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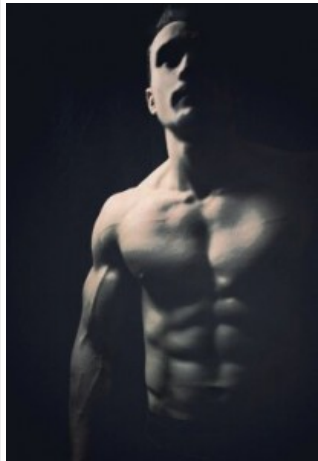
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## DAN DUANE BABCOCK TALKS WITH GENETIC WAR



### How long have you been training?

I've been into the scene of bodybuilding since I was a kid in middle school; so a little over 5 years now and not looking back!

### What/Who got you motivated to start training?

I started hitting up the weights as a past time in middle school, and really started to like the mental focus it gave me; in addition to paving a foundation to keep me on focus, shortly after high school I started to hit the weights with some force, and becoming more knowledgeable in the health and nutrition field. There was a natural bodybuilder

that went to the same gym as me and he had some serious size and cuts to say the least, it was motivating to see the work ethic put behind everything he did and it truly inspired me to turn it up, so since then I've been increasingly persistent with my workouts and diet trying to become one step ahead of the person I was yesterday.

### What are you short / long-term fitness goals?

My short term goals are to always progress one step up from the previous day, forever pushing myself to new heights and greater conditioning, mentally and physically. My long term goals I would have to say would be first and foremost keep a healthy lifestyle, then ultimately work my way up within the fitness world and become a strong contributor to the nutrition and bodybuilding scene.

### What workout routine has given you the best results?

I can honestly say that I've experimented a vast amount of diverse routines; each one had its own set of improvements that worked for me, but when it comes to the gym... we all have the same idea in common, or at least among us guys – and that's how to pack on the most lean mass as possible without compromising in fat gains. And to that I would have to say hypertrophy based workouts, I do a 5 day on 1-2 day off splitting every 2 weeks; I hit hypertrophy based workouts with a rep range of 8-12 and set range of 3-4. The 3rd week I do strictly heavy weights, with a 3-6 rep range and 3-4 set range. With this mix of hypertrophy and high weights I have gradual gains in strength, but more importantly size increase!



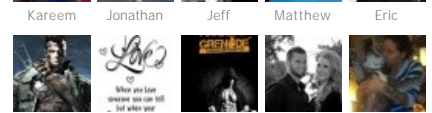
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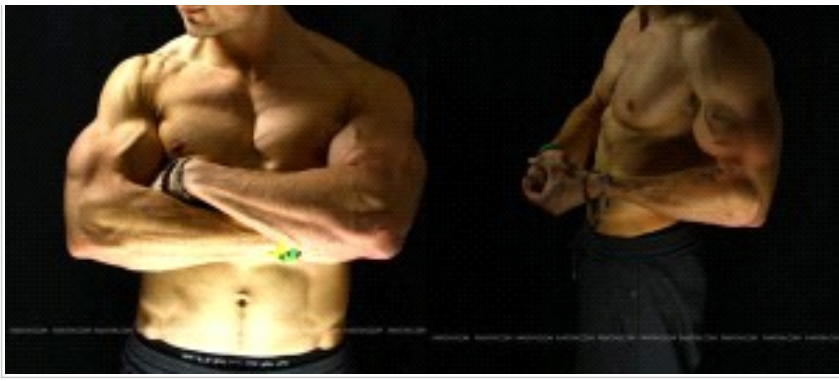
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## Current workout schedule:

**Saturday:** Break – Cardio, lagging body parts.

**Sunday:** Break – no physical activity.

**Monday:** Chest, Calf's.

**Tuesday:** Upper/lower Back, Traps, Abs.

**Wednesday:** Biceps, Triceps, Calf's.

**Thursday:** Delts (first week is front dominant, second week is rear dominant.)

**Friday:** Legs, Calf's (First week is Hamstring dominant, second week is Quadriceps dominant.)

## Basic Hypertrophy Session:

Warm-up: 10-20 set with a slightly challenging weight.

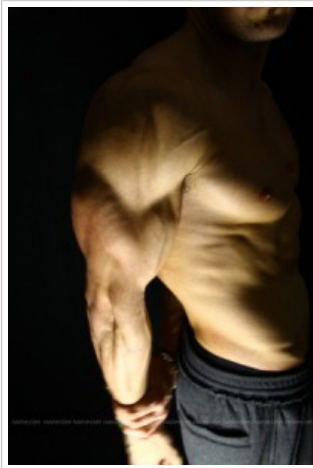
**Set 1:** low weight, explosive push with a slow decline till executed without proper form/failure.

**Set 2:** Medium weight, explosive push with a slow decline till executed without proper form/failure.

**Set 3:** Heavy weight, explosive push with a slow decline till executed without proper form/failure.

## What is your favorite form of cardio to cut body fat?

My favorite form of cardio would have to be HIIT, I don't generally have a whole lot of time to blow on a slow based cardio session so when trying to get in a low fat state I'll do 25-30 min of High Intense Interval training 3-4 times a week – be it on the stepper, elliptical or inclined treadmill sprints (**My favorite!**) HIIT tends to elevate my metabolism throughout the day, unlike slow based cardio sessions that only burn then and there.



## Could you outline your basic daily diet for cutting or bulking?

My basic diet for cutting is just that, BASIC! No fancy foods or magic pills, just basic foods that work. I do a high protein, moderate-high fat and extremely low carbohydrate diet. I try to eat every 2.5 to 3 hours, just because it's the easiest way for me to spread out my calories and stay full, in addition it helps me stay energized throughout the day and my metabolism revving.

## A typical day on this diet while cutting would look something like:

**Upon wake:** 3-4 egg whites, 1 whole egg, 1 ounce of cheese and 2 cups of coffee with Stevia.

**Meal 2:** 4-5 oz Chicken Breast, 2 cups spinach, 2 tbps olive oil/vinegar mix

**Meal 3:** 4-5 oz Chicken Breast, 2 cups spinach, 2 tbps olive oil/vinegar mix

**Meal 4:** 4 oz 94% Lean Beef, 2 cups spinach, 2 tbps olive oil/vinegar mix

**Meal 5:** 4 oz Chicken Breast, 2 cups spinach, 2 tbps olive oil/vinegar mix

**Meal 6:** 1-2 Scoops Optimum Gold Standard 100% Casein, 2 tbsp Milled flax, 1 tbsp Psyllium Husk. (Mixed together with a small amount of unflavored almond milk to make a paste)

I like to follow the principles of the Anabolic Diet, and keep my carbohydrates below 30g per day, but high in EFA's poly and mono fats with a moderate protein percentage, also, for the high intense bodybuilders I throw a 2 day carb up either every 2 weeks or 1 week depending on how my body is feeling/looking.

## What are your favorite pre and post workout meals?

**Pre-Workout meal:** Eggs and coffee!

• On days where I hit big muscles like Legs and Chest I'd tend to get a bit more carbs to help push me through the workout. IE: 1-2 pieces Ezekiel Bread or 1 ½ cups oatmeal with whey.

**Post-Workout meal:** 2 Scoops whey.

## What supplements do you take or recommend?

I find supplements to be a staple with any exercise routine, but as like staples they need paper to sink into! So if your diet is garbage, and your routine is just as good... taking a fat burner or muscle enhancer won't get you very far. Once your diet and training are on point supplements can dramatically enrich your routine; that being said my current daily supplement list looks like this:

**Morning:** BPA Roxy Lean.

**Every meal throughout the day:** ON Superior AMINO 222 Tabs, Omega 3,6 and 9.

**Pre-Workout:** Assault, ON Threshold and creatine monohydrate.

**Post-Workout:** Gaspari Nutrition Intrapro whey, BCAA.

**Before Bed:** Optimum Gold Standard 100% Casein

I also sip on Scivation Xtend throughout the day to help fight fatigue and muscle soreness.

## What has the biggest impact, in your opinion, on muscle growth and recovery?

The biggest impact on your body without a doubt is Nutrition, you can have the most planned/brutal workout routine, but if your diet is garbage – you're essentially grabbing a double edged sword and keeping yourself from reaching your maximum potential.

## Personal Rules to success:

**Dream**, think of the body you'd like to chisel out for yourself every time you take a look in the mirror; imagine that being the result, and then imagine what you can do to achieve that goal.

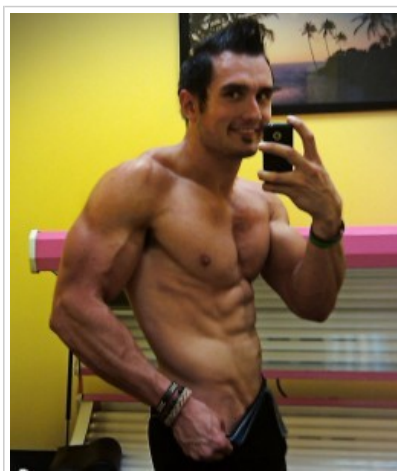
**Perseverance**, you need to push through the pain, those last few reps are the ones that actually count. If you can't drive those last 2-3 reps out, that reality will just be pushed farther away, furthermore stay consistent week in and out, stick to your guns!

**You are what you eat**, one of the wisest things ever said... and it's exactly how it sounds, fuel yourself with highly nutritious foods and muscle building nutrients, not a bunch of junk!

Anyone interested in the fitness Scene or if you would like a good jumpstart to a healthier lifestyle feel free to add me on facebook at: <https://www.facebook.com/profile.php?id=684721291>

Or shoot me an email at: [Lunaris.gl@gmail.com](mailto:Lunaris.gl@gmail.com)

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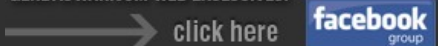
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