

## PWO Shake

If for instance you weigh 120 (lean body mass), and trying to lean down, you would use 25% (or 50% of your lean body mass if trying to gain) your bodyweight in \*\*\*simple carbs for starters, and 25% in protein. So in this case, you would do \*\*30 gr. of \*simple carbs, divided equally between dextrose and malto, and 30 gr. of protein. Drink 1/2 of it immediately (within 30 minutes), and sip the other half for the remainder of an hour (the reason behind the sipping is just to not get too large an insulin spike, then get the dreaded blood sugar drop. And to re-regulate (down regulate) if you will. Even though it is a "super compensation" time, it is still very possible to overload our body's capacity to digest. This can lead to dreaded fat storage). You will have to adjust this amount as you try to get leaner and leaner, but always give yourself a recovery. If you are trying to gain just double the amount to start with, and again adjust as needed. This is the best guideline to start with.

*Quick Fix: If you don't have dextrose, which is very cheap by the way and available anywhere on line as is malto, then use Gatorade. Powdered is best if you can get it, but still only in a pinch. Do not wait to have your protein either. Bring it to the gym in a baggie and just dump it directly into your Gatorade. Timing is of the essence with this, you want your protein to be pushed into the muscles, and you are not doing this by taking it later. This is the main idea that makes this so anabolic.*

\* By adding simple sugars to your post workout protein shake. This will enhance absorption, increase blood sugar, cause an insulin spike which negates cortisol. Insulin will then "push" the nutrients into your hungry muscles. This is also why you need a fast absorbing protein like whey isolate or an isolate / hydrolosate blend. No casein proteins (Casein protein actually gels in the stomach on digestion, and can/has been shown to last for as long as 6 hrs). This is the only time you want to do this, but you need to do it to shut down cortisol. If the right protein and amino acids are not present post workout, protein synthesis simply will not take place. Your ingested protein will go to energy restoration and glucose first and be wasted as far as muscle building goes. You want all metabolic pathways geared toward muscle growth at this opportune time. Those of you who add milk post workout are missing out on the most anabolic opportunity of the day, and totally missing the boat with your gains. And one other note of interest, sure makes your protein taste better!

\*\* For instance, on leg days I would use probably the full allotment, but on a day where you are just doing arms, even though you work out hard, the muscles are smaller and less energy expenditure, so I would at least cut it in half. Go by your energy expenditure when dieting.(you want the insulin spike, but you don't want excess of course).

\*\*\* Only spike your insulin post workout. More will simply decrease your insulin sensitivity. There are some folks who do a small spike in the morning, upon waking to snap out of a catabolic state from the overnight fast. If you do this, it should be a small rise, just enough to raise insulin levels a bit to push some nutrients quickly into the muscles. This is an optional thing. When I do this, I just use malto, and about 20 gr. only. This can also be a time to have a higher glycemic carb breakfast and achieve much the same thing. Depends on your goals here. If you are trying to burn fat, I would not advise this though. It is proven scientific fact that the body uses fat at rest, so if trying to burn fat, it would be best to continue with a low glycemic breakfast, and keep the fat burning going.