

I recommend following the exact same nutrition strategy for Version Two as Version One Strength and Density.

Okay so here's how you implement strength and density version two into the program.

Month 1-2: Strength and Density Version One

Month 3: Double Up Method

Month 4-5: Strength and Density Version Two

At this point you can go back to strength and density Version One for 1 month. Followed by the double up method for one month, followed by one month of strength and density version two.

This would total 8 months of really solid training. Then I would move into one of my other program. Superhero Bulking if you want to pack on even more size or Warrior Shredding if you want to lean out further.