

# ONE MORE REP

LEGENDARY 1.M.R.™ PERFORMANCE



NEVER STOP  
**EVOLVING**

*As an athlete, you continue to grow, adapt and evolve. Now, our original pre-workout, 1.M.R.™, has evolved, too.*



W

hen we started BPI Sports nearly a decade ago, our pre-workout powder 1.M.R™, which stands for “One More Rep”, helped catapult the success of the company. The energy, intensity and performance that you felt in the gym was second to none, but there was more to it than just a great formula. The name itself, and what it stood for, became part of the fabric of this brand. It was more than a name, it was a mantra. Pushing and stretching yourself beyond your current ability and going for “one more rep” not only helps define your physique, it defines who you are as a person. I guess you could call it a life – and even a business philosophy – one that’s helped propel BPI into one of the biggest sports nutrition brands in the world.

Considering the impact that this one product has had on shaping who we are as a company, I’m extremely excited to announce the release of the brand new ONE MORE REP™, the reincarnation of the legendary 1.M.R™.

***This formula stays true to our roots, bringing back the qualities that made people fall in love with us in the first place, while propelling us into the future by meeting the demands of today’s most discerning athletes.***

One More Rep™ is something truly special, and I can’t wait for you to try it.

**“GOING FOR  
“ONE MORE REP”  
NOT ONLY HELPS  
DEFINE YOUR  
PHYSIQUE, IT  
DEFINES WHO  
YOU ARE AS  
A PERSON.”**

*James G.*

James Grage  
BPI Sports Co-Founder





# WHAT IS ONE MORE REP™ ?

## EVOLVE

You aren't the same athlete you were when you started. With every workout, you've evolved. Shouldn't your pre-workout progress with you? Introducing One More Rep™ – the next evolution of the legendary 1.M.R.™.

One More Rep™ is the evolution of our legendary pre-workout, 1.M.R.™. While it still provides the intense energy you demand to maximize performance, this new formula delivers a broader range of benefits. On-trend ingredients like beetroot powder, citrulline and carnitine help promote focus, pump, endurance, strength, recovery, muscle growth and even fat burning.



- **Citrulline** – Citrulline is an alpha amino acid that is converted to arginine. It may support exercise performance.\*†
- **Beetroot Powder** – Beets contain naturally-occurring nitrates that increase nitric oxide production, which may support endurance and efficiency for better performance in the gym.\*†
- **Carnitine** – Carnitine is a vitamin-like nutrient essential for energy production and fat metabolism.\*†
- **N-Acetyl-L-Cysteine** – A potent antioxidant that may have a beneficial effect on exercise performance.\*†
- **Betaine** – Research indicates that supplementing with betaine can promote muscle performance, endurance and body composition.\*†
- **One More Rep Energy Blend** – Includes a synergistic combination of ingredients to promote energy & focus.\*†

**BE BETTER. BE STRONGER. BPI.™**

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\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

†When combined with a proper exercise and nutrition regimen.

**hpi**  
SPORTS

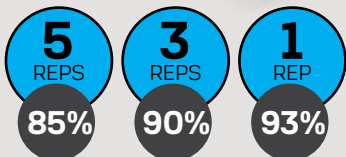
# TRAINING PROGRAM

Over the next four weeks, use the following guidelines to help you increase your strength on your bench press, squat and deadlift. Incorporate each workout once a week or take it one exercise at a time. By week 3 or 4, you should notice that the weight you started with no longer feels as heavy.

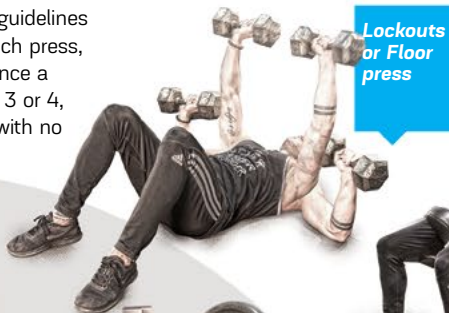
## HOW TO INCREASE YOUR STRENGTH: BENCH PRESS



Warm up: 3-5 sets



**ACCESSORY EXERCISES**  
(4 sets of 8 reps)  
Use a weight that you can comfortably perform 10-12 reps with.



Lockouts or Floor press



Hammer Strength Incline Press



Incline Dumbbell Flys



Machine Dips or Weighted Dips

Before getting started with this strength program, it will be beneficial to calculate your One Rep Max (1RM).

## HOW TO CALCULATE YOUR ONE REP MAXIMUM

It's not just about bragging rights. Knowing how much weight you can lift or push – your one rep maximum (1RM) – allows you to train based on your limits. By using a certain percentage of your 1RM, you can put a calculated amount of stress on a muscle over a certain period of time, and this specificity will create the fastest rate of muscle growth.

Here's how to calculate your 1RM:

For upper body, find the heaviest weight you can lift 4-6 times and plug it into this equation:

$$(4-6RM \times 1.1307) + .06998.$$

For example, if you can do 5 reps of 60kg, then the formula would look like this:  $(60 \times 1.1307) + .06998$  and your 1RM would be 68.5kg.

For lower body use this formula:

$$(4-6RM \times 1.09703) + 14.2546.$$

Here's how to use different percentages of your 1RM to accomplish different goals:

- 50%: Best for Explosive Power
- 70%: Best for Endurance
- 80%: Best for Muscle
- 90%: Best for Power
- 95%: Best for Strength

PLEASE NOTE: All readers are advised to consult their physician before beginning any exercise and nutrition program. BPI Sports and the contributors do not accept any responsibility for injury sustained as a result of following the advice or suggestions contained within the content of this manual.



HOW TO INCREASE YOUR STRENGTH:

# SQUAT



## ACCESSORY EXERCISES

(4 sets of 8 reps)

Use a weight that you can comfortably perform 10-12 reps with.

Bulgarian Split Squat (each leg)



Stiff-legged Deadlifts



Hip Adductor



Leg Extensions



Warm up: 3-5 sets

<b>5</b> REPS	<b>3</b> REPS	<b>1</b> REP
<b>85%</b>	<b>90%</b>	<b>93%</b>

# RECOMMENDED STACKS



• BUILD MUSCLE



• GET SHREDED



• WEIGHT LOSS



## HOW TO INCREASE YOUR STRENGTH:

# DEADLIFT

Warm up: 3-5 sets

5

REPS

85%

3

REPS

90%

1

REP

93%

Seated  
Good  
Mornings

Pendlay  
Rows

Romanian  
Deadlift

Lower  
Back  
Extensions

### ACCESSORY EXERCISES

(4 sets of 8 reps)  
Use a weight that you can comfortably perform 10-12 reps with.







## JUSTIN SMITH

I'm at the gym by 3:30am every single morning to start my day. I use a killer stack of pre-workout, creatine and BCAAs to get me through my brutal sessions. Train hard and lift heavy sh\*!.



## AMBER LENA

Every morning before I hit the gym for my early workout I always have a scoop of pre-workout to give me a kick in the face to help me train hard. I like to ensure that I am getting enough protein and creatine so I am able to see the results I am looking for.



## ALDO GARCIA

I stack my pre-workout with BCAAs and creatine. It allows me to build lean muscle and recover faster.



## KEVIN BROOKS

I drink my pre-workout because training at 5am wakes up my nervous system and enhances my workout. I stack with 2 scoops of Best BCAA w/Energy because it gives me the ultimate hydration and elevates my recovery throughout my day.



## KAILEY SMITH

My pre-workout routine consists of smashing 2/3 scoop I.M.R™ and getting some mind muscle connection going before a heavy lift. The easiest ways to make sure you make the weight connect to the muscle is to warm up with tension bands. There are various different exercises that can get the blood flowing, get a pump and make that connection so you are ready for a heavier lift. I also like to start with this so I give the pre-workout a few minutes to get going!

Typically, I take my pre and mix BCAA Shredded™ plus either creatine or CLA + Carnitine depending on goals. I use the CLA if I'm looking to lean out for summer.



## DAVE BOURLET

I find Best Creatine™ and Best BCAA™ the most useful and effective amino acids to take not only before each training session but during and after as well for power, strength and fast recovery. Plus it tastes so good that it incentivizes me to drink more water. Find your best flavors to stack and try it!



## DILLION HENDRIKS

Pre-workout makes me feel confident in anything I do.



## ANN BURNS

I stack my pre-workout with creatine and sip it during my drive to the gym and during a 15-minute cardio warm-up. I push myself pretty hard during training so this stack gives me everything I need to get through an intense training session: energy, focus and a head start on recovery!

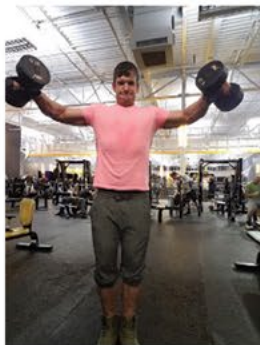
Photos are from members of Team BPI who receive complimentary product as part of their contract.



## SYDNEY MARTIS

If you're an early morning lifter, grab half of a banana and a serving of pre-workout to ensure you perform at your best that early in the day.

If you lift later in the day, try eating a balanced meal of protein and slow digesting carbs (like oatmeal) 1 hour before your workout, and follow by taking your pre-workout 15-20 minutes before your lift.



## ZACHARY RHEINECKER

I always take my pre-workout on an empty stomach. It keeps me laser focused during my training and keeps me going without any crash or jitters.

Stacking your pre-workout with a fat burner or creatine takes it to another level.



## MARISSA MURPHY

Always try to plan your gym routine ahead of time. My workouts always suffer when I lack organization. I take my pre, drive to the gym, do my thing.



## MARCUS TANAKA

No matter what you're training for, having a good pre-workout will help you push 110%.



## ALEX JAMAL

I always make sure to have a good meal & my pre-workout so I can lift heavy and grow. Make sure you pull at least twice as much as you push. My favorite is dumbbell for a strong thick back.



## ADRIONNA ROY

One of the biggest suggestions I always give when it comes to the gym, no matter your goals, is to be consistent! One of the best ways I stay consistent is making sure to take one scoop of BPI's 1.M.R™ 15 minutes before a lift. I know on those days I'm not mentally feeling it, 1.M.R™ will get me in the best mind set for the best lift. They call their products the best for a reason!



## CORY PRINCE

Always train for failure! Trust that your body can do amazing things and use the boost from your pre-workout to push yourself to failure!



Photos are from members of Team BPI who receive complimentary product as part of their contract.

TEAM BPI IN THE GYM





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