

MUSASHI®

THE BOOK OF BULK



welcome to the MUSASHI®

BOOK OF BULK

The following pages contain everything you need to know about Bulking up from supplement advice, to nutrition tips and training plans.

We have sourced the following information from some of Australia's leading strength and conditioning coaches and a number of leading athletes.

The Book of BULK contains information on:

nutrition

- Mass Gain 101
- The Musashi BULK Calculator
- BULKing up foods
- Tips from our Musashi Performance Nutritionist
- Tips from Murray Graham – Natural BodyBuilding Champion
- Tips from Alex Corvo – Strength and Conditioning Coach for Melbourne Storm
- Frequently Asked Questions

training

- 12 Week BULK in gym workout program from Murray Graham
- Case study from Joel Wilkinson – Gold Coast Suns AFL Player
- Powersports Training Schedule
- Case study of Justin O'Neill – Melbourne Storm NRL Player

supplements

- BULK Mass Gain Protein Blends
- BULK Advanced Muscle Formula
- BULK Creatine Stack
- BULK On the Go



NUTRITION

Building muscle and size is not just about smashing the weights in the gym; no matter how hard you train if you're not getting your nutrition right you are wasting your time.

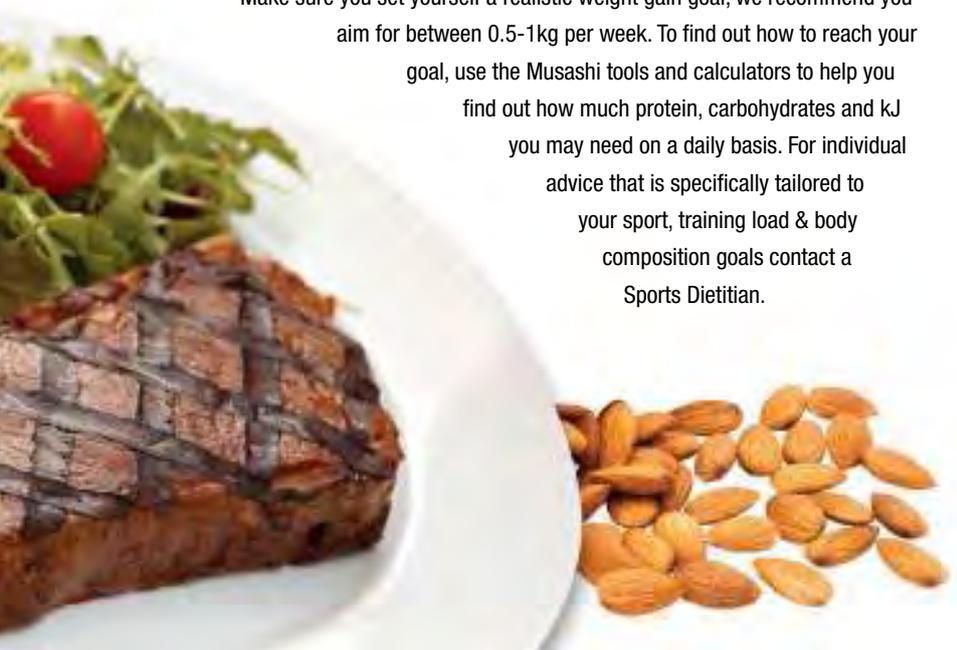
To gain muscle mass you need to take in more energy (kJ) than you burn on a daily basis – in other words you need to over-feed your muscles. This does not mean eating processed or junk foods but making a conscious effort to eat a balance of protein, carbohydrate and good fats.

protein & carbohydrates

Resistance training causes fibers in trained muscles to undergo some breakdown (catabolism) prior to muscle growth (anabolism). Protein plays a crucial role in rebuilding muscle tissue helping to stimulate muscle growth and development. Carbohydrates are stored in the muscle as glycogen; insufficient muscle glycogen will result in early fatigue and also increase the risk of muscle breakdown.

It can often be difficult to take in large volumes of solid food, plus find the time to prepare nutritious snacks & meals to obtain the appropriate daily levels of protein and carbohydrates required to build muscle mass. The MUSASHI® BULK range has been formulated to support your dietary intake helping deliver macronutrients (protein, carbohydrate and fat) to assist your muscles to repair and grow, and help you to achieve your target weight gain.

Make sure you set yourself a realistic weight gain goal, we recommend you aim for between 0.5-1kg per week. To find out how to reach your goal, use the Musashi tools and calculators to help you find out how much protein, carbohydrates and kJ you may need on a daily basis. For individual advice that is specifically tailored to your sport, training load & body composition goals contact a Sports Dietitian.



The Musashi® BULK Calculator

Every day your body requires a specific amount of energy (kJ/ calories) to fulfill your basic energy requirements known as resting metabolic rate (RMR). For those looking to increase muscle mass you will need to over-feed your muscles. Use the table and chart below to help you determine the specific amount of kJ and protein you may need to bulk up.

Simply enter in your age, weight and activity level into the MUSASHI® BULK Calculator at www.musashi.com.au/products/BULK to determine the specific amount of kJ and protein you may need to bulk up.

To work out approximate kJ and protein per meal divide the total by the number of recommended meals (5-6).

1. Henry, CJK (2005). Basal metabolic rate studies in humans: measurement and development of new equations. Public Health Nutrition 8(7A), pp. 1133-1152

2. Burke and Deakin, Clinical Sports Nutrition, 3rd Edition, McGraw Hill Australia Pty Ltd, 2006

bulk foods

X 2 Eggs (Poached)
= 714kJ (170 Cal) & 14g protein



MUSASHI® BULK Mass Gain Protein Blend (Chocolate Milkshake)
= 932kJ and 26.7g protein

Grilled Chicken Breast (100g)
= 819kJ (196Cal) & 24g protein



MUSASHI® BULK Mass Gain Protein Bar (Chocolate flavour)
= 1240kJ (297 Cal) & 27g protein

Lean Grilled Steak (Blade Cut)
= 1251kJ (297Cal) & 52g protein



MUSASHI® BULK Mass Gain Protein Drink (Chocolate Milkshake flavour)
= 1570kJ (376 Cal) & 40.5g protein

Small Tin of Tuna
= 422kJ (99kcal) & 17g protein



MUSASHI® BULK Advanced Muscle Formula (Iced Chocolate flavour)
= 498kJ (119 Cal) & 21.1g protein

350mL liquid breakfast
= 1120kJ (266Cal) & 2.6g Protein



MUSASHI® BULK Mass Gain Protein Blend (Banana Smoothie flavour)
= 932kJ (221 Cal) & 26.6g protein

NOTE: Nutrient content of foods will vary according to quality/source/size of fresh produce and brand of packaged foods.



what is biological value?

Biological value (BV) is a measure of how efficiently food protein - once absorbed by the body - can be turned into human protein such as muscle tissue. Egg-white protein has a biological value of 100: the highest biological value of any single food protein found in nature. Other foods may have more total protein than an egg, but do not offer the same BV because they lack ample amounts of one or more essential amino acids. For example, beef (100g) contains approximately 34g of protein but has a BV of 80. Whey protein is a dairy-based food ingredient derived from milk and used in many protein powders. This ingredient is unique in that its' essential amino acid profile provides a BV of 104; which exceeds the egg and is considered the highest BV food source.

NUTRITION TIPS

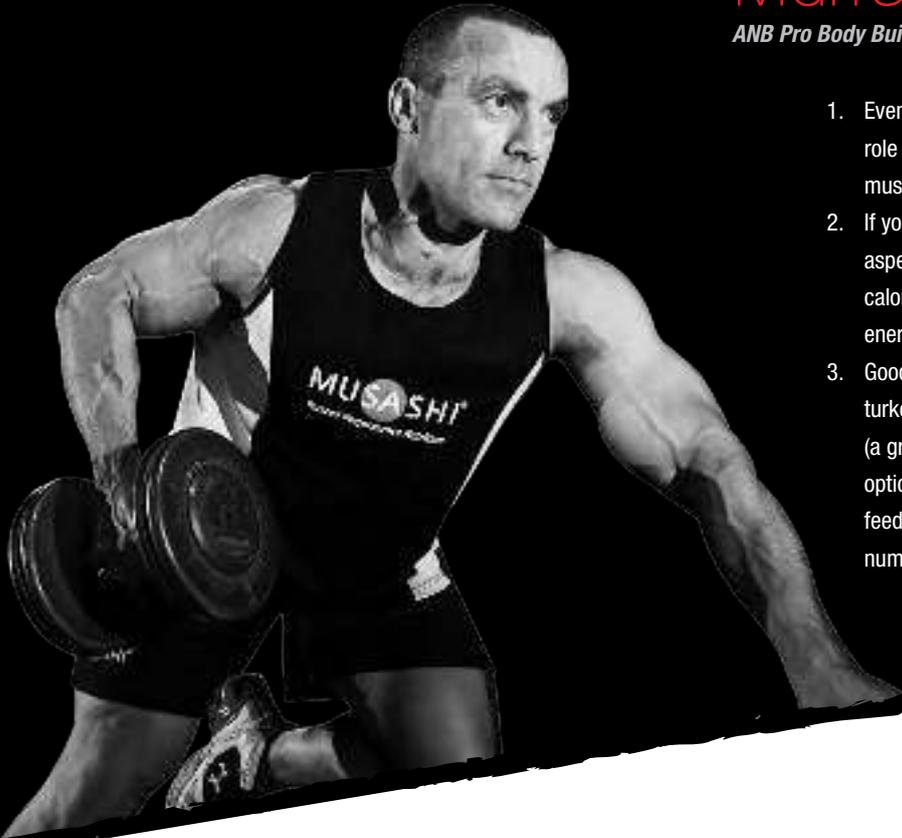
from our Musashi
performance nutritionist

1. Include snacks and mini-meals in-between regular meals especially after training when muscle recovery and refuelling is essential. Aim to eat every 3 hours.
2. Muscles need rest to grow! Make sure you are giving yourself adequate recovery time during each training session. Leave approximately 48 hours between training sessions when working the same muscle group.
3. A lack of quality protein may result in loss of muscle tissue, size and definition. To put on muscle and size it is important you consume a high-quality protein source such as MUSASHI® BULK after every training session.
4. All muscles contain a supply of amino acids and energy. Resistance training can naturally deplete the muscles' supplies. The MUSASHI® BULK range has been formulated to help replenish these nutrients supplies, helping you reach your muscle mass goals.
5. Working out using an appropriate weight training program 3-4 times a week is essential to help stimulate muscle growth, whilst nutrition is the key to making sure your body responds and retains the muscle for visible growth.
6. Avoid eating sugary foods such as cakes, sweets and fizzy drinks. These high-sugar and/or high fat foods contain only "empty" calories which means minimal amounts of other important nutrients such as vitamins and minerals.
7. Alcohol provides many calories and is broken down in the liver rather than the digestive tract. The energy from alcohol cannot be used during exercise and these extra calories can contribute to unwanted fat gains rather than muscle gain.
8. Timing is important. Make sure you feed your muscles as soon as possible, we recommend consuming MUSASHI® BULK within 30min of finishing training to help reduce further unwanted muscle breakdown and support optimal muscle growth.
9. True, visible weight gain will not happen overnight so patience is also important, aim for lean body mass weight gain of 0.5-1kg per week.
10. Finding time to eat can often be a challenge or just not realistic. Protein shakes, drinks & bars as found in the MUSASHI® BULK range area convenient way to help achieve your daily calorie targets.



NUTRITION TIPS FROM
Murray Graham

ANB Pro Body Builder and 2 times Mr World Champion



1. Even if your weight training is 100%, nutrition plays an integral role in attaining your goals. An incomplete diet may prevent muscle gains.
2. If you want to grow, you've got to eat, and the most important aspect to growth is additional (good) calories. The additional calories will fuel your growth, assist your recovery and provide the energy to train.
3. Good calories are foods that will assist your goals – chicken, fish, turkey, steak, rice, pasta, potatoes, oats, nuts, green vegetables (a great source of fibre), strawberries, blueberries etc are all great options. These foods are just a few of the good calories you can feed your body with but are not the be all and end all. There are numerous others out there.

TIPS FROM
Alex Corvo

Head Strength & Conditioning Coach of Melbourne Storm

1. Have a good resistance training program
2. Support this with a high energy diet (kJ's) where energy intake is greater than expenditure
3. Eat 3 main meals and 3 supplementary meals per day with regular intake of protein and carbohydrate throughout
4. Have a protein/carb shake such as MUSASHI® BULK after every weights session and before going to bed
5. Snacks such as tuna, yoghurt, dried fruits, low fat muesli bars and shakes should be consumed as part of supplementary meals
6. Organise your meals and snacks the day before. Home prepared meals are far better than takeaway options.
7. Aim for 2 – 4 kg of weight gain per month.
8. Adjust your intake if your energy expenditure (exercise levels) changes. If having a week off lower your kJ's or if increasing your training load (i.e Pre-Season) increase your total kJ's.



FREQUENTLY ASKED QUESTIONS

HOW DO I GAIN WEIGHT?

The first thing you need to do is increase your energy intake. The energy (kJ) required to create new muscle tissue will need to be taken in through the diet on a daily basis. To find out how much protein and kJ you may need each day please refer to the MUSASHI® BULK Calculator.

SHOULD I CUT DOWN MY CARBS?

To increase muscle and size your body will need to increase overall calorie intake this includes protein, carbohydrates and good fats.

Carbohydrates are stored in the muscles as glycogen, and are used when energy is required during times of physical exertion. Insufficient muscle glycogen can result in early fatigue and also increase the risk of muscle breakdown.

Having insufficient carbohydrates in your diet will make it harder to gain muscle and overall body mass.

You should not cut out carbohydrates instead make sure you are consuming sources that are nutrient-rich (wholegrain breads & cereals, fresh fruit & starchy vegetables) and not laden with sugar &/or unwanted fat (sweets, fizzy drinks, cakes & pastries).

WHAT IS A REALISTIC WEIGHT GAIN GOAL?

Weight gain will not appear over night and will take some time. For healthy weight and muscle gain aim to increase your body weight by 0.5kg -1kg per week. For the average male you should aim to increase daily calorie intake by approximately 2100kJ (500kcal)².

SHOULD I CUT FAT OUT FROM MY DIET?

Good fats are also beneficial for muscle building and general wellbeing. Your body uses fat to make many of its own muscle-building hormones. Good sources of fat include: olive oil, almonds, hazelnuts, brazil nuts, avocados and fish including salmon, mackerel & sardines.

HOW MUCH PROTEIN IS TOO MUCH?

We do not recommend more than 2g of protein per kilogram of body weight per day. It's a challenge for the body to utilise larger amounts and excess protein is converted to other substances, therefore more than required will be a waste for the body.

I JUST SEEM TO PUT ON FAT NOT MUSCLE?

Healthy weight gain can be a challenge for many people. If you feel you are gaining fat rather than muscle you will need to check your balance of calories. Aim for approximately 4 servings (1 serving = approx x1 fist size) of quality protein per day (lean chicken breast, salmon fillet, eggs, tuna, lean steak or whey protein). Reduce sugar and salt in the diet and increase carbohydrates including fruit, starchy vegetables, pasta, rice and wholegrain breads & cereals. Training also plays an important role in muscle gain. Check with a qualified fitness trainer to make sure you are following a program to suit your needs.

Krause's Food & Nutrition Therapy. 12th ed. St. Louis: Saunders Elsevier. 532-562

I AM TOO BUSY TO EAT MEALS THROUGHOUT THE DAY

MUSASHI BULK® products are ideal for the busy person. Many of us don't have time to take breaks for meals throughout the day which may hinder mass gain. MUSASHI BULK® shakes, drinks & bars are ideal for on-the-go in your car or at your desk.

SHOULD I STILL TAKE BULK PRODUCTS ON DAYS THAT I DON'T TRAIN?

Yes MUSASHI BULK® products are designed to be used as an addition to your healthy balanced diet. They should be consumed regularly even on non training days to help support your mass gain goals.

2. Gee et al. (2008). Weight Management. In: Mahan, L.K. & Escott-Stump S. Krause's Food & Nutrition Therapy. 12th ed. St. Louis: Saunders Elsevier. 532-562



TRAINING

12 week bulk in gym workout program

Get BULK and achieve mass gain with the 12 week exercise program design by ANB Pro Body Builder and 2 x Mr World Champion, Murray Graham.

Pick Your Weights: Take your time in selecting the appropriate weight for each specific exercise. You should begin to feel fatigue setting in across the final two reps within each set.

Rest Up: You should be aiming to rest your working muscles for between 30-45 seconds between each set.

Warm Up: Before we get into the training program, be sure that prior to training you are warmed up and ready to move the weights. By warming up sufficiently this will prime your body for the stress you will be placing on it and keep those unwanted injuries away.

DAY 1: chest/abs



Incline BB Press
4 sets x 8 – 10 reps



Dips
(weighted with belt)
3 sets x 8 reps (minimum)



Flat BB Press
4 sets x 8 – 10 reps



Rope Crunches on Cable machine
3 sets to failure



Incline DB flyes
3 sets x 8 – 10 reps



Hanging Leg Raises
3 sets x 15 reps



Crunches
3 sets to failure

TIPS:

1. Train abs twice a week on chest day and also shoulder day.
2. Alternate between dumbbells and barbells to keep your muscles guessing.
3. Be sure to change the order of your workout every couple of weeks to assist further muscle stimulation.
4. On all chest moves, you must arch your back, keep your chest high and keep your shoulders back. Try now by squeezing your shoulders together. This takes the shoulders out of the movement and emphasises the chest.
5. If you train alone be sure to ask a trainer at your local gym or someone they suggest when a spot is needed and do not be scared to do so.

DAY 2: back/calves



Deadlifts
4 sets x 8–10 reps



Hyperextensions
3 sets x 10–12 reps



Chin Ups
3 sets x 10–12 reps



T – Bar Rows
3 sets x 8–10 reps



Toe Press
(in leg press machine)
4 sets x 12–15 reps



Seated Calf Raise
4 sets x 12–15 reps



Barbell Rows
3 sets x 8–10 reps

TIPS:

1. Be sure to always arch your back and keep your chest high. Rounding your back puts pressure on your lower erectors and leaves you prone to unwanted injury. Wear a belt on your heaviest sets.
2. Think of your arms as hooks. Do not squeeze and pull with your hands, squeeze from your back and drive your elbows down and back.
3. Don't worry about the weight. Leave your ego at the gym door (with all training) and think sets and reps. The back is very strong part of your body and it's easy to have an ego trip, but hard to grow a great back. If the weight is too heavy you'll be pulling with your arms and rounding your back.
4. Chin Ups are an effective exercise for back development. If you can get more than 10-12 reps for three sets, start adding weight (use a "dip belt").

DAY 3: arms (BICEPS AND TRICEPS)



BB Curl
4 sets x 8–10 reps



Lying Tricep Extensions
3 sets x 8–10 reps



Close Grip Bench Presses
4 sets x 8–10 reps



Spider Curl
3 sets x 8–10 reps



Alternate DB Curl
3 sets x 8–10 reps



Pressdowns
3 sets x 8–10 reps

TIPS:

1. Be sure at all times to have your working muscles move the weight. Keep your shoulders back on all biceps curls; it's very easy for your shoulders to take over and move the weight. For dumbbell curls, think of the movement starting with the palm of your hand touching your leg and at the top of the movement the palm of your hand parallel to the floor. This will assist in greater stimulation for your biceps.
2. Don't be afraid to mix up your arm training and throw a triceps movement in the middle of the biceps workout or vice versa.
3. My triceps have grown best from the tried and tested old-school movements like close-grip bench presses and lying extensions.

DAY 4:

shoulders and abs



BB Clean and Press
4 sets x 8–10 reps



Bent over DB Lateral Raise
3 sets x 10–12 reps



Wide BB Upright Rows
3 sets x 8–10 reps



BB Shrugs
3 sets x 10–12 reps



DB Side Lateral Raise
3 sets x 8–10 reps



Swiss Ball Crunches
(both sides and front)
3 sets to failure

TIPS:

1. Start the workout with a press. Hit the big compound movement while you're strongest.
2. There are three sides to the shoulder muscles and many angles to hit them. Be sure to work the angles for overall development. You can stand, sit, lean, barbell, dumbbell, machine, use them all. I like to use an incline bench when doing bent over or rear DB raises as the incline bench takes all my bodyweight and alleviates "cheating" in the movement.
3. Be certain to thoroughly warm up your shoulders, chest, triceps and rotator cuffs before training. The shoulders are vulnerable to injury.
4. Try seated lateral raises to really isolate the side delts. If you have never done so just give it a try and be sure to lower the weight.
5. Barbell Clean and Press: The purpose of the barbell clean and press is to train the front and side delts and to build overall power and density on your physique. You will feel this exercise from the moment you clean the weight from the floor until completion of the movement when you lower the weight back to the floor and then repeat. A great overall movement that includes your legs, arms, back, traps and of course your shoulders.

To start, squat down lean forward and take an overhand grip of the barbell. You may need to try and get comfortable with your hand positioning. I use about shoulder width apart.

Next, using your legs and arms, lift the bar to your shoulders then move your elbows under the bar ready for the press part of the movement.

By using your shoulders and your arms, press the barbell overhead. This concludes the press and then lower the barbell down to your shoulders and then lowering the barbell back to the floor by bending your knees (reverse from when you lifted the barbell from the floor at the start). This then concludes one rep and continue again until you have reached your total number of reps.

DAY 5:

legs



Squats
4 sets x 8–10 reps



Stiff-Leg Deadlifts
4 sets of 8–10 reps



Standing Calf Raise
4 x 12 – 20 reps



Front Squats
3 sets x 8–10 reps



Lying Leg Curls
3 sets of 8 – 10 reps



Seated Calf Raise
4 x 12 – 20 reps



Leg Presses
3 sets x 8–10 reps



Leg Extensions
4 sets of 12–15 reps

TIPS:

1. Change your stance (wide, shoulder width and close) on squats, hack squats and leg presses
 - Wide stance with toes out for inner quads.
 - Shoulder width stance with toes forward for overall development
 - Close stance with toes forward for outer quads
2. Change your foot position on leg extensions to produce stimulation in all areas of your quads.
 - Toes in for outer quads
 - Toes out for inner quads
3. Stiff leg dead lifts are a must for me as they are the only true compound movement for hamstrings.



CASE STUDY WITH

JOEL WILKINSON

PROFILE

| | |
|--------------------------|-----------------|
| Athlete name | Joel Wilkinson |
| Team | Gold Coast Suns |
| Position | Backline |
| Years with the club | 2nd Year |
| Starting Weight and date | 79kg, Oct 2010 |
| Current Weight | 85kg, Jan 2012 |



training protocol

How many days do you do weights?

3 days per week

What cardio do you do?

AFL Specific training for 3hrs, 3 days per week plus running/cross training 2 days per week.

nutritional protocol

How many meals a day do you eat?

4-5 excluding supplements

When did you start seeing results?

Within weeks

Best piece of advice you've been given for training?

"The fight is won or lost far away from witnesses"

Favourite bulk product?

BULK Mass Gain Protein Blend – Chocolate

When do you take MUSASHI® BULK?

Before and after weights and after other training sessions

POWERSPORTS TRAINING PROGRAM

DAY 1: lower body

- 1a  **High Pulls**
4 sets x 4-5 reps
w/u 4,2
- 1b  **Band Twists**
4 sets x 8 reps es
- 2a  **Squats**
4 sets x 5-10 reps
w/u 4,2
- 2b  **SA DB Sit-up (es)**
4 sets x 5-6 reps ea
- 3  **Step-ups (es)**
4 sets x 6-8 reps el
w/u 3
- 4a  **Swiss Ball Hamstring Curls**
4 sets x 8-10 reps
- 4b  **Weighted Glute Bridges**
4 sets x 8-10 reps

DAY 2: upper body

- 1  **Bench Press**
4 sets x 5-10 reps
- 2  **Chin-ups**
40 reps
(as few sets as possible)
- 3a  **Floor Bench Press**
4 sets x 8-10 reps
- 3b  **Bent-over Row 3:2:3**
4 sets x 8-10 reps
- 4a  **Dips**
2 x max reps
- 4b  **Bicep Chin-ups**
2 x max reps

DAY 3: lower & upper body

- 1  **Hang Cleans**
4 sets x 4-5 reps
- 2a  **Deadlifts**
4 sets x 4-5 reps
- 2b  **DB Shoulder Press**
4 sets x 8-10 reps
- 4a  **Walking Lunges (el)**
4 sets x 6-8 reps el
- 4b  **Lat Pull-Down**
3 sets x 8-10 reps
- 3a  **DB Lateral Raises**
4 sets x 8-10 reps
- 3b  **BB Upright Row**
4 sets x 8-10 reps
- 3c  **DB Bent Over Fly**
4 sets x 8-10 reps

Notes:

Exercises that have "a" and "b" following the same number are to be supersetted
es = each side ea = each arm el = each leg w/u = warm up sets

DAY 1: LOWER BODY

| | Exercise | w/u | Reps | Load | Reps | Load | Reps | Load | Reps | Load |
|----|----------------------------|-----|------|------|------|------|------|------|------|------|
| 1a | High Pulls | | | | | | | | | |
| 1b | Band Twists – each side | | | | | | | | | |
| 2a | Squats | | | | | | | | | |
| 2b | SA DB Sit-up – each side | | | | | | | | | |
| 3 | Step-ups – each side | | | | | | | | | |
| 4a | Swiss Ball Hamstring Curls | | | | | | | | | |
| 4b | Weighted Glute Bridges | | | | | | | | | |

DAY 2: UPPER BODY

| | Exercise | w/u | Reps | Load | Reps | Load | Reps | Load | Reps | Load |
|----|-------------------|-----|------|------|------|------|------|------|------|------|
| 1 | Bench Press | | | | | | | | | |
| 2 | Chin-Ups | | | | | | | | | |
| 3a | Floor Bench Press | | | | | | | | | |
| 3b | Bent-over Row | | | | | | | | | |
| 4a | Dips | | | | | | | | | |
| 4b | Bicep Chin-ups | | | | | | | | | |

DAY 3: LOWER & UPPER BODY

| | Exercise | w/u | Reps | Load | Reps | Load | Reps | Load | Reps | Load |
|----|--------------------|-----|------|------|------|------|------|------|------|------|
| 1 | Hang Cleans | | | | | | | | | |
| 2a | Deadlifts | | | | | | | | | |
| 2b | DB Shoulder Press | | | | | | | | | |
| 4a | Walking Lunges (e) | | | | | | | | | |
| 4b | Lat Pull-Down | | | | | | | | | |
| 3a | DB Lateral Raises | | | | | | | | | |
| 3b | BB Upright Row | | | | | | | | | |
| 3c | DB Bent Over Fly | | | | | | | | | |

CASE STUDY WITH

JUSTIN
O'NEILL

PROFILE

| | |
|--------------------------|----------------|
| Athlete name | Justin O'Neill |
| Position | Centre/Wing |
| Years with the club | 3 |
| Starting Weight and date | 86kg in 2009 |
| Current Weight | 93kg, Jan 2012 |

bulking up

What did you find the hardest thing about bulking up?

The hardest thing I found about bulking up was maintaining my weight and daily food intake whilst covering a lot of kilometres during the week.

When did you start to see results?

I started seeing results when I was on the 8 week Creatine Stack Musashi had put us on (look for Musashi® BULK Creatine Stack).

I was also injured at the time and found myself substituting running sessions on the field for extra weight sessions and circuits because I was unable to run due to my injury.

Best piece of advice you've been given for training?

The best advice for training I've been given is if you put in the hard yards early you'll see results in the future.

Favourite bulk product?

BULK Mass Gain Protein Blend – Chocolate

SUPPLEMENTS

MUSASHI® BULK MASS GAIN PROTEIN BLEND

High Calorie Formula for Mass Gains
 Ideal for Growing and Active Individuals with Fast Metabolisms
 Support Muscle Growth and Repair

Musashi Bulk Mass Gain Protein Powder is a high calorie, nutritionally balanced, protein powder for people with increased energy needs such as growing individuals with fast metabolisms looking to achieve mass gain.

Musashi® Bulk contains a blend of Whey Protein Concentrate and Whey Protein Isolate which are high quality proteins, providing the body with essential amino acids including branched chain amino acids (BCAA's) to support muscle growth & repair.

It comes in 3 great flavours including Chocolate, Vanilla and Banana, available in a range of sizes from 500g to 2.5kg bucket.



MUSASHI® BULK ON THE GO

protein
 drink



Over 40g of Protein per serve
 Formulated for Mass Gains
 Ideal for Growing and Active Individuals with Fast Metabolisms

Musashi is excited to announce the launch of a ready to drink BULK protein shake containing 40g of protein per serve, the high calcium formula is a great tasting convenient source of protein perfect for post exercise.

protein
 bars



27g of Protein per Bar
 Support Muscle Growth
 Protein rich nutrient boost for through-out the day

Musashi also has available 3 delicious BULK protein bars with 27g of protein per serve. Available in Chocolate, Berry or the New Banana flavour they are perfect as a protein top up during the day.



MUSASHI® BULK CREATINE STACK

**8g of Creatine to Support Muscle Gains
Helps Increase Training Intensity & Power Energy
Potent Amino Acid Blend for During Exercise**

BULK Creatine Stack is formulated to help increase training intensity and power energy, with a potent blend of ingredients to assist with muscle building.

Each single serve delivers 8g of Creatine, 5g of Glutamine, 3g of BCAAs, 3g of Taurine and 1g of HMB.

The combination of ingredients within BULK Creatine Stack helps to increase energy output, while supporting new muscle development and reducing muscle breakdown post exercise.

Just add the awesome Raspberry flavoured powder to water, shake and drink during training.

WANTING TO CREATINE LOAD?

Take 20-30g of creatine per day (in divided 5g doses over the day) for 5-7 days. It is best taken during meals & snacks as carbohydrate (~70g) supports creatine uptake through the stimulatory effect of insulin. The muscle cell has a creatine threshold or saturation point and the degree to which creatine loading increases total creatine & creatine phosphate levels will vary among individuals. Once loaded, to help maintain maximum muscle creatine stores, it is advised to take a lower, daily maintenance dose (2-3g of creatine per day).

If you are looking to Creatine Load, look out for Musashi Creatine Monohydrate to help reach you daily requirements.

Harris, R.C., Söderlund K. & Hultman E. (1992) 'Elevation of creatine in resting and exercised muscle of normal subjects by creatine supplementation. Clinical Science; Vol. 83:367-374.

NOTE: Please seek healthcare professional advice on individual suitability for use before commencing creatine supplementation.

MUSASHI® BULK ADVANCED MUSCLE FORMULA

BULK Advanced is a powerful high protein, low carbohydrate* whey protein blend formulated to support muscle growth and strength gains when used in conjunction with resistance training.

BULK Advanced is a high protein blend with fewer calories** making it ideal for individuals who would like to focus on developing lean muscle. Whey protein is naturally high in essential amino acids which support muscle growth & development when undertaking a weight training program. BULK Advanced also contains added L-Glutamine, another important amino acid for active people.

Available in Chocolate and Vanilla, look out for the Gold label in stores now.

* When mixed with water

**Compared with Musashi Bulk Mass Gain Protein Blend

**High Protein Formula for Muscle Growth
Added L-Glutamine
With BCAAs and EAAs**

