



**INTRODUCTION TO  
YOUR "PHYSIQUE"**

# TRANSFORMATION" JOURNEY

You are no doubt reading this course because you are sick and tired of wasting your money, wasting your time, wasting your energy, and you haven't reached a level of satisfaction with the way your body looks. Well, guess what?.... You finally hit the "mother load". I am here to reassure you that ***if you follow every single technique I lay out in this program (training, nutritional, and mental), you will, without a doubt, build muscle on your body and your strength will skyrocket!*** This is no hype.....just what really works.

First of all, take your time in reading this course completely before putting any of the strategies to work. As of now, if you have been training consistently without a break for at least three months, I suggest that you take at least **one week off** from any type of training whatsoever. This is very important because after your one-week of complete rest, when you begin the muscle building program, your body will have been completely recuperated and will be ready for the new routine you're about to put it through. In the meantime, read this course several times so that you begin to fully grasp the information presented.

As you read and apply the techniques in this course you will have to make sure you do one very crucial thing..... **completely let go and abandon any pre-conceived ideas you may have. Purge your brain of all the concepts and tips that didn't get you anywhere.** No matter how popular a certain technique is, it may not be one of the ones that will work for you. You may come across some things in this program that, at first glance, may surprise you, but everything I recommend I explain *why* it works. **The information you will read in this eBook is going to blow you away. It completely goes against the hype and myths circulating around today.** Read as if you have never read a magazine or book before.

When following this course, if you want to experience muscle and strength building success, **you must follow every single section of this program. You can't just follow certain techniques and not others. This program is to be followed as a "whole". I did not begin to see progress until I put ALL the strategies (training, nutritional, and mental) together.** You cannot follow the amount of sets I recommend and ignore the amount of reps or exercises, it will not work. I repeat, this program is to be followed as a whole for body building success.

***100% effort, commitment, and consistency on your part is a must!*** If you make it a habit of missing workouts you will not progress. If, while lifting weights, you do not give it 100%, you will not make your muscles grow. If you don't consistently eat what the program recommends day after day, week after week, you will not put on the weight you should. 100% effort, commitment, and consistency are absolutely necessary, ***it is of utmost importance to your muscle building success.***

I remember when I was training to try and get into the Cleveland Fire Department. I was doing my routine twice a week for 4 months, like "clockwork". I knew that I was going to be competing against thousands of other physically fit guys. I had my work cut out for me. I never missed a training session, even while working over 40 hours a week on air conditioners. In my heart I knew that even though I would be competing against guys who were quicker, bigger, and stronger than me, **my commitment, consistency, and effort would be what would give me the advantage** over them.

I will never forget the words my recruiter told me, "Although there are 3000 guys competing, and maybe only 50 will get picked, every person that truly wants the job will get it!" That is because only a select few would actually put 100% effort, commitment, and consistency into getting the job; and how true it was! I was number 12 out of 3000 competing, and I trained less than 15 weeks, only twice a week. I completely focused on my goal and I never lost sight of what I wanted to accomplish. You must do the same. **Focus on what you want out of your body. Visualize what you want your arms, chest, and body to look like. Then, do everything day in and day out to achieve your goals.** Remember, 100% effort, commitment, and consistency!

***Set goals!*** Take these next week of rest to know for yourself exactly what you want out of your physique. Visualize. Picture yourself walking around with a nice sculpted chest, round shoulders, and strong, vascular arms. Tell yourself that you want to become that strong, muscular person. Know how much weight you would like to be able to lift. ***Setting goals will turn a "routine" into an "enjoyable journey".***

You should **look forward to your workouts.** Pay attention to this next sentence: ***Setting goals will give you an incentive to stay on your routine week after week.*** I speak more about this in the [Mind Over Matter](#) section.

Throughout this program you will notice that I share with you my personal experience with whatever topic I am writing about. I do this because I am sure

that you will be able to relate to many of the same stories. Seeing my personal experience will also show you how I came about certain techniques and why they work. Plus, **you will see that this program is not something that was developed by some out-of-shape guy in a lab coat, but instead, actually testing it on myself.** My personal experience will show that it was developed by an average, working, husband, skinny guy.....ME.

***If you have battled to put on size and weight and gain strength, this program is for you.*** This is what has put over 40 pounds of muscle on my body, over 4 1/2 inches on my arms, and built tremendous strength. This program is for the naturally thin person, like you and me. Unlike other training programs that make you train for long periods, this program is built with the working, busy, family-oriented, career-minded, busy with school, with lots of other responsibilities individual, like you and me, in mind.

Like I stated on my website, **GET READY FOR A MAJOR GROWTH SPURT!**

*(Disclaimer: As with any exercise, fitness, and bodybuilding program, you must consult your primary care physician before beginning / embarking and applying any information in this book, whether it be training, nutrition, and / or mental.)*

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# TRAINING

Training is a very confusing, cluttered topic. Pick up the latest magazine and I guarantee that you will read at least 2 to 3 articles that directly contradict each other in their training philosophy. One "expert" recommends doing 3 different exercises, 2 sets each, 8-12 reps each. Others say to do 6 different exercises for 4 sets each at 4 to 6 reps. Some recommend short rests between sets, other recommend long rests. Some say train 3 times a week, others say train 5 times a week.

So, which one is it!? This section, TRAINING, will put all of your questions to rest once and for all. Always remember, this is what works because I have proved it on myself and on many others.

Before outlining specifics on amount of sets, reps, exercises, etc., there are a few truths that you MUST understand:

## MUSCLE CAPACITY

***Muscle Capacity is the amount of work you put your muscle through during a specific amount of time.***

One thing you must keep in mind the entire time you read this book is that **your main goal is to BUILD SIZE, TO GET BIGGER, TO BECOME MORE DEVELOPED. That is your # 1 goal. Muscle Capacity is 1 of the essential training factors that will help you succeed in building a muscular body.**

So, do you have to lift heavy weights to increase your muscle capacity?

Yes and no!

There is a big misconception nowadays as to what is actually considered "heavy weight". ***The more work your muscle does, the more reason it has to develop and get bigger,*** as a result of increasing muscle capacity (the amount of work a muscle does in a specific amount of time).

Yes, you do have to lift a high amount of weight but it must be for a HIGHER amount of reps. Lifting the heaviest weight possible that your body is capable of for a higher amount of reps, for example, 12, 13, or 14 reps will cause your body and your muscle tissue to have to adapt to that much more than this being an extremely heavy weight for only 6 or 7 reps.

**That's one of the KEYS.....HEAVY WEIGHTS FOR HIGH REPS.**

So, as you can see, ***using slightly lighter weights for higher reps allows you to make your muscle do more work in the same amount of time.*** Now, what do you think is going to make your muscle bigger???? Obviously doing more work. Heavy weight for higher reps allows you to use more of your muscle capacity. ***Heavy weights for higher reps builds more muscle than heavier weights for lower reps!***

I remember when I used to lift with a friend of mine that was with me in the Fire Training Academy. At that time, I was leg pressing over 1000 pounds.....yes,

that's *one-thousand*. But my legs that entire time didn't get one inch bigger! I was also bench pressing 315 pounds, but my chest was still flat as a board.

But all of these sets were only done for 6-9 reps.

I'm sure you know a ton of people that are strong as an ox, yet aren't very muscular.

Why is this????

There is a very good reason why it is that you can get very strong, yet not get any *bigger*. The **nervous system** is what tells your muscles to lift a weight. When you are trying to curl, lift, or extend a weight, your brain senses that the muscle is trying to lift that weight. So, it **sends a signal** through the nerves to the muscle, telling it to contract or stretch, thus making the muscle move to lift the weight. However, the key point lies in these "signals" that are sent through the nerves.

These signals are like **your internet connection**. I'm sure you've been able to experience logging onto the internet on a modem and logging on through a Cable, Broadband, or DSL connection. There is a big difference between the two. First of all, when you are trying to first connect onto the internet using a modem, it may take sometimes several minutes and even several tries. Also, whenever you try to download something or open a web page, it seems to take forever sometimes.....because a modem connection **sends very weak signals to your computer**.

Cable, Broadband, or DSL internet, on the other hand, connects almost instantly. When you type in a web address the page shows up almost immediately. When you download things, you're done sometimes in a matter of a seconds. This is because **the signal that a Cable, Broadband, or DSL connection provides is very strong**.

The signals sent from the brain through the nerves to the muscle are the same. ***The stronger these signals are, the more force your muscles generate, meaning the more weight you can handle. However, creating stronger nerve signals only strengthens the nervous system.....it has nothing to do with making your muscle tissue bigger in size!!***

That is why you see some powerlifters who can bench press 500, 600, or even 700 pounds for three or four reps, yet they don't have the kind of chest size and development that many bodybuilders have.

An excellent example of this fact is the French bodybuilder Serge Nubret. This man was strong enough that he could bench press approximately 500 pounds, but would only use 225 pounds for higher reps, yet the type of lifting that he performed resulted in him having one of the best developed chests of all time.

## MAJOR MUSCLE GROWING FACTORS

- **MUSCLE CAPACITY** (amount of work done in a specific amount of time)
- **CALORIES**
- **THE AMOUNT OF TRAINING**
- **HEAVY WEIGHTS FOR HIGH REPS**
- **RECOVERY**
- **"OUT-DOING" YOURSELF**

## FAILURE

### To increase the size of the muscle, do I have to go to failure?

Imagine you are in the middle of a set. With each rep you do, your muscle is getting weaker and weaker. You notice that you do a 11th rep with some difficulty. The 12th rep is extremely hard to do, but you manage to barely complete it. You attempt a 13th rep. You are giving it all you've got. It almost seems like your entire body is trembling. After putting in your heart, soul, and 100% effort, your muscle basically gives out. It cannot complete that 13th rep. You put the weights down.

You have just reached what is called "**muscular failure**". **Muscular failure is when you get to a point in a set where you can no longer lift the weight, no matter how hard you try.** You have reached **the limit of your muscle.**

So to answer the question, yes, it is extremely important to take a set to complete failure. The reason for this is because when you go all the way to failure you're *ensuring that you have used and exhausted as many possible muscular fibers in that particular area.* If you were to stop lifting three or four reps short of failure, then you would have left many little fibers **untouched or unworked**, meaning leaving a good portion of the muscle **untrained** and *unworked.*

# THE MUSCLE PUMP

The "muscle pump" is the feeling you get when the muscle is being placed under constant tension. This is achieved by making the muscle stretch and contract for a high amount of times, or, in other words, high reps. When your muscles become pumped, they become ***filled with blood, making your muscles larger and tighter.*** In the medical books this is called ***hyperemia.*** This happens because as you are lifting and lowering a weight (stretching and contracting) your body begins to send blood to that muscle.

However, since you are doing several repetitions, one right after the other, you are sending more and more blood to the muscle, causing it to become engorged. One of the ways to make your muscle bigger is to make the fibers that make up your muscles larger, and this is done by adding ***labile***, which are temporary proteins.

**The # 1 way to accomplish this is by getting a pump to the muscle. Lifting for only a couple of reps (6-9 reps) doesn't cause enough of a reaction in the muscle nor does it keep it under tension long enough to push enough blood in there.**

## Is getting a good muscle pump necessary for building muscular size?

***Getting a pump isn't necessarily what causes the muscle to grow but it is a good indicator that you are doing and training that muscle correctly. Basically, if you aren't doing enough reps to begin to push a certain amount of blood into the muscular tissue, that is a good indication that you aren't causing the fibers to work enough.***

Think about it. **Have you ever noticed that your best developed muscles are the ones that get pumped the easiest. And the muscles that never seem to get a pump are the ones that are lagging.**

Take me, for example. Since I began training, my arms were always getting pumped, without me even trying. They were, by far, much bigger and much more developed than the rest of my body. My chest, on the other hand, was very difficult to pump up. And it was without a doubt my most UNDER-developed muscle, even though I was able to lift very heavy weight for three or four reps.



That turned on a light in my head. Even though I was reading all over the magazines that you had to do heavy bench presses for a lower amount of reps to build your chest, I still had a flat chest. But, I decided to do my own experimenting.

**I noticed the UNDENIABLE relationship between getting a good pump and building size.** So I decided to stop lifting heavy for low reps, and instead I began doing higher reps (at least 12 reps). **After several weeks of training I finally noticed that my chest was responding; it was finally beginning to develop.**

Now, one the main factors that determine how I work / train a muscle is to make sure that I get a good pump in the muscle using the **heaviest weight possible for higher reps.**

Also, training a muscle to the point of getting a pump will also have a ***muscle fiber stretching*** effect. Over time, the constant stretching to the muscular fibers by a blood-pump will also assist in expanding and growing larger muscles!

So, the bottom line of whether the “pump” is necessary for growth and development is this: **the pump is NOT the main factor in growing muscle tissue, BUT it lets you know that you are correctly targeting the muscle. Let the pump simply be a “gauge” that helps you determine how well you are targeting that particular muscle.**

For example, if today you are training your lats, but your biceps are getting a slight pump, yet you feel nothing in the lats themselves, that’s an excellent indication that you are not correctly training your lats (whether you are using bad form or some other reason).

## **What is a repetition?**

Reps (or repetitions) are what make up a set. If you are bench pressing, every time you raise and lower the bar you just did one rep. So if you bench press 10 times in one set, you did 10 reps.

## **What is a set?**

Every time you perform a certain amount of reps, ***that “block” or group of reps makes up one set.*** For example, let’s say you curled 80 pounds 10 times,

for 10 reps. You just completed a set. If after a couple minutes of rest you were to pick up that bar and begin curling again, you would now be performing a second set.

**Now, we're about to get into the real "meat and potatoes" of training.....**

## SETS and REPS

**How many sets do I do per exercise?**

**The average, non-steroid using individual has a body type that tries to keep as much muscle weight off of him / her as possible.** There are huge arguments as to the amount of sets needed to build muscle.

In order to obligate a muscle to grow, there's several things you have to force it to do. ***The more muscle fibers in a particular muscle that you are able to work the more growth you are going to induce.***

Now, let's say that you are going to lift 200 pounds for a particular exercise. Let's say that you can lift that amount of weight for 5 reps. Well, that amount of weight for that amount of reps will probably use up a certain amount of fibers. However, if you were to do this with, for example, 175 pounds instead, which is a little bit lighter, and instead of only being able to perform that exercise for 5 reps you're now able to lift it 12 or 13 times, that **will have caused many more fibers in that muscle to have to assist and come into play.**

The reason for this is because as you continue to perform rep after rep the muscle fibers begin to tire out and fatigue. In order to continue performing more reps now *additional fibers* are going to have to come in, assist, and help out the already fatigued and tired out fibers. Thus, by the end of that 12th or 13th rep you would have used up a *much higher amount of muscular fibers than if you would have only performed 5 reps with a heavier weight.*

That's another reason why you have some of these guys who can lift extremely high amounts of weight but for only a couple of reps, but they don't have that good of a muscular development in that area. It's because they haven't obligated or forced **enough amount of muscular fibers to come into play.**

Now that doesn't mean that the higher the amount of reps you perform the more muscular fibers are going to be worked, resulting in a bigger muscle. No, there's

a limit. Performing 600 reps is *not* what is going to give you the largest amount of muscle.

***The weight you are lifting still has to be heavy enough that it is going to cause a large enough reaction inside of the muscle which will cause the fibers to have to fire to lift that amount of weight.*** If you're lifting an extremely light weight it's almost as if your muscle is going to laugh at that weight, because it's so light it doesn't require that many fibers.

Now, we can go back to the question to how many sets is necessary to cause the largest amount of muscular growth?

Well, think about it. Pretend you can lift the 175 pounds for 12 reps. That is the most amount of reps that you can do for that amount of weight. Well, if you truly put everything into that particular set **there is no way that you're going to be able to perform a second, or much less, a third set with that exact same amount of weight for that exact same amount of reps.**

Remember, if you are truly going "all-out" then you would have exhausted that particular muscle. It would have zapped some of its energy and strength. So once you go to the second or third set, if you were to still do the same amount of weight, for example, 175 pounds, then on that second or third set you are only going to be able to perform perhaps 4 or 5 reps. Or, if you still want to perform the 12 reps, like in the case of the first set, you then have to drop the amount of weight, perhaps down to 165 or 155 pounds.

Now, think real hard about it. Which one of the sets do you think is going to force your body to make that muscle bigger and stronger? Your first set of 175 pounds for 12 reps, or the one with lighter weight, or the one with less reps?

Obviously, **the set that you performed the HIGHEST amount of weight for the MOST AMOUNT of reps is the one set that is going to force that muscle to get bigger, to grow larger, and to be stronger.** Any other set you perform beyond that ONE, ALL-OUT SET is just wasting your precious energy. Any other set beyond that set ***with the highest amount of weight for the most amount of reps*** is going to do absolutely nothing for you in terms of building more muscle.

Please, read and re-read that last paragraph three or four times over; it is absolutely important and necessary that you understand this particular concept. We have been brainwashed to believe that you had to do three or four sets of 4 or 5 different exercises totaling 10, 15, or 20 sets for a particular muscle. That is insane. That is nonsense.....trust me, I fell for it too until just recently!

Sure, you may see tons of bodybuilders do multiple sets for many different exercises. However, observe them very closely. If you notice, most bodybuilders use a technique called "pyramiding". That is where you do one set for a certain amount of reps, then you do a second set for higher weight but lower reps, then you do a third amount of a third set with a different amount of weight for lower reps, then usually by the fourth or fifth set they'll do their heaviest weight possible for the most amount of reps that they can perform at that particular weight. After that particular set, you will never, ever see them perform again on the very next set that exact same amount of weight for that exact same amount of reps. Never! So basically, what they're *really* doing is a bunch of "warmup" sets, and then "one all-out", very tough set.

So to make it "crystal-clear", **all it takes is two all-out, extremely tough, take-yourself-to-the-limit set per exercise to cause that particular muscle to grow and become stronger.** Anything, and I mean *anything* beyond that one particular set is simply a waste of your time and energy.

Now, you are probably asking yourself how is it possible to make a muscle grow with only one set. **Keep in mind, it is THE SET WITH THE MOST AMOUNT OF WEIGHT FOR THE MOST AMOUNT OF REPS THAT IS GOING TO ENGAGE THE MOST AMOUNT OF FIBERS TO WORK.** Please, you must trust me on this and prove it to yourself. **ANY SET BEYOND THAT IS GOING TO REQUIRE YOU TO HAVE TO EITHER USE LESS WEIGHT OR LESS REPS.....MEANING LESS FIBERS BEING ACTIVATED, WHICH IS A WASTE.**

**AFTER YOU DO THOSE 2 ALL-OUT SETS, LET THE MUSCLE FIBERS RECOVER FOR THE NEXT COUPLE OF DAYS, GET STRONGER, RECUPERATE, AND GET BIGGER FOR THE NEXT TRAINING SESSION.**

**IF EVER YOU DOUBT WHAT I AM SAYING HERE, JUST GO TO YOUR LOCAL GYM OR RECREATIONAL CENTER AND TAKE A REAL GOOD LOOK AT ALL THE INDIVIDUALS THAT ARE THERE FOR HOURS AND HOURS, DAY IN AND DAY OUT, DOING SET AFTER SET AFTER SET, YET DON'T LOOK ANY DIFFERENT WHATSOEVER!!!!!!** (yes, I really want you to trust in this).

I guarantee you that if you are really going all out on every set, after just a few you are going to feel like a truck just ran you over. Feeling like you just got trampled on has NOTHING to do with inducing your muscular tissue to grow stronger and larger.

No, here's another important point:

When we say “one all out set”, we mean per exercise. As you’ll read later on down the line, you should do 2 exercises per muscle per training session. Meaning, you are to do one all set on the first exercise, after your warm up set, and then you are to move onto another exercise and go straight to the all set on that one. Then, and only then are you done.

**That’s why you’ll only need to do 2 all-out sets per week per muscle.**

### How many reps should I do per set?

I have tried, in my many experiments, everywhere from 1 rep per set to 400 reps, yes, *four hundred*. Since I saw and read about all different amounts, I was constantly testing. I finally hit it on the head: ***it isn't one specific number, but instead a range.***

If you do between ***1 and 9 reps*** you will mainly ***just strengthen your tendons, ligaments, and nervous system, but you will not stimulate growth and your chance of injuring yourself is much higher.***

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Okay, now get ready to read a little story explaining how I finally came upon the best “rep range”:

I knew that the ***muscle requires a higher amount of reps to help activate and bring into action the most amount of fibers.*** However, I also knew that the other side to that coin was to use ***the most amount of weight, in order, again, to engage the most amount of fibers.*** So, at first, I used to perform and recommend doing sets of anywhere between 10 and 20 reps.

However, what I was noticing was that when I was doing these higher rep sets, for example 18 reps, I was using an amount of weight that would in fact make me fail at the 18<sup>th</sup> rep, but it wasn’t placing enough **tension** on the muscle. This was because when doing an amount of weight that will allow you to go as high as 18 reps (or right around that amount, but we’ll say “18 reps” for the sake of this example), you have to use a MUCH LIGHTER amount. So, I was seeing that for the first 9 or 10 reps it really wasn’t a challenge to me.

I didn’t feel like my muscle was really doing much. I wouldn’t really feel the muscle having to struggle and engage a lot of fibers until I got to about the 14<sup>th</sup> or 15<sup>th</sup> rep. So, in reality, those first 9 to 13 reps **weren’t really doing much for my muscle in regards to growth and development!** It seemed that

only the final 3 or 4 reps of the set were actually doing something internally in the muscle tissue.

Hmm. So how could I still do high reps but make my muscle really struggle and activate deep within itself the most amount of fibers (which is going to lead to the greatest and quickest amount of GROWTH)??????????

Before I tell you the **BEST TRAINING METHOD I HAVE EVER COME ACROSS**, let me give you a little lesson in "muscle physiology" (don't worry, I'm not going to use a bunch of fancy terms to try to sound all intelligent like some other's do):

When lifting a weight, your muscle gets its energy from something called ATP. This is what immediately gives your muscle fibers the fuel it needs to lift that weight. Now, the problem with ATP is that it is only good for a couple of reps (if the weight is heavy enough).

After those few reps, you use up all the ATP in the muscle, and, as a result, your muscle quickly loses most of its force, meaning you can no longer complete anymore reps. **HOWEVER, your body can replace *some* of that ATP within SECONDS, as long as you are resting.**

So, what would happen is if you are doing a set and you reach failure (and, again, the weight is heavy enough), and you were to ***rest for about 20 to 30 seconds***, your body would have replenished some of that ATP, ***ALLOWING YOU TO BE ABLE TO DO ANOTHER 2 to 5 MORE REPS*** (approximately, sometimes you would be able to do another 5 reps, other times you will only be able to do another 1 or 2 reps, but the point is that you can do additional reps).

BUT WAIT! THERE'S MORE:

Another problem with figuring the best rep range is that whenever you do any more than approximately 12 or 13 INITIAL reps, the blood in the muscle begins to "back-up", your muscle begins to form lactic acid (which is formed whenever fresh oxygen can no longer get to the working muscle.....which causes that "burning" feeling), and waste by-products begin to quickly form and accumulate inside the muscle tissue.

The problem with that is those wastes, lactic acid, and fresh blood not being able to get inside the muscle ALL CAUSE YOU TO STOP THE SET. You reached failure NOT because of the muscle not being able to lift the weight, not because no more fibers were left that could help out.....BUT BECAUSE OF "MUSCLE FATIGUE".

If you are training to become a long-distance marathon runner, a tri-athlete, etc., then training for muscle fatigue is fine. But if you are weight training to RAISE YOUR METABOLISM, RAISE MUSCLE-BUILDING HORMONES, BUILD MUSCLE MASS, TO GET STRONG, THEN YOU DON'T WANT TO FAIL OR TRAIN FOR "MUSCLE FATIGUE".

You want to train to the point where there are no more fibers left to fire. You want your muscles to become bigger, stronger, leaner, not endurance-type muscles. Fatigue, lactic acid, by-products, and no oxygen STAND IN THE WAY OF MUSCLE GROWTH!!!

So, again, anything beyond an "initial" 12 reps was out of the question. So, I knew that I had to use a weight that caused my muscles to fail because of strength, not fatigue, and to fail at 12 reps.

Through many tests, I found that the "target" number of initial reps is "12". If you fail at 12 reps, you would have failed because of strength, not muscle fatigue. Anything above 12 or 13, like once you start to hit 14 initial reps, begins to cause fatigue to take over.

A-HA!!!!!!!!!! Now I got it!!!

So this is what I began to do.....which to this day has turned out to be the **MOST EFFECTIVE, RESULT-PRODUCING TRAINING TECHNIQUE EVER--**  
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Instead of selecting an amount of weight that was resulting in the first 9 or 10 reps being basically a waste, and only the last 3 or 4 reps actually making the muscle work, I selected a weight that under normal circumstances **would cause me to reach failure on the 12<sup>th</sup> rep.**

I would then set the weight down and rest for 20-30 seconds. Then, I pick the weight back up and lift until failure again (which usually was after about another 2 or 3 reps). Again, I sat the weight down and rested for 20-30 seconds. Then, again, pick the weight back up and do as many reps as I could, which, again, was about another 2 or 3 reps. THEN, and ONLY THEN, WAS THE SET FINALLY OVER!

So, if you take a good look at what I was doing, I would do **first** about **12 reps to failure, rest 20-30 seconds, do more reps to failure**, which was about 1-3 more reps, **rest 20-30 seconds again**, and **do one last couple of reps**, which, again, was about 1-3 more reps. So, if I reached failure first at rep 12,

rested, did 3 more reps, rested, then did 1 more reps, that's a total of 16 reps for that amount of weight (12 + 3 + 1 = 16 TOTAL REPS).

This concept is called "rest-pause" training, which has been around for a while but not too many recommend it. Those that do recommend this type of training realize how much better it is than doing pre-exhausts, giant sets, so on and so forth. I did NOT come up with this technique, but I experimented and did see that it is effective, and it's a shame that it isn't more popular amongst more trainers.

**Important note: This method of rest-pausing, especially in the "3 mini-set" fashion, has been popularized by the gentleman that goes by the name of Dante, very well-known amongst the hardcore bodybuilding internet community. Although rest-pausing has been around for ages, and recommended by different people, the manner described here in this eBook is what Dante has come up with and has made famous. All credit for these types of training techniques is given to him, and only him. He is the owner of a protein line called True Protein (<http://www.TrueProtein.com>), and the Intense Muscle Forum (<http://www.IntenseMuscle.com>).**

Remember, these 16 TOTAL reps, NOT 16 INITIAL reps. For your initial reps you want to fail at 12.

***[By using this method I was able to COMBINE THE BEST OF BOTH WORLDS.....USE HEAVY WEIGHTS FOR HIGH REPS!!!!](#)***

Now, you see another reason as to why it only takes 1 all-out set to get the job done. By the end of this type of set, your muscle is fried. It's done. It is now ready for you to feed it and let it recover, get stronger, and grow. Also, by only resting 20-30 seconds within this one all out set, your heart will be pumping away and you'll be breathing like runaway train.....all which help raise the metabolism!!

Also, this method of just doing one set in this fashion really allowed me to get stronger much faster, **meaning I was able to use even heavier weight, causing even MORE fibers to fire.**

Also, another disadvantage of doing typical sets, the way everyone else does it, is that they only take a set to failure, and then completely stop. That leaves so many fibers literally UNTOUCHED.

**But, when you do a set the way I describe, since you are going past the initial "threshold", by resting 20-30 seconds and doing another 2-3**



**reps, you're digging deeper into the muscle and forcing many more fibers to work that under normal circumstances would never get trained.**

Your muscle is made up of three different types of fibers: slow-twitch, fast-twitch, and intermediate-twitch. Obviously, if you are able to train all of the fibers then you will develop larger muscles.

**Performing a set the way I have written here will allow you to hit all types, causing the greatest development.**

So, again, to make it completely clear what your ONE ALL-OUT SET PER EXERCISE should look like:

- Use an amount of weight that will make you fail on the 12<sup>th</sup> rep
- When you hit failure, set the weight down and REST for 20-30 seconds
- Pick the weight back up and do as many reps as you can again (which most of the time will be between 1-3 more reps)
- Set the weight back down and rest for 20-30 seconds
- Pick the weight back up one last time and knock out as many reps, again, as you can (which, again, will be another 1-3 reps)....(THIS IS ALMOST AS IF YOU WERE DOING 3 MINI-SETS IN ONE)
- NOW YOU'RE DONE WITH THE SET (time to move on to the next muscle group you are training that day)

**Again, remember, you are to do one all out set, but for 2 different exercises for that muscle....making it 2 all out sets per week, since you are to only train that muscle once per week.**

### **How fast do you perform these reps?**

On one end you see guys who participate in what are called "explosive" reps, which is driving the weights up as quickly as possible; On the other hand, you have fans of the "super-slow" reps, which is taking up to 10 seconds to raise the weights and about 6 seconds to lower.

I have found that ***to properly increase muscle capacity, engage as many fibers as possible, and obligate the muscle to generate the most amount of force, perform each rep at a good, quick, controlled speed.***

Not too fast, but not too slow either. Go ***fast enough*** to use as much weight as possible ***while maintaining good form.***

Too fast a speed and you will end up using momentum to help you lift the weight and you risk injury. Too slow a speed will mean you have to use too light of a weight.

Here's the thing, **our goal when performing reps is to cause the most amount of fibers to work, which leads to more of the muscle being stimulated, which leads to the greatest growth.**

If you were to do your reps at a slow speed you would be forced to have to use a much lighter weight, which will result in LESS fibers coming into play. Obviously, you don't want that.

However, you don't want to be going so fast that you are actually "throwing" the weight around, using a lot of momentum. WHILE USING GOOD FORM, THE MORE WEIGHT YOU CAN USE THE MORE FIBERS ARE GOING TO BE WORKED, THE MORE DEVELOPMENT YOU'LL GET OUT OF THE MUSCLE. Plain and simple.

What's going to make your biceps bigger.....curling 20 pounds slowly up and down, or curling 50 pounds at a fast pace???????

Well, which of the two weights is going to force more fibers to work, 20 pounds or 50 pounds??????? Clearly, 50 pounds is going to make your biceps grow much faster than 20.

We can't really place a "time" or "seconds" per rep, but if we had to, you basically want to take about 1 second to raise the weight, and about 1-2 seconds to lower.

Also, you DON'T want to "pause" and squeeze like most people recommend. **YOU WAN'T TO KEEP THAT WEIGHT MOVING.....NO PAUSING or STOPPING.....KEEP THAT BAD-BOY GOING.**

In addition, it has been proven that fast reps, both on the positive and negative, the concentric and eccentric, GENERATE MUCH MORE FORCE WITHIN THE MUSCLE than going slow. Many believe you should "slow the weight on the way down" (the eccentric part of the rep), but that is a big mistake. If you slow it down, ***you are making your muscle generate LESS force, which, again, will result in less muscle stimulation.***

Take a look at most professional, natural, and successful recreational bodybuilders: again, genetics, drugs, and other factors allow them to be 3 times

larger than the average person, however, almost EVERY SINGLE ONE OF THEM does their reps very fast, no pausing, no slowing down, etc.

Watch **Arnold Schwarzenegger** in the documentary **"PUMPING IRON"**.....he almost looks like he's down right throwing the dumbbells and t-bars around.

Take a look at **Ronnie Coleman's** way of doing reps in his two training dvd's, **"UNBELIEVEABLE"** and **"COST OF REDEMPTION"** .....he uses a lot of "body language", with no pausing and squeezing, and he almost looks like he lets the weights drop on the way down when he's doing any type of rowing exercise. Yet the man has the largest, strongest, and thickest back around.

Yes, all the magazines and websites say to do "slow and controlled movements, blah, blah, blah". Even when they interview bodybuilders as to how they do certain exercises they'll say to "slow the weight on the way down, squeeze and contract, etc., etc.,". But when you actually see their training videos or see some footage on the internet, they are in reality doing the exact opposite!!!! ***In most people's eye's their exercise form is pretty bad. But you know what? They are pushing up some heavy weight. Even with doing reps at a fast pace, with no pausing, slowing down, or squeezing, they are still forcing the most amount of fibers to lift that poundage.***

I remember just recently reading an article in "Muscle and Fitness" that was interviewing bodybuilder Dennis James on how he trains. In the article he recommends to, again, "go slow on the way down, stop and squeeze, no body movement to assist you, etc.". But what was hilarious was that EXACT SAME WEEK I had seen his new dvd he came out with showing his training at GOLD's GYM in Venice Beach, preparing for the 2004 Mr. Olympia contest. In that dvd, especially when he was training biceps and shoulders (seated dumbbell hammer curls and standing side lateral raises), he was heaving those dumbbells up and down.....no pausing.....no squeezing.....no slowing down. It was just like "boom-boom-boom-boom-boom-boom", like a rapid-fire shotgun!

Sure, someone is going to read this and say, "Of course they can do their exercises like that. They all use boatloads of steroids!! That's why they can get away with that!!!!".

**Then if that was the case, why aren't the bodybuilders that ALSO USE STEROIDS, yet do "slow and controlled reps" bigger or more developed than those that do fast reps???????????**

**If both use steroids and have good genetics, then shouldn't the ones that use slower reps, squeezing, and all that have much more**

**muscle???** No, because it isn't doing slow reps that forces muscles to have to get bigger and stronger. ***IT'S HAVING TO RAISE AND LOWER HEAVY WEIGHTS.*** Period!

You can do all the fancy little rep techniques....slowing the eccentric, peaked contraction, twisting and turning, full range of motion, squeezing, etc.....but that isn't going to be what blows those muscles up! PUSH SOME HEAVY WEIGHT!!!

### **How does the amount of reps affect muscle strength, growth, and endurance?**

If for some reason you wanted to just increase muscle endurance, not strength or growth, then 20 or more reps is best. That amount of reps is best for endurance because ***since the amount of reps are that high, the muscle's endurance will go up to adapt to the long amount of time it has to lift a weight.*** 20 or more reps is not good for building strength or growth. ***The amount of weight you would use for a high rep set like this would be too much lighter than normal, making the set less intense.***

Doing between 1 and 9 reps for a set will make the tendons, ligaments, the nervous system, and to a certain degree, the muscle, stronger. However, it will not make the muscle *grow or get as big* as when doing 12 reps (the way I have described to do the set and reps).

This is because **when a weight is so heavy that you can only do a few reps, the main thing in your body that is taking the majority of the load is the tendons and ligaments.** If you want your muscles to grow and get stronger, and not just your ligaments and tendons, you have to use an amount of weight that is lighter in order to get your muscles into the picture also. That's why when a guy gets hurt trying to "max out" (seeing how much he can lift for 1 or 2 reps) usually it's a tendon or ligament that gets strained or snapped. **This is why using slightly lighter weights actually builds more muscle.**

### **Aren't high reps for getting you "cut and defined" and "shaping" the muscle, and not for building size?**

Many are under the misconception that high reps are only good for shaping and defining. Think about it, your muscle is already "shaped". ***You were born***

***with that shape. What you DO need to do is make it grow so you can see it.***

Many think high reps will get you "cut" and "well-defined". **Weight lifting builds muscle. What WILL get you "cut" and "defined" is lowering your body fat so that you can SEE the muscle, with all its lines, vascularity, definition, and shape.**

***Getting "cut, defined, and shaping" the muscle is about seeing as much of the muscle as possible, meaning getting rid of as much body fat that is covering it up as possible.***

### **Are low reps for building mass?**

No, this is another myth. Low reps (1-9) is not for "mass", or size. The above section had explained what you achieve when performing low reps.

Don't be fooled by this myth either.

### **Should I do partials?**

**"Partials" are only performing part of a rep.** For example, let's say you are bench pressing. Instead of lifting the bar all the way up then bringing it all the way down to your chest, all you do is go about half the way up and down, not fully extending your arms. This would be a "partial" rep.

My personal opinion is that all of your reps should be not be completely full-range, but not partial either. I'll get more into this when I talk about exercise form.

### **Should I do "forced reps" ?**

When you reach failure at the end of a set that means you can no longer lift the weight on your own. If you were to have a training partner help or assist you to do another 2 or 3 reps, those would be "forced reps".

"Forced reps" will not work. Why not?

**Your muscle will not grow if you are getting help in lifting a weight from someone else.** Your muscle grows from the work it does alone, by itself! Don't do forced reps.

### **Should I perform "negatives" ?**

"Negatives" are when you put more weight on than you could lift up and down on your own. A partner would help you raise the weight on the "positive" or "concentric" portion of the rep. Then you lower the weight on your own, on the "negative" or "eccentric" part of the rep.

The thought behind this is that since you are much stronger bringing the weight down, on the "negative" part of the rep, supposedly if you could do just "negatives" then you can use more weight on the exercise.

However, ***your muscle responds when you work it completely, all the way up and all the way down; the positive and the negative***, the concentric and the eccentric.

**Doing "negatives" means you are only doing half of the rep, meaning you are doing half of the work.**

Again, it has been proven that "negative-only" reps cause LESS muscular development than "positive AND negative" rep sets.

### **How long should I pause in between each rep?**

You should perform each rep one after another. ***As explained earlier, keep the weight moving, no pausing or "flexing". You should be moving in a good rhythmic pattern.***

The longer you pause, the more you will think about how difficult the set is, which may rob you of an extra rep. Don't torture yourself. No, you aren't rushing through each rep, but just keep it moving.

**What if you're an "advanced" trainer, should you use more sets or exercises?**

No, **regardless of how long you have trained.** Even if you've trained for 10 years, your body can still overtrain.

A fellow firefighter had been lifting for several years. After I finally convinced him to try my routine..... he immediately loved it. He was progressing every week. Now he says he'll never go back to his old way of training.

If you follow the guidelines I've listed, you will build strength and muscle.

You've probably come across the terms below before. They all describe a part of the actual rep itself:

### Positive / Negative

If you are bench pressing, when you push the bar up would be the "positive" portion of the rep. When you are bringing the bar back down, towards you, would be the "negative" portion of the rep.

Another way to look at it is whenever you are performing a rep, if your muscle is tightening, flexing, scrunching up, or coming together, then that is the "positive". When doing a bicep curl, as you're bringing the weight up towards you, the bicep is tightening, flexing, scrunching up. That is the "positive" portion of the rep. Vice-versa for the "negative" part.

### Concentric / Eccentric

The "concentric" part of a rep is the same as a "positive". Same thing, different term.

The "eccentric" part of a rep is the same as a "negative".

### Stretch / Contraction

Any part of a rep that puts any kind of stretch on the muscle is, obviously, the "stretch" portion of a rep. If you are doing standing calf raises (or toe raises), the part of the rep when your heel is going towards the floor, that is the

"stretch" position. When you go up on your toes, feeling your calf flex, that is the "contraction". Anytime a muscle is being flexed, it is being "contracted".

## REST AND RECUPERATION

### How many times a week should I train the same muscle?

Just about every single fitness / bodybuilding magazine recommends to train each muscle only once a week. They claim that any more than this will lead to overtraining. Well, for years I followed this advice. I never, ever saw any progress in my muscular development training a muscle once a week. Well, you know why that is?

Because of the fact that you and I have average genetics, the body wants to keep as much weight off of us as possible, including muscle.

**For the most muscular growth, you should train every muscle ONCE A WEEK.**

The reasoning behind this is because you want to hit the muscle intensely, with just the 2 all out sets, but then give it the rest of the week to rest, recuperate, recover, and then GROW.

## STAGES OF MUSCLE BUILDING:

1. **Training**
  2. **Rest**
  3. **Recuperation**
- then.....**
4. **Grow**



## How do I group up my workouts and on what days should I work out?

***In the grand scheme of things, being consistent with your workouts day in and day out is what is going to bring you success.***

However, I have found a certain "training split" that ALLOWS FOR MAXIMUM INTENSITY and RECUPERATION. On one day, train your Chest, Shoulders, Triceps, and Lats. On the other day, train Legs, Biceps, and Forearms. You are to alternate these two workouts.

Here is how to group your workouts:

### MONDAY ("Pushing exercises")

Chest  
Shoulders  
Triceps

### WEDNESDAY

(Legs)  
Quads  
Hamstrings  
Calves

### FRIDAY ("Pulling exercises")

Lats  
Biceps  
Forearms

### SATURDAY

Rest

### SUNDAY

Rest

MONDAY  
(repeat as from the week before)

As you can see, you are hitting every muscle **1 time a week**, and, on top of that, you are trying to avoid overtraining certain muscles.....that's why you train Chest, Shoulders, Triceps together (all "pushing" exercises), Legs on their own day, and Lats, Biceps, and Forearms together (all "pulling" movements).

Also, legs are done on Wednesday to allow enough recovery to the upper body from the Monday and Friday workouts.

**If I'm working out more than one muscle group on the same day, how long do I rest in between one muscle group and the other?**

***Take as much time as you need to feel fully energized and ready to completely focus on the next muscle group.***

This isn't a race to see how fast you can get your training done. On some days, you may be ready to start warming up the next muscle 3 or 4 minutes after your all-out set of the previous muscle group, and on other days you may need 10 or 15 minutes of rest before going to the next muscle group (like after training legs, which seem to really wipe me out when I work them).

**How often should I take a break from working out?**

It is absolutely important that you take breaks from the weights on a semi-regular basis. If you don't, eventually you are going to run your body into the ground.

Basically, **after every 6 or 7 weeks of consistently working out, take 1 full week off, no training whatsoever.** Then workout for another 6 or 7 weeks, and again take a week off. So on and so forth.

**What about warming up?**

***The whole purpose of warming up is to get blood circulating to the muscle, prepare the tendons and ligaments for the upcoming workout, and to mentally get you ready for the "real" set.***

Do **1 warm-up set** before doing your **ONE ALL-OUT REAL SET.**

What you want to do is use an amount of weight for the warm-up set that is 75% of the amount you are going to be using for the real, all out set.

So, if you are going to be lifting 100 pounds for the real set, then you should warm-up with one set, using 75 pounds (75% of 100 pounds = 75 pounds).

Also, on the warm-up set, all you need to do is 6 reps. That's it.

**Any extra warm-up sets will just take away from precious strength, energy, and time** needed for the "real" muscle building set. Remember, warm-ups are just that, to "warm-up" the muscle and mentally prepare you for that all-out growth-producing set.

Also, rest about 2 minutes in between the warm-up set and the real set.

## STRETCHING

### Should I stretch my muscles out to warm-up?

Your tendons and ligaments are like rubber bands. What happens if you take a rubber band that's cold and stretch it all of a sudden? It will tear and possibly snap! That's the exact same thing that will happen to your tendons and ligaments.....***tear and possibly snap***. Obviously you want to avoid this at all cost.

***The correct way to warm-up your muscles is by getting more blood circulating to it.*** I do no kind of stretching whatsoever and have never pulled, torn, or snapped any tendons or ligaments.

## WEIGHT

The amount of weight you can lift is an "individualized" thing. Every person is different. Some are naturally stronger than others. What is "heavy" for you may be pretty light for someone else. It is possible for two guys to have the same body weight and same height and the same body structure, and yet one is stronger than the other.

***So don't compare or worry about what someone else can lift. Concentrate on your own individual strength.***

### **How much weight do I use per exercise?**

Always keep in mind that on every set, no matter what exercise, **you want to fail at 12 initial reps (to then which you would do the whole resting for 20-30 seconds, knock out a couple of more reps, etc.). So, you have to pick an amount of weight that will make that possible.**

If you pick a weight too heavy then you won't have enough strength to lift it 12 times. If you pick a weight that is too light, then you are going to be able to do way more than 6 or 7 initial reps.

### **When do I increase the amount of weight I use?**

ONE OF YOUR MAIN GOALS WHEN TRAINING IS TO ALWAYS DO EITHER MORE WEIGHT or MORE REPS THAN THE LAST TIME YOU DID THAT PARTICULAR EXERCISE.

These are the rules that you should go by:

**You are to always be able to complete at least 4 MORE TOTAL REPS or 5 to 10 POUNDS MORE than the time before**

Let me explain: Let's say today you are doing Lat Pulldowns, and you perform 100 pounds for an initial 12 reps, then 2 reps, then 1 rep. That would have been a total number of 15 reps for that all-out set (12 reps.....2 reps.....1 rep = 15 total reps).

Well, the next time that you do the Lat Pulldowns you are either going to try as hard as possible to complete at least 2 more total reps (meaning, that in this example, you would try to do at least 17 total reps since the previous time you

were able to do 15 total reps), OR you are going to add 5 to 10 pounds to the exercise (so in this example, you would work with 110 pounds, since the previous time you did 100 pounds).

***This "trying to outdo yourself" or "constant progression, whether it be heavier weight or more reps" IS EXTREMELY IMPORTANT!!!!*** I cannot say this enough!!!! It is crucial. In order to make your muscles grow ***you MUST give it a REASON TO GROW.***

If you do the same amount of weight for the same amount of reps then your muscles have no reason to grow. You must try to make it do something it has not done before! If today you can lift 200 pounds for 12 reps, and in 6 months you are still lifting 200 pounds for 12 reps, guess what? Your muscles aren't going to be any bigger because it has no reason to grow. It can already easily lift 200 pounds 12 times. However, if EVERYTIME you do that particular exercise you either add weight, do more reps, or both, in 6 months you can probably lift 270 pounds for 12 reps. And throughout the whole process, ***your muscles are getting bigger and stronger in order to handle THE HEAVIER WORKLOAD YOU ARE PUTTING IT THROUGH ("muscle capacity").***

**NOT progressing in weight and / or reps** is one of the main reasons you see individuals day in and day out, month after month, year after year, doing hundreds of hours of training not ever look any different after all that work.....they are still using pretty much the same weight for the same reps.

***That is why it is SO IMPORTANT to write down every exercise, amount of weight, and number of reps you do.*** How else are you going to know how much you must perform to outdo yourself and keep progressing? Keep in mind that the body will adapt to almost anything you put it through. If you are eating enough calories and are getting enough rest and recuperation, it adapts to heavier weight by getting bigger and stronger.

Never forget, don't compare your strength to others. ***You will get stronger at your own, individual pace.*** If you follow the guidelines in this course you will have strength to be proud of, but more importantly, bigger, leaner, and toned muscles!

## EXERCISES

There is a lot of confusion and contradiction as to the advice given in selecting exercises. In this section I will answer everything you need to know to begin your muscle building journey.

I'm sure that by now you have been wondering how many different exercises per muscle should you do. Well, as mentioned several times, you are to **do only TWO ALL-OUT SETS PER MUSCLE, PER WORKOUT**, meaning **YOU ONLY HAVE TO DO 2 DIFFERENT EXERCISE FOR THAT MUSCLE PER WORKOUT.**

So, to help simplify it even more, here would be an example of what your entire training routine would look like:

## MONDAY

### CHEST

Decline Dumbbell Presses

warm-up set: 75 pounds / 6 reps

All-Out Set: 100 pounds / 12 reps.....3 reps.....2 reps = 17 total

Machine Flyes

All-Out Set: 85 pounds / 13 reps.....4 reps.....1 rep = 18 reps

### SHOULDERS

Side Lateral Raises

warm-up set: 35 pounds / 6 reps

All-Out Set: 50 pounds / 12 reps.....2 reps.....1 reps = 15 total

Military Presses

All-Out Set: 240 pounds / 12 reps.....2 reps.....2 reps = 16 total

### TRICEPS

Cable Pushdowns

warm-up set: 60 pounds / 6 reps

All-Out Set: 80 pounds / 12 reps.....1 reps.....1 reps = 14 total

Machine Dips

All-Out Set: 275 pounds / 13 reps.....3 reps.....1 rep = 17 reps

## **WEDNESDAY**

### **LEGS**

Leg Extensions (quadriceps / thighs)

warm-up set: 135 pounds / 6 reps

All-Out Set: 180 pounds / 12 reps.....3 reps.....1 rep = 16 total

Lunges

All-Out Set: 220 pounds / 12 reps.....5 reps.....4 reps = 21 total

Leg Curls (hamstrings)

warm-up set: 75 pounds / 6 reps

All-Out Set: 100 pounds / 12 reps.....2 reps.....1 rep = 15 total

Leg Curls (seated on machine)

All-Out Set: 165 pounds / 13 reps.....3 reps.....1 rep = 17 total

Standing Calf Raises (calves)

warm-up set: 115 pounds / 6 reps

All-Out Set: 150 pounds / 12 reps.....1 rep.....1 rep = 14 total

Seated Calf Raises

All-Out Set: 175 pounds / 12 reps.....5 reps.....1 rep = 18 total

## **FRIDAY**

### **LATS**

Close-grip Pulldowns

warm-up set: 165 pounds / 6 reps

All-Out Set: 220 pounds / 12 reps.....2 reps.....1 reps = 15 total

Machine Pull-overs

All-Out Set: 175 pounds / 12 reps.....4 reps.....1 reps = 17 total

## **BICEPS**

Preacher Curls

warm-up set: 90 pounds / 6 reps

All-Out Set: 120 pounds / 12 reps.....2 reps.....1 reps = 15 total

Incline Dumbbell Curls

All-Out Set: 60 pounds / 13 reps.....2 reps.....1 reps = 16 total

## **FOREARMS**

Dumbbell Wrist Curls

warm-up set: 60 pounds / 6 reps

All-Out Set: 80 pounds / 12 reps.....2 reps.....1 reps = 15 total

Cable Wrist Curls

All-Out Set: 110 pounds / 13 reps.....3 reps.....2 reps = 18 total

As you can see, this example includes everything you must do in your workout:

- 2 exercises per muscle
- 1 warm-up set (using approximately 75% of the amount you'll use for the real set, give or take a few pounds)...at 6 reps ONLY required for the first exercise, since the muscle is already warm by the second exercise, it would be unnecessary
- 1 all-out, "real" set (12 reps initially, rest 20-30 seconds, pick the weight back up, knock out as many as you can, usually 1-5 more reps, rest 20-30 seconds, pick the weight back up and do as many reps again, usually 1-5 more reps.....then you are done) FOR EACH EXERCISE, MAKING IT A TOTAL OF 2 ALL OUT SETS FOR EACH MUSCLE, DONE ONLY ONCE PER WEEK



(I HIGHLY suggest that when you get done reading this TRAINING section that you go back and re-read it completely so that you fully understand everything I have written here.)

The reason you must do different exercises is because **your muscles need to be trained from different angles**. That is how you get complete development, from top to bottom, upper to lower, inner to outer. Also, doing different exercises will keep the workouts "fresh".

**Do what works for your particular body type.**

### Should I do "compound" or "isolation" exercises?

A *compound* exercise is one that **uses more than one joint on the same arm or leg**. For example, bench presses are a compound exercise because you use 2 joints on the same arm, your *elbow* and *shoulder* joint. Squats are a compound exercise because you use your *hip* and *knee* joints.

An *isolation* exercise is an exercise that **uses only 1 joint**. Dumbbell curls is an isolation exercise because the only joint used is the *elbow*, nothing else moves.

Many say that compound exercises are best for building size and strength because since you use more than 1 joint then you can use more weight than an isolation exercise.

***I, personally, have achieved size and strength from both compound and isolation exercises.*** How? Like this course has been explaining all along.....what is most important for building muscle and strength is working at a high muscle capacity (doing as much work as possible in a certain amount of time), HEAVY WEIGHT FOR HIGH REPS, TRAINING EACH MUSCLE 2 TIMES WITHIN 5 DAYS, FAST REP SPEED, etc.

***As long as you achieve this on every single exercise you perform, most compound and isolation exercises will work. In fact, it really doesn't matter what exercise in particular you use.....as long as you keep the muscle building factors in mind.***

### Should I use barbells or dumbbells?

From my personal experiences that I've had using both barbells and dumbbells I have come to use one more often than the other.....dumbbells. As a matter of fact, ***I now use exclusively nothing but dumbbells when I train if I have to choose between that or a barbell. I will NEVER use a barbell ever again (unless it's on a SMITH MACHINE)!***

However, I use a lot of machines, when I have access to them. But, what I really love and use for many of my exercises is the Smith Machine. If you have access to one, I highly suggest you use it to the maximum.

Dumbbells have several advantages over barbells:

**Better exercise form and range of motion.**

Take the bench press for example. If you use a barbell you can only bring the weight down until the bar touches your chest. Also, you can only move the weight up and down. However, if you use dumbbells instead, you can bring them further down because you have no bar stopping you, you can come down deeper. Since you can move the weights down a further distance, or for a larger "range", then that means you are working and training more of the muscle. Also, with the dumbbells, when the weights start reaching upwards you can bring them together.

**Less chance of an injury.**

During certain exercises your shoulder joint, (rotator cuff), tendons, and ligaments take a beating if you use a barbell. Take military presses for example. Every time you lower the bar towards your shoulders your joints are being overly stressed, which could lead to a serious injury. If you use dumbbells for the same exercise you have more freedom to properly position your hands so that you don't overstress your rotator cuffs.

Also, if you train alone (which I do about 90% of the time) using dumbbells is much safer. What if all of a sudden you lose all strength right in the middle of a rep? If you use a barbell it can hit you right on the chest, neck, or face. However, if you use the dumbbells you can simply bring them to the floor one at a time.

**Equal training.**

Sometimes one arm or side of your body is stronger than the other. If you use a barbell then your strong side can over-compensate for the weaker side in order to lift the bar. That

means your weak side is being cheated out of fully working. With dumbbells you don't have that problem because each arm has to do its own work to lift the weight.

I notice I can feel my muscle working a lot better when I use dumbbells instead of a barbell. Both the barbell and dumbbells will work great for you. Sometimes you have no choice but to use whatever you have. Something is better than nothing. However, I find myself using more and more the dumbbells.

### **Which are better.....machines, cables, or free weights?**

Many say to use nothing but free weights to build muscles. Others say machines are better because they are safer.

Here's what I've found:

Regardless if you are using machines, cable racks, or free weights, what determines if you will build muscle is, again:

- **WORKING AT A HIGH MUSCULAR CAPACITY**
- **HEAVY WEIGHTS FOR HIGH REPS**
- **WORKING FREQUENTLY ENOUGH**
- **CONSTANTLY OUTDOING YOUR PREVIOUS WORKOUT**

I know, I keep repeating that. Well, never, ever forget that. Magazines, supplement companies, personal trainers, and so-called "gurus" want you to believe different. Don't allow yourself to ever get sidetracked. **Keep the fundamentals in mind at all times** to transform your body.

This is what gives your muscle ***a reason to grow***. Your muscle does not know if you are using a Nautilus or Hammer Strength machine, a cable pull-down, or free weights. ***All it knows is that it is lifting an amount that will make it work***. That's what it knows.

People make such a big fuss over this matter. They obviously don't know what the factors are that make your muscles grow. As a matter fact, I've even had some success using machines such as the Bowflex. Sometimes when I train at work at the Fire Station I have to use whatever is there.

Below I list some of the exercises most used. You can use any one that works best for your particular body. Keep in mind, that these are just SOME. There are dozens of other exercises I use to build my body. ***Just remember that whatever exercise works the muscle you are training is the one you want to use, whether that exercise is listed below or not:***

### **CHEST**

Push-ups  
Flat Bench Presses  
Incline Bench Presses  
Flat Flys  
Incline Flys  
Dips

### **SHOULDERS**

Military Presses  
Standing Side Lateral Raises  
Bent-over Rear Lateral Raises

### **BICEPS**

Standing Dumbbell Curls  
Preacher curls  
Bent-over rows  
Cable Pulldowns (underhand grip)  
Chin-ups / Pull-ups (underhand grip)  
Hammer Curls

### **TRICEPS**

Overhead Extensions  
Nose Breakers / Skull Crushers  
Cable Pushdowns  
Close-grip Bench Presses  
Kickbacks  
Dips  
Military Presses  
Push-ups (hands close together)  
Dips (with feet up on a table or chair)

### **FOREARMS**

Wrist Curls ( palms up )  
( palms down )

## **QUADRICEPS**

Squats  
Leg Presses  
Hack Squats  
Leg Extensions

## **HAMSTRINGS**

Lying Leg Curls  
Sitting Leg Curls

## **CALVES**

Standing Calf Raises / Toe Raises  
Sitting Calf Raises  
Calf Presses

## **BACK**

Chin-ups / Pull-ups  
Cable Pulldowns  
Bent-over Rows

### **Note:**

- There are certain exercises that I purposefully did not list because of the high risk involved in doing them. Two of them are dead lifts and stiff-leg dead lifts. They put way too much strain on your lower back. Your back will automatically get stronger from performing other exercises.
- You'll notice that there are some exercises listed for 2 different muscles. This is because some exercises are very effective at working more than one muscle group.
- When doing exercises that you use your own body weight, like Dips, Chin-ups, and Pull-ups, eventually you'll get to the point where your own body weight is too easy for you to lift. In order to make sure that you stay at 6 or 7 reps, you will have to use a weight belt that is the type that you can hang weights from. If you cannot get a hold of a weight belt of this type, then put some weights in a back pack and put it on.

## How long should I stick with the same exercise and when do I change them?

It is a good idea to change your exercises **about every 8 weeks** or so, this is mainly for a mental benefit, as it will keep the workouts fresh and exciting.

## Should I join a gym or train at home?

**You do not need any fancy equipment to build muscle and strength.** Look at all those prisoners who don't have anything but basic weights in the jail.....yet some of them have the best bodies you'll ever see. Or guys from other countries who don't have access to what many of us do, yet they have excellent size and strength.

Whether you train in a gym or at home is totally up to you.

I workout at 3 different places:  
my friend's basement  
at the Fire Station  
at home

Here are the advantages of working out at home:

### **Convenience**

You don't have to get in a car and travel anywhere. You save time, money, and gas. You can train on whatever day or time is best for you.

### **Comfort**

You can make as much noise as you want. You can dress or look how you please. You don't have to worry about how you look in front of anyone. You can focus and concentrate better. You can listen to the music you like.

### **Less Distractions**

No crowds of people talking, blabbering, or staring.

### **Efficient**

No waiting for a weight or machine.

### **Sanitary**

No sharing germ infested equipment.

### **Less Expensive**

No paying an outrageous monthly fee. No paying for baby sitters. Your whole family can join you.

Train wherever fits your particular circumstance. Just make sure you train.

## **How do I perform each exercise?**

### **CHEST**

#### **Flat Bench Presses**

- When I say flat, that's the position of the bench.....flat.
- Lay on the bench. Position feet ON THE BENCH (this puts more of the resistance on the chest, as opposed to when you have your feet on the floor and you are pushing down on it to generate power).
- Pop your chest out, stick it out. Keep it this way throughout the entire set.
- If using a barbell, place your hands shoulder-width apart.
- Bring the weight down towards your nipples.
- Your elbows should be pointed directly out to the sides. Picture looking at yourself from above. You should be able to make a perfect "L" along your upper arm and side ( by your ribs ). The further out to the side your elbows are the more your chest gets worked. The closer in towards your body your elbows are the less your chest gets worked. It is crucial to maintain your elbows out to the sides on every rep to get the most chest development. This is one of the main reasons many do not get the chest development they desire.
- Come down with the weights as far down as possible, getting a good stretch at the bottom.
- Immediately push the weight upwards.
- As you raise the weights, you should be pushing your feet hard into the floor on every rep.....this will make a huge different in the amount of times you are able to lift it.

#### **Incline Bench Presses**

- Same as above, except the bench is inclined, at about a 30 degree angle.

#### **Flat Flys**

- Performed with dumbbells.

- Start off with weights directly above your face.
- Your chest should be flared out, like when doing bench presses.
- Your palms should be facing each other.
- Bend your elbows slightly. ( This takes the strain off of the elbow joints )
- Lower the weights directly down towards your sides, bringing them as far down as possible, getting a good stretch in your chest without over-straining it.
- Raise the weights upwards until the dumbbells come within 1 foot of each other. If you come any closer it will take the tension off of the chest, which you don't want to do.
- Repeat

### **Incline Flys**

- Same as above, except the bench is inclined, at about a 30 degree angle.

### **Dips**

- As you hop onto the dip bar, cross your ankles behind you.
- Your elbows should face outward, not tucked to your sides. The more out the elbows are, the more the chest gets worked.
- Lean forward. Your body should be angling almost parallel to the floor, not straight up and down. The more you lean forward the more the chest gets worked.
- Lower yourself as far down as possible, getting a good stretch in your chest without over-straining it.
- Come back up.
- Repeat

## **SHOULDERS**

### **Military Presses**

- Begin with the weights directly above your head.
- Keep your back arched.
- Lower until your upper arms are at your sides ( ribs ).
- Push back up.
- Repeat

### **Standing Side Lateral Raises**

- Stand up.
- Performed with dumbbells.
- Dumbbells should be at your sides, by your thighs.
- Spread your feet about 2 feet apart.
- Bend your knees slightly.
- Arch your back.



- Raise the dumbbells up to your sides, as if you were trying to fly like a bird.
- Bring the dumbbells up high enough so they go slightly higher than your shoulders.
- Make sure your elbows are bent a little so that they aren't overstressed.
- Hold for a second.
- Bring the weights back down.
- Repeat

### **Bent-over Rear Lateral Raises**

- Same as above, except:
  - Instead of standing straight up, bend at the waist until your upper body is almost parallel to the floor.

## **BICEPS**

### **Standing Dumbbell Curls**

- Stand up.
- Performed with dumbbells.
- Spread your feet about 2 feet apart.
- Bend your knees slightly.
- Arch your back.
- Both palms should be facing up.
- Curl both arms *at the same time* up until your forearm meets your upper arm, as if you were crushing a walnut at your elbow.
- Bring back down.
- Repeat

### **Preacher Curls**

- Same as above, except performed on a preacher bench.

### **Bent-Over Rows**

- Stand up and slightly bend at the waist just about 2 feet forward. You don't want to bend so far down that it causes a strain to your lower back.
- Palms should be facing up.
- The weight should be riding on top of your thighs.
- As the weight rides up along the top of your thighs, bring it all the way up to your waist.
- Raise the weight with your biceps, not your back.
- Lower back down.
- Repeat

### **Cable Pulldowns ( underhand grip )**

- Once situated on the pulldown machine, grab bar shoulder-width apart with palms facing you.
- Lower the bar until it hits your upper chest, making sure you are using your biceps and not your back to lower the bar.
- Raise bar back up.
- Repeat

### **Chin-ups / Pull-ups ( underhand grip )**

- Place your hands shoulder-width apart, with the palms facing you.
- Raise yourself until your upper chest touches the bar.
- Be sure to use your biceps to raise yourself and not your back.
- Lower your body.
- Repeat

### **Hammer Curls**

- Same as Standing Dumbbell Curls except your palms face each other, instead of up, as if you were holding a bottle in each hand.
- This hand position works the outer bicep.

## **TRICEPS**

### **Overhead Extensions**

- Begin with the weights above your head.
- With only your elbow moving, not your shoulder, lower the weight behind your head until you get a good stretch in your triceps.
- Straighten arm back up.
- Repeat

### **Nose Breakers / Skull Crushers**

- While laying on the bench with weights above you, make sure that they are directly above your forehead and not your eyes.
- With only your elbows moving, not your shoulders, bring the weight down until it almost touches your hair.
- Extend your arms back up, taking the weights directly above your forehead, feeling your triceps flex.
- The entire time your elbows should be pointing forward, not to the sides. They should be pointing in the direction of your feet.
- Repeat

### **Cable Pushdowns**

- On the pushdown machine, stand facing the bar hanging from the cable.
- Place your hands palms down about 10 inches apart from thumb to thumb.

- Stand by placing one foot way ahead of the other, as if you were running.
- Bring the bar down as you extend your arms, feeling the "crunch" in your triceps.
- Bring the bar back up, making sure that the only thing that is moving is your elbows.
- Repeat

### **Close-grip Bench Presses**

- Same as the Flat Bench Press for chest, except now your arms are tucked in at your sides. This places more of the work on the triceps.

### **Kickbacks**

- Stand and bend at the waist.
- Place one hand on the bench to stabilize yourself.
- The other hand should have the dumbbell.
- Raise your upper arm ( the bicep / tricep section ) so that it is up against your ribs and is parallel to the floor.
- With your elbow being the only thing moving, raise the dumbbell, straightening your arm.
- Feel your tricep flex.
- Bring the dumbbell back down towards your hip.
- Repeat

### **Dips**

- Same as Dips for chest, except now your body should be positioned perfectly straight up and down and your arms tucked in at your sides.

### **Military Presses**

- Same as Military Presses for shoulders.

## **FOREARMS**

### **Wrist Curls ( palms up )**

- While sitting on the bench, lay your forearms on top of your thighs. Palms facing up.
- Your wrists and hands should be hanging over your knees, able to move up and down freely.
- Begin to lower your hand ( the back of your palm should be touching your lower knee, bending your wrists backwards ).
- As you bend your wrists backwards, let the weight roll down your fingers.
- When the weight gets near your fingertips, curl your fingers back in, as well as bringing your hand back up, away from the knee.
- Bend your wrist all the way back.

- Repeat

### **Wrist Curls (palms down )**

- Same as Wrist Curls ( palms up ), except now your palms face down.

## **QUADRICEPS**

### **Squats**

- Place the bar across your rear shoulders and neck.
- Spread your feet shoulder-width apart.
- Arch your back.
- Squat down until your hamstrings almost touch your calves.
- Stand back up.
- Repeat

### **Leg Presses**

- On a leg press machine, make sure to spread your feet shoulder-width apart.
- As you bring the weight down to you, your thighs should touch your chest and stomach, getting a good stretch in your quads.
- When you push the weight back up, extending your legs.
- Repeat

### **Hack Squats**

- Same as the Leg Press, except instead of being in a sitting position, you are standing.

### **Leg Extensions**

- On a leg extension machine or attachment, straighten your legs, extending them.
- Lower the weight back down.
- Repeat

## **HAMSTRINGS**

### **Lying Leg Curls**

- On a leg extension machine or attachment, lay face down.
- Bring the weights up until your calves almost touch your hamstrings.
- Bring the weights back down, straightening your legs.
- Repeat

### **Sitting Leg Curls**

- Same as Lying Leg Curls, except on a seated machine version.

## **CALVES**

### **Standing Calf Raises / Toe Raises**

- You will do one calf at a time.
- Hold a dumbbell with the hand that's on the same side as the calf you are doing ( if you are doing your right calf first, then hold the dumbbell with your right hand ).
- Place the ball of your foot ( area that includes the toes and the toe joints ) on a raised object, like a wooden block that's about 5 inches high, or on the edge of a stair.
- Bring your heel as far down towards the floor as possible, getting a good stretch in the calf.
- Now, go up on your tip toes, feeling a good flex in the calf.
- Repeat

### **Sitting Calf Raises**

- Same as Standing Calf Raises, except on a seated calf machine.

### **Calf Presses**

- Done on a leg press machine, perform like the Leg Press, except instead of working the quads, work the calves by placing your toes on the edge of the platform.

## **BACK**

### **Chin-ups / Pull-ups**

- Same as the standard, classical chin-up / pull-up, making sure the palms of your hands face away from you.

### **Cable Pulldowns**

- Same as Cable Pulldowns for biceps, except now palms are facing away from you and hands spaced about 2 to 3 feet apart.

### **Bent-over Rows**

- Same as Bent-over Rows for biceps.

**Note:** When performing everyone of these exercises make sure you are ***feeling the muscle you are training doing the work.*** As you can see, there are some exercises that are used to train more than one particular muscle. ***Depending on the position of your body or which way your palms are facing*** will determine which muscle is getting the majority of the work.

So, for example, if you are doing dips for chest, make sure to tilt your body forward to emphasize the chest, and not straight up and down, which works your triceps.

Be sure to always **concentrate on** the specific muscle you're training WHILE KEEPING THE WEIGHT MOVING, remember, no pausing. Very important!

### **Do I perform the exercises with strict form?**

**You must have absolute control over the entire rep, from top to bottom, from stretch to contraction!** However, on some exercises you should not completely stretch or extend your arms.

When doing **biceps**, never fully extend the arm. Stop a couple of inches **short of full extension.**

When doing **triceps**, **never fully bend the arm.** For example, if you are doing overhead extensions, on the way down, don't go so far down that you would over-stretch the tricep.

When doing any kind of chest exercise, never bring the weights all the way down to where it can touch your chest. If you do, it will place a lot of dangerous stress on the rotator cuffs. Stop a couple of inches short of touching your chest.

On any lat exercise, be sure to not fully extend the arms at the top of the movement, since that will overstress the rear shoulder and rotator cuffs, as well.

The reason you want to do this is because your body (muscles, tendons, and ligaments) was not constructed to be overstressed. When on bicep curls your arms are fully straight, as you are bringing the weight up, on those first 3 or 4 inches of the rep, your tendons and ligaments are in a vulnerable position. If you overstress them you can get injured and develop tendonitis.

I stop about 2 to 3 inches before fully extending the arm. This way I don't overstress the tendons and ligaments, yet I still train the muscle with high capacity.

Now, this may take some getting used to.....but I'm going to let you in on a little secret that I had kind of made reference to earlier in the eBook when I was discussing "rep speed": **STRICT FORM WILL NOT GIVE YOU THE BEST MUSCULAR DEVELOPMENT.**

Yes, you read that right. When trying to do exercises with very strict form, you will notice that the amount of weight that you can use is going to be severely limited. That's not good. **IT'S HEAVY WEIGHT that's going to cause the greatest and quickest growth to a working muscle.....NOT strict form with much lighter weight.**

Believe me, you are going to grow a much larger bicep by curling a 60 pound dumbbell (even though you are using a little "body language", a little "heave" to get the weight going) than if you were to use really strict form with only 30 pounds.

The reason behind this, also, is that there is always a "weak" area in a muscle. For example, when doing a bicep curl, the weak area is when your arm is almost completely straightened, those first 3 or 4 inches are the weak link of the muscle. Once you get passed those first 3 or 4 inches, the rest of the repetition is much easier.

You would be greatly "shortchanging" the muscle. *The bulk of the muscle can handle much heavier weight, but because of those 3 or 4 little inches you are going to sacrifice working the majority of it???* No one ever built a large, wide, thick set of lats by doing little, light-weight, strict-form Pulldowns.

I've yet to see someone that doesn't use steroids with a large set of arms only lifting much lighter weight because he / she chooses to "lift strictly". Keep that in mind. (I told you on my website that I wasn't going to "pull any punches" and that I was going to discuss what works in REAL LIFE, not what someone happens to write in some magazine or some website, yet they haven't changed the way their bodies look).

Again, I'm not saying to throw the weights around, but use good judgment.

**Hey, you didn't say anything about training abs. Don't I have to work them to get that '6-pack' ?**

**And, what about working the "traps"?**

### Also, should I train my lower back?

In order for you to get good, visible abs you have to get rid of all the fat that is covering it up. You can do millions of ab exercises, but if your body fat isn't low enough, you'll never see them.

I remember there was a point in time when my waist was 43 inches and you couldn't see any abs. After several months of proper training and eating I brought my waist measurement down to 29 inches, and my abs were nicely defined. Well, during that entire time I never did one rep of one ab exercise. **It was the reduction of the fat around my midsection that allowed my abs to become visible.**

If you think about it, our abs are already "shaped". We were born with them. What we do need to do, however, is to burn the fat that's **hiding them**.

*How many very skinny individuals do you know that have awesome looking abs, yet have never done a single exercise in their lives?????*

So, for abs, focus on losing body fat. That's the key.

The **abs and lower back** get plenty of work / stress / stimulation trying to stabilize the body when you perform practically every other exercise for every other muscle group.

Also, I don't really recommend training the traps (trapezoids). The bigger your traps are, the narrower they make your shoulders look. You should want to create the illusion of having wide shoulders because they add to the whole "V-taper" look. Look at pictures of the original **Hercules, Steve Reeves**. He didn't have a pair of traps bulging out, and look how wide his shoulders looked. Plus, the wider your shoulders look, the smaller it makes your waist (mid-section) appear.

### What are the keys to avoiding injury?

- Use dumbbells more than barbells.
- Don't use weight that is too heavy to lift at least 10 initial times.
- Keep your lower back arched at all times.
- Being extra careful with how your elbow and shoulder joints feel.
- Do your warm-up sets



## Should I use different grips?

This mainly refers to chest exercises, but it can apply to every muscle.

Many think that a close grip while bench pressing develops the inner chest, while a wide grip develops the outer chest. This is a myth! The difference in how much more on a certain area of the chest a specific grip may have **is so minimal that you will never physically see it.**

No matter what exercise you're doing or what muscle you're training, ***always use a grip where you feel the strongest.*** The stronger you feel the more weight you'll be able to lift. The more weight you can lift the more work your muscle can do.

## If I want to get my own workout equipment what should I get?

Remember, all you need is ***equipment that will properly train your muscles.*** No fancy equipment needed. Keep in mind the example I used earlier of the prisoners and people from other countries.

Here are the essentials for a home gym:

- **Adjustable Bench:** Make sure the rack to set the bar on is wide enough to where it won't interfere with your hands. The bench must be able to go from flat to incline.
- **Adjustable Dumbbells:** A set that you can add and take off weights to adjust to your needs. (I have come across a piece of equipment that is probably one of the best investments I have ever made. It is a set of dumbbells that adjusts from 5 pounds to 125 pounds each in one little click. All you do is adjust a lever. No taking off and putting on plates. And they are very safe and space conserving. They are called Power Blocks. The cost is a bit high, but if you can ever save up the money for a set, get it!!!)
- **Dip Bar:** You can usually get one that will attach to your bench.
- **Belt To Hang Weights:** This is a special belt that wraps around your waist that comes with a chain that hangs from the front. It is used to hang weights from so that you can add weight to exercises like dips and chin-ups.
- **5 Inch High Block for calf raises (or the edge of a stair)**

- **Pair of Cushioned, Strong Gloves**

That's all you need for some serious muscle building.

### **Should I use a waist belt for support?**

All a waist belt does is tighten up your entire midsection. If you constantly use one ***you will never allow your lower back to gradually get stronger as the rest of your body does.*** If wearing one makes you more confident and gives you peace of mind, then wear it, but little by little get used to keeping your own back arched and get away from the belt.

I personally have not used a belt in years and have never felt any back pain whatsoever, even when hoisting very heavy weight.

### **What about knee and elbow wraps?**

Unless you have a pre-existing injury, don't use wraps. Like a weight belt, using them will not allow the elbows and knees to get stronger because the wraps are doing all of the stabilizing.

### **What about straps or grips for chin-ups?**

Straps and grips are used to help your hands hold on to a very heavy weight. Sometimes, for certain exercises for back, your grip gives out before your actual back muscles do. In this case, yes, use them, but just once or twice a month. **Allow your grip to get stronger without them.**

### **What kind of clothes should I wear to workout in?**

Wear whatever makes you feel comfortable, as long as it doesn't get in the way of your exercises. I suggest you not wear any of those "perspiration" gear clothes or anything that overheats you. You don't want to make yourself sweat any more than necessary, or you'll run the ***risk of dehydration, overheating, or a drop in performance.***

## Should I use an E Z Curl bar?

Try both an E Z Curl bar (the bar that has the little built in curves for your hands) and a regular bar when doing bicep curls. See what is more comfortable for you. I personally cannot use an E Z Curl bar; it causes severe pain on my outer forearms from my wrist to my elbow.

# WORKOUT LENGTH

## *Try to keep your workouts no longer than 1 hour*

I used to workout sometimes for up to 2 hours at a time. No wonder I didn't see any progress. When you begin working out intensely, your body in response will begin to raise your testosterone, which helps you train stronger and helps build muscle. However, ***testosterone levels peak at about 45 minutes after training begins. After 45 minutes it begins to drop. You want to be done with your workout before your testosterone drops too low*** because if it is still high when you get done more of the testosterone will get used by your body in the recuperation process. That is why you will feel much more "vigorized" and "energized" at the end of the workout.

Also, when you know ahead of time that you are only giving yourself roughly 1 hour or less to complete your workout it will force you to **focus and concentrate more and you will waste less time.**

Also, keeping your workouts at no more than 1 hour ***fits well into a busy lifestyle.*** Who has time to dedicate 2 hours a day on lifting weights when you are in college, have a job, a family, or other responsibilities? This is one of the main reasons that most training programs don't work or cause you to eventually quit.....it is not practical for the average person.

Also, knowing your workout will last only 1 hour or less **will keep your motivation high at all times.** Who can stay motivated week after week, month after month when you're doing long, drawn-out workouts all the time? Eventually you will "burn out" mentally and physically.

The amount of sets, reps, and exercises per workout that are in this course will indeed allow you to finish in that time frame.

The reason many bodybuilders can train long is, again, because of a good metabolism and steroids. Steroids raise your hormone levels (Testosterone, Insulin, and Growth Hormone), which allow you to just keep on lifting away. Always remember: ***"You can train long or you can train hard.....but you can't do both".***

A little tip I picked up a while back was to **drink 1 to 2 cups of coffee about 30 to 60 minutes before your workout.** Coffee **stimulates your metabolism, "wakes you up", makes you more mentally aware, and boosts your energy**.....all which will make your workouts much more intense. My workouts are much more energized and much more **result producing** when I drink coffee. Give it a try!

I prefer either Espresso, Colombian, Spanish, or Arabica coffee because of the strength and taste.

#### **ADVANTAGES OF TRAINING WITHIN 1 hour or less:**

- **Testosterone stays high in your body**
- **Allows you to focus and concentrate better**
- **You feel "vigorized" and "energized" when done**
- **Perfect for a busy person**
- **Prevents mental and physical "burn out"**
- **Best for the underweight individual**

## **WHEN TO TRAIN**

#### **What is the best time of day to train?**

**The best time of the day to train is the moment of the day when you will be able to fully focus and concentrate on your workout;** when you have the mental and physical energy to give it 100%. Workout at the moment of the day that you know deep down inside you can stay consistent with. Workout at a time of day when you will not be interrupted or have any distractions. It may be in the afternoon or at night, when you have already taken care of your other responsibilities so your mind is at ease. It may be during your lunch hour. It may be early in the day when you have the most energy and feel refreshed.

***What's important is that you stay on task every day with the program and that you give every single minute of every workout your whole heart, mind, body, and soul.*** Find out what time of day works best for you.

## **THE TIME OF DAY TO NEVER, EVER WEIGHT TRAIN AT:**

There is, however, one particular time of the day to never **weight** train at. This is **early in the morning, on an empty stomach.** As you'll learn in the NUTRITION section of this eBook, if you don't have any nutrients in your body at the time that you begin to train, your body will begin to **break down your precious muscle for energy, something you want to avoid at all costs.**

Yes, this totally goes against what all the other books and authors recommend. But this is one of the biggest mistakes a person trying to build muscle could ever make. There was a time when I would lift weights first thing in the morning, on an empty stomach, and within a couple of weeks I lost an inch and a half of size on my arms, my shoulders shrunk, and I looked like a toothpick.

Any other time of the day is perfectly fine.....just not early in the morning on an empty stomach.

But be aware, when I say to avoid working out in the morning on an empty stomach, I am referring to WEIGHT TRAINING ONLY. I am NOT referring to "fat burning activity", which I speak about later.

## **MUSCLE SORENESS**

The muscle soreness I'm going to talk about is the kind you feel the next day after training a muscle. I'm not referring to pain you might feel from an injury.

If its been awhile since you've trained or if you never have at all, your muscles will be sore for several days. Soreness is the result of your body reacting to your lack of conditioning (your muscle not being in shape).

**After a couple of weeks of weight training you will not get sore too often.** This is because your muscles are becoming well-conditioned, or in shape.

## Do you *have to* feel sore to know if you had a good workout?

No. ***You could have had an excellent workout and not be sore at all.*** The ***way you eat*** and ***how active you are*** between workouts also has an effect on soreness. If your legs are sore from your workout and you do nothing but sit all the time you will be much sorer than if you do a good amount of walking. This is because if you are walking you are allowing better blood circulation to your legs, which will deliver certain vitamins, minerals, and nutrients to the muscle and it will take away wastes like oxidants and lactic acid that form when lifting.

However, soreness is a good indicator *from time to time* to let you know what muscle is being trained hardest. For example, let's say you are training chest and are doing bench presses. If the next day your triceps are sorer than your chest then that means that your triceps worked harder. That is not what you want if you are training chest. This lets you know that the next time you have to focus more on making your chest do the work and not your triceps.

Another factor that causes soreness is ***lactic acid***. ***When you do a set higher than 20 reps lactic acid begins to build up*** in your muscle. This is a substance that's released in your blood and muscles during high reps (20 or more). Lactic acid ***does nothing for you when it comes to building muscle and strength***. The more lactic acid that's released in your blood and muscle, the sorer you will get. Again, taking a good walk or doing anything "light" that increases blood circulation will help alleviate this soreness.

***The amount of sets, reps, and training per week I have found and recommend in this course will ensure that you don't overtrain and your soreness will be minimal after a couple of weeks.***

If you change exercises to change your routine you may feel sore. This is because the new exercise is stressing and working the muscle slightly differently. This is normal. Your muscle will quickly get accustomed. I am at the point where my soreness is barely noticeable and is rare, but I continually get stronger. Follow my recommendations ***to the letter*** and you'll experience the same.

## Man, I'm getting sore everywhere, except the muscles I'm trying to train!

What I suggest is that to make sure that when you are performing the exercises, ***focus on the particular muscle. Ensure that when you are completing***

**each and every rep, from beginning to end, that you feel that particular muscle doing the work, not any of the surrounding areas.** It might help you to close your eyes while doing the reps, focusing and concentrating on stretching and squeezing that particular muscle. This is what's referred to as the "mind-muscle" connection.

## TRAINING A "LAGGING" OR "STUBBORN" MUSCLE

### Should I train a "lagging" or "stubborn" body part with more sets?

Many of us seem to have a muscle that for some reason does not want to develop. It is "stubborn" and "lags" behind the rest of the body.

Out of frustration, we tend to want to add more sets or exercises to train that particular body part.

**The same principles and techniques that apply to every other body part applies to a stubborn body part.** It is even more important to focus completely on that body part when training it. Make sure that no other muscle is "carrying the load". **The body part you are training should be doing all of the work.**

*If your chest is not responding, could it be that you are using more of your triceps to lift the weights than your chest???*

*Are you using correct form, making sure your arm and elbow placement is correct???*

Now, if all else fails, the one thing you can add **ONLY TO A LAGGING MUSCLE** (and let me say right now that you shouldn't do this for more than 1 or 2 muscle groups at a time...since some people would want to use this technique for the whole body, thinking it's going to help them grow that much faster, which would only lead to overtraining, which you want to avoid, that's why you only do it for 1-2 muscle groups, at most), what you are to do is this:

**As soon as you get done with your one, all-out set, immediately drop anywhere between 20-100 pounds** (obviously, the muscle you are doing this for and the exercise you are performing are going to determine how much

weight to remove) and **do as many reps as you can, which should make you fail at about 25 reps.** Sort of like a “burn-out” set.

**That’s it.**

If you follow these guidelines that body part will indeed catch up.

## **TRAINING LOG**

***At every workout make sure to write down what exercises you'll be doing and how much weight.*** After doing an exercise ***write down how many reps you were able to fully complete.*** This will let you know if the next time you train that muscle should you stay at the same weight or raise it.

Also, **write down any comments you want to keep in mind next time you train.** Your training log is essential to you trying to outperform yourself every week.

***You will be able to track your progress by referring to your log.*** You'll be able to see how the amount of weight and the number of reps you are able to do keeps going up, ***thus, your muscle capacity is going up.*** Also, ***the comments that you write down with all honesty will point out any problem you might have to address when you workout next time.*** ***You'll know when it is time to drop a particular exercise and select a new one.***

**One of the main reasons many individuals never see real progress in the way their bodies look is because they don't keep a detailed, up-to-date workout log. They just go into the workout pretty much guessing what exercises, weights they are going to do that day, and going with motions. They never really work their muscles because they don't pick an amount of weight that lands in the proper rep range. They waste time lifting weights or doing amount of reps that are “at random”. Don't fall into this same bad habit. Be the one that sticks to what it takes to transform your body into an eye-catching physique.**

Be very detailed with your workout log. This is just as important as a set of dumbbells or a bench. The workout log is what one of your main tools for success.



# TRAINING SUMMARY

To put on muscle all over your body and to raise your strength:

- **Train at a high Muscle Capacity (amount of work done in a certain period of time)**
- **Be sure to train each muscle ONLY ONCE PER WEEK**
- **Do only 2 different exercises per muscle, for only 1 set each, making it a total of 2 all out sets per week**
- **Use an amount of weight that will make you fail initially in 12 reps**
- **Take 20-30 seconds of rest between each lifting attempts**
- **Take every set to "failure"**
- **Put in 100% effort**
- **Perform every exercise, every set, and every rep with all of your heart, body, mind, and soul**
- **Try to keep your workouts at 1 hour or less**
- **Keep a detailed workout log**
- **"Outdo" and "surpass" yourself at every single workout**
- **Maintain complete control over every rep**
- **Use a good, controlled, rhythmic rep speed**
- **Be consistent, day in and day out!**
- **.....RE-READ THIS ENTIRE SECTION TO FULLY UNDERSTAND THE TRAINING RULES**

# NUTRITION

Probably the most misunderstood, rarely followed, and most difficult to complete part of the muscle and strength building equation is nutrition.

If trying to organize thru all of the different and contradicting training methods was tough, nutrition is even worse. On my website I spoke of some of the many incorrect and ridiculous nutritional strategies that exist, such as low or no carbohydrate diets; not to mention those all-liquid diets, cabbage diets, and high sugar diets.

Believe me that I have put my body thru torture with almost every diet out there in search of changing my skinny body. I would make sure to follow them "by the letter" and long enough to see if it would work. **They all either caused me to get fat, caused me to lose muscle and strength, did nothing at all, or all of the above.**

Finally, thanks to my Paramedic studies and observing REAL-LIFE examples, I came to a very controversial and startling realization.....

## **What you eat is NOT as important as everyone thinks!!!!!!**

Here, in this eBook, I'm going to go further in depth as to this startling and controversial truth:

First, let's break down the different nutrients that make up food.

### **The 6 Major Nutrients**

1. **Protein**
2. **Carbohydrates**
3. **Fats**
4. **Vitamins**
5. **Minerals**
6. **Water**
7. **Fiber**

### **The Truth About Protein (.....brace yourself.....)**

Again, if you were to pick up a magazine, 99.9% will lead you to believe that protein is the most important nutrient to consume in order to build muscle. The most popular belief when it comes to protein is to eat at least 1 to 1.5 grams of

protein per pound of body weight. So if you weigh 150 pounds then you are to eat, supposedly, 150 to 225 grams of protein PER DAY. ***However, just because someone claims it, that doesn't mean it works in REAL LIFE.***

I did several tests to get down to the bottom of all this mess. I watched very closely exactly how much of what I was eating on a daily basis. At the beginning of my experiment I was consuming 60 grams of protein per day, way less than what the magazines recommend. I trained exactly the same. I gave myself 3 weeks. After 3 weeks was up, I measured my arms and chest. I wrote it down. Then, I raised the amount of protein I ate up to 100 grams. Trained for 3 weeks. I measured myself again.....I had no difference in the size of muscles. So I went up to consuming 150 grams of protein per day. After 3 more weeks.....nothing, my muscles were the same size. So I raised it up again to 200 grams, and gave it 3 weeks. Again, no improvement. Well, I kept doing this until I reached eating a whopping 425 GRAMS OF PROTEIN PER DAY! After all of that, eating tons of tuna, chicken breasts, egg whites, and thousands of buckets of expensive protein powder, **I hadn't gained 1 ounce of muscle. I was getting the same results from eating 60 grams a day that I was from eating 425 grams a day!**

Now, I'm NOT saying that all you need is 60 grams of protein a day to grow lean, toned muscles. But the point I'm trying to make is that super high amounts aren't the correct way to go either.

That really got me thinking. As I was studying for my Paramedic Certification, I got a chance to study how the body works; the endocrine system, the nervous system, the musculo-skeletal system, the cardio-pulmonary system, and the digestive system.

***I finally got a REAL LIFE EDUCATION on how the body handles things, including food, without all the lies, biases, and hype of the magazines and supplement companies.***

I learned that, yes, muscle tissue is made up, in part, of protein, but that **the amount of actual protein your body actually needs is very little. Any more than this amount, which is determined by your metabolism and genetics, is going to waste.** That is why you see all these bodybuilders that just eat chicken breasts all day long, yet look fat. The only time they are in shape is when it is contest time and they have to step on stage.....and with the help of steroids and diuretics, they lose the fat.

Also, I was researching a gentleman by the name of Andreas Cahling. If you don't know who this man is, he is a bodybuilder from the 70's and 80's era. I was paging through Flex magazine at the newsstand (to look at the pictures)

when I came across a 1 paragraph quote that they printed of his. Let me tell you, that 1 paragraph has been ***one of the biggest eye openers for me when it came to realizing the truth to how your body REALLY works.*** In part, ***he said that your body has the ability to grab protein from various sources, including whole wheat bread, that there is no need to go purposefully consuming large amounts. He said that the most important nutrient your body needs is carbs, because it is carbs that turns into glucose in your blood, which in turn, fills up your muscles, making them bigger.***

Also, carbs are what allow your body to properly use protein, called *protein synthesis*. This man, Mr. Cahling, has one of the greatest physiques you'll ever see. He said he ***never consumed any meats.*** He is a ***vegetarian.*** He doesn't use protein powder. Yet he possess pounds and pounds of muscle on his body. You know what he says is a staple in his diet.....he eats several grilled cheese sandwiches a day, utilizing goat cheese.

Also, everyone now-a-days thinks that the high protein, low carb diet is the way to go if you are looking to burn fat. Many believe that eating a high amount of protein will have a "thermogenic" effect on the body.

"Thermogenesis" or something that has a "thermogenic" effect on the body refers to anything that causes the temperature inside your body (sometimes your temperature on the skin is different from the temperature inside, your core temperature) to rise, to increase. Well, we all know from school that the average / normal core body temperature is 98.6 degrees. However, when your core temperature increases, even by just 1 or 2 degrees, it is said that this higher temperature causes the body to turn into a "furnace", raising the metabolism, which results in fat being burned.

Well, what does this have to do with becoming defined or toned?

Well, one of the many reasons everyone and their mother seems to recommend eating a high protein diet is because of this "thermogenic" effect. **People are under the *misconception* that a high protein diet will speed up the fat burning process.**

This is because protein DOES have a thermogenic effect on the body.....but **not enough to make an impact!** Here's where everyone is missing the point. Sure, protein causes the body to work harder to digest it, which causes the body's internal temperature to rise, but **it is NOT enough to really make a dent in burning fat or preserving muscle mass.**

Researchers at **Arizona State University** examined individuals that ate a high

protein diet and compared them to another group that ate a high carb diet. What they found was that eating a high protein diet resulted in **an average of 30 calories per meal being burned in digestion.**

Read that again.....*30 calories per meal.* Whoop-tee, doo!!! 30 calories! Okay, then let's say you eat 5 meals a day. 30 calories per meal, 5 meals a day, that equals 150 calories. So, **you would only be burning an extra 150 calories a day if you were to go on a high protein diet. Big deal!!!!** 150 calories is 1 cup of milk. It's 2 eggs. It's half a candy bar. 150 calories **isn't going to make any difference whatsoever in helping you build muscle mass or burn fat.**

Everyone keeps saying, "Oh, but you can eat more protein and not gain any fat because of the thermogenic effect". Give me a break.....150 calories.....I rather just cut out 1 can of soda a day and get the same effect!

Now, here is something very important. Probably the main reason why many believe that a high amount of protein is necessary is because many pros, fitness celebrities, etc., claim that. However, here's the thing.....WHEN YOU ARE ON STEROIDS YOUR BODY RAISES ITS NITROGEN-RETAINING ABILITIES, MEANING IT CAN USE AND HANDLE A MUCH HIGHER PROTEIN INTAKE.

Did you get that? When, and only when on steroids can your body handle large amounts of protein, because of the direct effect steroids has on certain receptors in the body, and it's effects on hormones such as Testosterone. So, yes, if you take steroids, then yes, a high protein diet is the way to go. But that's not what we are discussing here. We are looking to burn fat and tone up WITHOUT the use of steroids.

That being the case, without steroids the body CANNOT handle a high amount of protein.

**Don't be fooled by the "high-protein" fans. They just want you to go out and spend your hard-earned money on their bucket of protein. If you are looking to burn fat and build muscle, concentrate on the *overall calories.***

Another important point: North America, especially the United States, is the country that eats the most amount of protein out of any other nation in the world. Yet, we have the **highest numbers of obesity, high blood pressure, high cholesterol, heart disease, and diabetes.** As a matter of fact, heart disease is the number # 1 killer in the U.S. Even amongst people that exercise, Americans are the ones that consume the highest amount of protein, by far.

For example, in my native island of **Puerto Rico**, protein is only really consumed at dinner time, usually just a couple pieces of pork or chicken. The main foods in the Puerto Rican and Caribbean diet is made up of **fats and carbs**, such as rice, bananas, plantains, roots, avocados, mangos, kiwi, coconut, and oils like olive oil. Yet I know plenty of guys down there that eat this way, lift weights and are **very lean and muscular**.

Also, look at those countries and cultures that are located along the Mediterranean Sea. These people eat a daily diet also consisting of mainly **fats and carbs**, such as pasta, olive oil, wine, breads, cheese, fruits, wheat's, and only consume protein in the form of fish a couple of times a week. Yet, they are **fairly lean and in great health** and don't suffer from the heart diseases Americans do.

If you take a good look at the rest of the world outside of the United States, you'll come to realize that the U.S.A. is really the only country that emphasizes a high protein consumption.

And one more BIG fact, and this is the **# 1 PROOF THAT HIGH PROTEIN IS NOT NEEDED:** the most important food that exists on this planet for growth is.....***mother's milk***.

Mother's milk is what is given to a newborn baby. This milk gives the growing child all of the nutrients it needs to grow in health, build up its immune system, protect from infections during this very delicate stage of life, and to grow physically. The human body goes through its most dramatic growth spurt during the first months and years of life.

However, ***mother's milk is only made up of approximately 5-10% protein! If protein was so vital to physical growth then mother's milk would have contained much higher amounts of protein!!!*** Bet you'll never hear supplement companies admit to that.

So, to emphasize the point, **protein is NOT the most important ingredient your body needs. You DON'T NEED A HIGH AMOUNT of protein to build muscle and burn fat.** So, do yourself a huge favor and don't buy anymore of those expensive, worthless protein powders, meal replacements shakes, or protein bars. And stop stuffing yourself with dry tuna. Food is supposed to be enjoyable.

**Will being a vegetarian affect my ability to gain muscle?**

If you were to read any bodybuilding / fitness magazine, or if you ask almost anyone at the gym, they are all going to say that you have to eat meat and high amounts protein to build muscle. Well, those are all a bunch of lies we've been fed by supplement companies.

When it comes to protein or amino acids, as you've already read, you don't need a boat-load of them to build muscle. To get right to the point, what is most important in gaining considerable muscle, as far as nutrition is concerned, is **HOW MANY CALORIES YOU EAT A DAY.**

It doesn't matter if you are getting your calories from protein, carbohydrates, or fats.....as long as you eat MORE calories than what your body uses you will put on weight.

***JUST CONCENTRATE ON EATING THE PROPER AMOUNT OF CALORIES EVERYDAY and you'll be fine.***

There are plenty of examples of top bodybuilders, boxers, and NFL football athletes that are vegetarians, yet have built massive physiques.....all without using any animal proteins or meats.

So, NO, BEING A VEGETARIAN WILL NOT HAVE A NEGATIVE AFFECT ON BUILDING MUSCLE. As a matter of fact, the fact that you aren't clogging your digestive system up with animal protein means you'll be able to better digest the other nutrients, calories, vitamins and minerals that your muscles will need to get bigger and stronger.

## CARBOHYDRATES

Carbohydrates are what **provide your muscles with the energy** to lift weights. They also help "fill up" your muscles like balloons. This happens because when you eat or drink carbs they turn into glucose in your blood. Glucose "grabs on to" or "sticks to" water and pushes itself inside of muscles, **filling them up**. So if you don't eat the correct amount of carbohydrates your muscles will not get the energy or size (filling up like balloons) you would like. This is another reason low or no carb diets don't work.

## "COMPLEX" VS "SIMPLE" CARBS

## Should I worry about whether I eat "complex" or "simple" carbs?

The only difference between complex and simple carbohydrates is that complex carbs take longer to digest than simple carbs, they are more "complicated" for your body to break down and digest.

Many make a big deal over eating complex carbs at some times and simple carbs at others. Again, TOTAL CALORIES PER DAY is what's more important, not if you eat "complex" or "simple" carbs. Also, your metabolism and genetics is what determines how "fast" or "slowly" carbohydrates are digested by the body. Besides, the difference in the insulin spike that these 2 different forms of carbs have are so minimal that it doesn't make a difference.

## FATS

Fats are used by the body to help lubricate your joints and organs and they help raise your testosterone.

First of all, there are 2 types of fats:

### Saturated Fats

Saturated fats come mainly from animals (red meat, egg yolks, whole milk, butter, margarine, chicken skin, cocoa oil, and shortening).

### Unsaturated Fats

The other fats that exist are "unsaturated fats". These fats are mainly found in sea food, like fish, and in safflower oil, canola oil, sesame oil, palm oil, olive oil, peanuts, and avocados.

Fats are one of the most important nutrients for your body. There have been several INDEPENDENT studies that show that a diet containing a high amount of fat, **approximately half of the calories coming from fat, raises the most amount of testosterone in your blood, which assists in building**



**muscle. It has been estimated that prisoners (whom are big and muscular) eat a diet that contains a large amount of fat.**

Saturated fat and cholesterol are NOT the enemy that everyone makes them out to be. ***The amount of cholesterol that you eat has nothing to do with the cholesterol level in your blood. What determines the cholesterol in your blood is your liver, called liver synthesis.***

When you eat less cholesterol, your liver will compensate by producing more cholesterol. And if you were to eat more cholesterol, then your liver will lower the amount of cholesterol it produces. ***Your genetics is what determines how much cholesterol is in your blood.***

My relatives on my father's side all suffer from high cholesterol. Unfortunately, I inherited that. When I was getting a medical examination done for the Cleveland Fire Department I was told I had to bring my cholesterol down. So for a period of 2 months, I ran like crazy. I cut out virtually all fat from my diet; I ate nothing but tuna, chicken breasts, skim milk, and egg whites. I also took supplements such as niacin and garlic pills. I was also drinking gallons of apple and cranberry juice, because supposedly it lowers your cholesterol. Well, after all of that work and sacrifice, I got my cholesterol levels tested again. Can you believe that my cholesterol level had only dropped 2 measly points????!!

This explains why you have some people that eat nothing but bacon cheese burgers and French fries can have very good blood cholesterol levels, and on the other hand have someone that eats nothing but vegetables have very high cholesterol levels. ***It comes down to genetics.***

**What you do want to be careful with are foods that contain TRANS-FATTY ACIDS (TRANS FATS).** These are created when manufacturers partially hydrogenate liquid oils to make them more solid, and less greasy. You mainly find these in vegetable shortenings, margarine, butter, crackers, cookies, croissants, danishes, and microwavable pancakes and french toast. Also, when you fry foods, it converts the regular fat in the food into trans fats, so avoid frying. Avoid eating the skin of chicken, because it is made up of nothing but worthless trans fats. Trans fats are what raise the bad cholesterol in your blood because your body can't digest them. So try not to overdo these types of foods. Use sound judgment.

So, whole milk and whole eggs are not the enemy. Saturated fats are not the enemy. They are actually very good for you, because, remember, you actually want to eat a good amount of fat, to keep your testosterone levels high, and help in the functioning of your cells.

***IT ISN'T THE FAT IN FOOD THAT GETS YOU FAT, IT'S EATING TOO MANY CALORIES THAT GETS YOU FAT. IT'S ALL ABOUT THE CALORIES!***

## **“IT'S ALL ABOUT THE CALORIES”**

If consuming large amounts of protein isn't the key, then when it comes to eating, what is?

Well, we've already established that **WEIGHT TRAINING is the most important factor to building muscle, by far.** However, eating is needed. Everybody in the fitness / bodybuilding industry has their own recommendation as to how you should break down your eating.....all kinds of different "ratios" and "percentages", not to mention supplements. Well, don't believe the hype. **All of their recommendations are either just repetitions of what they read or heard elsewhere, or they just want to sell you their latest powders or pills.** However, if you examine those in the real world that have built great bodies you'll notice something very important: it's all about the calories.

How you break up your eating IS NOT important. It doesn't matter if you eat 60% protein, 30% carbs, and 10% fat.....or if you eat 75% carbs, 10% protein, and 15% fat.....or any other combination. **IT DOES NOT MATTER ONE BIT. Ratios are not important.**

***What IS important is the amount of calories you eat per day, regardless what percentages of those calories come from protein, carbs, or fats.***

How many times have you seen a person eating the strictest of diets, making sure that they eat a certain percentage of this and that, yet still get fat? This is because regardless of the ratios they are eating they are **still eating more calories than what their bodies use.**

How many times have you seen someone eat a high percentage of protein yet still not put on any size? This is because regardless of what ratio they are eating they're still not eating enough calories to put on weight.

You could go on a 100% protein, 0% fat, and 0% carb diet.....and still become overweight, IF YOU ARE EATING TOO MANY CALORIES! You could eat

100% table sugar and still lose weight, if you are eating LESS CALORIES THAN WHAT YOUR BODY REQUIRES.

When it comes to your body, it is NOT about specific ratios or percentages. That is a myth that has spread like gangrene. The truth is very simple.....

**If you eat MORE calories per day than what your body uses (whether it be for weight training, working, or any other activity) then you will GAIN weight**

**If you eat LESS calories per week than what your body uses then you will LOSE weight**

This is an UNDENIABLE TRUTH. There is no getting around this. It doesn't matter where you get your calories from. You could eat nothing but chocolate candy bars, but as long as you eat less CALORIES than what your body uses you will lose weight.....yes, even with eating chocolate candy bars. It's because ***it all comes down to the amount of calories you eat per day.***

**Should I purchase "nutritional shakes" to help me get my calories?**

Shakes are nothing more than grinded up food. I don't recommend consuming large amounts of "high-calorie" shakes since they contain a lot of preservatives and chemicals to extend their "shelf life", and they are pretty expensive.

However, if you find it difficult at first, or inconvenient, to get all of your calories from whole foods, then sure, drink a shake here and there. The important thing is to get the correct amount of calories. Drink a shake every once in a while to assist you, if you need it.

**How much food do I need to eat to grow big and strong?**

First of all, if you eat an average amount of food, then you will have an average body. **To grow, to get bigger, to get stronger, you must eat a higher than normal amount of nutrients.** There is no way around it. Even if you have the perfect training routine, you'll never grow without providing the body with the proper amount of nutrients. It's like saying you want to build a big house with a small amount of bricks, cement, and wood. It's impossible. It's

like saying you want to drive your race car, with all its speed and horsepower, without any gasoline (fuel) or oil. It's impossible.

***In order for you to MAKE SURE that you give your muscles the nutrients it needs to FUEL YOUR WORKOUTS, LIFT HEAVY WEIGHTS FOR HIGH REPS, REPAIR, RECUPERATE, AND GROW, you have to be able to keep track of what you are eating everyday.....there is just NO way around it. Failing to do this is one of the top reasons why 99% of those that train NEVER see the results in muscle building / fat burning that they so desperately wish for.***

Keeping track of what you eat is much easier than it sounds. After a couple of weeks it will become like "second nature". Simply read the nutrition labels on packages and wrappers. Be sure to pay attention to the serving size on these labels.

One day I decided to purchase a Reese Peanut Butter Cup Blizzard at an ice cream store called Dairy Queen. Well, I didn't know off the top of my head how many calories it was. So, when I got home I did a little research. If ever you are going out to a restaurant or public food place, and need to know how many calories a particular food or meal is, simply go to one of these links and you may find what you are looking for:

<http://www.dietfacts.com/fastfood.asp>

[http://www.nal.usda.gov/fnic/cgi-bin/nut\\_search.pl](http://www.nal.usda.gov/fnic/cgi-bin/nut_search.pl)

<http://www.calorie-count.com/calories/item/04053.html>

<http://www.webterrace.com/fast/index.htm>

<http://www.3fatchicks.com/fast-food-nutrition/>

<http://www.fatfreekitchen.com/junkfoods.html>

**Now, what happens when you don't have access to a nutrition label, are out on the run, and it just makes it virtually impossible to count the calories of what you are eating?**

There is one very easy way to find out how much food you ate. ***Count portions. HOWEVER, COUNTING PORTIONS IS LESS ACCURATE THAN COUNTING CALORIES AND I ONLY SUGGEST IT FOR THOSE FEW TIMES***

***WHEN IT IS COMPLETELY IMPOSSIBLE TO COUNT THE CALORIES. DO NOT USE THE "PORTION" METHOD ON A REGULAR BASIS, USE THE CALORIE COUNTING METHOD AS MUCH AS YOU CAN!***

To measure your portions is to take your hand and make a fist. **The size of your fist is equal to 1 portion.** So whether it's chicken, rice, or some fruit, a portion would be an amount that is the size of your clenched fist. That's it. Simple. No counting. With some foods, you'll have to make a judgment call on the portion. For example, there are some chicken breasts that after being cooked are not the size of a fist. **All portions must be the size of a fist after being cooked.** Also, same goes for some fruits, like bananas. Use good judgment: if you were to cut that piece of fruit into squares, cubes, or slices, would it be the size of your fist??? It may take 2 bananas or 2 chicken breasts, etc, to equal a portion.

Pay close attention to what you serve yourself, **don't cheat yourself out of calories that you may need to be eating but are passing up because of not sizing up the amounts with your fist.**

***1 PORTION = 150 CALORIES***

**Okay, now tell me EXACTLY how many calories to eat a day.**

**Warning:** Now, I don't want to discourage you by what I am about to write regarding calorie amounts, nor do I want to scare you. But **if you really want to gain some SERIOUS muscle mass, you have got to eat some SERIOUS AMOUNTS OF CALORIES.....BIG TIME.**

I used to always think that as long as my training was right on money, that I rested well, calculated everything correctly, that I could grow large amounts of muscle by just eating two or three thousand calories a day. Well, thinking that way was one of the reasons I never really gained any true muscle in almost 10 years.

When I say gaining "true" muscle, I mean an amount of muscle on your body that is going to be significant. It's going to be noticeable. Not this "10 or 15 pounds of muscle". I'm talking about 30, 40, maybe even 50 pounds!!!!

Calorie amount was by far my BIGGEST DOWNFALL in not having been successful in the past. Above the correct training techniques, mental strategies, etc., etc.,.....how much food I needed to eat was my #1 obstacle. I just

never really realized how much food it really takes to build some real size and strength!

Let me explain my “journey” into finally “waking up” to the reality of calorie amounts:

For the LONGEST time, even until recently, I always believed that you could gain large amounts of muscle without gaining any fat. I never wanted my waist size to grow larger than 32 inches (at my most “defined” state, I can sport a 29 inch waist, I kid you not, with veins even starting to show around my mid-section). I thought that you could gain a lot of size while still having a very “cut” and “ripped” look, abs and all. If ever I started to lose size of my abs, immediately I would go on a lower calorie diet to burn fat. But this only caused me to “turn my wheels”. I wondered why I could never get my arms, chest, or legs above a certain size.

See, I, like 99% of us sincere individuals seeking truthful and reliable information, was completely misled. I would read article after article of individuals that had a body that I wanted, saying how they only ate 2500 calories a day, so on and so forth. How they never would let their body fat levels go above 9 or 10%, etc. And I would look at them, read about them, and would be wrongly lead to think that these guys actually built all of that muscle while keeping their body fat pretty low.

And I’m not just talking about pro’s. I’m even referring to natural bodybuilders, and individuals that don’t even compete or take steroids, yet have incredible, highly-defined musculature. So, again, for 10 years I desperately tried to gain muscle while keeping my body fat low. Well, 10 years later, and I still was pretty much the same size. It seemed like I always hovered and fluctuated between the 147 pound mark and the 185 pound level. *It was down-right embarrassing to me that I worked out so much and so hard, yet after almost 10 years, I hadn’t even passed the 200 pound mark.....at a height of just over 6 feet!*

Well, just like other things, I started to pretty much ignore what was being written in the magazines and on the internet, and instead would observe what people were REALLY doing.

First, I noticed something very peculiar. **I noticed how EVERY person that now possessed an incredible physique (whether a steroid user or not) had AT ONE POINT IN THEIR LIVES “BULKED UP” (gaining the highest percentage of muscle throughout their entire lives), and then later on went on a fat burning routine and shed the body fat, revealing the muscle they had built underneath, whether if it was for a contest, or just because they wanted to look good on the beach.**

Also, it was a major eye-opener to me when I went the first time to the **Arnold Classic Weekend Fitness Expo**, held every year in Columbus, Ohio. At that expo you see a lot of the bodybuilding, fitness, powerlifting, modeling, and martial arts personalities seen on TV, in the magazines, and everywhere else. Most of the pros and naturals are there.

Now, ***when I actually saw these individuals in person I was shocked to see how that just about every bodybuilder (again, natural or not) that wasn't competing that weekend was DOWN-RIGHT CHUBBY!*** All of them! They pretty much looked like guys that are big, strong, and bulky, but definitely not defined at all!!

Then I saw photos on the internet of a lot of these bodybuilders in the "off-season" flexing or posing, and wow, they were straight-up FAT. I specifically remember seeing a guy that models for a particular supplement at the Expo that I had saved some of his photos because of how inspiring to me he looked. But when I saw him in person, he didn't even look like the guy in the magazines! If I hadn't seen him in the mags, I would never have even known that this guy was a bodybuilder.

Also, there was a recreational bodybuilder whom I respect very much that has built an incredible physique without ever using steroids. Now, this individual actually has a book that he sells on the internet with training and nutritional information. His routine I followed for about 2 years.....with many sets, exercises, rest between sets, etc. "Hey, he's got the body, then he must have built it with information in his book, right?"

Wrong! See, this individual has "before" and "after" photos on his website. But, again, what I noticed was that he went from being skinny, to very "bulked up" (pudgy-looking), to being very muscular and defined. Hmmm, that got me thinking. I emailed him (since he provides his contact information right on the website), and ***asked him if he gained most of his muscle while getting "bulked up". He replied, and sure enough, he did! He even went as far to say that THE MAJORITY of his muscle mass was gained while going through that bulking period, then he just "cut it up". Yet, in the information he provides he tells you to never let your body fat get above a certain level, yada, yada, yada. But.....THAT'S NOT HOW HE GAINED ALL HIS MUSCLE MASS!***

Also, I noticed that individuals with the highest percentage of having a good deal of muscle with little fat are those that compete. Well, **they'll take out a certain time period, bulk-up, gain as much weight as possible while training, then 3 or 4 months before the contest, they'll shed the**

**fat....."wha-la"!** Yet, these same individuals will post on their websites or will say in a magazine article how you should "never gain a lot of fat", "never lose site of your abs", "there is no need to bulk up in order to gain muscle mass", etc. But.....again.....that's NOT how they went about it.

In addition, ***I have observed the bodybuilders that DO go on ahead and try to stay lean while gaining muscle.....and they NEVER end up gaining any real size from one contest to the next.***

They can say all they want about how they feel much better about staying lean and not have to shed as much fat for a contest, but when they step on stage, ***if they are any bigger than before, it's only like another 2 or 3 pounds heavier.*** Sorry, but if I'm training like a mad-man, eating correctly, and doing everything else, I better be much heavier than a measly 2 or 3 pounds after 6 months or a year. I can just eat whole pizza and weigh 3 pounds more within 30 minutes!!!

Now, **take a look at the bodybuilders that bulk up, then get defined for a contest. These guys every year are getting bigger and bigger. While those that decide to stay lean all the time are only coming 1 or 2 pounds heavier, the ones that bulk up are coming in 20 pounds heavier.**

Take a look at **Mr. Olympia Ronnie Coleman**. He doesn't stay ripped to shreds once he's done competing. However, the last 2 to 3 years he has been growing like a mad-man. He went from weighing in the 250's, then the 260's, then the following year jumped to the 280's, and then in 2004, he competed at a shredded 296 POUNDS!!!!

Now, before you begin to doubt and start bringing up the steroid issue.....all the pros take steroids, for the most part. So ***since all take steroids, why are the ones that bulk up gaining so much more muscle CONSISTENTLY than the pros that don't bulk up????????***

That's the point I'm making. Sure, steroids are going to allow you to build way more muscle, but ***if all pros are taking steroids, why are only those that bulk up coming in bigger and bigger every year????***

Here is a prime example: there is a gentleman right now on the internet that has written a couple of books and has came out in several magazine articles. He mainly writes on the subject of training even after your 40, 50, or 60 years of age (he is in his 60's).



Now, out of all respect to him, he is in excellent shape and I applaud him for that. Saying that, however, he is one that says that it is not necessary to gain some fat in order to gain muscle mass. He says it's possible to build "lean" mass, or muscle without fat. Well, on his very own website, he has a picture of himself at the age of 40 and one at the age of 60. Just by taking one quick second you can tell the HE LOOKS EXACTLY THE SAME AT 60 AS HE DID AT 40. So, after 20 years of training he hasn't changed ONE BIT! *So much for being able to gain muscle without putting on fat!*

Take a look at American music artist **LL COOL J**. This gentleman for several years throughout the 90's and even all the way till about 2001 or 2002 was very "solid"-looking. Meaning you could tell he lifts weights, but he was a little on the "chunky" side. Then all of a sudden, he comes out in a music video shredded, looking very muscular....down-right bigger and more defined than a heavyweight boxer. He looked phenomenal.

Did he all of a sudden discover some secret supplement or training technique? No. **He had gained the size, then in a period of a couple of months got on a fat burning routine, shed and got rid of all the body fat he had been carrying, and now looks better than a lot of bodybuilders I see in the mags!!!!!!**

I can go on and on for pages on end talking about this, but I think you are getting the point I am trying to make. Here is the bottom line:

**IF YOU ARE SERIOUS ABOUT RADICALLY CHANGING THE WAY YOUR BODY LOOKS, YOU HAVE TO GO THROUGH A "BULKING" PERIOD.....THEN, LATER ON DOWN THE LINE, SHED THE FAT**

There is simply NO way around this. Here is the paradox: ***it seems that you have to "over-shoot" your body. It seems that you have to go overboard, gain a lot of weight (if done right, most of it muscle), then, after putting on a good deal of size, burn the fat off and reveal what you have built underneath.***

If you try to gain nothing but muscle because you don't want to gain any fat, AT BEST, you are only going to gain about a solid 2 or 3 pounds of muscle A YEAR. I kid you not. And I'm actually being generous.

Take a look at the professional bodybuilders that choose to stay lean year round. If you read what their contest weight is year after year, these guys are only getting 4 or 5 pounds heavier a year, and actually, many only get about 1 or 2

pounds heavier a year. **Now, if these guys that are pros, with incredible genetics and tons of steroids, are only gaining about 1-5 pounds of muscle a year because they decide to stay lean, how much do you expect a non-steroid taking, average genetics, everyday individual to gain a year if he / she decides to stay lean all the time also???????????? (Gives you something to think about).**

Now, let me ask you a question. *What would you rather do.....gain 1 to 3 pounds a year, so in 5 years from now you'll only be weighing an extra 5-15 pounds heavier (remember, after 5 YEARS).....or.....would you rather just gain as much body weight as possible for at least 12 months (longer if you need it), use the correct training techniques, eating strategies, cardio, etc., (even though some of the weight will be fat), and then shed all the fat in 4 months or so, and be an extra 30-50 heavier....muscle weight???????*

**I know that I would rather have an extra 30-50 pounds more muscle in less than 2 years, as opposed to only gaining 5-15 pounds in 5 years.** Being as that you were kind enough to download this eBook, I'm pretty sure you and I think along the same lines.

Yes, you are going to gain SOME fat during this bulking period, but it is a "necessary evil". It comes with the territory. ***No, you aren't going to really see your abs popping out. But so what?! Get as big and strong as possible. It only takes about 4 months to lose all that fat.***

Don't you finally want to LOOK like someone that actually lifts weights?

Don't you want to LOOK like someone that works out?

Who in the world, after training week in and week out, month after month, spending precious time on their bodies that could go towards their career, family, friends, college, spirituality, etc., wants to just get in return 1 measly pound of muscle a year????????????

This is a fact that you must accept. You cannot continue until you truly believe and follow this 100%. **You are going to have to temporarily say good-bye to a very lean, defined body for the sake of putting on some serious, real muscle mass!** I'm not talking about getting obese, but you won't be looking like a Calvin Klein model for a while.

If you continue to try to stay lean while gaining muscle, in 5 years from now you will regret not just saying, "....forget about definition for a while, and let's gain some TRUE SIZE and STRENGTH.....!!!!!!", because ***you will not look very different from what you look now.*** However, **if you follow what I am**

**telling you here, and gain as much size as your body will allow, following all training, eating, and cardio rules, and THEN go through a "fat burning phase" for a couple of months, you are going to be a MUCH MORE MUSCULAR person than what you are now. Guaranteed!!!!!!**

(Notice how I am underlining, bolding, and italicizing a lot in these last couple of paragraphs? That's how UNBELIEVABLY IMPORTANT this is.)

Now, before we continue, **this program is only for those that are serious about changing the way they look, want to pack on some muscle, and want to have a great-looking body.**

You must be very consistent and **COMMITTED**, because if you go through this bulking phase and then decide to be inconsistent or quit, guess what, you are going to just turn into a fat person or are simply going to lose any muscle you had worked so hard to obtain. You **MUST FOLLOW THROUGH THE WHOLE WAY.....THE ENTIRE JOURNEY.** This program isn't some "get muscular and ripped in 12 weeks" garbage that they sell all over the place. This is a program for serious and focused individuals that **WANT TO PACK ON AS MUCH MUSCLE AS THEIR BODIES WILL LET THEM.**

Just to give you a general example, ***the average natural weight lifter (like you and I), has to weigh about 25-50 pounds MORE than what his "defined" look is going to be.*** For example, someone that is 6 feet tall and wants to be 205 pounds of ripped muscle, is going to have to bulk up to about 230-255 pounds. (I wasn't kidding when I said you have to put on some serious size in order to pack the muscle on to the body. Remember, for most of us, our bodies weren't designed to be walking around with a ton of muscle and little fat.....so ***in order to force our bodies to do what it DOESN'T want to do we have to really push it's borders***). When he gets to 230-255, by following the correct calorie amounts and cardio instructions, he can lose those 25-50 pounds in about 4 months.....revealing the chiseled 205 pound physique. Again, this is a general rule. Some have better genetics than others and can put on muscle more easily than others with less fat, so they don't have to "overshoot" as much. But this is what it takes.

Okay, now that we got that out of the way, back to calories.

Again, then, how many calories does it take to put on size and strength?

Well, everyone is different. Your metabolism, genetics, hormonal make-up, gender, etc., all have a say-so as to how much food you need to consume to

gain size. Some people can get big by eating a lot less than others, and vice-versa.

However, here is a “starting point”:

*If you have decided to concentrate **first** on **BUILDING MUSCLE, YOU ARE TO START EATING 4000 CALORIES PER DAY.** (If you are a **female**, you should start at 3000 calories per day)*

*If you have decided to concentrate **first** on **BURNING FAT, YOU ARE TO EAT 2500 CALORIES PER DAY.** (If you are a **female**, you should start at 1700 calories per day)*

So, again, more than likely you are wanting to gain muscle mass first, so you are to start eating 3000 calories on workout days ONLY (further down I'll tell you how much to eat on days you DON'T workout....“NON-WORKOUT DAYS”) . You then will adjust your calorie amounts from there according to the information that I give you further down in the eBook.

But, again, I want to make it clear that it takes a lot of calories to get big. I started off at 3000 calories, but have to eat as much as 5500 calories a day to get my body weight up to where it has gotten. No, it isn't easy at first, but your body gets used to it. But remember, **you can't expect to pack on 30-50 pounds of muscle by eating a small dose.**

Remember, you are trying to put on the most amount of size as you can, THEN “rip it”. Please take this in. **WITHOUT A LOT OF CALORIES YOU AREN'T GOING TO GET BIG AND STRONG. End of story!** (Yes, this was a very hard pill for me to swallow, but once I accepted the facts and applied them, I finally was achieving my goals!)

### **Can't I try to gain muscle AND burn fat at the same time?**

I think I pretty much explained this already. But here are few more points:

Instead of trying to build muscle AND lose fat at the same time, you will see progress much faster if you completely focus on one, whether it be gaining muscle or losing fat. Completely place all of your efforts into ONE OF THEM.

Then, when you choose to, you can switch and focus on the other goal.

See, I've tried hundreds of times to gain muscle and burn fat at the same time, but you seem to really get nowhere. The number one reason is FOOD / CALORIES.

***It takes two completely different amounts of food (calories) to achieve each of the 2 goals. It takes one amount to fuel workouts, repair muscle, recuperate muscle, and then build + grow muscle. But it takes a different amount of food to burn fat.***

Remember, not only do you need a sufficient amount of calories on the days you workout to build and develop your muscles, but you also need a sufficient amount of calories on the other days so your body can repair the muscles you've trained and build them up bigger. It's like wanting to buy a \$30,000 car, but you only are giving the dealer \$20,000.

I have found through my billions (at least it feels like that much) of experiments on myself that when trying to gain muscle and burn fat at once, I'm either eating too many calories to burn off any fat (since I'm trying to gain muscle), or I'm not eating enough calories to build muscle (since I'm also trying to burn fat).

If you were to try to do both, it's almost as if you are competing against yourself. It's like trying to sail a ship in two totally different directions. It's like going around in circles. It's like taking one step forward and one step back, you get nowhere.

### **What if I don't have the appetite to eat that amount of food?**

Like many other things, when first doing something, it may seem a little challenging. However, after sticking to it for several weeks you'll begin to see it get easier and easier. Same goes for eating. After a couple of weeks it will become like "second nature". I'm at the point now where this amount of food doesn't even really fill me up. I almost feel hungry. Just like a low amount of weight isn't going to stimulate big muscles, a low amount of calories isn't going to build big muscles. There are so many individuals that mention to me that they can't seem to get bigger, get more muscular. That they are very disciplined, are consistent, train hard, etc, BUT DON'T EAT ENOUGH CALORIES.

**A major, major mistake that naturally skinny individuals make is that they don't discipline themselves to eat the correct amount of calories day in and day out!!!!**

A lot of people go on a training routine and follow it religiously, yet they don't EAT enough. Then they wonder why they aren't getting any bigger. So they begin to start trying all different kinds of weight lifting techniques, start playing around with exercises, sets, rep schemes, will begin taking a bunch of protein powders, pills, supplements, etc....all in search of trying to add on some size to their bodies.....**when all along the problem was not their training techniques, it is their eating habits.** Don't fall into this same trap like I did for years!

Also, ***the more muscle you gain the more your body will ask for those calories.*** The more muscle you grow the more your body will look forward to eating. Be patient, your appetite will adjust.

However, here are a couple tips to getting in the amount of portions / calories per day you'll need to build muscle:

**Drink natural fruit juices or milk** with some of your meals.

If you drink milk, try **adding a chocolate syrup or powder.** Most chocolate syrups and powders are actually pretty healthy for you, since they contain vitamins and minerals.

**Eat "calorie dense" foods.** There are some foods that contain a lot of calories per servings. The main one I eat is **raisins** and **granolas**. **Raisins** contain a ton of calories. That's pretty dense and it's good if you don't seem to have the appetite to eat a lot at first.

Eat foods like a **bagel with cream cheese**, which will give you a lot of calories. Eat natural **ice cream**, like Bryers, which just a little gives you a lot of calories as well. Also, **peanut butter** is great. And mix in 1 tablespoon of **olive oil** with food for an extra shot of calories. Also, good, old **rice (arroz!)**!

**MY NUMBER ONE SECRET WEAPON TO GETTING THE CALORIES I NEED TO GROW, EVEN IF MY APPETITE IS HORRIBLE----->**

***Olive Oil!!!!!!***

Just 1 tablespoon of olive oil gives you around 120 calories. So if you were to make yourself a shake and put 2-6 tablespoons of olive oil in a homemade shake, that right there is 200-600 calories from the olive oil alone in that one shake! And if you drink 2-3 of those shakes a day, you'll see how valuable the olive oil is.

Warning!.....make sure that when you buy the olive oil, you purchase the one that says "Extra Light Tasting" (not Extra Virgin.....you want Extra Light Tasting). If you use this one, you won't taste the "olive" in the oil (which to me the taste of olive is disgusting).

Here's my personal shake:

2 cups of any natural fruit juice

10 tablespoons of Dried Egg White Powder

3-6 tablespoons of extra light flavored olive oil

(Mix it all up in a blender).

The total calories for this shake comes out to be (depending on the amount of olive oil you decide to use), is about 1200-1500 PER SHAKE.

Try it out.

**How do I adjust my calories when I'm done "bulking" and I'm ready to begin the "fat burning" phase, or vice-versa?**

***Whenever you decide to switch from **BUILDING MUSCLE** to **BURNING FAT**, simply **DROP 500 calories** from whatever you are currently eating at that point, and go from there.***

***Whenever you decide to switch from **BURNING FAT** to **BUILDING MUSCLE**, simply **ADD 500 calories** from whatever you are currently eating at that point, and go from there.***

## **EATING TIME TABLE**

**Do I need to eat certain meals at certain times of the day?**

This is another big debate amongst many. Some suggest to eat your biggest meals early in the day. Other say to eat a high carb / protein meal immediately after training. Others say to eat nothing but protein before going to bed. Some

say not to eat a big meal at nighttime. Then others even suggest to get up in the middle of the night and have a protein shake.

Is "meal timing" important?

I used to believe no, it wasn't important. But I noticed that whenever I ate too much at one time I would put on fat faster than if I more evenly spaced out and divided my calories. When evening out more my feeding amounts I WAS ABLE TO EAT MORE CALORIES WHILE GAINING FAT AT A SLOWER RATE.

**I have found that I seem to be much stronger when I eat a LARGE AMOUNT OF MY DAILY CALORIES ABOUT 1 ½ HOURS BEFORE WEIGHT LIFTING, AND ANOTHER LARGE AMOUNT WITHIN 30 MINUTES AFTER FINISHING. Now, when I say "large amount", I mean eating HALF OF MY DAILY CALORIES BETWEEN THOSE 2 MEALS, THAT ARE CENTERED AROUND MY WEIGHT WORKOUTS.**

**If I'm eating 4000 calories a day, I'll have about half between those 2 meals, which is about 2000 calories between the 2 meals, 1000 calories before and 1000 calories after.**

There are many that feel that if you eat a large amount of your daily calories before working out, not only will it give you the energy your muscles need, but it will also prevent the body from breaking the muscle down. Also, that eating another large amount of your calories after your workout will drive all of those calories / nutrients into the muscles that are looking for that immediately after training, which results in faster muscular growth and development.

This reasoning sounds very true and logical to me, especially when I look at it from a human biological point of view. How much food you eat at a particular moment or time of the day should be based on the NEEDS OF YOUR BODY AT THAT TIME, not hunger or because it happens to be "lunch time".

**How many meals should I eat per day and how should I divide them up?**

- *Eat 5 meals a day*
- *Eat every 3 to 4 hours*

#### MEAL

25% of total calories



MEAL

25% of total calories

MEAL

20% of total calories

MEAL

20% of total calories

MEAL

10% of total calories

- Eat one of the 25% meals 1 to 2 hours BEFORE your weight training and eat the other 25% meal immediately AFTER working out
- The 10% meal, being the smallest meal, is your last meal of the day, about 1 to 2 hours before going to bed
- The two 20% meals are to be eaten at the remaining moments of the day

Example 1:

9:00 am = 20% meal

12:00 pm = 20% meal

3:30 pm = 25% meal

5:30 pm = WORKOUT

6:15 pm = WORKOUT ENDS

6:30 pm = 25% meal

9:30 pm = 10% meal

Bed time

Example 2:

9:30 am = 25% meal

11:30 am = WORKOUT  
12:15 pm = WORKOUT ENDS

12:30 pm = 25% meal

3:30 pm = 20% meal

6:30 pm = 20% meal

9:30 pm = 10% meal

Bed time

Example 3 (a day that you are going to workout later at night):

9:00 am = 20% meal

12:00 pm = 20% meal

3:00 pm = 10% meal

6:00 pm = 25% meal

8:00 pm = WORKOUT

9:15 pm = WORKOUT ENDS

9:30 pm = 25% meal

Example 4 (NON-WORKOUT days):

9:30 am = 25% meal

12:30 pm = 25% meal

3:30 pm = 20% meal

6:30 pm = 20% meal

9:30 pm = 10% meal

Notes: As you can see, **regardless of what time you decide to workout, you are to ALWAYS eat one 25% meal before and one 25% meal after working out, even if it's late at night.** Remember, your body needs the calories for the demand that you are placing on it, which is the workout, so you need calories before and after.

On **days** that you **DON'T weight train**, you are to **eat** your **biggest meals first then the smaller ones next**, so on and so forth.

To figure out your percentages simply multiply however many calories you are to eat per day by the percentage. For example, if you are eating 4000 calories on workout days, then this would be your calorie breakdowns:

#### **4000 CALORIE DAY**

$$4000 \times .25 = 1000 \text{ calories}$$

$$4000 \times .20 = 800 \text{ calories}$$

$$4000 \times .10 = 400 \text{ calories}$$

#### **HERE'S AN IMPORTANT TIP:**

Unless you are working out late at night, DON'T eat ANY carbohydrates or fats within 4 hours of going to sleep.

So, if you go to bed at 10:00 pm, don't eat any carbs or fats after 6:00 pm. If you go to sleep at midnight, don't eat any carbs or fats after 8:00 pm.

Whatever meal you eat after that time should be made up completely of protein, since at that time of the night protein is the least likely thing that can be converted to fat. Usually, this last meal of the day is going to be your 10% meal, and again, should be made up entirely of protein. (Yes, you can eat stuff like salad and vegetables, since they don't contain any calories).

Again, this only applies to you if you DON'T weight train at night, because no matter what, if you weight train, you are to have your 25% meal before and after the session, even if it's at 3:00 am!

This is something that has really helped in the fat burning process!

Yes, you must eat a lot, but BINGEING AND EATING LIKE A WILD BEAST ISN'T THE RIGHT WAY EITHER. Eating like there's no tomorrow is going to be your quickest way to "fats-ville". That is why it is important that you space your

meals apart, never eating way too much at any given moment. Although you will be eating a large amount of calories, it still must be eaten in a methodical way in order to gain the biggest muscle to fat gain ratio.

## EATING AND PLANNING AHEAD

### Making eating enjoyable

Eating correctly is not boring. You do not have to eat bland foods to build muscle and strength and burn fat. Mixing up the type of foods you eat and trying different seasonings will make every meal delicious.

## Pre-Planning

In the Fire Department there is an operating procedure called "**Pre-Planning**". This basically means that certain scenarios be played out and drilled ahead of time to better prepare and organize in the case that a disaster would occur. The more organized and prepared the Fire Department is for a particular emergency, the more likely the chance is that we will be successful at saving as many lives as possible. Imagine if fire departments would never try to do this.....what would happen if a disaster were to happen? Chaos. Tragedy. We would not know how to attack a situation to best beat it. Pre-planning, or planning ahead of time, will make it more likely that we can handle an emergency if it occurs.

Pre-planning, or **planning ahead of time your meals will also make it much more likely that you get the proper eating every single day to pack on pounds of muscle.**

If you know ahead of time that the next day is going to be a busy and hectic one, plan ahead! ***Make and prepare your meals ahead of time***, perhaps the night before. This is one of the main strategies I used to put on over 40 pounds. If you are not consistent with your eating then you will not see any progress in the way you look.

If you are constantly not preparing your meals ahead of time then I guarantee you are going to see yourself having to buy food that is close by, like fried fast food, or vending machines. You must be disciplined when it comes to your

eating. Please **stay on top of your eating, your muscles will thank you for it.**

## METABOLISM

**Metabolism is how well and how fast your body uses the nutrients you feed it.** The faster your metabolism is the quicker your body digests and uses the food you feed it. If you are a naturally skinny person, then your body takes the food you give it and digests it too quickly, meaning it really doesn't get a chance to properly use those valuable nutrients. I compare it to eating cotton candy. As soon as it touches your tongue it disintegrates, simply disappears.

## FIBER

You want to try and eat a couple of portions of foods that contain fiber, such as vegetables, fruits, and grains.

## VITAMINS, MINERALS, AND ANTI- OXIDANTS

Vitamins and minerals are substances your body needs to complete all of its functions, like tissue repair, digestion, cell reproduction, growth, vision, etc. Without giving your body vitamins and minerals your immune system will suffer and you'll become and look unhealthy.

Anti-oxidants are substances that fight off oxidants: organisms that attack your body systems. Free radicals are an oxidant, and they are one of the causes of several illnesses, including cancer. Anti-oxidants are a "must have" for optimum health and well-being. Working out can cause certain toxins to build up in your body, and these anti-oxidants help to remove those as well.

***If you are ill or not at 100% health, you'll never be able to build the muscle and strength you are truly capable of.***

Saying that, however, it is not necessary to take vitamins, minerals, and anti-oxidants in high dosages. First off, any more than what your body needs is a complete waste. Why do you think your urine turns a bright yellow, neon color whenever you use those "vitamin packs"? That's your body getting rid of all that extra vitamin. Also, there has been lots of research done on toxicity of taking too many vitamins, minerals, and anti-oxidants.

To ensure you get these 3 essential substances all you have to do is take ONE **"all in one"** multi-vitamin / multi-mineral / anti-oxidant tablet a day. I use a brand called Centrum. **Take 1 tablet with your first meal of the day. Just one is enough to meet your daily needs.**

Don't waste your money on those high priced "vitamin packs" sold at health food / supplement stores. A regular multi-vitamin is good enough and very inexpensive. You don't have to buy the most expensive or fancy looking brand of vitamin. Compare the labels, and the one that contains the same amounts but is the least expensive, buy that one.

## WATER

Water is important because it assists your body in just about every function it performs. I'm sure you know that you can survive for weeks without food, but you can only survive a couple of days without water.

A widely accepted belief that has been around for years is that you have to drink eight 8-ounce glasses of water everyday. The same people that recommend this amount also say that fluids such as coffee, juices, and soda don't count as water intake. That's one of the reasons you see a lot of people walking around all day with water bottles. They also say that caffeine actually dehydrates your body.....Well, this is simply **another one of the many beliefs that people accept without ever doing research to verify it.**

A review in the ***AMERICAN JOURNAL of PHYSIOLOGY*** unmask the truth about how much water we actually need. In reality, **most fluids, like coffee and natural fruit juice, do in fact count as water consumption.** The **body has the ability to *separate and extract* the water that makes up all fluids to use for its functions.** Your body also separates the water found in whole fruits and vegetables (which is made up of a high amount of water) to use as it sees fit. There is also **no research whatsoever that says that caffeine dehydrates your body.** Actually, the reason why you may urinate

more often when drinking these fluids is because your bladder is trying to get rid of the excess water it's carrying.

There also exist some negative effects of drinking too much water. "Water intoxication" leads to a loss of vital electrolytes in the brain. That's happened to people that go to "raves" (all-night long club parties) who drank an extremely large amount of water after taking the drug Ecstasy, which causes intense thirst. Also, too much water could expose you to environmental pollutants that may be in the water.

Also, many people think that once you get thirsty that means that you are already dehydrated. However, the body has a way of monitoring the level of digested solid food in your blood compared to fluid. Your body begins to get thirsty when the concentration of solid food in the blood rises by 2%, however, your body doesn't begin to dehydrate until the concentration level hits 5%, **meaning that thirst does not always mean that you are dehydrated.**

The only liquids I drink on most days is whole milk, water, and coffee. As long as you stick to these you'll be okay when it comes to your water intake. ***Again, you DO want to drink a lot of fluids, but they don't all have all come from plain water, that's the point I want to make here.***

Now, if it is very hot and you are sweating more than normal, you'll have to drink extra water to replace what you just lost thru your pores.

## THE RECOMMENDED DAILY ALLOWANCE ( RDA )

### What about the RDA ( Recommended Daily Allowance ) on food labels?

These are the percentages recommended on food labels of certain nutrients. Don't follow these numbers. The reason why is because these percentages are based on a daily diet of 2000 calories. The percentages of protein, carbohydrates, fats, and vitamins are much, much lower than what a person that works out and lifts needs. ***These percentages were based on the average, sedentary, non-training individual.***

***Bottom line, the RDA is worthless.***

## THE GLYCEMIC INDEX ( GI )

The Glycemic Index is a list of carb-containing foods and how much of a rise in insulin it causes. The Index is garbage and worthless!

The reason why the Glycemic Index is a waste of time is because it ***doesn't take into account the fact that when you eat carbs in combination with protein and fiber it will change the rate of digestion, changing how high insulin will rise, and every individual's own genetic ability to process foods in your stomach,*** regardless of what the Glycemic Index says.

As a matter of fact, the Glycemic Index lists carrots as a high item, meaning it supposedly raises sharply your insulin levels, which people try to say will cause you to get fat. What a joke! When was the last time you saw someone get fat from eating carrots??

Plus, it is a proven fact that protein alone can raise your insulin levels just as quickly and high as any type of carb. Yet, according to the GI, they say no.

## FAST FOOD AND RESTAURANT EATING

Although you don't have to be too picky as far what you eat, you still need to use sound judgment. There ARE some foods out there that will do nothing for you when it comes to building muscle. Don't worry if every once in a while because of some unforeseen reason you have to resort to eating a fast food meal, just don't make it a habit. Remember, most items at fast food places are fried (bad, bad, bad).

Quick note:

Be careful when purchasing products with all this labeling all over it. ***Food manufacturers are just trying to get you to purchase their "healthier" products. Just make sure you stick to the portion sizes and amounts I recommended.***



# NUTRITION SUMMARY

To eat for size and strength:

- **Consume foods that contain fiber (fruits, grains, and vegetables)**
- **Take your VITAMINS!**
- **Prepare your meals for the next day the night before (pre-plan)**
- **KEEP TRACK OF YOUR CALORIES EVERYDAY!**
- **Limit your liquids to whole milk, water, tea, natural fruit juices, and coffee**
- **Avoid eating too many trans fats**
- **Follow these guidelines consistently day in and day out**
- **RE-READ THIS SECTION (there is just way too much for me to summarize here)**

# FAT BURNING

***The less fat you have, the more defined, vascular, cut, and muscular you'll look.***

You must do certain things to lower your body fat, or keep them low, to show off your hard-earned muscle. Knowing the quickest and most effective fat burning techniques is very important.

**HERE IS THE BIG DIFFERENCE IN YOUR EATING THAT YOU ARE TO MAKE WHEN YOU ARE FINALLY ON A "FAT BURNING" PHASE---->**

You are to eat that amount of calories FOR 3 DAYS IN A ROW. Then, on the 4<sup>th</sup> day, you are to give yourself a "high calorie day". Yes, you can have pretty much any foods you want. You can eat the amount you want (just don't go overboard and binge as if it's going to be the last day of your life!).

Then, again go another 3 days in a row eating 2000 or 1700 calories, and on the 4<sup>th</sup> day, again, give yourself a high calorie day.

You are to constantly do this. This has been called by some "calorie cycling" or "zig-zagging". You are basically doing 3 lower calorie days, followed by 1 high calorie day.

(Noticed I highlighted this in blue, that's how important it is).

The reason you have to do this is because your metabolism is constantly trying to adapt to the amount of calories you feed the body per day. If you were to eat the same amount of calories / food day in and day out, your metabolism would "adapt", meaning that it will stop burning fat and it will become accustomed to that new amount of calories.

YOU DON'T HAVE TO COUNT CALORIES ON THE HIGH CALORIE DAYS, SIMPLY EAT.

### ***A METABOLISM THAT "ADAPTS" IS ONE OF YOUR WORST ENEMIES***

So, in order to stop your metabolism from adapting, every 4<sup>th</sup> day you eat a higher amount of calories, which will keep your metabolism guessing, and it never gets a chance to adapt and become accustomed to a particular calorie / food amount.

If you were to continue to eat the same amount of calories every single day, you are going to begin to put on more fat than normal, since you are feeding your body MORE than what it NEEDS.

Also, many think that you should eat a low calorie diet all week long, and then take one day out of the week, and make that your "cheat day". Well, that's counter-productive. Why?

YOUR BODY CAN ONLY HANDLE BEING ON A LOW CALORIE AMOUNT FOR 3 DAYS IN A ROW, AT MOST. If you go more than 3 days in a row on a low calorie level, your body will indeed slow its metabolism and fat burning down, exactly what you don't want.

However, when all of a sudden, BEFORE the body slows fat burning / metabolism down, on that 4<sup>th</sup> day, you give it a "jolt" of high calories, which will serve to give your metabolism an incredible boost. That one high calorie day will fool your body into thinking that calories are going to continue to be low, so it has to go into almost a fasting mode, where it stops burning fat. It sees that you have given it a high amount of calories, so it will continue to keep the metabolism up and the fat burning process going.

The person that eats low calories for 3 in a row, has a high calorie day on the 4<sup>th</sup> day, then keeps alternating, will lose a lot more fat and at a faster rate than someone who continues to stay at a low calorie level day in and day out.

It seems kind of weird that you would actually burn MORE fat by having a high calorie day every 4<sup>th</sup> day, but that's the way your body works.

Now, don't think that because you may have a lot of fat to lose, or you want to lose it even quicker, that you can get away with eating a low calorie amount 4 or 5 days in a row. Remember, the body can only handle a MAXIMUM of 3 days in a row of low calories. After that, if you don't give it a high calorie day, IT WILL STOP ALL FAT BURNING!

This is just one of the millions of reasons why you have individuals that only eat once a day, or eat a very low amount of food everyday, and just can't seem to burn fat. No matter how much exercise they do, how "clean" they may think their diet is, they just can't seem to go down on the weight scale. And they become frustrated.

But the reason why their body fat won't budge, even if they are only eating lettuce all day long, is because their metabolisms have come to a complete stop. The only way around that is give the body high calorie days every 4<sup>th</sup> day.

Now, you don't want to do the opposite either. Yes, you are to eat more calories every 4<sup>th</sup> day, but you are to only do that for ONE DAY AT A TIME. After that high calorie day, you are to immediately go back to the low calories for 3 days in a row. Obviously, if you were to continue to eat a high calorie diet you won't be losing any fat.

So, basically, the low calorie days will force the body to tap into its fat stores, and the high calorie day will give the metabolism / fat burning process the jolt it needs to continue moving forward.

## **TRAINING FOR FAT BURNING**

**The number one thing that you don't want to do is cut your calories too low OR too**

## **quickly!!!!!! You need those calories to hold onto the muscle!!!!**

One thing that you must clearly understand is that you don't want to "lose weight". You want to "burn fat". You can lose 50 pounds right now, but if none of it was fat, then you are just going to look like a smaller, overweight person.

In my many attempts in the past to try to be more defined, I made the mistake of dropping the amount of calories I would eat down too low, causing everybody to ask me if I was sick or if I had stopped lifting weights. It would be very disheartening and depressing to hear these comments. Then, as a result of that, I would begin to binge on a lot of food to try to quickly regain some of the size I had lost .....and all I would get was fat. It was a horrible, never-ending cycle. Don't make the same mistake I committed for years!

Let's discuss what a calorie deficit is and cardio to burn fat.

## **CARDIO**

When you create a "deficit", it means you are going below something. ***When you create a "calorie deficit", that means that your body is using more calories than what you are feeding it.***

For example, let's say that your body uses up 2000 calories a day just to maintain its current weight. In other words, you use up 2000 calories on a daily basis to do everything you do on a typical day (run errands, clean around the house, go to work, etc.). 2000 calories would keep you at the exact same weight, you won't gain or you won't lose weight, you'll stay right where you are. Now, if on a particular day you were to perform an extra activity, something more than normal (you might have worked longer at work, you might have done some extra cleaning, etc.), and that activity used up about 500 calories worth, then you have just created a calorie deficit, because your body is using more calories than what you are feeding it. As a result, you will lose weight (as I had stated in an above section).

Now, when you are trying to get more cut and defined, **you want to lose body fat, not just weight.** So the trick is to make your body use more calories than

what you fed it that day, **creating a calorie deficit through INCREASED ACTIVITY AND A REDUCTION OF CALORIES.**

Sure, you could go on ahead and cut a massive amount of calories instead of performing an extra activity that day to create a calorie deficit. However, **you'll lose muscle** if you take that route. As I will state more than once here, your body does NOT like drastic reductions or increases in calories. Your body tends to "over-react" if you do something too major when it comes to feeding it.

Just cutting calories, instead of a slight cutting of calories AND increased physical activity, will LOWER your metabolism, which in turn, results in your body trying to hold onto even more body fat.....exactly what you DON'T want.

You want the body to be in a calorie deficit because of a slight lowering of calories, **combined** with increased physical activity, which is one of the best ways to SPEED UP the metabolism.

Also, when calories are cut too drastically, your body will tend to want to **break down muscle tissue to gets its energy from.....instead of breaking down and burning up body fat.**

Remember, YOU ARE TRYING TO BURN OFF AS MUCH FAT AS POSSIBLE WHILE MANTAINING YOUR MUSCLE TONE.

However, there is a major debate out now that has people pinning faster, more intense cardio versus slower, moderate speed cardio. Many say that doing slower cardio for longer periods of time burns a higher percentage of fat than if you were to do a more intense form of cardio for a shorter period of time.

True, the lower the intensity of an activity, the greater the percentage of fat is used up:

### **WHAT TYPE OF CALORIES GET BURNED DEPENDING ON THE ACTIVITY:**

***The LESS Intense = Fat***

***The MORE Intense = Glycogen (Carbs)***

However, there is more than meets the eye. **Slow cardio**, like walking at a fast pace for 30 minutes to an hour, **burns A VERY SMALL AMOUNT OF CALORIES.** Yet, **faster, more intense cardio**, like doing interval sprints for 15 minutes, tops, is going to **burn up A MUCH HIGHER AMOUNT OF CALORIES.**

For example, let's say you did a fast paced walk for 45 minutes. Let's pretend you burned 200 calories doing that faster walk. Since it was low intensity, 90% of the calories burned were "fat" calories. So, you probably burned up about 180 "fat calories".

Now, the next day you decide to try the more intense form of cardio. You do 2 minutes of a pretty fast jog, and then 2 minutes of slow jog (to help catch your breath), and you keep alternating these 2 minute "intervals" (that's why it's called "intervals", because it is made of periods of fast and periods of slower paces). You do this until your 15 minutes are up. Well, since it was very fast paced, you ended up burning up 500 calories.

Well, since that cardio was more intense, it used a lower percentage of "fat calories" and a higher percentage of glycogen calories. Let's say 50% of the calories came from fat. That's means that you burned up 250 calories worth of fat.

Did you just see what happened??? Although lower intensity cardio burns a higher PERCENTAGE of fat calories, it doesn't burn very many OVERALL, TOTAL calories.

The 15 minutes of intense cardio was not only **shorter in length**, but it **burned up more overall calories** (600 versus 200), and it **burned up more overall fat calories** (250 versus 180).

Lower intensity doesn't really make a "dent" in your fat burning goals. It may burn a higher percentage of fat, but it's not enough. *Hey, 100% OF ZERO IS STILL ZERO.*

But that's not all!

Intense cardio has a **METABOLISM-RAISING effect** on the body, lower intensity doesn't. As a matter of fact, it has been proven that intense cardio drastically raises the body's metabolism for **several hours afterwards**.

So, not only do you burn calories and fat while actually doing the intense cardio, but you will also burn more overall calories AUTOMATICALLY throughout the rest of day!!!! Lower intensity cardio does NOT have this effect.

Again, intense cardio has many advantages over lower intensity cardio:

- Burns more overall calories
- Burns more total "fat" calories

- Drastically raises the body's metabolism
- Is very short, time-wise

Let's think real deeply about this:

What is the purpose of doing cardio? To burn fat. How is it that cardio SUPPOSEDLY burns fat? By raising your heart rate (the speed at which your heart beats), by raising your *oxygen intake* (bringing in larger amounts of oxygen into your blood), by raising your metabolism, and by burning calories.

Now, doesn't weight training do all of this already.....raise your heart rate, raise your oxygen intake, raise your metabolism, and burn calories???? YES, YES, YES!!!

So, in all reality, YOU CAN ACTUALLY LOSE A LARGE AMOUNT OF FAT AND NOT EVER DO ANY CARDIO!!.....as long as you're hitting the weights hard, intensely, and consistently.

However, since we are to only weight train 3 days a week, you are going to want to do **1-3 cardios a week**, just to make sure the metabolism doesn't slow down on those non-weight training days.

However, you see all of these people going to the gym and will walk on a treadmill for hours on end, or ride a stationary bike for hours on end, yet never really burn off any fat.

Think about it. **How many aerobics instructors have you seen out there that can do aerobics for days, yet are on the chubby side??**

**How many people have you seen do tons and tons of cardio, yet still not be able to lose that roll around their lower waists???**

So, again, to clarify things.....fat burning is going to be achieved by creating a calorie deficit. Now, you want to lose fat, not just "weight". To do this, you create the calorie deficit by eating low calories for 3 days in a row, and by weight training 3 days a week. That's the main factors.

Cardio only serves to make sure that on 1-3 of the non-weight training days your metabolism doesn't slow down and that you maintain the body in a calorie deficit. That's why you should do your cardios ON DAYS THAT YOU DON'T LIFT WEIGHTS.

I don't want you to think that cardio is what burns the fat, because it doesn't (again look at all those overweight individuals that pace away on cardio machines, yet never seem to drop any percentages of fat from their physiques).

So, then, **how do I perform this "more intense" form of cardio to burn fat?**

Very simple. It's pretty much like I mentioned in the above example:

- Cardio will **only last 15 minutes**. That's it.
- The first 2 minutes you are to run at a pace that has your heart **beating fairly fast**. You should NOT be able to hold a conversation very easily.
- The following 2 minutes, you go at a slower pace, allowing you to recuperate some of your breath back.
- Then, you go back to the faster pace for the following 2 minutes.
- After that, you go back to the slower pace for 2 minutes.
- Keep **alternating** these "**2 minute blocks**" until the 15 minutes are up.
- Done!

It should be somewhat challenging to get to the end of those 15 minutes. But, let me tell you, it's worth it!

Now, EVERYTIME YOU PERFORM A CARDIO, IT SHOULD BE **SLIGHTLY MORE INTENSE, FASTER, THAN THE TIME BEFORE**, which will push your metabolism and fat burning higher and higher.

So, a little trick I use is if I use a piece of equipment, like a treadmill, I'll write down the SPEED (either "mph" or "rpm") that I'm going at while I'm doing the "faster 2 minutes". Then, when I slow down for the following 2 minutes, I'll decrease the speed by "10".

For example, let's say that I am running at a speed of 6.5 mph while on my fast 2 minutes. Well, for the slower 2 minute block I'll go down to 5.5....."10" less. Then, I'll go back up to 6.5 mph for the next fast 2 minute block. So on and so forth.

Now, if I'm using a pulse reader or a "heart rate monitor", then on my 2 minute slower block I'll go 15 beats slower than my 2 minute fast block.



So, if during my 2 minute fast block I'm running at a pace of 175 bpm (beats per minute), then during my slow 2 minutes I'll go at 160 bpm.

Then, the next time I do cardio, I'll either go 0.1 mph faster, or 5 beats per minute faster.....constantly, "outdoing" myself.

How many times a week do I do cardio?

**Again, like I mentioned above, DO CARDIO FOR 15 MINUTES 1-3 TIMES A WEEK on your NON-WEIGHT TRAINING DAYS!**

**When is the best times to do cardio?**

Another misconception that many are under is that if you really want to burn some serious fat while doing cardio, that you should do it first thing in the morning, on an empty stomach.

They think that since you have been fasting for several hours, that your body has no choice but to tap into its fat deposits for energy.

Sounds good on paper.....but that's not what really happens.

Each gram of fat contains 9 calories. Each gram of protein contains 4 calories. Each gram of carbohydrate contains 4 calories. When you are performing cardio, out of the 3 forms of energy, which one do you think it uses to energize your cardio workout? It uses CARBOHYDRATES first, because carbs only contain 4 calories per gram, as opposed to 9 calories per gram of fat.....meaning that ***it is easier for your body to break down carbs for energy than it is to break down fat.....that's why it first uses carbs as energy, WHEN PERFORMING AN ACTIVITY THAT'S INTENSE FOR YOUR BODY AND HEART!.....meaning that, no matter at what time of the day, if you have fasted or not, your body is going to always use what's easiest to break down, carbs....then fat!***

Also, if you haven't had anything to eat for several hours (more than 4 hours), and you were to do cardio in that state, you are SERIOUSLY RISKING BURNING UP PRECIOUS MUSCLE TONE INSTEAD OF FAT.

Again, just take a good look at anyone that does that cardio / aerobics on an empty stomach. Sure they may be losing "weight", but that weight is NOT in the form fat. And if you aren't losing fat from your body, then what's the use!?

So, in order to both prevent muscle tissue breakdown, and to reap the wonderful benefits of a hot, fast metabolism, high overall and total calorie and fat burn.....do your cardios anytime of the day.....**2-3 HOURS AFTER HAVING A MEAL.**

Again, it doesn't make a difference if it is early in the day, afternoon, or night when you do your cardio, just make sure that it falls 2-3 hours after a meal!

### **Fat burning tip:**

Earlier I spoke of drinking coffee before weight training. Well, coffee also is great for burning fat. ***Coffee stimulates your metabolism in such a way that it assists the body's ability to burn fat for energy.*** The caffeine in coffee has been proven as fact to be a "metabolic booster" in fat burning, and it helps release fatty acids into the bloodstream so that it can be burned as fuel.

However, use zero calorie sweetener, like Splenda or Equal, and a no-calorie creamer, since you don't want the coffee to have calories in it when trying to burn fat.

## **FAT BURNING SUMMARY**

To burn fat or maintain your well-defined musculature, follow these guidelines:

- **NEVER, EVER DRASTICALLY LOWER THE AMOUNT OF FOOD YOU EAT IN AN ATTEMPT TO LOSE FAT**
- **Follow the WEIGHT TRAINING guidelines to the letter**
- **Create the calorie deficit by doing cardio AND slight reductions of calories!!!!**
- **Do your cardio.....high intensity!**
- **Stick to these guidelines week after week and watch the muscle definition show**

# TRACKING YOUR PROGRESS AND MAKING ADJUSTMENTS (very important!!)

It is important to constantly monitor the progress you are making. This will *help you to see if you are doing everything right and it will keep your motivation high as you see yourself transforming.*

One of the best ways to track and see if you are gaining size is to use a *measuring tape and write down the size of your arm and chest.* For your *waist you will use a tape measure as well, along with a pair of fat calipers to measure the fat in that area. Also, the good, old WEIGHT SCALE.*

***You must use all: a tape measurer, fat calipers, and a weight scale.*** The reason for this is because one week the tape measurer may stay the same around your waist, but the fat caliper measurement went down, meaning you burned fat (you might have not placed the tape in the exact same place as the week before). Or, I have also had it that my fat calipers showed the same number, but the tape measurement went down, meaning I burned fat around my waist. YOU NEED ALL OF THEM IN CASE ONE DOESN'T COME OUT COMPLETELY ACCURATE.

Also, when you measure your arms with a tape, you may not see much of a change, but when you step on the scale it shows that your body weight went up a couple of pounds. Well, if you are in a muscle gaining phase, then going up in body weight is a good indication that you are growing.

**If your arm and chest is getting bigger in measurement then you are obviously gaining muscle. If the measurement on the fat calipers and**

**tape are going down then you are obviously burning fat (depending on which goal you are currently working on).**

I'm going to repeat this point:

One of the best ways to track and see if you are burning fat is to measure your waist size. For your ***waist you will use a tape measure, along with a pair of fat calipers to measure the fat in that area. Also, the good, old WEIGHT SCALE.***

***The main tool for making sure that you are losing fat is the fat calipers.***

The reason for this is because there may be one day where your waist size might feel bigger, possibly because of foods or liquids you still have in your stomach. But the fat calipers will accurately tell you if you actually lost fat or not, regardless of what the waist size is.

Or, you may step on the scale one day and it may show a gain of 2 pounds, but the fat calipers will let you know if you lost fat or not, regardless of the amount of weight shown on the scale. Sometimes you may have gained some muscle, which explains the rise in overall body weight, but may have actually lost fat.

Fat calipers only measure the body fat it pinches, so you don't have to worry about things such as food, muscle tissue, liquids, or other factors. Fat calipers are the way to go.

The best pair I have found are made by Accu Fitness. The basic, plastic one is the cheapest, AND YET MOST ACCURATE one.....NOT the electronic, more expensive one.

You can buy one directly from them by going here:  
<http://www.accufitness.com/products/fitness3000.html>

Now, when burning off fat, there will be some weeks where you burn off more than others, but as a rule of thumb, you know you are losing fat and are on the right track, IF YOU SEE THAT THE MEASUREMENTS YOU TAKE WITH THE FAT CALIPERS ARE GOING DOWN or IF THE WEIGHT SCALE IS GOING DOWN.

(You want to rely more on the calipers, and not the weight scale).

It may be only a millimeter or two, but as long as it's going down, you're doing good. You may only go down 2 pounds on the scale, but that's in the right direction.

Keep in mind one very important FACT:

**The average person can only safely burn off 2-3 pounds of fat a week!!**

That's it. Anything more than 2-3 pounds is simply water weight, or worse, muscle mass being burned away. 2 pounds is the safer bet.

This is being realistic.

Again, to make sure you understand which measurements to take when:

### **During a MUSCLE BUILDING ("BULKING") PHASE**

- Weight scale
- Arm measurement with a tape measure
- Once every 2 weeks
- GOAL: Gain at least 2 pounds every 2 weeks (an average of 5-8 pounds per month)

### **During a FAT BURNING ("RIPPING") PHASE**

- Weight scale
- Waist measurement with fat calipers
- Once every 2 weeks
- GOAL: Lose at least 2 pounds per week and / or caliper readings to go down in number

### **How often and when do I take these measurements?**

You will take these measurements **once every 2 weeks, like on Sunday mornings.** And you need to do it regularly because that way ***you can immediately see if it you have to make any adjustments.***

Take them **first thing in the morning.** Make sure your stomach is empty so that you don't throw off the weight scale reading.

People make the mistake of weighing themselves too often, or in the middle of the day (after they have already had a couple of meals, which can throw off your true weight), or will weigh themselves with clothes on (hey, clothes are going to affect your true weight reading also).

## How do I take these measurements?

When measuring your chest ***stand completely relaxed.*** Place the tape ***on your nipples and wrap it all the way around.*** Write down the measurement.

When measuring your arm, one of the two is all you need to measure, since they'll both be the same size. ***Flex as if you were showing off your biceps. Flex as hard as possible.*** With your other hand ***wrap the tape around the highest, widest part of the biceps.*** Write down the measurement.

When measuring your waist, stand relaxed. Take the fat calipers and ***take 1 measurement right next to your belly button.*** Then take another measurement ***directly on the side of your mid-section.*** Be sure that when pinching yourself with the calipers to ***grab onto about 1/4 of an inch of skin.*** Write down the 2 measurements. With the tape, ***wrap it around your belly button, all the way around.***

## HOW TO MAKE ADJUSTMENTS TO YOUR CALORIES IF YOU AREN'T GAINING / LOSING (extremely important!)

These measurements are what determine any adjustments you may have to make.

***If you see that your arm or chest measurements did not go up or you did not go up in body weight from the last time you took them, then you must FIRST make an honest, sincere self-evaluation of your training:***

1. **Are you TRULY following every single TRAINING guideline?**
2. **Are you training your frequently enough?**
3. **Are you putting in 100% effort?**
4. **Are you working at a high muscular capacity ?**
5. **Are you lifting with your heart and soul?**
6. **Are you keeping a detailed WORKOUT LOG and increasing the weight you use when it's time?**

## 7. Are you being consistent, week in and week out?

If your training is absolutely correct, "by the book", **AND YOU ARE CONCENTRATING ON BUILDING MUSCLE**, then the adjustment you must make to keep your muscles growing *is food*:

- **Add 500 calories to your daily eating.**
- **In 2 weeks take your measurements again.....you should see an increase in size.**
- **From then on, every time you need to up the amount of food you eat do it by 500 calories .**

The reason you must add extra calories is because ***your muscles are getting bigger and stronger, meaning they need more nutrients.*** It's like when you go from driving a small, 2 door car, to driving a large, 4 door SUV or truck. Obviously the bigger, stronger vehicle requires more fuel (gasoline) to drive it. Think of food as being fuel for your larger, stronger muscles.

***A big reason many individuals don't see progress in their size and strength is because they never make these honest self-evaluations and adjustments to their eating. The bigger your muscles get, the more calories they will require.***

Again, every 2 weeks you should be seeing either the measurement of you arms going up and / or (either of the two) the weight scale going up.

If you are focusing **on burning fat**, then you are to DROP 500 calories.

**In determining the amount of calories you need to eat, it will depend on what you are currently working on.** I recommend in the eBook starting out with 2000 calories a day (for males), 1700 calories (for females).

Now, remember, you have to weigh yourself ONCE A WEEK, first thing in the morning, on an empty stomach, in your underwear, or very little and light weighing clothes. In addition, you have to also use the fat calipers!

***IF AFTER A WEEK, YOUR BODY WEIGHT DOESN'T GO DOWN or THE FAT CALIPER MEASUREMENT DIDN'T GO DOWN, THEN CUT OUT 500 CALORIES A DAY.*** (again, either, or. One of the two must come down, either your weight on the scale or the fat caliper measurement.....ONLY ONE OF THE TWO IS REQUIRED)

(So, in this example, if you first started eating 2000....if you had to make a calorie adjustment because your body weight or fat caliper measurement did NOT go down, you would cut out 500 calories, bringing your new calorie level to 1500 calories on the 3 low calorie days.

If you're female, and your starting calorie level was 1700, and you did NOT see a reduction of either weight on the scale or the fat caliper measurement, then you cut 500 calories, bringing your new calorie level down to 1200 calories on the 3 low calorie days.

When you make these adjustments, with the monitoring of the weight scale and the fat caliper measurement ONCE EVERY 2 WEEKS, this will ensure that you are eating the correct amount of food per day FOR YOUR PARTICULAR BODY. Sure, it may take a week or two to "hit it on the head", but it is worth it and is important to you achieving your goals.

Whenever you make a calorie adjustment, be sure to ***STICK WITH THAT AMOUNT OF FOOD UNTIL YOU STOP SEEING ANY RESULTS WHATSOEVER ON THE WEIGHT SCALE / FAT CALIPERS.***

If you see even a slight difference whether it be 1/4 inch, then that is a change, so stay with the same calories for another week. IT'S ONLY WHEN THERE IS NO CHANGE THAT YOU ADJUST CALORIES!!!

A mistake many of us make when trying to lose body fat, we cut away too many calories because we want to hurry up and get "ripped", and then we end up losing all the muscle we worked so hard to build.

That is why, AS LONG AS YOU ARE SEEING RESULTS, STAY WITH THAT AMOUNT OF CALORIES. ONLY WHEN RESULTS STOP WILL YOU CUT CALORIES.

***WHENEVER YOU MAKE A SWITCH, ONLY MAKE CALORIE ADJUSTMENTS BY INCREMENTS OF 500 CALORIES, NO MORE, NO LESS!!!***

**You must follow these WEEKLY MEASUREMENT guidelines. You don't know how many people email me almost every week saying that they aren't losing fat. Then when I ask them if they are taking their weekly measurements, if they are zig-zagging their calories, and if they have lowered their calories if need be.....they always say no.**



**Please, THIS IS VERY IMPORTANT. You want to be progressing EVERY 2 WEEKS, right? Then take the readings and adjust calories when your measurements say so.**

***A big reason many individuals don't see progress in their body fat levels is because they never make these honest self-evaluations and adjustments to their eating.***

## **"MIRROR, MIRROR, ON THE WALL"**

Above all, regardless of what the tape measurements say; regardless of what the calipers say, **the most important "progress tracking" thing you can use is how you feel about the way you look.** If you are happy and excited with the way your body is looking, who cares what a couple of numbers say? The most important thing is **to see your self-esteem and self-happiness go up.**

I remember there had been times when I felt I wasn't getting big enough, but when someone would compliment me on my physique, the feeling of self-satisfaction I would get was priceless.

Again, the best progress trackers are:

1. **Workout Log**
2. **Tape measurements of arm and / or waist**
3. **Fat caliper measurements of your mid-section**
4. **The weight scale**
5. **What you see in the mirror**
6. **Your own happiness**

*Only you can determine when it's time to either burn fat or build muscle. Only you can say when you are satisfied with one or the other and are ready to switch.*

## **PROGRESS TRACKING AND ADJUSTMENTS SUMMARY**

To stay on top of your training and nutrition to ensure that you are constantly growing bigger and stronger and becoming more defined, do as follows:

- **Weigh / measure yourself Once every 2 weeks!**
- **Take measurements first thing in the morning, on an empty stomach**
- **Make honest, sincere self-evaluations of your training if necessary**
- **ADJUST CALORIES ACCORDING TO YOUR WEEKLY MEASUREMENTS (decreasing calories by 500 if needed)**
- **Keep in mind that what matters most is how you feel about what you see in the mirror, not some "tape measurement"**

## "MIND OVER MATTER"

You can have the perfect weight routine and the perfect nutritional plan, but if you don't train the most important body part you will never succeed in your muscle building journey. This all-important body part is your **MIND**.

**Your mindset is the attitude, emotion, and feeling you put into a specific goal. Your mindset will either "make or break you".** I have had several training partners. The common denominator for all the ones that progress is their mindset.

***"WHERE YOUR MIND GOES, THE BODY WILL FOLLOW"***

**The way you think, your attitude, will determine if you truly give 100% effort.** Your **inner strength** is what will allow you to keep pushing the weights thru those muscle burning reps. It is your **passion and desire** that will help you complete those sessions. It is your **strong mindset** what will keep you sticking to the eating plan day in and day out.

Always ***keep in sight the reason you are doing everything:*** to build and sculpt your greatest body ever. Had I allowed frustration to get to me, I would have given up on trying to build my body before finally hitting upon the correct techniques that allowed me to finally make progress. Had I let self-doubt get to

me, I probably never would have written this course and set up a website to provide this information to individuals that face the same problems as myself.

When I decided for certain that I wanted to become a Firefighter, I made that my focus. God willing, nothing was going to distract me or pull me away from achieving my goal. I made sure that I knew clearly exactly WHY I wanted to get the job: excellent work schedule, good pay, good benefits, the chance to help people, the camaraderie, a chance to become a role model, participating in a job I enjoy, etc. Knowing these allowed me to maintain in perfect view "the prize".....becoming a Firefighter. I knew exactly what I had to do to achieve that goal. I made an honest, whole-hearted commitment to do everything necessary to attain my goal, even if that meant studying for several hours a week, getting up at 4:00 a.m. to run the stairs at my former place of employment, stop staying up late, etc.

I can tell you without a doubt that **it was my total dedication of my mind, heart, and soul that gave me the edge** over the thousands of guys I was competing against for the job. There were many who were high school and college athletes, who were definitely stronger and quicker than me. There were many who were borderline geniuses. However, my **focus and commitment** was what pushed me ahead of them. The result.....I'm a proud member of the Fire Department.

You can apply these same principles to just about any goal you are trying to achieve, including changing the way your body looks and feels.

## 10 STEPS TO MASTERING THE MIND

Here are the key steps you must mentally take to achieve the mindset that will lead you to success:

1. **Know exactly what your goal is before you begin** (build muscle, strength, burn fat, build bigger arms, define your arms, define your abs, etc.)
2. **Know exactly the reasons for wanting to achieve those goals** (be stronger, have a good-looking body, feel better, lower blood pressure, increase self-confidence and self-esteem, etc.)
3. **Make an honest, sincere, total dedication of your mind, heart, and soul**
4. **Position everything else in your life to allow you to achieve your goal**

5. **Constantly remind yourself what your focus is and why you want to attain it**
6. **Work around challenges**
7. **Develop a love and passion for building your body**
8. **Constantly remind yourself that every little step and detail adds up to make the "big picture"**
9. **Visualize what you want to look like** (ripped abs, round shoulders, lean and defined arms and chest, etc.)
10. **Never let any kind of discomfort stop you from going to your limits** (muscle burn, heavy breathing, etc.)

**Don't allow yourself to get mentally tired**, which will result in you missing a workout. Our bodies are created to handle a lot more than what we sometimes think. Take the example of professional cyclist Lance Armstrong. This man was diagnosed with Leukemia. He could have easily let cancer get the best of him and retire from the sport. However, he did not stop training and went on to win the Tour de France the following year. His mindset did not allow cancer to stop him from being a champion.

It is very important to ***get into an "attack" mentality before a workout.*** Tell yourself over and over that the weights aren't going to beat you, you're going to beat it. You are going to totally dominate. You will do more reps than the last time. You will be stronger. Welcome the discomfort, welcome the burn, thrive off of it. ***You have to treat every single workout as if it's the last and most important workout ever! Don't go into a workout feeling unmotivated. Go into it "ready for action"!***

Before every single set, I take a step back. I look at the weights and bench. I begin to visualize myself performing the exercise. I can almost feel the weights in the palms of my hand. I can feel the muscle that I'm going to train tensing and flexing. I picture myself in my mind "blasting" those weights, completely annihilating them. I completely focus on the one muscle that I'm trying to build up. I picture them getting huge. Once I feel **that fire inside me**, I quickly position myself and begin the set.

**This technique is one of the keys I use to crush the weights with all-out force, taking my workouts to a totally different level. I'm actually starting to feel the adrenaline inside of me as I write these very words.**

***Don't just go thru the motions in your workouts!!*** You'll never progress. Make those muscles almost burst out of your skin.

***When you master your mind, you will master your body!!!***

# SAMPLES OF SUGGESTED NUTRITION MEALS

Remember, you too can come up with your own meals, as long as you get the correct portions of calories you need.

## BREAKFAST BURRITO

- 2 fat-free tortillas filled with 7 whole eggs.
- Add cheddar cheese, sour cream, and salsa.

## CHICKEN CAESAR SALAD

- Take 1 to 2 grilled boneless, skinless chicken breasts and slice into small pieces.
- Mix into chopped Romaine lettuce, croutons, and Caesar salad dressing.

## BAKED / GRILLED FISH, BAKED POTATO

- Bake or grill your choice of fish.
- Bake 1 regular-sized potato.
- Add your choice of fat-free butter or sour cream.

## EGGS, OATMEAL / CREAM OF WHEAT

- Scramble 4 egg whole with cheddar cheese.
- Prepare a bowl of 2 packets of oatmeal or cream of wheat mixed in 1 cup of milk.

## TURKEY BREAST WITH RICE

- Prepare 1 regular-sized turkey breast.

- Prepare 1 portion of your choice of rice (you may add corn, beans, or pigeon peas).

### TUNA FISH SANDWICH

- Mix 1 can of tuna with mayonnaise.
- Place onto 2 slices of wheat bread and lettuce and tomatoes.

### FRUIT COTTAGE CHEESE BOWL

- Mix 1 portion of cottage cheese (small curds) with 1 portion of your choice of fruit.

### CHICKEN PITA

- Slice into small pieces 1 to 2 boneless, skinless chicken breasts.
- Mix with your choice of lettuce, dressing, shredded cheese, and tomato.
- Place inside 1 piece of Pita bread.

### CHICKEN STIR-FRY

- Slice 1 to 2 boneless, skinless chicken breasts and mix with 1 portion of rice and 1 portion of stir-fry vegetables.

### Remember:

- Add your choices of seasonings and sauces for variety. However, serve only in moderation to avoid eating too much sodium (salt):
  - Italian seasoning
  - Lemon pepper
  - Garlic Powder
  - Basil
  - Oregano
  - Multi-purpose seasoning
  - Parsley
  - Grilled Garlic Powder
  - Pepper
  - and several fat-free dressings
- Cook your meats by **grilling, baking, broiling, rotisserie, or on a pan using fat-free cooking spray.**
- With any meal you may wish to add salad or vegetables.

Also, keep in mind that these aren't the only meals I recommend. You may come up with your own, as long as you eat the amount of calories per day your body needs.

# WORKOUT LOG

**MUSCLE:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

[illegible]

ADDITIONAL  
COMMENTS: \_\_\_\_\_

EXAMPLE OF MY WORKOUT LOG .....

## WORKOUT LOG

MUSCLE: Chest and Biceps

DATE: Monday February 23

<u>EXERCISE</u>	<u>WEIGHT</u>	<u>REPS</u>	<u>OBSERVATION</u>
<u>Flat Dumbbell Presses</u>	<u>75 lbs. each</u>	<u>12...2...1</u>	<u>concentrate more on chest</u>
<u>Preacher Curls</u>	<u>45 lbs. each</u>	<u>12...1...1</u>	<u>very tough!</u>

ADDITIONAL COMMENTS: 1) Make sure my form is good on all reps!



In the next section I provide you with a blank Measurement Log that you should use to keep track of the size of your muscles. This is absolutely necessary to do in order to be certain that your muscles are growing. This Log is what will help you determine when you have to adjust portions of food to keep making progress every week.

# MEASUREMENT LOG

## BODY PART MEASUREMENTS

DATE: _____	DATE: _____	DATE: _____
WEIGHT: _____	WEIGHT: _____	WEIGHT: _____
ARM: _____	ARM: _____	ARM: _____
WAIST: _____	WAIST: _____	WAIST: _____

# THE GRAN FINALE

All of this information you have just read is the result of nearly ***10 years of "trial and error" on my own body.*** Regardless of what an article or a test study may say, what counts are ***"REAL WORLD" results; improvements and changes you can actually SEE and FEEL for yourself.***

As I stated at the beginning, you must **follow this course in its entirety, as a whole.** Don't just follow the training techniques but not the eating program, or

vice-versa. ***As soon as you do the same you will see the same results as I did, maybe even better.***

Having a body you are proud of is priceless, worth more than gold. Very few are those that are willing to do every single thing it takes to achieve a physique that grabs attention. Now it's time for you to become one of those. **Allow nothing to slow or stop you from achieving your goals. You can be 100% confident this program is the answer you've been looking for because many average, skinny, busy, individuals have proven it on their own bodies.**

Also, be sure to know that I will be keeping contact with you through periodic emails with any updates and new information. Also, my BLOG on the internet, which is like a JOURNAL where I will be discussing more topics, tips, and the latest information at <http://muscle-weight-gain.blogspot.com>.

I am here to help you along step-by-step, the entire way.

***WISH YOU ALL THE BEST,***

***CERTIFIED FIREFIGHTER & PARAMEDIC  
HAZARDOUS MATERIALS TECHNICIAN  
CERTIFIED ACE / IAFF / IAFC FIREFIGHTER PEER FITNESS TRAINER***

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