

NICK TUMMINELLO's  
GUIDE TO PRE & POST WORKOUT NUTRITION FOR  
**BUILDING MUSCLE**



**This is your No BS guide to the simple, easy to use Pre & Post workout nutrition and supplementation strategies used at Performance U to maximize muscle gains! Discover the perfect pre-workout meal, and scientifically proven BEST supplements to take before and after you train to get more out of your workouts and accelerate gains in muscle size and strength!**





TRAINER OF TRAINERS

# NICK TUMMINELLO

HYBRID STRENGTH TRAINING & CONDITIONING

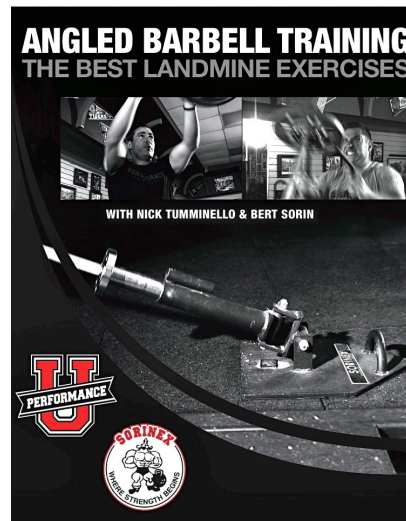
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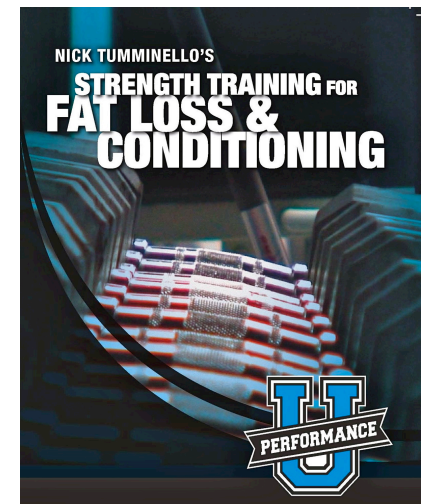
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THE ULTIMATE GUIDE TO SINGLE LEG TRAINING! DISCOVER SIMPLE ASSESSMENTS, QUICK CORRECTIONS AND OVER 50 OF THE BEST, MOST INNOVATIVE SINGLE LEG SQUAT, DEADLIFT AND HYBRID EXERCISES FOR BUILDING A SUPER-STRONG, GREAT LOOKING, HIGH-PERFORMANCE LOWER-BODY!



DISCOVER OVER 50 OF THE BEST AND MOST INNOVATIVE PUSHING & PULLING, LOWER BODY, CORE AND TOTAL BODY EXERCISES USING THE SORINEX LANDMINE OR ANY OTHER ANGLED BARBELL TRAINING METHOD!



OVER 100 NEW COMBINATIONS, COMPLEXES AND CIRCUITS FOR FASTER FAT LOSS AND SUPERIOR CONDITIONING

# **PUBLISHED BY NICK TUMMINELLO**



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# PURPOSE OF THIS MANUAL

To provide you with a simple to understand and easy to follow formula for what foods to eat, what supplements to take, and when to take them in order to maximize muscle & performance gains.

The Pre & Post Workout meal and supplement strategies you're about to discover are scientifically based and practically approved with the athletes, physique competitors and exercises enthusiasts we train at Performance U.

We aren't nutritionists or dieticians. So we don't provide specific, individualized diet plans. We're fitness professionals who read the scientific literature and rely on the expertise of top nutrition and supplement specialists to provide us with general guidelines that work universally for both men and women of all ages and abilities.

By following some basic, generalized and universal eating & supplementation guidelines - like what I've provided you in this manual - We've found that rarely is it necessary to use more specific and complex strategies unless we're dealing with a medical condition, cutting water weight, etc. Which, is beyond the scope of this manual.

**When we want to help our clients get bigger & stronger – These are the exact Pre & Post workout meal and supplementation strategies we use...**



# **THE IMPORTANCE OF NUTRIENT TIMING!**

**It's not just what you eat, but when you eat it!**

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# **BREAKFAST & DINNER VS. PRE/ POST MEALS**

**A recent study measured the effects of supplementation during the pre- and post-workout training "windows" against supplementation effects from supplementing at breakfast and dinner, over the course of a 10-week program.**

**Two study groups were fed 32 grams of protein, 34.4 grams of carbs, less than .4 grams of fat, and 5.6 grams of Creatine Monohydrate per day.**

**The control group consumed the above nutrient ratio over two meals (one at breakfast and one in the evening), while the other group consumed the nutrients directly before and after strength training.**

**Here's what they found...**



# THE RESULTS ARE IN!

- *“Pre and post-workout supplementation demonstrated a greater increase in lean body mass and 1Rep Max strength.”*
- *“The changes in body composition from pre/post-workout supplementation were supported by a greater increase in cross-sectional areas of the type II muscle fibers and contractile protein content.”*
- *“Pre/post-workout supplementation also resulted in higher muscle creatine and glycogen levels after the training program.”*

## The study concluded...

***“Supplement timing represents a simple but effective strategy that enhances the adaptations desired from resistance training.”***

Link to study – <http://www.ncbi.nlm.nih.gov/pubmed/17095924>





# PRE- WORKOUT MEAL

**THE FOODS WE RECOMMEND OUR CLIENTS EAT  
BEFORE THEY TRAIN IN ORDER TO MAXIMIZE  
THEIR MUSCLE & PERFORMANCE GAINS**



## **WITHIN 2-TO-3 HOURS BEFORE YOUR WORKOUT, WE RECOMMEND EATING THE FOLLOWING:**

- **Consume 30-40grams of this slow digesting carbohydrate like whole wheat bread or fruit.**

Slow-digesting carbs produce a relatively slow increase in blood glucose and a modest insulin release in response. They are more natural carbs that aren't made in a food-processing plant.

- **A lean protein like chicken breast or fish fillet, low in saturated fat.**

Foods high in saturated fats have been shown to decrease blood flow to the muscles. But, foods high in EFA's (Essential Fatty Acids) have been shown to increase blood flow to the muscles.

- **A fibrous carb source like vegetables.**

Salads are a great pre-workout food, and they can keep blood vessels dilated to increase blood and oxygen flow to the muscles.



# **SAMPLE PRE- WORKOUT MEAL**

**A “house” style salad (use light dressing) with grilled chicken breast and an apple.**



# PRE- WORKOUT SUPPLEMENTS

**THE EXACT SUPPLEMENTS WE RECOMMEND OUR  
CLIENTS CONSUME BEFORE THEY TRAIN TO  
FURTHER ENHANCE MUSCLE & PERFORMANCE  
GAINS**

# WE PROUDLY SUPPORT VPX SPORTS SUPPLEMENTS BECAUSE...



- They are well researched.
- Battletested with physique and performance athletes around the world.
- Extremely high quality!
- Great tasting!
- Backed by our friend Dr. Jose Antonio, who's one of the founders of the *ISSN* and one of the worlds leading experts on sports supplements.
- We get our supplements directly from

***VPXSports.com***

**&**

***BodyBuilding.com***

**WITHIN 30-60 MINUTES BEFORE YOUR WORKOUT,  
WE RECOMMEND CONSUMING THE FOLLOWING:**

- 100-to-400 milligrams of caffeine (sources include coffee or supplement like Redline).
- 20 grams of a fast-digesting protein like whey protein.

Go your FREE copy of my **Protein Report** - The most comprehensive, unbiased, research-based resource on protein ever written!

*[www.FreeProteinReport.net](http://www.FreeProteinReport.net)*

- 20-to-40 grams of a slow-digesting carbohydrate like berries (optional).

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## **CONTINUED...**

- **1 serving of Branched Chained Amino Acids (BCAAs).**
- **5 grams of Creatine Monohydrate.**

Check out my **FREE Creatine Report** - The most comprehensive, unbiased, research-based resource on creatine ever written.

[www.FreeCreatineReport.com](http://www.FreeCreatineReport.com)

- **1-to-3 grams of Beta Alanine (like VPX Power Shock, which also has BCAAs).**

Beta Alanine A naturally occurring amino acid which delays fatigue by buffering lactic acid production at the cellular level.

The longer and harder you can workout the more muscle you can build through the process of progressive overload.



# WE LIKE “VPX: NO SHOTGUN MHF-1” AS OUR “GO-TO” PRE-WORK DRINK BECAUSE...



## It contains:

- Caffeine & other energy/mental focus stimulants
- Protein
- BCAA's
- Creatine
- Beta Alanine

It's an all-in-one drink, which saves us time and \$ from buying/consuming several different products.





# POST- WORKOUT SHAKE & SUPPLEMENTS

**THE FOODS WE RECOMMEND OUR CLIENTS EAT  
AFTER THEY TRAIN TO REPLENISH THEIR BODY  
AND MAXIMIZE MUSCLE & PERFORMANCE GAINS**



## **WITHIN 30 MINUTES AFTER YOUR WORKOUT, WE RECOMMEND CONSUMING THE FOLLOWING:**

- **Consume a fast-acting protein shake with whey protein or even better, a combination protein shake with whey and casein.**

Why? A study on protein digestion and retention showed that a slow-absorbing protein like casein is superior to whey in promoting protein accretion over a 7-hour time frame.

Link to study – <http://www.ncbi.nlm.nih.gov/pubmed/11158939>

- **Consume a fast-digesting (high-glycemic) carbohydrate drink like Gatorade.**
- **Get plenty of BCAAs!**

# WE LIKE “VPX: NO-SYNTHESIZEAS” OUR “GO-TO” POST-WORK DRINK BECAUSE...



## It contains:

- Protein (whey & casein)
- BCAA's
- Creatine
- Beta Alanine

Another all-in-one drink that we like to mix with Gatorade.

The additional post workout creatine & beta-alanine is just an added bonus!

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## THE PROTEIN REPORT

THE MOST COMPREHENSIVE, UNBIASED, RESEARCH-BASED RESOURCE ON PROTEIN EVER WRITTEN!



DISCOVER THE SCIENTIFICALLY PROVEN BEST KIND OF PROTEIN FOR LOSING FAT WHILE GAINING MUSCLE AND THE ABSOLUTE TRUTH ABOUT HOW MUCH PROTEIN YOU SHOULD EAT, THE SAFETY AND SIDE EFFECTS OF HIGH-PROTEIN DIETS, THE BEST TYPE OF POST-WORKOUT PROTEIN SHAKE & MUCH MORE...



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## THE CREATINE REPORT

THE MOST COMPREHENSIVE, UNBIASED, RESEARCH-BASED RESOURCE ON CREATINE EVER WRITTEN!



DISCOVER THE SCIENTIFICALLY PROVEN BEST KIND OF CREATINE AND THE ABSOLUTE TRUTH ABOUT HOW TO USE IT, HOW IT WORKS, LOADING, SAFETY, SIDE EFFECTS & MUCH MORE...



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# ABOUT THE AUTHOR



**Coach Nick Tumminello has become known as “the trainer of trainers.”**

**He’s the owner of Performance University International, which provides *hybrid strength training & conditioning* for athletes and educational programs for fitness professionals all over the world.**

**He’s also the hybrid training expert for Team Jaco clothing.**

**Nick lives in Fort Lauderdale Florida where he trains a select group of clients and teaches mentorships.**

**Check out his DVDs, seminar schedule and very popular fitness blog at *NickTumminello.com*.**