



THE
SUPER
HERO
WORKOUT

SUPPLEMENTATION GUIDE JOHN ROMANIELLO & MATT MCGORRY

LET'S START WITH SOME LEGAL STUFF SO YOU CAN'T SUE US!

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AND SOME MORE LEGAL STUFF SO COMIC COMPANIES (HOPEFULLY) CAN'T SUE US!

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THE **SUPERHERO** WORKOUT SUPPLEMENTATION GUIDE

Supplements are an interesting part of the fitness industry. You generally have a few very varied opinions—some people love them, some people hate them. We are a rarity in the sense that we're in the middle.

To tell the truth, there are very few things we get asked about MORE than supplements. Oh, sure, we get girls asking for how to slim their thighs or guys looking for a magic exercise for their “upper-inner pecs” (squeeze presses and neck presses, by the way), but even then, those questions are followed up with queries about supplements.

You would think we'd get asked about our respective areas of expertise. One would think Roman would get asked about hormones. Or perhaps that Matt would be asked about training for Power Lifting meets. In keeping with the theme of this book, heck, you might expect someone would actually ask us who our favorite **SUPERHERO** is.

While those are all good questions, the fact remains they come with unfortunate infrequency, especially relative to the question about supps. And so, we wanted to put together this guide for you—to address all of those questions in one place.

We truly think that this will help you—and it'll certainly make our job a bit easier! With that in mind, let's get right into the questions!

Supplement Question One

ARE SUPPLEMENTS "NECESSARY"?

We get this question A LOT. It's usually from young guys who don't know much, and for some reason equate supplements to steroids. So, when they're asking things like, "can you really get that big without X, Y or Z, they are asking, in large part, out of ignorance.

First and foremost, supplements are obviously not like steroids. Certainly, they help you build muscle (if you use the right ones the right way), but there is nothing steroidal about them.

The other types of people asking this question is the unfortunate young guys have been to GNC or the like after going in for protein powder and coming out with the latest NO2 supplement they didn't know the 'needed.'

So, let me just say right now – no, supplements aren't necessary to have a great body. And they're not "necessary" in the strictest sense of the word for *THE **SUPERHERO** WORKOUT*.

Long before the first protein powder was ever invented, people got great results from training.

Before there was ever an *idea* for a Nitrous booster, guys in the gym got "a sick pump." So, obviously, if they can do it, so can you.

However, it's *also* true that the time it takes to get results has decreased even when following the same programs. Which brings us to our next question.

Supplement Question Two

DO SUPPLEMENTS WORK?

Now THIS is an interesting question; or, rather, it's really a very predictable question, and it's the ANSWER that's interesting.

And by "interesting," we mean, "confusing."

The answer, of course, is "sometimes." Some supplements work, and some do not. Some are good, and some are not. The hard part is telling which is good from which is bad. Which, of course, is our job—so you don't have to worry much about that.

The better thing to understand is that some supplements are better than THEMSELVES at certain times than others.

A very easy example is fat burners—even if one is very effective because it blunts your appetite, you wouldn't take it if you were trying to eat a lot and put on muscle, would you? If you have a hard time making your calories, then, no, probably not. Similarly, you wouldn't consume a calorie dense weight gainer shake if you were trying to lose fat.

Does that mean that either of these products aren't "good" or that they don't "work"?

Not at all. It simply means that they have a pretty directed and specific application and time of use. But, of course, those are the obvious ones.

Less obvious might be this: meal replacement shakes and powders are generally pretty good (assuming you buy from the right company), but it's hard to control carbs. Instead, you could pick up a straight whey protein powder, and then add carbs (or fat) to it in the form of either fruit or nut butter, respectively.

There are also supplements that, for the purposes of health, you can take regardless of your goal—and which will help you meet it anyway! For example, it's whether you're a **SUPERHERO** in training or just an average citizen, it's NEVER a good idea to be nutrient deprived.

If you are trying to lose fat and not eating enough vegetables, your body will slow down some metabolic processes and it makes it hard to lose fat. On the other hand, let's say you're a skinny guy trying to bulk up, but you get full easily. What to do? You don't want to "waste" precious stomach volume with veggies, because they don't have the calories you want and need in order to gain muscle.

HOWEVER, you also realize that you need a lot of the nutrition that is in those veggies in order to be healthy, even if you are eating a lot of "food" that doesn't mean that you're necessarily getting what you need to be healthy and function optimally.

For both fat loss OR muscle gain, this can dramatically slow results.

So, what do you do!?

The best possible solution for either goal is to use a supplement that will cover those nutritional bases, fill in nutrient "gaps" and increase the rate at which you lose fat and gain muscle.

And example of that would be a supplement called [Athletic Greens](#), which is a cool powder you can take in the mornings with just water—we both use this EVERY day; easy, tasty, and makes sure to fix all the stuff you don't realize you're screwing up.



In any event, as you can see, there ARE some decent supplements out there. You just have to think about it critically and figure out which are really in line with your goals. Once you do that it because A LOT easier to figure which ones to stay away from.

NOTE: If you're interest in **athletic greens** (and you should be), check it out by copying this link into your browser: <http://su.pr/1nkPSO>

Supplement Question Three

OKAY, GUYS—SINCE YOU'RE TRAINING TO BE **SUPERHEROES**—DO YOU TAKE SUPPLEMENTS?

You're bet your cape we do! Look, we don't take many (or recommend that you do), but the ones that we DO take, we take with high frequency, because we **know** they work.

You see, after wasting some money as youngins' ...we eventually learned that “dietary supplement” really SHOULD mean what the literal translation of those words implies: *in addition* to a good diet and training program.

NOT “in place of.” **In addition to.** In FACT, it's probably not a stretch to say that, really, the only time supplements are truly effective and/or worth the money if you have everything else “dialed in,” as we say in the business.

And, since you're placing your training (and, hopefully, nutrition) in our hands, we know you do. Therefore, if you use supplements, you'll actually ***get something out of them.***

Keep reading to find out which are worth it.

Supplement Question Four

REALLY? I DID NOT EXPECT YOU TO SAY THAT. YOU'VE THROWN ME FOR A LOOP. SO...UH, WHICH, ONES DO YOU TAKE?

Okay, **now** we're talking. This is the real meat, and it's a good part of the reason I wrote this guide. We'd like to tell you which supplements (and supplement *companies*) we like and use.

However, before we begin, we'd like you to keep in mind that our recommendations come from a cumulative 22 years of experience. Since we've been around the proverbial block, we dislike most stuff. We're just telling you because we would like to avoid emails from angry shoppers who'll say...

"Super Mega Nitro Maxi-Pump wasn't on your list, can I still take it?"

No. Well, okay, you "can"—but if it's not on the list, we probably don't like it. If you already spent money on it and you're enjoying the placebo effects, then you have our blessing in finishing the container. But please, don't spend any more money.

HERE'S THE TRUTH...

Like anyone else who's been involved with the fitness and nutrition business for a decade or more, we've developed sort of a love/hate relationship with supplements—and supplement companies.

On the one hand, we love supplements (when they do what they claim) and without the convenience of protein drinks, meal replacements, vitamins, and the occasional protein

bar, it's very arguable that neither we nor our clients could have achieved the results that we have.

On the other hand, a *lot* of supplements are just flat out crap. They're filled with only half of what the label says, and who knows what the other half is. And of course, good many supplement companies have shady marketing tactics like photo-shopped before/after pics and all that other under-handed bullshit—and we're just not into that.

(Look, we love capitalism, and we're all for *caveat emptor*, but that does NOT mean we like when people looking to get results get lied to.)

Having said all that, if chosen wisely and used correctly, supplements can make *THE SUPERHERO WORKOUT* even MORE productive and accelerate your progress.

For the purposes of following *THE SUPERHERO WORKOUT*, we really only recommend a few companies—and the primary among those is **BLUE STAR** NUTRACEUTICALS. However, we like a few other companies, which we'll touch on first.

Firstly, we're both big fans of *BIOTEST* and their supplements, so let's chat about them. Now, before we go any further, let's talk full disclosure. *BIOTEST* is the parent company of one of the magazines we both write (or have written) for—in fact, *BIOTEST* published Roman's *first* article EVER when we was 20 years old. In addition, they've hooked both of us up from time to time over the past 10 years, and the company has generally been cool to us.

They make a really fantastic fat burner called HOT ROX. It's one of the best on the market, and is great in terms of appetite suppression, increased metabolism, AND increased energy. If you're looking to lose some extra fat while on *THE SUPERHERO WORKOUT*, pick up some HOT-ROX and use it during Phase 2 and Phase 4.

You can pick it up (discounted) by copying and pasting this link into your browser: <http://su.pr/2WEeiZ>



...SUPPLEMENTS FOR **SUPERHEROES**

As we mentioned previously, while we do like some other supplement companies, the ones we recommend for *THE **SUPERHERO** WORKOUT* are **pro/grade** and **BLUE STAR** NUTRACEUTICALS.

In fact, these days, for nearly any program geared towards building mass any point, we use these companies almost exclusively and it's what we've been recommending to our clients; both in general *and* more specifically for use with *THE **SUPERHERO** WORKOUT*.

We recommend **pro/grade** and **BLUE STAR** NUTRACEUTICALS for a few reasons:

- Both companies are certified GMP [Good Manufacturing Practices] "A" rated manufacturers).
 - **NOTE** - Getting a GMP rating of A is about as hard as learning Sanskrit, and involves *slightly* more paperwork than adopting a kid. This is good stuff. With this rating, you know for certain that you're getting exactly what the label says—and nothing it doesn't—every single time.

(And if you've had enough experience with supplements, you'll know that's more the exception than the *rule*).

- You won't find products from either of these companies in mass-market supplement stores—and with good reason: products found in those stores need to come in at a certain price point to hit the right "demand mark." This means, effectively, that brands must water down their products to fit the mold and make profit.

NOT so with **pro/grade** and **BLUE STAR** NUTRACEUTICALS. By selling *directly* to customers they're able to keep costs down, and as a result, use the proper doses needed for the products to get you results, whether for muscle gains, strength, power, fat loss, energy, or vitality.

- We've personally gotten (GREAT) results with both of these companies, and seen our clients and *THE **SUPERHERO** WORKOUT* test groups get results using the products. We wouldn't recommend something that we hadn't personally used and gotten results from.
- **Both companies offer a 100%, 60-Day Money Back Guarantee.** VERY Few Supplement companies dare to offer such a thing. Given that we stand behind our programs like *THE **SUPERHERO** WORKOUT* 100% and offer a similar guarantee, this appeals to us.
- In the case of **BLUE STAR**, they make pretty "hardcore" supplements—stuff that is both completely safe, and allows you to get better and more productive workouts—for MUCH less than you'd pay at GNC.
- And finally, if you needed more convincing, the CEO of **BLUE STAR**, Adam Cloet, is a HUGE comic book nerd. While this doesn't really have anything to do with the supplements, we thought it was awesome—and fitting!

WHAT TO GET ...

Of course, even though we believe in all of the supplements that we recommend, we also recognize that the cost can be prohibitive. PLEASE keep in mind that supplements are NOT *necessary*—they just help a good deal when you have the rest of your ducks in a row. Our goal with this handbook is not to “sell” you, but rather to guide you.

Therefore, we’ve listed the products in order of importance—the higher it appears on the list, the more useful it will be during the course of *THE SUPERHERO WORKOUT*.

RANKED IN ORDE OF IMPORTANCE, the specific supplements we recommend for use with the *THE SUPERHERO WORKOUT* are:

- **pro/grade Workout®** (pre/post workout recovery beverage)

Workout is the ideal formulation of fast acting proteins and carbohydrates to support stimulate lean muscle mass and recovery.

The workouts in *THE SUPERHERO WORKOUT* are nothing if not effective, and in order to be so effective, they are (of course) challenging. In order to get the most out of them, you have to be able to RECOVER.

And the most important part of your recovery is what you eat immediately before and after training.

With **pro/grade Workout**, you don't have to worry: **all** of the guesswork is taken out of the most important meal of the day.

Simply have a serving before training and one after, and you are on your way to recovery, accelerated fat loss, and better results.

THREE bottles should last the duration of the program.

- **BLUE STAR** NUTRACEUTICALS Omega Blue®
(extremely pure, potent essential fatty acids)

Fish oil (omega-3 fatty acid) is an essential **SUPER HERO** supplement we believe everyone should be taking; not just for fat loss, but also for overall health. This is true no matter who you are or what your goal is, across the board.

To name just a few of the fat burning and health benefits these “wonder” fats possess, omega-3 fatty acids have been shown to decrease the risk for developing heart disease and cancer, decrease blood pressure, improve liver and kidney function, reduce joint pain, improve vision, improve diabetic conditions, decrease occurrences and intensities of migraine headaches, increase circulating levels of leptin, reduce stress, and increase metabolic rate.

Fish oil is one of the most *legit* supplements around and it does pretty much everything. With countless pieces of published research backing it up, it's been shown that, in some way, fish oils help or are good for:

- Skin health
- Hair appearance
- Nail strength
- Teeth hardness
- brain function
- fat loss
- insulin sensitivity
- awesomeness

With specific regard to Omega Blue, it's also important to note that this particular supp boasts 60% concentration—the highest available—placing it at roughly three times stronger most others on the market.

If you don't see why you should be taking fish oil on your quest to become a **SUPER HERO**, then we can't help ya!

TWO bottles will last the duration of the program.

- **BLUE STAR** NUTRACEUTICALS Iso-Smooth ®
(extremely pure, four stage isolate protein)

Iso-Smooth is the *perfect* protein to use in conjunction **THE SUPERHERO WORKOUT**, particularly during **PHASES ONE** and **THREE**.

A blend of four incredibly high quality proteins (Whey, Isolate, Milk Isolate, Micellar Casein, and Egg Isolate), every batch comes from cold-processed, pharmaceutical grade proteins (instead of the high-temperature processing that other manufacturers use, which can degrade protein quality).

Iso-Pure gives you a nice blast of muscle building amino acids, as well as a steady dose to help you stay anabolic.

The powder mixes instantly, tastes great, and best—each batch is tested at a 3rd party lab for purity.

ONE 5lb container* should provide enough protein for all 12 weeks of the program. (Note - this will depend on how often you use it. In most cases one is enough).

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- **BLUE STAR** NUTRACEUTICALS Extreme Rush ®
(pre-workout primer)

One thing that separates **SUPER HEROES** from regular folks is, of course, how they train in the gym—and that all comes down to *intensity*. Extreme Rush *isn't* your "ultra concentrate" nonsense pre-workout supp, which is essentially just filled with stimulants. It contains the full doses of muscle building and strength boosting ingredients your body needs to perform in the gym.

Even cooler, Extreme Rush also contains powerful nootropics to give you great mental focus and a "feel good" sensation. While this supp isn't necessary to have kick ass workouts, it can help—but you don't need it for the entire program. Instead, we recommend it for **PHASES ONE** and **TWO**.

ONE container will last you through BOTH of those phases, with plenty left over.

- **BLUE STAR** NUTRACEUTICALS Creatine ® (muscle building **basic**)

There really isn't much to say about creatine that hasn't been said—and yet we could go on all day.

Creatine, quite simply, is *the most* widely and thoroughly researched supplement in the world, and all of the studies agree that increased creatine intake leads to more efficient utilization of energy, which allows for increased strength.

To be clear: speaking in start absolute terms, you probably won't be able to lift more weight on your One Rep Max or anything like that; however, if you can normally lift a weight 10 teams, supplementing with creatine can allow you to get to 11 or 12 reps. Which means that for many exercises, you can either perform more sets, more weight, or even use a tad more weight.

Over time, this will obviously lead to increases in muscle size!

So, if creatine's so cool why is it the lowest on our list of supplements?

Well, simply, because you should ALREADY be taking it.

We believe that creatine is a “no-brainer.” In addition to being scientifically PROVEN to be effective, creatine is so damn cheap that we're shocked when we find out someone ISN'T taking it. It's completely safe, and we personally use it in our shakes every day of the year.

For the price, you can't go wrong. Coming it at less than 15 bucks, you'd have to be crazy not to pick this up (if you don't have it already).

While creatine is beneficial for all types of training, within the context of *THE SUPERHERO WORKOUT*, it would be especially effective during *PHASE THREE*, when you'll be utilizing higher rep sets intended for muscular gains.

ONE container will last you the entire program—with enough left over to repeat.

AND THAT'S IT!

Just **FIVE** supplements that we truly believe will be of help to you—these are our TOP FIVE supplements, and in our opinion, are the ones *most* worthy of your time and money.

Of course, we've both been broke college kids who spent money on stuff that didn't work, and we DO NOT want to have anyone repeat that mistake. We know that supplements can be an expense and we know it adds up. That's why I ranked the supplements in order of importance – you'll know how to best spend your money, and budget accordingly.

Keep this in mind, though: one thing it's very, very important to realize is that things like a pre/post workout beverage or protein drink are FOOD—and in essence, you are substituting them for MEALS.

Which means that in many, *many* cases, you're actually **spending less** on a serving than a meal would cost. And of course they're **convenient** and effective.

Finally, it's also why we ONLY recommend companies that offer a 100%, 60-DAY Money Back Guarantee. We believe in these companies and these supplements, and we'd like you to take a shot on them—at no risk to yourself. If they don't work, or you don't like them, you get your money back. Period.

Now, before we go, we want to share something cool with you. You see, being as excited about *THE SUPERHERO WORKOUT* as anyone else, the guys at **BLUE STAR** NUTRACEUTICALS did something truly cool—the created just something just for us; just for **SUPERHEROES** in training.

What we mean by that is that the team at **BLUE STAR** went out of their way to create a *specific* package for use with this program.

INTRODUCING....



This package comes complete with ALL of the **BLUE STAR** supplements you could be using for *THE SUPERHERO WORKOUT*, plus a few extra.

In addition to that, this combination is configured at the lowest possible cost, and THEN has an extra 5% discount added on. Which we think is pretty damn sweet.

If that wasn't enough, they through some extra goodies, like BCAAs and a shaker cup. **Like we said—they're a kick-ass company.** No BS, no hype; just great products and awesome customer service.

This is a great deal, so don't miss out! To pick it up the Super Hero stack, just copy and past this link into your browser: <http://su.pr/39Ja2w>

Moving on...to other random supplements you might like...

DO YOU LIKE *ICE CREAM*?

We know, we know...stupid question; **SUPER HEROES** love ice cream — **everyone** knows that.

That being the case, you might be interested in this....



- **Protein Freeze®** (Protein Ice Cream) (*NO I'm not kidding!*)

You may not have heard of this stuff, but it's a product we recommend, basically because it's "cool" – and that is an intentional pun; hopefully a good one. Protein Freeze is a great supplement made by a company owned in part by fellow fit-pro Kim Lyons (you probably know her from being a trainer on NBC's Biggest Loser).

Get this—Protein Freeze is high-protein low-sugar, great tasting ICE CREAM. That's awesome. You can even make protein fudge-cicles with it, and bunch of other cool things (again, these puns are intended, but really hard to resist) to help satisfy your sweet tooth in a healthy way as you progress rapidly on **THE SUPERHERO WORKOUT**. It's an excellent choice in place of a shake or any time you're just craving something sweet and need some protein.

If high-protein, extremely healthy (and delicious) ice cream while dieting is something that might interest you, then you'll be happy to know this stuff is **SUPERHERO** tested and **SUPERHERO** approved!

You can pick up your Protein Freeze by copying this link into your browser:

<http://su.pr/4uKjM0>

AND THAT'S IT!

As we said earlier: we don't care for many supplement companies, or many supplements.

No ACAI berries or NO2 supplements; no pump-products of carb blockers. ALL of that, can be achieved through diet and training.

The stuff we've listed can be, too (except fish oil).

They just make it a *lot* easier to become a **SUPER HERO!**

*YOUR FRIENDLY NEIGHBORHOOD **HERO** TRAINERS,*

-Roman

&

Matt

SOME LINKS OF NOTE...

Unfortunately, sometimes when we convert documents to PDFs, hyperlinks and embedded information gets lost. In an effort to make things as easy for you as possible with regard to getting everything you need, we have compiled a list of links below.

While it's possible that the link may not be "clickable," we have left them "open" so that you may simply copy and paste them into your browser.

BLUE STAR NUTRACEUTICALS

<http://su.pr/1saldq>

BLUE STAR NUTRACEUTICALS

SUPERHERO WORKOUT STACK

<http://su.pr/39Ja2w>

pro/grade WORKOUT

<http://su.pr/19Vrnw>

athletic greens

<http://su.pr/1nkPSO>

Protein FREEZE

<http://su.pr/4uKjM0>