

# LEGION®

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

## THE SECRET TO BODY RECOMPOSITION: LOSE FAT & GAIN MUSCLE



# YOU SHOULD BE GETTING MORE FOR YOUR SUPPLEMENT MONEY.

## THE PHYSIOLOGY OF MUSCLE GROWTH

For muscles to grow larger over time, muscle protein synthesis rates must exceed protein degradation rates. This is why, as a natural weightlifter, you must get stronger if you want to get bigger.

Your primary goal in your weightlifting should be adding weight to the bar over time.

- ✓ Protein degradation refers to the breakdown of proteins into their smaller components, peptides, and amino acids.
- ✓ Protein synthesis refers to the creation of new proteins from their smaller components.

## THE PHYSIOLOGY OF FAT LOSS

- ✓ The first, and most fundamental, of these mechanics is energy balance.
- ✓ The absolute immutable truth about meaningful weight loss is this: you must burn more energy than you consume.
- ✓ The goal isn't to lose weight, though. It's to lose fat and not muscle. And when that's the goal, a calorie is not a calorie. When you're restricting your calories to lose fat, you must ensure you're eating enough protein.
- ✓ To keep it simple, my general recommendation is eating 1 to 1.2 grams of protein per pound of body weight when restricting calories for fat loss.

## HOW TO BUILD MUSCLE AND LOSE FAT AT THE SAME TIME

### 01. Maintain a Moderate Calorie Deficit

You want to use a moderate (20 to 25%) calorie deficit, which allows you to lose fat rapidly while preserving muscle.

A simple formula that results in 20% daily calorie deficit if you're exercising 4-6 hours per week:

- ✓ 1.2 grams of protein per pound of body weight, per day
- ✓ 1 gram of carbohydrate per pound of body weight, per day
- ✓ 0.2 grams of fat per pound of body weight, per day

### 02. Emphasize Heavy Compound Weightlifting

You should be squatting, deadlifting, military and bench-pressing every week, and you should be doing most of your work with 80 to 85% of your 1RM (4 to 6 or 5 to 7 rep range).

### 03. If You're Going to Do Cardio, Do HIIT

Do 1 to 2 hours of high-intensity interval training (HIIT) per week. HIIT sessions burn more fat and preserve muscle and strength better than longer, low-intensity cardio sessions.

### 04. Get Enough Sleep

A week of reduced sleep is enough to reduce testosterone, growth hormone, and insulin-like growth factor-I (IGF-1) levels, which all play important roles in building and maintaining lean mass and burning fat.

Sleep needs are variable but the National Sleep Foundation recommends that adults get 7 to 9 hours per night to avoid the repercussions of sleep deprivation.

### 05. Take the Right Supplements

You should look to achieve three things with your supplementation:

- ✓ You want to maintain training intensity, which helps you maintain muscle and strength.

- ✓ You want to improve your body's ability to preserve and build muscle and strength.
- ✓ You want to lose fat as quickly as possible, which minimizes the amount of time you need to spend in a calorie deficit.

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