

PHYSIQUE TRANSFORMATION
BLUEPRINT



**8 Weeks To A
SHREDDED
PHYSIQUE!**

Eight Weeks To A Shredded Physique!

Getting Shredded – Why?

Why would any bodybuilder, or any person in general, want to get shredded? A more logical question might be: “Why wouldn’t one want to get shredded?” If you’re a serious bodybuilder, then you already spend every waking hour of your day in the gym, or in the kitchen, trying to build up as much muscle as humanly possible. Losing your excess body fat occasionally allows you to show off the new muscle you add each year. On the other hand, if you’re just an everyday Joe who trains to look good, then you probably want to shed a few extra pounds around your waistline to look better in the beach, the boardroom, and the bedroom – every place where a trimmer waistline, chiseled chest and arms, and cut legs are admired and desired. Take a look at any of what is considered the ‘top bodies’ in any arena – from sports to acting to everyday life – and one aspect will stand out above all others – they all possess low body fat levels.

Let’s engage in an eight week process to change our current physique – an admirable block of unprocessed muscle and bulk – into a work of art, worthy of admiration and display anywhere – from the beach, the boardroom, or the bedroom, up to and including the bodybuilding stage!

“Metcon” or “Cross-Fit” Training for the Ultimate Cutting Workout

We all know that for the most part, the same you built the muscle – through lots

of sets of heavy exercises – will be how you maintain the muscle as you work to shed body fat. However, there are some advantages to continue your heavy lifting while utilizing a form of training which will help to boost your metabolism, which will speed up the fat burning process as much as diet, supplementation and cardiovascular exercise can provide. This metabolic conditioning, or “met con”, can be achieved through Cross-Fit training. Essentially, this kind of training involves super-setting heavy compound movements and cardiovascular movements which target multiple muscles group – along with raising the heart rate and increasing the movement of oxygen in the body. Let’s examine a week of “Metcon” or “Cross Fit” training.



Monday – Upper Body Training using modified MetCon techniques.

Today you will be training chest, back, shoulders, and arms using both standard and MetCon training.

You will start your training with, following warm-ups, two heavy sets for each of these major muscle groups. After completing those ten sets, you will advance to ten more sets of MetCon training. Let's look at such a routine:

Chest: Two sets incline dumbbell bench press (8 to 10 repetitions)

Back: Two sets deadlifts (6 to 10 repetitions)

Shoulders: Two sets shoulder press (8 to 10 repetitions)

Biceps: Two sets barbell curls (8 to 10 repetitions)

Triceps: Two sets skull crushers (8 to 10 repetitions)

MetCon portion of training:

One set 20-repetition light weight dumbbell side raises, immediately followed by ten bodyweight pull-ups, 45 seconds pushups on floor, 45 seconds high-intensity light weight biceps dumbbell curls, then triceps bench dips until failure. Rest three minutes, then repeat this super set, and you can call it a day! You repeat this rotation twice, which means your training totals 10 sets MetCon training and 20 total training sets.



Wednesday – Lower Body Training using modified MetCon techniques.

Similar to Monday's training, you will start with a single heavy compound movement for each of the major lower body muscle groups (quads, hamstrings, and calves)

Quadriceps: Three sets barbell squats (6 to 8 repetitions)

Hamstrings: Three sets lying leg curls (8 to 10 repetitions)

Calves: Three sets seated calf raises (8 to 10 repetitions)

MetCon portion of training:

One set 20-rep lightweight squats, immediately followed by light weight dumbbell lunges across gym, one 40 yard dash in parking lot, standing jumps for calves, and then bodyweight squats to failure. You will be completing 19 total sets today (nine using standard heavy compound training, and ten sets from your two MetCon rotations).

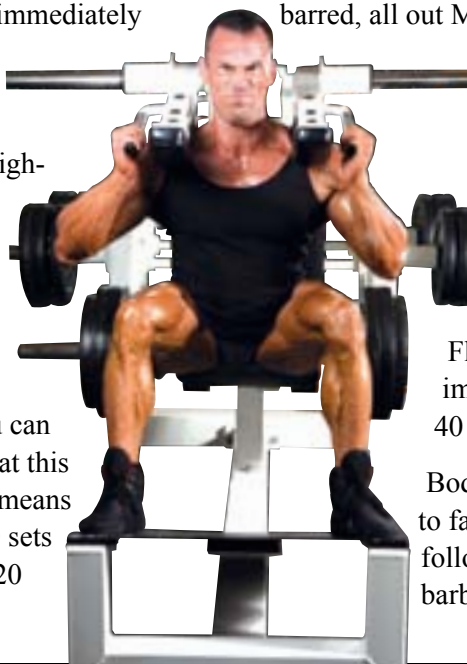
Friday - Full Body MetCon Training.

Today, you will be facing no-holds barred, all out Met-Con training. Let's check out a sample workout:

Barbell lunges (12 to 25 repetitions) immediately followed by 2 minutes cable rowing for back

Flat bench press immediately followed by 40 yard dash for speed.

Bodyweight chin-ups to failure, immediately followed by standing barbell curls



Standing military press, immediately followed by standing calf jumps

Repeat this cycle three times.

Each week, you will rotate Monday and Wednesday's training routines. Your first week of training will see upper body trained on Monday, and lower body trained on Wednesday. Week two will see lower body trained on Monday, and upper body trained on Wednesday. This pattern will continue for the duration of your eight weeks of getting shredded training. Friday will remain consistent throughout this time.

You will complete this workout for eight weeks, following the program religiously. Each week, you should work to add more weight to the movements while keeping the number of sets and reps – and the intensity of your training – equal or greater. In order words, you will want to increase the numbers each week in order to add intensity and keep your body adapting, so that you can keep improving. Now that we've nailed down the weight training aspects of your eight-week program to get diced, let's look at the cardiovascular training you will need to endure in order to become as shredded as possible!

Cardiovascular Training: Up and At Em'!

Lifting weights alone, even in such a manner as to bump up the metabolic rate, will not raise your daily caloric expenditure (how many calories you burn) enough to get your body shredded. In addition to the weight training, you will want to include the use of some sort of cardiovascular training into your daily regimen. Cardio is most effective

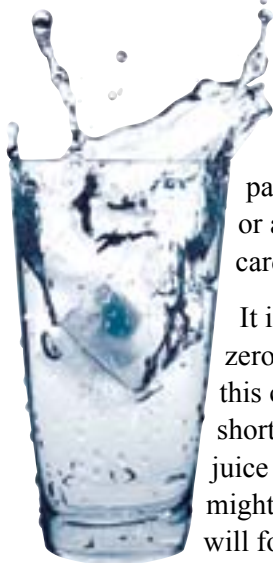
when conducted immediately upon waking in the morning. Climb out of bed, visit the restroom, then weigh yourself (for tracking purposes). Stretch out a bit on the way to the refrigerator to grab

an ice cold bottled water or sugar-free drink such as Crystal Lite, and then grab your running/walking shoes. Consume your morning **Beach Freak Stack™** (more on this later!). Take your morning pass through your neighborhood, or atop your favorite piece of cardio equipment in your house.

It is imperative that you consume zero calories before conducting this cardio. Some bodybuilders will short-circuit their efforts by sipping juice while training. While juice might have some health benefits, it will force your body to burn sugars and carbohydrates now present in the stomach, instead of utilizing stored body fat. Conducting cardiovascular exercise on an empty stomach results in a situation where stored body fat is burned. You'll have plenty of time throughout the remainder of the day to enjoy these carbohydrates and calories – just not before your cardio training in the morning!

Diet/Nutrition: Mini Super Shredding Meals!

Your eight week diet to get shredded will be a simple one. Here are the approved protein, carbohydrate and fat sources of which you are allowed to eat.



Protein:

Chicken, fish or lean egg whites.

Carbohydrate: Rice and potatoes (red or sweet).

Fat: Omega-3 or fish oil, taken three times per day with meals.

Every meal should include 1-2 servings (4 ounces) of protein and one serving of carbohydrates (about a handful). You can also consume as many leafy greens (romaine lettuce or kale) as you wish.

Remove all sources of sugar and flour from your diet. Stick with the approved list of protein, carb and fat sources, and eat nothing else.

It's only eight weeks – it's not like you're giving up your favorite foods forever. By the time those eight weeks have passed, you will not only be much leaner, but your body will have become a highly effective digestion machine!

Many bodybuilders make a common mistake when restricting their calories in order to shed body fat. You don't want to starve yourself. Eat as many of these small super-shredding meals as your body requires. Some days it will be six meals, and other days you may need nine meals. Use the mirror, not the scale, to dictate if you are restricting your

calories too much, or too little. Now that we've nailed down the weight training, cardiovascular training, and diet aspects of the getting shredded

plan, there's just one place to look to solidify your perfect shredding quadrant – supplements!

Supplements: Using the Primal Cuts Stack™ for Success

We engage in some seriously tough training on a daily basis while in the dieting mode. We limit our calories, force our bodies to endure tougher weight training than we've ever used, and toss in 30 to 60 minutes of cardio on an empty stomach to top things off. The result of this combination of factors will be a body that is under some serious distress, and a central nervous system that could use a hand in maintaining existing muscle while delivering high energy levels while training. This is where supplements come into place.

The *Primal Cuts Stack™* is a combination of several, highly powerful and effective supplements. Individually, these supplements are very useful and highly effective. Taken together, they deliver an additional boost in training ability, recoverability, and muscle maintenance while fat is being burned. Let's take a look at the various forms of this insanely powerful cutting stack on the next two pages!



PRIMAL CUTS STACK

The secret to a head-turning physique is cuts. Sure, being swole is cool with a huge chest and guns, but size ain't sh*t if you don't have cuts - we're talking full six-pack, deep separation between muscle groups and even cross-striations. Getting single-digit bodyfat levels used to be reserved for just freaks of nature... until now - introducing the all new **PRIMAL CUTS STACK**.

Silver Cuts Stack



Get ripped easily with our 2 most popular fat loss agents.

Incinerol™

Advanced Fat Loss Formula

Humatropin™

Growth Hormone Releaser

Gold Cuts Stack



Stack 4 of the most powerful cutting & fat loss agents on the market.

Lipotase™

Extreme Fat Loss Catalyst

Incinerol™

Advanced Fat Loss Formula

EquiCyclex™

Anabolic Muscle-Building Agent

Humatropin™

Growth Hormone Releaser

NOW YOU CAN GET... RIPPED & SHREDDED WICKED DEFINITION & PAPER-THIN SKIN

Platinum Cuts Stack



It's never been easier to get ripped and shredded. If you want single digit body-fat levels, or want to get ripped at an astonishing rate, this stack is the only one you'll ever need.

corTESTEN^(HCG)[™]

Anabolic Testosterone Formulation

Lipotase[™]

Extreme Fat Loss Catalyst

Incinerol[™]

Advanced Fat Loss Formula

Primo 33[™]

Lean Muscle Mass Enhancer

EquiCyclex[™]

Anabolic Muscle-Building Agent

Humatropin[™]

Growth Hormone Releaser

WARNING: If you only have a few pounds to lose, this is not the stack for you. This stack was designed ONLY for people who are trying to get sub 10% body-fat levels and those who have a lot of extra body-fat to cut in a short amount of time.

To Order, Have Your Credit Card Ready And Call Now!



1-800-535-9858



OR ORDER ONLINE AT: www.PrimalMuscle.com

Discounts based on retail price. Offers are for a limited time and may be withdrawn at any time. User results may vary and the people featured have been remunerated. Use as directed along with a sensible nutrition and exercise program. Do not take more than the recommended dose on the label. As with prescription drugs there may be undesired side effects. Before using any dietary supplement contact your doctor. This information and these products are not intended to diagnose, treat, cure or prevent any disease. Statements made have not been evaluated by the FDA. Active ingredients may or may not have conclusive clinical medical studies. Do not consume if you have not followed all of these warnings. © 2013 Ultimate Fitness Nutrition™. All Rights Reserved.

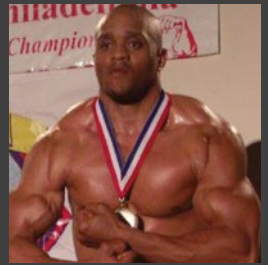
TESTOSTERONE BOOSTER

ANDROXYBOL™

Ultra-Powerful Testosterone Matrix For Rapid Muscle Growth, Strength & Power. A Safe, Legal Version Of The World's Strongest Steroid – Anadrol-50

- Staggering Increase In Blood Oxygen Levels!
- Boosts Testosterone Through 4 Pathways!
- Endless Working Capacity, Endurance & Stamina!
- A Safe, Legal Version of Anadrol-50!
- New, More Powerful Formula!

"I've used Androxybol™ for only a short time and noticed incredibly dramatic results. I've always been in good shape, but as I entered my 40's gaining lean mass became more difficult. Androxybol™ has given me what I need to maintain the muscle I work so hard to build and quickly pack on more slabs of lean mass. At 41, I won the 2012 WPF Mr. Philadelphia Classic – Super-heavyweight division while supplementing with Androxybol™."



James K.

- Pottstown, PA -

BEST FOR:

Packing on mass

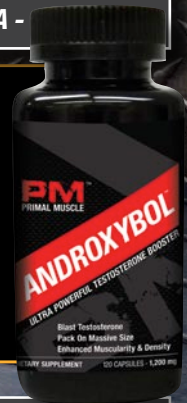
CAN ALSO BE USED FOR:

Strength gains, cutting

MECHANISM OF ACTION:

Boosts testosterone (naturally) in 4 unique ways – increased testosterone means more muscle mass faster

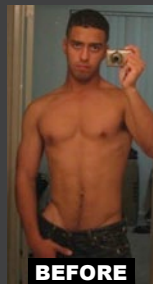
PM™
PRIMAL MUSCLE



" Thanks to Primal Muscle™, I was able to reach my goals with ease. I constantly had to make new goals because I was always surpassing them. I started using Primal Muscle™ when I was at 170 lbs. Now I am close to 225, and I am still growing! Thanks to Primal Muscle™ at my side, I know that I have what it take to become a pro bodybuilder!"

Christian S.

- Elmhurst, NY -



DOSAGE

Each bottle contains 120 Capsules

NORMAL (MONTH):

Everyday

For the first 4-5 days to assess tolerance, take 1 capsule twice a day 6-8 hours apart with food, then 2 capsules twice a day 6-8 hours apart with food.

Note: Do not take *Androxybol* past 4 pm because it gets you amped to hit the gym and you might not sleep well afterwards.

As per label 1 bottle will last 15-30 days

RATING

[5 BEST - 1 WORST]

Muscle Mass	★ ★ ★ ★ ★
Fat Loss/Definition	★ ★ ★
Strength	★ ★ ★ ★
Endurance	★ ★ ★
Recuperation	★ ★ ★
Speed	★ ★ ★

Androxybol™ Stacks Well With:

Mesobolin – For massive gains in size and strength. *Mesobolin* is a natural and more anabolic version of the popular steroid Dianabol. Stacking *Androxybol* and *Mesobolin* would be like stacking Anadrol-50 and Dianabol without any of the same side-effects or legal issues.

Aspartalone – For the ultimate in testosterone augmentation. *Aspartalone* is a potent stimulator of testosterone and works through different pathways in the body than *Androxybol* – therefore, stacking the 2 products together would provide the most powerful combination of testosterone boosters available. This combination is great for lean, shredded muscle gain.

Lipotase – For muscle hardness, shredding and lean gains. Due to *Lipotase*'s dramatic hardening and shredding effects, stacking it with *Androxybol* amplifies the already powerful ability of testosterone to produce dry, lean muscle gains.

*"I've been taking Androxybol™ for 5 days, I feel like I can lift a truck when I go to the gym, s**t! I'm liking it!"*

Steve M.

- Houston, TX -

Supplement Facts

Serving Size: 3 capsules
Servings Per Container: 40

	Amount Per Serving	% Daily Value
VO2-androxy-EPO Suspension Formula:	1,200 mg	*
Massularia Acuminata (stem)		
Rhodiola crenulata		
3,4-divanillyltetrahydrofuran	95%	
Fenugreek Extract	50% Fenuside	
Trans-4-Hydroxy-3-Methoxycinnamic		

*Daily Value Not Established

Other Ingredients: Gelatin, stearic acid, magnesium stearate.

Directions: As a dietary supplement, for the first 4-5 days to assess tolerance, take 1 capsule twice a day 6-8 hours apart with food, then 2 capsules twice a day 6-8 hours apart with food.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

No Prescription Needed

Warning: NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18. Do not exceed recommended dosage during a 24 hour period. Consult a physician prior to use if you have any medical condition or taking any medication. Do not use during pregnancy. Please ensure maximum longevity by storing in a cool, dry, dark place with no direct sunlight. Taking more than the recommended dosage can cause nausea. Use only as directed.

KEEP OUT OF REACH OF CHILDREN

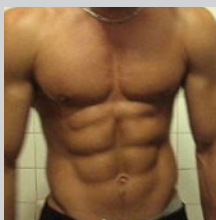
Notice: The ingredients and/or effects of this product may not currently have conclusive clinical studies from medical and/or regulatory authorities. For more information about this product's intended purposes and/or uses, please contact our offices in writing.

NON-HORMONAL ANABOLIC SUBSTANCE MESOBOLIN™

100% safe and legal, non-hormonal Russian anabolic blasts strength through the roof and gets you big. Used by Russian powerlifters in the 80's to beat Olympic drug tests.

- **Non-Hormonal Anabolic Packs On Freaky Mass Fast!**
- **Develop Crushing Power & Strength!**
- **No Need To "Off Cycle" - Build Mass Year Round!**
- **Secret Weapon of Russian Powerlifters!**

"I was sketched about Mesobolin™ at first, but this Product actually works. I lost about 10 pounds of fat in 4 weeks and gained a solid granite 25 pounds in muscle. I look fabulous and never dreamed of a better body. This product works fast, strong, and worth it. Lean Mass And All Natural."



Darren T.

-High Point, NC-

BEST FOR:

Huge strength gains

CAN ALSO BE USED FOR:

Building muscle mass

MECHANISM OF ACTION:

Plant-based anabolic agents preferentially use the food you eat to build strength & mass

P.M.
PRIMAL MUSCLE™



"I've been taking your supplements over a 3 month span, and I have to tell you, I'm very pleased with the results. I've taken quite a few including Nitrox-ATP™ & Mesobolin™. Those supplements have done what they claim and then some. People have sworn I was on the Winny! And I've been proud to tell them otherwise. I'm a Natural Beast, and I feel with these supplements..."

Nick "Lion King" W.

- Riverside, CA -



DOSAGE

Each bottle contains 168 Capsules

NORMAL (MONTH):

Everyday

For best results, take 3 capsules twice a day.

As per label 1 bottle will last 14-18 days

Mesobolin™ Stacks Well With:

Androxybol – for outrageous power, strength and muscle growth. *Androxybol* builds muscle through increased endurance, blood volume & oxygen uptake. Plus it features a testosterone matrix for faster muscle growth, strength & power. Stacking *Mesobolin* and *Androxybol* is a very potent combo that produces crushing size and strength as well as super-human power and speed.

Lipotase – For muscle hardness, shredding and lean gains. Due to *Lipotase's* dramatic hardening and shredding effects, stacking it with *Mesobolin* amplifies its already powerful ability to produce dry, lean muscle gains.

"I used Mesobolin™ and Tridenosen™. I hit the gym and followed the 8 week monster mass guide. Between good eating, supplementing and sleep I got massive results. My bench went from 315 to 345 within the first week for 12 reps. I love the Mesobolin™, it is insane because even if I cheat on a meal it has your back. Awesome products guys!

Briar B.

- Westville, IL-

RATING

[5 BEST - 1 WORST]

Muscle Mass	★ ★ ★ ★ ★
Fat Loss/Definition	★ ★ ★
Strength	★ ★ ★ ★ ★
Endurance	★ ★ ★
Recuperation	★ ★ ★ ★
Speed	★ ★ ★

Supplement Facts

Serving Size: 3 capsules
Servings Per Container: 56

	Amount Per Serving	% Daily Value
Mesobolin™		
Proprietary Complex:	377 mg	*
Ajuga Turkestanica Extract		
7-Isopropoxyflavone		
20-Beta-Hydroxy Ecdysone 70%		
5-methyl-7-methoxy-isoflavone		
Quebracho Blanco		
Eurycoma longifolia Jack		
6',7'-dihydroxybergamottin		
*Daily Value Not Established		

Other Ingredients: Gelatin, Dicalcium Phosphate, Stearic Acid, Silicon Dioxide.

Directions: As a dietary supplement, take 3 capsules twice a day.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

No Prescription Needed

Warning: NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18. Do not exceed recommended dosage during a 24 hour period. Consult a physician prior to use if you have any medical condition or taking any medication. Do not use during pregnancy. Please ensure maximum longevity by storing in a cool, dry, dark place with no direct sunlight. Taking more than the recommended dosage can cause nausea. Use only as directed.

KEEP OUT OF REACH OF CHILDREN

Notice: The ingredients and/or effects of this product may not currently have conclusive clinical studies from medical and/or regulatory authorities. For more information about this product's intended purposes and/or uses, please contact our offices in writing.

ATP BOOSTER TRIDENOSEN^HTM

World-Class Anabolic Agent Delivers The Muscle, Strength & Stamina Results You're Looking For... And Then Some! Ignite Your Training And Get "Pro" Results!

- Get Super-Human Performance, Safely And Legally!
- Outrageous Pumps, And Permanent Muscle Growth!
- Lift More Weight For More Reps To Build More Muscle!
- Workout Harder And Recover Faster!

"I have used 2 bottles of MesobolinTM and Tridenosen^HTM. These products are the bomb. If you're looking to gain 30 lbs like I have and grow like a monster these are amazing products. I have people asking me for advise for supplementation and workouts. I would like to thank Team Primal MuscleTM for helping me transform my body, I went from 365 lbs to 415 lbs on bench in only 4 weeks. Finally a company that works. Customer for life!"

*Briar "Godzilla" B.
- Westville, IL -*

"I decided to start to compete again and was looking for a solid product that could help me get the results I wanted I



ran into your line by mistake but I read and looked at the compounds and found that they were well studied. I needed a good thermo so I started with Lipotase and the pre workout Nitrox-ATP and saw results to I moved on to Tridenosen^H since I'm 40 I need the help. I'm a Full time Plumbing Contractor so my weeks are 60+ hours a week you products have really helped with my prep. This is 12 weeks start weight 290 now 245 6'2 I'll be doing the TOC Sept 10th all three classes Open Masters 40 and Novice"

*Jay "The Plumber" B.
-Hollywood, CA-*

BEST FOR:

Endurance, End-Of-Set Strength

CAN ALSO BE USED FOR:

Muscle Building or Cutting (depending on training, nutrition)

MECHANISM OF ACTION:

ATP boosts energy at the cellular level... this boost means more endurance, strength, etc.

PMTM
PRIMAL MUSCLE



DOSAGE

Each bottle contains 168 Tablets

NORMAL (MONTH):

Everyday

Take 2 Tablets 2-4 times a day with 8oz of water. Do not exceed 10 tablets within a 24 hour period.

As per label 1 bottle will last 21-28 days

RATING

[5 BEST - 1 WORST]

Muscle Mass	★	★	★	★
Fat Loss/Definition	★	★	★	★
Strength	★	★	★	★
Endurance	★	★	★	★
Recuperation	★	★	★	
Speed	★	★	★	★

Tridenosen^{HTM} Stacks Well With:

Mesobolin – For massive gains in size and strength. *Mesobolin* is a natural and more anabolic version of the popular steroid Dianabol. Stacking *Tridenosen^{HT}* and *Mesobolin* would be like stacking injectable ATP and Dianabol without any of the same side-effects or legal issues. We have had a lot of people use this stack over the years and they have achieved some really great muscular gains.

Androxybol – For outrageous power, strength and muscle growth. *Androxybol* builds muscle through increased endurance, blood volume & oxygen uptake. Plus it features a testosterone matrix for faster muscle growth, strength & power. Stacking *Tridenosen^{HT}* and *Androxybol* is a very potent combo that produces crushing size and strength as well as super-human power and speed.

Lipotase – For muscle hardness, shredding and lean gains. Due to *Lipotase*'s dramatic hardening and shredding effects, stacking it with *Tridenosen^{HT}* amplifies the already powerful ability of testosterone to produce dry, lean muscle gains.

“The strength that Tridenosen^{HTM} gave me to push harder without getting tired was out of this world. I was able to push myself much harder in my races. In my speed races, I could swear I felt like a race horse.”

Aamir Ahmed

- Xxxxx, XX -

Supplement Facts

Serving Size: 2 capsules
Servings Per Container: 84

	Amount Per Serving	% Daily Value
Tridenosen^{HTM} Proprietary Complex:		
Vitamin B3 (as niacin)	25 mg	125%
Calcium (as Calcium Phosphate)	150 mg	15%
Magnesium (as magnesium aspartate)	25 mg	6%
Selenium (as sodium Selenite)	25 mcg	36%
Potassium (as potassium aspartate)	25 mg	<1%
5-Adenyl-Alpha-glutarate Formula:	1012mg	*
L-arginine Alpha-Ketoglutarate		
Adenosine 5'-Triphosphate		
Ubiquinone		
*Daily Value Not Established		

Other Ingredients: Microcrystalline Cellulose, Ethylcellulose, Stearic Acid, Croscarmellose Sodium, <2% of the following: Magnesium Stearate, Ammonium Hydroxide, Medium Chain Triglycerides, Oleic acid, Sodium Alginate, Silicon Dioxide.

Directions: As a dietary supplement, take 2 tablets 2-4 times a day with 8 oz of water. Do not exceed 10 tablets within a 24 hour period.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

No Prescription Needed

Warning: NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18. Do not exceed recommended dosage during a 24 hour period. Consult a physician prior to use if you have any medical condition or taking any medication. Do not use during pregnancy. Please ensure maximum longevity by storing in a cool, dry, dark place with no direct sunlight. Taking more than the recommended dosage can cause nausea. Use only as directed.

KEEP OUT OF REACH OF CHILDREN

Notice: The ingredients and/or effects of this product may not currently have conclusive clinical studies from medical and/or regulatory authorities. For more information about this product's intended purposes and/or uses, please contact our offices in writing.

PRE WORKOUT FLASH BANG™

Brand New... JUST RELEASED! Revolutionary 5-Stage Pre-Workout & Recovery Drink.

1. A Creatine Complex For Increased Strength
2. A Nitric Oxide Complex For Increased Circulation And Oxygen
3. A Cognitive Complex For Focus, Mental Toughness, Intensity And Speed
4. An Energy Complex For Endurance And Fatigue Resistance
5. A Recovery Complex For Rapid Muscle Repair & Growth Plus Reduced Soreness



*"Hey, I took a couple of scoops of Flash Bang™ yesterday... holy sh*t! I'm Beyond sore today! Great workout and an awesome taste. I also had a couple of scoops of Met-Pro™ pre and post workout, not to mention I also mixed some into my pancake batter, bomb taste! I will be ordering more soon. I've been feeling too bloated in my midsection and just started taking Lipotase™, I will keep you posted on my progress with Lipotase™ in a few months."*

*Ronnie O.
-San Diego, CA-*

BEST FOR:

Pre-workout energy

CAN ALSO BE USED FOR:

Building Muscle

MECHANISM OF ACTION:

5-stage action (creatine, nitric-oxide, cognitive, energy, recovery) covers all preworkout and recovery needs

PM™
PRIMAL MUSCLE



DOSAGE

25 Servings

BEGINNING:

1 Scoop

Mix with 6-8oz of water, 20-30 minutes before workout for first 2-3 w orkouts, to assess tolerance.

AFTER TOLERANCE:

1-2 Scoops

After tolerance is assessed, take 1-2 Scoops mixed with 6-8oz of water. 20-30 minutes before workout.

As per label 1 container will last 15-30 days

Flash Bang™ Stacks Well With:

Androxybol – Best combination for massive increases in size. To get super big, super fast, this is the best stack!

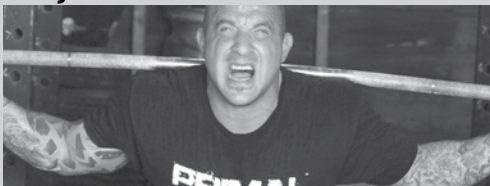
Mesobolin – To get strong as an ox, this is the best combination. Taking *Mesobolin* with *Primo 33* would be like taking Deca and Primobolan!

Tridenosen^h – Great combination for endurance and strength!

Lipotase – The ultimate for cutting fat while keeping (and even building) muscle mass!

Primo 33 – Build Lean Mass Muscle, and burn Body Fat at the Same Time.

“The Flash Bang™ is insane, I love it. Great taste and for once a pre-workout that is actually effective and does what it says.”



Daniel ‘SquatMonster’ C.

- Decatur, IL -

RATING

[5 BEST - 1 WORST]

Muscle Mass	★	★	★	★	
Fat Loss/Definition	★	★			
Strength	★	★	★	★	
Endurance	★	★	★	★	
Recuperation	★	★	★	★	★
Speed	★	★	★	★	★

Supplement Facts

Serving Size: 19.543 gm
Servings Per Container: 25

	Amount Per Serving	% Daily Value
Vitamin B6 (as Pyridoxine HCl)	25 mg	1250%
Vitamin B12 (as Cyanocobalamin)	140 mcg	2330%
Calcium (as Dicalcium Phosphate)	150 mg	15%
Phosphorus (as Dicalcium Phosphate)	118 mg	10%
Potassium (as Potassium Citrate)	60 mg	2%
Sodium (as Sodium Citrate)	75 mg	4%
Performagenix™	19,114.86 mg	†
5-Stage Ergogenic & Recovery Complex: (Creatine Monohydrate, Beta Alanine, L-Glutamine, Taurine, Citrulline Malate, L-Pyroglutamic Acid, Tyrosine, Glycine, Creatine MagnaPower, Suma Root Extract 25:1, L-Arginine Alpha Keto Glutarate 2:1, Papain, Suma Root Powder, Creatine Ethyl Ester, Di-Creatine Malate, Arginine Ethyl Ester, Arginine Orotate, Di-Arginine Malate, Caffeine)		

*Daily Value Not Established

Other Ingredients: Maltodextrin, Natural and Artificial Flavor, Sucralose, Potassium Acesulfame, Citric Acid, Red #40.

Directions: For the first 2-3 days of usage take 1 scoop mixed in 6-8oz of water 20-30 minutes prior to training in order to assess your tolerance. After tolerance is assessed then take 1-2 scoop mixed in 6-8oz of water 20-30 minutes prior to training.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

No Prescription Needed

Warning: NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18. Do not exceed recommended dosage during a 24 hour period. Consult a physician prior to use if you have any medical condition or taking any medication. Do not use during pregnancy. Please ensure maximum longevity by storing in a cool, dry, dark place with no direct sunlight. Taking more than the recommended dosage can cause nausea. Use only as directed.

KEEP OUT OF REACH OF CHILDREN

Notice: The ingredients and/or effects of this product may not currently have conclusive clinical studies from medical and/or regulatory authorities. For more information about this product's intended purposes and/or uses, please contact our offices in writing.

PROTEIN

MET-PRO™

Cutting-Edge Whey Protein Isolate Formula With Coconut Milk. Highly Anabolic Formulation Designed To Maximize Muscle-Building, Fat-Loss, And Athletic Performance.

- **Highly Anabolic – Supports Maximum Nitrogen Retention For Outrageous Muscle Growth**
- **Loaded With Medium-Chain-Triglycerides (Mct's) For Accelerated Fat Loss**
- **No B.S. Formula – Maximum Strength, No Fillers – Soy Free, Gluten Free**
- **Tastes Great Without Any Sugar Or Artificial Sweeteners**

"At age 73 I am still able to compete in bodybuilding shows at the national level. I work out in a four-day split routine, Monday/Tuesday, Thursday/Friday, approximately 45 minute sessions each. After trying several supplements with no success I am convinced that the supplements from PrimalMuscle.com, which I have taken for about two years, brought the results that have helped me place time and time again."

Jim E.
– Akron, OH –

"I just recently started to Compete in the 'Physique' Division. I stacked Lipotase™, Tridenosen™ & Mesobolin™. I put on 12 lbs in 6 Weeks and stayed ripped, as I have been doing shows every other weekend. Also your Met-pro™ kicks ass... I look forward to seeing how I progress on my next Stack!"

Critelli Scatolini
– San Diego, CA –

BEST FOR:

All fitness goals – muscle-building, fat-loss, performance enhancement.

CAN ALSO BE USED FOR:

Meal replacement – mix with milk for added calories

MECHANISM OF ACTION:

Whey protein isolate is the most pure, most anabolic form of whey protein. The combination of whey isolate and coconut milk, without any additional "filler" ingredients, creates a synergistic action that greatly accelerates muscle building and fat loss.

PM™
PRIMAL MUSCLE



DOSAGE

30 Servings

VARIANTS

1-2 Scoops

Take 1-2 scoops upon rising, between meals, before and after workouts, and before bed... or use as a meal replacement by mixing with milk.

As per label 1 container will last 14-20 days.

Met-Pro™ Stacks Well With:

Androxybol – Best combination for massive increases in size. To get super big, super fast, this is the best stack!

Mesobolin – To get strong as an ox, this is the best combination. Taking *Mesobolin* with *Primo 33* would be like taking Deca and Primobolan!

Tridenosen[®] – Great combination for endurance and strength!

Lipotase – The ultimate for cutting fat while keeping (and even building) muscle mass!

"I just wanted to drop you a line and say how happy I am with PrimalMuscle.com products. I am 47 yrs old 205 lbs. and still playing semi-pro Football with young men that are my kids age. I plan on playing till I am 50. With help from your company I think I can still make an impact at 50."



Gil M.

- Rock Springs, WY -

RATING

[5 BEST - 1 WORST]

Muscle Mass	★ ★ ★ ★ ★
Fat Loss/Definition	★ ★ ★ ★ ★
Strength	★ ★ ★ ★ ★
Endurance	★ ★ ★ ★ ★
Recuperation	★ ★ ★ ★ ★
Speed	★ ★ ★ ★ ★

Supplement Facts

Serving Size: 29g

Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calories	120	
Calories From Fat	17.6	
Total Fat	1.96g	3%
Saturated Fat	0.60g	
Trans Fat	0g	
Cholesterol	0.5mg	0%
Sodium	45.00mg	2%
Total Carbohydrate	1.42mg	0%
Sugars	0.58g	
Protein	22.6g	45%
Vitamin A	0.00 IU	0.0%
Vitamin C	0	0%
Calcium	132.5 mg	13%
Iron	0.196 mg	2%

Not a Significant Source of Dietary Fiber

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

*Daily Value Not Established

Other Ingredients: Ingredients: Whey Protein Isolate, Coconut Milk Powder, Natural Vanilla Flavor, Xanthan Gum, Stevia.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

No Prescription Needed

Warning: NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18. Do not exceed recommended dosage during a 24 hour period. Consult a physician prior to use if you have any medical condition or taking any medication. Do not use during pregnancy. Please ensure maximum longevity by storing in a cool, dry, dark place with no direct sunlight. Taking more than the recommended dosage can cause nausea. Use only as directed.

KEEP OUT OF REACH OF CHILDREN

Notice: The ingredients and/or effects of this product may not currently have conclusive clinical studies from medical and/or regulatory authorities. For more information about this product's intended purposes and/or uses, please contact our offices in writing.

FAT BURNER LIPOTASE™

Extreme Hardening And Fat Loss Agent – Get Ripped And Shredded Faster Than Ever.

- Extreme Hardening Agent!
- Shutdown Estrogen & Get Ripped To The Bone!
- Oxidizes Fat To Reveal Your 6-Pack and Striations!
- Boosts Testosterone For Solid Mass & Cuts!

"Lipotase™ was amazing... before I started taking it I was 215 lbs and 21% bodyfat. I am now at 185 lbs and 10% bodyfat. I did my workouts, dieted and took Lipotase™"



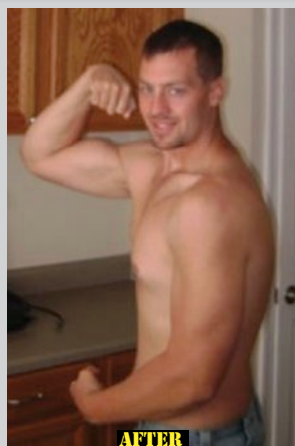
Christian F.

- Lexington Park, MD -

"I can't give all the credit to Lipotase™ and Nitrox-ATP™ because it takes more motivation and dedication than just taking some pills to get in shape... but I started eating better and working out almost every evening to start my change! But I have to say with taking Lipotase™ and Nitrox-ATP™ together, it helped me reach my goals easier, faster, and now helps with keeping the weight off! And nothing builds better confidence than being 44 pounds less!!!!"

Ronnie S.

- Kannapolis, NC -

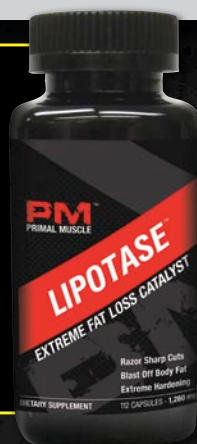


BEST FOR:
Cutting (Fat Loss)

CAN ALSO BE USED FOR:
Hardening – Tightening up your physique

MECHANISM OF ACTION:
Contains powerful fat loss and anti-estrogen compounds for getting ultra-cut in record time

PM™
PRIMAL MUSCLE



DOSAGE

Each bottle contains 112 Capsules

NORMAL (MONTH):

Everyday

For best results, take 2 pills twice a day with food. Do not take less than 4 hours prior to bedtime.

As per label 1 bottle will last 15-30 days

Lipotase™ Stacks Well With:

Mesobolin – for massive gains in size and strength. *Mesobolin* is a natural and more anabolic version of the popular steroid Dianabol. Stacking *Lipotase* and *Mesobolin* would be like stacking Clenbuterol and Dianabol without any of the same side-effects or legal issues. We have had a lot of people use this stack over the years and they have achieved some really great muscular gains.

Androxybol – for outrageous power, strength and muscle growth. *Androxybol* builds muscle through increased endurance, blood volume & oxygen uptake. Plus it features a testosterone matrix for faster muscle growth, strength & power. Stacking *Lipotase* and *Androxybol* is a very potent combo that produces crushing size and strength as well as ultra-lean cuts.

Tridenosen^H – For elite muscle hardness, shredding and lean gains. Due to *Lipotase*'s dramatic hardening and shredding effects, stacking it with *Tridenosen^H* amplifies the already powerful ability of *Lipotase* to produce dry, lean muscle gains. This stack will allow you to put on lean muscle mass while cutting at the same time.

“About 8 years ago I was 420 pounds. I started to workout and change my diet. I then went from being 420 lbs to 320 lbs. I started taking Primo 33™ and Lipotase™ which helped me a lot. Thanks to your products I won my first national show.”

*Johnny N.
- Stoneville, NC -*

RATING

[5 BEST - 1 WORST]

Muscle Mass	★	★	★		
Fat Loss/Definition	★	★	★	★	★
Strength	★	★	★		
Endurance	★	★	★		
Recuperation	★	★	★	★	
Speed	★	★	★		

Supplement Facts

Serving Size: 2 Capsules
Serves Per Container: 56

	Amount Per Serving	% Daily Value
Lipotase™		
Proprietary Complex:	1,280 mg	*
Tetradecylthioacetic Acid		
Trinifolium Subterraneum		
Ellagic Acid		
Oleoylethanolamide (90% Oleoylethanolamide)		
Punica Granatum Flower Extract		
Clary Sage Extract		

*Daily Value Not Established

Other Ingredients: Gelatin, Magnesium Stearate.

Directions: For best results, take 2 capsules twice a day with food. Do not take less than 4 hours prior to bedtime.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

No Prescription Needed

Warning: NOT FOR USE BY INDIVIDUALS UNDER THE AGE OF 18. Do not exceed recommended dosage during a 24 hour period. Consult a physician prior to use if you have any medical condition or taking any medication. Do not use during pregnancy. Please ensure maximum longevity by storing in a cool, dry, dark place with no direct sunlight. Taking more than the recommended dosage can cause nausea. Use only as directed.

KEEP OUT OF REACH OF CHILDREN

Notice: The ingredients and/or effects of this product may not currently have conclusive clinical studies from medical and/or regulatory authorities. For more information about this product's intended purposes and/or uses, please contact our offices in writing.

PRIMALTM

MUSCLE



For Access To Our Full, Exclusive Line of Powerful Muscle Builders, Fat Burners and Performance Enhancers...

CHECK OUT

www.PrimalMuscle.com