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It's when you eat that makes what you eat matter!

- Ori Hofmekler, Author & Creator of *The Warrior Diet*

With the Warrior Diet to My Very Best Worldcup Season!

Testimonial Statement of Jürgen Reis (Austria)

As a professional world cup sports competition climber, I am always curious about new knowledge - every training, nutrition or mental strategy that makes me stronger - I want to know it! One of my passions besides my sport is also, like Ori, writing and publishing books about training and nutrition in Europe. Unfortunately at present only in German. So admitted: I am a book and news fanatic. I order new publications often before the delivery date and I have subscribed to all common health magazines. So you can imagine about how many "brilliant diet strategies" besides training and mental energy topics, I was informed very well of since my first book the "Peak Principle" was published in 2004. 95% of the miracle diets in these books, reports and studies, however, are not for me as a professional athlete, and are an absolute waste of time and energy.

But whoever wants to find gold should as well love the patient sinking in sand and soil. Nevertheless, at the beginning of 2005 I slowly started doubting if I would be able to find something really new and certainly also really useful. I was wrong, because in May suddenly an author named Hofmekler showed up in my private sports library. No, he had not only written one book but three on his revolutionary diet form! With one of them even a talented medical student will have some serious understanding problems. Finest science! Moreover, special squads of the U.S. army, world class athletes and sometimes even world champions of all kinds of strength and martial arts, decorated his reference pages. But what convinced me in the end were the pictures of the author himself. Was blood doping already possible for a long time? Had somebody used the DNA of Bruce Lee? Ori has perfect definition and muscle development - and this at an age of 53 years!



Maximum Power all over the year with a minimum of Body Fat

Worldcup climbers are necessarily experts in regard to strength and muscle building. Both components of strength, maximum strength and strength endurance are as important as technique and agility in my sport. In short, sport climbers are strength training athletes.

Additionally the body fat level plays a decisive role for a sport climber just as for a bodybuilder. At the climbing wall his weight works against him - muscles mean strength, whereas body fat stands for ballance. For this reason a climber, along with bodybuilders, are experts in muscle building and body fat reduction. But other than bodybuilders, who have to be in excellent form for competitions once or twice a year, a climber has to be at his best for competitions during several months during the spring and fall. Thus for him it is extremely important to maintain a constant level of fitness and performance throughout the whole year.

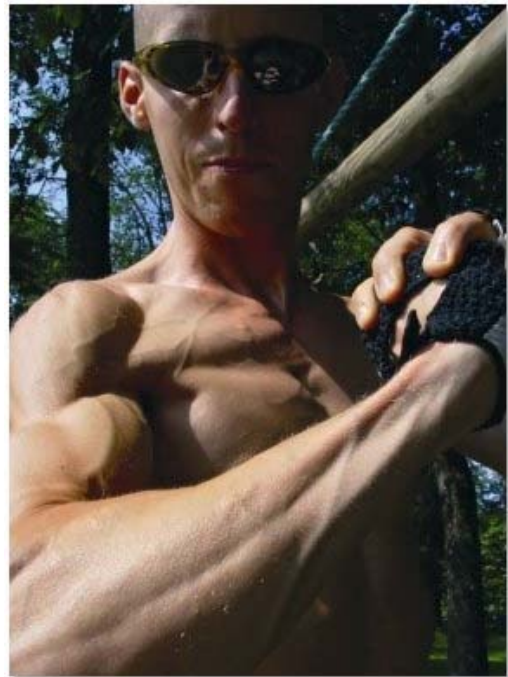
Coachings with Ori helped me to find my exact way of dieting

Practicing the "Warrior Diet" for 20 months in combination with the specific advice that Ori gave me in our very valuable telephone coachings, I was able to increase my overall energy level and also my power and endurance in competitions. The best were the competition days - I was able to stay "in 100% power-shape" during the whole day. In the past this was always one of my main problems - I was fit in the morning, but the longer the day was you know, getting hungry, starting to eat some snacks, etc. and

suddenly you feel tired and not energized anymore. With Ori's "Warrior Diet" this now belongs 100% to the PAST! The result was my very best season that I have ever climbed in the World Cup. Right now, I am in 21st place in the world - and the world cup is not yet finished! I was really getting stronger every month, since I started to practice this "Lifestyle sports diet". Even on rest days with high efforts, I certainly improve with the advantages I have just mentioned.

Overtraining, cold and my comeback in spring 2007

But not only his skills as a professional nutrition coach made the personal consultations with Ori one of the most valuable "investments" I made within the last years. After a training week in New Mexico with my friend Clarence Bass, I was starting my usual climbing training back home with a little too much enthusiasm. So I was overtrained and suffering from a cold, which "costs" me the first two national cups in March. Ori helped me out of the mistakes I made. Beside teaching me how to feed my hormonal system which is very important for all anabolic processes in the body and the immune system with the right foods, his advices helped in a better planning of my training. This advice made the critical changes possible. Although Ori is no specialist in climbing or training climbers, his basics in the "survival training principle" - CFT - is groundbreaking for every athlete, who wants to develop his best. Together with my local coach, I was able to adjust my training and nutrition schedule and now I am improving better then ever before. No matter if you are a competitive athlete or just lifting weights for fun, I guarantee - Give the "personal support" of Ori a chance - it will lead you to the next level!



4 Pounds of lean muscle gain in six weeks!

Right now, I train harder but more structured than ever before.

Together with an even further optimized nutrition, I was able to increase my bodyweight over 4 pounds within the last six weeks. Certainly at the same time, my power, especially my body power, increased again. Although, I elevated my overall calories, I am still lean! The knowledge of eating the right things, at the right time, makes the difference! So my body fat level is still low - about 5%, and I look and feel more muscular but still with very sharp definition! At my last competitions, I did very well again (2nd last week on a National Cup) and so my licence for the World Cup is saved.



Healthy fat as main fuel even on hard training days!

My main fuel changed over many little steps - each of them well advised by Ori from Carb- into Fat fuel. From up to four High-Carb days - after a year, I am now able to stay on my "main fuel" so Ori calls for fat for up to 5 or 6 days during a hard training week! I feel more energy and recover faster then ever before. Even if I use the advantages of Carbs for very hard training - or competition days, I feel more toughness and endurance then ever before. Seems my body can use both "sourced" for really great performance.

In one of my last telephone coachings, Ori told me, that by following his diet, it is possible to stay young for much longer, because of the natural cycles that allow the body to recycle muscle and cells. So I am looking forward to improve further and climb stronger than ever before in the international world cup circus!

I can really recommend Ori's books and especially his telephone coachings for all athletes, who want to make their "Warrior Diet" perfectly customized for their metabolism, body types and efforts of their specific sports and disciplines!

Thank you Ori!

April 2007

More about Jürgen Reis you find on his German Homepage www.juergenreis.com - his E-Mail address is info@juergenreis.at

An article, written from former Mr. Past 40 USA Clarence Bass about his above-mentioned training holiday in New Mexico in January is available at <http://www.cbass.com/JurgenReis.htm>

[Read part 2 - Updated testimonial of Jürgen Reis](#)

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3.2% Body-Fat in Winter Off-Season?!

Testimonial Statement of professional World Cup Climber Jürgen Reis from Austria – www.juergenreis.com

I am getting fitter and fitter!...with The Warrior Diet also beside the Competitions always on Top!



I already wrote an article about my way thru my very best world cup season. If you haven't read this, please get on this site following this. You will learn more about me, my sports and my way with Oris Coachings and instructions.

As a professional world cup sports competition climber, I am always curious about new knowledge, every training, nutrition or mental strategy that makes me stronger, I want to know it! One of my passions besides my sport is also, like Ori, writing and publishing books about training and nutrition in Europe.

So, after finishing also a very great Season 2007 after all, I certainly enjoyed to stay on the Warrior Diet with all the advantages, even for my rest days.

The success season continued!

I am sure, it was no manner of luck, that I was able to continue my very best results in the "International Climbing-Competition-World":

The Highlights in 2007 were

- 26th place at Worldcup Weltcup Valence (FRA) November (Semifinals)
- 26th place World Championship Aviles (SPA) September (Semifinals)
- 9th place 18. Int. Masters Serre Chevalier (FRA)
- 2nd place Austrian Championship-Cup 2007 Vöcklabruck

As you see in my results: I am still doing perfect with the principles of Oris Warrior Diet. The undereating during the day, allows me to train hard in my splitted routines during the day. But also on rest days, I enjoy the high energy level.



The dinner in the evening is great and I sleep like a baby afterwards. I normally eat several snacks during the day and always about the same amount at the same time. BEFORE I GET HUNGRY! Also I eat the same Warrior-Snacks on 4-5 days a week. What I take really serious, is my special During- and after Workout Nutrition. This was one of the main things, Ori told me to make it perfect!



Low Carb and High Carb Cycles...

...improve my power and made my body and mind work better and better, since I started the WD in autumn 2005. But they change really fast - often within weeks. Before Christmas 2007, an 6/1 Cycle - so only one High Carb day - was perfect. My hard training schedule in the following weeks in January 2008 and the amount of hard drills showed at the last kinesiology test: 4 High Carb Days per week are the best in the moment.



3.2% Body-Fat and Muscle gain with optimized Week-Cycle

These tests, in combination with Ori's personal instructions and plans for me, make it possible, to get the best effect out of every training period. Right now, I usually have grains or Biological High fiber bread as Carb-Source, mixed with veggies and protein. The other three days I have Low Carb-Dinner with lots of nuts, good Protein and lots of Veggies (they are there every day). I think these were the main reasons, why I reached 3.2% Body-Fat (my best personal result) times in the last months. I didn't lose weight, so at the same time, I was able to build up some lean muscle mass! Ori often called me a "Mountainlion", because these cats of prey

are very lean and muscular. I think, as you see in the photos in this article, this is no overstatement ;-). I am proud of my body – thank you Ori!

Personal Consulting with Ori Hofmekler via telephone makes it perfect!

The personal Consultings again and again offers me so many things to improve. Every phone call is for me a great chance to get first class knowledge from the very first hand. What makes Ori different from other "Diet-Coaches"? All my trainers in my team have one thing in common: They live for sports and healthy being. And so Ori does. To write and talk, is one thing, but to stay in touch and train with athletes and special forces several hours, even he is 56 years old, proves his knowledge!

The Conclusion is clear...

For me the conclusion as a professional athlete is absolutely clear: If you want 100% of your body and mind power, also keep improving your Diet! I can tell you: There are often the "peanuts beside", they really count in the long run and also led me right to the next levels. And what can be more valuable, than getting taught by the Warrior Diet Creator himself? Get the chance for you individual WD. It is an investment in your life to benefit from full capacity: Current performance and staying lean, muscular and healthy, with 100% working body and brain.

[Read the original testimonial of Jürgen Reis](#)

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