

## Last Call For M.A.S.S. – Bonus Tips

TRAINING TIPS
<p><b>Chest</b></p> <p>Use proper form to isolate your chest. Apply what is called "scapular retraction." This is done by rolling your shoulders down and back into the bench. Stick your chest out and tense your pectorals. Lower the weight so that it is just touching your chest at nipple height before pressing the weight back up again.</p> <p>When bench pressing, keep the bar directly over your wrists and elbows. Building big pecs is all about lifting as heavy as you safely can – and that means generating force. You can generate far more force with your elbows in a tucked position than in a position where your elbows are drifting back or out.</p>
<p><b>Traps</b></p> <p>Don't sacrifice form for weight you can't handle. While going heavy is the key to building big traps, using more weight than you can use for a full range of motion can slow your progress.</p> <p>While doing shrugs, ensure you follow a full range of motion with each rep. At the bottom end of the exercise, droop your shoulders down as far as possible. At the top, try to picture your shoulders touching your ears.</p>
<p><b>Biceps</b></p> <p>Use a straight bar instead of an "EZ -curl" bar for curls. Using a straight bar positions your hands at the point of contraction to allow more stimulation in the inner heads of your biceps. This is where the bulk of the muscle is, so stimulating it the inner heads more will result in bigger bi's.</p> <p>Attack your biceps from all angles. Only this can help you build full, muscle-bellied biceps that will make them look like they're going to pop off your arms when you flex them!</p>

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TRAINING TIPS
<p><b>Delts</b></p> <p>Start your delt workout with an exercise that targets your weakest deltoid muscle. For example, if your weak link is your posterior (rear) deltoid, perform bent-over lateral raises first in your workout. This way, you can put the most effort into your weakest area and make the most progress.</p>
<p><b>Back</b></p> <p>Try performing seated rows with the rope attachment instead of the traditional V-bar handle. Using the rope attachment allows you to bring your elbows further back and fully contract all the muscles in your upper back.</p> <p>Use straps to pack on the mass! Not only do they take the strain off your forearms, but they also let you stack the weights and focus on the muscle and not on the weight slipping out of your hands.</p>
<p><b>Triceps</b></p> <p>Remember, the triceps make up more of your arms than the biceps. That means you can give them more of a workout in the gym because there's more of them – three heads, specifically.</p>
<p><b>SUPPLEMENT TIP</b></p> <p>To help you get the most out of your workout, ensure you take one serving of CELL-TECH™ immediately after. Try this great <b>CELL-TECH Slushy</b> recipe!</p> <p><b>Ingredients:</b> 2 scoops of your favorite CELL-TECH flavor, 6 oz. water, 2 cups ice cubes</p> <p><b>Directions:</b> Blend all ingredients until a slushy substance is formed. This recipe is ideal first thing in the morning or immediately after training.</p> <p><b>Nutritional Facts:</b>            Calories: 300.0            Protein: 0.0 g            Carbohydrates: 75.0 g            Fat: 0.0 g</p>