

A man with short brown hair and a light beard, wearing a white polo shirt, is holding a black jar of Immortal Protein. He is looking directly at the camera with a slight smile. The background is dark and textured.

IP IMMORTAL[®]
PROTEIN

Please consult
your doctor first
before engaging
in any new
supplements or
exercises.

THE IMMORTAL WAY

BY LMT. CPT MICHAEL FULKS



I wanted to congratulate you on your first step on becoming your best selves. By choosing Immortal Protein you have chosen to better yourselves inside and out. As a thank you and my appreciation I have made a special workout for all of you. I'm going to give you options on what works best for you. You can either work a muscle group once a week with more volume or you can workout with intensity full body three times a week with less volume spread out over three days vs doing everything in one day.

Before you begin any exercise or supplement regime please check with your doctor first, Now without knowing everyone's background, injuries, weaknesses, strengths and overall goals I can only assume that you have basic or advanced knowledge of body mechanics, body parts and workouts. If you have no idea on how to do some of these exercises then please youtube some of these names and they should pop up for you. Also before we began I would recommend taking

pictures, weighing yourself, and calculating your daily calories. If you are trying to bulk up then increase your calories and if you're going to lean out then cut your calories. This is pretty text book that most trainers tell you and guess what they are not wrong but at the same time we have a lot of other factors to consider from your hormones, adrenal glands, thyroid and gut health. The good news is by taking Immortal Protein compound blend you are already helping those areas out!



IP IMMORTAL PROTEIN



ASHWAGANDHA



WHEY PROTEIN ISOLATE



SWEET POTATO



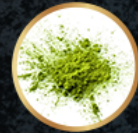
COLOSTRUM



PROBIOTICS VEGAN BLEND



EGG WHITE PROTEIN



ORGANIC MATCHA GREEN TEA



ORGANIC PEA PROTEIN



MACA ROOT



CAMU CAMU



@Immortal Protein



www.immortalprotein.com



@immortalprotein

Now that is a whole different matter that we will have to discuss at another time. Instead I want to focus on what most trainers don't talk about and that is overtraining. The outline of these workouts sets, rest

times and days is meant so you don't over train your bodies. Depending on your condition and what other things you are taking such as steroids, growth hormone, peptides, TRT, and any other supplements will

determine how fast you recover and grow. If you are taking some form of enhancers then please feel free to add more volume or exercise because your recovery will be different than anyone that isn't on anything. However

these exercises will definitely benefit you either way. Now Let's assume that everyone isn't on anything and has normal recovery. I can't tell you how many times I meet people that tell me that their personal trainers over trained them. This happens all the time and I have seen professional trainers do this to themselves. I myself have over trained numerous times. The hardest thing to accept is that we are not animals and we do not train on instinct. The reason why this doesn't work is the human body can push itself to the point of death. The amount of training that navy seals go through is on another level. A Lot

of programs don't consider that you might have active jobs such as being a server, food runner, busser, mechanic, construction, flooring and so much more. I want you guys to listen to your bodies and really develop that mind muscle connection. If you start feeling sick, rundown and exhausted then do less volume, less intensity or take a few days off to completely recover.

Alright let's dive into your workouts for the week.

Let's start with the full body 3 x week split. Monday, Wednesday and Friday would be the days I recommended however if Tuesday, Thursday and Saturday

work you can do that as well.

Just so there is no confusion, reps are how many times you are pressing or pulling with your muscle groups and sets are basically rounds such as round 1 of 12 reps is 1 set of 12 reps.

Now that we have that out of the way, here is your Monday workout routine. Please feel free to change these exercises on ones that work better for you. Not all exercises are equal but a lot of them will give you great results. It just might take longer to see those results by doing other exercises than the ones I recommended.

2 sets of 10 to 12 reps of each exercise with 30 sec rest in between sets. We are doing this rep and set routine on all 3 days. Please make sure you do 1 to 2 sets of a light warm up before going heavy.

- 1 Decline Dumbbell chest press
- 2 Lat Pulldown
- 3 Dumbbell Scott press for shoulders
- 4 Dumbbell unilateral bicep curls
- 5 Decline dumbbell Tricep extensions on bench
- 6 Dumbbell squats or barbell squats
- 7 Dumbbell calf raises



MONDAY

WEDNESDAY

- 1 Incline dumbbell or barbell chest press
- 2 Dumbbell mid back row or cable row
- 3 Incline dumbbell lateral raises for side delts
- 4 Incline dumbbell hammer curls
- 5 Tricep long rope pulldowns
- 6 Bulgarian split squats
- 7 Seated or Dumbbell calf raises
- 8 Seated cable ab crunch or frog sit ups

FRIDAY

- 1 Cable crossover chest press or wide chest dips
- 2 Unilateral cable lat pulldown
- 3 Rear delt cable flyes or rear dumbbell flyes
- 4 Dumbbell bicep concentration curls
- 5 Tricep barbell close grip press
- 6 Reverse dumbbell lunges
- 7 Standing calf raises
- 8 Reverse abdominal crunches
- 9 Lower back prone back

As you can see you have exercise variety in your workouts.

Also try to include an exercise that puts stretch on the muscle such as cable flyes or dumbbell flyes for the chest. The good thing about hitting different angles of your muscle groups on different days is it gives you time to heal. When you're

working out say delts and your first exercise is barbell or dumbbell press you will be your strongest on that first exercise and then all the other exercises after will be slightly weaker from energy expenditure and working those muscle fibers. I have personally done these exercises and so did my clients.

Ok now we are moving onto a little more volume and splitting up our body parts for the muscle groups. Your training days will be either 4 days back to back or 2 days on 1 off and then finish the week. Remember to listen to your body and how you feel. Sample workout week looks like this.

Monday: Chest, Delts and abs

Tuesday: Back, Rear Delts & Traps

Wednesday: Legs, calves & lower back

Thursday: Bicep, Tricep & forearms

MONDAY

CHEST EXERCISES

- 1 Decline dumbbell chest press or cable press 4 x 8-12
- 2 Incline barbell or dumbbell chest press 3-4 sets x 10-12
- 3 Chest cable crossover or cable flyes 1 - 2 sets 12-15

SHOULDER EXERCISES

- 1 Dumbbell Scott press 4 x 8-12
- 2 Incline Dumbbell lateral raises 3 x 10-12
- 3 Anterior Dumbbell raises 3 x 10-12

ABDOMINALS

- 1 Decline crunches 3 x 20,15,12
- 2 Cable crunches 3 x 20,15,12

I would choose only one abdominal exercise per week and do at least 3 to 4 sets with the first set being around 20 and then start

doing less after you rest 30 sec or less. Vince Gironda who was and still is the Iron guru recommended not working abdominals in the

same workout because it can mess with your growth hormone and stop your muscles from growing for that exercise session.

TUESDAY

BACK EXERCISES, REAR DELTS & TRAPS

- 1 Unilateral Cable Lat Pulldown or standard pulldown 4x8-10
- 2 Dumbbell, Cable row or V bar row 3-4 sets 10-12
- 3 Straight arm lat pulldown 2-3 sets 12-15
- 4 Lower back prone back

REAR DELTS & TRAPS

- 1 Rear delt cable flyes or dumbbell flyes 3-4 sets 12-15
- 2 Cable shrugs 3-4 sets 12-15 reps

WEDNESDAY

LEGS & CALVES

- 1 Dumbbell, Barbell or cable squats 4 x 10-12
- 2 Leg extension 3 x 12-15
- 3 Leg curl 3 x 12-15

CALVES

- 1 Dumbbell toe raises or seated calf raises 3 x 15-20

THURSDAY

BICEPS, TRICEPS & FOREARMS

- 1 Dumbbell Bicep curls or unilateral cable curls 4 x 10-12
- 2 Incline hammer curls or concentration curls 3-4 sets 10-12

TRICEPS

- 1 Decline dumbbell lying tricep extension 4 x 10-12
- 2 Long rope cable extension 3-4 sets 12-15

FOREARMS

- 1 Barbell wrist curls or Zottman curls 3 x 12-15

If you decide to do this routine 4 days straight then make sure you rest up Friday, Saturday and Sunday and then start this routine over again on Monday. Use these exercises as a guideline that you can follow. You do not have to do the same ones all the time but do your best to stick to these movements such as a stretch position and

a concentration position of the muscles. I highly recommend reading some books by Vince Gironda, X-reps and Doug Brignole. The last thing I want to leave you guys with is how I would recommend taking Immortal Protein.

I like to start my morning with a protein shake that is going to make you feel good and full where you won't

be craving other horrible foods that could be at your workplace such as bagels, donuts and snacks. I have incorporated some amazing supplements, vitamins, herbs and protein that will help with stomach microbes, hormones, immune system and muscle recovery. So here is how a day could look when using Immortal Protein.

DAY 1

Wake up and have a scoop of Immortal Protein with any milk of your choosing. I really enjoy having mine with heavy whipping cream or half and half. You see fat is a natural transport for protein so by adding fat you will have better bioavailability for absorption of the body. Also feel free to add a crystal lite packet or some form of liquid sweetener to add more flavor to your delicious Vanilla shake. For the winter I would have a scoop of Immortal Protein, 2 Oz heavy whipping cream, 6 oz water, sprinkle cinnamon and pumpkin spice powder. Now that we have our delicious and healthy shake let's move on with our day. So around 3 to 4 hours

later have a healthy meal, After work go through your workout routine and when you are finished have another Immortal Protein shake or a meal that has plenty of protein to start muscle recovery. I added glutamine into the protein so you will have even better recovery using Immortal Protein. Have your dinner and if you are having sugar cravings get some sugar free jello and put a little whip cream on top and there you go.

Wake up
Immortal Protein shake
Coffee or caffeine if you need.
You may not need any other source of caffeine because you will get a little bit from

Organic Korean matcha tea powder that I have included.

3-4 hours later eat a meal
Workout
Shake
Dinner
Sugar free dessert

Again these are just options for you. I have no idea what your Calories are or if you are trying to bulk up or lean out. You can use Immortal Protein for overall health, athletic performance or as a substitution for a meal.

Everything is in your hands and so is the knowledge that I am providing to you. Please let me know how well you guys do on these programs and how Immortal protein makes your body feel.

SHAKE RECIPES

IMMORTAL PROTEIN MINT CHOCOLATE CHIP PROTEIN SHAKE

INGREDIENTS

- Add 4oz of heavy whipping cream or milk of your choosing
- 1 scoop vanilla Immortal protein powder
- ½ cup sugar free mint chocolate chips
- ½ tsp of peppermint extract
- Small handful of sugar free chocolate chips for topping
- Add whip cream on top and enjoy

PREPARATION

Put all ingredients in a blender with some ice cubes and 3 oz of water. Blend it up and serve.

SHAKE RECIPES

IMMORTAL PROTEIN PUMPKIN SPICE PROTEIN SHAKE

INGREDIENTS

- Add 4oz of heavy whipping cream or milk of your choosing
- 1 scoop vanilla Immortal protein powder
- 3 tbsp of pumpkin puree
- 1 tsp of cinnamon
- 1 tsp of pumpkin spice
- Stevia or sweetener of choice if needed
- Add whip cream on top and enjoy

PREPARATION

Put all ingredients in a blender with some ice cubes and 3 oz of water blend and serve

SHAKE RECIPES

IMMORTAL PROTEIN VERY BERRY PROTEIN SHAKE

INGREDIENTS

- Add 4oz of heavy whipping cream or milk of your choosing
- 1 scoop vanilla Immortal protein powder
- 1 cup frozen blueberries
- 1 cup frozen strawberries
- 1 cup frozen raspberries
- Add whip cream on top and enjoy

PREPARATION

Put all ingredients in a blender with 3oz of water Blend it up and serve