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# Metabolic Surge Rapid Fat Loss

**By Nick Nilsson**

**Metabolic Surge** is a training manual about the losing the most fat in the shortest amount of time possible. It is not a lifestyle. It is not a long-term fat loss program. It's about getting extremely fast and extremely powerful results!

**Please note:** *Metabolic Surge Fat Loss* is not a beginner-level program. The programs and nutritional strategies in this book are designed for people who have some training background and who are already at a moderate to high level of conditioning.

This book does, however, include a section entitled "**Preparation Training**" that will help you build a base to prepare to do this program if you are starting at a lower level or coming back from a lay-off. Also included is "**Level 1 Training**" that is basically a scaled-down version of the main program, perfect for the intermediate trainer.

There are two major components to this program that we will be manipulating: **exercise and nutrition**.

By working with the types and intensities of exercise you do as well as what and when you eat, you can get tremendous results very quickly. In the full version of the book in "**The Program**" section, I will lay it all out for you on a day-by-day, workout-by-workout basis.





I have incorporated the very best parts from a variety of different training and nutrition programs that you may already be familiar with (*ABCDE, Titan Training, Positions of Flexion, High Intensity Interval Training, the Anabolic Diet*), added in some innovative techniques of my own (*Fat Loss Circuit Training, Lactic Acid Training, Triple Add Sets and Macronutrient Rotation*, among others), and put them all together into a comprehensive program covering diet, exercise and supplementation all geared for maximum results in minimum time.

It's this very strategic combining of the most effective elements of each program that makes the *Metabolic Surge Fat Loss Program* completely unique. You will not only **lose large amounts of bodyfat** on this program, the nutritional and exercise conditions placed on your body during the program have the potential to actually cause you to **gain large amounts of muscle** as well!

**If you follow the program, you will get results.  
That is not just a promise, that is a fact.**

### **Please Note:**

Any exercise program contains an element of risk. Be aware that the exercises and training methods in the book are not familiar to you and, even though every attempt has been made to ensure safe instruction, how and if you decide to execute the exercises is ultimately your responsibility.

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#### **Fat Loss Circuit Training**

This revolutionary training concept takes exercising for fat loss to the next level. It combines the power of weight training with the calorie-burning effects of cardio training into one, extremely effective, time-efficient workout.

#### **Triple Add Sets**

This training style not only forces large volumes of blood into the muscles, it also works all three major muscle fiber types in one set. No other training style can accomplish this!

### [Abdominal Sit-Ups](#)

This exercise is one of the most effective abdominal strengthening and flattening exercises I've ever found. And all you need is a towel to do it!

### [Fat Loss Supplementation](#)

Here you will learn which supplements are useful and EXACTLY how to take them with this program to maximize your results and see dramatic changes in body composition

[Click Here](#) to read more about what "Metabolic Surge" can do for you!

**Note:** The information found in this program does not constitute medical advice and should not be taken as such. Consult your physician before taking part in any exercise program.

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# ***Fat Loss Circuit Training***

This is a program of my own invention that I've developed for losing fat quickly. It's challenging but very effective! It's very simple once you get the hang of it but it's one of the most demanding styles of training you can do.

In order to use it, you will need access to both weight equipment, cardio equipment and/or benches or stairs, preferably located in fairly close proximity to each other.

This type of training is harder to do in a crowded gym as it will involve you moving back and forth quickly between different pieces of equipment. If someone is waiting to use your cardio machine the moment you step off, it will defeat the purpose of the workout. This technique is best used in a fairly uncrowded gym where you have more freedom to use equipment or, better yet, in a home gym with weights and cardio equipment and no one waiting for anything!

If you do work out in a crowded gym, I will tell you exactly how to get around it. If you still can't find a way to execute this style, follow the alternate instructions listed in the Program.

## **How It Works:**



- Essentially, this is combined circuit/interval training.
- You will be going back and forth between your weight training exercises and one cardio exercise for the duration of the workout.
- Your rest period for weights will be your cardio and your rest period for cardio will be your weights.
- You will be doing some sort of activity for your entire workout without any break!

This combination is very effective for a number of reasons:

- It forces your body to burn calories continuously during the workout.
- It utilizes resistance training and cardio training so you get all the benefits of both in one workout.
- By forcing your body to work like this, you dramatically increase your metabolism leading to increased fat burning long after the workout (more so than either weights or cardio alone).
- It saves time - you get both your weights and cardio in the same amount of time as your regular workout.
- You will still be able to use heavy weights in your weight training, helping to preserve muscle mass.



## How To Do It:

### *Step 1 - Set Up*

For the most efficient workout possible, have most or all of your exercises pre-set and ready to go. The less time you spend on preparation during your workout itself, the more effective that workout will be, especially since you want to be basically keeping continually active throughout the entire workout. You can use any type of cardio that is convenient and enjoyable to you, be it a machine,

stairs stepping, or even a skipping rope.

If you are working out in a crowded gym, try to claim an area for yourself and focus on dumbbell exercises. You won't have to wait in line to use any weight machines that way.

If you don't have access to convenient cardio machines, you're going to have to go low-tech. You'll need to do stair-stepping (stepping up two stairs then back down works well), bench-stepping (step up onto a flat bench or Step platform then back down) or rope-jumping (be sure you're not close to anyone if you choose this). These approaches work just as well as cardio machines and allow you to perform this training style in a busier setting.

### ***Step 2 - Warm-up***

Do a few minutes of low-intensity cardio as a warm-up. You may wish to do a few light sets of a few of the exercises you'll be working with before you start into it though. Don't tire yourself out, just get a light sweat going.

### ***Step 3 - Start with 30 - 40 seconds of moderate intensity cardio.***

This could be setting the stair machine to a level that is not easy but is not so challenging that you're going to exhaust yourself right away. Watch the timer on your machine and go for approximately 40 seconds (I say approximately because there will generally be a slight lag time when you step on and off).

Many cardio machines have a "rest period" feature where you can leave the machine on and it will not erase your program while you have stepped off. Normally, this is about 2 minutes. This should be enough time to complete your weight set.

If you are using a machine such as a treadmill or stair machine that you will leave on with the timer running, just watch the time counter on the machine and keep track of when you get on it to get the designated period. It may require a little mental math! You can also use your own stopwatch or timer on your watch to keep track (this is easier). Start the timer when you start the cardio.

Many machines also have a feature that runs through a series of time periods. I've found on the Stair Machine, if you set the length of the session to 20 minutes, this results in a 40 second time period making it perfect for judging your cardio periods.

### ***Step 4 - Do a set of weights.***

Go as quickly as you can to your first exercise. Do a set of the first exercise on your program for the day. Do this with no rest, going from the cardio immediately to the weights. Do all your reps until you approach muscular failure. While this is definitely still intense weight training, **don't push yourself to the edge** as you would in your regular training. Due to the high training volume we'll be doing in this program, pushing to failure on every set will compromise muscle recovery.

Keep the do-or-die rep in you on every weight set. Stop one rep before it. You'll learn to know when it's coming.

### ***Step 5 - Go right back to the cardio.***

Get back on the treadmill and do another 40 seconds of moderate-intensity cardio.

### ***Step 6 - Repeat the cycle for the duration of the workout.***

You will be going back and forth continuously between cardio and your weight training exercises, using the cardio as the rest period between your weight sets. What this means is that over the course of your workout, you'll be burning calories via cardio and weights AND you'll be working your muscles with intense, heavy weight training as well. It's tough training but very effective!

## **Notes:**

- As you improve your cardio ability, you can choose to increase the intensity of your cardio training between sets. You may wish to start at a lower level and gradually increase the resistance over the course of the workout or start at a higher level and keep it there. It is perfectly acceptable to keep it at a steady, moderate level, however.
- This *Fat Loss Circuit* technique can be used with nearly any form of cardio exercise as long as it is convenient to go back and forth with the weights. The real key here is to maintain activity for the entire workout.
- Keep your workouts to no more than 45 minutes at the very most when doing this type of training (the programs in this book are designed to stay below that time range). Any more than that and you will be breaking yourself down too much. It's an extremely demanding form of training as you'll be working every major energy system in your body. You will also find it will crank your metabolism up pretty seriously!
- On days when you are working thighs and doing *Fat Loss Circuit Training* (the second day of Phase 1, for example), be extra careful when doing your leg exercises. Because most cardio activities work the legs, they aren't going to be getting much recovery time between sets. There is no shame in holding onto solid objects for balance when you need to!



## Fat Loss Circuit Training Sample Program

Bodypart	Exercise	Sets	Reps	Notes
Back	Barbell Bent-Over Rows or Seated Cable Rows	6	6-8	Be sure to keep your lower back arched and tight when performing either of these exercises.
Chest	Flat Barbell or Dumbell Bench Press	6	6-8	Don't bounce the bar off your chest as you lower it down. As well, don't bang the dumbbells together at the top.
Biceps	Standing Barbell Curls or Dumbell Curls	4	6-8	Squeeze your biceps hard at the top and don't swing the weight. Use a shoulder-width grip on the bar for best biceps contraction.
Calves	Standing Calf Raises or Seated Calf Raises	4	10-12	Perform this movement under control. Don't bounce out of the bottom and be sure to give your calves a good squeeze at the top.

Cardiovascular Training	
Activity	Comments
Fat Loss Circuit Training	Take no rest as you move between 40 seconds of cardio work and your weight training sets. Have everything set up and ready to go with your exercises as much as possible. If you are in a crowded gym and must wait for equipment or are unable to pre-set, just do the best you can.

**General Comments:**

- Choose a weight that allows you to hit the top of the listed rep range on the first set and keep to that weight. As you fatigue, your reps will drop.
- When two exercises are listed here, select from one or the other and do all your sets with it.

**Your Written Notes:**

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[Fat Loss Circuit Training](#) • [Triple Add Sets](#)  
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# Triple Add Sets

The *Triple Add Set* is unique to this program. It is very a tough style to do but very effective. **You will be hitting all major muscle fiber types (I,IIa and IIb)** as you go through the sets as well as pushing the limits of your strength with the very low reps.

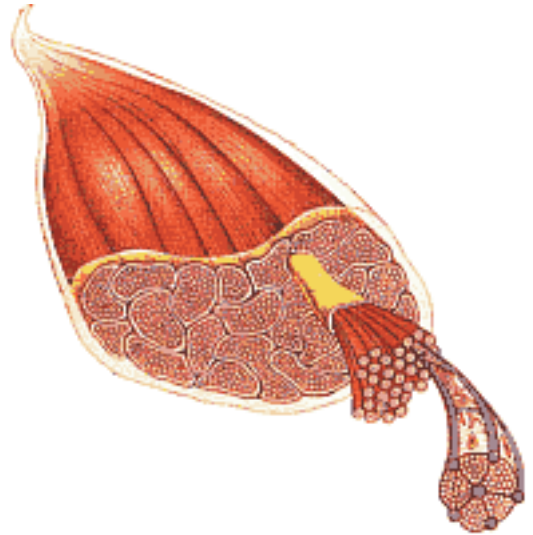
To fully understand the effectiveness of the Triple Add Set, let's take a look at the muscle fiber types and why it's such a good thing to work all three of the major types at once.

- Type I muscle fibers are endurance-oriented muscle fibers. They primarily work in higher rep ranges and during aerobic exercise.
- Type IIa muscle fibers work when the weight used is moderate-to-heavy. This fiber type is most active in moderate rep range weight training (e.g. 5 to 10 reps per set)
- Type IIb muscle fibers are the explosive muscle fibers. They are called upon when the weight is very heavy and great power or explosiveness is needed.

When you lift a weight, your body recruits a certain number of muscle fibers to get the job done. It recruits a certain percentage of each type of fiber, depending on how heavy the load is. For instance, the lighter the load, the more Type I fibers will be called upon. The heavier the load, the more Type IIa fibers will be called upon. With very heavy loads, Type IIb fibers will be the most heavily recruited.

With regular training, your body learns to become more efficient with this recruitment and tries to get away with firing as few fibers as possible to get the job done. It's the body's natural tendency to conserve energy.

Unfortunately, this also leaves many muscle fibers underworked and not developed to their full potential. We need to find a way to force your body to recruit every available fiber to maximally work the muscle and develop it to its full potential. **That's where the Triple Add Set comes in.**



If you're familiar with Triple Drop Sets (where you start with a heavy weight for the first part, then drop to a lighter weight for more reps then drop to a somewhat lighter weight for more reps to finish with) then you're familiar with the basic idea of this style of training.

However, here's the switch: **instead of starting with a heavy weight and working down, we're going to start with a light weight and work our way up!**

The Triple Add Set technique will first exhaust your Type I muscle fibers with light weights and high reps.

Then it will work on the Type IIa muscle fibers by moving to heavier weights and moderate reps. Since Type I fibers are still being activated at this point, even though the weights are heavier, your body will recruit more and more of those Type I fibers as you keep going.

On the third and final part of the set, very heavy weights will be used. Your Type IIb fibers will now be preferentially activated. But now, because the load is extremely demanding, your Type I fibers and even more of your Type IIa fibers are being recruited to help.

By the time you're done with the Triple Add Set, you've recruited almost every available muscle fiber in the target muscle. Then we do one or two more sets just to be sure they're completely worked!

## How To Do It:

- Start with a light weight and do a high-rep set, e.g. 20 to 30 reps. Your muscles will be burning. This will hit the Type I endurance muscle fibers and fill the muscle with blood.

- Rest 10 seconds to flush out enough waste products in the muscles for you to keep going. This is basically the time it takes to switch weights on the machine or grab a new set of dumbbells.
- Next, you'll move on to a somewhat heavier weight and aim for about 6 to 8 reps. This will hit the Type 2 muscle fibers.
- Take 10 seconds rest again.
- After that, you will do your last set with a heavy weight, going for only 1 to 3 reps. This will work on strength and connective tissue.
- Your muscles will feel incredibly hard and pumped up. The effect of this type of training is immediately noticeable and very powerful.

It will take a little practice to figure out what weights you'll be using. It will really depend on how well your body deals with lactic acid build-up. **This is a training stimulus your body will most likely NEVER have experienced before.**

The first part of the set should use a very light weight. Go for strict form and go for the burn. The first time through you should get at least 20 to 30 reps. On the second add set, your reps will go down significantly as the waste products of the first set will not have been completely cleared yet.

The second part of the set should use about double what you used on the first part, e.g. start with 25 pound dumbbells then do 50 pound dumbbells (this increase will vary a lot depending on the exercise - experiment with the weights you use to find out what works for you).

The third and final part of the set is the hardest. Since you've already worked hard on the previous two parts, you will be using a weight that is lighter than what you'd normally use for this rep range in regular sets. When you do the third part, you will feel an extremely strong and deep burning in the muscles. You are tapping muscle fibers that have rarely been worked! The first two parts worked the majority of your fibers - every fiber you've got now has to kick in and fire to move the weight!

**It's extremely hard and extremely effective. You'll love it or dread it!**

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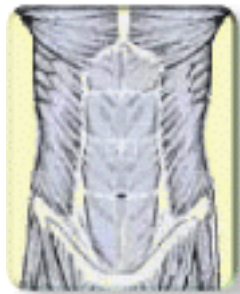
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# Abdominal Sit-Ups



### Why Is This Exercise So Effective?

This is a sit-up movement that works the abs instead of the hip flexors. It will work all the muscles in your midsection in one exercise.

The standard **Crunch** only addresses part of the function of the abdominals. This exercise targets the flexed (arched back) range of motion of the abs and utilizes the weight of your entire torso as resistance.

---

## How To Do It:

- Lie on your back on the floor. Roll up a towel or mat and slip it underneath your lower back just above the waistband (the size of the towel affects your body position during this movement - use a fairly large towel).
- Your knees should be bent about 90 degrees. Keep your feet close together and knees fairly wide apart. This prevents the hip flexors from having a direct line of pull, helping to minimize their involvement.



- Do not anchor your feet or have someone hold them down. This automatically activates the hip flexors. You will get the most out of this exercise by minimizing their involvement.
- The difficulty of this exercise depends on where you hold your hands. The hardest position is above your head at arms-length, then beside your head, then across your chest, then straight down between your legs or at your sides. Start with the easiest first then progress to the other positions as you get stronger.



### You are now ready to crunch.

- Keeping your torso straight and stiff, start the sit-up by tightening your lower abs.
- As you continue up, imagine trying to push your face up against the ceiling (think up, not around).
- When you reach about 25 to 30 degrees above horizontal, hold for a second and squeeze hard.
- Keep your back in contact with the

towel at all times and always maintain tension in the abs.

- Lower yourself down slowly and under control. Do not just drop back to the ground. The negative portion of this exercise is extremely effective.

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## **Common Errors:**

### **1. Using momentum**

Do not swing yourself up to get started. Always squeeze yourself up using ab power. Start with the easiest positions first, i.e. arms down at your sides, or try these on a slant board (with your head higher up) if you have trouble doing this exercise.

### **2. Losing tension at the top**

This occurs when you come too far up. Always maintain contact with the towel and keep tension in your abs.

### **3. Allowing the glutes to come off the ground**

Keep the glutes on the ground at all times. The tendency for the glutes to come up occurs at the start of the rep when your abs are first trying to get your body off the ground and your back is pivoting over the towel. It is easier to lift your glutes up at that point in order to do the exercise.

### **4. Coming up too far**

This error actually takes the tension off the abs at the point where they should be getting the most tension. Keep your lower back in contact with the towel throughout the exercise.

### **5. Improper towel placement**

The towel should be just above the waistband area in the small of the back. Placing it too high or too low will affect the exercise negatively.

---

## **Tricks:**

### **1. Hand position drop set**



When you get stronger at these, start with your hands over your head. When you fail with that, continue with your hands beside your head. Then continue with hands across the chest, then hands at your sides or between your legs to finish. It is a merciless drop set.

## 2. Extra resistance

For extra resistance, hold a weight plate in your hands. Start very light (e.g. 5 to 10 pounds) as balance can be a problem, especially because your feet should not be anchored.

## 3. Spotting yourself

Extra resistance, as described previously, can also be used to spot yourself. Hold it out in front of you instead of behind you. This will act as a counterbalance and help to pull your body up.

## 4. The extra-hard contraction

Here is a technique that will give you an extra-hard contraction.

- Once you come up to about 25 degrees, bring your arms in so that your forearms are in front of your face (like a boxer covering up).
- Pivoting just below the rib cage using your upper abs only, crunch your elbows down towards your hips and squeeze hard, exhaling completely. Your lower abs will not move at all.
- This makes it look like a two-part movement - the sit-up then stop, then the crunch over.
- You can also give yourself a little spot during this part by grabbing onto your legs and pulling over.



## 5. Working the sides

To work the sides more during this movement, come up to 25 degrees then do a twisting crunch over to the side. Don't do the twist as you are coming up in the sit-up, do it after you are up to about 25 degrees.

## 6. Breathe at the top

Try holding the contraction at the top and breathing in and out a few times. This will really force your abs to contract.

## 7. Lengthwise on a bench

Lie lengthwise along a bench with the towel under your lower back. Your shoulders should be just off the end of the bench so you can stretch back and down a little (the edge of the bench should be just below the shoulder blades). Your head and arms will be hanging off the end of the bench. This will give you a greater range of motion. Execute the movement the same way.

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## Lower Ab Raises

This variation of the Ab Sit-up exercise targets the lower abs.

- Start in the same body and towel position as the regular version.
- Place your hands beside the towel or beside your glutes.
- Now instead of lifting your torso up over the towel, raise your legs and pelvis up and over.
- Keep your feet together and your knees apart to minimize hip flexor recruitment.
- Suck in your gut to help isolate the lower abs.
- Your butt should come right up off the floor when your pelvis rolls up and over the towel.
- When you suck up your gut, imagine you are trying to suck your legs up to your chest through vacuum power alone, then rolling your pelvis over the towel.
- You can alternate between the sit-up style and leg raise style to hit your abs from both directions in one set.

## Incline Ab Sit-Ups

This is a good starting variation of the ab sit-up.

- Set an incline board to a slight incline. If you don't have an incline board, you can use an adjustable incline bench, a decline bench, a Step platform with a riser under one of the ends or a flat bench with something under one end.
- The execution is exactly the same. The only difference is that the tension is much less due to the leverage, allowing even people who are not as advanced to do the exercise.
- It is also a very good way for advanced trainers to do high reps with this exercise.

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## **Fat Loss Supplementation**

Supplementation can really help maximize your results on the *Metabolic Surge Fat Loss Program*. We will be using only very basic supplements - you don't need anything fancy. How you use them and when is what really gets you the results! I will go through what to use, exactly when to use it and why. I will be listing them in order of importance.

First, however, I need to mention multivitamins. They are especially important during dieting because of reduced nutrient intake, especially during the low-carb phase of the diet.

Plus, food simply does not have enough nutrients in it these days to allow even the healthiest eater to get optimal amounts of vitamins and minerals, even when eating regular meals. Think of a multivitamin as an insurance policy. It helps to protect you from any deficiencies you could get and not even know about.

- Don't take generic, low-quality multivitamins. You may as well be swallowing little rocks for all the nutrients you will get out of them.
- Most vitamins (including popular brand names) that come in tablet form are so compressed that they can't be broken down even by stomach acid.
- Look for multivitamins in capsule or gelcap form. These will be the most absorbable.
- Potassium intake is very important during the low-carb phase. Be sure your multi has at least 90 mg of potassium in it.



# 1. Protein

Protein is the building block of muscle tissue. Without enough protein, all your training efforts will be for naught because your body won't have the raw materials to recover and rebuild!

Protein is readily available in food but protein-containing foods are not always the most convenient to prepare or eat. When was the last time you packed some scrambled eggs into your backpack for a snack?

**Excellent Product Alert - This protein supplement is IDEAL for this program.**

[Click here](#) for information on **100% Pure Liquid Egg White Protein**, a revolutionary new protein supplement. It is an extremely high-quality protein yet is tasteless and mixes well into almost anything, including breakfast cereal!  
**Note:** you must be online to view this link.

I use it regularly and highly recommend it, especially for this program. It is ideal for all phases of this program as it contains **NO CARBS and NO FAT!** You can use it freely every day of your training except the zero-protein day.



## When To Take It In The Phases:

Protein can and should be taken during Phase 1 and 3 of the program (Phase 2 is a zero protein day). It is more critical to take it during Phase 3 as your body will be craving protein from the zero protein day - it is much easier to get high amounts of protein in supplement form.

To take full advantage of the effect of the protein starvation day, you can try **Protein Loading** on the first day of Phase 3. **Protein Loading** is simple - take one scoop of protein every two hours on the hour while you are awake (aside from mealtimes and training times). If your protein powder gives you 20 grams per scoop, this could mean as much as 160 grams of extra protein or more! At this point in the Phases your body will be sucking up and storing every available gram of protein you give it. This will help to maximize the effectiveness.

Protein Loading need only be done on the first day of Phase 3 but keep a regular, high-end intake over the course of the entire Phase. Here is a list of the when, why and how of effective protein supplementation, ranked in order of importance.

## **1. Immediately After A Workout**

If you only take protein once per day, this is the absolute best time to take it. Immediately after you finish your workout, your body needs raw materials to rebuild and recover with. If you don't supply the raw materials through eating, your body will break down muscle from elsewhere in your body in order to rebuild the damaged areas. This is very counterproductive as you can well imagine.

By taking in some protein (20 to 30 grams or so) within minutes after exercise, you provide your body with the raw materials it needs to recover without breaking down its own muscle tissue.

## **2. An Hour After A Workout**

About an hour following a workout, your body has settled down from the excitement and is ready to really start rebuilding. The protein that you took in immediately following the workout has been metabolized and your body is looking for more. Another protein shake at this time is a good way to help speed recovery. Try to take in another 20 to 30 grams about an hour after working out.

## **3. First Thing In The Morning**

Immediately upon waking, or as soon after that as you can manage, take a scoop of protein powder. Your body has just been through an (approximately) 8 hour fast and is hungry for nutrients. Feed your body!

Protein powder is more quickly assimilated than solid food and gets into your muscles faster. This protein shot gives your metabolism a boost, which can help with fat loss. Be sure to follow it with a good breakfast, of course.

## **4. Last Thing At Night**

Prepare your body for the long overnight fast by giving it a little something to work with. A good combination for this purpose is to mix a scoop of whey protein in with a small glass of milk.

Whey is what's known as a "fast" protein, meaning that it's digested quickly, while milk protein (casein) is what's known as a "slow" protein, meaning it's digested relatively slowly. At night, you want your protein to be metabolized slowly so that your body gets a more even supply over the course of the night. By mixing "fast" and "slow" proteins, you get the benefits of the higher-quality whey with the slower digestion time of the milk.

## **5. In-between Meals**

A quick protein shake can be a great snack in between meals. It helps keep your body supplied with protein all day long. This is especially useful if you tend to have long periods of time in-between meals. It could mean the difference between losing muscle and building or keeping muscle!

## **6. With Meals**

Taking a protein supplement with meals is a handy way to increase the protein content of a meal. This is perfect for when you take a meal that is somewhat low in protein.

## 7. In The Middle Of The Night

This is a trick that bodybuilders sometimes use in order to keep their muscles supplied with protein throughout the night. Keep a pre-mixed protein shake right beside your bed. Although some trainers have been known to set alarms to wake up to drink it, I prefer to have it there waiting just in case I wake up, but I don't try to wake up on purpose. If I don't wake up, it's right there ready for me to drink first thing in the morning! This strategy is more targeted for muscle growth rather than fat loss.

WARNING!

Never drink a protein supplement immediately before working out!

Some people do this thinking that it will give them an energy boost or give them a head-start for post-workout recovery. Basically, all it does is sit in their stomach and bloat them up. Valuable blood that should be going to working muscles gets sent to the digestive system to try and digest it. The same warning goes for taking protein during a workout. Don't do it!

[Click here](#) to go to an online store with a wide selection of protein powders. (**Note:** you must be online to view this link).

## 2. Creatine Monohydrate



Creatine monohydrate is an excellent muscle-building supplement. It is completely safe to use for both men and women. There are many scientific studies documenting its safety and effectiveness. It is a natural substance found primarily in red meat.

Using creatine can cause a rapid weight gain of approximately 3 to 10 pounds during the loading phase, depending on the amount of muscle and water you are carrying right now. The bigger you are, the more weight you will gain. This weight is primarily in the form of more water in your muscles.

Creatine builds strength by increasing the amount of fuel available for muscle contractions. By increasing your available fuel, your body is able to lift more weight and do more reps. This, in turn, allows you to build muscle.

### When To Take It In The Phases:

Creatine users typically load up for a period of 5 days then drop down to a maintenance dose to keep high levels in the muscles. We are going to take a different approach to creatine in the *Metabolic Surge Program* in order to maximize it's effectiveness for the specific metabolic situations you'll be putting your body in: a partial load with no maintenance dose.

**On the first day of Phase 3, you will start loading up on creatine.** Take 4 doses of 5 grams on the

first, second and third day of Phase 3. Loading for only 3 days will not completely saturate the muscles with creatine but it will give the majority of the immediate benefits of creatine loading, i.e. rapid weight and strength gain.

Your body will be coming off the low-carb phase and will be more sensitive to the effects of insulin. By taking your creatine with a high-glycemic carbohydrate, your body will not only release more insulin, it will be more sensitive to its effects, shuttling more creatine into your muscles during this time.

You will also be rapidly gaining muscle from the *Protein Loading* you'll be doing. Adding creatine to this mix will help that process move even faster, helping to provide your body with the energy for protein synthesis!

**We will not be doing any maintenance dose of creatine** so that creatine levels in your body will drop down again. We want them to drop so that we can do the same 3 day loading again as we just finished doing, getting the same powerful effects from it. We're not using creatine for long-term strength gains here - we're using it for short-term muscle gain. This is why we don't want to do a full 5 day loading period - we don't want to fully saturate the muscles with creatine because it will take too long for them to return to lower levels. We're looking for that kick!

I personally take regular, plain creatine monohydrate. I get excellent results with the no-frills version. There are a number of supplements on the market that claim to take creatine supplementation to the next level. My suggestion is to try regular creatine the first time through so you have a basis to compare to. Then try the fancier stuff. If you find you get enough results to justify the higher cost, go for it!

[Click here](#) to go to an online supplement store for creatine. (**Note:** you must be online to view this link).

### 3. Glutamine

Glutamine is a nonessential amino acid in the body but it is also the most abundant amino acid in the body. Around 50% of the free amino acid pool consists of glutamine.

Taking extra glutamine has a variety of beneficial effects on your body.



- A dosage of 2 grams on an empty stomach has been shown to increase the level of circulating Growth Hormone in the body. This is good because Growth Hormone promotes muscle growth and fat loss, which are the major aims of this program.
- Another effect is that the body does not have to break down other amino acids to make glutamine. Glutamine is a popular amino in the body and if glutamine levels are low, the body will break down muscle protein to synthesize it.
-



The extra glutamine you take in supplement form helps support muscle growth if taken in doses of 5 grams or more at a time (this large amount is necessary to get enough past the digestive system to be of value - the gut sucks up glutamine like a sponge).

- Other effects of glutamine include immune system boosting, improved recovery, cell volumization and enhancement of glycogen replenishment.

The best times to take glutamine are first thing in the morning, right after a workout and right before sleep.

- Dosages can vary from 2 grams (minimum) to about 10 to 15 grams or more. The larger doses should be used immediately after a workout to promote anabolism and minimize catabolism (muscle breakdown).

## When To Take It In The Phases:

Glutamine is an excellent supplement and should be taken after every workout. It will help your body recover quickly from the intense training you are putting yourself through. It will also help keep your immune system functioning at peak levels as you push yourself towards overtraining over the course of the program. This is a critical time - if your immune system is down, you'll be more likely to get sick at this time.

In addition to taking it after every workout, you can also try **Glutamine Loading** on the first two days of Phase 3. This is very similar in concept to both Protein and Creatine Loading. Since glutamine is an extremely important amino acid, providing it to your body in quantity while it is sucking up protein and building muscle will help maximize the effects of the protein loading.



Also, glutamine works in a similar fashion to creatine by carrying water into the muscle cells as it gets absorbed. This cell volumizing effect dramatically enhances muscle cell growth.

Load up on glutamine for the first two days of Phase 3 by taking 4 doses on each of the two days. Take 5 grams first thing in the morning. Take 5 grams an hour before training. Take 10 grams right after training. Take 5 grams right before bed. After the first two days, you can go back to taking it only after workouts.

A side benefit to taking plenty of glutamine is the positive effects it has on strengthening the immune systems, especially as you get near the end of the third round through. Your body will be pushed to the edge and this will tend to lower immune system functioning. Glutamine can help keep you from getting sick during this time. Very effective!

Glutamine is easiest to take in powder form. Capsules are available but you need to take so many of them to get a decent effect, it's not really worth it. Regular glutamine powder should work perfectly.

[Click here](#) to go to an online store where you can buy large containers of glutamine for very low prices.

(**Note:** you must be online to view this link).

## 4. Fat Burning Pills

Fat burning pills, in my opinion, are highly overrated. You can get much better results by properly targeting your nutrition and training and relying on your naturally-enhanced metabolism than you can by looking to mildly or non-effective fat burning supplements. Supplements such as L-carnitine that support the fat burning processes in the body can be useful but the plethora of new "ephedra-free" fat burning supplements rely on ingredients that don't have much research behind them and can have negative side effects almost as bad as ephedra itself.

For a detailed review of fat burning supplements, I highly recommend Will Brink's eBook "[Diet Supplements Revealed](#)".

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Give these supplementation techniques a try and I think you'll be truly amazed at the results you get when they are taken in the right doses and at the right times.

[Fat Loss Circuit Training](#) • [Triple Add Sets](#)  
[Abdominal Sit-Ups](#) • [Fat Loss Supplementation](#)

[Click Here](#) to read more about what  
"Metabolic Surge" can do for you!

or

[Click here to order now!](#)

**Note:** you must be online to order

# **Discover a Groundbreaking New Fat-Loss Program That Can Actually Add Muscle To Your Body While Burning Off Pounds of Fat... Even in Experienced Trainers!**


**And all it will take is just 36 days...**

**WARNING:** The information you are about to read will cause extremely rapid and efficient fat loss in those who are willing to work for it. If you prefer to accept mediocre, slow results and put in minimum effort, this is not the program for you. This information is only for those who want the best results for their hard training.



**I've got 7 things I want to tell you before we go any further.**

All I ask is that you read these 7 points. If any single one of these things sound interesting to you, you **NEED** to read the information on this page.



1. **It IS possible to gain muscle while losing fat**, not just for beginners but even for advanced trainers. I know, because I'm an advanced trainer and I've done it. Now I'm going to show you how. In fact, the more training experience you've got, the better this program will work.

2. Under the right dietary and training conditions, your body can actually **use your own bodyfat to provide energy for building muscle, practically doubling the speed of fat loss**. This program makes sure those conditions are created for you on a daily basis.

3. Low-carb diets work. Low-fat diets work. But neither works forever. I've taken the best features of both and combined them to actually **FEED off each other with NO plateaus EVER**.

4. Training with high reps and isolation exercises for fat loss is a waste of time and energy. It will practically guarantee that you lose muscle. I will tell you **EXACTLY** how to train to **keep and even GAIN muscle while losing large amounts of fat**.

5. Your own natural metabolism is **FAR** more powerful for burning fat than any fat-loss pills or potions you could ever take **IF** you know how to stimulate it properly. **You'll learn how to keep your metabolism so continuously cranked**, you won't have any need or even desire to take a fat-loss pill again.

6. Precise manipulation of the nutrients in your diet (protein, fat and carbs) can have extraordinary anabolic (muscle-building) and lipolytic (fat-burning) hormonal effects on your body. My program of *Macronutrient Rotation* tells you **what foods to eat and when so that you not only achieve this effect but MAXIMIZE it**.

7. **Rebound weight gain when coming off a diet does NOT have to happen**. With most fat-loss programs, when you stop following the program, you start regaining weight. Just the opposite happens with my program - **you actually continue to lose fat even after you're done**. There is no rebound, just more results!

## So do the 7 things I mentioned above sound interesting? I thought so.

The information you are about to read will give you insight into exactly what you need to do to strip away maximum bodyfat **in the next 36 days**.

In the groundbreaking fat-loss program you're about to read about, I've taken all my 15 years of practical training experience and university-level background in nutrition and human physiology, sought out the best, most highly-effective techniques and combined them to work synergistically. Every part of the program builds on the next to make the whole program far greater than the sum of the parts.

Before I go any further, let me clarify one thing: this fat loss program is NOT a lifestyle program.

It's an extraordinarily powerful, highly-targeted, intense program of diet and exercise designed from every conceivable angle to accomplish just two things: **stripping away bodyfat as quickly as possible while retaining and building maximum muscle mass**.

I've been training all of my life and I've tried a LOT of different techniques. **Bottom line, this is the ONLY program I've ever completed that has allowed me to gain muscle while losing fat.**

I followed my own program to the letter and **ended up at exactly the same weight as I started** (I started at 207 pounds and ended up at 207 pounds). Why is this a good thing?

Because I **dropped three inches from my waist at the same time!** I lost a tremendous amount of bodyfat during the 36 days it took me to complete the program. What replaced it? Pounds of new muscle. Not bad for a rapid fat-loss program...

But if you're primarily interested in weight loss, however, don't let my results throw you off. I'm certainly not saying you're not going to lose weight when you do this program. Far from it!

You will lose a tremendous amount of fat while KEEPING your muscle mass. **It won't be water or muscle that you lose but FAT**, which is exactly what you want to lose when you're losing weight. The numbers on your scale could very well drop like a stone, depending on how much fat you've got to lose and how much muscle mass you carry. This is a system that is guaranteed to reshape your body extremely rapidly.

This program is also very special in that, when finished, **I did NOT experience any rebound weight gain at all** as with many other programs, even after losing so much fat so rapidly. To be honest, **I actually continued to lose even after I finished the program!** My metabolism

## Who Am I?

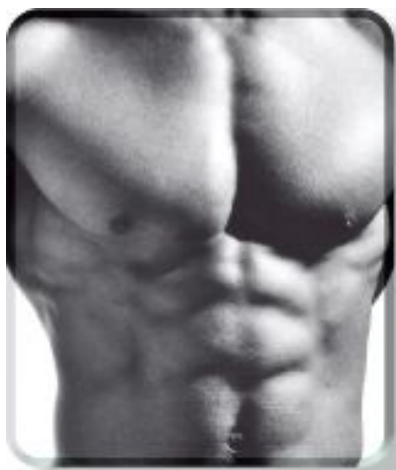
*My name is Nick Nilsson, author of the powerful eBooks "The Best Exercises You've Never Heard Of" and "Gluteus to the Maximus". I've been weight training for 15 years and have a degree in Physical Education, encompassing physiology, nutrition, biomechanics, kinesiology and anatomy.*

*I've had my training articles published widely on the Internet, including sites such as Bodybuilding.com, AtoZFitness.com, Ironmagazine.com, and many others.*

was just cranking so fast at that point, even when I went back to regular eating, my body still continued to burn fat.

**The way the program is structured totally prevents rebound weight gain.** It does this by actually taking the metabolic reality of rebound weight gain and applying it to MUSCLE gain in the middle of the program. By the time you are at the end where you go back to regular eating, the conditions that would set up the rebound have been eliminated and the training has so thoroughly stimulated your metabolism, **your body simply can't rebound and add extra fat!**

As well, included in the program is a taper-down phase that helps your body to come down from this "metabolic surge" that it's experienced. It reduces the training load and helps you to build strength. **You can very easily maintain your results with general good nutrition and continued training on whatever program you like when you're done!**



The crazy thing is, when I went through and did this program, **I actually ended up even being STRONGER when I was done!** I have NEVER experienced anything even resembling strength gain on a fat-loss program before and, to be honest, it really shocked me. This is powerful stuff and should be tried at least once by every serious trainer. I have a feeling you won't go back to traditional training after you've experienced these kind of results.

To that effect, this program is designed for the person who is looking to get the absolute most fat-loss out of every single ounce of effort they are putting into their training (aren't we all?). This program is strategically designed to work with your body's metabolic and hormonal processes to practically peel the fat from your body.

This is not a long-term fat-loss plan. **This program is only for those who are looking for EXTREMELY FAST RESULTS and who are willing to work for it.** If you're looking for a diet and exercise plan you can stick to for the rest of your life, this isn't it. If you're looking for a fat-loss plan you can coast through, this definitely isn't it.

**But if you're looking to MAXIMIZE YOUR FAT LOSS with laser-guided, pinpoint training and NO wasted effort, YOU NEED THIS PROGRAM.**

By manipulating very specific nutritional and exercise variables as you go through the program, you will take full advantage of your body's incredible adaptive capabilities. You will use secret techniques that I've perfected over 15 years of intensive training and research that are totally targeted to forcing, coaxing, tricking and practically RIPPING bodyfat off you while preserving and even BUILDING muscle mass!

If that sounds good to you, please read on...

Hi Nick,

I am now onto day 19 of your program and I have to say it is the best training program I have undertaken.

I find it extremely challenging but the results are speaking for themselves. **It has been pretty good for the ego to have people asking me if I have lost weight and/or that I am looking good on an almost daily basis.**

The funny thing is that I didn't think I really had much weight I wanted to lose, but have now **had to put two new holes in my belt** and am going to have to have all my work pants taken in!

I was concerned that I would lose a bit of muscle tone on this program but the opposite has occurred - it is great to see **a program that disproves the myth that you can't lose fat and gain muscle at the same time** - I sure have.

I have really learnt a lot about my body through this program and would recommend it to anyone wanting to lose weight and gain muscle.

I am going to be doing my personal training certificate later this year, or early next year, and this program has given me a great understanding of what works for fat loss and muscle gain.

Thank you for putting together such an excellent program!

Daniel McCarthy

You may be asking yourself "how is this program different than every other fat-loss program out there?" After all, the number of fat-loss programs out there today is truly staggering.

## Here's how it's different:

Most fat-loss programs are designed to achieve fat loss gradually through lifestyle changes. There are plenty of programs out there that effectively achieve this. Or, they may help you lose, but only short-term and then you rebound back up. But what if you're already training hard and eating right and still aren't seeing fast results?

That's where I come in. My program is designed to address the **unique fat loss needs of people who are already training hard** and who need every advantage they can to drop to their bodyfat levels down to remarkably low levels.

Let me put it this way: an advanced trainer is not going to go on the Slim Fast plan to get down to 5% bodyfat. Using programs like those that are designed for long-term lifestyle changes and more targeted towards casual exercisers may get you slow results but, personally, I just don't have the patience to wait around for a program to work. You shouldn't either.



**I believe in the extraordinary adaptive capability of the human body and I know exactly how to use that capability for extraordinarily fast results.**

Let me give you a scenario - I'm sure you've probably heard it and maybe even experienced it before.

You start on a fat-loss diet by lowering your caloric intake. In only a few days, your body reacts by lowering your metabolism. Your body doesn't want to lose fat - that's hundreds of thousands of years of evolution at work. Your body would rather get rid of muscle tissue because it takes more energy to maintain. So it does, which further slows your metabolism.

Before you know it, you're reducing your calories to extremely low levels and doing way too much exercise and all you're doing is burning muscle and holding onto fat.

Sounds familiar? That scenario can now be a thing of the past.



My "**Metabolic Surge - Rapid Fat Loss**" program tackles this problem head-on. I don't dance around it - this program knocks it to the ground and dances ON it!



By manipulating nutrients in your diet in VERY specific patterns, you can not only keep your metabolism roaring without the typical slowdown you get from continuous dieting, you can actually use your fat loss program to GAIN muscle mass while you lose fat!

This may not seem like much to a casual trainer, but, if you've been training awhile, you know this would be darn near miraculous! It's hard enough to gain muscle without adding fat to your body. **Imagine actually gaining muscle while you're LOSING fat!**

With the eating plan in the program, you may not even realize you're on a diet. Not only do you get to eat steak, eggs, and hamburger, you will also eat fruit, pasta, rice and other high-carb foods. I will even tell you when you can eat pizza, cheesecake and other similar foods and actually use them to your advantage!

This is the first program that I've ever experienced that not only works with your body's cravings, it also anticipates them, rewards them and actually uses them to maximize your results!

**It's truly the most liberating diet I've ever come up with in my training career, yet it's by far the most effective!**

In this program, I'll tell you what foods you need to eat and when to eat them. You'll learn things like:

- why eating low-carb is one of the BEST and one of the WORST ways to lose fat. If you follow the typical, mainstream low-carb diet, you WILL lose muscle. That's a guarantee. I'll tell you how avoid that trap completely.
- how your body reacts to certain foods has the power to either kill your fat loss or send it through the roof, depending completely on WHEN you eat those foods. You'll get a precise schedule of those times to leave you no doubt as to what you need to eat and when.
- why an eating plan that doesn't change frequently, regularly and dramatically is doomed to failure. You need to know the exact time to change things around in your eating - wait too long or not long enough and your results will suffer. I'll lay it all out for you.
- why detailed calorie-counting is not necessary for rapid fat loss. This

program does NOT require that you measure every little thing you eat. You'll get results just by eating foods from specific categories, not by weighing your food.

- how to unleash the power of FRUIT to build muscle while dieting. You'll be astonished how and why this works. It can literally FORCE your body to build muscle even while dieting.
- how you can eat pizza and still rip the fat off your body. Even a rapid fat-loss plan needs a little "soul" food in it but whoever heard of pizza being encouraged on a diet? I'll tell you when you should eat it to actually ENHANCE your fat-loss results.
- what foods are never good on a fat-loss diet. Many of them are actually found in typical diet plans!
- why a caloric deficit is not always necessary (or even always desirable!) to reduce your bodyfat percentage. Find out how and when you can eat more than maintenance levels and still reduce your bodyfat. It's all in the timing.

**I have no interest in giving you information that's not going to help you IMMEDIATELY.**

Getting you fast results is what drives me and gives me satisfaction. The nutritional approaches in this program are not compromises to make people comfortable. This program is not about doing what's comfortable - it's about doing what WORKS and what works FAST!

Included in the program are professionally-designed, high-performance meal plans contributed by world-class Sports Nutritionist Dr. John Berardi, PhD, CSCS (Certified Strength and Conditioning Specialist®) and Professor at the University of Texas at Austin. Dr. Berardi is an accomplished expert in both sports nutrition and high-performance athletics and would NOT stake his name and reputation on a program that didn't deliver results.

Dr. Berardi counts as his clients:

- US Bobsled Team
- Canadian National X-Country Ski Team
- The Olympic Oval in Calgary
- Individual athletes in the following leagues: NFL, NHL, NBA, MLB & more...
- Individual athletes in the following sports: Ironman Triathlon, Rugby, Cycling, Bodybuilding, Powerlifting, & more...

These meal plans will give you COMPLETE and BALANCED nutrition, which is always a challenge when training and eating for fat loss. With these powerful meal plans, you'll NEVER have a problem knowing exactly what to eat for best results.

Also, even though with this diet you don't necessarily have to count calories, if you ARE interested in counting calories and find that's an easier way for you to figure out how much to eat, I've got that covered too. You'll get a detailed explanation of what your optimal caloric intake is as well as easy-to-read tables that tell you how many calories you need to eat per day for best results.

"Hi Nick,

**Metabolic Surge is the most results-producing fat loss program I have ever used!** I LOVE IT! I really do. I have tried many programs I have found online and in the mags and there is simply no comparison. I completed the first 36 day cycle with great results. I am on day 20 of my second cycle. I still have a way to go to get to 6-8% bodyfat but I have absolute confidence that Metabolic Surge will get me there.

I still have bodyfat hanging around my belly but the outline of a six-pack can be seen when I flex. I am much more muscular than ever before. The program is so easy to follow and that helps a great deal.

I want to get in the best most defined, conditioned shape of my life and I know that YOUR program, Metabolic Surge, can provide the way. I want to be honest with you Nick. **I AM 59 YEARS OLD and I look better and more muscular than most of my much younger friends.** The younger women are after me too!! Thank you God!!!! Ha Ha

Thank you Nick for everything. I am already in better shape after only one cycle than ever before and will go to even a higher level with Metabolic Surge. Thank You, Thank you, Thank You."

David Foat

But what about training? **The right training is absolutely critical to rapid fat loss.** If you do too much or train too hard, you can burn precious muscle and end up worse for having done it. Even using the wrong types of exercise at the wrong times can have a devastating effect on your fat loss.

I've fixed that too. I've developed a number of revolutionary training concepts that work synergistically with the specific nutritional patterns I've set out. This means, when combined properly, the effects of both diet and exercise together are far more powerful than either could ever be if taken separately.

It's a little-known fact that you should train a certain

way depending on how you eat. The wrong type of training at the wrong time could mean no results. It could even set you back!



The exercise programs in the ***Metabolic Surge Rapid Fat Loss*** program are extremely detailed, right down to the set, rep and rest periods of each and every workout throughout the entire 36 days of the program. I've taken the guesswork completely out of it for you.

**With this program, you won't ever come to a point in your training where you don't know EXACTLY what to do.** I've got you covered. You'll learn:

- a workout method so powerful that, when done at the right time in your fat-loss training, it can actually **FORCE** your body to add muscle. I have personally never found a mass-training method more effective, and I've been looking for a **LONG** time.
- how "traditional" weight-training methods for fat loss can actually cause your body to burn up **MUSCLE** rather than **FAT** and even teach your muscles to get smaller! The training methods in this program will do just the opposite.
- a fat-loss training method that combines the powerful calorie-burning effects of cardio training with the powerful metabolism-boosting effects of intense weight training to literally peel the bodyfat off you. It's so powerful, you'll swear that you see and feel a difference in bodyfat by the end of your first workout.
- why the exercises you typically associate with improving muscle definition are actually the **LEAST** effective for getting you fast fat-loss results. Throw your lightweight kickbacks and endless crunches out the window - using the right exercises will get you results **FAST**.
- why you need to exercise differently depending on what you eat. If you don't know this, you may end up burning muscle and keeping fat!
- how to fully harness the direct relationship between Lactic Acid and one of the body's most potent fat-burners: Growth Hormone. This revolutionary new type of training (that you won't find anywhere else) not only stimulates massive fat burning, it also protects your muscle mass from being broken down at the same time!
- how to harness the power of overtraining and use it to your advantage. Most people avoid overtraining like the plague but approaching that

point is actually where the real results are. It means you're pushing your body to the very edge of rapid adaptation. This program takes your body there then brings it back, accelerating your results far beyond conventional training that stays well back from this point.

- the Core Combo - a set of exercises designed to develop your abs and make your lower back and shoulder joints injury-proof. This combo will help you increase the weights you can lift in practically every exercise you do. The core and the shoulder joints are where most people are weak and it affects their training. Addressing these areas can have a phenomenal impact on your training.

It's taken me 15 years of grueling training, experimentation and in-depth research to develop the training methods you'll get in this program. I've kept the best and weeded out the rest.

Not only will you learn these methods, you'll also discover EXACTLY when to use them for best results. By themselves, each of these methods are excellent. When properly meshed into your full training and nutrition program, the results can be downright staggering.

But that's not all. There are even **several powerful side benefits** to the *Metabolic Surge program* that I myself didn't even anticipate when I put the program together. The first time I put myself through the *Metabolic Surge* program, I found them out first-hand:

### 1. My cardio capacity went through the roof.

Generally, in conventional fat-loss cardio training, you go at an easy pace for long periods of time. This burns calories, sure, but this endurance-oriented training also teaches your muscles to get smaller, it can interfere in the muscle-building process and it doesn't do much for building cardio capacity. NOT what we're looking for.

The cardio training in *Metabolic Surge* is based around various types interval training (including an incredible new style that I've never seen done anywhere else but in this program!). The cardio training is carefully laid-out and scheduled to burn maximum calories and to preserve muscle mass. In fact, **the cardio methods in this program can actually even help you BUILD muscle mass!**

And this is just the cardio training. The weight training itself also places great demands on your cardiovascular system, which results in even greater improvements.

In a nutshell, I found, after 36 days of this program, I had achieved improvements in my cardio capacity similar to what it would have taken me at least 3 times as long to achieve with conventional cardio

training. And I didn't lose an ounce of muscle doing it (I actually GAINED about 10 pounds of muscle during those 36 days!), which in my experience is almost miraculous!



Even if improved cardio capacity is not one of your main goals, it sure is a nice side benefit! And it also ties directly into side benefit #2, because the better your cardio capacity, the better your recovery will be...

## 2. My recovery ability also went through the roof.

When I talk about recovery ability here, I'm talking not only about recovery in between sets but also recovery between training sessions.

The training techniques and dietary combinations stimulated my metabolism so effectively, after several weeks on the program, I was not only using more weight for my sets, I was getting way more reps on the second, third and fourth, etc., sets of the exercises I was doing. **Have you ever experienced gains in strength and stamina on a fat-loss program before?** I hadn't and it blew me away!

This powerful metabolic stimulation also put my whole systemic recovery into overdrive. The training sessions you'll encounter towards the end of the program are, quite honestly, extremely tough. But the program carefully works up your body's recovery ability to **allow you to not only recover from this tough work but to THRIVE on it.**

**This program will allow you to get leaner, more muscular and stronger, with far greater cardiovascular capacity and muscular stamina.**

**In addition to the main program and the above side benefits I've just told you about, you will also learn how to adapt this program into a weekday-based training schedule.** You see, this program was not originally designed with days of the week in mind, only with an eye to what was the most efficient scheduling for your body for best results.

But, I realize that some people simply aren't able to train on the weekends due to personal or other commitments. This is why I've included instructions on how to modify the training and nutrition to fit into a weekday-based training schedule. Naturally, the original program will be the most effective, but this variation sure comes close!

To further help, I've also included a comprehensive "**Frequently Asked Questions**" section that covers a wide range of topics from nutrition to exercises to supplementation, even how to modify the program to your own needs and schedule! These questions are from actual users of the program and not just things that I've made up that I think people might ask about (like many FAQ's tend to be). Chances are, this section will answer all your questions about the program before you even think of them!

"Nick, I must say that *Metabolic Surge* is a brilliant book. I have read a lot on fitness but what you have written is not only easy to implement but very effective as well. In short, this is the best book on fitness that I have ever read. **Honestly speaking, this program has allowed me to get in the best shape of my life.** Keep up the good work.

Shane Tony  
Professional Fitness Model

"Hi Nick!

I would like to thank you in advance for my loss; That is...**I lost 5% of my bodyfat**, I am now down to 11% at a bodyweight of 71 kgs. from 16% at 73. My ABS are now beginning to appear, AT LAST!

Anyway, the results I have were just after Round 1 of the Metabolic Surge program. Honestly, I had some cheat meals earlier as outlined in the Phase 3 of Round 1. I kind of slipped a little but I was still able to get these results. If only I can drop another 5% then I will be a proud owner of a 6% bodyfat physique WOW!

Thank you so much! I couldn't do it without your expertise on the subject of Macronutrient Rotation.

YOUR SUPPORTER ALL THE WAY!"

JOJO MINA



So, we've talked about training and nutrition - what about supplementation? **Are you going to need to get a ton of expensive supplements to take full advantage of this program?**

The answer to this question is a resounding **"NO!"**

If all you do is take a multivitamin every day, you'll still get amazing results.

I'll tell you exactly what supplements can and can't do for you. If you're pinning all your fat-loss hopes on a pill, I've got news for you: it ain't gonna happen. However, the right supplements, taken at the right time, can have stunning effects on your body composition.

**When it comes to supplementation and fat loss, you'll learn what's going to get you results, not what's going to drain your pocketbook.** You'll learn:

- when and how to use protein supplements to maximize your fat loss. Taking it at the wrong time could actually stifle your fat burning. Taking it at the right time will send your fat loss through the roof.
- how to use creatine monohydrate strategically to build muscle mass while dieting. If you load and take a maintenance dose, you're NOT using creatine to its maximum potential. Taking creatine while dieting is a whole new ball game. You need to know **WHEN** to use it and when **NOT** to use it or you might as well be flushing it directly down the toilet.
- why fat-burning supplements can actually work **AGAINST** you even while they're working **FOR** you. This is knowledge that can save you a whole lot of money but it's what supplement companies don't want you to know. When you learn it, you might just kick yourself!
- which single supplement (other than a multivitamin) that you should **NEVER** go without if you want to have a prayer of hanging onto muscle while losing fat. Surprise! It's not protein!
- an amazing new protein supplement that fits this program like it was made for it. It contains zero carbs and zero fat, is extremely bioavailable, provides protein for hours in the body and mixes with almost anything.

***A Fat-Loss Program Based on Science***

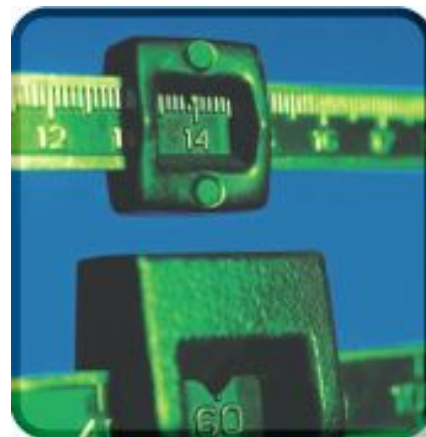


One of the most important things to note about the **Metabolic Surge** program is that it is **based on verifiable SCIENCE**. It is not something I pulled out of a hat that may or may not work. The nutritional patterns, eating recommendations and training techniques in the book are fully backed by scientific studies published in peer-reviewed journals and are **fully referenced and hyperlinked in the book so you can examine the studies yourself!**

I've researched what works best for fat loss. I've taken the best of that research and the best techniques I've come across over 15 years of training and meshed them together to take FULL advantage of every single way to naturally boost the metabolism through nutrition and exercise.

**You see, your body reacts to certain nutrients and certain training styles in very predictable ways.**

By exploiting your body's natural reactions, this program not only maximizes the positive fat-burning and muscle-building effects of **Growth Hormone**, it also maximizes the anabolic effects of **Insulin** while minimizing Insulin's possible negative impact on fat burning. It works equally well in both men and women.



Experience the power of applied human physiology at work. By understanding these reactions, planning for them and using them, we can **force your physiology to work FOR you, not AGAINST you**, as it normally does in most fat-loss programs. This means no fat-loss plateaus - you can lose fat until you've gone as far as you want to go without ever experiencing the major metabolic slowdown that normally happens with most fat-loss programs.

The applied physiology at work in this program even allows you to **use your own stored bodyfat to fuel muscle growth** rather than just food. This means even faster fat loss.

**Honestly, the result is a program that has gone far beyond even my own expectations.**

Why did I come up with the "*Metabolic Surge*" program? Let me put it this way - I know how hard you work at your training. I've seen you and people just like you in gyms all over the world, struggling to get the most return for the hard training you do. It always pained me to see people trying so hard yet getting nowhere because they didn't know what they needed to do to get results.

**I also know that when you want results, you want them FAST.** You don't deserve to settle for slow results. I know that if you had the opportunity to learn how to take the effort and energy that you're **ALREADY** putting into your training and make it **2 to 3 times MORE EFFECTIVE** for fat burning, you'd

"The Metabolic Surge program is excellent! I really am losing weight. **I've always wanted a program that outlines step by step what I should and shouldn't be doing** and this is exactly what your program does.

I've always had problems with fat in my back right above my waist, well, not always but a good deal of my life, and I can see major changes in that area. It's truly amazing. **I've never lost as much in that**

jump on it, right? I know I would.

**And I know how hard it can be to try something so completely new.**

For years, I struggled with the "traditional" fat-loss methods that got me slow and limited results (weak, small and tired was more like it!). I was even afraid to try new approaches at times because I thought my muscle mass would shrivel up or I'd get fatter from it. Breaking out of that self-defeating, self-limiting mindset really opened my eyes to what is truly possible when you focus EVERYTHING on one specific goal.

**area as I have with your program.** My husband and son are telling me that I'm small enough. I won't be satisfied until I lose all the visible fat in my sides.

As always, thank you so much for this program. I will be ending the 36 days this Friday and I can honestly see the results!!!"

Velinda Thomas

**If you give me just 36 days of targeted, dedicated effort, I'll transform your body. I don't care how long you've been training or what you're tried before.**

***Check out these results from actual users of the program:***

"I lost more then 50 lbs following the Metabolic Surge for several cycles...with putting on muscle mass."

"I'm a 51 year old woman, started out with Level 1 of the program at 125 pounds and 25% bodyfat. At day 35, I was 123 pounds and 22.5% bodyfat."

"I've gone from 223 lbs to 215 lbs and my muscle increases have been quite dramatic."

"I've gotten MUCH, MUCH stronger (bicep curls, for example, went from 5-lb dumbbells to 15's) and lost about 5 pounds so far."

"In the first 2 weeks I have lost 7 lbs of fat lost 3" in my waist, gained 3/4" in my arms and gained 1" in my legs"

"210lbs at 24% bodyfat to 190lbs at 15% bodyfat at

49 years old. I Have Abs!!! Who Knew??"

"Lost 8 lbs of fat while gaining 3 lbs of muscle"

"I am currently halfway through my second go-round  
of MS.

I have lost 5% total bodyfat and have increased  
strength and definition."

"Bodyfat % is coming down [3%] and am adding  
muscle [+12lbs].

Vascularity has improved significantly. Thighs +1  
inch;  
calves +0.75 inch; upper arm +0.25 inch."

"The program was excellent. It pulled me out of the  
rut of  
just using calories in as my main fat-loss component.  
It  
got my metabolism and my fitness level to an all time  
high."

"Outstanding! I bought the program in order to get  
back on  
track, and the variety built into it was just what I  
needed."

"I really loved this program, I didn't actually finish it  
but  
got outstanding results anyway! And, I use the diet all  
the  
time and the different training styles. It has changed  
my life  
and everyone asks... what are you doing?!"

"Maintained weight at 100 kg but improved Lean  
Body Weight  
ratio and appearance. Waist size down 10 cm (4  
inches)."

"I lost several percentage points of fat and kept the  
same  
amount of muscle. My six-pack is finally beginning to  
show."

"36% bodyfat down to 28% currently"

"I have dropped 20 kilograms in bodyweight and have  
improved my muscle tone  
enormously. I have stuck to your Macronutrient  
Rotation diet and I'm  
certain this is what has given me such remarkable

results."

**EVERY SINGLE ASPECT of this powerful program is designed to burn fat and preserve muscle.** Nothing else. This program is not designed to build strength or improve sports performance. It's not designed to "tone" anything up or rehab an injury. There are more appropriate times for that kind of training. Your body adapts best when you focus your training on one specific goal and we are directly targeting rapid fat loss as this goal. No holds barred.

And remember above when I mentioned that this is NOT a long-term fat loss program? Here's the deal...**even though technically "Metabolic Surge" is not a "long-term" program, it can certainly be done very effectively for long periods,** especially if you've got a lot of fat to lose. Sounds strange, I know! Basically, when I say it's not long-term, I mean it's not a steady-state program that you follow for 6 months that doesn't ever change. Far from it!

It's actually a short-term program that you can repeat many times over! In fact, I have a friend of mine, Damien Vincent, who used the program for 6 months straight, going from the 36 day "on" cycle to the ten day recovery cycle then back to the 36 day "on" cycle repeatedly for the entire 6 months. **He dropped 50 lbs of fat and gained substantial muscle!**

I would liken it to interval training, where you sprint (which would be the more active training and focused diet) for 36 days then rest (the less frequent training and more relaxed diet) for 10 days. Each "sprint" is really a short-term program, but when you do several rounds through the entire program, the big picture becomes a long-term approach.

**What this means for you is that if you've got a lot of fat to lose, do the program several times through! You can burn ALL your extra fat off VERY quickly and VERY effeciently.**

**"But do I have to be in great shape already in order to use this program?"**

The quick answer to this question is NO! Don't think for a second that you MUST be an advanced trainer or be able to bench press double your bodyweight in order to get the results this program will deliver. In fact, while the program was originally designed for more experienced trainers, I've also included a "scaled-down" version of the program specifically for people who are newer to training and are just getting started on the path to fat loss.

Let me be clear right up front...lifestyle changes are necessary in order maintain fat loss, however you achieve it. There's no getting around that. But the Metabolic Surge program can be a powerful "kick start" to get you moving quickly in the right direction. After all, RESULTS equal MOTIVATION. It's hard to stick with a nutrition and exercise plan when you're not seeing improvements in the mirror.

Audrey Dodd from the UK has given me permission to share her experiences with the program...very inspiring!

Hi Nick,

Just letting you know I have finished Level 1 Training of the Metabolic Surge and am on day 3 of the recovery phase. Overall, **I have lost 18 lbs and 24 inches**. I did buy some Accumeasure calipers but am not very good with them yet (I think my skinfolds are too big).

I am now 235 lbs and 5' 3" (I was 268 lbs originally and 254 lbs at beginning of the Metabolic Surge Level 1 Training) so am still very big but this is the lightest and most mobile I have been for about 5 years. **I wore 2 skirts recently that I haven't fit into since my niece was born (she is now 5 years old) and they are loose!!!**

So even though I have a long way to go (target of 125 lbs and about 17% bodyfat), I know it is possible and I can definitely achieve this goal. It is very hard work and hard to always stay focused but it is well worth the results. After the recovery training I will move on to the full Metabolic Surge program.

I wasn't always strict with the food ratios but always made healthy wholefood choices, charted everything and kept tabs on carbs. I also only took protein shakes for convenience and a multivitamin/fish oil capsule. **This is just to say thank you and that your plan really works** (I know you know this already :o)) and a year from now I'll have the physique I earn with it's help.

Very best regards and thanks for all your time and help,

Audrey Dodd, UK

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### UPDATE:

Hi Nick,

I've just started the Metabolic Surge full program (on day 4). What a killer! I've bought a mountain bike two weeks ago, (I wouldn't have dared go out cycling in public 3 months ago), and do most of my cardio in the morning in the park.

I forgot to mention before that I was having trouble with my back, due to caring for my hubby (he's in a wheelchair). We have electronic hoists and stuff but sometimes it's inevitable that I have to support his bodyweight, and I knew it was just a matter of time before I did some serious damage to my back, which obviously worried me immensely.

**Well since I have been doing the core exercises in the Surge program, my back is loads stronger - I'm not sure how or why but I know it is - and I no longer have any pain at all.** So this program is helping in ways I never imagined, including a huge confidence boost, hence buying the bike (and actually riding the thing in public) which

I've been wanting to do for ages.

I'm still losing fat steadily and will let you know my results when I reach the recovery stage for this cycle. I intend to use the full program maybe another two or three cycles as I've given myself a year to lose 135 lbs and I have less than 100 lbs to go already and it's only been 3 months so I'm well on track.

Best regards,  
Audrey, UK

Just to be clear right up front, this isn't the part where I throw in the extra set of steak knives just for ordering in the next 10 seconds. This is the part where I tell you about all the extra stuff I've included in with the **Metabolic Surge** program just because I wanted to give you more and ensure your success!

## **The Extras**

Just to be clear right up front, this isn't the part where I throw in the extra set of steak knives just for ordering in the next 10 seconds. This is the part where I tell you about all the extra stuff I've included in with the **Metabolic Surge** program just because I wanted to give you more and ensure your success!

**1. Separate, easy-to-print PDF workout sheets.** Instead of having to go through and print each page by clicking through to each page, all you have to do is open the file and hit "Print." You will be able to easily print out every single workout of the program at once in a printer-friendly format. Each workout fits on a single sheet of paper for your convenience (making it easier to bring to the gym with you). I'm all about making it easy for you to put this program to work!

**2. Six of my favorite abdominal exercises.** Let's face it - if you're here to lose fat, one of your major goals is to get ripped abs. Am I right? What better way to get to your goal faster than to use 6 of the best exercises you can do for the abs! You'll even learn an exercise that can help tighten up that hard-to-reach love handle area that everybody hates. Traditional side bends only make it bigger. This unique exercise actually TIGHTENS the obliques, making them smaller! Several of these great ab exercises also include **video clips** to be sure you know how to do them properly.

**3. Fitness calculators.** Check your bodyfat percentage, determine your daily energy requirements, find your one rep max, and more! These calculators are very useful for helping you measure your progress and reach your goals.

**4. My full support - anytime you need it.** Nobody knows this program better than me. I am ALWAYS available to you to ask questions whenever you need help. Think you can email the author of a book you bought at the store and ask them a

question about the exercise on page 79? No chance.

My goal with this program is to help people transform their bodies. The best way for me to do that is to help you with it whenever you need help, because, to be honest, **helping you understand the program helps me to understand how to make the program work BETTER.** I greatly value your feedback and your questions so never be shy to ask!

Here are some comments about the support I've given to people with my programs. As you can see, when it comes to support, I don't mess around. I treat people how I'd like to be treated myself!

"Thanks for all your help over the past few months! It has helped me tremendously. Also, I would like to say that here in England, hardly anyone is dedicated to helping their students anymore and **I really appreciate how you have gone to so much trouble just to help me.** Thank you for all your time and effort!!"  
Shahid A.

"I really believe that what I bought from you was definitely the best investment I ever made for my fitness goals. **The customer support you have given me is outstanding.** The more I read over the information, the more I get motivated in my training." Douglas Wethington

"**I sincerely thank you for your valuable advice,** and for clearing my doubts. I only wish there were more people in this world like you, who are so spontaneous in giving good advice even to people you have never met!!!! Then this world would surely be a better and healthier place." With gratitude, Dennis Gonsalves

At this point you might be thinking, "**Wow, how much is this program going to cost me?**" To be honest, the answer is "**not a lot.**"

Though the information in this book is easily worth many times more than the price I'm asking, I have no interest in putting it beyond people's financial reach. I would rather see more people benefit from this program because I know how extremely well it works. It literally has the potential to revolutionize your approach to fat-loss training.

For a limited time, you can get this book for the price of only **\$29.95.** This includes 4 amazing bonuses (see below) as well as lifetime free updates to the book. For the price of a couple of pizzas (which you'll even get to eat on this program!) this information is yours.

***But before you even think of ordering, I want you to read***

**through**  
**this amazing letter I received from a user of the program.**

Hi Nick,

I purchased the Metabolic Surge e-book about eight weeks ago and just finished up the strength and recovery phase. Let me say that I can't wait until next week so I can start all over. I cannot believe the results that I got. I really didn't have an accurate way of measuring my bodyfat when I started, so I got a pair of Accu-Measure calipers about three weeks into the program. At that time I weighed 255 at 26% bodyfat and my clothing were already starting to get loose. Now I weigh 253 with 23% bodyfat. **That's a 3% loss [in bodyfat] in only 4 weeks. Unbelievable!** I took before and after pictures like you recommended and what a difference, especially the picture from behind.

**Also, when you said that I wouldn't lose muscle and might even add some, I thought you were a little off your rocker. WAS I WRONG.** Not only did I not lose any, I really slapped it on. Here is an example of one of my strength gains. Prior to starting I could flat bench 205 for 5 reps. My last strength and recovery workout I did 235 for 6 reps. Absolutely every muscle group saw gains.

**Now straight from the heart, let me thank you very, very much for putting together this program and offering it at such a reasonable price.** For the last six years, I have been trying to find a way to shed weight and have had one failure after another only to wind up being heavier. You have helped me overcome the biggest obstacle on this journey, my work schedule. Working 12 hour days is no picnic. Working out after a 12 hour day would have been insane, training the way that I always trained. I always lifted for 45 minutes and then did 30 minutes of cardio 5 or 6 days a week. My diet was never what it should have been either.

Now I can go after work, hit it hard and get home and it's only an extra hour. You also helped me out with some adjustments to the program to accomodate my schedule. I once asked a trainer at my gym how I could maximize my training on this schedule and he told me I should change jobs. He doesn't work there anymore. **I was thinking a few months ago if I look okay next summer I would be happy. Now I want to see if I can get a six pack for Xmas, and I am not talking beer.**

By the way, my wife, who is still battling the extra weight from our daughter, who is three, is 2/3 of the way through the Level One program. **She has seen more results in the two weeks she has been on your program than she did in the two months she spent working with a personal trainer.** Don't get me wrong, she did get results, but not this good. She's planning on doing the full program next. She was so excited when she pulled out the boxes of her old



clothing this past weekend and started fitting into all of the smaller sizes.

Anyway Nick, thanks a million. You are a fine person and should take pride in this program. I have been checking out Fitstep.com for my future fitness needs. Right now I am just going to stick with Metabolic Surge until I fulfill what I only thought was a dream.

Thanks again.  
Sincerely,  
Keith Hallman

When I read that letter, all I could say was "wow." And the best thing is, YOU can get results like that too...



[Click here to order now!](#)

Note: this book is available as an immediate download (by clicking this button) or mailed to you on CD-ROM. See below for details.

"Nick, this is a great workout. There are so many programs for packing on tons of bodyweight or losing a lot of weight. Based on the e-mails I receive, people are looking to add some muscle while losing fat at the same time. This is probably the hardest thing to do when weight training and bodybuilding. A lot of athletes have a bulk-up season where they gain a lot of weight, and then they go on a fat-loss program to lose the unwanted bodyfat while keeping the muscle they acquired. **This program is a perfect way to lose fat and build muscle at the same time. I highly recommend it to anyone who is serious about their success.** I also think it's great that you give people access to all the updates as they are released!"

Mike Westerdal  
[CriticalBench.com](http://CriticalBench.com)

## How about even more bang for your buck?

Not only are you going to get "**Metabolic Surge - Rapid Fat Loss**" instantly when you place your order, I've also lined up **four valuable bonuses** for you:

### **Bonus #1: EXCLUSIVE! How To Measure Your Bodyfat In the Privacy Of Your Own Home - By Tom Venuto**

Learn how to measure and track your bodyfat levels in the privacy of your own home while you're doing the "Metabolic Surge" program. This is a VERY limited partnership with well-known fat loss writer, Tom Venuto - only 2 other sites on the entire Internet are able offer this valuable book!

### **Bonus #2: 300 Low-Carb Recipes - by Jesse Cannone**

Looking for excellent recipe ideas for the low-carb dieting? Look no further! In this book, you'll find 300 delicious recipes with the low-carb dieter in mind.

### **Bonus #3: 50 Questions Answered About Bodybuilding - by Robert DiMaggio**

Learn the answers to some of the most frequently answered bodybuilding questions from an expert in the field, including questions about muscle building, fat loss, training technique and much more!

### **Bonus #4: How to Cut Through the Hype of Fat-Loss Ads and Never Get Ripped Off Again!**

In this report, you'll learn exactly how to see through the 12 devious techniques advertisers use to get you to buy their ineffective fat-loss products. Some of them are downright sneaky and you'll never even see them coming until it's too late and they're out spending your hard-earned money. **Read this and you'll never be cheated again!**

### **Bonus #5: How to Improvise Training Equipment Out of Just About Anything**

You'll learn the golden rule of equipment improvisation: it's not garbage until the truck takes it away! Some of the most effective exercises I've ever encountered are done using ordinary household items, furniture and even stuff that's been "rescued" from the kitchen garbage can. **I'll teach you what to use and how to use it for best results.**

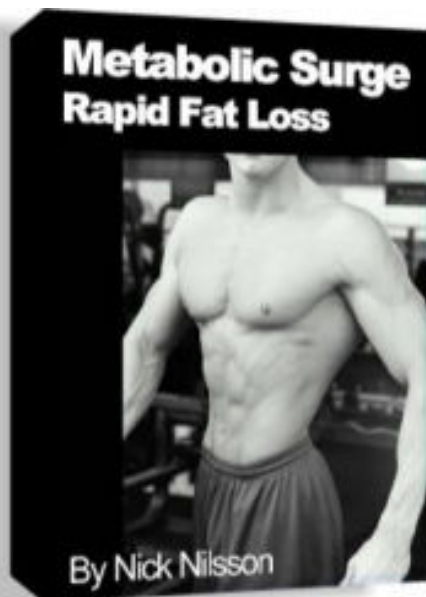
If you are interested in any way, shape or form in learning how to lose fat quickly while holding onto and even building muscle mass, you owe it to yourself to check out this information. **It's what every trainer dreams of being able to do!**

But the best part is, the cost of this book is absolutely nothing if you don't like what you see. I know my information is good. I know it's so good that **I'll personally guarantee it forever!**

If you're not 100% satisfied with "**Metabolic Surge - Rapid Fat Loss**", just let me know and you'll receive a prompt and courteous refund. No questions asked. No hard feelings. And best

of all, you can get your hands on this great stuff at **no risk to you**.

But, as with any training program, you'll get out of it what you put into it. I can give you the best information I have but if you don't do anything with it, you won't make the extraordinary progress I know you're capable of. All I ask of you is that you **give this program an honest try**. You will be amazed at the results you get.



**Here's the bottom line...**

**If I were allowed to use only one training program for the rest of my life, with no hesitation in my mind, this program would be it.**

**That's how well I know this program works for me and that's how well I know this program is going to work for you.**

"The *Metabolic Surge Rapid Fat Loss* eBook by Nick Nilsson is, in my professional opinion, **one of the most amazing programs I have read** in recent years which reveals the secrets of how to blowtorch off bodyfat and at the same time boost strength and pack on muscle naturally. This eBook is well researched, easy to read and there is no doubt in my mind that the revolutionary diet and training espoused within will **transform most anyone into the best shape of their life** - Guaranteed!"

Dennis B. Weis  
MuscleMag columnist and author of *Mass!*, *Raw Muscle*,  
*Anabolic Muscle Mass*  
and the *Bodybuilding Brainstack* CD

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Best regards,

Nick Nilsson  
Author of "Metabolic Surge - Rapid Fat Loss"  
Vice President  
BetterU, Inc.  
<http://www.fitstep.com>  
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Nick!

I just wanted to give you a little feedback on my use of your program. I am currently on day 19, and have followed the diet and the workouts very strictly. **I want to tell you how PLEASED I am with the results I am seeing so far!!!** I just finished my second round of the low carb phase and I am ELATED to look at myself in the mirror and see my body becoming defined and muscular!!! That was my initial goal, I wanted to get lean, cut, and defined.

Bodybuilding has always been something I have so badly wanted to do, but never have had the correct knowledge to know how to even get started, or how to properly train my muscles, so that they would GROW. I have read countless books on the subject and also tried many many programs, all of which have failed. Until I found yours....**it is the best money I have EVER SPENT!!!**

A little about myself... I wasn't too badly overweight... I am 5'4" and weighed 132lbs, most of which was flab (let's just say I am a little too fond of beer) :-). My abs are developing nicely and I'm still working hard to get rid of my little "beer pooch" on my lower belly. I am also trying really hard to get rid of the stubborn hip, thigh, and butt fat, which seems to be going away at a much slower pace, but I still have hope!

I just wanted to say THANK YOU for your program that includes not only a fat burning diet, but an awesome weight-lifting plan as well! And thank you for your very speedy replies to all of my questions! I would be happy to be used as a testimonial to your program anytime!! It works!! **I still have 27 days to go and am so EXCITED to see how my body will look at the end of it, having such good results so far.** Again, I just wanted to let you know how awesome your program is!!!

THANKS!!!

Laura Fontenot

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### **I welcome your comments and questions!**

Feedback is extremely important to me. I want to make this book the most valuable resource possible to you and the best way for me to accomplish that is to find out what you think. Let me know what you like about this book, what you don't like, any suggestions you have for improvement or if you just want to vent about how sore you are, that's fine too!

You can contact me at [BetterU@fitstep.com](mailto:BetterU@fitstep.com) and I'll get back to you as quickly as possible!

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