



JONATHAN DAVIE

Professional Body Builder
Head of Musashi Queensland

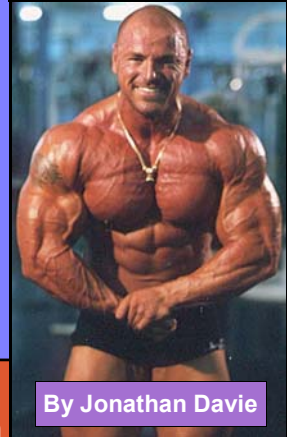


MUSCLE GAIN USING P40

Including P40 in a muscle-up plan

Jonathon has been involved with Musashi for over 9 years. During that period of time he has worked for Musashi in South Australia, New Zealand and the USA, before settling in sunny Queensland to run that state's operations and also those of the Northern Territory.

Jon has been involved in the sporting and body building industry for 15 years, and his most recent achievements include; Mr Queensland 1996, Mr South Australia 1998, Mr Australia 1998. Jon's hard work paid off in 1999 when he received his IFBB pro card, propelling him into world body building's elite group.



By Jonathan Davie

In order for muscles to grow, they require four main components— resistance training, testosterone, growth hormone and protein.

If you remove testosterone and growth hormone from the list, as they are already present in the body, that leaves training and protein. Of these two, protein is the most important, as in most cases people do not consume adequate amounts of protein to support their training regime. In other words, most people *under eat*, rather than *over train*.

P40+ has 40 grams of quality protein and amino acids to assist muscle recovery, 13 grams of carbohydrates to replenish glycogen stores, and essential fatty acids for joint recovery and immunity, with health enhancing vitamins and minerals.

In general, people either tend towards having a fast metabolism, or have a tendency to lean towards a slower metabolism. It is vital that you discover which group you fit into, as this will determine your intake of carbohydrates. Generally the faster your metabolism, the more carbohydrates you will need.

Program for a SLOW METABOLISM

BREAKFAST	Eggs Oats or Cereal 1 Serve Fruit
MORNING TEA	P40+ with water
LUNCH	Chicken Salad with potatoes or rice
AFTERNOON TEA	P40+ with water
TRAINING	Post training Recovery amino acids, Glutamine, 1 x Growling Dog Replacement Drink
DINNER	1 serve Chicken, Fish, or Lean Steak with vegies or salad

Program for a FAST METABOLISM

BREAKFAST	Eggs Oats or Cereal 1 Serve Fruit
MORNING TEA	P40+ with water
LUNCH	Chicken Salad with potatoes or rice
AFTERNOON TEA	P40+ with water
TRAINING	Post training Recovery amino acids, Glutamine, 1 x Growling Dog Replacement Drink
DINNER	1 serve Chicken, Fish, or Lean Steak with vegies or salad + potato or rice (extra carbs)