

GROWTH

STIMULUS TRAINING

MICRO 0

TRAIN HARD. TRAIN SMART. GROW!

CREATED BY
RYAN MILLER

"DISCIPLINE IS FREEDOM"

TIME TESTED TRAINING CONCEPTS

MENTALLY ENGAGING PROGRAM DESIGN

MAX STIMULUS EXERCISE SELECTIONS

EXCITING SET/REP/INTENSITY SCHEMES

PLANNED PROGRESSION TIMELINE

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WITH ANY QUESTIONS OR CONCERNS

THANK YOU

GROWTH

STIMULUS TRAINING

Before I begin, I'd personally like to congratulate you! By following the directions in this book, you're taking matters into your own hands; you're starting something big! This is a step forward, and I'm glad you're taking it.

From this point on, forget about working out; you're training now. Over the next 7 days, you're going to set the foundation of your new training program: Growth Stimulus Training (GST).

GST has a unique feel about it, setting it apart from countless other programs. People who have mastered and adopted GST as their training approach have a very hard time training any other way.

**"YOU'RE STARTING
SOMETHING BIG!"**

You will soon master GST for yourself and realize exactly what I'm talking about. You will understand how those people feel, and become a member of the GST crew, which is thousands of members strong!

Enjoy this excerpt from one of my past GST related interviews:

"A training program will only be effective if it is centered around proven and time tested foundational concepts. I'm not talking about concepts that look pretty on paper and contain fancy wording in their descriptions to make them seem important and revolutionary. I'm talking about concepts that flat out work! I'm talking about concepts that have passed the test of time in gyms around the world.

Many programs today try to be different and new, which is where they go wrong.

**"FORGET ABOUT WORKING OUT;
YOU'RE TRAINING NOW!"**

Those programs lose sight of what it really takes to build size and gain strength. When it comes to those programs, smart training takes a back seat to flashy titles, sales geared terminology, and ridiculous results claims.

Look, if a program claims to add more than a few pounds of pure muscle mass in less than a few weeks, that program's creator has made a false claim for the sake of sales and marketing. I despise those people, and view them as con artists trying to make a quick buck. I'm simply not a man that believes in that behavior and I loathe any person that does. I refuse to operate in that manner, and you can be confident that I do everything I can to provide you with the best information.

I am comfortable with my claims and am confident in telling you that, by using GST, you will be anxious and excited for your workouts, gain strength in a realistic and steady manner, provide your body with the stimulus needed to produce new muscle mass, and learn what it takes to construct a well rounded training program around your goals.

Why am I confident in my claims? My personal survival, along with the well being of my family is based on whether or

not my clients and customers get results. A lack of results equates to a lack of clients and customers. Needless to say, I'm booked year round with clients that are using GST and customers that are fully satisfied with their GST purchases."

**"YOU CAN BE CONFIDENT THAT I DO
EVERYTHING I CAN TO PROVIDE YOU
WITH THE BEST INFORMATION"**

I've experienced the effects of GST, 1000s of others have experienced the effects of GST, and now you're about to experience the effects of GST as well! Train Hard. Train Smart. Grow! I wish you the best with your GST experience!"

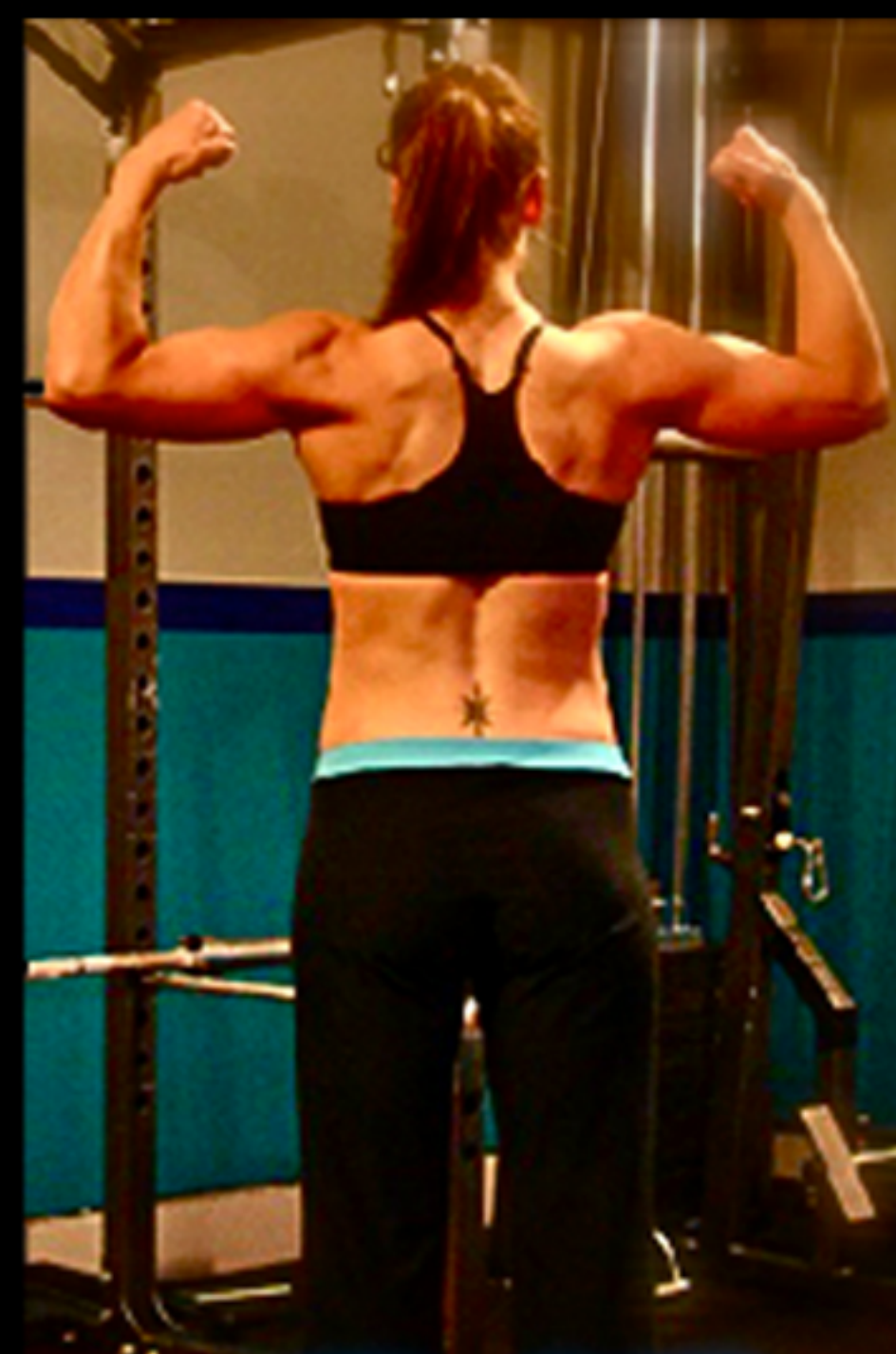
WEEK 1



WEEK 8



WEEK 14



BUILDING THE GST BACKBONE

CHOOSING YOUR CORE, SUPPLEMENT, AND DIRECT AB EXERCISES

Through our execution of Micro 0, we are going to start building your personal GST program from the ground up. We will begin with nothing, and end with the information you need to use GST for months, or even years to come.

The first step in the construction of your program is to choose the exercises that will be making up your GST workouts. Before we go any further, I want you to grab a piece of paper and a pen. We are going to do this together, and I'll be using illustrations to make this as easy as possible for you. Got your paper and pen? OK, time to move forward!

There are four GST workouts; Squat Day, Press Day, Lift Day, and Pull day.

Each Micro 0 workout contains one core exercise, two or three supplement exercises, which enhance the core exercise performance, and an exercise that targets and strengthens the abdominal musculature.. Full GST programming implements further training methods and exercises. Remember, Micro 0 is an introduction!

We will begin by choosing your core exercises. When choosing a core exercise, it is important that you choose an exercise that you are comfortable performing.

You should understand which muscles the exercise is working, you should understand why you're performing that exercise, and you should be able to execute that exercise with proper form.

As this is an introduction to GST, I am going to provide you with a 'short list' of core exercise options that will give you plenty of 'bang for your buck,' while sticking to the basics.

SQUAT

PRESS

LIFT

PULL

Read below for an excerpt regarding the core exercises from the eBook Growth Stimulus Training:

"It is my experience that one must try and keep their body in a state of recovery at nearly all times. In order to stay in a state of recovery, you must cause your body enough stress and trauma to initiate and maintain the recovery process for 24-72 hours. This level of trauma requires intense lifting with heavy loads and/or near complete muscle fatigue. GST requires both.

When choosing the GST core exercises, I thought about what the body is designed to do. The body is designed to press, pull, lift, and squat. I chose exercises that stress those natural movements and traumatize the body as much as possible."

**"I THOUGHT ABOUT
WHAT THE BODY IS
DESIGNED TO DO"**

You'll soon be choosing your core exercises for each GST workout. After you've made your choices, it will be time to move to the next step; supplement exercise selection.

You must understand that the supplement exercises are meant to enhance the performance of your core exercises and build excess muscle, which will add up to greater overall progress. When choosing your supplement exercises, consider your weak points and strong points. For example, if you have weak triceps, you'll want to make sure to include dips within your Press day.

The following is an excerpt regarding the supplement exercises from the eBook Growth Stimulus Training:

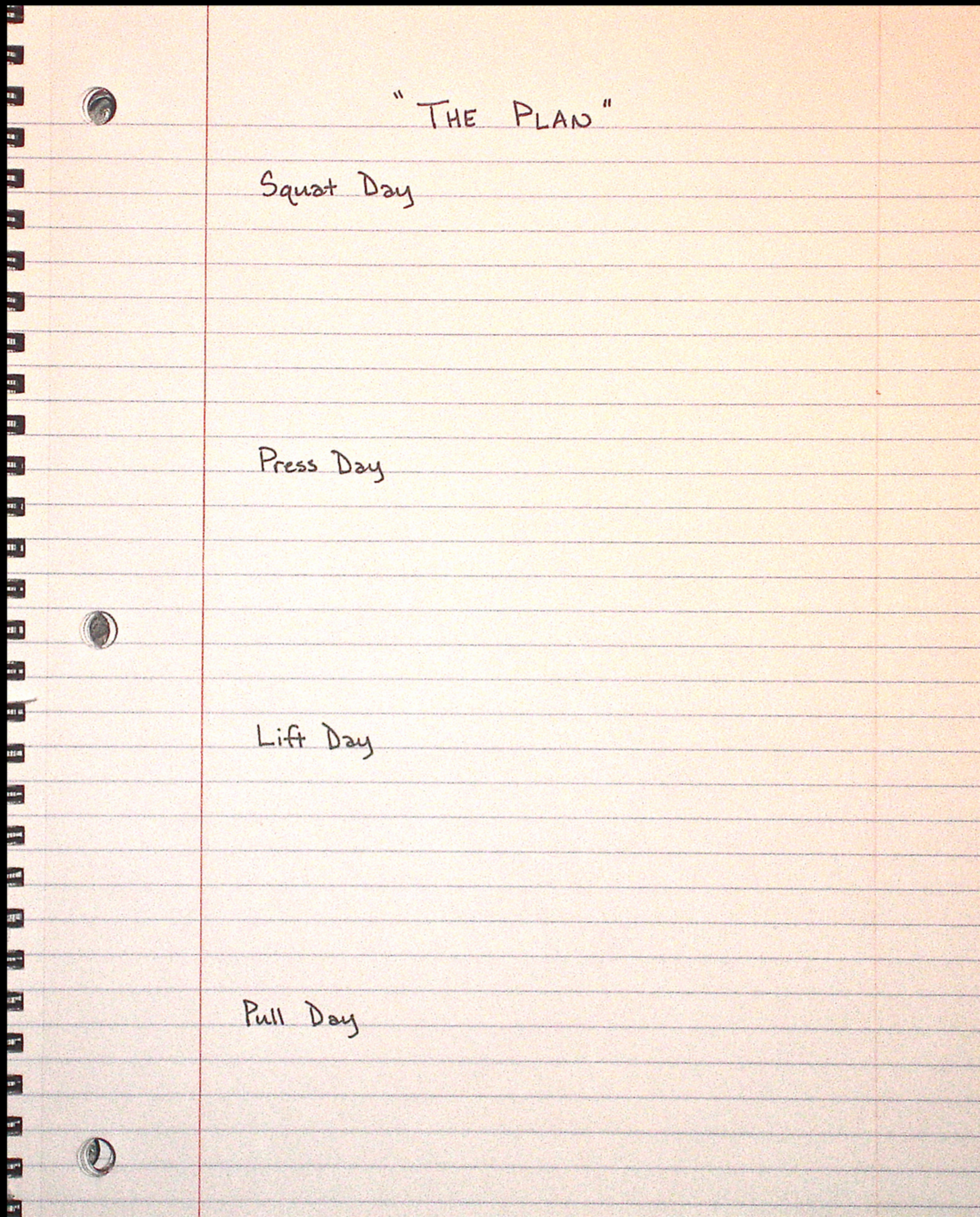
"More than one exercise can be done to promote strength and growth in the same area of the body. This is where supplement exercises come into play. Supplements work when you have the fundamentals in place, but they are not meant to replace those fundamentals."

**"CONSIDER YOUR
WEAK POINTS AND
STRONG POINTS."**

As with the core exercise choices, I have laid out a 'short list' of supplement exercise options to choose from. Micro 0 is an introduction to GST, which is why every single supplement exercise choice is not listed. However, the available supplement exercise choices are very effective to say the least.

STEP 1: CONSTRUCT YOUR GST PROGRAM

STEP 1A: WRITE OUT THE FOUR GST TRAINING DAYS



"GST IS DEFINITELY THE BEST
PROGRAM I'VE EVER TRIED"

STEP 1: CONSTRUCT YOUR GST PROGRAM

STEP 1B: CHOOSE YOUR CORE EXERCISES

Please choose one exercise from each of the following four categories.
Write your choices down as shown below.

SQUAT

Barbell Back Squat
Barbell Front Squat
Barbell Box Squat

PRESS

Flat Barbell Press
Incline Barbell Press
Military Barbell Press

LIFT

Conventional Deadlift
Sumo Deadlift
Rack Deadlift

PULL

Pull Up
Bent Row
Chin Up

"THE PLAN"

Squat Day
Core: Barbell Back Squat

Press Day
Core: Flat Barbell Bench Press

Lift Day
Core: Barbell Deadlift

Pull Day
Core: Pull Up

STEP 1: CONSTRUCT YOUR GST PROGRAM

STEP 1C: CHOOSE YOUR SUPPLEMENT EXERCISES

Please choose two or three exercises from each of the following four categories. Write your choices down as shown below.

SQUAT

Front Squat
Stationary Lunge
Step Up
Leg Extension

PRESS

Flat Dumbbell Press
Triceps Dip
Push Press
Incline Dumbbell Press

LIFT

Romanian Deadlift
Reverse Lunge
Leg Curl
Hyperextension

PULL

Cable Row
Rack Chin Up
Barbell Curl
Dumbbell Row

"THE PLAN"

Squat Day
Core: Barbell Back Squat
Supp 1: Dumbbell Stationary Lunge
Supp 2: Barbell Front Squat
Supp 3: Leg Extension

Press Day
Core: Flat Barbell Bench Press
Supp 1: Incline Dumbbell Press
Supp 2: Tricep Dips
Supp 3: Dumbbell Seated Overhead Press

Lift Day
Core: Barbell Deadlift
Supp 1: Romanian Barbell Deadlift
Supp 2: Barbell Reverse Lunge
Supp 3: Seated Leg Curl

Pull Day
Core: Pull Up
Supp 1: Close Grip Seated Cable Row
Supp 2: Back Chin Up
Supp 3: Standing Barbell Curl

STEP 1: CONSTRUCT YOUR GST PROGRAM

STEP 1D: CHOOSE YOUR DIRECT AB EXERCISES

Please choose three exercises from the following category. Write them down as shown below. You can place one ab exercise into three workouts.

DIRECT AB

Hanging Leg Raise
Oblique Crunch
Floor Sit Up w/ Weight
Plank Variation

"THE PLAN"

Squat Day
Core: Barbell Back Squat
Supp 1: Dumbbell Stationary Lunge
Supp 2: Barbell Front Squat
Supp 3: Leg Extension
Direct Ab: Hanging Leg Raise

Press Day
Core: Flat Barbell Bench Press
Supp 1: Incline Dumbbell Press
Supp 2: Tricep Dips
Supp 3: Dumbbell Seated Overhead Press
Direct Ab: Decline Crunch

Lift Day
Core: Barbell Deadlift
Supp 1: Romanian Barbell Deadlift
Supp 2: Barbell Reverse Lunge
Supp 3: Seated Leg Curl
Direct Ab: None

Pull Day
Core: Pull Up
Supp 1: Close Grip Seated Cable Row
Supp 2: Back Chin Up
Supp 3: Standing Barbell Curl
Direct Ab: Barbell Oblique Crunch

STEP 2: HIT THE GYM & FIND YOUR WEIGHTS

Micro 0 is highly focused on establishing the valuable starting points for your upcoming GST program. There are two important pieces of information that Micro 0 is intended to find.

1. Estimated One Rep Max (1RM) weight for each of your four core exercises.
2. Supplement exercise weights that are able to be used for GST supplement exercise set/rep scheme number one; 2-3 sets of 15-20 reps.

In order to find the above information, you will be performing four workouts. These workouts are Squat, Press, Lift, and Pull. You will use the following directions to complete your core exercise and your supplement exercises during each of the four workouts.

In other words, do not go into the gym and figure out all of your core and supplement exercises at once. Split them up and figure them out one workout at a time; four workouts in total.

By figuring out the above pieces of information, a complete and personal GST program can be mapped out to the very last detail!

ONE REP MAX



STEP 2: HIT THE GYM & FIND YOUR WEIGHTS

STEP 2A: CORE EXERCISE WEIGHTS

Perform your core exercises with one goal in mind; move all the weight you can for a set of 4-6 proper reps! Your core exercise performance during Micro 0 is important because you will base your next four microcycles of training on the information you obtain from those performances. Head to the gym and follow the directions below to determine your estimated 1RM for each core lift.

STEP 1: Claim your territory and set up shop. Adjust the equipment you'll be using, turn up your favorite song, and do whatever else you have to do to get yourself into the training zone.

"MOVE ALL THE WEIGHT YOU CAN"

STEP 2: Perform one set of your core exercise with a very light weight. If your core exercise includes a barbell, perform your first set with the empty barbell. If your core exercise requires you to lift your bodyweight, as in a pullup variation, find a lat pulldown station and set the weight for roughly $\frac{1}{4}$ of your bodyweight for your first set. You should perform 10-15 reps to complete your first set.

STEP 3: Once you've performed your initial light set, it is now time to begin adding weight to the exercise. Since you are working with your core exercises, which you should be familiar with, I know you have a rough idea of your current strength level for each of the four core exercises. I want you to take that estimated 1RM that you have in your head, cut it in half, and use that amount of weight for this second set. As an example, if you think your 1RM is around 250lbs on the bench press, load up 125lbs for this set. You should perform 6-8 reps to complete your second set.

STEP 4: You have just told your mind and body that you're starting to increase the weight load, so they better start preparing for what's to come. You'll further increase the weight for your third set. You will add 15% of your estimated 1RM to the resistance level. Continuing with our example of a 250lb bench, another 35lbs will be added to the barbell. 15% of 250lbs is 37.5lbs, which is where the 35lb figure came from. Always round down to the nearest 5lb increment. Our example trainee would load up the bar to a total weight of 160lbs and perform 4-6 reps to complete the third set.

STEP 2: HIT THE GYM & FIND YOUR WEIGHTS

STEP 2A: CORE EXERCISE WEIGHTS

STEP 5: To complete Step 5, you should repeat Step 4. Increase the weight load by another 15% of your estimated 1RM and complete another set of 4-6 reps to complete your fourth set. Sticking with our example, the barbell would be loaded to a total weight of 195lbs.

STEP 6: To complete Step 6, you should repeat Step 4 once again. Increase the total weight by another 15% of your estimated 1RM and complete another set of 4-6 reps to complete your fifth set. Again, our example weight would total up to 230lbs, which is 195lbs + 35lbs.

STEP 7: You should repeat Step 4 until you feel you are nearing your 4-6 rep maximal weight. Once you've reached that point, begin increasing the resistance by smaller increments and find the heaviest weight you can lift for 4-6 reps with proper form.

If you cheat the weight up, you're only cheating yourself, and your efficient success with GST will be diminished.

Once you've found the heaviest weight you can lift for 4-6 reps, write it down. You will need this number in the future!

"IF YOU CHEAT
THE WEIGHT UP,
YOU'RE ONLY
CHEATING
YOURSELF."

STEP 2: HIT THE GYM & FIND YOUR WEIGHTS

STEP 2B: SUPPLEMENT EXERCISE WEIGHTS

Remember, the core exercises only make up a portion of your true GST workouts. The remainder of each workout is filled with supplement lifts, direct ab work, and any required custom Weak Point Training exercises.

GST incorporates three supplement exercise set/rep schemes, and Micro 0 leads you through the first scheme; 2-3 sets of 15-20 reps. By finding the correct supplement exercise weights for this supplement scheme, you will automatically have an estimate of the amount of weight you should use for the upcoming two schemes. Finding your supplement lift weights is a simple process. Read on for the directions:

STEP 1: As with the core exercise testing, claim your space and set up shop. Adjust the equipment you'll be using to suit you, turn up your favorite song, and do whatever it takes to get yourself into the training zone.

STEP 2: Perform one set of your first supplement exercise with a very light weight. This set serves to further warm up your joints and get yourself familiar with the motion. You've got to get your body and mind in tune with the exercise you're about to perform!

STEP 3: Once you've performed your initial light set, it is now time to begin adding weight to the exercise. Since you will be performing 2-3 sets of 15-20 reps, the amount of weight you add to the exercise will not be drastic. Estimate how much weight you can handle for 15-20 proper reps, load up your equipment, and perform a 15-20 rep set.

STEP 4: You have now completed a 15-20 rep set, and you should have a great idea of how heavy you are capable of taking your next high set. If the weight was challenging, don't change anything and complete a total of 2-3 sets before moving onto the next supplement exercise. If you feel there is room to increase the weight and still hit 15-20 reps, do it. The bottom line for each supplement exercise is to figure out how much weight you can move for 15-20 proper reps. Once you've figured this out, write the weight down and move onto the next supplement exercise and repeat.

2-3

X

15-20

MICRO 0 TRAINING SCHEDULE

Below is a Micro 0 scheduling table. Ideally, Micro 0 takes 7 days to complete; 4 training days and 3 rest days. Follow the schedule below to the best of your ability to ensure proper Micro 0 execution and a quality start to your GST experience.

****You can perform all three of your Direct Ab exercises during one training day or you can spread them out over the course of three different training days. Regardless of how you choose to schedule them, perform them at the end of your workout(s).****

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
SQUAT	PULL	REST	REST	LIFT	PRESS	REST
Core Test	Core Test	Off Day	Off Day	Core Test	Core Test	Off Day
Supp 1: 2-3x15-20	Supp 1: 2-3x15-20			Supp 1: 2-3x15-20	Supp 1: 2-3x15-20	
Supp 2: 2-3x15-20	Supp 2: 2-3x15-20			Supp 2: 2-3x15-20	Supp 2: 2-3x15-20	
Supp 3: 2-3x15-20 (Optional)	Supp 3: 2-3x15-20 (Optional)			Supp 3: 2-3x15-20 (Optional)	Supp 3: 2-3x15-20 (Optional)	

**"I FIND MYSELF EXTREMELY
MOTIVATED TO DOMINATE
EVERY WORKOUT"**

CRUCIAL CONCEPT: THE TRAINING JOURNAL

RECORDING YOUR WORKOUT INFORMATION ELIMINATES GUESS WORK
AND LEADS TO MORE EFFICIENT PROGRESS

Please remember this piece of advice as you complete each of your four workouts, figuring out valuable information: **Journaling your work is extremely important!**

I'd like you to read the following portion of an interview with Bodybuilding.com.

“Q: Why is it important to monitor in detail all GST training sessions along with overall program progression?

A: Journaling is something that I consider mandatory for maximizing the effect of a training program. The hard truth is this; if a trainee isn't journaling their workouts, they simply aren't training properly.

When a trainee takes part in a program like GST, it is going to be impossible for them to remember their weights used, reps completed, and sets completed for each exercise, over each workout. Nobody can be expected to remember those details without writing them down. It is because of that fact that journaling is mandatory with GST.

GST thrives on 'workout to workout' improvements, and it will be impossible for the trainee to make those improvements if they don't know how they performed during their last training session.

Workout to workout improvements, estimated 1RM numbers, exercises performed, and personal notes are all pieces of

**"I'VE ADDED 7 MORE REPS TO MY
225LB NFL BENCH BECAUSE OF
YOUR PERSONALLY DESIGNED
GST PLAN. I'M A GST BELIEVER!"**

CRUCIAL CONCEPT: THE TRAINING JOURNAL

information that should be recorded and written down. The more a trainee keeps track of, the better they will progress with GST. There is no way around that fact; it's just the way it is.

Q: What specifically do you want a client to record and monitor during their GST sessions?

A: The client should monitor the following information for every exercise performed:

1. The number of sets performed for every exercise, warm up sets and working sets are both included.
2. The amount of weight used for each set, warm up sets and working sets are both included.
3. Reps completed for each set, warm up sets and working sets are both included.
4. They should also record any of their personal questions, concerns, or thoughts during the training session.

If a trainee records those pieces of information for each training session, they will never have to worry about wasting a workout due to having to play the 'guessing game' of how they performed during their last workout, and how they should be performing throughout their workout at hand.

**"THE MORE YOU
TRACK, THE BETTER
YOU WILL PERFORM"**

Q: How would you advise each of your clients to monitor and record their in-the-gym success, or lack of?

A: The ideal way of journaling is through pen and paper. Carrying a notebook to the gym is something that everyone, at every gym, performing any type of workout should be doing. I don't care if a trainee is going in for some basic low intensity cardio; they should still note their cardio equipment settings and aim to improve on those settings down the road.

CRUCIAL CONCEPT: THE TRAINING JOURNAL

The notebook is a necessity! It is simple, it won't break down like an electronic device could, you can't break it if a weight falls on it, it can get wet, writing in it is quick and easy, it won't cause you to lose focus during your rest periods, and the list goes on.....

I also advise that each trainee creates some type of electronic log once they get home from the gym. This can be through an online forum that they are a member of, or it can be a private file on their personal computer. This is something that they can always look back on and see how their workouts improve. They will laugh at their starting numbers and wonder how it was ever difficult using those beginning light weights.

All in all, I recommend a pen and paper for instant 'in the gym' note taking and record keeping. Then I recommend an electronic log for long term storage and review of workout information."

The following pages contain sample illustrations of a training day journal entry. I strongly recommend using the sample format for your own training journal. The illustrations outline one GST "Squat Day."

**"THIS IS THE MOST
DETAILED PROGRAM
DESIGN I'VE EVER
RECEIVED"**

CRUCIAL CONCEPT: THE TRAINING JOURNAL

The sample journal entry below includes every exercise to be performed, a note taking section for each exercise, a place to record the weight used and reps completed for warm up and working sets, and a section at the bottom for general notes and thoughts about the training session. These are all important parts to a training journal entry, and you should include them in your own journal.

Feel free to add as much information as you want to your journal. The more, the better. Complete an entry for each of your four GST workouts.

"SQUAT DAY"		Weight X Reps
Core: Barbell Back Squat	Set 1:	
Notes:	Set 2:	
	Set 3:	
	Set 4:	
	Set 5:	
	Set 6:	
Supp 1: DB Stationary Lunge	Set 1:	
Notes:	Set 2:	
	Set 3:	
	Set 4:	
Supp 2: BB Front Squat	Set 1:	
Notes:	Set 2:	
	Set 3:	
	Set 4:	
Supp 3: Leg Extension	Set 1:	
Notes:	Set 2:	
	Set 3:	
	Set 4:	
Direct Ab: Hanging Leg Raise	Set 1:	
Notes:	Set 2:	
	Set 3:	
	Set 4:	
Notes:		

CRUCIAL CONCEPT: THE TRAINING JOURNAL

Below is an illustration of a completed training journal entry. As you can see, there are weights and reps entered for each completed set and notes written about each exercise. There are also notes taken regarding the workout as a whole.

Once again, the more you can record, the better!

"SQUAT DAY"	
	Weight x Reps
Core: Barbell Back Squat	Set 1: 45 10
Notes: Topped out at 2 set of 245lbs x 4 reps. Struggled with 255 lbs.	Set 2: 135 6
	Set 3: 185 4
	Set 4: 225 4
	Set 5: 245 4
	Set 6: 255 3
Supp 1: DB Stationary Lunge	Set 1: 15s 20/leg
Notes: 15lb dumbbells were a bit light. 20lb dumbbells were good.	Set 2: 20s 20/leg
	Set 3: 20s 18/leg
	Set 4: Not needed
Supp 2: BB Front Squat	Set 1: 95 20
Notes: 95lbs was too light. 105lbs was tough. 120lbs is my weight.	Set 2: 105 15
	Set 3: 105 14
	Set 4: Not needed
Supp 3: Leg Extension	Set 1: 80 20
Notes: 80lbs was too easy. 90lbs will work for my weight.	Set 2: 90 18
	Set 3: 90 15
	Set 4: Not needed
Direct Ab: Hanging Leg Raise	Set 1: BW 20
Notes: Body weight will work here.	Set 2: BW 15
	Set 3: BW 15
	Set 4: Not needed
Notes: Awesome squat day! I'll be sore tomorrow for sure. Lifts went well, numbers feel good.	

STEP 3: TRANSFORM MICRO 0 INTO A COMPLETE GST PROGRAM

STEP 3A: THE CORE EXERCISES

At this stage of Micro 0, you have completed all of your workouts (Press, Pull, Squat, and Lift). You have all of your numbers recorded and organized, and we can now use those numbers to plan out your first GST macrocycle.

By figuring out your estimated 1RM weights for your four core exercises, you are now able to determine and plan out how much weight to use for each core exercise working set during microcycles 1, 2, 3, and 4 (1 full macrocycle). You are able to do this because with each different microcycle, you will be using a certain percentage of your personal estimated 1RM for your core exercise working sets.

Since you have completed Micro 0, and know your core exercise estimated 1RM weights, you simply have to plug those weights into the core lift set/rep/intensity scheme of your choice and you're ready to begin! The core exercise set/rep/intensity schemes are discussed in the chapter below.

Core Lift **Set/Rep/Intensity** Schemes

This chapter, along with everything you need to know to maximize GST can be found within the pages of the Growth Stimulus Training eBook, found here:

WWW.GROWTHSTIMULUSTRAINING.COM

**"GST CHANGED THE WAY
I VIEW TRAINING. I AM
BEYOND GRATEFUL"**

STEP 3: TRANSFORM MICRO 0 INTO A COMPLETE GST PROGRAM

STEP 3B: THE SUPPLEMENT EXERCISES

Just like you put in the time to figure out your necessary core exercises information, you have also put in the time to figure out your necessary supplement exercise information. By figuring out how much weight to lift for your supplement exercises, following the first supplement scheme (2-3 sets of 15-20 reps), you can now efficiently figure out how much weight to lift when implementing the second and third supplement schemes.

Figuring out how much weight to lift during schemes 2 and 3 is very important, as you will use both schemes regularly. In order to take the next steps toward figuring out and properly implementing your personal supplement lift weights, you'll need to review the following chapters of Growth Stimulus Training:

Supplement Scheme 1: Increasing the Threshold

Supplement Scheme 2: Inducing Growth

Supplement Scheme 3: Building Strength

These chapters will explain how to incorporate each GST supplement scheme into your program to maximize your GST experience.

You'll learn the reasoning behind each scheme, the guidelines for each scheme, and how you should mentally approach each scheme. The supplement scheme chapters can be found within the pages of the Growth Stimulus Training eBook, found here:

WWW.GROWTHSTIMULUSTRAINING.COM

THE GST EXPERIENCE

A MESSAGE FROM RYAN

As someone who was once the 'skinny guy,' I now have over a decade of training experience and am extremely passionate about my career as a fitness professional/author. I hit the gym as a beginner and never stopped! I understand just how valuable a reliable mentor and training program can be for weight room success, and I want to be that person for you.

I need you to know it is my personal mission to provide you with the tools you need to effectively and efficiently achieve your training and physique goals.

**"IF YOU HAVE A QUESTION,
I ANSWER IT PERSONALLY"**

Ask anyone who knows me personally; I eat, sleep, and live for the gym. Because of my intense passion for training, I want nothing more than to help you out as much as possible by spreading my knowledge.

If you choose to invest in and support Growth Stimulus Training, you will experience the highest level of customer service I am capable of providing. You will not be left in the dark. If you have a question, I will answer it personally, which is rare in the training/writing industry.

In fact, the first step we will take together upon your GST eBook order is to get started on your free custom GST program design. Along with your eBook, you'll receive a training questionnaire. Once you return your questionnaire, I go to work on your custom GST program design!

I sincerely thank you for reading Micro 0, taking the time to begin my Growth Stimulus Training program, and trusting me as a mentor.

To begin your GST Experience immediately, visit www.growthstimulustraining.com and place your eBook order!

I look forward to speaking with you directly, and hope to hear from you soon.

TRAIN HARD. TRAIN SMART. GROW!

Ryan Miller

**GROWTH
STIMULUS TRAINING**