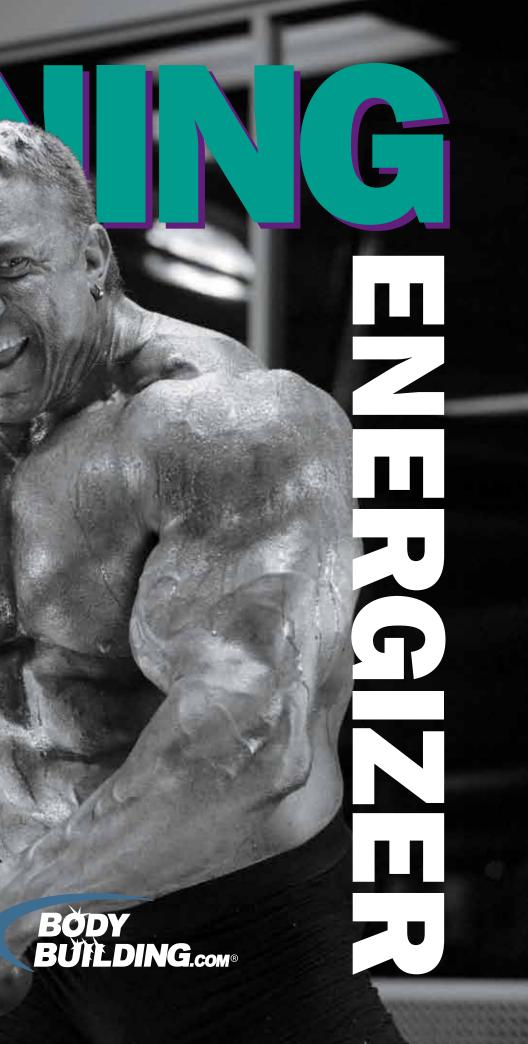
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Find out how you can instantly ncrease power, strength, stamina and fat loss – every time you set foot in the gym!

ow would you like to instantly jack up your bench by over 20% the next time you set foot in the gym? That would be incredible, wouldn't it? Just think about it. If you're benching 200 pounds right now, you'd be up to over 240 in a heartbeat! We all go to the gym to get stronger, pack on muscle and shed fat, but if you don't continue to push your intensity, your results will

undoubtedly suffer. On the other hand, just think about how powerful and ripped you could get if you had the ultimate workout every time you stepped into the gym! Read on to find out how you can take your workouts to a whole new level of intensity while you shatter your personal best lifts in record time!





dose of Red Zone, you'll experience an increase in power, stamina and of course fat burning!

Training for Size, **Power and Cuts**

When you train for size, power and cuts, you must lift heavy weights with white-hot intensity! If you're not training all-out, you'll never make any noticeable gains in muscle size or strength, and you'll certainly never get ripped. Intense, heavy weight training tears up muscle fibers and signals your body to release its two most powerful anabolic hormones, testosterone and growth hormone (GH). These physiological effects trigger your muscle cells to increase protein synthesis, which allows you to build muscle faster than you could imagine! On top of that, intense weight training cranks your metabolism into high gear, which allows you to burn fat fast!

Enter the Red Zone

The optimal training intensity for size, power and cuts requires you to push yourself past the burn and into what's called the "red zone." When you push it to the extreme and past the point



of that burning pain, then you know you've entered the red zone. This is where the greatest hormonal response to training occurs and the highest degree of muscle fiber damage takes place, and this allows you to build muscle and burn fat faster than ever! The problem with training in the red zone is that your muscles burn like a blowtorch, which forces most people to give up and stop. The other problem is that after your first

When you push it to the extreme and past the point of that burning pain, then you know vou've entered the red zone.

Take Red Zone capsules before you train and you'll be in for the workout of your life!



The Red Zone Training Program

Chest & Abs	Sets
1. Flat Bench Press	5
2. Incline Dumbbell Press	5
3. Pec Deck or Cable Crossovers	5
4. Weighted Incline Sit-Ups	5
5. Weighted Ball Crunches	5
Back & Biceps	Sets
1. Bent-Over Barbell Rows	5
2. Lat Pulldowns	5
3. One-Arm Dumbbell Rows	5
4. Standing Barbell Curls	5
5. Alternating Dumbbell Curls	5
Legs & Calves	Sets
1. Barbell Squats	5
2. Stiff-Legged Deadlifts	5
3. Dumbbell Lunges	5
4. Standing Calf Raises	5
5. Seated Calf Raises	5
Shoulders & Triceps	Sets
1. Seated Dumbbell Shoulder Press	5
2. Lateral Dumbbell Raises	5
3. Dumbbell Shrugs	5
4. Close-Grip Bench Press	5
5. Skull Crushers	5
tes:	
Train to complete muscular failure on every set! Training Split: 2 days on, 1 day off. For the Power Program, rest 90 seconds between each set For the Fat-Burning Program, rest only 45 seconds betwee	

few sets, lactic acid begins to shut down the nerves supplying your muscles, which will immediately halt your strength dead in its tracks!

The Red Zone Training Program

The Red Zone Training Program is designed to have you train at a whole new level of intensity like nothing you've ever experienced! However, be warned that the Red Zone Training Program is only for experienced lifters and not to be followed by beginners. When you train in the red

The Red Zone Training Program is designed to have you train at a whole new level of intensity

zone, you're pushing your body to its absolute limits, and by doing so, you'll be able to increase power, muscle growth and fat loss in record time!

D	0-1-	
Reps	Sets	Reps
5	3	20
5	3	20
5	3	20
5	3	20
5	3	20
Reps	Sets	Reps
5	3	20
5	3	20
5	3	20
5	3	20
5	3	20
Reps	Sets	Reps
5	3	20
5	3	20
5	3	20
5	3	20
5	3	20
Reps	Sets	Reps
5	3	20
5	3	20
5	3	20
5	3	20
5	3	20



With its cutting-edge ingredients and clinically proven formula, Red Zone is unlike anything you've ever tried.



Gains in the Red Zone

In order to take your intensity to a whole new level and truly realize the ultimate workout, you need to use the newest preworkout supplement to hit GNC and Popeye's stores – Red Zone. After your very first dose of Red Zone, you'll experience an increase in power, stamina and, of course, fat burning!

In a clinical trial, athletes who took a key ingredient found in Red Zone increased power by 21.1%.

ADVERTISEMENT

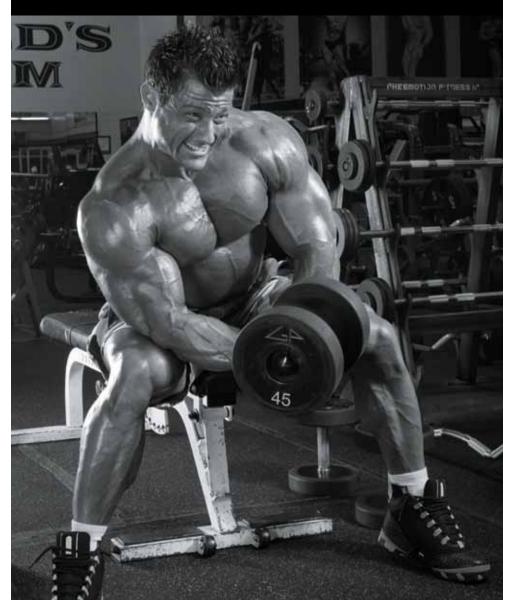
With their commitment to creating science-backed products like Red Zone, it's no surprise you can find Ultimate Nutrition products in over 100 countries.

From the Lab

Red Zone is engineered by Ultimate Nutrition, the true innovators in sports nutrition. With their commitment to creating high-quality, thoroughly researched products, it's no surprise you can find Ultimate Nutrition supplements in over 100 countries worldwide! With its cutting-edge ingredients and clinically proven formula, new Red Zone is another incredible creation.

Power & Fat Loss Backed by Science In a randomized, double-blind,

"I'm a huge supplement user and I take Red Zone to increase power, density and cuts. One dose before a workout will make you a believer in this incredible product." Tony Breznik, Bodybuilding Champion

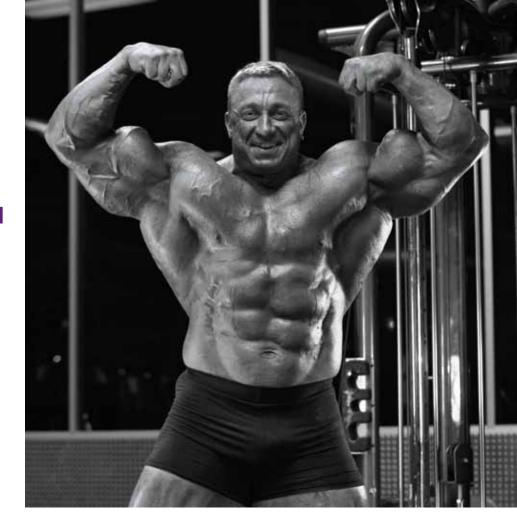


By using Red Zone before every workout, you'll be able to lift more weight, delay fatigue and burn fat faster!

placebo-controlled clinical trial, athletes who took a key ingredient found in Red Zone increased power by 21.1%. But the formula doesn't just stop there. Red Zone is made up of three unique complexes - one for power, one for fatigue delay and one for calorie burning. The Fatigue Delay Complex is powered by Beta-Alanine and Co-Enzyme Q10. The Calorie Burning Complex is made up of eight powerful thermogenic compounds engineered to help you quickly shed fat while you blast through your workouts! By simply using Red Zone before every workout, you'll be able to lift more weight, delay fatigue and burn fat faster! What more could you ask for?

Get Strong & Ripped

Now that you understand the importance of training in the red zone, and you have the tools to make it happen, it's time to enter the red zone. Just remember to take Red Zone before you train, and get ready for the ultimate fat-burning workout of your life!



The Scie

Power Enhancing (• Increases Power



Fatigue Delay Com • Increases Stamin • Increases Stamin

Calorie Burning Co • Increases Therm

The Science behind Red Zone

ifects	Mechanisms of Action
Complex r	 Clinically proven to increase the circulat- ing concentrations of hemoglobin, the pro- tein that transports oxygen in the body.
	 Increases the oxygenation of muscle cells in the body, which plays a fundamental role in the production of energy and force from muscle cells.
	() B
nplex ina	 Increases intramuscular carnosine levels, which can increase the fatigue-buffering capacity of a muscle by up to 20%!
	• Significantly delays muscle fatigue and failure, and considerably improves muscular stamina.
omplex nogenesis	 Increases the release of norepinephrine, one of the body's most potent fat-burning hormones.
	• Triggers the mobilization and oxidation of fat at the cellular level through beta- receptor stimulation.