

# GS-20 CONTROLLED STUDY

On July 27, 2015, I conducted a controlled study. The subject used in the study was Eric Mason, a highly conditioned college wrestler. Eric was also a Gaylord High School graduate. The study was 6 weeks in duration, ending on September 3, 2015.

The intent of the study was to show how little exercise was required to obtain the best possible results. For the test, my GS20 workout system was used. Over the 6 week period we did a total of 12 workouts, 2 workouts per week, performing 1 set of 8 to 9 exercises, 8 to 12 repetitions per exercise. The workouts were timed, averaging about 24 minutes per session, which included very brief water breaks. The workouts were total body.

At the beginning and end of this study we weighed Eric and I also conducted skinfold testing. At the end of this report I will list the comparison.



In my gym I have an oxygen condenser. Before each workout Eric would have a 10 minute oxygen cocktail to fully oxygenate his bloodstream. Immediately after his workout, Eric would have a post oxygen cocktail to help him recover from his "maximum intensity" workout to bring him back to an anabolic state (build up).

Nutrition also played a huge part in this study. I put Eric on a high protein, high carbohydrate, moderate fat diet, along with natural supplements that I have available at my facility. Eric consumed 6 meals per day which totaled 4000 calories, plus he stayed hydrated by drinking water all day long.

The equipment used for the study was strictly Nautilus Strength machines. Eric did 1 barbell exercise, the bench press, for demonstration purposes only. 1 set at the start of the 6 week program and 1 set at the end of the program. A few years ago an individual thought it was a good idea to use a 225 lb barbell to do bench press as a benchmark, so currently at the college and pro level, athletes have to demonstrate their strength by performing

<b>START</b>	<b>END</b>
<b>Body Weight</b> <b>210 Lbs.</b>	<b>Body Weight</b> <b>220 Lbs.</b>
<b>Percentage of Fat</b> <b>13%</b>	<b>Percentage of Fat</b> <b>7%</b>
<b>Fat Weight</b> <b>27.3</b>	<b>Fat Weight</b> <b>15.4</b>
<b>Lean Weight</b> <b>182.7</b>	<b>Lean Weight</b> <b>204.6</b>
<b>Net Muscular Gain: 21.9 Lbs.</b> <b>Average Weekly Muscular Gain: 3.71 Lbs.</b>	

that exercise, doing 1 set as of as many presses as possible to failure. It is a totally inaccurate way to measure on athletes strength against another. Why? Because an individual with long arms has a mechanical disadvantage for that exercise due to the fact that he has to push the weight a greater distance ( $\text{work} = \text{force} * \text{distance}$ ). On the other hand, a person with short arms has a mechanical advantage for this particular exercise because he is pushing the weight a lesser distance.

Day 1 of the study Eric did 13 reps on the bench press, failing on the 14th rep. On the last day of the program Eric completed 20 reps, failing on the 21st rep. That was a 50% increase!

Another interesting result we demonstrated was that at the start of testing Eric's resting pulse was 72 beats per minute. At the end of the study it went down to 65 beats per minute. Immediately after his workouts, his pulse averaged 170 beats per minute, which was 85% of his maximum target heart range! By performing a series of anaerobic exercise, it became a steady state environment, so therefore one energy system will support the other, an indication that Eric was receiving high levels of benefit indirectly.

Note: During the study Eric did no additional cardiovascular training at all.

Eric's workouts were very, very intense, but safe, because they were performed in a slow controlled fashion. He pushed for that very last repetition on each exercise, which is very hard to do. Through the years I have trained literally thousands of people, many college athletes and some professional athletes, and I must say that no one ever pushed as hard as Eric. He is highly motivated and a courageous young man. He is also very punctual, always on time for his workouts and ready to go. I am very proud of him.

I must say that our results were outstanding even though Eric was already a highly conditioned athlete. If Eric was unconditioned, we would have received even better results.

Most people going to health clubs or thinking about visiting a club, obviously do not have the genetic potential of Eric. However, with the right program and guidance, regardless of your age or gender, you will receive the best results in the least amount of time safely!

-Gary Stempien

\*\*Results authenticated by Dr. Louis Habryl,  
Orthopedic Surgeon

Note: Eric has a small deformity in his right pectoral do to a childhood injury. (Medical term – gynocomastia) He plans to have this condition surgically repaired.



**BEFORE**



**AFTER**