

# LEGION®

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

## THE EASIEST WAY TO MAINTAIN YOUR MUSCLE AND STRENGTH



What if I told you that you could maintain and even gain muscle and strength in as little as 45 to 60 minutes per week? And what if I wasn't trying to pitch you on a PDF, pill, or powder?

And even if you're not looking for a "lazy" way to stay ripped, this information can benefit you, too.

Because while you might be going great guns right now...

- ✓ Those early morning workouts 3 to 5 times per week, every week.
- ✓ Those sacrifices you're making to stick to your meal plans.
- ✓ Those bruising late-night cardio sessions.

Let's not forget that life has a way of throwing us curve balls. You know...that new job might mean no more bright-and-early workouts. That family obligation might impose and replace the time you'd normally spend meal prepping.

Travel happens. Holidays happen. And sometimes we just lose motivation and skid for no good reason (oh, to be human).

Well, that's why you need to read this article.

It's going to give you a simple plan to maintain those pretty biceps and razor-sharp abs even when your routine goes to hell.

## **THE EASIEST WAY TO MAINTAIN MUSCLE AND STRENGTH**

Here's one of the great things about being in great shape: It's much easier to stay fit than it is to get there in the first place.

While training 3 to 6 times per week is best for making gains, you don't have to work nearly as hard to protect your gains. Once you've "paid your dues," you can maintain your muscle and strength in as little as 45 to 60 minutes of exercise per week.

Yes, you read that right.

And if you know what you're doing with your diet, you can stay lean and mean as well.

Now, if you're like me and have spent at least 4 to 6 hours in the gym every week for many years, you're not going to maintain your size and strength on one set per

week. We're going to have to do a bit more, which is why the workouts I prescribe in this article are short...but not that short.

Before we get to that, though, I want to talk about one other important aspect to consider when talking muscle maintenance: volume.

Volume is simply the number of sets that you perform in a given period (workout, week, whatever).

Many people think training frequency is the key to muscle gain—that training a muscle group more frequently is always better—but research shows otherwise.

Specifically, studies show that when training volume is matched, frequency doesn't influence results nearly as much as some "gurus" would have you believe.

That is, the total amount of work you make your muscles do every week (total reps) is more important than how frequently you work them.

For example, a study conducted by researchers from Laurentian University separated twenty-nine untrained people into two groups:

Group 1: 9 exercises, 10 reps, 3 sets, 2 times per week.

Group 2: 9 exercises, 10 reps, 2 sets, 3 times per week.

And by the end of the study, both groups increased muscle mass and strength with no significant differences.

Now, when you do the math, you'll notice that while group 1 did one fewer workout each week than group 2, they both did the same amount of sets (54).

That's why both groups got the same results from their workout programs.

And that's why the workouts I'm going to prescribe below use compound exercises to train a lot of muscle groups (and call for heavy loads) and call for a moderate number of sets and reps.

## **THE BEST WORKOUTS FOR MAINTAINING MUSCLE & STRENGTH**

When you can only train once or twice per week, you can't afford to waste time or energy. That means that ghosting through a few machine circuits to get a pump just won't cut it.

## If You Can Train Two Times Per Week...

My favorite setup for two training sessions per week is an “upper/lower” split, which is exactly what it sounds like: You focus on your upper body in one workout and your lower body in the other.

### Upper Body

#### **Incline Barbell Bench Press**

Warm up and 3 sets of 4 to 6 reps (~85% of 1RM)

#### **Barbell Row**

3 sets of 4 to 6 reps

#### **Incline Dumbbell Bench Press**

3 sets of 8 to 10 reps

#### **One-Arm Dumbbell Row**

3 sets of 8 to 10 reps

### Lower Body

#### **Barbell Back Squat**

Warm up and 3 sets of 4 to 6 reps

#### **Deadlift**

Warm up and 3 sets of 4 to 6 reps

#### **Leg Press**

2 sets of 8 to 10 reps

#### **Lying Hamstring Curl**

2 sets of 8 to 10 reps

A few points to keep in mind while you’re doing these workouts...

If you’re short on time, you can drop the last exercises.

Rest 3 minutes in between your 4-to-6-rep sets and 2 minutes in between your 8-to-10-rep sets.

You don't have to push to absolute muscle failure every set, but you need to come close. We should be training to failure, but not so much that we risk injury or overtrain. Exactly how much that amounts to will vary from person to person.

Once you hit the top of your rep range for one set, you move up in weight.

### If You Can Train Once Per Week...

If you can only get to the barbell once per week, you have two workouts to choose from:

#### **1-Hour Full Body Workout**

##### **Barbell Back Squat**

Warm up and 2 sets of 4 to 6 reps

##### **Deadlift**

Warm up and 2 sets of 4 to 6 reps

##### **Incline Barbell Bench Press**

Warm up and 2 sets of 4 to 6 reps

##### **Barbell Row**

2 sets of 8 to 10 reps

##### **Close-Grip Bench Press**

2 sets of 8 to 10 reps

#### **40-Minute Full Body Workout**

##### **Barbell Back Squat**

Warm up and 3 sets of 4 to 6 reps

##### **Deadlift**

Warm up and 3 sets of 4 to 6 reps

##### **Incline Barbell Bench Press**

Warm up and 3 sets of 4 to 6 reps

## WHAT ABOUT DIET?

As the goal here is maintaining (or improving) our body composition, how we eat is of great importance. Fortunately, this part is much simpler than you probably think. You don't have to follow a convoluted diet or swear off carbs or do anything but this: Create a meal plan that hits your caloric and macronutritional needs and eat plenty of nutritious foods.

## WHAT ABOUT CARDIO?

The only reason to do a lot of cardio is to improve your cardiovascular endurance.

If you don't really care about that, though, and you just want to build muscle, lose fat, and look as good as possible, then you want to take a different approach.

The reality is if your goal is to look and feel great, then doing more cardio—and exercise in general—isn't always better.

And that's why my position on cardio is this: You should do as much cardio as it takes to achieve your goals and no more, and it shouldn't be so much that it impairs your strength training, recovery, or health.

## WHAT ABOUT SUPPLEMENTS?

I saved this for last because, quite frankly, it's far less important than proper diet and training. You see, supplements don't build great physiques—dedication to proper training and nutrition does.

So, while workout supplements don't play a vital role in building muscle and losing fat, and many are a complete waste of money...the right ones can help.

For the purpose of this article, let's just quickly review the supplements that are going to help you get the most out of your "muscle maintenance workouts."

### Creatine

Supplementation with creatine helps...

- ✓ Build muscle and improve strength
- ✓ Improve anaerobic endurance

- ✓ Reduce muscle damage and soreness

If you have healthy kidneys, I highly recommend that you supplement with creatine. It's safe, cheap, and effective. In terms of specific products, I use my own, of course, which is called RECHARGE.

RECHARGE is 100% naturally sweetened and flavored and each serving contains:

- ✓ 5 grams of creatine monohydrate
- ✓ 2100 milligrams of L-carnitine L-tartrate
- ✓ 10.8 milligrams of corosolic acid

This gives you the proven strength, size, and recovery benefits of creatine monohydrate plus the muscle repair and insulin sensitivity benefits of L-carnitine L-tartrate and corosolic acid.

So, if you want to gain muscle and strength and recover from your workouts faster, then you want to add RECHARGE to your supplement stack.

## Whey Isolate Protein Powder

You don't need protein supplements to gain muscle, but, considering how much protein you need to eat every day to maximize muscle growth, getting all your protein from whole food can be impractical.

If you're looking for a high-quality, healthy, and tasty whey isolate, WHEY+ is hard to beat.

- ✓ It's 100% whey isolate, which means every serving is almost pure protein, with little to no carbohydrates and fat.
- ✓ It's made from exceptionally high-quality milk from small dairy farms in Ireland.
- ✓ It's created using cold microfiltration and ultrafiltration technologies to produce 100% intact, undenatured protein.
- ✓ It tastes delicious and mixes great.



- ✓ It's naturally sweetened and flavored.
- ✓ It contains no artificial food dyes or other junk additives or fillers.
- ✓ It contains no soy protein, gluten, GMOs, MSG, or hormones.

The bottom line is this: If you want a clean, all-natural, delicious tasting whey protein isolate that's naturally sweetened and flavored and free of chemicals, GMOs, and hormones, then you're going to love WHEY+.

## Pre-Workout Drink

There's no question that a pre-workout supplement can get you fired up to get to work in the gym. There are downsides and potential risks, however.

The reality is it's very hard to find a pre-workout supplement that's light on stimulants but heavy on natural, safe, performance-enhancing ingredients like beta-alanine, betaine, and citrulline. And that's why I made my own pre-workout supplement. It's called PULSE and it contains 6 of the most effective performance-enhancing ingredients available:

- |                      |              |
|----------------------|--------------|
| ✓ Caffeine.          | ✓ Betaine.   |
| ✓ Beta-Alanine.      | ✓ Ornithine. |
| ✓ Citrulline Malate. | ✓ Theanine.  |

And what you won't find in PULSE is equally special:

- ✓ No artificial sweeteners or flavors.
- ✓ No artificial food dyes.
- ✓ No unnecessary fillers, carbohydrate powders, or junk ingredients.

So, if you want a pre-workout supplement that boosts strength, endurance, focus, and mood without any nasty side effects—jitters, nausea, post-workout crash—then you want to try PULSE.

It sucks when you have to work out less than you'd like to.

The good news, though, is it doesn't mean your physique and performance have to go to seed.



If you can spend an hour or two per week picking up heavy things and putting them down, and if you can keep your calories and macros in check, you can dramatically cut back on your time in the gym without any dramatic changes in your strength and body composition.

And even if, heaven forbid, you can't train at all for an extended period of time, you'll have muscle memory on your side when you're able to get back in the saddle.

Real science. Real supplements. Real results.  
Get the results you want when you shop our line of bodybuilding,  
pre-workout and weight loss stacks and supplements.

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