A plateau-shattering, 4-step program to get more muscle, more strength, and legendary performance.
INTRODUCTION

Look, after hours in the gym and hundreds of perfect squats and curls, you can get ripped. That’s no secret. But if you’re all about results, then you need an edge to get to where you want to go.

For legions of serious athletes and bodybuilders, that edge is nitric oxide (or NO for short). They believe the addition of this ‘miracle molecule’ to their daily workouts can be the difference between good results and a spectacular transformation.

It’s not surprising that the NO-boosting supplement VolcaNO from Force Factor is selling like crazy. People know a good thing when they see it. So much so, that it’s kept under lock and key in GNC stores... yes, it’s that popular.

VolcaNO is a new generation of nitric oxide booster that surpasses other pre-workout formulas. It delivers the lean muscle, insane vascularity, and intense strength that last-generation products can’t touch.

GETTING THE MOST FROM NITRIC OXIDE

In this book, you’ll learn about the muscle-building power of nitric oxide, from its ‘discovery’ in 1999 to the best way to incorporate an NO booster into your routine.

We’ll offer a few ‘tricks of the trade’ to help you eat better, work out more efficiently, and get the ripped, vascular look you’re seeking. Finally, we’ve created a no-nonsense, 20-minute muscle blasting exercise plan to put you on track for a total body transformation. Follow this plan, take VolcaNO as directed and here’s what you can expect:

- Unprecedented Muscle Growth
- Incredible Pumps
- Vein-Popping Arms
- More Energy and Endurance

ARE YOU READY?
NITRIC OXIDE: THE BASICS

When it comes to building muscle mass, speeding recovery time and enhancing vasodilation for more blood flow, there’s nothing like nitric oxide. In fact, the three researchers who uncovered the role nitric oxide plays were awarded the Nobel Prize in 1999.

More blood flow is a good… no, a great thing, which is why almost everyone can benefit from an NO boost. Men, in particular, experience enhanced performance in and out of the gym. Muscles get more nutrients and with exercise they begin to grow.

Nitric oxide actually relaxes smooth muscles, so more oxygen and other nutrients, like amino acids, are available. When this happens, serious muscle and strength-building can occur due to increased oxygen and nutrient uptake.
NITRIC OXIDE’S INCREDIBLE BENEFITS:

1. **Faster Recovery:** After a hard workout, muscles need nutrients to rebuild. With increased NO, more nutrients are able to get to your muscles so they can recover faster. Without full recovery, you’re not getting maximum benefits from your workouts. Muscle can be over-trained and you won’t see the growth you’re working so hard to achieve. NO helps muscles to fully recover and that means better results.

2. **More Endurance:** This is a no-brainer. Endurance is all about the amount of oxygen getting to your muscles. Next time you’re browsing the Web, search for nitric oxide and altitude. You’ll see why athletes, like skiers, who are competing at altitudes of 7,000 feet or more, consider NO boosters to be essential for optimal training.

3. **Less Fatigue:** You know that feeling... somewhere around the 12th rep lactic acid starts to build in your muscles and that feeling of fatigue quickly sets in. It’s a lack of oxygen. More blood flow keeps the oxygen coming and helps to flush lactic acid out of muscles. The result? Less fatigue when you’re trying to power through your workout.

4. **Less Heat, More Energy:** Working out raises your core body temperature. Your body wants to stay cool, so it expends energy in the process. Since nitric oxide is a vasodilator, more blood flow means less energy’s needed to stop overheating, leaving you more energy for your workouts.

5. **Stronger Muscle Pumps:** Nitric oxide makes your muscles fuller and more intense. Why is that a good thing? Pumps are motivation – you want that feeling again, so you keep on pushing.
FORCE FACTOR Volcano: The Nitric Oxide Edge

5 Steps You Can Take Right Now to Experience the Nitric Oxide Edge

- Arugula
- Bok Choy
- Spinach
- Lettuce
- Swiss Chard
- Celery
4 STEPS YOU CAN TAKE RIGHT NOW TO EXPERIENCE THE NITRIC OXIDE EDGE

Here are 4 steps you can take to start raising nitric oxide levels now, which can help you achieve maximum results from VolcaNO.

STEP 1: EAT NITRIC OXIDE-RICH FOODS
There are a lot of foods that can increase NO production. Start eating these foods now to increase NO levels. Then, when you add exercise and VolcaNO, you’ll experience mind-blowing results.

### NITRIC OXIDE SPECTRUM

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### WANT EVEN MORE NO PRODUCTION? EAT MORE NUTS AND FRUITS
These are excellent sources for the amino acids L-arginine and L-citrulline, which boost NO. Plus, the antioxidants in fruits and nuts protect nitric oxide from free radical damage. L-citrulline not only helps build muscle (with exercise) via an NO boost, but it also helps save muscle during catabolic processes (like dieting, for example). In fact, some competitors take L-citrulline before bedtime to limit the normal catabolic process during sleep. That's also one of the reasons why we recommend you take VolcaNO even on days you're not going to the gym.
STEP 2: START STRETCHING

Adding an NO boost to your daily routine will push your workouts to the next level. Most guys find that they’re so motivated by the quick results that they start exercising more... building more muscle than they ever thought they could.

But having more muscle requires greater flexibility to prevent stiffness and injury. So, since you’re going to start gaining muscle mass, it’s a good time to start stretching.

And, as you stretch, your muscles they will become longer. Why does that matter? Well, longer muscles have the potential for more growth. Admittedly, there’s much debate about stretching and muscles. Short muscles are genetic and nothing you can do will change that, or so the story goes.

But know this: Professional boxers and bodybuilders are fanatical about stretching for strength and building bigger muscles. And it works for them. Legend has it that Arnold himself was a big believer in ‘fascial’ stretching for bigger muscles. (The fascia is connective tissue that holds muscle in place. It’s tough and many argue that it holds back muscle growth.) Believers point to the fact that he finished his chest workouts with dumbbell flyes to stretch his pecs and allow his muscle more room to grow.

Whether you believe that or not, it’s wise to start stretching if only to avoid injury and stay flexible. Here’s a simple routine to follow either before or after your workouts:

- Start by stretching your quads, hamstrings, and calves, in that specific order.
- Next, move to your back, stretching your lats, middle back, and lower back, in that order.
- Then stretch your pecs.
- Next, stretch your arms... delts, triceps, biceps and forearms, in order.
- Move to your neck areas and traps.
- Finish with abdominals and obliques.
**STEP 3: TAKE VOLCANO TO CRACK THE MUSCLE-GROWTH CYCLE**

Let’s face it. Working out is an enormous investment in time and money. Simply put, you just don’t have the luxury of wasting any of your workouts. You need maximum results with each and every workout.

The best way to do that is with an NO boosting product like VolcaNO that’s built just for guys like you who want to pack on lean muscle in the gym. Sure, you can probably see some serious gains if you go to the gym for half the day every day, but if you’re in school or have a job or family, you need impressive results and you need them fast. VolcaNO is made just for you.

**VOLCANO’S CUTTING EDGE FORMULA STANDS ABOVE ALL OTHERS**

The L-citrulline in VolcaNO gives you more NO so your veins can relax and open up. This allows for increased oxygen and nutrient uptake in your muscles, giving you a critical muscle-building shortcut. After that, it’s just a matter of working out a few days a week and letting nature take its course.

With a nitric oxide boost, you’ll see more muscle and more strength, faster. It’s like each rep is magnified. That’s the beauty of using VolcaNO to encourage impressive and lasting muscle growth.
**STEP 4 ADD EXERCISE, THE VOLCANO 3-DAY WORKOUT**

NO boosters work with exercise... the more intense, the better. We’ve put together a few essential exercises that when combined with a solid NO boost, will help you achieve explosive results. These exercises are efficient, proven, and are just about all you need to get bigger, stronger, and totally ripped in less time than you ever thought possible.

Just as VolcaNO delivers more endurance, strength, and muscle with faster recovery, this tailored exercise plan will enhance these outcomes in a single 20-minute workout performed three days a week.

This seemingly simple plan, when combined with VolcaNO, will:

- Minimize time in the gym
- Offer a complete body workout
- Focus on effective, compound movements
- Deliver visible improvements after the first week

**USE SUPERSETS:** Supersets consist of a 2 sets of completely different exercises, done back-to-back with no break in between them. This is a great way to see faster results in less time.

**DAY 1: CHEST/BACK/BICEPS**

- Bench press supersetted with bent over rows
  - 3 supersets of 10 reps
  - For example, do one set of 10 reps on the bench press, then immediately do one set of 10 reps of bent over rows with no break in between them. After one superset, you rest for 2 minutes before completing one more superset.
  - Note: If you’re muscally balanced, the workout weight will be the same for both exercises

- Barbell curls supersetted with push-ups
  - 2 supersets of 10 reps for the barbell curls
  - For the pushup portion of the superset, simply do as many as you can
  - For example, one superset would consist of a set of 10 barbell curls immediately followed by as many pushups as you can do. After completing the first superset, wait 2 minutes before completing the second.
4 STEPS YOU CAN TAKE RIGHT NOW TO EXPERIENCE THE NITRIC OXIDE EDGE

### DAY 2: DELTS/TRAPS/TRICEPS/ABS
- Military press supersetted with barbell shrugs
  - 3 supersets of 10 reps
  - For example, one superset would consist of 10 reps of the military press immediately followed by 10 reps of barbell shrugs. Wait 2 minutes in between supersets.

- Tricep rope extension supersetted with crunches
  - 2 supersets of 10 reps for the rope extensions
  - For the crunches, do as many as you can
  - For example, one superset would consist of 10 reps of tricep rope extensions immediately followed by as many crunches as you can do. After completing the first superset, wait 2 minutes before completing the second.

### DAY 3: LEGS QUADRICEPS/HAMSTRINGS/GASTROCNEMIUS/SOLEUS
- Leg press supersetted with leg curls
  - 3 supersets of 10 reps
  - For example, one superset would consist of 10 reps of leg press immediately followed by 10 reps of leg curls. Wait 2 minutes in between supersets.

- Leg press calf raises supersetted with seated calf raises
  - 2 supersets of 10 reps
  - For example, one superset would consist of 10 reps of leg press calf raises immediately followed by 10 reps of seated calf raises. After completing the first superset, wait 2 minutes before completing the second.

### NOW, IT’S UP TO YOU
You have the information... you know what to do.

Combine exercise + diet + VolcaNO and your muscle, strength, endurance, and performance will change in a big, big way.
LET US KNOW HOW YOU’RE DOING
TELL US HOW YOU’RE DOING

At Force Factor, we’re serious about sports nutrition and men’s fitness. We’ve pioneered one-of-a-kind formulations like Test X180, Test X180 Ignite, Factor 2, and VolcaNO.

We’ve seen the results men like you have achieved and we’re always thrilled to share their success. Please send us your story, with pictures (if you have any) so we can let the Force Factor community see your progress and appreciate your commitment.

STAY IN TOUCH AT:
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