

Fasted Training with Legion Forge + Squatting Update

Description

Disclosure: I was provided a bottle of their pre-workout [Legion Athletics Forge](#) supplement at no charge. I was not compensated in any other way and all opinions are my own.

Remember how [I committed to following Cory Gregory's Squat Every Day Program](#)? I'm still going strong and squatting daily, but had to improvise while out of town at the [At-Home Dad Convention](#). All it took was a little creativity and motivation to use the dumbbells in the hotel gym. Sumo squats, goblet squats, and, my favorite leg killer, rear foot elevated split squats.

Once I returned, I got back on track and am currently nearing completion of the program. Once finished, I'll have gone for more than the 30 consistent squatting days in the program and will be sure to update you then. I've already increased my max on front and back squat by 10 pounds, which is great for me!

Since starting the program, I was fortunate enough to have the awesome folks at [Legion Athletics](#) agree to send me a bottle of their pre-work supplement, [Forge](#), to use and review.



It's here!!

I'm not a fan of using most supplements since they tend to have a lot of non-functional fillers and most are made from the same place in China then shipped overseas to have a brand label slapped on. But not Legion, they make their high quality supps right here in the U.S.A. with the following standards:

- “ All ingredients backed by published scientific literature
- “ All dosages at clinically effective levels
- “ No artificial sweeteners, dyes, or unnecessary fillers

â€“ No banned substances or analogs of potentially harmful drugs

â€“ Good taste

â€“ Good value per serving

If you have any supplements in your home, go check the bottle and see if you can check off all of these. Donâ€™t feel bad if not, I did the same thing and failed miserably.

Forge is Legionâ€™s pre-workout supplement made specifically for those who train in a fasted state. It has 3 quality ingredients clinically dosed to work together with 3 goals:

1. **To maximize the amount of fat you lose while training on an empty stomach**
2. **To minimize the amount of muscle you lose while training in this state**
3. **To help you maintain intensity and focus in your workouts, which can wane when â€œtraining on emptyâ€•**

The 3 ingredients are:

- **Calcium Beta-hydroxy-beta-Methylbutyrate (HMB)** â€“ a metabolite of Leucine which prevents muscle-breakdown and is thought to be roughly 20 times more potent than Leucine in this regard
- **Citicoline (CDP Choline)** â€“ Highly bioavailable source of Choline which provides cognitive benefits.
- **Yohimbine HCL** â€“ A potent fat-burning compound which can significantly increase the amount of fat burned during a workout.

What?! A pre-workout fat-burner without caffeine?! Yep, and that means jitter-free workouts that just make it hard for me to hold heavy weights without, well, jittering. Plus, now I can enjoy a cup or five of coffee without worrying about overdosing on the stimulant.

I could geek out on you and dive into the scientific side of Forge even further, but they have all you need to know on their site, so I highly [suggest clicking over there](#) (once youâ€™re done here of course) to learn about how and why they created this wonderful supplement.

What I will do is tell you how much I appreciate having Forge as part of my daily regimen. Squatting every day is not easy, mentally or physically, but Forge helps me clear my mind of negative thoughts and just get to work with whatever squat variation I have for the day. Not to mention how well it enables me to regain focus after having to take an unplanned diaper changing break. At least most of the timeâ€¦!



Ummm, Dad, I think I strained too hard.

While I don't have a need to lose fat, I have noticed my stomach getting a little more definition as well as my skin feeling tighter all over. I have been taking 4 capsules a day which is right between the "First Use" and "Full Dosage" recommendations with my 160 lb frame.

FIRST TIME USE		FULL DOSAGE USE	
100 pounds	= 2 caps	100 pounds	= 4 caps
150 pounds	= 3 caps	150 pounds	= 6 caps
200 pounds	= 4 caps	200 pounds	= 8 caps
250 pounds	= 5 caps	250 pounds	= 10 caps

Again, no jitters or any crazy pump, just better mental clarity and feeling recharged and ready to go the next day. I've had plenty of days where I was running severely low and not motivated in the slightest sense, but after a couple weeks of taking Forge, that has not been the case.



[Click here to order Forge.](#)

My workouts last anywhere from 45 minutes to a little over an hour (depending a lot on Avery's mood and need for diaper changing) and I have yet to feel beat up by the end. In fact, once finished, Avery and I go for a 2+ mile walk and/or run most days.

I still have a bit more to go until the bottle is finished, but I'm sure I'll be ordering more once it's out. Actually, Legion has a [whole line of supplements](#) I'd love to order. It's hard to find a company that's passionate about their products, especially supplements, and I simply love that they don't go overseas to make their supps.

If you're just getting into training or have been in the game for a while, consider adding a quality supplement from Legion. They have done their homework on what's actually effective and put it all together at the right dosage to take the guess work out for us. From pre to post workout and everything in between, you're sure to find something to give your training a big boost.

Thank you, Legion Team, for allowing me the opportunity to review your Forge supplement! If you ever need another active dad's review for another product, you know where to find me! ðŸ™,

Do you currently use any supplements in your training routine?

Interested in trying if not?

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