

TOTAL SHAPE

**THE ULTIMATE
SUPPLEMENT
STACK GUIDE**





Hey, and welcome to our newsletter and our professional guide to stacking supplements.

My name is Tyler Sellers, and together with my brother Connor, we help people like you to better plan your supplement needs and exercise routines.

Take it from someone who spent years struggling to achieve his bulking goals, that you can make things a lot easier by getting someone to help you come up with the right stack.

For me, it all happened in college when the strength coach on my rowing team intervened in my stupid diet mistakes.

Imagine a cocky young kid just out of High School pounding the gym and having very little progress to show for it.

Yup, that was me, but my coaches set me straight, and since then, I have constantly refined the stacks I use and recommend to clients through trial and error.

And in this free guide, we'll share all the details with you.





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The Essential Fat Burning Stack



For general weight loss and a cutting phase, it's important to focus on more than just metabolic boosters.

Yes, they will melt away fat effectively.

But at the same time, you want to preserve your muscle mass and stamina as well.

As your calorie intake will likely be lower, you could end up in a situation where you experience some muscle wasting and a lack of performance at the gym.

This is the basic stack that most of our clients rely on, and we have listed the supplements in the order of importance.

1 - Protein Shake

Most people just look at protein shakes as a post-workout recovery drink. But studies have also shown that they help to reduce hunger and boost your metabolic rate to melt away more flabby stuff.

Unless you're vegan or dairy intolerant, the best type of protein you can get is whey isolate. It's fast to absorb, and it contains all the amino acids that your body needs in the right balance.

Product Recommendation:

[Transparent Labs Grass-Fed Whey Protein Isolate](#)

Full Review: [Best Tasting Protein Powders](#)



2 - Fat Burner

Next on your list should be a fat burner that uses natural herbal ingredients to boost your metabolism. This should be designed to target stored body fat while avoiding the loss of muscle fibers.

Product Recommendation: [PhenQ](#)

Full Review:

[Best fat burner for men](#)

[Best fat burner for women](#)

3 - Pre-Workout

One way to speed up your ability to burn off more fat is to work harder at the gym. Pre-workouts provide ingredients that target both strength and endurance enough to allow you to do more reps.

Product Recommendation: [4 Gauge](#)

Full Review: [The Best Pre-Workout Supplement](#)



4 - Krill/Fish Oil

The bodybuilders we work with have all reported lower effects of delayed onset muscle soreness thanks to taking fish oil. The Omega-3s directly impact muscle repair, which allows them to keep training at higher intensities.

Product Recommendation: [Zenith](#)

Full Review: [Best Krill Oil Supplements](#)



5 - Multivitamin

While B vitamins are essential to maintaining your red blood cells, they're also a vital component of producing and transporting energy. A high-quality multivitamin will also provide potent antioxidants like vitamin C to better protect your muscles from free radicals.

Product Recommendation:

[Performance Lab](#) (Get 10% off using code: **TOTALSHAPE10**)

Full Review:

[For men](#)

[For women](#)



The Advanced Fat Burning Stack



This is the stack that we recommend for serious bodybuilders to help them better deal with a cutting phase.

Personally, cutting is my least favorite time, and it seems to be a constant battle between working hard at the gym without the usual carbs to keep me going. The other thing a lot of bodybuilders tend to struggle with is switching from high-calorie intake to a net negative one.

Those hunger cravings can really suck, right?.

So, in addition to our 5 essential fat burning stack supplements above, we add another two supplements.

6 - BCAA

One of the problems serious bodybuilders often encounter is muscle breakdown due to lower energy intake. BCAAs play a critical role in protecting your muscle mass by boosting muscle protein synthesis to help you better retain the bulk you worked on so hard.

Product Recommendation:

Performance Lab (Get 10% off using code: **TOTALSHAPE10**)

Full Review:

For men

For women



7 - Meal Replacement Shake

The drastic shift in calories and macros can become a challenge for even the most dedicated athletes. That's why we always recommend taking meal replacements to keep you feeling full for longer and get the right balance of macros.

Product Recommendation: **Ample V** or **Ample K**

Full Review: **The Best Replacement Shakes**



The Essential Muscle Building Stack



Bulking stages are where it all happens for bodybuilders, and personally, this is where I have the most amount of fun.

This is also a time when your body comes under the most amount of strain, and many amateurs tend to rely too much on their normal food intake.

But the volume of macro and micronutrients you'll need is often difficult to achieve through food alone.

How often have you thought "I can't look at another chicken breast!" The sooner you realise that supplements can bridge that gap, the more success you can have from your bulking routines.

Here's the basic stack that we get clients to focus on first.

1 - Protein Shake

Aim for a high-quality whey protein powder to get the full range of all amino acids that your body will need to support muscle growth. Whey tends to offer the best balance, while plant-based proteins would need to be stacked from multiple sources to get the same amino acid exposure.

Product Recommendation:

[Transparent Labs Grass-Fed Whey Protein Isolate](#)

Full Review: [Best Tasting Protein Powders](#)



2 - Creatine



Your muscles naturally contain creatine in order to process energy for high-intensity lifting, but there is a limited reserve. Some research suggests that taking a creatine supplement before exercising can improve your strength while at the same time fighting off fatigue.

Product Recommendation: [Transparent Labs](#)

Full Review: [Best Creatine Supplement](#)

3 - Pre-Workout

Pre-workout supplements are an excellent way to get the most out of every trip to the gym. There are quite a few natural ingredients that have proven to be effective at increasing your strength and stamina, as well as reducing the signs of fatigue.

Product Recommendation: [4 Gauge](#)

Full Review: [The Best Pre-Workout Supplement](#)



4 - Krill/Fish Oil

If you're doing things right in a bulking phase, then you'll feel soreness after your heavy training days. Omega-3 fish oil has been shown to reduce that soreness so that you can continue training at a higher intensity.

Product Recommendation: [Zenith](#)

Full Review: [Best Krill Oil Supplements](#)



5 - Multivitamin



The benefit of taking multivitamins during a bulking phase comes down to the potential of higher levels of free radicals releasing from damaged muscle fibers. With many vitamins acting as antioxidants, they will better protect your body.

Product Recommendation:

[Performance Lab](#) (Get 10% off using code: **TOTALSHAPE10**)

Full Review:

[For men](#)

[For women](#)



The Advanced Muscle Building Stack



Anyone already using the above essential stack regularly should consider extending it by a few more supplements.

If you want to step things up a bit in your goals or you're thinking about entering some competitive events, then there are a few extra supplements to consider.

These are the secret sauce to my own success because a few small benefits quickly add up over a few weeks.

My advanced stack contains all 5 of the essential ones, plus these 4.

6 - BCAA

These essential amino acids are the most vital for muscle protein synthesis. If you lack them during a bulking phase, then you could be limiting how much new muscle mass is developed after every training session.

Product Recommendation:

Performance Lab (Get 10% off using code: **TOTALSHAPE10**)

Full Review:

For men

For women



7 - Mass Gainer

One of the biggest problems for serious bulking is increasing your food intake; if you're already struggling with the volume of food, then you should seriously consider using mass gainers for a concentrated boost of carbs, protein, and calories.

Product Recommendation: Transparent Labs

Full Review: The best mass gainers

8 - Testosterone Booster

We're not talking about banned hormone treatments, but rather natural ingredients that can trigger your body's ability to produce more testosterone. This hormone would also help to create a leaner muscle appearance by controlling the amount of fat storage.

Product Recommendation: Testofuel

Full Review: The best testosterone boosters



9 - Collagen

The final supplement to add to your stack is a collagen booster to help with any possible strain and damage to cartilage and tendons. Your joints will come under a lot of pressure while bulking, so make sure they don't get damaged or hold you back.

Product Recommendation: LiveWell Collagen Peptides

Full Review: The best collagen powders

The Wellness Stack



There's an old saying our dietitian often brings up, and it goes something like, "if you feel good on the inside, you'll look great on the outside."

It's also usually followed by "if you eat crap, then you'll look like crap."

Makes total sense, right?

By supporting your digestion and reducing inflammation throughout your body, your body will be under a lot less pressure to have to deal with problems. It can then focus more on energizing you for everyday life and workouts at the gym.

Here's what I take on a daily basis.

1 - Vegan Protein

Try to start your day with a smoothie and some plant-based protein powder. By reducing your dairy intake from whey, you could reduce the pressure that your stomach is under to break down the nutrients.

Product Recommendation: [Transparent Labs](#)

Full Review: [The best vegan protein powder](#)



2 - Super Greens

I know we should all be eating more leafy greens, but it can sometimes be a struggle. Super green supplements provide all the goodness from certain types of seaweed along with pre and probiotic fibers to support much more effective digestion.

Product Recommendation:

[Organifi](#) (Get 15% Off Using Coupon Code: **TOTALSHAPE**)

Full Review: [The best greens superfood powders](#)

3 - Creatine

Many bodybuilders will know creatine from post-workout supplements to help with muscle recovery. But studies have also shown that it can reduce general fatigue and help better control blood sugar levels.

Product Recommendation: [Transparent Labs](#)

Full Review: [Best Creatine Supplement](#)



4 - Krill/Fish Oil

With the right combination of Omega-3s, krill and fish oils are the perfect anti-inflammatory supplement. Whether it's your digestive system or joints that might be causing trouble, this is an inexpensive supplement to solve that problem.

Product Recommendation: [Zenith](#)

Full Review: [Best Krill Oil Supplements](#)

The Mind, Body, And Nutrition Stack



A lot of athletes who have busy office jobs, family lives, or are trying to get through a lot of coursework in college will want to focus on a stack that provides both physical and mental energy.

Sound like a familiar struggle?

Not surprisingly, there are some common fitness supplements that work really well for energy boosts that help you get through busy work and family tasks as well.

Try out this stack to see how much more efficiently you can deal with everyday tasks.

1 - Nootropics

It's impossible not to hear about these supplements, as they have become increasingly recommended as a way to boost your brainpower. From increasing your focus to reducing tiredness, these supplements will allow you to get a lot more mental work done.



2 - Protein Powder

Even if you're not in a bulking phase at the gym, any kind of physical exercise will require increased protein intake. It's the best way to give your muscles what they need to speed up recovery and reduce post-workout soreness.

Product Recommendation:

[Transparent Labs Grass-Fed Whey Protein Isolate](#)

Full Review: [Best Tasting Protein Powders](#)

3 - BCAA

While most protein powders include a good dose of BCAAs, they wouldn't be included in a large enough dose to completely reduce muscle soreness. If you feel that your protein shake doesn't quite do it, then try a BCAA boost.

Product Recommendation:

[Performance Lab](#) (Get 10% off using code: **TOTALSHAPE10**)

Full Review:

[For men](#)

[For women](#)



4 - Pre-Workout

If you're heading into a busy day at work, or maybe you have to sit an exam, then pre-workout supplements could provide the energy boost to keep your mind sharp and focused.

Product Recommendation: [4 Gauge](#)

Full Review: [The Best Pre-Workout Supplement](#)



5 - Super Greens

To achieve a long term healthy body, you need to give it the best opportunity to flush out toxins, boost your digestion, and make your immune system more effective. A super green mix of herbs, leaves, veggies, and algae is one of the best ways to achieve this.

Product Recommendation:

[Organifi](#) (Get 15% Off Using Coupon Code: TOTALSHAPE)

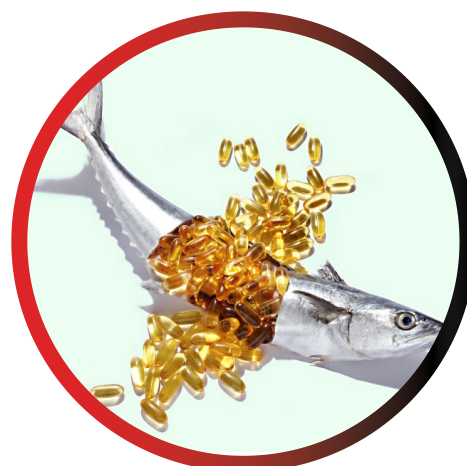
Full Review: [The best greens superfood powders](#)

6 - Krill/Fish Oil

To make sure your stomach and overall digestive system are not constantly battling inflammation from toxins, take a daily dose of marine oil. It's by far the most effective way to rebalance your omega fatty acids.

Product Recommendation: [Zenith](#)

Full Review: [Best Krill Oil Supplements](#)





Start Your Stack Today

No matter what your goal is for the coming days, weeks, or months, investing in the right supplement stack can provide that extra boost to keep your motivation high.

When you see your progress towards goals moving faster than expected, you'll be surprised how much extra drive that will provide.

The only thing you need to do now is order the right supplements.

And if you need some recommendations on specific products, then head over to

TotalShape.com for detailed advice.

And if you're struggling with any aspect of your diet, supplement needs, or exercise routine, then check out our coaching program, where you can get a free consultation to show you how we can help you.

Maybe throw in coaching too, like what we did on bulking article?

