

THE REVERSE DIETING MANUAL



Maximizing The Anabolic Rebound
Effect for Lean Mass Gains

By **Alain Gonzalez**

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We are not doctors, nor do we possess a degree in nutrition. The advice we give is based on years of practical application, dealing with the needs of our own health and physiques as well as the needs of others. Any recommendations we may make to you regarding diet, including, supplements and herbal or nutritional treatments must be discussed between you and your doctor/s.

Muscle-Building Disclaimer

Required Legal Disclaimer: Due to recent laws from the FTC, it is required that all companies identify what a “typical” result is. The truth is that most people never do anything when it comes to trying building muscle. They might buy a million products, including this one, but never do anything with the information they have in hand. The testimonials that you saw were of people who took action, followed a healthy lifestyle, exercised, and ate a balanced nutritional diet. If you want results like them, you should do this too.

The Anabolic Rebound Effect

The anabolic rebound effect is essentially the only real "window of opportunity" for new muscle growth, quickly. However, it only occurs immediately following an extended period of dieting and/or being in a caloric deficit/restriction.

You see, being in a caloric deficit for an extended period of time leads to a number of physiologic changes in the body. The ultimate end-product being an anabolic response from muscles that are wide open to a period of quick, never before experienced growth and change.

Understanding The A.R.E.

Being in a caloric deficit, especially over a long period of time (12-16 weeks), really can change our inner workings quite a bit.

Not only can calorie restriction lead to visible reductions in body fat and muscle size, but can have a huge impact on our hormones.

If we experience a drop in levels of testosterone, growth hormone, insulin, or any other anabolic hormones, we will notice a reduction in strength and muscle size. However, this can also open us up to a certain 'opportunity' that comes with plummeting levels of these hormones; the A.R.E.

Why Is This Happening?

To put it simply, our body will super-compensate after an extended period of calorie restriction by utilizing nutrients much more effectively.

Consume relatively low carbohydrates for a period of 12-16 weeks and then slowly introduce the carbs back into your diet, slowly. Your body will have a new found ability to use them for growth.

Decreasing your fat intake for an extended period of time can affect your testosterone levels. But again, introducing these nutrients back into your diet after this extended period can result in a dramatic surge in testosterone levels that can help build muscle and strength, quickly, for a short period of time.

Warning!

Although there is an opportunity for quality growth, you are now susceptible to completely sabotaging your physique. This is very common amongst bodybuilders and physique competitors. Most of them will jump right back into their "bulking diet" the day of, or following the day of their contest or event.

Macronutrients

Instead of bingeing on donuts, pizza, and burgers, take a calculated approach to introducing these nutrients back into your diet and spark new increases in muscle mass and strength.



The extra carbs will give your body the energy it needs to fuel new growth, as well as store plenty of muscle glycogen, which gives your muscles that full, “pumped up” look. Not to mention, a serious increase in performance.

Along with dieting comes too few calories from fat. Fats are an essential part of every cell in your body, and of most interest to us is their role in hormone production; namely testosterone and growth hormone.

The cornerstone of your A.R.E is the addition of these extra carbs and fats into your diet, so take note of your intake and the results and adjust accordingly.

When it comes to protein requirements during this process, the 1g per pound of bodyweight is more than enough to build new muscle.

We can get away with this is simply because the extra carbs are providing sufficient energy to allow all of the protein to be used for muscle tissue regeneration. This is known as “the protein sparing effect”.

Reverse Dieting

When dieting (eating in a caloric deficit) for an extended period of time, your metabolism starts to adapt to the lower calories. If you finish your cut at 1700 calories per day and jump right back into 2500 calories the next day (to start your bulk), you are going to pack on a lot of fat, very quickly. As I mentioned before, this is seen all the time with bodybuilders and physique competitors who put on 10-20 pounds 1-4 weeks following their contest. To avoid this rapid fat gain, we reverse diet by slowly introducing carbs and fats back into our diet, slowly.

How to reverse diet?

The reverse diet process is actually quite simple. Increase your carbohydrate intake by 5 grams, every day, for the first few weeks.

Or increase calories (fats and carbs) by just 50-75 the first few weeks and see how your body reacts. You will be consuming more food, so normal weight fluctuations are bound to happen.

The Simple Solution to Reverse Dieting

Like most training and diet techniques in bodybuilding, there are numerous ways to do this. However, for the sake of keeping things simple, here is what I would suggest.

Reverse Dieting Made Simple

Week 1: Increase Carbohydrate Intake by 5 Grams Per Day

Week 2: Increase Fats by 5 Grams and Continue to Introduce Carbs Daily

Week 3: Increase Fats by 5 Grams and Continue to Introduce Carbs Daily

Week 4: Increase Total Daily Calories by 50

End of Cut – Caloric Intake (Example)

Carbohydrates: 225

Fats: 40

Protein: 180

Week 1 – Reverse Diet

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Carbs: 230 Fats: 40 Protein: 180	Carbs: 235 Fats: 40 Protein: 180	Carbs: 240 Fats: 40 Protein: 180	Carbs: 245 Fats: 40 Protein: 180	Carbs: 250 Fats: 40 Protein: 180	Carbs: 255 Fats: 40 Protein: 180	Carbs: 260 Fats: 40 Protein: 180

Week 2 – Reverse Diet

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Carbs: 265 Fats: 45 Protein: 180	Carbs: 270 Fats: 45 Protein: 180	Carbs: 275 Fats: 45 Protein: 180	Carbs: 280 Fats: 45 Protein: 180	Carbs: 285 Fats: 45 Protein: 180	Carbs: 290 Fats: 45 Protein: 180	Carbs: 295 Fats: 45 Protein: 180

Week 3 – Reverse Diet

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Carbs: 300 Fats: 50 Protein: 180	Carbs: 305 Fats: 50 Protein: 180	Carbs: 310 Fats: 50 Protein: 180	Carbs: 315 Fats: 50 Protein: 180	Carbs: 320 Fats: 50 Protein: 180	Carbs: 325 Fats: 50 Protein: 180	Carbs: 330 Fats: 50 Protein: 180

Week 4 – Reverse Diet

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Carbs: 340 Fats: 50 Protein: 180	Carbs: 340 Fats: 50 Protein: 180	Carbs: 340 Fats: 50 Protein: 180	Carbs: 340 Fats: 50 Protein: 180	Carbs: 340 Fats: 50 Protein: 180	Carbs: 340 Fats: 50 Protein: 180	Carbs: 340 Fats: 50 Protein: 180

Continuing Your Reverse Diet

At this point in your reverse diet you will, more than likely, have to reduce the speed at which you are introducing new calories. This will be completely individual and based on your own results.

Your aim should be to continue to gain 0.25-0.5 lbs, per week. If you exceed this number, it is a good indication that you should reduce or maintain the caloric intake. If you fail to reach this goal, then you should increase your calories, slightly, by about 50 per day.

Training During Your Reverse Diet

First, although the Anabolic Rebound Effect only takes place for a certain amount of time (4-8 weeks in most cases), the reverse diet should continue throughout your growth phase.



As you introduce calories, your energy and performance will increase. With that said, as long as you are slowly introducing energy, your performance should also continue to increase. Therefore, training with performance in mind should always be the goal. If you continue to progress in the gym while consuming the appropriate amount of nutrients, you will continue to build muscle, period.

About The Author



Alain Gonzalez is a personal trainer, free lance writer and fitness consultant who has dedicated his life to helping others meet their fitness goals.

His transformation has been featured in articles on websites all over the internet and has given hope to countless hardgainers all over the world.

He is the founder of <http://www.MuscleMonsters.com>, a fitness site dedicated to helping skinny guys and gals to build muscle and stay lean, and is the author of "Bony to Brawny" – The skinny guy's secret to explosive muscle gains revealed.