



GUIDE TO BUILDING MASS

SCITEC NUTRITION®

WWW.SCITECNUTRITION.COM

TANK

SCITEC NUTRITION®



MUSCLE ARMY



TANK

**GET AS BIG
AS A TANK!**

**CREATINE LOADED MUSCLE
GAINER WITH EXTRAS.**



FOUAD "HOSS" ABIAD

IFBB PRO
2015 VANCOUVER PRO 1ST PLACE
2015 ORLANDO PRO 1ST PLACE
TEAM SCITEC CANADA

WWW.SCITECNUTRITION.COM

GUIDE TO BUILDING MASS



**FOUAD
"HOSS"
ABIAD**

IFBB PRO
2015 VANCOUVER PRO 1ST PLACE
2015 ORLANDO PRO 1ST PLACE
TEAM SCITEC CANADA

FOOD SUPPLEMENTATION — WISELY!

**FOOD SUPPLEMENTS MARKET HAS CHANGED
DRASTICALLY OVER THE LAST TWO DECADES.**

Twenty years ago there were only multivitamin/mineral formulas, proteins, mass gainers (full of sugar) and a few amino products. Putting together a stack serving one's needs was not really difficult.

Choosing a reputable brand – that was all you had to care about! Since then the situation has changed substantially. Today bigger companies supply tens or hundreds of different products. Even a seemingly easy task

like “I’ll buy some protein” can become difficult when the customer is faced, let’s say, with the more than 20 Scitec Nutrition protein formulas (not to mention the many different flavors).

If you want to choose the right supplements for you from the wide-ranging supply the market offers, you have to think a few things over and get some basic knowledge.

Firstly, the most important thing is to get clear about your goals. Secondly, get clear about your current level of physical development and your budget constraints. It is also useful to

know whether you have any particular sensitivity or allergy to one or more macro- or micronutrients or ingredients. Remember that supplements – as the name indicates – supplement the diet. If you follow a diet that is not compatible with your goals, you won’t be able to reach them, irrespectively of the stuff you take. Similarly, you won’t get bigger and stronger muscles, a lower level of body fat or better endurance without proper physical training. Before starting any kind of supplement program, it is advisable to get at least some basic knowledge about nutrition and training theory (and practice).

THE BASIC EQUATION FOR MASS-BUILDING

The most basic rule for mass-building is that you have to take in more calories than you expend if you want to gain weight.

Of course, the quality of the gained bodyweight (mostly muscle or fat) heavily depends on the sources of the consumed nutrients and calories required for weight gain and the extent of the muscular adaptations forced by physical training.

Everybody seeks the magic bullet while ignoring the fact that **nothing is more powerful than the consistent consumption of the proper amount of total calories, energizing carbs and muscle building protein.**

NUTRIENT AND CALORIE INTAKE — IN LIQUID FORM



People tend to overestimate their actual nutrient consumption when trying to gain muscle. In other words, they eat less than they think they need for steady and significant progress. Moreover, the so-called hardgainers have to face the problem that having calorie surplus by eating only solid food is almost impossible because of their very fast metabolism.

Weight-gainer shakes (made from weight-gainer powders) can solve this problem. These shakes contain fast-digesting protein and carb sources fortified with other active ingredients. These shakes are ideal for pre- or post-workout and morning consumption.

One of most important considerations for choosing the right muscle gainer is the carb content. Our high-carb formulas are designed for the real (skinny) hardgainers. These products provide an ample amount of carbohydrate energy on which high intensity exercise partially relies.

In the moderate carb-high protein formulas the protein-carb ratio is significantly higher than in the high-carb formulas. We developed these products for normal and athletic metabolisms, and for the demands of typical bodybuilding training. For people who come under these body- and activity-types it's unnecessary to take in carbs and calories in very high amounts.

Our muscle/weight gainer formulas are designed with high-quality protein. Dietary proteins are the sources of nitrogen and indispensable amino acids which the body requires for tissue growth and maintenance. Therefore, our gainer formulas contribute to the growth and maintenance of muscle mass.

If you want to increase your muscle mass, keeping your protein intake high is extremely important (2-2.6 g per body weight kg is a good rule of thumb). If the total protein content of your solid meals and gainer shakes still doesn't meet your needs, it is advisable to boost the solid meals with whey shakes.

It is sensible to choose fast-digesting protein sources during mass-building – as opposed to cutting, when slow-digesting ones are better choices. So we recommend using whey-dominant formulas during mass-building and casein-dominant formulas during cutting.

**FOUAD
„HOSS“
ABIAD**

IFBB PRO
2015 VANCOUVER PRO 1ST PLACE
2015 ORLANDO PRO 1ST PLACE
TEAM SCITEC CANADA



MICRONUTRIENTS, AMINO ACIDS AND OTHER INGREDIENTS

Though the chance of not consuming enough vitamins, minerals or essential fatty acids is much lower during mass-building than during cutting, it is advisable to use a multivitamin/mineral/essential fatty acid (EFA) formula in your mass-building program.

So for mass-building at basic level we recommend the multivitamin/mineral /EFA + weight gainer + whey protein combination. According to your budget constraints you can choose a simple or more complex weight gainer. If you choose a simple one (like Mass or Mass 20) it is worth considering buying Creatine and Glutamine.

Once adequate protein and calorie intake is solved you can think about what other ingredients you would like to (or could) support the muscle growth with. **The complex muscle gainers (like Jumbo Professional and the MyoMax line) contain other ingredients beside macronutrients.** The complexity (and effectiveness) of a muscle gainer can be enhanced by adding the following compounds (in order of importance): Creatine, L-Glutamine, Branched-Chain Amino Acids (BCAA), L-Arginine (NO-booster), Beta-Alanine. At intermediate

level it is advisable to use these complex muscle gainers or take the listed ingredients separately – in addition to the weight gainer. Though the compounds mentioned cannot really be “overdosed”, you need to be aware of the overlapping amounts – if cost efficiency counts.

Creatine is a nitrogenous organic acid that occurs in vertebrates. Approximately 95% of the Creatine in the body is located in skeletal muscle cells. Creatine helps to supply energy to all cells, primarily muscle, by increasing the formation of Adenosine TriPhosphate (ATP) acting as cell energy reserve also for muscle contractions. By supplementing your diet with Creatine, your muscles will retain more Creatine. Creatine in a minimum 3g daily dose is scientifically proven to increase performance in successive bursts of short-term, high-intensity exercise, like weight training and intensive interval cardio.

After the vitamins, muscle gainers and proteins, the Glutamine is about at the same level of importance as Creatine. L-Glutamine is the most abundant amino acid in human blood. Glutamine may become conditionally essential in certain

**FOUAD
„HOSS”
ABIAD**

IFBB PRO
2015 VANCOUVER PRO 1ST PLACE
2015 ORLANDO PRO 1ST PLACE
TEAM SCITEC CANADA

situations, including intensive physical training when the body cannot meet its needs by synthesizing glutamine. This conditionally essential amino acid can be provided by dietary protein intake, including food supplements. We recommend taking 5-6g of Glutamine multiple times daily. The most important times are pre/intra/post-workout and before going to bed. All of our Glutamine formulas can be used during mass-building.

At intermediate or more advanced level you may consider using pre-workout or energizer formulas. These products are very popular because their effect can be felt immediately during training. The central component of these formulas is L-Arginine as Nitric Oxide (NO) precursor. Beside Arginine, some products contain Caffeine, Creatine, Beta-Alanine, Glutamine, BCAAs, Carnitine, Tyrosine and other ingredients. You can decide whether you want to boost your training intensity with stimulants or not. **Our most complex, stimulant pre-workout formula is Big Bang.** Most of the ingredients of complex pre-workout formulas can be obtained separately as well.



MASS GAINER STACKS

BASIC STACK

This combination supports the mass-building process by providing the body with the basic macronutrients (mainly protein and carbs) and vitamins/minerals. For real hardgainers and beginners for obtaining a basic level of muscle mass.



MEGA DAILY ONE PLUS

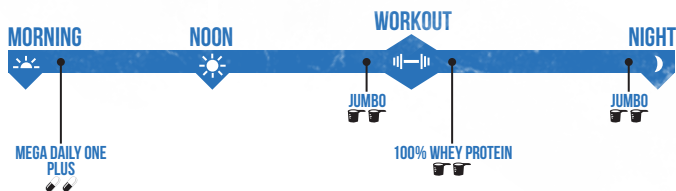
basic multivitamin/mineral formula

JUMBO

basic high-carb mass gainer

100% WHEY PROTEIN

whey protein concentrate with Taurine and Glutamine



PREMIUM STACK

This combination supports the mass-building process by providing the body with the basic macronutrients (mainly protein and carbs) and vitamins/minerals – with more complex muscle gainer and extra L-Glutamine. For people with average body type and metabolism and intermediate trainers for gaining quality muscle mass.



MEGA DAILY ONE PLUS
basic
multivitamin/mineral
formula

JUMBO PROFESSIONAL
higher protein mass
gainer with Creatine
and extra amino

100% WHEY PROTEIN PROFESSIONAL
protein formula from whey
concentrate and isolate with
extra Leucine and digestive
enzymes

G-BOMB 2.0
multi-component
Glutamine matrix



GUIDE TO BUILDING MASS

SUPER PREMIUM STACK

This combination supports the mass-building process by providing the body with the basic macronutrients (mainly protein and carbs) and vitamins/minerals – with stronger multivitamin/mineral formula, more complex protein formula and super complex pre-workout stimulant. For advanced trainers for obtaining extra mass.



BIG BANG 3.0

54 component
super complex
pre-workout
formula

G-BOMB 2.0

multi-component
Glutamine matrix

100% BEEF MUSCLE

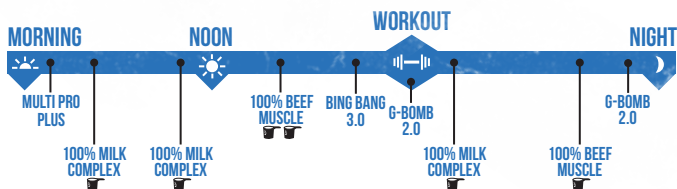
Hydrolyzed
beef gainer!

100% MILK COMPLEX

whey-dominant
fusion of milk
proteins

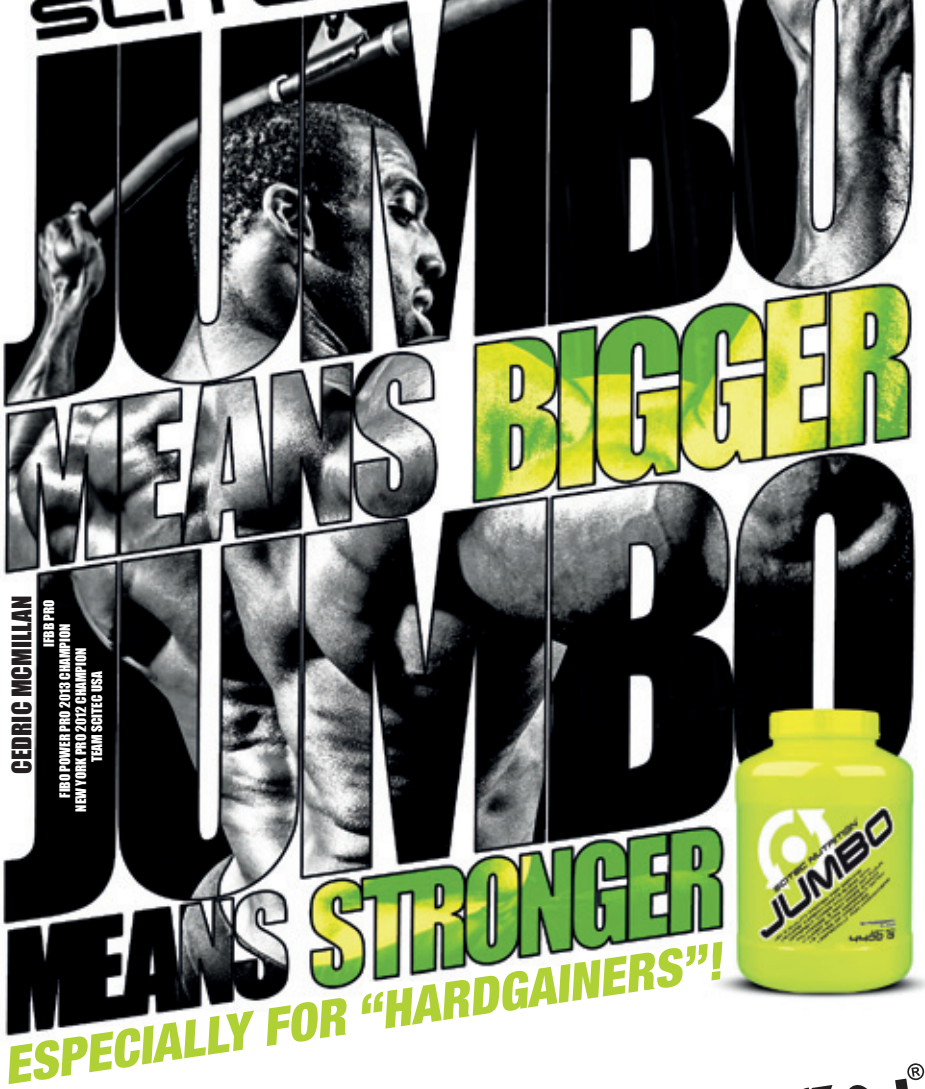
MULTI PRO PLUS

high level
multivitamin/mineral
formula



SCITEC NUTRITION®

JUMBO
MEANS BIGGER
JUMBO
MEANS STRONGER
ESPECIALLY FOR "HARDGAINERS"!



CEDRIC MCMILLAN

IFBB PRO

IFBB POWER PRO 2013 CHAMPION

NEW YORK PRO 2012 CHAMPION

TEAM SCITEC USA

CHECK OUT OUR OTHER 200+ PRODUCTS AS WELL!
USE PRODUCTS IN CONJUNCTION WITH A SENSIBLE TRAINING AND NUTRITION PROGRAM!

SCITEC NUTRITION®
WWW.SCITECNUTRITION.COM

LEAN MUSCLE GAINER STACKS

FOR THOSE WITH SLOWER METABOLISM

BASIC STACK

This combination supports the lean muscle-building process by providing the body with protein, Creatine (which is scientifically proven to increase performance) and vitamins/minerals.



MEGA DAILY ONE PLUS

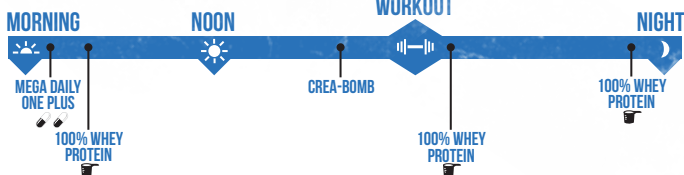
basic
multivitamin/mineral
formula

100% WHEY PROTEIN

whey protein concentrate with
Taurine and Glutamine

CREA-BOMB

multi-component
Creatine matrix



PREMIUM STACK

This combination supports the lean muscle-building process by providing the body with protein, Creatine (which is scientifically proven to increase performance) and vitamins/minerals – fortified with a hardcore muscle and performance enhancer formula and a complex pre-workout stimulant.



HOT BLOOD 3.0

24 component pre-workout formula

MYOMAX HARDCORE

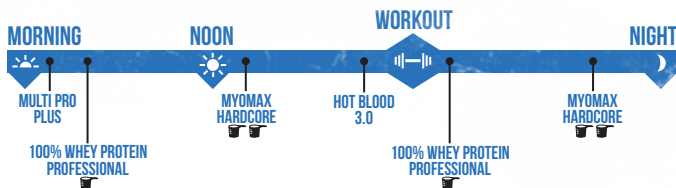
hardcore anabolic muscle and performance enhancer

100% WHEY PROTEIN PROFESSIONAL

protein formula from whey concentrate and isolate with extra Leucine and digestive enzymes

MULTI PRO PLUS

high level multivitamin/mineral formula



GUIDE TO BUILDING MASS

SUPER PREMIUM STACK

This combination supports the lean muscle-building process by providing the body with protein, Creatine (which is scientifically proven to increase performance) and vitamins/minerals. It contains a complex pre-workout stimulant and protein formula and different types of L-Glutamines helping acquire extra mass for endomorphs.



BIG BANG 3.0

54 component super complex pre-workout formula

G-BOMB 2.0

multi-component Glutamine matrix

MYOMAX HARDCORE

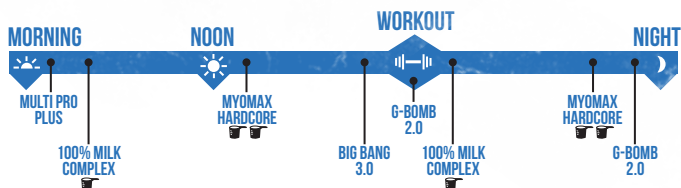
hardcore anabolic muscle and performance enhancer

100% MILK COMPLEX

whey-dominant fusion of milk proteins

MULTI PRO PLUS

high level multivitamin/mineral formula





Cedric McMillan
The One

- » CEDRIC „THE ONE“ MCMILLAN
- » IFBB PRO
- » 2015 GOLDEN STATE PRO 1ST PLACE
- » 2013 FIBO POWER PRO 1ST PLACE
- » TEAM SCITEC USA



MYOMAX HARDCORE

HARDCORE MUSCLE AND PERFORMANCE ENHANCER

CHECK OUT OUR OTHER 200+ PRODUCTS AS WELL!

USE PRODUCT IN CONJUNCTION WITH A SENSIBLE TRAINING AND NUTRITION PROGRAM!

SCITEC NUTRITION®

WWW.SCITECNUTRITION.COM

SIGNATURE STACK

CEDRIC "THE ONE" MCMILLAN

THIS COMBINATION AIMS AT INCREASING LEAN MUSCLE MASS – WITH THE HIGHEST QUALITY PROTEINS AND CARBS.

MULTI PRO PLUS
100% MILK COMPLEX
VITARGO!
OAT 'N' WHEY





**CEDRIC
"THE ONE"
MCMILLAN**

IFBB PRO
2015 GOLDEN STATE PRO 1st PLACE
2013 FIBO POWER PRO 1st PLACE
TEAM SCITEC USA


SIGNATURE STACK

FOUAD "HOSS" ABIAD

FOUAD'S COMBINATION AIMS AT PERFECTING AN ALREADY PROPER (SOLID) DIET WITH THE KEY AMINO ACIDS, MICRONUTRIENTS AND PLANT EXTRACTS.

MULTI PRO PLUS
C 1000 + BIOFLAVONOIDS
GARLIC AND PARSLEY
OAT 'N' WHEY
L-GLUTAMINE
BCAA XPRESS





**FOUAD
„HOSS”
ABIAD**

IFBB PRO
2015 VANCOUVER PRO 1ST PLACE
2015 ORLANDO PRO 1ST PLACE
TEAM SCITEC CANADA

MORNING



MULTI PRO
PLUS

NOON



C 1000 + BIOFLAVONOIDS
GARLIC AND PARSLEY

WORKOUT



L-GLUTAMINE
BCAA XPRESS
OAT 'N' WHEY

NIGHT



L-GLUTAMINE

GUIDE TO BUILDING MASS

**CEDRIC
"THE ONE"
MCMILLAN**

IFBB PRO
2015 GOLDEN STATE PRO 1st PLACE
2013 FIBO POWER PRO 1st PLACE
TEAM SCITEC USA



BASIC NUTRITION PRINCIPLES FOR BUILDING MUSCLE MASS

EAT EVERY 2.5-3 HOURS!

Keep your protein-intake high – depending on personal goals, we recommend 2-2.6 g per body weight kg per day.

The **calories from fat** should be between 15% and 30% of the total calorie intake – mostly from good fats. Fat intake (in grams) = calories from fat/9.

The suggested carb intake can be calculated from the target total calorie level (which has to be above the maintenance calorie level if you want to gain bodyweight) and protein and fat intake. Carb intake (in grams) = (total calorie intake – calories from protein – calories from fat)/4.

The maintenance calorie level depends on several factors like gender, age, bodytype, daily physical activities. There are online programs for calculating maintenance calorie level.

Consume at least as much vegetables as meat.
Drink plenty of water, 3-5 l/day.

Eat diversely, build upon the following:

Protein: chicken breast, fish, turkey breast, lean beef, fat-free cottage cheese, eggs, protein powder.

Fat: Omega-3, flaxseed oil, olive oil, fish oil, ALA, grape seed oil, pumpkin seed oil.

Carbs: brown rice, basmati rice, buckwheat, oatmeal, millet, whole wheat bread, whole wheat durum pasta, quinoa, sweet potato, plenty of vegetables.

TRAINING PROGRAM FOR BUILDING MUSCLE MASS

5-day split training program

1. **day:** chest, abs
2. **day:** thighs, calves
3. **day:** shoulders +traps, abs
4. **day:** back, calves
5. **day:** arms

The sequence of the body parts can be varied. We recommend starting the week with the weakest muscle group.

BEN PAKULSKI

IFBB PRO
2013 ARNOLD CLASSIC 2ND PLACE
2012 FLEX PRO 2ND PLACE
TEAM SCITEC CANADA



GUIDE TO BUILDING MASS



**FOUAD
"HOSS"
ABIAD**

IFBB PRO
2015 VANCOUVER PRO 1ST PLACE
2015 ORLANDO PRO 1ST PLACE
TEAM SCITEC CANADA

CHEST

- | | |
|--|----------------------------|
| 1. Incline bench press with dumbbells or barbell | 2 warm-up sets
4 x 8-10 |
| 2. Flat bench press with barbell or dumbbells | 4 x 8-10 |
| 3. Incline dumbbell flyes | 4 x 10-12 |
| 4. Dips | 3 x 8-12 |
| 5. Pull-over | 3 x 15 |



**SHAWN
RHODEN**

IFBB PRO

MR. OLYMPIA 2012, 2014, 2015 3RD PLACE

ARNOLD CLASSIC EUROPE 2012 1ST PLACE

TEAM SCITEC USA

ABS

1. Crunches

5 x 20-30

2. Reverse crunches

5 x 20-30

GUIDE TO BUILDING MASS



THIGHS

- | | |
|--------------------------------|----------------------------|
| 1. Back squats or front squats | 2 warm-up sets
4 x 6-20 |
|--------------------------------|----------------------------|

Note: We give a wide rep range for quad exercises because some react better to lower, some to higher reps. It is highly individual. You have to learn it!

- | | |
|--------------------------|----------|
| 2. Lunges or leg presses | 4 x 6-20 |
|--------------------------|----------|

- | | |
|-------------------|--------|
| 3. Leg extensions | 4 x 15 |
|-------------------|--------|

- | | |
|---------------------------|-----------|
| 4. Stiff legged deadlifts | 4 x 10-12 |
|---------------------------|-----------|

- | | |
|--------------------|----------|
| 5. Lying leg curls | 4 x 8-10 |
|--------------------|----------|

- | | |
|-----------------------|----------|
| 6. Standing leg curls | 4 x 8-10 |
|-----------------------|----------|

**BÉLA
KÁTHI**

WABBA OVERALL WORLD CHAMPION
POWERLIFTER EUROPE-
AND WORLD CHAMPION
TEAM SCITEC

CALVES

- | | |
|---|-----------|
| 1. Standing calf raises or donkey calf raises | 4 x 10-12 |
|---|-----------|

- | | |
|-----------------------|-----------|
| 2. Seated calf raises | 4 x 15-20 |
|-----------------------|-----------|



**EDDIE
BRACAMONTES**

NPC SUPER-HEAVYWEIGHT
2013 NPC USA 2nd PLACE
TEAM SCITEC USA

SHOULDERS AND TRAPS

- | | |
|--|-----------------------------|
| 1. Side laterals with dumbbells | 2 warm-up sets
4 x 10-12 |
| 2. Military press with
barbell or dumbbells | 2 warm-up sets
4 x 8-10 |
| 3. Bent-over laterals with dumbbells | 4 x 10-12 |
| 4. Shrugs with dumbbells or barbell | 5 x 10-12 |

CEDRIC "THE ONE" MCMILLAN

IFBB PRO
2015 GOLDEN STATE PRO 1ST PLACE
2013 FIBO POWER PRO 1ST PLACE
TEAM SCITEC USA

BACK

- | | |
|---|-----------|
| 1. Pull-ups or pull-downs
on lat machine – wide grip | 4 x 10-12 |
| 2. Dumbbell rows | 4 x 8-10 |
| 3. Wide grip rows with barbell or cable | 4 x 8-10 |
| 4. Chin-ups or pull-downs
on lat machine – narrow grip | 3 x 10-12 |
| 5. Hyperextensions | 3 x 15-20 |

**ZOLTÁN
VÖRÖS**
BODYBUILDER
WABBA WORLD CHAMPION
TEAM SCITEC

ARMS

- | | |
|--|----------------------------|
| 1. Incline dumbbell curls | 2 warm-up sets
4 x 6-10 |
| 2. E-Z bar curls – standing or on Scott-bench | 4 x 6-10 |
| 3. Hammer curls or concentrated curls | 4 x 6-10 |
| 4. Pressdowns with rope | 4 x 10-12 |
| 5. Close-grip bench press – with outward pointing elbows | 4 x 6-10 |
| 6. Overhead dumbbell extensions or skull crushers | 4 x 6-10 |

Where we use the word "or", you should change the exercises from one workout to another.

4-day split training program

- 1. day:** chest, biceps, abs
- 2. day:** thighs, calves
- 3. day:** shoulders + traps, triceps, abs
- 4. day:** back, calves

You can do the same in the 4-day split as in the 5-day split but the workouts will be about 20 minutes longer. If this is not desirable, slightly decrease the number of sets.

Published by Scitec Kft.
Responsible publisher: Gregg Betz
Editor: Szabolcs Vigh-Miké

This edition of the magazine is owned by Scitec Kft. All rights reserved.
We take no responsibilities for print errors.

Distribution and advertising information:
Scitec Kft., Hungary, 2120 Dunakeszi, Csörsz árok köz 2.

BRINGS IMPROVED TO EVERY DETAIL!



SCITEC NUTRITION
JUMBO HARDCORE

- * 80 GRAM MULTYESTERASE EXTENDED ABSORPTION
- * 15 CARBON BLENDED INCLUDING OAT FLOUR
- * 100% WHEY ISOLATE AND WHEY MASS
- * MODERN BLEND OF COMBINES INCLUDING PALATINSE
- * 18 THE MOST CONCENTRATED CREATINE IN THE WORLD
- * 18 CREATINE MONOHYDRATE
- * 18 DIFFERENT BLENDED SELECTIVE BCAA
- * 18 DIFFERENT BLENDED SELECTIVE BCAA
- * THE BODY'S FINEST 2000 MG

NET WT
3060 G

OUR LEGENDARY MUSCLE GAINER LINE EVOLVES FURTHER!

CHECK OUT OUR OTHER 200+ PRODUCTS AS WELL!
USE PRODUCT IN CONJUNCTION WITH A SENSIBLE TRAINING AND NUTRITION PROGRAM!

SCITEC NUTRITION®
WWW.SCITECNUTRITION.COM

MENT

SHAWN RHODEN

- » IFBB PRO
- » 2012, 2014, 2015 MR. OLYMPIA 3RD PLACE
- » 2012 ARNOLD CLASSIC EUROPE 1ST PLACE
- » TEAM SCITEC USA



**SOPHISTICATED
AND STRONG,
YET FULLY LEGAL PRODUCTS!**

SCITEC NUTRITION®



MUSCLE ARMY



WWW.SCITECNUTRITION.COM