

## THE PROGRAM (1 WEEK)

INTENSITY	DAY 1	DAY 2	DAY 3
Heavy, 5 x 5 at 85%	Deadlift	Front Squat	Overhead Press/Chin-Up
Moderate, 5 x 5 at 75%	Front Squat	Overhead Press/Chin-Up	Deadlift
Light, 5 x 5 at 65%	Overhead Press/Chin-Up	Deadlift	Front Squat

## THE WORKOUT

### DEADLIFT SETS: 5 REPS: 5

► Stand with your feet about hip-width apart with your toes facing straight ahead. Squat down and grab the bar outside your knees with a palms-down grip. Keep your lower back in its natural arch and drive your heels into the floor. Push your hips forward as you rise, lifting the bar until it's in front of your thighs.



# MUSASHI®

THE EXPERT IN AMINO ACID  
BLENDS SINCE 1987



AMINO  
SUSPENSION  
TECHNOLOGY

## CREATINE MUSCLE STACK

Combines proven muscle building techniques in one potent pre-workout formulation.

The use of Creatine for muscle growth has been enhanced with the inclusion of free form Amino Acids. Carbohydrates have also been added to create an insulin spike aiding the rapid shuttle of Creatine and Amino Acids into the muscle to assist lean muscle accrual.

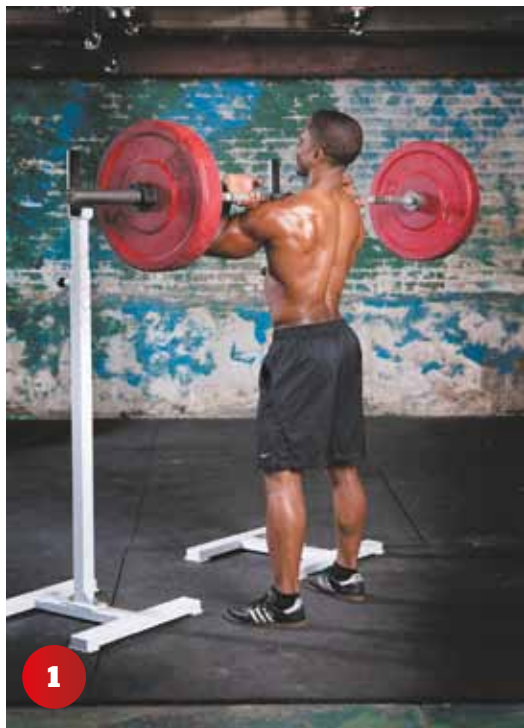


MUSASHI has your workout covered with a range of unique amino acid blends – scientifically formulated and designed for Pre, During and Post workout.

Available now from all leading pharmacies, health & supplement stores.

Visit [WWW.MUSASHI.COM.AU](http://WWW.MUSASHI.COM.AU) to download the training & supplement program to support your goals.

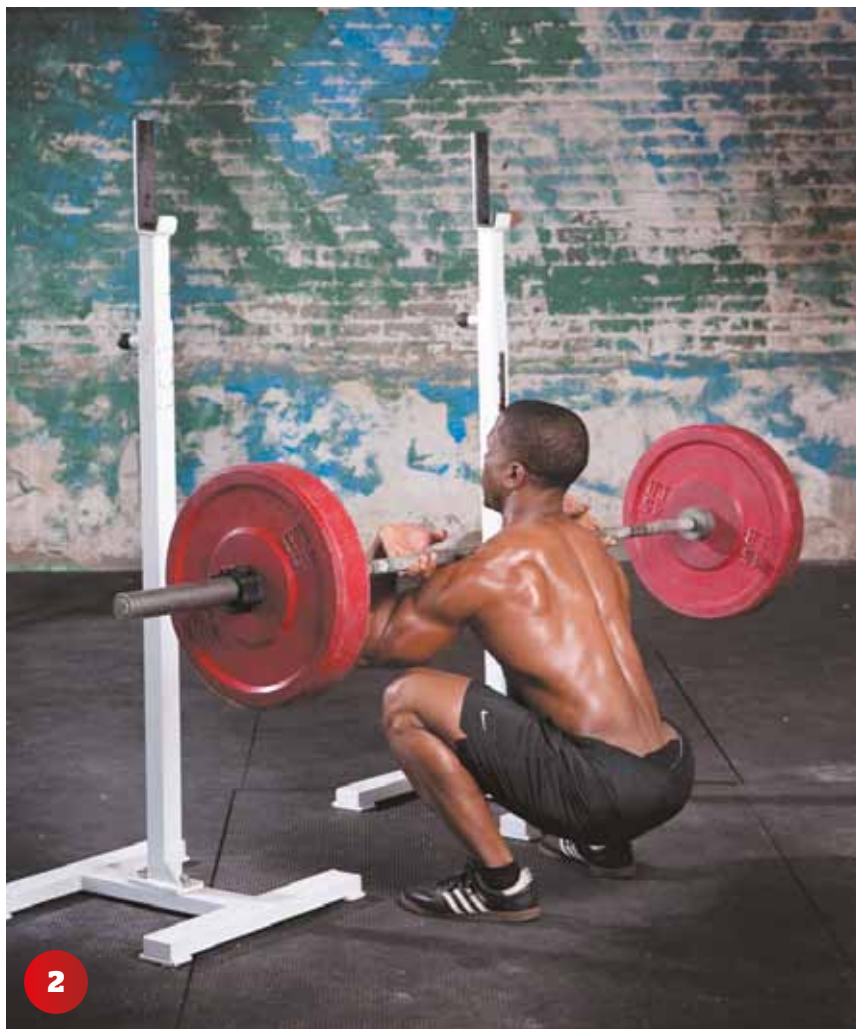


**FRONT SQUAT****SETS: 5 REPS: 5**

► Start with the barbell on the supports of a squat rack. Grab the bar and raise your elbows until your upper arms are parallel to the floor. Now lift the bar off the rack, letting it roll toward your fingertips – as long as you keep your elbows raised, you'll balance the bar. Squat as low as you can, keeping your lower back flat.

**RESPECT THE WEIGHT**

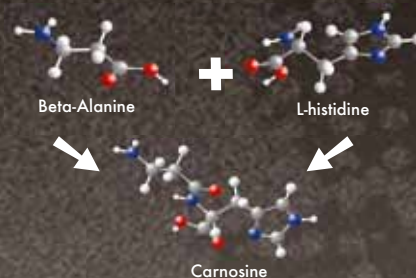
Don't be tempted to go heavier on light days.

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**BETA-ALANINE**  
**SUSTAINED RELEASE**

**MUSASHI** Beta-Alanine is a precursor for intramuscular carnitine which buffers muscle acids. High intensity exercise can lead to acid accumulation inside working muscles resulting in 'muscle burn' which can contribute to the onset of fatigue. **MUSASHI** Sustained Release Beta-Alanine is designed to support high intensity training in endurance, team and strength athletes.



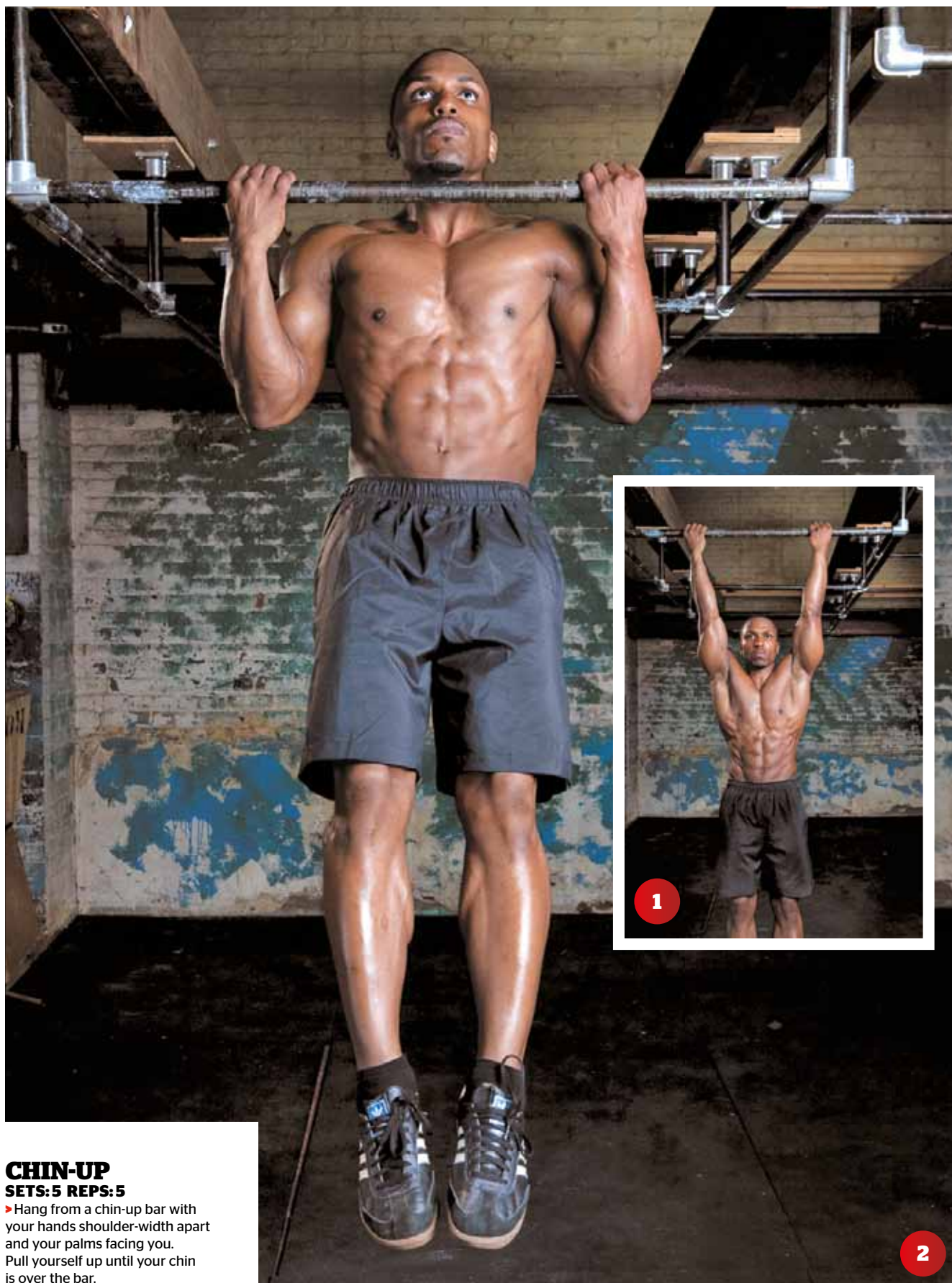
*"I have been loading **MUSASHI** Beta-Alanine Sustained Release during the lead up to the Commonwealth Games, the increase in energy and reduction in muscle burn has helped me to train harder and achieve personal best results in the gym and on the track"*

**Anna Meares – 2010 Commonwealth Games 3 Time Gold Medallist**

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## CHIN-UP

**SETS: 5 REPS: 5**

► Hang from a chin-up bar with your hands shoulder-width apart and your palms facing you. Pull yourself up until your chin is over the bar.

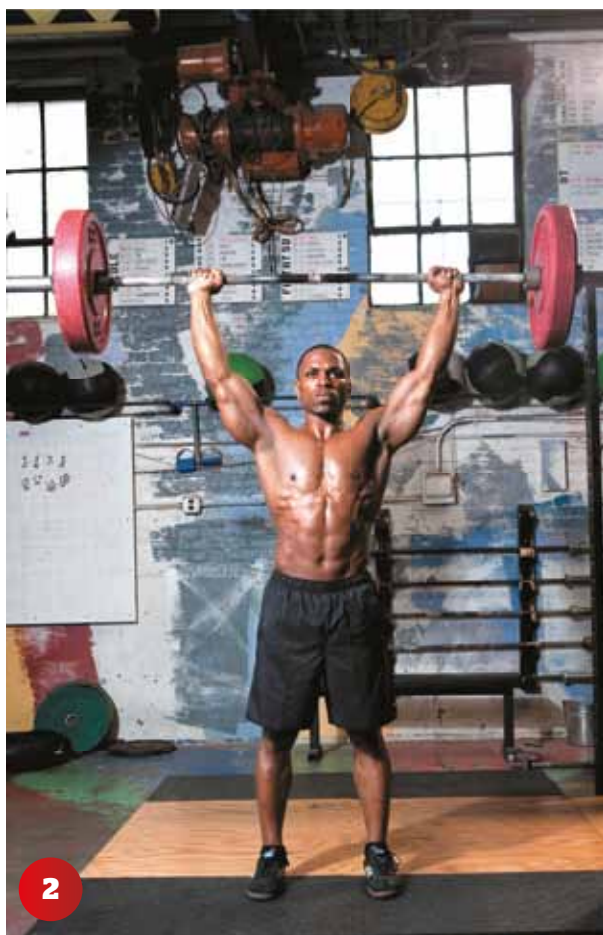


Take a deep breath at the top of each rep before lowering the bar.

## OVERHEAD PRESS

**SETS: 5 REPS: 5**

► Stand with your feet shoulder-width apart and grab the bar with a slightly wider-than-shoulder-width grip. Squeeze your shoulder blades together and push your chest out. Press the bar overhead and slightly backward so that it ends up in line with the back of your head.



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## AROUSE™

Pre-workout Creatine Phosphate Blend, a powdered free form amino acid blend containing the dietary precursors used in the production of creatine phosphate. L-Arginine, L-Methionine & Glycine are combined in this pre-workout formula with pure Creatine Monohydrate.

Power energy relies on the supply of creatine, and AROUSE can be used as a replacement to caffeine-based pre-workout formulas for those sensitive to the effects associated with caffeine use.



Four unique flavoured powdered Amino Acid Blends with Amino Suspension Technology.

This technology further enhances the delivery of Amino Acids by suspending the active ingredients, so when consumed with liquid the entire effective dose will be delivered.

Available now from all leading pharmacies, health & supplement stores.

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