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THE ENERGY BLUEPRINT

DIFFERENT TYPES OF TRAINING CHANGES THE PERCENTAGE OF FIBERS AVAILABLE FOR EACH OF THE THREE ENERGY SYSTEMS. THERE ARE 4 DIFFERENT FIBER TYPES. FAST TWITCH 2B, FAST TWITCH 2A , HYBRID 2A / 1 AND AEROBIC 1.

ANEROBIC STRENGTH TRAINING MOVES THE PERCENTAGE TOWARDS THE 2 B FIBER, PROGRESSING TOWARDS AEROBIC TRAINING WHICH MOVES THE PERCENTAGE TOWARDS THE TYPE 1 FIBER.

WITHIN THE FIRST TWO SECONDS, YOU CAN PRODUCE APPROX. $122 + 17 \times 2 = 156$ UNITS OF ENERGY.

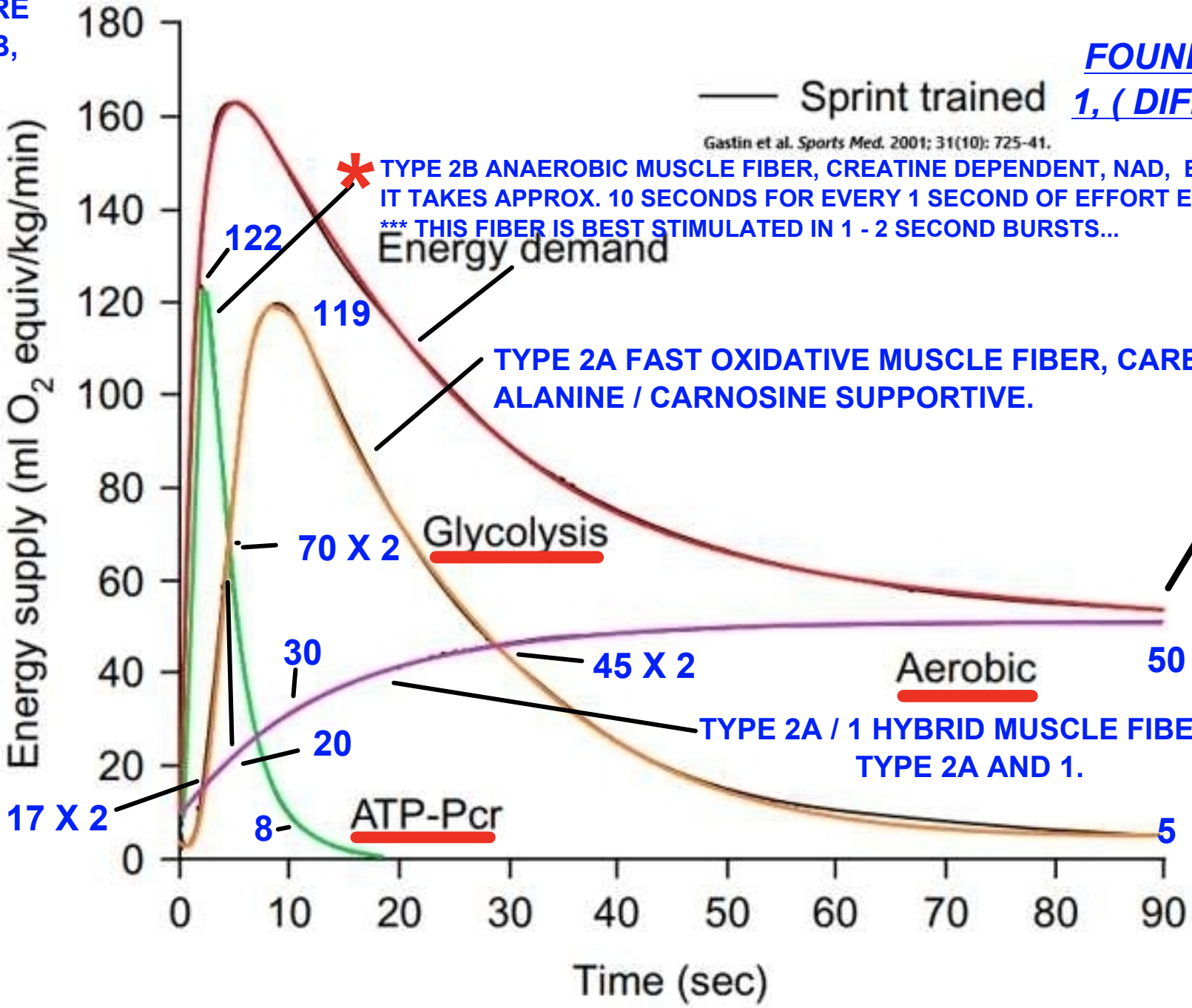
WITHIN 5 SECONDS YOU CAN PRODUCE APPROX. $70 \times 2 + 20 + 160$ UNITS OF ENERGY. WITHIN 10 SECONDS YOU CAN PRODUCE APPROX. $8 + 30 + 119 = 157$ UNITS OF ENERGY. AT THE 30 SEC.

MARK YOUR ENERGY HAS BEEN DIMINISHED TO ABOUT 90 AND AT THE 90 SECOND MARK, 55. FROM 10 SECONDS TO 30 SECONDS, THERE IS AN 17×2 APPROX. 2% DECLINE IN STRENGTH PER SECOND.

THE FIRST 10 SECONDS IS YOUR GOLDEN TIME FOR STRENGTH, TARGETING MYOFIBRILLAR HYPERPLASIA AND HYPERTROPHY. THIS IS APPROX. THE 1-5 REP ZONE, 2-10 WHEN ALTERNATING, LEFT TO RIGHT.

THE FOLLOWING CHART DISPLAYS THE PHOSPHAGEN ENERGY SYSTEM, OTHERWISE KNOWN AS THE ADENOSINE TRIPHOSPHATE / CREATINE PHOSPHATE SYSTEM, OR ATP / CP SYSTEM , THE GLYCOLYTIC SYSTEM AND THE AEROBIC SYSTEM, OUTLINING THE BENEFIT OF CREATINE LOADING UPON STENGTH CURVE 1, CARBOHYDRATE LOADING ON STRENGTH CURVE 2 AND THE IMPORTANCE OF ENDURANCE STRENGTH TRAINING TO MAXIMIZE MITOCHONDRIAL STRENGTH CURVE 3. EACH FIBER TYPE HAS ITS OWN ENERGY PATHWAY. THE GOAL IS TO ELEVATE AND EXTEND THESE ENERGY PATHWAYS FOR GREATER COMBINED OUTPUT AND MUSCULAR STIMULATION. LOAD ALL NUTRIENTS INDICATED.

FOUNDATIONAL BODYBUILDING EPISODE NUMBER 1, (DIFFERENT FIBER TYPES / ENERGY PATHWAYS),



TYPE 1 AEROBIC MUSCLE FIBER, MITOCHONDRIA. SUPPORTED BY CARBOHYDRATES, FATTY ACIDS, CREATINE, CO Q 10, PQQ, NAD, UROLITHIN A., L - CARNITINE, BETA ALANINE / CARNOSINE. (NOTE : BETA ALANINE COMBINES WITH HISTIDINE IN THE BODY TO FORM CARNOSINE. BETA ALANINE IS A DIFFERENT AMINO ACID THAN L ALANINE.

FROM 30 SECONDS ON YOU ARE TARGETING THE HYBRID AND INTO THE AEROBIC ZONE WITH APPROXIMATELY 13 PLUS REPS. CAPILLARY PERFUSION, MITOCHONDRIAL PROLIFERATION AND EFFICIENCY ALONG WITH ENDURANCE FIBER HYPERTROPHY.

FROM 11 SECONDS TO 30 SECONDS YOU ARE TARGETING A BLEND OF MYOFIBRILLAR HYPERTROPHY AND SARCOPLASMIC HYPERTROPHY. THIS IS THE USUAL 6 - 12 REP ZONE.