6-WEEKS TO MASSIVE ARMS

THE KAGED MUSCLE® 6-WEEK TRAINING, NUTRITION, AND SUPPLEMENTATION PROGRAM WILL HELP YOU MAXIMIZE YOUR BICEPS MASS.

START NOW!
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ABOUT THE PROGRAM

It’s important to develop every muscle in your body, but sometimes bodybuilders overlook small muscle groups in favor of larger ones such as legs, back, and chest. For this six-week training program, though, you’ll emphasize biceps. While this smaller group is often treated like an afterthought, it’s also crucial for drawing attention to your overall physique.

Kaged Muscle® has designed this biceps program for experienced bodybuilders and other athletes who want to improve their arms development while continuing to build their larger muscle groups.

The first key to building bigger biceps is to choose exercises from varying angles while using differing tactics from one workout to the next; these include changing up your sets, reps, and exercises. To help you achieve this we’ve provided a list of 13 exercises (and variations on those) that will allow you to make every workout unique so your biceps growth doesn’t plateau. In addition, Kaged Muscle has also provided a full sample daily nutrition plan with variations you can include, as well as a full supplement regimen of Kaged Muscle products to help you accomplish your goal of increasing the size of your biceps.

For nutrition, you’ll eat for moderate growth, keeping protein high while emphasizing moderate carbohydrate and dietary fat intake. You won’t be trying to reduce body fat content during this program, but Kaged Muscle has designed this program to add biceps mass without gaining excess fat.

"Kaged Muscle® has designed this biceps program for experienced bodybuilders and other athletes who want to improve their arms development..."
HERE’S HOW THE PROGRAM WORKS:

KAGED MUSCLE® 6-WEEK BICEPS TRAINING PROGRAM

You’ll train your biceps twice a week, blasting them on Monday with a workout that targets them as your primary muscle group. Then you’ll hit them again on Thursday after you work your back, emphasizing back moves such as chin-ups that involve biceps. This will maximize muscle growth in your biceps without leading to overtraining.

HERE’S YOUR WEEKLY TRAINING SPLIT:

<table>
<thead>
<tr>
<th>Day</th>
<th>Workouts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Biceps, triceps and abs</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Legs</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Cardio and abs</td>
</tr>
<tr>
<td>Thursday</td>
<td>Back and biceps</td>
</tr>
<tr>
<td>Friday</td>
<td>Chest and shoulders</td>
</tr>
<tr>
<td>Saturday</td>
<td>Cardio and abs</td>
</tr>
<tr>
<td>Sunday</td>
<td>Rest</td>
</tr>
</tbody>
</table>

YOUR BICEPS TRAINING PROGRAM

For each biceps workout you’ll choose different biceps moves from our list of 13 exercises and the other variations we include. You’ll slate these moves into position based on how we’ve categorized them, choosing exercises you didn’t perform in your previous workout. On Mondays you’ll perform 15 biceps sets, but you’ll reduce volume to 12 sets on Thursdays to target growth for that body part without overtraining it.

NOTE: That virtually every biceps move fits into at least two categories, if not three or four. We’ve emphasized each move’s greatest benefits based on the workouts and categories we’ve established.
HERE’S MORE ABOUT THE CATEGORIES, INCLUDING A TIP FOR EACH:

MASS-BUILDER EXERCISES

These moves use heavy weights to stimulate maximal growth. They’re the best choice for your first exercise on both Mondays and Thursdays. You don’t need to make this very complicated. Choose a mass builder from our list for your first biceps exercise every workout. You can use these moves frequently.

EXAMPLES: Standing barbell curls, standing EZ-bar curls, standing alternating biceps curls

TIP Choose weights that allow you to perform virtually all reps without cheating, particularly for the first 2–3 weeks of your program. Emphasize using effort from your biceps rather than choosing heavy weights that force you to cheat or quit before performing all sets and reps.
BICEPS CATEGORY EXERCISES

SHOULDER-POSITIONER EXERCISES

Many biceps exercises require that you keep your upper arms at your sides, but it’s also important to include other shoulder angles to encourage different stresses on your biceps to maximize growth. Some of these moves require that you position your elbows behind your shoulder, while others require that you place them in front.

EXAMPLES: EZ-bar preacher curls, incline bench dumbbell curls, machine preacher curls.

TIP Perform a move from this category in every workout to target your biceps from different angles. While performing these moves, emphasize the stretch and contraction in the places in your biceps that feel different from other biceps exercises.
BICEPS CATEGORY EXERCISES

UNILATERAL EXERCISES

These moves require that you move your arms independently, whether in alternating fashion or at the same time. The benefit of these moves is that your stronger arm cannot help your weaker one. You should include a unilateral biceps exercise in nearly every workout.

EXAMPLES: Dumbbell hammer curls, one-arm dumbbell preacher curls, concentration dumbbell curls

TIP Focus on your working arm during each rep, emphasizing the element of your biceps growth you need most. While you can alternate arms, it’s also good to include moves where you perform all reps for one arm before the other as a variation.
BICEPS CATEGORY EXERCISES

CABLE EXERCISES

Cables provide constant tension, an advantage when trying to increase biceps detail and mass. You should include a cable move in nearly every biceps workout.

EXAMPLES: Low cable curls, overhead biceps cable curls, one-arm cable curls

TIP  Weight is less important than the contraction and stretch in each rep for cable moves for biceps; choose weights that allow for this, particularly emphasizing the stretch. It’s easy to overlook the negative of the rep, allowing the weight to return to the starting position without using biceps control.
BICEPS CATEGORY EXERCISES

DETAIL EXERCISES

These exercises help you perfect your biceps, whether that’s building the brachialis or emphasizing your biceps peak or split.

EXAMPLES: Hammer curls, overhead biceps cable curls, dumbbell concentration curls

TIP Emphasize the detail you’re trying to bring out for each of these moves, whether that’s the split at the top of the biceps or separation and detail along your inner or outer biceps. Use a mirror and your mind-muscle connection for guidance.
BICEPS CATEGORY EXERCISES

OUTER/INNER BICEPS EXERCISES

We’ve paired these together because developing the inner and outer sides of your biceps is as much about hand position as exercise selection. When you want to develop the outer sides of your biceps, you should choose a narrow grip; when you want to develop the inner sides of your biceps you should opt for a wider grip.

INNER EXAMPLES: Standing barbell curl (shoulder-width or wider grip), low cable curls (straight bar with shoulder-width or wider grip), standing alternating dumbbell curls (with a twist to the outside)

OUTER EXAMPLES: Standing EZ-bar curls, machine preacher curls, EZ-bar preacher curls (narrow grip)

TIP: Emphasize the contraction of the inner or outer portion of your biceps, depending on which is the target for that particular exercise.
BICEPS WORKOUTS

Here are two charts to provide examples for you to follow in constructing all of your biceps workouts on Mondays and Thursdays. Make substitutions of exercises from week to week based on our categories, described earlier and listed in the chart. Choose different exercises, angles, and handles from one workout to the next. Note that we haven’t added outer/inner moves to the chart, but keep that in mind as you select your mass-builder and detail exercises, trying to emphasize moves that will help you build both.

**TIP** Don’t think about how many reps or how much weight you used in a previous workout for a particular exercise. That is not a good gauge of biceps growth; it’s a measure of accommodation. Instead focus on working your biceps through the full range of motion for every rep.
**BICEPS WORKOUTS**

**MONDAY OVERVIEW:**

For your Monday workouts, you’ll perform all your biceps moves before triceps and abs. Choose weights that allow you to perform all reps with good form. For each Monday workout, you’ll choose a move from the four categories, making sure to vary your selections from the previous week’s biceps workouts. So, while the categories remain constant from week to week, the exercises should shift so that you’re constantly providing muscle confusion to stimulate maximal growth. You’ll perform 15 total sets for biceps on Mondays.

<table>
<thead>
<tr>
<th>BICEPS MOVES (CATEGORY)</th>
<th>EXAMPLE EXERCISE</th>
<th>SETS</th>
<th>REPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mass-builder exercise</td>
<td>Standing barbell curls</td>
<td>4</td>
<td>10,8,6,4</td>
</tr>
<tr>
<td>Shoulder positioner exercise</td>
<td>EZ-bar preacher curls</td>
<td>4</td>
<td>12,10,8,6</td>
</tr>
<tr>
<td>Unilateral exercise</td>
<td>Alternating dumbbell curls</td>
<td>4</td>
<td>10,10,8,6</td>
</tr>
<tr>
<td>Cable exercise</td>
<td>Low cable curls</td>
<td>3</td>
<td>15,12,10</td>
</tr>
</tbody>
</table>

*...the exercises should shift so that you’re constantly providing muscle confusion to stimulate maximal growth.*
BICEPS WORKOUTS

THURSDAY OVERVIEW:

For each Thursday workout, you'll begin with back, performing three moves for four sets for a total of 12 sets. Among these choose at least one back move that really works your biceps. Good choices include chin-ups (palms toward face), reverse grip bent-over rows, and dumbbell rows where you emphasize the stretch and contraction in your biceps as well as your back.

Next you’ll perform 12 total sets for biceps. Again, you’ll choose a move from the four categories in the following chart, making sure to vary your selections from the previous week’s biceps workouts. Note that the last category varies from your Monday workout, emphasizing detail over cables. These categories will remain constant on Thursdays, but your exercises should shift from week to week so that you’re constantly providing muscle confusion to stimulate maximal biceps growth.

<table>
<thead>
<tr>
<th>BICEPS MOVES (CATEGORY)</th>
<th>EXAMPLE EXERCISE</th>
<th>SETS</th>
<th>REPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mass-builder exercise</td>
<td>Standing EZ-bar curls</td>
<td>3</td>
<td>10,8,6</td>
</tr>
<tr>
<td>Shoulder positioner exercise</td>
<td>Incline bench dumbbell curls</td>
<td>3</td>
<td>10,8,6</td>
</tr>
<tr>
<td>Unilateral exercise</td>
<td>Hammer curls</td>
<td>3</td>
<td>10,10,10</td>
</tr>
<tr>
<td>Detail exercise</td>
<td>Overhead biceps curls</td>
<td>3</td>
<td>12,10,10</td>
</tr>
</tbody>
</table>
BICEPS EXERCISES

Here’s our list of 13 biceps exercises for your KAGED MUSCLE® 6-WEEK BICEPS TRAINING PROGRAM. Some of our exercises also include variations for different emphases. Mix and match these moves and variations based on our Monday and Thursday biceps training charts.

MAKE SURE TO SWITCH UP YOUR EXERCISES FROM ONE WORKOUT TO THE NEXT FOR MORE COMPLETE BICEPS DEVELOPMENT.
BICEPS EXERCISES

STANDING BARBELL CURLS

**Motion:** Grasp a barbell with a shoulder-width or wider grip while keeping your arms extended toward the floor. Hold a slight bend in your knees throughout. Curl the bar toward your chest, making sure your upper arms remain at your sides throughout. Lower the weight slowly, emphasizing a stretch in your biceps.

**Purpose:** This biceps move is one of the most basic mass builders for biceps, and it’s particularly beneficial for building the inner side of your biceps. Include it frequently in your biceps rotation.

**CATEGORIES:** Mass builder, inner biceps
BICEPS EXERCISES

STANDING EZ-BAR CURLS

Motion: Take hold of an EZ-curl bar with a grip that’s narrower than shoulder width with your palms turned a bit toward one another. Keep a break at your knees throughout the set, and rotate your shoulders back. Using only the power of your biceps, curl the weight up to your chest, emphasizing a contraction in your biceps. Then lower the weight slowly, feeling a stretch in your biceps.

Purpose: This primary muscle-building exercise works the outer biceps more than standing barbell curls. For best results, alternate it with standing barbell curls from one workout to the next.

CATEGORIES: Mass builder, outer biceps
BICEPS EXERCISES

EZ-BAR PREACHER CURLS

Motion: Holding an EZ-bar press the back of your upper arms firmly against the pad of a preacher curl bench. You can perform this move seated or standing, depending on the bench. Using the power of your biceps, curl the weight up toward your face. Lower the weight slowly, emphasizing the stretch. Keep your upper arms in contact with the pad throughout the set, and avoid moving your shoulders for additional leverage.

Purpose: This exercise encourages growth of your biceps at the attachment near your elbow, but emphasizing a full contraction at the top also stimulates muscle development at the top of the biceps near the shoulder.

CATEGORIES: Shoulder positioner, outer biceps
BICEPS EXERCISES

INCLINE BENCH DUMBBELL CURLS

Motion: Lie on an incline bench while holding a dumbbell in each hand, allowing your arms to straighten, stretching your biceps (and chest) before beginning the set. Your palms should face a bit inward as you begin the exercise. Lift the dumbbells, turning your palms out as they reach your shoulders. Emphasize the contraction in your biceps before slowly lowering the weight to accentuate the stretch. Hold your upper arms still throughout the set.

Purpose: This move forces you to hold your elbows behind your body throughout, providing a deep stretch at the top of the biceps from the beginning position, actuating growth from a different angle.

CATEGORIES: Shoulder positioner, unilateral
BICEPS EXERCISES

HAMMER CURLS

**Motion:** Hold a pair of dumbbells at your sides with your arms extended and your palms facing inward. With your upper arms tight at your sides curl up the dumbbells without allowing your upper arms to move, and then slowly lower the weights emphasizing a stretch. This move can be performed with both weights moving together or alternating.

**Purpose:** This move targets the brachialis, the muscle that lies beneath your biceps. By increasing size of your brachialis you’ll increase the overall size of your upper arms muscles and increase your biceps peak.

**CATEGORIES:** Detail, unilateral
BICEPS EXERCISES

DUMBBELL CONCENTRATION CURLS

**Motion:** Sit on a bench and hold a dumbbell in one hand. Bend over a bit so that the back of your upper arm is braced against the inside of your thigh. Use the power of your biceps to curl the weight up toward your face. Slowly extend the weight to its starting position.

**Purpose:** This move allows you to focus fully on one arm, performing all reps for one side before the other. It also helps bring out detail and the peaks of your biceps.

**CATEGORIES:** Unilateral, detail
BICEPS EXERCISES

STANDING ALTERNATING DUMBBELL CURLS

**Motion:** Stand holding a pair of dumbbells at your sides and extend your arms toward the floor with your palms facing inward. Keep your elbows at your sides through the set, and curl up one dumbbell while turning your hand palm up. At the top of the rep your palm should be near your face and turned slightly outward. Squeeze your biceps, and then slowly lower the weight back to your side. Perform a rep with the other arm and continue alternating until you’ve completed all reps.

**Purpose:** This unilateral move allows you to use heavy weights to build mass, and turning your palm outward at the top improves development on the insides of your biceps.

**CATEGORIES:** Unilateral, mass builder, inner biceps
OVERHEAD BICEPS CABLE CURLS

**Motion:** Place handles at the top of a two-cable apparatus, and choose a light-to-moderate weight for this exercise. With a comfortable stance and a break at the knees, curl the handles toward your shoulders using only the power of your biceps and moving only your lower arms. Emphasize the stretch and contraction in your biceps as though you’re performing an overhead biceps pose.

**Purpose:** This move allows you to target specific aspects of your biceps, making it a great finishing move. Use your mind-muscle connection mirror to visualize biceps growth.

**CATEGORIES:** Inner biceps, cable, detail
BICEPS EXERCISES

LOW CABLE CURLS

**Motion:** Stand in front of a cable pulley with a straight bar attached to the bottom of the apparatus. With a shoulder-width or wider grip begin to curl the weight, making sure to use the power of your biceps while keeping your upper arms from moving throughout. At the top of the move emphasize a squeeze at the inner sides of the biceps (if your hand position allows for this). Lower the weight with control, feeling a stretch in your biceps.

**Purpose:** This move is highly adaptable to your needs. You can also use a cambered handle, or you can perform this move unilaterally.

**CATEGORIES:** Cable move, inner biceps, detail
BICEPS EXERCISES

MACHINE PREACHER CURLS

Motion: Place your upper arms against the pad of a preacher curl machine and grasp the handles of the bar. You can use a Hammer Strength or other brand of equipment for this move. Curl the bar toward your shoulders, but don’t allow your upper arms to lift from the pad. Lower the weight, emphasizing a stretch, stopping just before full extension.

Purpose: This move provides a different feel from regular preacher curls, but it also hits your biceps in a similar way. You can also use this exercise as a burnout.

CATEGORIES: Shoulder positioner, outer biceps
BICEPS EXERCISES

ONE-ARM DUMBBELL PREACHER CURLS

**Motion:** Grasp a dumbbell in one hand; place the back of that upper arm against a preacher bench (or an incline bench at your desired height and angle). Stand with your weight-side somewhat closer to the bench with a slight break in your knees. Begin with the dumbbell near your shoulder and slowly lower the weight, feeling a biceps stretch. Stop just short of full extension and then raise the weight, squeezing your biceps at the top for a beat.

**Purpose:** This versatile move can be used to target the outer or inner sides of your biceps based on whether you curl to the outside or inside of your shoulder.

**Categories:** Unilateral, shoulder positioner, detail, inner/outer biceps
BICEPS EXERCISES

ONE-ARM LOW CABLE CURLS

Motion: For this exercise attach a handle to a low cable apparatus. You can stand or squat and place your upper arm against the inside of your thigh. Curl the weight emphasizing the contraction in your biceps. Then slowly lower the weight, feeling the stretch.

Purpose: This move provides constant tension on one arm, allowing you to emphasize a specific aspect of your biceps for increased detail.

CATEGORIES: Detail move, unilateral
BICEPS EXERCISES

SPIDER CURLS

Motion: This extreme shoulder-positioning move begins when you place your upper arms against a pad or apparatus that allows your arms to hang vertically while holding any form of weight (barbell, dumbbells, EZ-bar or plate).

Purpose: The first Mr. Olympia, Larry Scott, designed a bench for this move. It allows for a greater stretch in your biceps near your elbows while also emphasizing a greater contraction against gravity at the top of your biceps near your shoulders.

CATEGORIES: Shoulder positioner, detail
When your goal is to add mass to your biceps (or anywhere for that matter), you need to provide the quality nutrients that support muscle growth. But you don’t want to go over the top with total calorie consumption. After all, your biceps are a fairly small muscle group, and they’ll grow just as effectively without consuming every calorie you come across.
THE KAGED MUSCLE® SAMPLE NUTRITION PROGRAM FOR BICEPS GROWTH

Kaged Muscle® provides the rationale for what you should consume every day, and then we provide you with a sample daily meal plan. In addition, we’ve provided several options so you can get in a broader spectrum of nutrients throughout the week. Here are our nutrition recommendations for supporting biceps growth:

CONSUME ENOUGH CALORIES TO SUPPORT GROWTH

You’ll be training with intensity through this six-week program, particularly on your biceps days (Monday and Thursday), so you need to support muscle growth. If you’re losing bodyweight, then you likely aren’t consuming enough calories to maximize biceps growth. Over the course of this six-week program you should aim to gain about a pound a week. Of course, you won’t be adding six pounds to your biceps, but this modest gain in weight will help you maximize biceps growth without excessively increasing body fat.

TO-DO LIST: Consume about 20 calories for every pound of bodyweight each day. That means a 150-pound guy should get in about 3,000 calories every day. A 200-pounder should target 4,000 calories. Consume more or less than these recommendations based on your metabolism and goals, keeping in mind that you don’t want to gain more than about two pounds per week.
THE KAGED MUSCLE® SAMPLE NUTRITION PROGRAM FOR BICEPS GROWTH

GET IN PLENTY OF PROTEIN EVERY DAY

You should consume at least 40 percent of your calories from protein each day. Protein provides the raw materials for muscle growth. Protein consumption should be spread fairly evenly throughout the day to provide a steady stream of amino acids to support anabolism (muscle building) while fighting catabolism (muscle breakdown).

😄 TO-DO LIST: If you’re going to consume at least 40 percent of your calories from protein and your goal is to get in 3,000 calories per day, then you need about 1,200 calories from protein. Since each gram of protein contains 4 calories, you need to get in about 300 grams of protein each day. That’s simple enough to do with our nutrition and supplement recommendations, detailed below.
THE KAGED MUSCLE® SAMPLE NUTRITION PROGRAM FOR BICEPS GROWTH

KEEP YOUR CARBOHYDRATE INTAKE MODERATE

You should also consume about 40 percent of your daily calories from carbs every day. That means you should also consume about the same number of grams of carbs as protein because carbs have the same amount of calories per gram (4). Yet with carbs you need to be careful about which types you include at particular times of the day. Here Kaged Muscle explains these types of carbs and when you should consume them:

FAST-DIGESTING CARBS: These include sugar, processed flour, and honey. They spike insulin release, which you want to avoid most times of day because it encourages body fat storage. However, these carbs also support muscle building when consumed around your workouts. You can consume sugar before, during, and after your workouts.
SLOW-DIGESTING CARBS: These include yams, brown rice, quinoa, and oatmeal. These carb sources are great for supporting muscle growth without adding body fat. You should consume them most times of the day except before, during, and after workouts when they’ll slow insulin release due to their fiber content. You can also consume starchier carbs such as pasta, white rice, and potatoes when you’re in a muscle-growth phase.

FIBROUS CARBS: These include vegetables and fruits, and beans and lentils. You should strive to consume at least 30 grams of fiber every day. Foods such as broccoli, spinach, and black beans will help you reach this target.

➐ TO-DO LIST: Get in only about 25–50 grams of fast-digesting carbs before and after workouts. Rely on slow-digesting and fibrous carbs for the rest of your carbs consumption throughout the day. As with protein, a 150-pounder emphasizing biceps growth should get in about 300 grams of carbs per day, and about 75% of these should come from slow-digesting and fibrous carbs.
DON’T FEAR DIETARY FATS

Dietary fats support muscle growth when you’re training with intensity. You should emphasize both healthy and saturated fats in equal measures. The most important type of healthy fats to consume is Omega-3s. The best sources of these fats are fish such as salmon and sardines. Other good sources include avocados and olive oil, as well as walnuts. Saturated fats are found in meats and dairy, and they provide advantages for healthy individuals seeking to add muscle mass. Primarily, saturated fats provide the building blocks of important hormones such as testosterone.

줘 TO-DO LIST: You should strive to get in about 20 percent of your calories every day from dietary fats, split evenly between healthy and saturated forms. Consume them at all times of day except before and after workouts because they slow digestion and reduce insulin release. Again, this is an effect you want most of the time, but not around the timing of your weight training.
THE KAGED MUSCLE® SAMPLE NUTRITION PROGRAM FOR BICEPS GROWTH

GET YOUR FILL OF FLUIDS

It's crucial to consume plenty of water and other fluids when you're following an intense training program for muscle growth. Your workouts cause you to lose fluids through sweat, and you also lose additional fluids through increased metabolism (including while you sleep). To make sure you're providing your body with all the hydration and nutrients that come with this, follow our guidelines.

◎ TO-DO LIST: Consume at least eight eight-ounce glasses of water a day, and even more on workout days. Also emphasize no- and low-calorie beverages such as black tea, green tea, and coffee that provide fluids. Also supplement with Hydra-Charge®, described later, to help replace valuable electrolytes lost through sweating.
PUT IT ALL TOGETHER: SAMPLE DAILY MEAL PLAN

Here’s an example of what you should consume on a daily basis to support biceps and overall muscle growth.

NOTE: That we’ve provided a range you should consume on a daily basis. That’s because every bodybuilder has different caloric needs. Based on your weight and our description of your nutrient needs, what you should consume each day will fit into these parameters.
## SAMPLE MEAL PLAN

<table>
<thead>
<tr>
<th>FOOD</th>
<th>QTY/AMOUNT</th>
<th>FOOD</th>
<th>QTY/AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td>UPON RISING</td>
<td></td>
<td>PRE-WORKOUT</td>
<td></td>
</tr>
<tr>
<td>RE-KAGED®</td>
<td>1 scoop</td>
<td>Peach/orange</td>
<td>medium</td>
</tr>
<tr>
<td>BREAKFAST</td>
<td></td>
<td>Turkey breast</td>
<td>4-8 oz</td>
</tr>
<tr>
<td>Whole eggs</td>
<td>2-3</td>
<td>PRE-KAGED®</td>
<td>1 scoop</td>
</tr>
<tr>
<td>Egg whites</td>
<td>2-3</td>
<td>POST-WORKOUT</td>
<td></td>
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<tr>
<td>Lean breakfast meat (turkey bacon)</td>
<td>4-5 oz</td>
<td>RE-KAGED®</td>
<td>1 scoop</td>
</tr>
<tr>
<td>Whole-grain bread</td>
<td>1-2 slices</td>
<td>DINNER</td>
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</tr>
<tr>
<td>Banana</td>
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<td>Lean steak</td>
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<tr>
<td>MID-MORNING MEAL</td>
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<tr>
<td>KASEIN™</td>
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<td>Butter</td>
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<tr>
<td>Low-fat cheese</td>
<td>1-2 oz</td>
<td>Black beans</td>
<td>4-8 oz</td>
</tr>
<tr>
<td>Mixed green cheese salad</td>
<td>4-6 oz</td>
<td>Sliced avocado</td>
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<tr>
<td>Olive oil dressing</td>
<td>1-2 tsp</td>
<td>BEDTIME SNACK</td>
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<tr>
<td>LUNCH</td>
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<td>KASEIN™</td>
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<td>Chicken breast</td>
<td>8-12 oz</td>
<td>Low-fat deli meat</td>
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<tr>
<td>Brown rice</td>
<td>6-8 oz</td>
<td>Almonds</td>
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<tr>
<td>Broccoli</td>
<td>6-8 oz</td>
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</table>
THE KAGED MUSCLE® FOOD SWAP

Here’s a list of foods that fit each category mentioned before that you can substitute into your plan. This will help you add variety to your diet, helping you keep growing through differing food and the nutrients they contain. Seek to vary your daily meal plan throughout the week.

PROTEIN SOURCES:
- Lean beef (steak or hamburger)
- Whole eggs/egg whites
- Chicken breast and dark meat
- Turkey breast and dark meat
- Salmon and other fatty fish
- White fish
- Tuna
- Seafood (shrimp, crab, etc.)
- Lean pork
- Cheese
- Lean breakfast meat
- Lamb

FAST-DIGESTING CARBS
- Dextrose
- Table sugar
- Honey
- Molasses

SLOW-DIGESTING AND STARCHY CARBS
- Yams and sweet potatoes
- Brown and white rice
- Oatmeal
- Buckwheat pancakes
- White and red potatoes
- Pasta
- Whole-grain bread
- Beans

HIGH-FIBER CARBS
- Lentils
- Quinoa and other old-world grains

FAT SOURCES
- Egg yolks
- Avocados
- Olive and canola oil
- Sardines
- Fatty fish (salmon and others)
- Olives
- Nuts
- Seeds
- Fiber supplements (psyllium, glucomannan, red yeast rice)
ON THE KAGED MUSCLE® PROGRAM YOU CAN ALSO INCLUDE TWO CHEAT MEALS A WEEK.

They should be your evening meal, and you should place one on Sunday night. This will help fuel your biceps workout on Monday. Keep calories in this meal to no more than about 1,000, but you can take in your favorites so long as you also consume plenty of protein. You can consume your other cheat meal based on your social life, allowing you to lead a normal life. After all, you aren’t on a diet; you’re on a muscle-growth program.

In the future, Kaged Muscle will provide a program that will help you strip off body fat while maintaining muscle mass. This will help bring out all the details you’ve created in your biceps that you can’t yet see. You’ll have to cut calories, but this will allow you to see the results of all your hard work on the KAGED MUSCLE® 6 WEEKS TO MASSIVE ARMS program.
THE KAGED MUSCLE® BICEPS SAMPLE SUPPLEMENTATION PROGRAM

You can’t get biceps just by taking supplements, but you can dramatically increase the size of your biceps when you follow a smart supplement protocol coupled with a solid training and nutrition regimen. Supplements help drive the growth processes you’ve set in motion through training and nutrition.

The following pages contain more info about how specific Kaged Muscle® products will help your muscle-building process.
KAGED MUSCLE® SUPPLEMENTS

PRE-KAGED®

What it is: A powerful pre-workout that contains multiple patented ingredients.

What it contains: Pure L-citrulline, fermented BCAAs, fermented leucine, CarnoSyn® (beta-alanine), BetaPower® (betaine), Patented Creatine HCl™, tender coconut water powder, PurCaf® organic caffeine, L-tyrosine, and taurine.

What it does: PRE-KAGED energizes you and shocks your muscles into anabolic overdrive to help you crush personal records and workout plateaus. It relies on quality, researched, premium and patented ingredients to boost nitric oxide production, and increase energy and intensity to push through challenging workouts. This allows you to train harder for longer for greater support in muscle growth, strength, and athletic performance.

Timing and dosing: Mix one scoop of PRE-KAGED® with about 16–20 ounces of water and drink it about 30–45 minutes before workouts. Shake your cup lightly before each sip and drink entirely within 25 minutes.
KAGED MUSCLE® SUPPLEMENTS

IN-KAGED®

What it is: A unique intra-workout, multi-ingredient supplement.

What it contains: Fermented BCAAs, pure L-citrulline, CarnoSyn® (beta-alanine), tender coconut water powder, taurine, tyrosine, and PurCaf® organic caffeine.

What it does: IN-KAGED helps supply your body with the fuel it craves while enhancing focus so you can train at your full capacity during workouts. It picks up where PRE-KAGED® leaves off to feed your body with nutrients that fuel muscle protein synthesis, support nitric oxide production, boost energy, and encourage focus at this crucial time.*

Timing and dosing: Mix one scoop in 16–20 ounces of water and consume during exercise on training days, or throughout the day on non-training days.

LEARN MORE
KAGED MUSCLE® SUPPLEMENTS

RE-KAGED®

What it is: A post-workout recovery protein complex supplement that digests quickly to support serious muscle growth and recovery.*

What it contains: Micropure® whey protein isolate (25 g) including essential amino acids (12.3 g), conditionally essential amino acids (12 g), and non-essential amino acids; ProHydrolase®, fermented Glutamine; Creatine HCl; betaine as BetaPower®.

What it does: The whey protein isolate in RE-KAGED is the gold standard for muscle growth support. In addition to the quality amino acids this fast-digesting protein contains, it has ProHydrolase, which breaks down protein molecules into small units (including di- and tri-peptides), which are then readily shuttled into the body where they can get to work immediately helping to build and repair muscle tissue. BetaPower® supports the synthesis of protein for improved muscle strength and power. Together with Creatine HCl and fermented Glutamine, RE-KAGED provides comprehensive recovery support.

Timing and dosing: Mix one scoop of RE-KAGED® in 8–12 ounces of water. Take one serving upon rising and one serving immediately post workout. For maximum results consume two servings per day on training days. For non-training days consume one serving upon rising and the other mid-day between meals.
KAGED MUSCLE® SUPPLEMENTS

MICROPURE® WHEY PROTEIN ISOLATE

What it is: A premium whey protein isolate that digests quickly to support serious muscle growth and recovery.*

What it contains: Micropure whey protein isolate and ProHydrolase®.

What it does: Each scoop of Micropure Whey Protein Isolate contains 25 grams of pure isolate—the highest and most bioavailable protein available. The ultra-premium fast-digesting whey protein isolate has an advanced, full-spectrum amino acid profile that includes EAAs, BCAAs, CAAs, and NAAs, to support increases in protein synthesis for serious muscle gains. It also has ProHydrolase, which breaks down protein molecules (hydrolyzes) in real-time, upon consumption, rather than during the manufacturing process using hard chemicals. The result is an unrivaled whey protein isolate formula, scientifically designed to help boost digestion and absorption of its powerful muscle-building amino acids.*

Timing and dosing: Mix one scoop of Micropure® Whey Protein Isolate in 5–8 ounces of water. Consume before or after workouts, or anytime you desire a high-quality, high-protein drink.
KAGED MUSCLE® SUPPLEMENTS

HYDRA-CHARGE®

What it is: The custom flavoring system of Hydra-Charge is a delicious way to deliver electrolytes to support hydration before, during, and after intense training.*

What it contains: 5 electrolytes, SPECTRA™—a unique combination of extracts from fruits, vegetables, and herbs; taurine, and coconut water powder.

What it does: Hydra-Charge® contains five essential electrolytes, including calcium, phosphorus, magnesium, sodium, and potassium, to support hydration and is combined with SPRECTRA, which features a blend of fruit, vegetable, and herbal extracts for antioxidant support.*

Timing and dosing: As an electrolyte supplement, mix 1 scoop in 10–14 ounces of water along with your favorite Kaged Muscle® supplements.
KAGED MUSCLE® SUPPLEMENTS

KASEIN™

What it is: Kasein is an ultra-premium, cold-processed micellar casein isolate, which digests slowly to supply amino acids to support muscle building.

What it contains: Casein protein and coconut oil powder.

What it does: Casein is the slow-digesting fraction of milk protein. When you consume casein, it digests over several hours providing a steady flow of amino acids that protect your muscles to protect against catabolism (breakdown). It's a great supplement to take before bedtime or at other times when you won't have an opportunity to consume protein for several hours. Kaged Muscle Kasein utilizes a unique filtration method that helps preserve micellar casein's structure as it is found in milk.

Timing and dosing: Mix one heaping scoop of Kasein in 8–12 ounces of cold water. Take one serving before bed or during prolonged periods when you aren’t able to consume other forms of protein. For best results consume two servings of Kasein™ a day.
KAGED MUSCLE® SUPPLEMENTS

CREACLEAR™

What it is: A scientifically advanced creatine formula that delivers ultra-soluble creatine monohydrate.

What it contains: Creatine monohydrate, patent-pending protein-based microencapsulation technology.

What it does: Creatine is a naturally occurring amino acid compound that fuels muscle strength and power. CreaClear utilizes a propriety crosslinked protein matrix to protect the creatine against ingestion, proteolysis, and lipolysis in the stomach and intestine. This enhances the creatine's stability and makes for an ultra-soluble creatine that mixes clear, unlike regular creatine monohydrate.

Timing and dosing: For the first 4–5 days (loading phase) mix one scoop of CreaClear™ with 8–10 ounces of water or fruit juice and shake vigorously for 20–30 seconds. Consume morning, midday, evening, and before bed. After day 5 (maintenance phase) mix one scoop with 8–10 ounces of water or fruit juice and take two times daily.
KAGED MUSCLE® SAMPLE DAILY SUPPLEMENTATION SCHEDULE

Here are Kaged Muscle®'s sample recommendations for how you can put together your daily supplement regimen. Keep in mind that you may want to begin with lower doses of some products, especially if you are caffeine sensitive. Always read the entire label and follow the directions for use. You can slowly increase your doses to the recommended levels as you accommodate to the effects of individual products.

<table>
<thead>
<tr>
<th>TIME OF DAY</th>
<th>SUPPLEMENT</th>
<th>DOSE</th>
<th>COMMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Upon waking</td>
<td>Micropure® Whey Protein Isolate</td>
<td>1 scoop</td>
<td>Each dose provides 28 g of fast-digesting protein upon rising</td>
</tr>
<tr>
<td>Mid-morning snack</td>
<td>Kasein™</td>
<td>1 scoop</td>
<td>Provides a slow release of amino acids to help prevent muscle breakdown until your next meal</td>
</tr>
<tr>
<td>30-45 mins. before workouts</td>
<td>PRE-KAGED®</td>
<td>1 scoop</td>
<td>Boost energy and focus for optimal workouts</td>
</tr>
<tr>
<td>Pre-workout</td>
<td>CreaClear™</td>
<td>1 scoop</td>
<td>You can add this product to PRE-KAGED before workouts or take on its own</td>
</tr>
<tr>
<td>Pre-, intra-, or post-workout</td>
<td>Hydra-Charge®</td>
<td>Up to 1 scoop</td>
<td>You can add this product to PRE-KAGED before workouts or take on its own</td>
</tr>
<tr>
<td>During workouts</td>
<td>IN-KAGED®</td>
<td>1 scoop</td>
<td>Designed to continue to support intense workouts when taken during workouts after PRE-KAGED</td>
</tr>
<tr>
<td>After workouts</td>
<td>RE-KAGED®</td>
<td>1 scoop</td>
<td>Each dose provides 28 g of fast-digesting quality whey protein to speed recovery after workouts and build muscle tissue</td>
</tr>
<tr>
<td>After workouts</td>
<td>CreaClear™</td>
<td>1 scoop</td>
<td>You can add this product to your RE-KAGED shake after workouts for improved strength and growth</td>
</tr>
<tr>
<td>Before bedtime</td>
<td>Kasein™</td>
<td>1 scoop</td>
<td>Provides a slow release of amino acids to help prevent muscle breakdown while you sleep</td>
</tr>
</tbody>
</table>
GET GROWING ON THE KAGED MUSCLE® 6-WEEK BICEPS TRAINING AND NUTRITION PROGRAM

As we mentioned earlier, you should aim to add about a pound of bodyweight each week on this program. If you’re adding less than this, then bump up portion sizes from our sample daily meal plan, particularly emphasizing slow-digesting carbs and healthy fats.

On the other hand, if you’re adding more than two pounds per week, then cut back on calorie consumption. Under these circumstances, reduce fast- and slow-digesting carbs while choosing protein foods that are lower in dietary fats (e.g., leaner cuts of meat and egg whites vs. whole eggs).

Follow this program for six weeks, and then cycle onto a different plan where you emphasize growth of another body part or you reduce calories to focus on body fat loss. You can follow this program again after you’ve followed another training protocol for at least six weeks.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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