



**THIBARMY**

*Powered by*

**BALLISTIC MANAGEMENT**

# **LEANER, FASTER & STRONGER ONLINE BOOTCAMP PROGRAM**

## **NUTRITION GUIDELINES**

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## PHASE 1 - MITOCHONDRIA OPTIMIZATION

### WHOLE BODY PERFORMANCE DAYS

LOW CARBS	20% ( <i>post-workout &amp; last meal</i> )
MID FAT	30%
HIGH PROTEINS	50%
CALORIC RESTRICTION	BW ( <i>lbs</i> ) x 13,5
PRE-WORKOUT STACK	Neuro & adrenal protocol

### BODYBUILDING DAY

HIGH CARBS	40% ( <i>peri-workout &amp; last meal</i> )
LOW FAT	20%
HIGH PROTEINS	40%
CALORIC REFEED	BW ( <i>lbs</i> ) x 16
PRE-WORKOUT STACK	NO2 protocol

### CARDIO ONLY & OFF DAYS

LOW CARBS	20% ( <i>last meal</i> )
MID FAT	30%
HIGH PROTEINS	50%
CALORIC RESTRICTION	BW ( <i>lbs</i> ) x 10

### SUGGESTED DAILY SUPPLEMENTS

VITAMIN B6 [AS P5P] 10MG [DAILY]
COENZYME Q10 200 MG. [DAILY]
CURCUMIN EXTRACT 1000MG [DAILY]
N-ACETYL-CYSTEIN 500MG [DAILY]
PHOSPHATIDYL SERINE 300-500 MG. [UPON WAKING]
R-LIPOIC ACID 400 MG [WITH CARBS MEAL]
PQQ [AS PYRROLOQUINOLINE QUINONE] 10 MG [DAILY]
GREEN TEA EXTRACT 750MG [UPON WAKING]
FISH OIL [OMEGA-3 EPA-DHA] 4-6 GR [DAILY]
MAGNESIUM GLYCINATE OR TAURATE 500 MG [EVENING]

## GOAL FOR THIS PHASE

### NUTRITION:

Increase fat oxidation and glucose tolerance

### STRENGTH:

Increase neural adaptation with high frequency lifting

### AEROBIC:

Increase cardiac output

### SUPPLEMENTS:

Optimize energy production through ATP pathways

## PHASE 2 - FITNESS OPTIMIZATION

### WHOLE BODY PERFORMANCE DAYS

LOW CARBS	30% ( <i>post-workout &amp; last meal</i> )
MID FAT	20%
HIGH PROTEINS	50%
CALORIC RESTRICTION	BW ( <i>lbs</i> ) x 12,5
PRE-WORKOUT STACK	Neuro & adrenal protocol

### BODYBUILDING DAY

HIGH CARBS	50% ( <i>peri-workout &amp; last meal</i> )
LOW FAT	20%
HIGH PROTEINS	30%
CALORIC REFEED	BW ( <i>lbs</i> ) x 15
PRE-WORKOUT STACK	NO2 protocol

### OFF DAYS

LOW CARBS	20% ( <i>last meal</i> )
MID FAT	30%
HIGH PROTEINS	50%
CALORIC RESTRICTION	BW ( <i>lbs</i> ) x 9

### SUGGESTED DAILY SUPPLEMENTS

VITAMIN B6 [AS P5P] 10MG [DAILY]
VITAMIN C 500MG [PRE-WORKOUT] - 500MG [EVENING]
ACETYL-L-CARNITINE 600 MG [PRE-WORKOUT]
COENZYME Q10 200 MG. [DAILY]
CURCUMIN EXTRACT 1000MG [DAILY]
N-ACETYL-CYSTEIN 500MG [DAILY]
PHOSPHATIDYL SERINE 300-500 MG. [UPON WAKING]
R-LIPOIC ACID 400 MG [WITH CARBS MEAL]
PQQ [AS PYRROLOQUINOLINE QUINONE] 10 MG [DAILY]
GREEN TEA EXTRACT 750MG [UPON WAKING]
FISH OIL [OMEGA-3 EPA-DHA] 4-6 GR [DAILY]
MAGNESIUM GLYCINATE OR TAURATE 500 MG [EVENING]

## GOAL FOR THIS PHASE

### NUTRITION:

Increase fat oxidation and glucose tolerance

### STRENGTH:

Slight increase in strength volume

### AEROBIC:

Increase cardiac output

### SUPPLEMENTS:

Optimize energy production through ATP pathways

## PHASE 3 - INTENSITY OPTIMIZATION

### WHOLE BODY PERFORMANCE DAYS

LOW CARBS	30% ( <i>post-workout &amp; evening</i> )
MID FAT	20%
HIGH PROTEINS	50%
CALORIC RESTRICTION	BW ( <i>lbs</i> ) x 11,5
PRE-WORKOUT STACK	Neuro & adrenal protocol

### BODYBUILDING DAY

HIGH CARBS	60% ( <i>peri-workout &amp; evening</i> )
LOW FAT	20%
HIGH PROTEINS	20%
CALORIC REFEED	BW ( <i>lbs</i> ) x 14
PRE-WORKOUT STACK	NO2 protocol

### OFF DAYS

LOW CARBS	30% ( <i>evening</i> )
MID FAT	20%
HIGH PROTEINS	50%
CALORIC RESTRICTION	BW ( <i>lbs</i> ) x 8

### SUGGESTED DAILY SUPPLEMENTS

VITAMIN B6 [AS P5P] 10MG [DAILY]
COENZYME Q10 200 MG. [DAILY]
CURCUMIN EXTRACT 1000MG [DAILY]
N-ACETYL-CYSTEIN 500MG [DAILY]
PHOSPHATIDYL SERINE 300-500 MG. [UPON WAKING]
R-LIPOIC ACID 400 MG [WITH CARBS MEAL]
CHROMIUM PICOLINATE 500MCG [WITH CARBS MEAL]
PQQ [AS PYRROLOQUINOLINE QUINONE] 10 MG [DAILY]
FISH OIL [OMEGA-3 EPA-DHA] 4-6 GR [DAILY]
MAGNESIUM GLYCINATE OR TAURATE 500 MG [EVENING]

## GOAL FOR THIS PHASE

### NUTRITION:

Increase glycogen stores for volume tolerance and anabolism

### STRENGTH:

Increase bodybuilding work and strength output

### AEROBIC:

Increase overall fitness level with HIIT

### SUPPLEMENTS:

Optimize glycogen synthesis and energy production

## PHASE 4 - BODY COMP OPTIMIZATION

### WHOLE BODY PERFORMANCE DAYS

LOW CARBS	20% ( <i>post-workout &amp; evening</i> )
MID FAT	30%
HIGH PROTEINS	50%
CALORIC RESTRICTION	BW ( <i>lbs</i> ) x 10,5
PRE-WORKOUT STACK	Neuro & adrenal protocol

### GBC DAY

HIGH CARBS	50% ( <i>peri-workout &amp; evening</i> )
LOW FAT	20%
HIGH PROTEINS	30%
CALORIC REFEED	BW ( <i>lbs</i> ) x 15
PRE-WORKOUT STACK	NO2 protocol

### OFF DAYS

LOW CARBS	10% ( <i>evening</i> )
MID FAT	30%
HIGH PROTEINS	50%
CALORIC RESTRICTION	BW ( <i>lbs</i> ) x 8

### SUGGESTED DAILY SUPPLEMENTS

VITAMIN B6 [AS P5P] 10MG [DAILY]
COENZYME Q10 200 MG. [DAILY]
CURCUMIN EXTRACT 1000MG [DAILY]
N-ACETYL-CYSTEIN 500MG [DAILY]
PHOSPHATIDYL SERINE 300-500 MG. [UPON WAKING]
R-LIPOIC ACID 400 MG [WITH CARBS MEAL]
CHROMIUM PICOLINATE 500MCG [WITH CARBS MEAL]
PQQ [AS PYRROLOQUINOLINE QUINONE] 10 MG [DAILY]
FISH OIL [OMEGA-3 EPA-DHA] 4-6 GR [DAILY]
MAGNESIUM GLYCINATE OR TAURATE 500 MG [EVENING]

## GOAL FOR THIS PHASE

### NUTRITION:

Maximize body composition & metabolic flexibility

### STRENGTH:

Increase body composition and work capacity

### AEROBIC:

Increase cardiac performance and caloric expenditure

### SUPPLEMENTS:

Optimize glycogen synthesis and energy production

## PRE-WORKOUT STACK PROTOCOL

### NEURO PROTOCOL

**ACETYL-L-CARNITINE - 600MG**

**L-TYROSINE - 12MG X BODYWEIGHT IN LBS**

**CHOLINE BITARTRATE - 500-1000MG**

**VITAMIN C - 500MG**

This stack is made to increase focus, drive and attention span. It provides the building materials for the production of dopamine and acetylcholine (neurotransmitters). Best taken 30-45 min pre-workout on an empty stomach or low carb environment.

### NO 2 PROTOCOL

**BEET ROOTS - 500-1000MG**

**L-CITRULLINE - 6000MG**

**BETA ALANINE - 1.5GR**

**GLYCEROL - 1GR X BODYWEIGHT IN LBS**

This stack is geared towards maximizing the pump through the production of nitric oxide. Works well in conjunction with bodybuilding type workouts and increased time under tension. This will increase blood flow and oxygen transport and increase muscle pump, with more nutrients entering the muscle, leading to more anabolism and hypertrophy.

### RECOVERY PROTOCOL

**ASHWAGANDA - 100MG**

**PANTHOTENIC ACID - 100MG**

**SIBERIAN GINSENG ROOT - 50MG**

This stack is to be taken on off days to promote recovery and stabilize cortisol production levels. The stack can be taken once or twice a day based on the recovery status. Can be taken AM, PM or post-cardio.