

Case Study – Twice A Day Training Nutrition & Supplementation

Let's take a practical look at training twice a day based on this week's video. For the sake of comparison, we will have two subjects. Trainee A is a 91 kg (200 lbs) male with 9% bodyfat. Trainee B is also 91 kg, but 20% body fat. Let's see how this will affect their diet and supplementation

Nutrition & Supplementation

| Time | Trainee A 91 kg (200 lbs) 9 % BF | Trainee B 91 kg (200 lbs) 20 % BF |
|--------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| 5h30 – Wake up | - 6 caps IGF ² | - 4 caps Brain Restore |
| 6h00 - Meal 1 Pre-Workout Nutrition | - 200-250 gr Elk steak - 1 handful cashews - Green Veggies - Cup of coffee | - 200-250 gr Elk steak - 1 handful cashews - Green Veggies - Cup of coffee |
| 7h00 Pre-Workout supplementation | - 2 caps Kik - 6 caps ENOS | - 2 caps Kik - 6 caps Adipolitik |
| 7h30 - AM Workout | - 20 gr BCAA | - 15 gr BCAA - 15 gr EAA |
| 8h15-30 Post-Workout supplementation | - 1 Green Drink - 4 caps SynerMag - 2 cups cherry juice - 3 scoops PentaCarbs - 5 gr Creatine - 40 gr NWz Whey Proteins | - 1 Green Drink - 4 caps SynerMag - 4 scoops (20 gr) GlutaMed* - 5 gr Creatine - 60 gr NWz Whey Proteins |
| 9h30 – Meal 2 Post-Workout Nutrition | - 2 Deer Burger Patties - Green Veggies - 1 tablespoon butter - 1 medium potato | - 2 Deer Burger Patties - Green Salad - 1 tablespoon butter - 1 teaspoon EVOO** |
| 10h00-12h00 | Work day | Work day |
| 12h00-1h00 – Meal 3 | - 200-250 gr lean turkey breast - Green Veggies - 1 tablespoon coconut oil | - 200-250 gr lean turkey breast - Green Veggies - 1 tablespoon coconut oil |

| | | |
|--------------------------------------------|-------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|
| 1h00-5h00 | Work day | Work day |
| 4h15 – Brain Nutrition | - 6 caps IGF ² | - 4 caps Brain Restore |
| 5h00 - Meal 4 Pre-Workout Nutrition | - 100-150 gr salmon tartare - Green Salad - 1 tablespoon EVOO | - 100-150 gr salmon tartare - ½ avocado |
| 6h00 Pre-Workout supplementation | - 2 caps Kik - 6 caps ENOS | - 2 caps Kik - 6 caps Adipolitik |
| 6h30 - PM Workout | - 20 gr BCAA | - 15 gr BCAA - 15 gr EAA |
| 7h15-30 Post-Workout supplementation | - 1 Green Drink - 4 caps SynerMag - 2 cups cherry juice - 3 scoops PentaCarbs - 20 gr EAA | - 1 Green Drink - 4 caps SynerMag - 1-3 scoops GlutaMed* - 30 gr EAA |
| 8h30 – Meal 2 Post-Workout Nutrition | - 200-250 scallops - Green Veggies - 1 tablespoon olive oil - 1 cup of rice | - 200-250 scallops - Green Veggies - 1 tablespoon hazelnut oil |

*Depending on bowel tolerance

**EVOO = Extra-Virgin Olive Oil

Adjusting For The Female Client

Those calculations need to be adjusted for a female client, of course. Typically, you will need 2/3 of the dosage given above to have a similar effect in your female clients. So a 200 lbs woman wanting to lose fat will have 25 gr of whey, for example.

Notes

It is important, although often disregarded, to have a SPECIFIC approach to supplementation. This is why I've given you two examples, one for a lean individual and one for a fat individual. This is also the reason I've done a different type of post-workout supplementation in the PM. Not only will you have faster results, but you will avoid over-exposing your gut to the same food (whey) too often as this can lead to food intolerance. EAA do not have this problem, but depending on the price sensitivity of the client, it is best to buy 2 x 1 lbs protein powder supplement of a different sort then 1 x 2 lbs of whey. So you can have goat's whey, beef protein, vegetarian protein (once in a while) and rotate with whey. The number of bodybuilders who

have gut issues because they live and breathe whey, all day, every day, is abysmal and actually of the hidden cause that can stall mass gain and fat loss. Be mindful of this with your clients.

Sample Workout for Twice A Day Training – Biceps

When training twice a day, your workout duration should not exceed 45 minutes in the AM and 30 minutes in the PM. If you can't do it in 45 minutes, you simply can't get it done.

This is of course based on a 5-day split, but the same can be said for a 7-day split. Let's look at a classic workout scheme for the biceps. The AM workout will focus on the long head of the biceps while the PM workout will be centered on the short head.

AM Workout

A1 – Myometric Dumbbell Curl, Seated on Incline Bench
3 x 6-10; tempo 4010; rest 10 seconds

A2 – Incline Dumbbell Hammer Curl
3 x 6-10; Tempo 4010; rest 10 seconds

A3 – Close-Grip EZ Bar Standing Curl
3 x 6-10; Tempo 4010; rest 2 minutes

PM Workout

A1 – Standing Barbell Curl With Straps
3 x 8-12; tempo 4010; rest 10 seconds

A2 – Seated Scott Curl Wide Supinated Grip
3 x 8-12; Tempo 4010; rest 2 minutes

The trick to successful twice a day training is to tap a different pool of motor unit for the same muscle group(s). This will provide a quality stimulus that will help you gain mass and shed fat much more rapidly