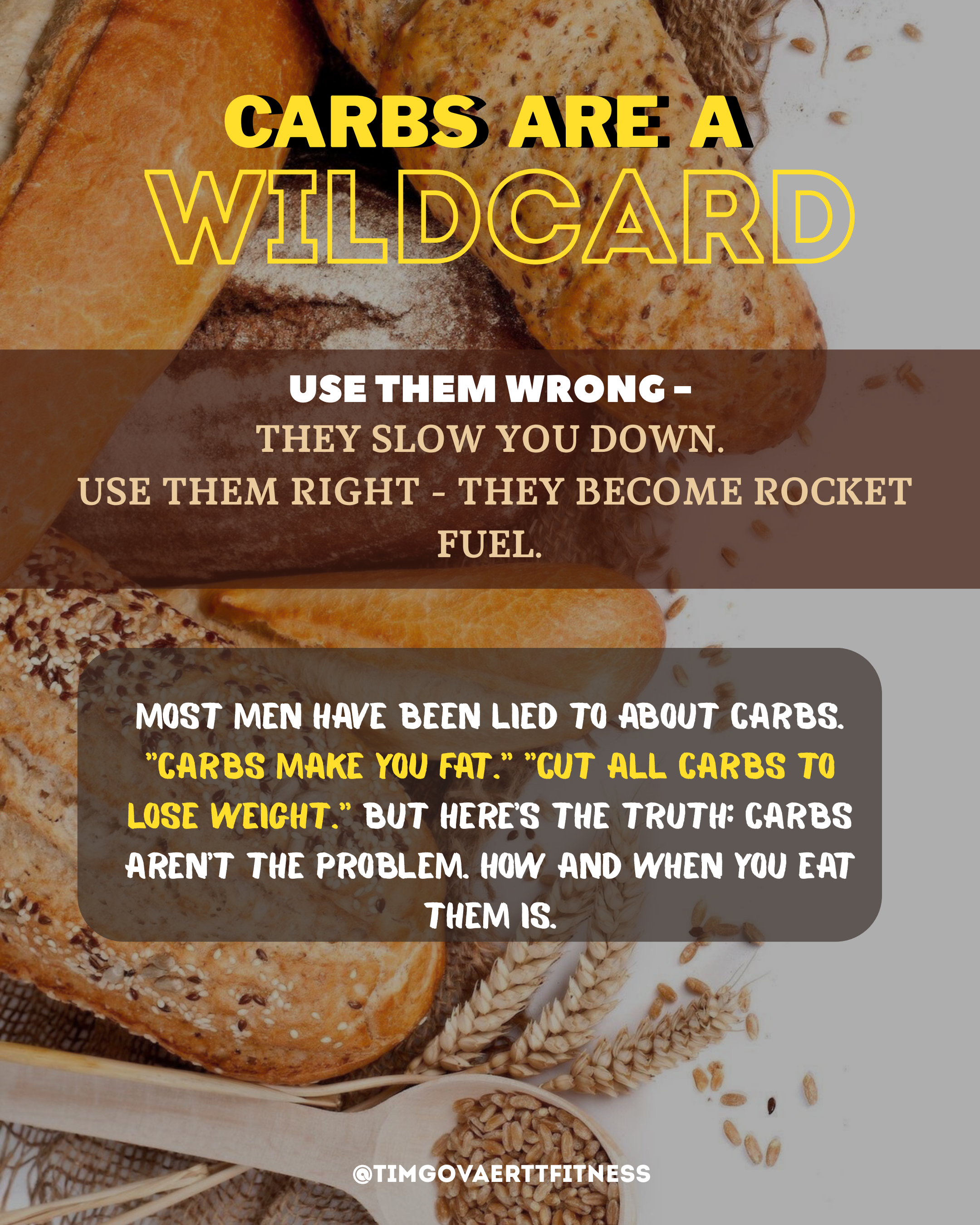




CARBS ARE A **WILDCARD**

USE THEM WRONG -
THEY SLOW YOU DOWN.
USE THEM RIGHT - THEY BECOME ROCKET
FUEL.

MOST MEN HAVE BEEN LIED TO ABOUT CARBS.
"CARBS MAKE YOU FAT." "CUT ALL CARBS TO
LOSE WEIGHT." BUT HERE'S THE TRUTH: CARBS
AREN'T THE PROBLEM. HOW AND WHEN YOU EAT
THEM IS.



THE SEDENTARY MAN'S MISTAKE

NOW FLIP THE SCRIPT. WHEN YOU TRAIN WITH INTENT AND EAT WITH PURPOSE, CARBS BECOME YOUR ALLY. STRENGTH TRAINING DEPLETES GLYCOGEN (YOUR MUSCLE FUEL). SMART CARBS REPLENISH YOUR TANKS, NOT YOUR FAT STORES. YOUR BODY BECOMES A FURNACE — BURNING FUEL, BUILDING MUSCLE, RESTORING ENERGY. YOU EARN YOUR CARBS. AND YOU USE THEM. NO STORAGE. NO GUILT. JUST PERFORMANCE.



THE ACTIVE MAN'S ADVANTAGE

NOW FLIP THE SCRIPT. WHEN YOU TRAIN WITH INTENT AND EAT WITH PURPOSE, CARBS BECOME YOUR ALLY. STRENGTH TRAINING DEPLETES GLYCOGEN (YOUR MUSCLE FUEL). SMART CARBS REPLENISH YOUR TANKS, NOT YOUR FAT STORES. YOUR BODY BECOMES A FURNACE — BURNING FUEL, BUILDING MUSCLE, RESTORING ENERGY. YOU EARN YOUR CARBS. AND YOU USE THEM. NO STORAGE. NO GUILT. JUST PERFORMANCE.



USE CARBS LIKE A PRO

IF YOU WANT TO OPTIMIZE STRENGTH, ENERGY, AND RECOVERY — TIMING IS EVERYTHING:

- 📌 **BEFORE TRAINING:** A MODERATE DOSE OF FAST-DIGESTING CARBS (LIKE A BANANA OR RICE CAKE) → GIVES YOUR BODY QUICK-ACCESS FUEL TO TRAIN HARDER AND LAST LONGER.
- 📌 **AFTER TRAINING:** YOUR MUSCLES ARE EMPTY. CARBS + PROTEIN = MUSCLE REPAIR, RECOVERY, AND GLYCOGEN REFILL → YOU RECOVER FASTER, GROW STRONGER, AND STAY LEAN.

BOTTOM LINE:

CARBS DON'T MAKE YOU FAT. POOR TIMING, ZERO TRAINING, AND EATING LIKE A PASSIVE MAN DOES.

MASTER YOUR CARBS — AND THEY'LL FUEL THE STRONGEST, LEANEST VERSION OF YOU YET.