

BLUE STAR NUTRACEUTICALS PRESENTS

BIGGER BETTER BENCH™

Add 50 Pounds to your
Bench Press in 7 Weeks

The Checklist

THE CHECKLIST

Five Essentials to Adding 50 Pounds to Your Bench Press in Seven Weeks

The “Bigger Better Bench” program will rapidly add large amounts of lean muscle to your body in a short period of time. The high intensity of this program requires a serious level of commitment. Using the items on this list will ensure that you make the absolute most of this incredible seven week program.



#1 **Headphones**

Keep your headphones plugged in and the music cranked! It keeps the other guys from asking about your secrets. Better yet, it prevents them from offering their



#2 **Water**

Drink at least one litre 30 minutes before you train and another litre during your workout. Fill a bottle ahead of time to avoid repetitive trips to the fountain.



#3 **Pen & Paper**

Plan, prepare, and keep track of your results. Studies show that people who track their results are more likely to succeed than those who don't.



#4 **Fully Equipped Gym**

A fully equipped gym is essential. Unless you have an exceptional home gym you'll need to bite the bullet and pick up a membership, at least for a couple months.



#5 **P.P.K. - Single Serving Pre-Workout**

With the combination of these ingredients you'll maximize your efforts in the gym and ensure that every drop of sweat results in Bigger, Better, Bench press results.