

MAG-10® Pulse Fast

36-Hour Physique Transformation Breakthrough

by Tim Patterson

The Basics

1) First Step — Stop eating by 9:00 pm the night prior to the MAG-10 Pulse Fast, and consume nothing but water until the next morning when you drink your first pulse.

2) The Pulse Fast Period — From 7:00 am until 9:00 pm (14 hours), consume only MAG-10 pulses, water between pulses, and Alpha-GPC. After 9:00 pm, consume nothing but water until awaking the next morning when you'll resume eating your usual diet.

Hopefully, you'll be following a good dietary strategy. If not, find one that best fits your goals, and begin moving that direction.

3) Number of Pulse Fasts Per Week — One or two pulse fasts per week is all that's required. If you choose to do two, make sure there's at least one day in-between. We've found the two best days of the week are Mondays and Thursdays.

Pulsing

Don't get hung up on precise timing. Just follow these simple rules and you'll get the maximum benefits from a MAG-10® Pulse Fast:

1) Timing — Make sure there is at least one hour and no more than three hours between pulses. The only exception to this rule is peri-workout timing (see below).

2) Workout Period — When working out, you want to take full advantage of the enhanced physiologic state induced from training. This is when your body is sucking nutrients right into muscle and it's why we recommend pulsing three times around the workout:

- immediately prior to training
- mid workout
- immediately after training

If you want to really enhance effects and take ANACONDA, simply add two scoops to the mixture when preparing Bottle 2.

3) Pulses Per Day — As a general rule, pulse a minimum of 8 times on non-workout days and 10 times on workout days.

Expectations

Think Carryover Effect

MAG-10® Pulse Fasts are designed not to simply dump fat off the body, but to do something much more powerful -- to jumpstart your body into easy-gainer mode, and to eventually keep it there.

So don't fixate so much on what happens the day of the pulse fast, but instead, notice what occurs over a three-day period. In other words, as long as you stay active, and follow a good dietary strategy, there's a powerful carryover effect that lasts for several days.

As soon as the effects taper, or shortly thereafter, hit another pulse fast. Typically, this means you'll be on a pulse fast once or twice per week.

The Day of the Pulse Fast

The day you pulse fast, you will lose 2 or 3 pounds of weight (and as much as 4 or 5 pounds), coming mostly from fat and water. But the real benefit from thermo-anabolic metabolism occurs in the two days after the pulse fast, when your body is extra sensitive to building muscle and burning fat.

The Few Days After

Coming off a pulse fast the body is primed to suck nutrients into muscle *and* to not store body fat. So take full advantage of this enhanced physiology by following effective dietary and training strategies, and really load up on the peri-workout nutrients.

This is especially true for the first day after the pulse fast, where you'll get a profound rebound effect. To really take advantage of the effect, you'll want to increase training volume, and if you can do it, train twice that day. You'll also want to use extra ANACONDA, MAG-10, and Workout Fuel each time you train.

Long-term

Again, the overall goal is to get your body as muscular and lean as possible, and keep it there! All you have to do is get your body's physiology to *cooperate*.

The MAG-10 Pulse Fast produces the thermo-anabolic physiology that begins to morph the body into the muscular-lean look of a bodybuilder.

All you have to do is, allow it to happen.

MAG-10® Pulse Fast Schedule and Drink Preparation

Schedule

MAG-10® BOTTLE 1 (2,000 ml)	
7 am	Pulse
8 am	GPC
9 am	Pulse
10 am	
11 am	Pulse
12 pm	
1 pm	Pulse
2 pm	
3 pm	Pulse
MAG-10® BOTTLE 2 (2,000 ml)	
4 pm	GPC
	Workout
5 pm	3 Pulses (Pre, Mid, Post)
6 pm	
7 pm	Pulse
8 pm	
9 pm	Pulse

Drink Preparation

BOTTLE 1	AMOUNT
MAG-10®	5 scoops
Power Drive®	4 scoops
Cold water	2,000 ml
Pulse (dose)	400 ml
Pulses / bottle	5
BOTTLE 2	AMOUNT
MAG-10®	5 scoops
ANACONDA®	2 scoops (optional)
Cold water	2,000 ml
Pulse (dose)	400 ml
Pulses / bottle	5