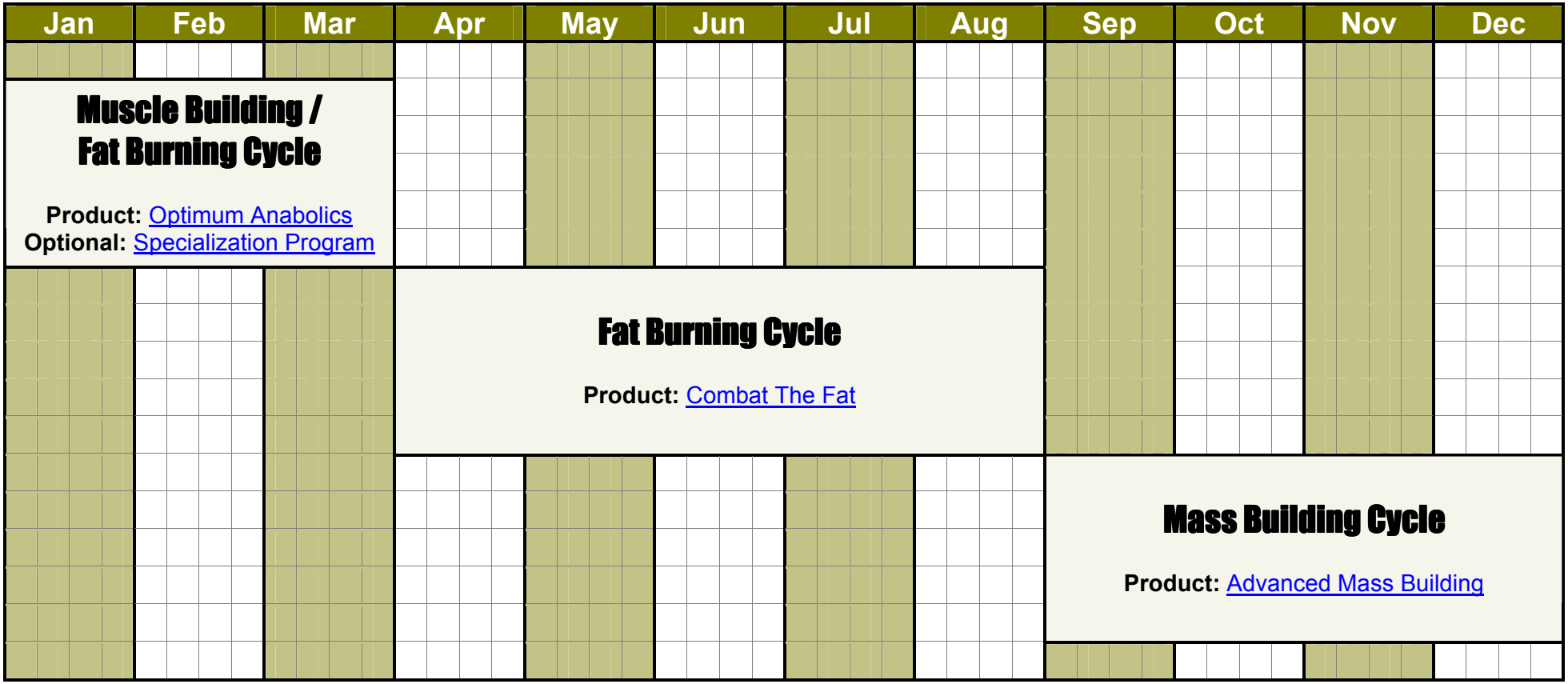
Perfecting Your Training Cycles For Maximum Results

The following is a sample of a powerful **year-round training cycle** using products I've specifically designed for each phase.

Jan – Mar: I slow down on mass building and start to burn more fat while continuing to build muscle. **Optimum Anabolic's** natural hormone "triggering" is a great choice as it does double duty for building muscle and burning fat. I also sometimes slip in a muscle-specific specialization program (like **Underground Chest Training Secrets**) to bring up lagging body parts.

Apr – Aug: I like to stay "super lean" through the summer and start burning fat early to avoid muscle loss at low body fat levels. My **Combat The Fat** program takes me all the way through summer at 6% body fat and shredded abs! You can still build muscle...but it's NOT your primary focus if you want to get to very low body fat levels.

Sep – Dec: Time for total "mass building" with **Advanced Mass Building Secrets** to start stocking up on some serious muscle again!