



APPLIED FITNESS

THE APPLIED FITNESS SUPPLEMENTS GUIDE:

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**I HOPE YOU ENJOY THIS SHORT BOOK AND
IT HELPS YOU GAIN SOME GOOD MUSCLE
SIZE!**

THANK YOU FOR READING!

**SUPPLEMENTS, WHICH, WHY AND HOW-
TO TAKE:**

WHICH ONES, HOW-TO, WHY AND COMMON ONES THAT ARE SOLD AS “THE ULTIMATE THING EVER!!” BUT REALLY AREN’T WORTH THE MONEY THE TUB THEY ARE PUT IN!

WE WILL START WITH **CREATINE – THIS IS THE SAFEST, MOST TESTED SUPPLEMENT ON THE MARKET, DOSES SHOULDN’T EXCEED MORE THAN 0.05G PER KG OF BODY WEIGHT, SO FOR SOMEONE WHO WEIGHS 75KG THAT A DAILY DOSE OF 3.75G PER DAY, AS MOST SCOOPS ARE 5G, THEN IT ONE SCOOP PER DAY, YOU DON’T NEED TO LOAD IT (WHICH IS WHERE YOU TAKE, IN SOME CASES TRIPLE THE DAILY DOSE FOR 1 WEEK AND THEN REDUCE, BUT IT’S POINTLESS) THERE IS ALSO NO NEED TO CYCLE CREATINE, IT IS THE SAFEST SUPPLEMENT OUT THERE!**



THE NEXT ‘SUPPLEMENT’ IS **WHEY PROTEIN, I HATE THAT THIS IS CLASSED AS A SUPPLEMENT, IT’S VERY MUCH A FOOD, IT’S MADE FROM SEPARATING CURDS AND WHEY IN THE CHEESE MAKING PROCESS, SO ITS 100% ALL NATURAL, IT IS ESSENTIAL FOR IF YOU COME TO THE GYM AND I’LL GO AS FAR TO SAY IF YOU DON’T TOO. IT IS PERFECT FOR A QUICK MEAL IN BETWEEN MEETINGS, POST WORK-OUT, BEFORE BED WITH WARM MILK, IF YOU GET THE MIXTURE RIGHT IT CAN MAKE AN INCREDIBLE Mousse FOR PUDDING, IN THE MORNING IF YOU WANT FOOD BUT DON’T HAVE TIME TO MAKE SOMETHING PROPER. IT WILL ALSO BOOST YOUR IMMUNE SYSTEM, IMPROVE BONE**

DENSITY, IMPROVE MUSCLE MASS, IT'S ALSO BEEN LINKED TO IMPROVED COGNITIVE FUNCTION, IT REALLY IS ESSENTIAL AND IS STILL UNRIVALLED IN TERMS OF PROTEIN QUALITY!



NEXT UP WE HAVE **VITAMIN D3** – NOW THIS WOULD BE FINE TO SKIP **IF** YOU LIVED IN A SUNNY COUNTRY AND YOU WORKED OUTSIDE OR SPENT MOST OF YOUR TIME OUTSIDE, BUT HEY WELCOME TO SUNNY ENGLAND WITH OUR CLOUDS, RAIN AND BLISTERINGLY COLD WINDS BUT BEFORE WE GET SAD ABOUT THE WEATHER – VITAMIN D IS ESSENTIAL FOR AFOREMENTIONED REASONS, IT WILL HELP WITH

- SKIN,
- GAINS CAN HELP WITH TIREDNESS
- FATIGUE,
- RECOVERY,
- CAN MAKE YOU FEEL HAPPIER
- REDUCING CHANCES OF CANCER,
- IMPROVED MUSCLE FUNCTION,
- HELPS WITH BONES,
- DECREASED RISK OF BOTH TYPE-2 DIABETES AND CARDIOVASCULAR DISEASE, THE LIST JUST GOES ON!

SO, MAKE SURE YOU PAY A BIT MORE TO GET A GOOD BIO-AVAILABLE ONE THAT YOUR BODY WITH BE ABLE TO USE PROPERLY, 3000 – 5000IU PER DAY WILL DO YOU THE WORLD OF GOOD!



MULTIVITS AND MULTIMINERALS – SAME AS THE ABOVE IN TERMS OF PAYING FOR A BETTER ONE, THE BETTER THE PRODUCT (NOTE: NOT THE MOST EXPENSIVE) THE MORE YOUR BODY WILL BE ABLE TO ACTUALLY USE, THESE ARE ONE OF THOSE THINGS THAT A LOT OF PEOPLE HAVE AN OPINION ABOUT WHEN THEY REALLY SHOULDN'T, IF YOU COULD TAKE A COUPLE OF PILLS THAT MEANT ALMOST EVERY ONE OF YOUR VITAMIN AND MINERAL TARGETS ARE HIT FOR THAT DAY, WHO THE HELL WOULDN'T?! THAT WHAT THESE ARE FOR, THEY AREN'T TO REPLACE ANY FRUIT OR VEG OR MEATS, YOU HAVE TO HAVE VARIETY, BUT IN TODAY'S DAY AND AGE WHO REALLY EATS 30 ODD DIFFERENT FRUITS AND VEG EVERY WEEK, THESE ARE A SAFETY NET, THESE WILL HELP KEEP YOU FIT AND HEALTHY, WHY RISK NOT HAVING THEM?



OMEGA 3 – THIS IS JUST PURE BRAIN GAINS, YOU WANT TO BE ABLE TO LOOK AT SOMETHING AND MOVE IT WITH YOUR THOUGHTS? THIS IS THE THING YOU NEED! (CANNOT GUARANTEE IT WILL GIVE YOU JEDI POWERS) BUT ON A SERIOUS NOTE, THE ONLY FISH I CAN TOLERATE EATING IS SALMON AND THAT HAS TO BE PRE-COOKED AND FLAVOURED, THIS SUPPLEMENT WON'T DO ANYTHING FOR YOU IF YOU EAT OILY FISH 3-4 TIMES A WEEK, IF YOU DON'T EAT THAT AMOUNT OF FISH THEN GRAB A SEAT BUDDY OMEGA-3 WILL TAKE YOU ON A RIDE! IT CAN:

- HELP FIGHTS AGAINST DEPRESSION
- IMPROVED EYE HEALTH

- BRAIN FUNCTION
- HEART HEALTH
- IMPROVED JOINT STRENGTH
- IMPROVED SLEEP
- IMPROVED SKIN

PRETTY DECENT, ISN'T IT? GET SOME NOW....



CAFFEINE – MY LIFELINE, I WISH I CAN BE
#SPONSORED BY MONSTER BUT UNFORTUNATELY
THAT IS IMPOSSIBLE AT THIS PRESENT TIME BUT IN
THE FUTURE WHO KNOWS?!

**EVERYONE KNOWS CAFFEINE IS GOOD FOR FAT
LOSS, BUT IT CAN ONLY WORK ITS MAGIC IF YOU ARE
IN A CALORIE DEFICIT, PLEASE REFER TO THE
WEIGHT LOSS E-BOOK FOR MORE DETAILS ON
CALORIE DEFICITS ETC,
CAFFEINE WILL HELP WITH YOUR PERFORMANCE IN
THE GYM BY UP TO 20% DEPENDING ON WAY OF
TRAINING IT ALSO MAKES YOU TRAIN A BIT LONG AS
YOUR PERCEIVED EXHAUSTION IS LOWER BY UP TO
6% SO YOU CAN TRAIN HARDER FOR LONGER, WHICH
MEANS BETTER RESULTS!**



**THAT IS ABOUT IT FOR THE GOOD SUPPLEMENTS
SO SWIFTLY ONTO THE MOST COMMON USELESS
ONES:**

**NOW THE ONES THAT ARE USELESS OR JUST AREN'T
WORTH THE MONEY —**

**THE MAIN ONE NOW IS BCAAs (BRANCH CHAIN
AMINO ACIDS) EVERYONE IS SIPPING THEM WITHOUT
UNDERSTANDING WHY OR WHAT THEY ARE, THEY
WERE THOUGHT TO ENHANCE MUSCLE PROTEIN
SYNTHESIS(MPS) HOWEVER THIS HAS BEEN FOUND
TO BE UNTRUE UNLESS YOU USE THEM WITH EAAs
(ESSENTIAL AMINO ACIDS) WHICH MEANS IT WOULD
PROBABLY BE THE SAME AS DRINKING A HEAVILY
DILUTED WHEY SHAKE, WHICH WOULD BE
CONSIDERABLY CHEAPER.**

**THE NEXT ONE IS ANYTHING TO DO WITH NATURALLY
BOOSTING TESTOSTERONE, THESE HEIGHTEN A TYPE
OF TESTOSTERONE CALLED FREE TESTOSTERONE
WHICH DON'T DO MUCH UNTIL YOUR BODY CALLS
UPON THEM, THEY FLOAT IN YOUR BLOOD READY TO
BE CALLED INTO ACTION, HOWEVER YOUR BODY
PRODUCES LOADS OF THESE ANYWAY SO HAVING
MORE FLOATING AROUND NOT DOING ANYTHING IS
COMPLETELY POINTLESS.**

**THE NEXT ONE IS CLA (CONJUGATED LINOLEIC ACID)
IT HAD AMAZING RESULTS IN RATS, SO EVERYONE
JUMPED ON IT, HOWEVER WE DIFFER FROM RATS
(WHO KNEW!) AND IT SHOWED ALMOST THE EXACT
OPPOSITE EFFECTS, IT SHOWED IT HINDERED
GLUCOSE METABOLISM (WHICH IMPROVED IN RATS)
AND MADE PEOPLE MORE INSULIN SENSITIVE, SO**

JUST IT ON THE SHELF AND SCURRY PAST.

RASPBERRY KETONES, FAT LOSS COFFEE BASICALLY ANYTHING YOU SEE ON PEOPLES'

FACEBOOK/TWITTER NEWSFEEDS – THESE ARE EXPENSIVE AND HAVE ABSOLUTELY NO EVIDENCE, THEY OFTEN OFFER A FREE DIET PLAN FOR YOU TO FOLLOW WHICH IS USUALLY 1000KCAL - 1200KCAL PER DAY SO OF COURSE EATING LESS FOOD THAN NORMAL WILL MAKE YOU LOSE WEIGHT* BUT IT'S BECAUSE OF THAT CALORIE DEFICIT AND 100% NOT BECAUSE OF THIS MAGIC SUPPLEMENT!

***PLEASE NOTE HOW I SAID WEIGHT AND NOT FAT, YOU DO NOT WANT TO LOSE MUSCLE MASS, MUSCLE MASS IS THE THING THAT MAKE YOU STRONG, GIVES YOUR BODY CURVES AND SHAPE, WHO SAYS I WANT TO LOSE MY 'GUNS' OR BUM?! - LIKE NO ONE EVER!**



THANK YOU SO MUCH FOR READING THIS, I REALLY HOPE THIS WILL SAVE YOU TIME, MONEY AND YOU LEARN FROM THIS, PLEASE LIKE ALWAYS USE MY LINKS ABOVE TO CONTACT ME IF YOU HAVE ANY QUESTIONS, I'M ALWAYS HAPPY TO OFFER MY ADVICE!

DAN GRIMES


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