



# DIE ULTIMATIVE MASSEPHASE FÜR VIEL MUSKELN UND WENIG FETT!

Lorem Ipsum is a dummy text that is mainly used by the printing and design industry. It is intended to show how the type will look before the end product is available.



## SURPLUS CALORIES

# 01

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# 02

## BEST TIME FOR MUSCLE GROWTH

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## HFT-TRAINING FOR MAXIMUM MUSCLE GROTH AND MINIMUM FAT GROWTH

# 03

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# 04

## THE IMPORTANCE OF FOOD

- Keep your foods natural
- You need high energetic foods (meat, fish, nuts, cheese etc.)
- Good carbs (brown rice, potatoes, sweet potatoes etc.)
- Cooking with oliveoil an butter is good
- Many liquids like Shakes as Adon
- AND: No sugar, chocolate or sweets



## MEAL TIMING

# 05

- Take complex carbs like potatoes, fruits, granary loaf etc. direct before and after the training.
- Eat proteins and vegetables beside this times.
- Eat more times during the day to get a constant energy balance.



# 06

## CONCLUSION

- Train on the High Frequency-Training as often as possible (HFT)
- Eat natural foods
- Take healthy sources of fat (especially nuts)
- Make your nutrient uptake in the purpose of Carb-Backloading

