

How To Integrate Musashi Products into a Structured Weights Program

By Strength and Conditioning team of the St Kilda Saints

When looking at the use of supplements in relation to weight training, there are 3 Key variables to consider:

- Goals
- Products
- Timing
- What are you seeking to achieve?
- Which products/ingredients are going to complement the specific training regime?
- How best to utilize products to achieve desired result

By looking at each of these, it will allow you to determine the most efficient supplement regime based on your specific requirements.



GOALS:

There are many physiological & performance variables that may be improved via specific weight training programs and as such, the supplements used will vary depending on whether the athlete is seeking to maximize;

- Muscle hypertrophy (muscle growth)
- Muscle endurance (ability to work for longer periods of time)
- Muscular strength (ability to generate high force)
- Muscular power (ability to generate rapid force)
- Lactate Tolerance (ability to clear lactate from the body)
- Fat Loss (reducing body fat levels to improve body composition)
- Aerobic/Anaerobic Conditioning (General or specific physical preparation)

PRODUCTS:

Of course, we may wish to achieve several of the goals at once, and therefore, a range of Musashi products may be of assistance. In order to determine which product(s) to use, first establish a monthly budget as this will allow you to work within a defined limit. A common error that many people make with supplementation is the erratic and non-consistent application of a supplement routine. Changing from one to another every week, never allowing themselves time to evaluate the effects can be quite self-defeating.

I am a firm believer that you should start with 'General' products and move towards more 'Specific' supplementation as your awareness increases of the impact that different products and ingredients have on your body.



Eg. <u>GENERAL</u>	EVD, Bulk, Hybrid 92, N-Force ² , P-30	Protein Powders & Drink
↓	Reactivate, Elevator, Regenerator	Pre/During/Post Workout Powders
↓	Nourish, Create, Arouse	Amino Acid Blends
↓	L- Glutamine, Creatine, Beta-Alanine	Specific Amino Acids

SPECIFIC

TIMING:

Significant time and money has been invested into researching how best to use supplements to gain maximum effect per dose. More and more, it appears timing is a critical factor in the equation. Musashi has taken this a step further and is now manipulating fat, carbohydrate and protein types/ratios in order to provide a spectrum of absorption rates aimed at ensuring nutrient delivery when insulin levels are peaking (to ensure maximum uptake). Fortunately, Musashi products contain specific instructions on how they can best be used following years of research and feedback from professional sporting teams and athletes.

Below is an example of a supplement regime the St Kilda forwards may use to gain muscle whilst minimizing fat gain, setup around weight training:

2 hrs Pre-Workout:	1 x Serve Hybrid 92 powder
30min Pre-Workout:	1 x Serve ReActivate
During Workout:	1 x Serve Elevator
Immediately Post Workout:	1 x Serve ReGenerator
30min Post Workout	1 x Serve Hybrid 92 powder



This example will provide the body with a steady stream of amino acids pre-during-post workout whilst also minimizing excessive calorie intake.

You should now understand the key considerations when determining how best to integrate Musashi products into your weight training program. For further information including detailed product specifications & example supplement regimes visit the Musashi website - www.musashi.com

