



10 MINUTES WORKOUT PLAN



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When America's Destruction Comes



In extreme cases like an attack or a natural disaster, you should be physically prepared, be muscular and fit for any eventuality. You need to be very fit when America's destruction comes. Imagine that you need to be able to run, escape criminals, protect your family and react very fast. How could you do that if you are skinny with not so well developed muscles? How could you save your children from terrorist hands?

Terrorism is a threat to all the nations of the world. The human loss due to these activities cannot be condemned with words. The ruthlessness of the terror traders has an impact on each and every segment of life. The extent of these activities is extending by the day, and the silent Europe too is feeling the cramps.



Also, with the various types of natural disasters that have taken place in recent years, many people have started to realize that they may not be prepared for such events to take place. While no one wants to think it can happen to them, we have all seen the footage of Hurricane Katrina, and it was a reality that this type of natural disaster is something that does happen to real people. Even the fires spreading out of control in California remind us of the types of natural disasters that can take place.



In the following chapters, I will show you some 10-minute workout plans to prepare for the end times that include exercises for the abs, legs, arms, and they also include running/jogging for speed and agility.

The following exercises will be very useful for you if something will go wrong and you have to protect yourself and your beloved relatives.

10 Minute Workout Plan to Prepare for the End Times



The end of the times could mean everything: people eating other people's faces, the government spending money like it is monopoly money, a terrorist attack, a natural disaster, etc. I figured this would be a good time to share a 10-minute workout plan to prepare you for a disaster/emergency of epic proportions.

Does this make you wonder? When the zombie apocalypse happens, who's got strength, the muscle? Who will be totally prepared?

In any of these, you should be more than ready, so I made for you a 10-minute workout plan to prepare for the end times. If you think you can do more than this workout, you are free to try even more exercises. Until then you should start with a minimum amount of exercises useful for abs, legs, and arms. I grouped them on each day of the week so it could be easier for you to put in practice.

Monday

Abs

3/4 SIT-UP

Lie down on the floor and secure your feet. Your legs should be bent at the knees.

Place your hands behind or to the side of your head. You will begin with your back on the ground. It will be your starting position.

Flex your hips and spine to raise your torso toward your knees.

At the top of the contraction, your body should be perpendicular to the ground. Reverse the motion, going only $\frac{3}{4}$ of the way down.

Repeat for 4 minutes.



Legs

Goblet Squat

The goblet squat is key beginner strength and conditioning move. The exercise incorporates the fundamental movements needed to complete the basic squat and will allow you to advance to more difficult lifts or variations. For this move, hold a kettle bell up to your chest and use your hips and back to sink the weight into the heels.

Repeat for 4 minutes.



Arms

Hammer Curl

Hold a dumbbell in each hand with palms facing your sides and arms extended straight down. Keeping your upper arms against your sides, curl both weights at the same time, minimizing momentum used during the curl.

Repeat for 2 minutes.



Tuesday

Abs

Air Bike

Lie flat on the floor with your lower back pressed to the ground. For this exercise, you will need to put your hands beside your head. Be careful however to not strain the neck as you perform it. Now lift your shoulders into the crunch position.

Bring knees up to where they are perpendicular to the floor, with your lower legs parallel to the floor. It will be your starting position.

Now simultaneously, slowly go through a cycle pedal motion kicking forward with the right leg and bringing in the knee of the left leg. Bring your right elbow close to your left knee by crunching to the side, as you breathe out.

Go back to the initial position as you breathe in.

Crunch to the opposite side as you cycle your legs. Bring your left elbow to your right knee. After, you should exhale.

Continue alternating in this manner for 4 minutes for each side have been completed.

Note While you cannot add resistance to this exercise you can concentrate on perfect execution and slow speed.



Legs

Split Squat with Dumbbells Guide

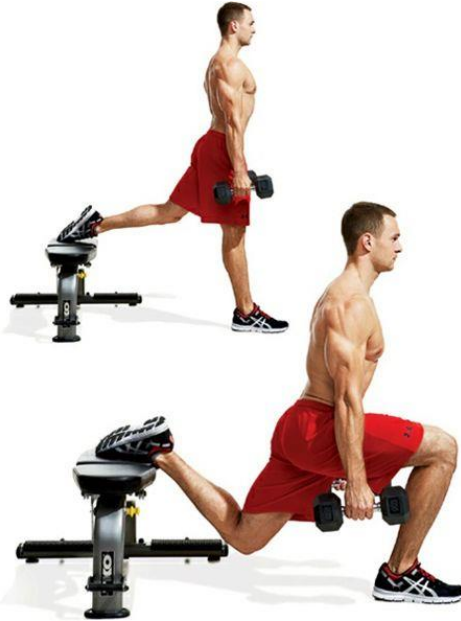
Position yourself in a staggered stance with the rear foot elevated and front foot forward.

Hold a dumbbell in each hand, letting them hang at the sides. It will be your starting position.

Begin by descending, flexing your knee and hip to lower your body down. Maintain good posture throughout the movement. Keep the front knee in line with the foot as you perform the exercise.

At the bottom of the movement, drive through the heel to extend the knee and hip to return to the starting position.

Repeat for 4 minutes.



Arms

Dip

Use dip bars if available, or place your palms on a bench, chair or floor and extend legs in front of you. Lower your body until your upper arms is parallel to the floor, but no lower. Extend your elbows to come up.

Repeat for 2 minutes.



Wednesday

Abs

Alternate Heel Touches

Lie on the floor with the knees bent and the feet on the floor around 1.5-2 feet apart. Your arms should be extended by your side. It will be your starting position.

Crunch over your torso forward and up about 3-4 inches to the right side and touch your right heel as you hold the contraction for a second. Exhale while performing this movement.

Now go back slowly to the starting position as you inhale.

Now crunch over your torso forward and up around 3-4 inches to the left side and touch your left heel as you hold the contraction for a second. Exhale while performing this movement and then go back to the starting position as you inhale. You may count one repetition after touching both heels.

Continue alternating sides for 4 minutes.



Legs

Deadlift

When performing a deadlift, stick with a standard double-overhand grip. If you use a mixed grip, you can cause muscle imbalances and throw off your flexibility since muscles on one side of your body will be differently engaged and more involved in the lift. Next, look at your stance. The wider you hold the bar, the farther you're going to have to haul it. Keep your feet at hip-width and place your hands right outside your shins instead. Deadlifts are great leg-builders because they stimulate your hamstrings, gluteus, and of course, your core and traps.

Repeat for 4 minutes.



Arms

Close-Grip Curl

Curl with your hands inside shoulder width, in the middle of the bar.

Repeat for 2 minutes.



Thursday

Abs

Bent-Knee Hip Raise

Lay flat on the floor with your arms next to your sides.

Now bend your knees at around a 75-degree angle and lift your feet off the floor by around 2 inches.

Using your lower abs, bring your knees in towards you as you maintain the 75-degree angle bend in your legs. Continue this movement until you raise your hips off of the floor by rolling your pelvis backward. Breathe out as you perform this portion of the motion. Tip: At the end of the movement your knees will be over your chest.

Squeeze your abs at the top of the movement for a second and then return to the starting position slowly as you breathe in. Tip: Maintain a controlled motion at all times.

Repeat for 4 minutes.

Variations: You can straighten your legs to make it harder or wear ankle weights.



Legs

Pistol Squat

Leg strength is crucial for the pistol squat as it requires balancing in a crouch position on one leg. To retain balance, keep your arms and free leg stretched out in front of you. For starters, I suggest using a bench to assist you, and then as you progress in this variation, tack on weight and perform it on a flat surface.

Repeat for 4 minutes.



Arms

Suspension Trainer Triceps Extension

Lengthen the straps and stand underneath the suspension trainer's anchor point. Lean your weight forward and bend your elbows so you feel a stretch in your triceps. Your palms should face each other behind your head. Keeping your body straight and abs braced, extend elbows while rotating palms, so they face down while extended.

Repeat for 2 minutes.



Friday

Abs

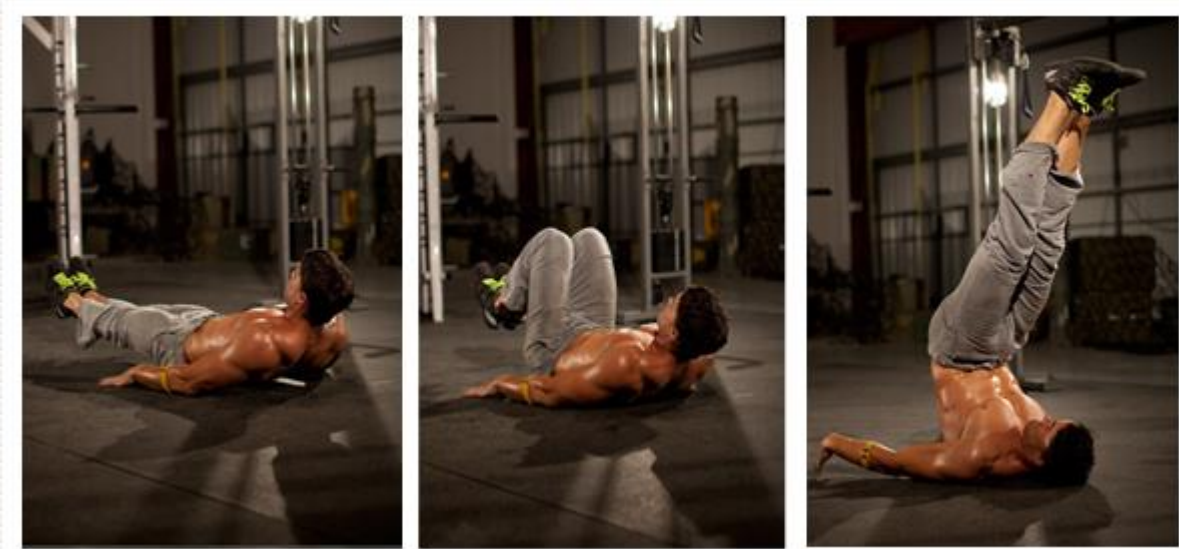
Bottoms Up

Begin by lying on your back on the ground. Your legs should be straight and your arms at your side. It will be your starting position.

To perform the movement, tuck the knees toward your chest by flexing the hips and knees. Following this, extend your legs directly above you so that they are perpendicular to the ground. Rotate and elevate your pelvis to raise your gluteus from the floor.

After a brief pause, return to the starting position.

Repeat for 4 minutes.



Legs

Overhead Squat

The overhead squat is a tricky, difficult variation to perform because if not done correctly; you could seriously injure yourself. But, it's worth mastering. This move is crucial for weightlifters as it helps build strength to complete the snatch and clean and jerk.

When having the weight overhead, your shoulder blades should be squeezed together with arms locked in place. Your hands should be aimed towards the ceiling—not driving the weight back. You also want your head to be poking through your arms to keep the weight in line with your shoulders, hips, and heels.

Repeat for 4 minutes.



Arms

Diamond Pushup

Get into pushup position but place your hands close together so your thumbs and index fingers touch. Keeping your body in a straight line with abs braced, lower your torso until your chest is just above the floor and then press back up.

Repeat for 2 minutes.



Saturday

Abs

Butt-Ups

Begin a pushup position but with your elbows on the ground and resting on your forearms. Your arms should be bent at a 90-degree angle.

Arch your back slightly rather than keeping it completely straight.

Raise your gluteus toward the ceiling, squeezing your abs tightly to close the distance between your ribcage and hips. The result will be that you'll end up in a high bridge position. Exhale as you perform this portion of the movement.

Lower your back down slowly to your starting position as you breathe in. Tip: Don't let your back sag downwards.

Repeat for 4 minutes.



Legs

Leg Press

Load up the plate stack, and keep the weight heavy and challenging. Pay special attention; you don't want the pressure to be too difficult where you round your lower back since this can cause severe damage (i.e. a herniated disk). Keep these explosive and continuous. Pump through the reps and keep a limited range of motion—your legs should stay at 90-degree angles. Remember, the closer your knees come to your chest, the more you up your odds for injury.

Repeat for 4 minutes.



Arms

Neutral-Grip Triceps Extension

Lie back on a bench or the floor holding a dumbbell in each hand with palms facing each other. Press the weights over your chest and then bend your elbows to lower the weights toward your face until you feel a stretch in your triceps. Extend your elbows. Keep your elbows facing the ceiling the entire set.

Repeat for 2 minutes.



Sunday

Abs

Cocoons

Begin by lying on your back on the ground. Your legs should be straight and your arms extended behind your head. It will be your starting position.

To perform the movement, tuck the knees toward your chest, rotating your pelvis to lift your gluteus from the floor. As you do so, flex the spine, bringing your arms back over your head to perform a simultaneous crunch motion.

After a brief pause, return to the starting position.

Repeat for 4 minutes.



Legs

The Basic Box Jump

To challenge you, I suggest increase up the height and repetitions, while maintaining your speed and explosive power through each jump. Nearly all variations build off the basic box jump: From a stand-still position on the ground, squat down, and explode up onto a box. From here, you can play around a bit. Start standing on top of a box that's about two to three feet high, then drop down to the ground in front of it and explode back up to a taller box that's directly in front of it. You can set up a series and work on increasing speed and height, or you can focus on improving power by performing box squats to box jumps (from a seated position on a box, explode off the ground and onto a higher box).

Note: To reduce the risk of injury, step down off the box one foot at a time, and when jumping up, really focus on landing softly.

Repeat for 4 minutes.



Arms

Pound stone curl

Grasp the barbell at shoulder width. Keep your upper arms at your sides, curl the bar.

Repeat for 2 minutes.



Well, there you have it. Follow the above religiously, and while results will vary from person to person, you will experience improvement.

It will take dedication on your part, but imagine the feeling you'll get when you look in the mirror and like what you see.

In the case of any tragedy, you'll be able to better protect your family or face any other dangerous situation.

The muscles are not enough if you want to keep yourself and other safe. You should be able to run from dangerous situations or from people that can hurt you. For this kind of situations, you should train to have resistance, speed, and agility. How to perform jogging and more information about the subject will be presented in the following chapter.



Jogging For Speed and Agility



What is the best workout to increase speed and agility? The correct answer is jogging.

By jogging, your body gets used to the effort. After that, you can easily increase your speed.

Performing regular running/ jogging gives better physical condition and other health benefits. Jogging also gives physical and mental pleasure.

First, let me tell you the health benefits of jogging.

Jogging on a regular basis gives a real distinct effect upon the general health, provided it is not over-done. The effects are:

- Jogging makes the heart stronger.
- It speeds up the digestive system and helps you get rid of digestive trouble.
- It counters depression.
- It increases the capacity to work and lead an active life.
- Jogging makes you burn fat and thereby helps eliminate excess fat.
- If you suffer from poor appetite, jogging will improve your appetite.

- Jogging will strengthen the muscles of your legs, hips, and back. However, you will not get huge muscles from jogging.
- Jogging makes you sleep better.

Clothes and Shoes



The type of clothes you wear must be suited to the weather conditions. In warm weather, shorts and a t-shirt is enough. However, it may be useful to carry along an extra piece of cloth in a light backpack if you run out on a long route, in case, the weather worsens. In colder weather you must add more layers of clothes. In either case, the requirements for clothes are:

You should use light and soft clothes without any sharp sutures, hard edges or massive folds. They should sit fairly close to your body, but not so close that you feel squeezed, trapped, or so that your movements are hindered.

The clothes should give enough ventilation for moisture and sweat and perspiration through the fabric. The material should ideally hold water out completely, but this requirement is difficult to achieve together with the necessity for proper ventilation.

You should use relatively soft shoes, but with a good shape fitting the anatomical shape of your feet. The soles should easily bend during the regular movements of your feet, but

support well against the ground. The underside of the sole should give friction against any grounds so that you do not slide during jogging. The soles should buffer well against each impact from the ground.

Jogging Routes and Sessions



Jogging may be performed in a lot of ways:

- Long distance jogging 6-20 km in a moderate speed on even roads or paths.
- Short distance jogging 3-6 km at high speed.
- Jogging in a hilly terrain 4-8 km.
- Jogging upwards in a steep terrain 3-4 km, at a speed adjusted to the steepness

It is advisable to vary the type of jogging from day to day. You can vary your training in this way and it becomes more entertaining

How to Perform a Jogging Session



You should move slowly with little efforts the first few hundred meters to warm up your muscles. Then you gradually increase your muscular work and speed. When you have done half the route, you can take a rapid spurt using most of your capacity. If the course is long enough, you can take two or three spurts using nearly full capacity. The last hundred meters you gradually slow down again.

Stretching Your Body Before and After Each Session



It is advisable to stretch out both before and after each jogging session, and not only the muscles in your feet but your whole body 2 minutes before and 3-4 minutes after the session.

When stretching out do the following movements:

- Bend forward and touch your toes.
- Kneel down on one of your feet, and pull the other out backward.
- Bend your body to both sides.
- Stretch out an arm, grab something, and turn your body round so that your arm is bent backward.
- Shoot your abdomen forward, so that your spinal column is stretched into a bow.
- Place your hands behind your neck and stretch your arms backward. Then twist your body to left and right, also, bend to each side.



After the jogging, it is sometimes best to wait for some minutes before you stretch out so that the worst tiredness has gone away first.

When and How Often

If jogging is the only sports activity done, a jogging session every second day is ideal. It is enough to give all the health benefits and increase your condition and endurance gradually, but without wearing yourself out. If you combine jogging with other types of sports activities, two times a week may be enough.

You should not be too hungry before jogging, but it is not advisable to take a jogging session straight after a big meal. The time of the day does not matter, but your jogging should be the first thing you do in the morning on an empty stomach.

How to Begin

If you are not accustomed to physical activity before you start jogging, it is advisable to consult a doctor before you start. You may have health issues that are not compatible with jogging activities, or that you must consider when doing your jogging.

The first times, you should only jog on plain ground and only for 10 minutes. Then you can increase the time, distance and speed, and choose steeper and more difficult paths.

How can jogging help you whenever there's a crisis?

Think about it! After you do a lot of jogging, you automatically gain resistance, and you can increase your speed. In case, you have to run from something, someone, someplace you have the ability to do that because you are trained to survive.



For what do you need the speed?

Being fast will definitely help in case you are struck, attacked, you have to escape from a terrorist or from a massive disaster.

Also, if you want to have good results visible on your body, you should be aware of what you eat. In the following chapter, I will present you foods that are good to eat and have the effect to facilitate putting on muscles.



Foods to Facilitate Putting On Muscles



Wondering how to gain muscle? There are many fads, gimmicks and “quick fixes” to be found, but there is only one healthy way to increase muscle mass. You don’t need to be gifted with great genetics or use potentially dangerous hormones or steroids.

The “how to gain muscle” question has a relatively simple two-step process:

1. Increase your caloric intake, and
2. Workout.

This combination will provide the desired results.

Don’t be embarrassed to look in the mirror! You CAN have the body that you strive to achieve. When you first begin thinking about how to gain muscle, the first instinct may be “But I don’t want to gain fat”. Losing fat and gaining muscle mass are two different objectives, and are tackled in two different ways. At this point, you have to realize that dieting and exercising to lose weight is different than dieting and exercising to gain muscle.

In gaining muscle mass, the caloric intake must be increased. You have to take in more calories than your body is used to. Take in more proteins and your body has no choice but to gain weight. While nutritional supplements may be utilized, this should NOT be used as a substitute for a healthy diet. The increased caloric intake are then consumed by working out with weights to achieve the increased muscle mass you desire. This workout will stimulate

growth by “overloading” the muscles. The combination of caloric intake (which help rebuild and repair muscle tissue) along with the increased workout will be helpful to gain muscular mass.

If you are among the millions who regularly try to gain weight and build muscle mass, remember that a firm commitment, the proper diet, and a good weight-training regimen are the best ways to succeed in reaching your goal. A muscle mass building diet includes plenty of protein and enough carbohydrates to promote weight gain.



A good place to start is to multiply your current weight by 18. This number will give you a rough idea of how many calories your body needs in a day to bulk up. If you are extremely active, play sports, or have a faster than average metabolism, you may need to increase your caloric intake even more. A muscle building diet requires a lot of effort on your part. It’s not easy to consume enough calories in three meals per day. A helpful suggestion would be to eat several small meals each day rather than three large ones.

Protein is a critical element in any mass building diet. Ideally, you should eat one gram of protein per pound of body weight. While this seems like a lot of protein, spread over several small meals each day it will be a lot easier to meet this goal. Fish, poultry, eggs, and lean red meat are excellent sources of protein. Lots of fresh vegetables and simple carbohydrates

combined with plenty of protein should allow you to meet your calorie quota each day. The best muscle building diet is a combination of consuming adequate calories and the proper types of foods.

To get you started, here is a list of the top ten foods to help you gain more muscle mass and strength:

Lean Beef

It is loaded with all sorts of things useful to muscle growth. On average, a three-ounce serving of lean beef is only 154 calories, yet it provides ten essential nutrients, including iron, zinc and B-vitamins.



It provides your body with high-quality protein (not all proteins are equal), and a high level of amino acids that works with insulin to promote muscle growth.

Nutrient-rich lean beef is a complete recipe for better health, with essential vitamins and minerals and great taste.

Skinless Chicken

Like beef, it is an excellent source of high-quality protein, which is necessary for muscle maintenance and repair, bone health, and weight maintenance.



Chicken thighs are an excellent alternative to chicken breasts; the dark meat has a smoother texture and taste that comes from the added fat which in addition to giving extra flavor, gives you extra calories for your muscle building efforts.

Cottage Cheese

Cottage cheese constitutes relatively pure casein protein. It is a slow-digesting protein, and it is perfect for muscle maintenance. Cottage cheese is also an excellent source of vitamin B12, calcium, and other essential nutrients. I recommend you to consume the nonfat/low-fat versions.



Eggs

Eggs contain high-quality protein, nine essential amino acids, choline, the right kind of fat, and vitamin D.

As numerous studies have already shown, eggs are not harmful to your health.



Tuna and Other Fish

Fish is high in protein, low in fat, and rich in omega-3 fatty acids. They are an essential key because they improve fat loss and ensure the proper function of your body processes, such as your metabolism. You can use omega-3 fatty acids even for health reasons.



Oatmeal

Oatmeal has a low glycemic index (GI) value, and it is minimally processed. These make it an ideal source of carbs.



- A low GI diet has the following benefits:
- Better micronutrient profile and more fiber
- Increased satiety
- Decreased hunger
- Lower subsequent energy intake (second meal effect)
- Fat loss

It is a constant source of carbs for muscle preservation.

Whole Grains

Whole grains digest more efficiently and provide more nutrients than refined grains. They promote sustained energy levels and overall health.

For instance, brown rice can help boost your growth hormone levels, which are critical for encouraging lean muscle growth, fat loss, and strength gains.



Fruits and Vegetables

Firstly, fruits and vegetables are full of antioxidants, which are essential for the healthy functioning of your immune system.

Secondly, they provide nutrients such as vitamin C, vitamin E, and beta-carotene.

Finally, your body requires the fiber these fruits and vegetables provide, which help to flush out the substances your body does not need.

Healthy Fats

Good fats are essential for muscle growth. They play a significant role in production of hormones (testosterone and growth hormones) that are responsible for muscle growth and strength gains. Your metabolic rate is elevated as well, which helps you shed more fats.



Polyunsaturated and monounsaturated fats are the good fats. You can find them in salmon, other fishes, nuts, and leafy veggies, oils such as flaxseed, avocados, and seeds. They are also all rich in omega-3 and omega-6 fatty acids.

Whey Protein

Protein supplements are popular in the bodybuilding world because they provide a fast and convenient source of protein at an affordable price.



Bodybuilders use them when they wake up, right after their workout, and mixed with some of their meals.

You can just use it right after your workouts. It can be very effective for muscle mass gains.

Do not rely on it entirely, though. It's more important to get high-quality protein from whole foods and use whey protein as a boost.

If you want to find out more about natural supplements, it will be an entire chapter about that.

Perfect recipes

We just went through the main foods that help you gain muscle. Now, I will show you 7 Foods You Should Eat Every Day if you want to maintain your body fit. You don't have to eat every week the same meal. You can combine them to your liking. Below are a few recipes and if you like how they sound you are free to try them. All I know is that they are healthy and they help you achieve your goal.

Lean Beef Spinach Meatball Pasta

Ingredients:

For Meatballs:

- 6 oz. lean ground beef
- 1/2 cup shredded raw spinach
- 1/4 cup diced red onion
- 1 tbsp. minced garlic
- 1/2 tbsp. cumin
- Sea salt and pepper, to taste



For Pasta:

- 2 oz. wheat spinach pasta
- 1/8 cup marinara (natural and low sodium)
- 1 1/2 cup raw spinach
- 5 cherry tomatoes
- 1 tbsp. low fat parmesan cheese

Directions:

- Set oven to 405 degrees F.
- For added flavor, sauté the red onions in a skillet using spray olive or coconut oil.
- Mix ground beef, chopped raw spinach, red onion, garlic, and spices. Mix thoroughly using your hands until the spinach is completely mixed into the meat.

- Form two or three meatballs of roughly the same size using your hands. For accuracy, you can use a food scale to weigh and measure each portion.
- Place meatballs on a baking sheet and bake in the oven for 10-12 minutes.
- Cook pasta and stir in tomatoes, spinach, and cheese as desired.
- Mix in cooked meatballs and enjoy!

Spinach-Tomato-Feta Cheese Stuffed Chicken Breast with Brown Rice

Ingredients:

- 6 oz. chicken breast
- 1/2 cup raw spinach
- 1 Roma tomato
- 2 tbsp. feta cheese
- 1/2 cup brown rice



Directions:

- Set oven to 375 degrees F.
- Slice the chicken breast down the middle to make it look like a butterfly; be careful not to slice all the way through the chicken breast.
- Season the chicken breast with your choice of seasonings.
- Open the chicken breast and, on one side, layer spinach, tomato slices, and feta cheese.
- Fold the chicken breast like a sandwich and use toothpicks to hold the chicken breast closed.
- Bake for 18-20 minutes or until the chicken breast is completely cooked.
- Cook brown rice and add garlic and diced onion for extra flavor.
- Plate chicken and brown rice.

Mustard Baked Salmon with Grilled Asparagus

Ingredients:

- 5 oz. wild salmon (measured raw)

For Marinade:

- 1 tbsp. Dijon mustard
- 1/2 tbsp. olive oil
- 1 tsp. minced garlic
- Juice from half of a lemon
- 1 1/2 cup grilled asparagus
- 1/2 tbsp. minced garlic



Directions:

- Set oven to 405 degrees F.
- In a bowl, mix mustard, olive oil, garlic, and lemon juice.
- Pour the marinade over the salmon to completely cover it. For better flavor, place the marinating salmon in the fridge for at least one hour.
- Place the salmon on a baking sheet and top with slices of lemon (if desired). Bake for 10-12 minutes.
- Cut the bottom stems of the asparagus spears.
- Set a nonstick skillet over medium-high heat and lightly spray with coconut or olive oil (if desired).
- Toss the asparagus and garlic in the skillet and sear for about 5 minutes, rolling the asparagus so that all sides are browned.
- Plate asparagus with salmon and eat up!

Banana Split With Ice Cream

For Ice Cream:

- 7 oz. Greek yogurt
- 1/2 scoop protein powder
- 1 tbsp. vanilla extract
- 1/2 caramel peanut protein bar
- 1 medium-large sized banana
- Optional: 3 chopped/diced strawberries



Directions:

- Place the protein bar in the freezer or refrigerator.
- In a bowl, mix Greek yogurt, protein powder, and vanilla extract. Whip until completely smooth.
- Place the bowl in the fridge for 1.5-2 hours or until desired firmness is reached.
- Slice a banana in half vertically and place in a bowl.
- Place the protein bar in blender and pulse until it breaks into chunks.
- Remove the ice cream from the freezer. Using an ice cream scoop, dig out the ice cream and place on top of the cut banana.
- Sprinkle with the broken chunks of the candy bar and, if desired, fresh fruit.

Enjoy!

Banana, Blueberry, and Oatmeal Pancakes

Ingredients:

- 1 scoop protein powder
- 1/2 cup egg whites (or 3 egg whites)
- 1/2 cup oatmeal (uncooked)
- 1/2 medium banana
- 1/2 cup blueberries
- 2 tsp. baking powder



Directions:

- Place raw, uncooked oatmeal in a blender or food processor and blend until it becomes fine flour.
- Add eggs, banana, protein powder, and baking powder and pulse blend until smooth.
- Toss blueberries into the batter and mix using a spatula or spoon.
- Place a skillet over medium-high heat and measure out about 1/8 cup or 2 tbsp. of batter per pancake.
- Cover the pancakes while they cook to help the inside cook faster. Cook them for about 45 seconds to 1 minute on the first side, and then about 30-45 sec on the other side.

Enjoy!

Lean and Green Meal Replacement Smoothie

Ingredients

- 1 scoop Natural Protein
- 1 cup chopped kale
- 1/2 small avocado
- 1/3 banana
- 1/4 cup pineapple
- 3 strawberries (raw or freshly frozen)
- Small bundle of wheatgrass (about 1/4 oz.)
- 1/4 cup water
- Ice for desired thickness



Optional Ingredients:

- 1/4 cup uncooked oatmeal for added heartiness
- 1/2 celery stalk

Directions:

- Add ingredients to a blender and mix until smooth.
- Instead of using ice, you can freeze the fruit to chill the smoothie.

Optional: If you'd like to pack more complex carbs and make the shake thicker and more filling, add 1/4 cup of uncooked oatmeal.

Sautéed Turnips with Pine Nuts

Ingredients:

- 2 bunches turnips halved or quartered, with greens reserved
- 2 tbsp. olive oil
- 1 tbsp. ginger, minced
- 1 tbsp. garlic, minced
- 2 scallions, trimmed and chopped
- 2 tbsp. water
- 1 tbsp. apple cider vinegar
- 1 tbsp. crushed red pepper
- 2 tbsp. pine nuts



Directions:

- Wash, trim, rinse, and dry greens.
- Heat oil over medium heat in a pan.
- Add ginger, garlic, and scallions and sauté for 1-2 minutes.
- Add turnips and sauté for 5 minutes until they caramelize.
- Add the water and greens, and sauté for 1 minute.
- Splash with vinegar, add pepper, place on a plate, and top with pine nuts.

The Best Natural Bodybuilding Gain Mass Muscle Supplements



If you are interested in bodybuilding, it is important that you learn the best supplements to gain the muscle mass that you need. Without these supplements, you will find that your bodybuilding efforts are not only quite slow but also quite painful. Here is a breakdown of what your muscles require:

Protein: Protein is essential to muscle growth. Protein is what will provide the building blocks upon which your muscle is made from, so without it, you just can't build more mass.

Amino Acids: Amino Acids are the building blocks of proteins, and significant to metabolism. They are important and if you are getting enough of the right kinds of proteins, you are getting the right amount of amino acids that you need as well.

Creatine: Creatine helps you have better workouts than usually. It enhances your performance. Creatine is not considered to be illegal in any sport, and most bodybuilding trainers will recommend that you include creatine in your nutrition plan.

Glutamine: Glutamine, also known as L-Glutamine, is essential to bodybuilding. Without Glutamine, you will lose muscle, and it also aids in muscle recovery after a workout. Without

the proper amount of Glutamine, it will be supplied to other parts of the body, instead of to the muscles where you need them, like a bodybuilder.

Vitamins: Vitamins are incredibly important – not just for bodybuilding, but also for your general good health. We don't get the vitamins that we need in the foods that we eat. Make sure that you are getting, at least, the recommended daily allowance.

Beta-Hydroxy Beta Methyl butyrate: Also known as HMB. HMB is a new supplement on the market, and the bodybuilding world is very excited about it. HMB is important in the synthesis process of muscle tissue; it burns fat and helps to build muscle faster with exercise. It mainly causes the muscles to use a higher rate of the protein that you are providing.

Fish Oil: It could be one of the most overlooked supplements for muscle mass not only because it wards off diseases such as cancer or heart disease, but it will also help to boost insulin sensitivity levels. It means that when you eat carbohydrate-rich foods, you're going to have a greater chance of converting those carbohydrates into lean muscle mass tissues, rather than converting them into body fat.

Also, the fish oil will also help you ensure that you are going to be recovering faster between sessions because you'll be able to replenish muscle glycogen better and furthermore; you'll contribute to improving your immune system as well.

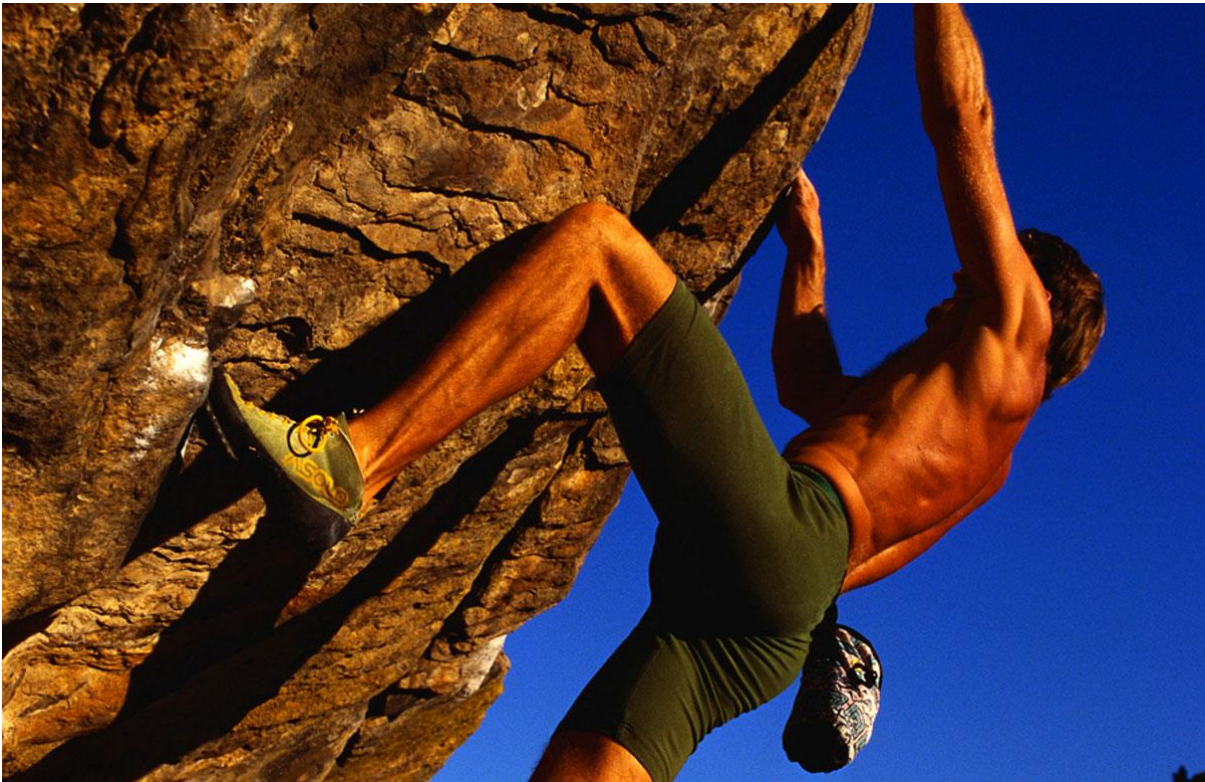
3-6 capsules per day will meet your needs perfectly.

There are, of course, other supplements and nutrients that if you are to reach your bodybuilding goals. However, these are the best muscle supplements in existence, and it is important to include them in your nutritional plan.

Too often, people mistakenly think that protein is the key, but it is a high amount of protein, combined with these other nutrients and working the muscles through exercise, that does the trick.

Again, bodybuilding is more than working out. It is a combination of working the muscles and feeding the muscles properly.

Fit Body



I want to mention that, for most people, getting six pack abs, a fit body or toned muscles is not an easy task. It requires dedication, but it is possible! Below is a general 2-step guide that will produce results.

Step 1: Nutrition

It is one of the most important parts of the puzzle. You can have the most impressive set of abs, but if they're covered with a layer of fat, you won't see them! Also, you can have an incredible fit body, but it always depends on what you eat.

Break up your day with 5 or 6 mini-meals because this jump starts your metabolism. And stop eating the food that is preventing results: white bread, loads of pasta, soda, candy, fast food, hydrogenated oils, sugars and fructose corn syrup.

Instead, replace them with foods that will help you reach your goal: oatmeal, olive oil, whole grain bread, fruits, vegetables, nuts, eggs, natural peanut butter, chicken, fish, protein, and water. Be realistic- you'll slip here and there, but make a conscious effort to improve your

eating habits radically. Getting a six pack and a body with strong muscles will be impossible if you don't.



Step 2: Exercise

You need to concern yourself with 3 different exercises: cardio, weightlifting and abs exercises. Aim to work out every day following the 10-minute workout plan.

The cardio you do can be anything: walking, running, biking, swimming....whichever cardio you don't mind doing so that you'll stick with it. Aim for 10 minutes every day.

Weightlifting is important because 3 pounds of added muscle burns as many calories as a 1-mile jog...and this is while you're just sitting around! Aim for the recommended time in the 10-minute workout plan every day. If you're confused as to what exercises to do for each body part, check out the arm exercises.

The last task you need to incorporate into your workout is abs exercises. Aim to work your abs daily. There are tons of different abs exercises you can enjoy doing. Good examples of various abs exercises will be at the chapter with exercises mentioned above.

Tip: mix up your workout routine every 2 weeks to keep your body guessing and changing. Add or take away different weights or abs exercises, or at the very least, vary the weight, reps or form of cardio you do.

It will take work on your part, but imagine the strength you'll get from these exercises. You'll be able to escape from any dangerous situation.

You don't have to stay all day in a gym and after a few days to be exhausted. It's better to take it slowly and see the results when you'll need it.

If you follow the 10-Minute Workout Plan to Prepare for The End Times in time, you will notice the improvement, and you'll be capable of facing any challenge.

I hope this information will be useful for you, and you will be pleased with your achievements.

Good luck!