



WEEKLY MUSCLE BUILDING EXPERT *Interview Series*



Ryan Magin Interviews Rick Gray Topic: [Hyper Gain Creatine](#)

RM: All right, guys, once again, thanks a lot for getting on the call. I want to do a big special thanks to Rick Gray of "AS Research". Tonight we're going to be talking about supplements and basically their role in building muscle the quickest way possible. So, we'll jump right in.

This is Ryan Magin with the CriticalBench.com [Weekly Muscle Building Expert Interview Series](#).

Rick, if you want to start us off, give us your background. How did you start training and how did it lead to you developing probably some of the most kick-ass supplements that I've seen or used to date. So, give us your kind of background story.

RG: Thanks. I appreciate that. Well, you're pretty young, Ryan, so I don't know if you remember this or not, but years ago in the comic books there was an ad, a Charles Atlas ad. Have you ever seen that old ad?

RM: What did it look like? I don't believe I have.

RG: I bet you've heard about it. It was this skinny kid and he got sand kicked in his face on the beach. He was there with his girlfriend and this big, bulky guy, they made fun of him because he was skinny. Anyway, it was Charles Atlas's ad to sell this bodybuilding training course.

Well, I was kind of like that 90 pound weakling, basically. I was a skinny kid. I had some health problems, too, when I was younger. And so, I was short and skinny. Kids picked on me. So, finally, when I got to high school, I saw a lot of my friends go into football and start bulking-up there when they were working out. So, I decided, you know, I'm kind of tired of being skinny and picked-on. I want to put some muscles on.

I saw that Charles Atlas ad. I think I started buying the muscle mags and then... Anyway, that's what got me into it. I was a typical 90 pound weakling. I struggled for years not making any gains, reading all the muscle magazines and just getting more and more and more confused. And really, I've probably... I made some modest progress, but I probably was working out for close to ten years before I really kind of just eliminated all the stuff that didn't work and finally got all my ducks in a row, and finally was able to gain some decent muscle.

That's my background. I've never been a competitive bodybuilder, never had the desire to do that. It never appealed to me, never made any sense to me, why I'd want to traipse around on stage in my underwear and have men judge my physique. You know? That just wasn't... That was never my thing.

RM: To each their own, right?

RG: Yeah, exactly. I'm just, like I said, I'm a skinny kid who wanted to bulk up, who did everything wrong and made all the mistakes for years and years and years. And then finally, you know, figured this stuff out, put on some decent muscle and got stronger. And that's my background, really.

RM: When you say, "I figured it out," what was like that big turning point for you? Was there something you just kind of figured out, kind of like the light bulb went off in your head? Or, was it more just an accumulation of just trial and error over years?

RG: Well, when I first started working out, the football coach let me train in the weight room. It was just supposed to be for the football players. They had the full line of nautilus machines. They had some free weights, too, like a squat rack. So, he got me

doing some squats, but they put me on the whole nautilus routine, which back then, it was just one set per machine.

You know, when anybody first starts working out, you can make progress on just about anything. So, I made some okay progress. I never got really big, but I put on a little bit of size, got in better shape. And then, I was just like stuck at a plateau for years.

I just kept getting confused by the magazines. See, I would read what the guys in the contests were doing, the champs in the magazines. That doesn't apply to most of us. That probably doesn't apply to 90% of us. Those guys are like genetic superiors. They could grow using any kind of program. So, first of all, they have that advantage that most of us don't.

Second of all, since about the '60s, even late '50s, all those guys competing have taken anabolic drugs. They've taken anabolic steroids and it's gotten more ridiculous since the '60s. The dosages were pretty modest back then. But, pretty much, the '70s through today, they're just walking... They're genetic superiors, they're genetic freaks, first of all, gain muscle by combing their hair. And then, they just are walking pharmaceuticals...pharmacies, taking all these pharmaceuticals.

So, when they publish their routines, that's just not going to work for most of us. I kept following those routines and jumping from routine to routine. Finally, I figured it out, what works for the majority of people through just constantly never giving up, even though, like I said, basically a decade of no progress. Continuing to read and research and talking to other people.

I mean, did you kind of want the formula I stumbled upon that has worked well for me and a whole bunch of other people, too?

RM: Yeah, definitely. I'm sure my listeners and everybody would love that.

RG: Well, a lot of guys who are skinny or underweight or...not necessarily skinny, but have trouble putting on muscle, they drastically underestimate how important food and diet is in this whole equation. That's a big problem.

A second problem is most people are probably training wrong for muscle gains. They're probably doing too much volume, training too frequently, too many exercises. Finally what I figured out worked for a majority of guys in my situation was a whole body routine just with the basic exercises. Not screwing around with side-laterals with 15 pounds dumbbells or concentration curls with a 20 pound dumbbell. Doing the big exercises that involve a lot of muscle groups, which are squats, deadlifts, bench

presses, dips, chin-ups or pull-ups, bent over rows. Basically working really hard on those, using big weights for not a whole lot of sets.

I actually ran across a book...the name's going to escape me now. But anyway, it detailed a program that had been highly successful for putting on muscle really fast. I mean, from like the early days. I'm talking like the 1920's through the 1950's, before all these anabolic drugs became so popular.

This was the routine that all the Strongmen and the bodybuilders of that time used to gain weight. I was reading about these guys who gained 15 pounds of muscle in a couple of months, 20 pounds, 30 pounds was not even unusual. One guy, Perry Rader, gained 100 pounds of muscle in a year using this routine and he later went on to publish Iron Man magazine. It's changed considerably.

He passed away years ago, but back when he was still alive and publishing it, it was like a hardcore magazine for...all the articles were for us regular guys. It didn't have pictures of all the steroid freaks, publishing their 4,000 sets of body part routines.

So, I figure, well, hey, this sounds like the way to go. That's when I really started making gains is when I started doing those types of routines with the big basic exercises. The one that was most successful and I've seen this work since then for hundreds of people, I personally have seen it work for hundreds of people, it's called "Squats 'n Milk Routine" because that's what the...

RM: Yeah, the super squats program.

RG: Exactly. If you want me to, I can give the run-down on it real quickly.

RM: Yeah, I think a lot of people... I mean, I'm not going to assume that they have, but I know I actually personally have done this program and it works, but it's brutal. But, yeah, go ahead and tell us what that entails so people know.

RG: Yeah, it is brutal. To this day it's the hardest program I've ever done. I was just thinking about it the other day and just almost literally started getting a knot in my stomach just evening thinking about it.

Basically, the main exercise you're just going to bust your but on is the squat. You're going to do it in a really unique way. You're going to take a weight you could normally do about ten reps with, in other words, if you were to take a weight off a squat rack and do ten regular squats right in a row, boom, boom, boom, eight, nine, ten. The 10th one, you're about spent. You really couldn't do another rep. You're going to use that weight and do 20 reps with it.

But, here's how you're going to do those 20 reps. Instead of doing them one after the other, you're going to take three to five deep breaths, squat down, on the way up blow your breath out, take another three to five deep breaths. So, your reps are almost kind of like rest/pause thing. You're actually kind of resting between each rep. After you get past about the 10th rep, you might even be taking more than five breaths. You'll be taking as many breaths as you need to recuperate, to get that next rep in.

I'm probably not doing it justice, explaining it quickly, but it is just so incredibly brutal. Your entire body will just be spent after you do that. That's really the main part of the program. Squat work pretty much every muscle in your body. If you work real hard at squats like this, they cause indirect growth because they cause overall body anabolism, which is growth.

It triggers a variety of hormones, growth hormone, IGF, insulin-like growth factors, testosterone release. So, working real hard on that... You only have to do one set of that, by the way, because I really don't think any human could do more than that if you do them correctly.

The rest of the routine is just some basic exercises like bench press and bent over rows and chins and stuff like that, done in a more normal fashion, somewhere like around three sets of eight to ten or something like that.

That was the routine that I really finally made some progress on. I literally gained 25 pounds in eight weeks, the majority of that muscle...it wasn't all muscle. I bulked up a little bit. But, I'd say out of the 25 pounds, maybe I put on about four or five pounds of fat, which at that point, I really didn't care about it. I was just happy to have gained so much muscle and strength so quickly.

RM: I know one thing, when I was doing that, I mean, the milk part plays a huge role, too. I mean, I believe they tell you to start with ½ gallon and increase it as you go. And basically, you're drinking a gallon of milk a day as well. So, it's not something you want to stay on for a long time. But, I've talked to people that have done it and I mean, I personally have done it. I gave up on it after I think I got to like 235 for 20. I mean, I was just like, all right. I'm done. This is way too hard.

RG: I hear you on that. Yeah, it is really, really difficult. Now, some people... These were the old timers that used this. Some of the old timers recommended three times a week, some of the recommended two times a week. I actually found out my body just couldn't take more than twice a week. So, I only did this routine twice a week. I just had to think to myself, wow, this is extremely hard. The hardest thing physically I've ever done in my life. But, I only have to do it a couple of days a week and I only have to do it for eight weeks.

RM: Yep.

RG: There's a diet that goes with it. You're eating a lot of high quality food and you're literally drinking a gallon of milk a day, because you need all those extra calories and fats and everything in the milk. But, like you said, this is not a long-term program. This is just something you want to do for a quick boost.

RM: Yeah, if you feel like you're stuck at a plateau, you can definitely hit-up the 20 reps squats and it will shatter all your previous records, for sure.

RG: Yeah, even advanced guys. I've had advanced guys like just practically just tell me I'm full of crap and laugh at me when I suggested it. A few of them actually had the guts to try it. I'm talking big guys, like 5'8", 210 pounds, doing a four/five day split routine, all this complicated stuff. You know, who were just plateaued-out. And even they went to this, doing it just a couple or three times a week. They all made great progress.

RM: Awesome. If anybody listening want to know more about that, I believe IronMine.com sells...it's called Super Squats. I think...was it Randall Strossen that wrote that?

RG: Yep, that's it. It slipped my mind. It was Randall Strossen. Super Squats was the book. He does a much better job of explaining it and it explains it a lot more eloquently, too.

RM: Yeah, I mean, there's a lot more to it than just that. I think it's like \$12 or something. So, I mean, it's not like a big spend for anybody that's interested in purchasing that, too.

RG: I highly recommend that book, not only will it give you all the details about it, it just...it will get you really excited about it. The way he writes about it, he'll give you all the proof as to why this works and all the famous old time bodybuilders from the past who used it. He'll detail-out the results from it, too. That's a great book.

RM: Well, Rick, we have about 50 or so questions sent in for you. A lot of them were kind of similar. So, I picked out about ten of them and we're going to go through a couple. Elaborate as much as you want on them, but we'll kind of keep it... I'm sure one of these questions you can probably talk for a whole other hour on, with as much knowledge as you have in this.

RG: All right, cool. Since you've got a bunch of them, I'll try to keep it as brief as possible so we can hit as many as possible.

RM: Awesome. The first one we'll start off with is, "Does creatine really have lots of long-term effects and it is really worth taking?"

RG: Like long term positive muscle building effects, or are they referring to side effects?

RM: I'm assuming more positive gains and things of that nature. Would we ever plateau on creatine?

RG: Creatine has been around for, at least in bodybuilding circles for, geez, a while now. I don't know exactly how many years, at least 20. It's probably one of the most studied supplement out there for building muscle strength and athletic performance.

So, if they're referring to side effects, there's very few. I mean, traditional, good ole fashioned creatine monohydrate, a lot of guys, if they start taking too much at first have experienced the old Montezuma's revenge from it. They've experienced diarrhea. I think that's the most common side effect, and it's very temporary. The way to avoid that, just start with a little bit and build up.

Long term effects... Well, basically what it does, it helps volumize the muscle cells, drawing some extra water into the muscle cells. It helps increase strength. So, when you're training on it, you get better pumps... I'm simplifying this, Ryan, and making it real quick. You get better pumps, you build strength. The strength increase helps you use more weight, which helps you build muscle.

So, the temporary effects like the volumizing of the muscle, the more water in the muscle cell, that you can start feeling after a few weeks... You know, yeah, when you go off, that goes away. But, that's just a temporary effect. That's not the specific reason you're taking it. You're taking it to get the strength building and muscle volumizing effects of it to help you build more muscle long term.

So, once you build some muscle and you go off, as long as you keep training you're not going to necessarily lose that muscle. Does that kind of cover it?

RM: For the most part, yeah. What do you believe the differences are between like... I know yours is a kre-alkalyn. Can you explain the difference between monohydrate and kre-alkalyn in kind of layman's terms for people there?

RG: Sure. Creatine monohydrate is still a good supplement. But, over the years we've discovered that there's a lot of disadvantages to creatine monohydrate. You have to take really big dosages of this stuff to get the results. I'm talking like...initially, for the first five to seven days, like 30 to 40 grams of that stuff. In almost everybody, that causes diarrhea. After the initial loading phase you still need to take really high dosages, like 15 to 20 grams a day to get the desired effects from it.

The reasons for some of the side effects, the stomach discomfort and diarrhea is because usually in those dosages it's not all absorbed in the body. It actually converts to a substance called creatinine. Creatinine is actually toxic to the body. Not like toxic like it will kill you, but it's toxic to the body in that it causes those side effects we talked about, like the stomach problems and the diarrhea. Some people actually get real bloated looking on creatine monohydrate.

What they figured out is that when it converts to creatinine, it's because of the pH. I'm going to make this real simple, because this is actually really technical. In certain pH levels, pH measures the difference between acid and alkaline environments. Creatine monohydrate converts to creatinine. So, you may be taking 20, 30 grams of that stuff, but just a small percentage is actually getting processed and not converted to the toxic creatinine, and giving you the muscle building benefits you want.

So, it's still a good product, creatine monohydrate, as long as you're willing to take it in those massive dosages and suffer those side effects, which would kind of make you maybe not like socially acceptable. You're out to eat with your family or your girlfriend and you're having to run to the bathroom every 15 minutes.

RM: That would not be good.

RG: No, no, not at all. The reason that we put the kre-alkalyn in our product... Kre-alkalyn is a patented product. It's got an official US patent, not everybody can use that product in their formulations and sell it. You actually have to have a special license to use it. It's because they've basically taken the problem of creatinine conversion, creatine monohydrate converting to creatinine and they've completely done-away with it. It's because it's about...it uses a special buffering process that adjusts the pH to the exact level it needs to be so the creatine does not convert into the toxic creatinine.

RM: Wow. That's some deep stuff there. I mean, it's crazy how scientific the stuff can really get.

RG: Yeah, it really is. I tried to give brief overview. If I were to give you all the scientific stuff behind it, your head would be spinning and everybody would go to sleep, including me, probably.

But, yeah, the kre-alkalyn, there's been numerous double-blind clinical studies, which is the highest level of study. Double-blind means there's two groups. Neither group nor the doctors doing the study know which group is taking what. So, they've compared the effects of regular creatine monohydrate to kre-alkalyn and yeah, all kinds of very interesting scientific data behind it, and all kinds of scientific evidence and double-blind studies and stuff.

That's why I put kre-alkalyn in our formula as opposed to creatine monohydrate, or even any of the other forms of creatine, which still...they all have the problem of converting to the toxic creatinine and you not getting enough of the actual product to your muscle cells where you need it. Kre-alkalyn is the only one that does not have that problem.

RM: Cool. I've got quite a few questions about more like supplement timing. I assume that they want to know what is the best time to take creatine? What's the best time to take your protein? There are so many myths out there. It's like, you have to have it after your workout within 15 minutes, or you have to fit sip some in the middle of your workout. What's your experience? What do you recommend people do and what have you grown to see the most scientifically effective on people?

RG: Yeah. I've been around and around about this. I've heard everything. "Take your creatine before a workout," or, "No, that's not right. Take it immediately after," all that other stuff. Here's what I've found about any kind of creatine product. It doesn't really matter when you take it: before or after your workout, when you first wake up in the morning, before you go to bed. It doesn't matter.

What matters is that you take it consistently every day, because it takes a while for it to build-up in your body and the effects to build-up. So, it's just most important to take it consistently.

RM: What about the protein thing? Should people drink it before, during, after, right before bed? What have you seen to really help people get the most out of their protein?

RG: Well, I think one of the most important times to take it is after your workout. I suggest some other... Your pre-workout nutrition and your post-workout nutrition are really critical. I've seen guys who weren't gaining just start gaining by taking the correct pre and post-workout nutrition. The problem with taking protein before a workout is, usually for it to be digested, it usually takes about three hours for it to be digested and broken down into amino acids and circulate throughout your body.

So, if you take a protein drink like right before a workout, it's not necessarily going to get protein to your muscles while you're working out. Taking it afterwards, I always recommend. But, I don't want this to turn into a pitch for my products. There are some...

Let me just put it this way. I developed a product to be used specifically before and after your workouts that basically has all the right amino acids that you need for muscle growth already pre-digested. So, you don't have to worry about the three hour protein digestion thing.

I recommend doing something like that. The second best thing you can do... Like I said, I have my product developed specifically for that and it was... I actually ripped the formula off of a doctor who developed this amino acid formula to nourish starving children in third-world countries to get them back to health and get their lean muscle mass back as soon as possible.

Another second best option, since like I said, I don't want this to turn into a product pitch for my stuff. The second best option would be to take some branch chain amino acids about 20 to 30 minutes before your workout and also immediately after workout. I do recommend taking your protein powder after your workout, too, along with those extra branch chain amino acids.

RM: What was the name of your product for the BCAAs and all that good stuff?

RG: It's called Nitrobol. It's specifically designed to... It gets the amino acids into your system pretty much immediately, within in like 10-15 minutes. So, I recommend that before your workout and also immediately after your workout along with your protein drink. I recommend some kind of simple carbohydrate mixed in with your protein drink immediately after your workout. You know what? I just...a lot of times I just throw a banana in there and mix that up with my protein drink.

RM: If anybody is interested, there's a link, if you're watching on the webcast, there's a link underneath this. It just talks about...if you want to check-out Rick's Hyper Gain, that should take you to his website and you can kind of search around there. It's really easy to find all this other products, too, before we get too far off of that, if anybody's interested in the Nitrobol or anything like that.

RG: On that [Hyper Gain page](#), we were talking about the creatine and kre-alkalyn. Hyper Gain is the product that has the kre-alkalyn in it. I've got all the information about the conversion and how that's been a problem and how that's been solved with kre-alkalyn, along with all the double-blind studies you can read about that are at the bottom of the page.

RM: Awesome. Let's go ahead on to another question here, Rick. This guy asks, "I would like to know your view on the battle of steady-paced cardio and high-intensity cardio. Some experts say 40-60 minutes of cardio..." He goes into some VO2 Max numbers, but basically, he wants to know what do you recommend, the steady pace or interval sprints?

RG: I'm not the best person to ask about that, because I just recently got confused again about that. Somebody who I really respect who is just... He's a champion bodybuilder, and that's one of the reasons I respect him. The reason I really respect him is because he came back from things people could never come back from. He got

in a really bad car accident and was basically paralyzed and the doctor said he would be paralyzed for life. He refused to accept that and came back from that and trained himself and rehabbed himself and now he pretty much walks normally.

It's just his persistence and his...the reason I respect him so much. And yes, he also was a championship bodybuilder. But, he is recommending the high-intensity cardio is not the way to go for fat burning. He said it burns too much muscle glycogen and carbohydrate instead of fat.

So, you know, now that got me all confused. I actually was doing the high-intensity cardio myself. I've done the slower-paced cardio in the past. Here's what I've found. Too much of either for guys who are just not genetically blessed for gaining muscle, too much of either will just kill your gains. It will just stop them dead in their tracks.

If somebody's doing that for cardiovascular healthy and stuff, I'm not the best person to ask about it. But, if somebody's doing that for fat loss, I'd say the most important factor really is your diet. What cardio you do is kind of secondary.

So, I didn't answer the guy's question. If he feels more comfortable with high-intensity cardio, then go for it. If he feels more comfortable with the lower-intensity, but longer duration cardio, go for it. If his diet is off, it doesn't matter anyway. He's not going to lose fat. And if his diet's on, I think it's all good, because it's all burning a few extra calories.

RM: That is true. Most people worry so much about what type of cardio and what type of program to follow. After their workout, they go pound double cheeseburgers and milkshakes. So, I think people need to look more into the aspects of food and supplementation and not so much worry... I mean, working out is simple.

RG: Yeah, yeah, it really is. I mean, people try to complicate it, but the basic principles are simple.

RM: Well, let's go on and talk about protein now. There are so many out there. What is the best protein supplement on the market. I'm sure you're going to biases to your own, but can you give us... What have you seen? I know there's like the crappy lower-end things of protein and then there's the oh-so-good Muscle Milk that tastes like chocolate cake. What's your take on a lot of that stuff? What do you feel has the best and can get people the muscle the fastest?

RG: First, let me say this. This is going to make me sound like a heretic, considering the fact that I own a supplement company. The best protein you can take...probably a

few miles from your house there's probably a Publix or a Kroger or a Food Lion, I guess it depends on what part of the country you live in. Down here in Florida it's Publix.

It doesn't matter. Go into any grocery store and you're going to find these little round, white things and they come in packets of a dozen. They're called eggs. They're relatively cheap.

My point is, like I said, this will sound really weird coming from a guy who sells supplements for a living. The most important thing you've got to get right is your diet. Supplements are exactly that, supplements. Supplement doesn't mean substitute. Supplement means supplement, something additional you take.

So, you've got to get your diet right and you've got to be consuming the right foods and you've got to be consuming the right protein foods, which are eggs, beef, chicken, fish, some dairy products. Eggs are really...are great protein for bodybuilders for a lot of reasons I won't go into.

So, once you have that in place, the challenge becomes...when you want to consume more protein, eating the solid food is sometimes uncomfortable. Your stomach is kind of always filled with solid food. It's way easier to eat a liquid meal. What I've always advised and have always done myself is have a minimum of three really good, solid food meals. That's where you're going to eat your eggs and your beef and your chicken and fish and that kind of stuff. And then, alternate those with three liquid meals, which is your protein powders and stuff like that. So, maybe breakfast, lunch and dinner are your solid foods, and then between those your protein powders.

Which is the best? You know, I have my opinions on that. Everybody is so hot on whey protein. I'll admit, whey has some really good qualities. But, by itself it's not the best thing to rely on. It's in and out real fast. It's a real fast-acting protein.

I went back to what the old timers used when they made their best gains, before steroids were just the big thing in the sport. Milk and egg protein is the highest quality protein there is. So, if you're going to take a protein, I personally look for one with a blend that has a blend of whey and calcium caseinate, which is a milk protein, and an egg protein mixed in there. I like those three because the calcium caseinate is a slower acting protein. It kind of congeals in your stomach and is released slowly. So, it's a time-release thing. They whey is a faster acting protein, in and out real fast. Egg is just the superior protein of them all. So, that's what I look for.

Also, this is just my personal bias, now that I'm a little older...and don't even ask how old I am. But, it's older than 30, that's all I'll say.

RM: That's why I've come to you for all this great knowledge.

RG: Well, when I was younger, I wasn't so interested in my health. I just wanted to look good. Now, I'm more interested in my health and I am scared to death of most of these artificial sweeteners, especially NutraSweet. It's got an interesting story behind it that would scare the Hell out of you if you found out about that, and it involves Donald Rumsfeld, of all people, and the company he was president of who developed that product and how it would never get approved by the FDA...until he went into politics and he got it approved. That stuff and sucralose, it just scares the Hell out of me, some of the side effects people have from that stuff.

Just me personally, I would avoid a protein supplement definitely that's got aspartame in it. Something that's got some natural sweeteners.

RM: So, you say no NutraSweet, definitely, for sure. What about that new one, Stevia? What's your take... I had a question on that one. What's your take on this Stevia?

RG: Way, way better than NutraSweet or aspartame. Aspartame is, I guess, the...NutraSweet is the product name and aspartame is the chemical name of that sweetener. Stevia is a good sweetener. It doesn't spike your insulin levels like sugar or stuff like that, which you don't want. Getting an insulin spike causes fat gain if you spike it at the wrong times.

It has a sweet taste to it, but it doesn't have empty calories like sugar does, and it doesn't spike your insulin level like sugar does. That's personally what I prefer, Stevia. Really, to be honest with you, just a protein powder without any sweetener would be cool. But, it would just taste like complete crap, nobody could stand it. So, you've got to have some kind of sweetener or flavoring in there.

Stevia, in my opinion, is the preferred one. Definitely preferred over sugar and definitely preferred over aspartame or NutraSweet.

RM: Awesome. I bet that cleared up a lot for some people there.

Moving on here. William, I got a name on this one. Said, "Hi, Ryan. My question is, what are the best supplements to take to boost muscle mass and to aid in fat burning on a tight budget?" He's reached a plateau and looking to get the most bang for the least amount of buck.

RG: Okay, that's a good question. I get that a lot. Let me address the question first. I'll be honest with you, gaining muscle and losing fat at the same time is not easy. It's kind of like you have to focus on one or the other. Remember when I told you I gained those 25 pounds in eight weeks? Yeah, I gained a little fat with it.

Well, if I would have been trying to keep my body fat low or trying to lose fat at the same time, I probably wouldn't have gained any muscle, because your body needs a lot of high quality food and calories when you're in a really intense muscle building phase or program like that.

It can be done. It's just really tricky. You can gain muscle and lose fat, it's just really tricky. Your diet has to be just dialed-in exactly. I don't think we have the time to go into that today.

I've found it more successful to concentrate on one or the other. If you want to gain muscle, let's focus on that first. And with the amount of food you need to eat to gain muscle, you might put on a little bit of body fat. But, that's okay. After we're done with the muscle gaining phase, then we can focus on the fat loss phase and do it that way.

So, having cleared that up, the best... Let's take one at a time. To gain muscle, what do I recommend is the best supplements? Well, my opinion is going to be biased, obviously, because I own a supplement company. I developed these supplements because I was tired of buying crap supplements. I developed them for me. This started out in like a tiny little apartment in Miami. I was practically broke at the time. What little money I had left I spent on getting these products developed.

My thought was, well, if this flops and I can't sell this stuff, at least I know I'm going to have a big-assed supply of supplements for my own use, the stuff that I've always wanted to buy, but could never find. So, me being the selfish person that I am, I developed these for myself. So, yeah, I'm biased, but now you understand why.

Most importantly, if I were on a muscle building phase, I would get on Hyper Gain, which the main ingredient in that is the kre-alkalyn. That's the creatine product. It's got some other different factors in there that work together to help boost testosterone levels, too. So, I would get on Hyper Gain.

I would also get on Nitrobol. That's that specially formulated amino acid product we talked about. I would take that pretty much immediately before workouts and immediately after.

And also, the protein product, which is called Ultimate Protein Complex. It has all those things I just described to you, the three types of protein: the whey, the milk and the egg. It's not flavored with aspartame or any of those nasty, bad sweeteners that can give you some really nasty side effects. It's sweetened with Stevia. It's got a special blend of vitamins and minerals that help with protein metabolism.

I'd say those would definitely be the big three: Hyper Gain, Nitrobol and Ultimate Protein Complex. There are others you could add, but this is the starting point. This is definitely a good base.

The other side of the equation, the fat loss, diet is just so important. You've got to get that right. Most people don't. Once you get it right, the supplements can help with the fat loss. If your diet's not right, I'll be honest with you. You can take these supplements and you're not going to lose fat. So, if you're not willing to eat correctly for fat loss, in which most people have no idea how to do that, then save your money. Don't spend it on the supplements. You're just throwing your money away.

But, for fat loss, definitely the Hyper Gain I would keep in the mix, because it just helps with the muscle volumizing and the strength, and the Nitrobol, also, before and after workouts. I would recommend the fat burner that I have called Xenomine. It doesn't have any stimulants or anything harmful in there like a lot of these fat burners do. A lot of these supplement companies got in trouble with their fat burners because they had these stimulant-types in there.

I would recommend the Xenomine because it doesn't give you that jittery feeling. It does speed-up your metabolism and it increases thermogenesis, which is the fancy technical, scientific terms for when your body raises its body temperature, which burns more fat. But, it does it with a combination of ingredients that don't give you the jitters. They're not stimulants so you're not nervous and freaking out. It's completely safe.

So, those would be the three I'd recommend for fat loss, in addition to, like I said, eating correctly for fat loss.

RM: Awesome. So, tell us, I mean, I know from experience, a lot of my friends, because I train with Elliott Hulse and he's actually...I believe he's still sponsored by you guys. I've always been a skeptic on what to take and nothing more than basic light creatine monohydrate and some Muscle Milk. With your Hyper Gain, I mean, he was raving about it the second that he started taking it. Then, I started taking it and I was like, "Wow! This stuff works! It's really good."

What kind of results have you seen people get? I know you have a lot of testimonials on your site, but what are some of the cool stories that you've heard from people when they take Hyper Gain that they've achieved?

RG: Well, I've got so many testimonials. I've been a little lazy, Ryan. I've got...I'm looking at a stack here that I just haven't had typed out and put on the website. It is probably my number one reordered product. It's a product that I just always recommend. If you go as muscle gain or fat loss, or even increased athletic performance, the first one you want to start with is Hyper Gain.

I get re-orders after re-orders after re-orders. Now, I'll be real honest with you. This, especially among bodybuilders, this crowd is an extremely skeptical crowd. They have been sold so many crap supplements and stuff that doesn't work. These guys do not give you a second chance. The fact that they just keep coming back, month after month after month, for re-orders is a testimony to the product.

Of course, it's going to vary. It all depends on your training program, your diet, your genetics and how you respond to that, and specifically how you're training and stuff like that. But, I'm just regularly getting testimonials from guys who've been plateaued or couldn't gain who've gained anywhere from a couple of pounds of muscle, five pounds of muscle, anywhere from ten to fifteen to twenty pounds of muscle in a short period of time, eight to twelve weeks.

Guys who are kind of focusing on fat loss. I've gotten a lot of testimonials from them that they've not put on a huge amount of muscle, but maybe they've put on like three or four pounds of muscle and dropped their body fat percentage like six, seven, eight percent, which is pretty significant. So, yeah, I mean, a ton of testimonials.

Dog gone it, I need to get this up on the site. There's a guy named Dan Pierce from Chicago that I just really admire. He's 56. He sent me before and after pics that you wouldn't believe. He was your typical fat truck driver and his after picture was awesome.

The guys looked really good. He had a six pack, he was build well, had the V shape, great shoulders. Of course, he didn't look like one of the bloated, 'roided-out bodybuilders in the magazine, but he looked like a really muscled-up... I wouldn't even know how to describe it, like a Brad Pitt, except with bigger muscles. Remember Brad Pitt in the Fight Club movie?

RM: I was just about to say that. everybody kind of relates back to the Brad Pitt from Fight Club physique. I think only because he was so shredded in that movie. I mean, it was just awesome to see that. But, in reality, he was probably 145 pounds. Yeah, that's one of the most admirable movie physiques. Maybe more like 300?

RG: Oh, my gosh, yeah. But, this guy, Dan Pierce, you know... Now, it wasn't overnight. It wasn't like six weeks later he went from fat to looking like a muscled-up Brad Pitt. No, I think it was a good...don't quote me on this... Once I get it up on the site we'll know for sure. But, I think it was about twelve weeks, perhaps a little bit longer than that. But, he did go from being pretty paunchy and overweight to looking like Brad Pitt did in the Fight Club if Brad had an extra 20 pounds of muscle on him.

RM: Wow.

RG: Now, I will admit that that guy worked his butt off and just his diet was just right-on. But, 56 years old, man. I'm getting testimonials like that all the time. I know I found like... I know I probably sound like a commercial for this stuff, but I can't help it. I literally developed these products for myself because I couldn't find what I wanted, the quality of stuff I wanted. So, yeah, naturally, yes, I am excited about it.

But, when you get hundreds of testimonials like that, and re-order after re-order after re-order, the product is working for a lot of people.

RM: Like, what's the secret ingredient in that? I know you add-in...isn't there like a miniature testosterone booster built right into the Hyper Gain? Can you expand on that a little bit, or what you did to differentiate?

RG: Well, here's the deal. I knew with the kre-alkalyn that...that's a revolutionary breakthrough in creatine technology. I knew just with that alone people would start getting good results. But, I just wanted a product... I wanted a product that people would get results from like pretty quickly, which you can with kre-alkalyn. But then, I didn't just want the creatine results. I wanted something to help with the hormones. I'll explain that real quickly.

If your hormones are off, you can just be eating an entire cow a day and working your butt off in the gym and you're just not going to gain muscle. I'm not the smart guy who figured this out, actually a lot of the old timers like Vince Gironda and Rhea Blair figured that out. When they got a new guy in their gym who was a hard-gainer, first thing they'd do was start doing stuff to get his hormones balanced-out and get his body producing more testosterone.

When I had Hyper Gain formulated, I added some stuff that... I mean, these ingredients on their own will help your body boost its testosterone levels. But, when they're combined together, they work what's called synergistically, another one of them fancy, high-tech terms. Basically, what that means is on their own, they work pretty well, but when they're combined, each ingredient increases the other one's effectiveness.

So, I added some stuff in there that research showed would help boost testosterone levels. So, Hyper Gain is not just the effects of the kre-alkalyn, it's also got some things to help get your testosterone levels up.

Don't freak-out. It doesn't contain testosterone or anything like that. In a nutshell, and to not get complicated, it helps your body and stimulates your body to produce more of its own testosterone. So, if a guy is low on testosterone or something, these ingredients work together to increase that.

RM: Awesome. With just the average Joe, like kind of how you started, if they started taking Hyper Gain, what could they expect within the first couple of weeks? How long until they really start seeing any type of results? Is it something that happens immediately or does it take some time?

RG: Usually what happens is it takes a couple of weeks. It could take anywhere from like two to four weeks to really start feeling the effects of the kre-alkalyn. That's why I said it doesn't matter when you take it, it just matters that you take it consistently. It seems like it needs a little time to build up in the body.

The same thing when people would take creatine monohydrate. They have to gag down these massive dosages for several weeks to start seeing any results. The kre-alkalyn is much more effective. So, you can take a whole lot less. But, it's the same process. It does seem to take a few weeks before people start feeling like the muscle volumization. I mean, you just feel tighter. You can feel your shoulders are fuller. Your muscles just feel a little fuller. When you're in the gym, you get better pumps. That's not immediate, though. Like I said, it can be anywhere from like two to four weeks to start feeling that.

The other ingredients that are in there that support healthy testosterone levels, not for everybody. Those don't seem to kick-in right away. Some guys have told me they start feeling the strength increases and kind of start feeling the testosterone increases quickly. As a general rule, not usually.

That seems to kick-in after about four weeks. Anywhere from about four to eight weeks is when that effect of the product seems to start kicking-in. Like I said, it could be sooner than that, could be a little different, depends on you. But, in my opinion, I think somebody should be on it a minimum of twelve weeks to really get everything just humming along at concert pitch where you're getting the maximum effects from the kre-alkalyn and the other ingredients that are supporting the testosterone levels.

RM: You have actually a little special deal on there to entice people to stay on. I believe you get a free bottle?

RG: Yeah. You know, that's a problem with a lot of people. We're so conditioned in this society to have instant results. Supplements are not drugs. With drugs you take an antibiotic for seven days and it has knocked the infection out of your system, or you take steroids for like four weeks and some guys have gained eight to ten pounds in four weeks with steroids. But, supplements just do not work that fast.

So, I know when people stay on this product, if they will stay on it a minimum of twelve weeks, they're going to see results and they're going to be happy and they're going to want to keep taking the product. They won't want to give up those results.

So, yeah, I've put together a little special with the hope that it will motivate people to stay on it. I call it the Hyper Gain Preferred Customer Club. On your first purchase...a bottle normally costs \$39.95. The discounted price is \$39.95. Long story short, I'm working on a distribution deal to get these products in places like GNC and Vitamin Shoppe. When it's in GNC and Vitamin Shoppe, the price is going to be \$69.95 a bottle. But, right now, when you get it direct from the website, you can get a bottle for \$39.95.

Well, when you place your initial order, I'm going to give you an extra bottle free. So, you'll only pay the \$39.95 and you'll get the second bottle free. I did that as hopefully an incentive to keep people taking the product long enough to start seeing and feeling results.

Honestly, if someone just bought one bottle and that's all they ever bought and they took it for...one bottle is a four week supply. Yeah, there's a chance that they're going to start seeing and feeling results after those four weeks. But, there's a chance of no. Like I said, it sometimes it doesn't start kicking-in until after about four weeks. So, that's the promotion. You buy one bottle and you get the second one free.

RM: Awesome. Well, do you want to go ahead and we can answer one more question for these folks and kind of end it on that note. What do you think?

RG: That sounds good. I was to respect your time. I know you told your subscribers and hour and I apologize if I rambled a little bit too long on each question. But, yeah, let's hit one more question and I'll try to answer more succinctly.

RM: Well, this is more of my question, because I like hearing peoples'...kind of like their battles stories, I guess you could say, like their hardest workouts in the gym. Do you have one workout you can remember where you were just like...if you could go back to it, you were just like, "Wow! That was the most brutal workout I've ever done!" and which one would that be? I always like hearing peoples' stories about that.

RG: There's been several, man. I've done some crazy stuff trying to gain muscle. Still, to this day, the most brutal workout I've ever done has been the 20 squat workout. I specifically remember this day. It was a gym in Dayton, Ohio, and each week I was adding weight to the bar and feeling pretty good about that.

So, I think I added... I was only adding like five pounds at a time, normally, a 2 ½ pound plate on each side. But, for some reason that day I just felt like, yeah...feeling really strong. I'm going to add a five pounder on each side. So, I'm going up ten pounds on my squats.

I know that doesn't sound like a lot, but just the previous workout, I thought I was going to die. I mean, honestly, at rep 15, I honestly thought I was going to die. So, here I am adding ten more pounds and going to do 20 reps with a weight I can normally only do ten reps with. I honestly don't know how I got through that. I was just so driven to gain muscle, and I knew this was the way to do it.

Man, same thing, about rep 14 I'm dying. It's like I'm sucking in these deep breaths, but no matter how many breaths I suck-in, it's like I just can't get enough breath. I'm getting all dizzy and stuff with this weight on my back. I got the squat bar on my back and I'm dizzy. It seems like I'm taking forever between reps.

When you do that program, you take these deep breaths. It is literally breath in, breath in, breath out, breath out, breath out, breath in breath in... You know, I'm doing like eight to ten breaths like that between reps. Everything's turning white, my hearing actually cut-off after about rep 16. It was like somebody just poured water in my ears. I don't know why that happens, but like all of a sudden I couldn't hear. It was like I was under water and everything's white. I had no peripheral vision left. I'm just seeing in front of me and everything's going white. I'm dizzy and I'm thinking, I'm not going to rack this bar. If I rack this bar, I lose. Twenty is the magic number to gain muscle.

I just kept going. When I racked the bar, I literally fell face-first...thank God they have those rubber mats on the floor. I literally fell face-first on the floor. I don't know how long I was down, but people were coming up, asking if I'm okay. Even the manager came over worried. I just honestly couldn't get up. All I could do is lay face-down and breath, or try to breath. I was down for a long time. I just reassured, I'm okay, just let me lay here.

RM: That's awesome.

RG: Crazy stuff, you know?

RM: The things we'll do to hopefully gain a pound of muscle or whatnot.

RG: Yep, yeah, exactly.

RM: Well, Rick, I want to thank you for your time this evening, and coming on and hopefully clearing up some of the mysteries that people have been told about supplementation and what's the best things to use. I hope people on the line take up that offer, the free bottle of the Hyper Gain until Rick decides to take that down. You never actually know. Thirty-nine is better than sixty-nine in my book, and a free bottle is always good.

Rick, have you got anything else you want to say? Give us your website one more time.

RG: It's AnabolicSecrets.com. Yeah, I'd just like to say, Ryan, I really appreciate what you're doing. I love your websites. I love your attitude, by the way.

RM: Oh, thank you.

RG: I appreciate that you're doing these kinds of things to help your subscribers and I hope they appreciate it, too. You're trying to get them the information they need to accomplish their goals, and that's really admirable, because a lot of people just don't bother taking the time to do that. So, let me thank you for that. I'm more than happy to come back anytime if you ever want to do this again.

RM: Oh, I'm sure there'll be more. I don't plan on stopping my teleseminars anytime soon. I've found out that people like them and I've gotten pretty good at them. So, why stop something you're good at? I mean, I know I've done... I think you right now, I think is like my 21st that I've done since I started doing these things in November.

RG: Oh, holy smokes! Wow!

RM: Yeah, I've done pretty much everybody, a lot of the bigger names. Some guys are hard to get, and mainly I find they're only hard to get due to scheduling conflicts. It's hard to get people nailed-down for an hour due to their busy schedules.

RG: Did you have Elliott Hulse on?

RM: Yeah, I had him... I'm doing a production on MuscleBuildingDeathMatch.com and it's a free teleseminar series to listen, but you only get the replay for 24 hours afterwards. I had Elliott Hulse versus Zach Evanish. Elliott ended up winning that battle.

The next Death Match is next week, actually, and I have Vince DelMonte versus Jason Ferruggia. I'm hoping... I nailed down Vince finally, but Ferruggia is kind of a tough guy to get a hold of. But, he said he would do it.

Elliott will be back on against whoever wins that one here shortly. So, I'm a big fan... Actually, I train with Elliott here in St. Pete.

RG: Oh, man. Well, first of all, man, you've had some heavy-hitter guests on, that's for sure. How you ever line those guys up is beyond me. So, kudos to you for that.

I love Elliott Hulse. He and I think a lot alike as far as mass building routines. I was down there a few months ago and videotaped him demonstrating a mass building routine. You couldn't pick a better guy to train with, that's for sure.

RM: We both kind of have turned-on to the sport of Strongman after going to a little seminar in Sarasota, Florida. I mean, I just competed, last weekend, in my...technically

it was my second Strongman show, because I did the first one like three year ago. But, I could really consider it my first. But, I ended up taking 3rd out of about seven people. So, I got a nice little plaque and I credit training with Elliott to being able to do that. He's definitely a good guy to train under.

RG: Good job on that, man. I didn't know about the Strongman contest. Congratulations! That's quite a feat right there.

RM: Yeah, they're brutal. You're kind of not doing it for muscle building after that, even though we all like to look good. I like to compete. So, I somebody can lift, let's say 520 and I'm good for 512, I'm going to fight my way to get to that 20 just so I can either tie with him or beat him. I love a little competition.

RG: Right. Well, man, congrats on that. I wasn't aware of that. Like I say, kudos to you, man. You have gone above and beyond bringing on some spectacularly successful and knowledgeable people on your teleseminar series. I really hope your subscribers appreciate that, because I know how difficult it is to get those guys lined up.

RM: Yeah, I get a lot of good emails. So, people are definitely appreciative and I appreciate it. The fact that as of right now, there are 46 people listen-in on the webcast and about 10 on the phone. So, I appreciate everyone of them for taking the hour out of their day to come listen to me talk to you. I mean, that to me is really cool. The internet makes it possible that we're able to do stuff like that.

RG: Well, Ryan, I really appreciate you having me on and to all your subscribers listening, thanks for listening in. If anybody's interested, I would be more than happy to come back and hit some of the other questions we didn't get. I'm sorry, because of time limits we didn't get to them. But, yeah, thanks for inviting me, man. This was a lot of fun.

RM: No problem, man. Thanks a lot, Rick, and once again, definitely, if you guys are interested, check out his buy-one-get-one-free bottle of Hyper Gain. You can click the link below this webcast or visit AnabolicSecrets.com.

Once again, this is Ryan Magin with CriticalBench.com. Thanks a lot.

Talk to you later, Rick.

RG: Okay, take care.

Not a Subscriber? Get 5 Free Interviews For A Buck Just For Trying Out the CriticaBench.com Weekly Muscle Building Expert Interview Series. – [CLICK HERE](#)

[Hyper Gain - Buffered Creatine](#)

Introducing "Hyper Gain"... The First 100% Bioavailable Buffered Creatine Compound With 100% Stable Uptake And ZERO Toxic Conversion That Lives Up To Its Claims Of Huge Gains In Muscle Mass.

"You Can Gain 15 lbs Of Muscle Mass In Eight Weeks With This New Legal Anabolic Compound" Revolutionary New Supplement Is So Effective... We'll Give You A 30-Day Supply FREE To Prove That It Works!

There Are More Than 277 Scientific Studies Proving Creatine's Positive Effects On Muscle Growth And Strength... So Why Doesn't It Work That Way In The "Real World"?

[Find out more here.](#)



[Jacked Up - Natural Testosterone Booster](#)

Introducing "Jacked Up™"... A Highly Effective All-Natural Formula Of Highly Concentrated Synergistic Testosterone-Stimulating Factors.

More than anything else, keeping testosterone levels up is the difference between making maximum bodybuilding gains and stying "cut"... or constantly busting your ass in the gym with no results.

New Anabolic Compound Can Bring Your Post Cycle Testosterone Levels Back To Normal (And Beyond) As Quickly As Possible.

