



KAI GREENE

BUILD MONSTER

MIASS

CHAPTER ONE

ELEVEN LAWS OF DIET AND TRAINING

There is a great power that lives within you. One that can vanquish any monster, should you learn to harness it. To do so, you must become more. You must draw on your strengths and learn to silence your own fears. Here are the Eleven laws of diet and training to transform you into something beyond this world.

- I. CONSISTENCY IS THE ONLY PATH TO SUCCESS.**
- II. YOU SHALL NOT MOVE THE WEIGHT WITHOUT PURPOSE.**
- III. HIGH REPS AND LOW REPS CAN BOTH BUILD MUSCLE.**
- IV. CARBS ARE YOUR ALLY.**
- V. YOU WILL NOT EXERCISE BEFORE YOU PRIME THE MECHANISM.**
- VI. YOUR POWERS HAVE A LIMIT.**
- VII. YOU WILL BE HONEST ABOUT YOUR INTAKE.**
- VIII. YOU WILL ALWAYS INCORPORATE CARDIO.**
- IX. EGO DESTROYS. HUMILITY BUILDS.**
- X. COMPOUND LIFTS COMPOUND RESULTS.**
- XI. THOU SHALL NOT CHEAT.**

CHAPTER TWO

DUNGEON MASTER'S GUIDE: CALCULATING YOUR EXACT NUTRITIONAL NEEDS

You have begun your journey and are heading out into the dark and confusing world of sports nutrition. It is wrought with conflicting information and wolves in sheep's clothing. "How much protein do you need?", you ask the locker room behemoth. When do carbs fuel your quest? When do they over encumber your character? You can roll the dice on who to trust and maybe deal a critical blow to your fat stores. Or you may end up wandering the gym and grocery store for years before you wind up back where you started. Or worse.

No longer. Here is an easy way to fast track your path to your final boss.

There are 3 main classes of macronutrients who will either further your journey: protein, fats, and carbs.

HARNESS YOUR STRENGTH. REVEAL YOUR FORM.

Protein is the building block of muscle. You may use it to build your armor. Just like armor, excess protein may prove cumbersome to your character's journey. The goal of this transformation into a monstrous physique is to build lean muscle. It also still carries 4 calories/gram. If you eat protein (which can often be coupled with saturated fat) beyond your needs, you risk entering a caloric surplus and actually feeding your fat stores. Protein should be used wisely to grow your muscles while leaving room for the other weapons in your arsenal.

Carbohydrates are your fuel source. They grant you energy and fortify your will for your battles with the iron beasts. Carbs can be stored in your muscle and liver as glycogen. These are mobilized when you call upon them to help you contract your muscles and move the immovable. They spike insulin, a hormone that will help you deliver nutrients to your cells. They also prevent muscle protein breakdown, ensuring that you do not degrade your armor as you seek to build strength.

Fats carry the name of the enemy, but they will be invaluable during your quest. These are the monsters that align with you. Fats are the most calorie dense macronutrient. They pack 9 calories per gram, helping you hit your caloric surplus and achieve your ideal form. Fats allow you to digest the fat soluble vitamins A, D, E, and K. They are also required for optimum hormone production, including ideal testosterone levels. Do not fear fats, allow their gifts to supercharge your journey and carry you to parts unknown.

So what should your character's nutrition sheet look like?

Determine your Basal Metabolic Rate (how much you burn at rest) through the following equation:

MEN

$$10 \times \text{WEIGHT (KG)} + 6.25 \times \text{HEIGHT (CM)} - 5 \times \text{AGE (Y)} + 5$$

WOMEN

$$10 \times \text{WEIGHT (KG)} + 6.25 \times \text{HEIGHT (CM)} - 5 \times \text{AGE (Y)} - 161.$$

Now we must find your Total Daily Energy Expenditure.

If you spend your whole day sitting, multiply your BMR by 1.2

If you are moderately active, multiply your BMR by 1.4

If you are very active, multiply your BMR by 1.6

If you are extremely active and/or have a very labor intensive job, multiply your BMR by 1.9

The number you get is how much energy you expend each day to journey as you are.

To build muscle, you must give your body the necessary materials to increase size. This means consuming more than your burn. Take your Total Daily Energy Expenditure and multiply it by 1.1 if you want to build muscle slowly and keep fat gain low, 1.2 to build muscle at a steady pace (recommended), or 1.25 to build mass rapidly.

Now that you know your calorie needs, let's break it down into the three macronutrients: proteins, fats, and carbs.

PROTEIN

Multiply your bodyweight times 0.8 - 1.

If you are leaner, choose the higher range.

FATS

Multiply your caloric intake by .2 - .3.

If you prefer fatty foods, choose the higher range.

CARBS

Multiply your protein amount by 4 and your fat amount by 9.

Add them together and subtract them from your Caloric intake.

Here is your character sheet to a successful fat loss journey:

Ex:

$(TDEE \times .8) = \text{Caloric intake}$

$\text{Bodyweight} \times 1 = \text{Protein intake}$

$\text{Caloric intake} \times .25 = \text{Fat intake}$

$\text{Caloric intake} - (4 \times \text{Protein intake} + 9 \times \text{Fat intake}) = \text{Carb intake}$

These are the numbers you must achieve each day through your diet.
Achieve these goals and the Demogorgon shall fall before you.

CHAPTER THREE

YOUR SHOPPING LIST TO BUILD A MONSTROUS PHYSIQUE WITH EASE (EGGOS INCLUDED)

You will need to prepare for the journey ahead. You need supplies to fuel your quest towards the Demogorgon. There will be daily trials and battles that require adequate sustenance. Choose each item carefully. These are the source of your strength and endurance. You will be able to choose higher calorie choices that are slightly higher in fat or carbs, but do not let your intake get away from you. High calorie can be a siren's call to pull you off the path to lean mass.

Stock up and good luck.

PROTEINS

93% ground meats (turkey, beef, bison, chicken)

98% lean chicken, pork, or turkey breasts

Top round or sirloin beef

Light Tuna

Lean Fish (tilapia, trout, sea bass, etc)

Salmon



VEGETARIAN

Eggs

Fat Free Greek Yogurt

Fat Free Cottage Cheese

Fat Free/Low Fat Cheeses

Whey Protein



VEGETARIAN/VEGAN

Chickpeas

Lentils

Tofu

Seitan

Edamame

Tempeh



CARBOHYDRATES

Eggo waffles (calorie free butter spray/low calorie spread and walden farms syrup/light syrup)

Bagels

High Fiber Bread (647 bread, whole grain)

Oatmeal

High Fiber Cereals (All Bran, Fiber One)

Cereal

Whole Wheat Pasta

Potatoes



FATS

Seed oil (olive, flaxseed, avocado)

Avocado

Seeds and nuts (almond butter, peanut butter)

Grass Fed Butter



CONDIMENTS

All low salt seasonings

Fresh Herbs

High Carb Sauces (stir fry sauce, pasta sauce, etc)

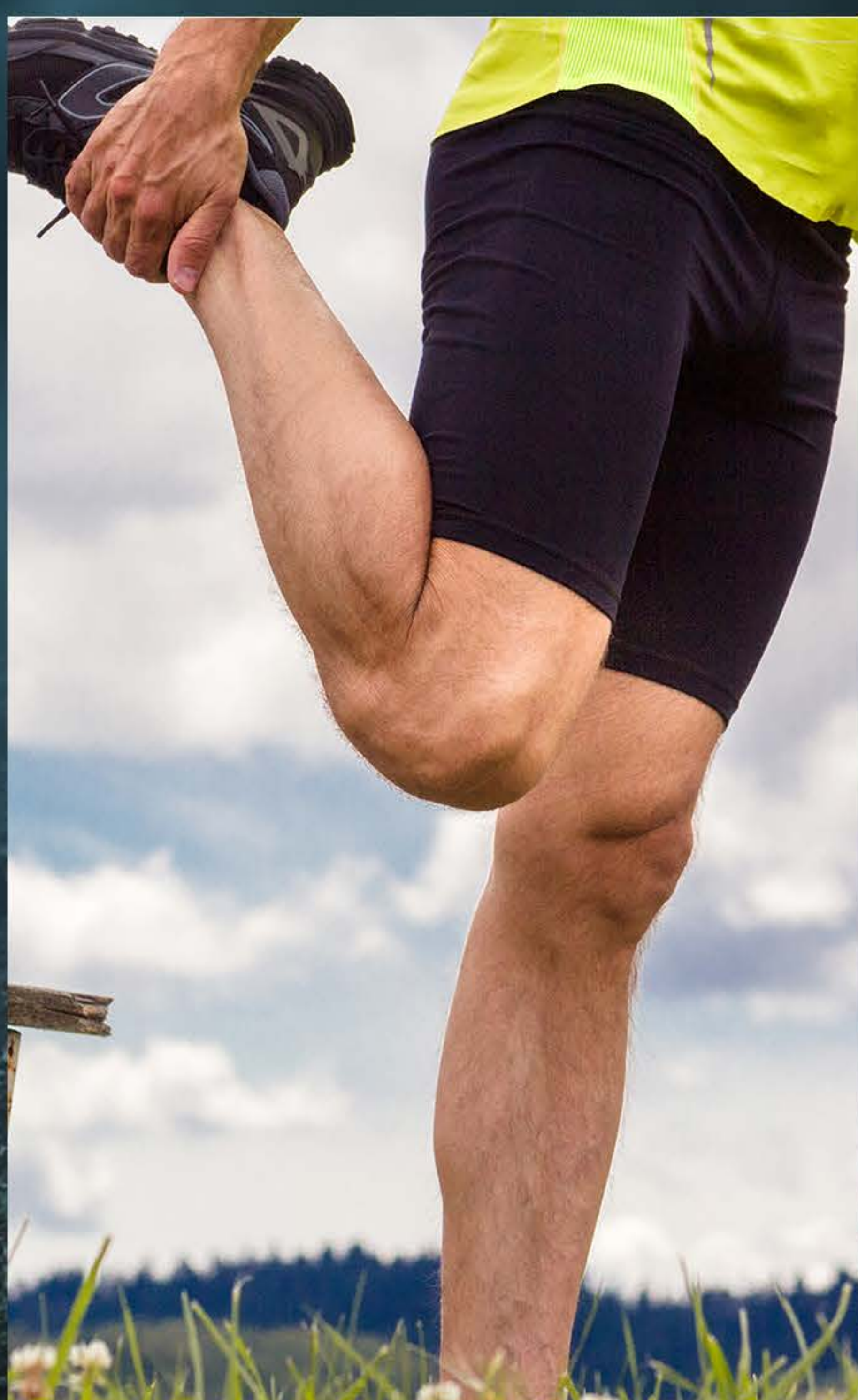
Low/Sugar Free Sauces (bbq sauce, ketchup, mustard, honey mustard, etc)



Before you begin your daily quest, you must perform the following warm up to command your true potential.

Perform all movements twice, twice on each side if applicable. Each stretch should be held for at least 20-30 seconds.

- Deep Squat Hold
- Standing Hamstring Stretch
- Standing Split Stretch (each leg and down the middle)
- Kneeling Hip Stretch
- Runners Quad Stretch with Fall Back and Forward
- Lying Knee Pull
- Cobra Stretch
- Frog Stretch with Glute activation
- Deep Squat with Glute activation
- Deep Squat with Upper Body Twist and Reach to ceiling



Quad Stretch



Kneeling Hip Stretch



Lying Knee Pull

CHAPTER FIVE

THE UPSIDE DOWN METHOD: AN 8 WEEK INTENSIVE TRANSFORMATION TRAINING AND DIET PROGRAM

CHARACTER STATS

- 180 lbs
- 5'10"
- 24
- Male
- Very Active/ Sedentary Job x 1.6
- Lean
- Goal: Moderate Muscle Gain

TDEE 3030

- Calories: 3626
- Protein: 182 g
- Carbs: 451 g
- Fats: 127 g

BREAKFAST

33 g protein, 32 g fat, 47 g carbs

- 3 large eggs
- 2 egg whites
- 2 eggo waffles
- 1 tablespoon grassfed butter
- 1 medium apple (2-3/4" in diameter)



LUNCH

37 g protein, 28 g fat, 61 g carbs

- 5 oz 99% fat free chicken breast
- 8 oz sweet potato
- 3.2 oz avocado
- 1 oz peanuts



PRE WORKOUT

38 g protein, 22 g fat, 136 g carbs

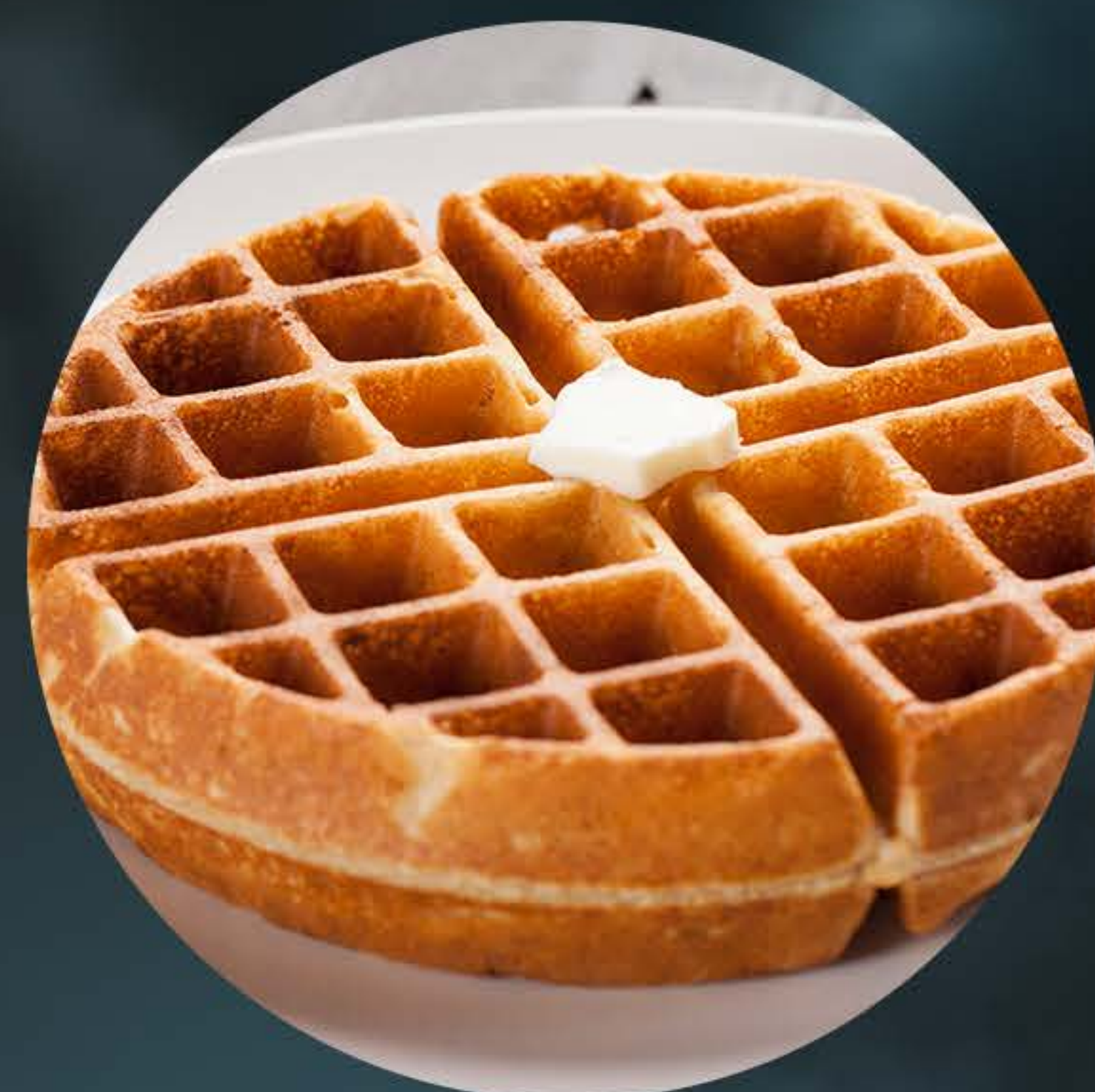
- 2 oz 99% fat free ground turkey
- 4 oz raw whole wheat pasta
- 1 tablespoon of olive oil
- 3 oz Italian bread
- ½ cup tomato sauce



POST WORKOUT

39 g protein, 15 g fat, 164 g carbs

- 1 serving whey protein
- 4 blueberry eggo waffles
- 2/5 cup light maple syrup
- 6 oz sliced banana
- ¼ cup oatmeal



DINNER

36 g protein, 31 g fat, 43 g carbs

- 4.5 oz salmon
- ¼ cup brown rice
- 6 spears of asparagus
- 23 cashews
- 1 tablespoon of grassfed butter



STRANGER GAINZ

Phase One: Demogorgon Strength

This first chapter is designed to hit your muscles on two levels to develop deep muscle growth. Supersets using heavy weight followed by faster light weight is a method of training often used by powerlifters, and athletes to improve performance. Using this type of stimulation is going to allow your body to increase its' type two muscle fiber activation, improve your ability to move heavy weight, and increase your power output. This effect is going to be extremely useful to those looking to improve muscle growth both now and in the long term.

Each superset has two exercises, the first is to be performed with heavy weight (about 80 - 85%) with slow, purposeful movement. The second exercise needs to be with light weight (about 30 - 40%) and fast reps to full range of motion.

DAY 1

1st exercise: 5 sets of 5-6, 2nd exercise 5 sets of 12-14

- Bench Press
- Bench Press
- Cable Rope Triceps Extensions
- Cable Rope Triceps Extensions
- Incline Dumbbell Press
- Incline Dumbbell Flies
- Dumbbell Skull Crushers
- Dumbbell Triceps Kickback



Cable Rope Triceps Extensions

- Decline Cable Flies
- Push Ups

DAY 2

1st exercise: 5 sets of 5-6, 2nd exercise 5 sets of 12-14

- Seated Dumbbell Shoulder Press
- Ez-bar Upright Row
- Dumbbell Arnold Press
- Dumbbell Side Raises
- Dumbbell Shrugs
- Dumbbell Pull Over



Dumbbell Side Raises

- Straight Arm Cable Pull Downs
- Dumbbell Shrugs
- Standing Barbell Shoulder Press
- Supinated Barbell Front Raise



Dumbbell Pull Overs

DAY 3

1st exercise: 5 sets of 5-6, 2nd exercise 5 sets of 12-14

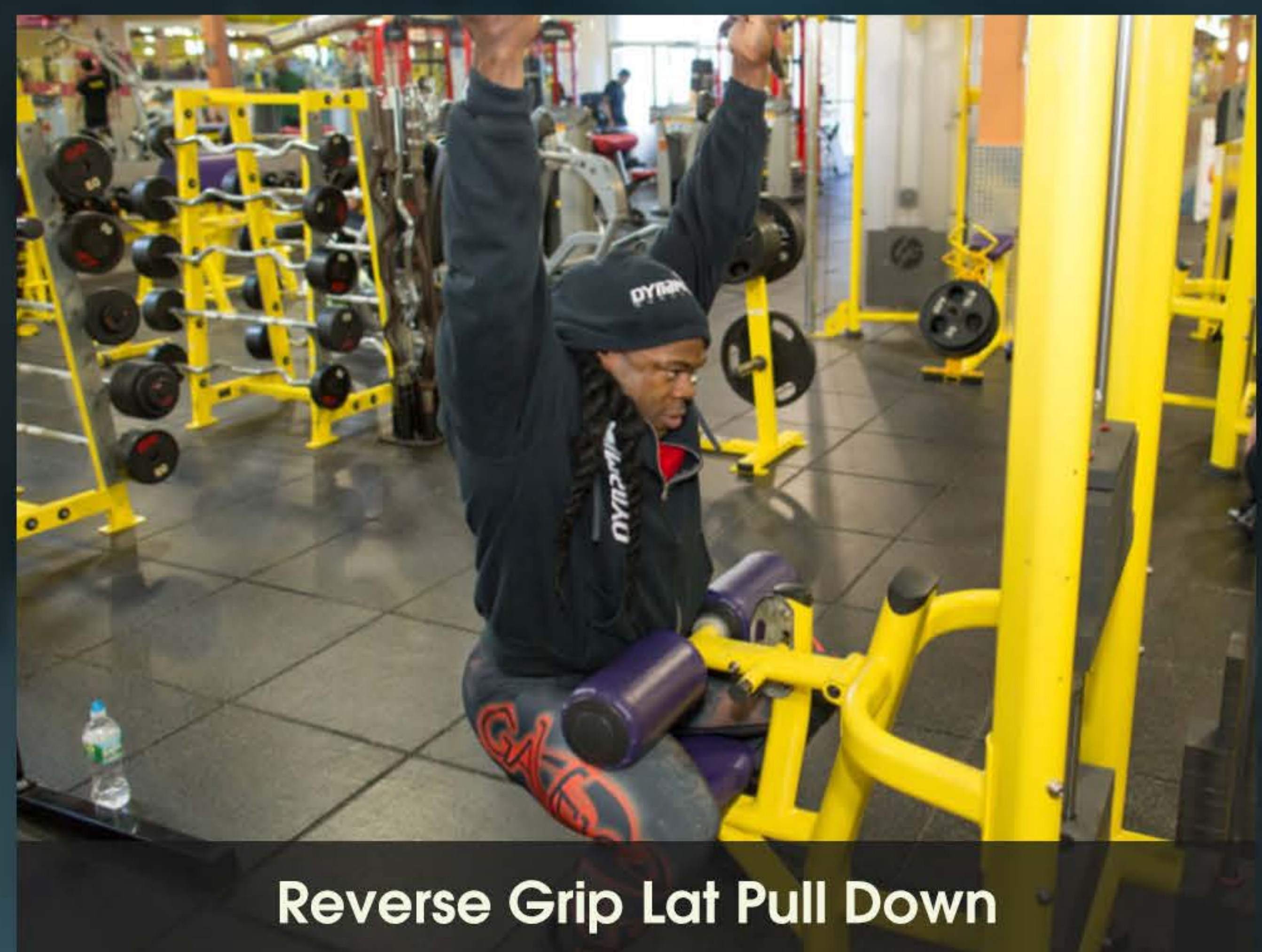
- Dumbbell Straight Leg Deadlift
- Lying Hamstring Curls
- Barbell Deadlifts
- Glute-ham-raise Hamstring Curls or Norwegian Hamstring Curls
- Standing Smith Machine Calf Raises
- Standing Smith Machine Calf Raises

- Seated Hamstring Curls
- Seated Hamstring Curls
- Dumbbell Reverse Lunges
- Dumbbell Walking Lunges

DAY 4

1st exercise: 5 sets of 5-6, 2nd exercise 5 sets of 12-14

- Close Grip Cable Rows
- Neutral Wide Grip Cable Rows
- Single Arm Dumbbell Cross Body Rows
- Single Arm Dumbbell Rows
- Incline Dumbbell Curls
- Ez-bar Spider Curls
- Incline Dumbbell Rows
- Incline Dumbbell Reverse Flies
- Reverse Grip Lat Pull downs
- Cable Reverse Lateral Flies
- Barbell Curls
- Single Arm Machine Curls



DAY 5

1st exercise: 5 sets of 5-6, 2nd exercise 5 sets of 12-14

- Dumbbell Lateral Raises
- Dumbbell Arnold Press
- Barbell Upright Row
- Barbell Military Press
- Cable Reverse Flies
- Single Arm Standing Dumbbell Shoulder Press
- Dumbbell Pull Overs
- Ez-bar Front Raises
- Dumbbell Shrugs
- Seated Dumbbell Shoulder Press



Barbell Upright Row

DAY 6

1st exercise: 5 sets of 5-6, 2nd exercise 5 sets of 12-14

- Barbell Front Squats
- Dumbbell Front Squats
- Barbell Squats
- Body Weight Jump Squats
- Leg Press Calf Raises
- Leg Press Calf Raises



Leg Press Calf Raises

- Leg Press

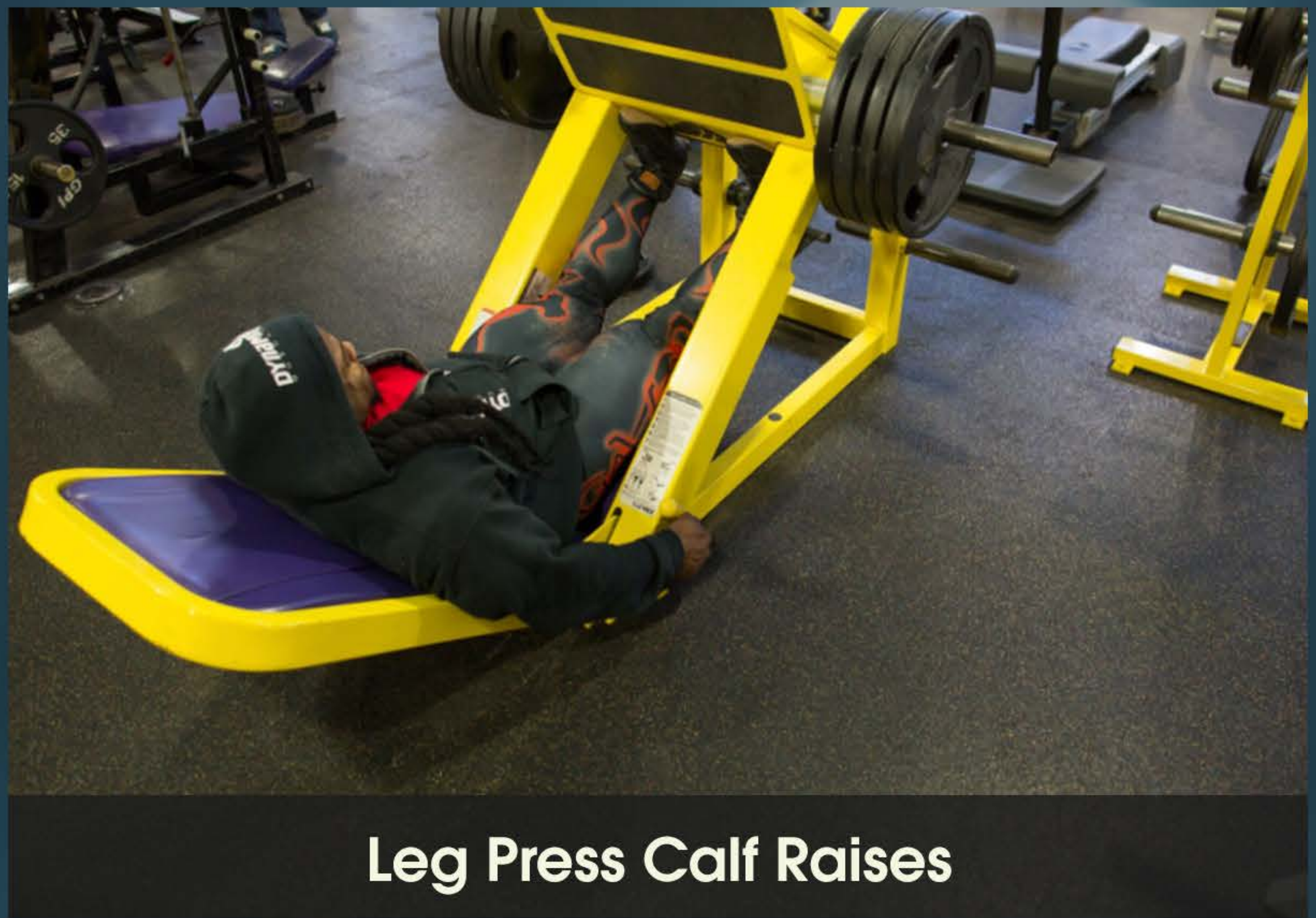
- Leg Press

- Seated Calf Raises

- Seated Calf Raises

DAY 7

Rest Day



Leg Press Calf Raises

STRANGER GAINZ

Phase Two: Demogorgon Size

Developing muscle size can be accomplished through a variety of methods. There are those who use lighter weight creating inflammation, blood flow to muscle, and hypertrophy in the top layers of the muscle fiber. Then there are those who use heavier weights with lower reps to break down the deeper muscle fibers which will create improved strength and longer lasting larger muscle bellies. I personally atone to the first method more often, at this stage of my career this is what will benefit me most. However, starting out and on my way to being an annual Olympia contender, I utilized both the heavier and lighter weights.

This Chapter of your growth is going to focus on creating the deep muscle fiber rips and then the following day create increased blood flow to the muscle belly, creating inflammation and muscle swelling. Each day works two muscle groups. The first muscle group needs to be using light weight (about 40-50%) for fast reps, the second group is going to use heavy weight (about 70-80%), also with fast reps.

DAY 1

LIGHT WEIGHT – 4 sets for 14-16 reps each

- Dumbbell Skull Crushers
- Cable Triceps Pushdown
- Cable Triceps Kick Back
- Barbell Curls
- Incline Dumbbell Curls
- Ez-bar Spider Curls



Cable Triceps Pushdowns

HEAVY WEIGHT - 4 sets for 10-12 reps each

- Bench Press
- Dumbbell Bench Press
- Incline Dumbbell Flies
- Decline Dumbbell Bench Press



Wide Grip Barbell Pendley Rows

DAY 2

LIGHT WEIGHT – 4 sets for 14-16 reps each

- Incline Dumbbell Chest Press
- Decline Dumbbell Chest Flies
- Bench Press

HEAVY WEIGHT - 4 sets for 10-12 reps each

- Reverse Grip Cable Rows
- Wide Grip Barbell Pendley Rows
- Close Grip Lat Pull Downs
- Cable Face Pull



Close Grip Lat Pull Downs

DAY 3

LIGHT WEIGHT – 4 sets for 14-16 reps each

- Cable Face Pull
- Single Arm Dumbbell Row
- Wide Neutral Grip Cable Row

HEAVY WEIGHT - 4 sets for 10-12 reps each

- Barbell Deadlift
- Dumbbell Straight Leg Deadlift
- Lying Hamstring Curls
- Barbell Hip Thrusts
- Seated Calf Raises



Seated Calf Raises

DAY 4

LIGHT WEIGHT – 4 sets for 14-16 reps each

- Seated Hamstring Curls
- Straight Leg Barbell Deadlift
- Dumbbell Hip Bridges
- Single Leg Standing Calf Raises

HEAVY WEIGHT - 4 sets for 10-12 reps each

- Barbell Front Squats
- Leg Press
- Leg Press Calf Raises
- Hack Squats
- Leg Extensions



Single Leg Standing Calf Raises

DAY 5

LIGHT WEIGHT - 4 sets for 14-16 reps each

- Barbell Front Squats
- Hack Squats
- Hack Squat Calf Raises
- Leg Extensions

HEAVY WEIGHT - 4 sets for 10-12 reps each

- Seated Dumbbell Shoulder Press
- Dumbbell Shrugs
- Dumbbell Lateral Raises
- Dumbbell Pull Overs

DAY 6

LIGHT WEIGHT - 4 sets for 14-16 reps each

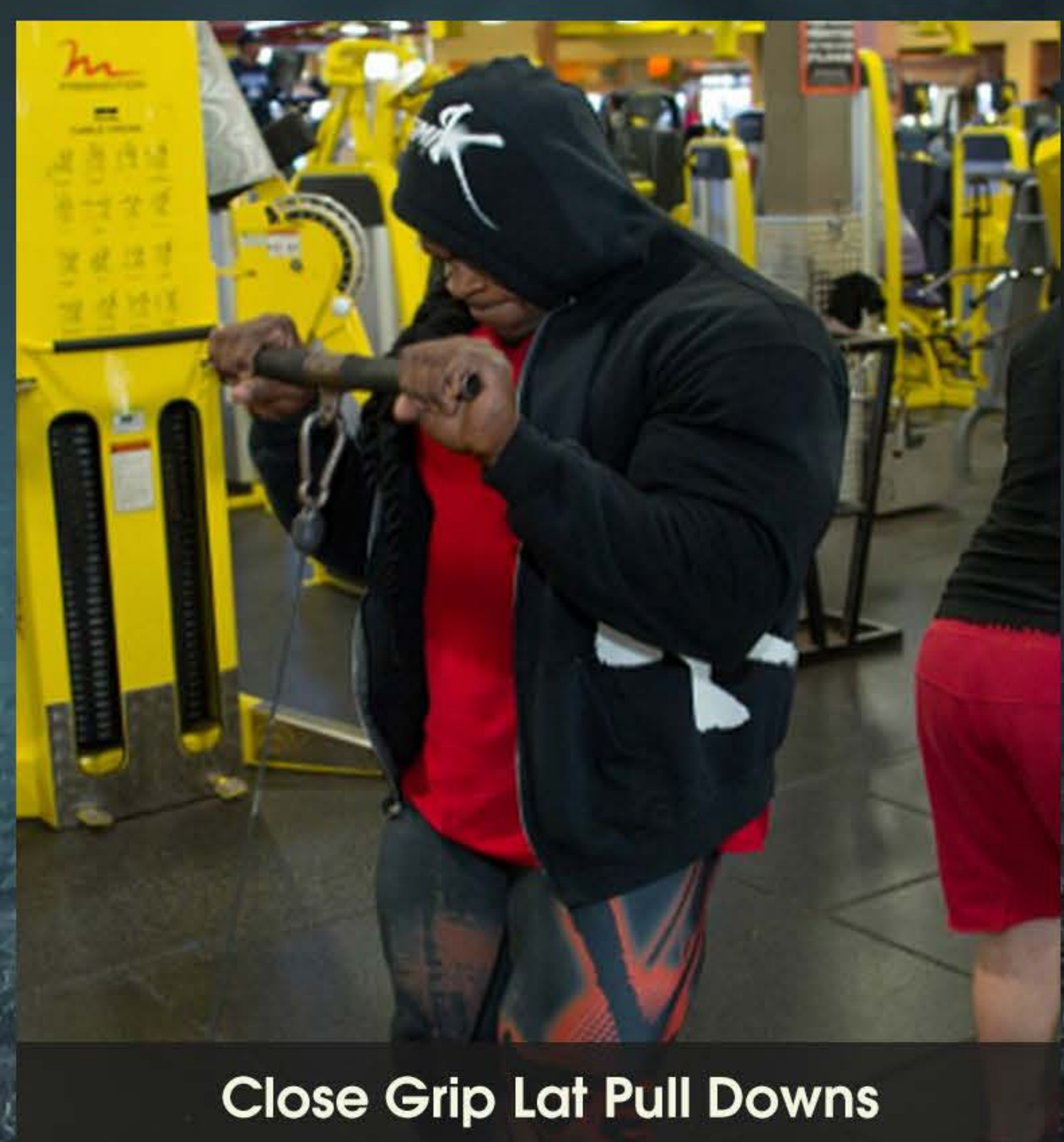
- Dumbbell Lateral Raises
- Bent Over Dumbbell Reverse Flies
- Dumbbell Arnold Press
- Dumbbell Pull Overs

HEAVY WEIGHT - 4 sets for 10-12 reps each

- Barbell Curls
- Ez-bar Skull Crushers
- Ez-bar Preacher Curls
- Cable Triceps Push Down
- Reverse Grip Cable Curls
- Reverse Grip Triceps Push Down

DAY 7

Rest Day





END