

LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

GET THE MOST FROM CARB CYCLING



Altering your diet is a great strategy for building the body of your dreams. Carbohydrates are a major component of your diet, and changing the frequency of your carb consumption can result in great benefits.

Carb cycling involves planned increases and decreases in your carbohydrate intake as well as your calorie intake.

DIFFERENT CYCLE DAYS

The best way to properly cycle is by altering the amount of carbs you eat in a given day. There are three different types of days you'll have during your cycle. For the results to be effective, alternate between at least two of these three options.

- ✓ During high-carb days, you'll want to consume 2 or 2.5 grams of carbs per pound of body weight. These will also be your highest calorie days.
- ✓ You should consume about 0.5 grams of carbohydrates per pound of your body weight during low-carb days.
- ✓ During no-carb days you should eat less than 30 grams of carbohydrates.

These days will be your lowest calorie consumption days.

You'll need to be meticulous with your meal planning compliance in order for this strategy to work. It's mentally and physically tough, but the results are worth it.

WHO BENEFITS FROM CARB CYCLING?

- ✓ Carb cycling helps you build muscle.
- ✓ Carb cycling helps you lose weight.
- ✓ Carb cycling helps you maintain your body composition.
- ✗ Although it helps you lose weight faster, it will not help you lose fat faster.

LET'S TAKE A DEEPER LOOK AT HOW YOU CAN USE CARB CYCLING FOR YOUR UNIQUE BODY GOALS

01. Building Muscle

If you eat plenty of food and go to the gym regularly, you can **build muscle with carb cycling**. When you're trying to bulk up, you want to eat large amounts of protein and carbohydrates. Stick to mostly high-carb days with minimal low-carb days to avoid being counterproductive.

02. Lose Weight

A great plan for losing weight with carb cycling looks something like this. The first three days of the week should be low-carb days. Next, have one high-carb day, followed by three more low-carb days. You should only have **one high-carb day in each week** while trying to lose weight.

03. Maintain Body Composition

If you're happy with the way your body looks, you'll want to develop a diet plan that maintains your current composition. To do this, you'll want to have **three low-carb days and two high-carb days** during each five-day cycle. You don't have to put them in any specific order, as long as you stay on a 3:2 ratio.

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