with caffeine (150–300mg), citrulline (6–8g), beta-alanine (3.2g)
 - Avoid overloaded formulas with unnecessary stimulants
 - Carbohydrate Powders (e.g., Karbolyn, Highly Branched Cyclic Dextrin)
 - Intra- or post-workout fuel for higher-volume sessions
 - Helps with glycogen replenishment without digestive distress
 - ZMA (Zinc, Magnesium, B6)
 - Can help support testosterone and improve sleep in those who are deficient
 - Greens Powder
 - A back-up for poor veggie intake—not a replacement for whole food
 - Choose a product with probiotics, digestive enzymes, and high ORAC value
-

4.4 - What's NOT Worth the Money (or Hype)

- BCAAs – Outdated if you're getting enough protein
 - Fat Burners – Temporary appetite suppression, no real long-term value
 - Testosterone Boosters – Most are underdosed or completely ineffective
 - Collagen for Muscle Growth – Doesn't contain the right amino acids for hypertrophy
-

Section 5: Peptides/PED's

Maximize muscle safely, or don't use them at all.

5.1 - Philosophy First: PEDs Aren't a Shortcut

Performance Enhancing Drugs (PEDs) and peptides can absolutely accelerate muscle growth—but only when the foundation is dialed in. If your training, diet, recovery, and sleep aren't locked in, PEDs will amplify poor habits and risk, not results.

“PEDs don't fix laziness. They just put it on fast-forward.”

5.2 - PED Basics: What You Need to Know

PEDs come in many forms, including:

- Anabolic steroids (injectable or oral): Testosterone, Nandrolone, Anavar, etc.
- Growth Hormone (GH)
- Insulin (used in advanced bodybuilding only)
- Selective Androgen Receptor Modulators (SARMs)

Common Mistakes:

- Starting too early or without sufficient base muscle
- No bloodwork or understanding of health markers
- “Bro science” cycles with zero post-cycle therapy (PCT)
- Thinking more is better—when more usually just means more risk

Potential Risks:

- Suppressed natural testosterone
- Liver/kidney strain
- Lipid profile damage
- Acne, hair loss, fertility issues
- Long-term cardiovascular risk

Rule of Thumb:

If you're not regularly getting bloodwork or working with a coach who understands the risks, you're not ready.

5.3 - Peptides: A Gentler Gateway?

Peptides are short chains of amino acids that signal various bodily functions. Some are growth-promoting, others support recovery, fat loss, or injury repair.

Most common in the lean mass context:

- CJC-1295 + Ipamorelin – Stimulates natural GH release (often stacked)

- IGF-1 LR3 – Potent growth agent, used more advanced
- BPC-157 – “Body Protection Compound,” speeds injury healing
- TB-500 – Joint and tissue repair, often paired with BPC-157

Benefits:

- Better sleep, recovery, fat loss
- Fewer side effects than traditional PEDs (when used responsibly)

Limitations:

- Slower results vs. steroids
- Can be expensive
- Requires consistent dosing (often daily injections)
- Still experimental—long-term human data is limited

Section 6: Hormone Use & Enhanced Protocols

Maximize muscle, minimize risk—with structure, not recklessness.

6.1 - Disclaimer First

The protocols outlined below are for educational purposes only, based on real-world experience from enhanced athletes and coaches. They are not medical advice and should only be explored with proper lab work, supervision, and a full understanding of the long-term implications.

“Hormones can elevate your potential—but they require maturity, structure, and self-awareness.”

6.2 - The Philosophy Behind Smart Enhancement

These protocols reflect a “health-conscious enhancement model”—designed to:

Prioritize longevity and minimize toxicity

Use bioidentical or low-toxicity compounds

Employ synergy between hormones and peptides

Match the phase of training (building or cutting)

Success comes from consistency, structure, and restraint, not mega-dosing.

6.3 - Building Phase Protocol

Goal: Maximize lean tissue growth, insulin sensitivity, and recovery

Duration: 12–16 weeks (based on feedback, labs, and progress)

Hormones

- Testosterone Enanthate: 200–300 mg/week
 - Base of all enhanced protocols, supports strength and recovery
- Primobolan Enanthate: 400–600 mg/week
 - Mild, low aromatization, adds lean tissue without water retention
 - Great cosmetic effect, high protein synthesis synergy

Ratio: 1:1 to 2:1 Primo:Test depending on sensitivity to estrogen

Peptides & Growth Agents

- IGF-1 LR3: 30–50mcg pre-workout (bilateral injection in trained muscle)
 - Enhances nutrient partitioning and local hypertrophy
- Insulin (Humalog or Novolog): 4–6 IU pre-workout with carb and protein meal
 - Used only in experienced users with full understanding of timing, dosing, and glucose needs
 - Drives nutrients into muscle, synergistic with IGF-1
- Growth Hormone: 2–4 IU pre-bed
 - Supports fat loss, recovery, and deeper sleep
 - Long-term benefits for connective tissue and body composition

6.4 - Cutting Phase Protocol

Goal: Preserve lean mass while increasing fat mobilization and muscle hardness

Duration: 8–12 weeks (depending on conditioning goals)

Hormones

- Testosterone Enanthate: 150–200 mg/week
 - Lower dose to maintain function while reducing estrogenic side effects
- Masteron (Enanthate or Propionate): 300–400 mg/week
 - DHT derivative that hardens physique, reduces water, and supports mood/libido
- Injectable Anavar (Oxandrolone): 25–50 mg/day (split doses or micro-injection)
 - Enhances strength and fullness, highly anti-catabolic during a cut
 - Less liver strain than oral version

Peptides & Fat Support

- IGF-1 LR3: 30–50mcg pre-workout
 - Helps retain fullness and enhances muscle preservation during a deficit
 - GH: 2–4 IU pre-bed
 - Supports fat oxidation, cortisol regulation, and deep REM sleep
 - T3/T4 Replacement Therapy:
 - T3: 12.5–25mcg/day
 - T4: 50–75mcg/day
 - Used to replace suppressed thyroid levels during longer cuts or when GH is used for extended periods
-

6.5 - Supportive Measures & Health Monitoring

Bloodwork every 8–12 weeks: Lipids, liver/kidneys, hematocrit, hormone levels

Supplements:

- Liver support: NAC, Tudca
- Cardiovascular: Citrus Bergamot, Omega-3s, Baby aspirin (if needed)
- Kidney support: AstraGin, hydration focus, fiber

Labs to Watch Closely:

- HDL/LDL ratios
 - Hematocrit (especially with GH or long-term AAS use)
 - Estradiol
 - SHBG (for test-binding dynamics)
-

6.6 - Summary

- Building: Test + Primo + IGF + Insulin + GH
- Cutting: Test + Masteron + Anavar + IGF + GH + Thyroid support
- Pace yourself. These protocols are not beginner-level—they're meant for those with years of training, a dialed-in lifestyle, and full understanding of what's involved.

“There’s a difference between using PEDs to level up—and using them to compensate for laziness. Always choose the first.”

Section 7: Sleep Optimization Protocol

Sleep Goals

- Get 7–8 hours of uninterrupted sleep per night
 - Improve deep sleep and REM cycles
 - Minimize night-time awakenings
 - Optimize pre-bed routine to support natural melatonin production
-

Key Sleep Strategies

Consistent Sleep Schedule

- Set a fixed bedtime (10:30–11:00 PM) and wake time (6:30–7:00 AM), even on weekends
- Consistency helps align circadian rhythms and improve hormonal regulation (cortisol, melatonin, growth hormone)

Pre-Bed Routine (Starting 1 Hour Before Sleep)

- Reduce blue light exposure: Avoid screens or use blue-light-blocking glasses after 9:00 PM
- Dim lighting: Switch to red or warm-toned lights in the bedroom to avoid suppressing melatonin
- Warm magnesium bath or shower: 10-minute bath with 500g Epsom salts to relax muscles and improve sleep latency

Optional Supplementation for Sleep Quality

- GABA – 500mg: Lowers mental stress before sleep
- L-Theanine – 200mg: Enhances relaxation and reduces anxiety
- Apigenin – 50mg: Supports deep, restorative sleep
- Glycine – 3g: Lowers core body temperature and promotes growth hormone release
- Melatonin – 0.3–1mg (only if needed): Assists with sleep onset without building dependency

Bedroom Environment

- Keep the room cool (65–68°F)
- Use blackout curtains or wear an eye mask to eliminate light exposure
- Run a white noise machine or fan to mask external noise

Sleep Tracking and Adjustments

- Use tools like Oura Ring, WHOOP, or Apple Watch to monitor deep sleep and HRV (Heart Rate Variability)
 - Adjust hydration, pre-sleep routine, and training intensity based on sleep data and recovery metrics
-

Section 8: Stress Management & Lifestyle Optimization Protocol

Key Goals

- Lower cortisol levels to support lean mass retention and prevent fat gain
 - Improve mental clarity and morning energy
 - Create a structured, repeatable daily routine to promote balance and recovery
-

Sunlight Exposure (Within 30 Minutes of Waking)

- 10-15 minutes of natural sunlight **without sunglasses**.
- Regulates **cortisol awakening response** and boosts dopamine for focus.

Hydration First Thing in the Morning

- **500ml water + electrolytes** upon waking to replenish hydration.
- **Avoid caffeine for the first 60-90 minutes** to prevent a cortisol spike.

Cold Exposure (Optional)

- 2-5 minutes of a **cold shower** (finishing with warm water) to lower inflammation & boost dopamine.

Caffeine Timing

- Limit **caffeine intake to before 12 PM** to prevent sleep disturbances.
 - **Pre-workout caffeine cap: 150mg max**, switch to **L-Theanine + Tyrosine** if stimulant-sensitive.
-

Midday Stress Mitigation Strategies

Movement Breaks (10-Min Walks After Meals)

- **3x per day, post-meal walks** (5-10 minutes) to aid digestion & lower cortisol.

Hydration & Electrolyte Strategy

- **Water Target: 3-4L per day** (using flavored electrolyte options for adherence).
 - **Evening water cut-off:** No large water intake **90 minutes before bed** to reduce night awakenings.
-

Evening Wind-Down Protocol (90 Minutes Before Bed)

No High-Stress Activities Before Bed

- Avoid **work emails, social media, or business-related thoughts** 1 hour before sleep.

Reading or Light Journaling

- Fiction books or **low-stress reading (10-15 minutes)** for mental relaxation.
- **Journaling:** List **3 wins from the day & 1 goal for tomorrow** to offload mental stress.

Herbal Teas & Sleep-Enhancing Drinks

- **Chamomile + Valerian Root Tea** – Natural sedative properties.
-

Section 9: How to Work With Me

Ready to take your results to the next level with elite-level guidance?

If you've made it this far, chances are you're serious about transforming your body—building lean muscle, staying shredded, and doing it in a sustainable way that doesn't wreck your health or burn you out.

Here's the truth:

You can absolutely make solid progress on your own using the tools in this blueprint.

But if you want next-level results, you need more than just information—you need execution, accountability, and strategy tailored specifically to you.

What My High-Ticket Coaching Offers

This isn't a cookie-cutter program or a generic PDF. When you work with me 1-on-1, you get:

Custom Training & Nutrition Programming

- Personalized plans based on your goals, schedule, recovery capacity, and training experience
- Updated regularly to match your progress, whether you're bulking, cutting, or maintaining
- Focus on weak point development and long-term physique building

Elite-Level Feedback & Accountability

- Weekly check-ins to monitor progress, make data-driven adjustments, and assess biofeedback
- Form video reviews to ensure technique is dialed in
- Ongoing access via text or app for questions, support, and tweaks

Real Human Coaching—Not an Algorithm

- I don't just give you a plan—I teach you why it works
 - Results are tailored to your life, not the other way around
 - My system has helped lifestyle clients, competitors, and athletes alike build muscle, lose fat, and sustain it
-

Who This Is For??

- Men and women ready to build lean muscle without gaining excess fat
 - People who are tired of spinning their wheels and want a proven strategy
 - Intermediate to advanced trainees looking for structure and results
 - Clients serious about long-term progress—not quick fixes
-

How to Apply

Spots are limited to ensure high-level attention and support.

If you're ready to commit, click the link below to apply:

[Apply Now](#)

Once you apply, you'll be invited to book a free strategy call so we can:

- Discuss your physique goals
 - Identify gaps in your current plan
 - See if you're a strong fit for my coaching system
-

You've got the blueprint. Now let's build the result.

I'm here to help you every step of the way.