

***“... your content (Weightology Research Review)
is amazing, I think not enough people are aware of the
quality compared to other well known research reviews ”***

– Marco, Weightology subscriber

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WHAT MAKES WEIGHTOLOGY DIFFERENT FROM OTHER RESEARCH REVIEWS?

There are a number of research reviews on the market, and they all provide excellent services in their own unique ways,. all filling specific niches and complimenting each other quite well. Weightology is focused primarily on the science of changing your body, whether that is fat loss or muscle gain. Thus, I focus on the research that pertains to training and nutrition for either fat loss or building

muscle. *My review is ideal for people trying to lose fat and weight, physique competitors, bodybuilders, people trying to build muscle, people who just want to look more fit, and trainers and coaches working with all of these types of people.*

Some of the unique aspects of the Weightology Research Review include:

- **Research reviews are provided in both video and written format, with a list of practical applications on how you can take the science and apply it to your own programs or those of your clients.** Videos can be streamed or downloaded. Articles can be viewed both online or downloaded in PDF format.
- **Mini-webinars on topics that I've lectured on at conferences.** Not everyone can travel to see my lectures; thus, I offer "mini-webinar" versions that you can watch from the comfort of your own home.
- **Evidence-based guides on various aspects of training and nutrition program design, with thorough reviews of all pertinent research.** You'll get the best, most up-to-date evidence-based guidelines for how to design your programs.
- **An "Ask James" section where you can ask me questions on anything related to exercise and nutrition.** If I don't know the answer, I'll do the research for you.
- **Access to my private Research Review/Coaching FB group, where you can engage with me and other members.** You can have input on the things YOU want to see reviewed!
- **New content is posted monthly.** In general, you can expect anywhere from 5-8 pieces of research reviews, evidence-based guides, video content, and "Ask James" content each month.
- **Content is organized by topic so that it's very easy to find what you're looking for.** There's no need to ask yourself, "Which issue was that topic in?" and have to do a lengthy search for it.

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HERE'S A SNAPSHOT OF WHAT YOU GET WHEN YOU SUBSCRIBE TO WEIGHTOLOGY

Video Research Reviews!

To Fail or Not to Fail Part 2: Kinetic Peaks: Isokinetic Peak Torque

- Significant improvement in peak torque at 60 degrees per second only observed in RNV group
- Significant improvements in peak torque at 180 degrees per second observed in RNV and RNF groups, but not RF group
- Indicates training to failure may not be optimal for improving peak torque at specific velocities, likely due to slowdown in repetition speed and decrease in power output as one approaches failure

Velocity (deg/sec)	RF	RNF	RNV
Baseline (30 deg/sec)	26.81	27.24	26.27
35 Weeks (30 deg/sec)	27.24	26.27	26.27
Baseline (180 deg/sec)	21.14	21.89	21.89
35 Weeks (180 deg/sec)	21.89	21.89	21.89

Click here to download a PDF of the slides
Click here to download an MP4 of the video

Mini Webinars!

Impact of Resistance Training on Energy Expenditure

- Reported session energy expenditures in literature range from 60 to 360 kcal in most studies
- Reported EPOCs range from 6 to 52 kcal over 1-2 hours post-exercise in most studies
- Total energy cost in 24 h (session + EPOC) will range from ~60 - 400 kcal

Click here to download an MP4 of the video.

Evidence Based Guides!

TIME OF DAY TRAINING FOR MUSCLE SIZE: YOUR COMPLETE EVIDENCE BASED GUIDE

Maximizing muscle growth means manipulating your training variables to create the best stimulus possible. These variables include volume, frequency, intensity, rest intervals, and others. Scientific research helps guide us in order to manipulate these variables to get the best possible results. One factor that often goes overlooked is the time of day which you train. Because strength can vary throughout the day, and because your hormonal environment can also vary throughout the day, it brings about the possibility that the time of day which you train could impact how much muscle you produce. In this article, we'll go over all of the relevant research to date, and establish the time of day which makes a difference in your gains in muscle size.

The Theoretical Case for Morning Training

First, let's address the theoretical reasons why training in the morning might be more effective for hypertrophy than training in the afternoon or evening. Resistance training stimulates protein synthesis, the process by which your muscles build new proteins. When the process of protein synthesis exceeds the rate of protein breakdown, your muscles grow. The duration of protein synthesis happens very quickly after a training session. One study showed that the process peaked at 3 hours after an evening session, and then declined after that, so that by 48 hours, most of the process was finished.

Protein Synthesis and Breakdown in Muscle After Weight Training
Phillips et al., *Am. J. Physiol.*, 273: E59-E107, 1997

Time	Protein Synthesis (%)	Protein Breakdown (%)
Baseline	112%	60%
3h	112%	60%
6h	112%	60%
9h	112%	60%
12h	112%	60%
15h	112%	60%
18h	112%	60%
21h	112%	60%
24h	112%	60%

Ask James!

Myofibrillar Protein Synthesis Response to Resistance Exercise Session

This asks:

- Is the increased in a 24-hour rise of trained people having a shorter rise of protein synthesis after training is not correct (protein synthesis) or if it remains elevated?
- But do you have an idea why protein synthesis seems only to matter for trained subjects? <https://www.ncbi.nlm.nih.gov/pubmed/16615150>

The shorter protein synthesis would seem like a perfect reason for protein being and high frequency training in trained subjects.

Trained subjects have a shorter peak in myofibrillar protein synthesis after resistance training than untrained subjects, but the **duration** of myofibrillar protein synthesis is about the same. The graph illustrates this.

Time	Untrained Magnitude	Trained Magnitude
Baseline	100%	100%
3h	112%	112%
6h	112%	112%
9h	112%	112%
12h	112%	112%
15h	112%	112%
18h	112%	112%
21h	112%	112%
24h	112%	112%

Articles!

HOW TO USE KEVIN HALL'S MODELS TO ESTABLISH CALORIE TARGETS

Recently in the Members Only Facebook Group, I was asked to provide a tutorial on how to use Kevin Hall's mathematical models to establish calorie targets for hypertrophy or fat loss. There is often confusion on how these models can be used to establish targets, with some people finding the numbers a bit "off". There are important things to remember on how these models work, and I'll attempt to go over how these models can be used to successfully create targets for hypertrophy and fat loss.

Kevin Hall - an Introduction

Classic Research Reviews!

ASPARTAME...AN UNDESERVED BAD REPUTATION

Which like the malignant mullins, aspartame for Nutrasweet has received a barrage of criticism over the past decade, and it continues to spark controversy. The question is whether this controversy is deserved, or whether it's manufactured controversy by the media and health alarmists. This series is going to explore aspartame in detail, and present you with the scientific facts. I will eventually explore other sweeteners in future articles.

The Artificial vs. Natural Myth

Part of aspartame's controversy stems from the fact that it is an artificial sweetener. There are people out there who have an uncharacteristic (and intended) obsession with consuming only "natural" foods. The assumption is that "natural" foods are somehow safer and healthier than "artificial" foods. However, as I've pointed out in the past, the thinking that natural foods are inherently better than artificial foods is flawed. There are many examples of natural products that are quite hazardous to your health. While we'll not repeat that here, the bottom line is that there is little evidence that artificial products are any worse than natural products. In fact, the definitions of "natural" and "artificial" are quite fuzzy, and there is significant overlap between the two concepts. Before we get started, about whether something is natural or artificial, you should really think about whether something has been adequately tested for safety and efficacy. In fact, some artificial products have much better safety records, and have been tested more thoroughly, than some so-called natural products.

What is Aspartame?

Aspartame, despite being labeled as artificial, is made up of two substances found naturally in all of the foods we eat: phenylalanine, aspartic acid, and methanol. Phenylalanine and aspartic acid are amino acids found naturally in the protein we eat. Methanol, also known as wood alcohol, is toxic to the human body, but only in large amounts. Methanol is found naturally in small amounts in fruit and fruit juices. When you consume aspartame, your gut breaks it down into these 3 substances. No aspartame itself reaches your bloodstream.

To give you an idea of the amounts of these substances that you get from aspartame versus real food, let's consider a 12 ounce soft drink. Here's a table of the amount of aspartic acid and phenylalanine that you get from an aspartame sweetened soft drink, compared to skim milk and chicken.

Food	Aspartic Acid (mg)	Phenylalanine (mg)
Aspartame Sweetened Soft Drink	100	100
Skim Milk	100	100
Chicken	100	100

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RECOMMENDED BY TOP NAMES IN THE INDUSTRY



*James Krieger was one of the hidden gems of the fitness world when I was coming up. Honestly, when I read his now infamous series on insulin and body composition measurements, I felt like I had found a secret cache of knowledge that advanced my understanding of nutrition and body composition change more than the last 20 articles I'd read combined. Not only is James formally educated in both exercise and nutritional science, he has been in the fitness industry for years, he walks the walk, and he understands the ins and outs of the science because he himself is a published exercise and nutrition scientist. Not only has he published, he's published some of the most foundational journal articles in our field helping to establish fundamental relationships between exercise variables with hypertrophy and strength, and nutritional variables with fat loss and muscle retention. Reading weightology is not just a way to learn information, but a resource to help you learn how to think. I credit much of my critical thinking development from learning by his example and I proudly give weightology my highest recommendation. - **Eric Helms, MS, CSCS, [3D Muscle Journey](#)***



*Some of my closer friends know that I've been doing a lot of reading about nutrition and fitness during the last year and a half or so (in addition to curling in the squat cage). In my not-so-humble opinion there's a lot of bullsh*t out there, so it's good when you can find research based, reliable information. I've got a very small list of what I consider to be outstanding resources, one of which is [James Krieger](#) over at www.weightology.net. I'd highly recommend reading his material if the topic interests you. - Patrick Umphrey, Powerlifter, [Eat Train Progress](#) Coach*



Again thank you so incredibly much for your service, as a Certified Sports Nutrition Advisor and natural bodybuilder I'm constantly attempting to explain things through science and having your unbiased opinion lay out the info in layman's terms while providing MANY scientific references is a gift from the heavens. - Jameson Wolff, BCRPA, CSNA, [Jameson Wolff Fitness Systems](#)

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- ***The Rapid Research Rundown***, providing brief video or written summaries of other interesting studies in the fitness field. Some research doesn't need a full review, but it's still worth talking about.
- ***Weightology Classics***, which cover older studies in the field, but studies that are still relevant now. Good studies don't have expiration dates; there's some great older material out there that applies to training and nutrition!
- **Access to ALL back content.** If you subscribe, you don't just get new

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