



I assumed my results might eventually level out, but I'm going much further than I ever thought I could. A few days ago, I broke all my records standing right next to Henry in our office. Here's something most forty - three - year - old guys can't claim but I can: with X3, I just keep getting stronger.

Many people think you aren't able to significantly change your physique once you hit a certain age. They believe a twenty - one - year - old person who's out of shape can achieve big results by just following an exercise and diet protocol. But if someone in their thirties or beyond did the same, their changes wouldn't be nearly as noticeable—if any changes even occur at all.

I'd challenge that notion. I was over forty when I started training with X3. My impressive physical transformation came from this invention alone. The scientific principles it capitalizes on to create visible changes work regardless of age.

Just as a side note and possible metaphor for the growth/healthy development of many different types of human tissue: my first invention, OsteoStrong medical devices, allows elderly deconditioned women to grow bone density just as fast as men who are athletic and in their twenties. Many perceived physical limitations relating to poor conditioning later in life may relate more to a poor strategy for stimulating development than actual limitations. Both of my inventions and their results with consumers support this.

Henry's Personal Experience



Although you might have thought John looked strong prior to starting X3 training, his body underwent a major transformation after he started using it. He put on muscle and lost fat at the same time, which many people mistakenly believe is physiologically impossible, in large part because they don't understand the role of hormones, growth factors, and variable resistance, as discussed in earlier chapters.

What's more, we can confirm without a doubt his results are one hundred percent due to our invention.

Early X3 Adopters

Soon, we went out on pre - order with a superior, high quality, made in the USA product. We marketed it direct to consumer through our website and social media advertising.

We also did a soft launch on Dave Asprey's podcast, Bulletproof Radio . Dave is famous for creating Bulletproof coffee—the kind that includes butter and MCT oil—and his never - ending quest for the ultimate way to biohack his body and mind. He was the first person outside the company to receive an X3, and liked the results he was getting from it so much he invited John to be on the podcast.

As a result of John's appearance on Dave's podcast as well as some other top health podcasts, X3 experienced an instant boost in sales. Even though we were staging an industry disruption by going against everything people supposedly "knew" about fitness, many Bulletproof devotees



As I mentioned before, Jaquish Biomedical Corporation now has a coffee replacement product that can also be used pre - workout . It has a number of ingredients like electrolytes to keep you hydrated, suppress appetite, and help maintain a fasted state. I only use this as a coffee replacement, however, since I don't drink coffee pre - workout .

Caffeine is a vasoconstrictor, meaning it slightly restricts blood flow and stimulates an increased heart rate and blood pressure. It's a great way to start the day, but not my favorite pre - workout protocol because there are benefits to doing the exact opposite—vasodilating. Since cellular hydration is associated with increased levels of muscle protein synthesis, ²³⁷ I try to vasodilate through a combination of stretching a muscle, then hydrating that muscle to the highest degree immediately post workout. The strategy has accelerated my growth and I intend to continue it.

From a training perspective, my workouts haven't changed since day one. My emphasis has always been on doing slow and controlled movements. Two seconds up and two seconds down is the cadence that encourages stability firing for growth hormone up - regulation as well as a greater level of fatigue. The main objective is not to "do reps," but to get to the absolute maximum level of exhaustion so the central nervous system initiates anabolic hormones and growth factors to build muscular tissue at the fastest rate possible.

²³⁶ Glynn, E. L., Fry, C. S., Drummond, M. J., Timmerman, K. L., Dhanani, S., Volpi, E., & Rasmussen, B. B. (2010). Excess leucine intake enhances muscle anabolic signaling but not net protein anabolism in young men and women. *The Journal of Nutrition* , 140(11), 1970-1976.





After four weeks, you can graduate to split squats, which fire the muscles in one leg at a time. By training in split - squat format, you put all of your body's resources into one glute and one quadriceps. This creates a more powerful muscular response.

With split squats, you stand on one leg with the band running under the mid - foot . Put the other foot back and outside a bit for stability. Because the band only runs under one foot, there is no concern it will twist the ankle inward.





To complete this exercise, wrap the band around your back and hold the ends in your hands. The band should cross the center of your deltoid.



Slowly extend the arms in front of and across your body, alternating which hand crosses over the top of the other during each repetition to ensure symmetry. Stop just before you lock the elbows out with your arms overlapping in front of you in the shape of an X.

