

ADVERTISEMENT

# THE FAT BURNING

# ENERGIZER

**Find out how you can instantly increase power, strength, stamina and fat loss – every time you set foot in the gym!**

**H**ow would you like to instantly jack up your bench by over 20% the next time you set foot in the gym? That would be incredible, wouldn't it? Just think about it. If you're benching 200 pounds right now, you'd be up to over 240 in a heartbeat!

We all go to the gym to get stronger, pack on muscle and shed fat, but if you don't continue to push your intensity, your results will undoubtedly suffer. On the other hand, just think about how powerful and ripped you could get if you had the ultimate workout every time you stepped into the gym! Read on to find out how you can take your workouts to a whole new level of intensity while you shatter your personal best lifts in record time!



ADVERTISEMENT

**After your very first dose of Red Zone, you'll experience an increase in power, stamina and of course fat burning!**

the extreme and past the point of that burning pain, then you know you've entered the red zone. This is where the greatest hormonal response to training occurs and the highest degree of muscle fiber damage takes place, and this allows you to build muscle and burn fat faster than ever! The problem with training in the red zone is that your muscles burn like a blow-torch, which forces most people

**When you push it to the extreme and past the point of that burning pain, then you know you've entered the red zone.**

### Training for Size, Power and Cuts

When you train for size, power and cuts, you must lift heavy weights with white-hot intensity! If you're not training all-out, you'll never make any noticeable gains in muscle size or strength, and you'll certainly never get ripped. Intense, heavy weight training tears up muscle fibers and signals your body to release its two most powerful anabolic hormones, testosterone and growth hormone (GH). These physiological effects trigger your muscle cells to increase protein synthesis, which allows you to build muscle faster than you could imagine! On top of that, intense weight training cranks your metabolism into high gear, which allows you to burn fat fast!

### Enter the Red Zone

The optimal training intensity for size, power and cuts requires you to push yourself past the burn and into what's called the "red zone." When you push it to

**Take Red Zone capsules before you train and you'll be in for the workout of your life!**



## The Red Zone Training Program

	Sets	Reps	Sets	Reps
<b>Chest &amp; Abs</b>				
1. Flat Bench Press	5	5	3	20
2. Incline Dumbbell Press	5	5	3	20
3. Pec Deck or Cable Crossovers	5	5	3	20
4. Weighted Incline Sit-Ups	5	5	3	20
5. Weighted Ball Crunches	5	5	3	20
<b>Back &amp; Biceps</b>				
1. Bent-Over Barbell Rows	5	5	3	20
2. Lat Pulldowns	5	5	3	20
3. One-Arm Dumbbell Rows	5	5	3	20
4. Standing Barbell Curls	5	5	3	20
5. Alternating Dumbbell Curls	5	5	3	20
<b>Legs &amp; Calves</b>				
1. Barbell Squats	5	5	3	20
2. Stiff-Legged Deadlifts	5	5	3	20
3. Dumbbell Lunges	5	5	3	20
4. Standing Calf Raises	5	5	3	20
5. Seated Calf Raises	5	5	3	20
<b>Shoulders &amp; Triceps</b>				
1. Seated Dumbbell Shoulder Press	5	5	3	20
2. Lateral Dumbbell Raises	5	5	3	20
3. Dumbbell Shrugs	5	5	3	20
4. Close-Grip Bench Press	5	5	3	20
5. Skull Crushers	5	5	3	20

**Notes:**  
• Train to complete muscular failure on every set!  
• Training Split: 2 days on, 1 day off.  
• For the Power Program, rest 90 seconds between each set.  
• For the Fat-Burning Program, rest only 45 seconds between each set.

to give up and stop. The other problem is that after your first few sets, lactic acid begins to shut down the nerves supplying your muscles, which will immediately halt your strength dead in its tracks!

### The Red Zone Training Program

The Red Zone Training Program is designed to have you train at a whole new level of intensity like nothing you've ever experienced! However, be warned that the Red Zone Training Program

**The Red Zone Training Program is designed to have you train at a whole new level of intensity**

is only for experienced lifters and not to be followed by beginners. When you train in the red zone, you're pushing your body to its absolute limits, and by do-



**With its cutting-edge ingredients and clinically proven formula, Red Zone is unlike anything you've ever tried.**



**With their commitment to creating science-backed products like Red Zone, it's no surprise you can find Ultimate Nutrition products in over 100 countries.**

and Popeye's stores – Red Zone. After your very first dose of Red Zone, you'll experience an increase in power, stamina and, of course, fat burning!

**From the Lab**

Red Zone is engineered by Ultimate Nutrition, the true innovators in sports nutrition. With their commitment to creating high-quality, thoroughly researched products, it's no surprise you can find Ultimate Nutrition supplements in over 100 countries worldwide! With its cutting-edge ingredients and clinically proven formula, new Red Zone is another incredible creation.

***"I'm a huge supplement user and I take Red Zone to increase power, density and cuts. One dose before a workout will make you a believer in this incredible product." Tony Breznik, Bodybuilding Champion***



ing so, you'll be able to increase power, muscle growth and fat loss in record time!

**Gains in the Red Zone**

In order to take your intensity to a whole new level and truly realize the ultimate workout, you need to use the newest pre-workout supplement to hit GNC

**In a clinical trial, athletes who took a key ingredient found in Red Zone increased power by 21.1%.**

**By using Red Zone before every workout, you'll be able to lift more weight, delay fatigue and burn fat faster!**

**Power & Fat Loss Backed by Science**

In a randomized, double-blind, placebo-controlled clinical trial, athletes who took a key ingredient found in Red Zone increased power by 21.1%. But the formula doesn't just stop there. Red Zone is made up of three unique complexes – one for power, one for fatigue delay and one for calorie burning. The Fatigue Delay Complex is powered by Beta-Alanine and Co-Enzyme Q10. The Calorie Burning Complex is made up of eight powerful thermogenic compounds engineered to help you quickly shed fat while you blast through your workouts! By simply using Red Zone before every workout, you'll be able to lift more weight, delay fatigue and burn fat faster! What more could you ask for?

**Get Strong & Ripped**

Now that you understand the importance of training in the red zone, and you have the tools to make it happen, it's time to enter the red zone. Just remember to take Red Zone before you train, and get ready for the ultimate fat-burning workout of your life!



**The Science behind Red Zone**

**Complexes & Effects**

**Power Enhancing Complex**  
• **Increases Power**

**Fatigue Delay Complex**  
• **Increases Stamina**

**Calorie Burning Complex**  
• **Increases Thermogenesis**

**Mechanisms of Action**

- Clinically proven to increase the circulating concentrations of hemoglobin, the protein that transports oxygen in the body.
- Increases the oxygenation of muscle cells in the body, which plays a fundamental role in the production of energy and force from muscle cells.
- Increases intramuscular carnosine levels, which can increase the fatigue-buffering capacity of a muscle by up to 20%!
- Significantly delays muscle fatigue and failure, and considerably improves muscular stamina.
- Increases the release of norepinephrine, one of the body's most potent fat-burning hormones.
- Triggers the mobilization and oxidation of fat at the cellular level through beta-receptor stimulation.