

GOAL-SPECIFIC

Personal

Fitness Guide

Exercise | Nutrition | Supplementation

The power to change STARTS HERE



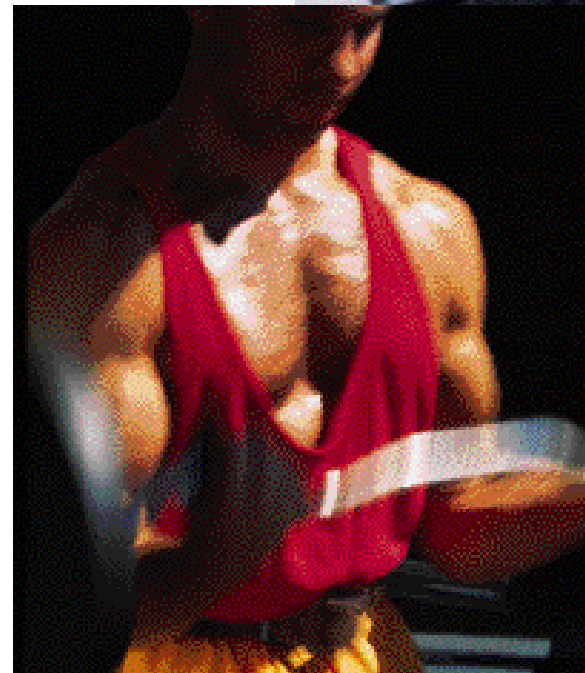
Why is it that some people struggle to stay in shape while others achieve extraordinary results that inspire themselves and others? The difference is simple. Better results come from a plan, an integrated program that includes strength training, cardio workouts, optimal nutrition, and supplementation. Armed with a plan, it's possible to get results quickly and remain committed to staying in great shape — not just for the short term, but for life.

The EAS Personal Fitness Guide is your plan for achieving an extraordinary physical transformation. Over the years, EAS has helped world-class athletes — people like Mike Alstott of the Tampa Bay Buccaneers, Brady Anderson of the Baltimore Orioles, Alonzo Mourning of the Miami Heat and John Elway (now retired) of the World Champion Denver Broncos — achieve phenomenal results through an integrated training program. But far and away, the fastest growing category of EAS customers are everyday men and women, young and old, whose definition of winning includes living with strength, health, and greater energy for work and play. If you are interested in an inspirational, 12-week Personal Transformation Program, EAS recommends the Body-*for*-LIFE Challenge™. The EAS Personal Fitness Guide is the result of years of research and front-line experience in athletic performance and fitness, as well as in the effectiveness and safety of nutritional supplements.

Now it's your turn for extraordinary results. You've taken the perfect first step by picking up the EAS Personal Fitness Guide. Now, let's get started!

Note: Consult with your physician or health care provider before commencing any new exercise, nutrition or supplementation program, particularly if you use prescription or over-the-counter medicines, or if you are being treated by a health care provider for any chronic or medical condition. No representations are made about the results you may achieve from following the program; as every individual is unique, there are no typical results that you can expect from following these exercise, nutrition, and supplement recommendations.

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GOAL-SPECIFIC

1 Success Training

Most successes in life can be attributed to setting a goal and then striving to achieve it. Building a better body is no different. Before you pick up a barbell or take a single nutritional supplement, you have to create a goal for what you want to achieve. Your goal should be specific and simple, measurable and obtainable.

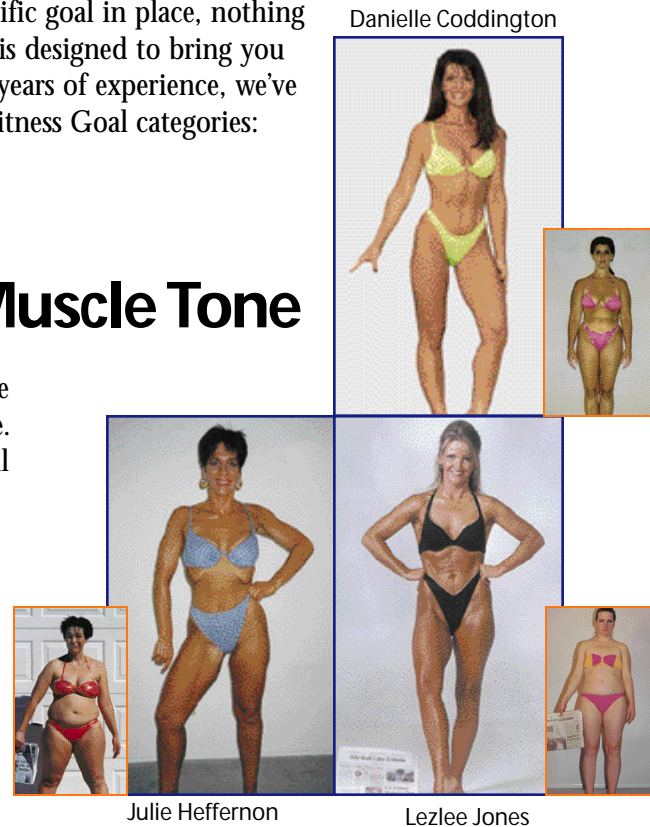
Visualize yourself for a moment. What do you look like now? How would you like to look? What do you need to do to get there? (We'll help you here.) Generally speaking, different body types require different training programs. Someone who wants to lose bodyfat and increase muscle tone will follow a program, emphasizing cardio workouts, and focusing on lower weights and higher repetitions. The person who is already lean and wants bigger, stronger muscles will focus on higher weights and lower repetitions with fewer cardio workouts.

Recognizing your own specific goals and unique needs is the first step toward fast and phenomenal changes. With a specific goal in place, nothing you do is wasted or random. Every action is designed to bring you closer to your goal. At EAS, based on our years of experience, we've discovered there are three main Personal Fitness Goal categories:

Personal Fitness Goal: Lose Bodyfat and Increase Muscle Tone

This goal is for people who want to replace unhealthy bodyfat with lean, toned muscle. Less bodyfat and more muscle means you'll improve your body, health, well-being and you'll have more energy to enjoy your life.

These Body-*for*-LIFE™ competitors and champions experienced extraordinary results. As individuals vary, results will vary, even using the same program of exercise, nutrition and supplementation. These are not typical results. Regular exercise and proper nutrition are essential to achieving your desired physique transformation. EAS performance products are intended to supplement your exercise and nutrition program.



Personal Fitness Goal: Lose Bodyfat and Increase Muscle Size

Many people, especially men, want to build stronger, more defined muscles and get rid of bodyfat, particularly the stuff around the midsection. This program will help you create a muscular, strong body and eliminate bodyfat, improving your overall fitness.

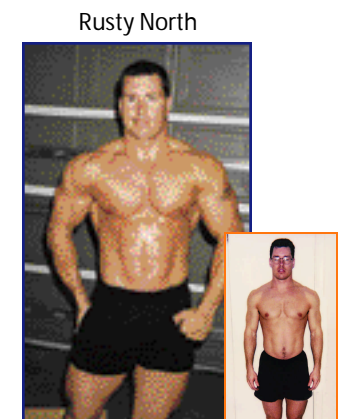


Stretching Basics

All the Personal Fitness Goal programs include a stretching component to reduce the risk of injury and strain and to increase your range of motion. The basic principles of the EAS stretching methods are:

- Hold each stretch for 30 seconds to allow for thorough stretching in the connective tissue.
- Perform static stretches. In other words, avoid bouncing movements.
- Don't stretch to the point of pain. If this happens, ease up and reduce the intensity.
- Always start with an easy stretch, and slowly increase the intensity.

For more information on stretching, turn to page 26



Personal Fitness Goal: Gain Muscle Size and Strength

If bodyfat just isn't an issue and it's pure muscles you're after, this program will help you build an impressive physique. It's designed to help you increase muscle size and strength, thereby maximizing the effectiveness of your overall training.

These Body-*for*-LIFE™ competitors and champions experienced extraordinary results. As individuals vary, results will vary, even using the same program of exercise, nutrition and supplementation. These are not typical results. Regular exercise and proper nutrition are essential to achieving your desired physique transformation. EAS performance products are intended to supplement your exercise and nutrition program.

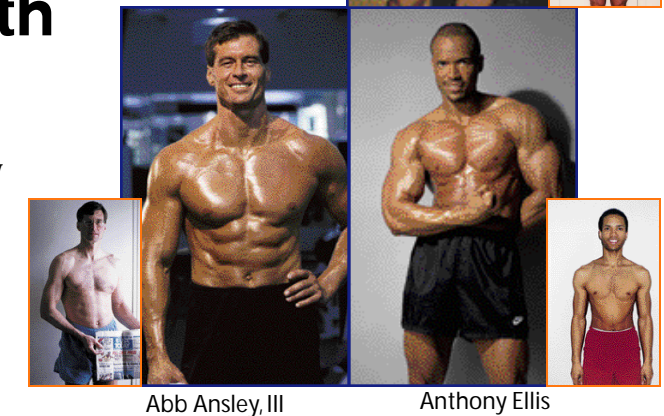
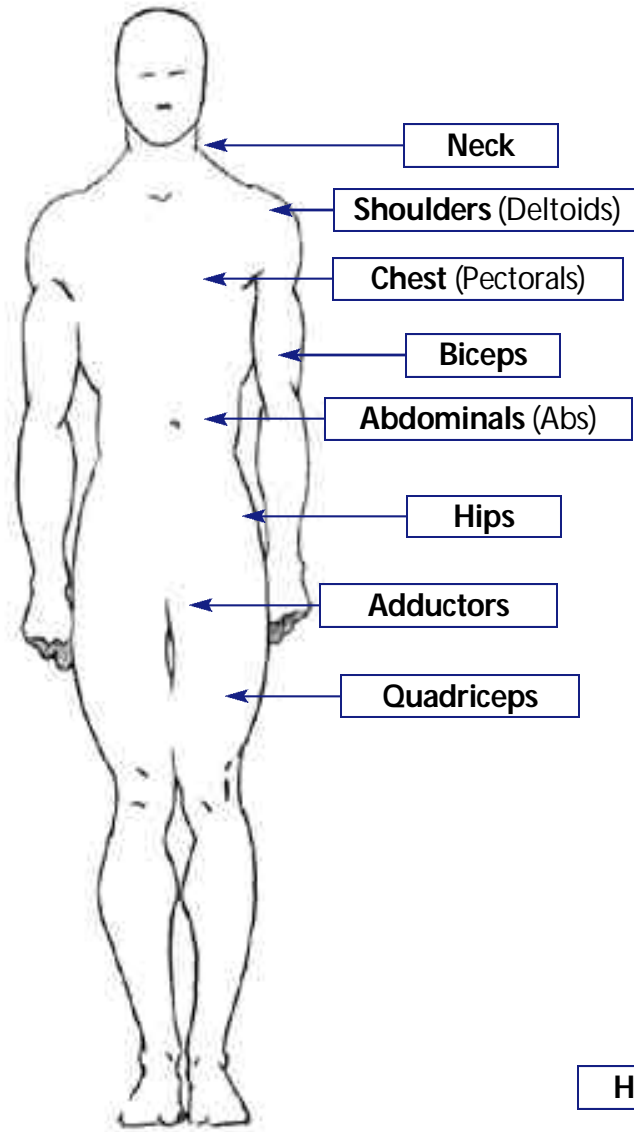


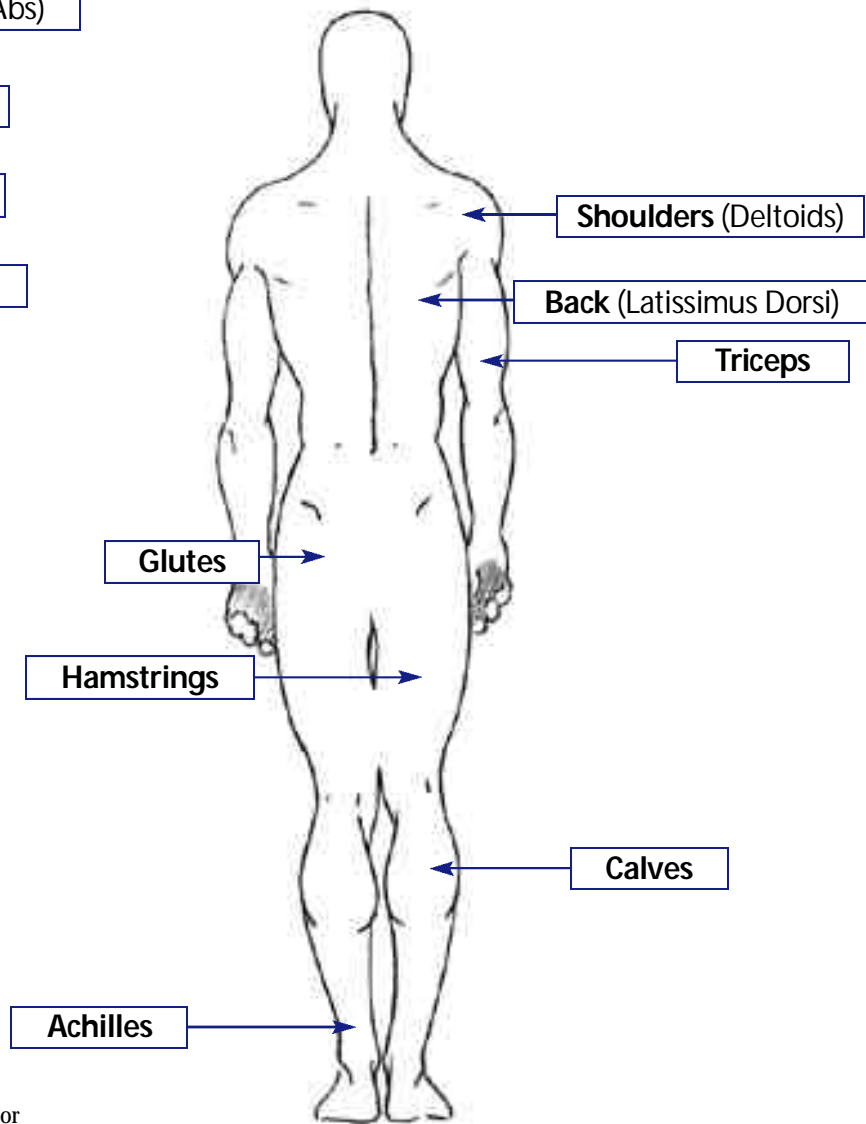
Diagram of the Human Musculature

Frontal View



Throughout this Guide we refer to different muscles and muscle groups. It is important to identify the muscles you are training or stretching for optimal results. For the purpose of this Guide, this diagram only represents major muscle groups you may be training. The exercises we demonstrate are focused primarily on these areas.

Rear View



EFFECTIVE AND SATISFYING

2 Nutrition Program

For many, nutrition is one of the most confusing parts of a fitness program. Just figuring out what to eat can be as difficult as actually doing it. People love the EAS nutrition program because it delivers results, but also because it is simple and easy to follow.

Because this is *your* personal fitness program, we will help you figure out how many calories to consume per day based on your bodyweight and personal fitness goal (see pages 30 and 31). As far as what to eat, we supply you with a list of recommended foods, including the ratios of proteins, carbohydrates and fats to consume each day to help you achieve your goal. Finally, you follow some core nutrition principles:

- Try to eat six small meals a day to constantly supply your body with the nutrients it needs. A bonus: frequent meals mean you'll never feel hungry.
- Drink at least 12 oz. of water with every meal.
- Plan and prepare your meals in advance to help you stick to your nutrition program and minimize bad food choices made when you're hungry.



GET THE EXTRA EDGE

3 Supplementation

It's widely accepted that active individuals have a greater demand for a number of essential nutrients. While working out, you may suffer deficiencies, and if you're deficient in one or more nutrients, your body may not be able to build muscle and burn fat optimally. In other words, you'll sabotage all your efforts for building the body you want. In this Guide, we'll tell you exactly which supplements to take to build muscle and which to burn fat. And, we'll explain how to get all the nutrients you need when you don't have time to prepare and consume all six daily meals.





TO GOAL-SPECIFIC EXERCISE

THE EAS Goal-Specific Training Program

It takes tremendous motivation to build your best body ever. You have to have an intense desire to do what it takes to succeed. The EAS Goal-Specific Training Program alternates weight-training and cardio workouts four to six days a week. To stay on track, not just for a week but over months, you must go beyond the point where others stop. Every day, inspired by your personal fitness goal, you must find a way to stick with your plan, “no matter what.” *This unstoppable mindset is required to produce the results you want.*

Give it your all. The cardio workouts and weight-training exercises in the EAS program are basic. We’ve found that basics are best. For maximum benefit, you must begin slowly and easily to warm up the muscles, building to a crescendo that lets you honestly say to yourself, “This has been a good, hard, intense effort.”

Think of each workout in terms of effort. You begin with 10% effort (10% for one person might be 12 lb. weights; for another, it’s 40 lbs.). The point is, 10% is nice and easy. Again, you’re warming up the muscles here. As you follow the assigned number of repetitions for each exercise, your intensity will increase. Finishing the last set with 100% effort requires you to dig deep and use all the mental strength you have. Your mind will give out before your muscles. You want to PUSH yourself at the end, because 100% effort is what produces results. This means less time spent at the gym. In fact, we recommend that you’re in and out of there in about one hour every single time.

Focus on form. Two people on an identical weight-training program can have different results, some will look and feel extraordinary and others will be wondering (with envy) what went wrong. How can this be? The person who produces extraordinary results does so with intense mental focus. Each time you lift a weight, you want the motion to be slow and deliberate. Take your time. Perform each workout with perfect form. Photographs of EAS trainers doing each exercise follow the weight-training routines for each Personal Fitness goal. Study the pictures. Imitate the motions. When you go to the gym, apply intense mental focus.



Recover quickly from setbacks. Professional and everyday athletes know that a successful exercise program requires a degree of flexibility. Yes, you’re 100% committed and giving it your all each and every day. But you must allow for days when work or family responsibilities or even illness interfere with your ability to execute your plan. So, you didn’t get your workout in. Dealing with setbacks is what separates athletes, who produce inspiring results, from those who jump on and off fitness programs.

If you miss a workout, take responsibility and figure out what went wrong. Then regroup, refocus, and continue with the next day in your program. Tomorrow is a new day. Don’t allow setbacks to slow you down.

GOAL SETTING

How to do it ...Without Goals, It’s Impossible

The final technique that has helped so many people stay on course and achieve the results they desire has to do with tracking progress. It’s essential to know where you’re going, how you intend to get there, and the progress you’re making along the way. You can create this course by setting specific goals. In doing so, make sure you address these four critical questions:

- 1 **What?** “Looking great” isn’t a helpful goal. “Losing 10 lbs. of fat and gaining 5 lbs. of muscle” tells your mind exactly what your body has to achieve.
- 2 **Why?** Get personal about the reasons you want to change. You want to get beyond superficial reasons to find the heartfelt motivations that are driving your Personal Fitness Goals.
- 3 **When?** Dates are incredibly important. There’s nothing like a deadline to inspire you.
- 4 **How?** Create a support team of people who can help you get where you want to go.

Example: I want to lose 10 lbs. of bodyfat and replace it with 5 lbs. of lean muscle in preparation for my high school reunion in June.



- Measurable:** Numbers, distances, amounts.
- Realistic:** Not breaking any natural laws.
- Reward:** Remember the good things you just did!

Once you’re crystal clear on your goals, write them down and place a copy somewhere you can see it each and every day. Post your goals on your refrigerator or on a post-it note on your desk. This will keep your mind firmly focused.

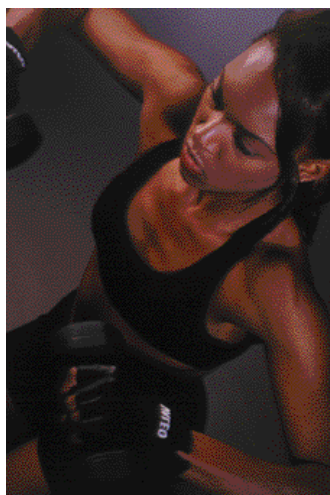
Also, throughout your program, monitor your progress every week by filling out the enclosed Daily Fitness Assessments. Achieving your goals does not happen overnight. It comes only after days and weeks of committed effort. Check your progress on a regular basis (we’ll tell you how in just a minute) to make sure that the actions you’re taking are delivering the results you want. And if they’re not, you’ll know right away and can take the steps to modify your program.

After 6 to 12 weeks, re-evaluate your goals and your progress. Periodically set new goals.

Okay, it’s time to get specific and deliver the weight-training programs for each Personal Fitness Goal.

Personal Fitness Goal: Lose Bodyfat and Increase Muscle Tone

YOUR PERSONALIZED Training Program



Every day, you'll alternate a weight-training workout with a cardio workout. Your weight-training workouts will alternate between lower body and the upper body workouts. You'll never work out the entire body on any one day. By alternating upper- and lower-body workouts, you allow your body sufficient time to recover after each maximum effort. Furthermore, to increase fat-loss, this training program includes interval training and low-intensity, longer duration cardio workouts, perfect for mixing up your fat-burning program.



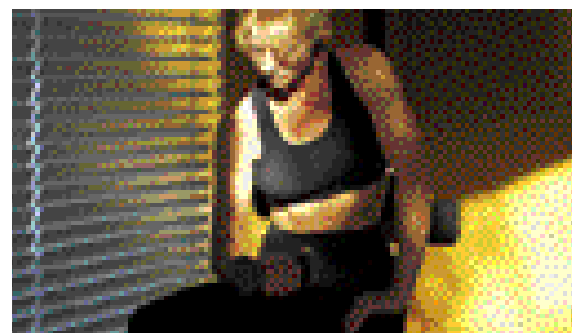
Daily Training Guide

To optimize fat loss you may add an additional 1-2 sessions of low-intensity cardio workouts per week.

Day 1	Lower-Body and Abs Weight Training	Quadriceps/Hamstrings/Calves/Abdominals
Day 2	Interval Cardiovascular Training	
Day 3	Upper-Body Weight Training	Chest/Back/Shoulders/Biceps/Triceps
Day 4	Interval Cardiovascular Training	
Day 5	Lower-Body and Abs Weight Training	Quadriceps/Hamstrings/Calves/Abdominals
Day 6	Low-Intensity Cardiovascular Training	
Day 7	Rest	

Once you can complete this workout with proper form at the maximum weights recommended, and you feel confident, move on to the Advanced Women's Program.*

* For an Advanced Women's Program, increase your weights and change reps to x12, x10, x 8.



Rest Between Sets. Allow 60-90 seconds of rest between sets and 60-120 seconds between exercises.

A Good Variation to any workout program is to periodically modify rest intervals. Example: Week 1-4 use 120 seconds of rest between exercises and 90 seconds of rest between sets. Then starting week 5, try dropping your rest to 60 seconds between exercises and sets.

Be Sure to Perform Exercises in a slow and controlled manner. Do not at any time sacrifice good form and technique for weight increases.

Changing Exercises is another good way to vary your training program as you progress.

Lower Body

Quadriceps	Choose 1 Exercise from List			
	Exercise	Basic or Advanced	Recommended Weight*	Repetitions**
	Squats - Dumbbell	Basic	10-20 lbs.	x15,x12,x12
	Squats - Barbell	Advanced	20-95 lbs.	
	Lunges - Dumbbell	Basic	5-25 lbs	
	Lunges - Barbell	Advanced	20-70 lbs	
	Choose 1 Exercise from List			
	Exercise	Basic or Advanced	Recommended Weight	Repetitions
	Leg Extensions	Basic	10-50 lbs.	x15,x12,x12
	Leg Press	Basic	90-200 lbs.	
Step ups - Dumbbell	Basic	10-25 lbs.		
Step ups - Barbell	Advanced	20-65 lbs.		
Hamstrings and Glutes	Choose 1 Exercise from List			
	Exercise	Basic or Advanced	Recommended Weight	Repetitions
	Stiff Legged Deadlifts-Dumbbell	Advanced	10-25 lbs.	x15,x12,x12
	Lying Leg Curls	Basic	10-40 lbs. x15,x12,x12	
	Choose 1 Exercise from List			
Exercise	Basic or Advanced	Recommended Weight	Repetitions	
Hyperextensions - Floor	Basic	bodyweight-10 lbs.	x15,x12,x12	
Hyperextensions - Swiss	Advanced	bodyweight-10 lbs.		
Calves	Choose 1 Exercise from List			
	Exercise	Basic or Advanced	Recommended Weight	Repetitions
	Calf Raises - Seated	Basic	25-120 lbs.	x15,x15,x15
	Calf Raises - Standing	Basic	60-155 lbs.	
Abs	Choose 1 Exercise from List			
	Exercise	Basic or Advanced	Recommended Weight	Repetitions
	Crunches	Basic	bodyweight	x20,x20,x20
	Floor Obliques	Basic	bodyweight	
	Swiss Ball Crunches	Advanced	bodyweight	

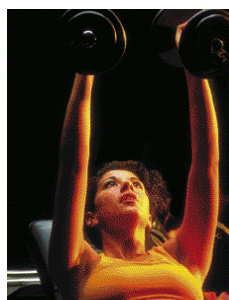
* Note: These are the types of bars typically found in a gym: the long straight bar weighs 45 lbs., the short straight bar weighs 25 lbs., and the easy curl bar weighs 20-25 lbs. When starting out with weight training, you may not need to add additional weights when exercises are used with these bars.

** Try increasing your weight on each set, but never sacrifice your form.

Personal Fitness Goal: Lose Bodyfat and Increase Muscle Tone

Upper Body

Choose 2 Exercises from List			
Exercise	Basic or Advanced	Recommended Weight*	Repetitions**
Flat Bench Press - Dumbbell	Basic	5-20 lbs.	x15,x12,x12
Flat Bench Press - Barbell	Advanced	5-20 lbs.	
Incline Press - Dumbbell	Basic	20-65 lbs.	
Incline Press - Barbell	Advanced	20-65 lbs.	
Flat Dumbbell Flyes	Basic	5-15 lbs.	
Choose 2 Exercises from List			
Exercise	Basic or Advanced	Recommended Weight	Repetitions
Single Arm Rows	Basic	5-15 lbs.	x15,x12,x12
Seated Rows	Basic	10-30 lbs.	
Lat Pulldowns	Basic	20-50 lbs.	
Choose 2 Exercises from List			
Exercise	Basic or Advanced	Recommended Weight	Repetitions
Shoulder Press - Dumbbell	Basic	5-15 lbs.	x15,x12,x12
Lateral Raises	Basic	3-12 lbs.	
Upright Rows - Cable	Basic	5-30 lbs.	
Rear Delts	Advanced	3-8 lbs.	
Choose 1 Exercise from List			
Exercise	Basic or Advanced	Recommended Weight	Repetitions
Concentration Curls	Basic	3-20 lbs.	x12,x12,x12
Cable Curls	Basic	5-25 lbs.	
Straight Bar Curls	Advanced	5-20 lbs.	
Incline Dumbbell Curls	Advanced	3-15 lbs.	
Choose 1 Exercise from List			
Exercise	Basic or Advanced	Recommended Weight	Repetitions
Pushdowns	Basic	5-25 lbs.	x12,x12,x12
Bench Dips	Basic	bodyweight	
Dumbbell Kickbacks	Advanced	3-10 lbs.	



* Note: These are the types of bars typically found in a gym: the long straight bar weighs 45 lbs., the short straight bar weighs 25 lbs., and the easy curl bar weighs 20-25 lbs. When starting out with weight training, you may not need to add additional weights when exercises are used with these bars.

** Try increasing your weight on each set, but never sacrifice your form.

Personal Fitness Goal: Lose Bodyfat and Increase Muscle Size

YOUR PERSONALIZED Training Program

Just about every day, you'll stay active whether you're working on weight-training or doing a cardio workout. To increase muscle size, weight-training consists of lower repetitions with higher weights, and cardio workouts are shorter compared to a program for the person who wants to increase muscle tone, not muscle size.

Daily Training Guide

Day 1	Upper-Body Weight Training	Chest/Shoulders/Triceps
Day 2	Upper-Body and Abs Weight Training	Back/Biceps/Abdominals
Day 3	Low-Intensity Cardiovascular Workout	
Day 4	Lower-Body and Abs Weight Training	Quads/Hamstrings/Calves/Abdominals
Day 5	Interval Cardiovascular Training	
Day 6	Rest	
Day 7	Interval Cardiovascular Training	

Personal Fitness Goal: Gain Muscle Size and Strength

YOUR PERSONALIZED Training Program

Your workouts here take into account that bodyfat isn't a concern for you. Your goal is to build bigger, stronger muscles through an aggressive weight-training program. One cardio workout is included per week to build basic endurance.

Daily Training Guide

Day 1	Upper-Body Weight Training	Chest/Shoulders/Triceps
Day 2	Upper-Body and Abs Weight Training	Back/Biceps/Abdominals
Day 3	Rest	
Day 4	Lower-Body and Abs Weight Training	Quads/Hams/Calves/Abdominals
Day 5	Interval Cardiovascular Training	
Day 6	Rest	
Day 7	Repeat Workout	

Personal Fitness Goal: Lose Bodyfat and Increase Muscle Size/Gain Muscle Size and Strength

Upper Body

		Do all Exercises			
DAY 1	Chest	Flat Bench Press – Dumbbell or Barbell	x6,x6,x6	Drop Set +4*	
		Incline Bench Press – Dumbbell or Barbell	x6,x6,x6	Drop Set +4	
		Dumbbell Flyes – Incline or Decline	x8,x8,x8		
DAY 1	Shoulders	Do all Exercises			
		Shoulder Press– Dumbbell or Barbell	x6,x6,x6	Drop Set +4	
		Lateral Raises	x10,x10,x10		
DAY 1	Triceps	Do all Exercises			
		French Press	x10,x10,x10	Drop Set +4	
		Pushdowns	x15,x12,x10		
DAY 2	Back	Do all Exercises			
		Pullups - add weight when needed	x10,x8,x8		
		Seated Rows	x8,x8,x8	Drop Set +4	
	Serratus Pulldowns	x8,x8,x8	Drop Set +4		
	DAY 2	Biceps	Do all Exercises		
			Straight Bar Curls	x10,x8,x6	Drop Set +4
Incline Dumbbell Curls	x10,x8,x6	Drop Set +4			
DAY 2	Abs	Do all Exercises			
		Crunches	x15,x12,x10		
		Floor Obliques	x20,x15,x12		
		Swiss Ball Crunches	x15,x12,x10		

* Drop Sets: Wherever “drop set” is noted within the program, on your last set be sure to complete the recommended reps, remove 10-20 lbs., then complete 4 additional reps.

Personal Fitness Goal: Lose Bodyfat and Increase Muscle Size/Gain Muscle Size and Strength

Lower Body

		Do all Exercises		
DAY 4	Quadriceps	Squats	x10,x8,x6,x6	
		Leg Extensions	x10,x10,x10	Drop Set +4*
DAY 4	Hamstrings	Do all Exercises		
		Stiff-Legged Deadlifts - Dumbbell or Barbell	x12,x10,x8,x6	Drop Set +4
DAY 4	Calves	Do all Exercises		
		Calf Raises (Seated)	x15,x12,x10	Drop Set +4
		Calf Raises (Standing)	x15,x12,x10	Drop Set +4
DAY 4	Abs	Do all Exercises		
		Crunches	x15,x12,x10	
		Floor Obliques	x20,x15,x12	
Swiss Ball Crunches	x20,x15,x12			

* Drop Sets: Wherever “drop set” is noted within the program, on your last set be sure to complete the recommended reps, remove 10-20 lbs., then complete 4 additional reps.

Rest Between Sets. Allow 60-90 seconds of rest between sets and 60-120 seconds between exercises.

A Good Variation to any workout program is to periodically modify rest intervals.

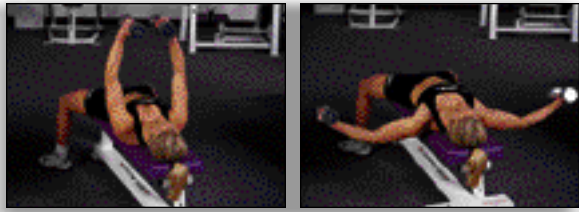
Be Sure to Perform Exercises in a slow and controlled manner. Do not at any time sacrifice good form and technique for weight increases.

Changing Exercises is another good way to vary your training program as you progress. Choose from the lists provided on pages 14-21.

Upper Body

Chest

DUMBBELL FLYES



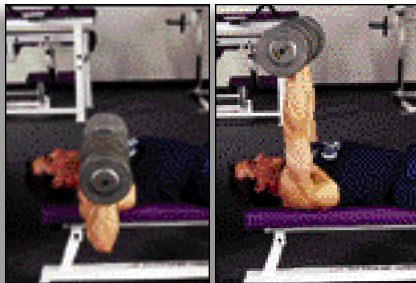
BASIC

- Start with palms facing each other, arms extended above chest.
- Slightly flex elbows and slowly lower weight, leading away with elbows toward floor until you feel a full stretch.
- Pull dumbbells toward each other in an upward arcing motion until dumbbells are back to start position.

TIP:

Make sure your elbows remain slightly flexed throughout movement.

FLAT BENCH PRESS (DUMBBELL/BARBELL)



Dumbbell-BASIC Barbell-ADVANCED

- Position head, shoulders, back, and hips flat on bench with feet flat on floor.
- Position dumbbells shoulder width apart or wider at side of chest.
- Press both dumbbells to an extended arm position above mid-chest.
- Slowly lower dumbbells to start position and repeat.

TIP:

Keep your lower back pressed against the bench throughout the movement.

INCLINE BENCH PRESS (DUMBBELL/BARBELL)



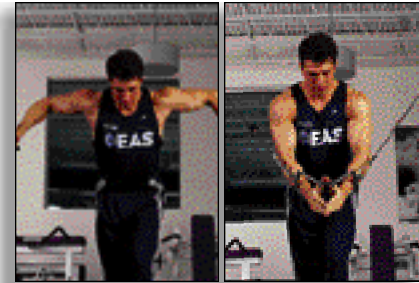
Dumbbell-BASIC Barbell-ADVANCED

- Adjust incline between 30 and 60 degrees.
- Sit on bench, with feet flat on the floor, back firmly pressed against the bench.
- Position dumbbells shoulder width apart above shoulders, palms facing forward.
- Press both dumbbells to an extended arm position above chest.
- Slowly lower dumbbells to start position and repeat.

TIP:

Push weight in a straight line, not back over head.

CABLE CROSSOVERS



ADVANCED

- Position body between upper pulley cables, with arms slightly flexed straight out to sides, torso slightly forward, knees slightly bent.
- Pull cables in with chest in an arcing motion until hands meet in front of waist.
- Slowly return to start position.

TIP:

Keep arms slightly flexed throughout movement.

Upper Body

Back

SINGLE ARM ROWS



BASIC

- Place inside hand on bench.
- Keeping legs slightly bent, hang dumbbell at full elbow extension.
- Pull dumbbell back and up, keeping arm and elbow next to ribs.
- Slowly lower weight to start position.

TIP:

Focus on keeping your back flat to isolate the muscle.

SEATED ROWS



BASIC

- Seated on row machine, slightly flex knees, keeping torso straight.
- Pull bar or handle toward your abdomen.
- Keep elbows close to ribs, and squeeze upper back together.
- Pause for a count of one, and slowly return weight to start position, making sure elbows don't pass mid-thigh.

TIP:

Keep head and shoulders upright.

LAT PULLDOWNS



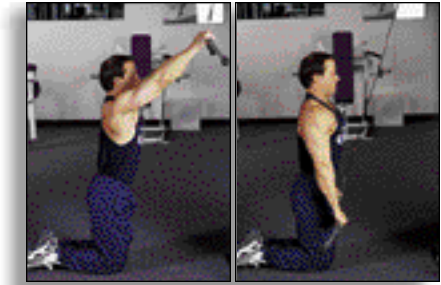
BASIC

- While seated at a pulldown machine, grip bar wider than shoulder width, keeping torso upright.
- Slowly pull bar toward base of neck or upper chest.
- Slowly return to start position.

TIP:

Do not use momentum to pull the weight; focus on keeping your torso still and pulling with your back muscles.

SERRATUS PULLDOWNS



ADVANCED

- Kneeling using the upper pulley cable, grip the bar shoulder width apart.
- Keeping arms fully extended, pull down toward your waist.
- Pause for a count of one.
- Slowly return to start position.

TIP:

Make sure to return the weight slowly and in a controlled manner.

PULLUPS



ADVANCED

- Start at a fully extended position. Pull torso upward through full range of motion.
- Slowly lower body to start position.

TIP:

Do not allow body to swing.

TIP:

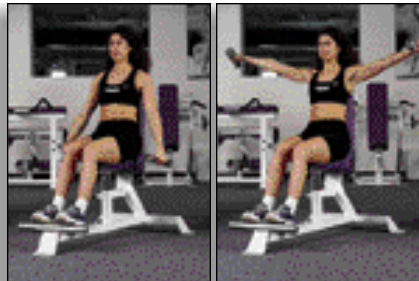
Use various grips (wide, narrow, or palms facing you) on alternate days to target different muscle groups.



Upper Body

Shoulders

LATERAL RAISES



BASIC

- Sit on bench keeping torso upright.
- Hold dumbbells in front of hips at sides.
- Raise dumbbells until arms are parallel to floor.
- Pause for a count of one, and return slowly to start position.
- These can also be done standing.

TIP:

Focus on keeping your torso still, while your shoulders raise the weight.

SHOULDER PRESS



BASIC

- Sit with back flat against the back of bench and feet on floor.
- Start with dumbbells shoulder width apart and slightly above shoulders.
- Palms facing forward, press weight up and together.
- Slowly lower weight to start position.

TIP:

Do not lean forward as you press weight up.

UPRIGHT ROWS



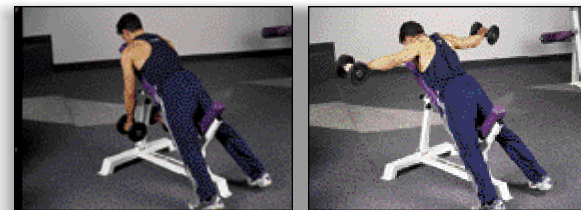
BASIC

- Standing with feet shoulder width apart, grab bar with hands slightly wider than shoulder width apart.
- Keeping cable close to torso, pull upward toward chin, keeping elbows above wrists.
- Slowly return weights to start position.

TIP:

Keep torso and shoulders upright through entire movement.

REAR DELTS



ADVANCED

- Lie face down on incline bench.
- Hang arms straight down, palms facing in, elbows slightly bent.
- Slowly raise dumbbells, keeping elbows slightly bent and palms facing down. Squeeze shoulder blades together, and pause for a count of one.
- Slowly return to start position.

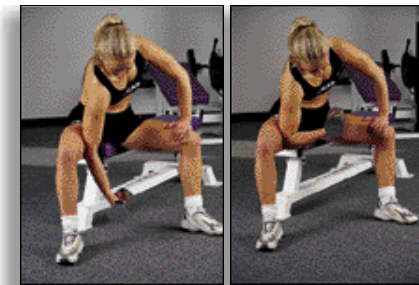
TIP:

If you can't pause for a count of one in the up position, use lighter weights.

Upper Body

Biceps

CONCENTRATION CURLS



BASIC

- Seated at end of the bench, place elbow on inside of thigh, near the knee, arms slightly bent.
- Curl dumbbell to your shoulder by flexing arm at the elbow. Pause for a count of one.
- Slowly lower dumbbell back to start position.

TIP:

Do not lock-out elbow or swing weight.

CABLE CURLS



BASIC

- Stand with feet shoulder width apart, knees slightly bent.
- Grab the bar with hands slightly wider than shoulder width apart.
- Curl bar by flexing arms toward shoulders.
- Slowly return weight to start position.

TIP:

Keep elbows still and against your sides throughout the movement.

STRAIGHT BAR CURLS



ADVANCED

- Standing with knees slightly bent, grip the bar with palms facing up, shoulder width apart.
- Curl bar in arc by flexing arms at the elbow. Your elbows should remain close to sides.
- Lower weight in a controlled manner to start position.

TIP:

Do not use momentum to curl the weight; focus on keeping back straight as you lift the weight.

INCLINE DUMBBELL CURLS



ADVANCED

- Sit on bench, keeping back straight, feet flat on floor and arms at side.
- Curl dumbbell by flexing arms toward shoulders. (You can do single alternating arms as well.)
- Slowly lower dumbbells in a controlled motion until arm is extended.

TIP:

Focus on keeping elbow in a stable position to avoid swinging the weight.

Upper Body

Triceps

PUSHDOWNS



TIP:

Do not lean forward or lower your head.

BASIC

- Using a high-pulley cable, stand with feet shoulder width apart, knees slightly bent. Grip bar with hands shoulder width apart.
- Keep elbows next to torso, push bar down to full elbow extension while maintaining upright position.
- Slowly return bar to start position, where forearm is slightly above parallel to the floor.

BENCH DIPS



TIP:

For more resistance, elevate your feet.

BASIC

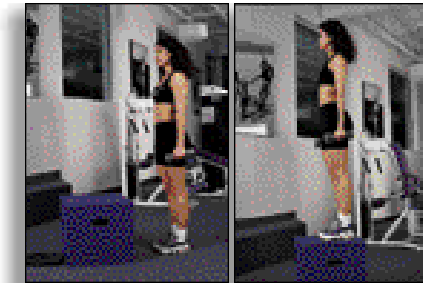
- Place your palms face down on bench, with arms shoulder width apart and arms straight against sides.
- Slowly lower body toward the floor, keeping hips and back close to the bench.
- Press upward to start position.



Lower Body

Quadriceps

DUMBBELL STEP-UPS



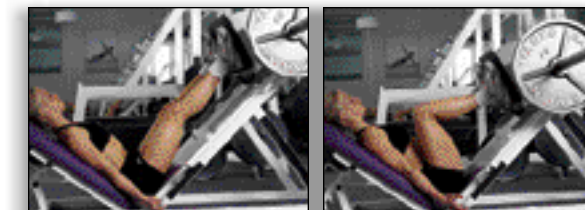
TIP:

Make sure your foot is securely on top of box when you step up.

BASIC

- Face box or bench, step with one leg on top of box.
- Shift body weight to lead leg and move body to standing position on top of box.
- Do not allow body to lean forward while stepping up.
- With trailing leg, step off box slowly and return to start position.
- Repeat the process with alternate leg.

LEG PRESS



BASIC

- From a seated position, keep feet shoulder width apart, toes slightly rotated out.
- Slowly lower weight to 90 degrees.
- Return weight to start position by pressing through heels.

TIP:

Be sure not to fully extend legs when returning to start position.

DUMBBELL KICKBACKS



TIP:

Keep movement slow and focused; don't swing weight back and up.

ADVANCED

- Place inside hand on bench or ball.
- Keeping legs slightly bent, raise elbow to 90 degrees.
- Bring arm to full extension, so that arm is parallel to the floor.
- Slowly lower weight to start position.

FRENCH PRESS



TIP:

For an advanced movement, change to a reverse grip (palms facing you).

ADVANCED

- Lie on bench, with feet flat on floor.
- Grasp bar about shoulder width apart.
- Lower bar slowly to the forehead, with upper arms remaining perpendicular to floor.
- Extend arm at elbow, returning to start position.

LEG EXTENSIONS



TIP:

Don't allow hips to raise off the pad from seated position.

BASIC

- Position legs parallel to each other.
- Extend legs at the knees to full extension.
- Pause for a count of one.
- Lower pad slowly, returning to start position.

LUNGES (DUMBBELL OR BARBELL)



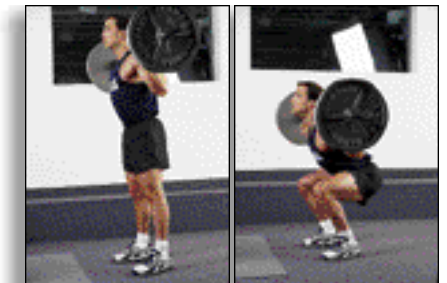
TIP:

Do not allow knee on the trailing leg to touch the floor.

Dumbbell-BASIC Barbell-ADVANCED

- Start from a feet together stance gripping dumbbells at side, take one exaggerated step forward.
- Slowly lower trailing leg down toward floor, keeping torso upright.
- Push off with lead leg to start position, and repeat with other leg.

SQUATS (BARBELL OR DUMBBELL)



TIP:

Do not allow chest to lean forward or knees to extend past toes.
Perform exercise with rack or spotter.

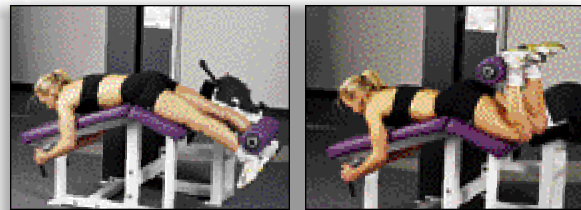
ADVANCED

- With your feet shoulder width apart, balance bar across shoulders at base of neck.
- Slowly lower weight until upper legs are parallel to floor. Keep knees aligned over feet.

Lower Body

Hamstrings

LYING LEG CURLS

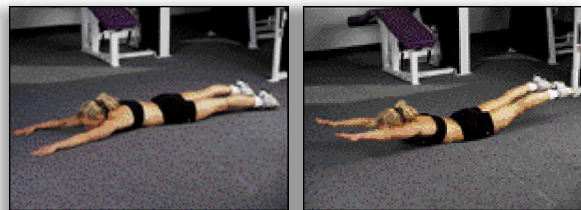


BASIC

- Position ankles under heel pad.
- Flex legs at knees and pull heels as close to glutes as possible.
- Slowly lower pad, in a controlled motion, to start position.

TIP:
Do not allow hips to come off pad.

FLOOR HYPEREXTENSIONS



BASIC

- Lie face down on floor with arms extended over head.
- Raise arms and legs up off the floor while squeezing glutes. ("superman pose").
- Pause for a count of one.
- Slowly return to start position.

TIP:
Do not allow hips to come off pad.

SWISS BALL HYPEREXTENSIONS



ADVANCED

- Lie face down on ball with torso and hips in contact with ball.
- Balance torso on ball, with arms slightly wider than shoulder width apart.
- Raise trunk while contracting glutes and hamstrings, slowly pull back up to start position.

TIP:
Do not over extend torso by arcing back when returning.

STIFF-LEGGED BARBELL DEADLIFTS



TIP:
Do not round back when lowering the weight.

ADVANCED

- Stand with feet shoulder width apart, with barbell in front of quads.
- Slowly lower weight toward floor, bending at the waist, pushing the glutes back.
- Lower until you feel a full stretch in hamstrings, and lean into the stretch.
- Slowly raise torso back to start position.

STIFF-LEGGED DUMBBELL DEADLIFTS



TIP:
Focus on keeping your back straight while looking forward.

ADVANCED

- Stand with feet shoulder width apart, with dumbbells in front of quads.
- Slowly lower weight toward floor, bending at the waist, pushing glutes back.
- Lower until you feel a full stretch in hamstrings, and lean into the stretch.
- Slowly raise torso back to start position.

Lower Body

Abdominals

CRUNCHES

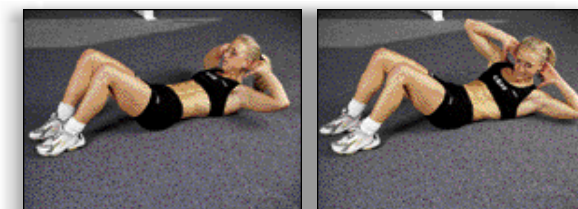


BASIC

- Lie supine on floor with knees bent and feet flat on the floor.
- Curl upper body, keeping lower back stable and in contact with floor.
- Pause at the top and return to start position.

TIP:
Do not lock hands behind head or pull on neck.

FLOOR OBLIQUES

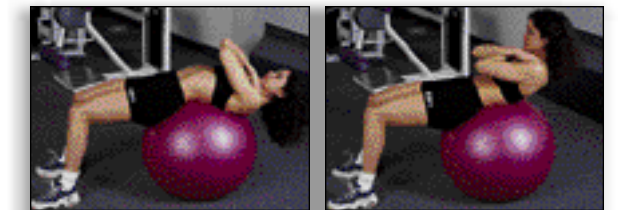


BASIC

- Lie supine on floor with knees bent and feet flat on the floor.
- Curl upper body while twisting, keeping lower back stable and in contact with floor.
- Pause at the top and return to start position.

TIP:
Do not pivot with elbow, lead twist with shoulder.

SWISS BALL CRUNCHES



ADVANCED

- Lie with small of back on ball.
- Fold arms comfortably across your torso.
- Fully extend across ball to lengthen torso.
- Slowly curl torso up into flexion.
- Pause at the top and return to start position.

TIP:
Make sure feet are firmly planted on floor for balance.

Calves

CALF RAISES (SEATED/STANDING)



SEATED - BASIC

TIP:
SEATED:
Concentrate on completing the full range of motion without bouncing.

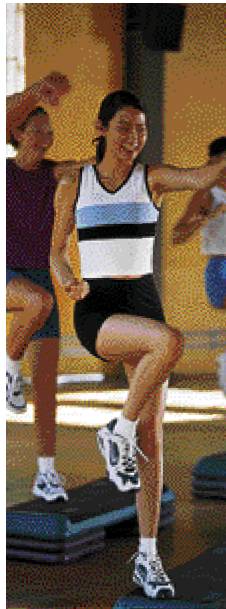


STANDING - BASIC

TIP:
STANDING:
Keep back straight through entire movement.

- Keep feet parallel, using a narrow stance.
- Position feet so that the balls of feet are on the edge of a raised surface.
- Push up on toes as high as possible in a slow and controlled manner, pause for a count of one, then lower heels until they're below toes or in a full stretch.
- Pause for a count of one, and go back up to start position.

THE EAS Cardio Training Program



Cardio workouts are *indispensable* to an effective training program and general good health. By definition, cardio workouts can be any exercise—jogging, running, biking, swimming, elliptical machine, stairs, even jumping rope—that raises and maintains your heart rate over a predetermined amount of time. By doing so, you strengthen your heart and lungs and lower your resting heart rate, which means that over time the same effort that produced a 10-minute mile will produce a 9-minute mile. Cardio workouts burn fat. And cardio fitness is what gives you endurance and the ability to persist in sports and in life.

EAS Fitness Advisors have designed cardio-training programs customized to your Personal Fitness Goal, each with a varying degree of low-intensity and interval-training workouts. Bear in mind these essential practices with cardio workouts:

- Drink water before, during and after any cardio workout.
- Perform your cardio workouts on an empty stomach, preferably first thing in the morning, for maximum fat-burning benefits.
- Always include a warm-up and cool down, consisting of a brisk walk or slow jog, at the beginning and the end of each workout.
- Many pieces of cardio equipment have heart rate monitors that are built in to the machines. Use these to monitor your heart rate. Or, consider investing in a heart rate monitor, available at sporting good stores and on the Internet. Prices range from \$90 to \$200. We recommend that you purchase a model with a timing device, especially helpful for interval-training workouts done while running.
- If you don't have a monitor, take your pulse for 6 seconds and add a zero. This number represents your targeted heart rate and exertion level.



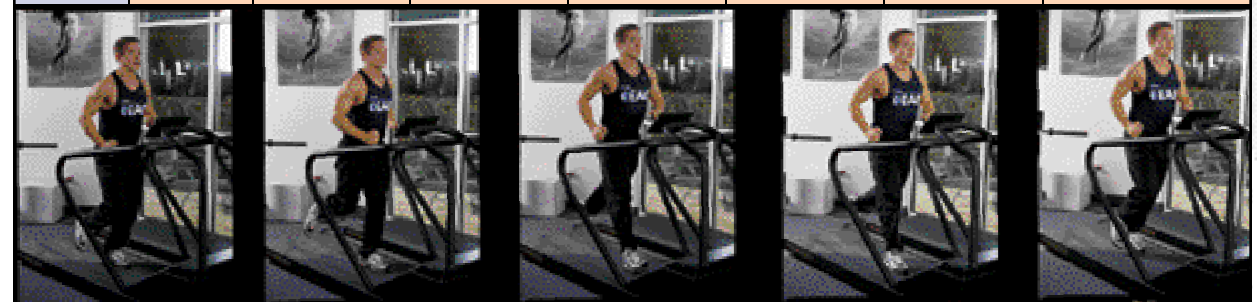
Determine Your Target Heart Rate Ranges



Step one in any cardio workout is to calculate your approximate target heart rate. Armed with this number, you'll maximize the benefits of every workout by knowing exactly where you need to go.

All EAS cardio workouts are based on target heart rate ranges that come from knowing your maximum heart rate or Max HR. To approximate your Max HR, subtract your age from 220. **For example, 220 – 30 = 190.** This is the starting point for all your calculations.

		Percent of Max Heart Rate					
		50%	60%	70%	80%	90%	Max HR
AGE	20	100	120	140	160	180	200
	25	98	117	137	156	176	195
	30	95	114	133	152	171	190
	35	93	111	130	148	167	185
	40	90	108	126	144	162	180
	45	88	105	123	140	158	175
	50	85	102	119	136	153	170
	55	83	99	116	132	149	165
	60	80	96	112	128	144	160
65	78	93	109	124	140	155	



Note: Consult with your physician or health care provider before commencing any new exercise, nutrition or supplementation program, particularly if you use prescription or over-the-counter medicines, or if you are being treated by a health care provider for any chronic or medical condition. No representations are made about the results you may achieve from following the program; as every individual is unique, there are no typical results that you can expect from following these exercise, nutrition and supplement recommendations.

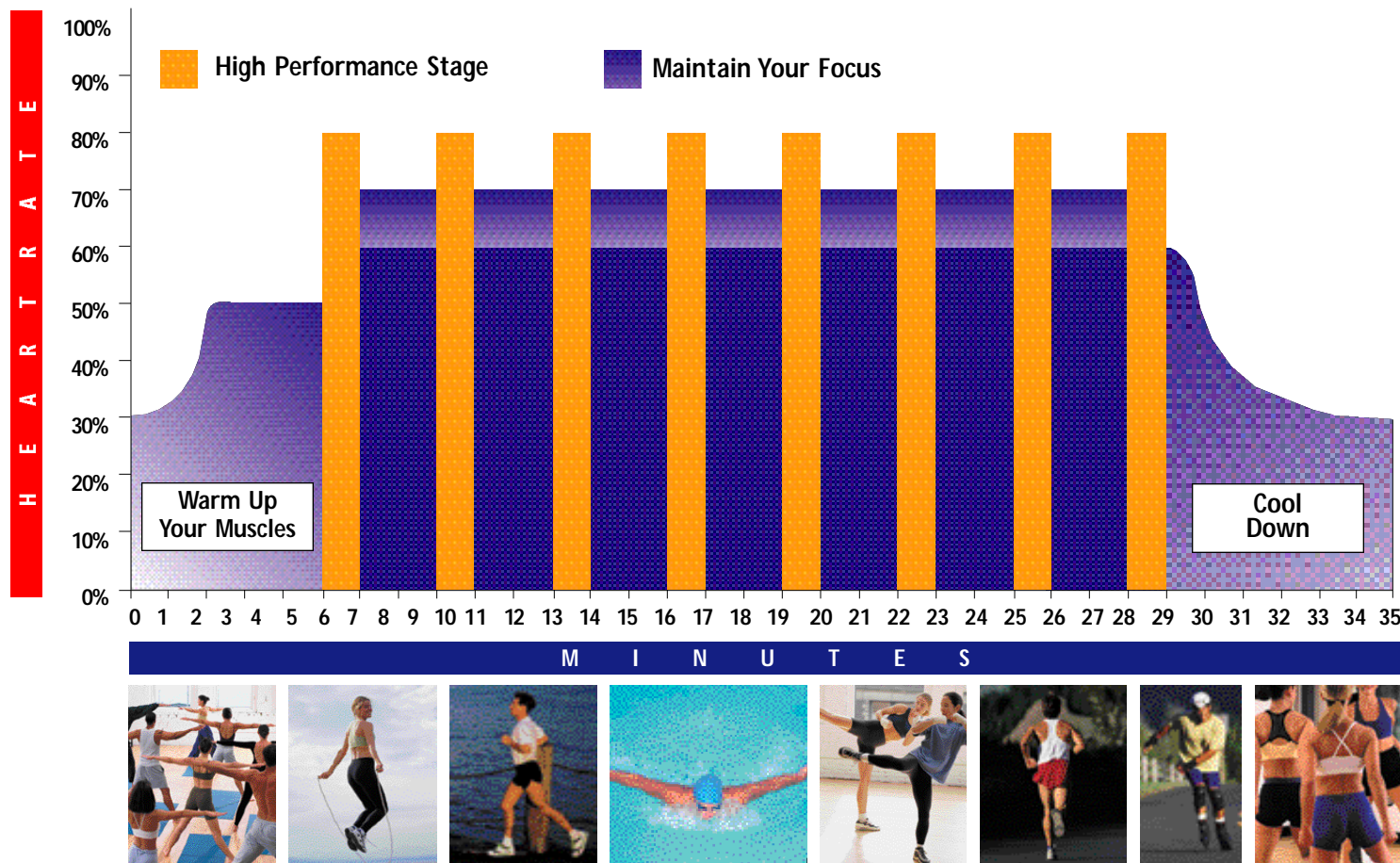
Interval-Training Workouts

Interval-training workouts are designed to build endurance and stamina. Think of them as a roller coaster that follows repeatable patterns or “intervals” of raising and dropping, raising and dropping your heart rate. Once you get the hang of interval-training, many people say that they love the variety and intensity these workouts provide. First, approximate your heart rate ranges for high-intensity workouts by determining 70% and 80% of your Max HR. Again, this is going to be very intense, so be sure to monitor your heart rate.

So, a 30-year old would calculate $190 \times .7$ and $190 \times .8$ or 133 and 152. (See chart on page 23.)

For the actual workout, strap on your heart rate monitor or monitor your heart rate manually and start with a 5-minute warm-up period, keeping your heart rate low. After 5 minutes, perform 7 to 9 sets of 3-minute intervals. For each 3-minute interval, get your heart rate up to 80% of your Max HR for 1 minute, followed by 2 minutes of 60% to 70% intensity. Complete your cardio workout with a 5-minute cool down.

Interval-Training Workout Chart



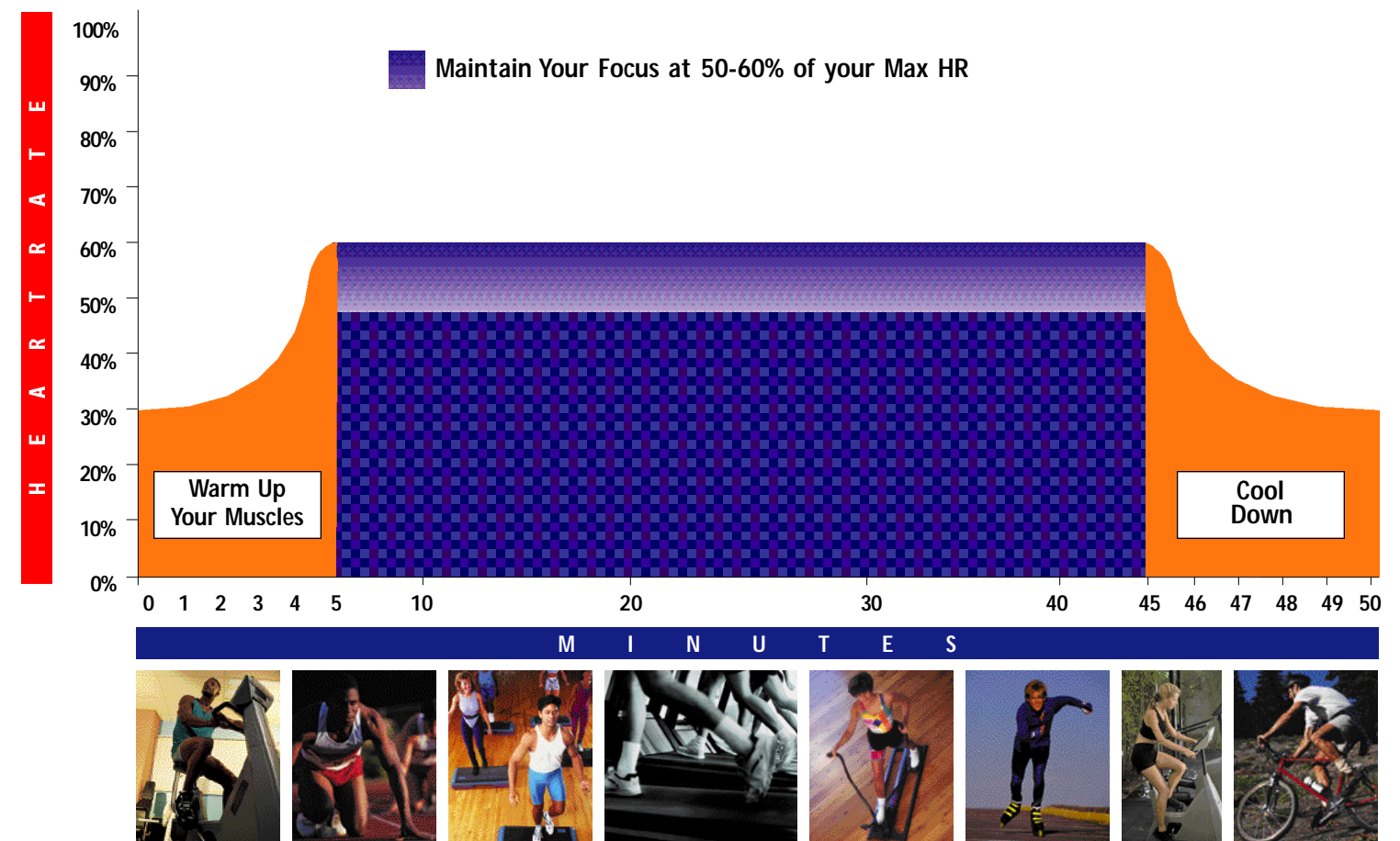
Low-Intensity Workouts



EAS believes interval training is beneficial for fat loss. However, interval training can be very demanding. Therefore, low-intensity training is a good alternative for fat loss and cardiovascular fitness. Low intensity training provides the benefit of fat loss over a longer duration of time, at 50-60% of your Max heart rate. It is recommended to warm up for 5 minutes building to 50-60% of your Max heart rate for 30-45 minutes followed by a 5-minute cool down.

So, a 30-year old would calculate $190 \times .5$ and $190 \times .6$ or 95 and 114. (See chart on page 23.)

Low-Intensity Workout Chart



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Stretching Program

There are many different ways to stretch your muscles prior to or following a workout. Whichever method you use, you can be sure to reap the following benefits:



- ❑ increased mental and physical relaxation
- ❑ heightened body awareness
- ❑ reduced risk of joint sprain, muscle strain and back problems
- ❑ diminished muscle soreness and muscle tension
- ❑ increased range of motion
- ❑ sufficiently warmed up deep muscle tissue and connective tissue

The stretching program we recommend is designed to increase flexibility, enhance performance, and reduce your risk of injury. These are some of the basic rules:

1. **Start** with an easy stretch, then slowly increase the intensity.
2. **Hold** each stretch for 30 seconds to allow for thorough stretching in the connective tissue and muscle.
3. **Perform** static stretches; in other words, avoid bouncing movements.
4. **Do Not** stretch to a point of pain. If this happens, reduce the intensity.

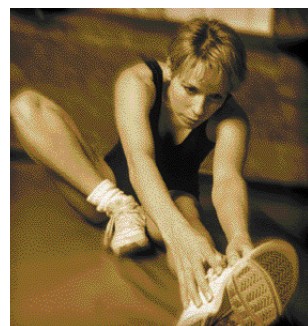
Perform the following stretches every day that you're scheduled for a weight workout. You can incorporate the stretches at the beginning, end, or even during the rest periods in between your sets.



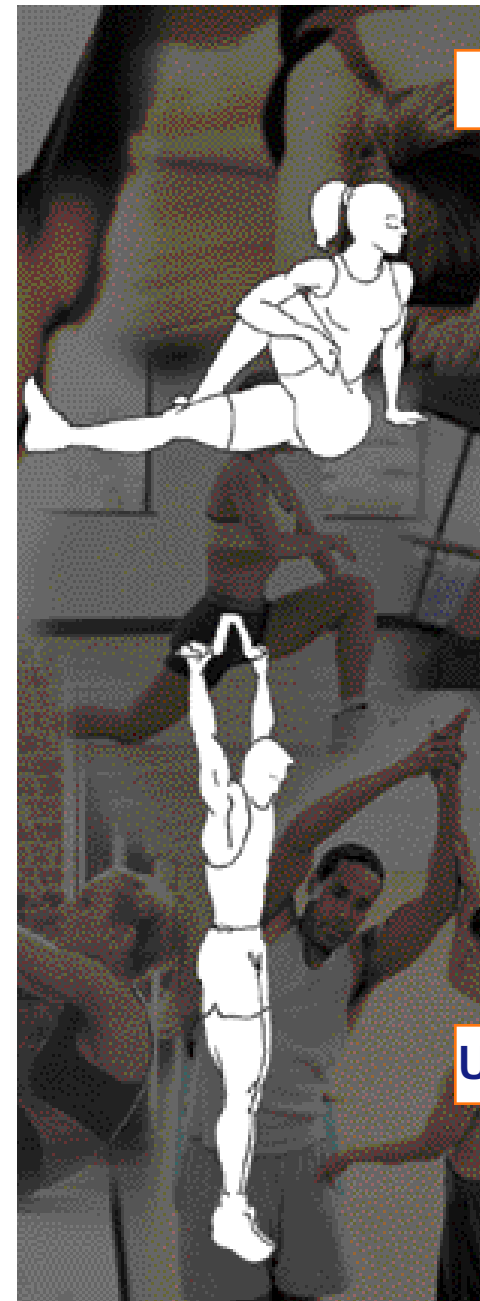
This is just one type of a stretching program; there are many variations and techniques used to increase your flexibility, performance and reduce risk of injury.

For more advanced information, here are books containing stretching methods that may be of benefit to you:

- Alter MS, Michael J. *Sport Specific Stretches* 1998
- Kurz, Thomas. *Stretching Scientifically*. 1994
- Mattes, A. *Active Isolation Stretching* 1995



Stretching Program



Illustrations by Adam Poole, EAS Fitness Advisor

Hips/Glutes

- Sit on floor, and cross one foot over straight leg.
- Place elbow on outside of bent knee and slowly look over shoulder on side of bent leg.
- Keep opposite arm behind hips for stability.
- Apply pressure to knee with elbow.

Lower Back

- Lie on your back, knees bent and arms straight out to each side.
- Rotate both legs to each side keeping elbows, head, and shoulders in contact with the floor.

Upper Back and Torso

- Hang from chin-up bar, with arms fully extended.
- Slowly lower chin towards chest.
- **Tip: Do not swing your body.**

Neck

- While seated, take hand and gently pull head to shoulder.
- Pull with arm over head, with hand contacting the opposite side of the head.
- Repeat to each side.
- **Tip: Don't twist head (ear toward shoulder only).**



Stretching Program



Illustrations by Adam Poole, EAS Fitness Advisor

Calves and Achilles

- Standing tall, place feet on incline step.
- Extend arms toward the wall and lean forward to feel stretch.
- **Tip:** You should feel the stretch in the calves, achilles tendon, and behind the knees.

Adductors

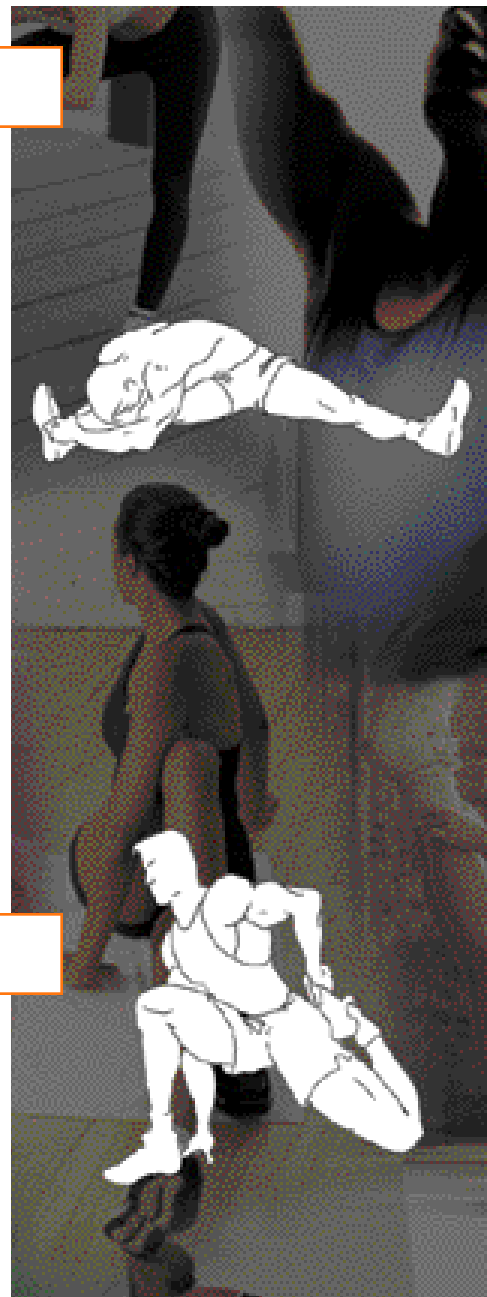
- From a seated position, spread legs wide in a V position, keeping knees straight.
- Extend torso out over leg and reach toward one foot.
- **Tip:** Keep both legs in contact with floor at all times.

Hamstrings

- Standing forward raise one leg and rest at a comfortable level.
- Balancing on plant leg, slowly lean forward, keeping hips square.
- Extend arms down toward ankle.

Quadriceps

- From a kneeling position, take an exaggerated step.
- Pull rear foot toward glutes while leaning forward.
- Keep legs parallel to each other.
- **Tip:** Don't let back arch.



Stretching Program

Shoulder

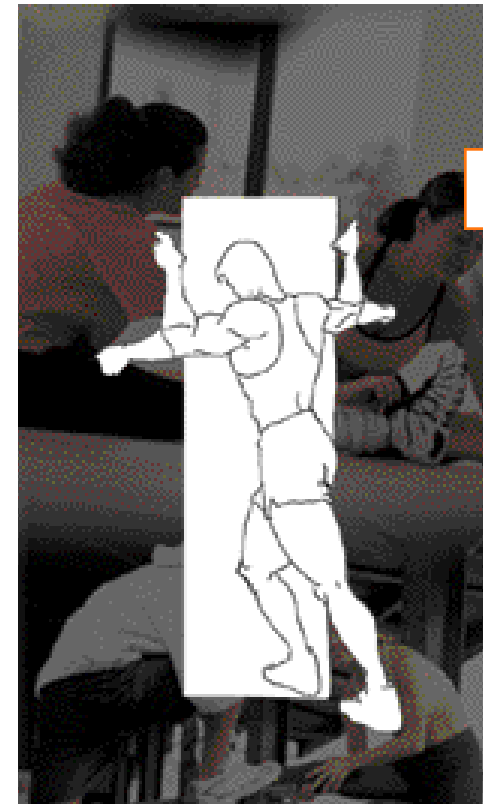
- In a seated position, keeping trunk square, grab elbow with opposite hand.
- Gently pull across body.
- Repeat on each side.

Pectorals

- Standing in front of doorway, take one step in and press arms against the door frame. Extend arms or bend at 90 degrees.

Triceps

- Standing, place one arm behind back and one arm over head.
- Hold a towel and gently pull down with lower arm.
- Reverse arm position and repeat.





TO OPTIMAL NUTRITION



To build your best body ever, you have to eat often, to regularly fuel your body with high-quality nutrients. At EAS, we recommend feeding your body six times throughout the day for best results — this way, food is absorbed and processed more efficiently. Studies show eating often helps to accelerate your metabolism. By eating six nutritious meals a day, you're never hungry and you're less susceptible to poor food choices. EAS has proven that a nutrition plan of 40% protein, 40% carbohydrates, and 20% unsaturated fats is most beneficial to muscular development, bodyfat loss and overall health.

This section details how you can design a personalized nutrition program — one exactly right for your personal fitness goal.

The Right Daily Calorie Consumption for Your Personal Fitness Goal

Let's begin with a basic formula for determining how many calories you should consume each day, according to your Personal Fitness Goal. These calculations are recommended for those pursuing an active lifestyle.

The simplest way to do this is to take your bodyweight and multiply it by:

- 8 to 10 if you're interested in losing bodyfat
- 12 if you want to gain muscle and lose bodyfat
- 15 if your goal is to gain muscle

For example, if you weigh 170 lbs. and want to gain muscle and lose bodyfat, multiply your bodyweight by 12. Therefore, you should consume 2,040 (170 X 12) calories a day. You may have to adjust your number up or down, depending on your metabolism and activity level. If you're finding it hard to make progress using these equations, increase or decrease your calorie level by 100-200 per day and see how this benefits you.

If you're like most people who consume 12 times their bodyweight or less, you'll want 40% of those calories from protein, 40% from carbohydrates, and 20% from unsaturated fat sources.

Here's the math for the above examples:

- $2,040 \times .40 = 816$ calories from protein
- $2,040 \times .40 = 816$ calories from carbohydrates
- $2,040 \times .20 = 408$ calories from fat



To build your best body ever, you have to eat often, to regularly fuel your body with high-quality nutrients. At EAS, we recommend feeding your body six times throughout the day for best results — this way, food is absorbed and processed more efficiently. Studies show eating often helps to accelerate your metabolism. By eating six nutritious meals a day, you're never hungry and you're less susceptible to poor food choices. EAS believes a plan of 40% protein, 40% carbohydrates, and 20% unsaturated fats is most beneficial to muscular development, bodyfat loss and overall health.

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Here's the math for the above examples:

- $2,040 \times .40 = 816$ calories from protein
- $2,040 \times .40 = 816$ calories from carbohydrates
- $2,040 \times .20 = 408$ calories from fat

If size and strength are what you're after, you need to consume 15 times your bodyweight in calories and the recommended percentages change to 30% protein, 50% carbohydrates and 20% unsaturated fats.

Here's the math for the above examples:

- $2,550 \times .30 = 765$ calories from protein
- $2,550 \times .50 = 1,275$ calories from carbohydrates
- $2,550 \times .20 = 510$ calories from fat

So, now you know how many calories of protein, carbohydrates and fat to eat throughout the day.

Next, you'll need to know how these calories convert to grams:

PLANNING YOUR MEALS IS EASY

Although there are many more choices of each food group than listed here, use these great suggestions to get on track.

Just select your food choices from the EAS Nutrition Guidelines chart below.

EAS Nutrition Guidelines		
Proteins	Carbohydrates	Fats
chicken breast	baked potato	avocado
turkey breast	barley	sunflower seeds
lean ground turkey or beef	kidney beans	pumpkin seeds
egg whites or substitutes	corn	cold-water fish
haddock	couscous	natural peanut butter
orange roughy	fat-free yogurt	low-fat cheese
trout or salmon	fruits	low-fat salad dressing
swordfish or tuna	high-fiber cereal	low-sodium nuts
crab or lobster	oatmeal	Udo's choice (oil)
shrimp	pasta	olives/olive oil
lean ham	legumes	safflower oil
wild-game meat	whole-wheat bread	canola oil
low-fat cottage cheese	steamed brown or wild rice	sunflower oil
Vegetarian Proteins	rice cake	flax seed oil
tempura	popcorn	Fats to Avoid
seitan	sweet potato	butter
tofu	tortilla	fried foods
texturized vegetable protein	vegetables	mayonnaise
soy foods	whole grains	sweets
veggie burgers	yams	whole fat dairy products

For more detailed macro-nutrient and food value information on these foods and many others, visit any book or nutrition store for books and literature.

BASIC GUIDELINES TO FOLLOW



- EAT 6 NUTRITIOUS MEALS A DAY**
Remember to eat frequently, keeping within your recommended daily caloric consumption.
- DRINK WATER FREQUENTLY**
Drink at least 12 oz. of water with each of your 6 meals. An occasional diet soda, coffee or tea is fine, but try to drink plain water whenever possible. It is important to stay well-hydrated when following an extensive training, nutrition and supplementation program.
- EAT SLOWLY**
Choose appropriate portion sizes. If you follow this principle, you won't be as likely to overeat.
- MAKE BETTER "BAD" CHOICES**
Instead of regular potato chips, snack on the oven-baked version. Replace regular ice cream with nonfat frozen yogurt. Rather than regular salad dressing, sour cream, yogurt, cheese, or milk, choose the low-fat versions.
- PLAN YOUR MEALS AHEAD OF TIME**
Having the right food accessible to you at home or at work will make your nutrition plan easier to follow.
- STRIVE FOR CONSISTENCY, NOT PERFECTION**
You can be sure there will be the occasional meal or snack that's not on the recommended food list. When you get off track in this way, don't allow it to slow you down. Enjoy the divergence, recommit to your goal, and get back on plan with your next meal.
- MOTIVATE YOURSELF**
Leave inspirational notes and pictures on your refrigerator, dashboard, and office desk to keep you focused and moving toward your personal fitness goal. Take some "before" pictures, set a date to take "after" pictures, and dedicate yourself to getting into fantastic shape.
- USE HIGH-QUALITY SUPPLEMENTS**
To help you achieve your goals faster, EAS has a wide array of university-tested supplements that can help speed up your muscle-building and fat-loss efforts.
- REWARD YOURSELF!**
Be sure to reward yourself with your favorite foods every once in a while. At EAS, we have found that it is beneficial to reward yourself once a week, as recommended in *Body-for-LIFE™*.



TO SUPPLEMENTATION



Performance and nutritional supplements, combined with proper exercise and optimal nutrition, can help virtually anyone unleash his or her potential to build a leaner, stronger, healthier body. As an active person, you're at greater risk for nutritional deficiencies because you subject your body to greater stress. Long after you leave the gym, your body is still working hard to repair tissue, fight free-radical damage and restore energy levels.

Of course, all this work requires lots of energy, which requires quality nutrients. And even if just one critical nutrient is missing, it will be harder for your body to support muscle recovery, growth, and fat loss. The bottom line? If you want to build an exceptional body, you'd better be well-nourished. And that's where supplementation can provide that extra edge.

JUST WHAT IS A Supplement?

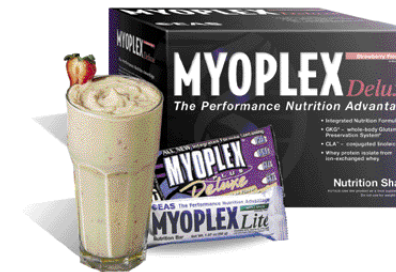
According to a relatively new law called the Dietary Supplement Health and Education Act of 1994 (DSHEA), supplements or "dietary supplements," as the FDA calls them, are defined as: vitamins, minerals, herbs, or other botanicals (except tobacco), amino acids, any "dietary substance for use by man to supplement the diet by increasing the total dietary intake," and "a concentration, metabolite, constituent, extract or combination of any of the above-listed ingredients."

At the most basic level, supplements can help you build muscle, lose fat and improve your health simply by making up for deficiencies, which may be caused by exercise and poor dieting. This has been what most dieticians, nutritionists, doctors, etc. have viewed supplements as — a means of protecting your body against vitamin and mineral deficiencies. Vitamin supplements have been widely used for decades as a means of preventing serious, even fatal, diseases that are caused by nutrient deficiencies.



Now, another mechanism by which supplements may exert a positive effect on your efforts to build a better body is by providing a nutrient that is "under-supplied" to your cells or not normally available in "optimal" levels in the diet. In this case, a nutrient is required by an organism (like a muscle cell), and a specific concentration of this nutrient results in what we call "better-than-normal" cell function. For performance and nutritional supplements to exert a positive effect under this scenario, normal consumption of the supplied nutrient must be "sub-optimal."

Even if you don't have a nutrient deficiency, it is possible to benefit from using supplements.



FOR EACH Personal Fitness Goal

At EAS, we firmly believe performance nutrition starts with the science behind the products. We support university research to evaluate the effectiveness and purity of supplements, so we can deliver products that enhance your physical and mental performance, allowing you to be your best.



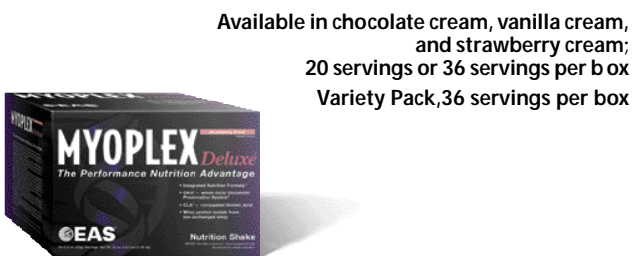
Myoplex™

- ❑ The original EAS nutrition shake formula
- ❑ Contains 42 grams of protein and only 2 grams of fat
- ❑ Helps avoid nutrient deficiencies and supports the immune system



Myoplex Deluxe™

- ❑ Advanced formula nutrition shake
- ❑ Contains 42 grams of protein and only 2 grams of fat
- ❑ Includes V2G, GKG, and CLA to aid gains in lean muscle size and fat loss



Myoplex Lite™

- ❑ A delicious nutrition drink with 1/3 less calories than the original Myoplex™ formula
- ❑ Contains 25 grams of protein, including soy protein
- ❑ Specially designed to support metabolism and aid in fat loss



Myoplex™ Bars

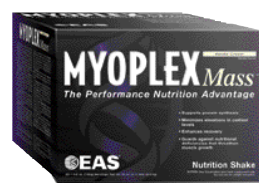
- ❑ Delicious, convenient, and portable nutrition bars
- ❑ An excellent bar during or after intense exercise
- ❑ Myoplex Deluxe™ bars contain 24g of protein, including whey protein
- ❑ Myoplex Lite™ is a reduced-calorie bar with less fat than Myoplex Deluxe™
- ❑ Myoplex HP™ bars contain 3,000 mg of creatine and 20 grams of protein

Myoplex Deluxe™ Bars are available in chocolate and chocolate peanut butter; 12 bars per box
Myoplex Lite™ Bars are available in apple spice, toffee crunch, raspberry frost, chocolate fudge, and Variety Pack; 12 bars per box
Myoplex HP™ Bars are available in chocolate honey peanut, and chocolate mocha; 12 bars



Myoplex Mass™

- ❑ Advanced post-workout recovery formula
- ❑ Contains a special carbohydrate blend to restore energy reserves
- ❑ Contains 33 grams of protein



Available in chocolate cream, vanilla cream, and strawberry cream; 20 servings per box

CREATINE PRODUCTS

Phosphagen™

- ❑ The original creatine monohydrate
- ❑ Supports increased strength and lean muscle size
- ❑ Increases high-intensity exercise performance



Available in 20, 32, 65, 143, or 280 servings per container

Phosphagen HP®

- ❑ High performance creatine monohydrate
- ❑ Added dextrose and phosphates to aid in creatine transport to muscle tissue
- ❑ Supports increased performance, strength and lean mass



Available in grape, fruit punch, lemon-lime, and orange; 21 or 42 servings per container

Phosphagen 2®

- ❑ 25 grams of protein plus creatine to support gains in lean mass
- ❑ Added glutamine and taurine to aid in muscle recovery
- ❑ The ultimate low-calorie lean mass stimulator



Available in chocolate, vanilla, and strawberry; 20 servings per container

RiboForce HP™

- ❑ Each serving contains 5 grams of creatine, 3 grams of ribose, and 1 gram of taurine
- ❑ Supports increased strength and lean muscle mass
- ❑ Delicious, quick, and easy to use



Effervescent formula available in fruit punch, grape, and orange; 30 servings per box



PROTEIN PRODUCTS

Precision Protein™

- ❑ 20 grams of high-quality whey protein isolate
- ❑ Added glutamine and other amino acids
- ❑ Supports muscle growth, repair and immune system function



Available in chocolate and vanilla; 35 servings per container

SimplyPROTEIN™ Complete Whey

- ❑ 20 grams of high-quality whey protein concentrate and isolate per serving
- ❑ Contains only 4 grams of carbohydrates and only 2 grams of fat per serving
- ❑ Available in an economical 5 lb. container



Available in rich chocolate, vanilla, and strawberry; 80 servings per container



HMB PRODUCTS

HMB

- ❑ Helps prevent muscle protein breakdown
- ❑ Boosts workout recovery and VO₂ max
- ❑ Supports increased strength and fat loss



Available in 30 or 90 servings per container

BetaGen™

- ❑ A potent combination of creatine monohydrate and HMB
- ❑ Increases strength, muscle size, and fat loss
- ❑ Optimizes performance and recovery



Available in grape, orange, and fruit punch; 30 or 90 servings per container

For more information on supplements, call an EAS Fitness Advisor at 1-800-297-9776 (Dept. #6600)



Canadian Customers, call 1-800-563-0965 (Dept. #6600) or visit the EAS website at eas.com.

MUSCLE RECOVERY PRODUCTS

CytoVol®

- ❑ Advanced Glutamine Preservation System®
- ❑ Helps increase muscle cell volume to support recovery and protein synthesis
- ❑ Supports muscle growth and immune function

Available in fruit punch, grape, orange, and lemon; 15 or 45 servings per container



ALA (Alpha-Lipoic Acid)

- ❑ Aids in transport of nutrients to cells
- ❑ Helps decrease fat storage
- ❑ Acts as a fat and water-soluble anti-oxidant

60 capsules per bottle



L-Glutamine

- ❑ The most abundant amino acid in muscle tissue
- ❑ Prevents muscle tissue breakdown and aids recovery
- ❑ Supports immune system function

56 servings per container



AAB™ (Athletes Antioxidant Blend)

- ❑ Helps prevent free radical damage
- ❑ Aids in cellular repair
- ❑ Supports muscle recovery and immune function

90 capsules per bottle



Structured EFA™

- ❑ A combination of important essential fatty acids
- ❑ Supports muscle growth and fat metabolism
- ❑ Aids hormone production and function

120 capsules per bottle

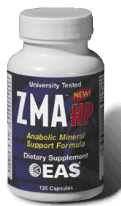


ZMA™ HP

- ❑ Supports testosterone production
- ❑ A natural alternative to pro-hormones
- ❑ Aids in increased strength, muscle growth, and recovery



120 or 240 capsules per bottle



CLA

- ❑ Derivative of an omega-6 essential fatty acid
- ❑ Has been shown in studies to promote fat loss and increase lean body mass
- ❑ Provides potent antioxidant properties

90 capsules per bottle



GKG®

- ❑ Preserves muscle glutamine content
- ❑ Supports recovery and healthy immune system function
- ❑ Slows muscle protein breakdown

120 capsules per bottle



METABOLIC SUPPORT PRODUCTS

Phen-Free

- ❑ Enhances metabolic rate and supports your body's ability to burn fat
- ❑ Decreases food cravings and accelerates energy expenditure
- ❑ Non-ephedrine based fat burner

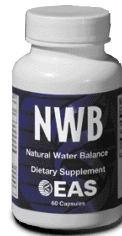
120 capsules per bottle



NWB™ (Natural Water Balance™)

- ❑ Helps reduce water retention
- ❑ Maintains proper electrolyte balance and prevents cramping
- ❑ Redistributes excess water for pre-contest or photo-shoot preparation

60 capsules per bottle



JOINT HEALTH PRODUCTS

Glucosamine HCL

- ❑ Supports connective tissue health
- ❑ Improves joint function, strength, and flexibility
- ❑ Natural anti-inflammatory agent

90 capsules per bottle



Chondroitin Sulfate

- ❑ Supports connective tissue health
- ❑ Increases elasticity and cushioning of joints
- ❑ Helps lubricate joints and control inflammation

90 capsules per bottle



eas.com

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IF YOU NEED US

We're Here For You



As you set out on your Personal Fitness journey, you can be sure you'll come up against obstacles along the way. You'll miss workouts and not know whether to double up next time or pick up where you left off. You'll speak to a friend who's taking different supplements than you, leaving you scratching your head. You'll have questions about the nutrition program. These are only examples of the questions we answer every day. Your questions will be specific to your own goals; that's why we're always here to talk to you in person and respond to your unique needs.

At EAS, we'll be here for you every day! EAS Fitness Advisors are available every day to answer all your questions. These professionals can answer your questions about EAS products and help you with exercise and nutrition information. If you are interested in an inspirational, 12-week Personal Transformation Program, EAS recommends the Body-*for*-LIFE Challenge™. Our advisors can provide more information on this particular program, or visit us online at www.bodyforlife.com. Advisors at our call center will take the time to answer all your questions in detail; whether on the EAS goal-specific programs or Body-*for*-LIFE™. At EAS, we confront the problems, satisfy customers' needs, and eliminate the worry.

EAS Fitness Advisors are on hand to serve you 24 hours a day, 7 days a week.

Call us at 1-800-297-9776 (Dept. #6600),

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EAS Corporate Headquarters, Golden, CO

EAS Testimonials



Alonzo Mourning

"EAS has helped me to stay healthy and ready for every game through proper nutrition and supplementation."



John Elway

"I have found all of the products (EAS) beneficial, especially later in my career. It was tougher for me to recover as I got older, but the supplements helped me recuperate and helped my energy levels."



L. Elliot

"I love EAS products and the results I've achieved... I feel fit. I feel energetic. I feel strong. I almost feel bionic. Every single aspect of my life has become better."



Kelly Adair

"I eat six balanced protein and carbohydrate meals per day. Three of them are always Myoplex Lite™ shakes. So, the nutrition for me is really easy."



Mary Queen

"I had never been goal oriented. I had never been the kind of person who would set a goal, write it down and work toward it diligently, with a plan. I wasn't focused at all. But all that has changed. Now I can apply goals to every aspect of my life."

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Questions? Call 1-800-297-9776 (Dept. #6600)



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to talk to an EAS Fitness Advisor

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