

12 Simple Steps  
to  
Get Huge  
and  
Shredded!

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## WEEK-BY-WEEK OUTLINE

**Week 1: THE IMPORTANCE OF GOALS**

**Week 2: THE BASICS OF WEIGHT TRAINING**

**Week 3: FAT BURNING AND CARDIO TIPS**

**Week 4: EAT TO BURN FAT 24/7: BASICS OF NUTRITION**

**Week 5: INSTANTLY ADD WEIGHT TO ALL YOUR LIFTS**

**Week 6: INTENSITY: THE REASON BEHIND SUCCESS**

**Week 7: THE BEST NUTRITION PRODUCTS ON THE MARKET**

**Week 8: NEVER HIT A PLATEAU AGAIN**

**Week 9: THE BEST CHEST, BACK, & AB EXERCISES**

**Week 10: LEGS & SHOULDERS**

**Week 11: BLAST THOSE BICEPS, TRICEPS, & FOREARMS**

**Week 12: PUTTING IT ALL TOGETHER**

## INTRODUCTION

I guarantee you that this will be the most effective program you will ever get involved in. In fact, I feel it is the only one you will ever need to completely transform your body into a work of art, a masterpiece.

The principles behind this effective program should never change, no matter what it is you are trying to achieve. With this said, you must be willing to follow the program as it is designed, putting everything you have into it. This is not a lose-weight quick program or a miracle solution. If you are looking for one, STOP reading this now and continue your dreaming. What you get out of this program, much like life in general will, depend on what you put into it. You will put in hard work and discipline, and for that you will get results. An increase in lean muscle, a loss in body fat, and an overall better feeling about yourself are just a few of the end results. Put in nothing and you get nothing-deservedly so!

For the next twelve weeks, forget everything that you have "learned" regarding working out. You need to approach this program with a fresh, open mind, as unbiased as you can be. I am providing the tools for the foundation; you have to build the house one brick at a time.

This program was designed based upon research into what actually builds muscle and causes fat-loss. I have read and researched the thousand or so pages over the past few years so that you do not have to. I have condensed it as much as possible, but it will still require some time to read the material. If you do not have the time to read it, you probably do not have the time to achieve your fitness and workout goals.

As a fitness trainer, I hear many of the same goals from people over and over again. Most people want to gain lean muscle mass and lose body fat, so this will be the major emphasis of the program. This program is perfect for ANYONE! Young, old, male or female, this program is the most effective way to build muscle and lose fat. Over the course of this program, I will highlight the important

concepts a little at a time so that way there is not so much information to consume all at once. Take it one step at a time (think baby steps!) and after the 12 weeks, you will have all of the tools necessary to stay in great physical shape forever.

Some of the information I give you will go against everything you have been told. I have to question though, what you have been told over the years and by whom. It seems everyone is a self-proclaimed fitness expert, although not everyone has the appearance and the physical fitness to back up their philosophies. It is great to question the validity of something, but give me the twelve weeks first and then you can be as skeptical as you want if you have not noticed results.

A point I would like to touch on now. Get rid of the thought that more is better. The more sets and reps you perform does not have a positive effect on muscle building and fat loss. In fact, the more sets and reps you do, the more counterproductive it may be. It is all based on quality of the reps and sets. Think quality over quantity. Make the workout as simple and as efficient as possible, while maintaining maximum intensity. If you do this, you will see your gains skyrocket. I cannot stress enough the importance of maximum intensity in your workout. You get out of it what you put into it.

For those of you that want to tone up and not get "bulked-up", this program is perfect for you. There is more to the process of bulking than just the amount of weight training you do. The whole process of toning and getting that desired "lean and muscular" look is achieved through the combination of reducing body fat and increasing lean muscle tissue. This is how toning is achieved, not through just weight training with high reps and lighter weight. We will outline the proper way to lose body fat and gain lean muscle mass in later chapters.

So start this program with an open mind, but most of all, with focus, intensity, and confidence that you will achieve whatever it is you want to achieve. The choice is

up to you. Whether you think you can achieve the body you want or whether you think you cannot, you are absolutely right either way!

## WEEK 1: THE IMPORTANCE OF SETTING GOALS

Anything that we do, we do for a reason. Anything. There may be some times that we do not know the reason behind what we are doing, but you can be sure there is one. If you search enough, you will uncover it.

This is also the case in fitness. We do the stuff we do in the gym for a reason. It may be to look good or to feel good. It may be to have an overall healthier approach to living. It may be to become stronger or more energetic.

In order to completely excel at our fitness endeavors, we need to know exactly what it is we are working towards. Each of our reasons is different. That is why it is extremely important for us to tap into our individual driving force and find *the* reason why we go to the gym each day. When you find that reason, take it and run with it. Use it as your prime motivator.

There are many reasons for change. Are you fed up with being overweight? Are you sick and tired of always feeling sick and tired? Disgusted at the person staring back at you when you look in the mirror? You must first have an important enough reason to want to change. Then you must find a method you can use to change.

If you are currently involved in a fitness routine, ask yourself if what you are currently doing is working for you. If it isn't, then you need to get real about where you are and where you want to go. Make the commitment **NOW** to change, to stop settling for less. Use these feelings to create power. Use that frustration to create a compelling enough reason for you to take action and change. Make a conscious decision to change the way you look, feel, think, and act. First you must change your thinking, then your body. It must be in that order.

Step one in this program is for you to find your driving force, your reason to change. Find out why it is you want results. Make a list of all the benefits you will receive when you start working out and getting in shape. Start thinking, acting, and feeling like you are already enjoying these benefits. How does it feel to be thin, energetic, and full of life? How would you like to feel this way all the time, able to really enjoy the level of fitness you' ve always wanted?

It's extremely important for you to uncover your prime motivator for changing. You must want it for yourself, not because your doctor told you or your spouse told you to change. It must be from within you or it will not be long lasting.

On this page I have made a fitness goal worksheet for you to complete. Make a list of **YOUR** top three fitness goals. Your top three most urgent, pressing reasons for wanting to change or reach a certain level of fitness.

Without goals, you are just wandering. You cannot hit a target you do not see, no matter how much you are willing to work. That is like saying you are willing to make it from Maine to Florida, just by driving somewhere, unsure of which way to go.

For this first week of this program, think of your top three reasons for changing your body and your life. I guarantee if you do start to change your body, internal motivation and the improved self- esteem you get will indeed change your life.

Set your goals so that there is a 50/50 chance of reaching them. Goals should not be easy enough so that they are guaranteed to be reached. They should also not be so difficult that you will never reach them. If a goal is almost impossible to reach, how hard are you willing to work for it?

When you make this list, look at it morning, noon, and night. Want it bad enough to be willing to put forth the effort needed to achieve it. This whole program was designed to take baby steps towards a known goal, not a giant blind leap into the unknown. A journey begins with the first step, which starts right now by setting your compelling reasons for changing.

Each week from here out we will progress a bit, we will be learning new principles and incorporating them into our workout programs.

Make this adventure fun as well; no one wants to work at something that is not fun.

This program will be hard work. Hard work pays off; coasting does not produce results. Hard work makes the results appreciated more. If you are not ready or willing to work hard at changing your body, losing weight, toning up, gaining muscle, getting an improved self-esteem, then please do not waste your time by reading any further. In these twelve weeks, we will be planting the seeds in which you soon will be reaping the harvest of weight loss and muscle gain for time to come.

So what are your top three fitness goals?

### **A GOAL IS A DREAM WITH A DEADLINE- Napoleon Hill**

#### **My top three Fitness Goals Are:**

1. \_\_\_\_\_  
\_\_\_\_\_ The reason for setting  
this goal is:  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
The reason for setting this goal is: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3.

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The reason for setting this goal is: \_\_\_\_\_

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**If I were to reach only one of these goals, it would be:**

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Because:

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**THIS GOAL SHOULD BE YOUR DRIVING FORCE, YOUR REASON FOR  
CHANGING!**

The topic of setting goals is one that is talked about so much; it has almost gotten to the point of losing its meaning and importance. It is a very important aspect of weight training, as well as the whole fitness program. What exactly is a goal? A goal is something that you are willing to achieve at all costs, no matter what you have to do to get it. It is desire to want that which you do not currently have. It is the destination before the start of a journey. Without a clear-cut goal, you are not getting anywhere.

Does this describe your workout regime, going around in circles, getting nowhere? In order to achieve your fitness goals, you need to know where you currently are, what it is you want to achieve, and the steps you are going to take to reach them. Set realistic, achievable goals for yourself, not impossible dreams.



The fun of goals comes when you reach them. Do not set yourself up for failure by setting a goal that is out of reach.

Goals must be written down. Something magical happens when you actually write down what it is you want to achieve. They become more concrete, more "real." If they are not written down, they are just dreams, not goals. Goals need to be specific, like losing a pound of body fat per week, increasing your bench press by 20 pounds in a month, or running a mile in less than five minutes. These are goals you can write down and set a desired deadline in which to achieve them.

You may be thinking to yourself, "I thought I was going to lose fat and gain muscle with this program, and here you are talking about setting goals." Goals are a very big part of anything you do in life. You need to know what it is you want in life in order to go after it. Things do not just come to us.

You need goals to measure your success, or else how will you know if you've achieved success.

Here is this first weight training routine for this first week. If you are unsure of how to perform a certain exercise, skip to the later chapters where it explains each one.

## **WEEK: 1**

**\* IT IS VERY IMPORTANT THAT YOU PICK A HEAVY ENOUGH WEIGHT SO THAT YOU REACH MUSCLE FAILURE BETWEEN THIS 4-6 REP RANGE.**

### **Day 1 Chest & Triceps**

### **Weight Lifted**

#### **Flat Bench Press w/ Straight Bar**

1 easy warm-up set for 10 reps

\_\_\_\_\_

1 slightly heavier set for 6 reps

\_\_\_\_\_

1 even heavier set for 3 reps

\_\_\_\_\_

2 heavy sets for 4-6 reps(want to reach failure in this range) \_\_\_\_\_

#### **Dumbbell Flat Bench Chest Press**

1 moderately heavy set of 6 reps

\_\_\_\_\_

(no need to go light and warm-up again)  
2 heavy sets of 4-6 reps \_\_\_\_\_

**DIPS ON THE DIP MACHINE (go all the way down)**  
2 sets w/ bodyweight

**Lying Tricep Extensions**  
1 warm-up set of 8-10 reps \_\_\_\_\_  
1 moderately heavier set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Standing Tricep Pushdowns on Cable Machine**  
1 moderately heavy set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

## **Day 2- Cardio**

Choose one of the following:

Stairmaster, Treadmill, jogging outside, bicycle, aerobics class (one that moves constantly for 20-30 minutes)

**30 minutes TOTAL**  
5 minute warm-up  
20 minute intense cardio (make sure you are WORKING HARD)  
5 minute cool-down DISTANCE TRAVELLED \_\_\_\_\_

## **Day 3 Legs, Shoulders & Abs**

**Cybex Seated Leg Extension**  
2 warm-up sets of 10 reps \_\_\_\_\_

**Squats on Smith Machine**  
1 warm-up of 10 reps \_\_\_\_\_  
1 moderately heavier set of 6 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Calf Presses on Calf Machine**  
1 warm-up set of 8 reps \_\_\_\_\_  
1 moderately heavy set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Seated Military Press On Smith Machine**  
1 warm-up set of 10 reps \_\_\_\_\_  
1 moderately heavy set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Dumbbell lateral raises to the FRONT**  
1 moderately heavy set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Weighted cable Crunches**  
1 warm-up set of 10 reps \_\_\_\_\_  
2 heavy sets of 10-15 reps \_\_\_\_\_

**Day 4-Cardio**

**30 minutes**

**5 minute warm-up**

**20 minute intense**

**5 minutes cool-down DISTANCE TRAVELLED \_\_\_\_\_**

**Day 5- Back & Biceps**

**Cable Pulldowns to the Front**

**1 warm-up set of 8-10 reps \_\_\_\_\_**  
**1 moderately heavy set of 6-8 reps \_\_\_\_\_**  
**2 heavy sets of 4-6 reps \_\_\_\_\_ \_\_\_\_\_**

**Seated Cybex Back Row**

**1 moderately heavy set for 6-8 reps \_\_\_\_\_**  
**2 heavy sets of 4-6 reps \_\_\_\_\_ \_\_\_\_\_**

**Smith Machine Barbell Shrugs**

**1 moderately heavy set of 6-8 reps \_\_\_\_\_**  
**2 heavy sets of 4-6 reps \_\_\_\_\_ \_\_\_\_\_**

**Standing Alternate Dumbbell Curls**

**1 warm-up set of 8-10 reps \_\_\_\_\_**  
**1 moderately heavier set of 6-8 reps \_\_\_\_\_**  
**2 heavy sets of 4-6 reps \_\_\_\_\_ \_\_\_\_\_**

**Standing Straight Bar Curls**

**1 moderately heavier set of 6-8 reps \_\_\_\_\_**  
**2 heavy sets of 4-6 reps \_\_\_\_\_ \_\_\_\_\_**

**WEEK 2: BASICS OF WEIGHT TRAINING**

When designing this program, I tried to keep two principles at the forefront of my mind. These two principles were "simplicity" and "efficiency." One of the reasons why I feel many people stop making gains is that they think the longer they have been involved in fitness, the more advanced and difficult things need to become. They get "lost in the shuffle" as to what works and what does not. Something keeps them from reaching their fitness goals they have set for themselves, so they try something new, something different, shying away from the simpler and

more effective things that actually worked. The cycle of confusion begins. Keep things simple and you will get a lot further.

Have you noticed the huge increase of fitness and nutrition products to hit the shelves lately? Diet books, pills, powders, thigh masters, liquid drinks, bun and thigh rockers, ab-this and ab-that machines just to name a few. Every time you change the TV channel, there is an infomercial on some new weight-loss product or tummy-tuck contraption. Why? Americans are fatter than ever. Why is it the amount of products to the amount of overweight/obese people is also increasing? We have to ask, is our approach working? Of course it isn't. There is one reason and only one reason these products are saturating the airwaves and TVs. Money. That is it. These products are making companies (many of them bogus and illegitimate) millions if not billions of dollars a year. How? By targeting people's emotions, telling them that if they bought their product, they will look like the girl in the ad or the guy in the commercial. The deception most of these companies use is downright fraud, but people continue to buy into it. This brings me back to why I designed this program. Simplicity and efficiency. Remember these terms. They will be used often.

You do not need anything other than motivation, self-discipline, some free weights, and some direction as to what exercises to do and which ones not to do. You do not need the latest pill product, or fad diet to get you to where you want to be. The more information thrown out there to the consumer, the more bull to wade through. Keep things simple and you will make life a whole lot easier. The foundation of this program will be built around very simple, proven techniques that will aid in fat-loss and lean muscle gain.

The main areas we will hit on this week include:

### The basics for this program.

- The desired rep range will gradually progress to four to six repetitions per set on most exercises.
- The amount of heavy, intense sets per exercise will either be one set or two sets, depending on the order of the exercise.
- The actual weight-training part of the workout will last no more than 45 minutes, preferably no longer than 30 minutes.
- You will rest for at least one minute between warm-up sets and at least two minutes between heavy sets.
- You will train each muscle group (biceps, for example) only once in a seven-day period.
- After two solid months of training, take at least five days off in a row from training (preferably seven days) and do not do anything "extremely physical" in or out of the gym.

Our goal is to make things very simple, very efficient, and very effective. Most people tend to like simple routines. It cuts the confusion. And exercise doesn't have to be complex in order for it to work. Simple, basic ones like bench press and squats are completely more effective. Let's cover why these principles are so important in this program. Please read the following basic guidelines more than once. Read them to understand why it is we are doing what we are doing. These principles should not change, regardless of how long you have been weight training or how long you plan on continuing weight training. Once you know what actually causes a muscle to grow and get stronger, why would you want to train any other way?

The desired repetition range is four to six repetitions for heavy sets on most exercises.

In order to understand this program, you need to understand what causes a muscle to grow and become stronger. There is one and only one reason a muscle has for getting bigger and stronger.

**Progressively increased overload.**

I will repeat this statement again because it is by far one of the most important pieces of information in this entire program. The only reason a muscle will get bigger and become stronger is by increasing the amount of overload, or "work" on that muscle. A muscle responds to stress (weight training) by adapting and growing to handle the future stress that will be placed upon it. Continue to train a muscle with the same weight and you will get the same results. You need to progressively "force" the muscle into growing stronger or it will not. So in order to increase overload, you need to increase resistance. In order to increase resistance, you need to increase the amount of weight, or work, you are doing.

Lower repetitions of an exercise will allow you to increase the overload to that muscle instantaneously. This forces the stimulation of new muscle fibers that will be recruited to handle the additional stresses that will be placed upon the muscle.

The repetition range for optimal muscle fiber stimulation will be between four and six repetitions for just about every heavy set of an exercise you do.

Now, contradictory to myths I've heard, this low repetition range will not increase the likelihood of injury. If anything, it will reduce the chance of injury because your muscles are becoming accustomed to handling additional forces not normally subjected upon them, therefore strengthening them. The less reps you do, the less chance of injury. The less times you get in your car to drive, the less likelihood of having a car accident.

Low reps will not cause you to "bulk" up unwontedly. Low reps will strengthen and "tone" your muscles quicker than higher reps. Lighter weights and higher reps will basically keep you from making optimal gains. It is easier to train more intensely if you are focusing on only four to six repetitions instead of ten to fifteen. If you can do ten repetitions of an exercise, the weight is too light to achieve overload

If you are new to an exercise and are just learning how to do an exercise, ten repetitions are fine. When you become more experienced, start lowering your reps and increasing your weights.

How do you know what weight to use? The first week or two of your routine will be more or less a trial and error period. You will quickly learn which weight you should be using. If you can do more than six repetitions on your heavy sets for an exercise, the weight is too light. If you cannot do at least four, the weight is too heavy. That is how you tell. It is extremely important to keep a written log or chart of what weights you are using. This will cut out a lot of guesswork.

When you are doing more than six repetitions with ease, time to move the weight, or "work" up to the next level. Depending on which exercise you are doing, this could range from one pound on the single dumbbell arm

curls to five pounds on the bench press. Here is where the progressive overload occurs. Remember, in order for a muscle to respond by growing, it needs to be forced.

Here is where efficiency also comes into play. Four to six reps, if performed with extreme intensity, will be more effective than ten reps of lighter weight and less intensity. That is efficiency.

**The amount of heavy, intense sets per exercise will either be one set or two sets, depending on the order of the exercise.**

We will discuss warming up correctly more in depth in a later chapter, but I will briefly discuss it now. When doing an exercise, you only want to warm-up just enough so that the blood flow has increased in the muscles and you feel ready to increase the amount of work you are going to do. You never want to warm-up to the point of tiring the muscles before you get to your heavy sets.

When you are warmed up, the number of all-out, intense sets will be two at the most, and on some exercises, just one set. Remember quality over quantity. It is the overload that causes the muscle to grow, not the amount of sets you do. There is no "universal law" which states that if you double the amount of reps you perform, you also double the results. The key is to stimulate, not annihilate, the muscle into responding and growing. You do this with two, very intense sets of four to six repetitions. This will efficiently stimulate the muscles more than doing more sets with more reps at a lighter weight.

Your heavy, intense set is the set that you do at least four reps, but not more than six. Again, if you can do more than six reps, increase the



weight. If you can't get a good four, lower the amount of weight. This is very important. You want to "hit failure" between this range. If we were doing the flat bench press, we would do our warm-ups and then two heavy, intense sets of four to six repetitions. This exercise is now done. You have effectively overloaded the chest muscles and will then proceed to the next exercise.

**The actual weight-training part of the workout will last between 30 and 45 minutes.**

Weight training is not an endurance event. Once again, if you stay in the gym twice as long, you will not see twice the results. After about 30 minutes, the body's natural release of growth hormones that assist in muscle-building (primarily testosterone) sharply decreases as time goes on. There is an "anabolic window" of opportunity for the spike of natural hormones to hit a high and this is between 30 and 45 minutes into the weight training session. After this time, the risk of over training and the release of catabolic (muscle-destroying) hormones increase. Get in the gym, do what you have to do, and get out. You can train more intensely for 30-45 minutes than you can for over an hour. Intensity of the exercise is just as important as how much weight you are doing.

This 30-45 minute time period does not include your 5-minute warm-up, shower afterwards, or any other non-weight training activity. So if you are in the gym for an hour total, but only worked out for 30 minutes, that is fine.

**Rest at least a minute between warm-up sets and two minutes between heavy sets**

Wait enough time between sets so that you are rested enough to perform as well as you did your previous set. Your second set needs to be as intense as the first so that the overload to the muscle is at least the same that it was the previous set. If you do a set of six reps and then right after, without enough rest, can only do a set for three reps, you have not gained anything. The overload to the muscle has been diminished. If, after doing a set for six reps, you rest two minutes, add 5 more pounds, and proceed to do another set of six reps, the overload has been increased, and so has the likelihood new muscle will be recruited. So it is vital that you give yourself enough rest in between sets so that way you feel as though you can handle the next set as well as you just did the previous. This could mean a different rest period for different people. Whether it is a minute or two, you need to be recovered before starting your next set. If this were the case, why would you ever want to superset (doing exercises back to back with no rest) two exercises? Even though you may be working two opposing muscle groups such as biceps and triceps, the lack of rest between the two exercises will have a negative effect on the second exercise. The second muscle group will be worked less intensely than the first because your muscle energy stores have been utilized during the first. This reduces the effectiveness of the exercise.

**Train each muscle group (biceps, for example) only once every five to seven days**

Remember that more is not necessarily better. More money, maybe, but not weight-training. If you work a muscle group more than once in a five to seven-day span, you are running the risk of over training, or overdoing,

that muscle. A muscle must recover fully from its previous stress before it can handle additional stress. Training with sore, tired, overworked muscles is taking one step forwards, two steps back. It's going to take you a while to get where you want to be, if you even get there at all. Training a muscle group, such as chest, biceps, or back, only once a week will allow that muscle enough time to fully recuperate and recover to handle the next workout. Since progressive overload is the key to progress, we want our muscles well rested so that they may handle more overload next workout.

If you do chest on a Monday, you will not want to do it again until the following Monday. Allow a full seven days of rest in between training chest again. Many exercises that you perform during the week also incorporate the muscles you are trying to rest. For example, when you do the bench press, your deltoids (shoulders) and triceps both come into play. They are getting subjected to work even though you are not specifically targeting them. Therefore, some muscles get worked more than once a week anyways.

**After two solid months of training, take at least five days off (in a row) and do not do anything "real physical" in or out of the gym**

This is very important in the recovery phase of weight training. Proper weight training puts a lot of stress on the muscles and the body. You are damaging muscle fibers that need to be rebuilt and reinforced. The weight training is just the stimulus for muscle growth. The real growth and repair of the muscle comes when you are out of the gym resting. The rest is what causes them to grow and get stronger. Much like a battery needs to be recharged once in a while so does our bodies. We need to take a few

days off after about every two months of intense training. This should be at least five days, preferably seven days.

Do absolutely nothing involving weights, aerobics, or cardio. Nothing. Zilch. Don't even go to a gym unless it is to tan, relax in the Jacuzzi, or shower. ***YOU NEED TO COMPLETELY REST.*** You need this time to let your body recover and recuperate from the time you have spent training so hard. After three days of not doing anything real physical, you will feel more energized. Do not worry about becoming unmotivated and fearful you might stop going to the gym. The opposite is true. After five or so days of straight rest, you will be so full of energy that you will want to bust down the door to the gym to get inside. It happens. When you rest your body often, you can expect it to recover from these intense workouts better. If you have been working out for quite some time, such as two to three months, and you don't feel the least bit fatigued on some days, I may have to question if you are working out with the utmost intensity. Intense and demanding workouts will, sooner or later, start to wear you out. If you do not get enough rest, your body's immune system will force you to take some time off (by becoming sick). Think about what stress does to your body. Stress can make you sick. In lab research, scientists subject rats to electric shocks at various times of the day so that the rat has no idea when the next shock is coming. Talk about stress. Guess what happens. The rat develops ulcers and dies. Although not on the same level, weight training is still a form of stress to the body. You must allow your body to recuperate fully or the residual effects of long-term weight training will shut it down.

These are the fundamental principles behind this program. Remember that simplicity and efficiency are keys to creating an effective and result-producing exercise program. Progressive overload is the only reason a

muscle has to get bigger and stronger. If it is not subjected to heavier weight, it has no reason to respond and adapt. It is that simple. We have now learned the way to effectively increase lean muscle mass, which is a large part of the toning equation.

I have described on the next few pages an experience I had last year regarding the principles I have discussed here. It involved a young gentleman that I have recently started training at a local college. It puts into perspective how important simplicity and efficiency are in weight training.

***In evaluating Brian's current fitness level and where he wanted to be, I had him explain what it was he used to do and what it was he was now doing. He had told me he had hit a plateau and couldn't increase his weights on any exercise, in fact, on a few of them, he was going down in weight. He was taking steps backwards. Some of the best gains as far as increasing muscle mass and losing fat Brian had ever noticed came at a time when he literally knew very little about fitness and weight training.***

***Here is where the simplicity part comes in. When he first started weight training, he did the simple exercises because he really didn't know anything else. He did bench press, incline press, barbell and dumbbell curls, shoulder press with dumbbells, and squats, just to name a few. He did very simple, simple exercises. And his gains skyrocketed.***

***Because he was still in school and busy playing sports all the time, he could only weight-train once in a while, like three times a week. And guess what, his gains continued. And when he did train, he went at it like a mad man (INTENSITY) not knowing when he could get back into the gym. Even though he could only make it into the gym for about forty-five minutes after practice, he was seeing better results than the guys who spent two hours in the gym. He would not waste time in the gym when he was there. He would go from each exercise very focused and determined to outdo himself every single time he touched the weights. So he noticed that he really didn't have to spend a lot of time in the gym as long as the time he did spend was well used (EFFICIENCY). Even though he was doing very basic, simple exercises, he was seeing better results than those who were doing everything and anything for exercises.***

***Then the unfortunate and the inevitable happened. He got a little cocky, figured he knew a lot about weight training, but that he wanted to know more. So he read more. More muscle magazines and other publications with a hundred different programs from a hundred different people. He talked to everyone and anyone about weight training and fitness, and got plenty of different answers. He figured the more he knew the better***

**off he was. So he tried this new exercise and that new exercise. He also figured that if he was seeing good results by going to the gym three times a week, if he doubled the time, he would double his results. He also figured he could double the amount of time for each workout and double his improvements. Boy, he couldn't wait to show everybody that, because he knew more, he was going to do more and be more. So what happened? His gains came to a screeching halt. He got weaker and couldn't lift as much as he previously could a month earlier. He started getting sick more often. He was fatigued a lot. He just figured that was the price he had to pay for getting into better shape. He really didn't know any better. It got to the point that he was getting tired of weight training and doing anything fitness related. He figured he had seen all the gains he was going to, so fitness kind of fell by the wayside. Then one day I started talking to Brian and he had asked me to do some work with him. He had told me that he had made the best gains when he was completely new, but as he "knew" more about weight training and tried to incorporate everything he learned, the results disappeared. I told him I was not surprised by this, knowing that there was only one thing that actually caused a muscle to grow (increased overload). With all of the new things Brian had learned, his approach had moved away from the simpler, compound movements that created maximum overload to the muscles. He was now trying what everyone else was doing, all the fancy, isolation exercises that were not overloading the muscle. I told him if he wanted to look like everyone else, do what everyone else was doing. If he wanted different, he needed to do different. I had created a program for Brian based on the "simplicity" and "efficiency" principles, much of which is in this book. I decided to simplify things for Brian, get back to basics, and make his time in the gym the most efficient time possible while still achieving the results he wanted.**

**From there, he has not looked back. He didn't realize exactly how wrong he was going about things. After a month on his new "program" he had seen better results than a years worth of previous training. He was achieving significantly better results than he ever had. His weights he lifted went up and so did his energy. He was only spending 2-3 hours a week working out now and was getting better results!**

**Needless to say, Brian has a new outlook on training, a more simpler, efficient one.**

If you are not getting optimal results from your current fitness routine (fat-loss, muscle gain), I am positive that the problem and answer lies in one of three areas:

1. Your current weight-training program.
2. Your current cardio/aerobic routine.

### 3. Your current eating habits.

I guarantee if you look at each one of these three areas, the problem lies within.

You need to look at each of these three areas and see if what you are currently doing is in line with what I am going to be discussing. People often ask me which of the above three areas is the most important one to focus on. I say all three are the most important. Focus 100% on each area to get great results because that is probably why you are not getting the results you want right now, one area (or more) is not getting the attention it deserves.

If what you are doing RIGHT NOW is not getting you what you want, does it make sense to do it differently?

Here is how to structure your weight training routine to optimize efficiency and effectiveness:

#### **Basics of Weight Training**

1. Before engaging in any form of weight training, warm-up on a cardio machine for 5 minutes prior to hitting the weights. You do not want to start cold. You will not be as strong or as energetic. Warm-up for 5 minutes and then begin your weight training.
2. Start your first exercise with a very light, easy set of ten repetitions. Never warm-up to the point of failure or exhaustion. You will be expending much needed energy if you do, energy that will be needed for the last heavy sets.

3. The next set (or two, for heavy, demanding exercises like squats and bench press) should be what is called a weight acclimation set. Its sole purpose is to get your muscles ready for an increasingly heavier weight that is to follow. If you went from a light warm-up to your heavy sets, you would risk injury and not be as strong. So progress into your heavy sets with a moderately heavier set for six to eight repetitions or less.
  
4. After the weight acclimation set comes either one or two heavy sets. If done correctly and with enough intensity, you should never need to do more than two heavy sets. If you can do three or more heavy sets, the first two were either not heavy enough or not intense enough. During a workout, the first exercise that you do for a muscle group should contain two heavy sets, but as you go on in the workout, if you have been using extreme intensity and a heavy enough weight, the need to do 2 heavy sets diminish and 1 heavy set will work the muscle towards failure.
  
5. Each heavy set will consist of four to six repetitions. This lower rep range is extremely important. For either men or women, you must stay with low reps in order to gain any lean muscle. A muscle will only grow and get stronger if it is forced to do so. This is our way of forcing it. As we lower the amount of times we have to lift a weight, we should in turn be able to increase the amount of weight lifted. More reps at a lighter weight will not do it. If you can lift ten repetitions on your heavy sets, then they are not heavy; the weight is too light to create overload and muscle fiber stimulation. I often ask people why it is they perform ten repetitions throughout a workout and they truly cannot give me an answer. They either read it somewhere or just followed what everyone else did. You **MUST** pick a heavy enough weight to reach failure between this four to six rep range. This alone will cause more muscle growth than you probably have ever achieved before.



6. Make sure your workouts are under 45 minutes. Keep them closer to 30 minutes. This is important for several reasons. First, it is easier to focus intensely for 30-45 minutes than it is an hour or more. Harness that power of focus. Also, hormones that assist the muscle building process peak around 30-45 minutes, so take advantage of this "muscle-building" (anabolic) window. If you go too long, the hormones begin to drastically drop off and the release of muscle destroying (catabolic) hormones increases.
  
7. Rest at least 1 minute in between your lighter sets and at least 2 minutes between your heavy sets. Many people mistakenly believe that if they speed up their weight training workout by not stopping in between sets, they will increase the likelihood of fat-burning. What you are really doing is increasing the likelihood of never getting stronger or more muscular. When you do not rest between sets, your cellular energy levels have not been replenished enough to handle the weight that is about to come. If you are not as strong or stronger on your next set, you have in fact, negated any potential overload and have wasted your set. You must feel strong enough after one set before you try doing another. Think of a set as a certain high point. If you do not hit that same point, or better yet, go above that point on your next set, you have not gained anything for doing it. Do not try to burn fat when doing weight training. That is why cardio is done on a separate day. We need to start focusing on each one separately. Never try to burn off fat when weight training or build muscle through cardio. Each needs to be focused on individually.
  
8. Train only one or two muscle groups per workout. It is extremely hard to focus when you are training more than two muscle groups. It is extremely

hard to train intensely when doing more than two muscle groups. When you train more than two, the muscles towards the end of your workout are getting cheated because the most energy is being spent on the first muscles. Your energy tank will be close to "E" when it is time for the third muscle group. Now, once in a while, if you are time strapped, adding three muscle groups to a workout, like chest, shoulders, triceps, will not create much of a problem, but do not make it a habit. Once again, harnessing the power of focus and intensity is easier accomplished when training just one or two muscle groups.

9. Train each muscle group only once in a five to seven day period. Never think that training a certain muscle more than once a week will lead to better results. The opposite is true, the more you train a muscle group, the more tired and fatigued it becomes. Take a full seven days in between training a specific muscle group. If you train your chest and back on Monday, you do not want to train them again until the following Monday. The muscles need time to recover and recuperate before they are able to handle any additional overload. What most people do not realize is that you actually build muscle when you are resting out of the gym, not when you are weight training. Weight training just stimulates the muscle and creates a situation where your muscle needs to adapt and get stronger. Your muscles do not actually grow or get bigger until you are resting out of the gym and feeding them proper nutrition.
  
10. The biggest problem people have is this next tip, but after I tried it, I will always do it. After 2 full months of solid training (weights and cardio), take a FULL WEEK OFF!! That' s right, an entire week off from any cardio or weight training. This week will be essential in resting and recuperating from eight full weeks of training. This is your "recharge" period, time to let

your muscles heal and completely recover. I guarantee, after a week off, you will come back stronger and more muscular. Have you ever been real tired of work and just couldn't wait for a vacation. Then, when you take one, each day you are off you start feeling more rested. When your vacation is finished, you feel much more refreshed and energetic (even though you still don't want to go back to work). People underestimate the power of rest. Weight training, especially heavy, intense weight training, is a stress to the body, and if not given the proper time to rest or recover, injury and sickness will result. So do your body a big favor and take a week off after eight full weeks of training.

These are the basics of structuring your weight-training workouts. Each and every principle outlined above has a distinct and important reason for doing it.

## WEEK: 2

**\* IT IS VERY IMPORTANT THAT YOU PICK A HEAVY ENOUGH WEIGHT SO THAT YOU REACH MUSCLE FAILURE BETWEEN THIS 4-6 REP RANGE.**

### Day 1 Chest & Back

### Weight

#### Flat Bench Press w/ Straight Bar

1 easy warm-up set for 10 reps \_\_\_\_\_  
 1 slightly heavier set for 6 reps \_\_\_\_\_  
 1 even heavier set for 3 reps \_\_\_\_\_  
 2 heavy sets for 4-6 reps(want to reach failure in this range) \_\_\_\_\_

#### Incline Chest Press w/ dumbbells

1 moderately heavy set of 6 reps \_\_\_\_\_  
 (no need to go light and warm-up again)  
 2 heavy sets of 4-6 reps \_\_\_\_\_

#### 1 arm dumbbell rows

1 warm-up set of 8-10 reps \_\_\_\_\_  
 1 moderately heavier set of 6-8 reps \_\_\_\_\_  
 2 heavy sets of 4-6 reps \_\_\_\_\_

#### Seated Back Row on Machine or Cables

1 moderately heavy set of 6-8 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

**Standing Shrugs with dumbbells**

1 moderately heavy set of 6-8 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

**Day 2- Cardio**

Choose one of the following:

Stairmaster, Treadmill, jogging outside, bicycle, aerobics class (one that moves constantly for 20-30 minutes)

**30 minutes TOTAL**

5 minute warm-up

20 minute intense cardio (make sure you are WORKING HARD)

5 minute cool-down DISTANCE TRAVELLED \_\_\_\_\_

**Day 3 Legs, Shoulders & Abs**

**Squats on Smith Machine**

1 warm-up of 10 reps \_\_\_\_\_

1 moderately heavier set of 6 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

**Stiff-Leg Deadlifts**

1 warm-up of 10 reps \_\_\_\_\_

1 moderately heavier set of 6 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

**Calf Presses on Calf Machine**

1 warm-up set of 8 reps \_\_\_\_\_

1 moderately heavy set of 6-8 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

**Dumbbell Shoulder Press**

1 warm-up set of 10 reps \_\_\_\_\_

1 moderately heavy set of 6-8 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

**Dumbbell side lateral raises**

1 moderately heavy set of 6-8 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

**Weighted cable Crunches**

1 warm-up set of 10 reps \_\_\_\_\_

2 heavy sets of 10-15 reps \_\_\_\_\_

**Day 4-Cardio**

**30 minutes**

5 minute warm-up

20 minute intense

5 minutes cool-down DISTANCE TRAVELLED \_\_\_\_\_

### Day 5- Biceps & Triceps

#### Standing Alternate Dumbbell Curls

1 warm-up set of 8-10 reps \_\_\_\_\_  
1 moderately heavier set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_ \_\_\_\_\_

#### Standing Straight Bar Curls

1 moderately heavier set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_ \_\_\_\_\_

#### Close-grip Bench Press

1 warm-up set of 8-10 reps \_\_\_\_\_  
1 moderately heavy set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_ \_\_\_\_\_

#### Tricep Pushdowns

1 moderately heavy set for 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_ \_\_\_\_\_

### WEEK 3: FAT-BURNING & CARDIO TIPS

If there is one question that I am asked more than any other, it is how to properly burn off body fat and tone up. Here I will offer some guidelines to follow. The more of them you follow, the better off you will be in burning body fat.

There are several methods used to determine if you are in need of losing body fat (besides looking in the mirror and hating what you see). Body fat testing can be done with skin-fold calipers. Males on average should have around 15% body fat, women around 23 %. Another way to tell is the waist-to-hip ratio. The waist-to-hip ratio indicates where most of your body fat is located. People who carry fat around their waists are referred to as "apples". People that carry most of their fat below the waist are often referred to as "pears". Carrying fat around your hips and thighs (a pear) is considered less of a health risk. However, apples are not good.

Fat around the waist is considered an increased risk for type II diabetes, cardiovascular disease and certain types of cancer. To find out what shape you are, use a tape to measure your hips at their widest point, and then measure your waist at its narrowest (usually around the navel). Then divide your waist measurement by your hip measurement. A ratio greater than .80 for a woman and greater than 1.0 for a man indicate that you are an apple! The amount of fat you are carrying will eventually cause a negative impact on your health.

Physiologically speaking, losing unwanted body fat is a simple process. However, the effort required to do this is not so simple. It takes willpower and hard work. If you are not willing to put in the hard work, you do not want the results bad enough. In fact, you do not deserve the results.

Burning body fat is simply expending more calories than you consume. You need to create a negative energy balance. If you eat more calories than you burn off, you store fat. So, obviously, you need to burn off more calories than you consume. How is this done? Well, there are two ways: cardio and nutrition. It needs to be done properly and in balance.

Most people go about the wrong way when trying to lose weight.

One wrong way is to drastically cut the amount of calories you consume so that it is impossible to take in more than you burn off. This is not healthy or wise to do. This is called dieting. Diets do not work. I guarantee if you try to diet and restrict your calories, you may lose a small amount of weight initially, but you will gain it all back (and usually more) when you get tired of starving yourself.

Another wrong alternative is to greatly increase your calorie expenditure by overdoing cardiovascular work. Doing aerobic activity 7 days a week, an hour at

a time will not produce healthy results either. You will probably burn yourself out and become overtired. When this happens, your weight training becomes negatively affected.

The key is proper balance. Doing the proper amount of aerobic activity combined with the correct diet is how we are going to effectively lose the unwanted body fat, once and for all. Doing a little of both is also more realistic to continue into the future as well. Who wants to look forward to years of diets?

Balance is crucial. Balance is healthy. If you eat a spoonful of ice cream, you are left wanting more. Eat a whole tub and you have a huge stomachache. Balance is key.

The following tips will assist you in losing body fat. There are no magic solutions, just hard work. Treat these tips like a blueprint, or a roadmap. Follow them closely and you get to your destination. Approach them haphazardly and you get lost.

**1. Make the commitment to yourself you are going to do this.**

First things first. You have to decide that this is something you want to do and are going to be serious about. You need to admit to yourself that you need to lose the weight and then resolve that you are going to do what's necessary to get there. Set weekly or monthly realistic goals for yourself. Once you reach that goal, enjoy the victory for a moment, and then have another one ready to go after.

Every other step after this one is pointless unless you have decided that you are going to do what is necessary to lose the body fat. You need to commit. I don't care if you intend to lose weight. All the intentions in the world will not cause you to lose an ounce of body fat. If I intend to do a lot of things that just don't get

done, who is to blame? Only me. Life rewards action. Stop making excuses for every reason why you can't do this and start coming up with reasons why you have to do this. This is the most important step in the whole process. Skip this step and you are planning to fail.

## **2. Get moving! (Do 2-3 intense cardio sessions a week).**

The prime reason for doing cardio is to expend energy by burning calories. Cardio also helps to speed up, or "prime" our metabolism. Plus, cardio helps by enhancing our endurance and our cardiovascular health as well.

These are the main reasons we do cardiovascular exercise.

You are not going to lose weight if you do not move your body. You need to burn off more calories than you consume, so this is where the aerobic activity comes in. Two to three sessions, 20-30 minutes each, is all that is needed to see optimal results. Like weight training, the more cardio you do does not always produce better results. You can over train by doing too much cardio as well as too much weight training. The key is to do your cardio correctly on those days. By correctly, I mean treat your cardio sessions like your weight training sessions. Approximately 30 minutes of high intensity work. The higher the intensity of an exercise, the greater the energy expenditure will be (in turn, the greater the fat loss). You need to get your heart rate up into your training zone in order to efficiently burn body fat. You need to get "uncomfortable" when doing cardio. Sweat, pant, huff, puff, and turn red (not purple). You should know when you are doing it intensely enough. Doing your aerobic activity without intensity will produce minimal results.

Sorry to burst any bubbles here, but taking a leisurely walk around the block at night will do hardly anything to burn body fat. It is better than nothing, but not by much.



You can change that by walking up hills, swinging your arms more, or walking at a brisk pace. The key is to move more of your body. The more you move your body, the more calories you burn. That is why jogging, mountain biking, Stairmaster, elliptical trainers, even treadmill walking at a steep incline are beneficial forms of cardio. You can burn as many calories jogging for 20 minutes on the treadmill as you can by walking for an hour on the treadmill. Why not burn more calories in less time? Make it efficient and effective.

20-30 minutes is sufficient to condition your metabolism to burn body fat. Warm up for 5 minutes; bust your butt for 20 minutes, and then cool down for 5 minutes. One way to always keep your cardio intense is to always try to outdo yourself, either by going a further distance or by beating your time. For example, if you jog on the treadmill for your 30 minutes and go 2.20 miles, next time try to go 2.21 or further. Or if you go 2.20 miles in 30 minutes, try to do it in 29 minutes. The key is to always try to outdo YOU. This is the key to maintaining intensity.

Perform two to three, 20-30 minute sessions of intense cardio a week and you will soon start seeing results.

### **3. Get lifting! Do at least three intense weight-training sessions a week.**

Do not try to combine your weight-training sessions with fat-burning sessions. You can lift weights for an hour and you will only burn a minimal amount of calories. However, think of each weight-training session as an investment in future fat-burning efforts. Muscle takes more energy to maintain than fat. The body expends more calories to maintain lean muscle tissue than it does fat. So the more lean muscle you have, the more calories you will burn, even at rest! So give weight-training the importance it needs. At least three intense weight-training sessions a week is a good number to shoot for. It's not how many days

you work out that matter, it is the effort and intensity you do each workout that is truly important.

Each workout only needs to last 30-45 minutes if done right. Another thing, never associate lifting lighter weight and higher reps with burning more body fat. It doesn't work that way. Keep your weight heavier (more overload) and your reps lower. This will keep you adding lean muscle mass. Start lifting lighter weights for higher reps and you will become weaker and smaller.

Start to associate burning the body fat with cardio, building the muscle with weight training. The whole "toning" myth of lifting lighter weight for high reps is ridiculous. The only way to tone, and think this through and see if it makes sense, is to increase your lean muscle mass (keep progressively overloading muscle w/ heavier weight) and to decrease your body fat (cardio and nutrition). This is how you tone the body properly. Work on both sides of the equation. Gaining muscle while losing fat is how you tone. So keep lifting progressively heavier weight for four to six reps to keep muscle mass growing and leave your fat burning to cardio and proper nutrition.

**4. You are what you eat, so eat well. (Five to six small meals consisting of high-protein, moderate carbs, and low fat).**

Other than cardio, nutrition is the only other way you can directly manipulate calorie intake and expenditure. Your eating habits will make or break your fat-burning results. You can do all the cardio in the world, but if you have poor eating habits, you will not get good results. You need to be eating every three hours or so to keep your metabolism operating efficiently. Constantly grazing on food will keep your body burning the fuel it is consuming. If you eat two or three large meals a day, you slow down your metabolism. Also, by only eating once in a while, your body will start storing fat as a defense mechanism. Your body needs food (fuel) to survive. If your body is unsure of when its next meal will be, it will

store more of the food it does get as body fat, for it is unsure when its next meal is coming. It wants to hold on to what it has to protect it from future famine.

Eat a meal or snack consisting of high protein, moderate carbs, and low fat every three to four hours. This means around five or six small meals or snacks a day. When you have been weight training for a while, you will notice that your body requires more food. It needs more food for more fuel and for more muscle-building nutrients. It needs to be more of the right food.

Follow the 50-40-10 rule. 50% of your daily calories should come from protein, 40% from complex carbs, and 10% from fats. So every time you eat, the meal or snack should closely follow this ratio.

Be careful when eating typical “snacks” like chips or crackers. Eating snacks like these is not beneficial. You are not getting muscle-building protein and often times, these starchy snacks are very high in fat and in calories.

As far as meals, keep protein sources like fish, turkey, chicken, lean red meat, whey protein supplements, low-fat dairy products, egg whites, and some soy products a mainstay in your diet. Carbs should be complex sources such as vegetables, brown rice, whole grain breads and cereals, bagels, oatmeal, and pasta. Fat doesn't even need to be addressed; most people get plenty without even focusing on it. Peanut butter, olive oil, fish oils, and flax seed oil can be used sparingly, but usually the 10% fat comes from focusing on the other 90% of the calories you eat.

#### 5. Drink at least a gallon (preferably more) of water a day.

I'm going to keep this one simple and just tell you it should be done. Shoot for a gallon a day, more if you can. Water is so important I cannot overstate it enough. It is used in every single physiological principle in your body. You can

live for weeks without food, but you die if you do not take in water for a few days. Your body is two-thirds water, your muscles 70% water. Keep a bottle of it at work, in your car, in your fridge, or any other place you frequent. It is very abundant so try to get plenty.

## **6. Keep track of your progress**

You need to see if what you are doing is working or not. If it isn't, you need to regroup, figure what you are doing wrong, and start heading in the right direction again. Measure your results. You can look in the mirror and see if you are achieving beneficial results. You can tell by the way your clothes fit or by what your friends say. You can judge by the scale, although this is not the greatest way to measure success. After starting a weight-training program, you will soon start adding muscle mass. This muscle weighs more than fat, so the scale may not show a difference in weight, in fact, it may say you have gained weight. So it is misleading. You may have lost body fat, but the scale doesn't distinguish this. The way to properly measure your progress is through body fat testing. This is a very accurate method to test the percentage of fat mass and muscle mass that you have. Obviously, if the goal is to lose body fat, you need to see if what you are doing is working. It's good to test body fat at least every 30-60 days. You need to know where you currently are before you know where you are going.

## **7. Reduce your daily caloric intake by 150-200 calories a day.**

After measuring your progress and it is not quite what you had hoped for, you may need to manipulate your calorie intake. Hopefully, you had realistic goals to begin with. You will probably not lose 10 pounds of body fat in a week, but one or two pounds a week is very realistic. If you are not happy with results, and you are doing your three or more days of weight training, three to four days of cardio, and your nutrition is very good, you may need to start reducing your daily caloric intake to get to the results you want. First, you need to figure out your daily

caloric maintenance level, that is, the number of calories your body needs to maintain what you currently weigh. We are going to go over this when we discuss the basics of nutrition. Once you figure out your daily caloric maintenance level, start reducing it by 150-200 calories a day. Do this for a couple of weeks. If you still do not see results, lower it by another 150-200 until you start seeing the results you want. Losing body fat is done by expending more calories than you consume. You may still be consuming more than you are expending. You should start to see results after a couple of weeks of reducing your caloric intake. If not, you may not be doing your cardio intense enough and you still may need to focus more on your diet.

**8. Continue to increase weight (overload) when doing resistance training.**

**9.**

Remember that building lean muscle will assist you in the fat-burning process later on. The more muscle you have, the more energy your body expends to maintain that muscle, even at rest. In order to make constant and significant gains, you must train intensely and for short durations. I like to call them "bursts of exercise!" Work no more than two muscle groups a workout, four to five workouts a week. Keep reps between four and six on your heavy sets to ensure overload to the muscle. Do only two heavy sets per exercise and keep workouts under 45 minutes. Keep your workouts intense and to the point. Do not do intense cardio before or after weight training. It' s hard to focus intensely on both weight training and cardio in the same session! Do not rob one to pay the other.

**WEEK: 3**

**\* IT IS VERY IMPORTANT THAT YOU PICK A HEAVY ENOUGH WEIGHT SO THAT YOU REACH MUSCLE FAILURE BETWEEN THIS 4-6 REP RANGE.**

**Day 1 Chest & Back**

**Weight**

**Incline Bench Press w/ bar**

**1 easy warm-up set for 10 reps**

**1 slightly heavier set for 6 reps**

\_\_\_\_\_

\_\_\_\_\_

1 even heavier set for 3 reps \_\_\_\_\_  
2 heavy sets for 4-6 reps(want to reach failure in this range) \_\_\_\_\_

**Incline Dumbbell Chest Press**

1 moderately heavy set of 6 reps \_\_\_\_\_  
(no need to go light and warm-up again)  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Bent-over barbell rows**

1 warm-up set of 8-10 reps \_\_\_\_\_  
1 moderately heavier set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Seated Cable Pulldowns to the Front**

1 moderately heavy set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Standing Shrugs with dumbbells**

1 moderately heavy set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Day 2- Cardio**

Choose one of the following:

Stairmaster, Treadmill, jogging outside, bicycle, aerobics class (one that moves constantly for 20-30 minutes)

**30 minutes TOTAL**

5 minute warm-up  
20 minute intense cardio (make sure you are WORKING HARD)  
5 minute cool-down DISTANCE TRAVELLED \_\_\_\_\_

**Day 3 Legs, Shoulders & Abs**

**Squats on Smith Machine**

1 warm-up of 10 reps \_\_\_\_\_  
1 moderately heavier set of 6 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Stiff-Leg Deadlifts**

1 warm-up of 10 reps \_\_\_\_\_  
1 moderately heavier set of 6 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Calf Presses on Calf Machine**

1 warm-up set of 8 reps \_\_\_\_\_  
1 moderately heavy set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Dumbbell Shoulder Press**

1 warm-up set of 10 reps \_\_\_\_\_  
1 moderately heavy set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Dumbbell side lateral raises**

1 moderately heavy set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Stability Ball Crunches**

3 sets to failure

**Leg Lifts**

3 sets to failure

**Day 4-Cardio**

**30 minutes**

5 minute warm-up  
20 minute intense  
5 minutes cool-down DISTANCE TRAVELLED \_\_\_\_\_

**Day 5- Biceps & Triceps**

**Standing Straight Bar Curls**

1 warm-up set of 8-10 reps \_\_\_\_\_  
1 moderately heavier set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Standing Cable Curls**

1 moderately heavier set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Close-grip Bench Press**

1 warm-up set of 8-10 reps \_\_\_\_\_  
1 moderately heavy set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

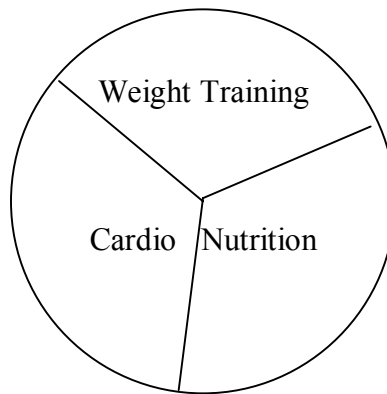
**Lying Tricep Extensions**

1 moderately heavy set for 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**WEEK 4: EAT TO BURN FAT 24/7**

People often ask me “ What is the most important component of a properly devised fitness program “ ? Is it the weight training, the cardiovascular work, or the proper nutrition? I often say that I think all are vitally important and that you cannot achieve results without focusing on each area. I like to think of a well-

balanced program as having three distinct pieces of a pie (bad analogy in terms of fitness, I know!)



Each piece of the pie has to be worked on in balance in order for your fitness goals to be effectively reached. You will not build muscle and strength if you do not weight train. You will not burn calories, and in effect, lose body fat, if you do not do cardio. You will not build adequate muscle and effectively lose body fat without proper nutrition. So they are all linked to another in some manner.

However, I have been in fitness long enough to realize there is one area that is slightly more important than the others. It has to be nutrition. All of your fitness goals can be sabotaged without proper and adequate nutrition.

Muscle growth does not occur in the gym. The weight-training workout is just the stimulus for muscle growth. While training you are creating microscopic tears to muscle fibers that must heal and repair to prepare for future demands placed on them.



Nutrition is the main requirement in this healing process. Rest is probably the next most important part. Without proper nutrition, this healing and repair process is negatively affected and your body does not have the supplies to effectively rebuild the damaged muscle fibers. If you are doing your weight training properly, you are performing your scheduled cardio sessions properly, and are still not seeing results, your nutritional concerns have not been properly met.

In this section of the program we will go into depth about how to structure your eating habits to help you, not hinder you. We will set up for eating so that you can effectively burn more calories 24/7 without doing any more physical activity.

There are five nutritional elements that have a significant effect on muscle building and fat-loss. These elements are calories, protein, carbohydrates, fats, and water.

Calories are a unit of measurement. The rest of the elements are macronutrients. Each is vital in your effort in achieving the most out of your fitness program,

Again, a calorie is a measurement of the total energy value of the food you eat. Calories are the fuel your body needs to function. Each and every day that you are breathing, your body is expending a certain amount of energy. This energy is derived from the foods you eat. The more active you are, the more calories you need for fuel. Other factors come into play when determining total calorie burned. Total body mass, body temperature, and the types of foods consumed all have an impact. The bigger you are, the more calories burned. The more muscle you possess, the more calories burned. Muscle tissue is a very active tissue and requires a fair amount of energy to maintain. It gets this energy from burning calories. That is why it is important to include weight training into any long – term weight loss attempt. The more muscular your body is, the more calories burned

at rest to support this muscle tissue. Fat however, does not need calories to be maintained. So to burn more body fat, work at building more muscle tissue.

Calories are derived from 3 sources: protein, carbohydrates, and fats.

**1 gram of protein = 4 calories**

**1 gram of carbohydrate= 4 calories**

**1 gram of fat= 9 calories**

Fat contains 2 ¼ times as many calories as either protein or carbs, so you can eat 2 ¼ times as much protein or carbs as you can fat while still maintaining the daily caloric intake amount.

This is how and why extra fat in the diet will add significantly to your daily calorie amounts rather quickly. Not so much that fat is evil, it' s just very calorie dense. Those people on those high- fat, low- carb diets will not achieve any long-term success because the more fat they eat, the more calories they consume. Remember the saying, “ you are what you eat.” If you eat fat, you will get fat.

### **Protein**

Any growth promoting process that occurs in your body requires protein. It is the single most abundant substance in the body, next to water. It is in every organ in your body. It is essential for blood, hormone, and enzyme production, as well as optimal immune system function. Protein is required for optimal muscle tissue growth and repair. The more muscle you have, the more protein you require. Resistance training places a huge demand for protein by the body. If you do not supply your body with enough protein, it will take it from your muscles, which is called catabolism (muscle breakdown). If you go any length of time without eating, your body will attack muscle tissue for its protein requirements. Your body literally starts to “ break itself down” It is a must to supply your body with

adequate protein every three to four hours. This ensures your body of maintaining adequate levels. Protein can be obtained from whole food and from protein supplements. Try to get your protein from whole food sources first. However, eating whole food sources high in protein every three to four hours can be difficult. This is where the protein supplements like whey protein shakes or meal replacements come in handy. As far as whole food sources, get your protein from lean sources like chicken, turkey, fish, lean red meats, eggs, milk, soy products, and legumes. As far as protein supplements, the most effective protein source with the highest biological value (it is utilized most effectively by the body) is whey protein. When purchasing a protein product, stick with a quality company like AST Sports Science, Twinlab, or Natures Best and use a quality whey protein shake or whey and milk-derived meal replacement powder. These will help ensure your body gets its protein requirements.

### **Carbohydrates**

With all of the misleading fad diets on the market, the most hyped one is the one that is against carbohydrates. It's easy to get confused as to the role in which carbs play in the body.

The end result of a bagel and a tablespoon of sugar is the same. The body converts them into glucose, or blood sugar. Once converted to glucose, the body uses this fuel for muscle growth and brain function.

Carbohydrates are either simple or complex. Simple carbs include fruit, table sugar, honey, juices, and molasses. Complex carbs include pasta, rice, potatoes, vegetables, and grains. The difference between a simple carb and a complex carb is simply the time it takes for the body to convert each one of these into glucose. This is why it is more beneficial to consume complex carbs over simple carbs. It takes longer for your body to convert complex carbs into blood

sugar so they give the body a more gradual energy release. Simple carbs give you a sharp, sudden energy release but then is followed by a sharp decline.

As far as carbohydrates making you fat, remember it is more calories that make you store body fat, not more of one macronutrient. Excess calories, not excess carbohydrates, are directly responsible for storing body fat.

Once the carbs have been converted to glucose, whatever is not used by the body to fuel body function and replenish muscle glycogen stores is shuttled into fat stores. So excess carbs not utilized by the body will be stored as body fat. Carbs should be looked upon as primarily an energy source to fuel muscle activity. Eat enough for this function each day and no more. Any extreme excess will cause you to store the rest as body fat. Any extreme excess, other than water, will cause this to happen.

Try not to structure your meals so that the majority is carbohydrates, unless it is vegetables. Vegetables, although they are carbs, are not very high in calories. You can eat a large volume of vegetables and consume little calories but you cannot consume a large volume of starchy carbs without having a very high calorie amount.

## **Fats**

Fats are a necessity for the body and are vital for many body functions. Fats are used as energy, protection, insulation, and many other functions. Fats are needed, the problem is most people eat too much of them. Fats taste good. It is what gives flavor and texture to food.

Fats are the most dense energy sources. A gram is equal to 9 calories, over twice that of protein and carbs. You can reach your daily calorie limit fairly quick if your diet is high in fats. Again, any excess calories you consume over your daily limit will increase your body fat levels, but it is just done easier by eating too

many fats. Most people can get enough fats in their diets without having to focus on adding extra. If for some reason you are lacking in dietary fats, start to include fish, such as salmon, to your diet or add a teaspoon of olive or safflower oil to your salad. These are high in “ good fats” known as essential fatty acids, or EFAs. Once again, it is not difficult to reach your daily requirement for fats.

### Water

Your body is approximately 75% water. Your muscles are 70% water. It stands to reason that water is a very vital, necessary part of every day living. Yet so many people I talk to do not drink enough water. They wonder why they perform below their maximum potential. Water is vital, cheap, and abundant. It is the most important element in the body. It is used for nutrient absorption, digestion, nutrient transport, and flushing toxins from the body. It helps regulate body temperature and affects the utilization of all water-soluble vitamins in the body. It cushions joints, which may prevent injuries. To say it is critically important is an extreme understatement. Try to drink at least a gallon of pure, clean water a day. Keep a bottle with you at all time. You have no excuse for not getting enough water. It is everywhere.

### How much protein, carbohydrate, and fat do you need?

These numbers have been devised based upon current research in the field of exercise physiology and sports medicine. These numbers are just guidelines. Everybody is genetically different. It is difficult to obtain a specific number needed for everyone.

### Protein.

Once gain, because of protein' s importance of building muscle in the body, we want to shoot for making it account for approximately 50% of our daily caloric intake. So if you are 180 pounds and eat 3000 calories a day, your protein intake would be 375 grams, or 1500 calories  $(3000 \times .50/4) = 375$ . If you weigh 200

pounds and eat 3500 calories a day, then 437 grams would come from protein, or 1750 calories ( $3500 \times .50/4$ ). Obviously, different people have different metabolic rates. People with slower metabolisms eat fewer calories. Fewer calories mean less protein. Do not skimp on the protein, though. It is the building block of muscle. Carbs and fats do not have a direct effect on muscle building, only protein does. Add high quality protein to your diet and watch the results it brings.

### **Carbohydrates**

Carbs should account for approximately 40% of your daily caloric intake. If you consume 2500 calories a day, 250 grams should come from carbs, or 1000 calories ( $2500 \times .40/4$ ). If you consume 4000 calories a day ( $4000 \times .40/4$ ) then 400 grams, or 1600 calories should come from carbs. The majority of carbs should come from complex sources like vegetables, pasta, grain, and rice. A word of caution though. Starchy carbs like pasta and rice are highly caloric, meaning a small amount contains a high number of calories. So be cautious of how many starchy carbs you are consuming. Stick with more vegetables as your carb sources. This will supply a gradual energy source throughout the day without that spike associated with simple carbs.

### **Fats**

Keep fat intake to approximately 10% of your daily caloric intake. This is plenty for optimal health without adding all of the empty calories.

If you eat 3000 calories a day, 33 grams or 300 calories should come from fat. When following a good, high-protein, moderate-carb diet, the proper fat intake will take care of itself, meaning you do not need to add extra fats to ensure adequate intake. Due to the calorie dense nature of fats (9 calories per gram), excess fats will more quickly create an excess calorie overload than will protein (4 calories per gram) or carbohydrates (4 calories per gram). So keep fat intake to a minimum.

### Find your Caloric Requirements

Everyone has their own unique metabolism, meaning everyone burns through calories at a different pace. It is difficult to establish a guideline that will fit everyone. AST Sports Science, a supplement company based in Colorado, has created a guideline based upon the latest research that will assist you in determining your daily caloric requirements. It can be found on their website.

Our bodies require calories just to exist, just to live and breath. You burn calories at rest and at play. While sleeping, our bodies burn between 70-100 calories per hour. This is called our Basal Metabolic Rate, or BMR. Many variables will affect an individuals BMR, like sex, age, body size, body weight, and their metabolic uniqueness. For men using the BMR variable .42 multiplied by your bodyweight, you can find the calories needed per pound of bodyweight per hour.

Women should use the variable .35.

What this means is, if you are a man and you weigh 200 pounds, your BMR would be  $200 \times .42 \times 24 = 2016$ . This means that you need 2016 calories per day just to maintain your current bodyweight with no activity at all. For a moderately active person, research has used the number .65 as the BMR variable. If you weigh 200 pounds, your daily caloric level would be  $200 \times .65 \times 24 = 3120$  calories per day, or 390 every 3 hours.

### The formula to figure your daily caloric amount is

Bodyweight x BMR variable .65 x 24 hours= Daily caloric amount

Example: 150 pounds x .65 x 24 = 2340 calories

From this number, we can now break down the amount of protein, carbs, and fats needed.

**Calories= 2340**

(150x.65x24)

**Protein= 292.50 grams, or 1170 calories**

(2340-x .50/4)

**Carbohydrates= 234 grams, or 936 calories**

(2340-x .40/4)

**Fats= 26 grams, or 234 calories**

(2340-x .10/9)

Above is the break down of grams and calories of protein, carbohydrates, and fat.

Now, because losing body fat requires you to create a calorie deficit, you can speed up the fat-burning process by decreasing your daily caloric amount by 150-200 per day until you start seeing some results. If after a couple weeks of reducing 150-200 calories a day you still do not see results, start to take away another 150-200 per day. Do not reduce more than this number because too big of a reduction will have a counterproductive effect on your metabolism.

### **Calculate your Caloric Requirement**

First decide: are you inactive?



If so, use

MEN: Body weight \_\_\_\_\_ x BMR variable .42 x 24 hours = daily caloric requirement.

WOMEN: Body weight \_\_\_\_\_ x BMR variable .35 x 24 hours = daily caloric requirement.

If you are active, substitute BMR variable .42 with .65.

When you get this number, you can calculate your protein, carbohydrate, and fat intake:

### Protein

Daily caloric requirement (from above) x .50/4 = grams of protein needed

\_\_\_\_\_ x .50/4 = \_\_\_\_\_ grams

Daily caloric requirement \_\_\_\_\_ x .50 = Calories from protein

### Carbohydrates

Daily caloric requirement x .40/4 = grams of carbs needed

\_\_\_\_\_ x .40/4 = \_\_\_\_\_ grams

Daily caloric requirement \_\_\_\_\_ x .40 = Calories from carbohydrates

### Fats

Daily caloric requirement x .10/9 = grams of fat needed

\_\_\_\_\_ x .10/9 = \_\_\_\_\_ grams

Daily caloric requirement \_\_\_\_\_ x .10 = Calories from fats

Let' s review the importance of proper nutrition.

Nutrition is the piece of the pie that will either make or break your hard work in the gym. It is difficult to discuss the importance of nutrition in just a couple of written pages, when there have been thousands of books written on the subject. However, there are basic guidelines that we can follow to ensure some success. Unfortunately, I witness a lot of people sabotage their results in the gym by eating anything and everything they want, thinking that working out gives them "carte blanche" to eat whatever they feel like. When you work out, you need to focus even more on what kinds of food you eat, when you eat them, the proper portions, etc. Nutrition is both the easiest area to focus on to lose weight and also the hardest area to focus on. The simple part is you need to expend more calories per day than you take in. So you just eat less, right? Easier said than done. This by far is the most difficult part of the process. Just think of the word DIET. What are the first three letters? This is what people equate to dieting. That's what they feel like they are going to do, die of starvation. On a diet, you are very good for a couple weeks; you are sticking to it right to a "t". Then the cravings come (psychological) and you begin thinking about all the good food you are missing. You think of how good a pizza would taste right now. Guess what, you succumb to those urges and splurge, eating everything in sight. It was so pleasurable that you do it again the next day, and the next day, and before you know it, you weigh more than you did before you started the diet.

Diets do not work. A balanced, moderate approach does. You need to create a lifestyle change so that you can continuously eat healthy and smart, year round. You need to reprogram your brain a bit, so that when you reach for that piece of cake, you tell yourself, okay, this is going to have a negative effect on the way I want to look and feel. If you want your goals bad enough, you will decide that it isn't worth it to indulge in that piece of cake right now. Start equating pleasure with leaving that piece of cake on the counter and start equating pain with eating it. We as humans strive for pleasure and try to avoid pain. Unfortunately, most people link excessive (although temporary) pleasure with the cake, so they eat it.

Afterwards they feel guilty about eating the cake and wonder why they can't lose weight. Start equating a huge amount of pleasure with leaving that piece of cake right where it belongs, on the shelf.

When eating, try to get five to six small, well-balanced meals in throughout your day. This means a meal or snack every three or four hours.

Balanced means a proper proportion of protein, carbs, fats, vitamins, and minerals. Keep protein intake high. Anybody who works out even moderately needs more protein than the sedentary, average person. Try to consume at least one gram of protein per pound of body weight. If you weigh 200 pounds, you need at least 200 grams of protein. Muscle fiber is made up of tightly wound protein molecules. Protein is called upon for muscle and tissue repair after intense and heavy weight lifting. Strive for 50% of your daily calories coming from quality protein. 40% of your diet is derived from carbohydrates, and 10% from fats. The fat you don't have to even focus on, it will take care of itself. Consume complex carbs like vegetables, brown rice, whole grain breads and cereals, oatmeal, pasta, and potatoes. Avoid simple sugars like table sugar, honey, fruit juices, and syrups. An excess of simple sugars wreak havoc on your blood sugar levels, causing your body to secrete insulin to shuttle some of the sugar away from the blood stream and into fat-stores.

When consuming carbohydrates, also consume an adequate amount of protein with them. This will lower the glycemic index, or the time in which your body converts the carbs to glucose. Combining protein with your carbs lowers the rate at which your body converts the carbs to glucose, thereby not causing such a spike in blood sugar levels and also providing a more gradual, time-released supply of energy. A piece of whole-grain bread and peanut butter, a bowl of oatmeal and a couple hard-boiled eggs, or some chicken and rice.

Here is a sample day of supportive eating that combines protein with carbohydrates:

6:00 a.m. 1 tall glass of cold water

1 meal replacement shake/high protein shake **OR** a bowl of oatmeal w/ raisins and a piece of whole wheat bread w/ peanut butter

8:00 a.m. A small slice of whole wheat bread w/ tablespoon of peanut butter **OR** a small nonfat yogurt with granola.

11:00 a.m. A whole-food lunch like a chicken breast & a salad, **OR** a Turkey sandwich on whole-wheat with baked potato chips.

2:00 p.m. A meal replacement shake or high protein shake.

5:00 p.m. A whole food dinner like tuna with light mayo on whole wheat **OR** a chicken breast with brown rice and steamed vegetables.

8:00 p.m. A small serving of lean steak or chicken with steamed vegetables **OR** a low-fat, low-sugar protein bar (Balance, Zone, Powerbar).

At bed: A small snack like a small bowl of cereal, a nonfat yogurt, or a protein bar (Balance Bar).

Consume at least a gallon of water throughout the day as well.

Invest in a quality, low-fat meal cookbook that can add variety to each of these foods. Add spices and low fat sauces to add flavor. The bottom line is, you can eat a lot of low-fat, spicy, flavorful cooking with a little planning. Just because you are eating healthy doesn't mean you have to eat boring.

## Meals

### Protein

Chicken Breast

Tuna

Salmon

Haddock

Lean Sirloin

Dairy Products

Lean Hamburg

Turkey

Lean Ham

Lean Roast Beef

Lean pork

Eggs

Lean top round

Halibut

Cod, Orange Roughy

### Carbohydrates

Brown Rice

Yams

Whole Wheat Bread

Whole Wheat Pasta

Vegetables (beans, peas, carrots,  
Broccoli, Brussel Sprouts)

Oatmeal

Potatoes

Legumes (lima, kidney, soy, black beans)

Bagels

Cream of Wheat

Squash

Wild Rice

Cereals

### Snacks

Whole-wheat toast w/ peanut butter

Celery & peanut butter

nonfat yogurt w/ granola or nuts

Protein bar- Watch for sugar content. Some protein bars have more sugar than candy bars.

Bagel w/ peanut butter

Beef Jerky

Nuts (walnuts, peanuts)

Low-fat or non-fat cottage cheese

Raw Baby carrots

Low-fat cheese & Whole Wheat Crackers

Whole-wheat breadsticks w/o butter (or use butter spray)

### Sample Supportive Meals

Chicken Breast, Wild rice, Small Salad

Turkey on Whole Wheat, Pickle

Meal Replacement Protein Shake (Met-Rx, Perfect Rx, Myoplex)

Grilled Salmon, Baked Potato, Broccoli

Scrambled Eggs, Whole Wheat Toast, Banana

Top Round Steak, Brown Rice, Squash

I would like to include a few words on meal replacements, which we will cover under supplements. Pick the right one and you have a valuable tool to use against the battle of the bulge. Pick the wrong one and you are throwing your money away.

Slimfast, although very well known, is not a well-designed meal replacement. They have a very big marketing campaign and can afford a lot of advertising. Slimfast is loaded with carbs, primarily from sugar. One of the first ingredients on the can is sugar! It's primarily water and sugar. Slimfast is not high in protein; most cans only have 10 grams.

Choose a meal replacement that is high in protein, with about 30-40 grams. Carb sources should be from maltodextrin, a corn derivative that provides a slow energy release. Carbs should be around 20-22 grams, but no more than 3 grams of those from sugar. Fat should be no more than 3-4 grams. Pick one that mixes up rather thick. The "mouth feel" helps with the satiety feeling. If you are left full by these meal replacements, you will not have the urge to eat again for at least 3 hours. Some good meal replacements I have used and recommend are MET-RX, Nature's Best Perfect RX, AST Sports Science Ny-Tro Pro-40, Sportpharma Nutri-Force, and Nature's Best Isopure. Use a quality meal replacement from a quality company. Check the ingredients. Stick with meals replacements that use a combination of whey, milk, and egg proteins as the first ingredient. Most meal replacements, if taken with water, offer at least 40 grams of protein with minimal fat. Most are under 300 calories, chock full of vitamins and minerals, and taste rather pleasant. Meal replacements allowed you to time meals every three or four hours. Many people I have spoken to over the years attribute meal replacements being on of the biggest reasons why they we able to lose weight. They are able to get vitamin-rich, high-protein, moderate carb meal for less than 300 calories. All of this for about 2 dollars. You cannot even buy a Happy Meal for fewer than 2.00 dollars and Happy Meals are loaded with fat!

### WEEK: 4

**\* IT IS VERY IMPORTANT THAT YOU PICK A HEAVY ENOUGH WEIGHT SO THAT YOU REACH MUSCLE FAILURE BETWEEN THIS 4-6 REP RANGE.**

#### Day 1 Chest, Shoulders, Triceps

#### Weight

##### Flat Bench Press w/ Straight Bar

1 easy warm-up set for 10 reps \_\_\_\_\_  
 1 slightly heavier set for 6 reps \_\_\_\_\_  
 1 even heavier set for 3 reps \_\_\_\_\_  
 2 heavy sets for 4-6 reps(want to reach failure in this range) \_\_\_\_\_

##### Flat Bench Press w/ dumbbells

1 moderately heavy set of 6 reps \_\_\_\_\_  
 (no need to go light and warm-up again)  
 2 heavy sets of 4-6 reps \_\_\_\_\_

**Seated Dumbbell Shoulder Press**

- 1 warm-up set of 8-10 reps \_\_\_\_\_
- 1 moderately heavier set of 6-8 reps \_\_\_\_\_
- 2 heavy sets of 4-6 reps \_\_\_\_\_

**Dumbbell lateral raises to the side**

- 1 moderately heavy set of 6-8 reps \_\_\_\_\_
- 2 heavy sets of 4-6 reps \_\_\_\_\_

**Tricep Pushdowns**

- 1 moderately heavy set of 6-8 reps \_\_\_\_\_
- 2 heavy sets of 4-6 reps \_\_\_\_\_

**Day 2- Cardio**

**Choose one of the following:**

Stairmaster, Treadmill, jogging outside, bicycle, aerobics class (one that moves constantly for 20-30 minutes)

**30 minutes TOTAL**

- 5 minute warm-up
- 20 minute intense cardio (make sure you are WORKING HARD)
- 5 minute cool-down DISTANCE TRAVELLED \_\_\_\_\_

**Day 3 Legs & Abs**

**Leg Press**

- 1 warm-up of 10 reps \_\_\_\_\_
- 1 moderately heavier set of 6 reps \_\_\_\_\_
- 2 heavy sets of 4-6 reps \_\_\_\_\_

**Leg Extension Machine**

- 1 warm-up of 10 reps \_\_\_\_\_
- 1 moderately heavier set of 6 reps \_\_\_\_\_
- 2 heavy sets of 4-6 reps \_\_\_\_\_

**Leg Curl Machine**

- 1 warm-up of 10 reps \_\_\_\_\_
- 1 moderately heavier set of 6 reps \_\_\_\_\_
- 2 heavy sets of 4-6 reps \_\_\_\_\_

**Calf Presses**

- 1 warm-up set of 8 reps \_\_\_\_\_
- 1 moderately heavy set of 6-8 reps \_\_\_\_\_
- 2 heavy sets of 4-6 reps \_\_\_\_\_

**Weighted cable Crunches**

- 1 warm-up set of 10 reps \_\_\_\_\_
- 2 heavy sets of 10-15 reps \_\_\_\_\_

**Stability Ball Crunches**

- 3 sets to failure



**Day 4-Cardio**

**30 minutes**

**5 minute warm-up**

**20 minute intense**

**5 minutes cool-down DISTANCE TRAVELLED \_\_\_\_\_**

**Day 5- Back & Biceps**

**Chin-ups or Cable Pulldowns to front with wide bar**

**1 warm-up set of 8-10 reps \_\_\_\_\_**

**1 moderately heavy set of 6-8 reps \_\_\_\_\_**

**2 heavy sets of 4-6 reps \_\_\_\_\_**

**1 arm dumbbell rows**

**1 moderately heavy set for 6-8 reps \_\_\_\_\_**

**2 heavy sets of 4-6 reps \_\_\_\_\_**

**Barbell Shrugs**

**1 moderately heavy set for 6-8 reps \_\_\_\_\_**

**2 heavy sets of 4-6 reps \_\_\_\_\_**

**Standing Alternate Dumbbell Curls**

**1 warm-up set of 8-10 reps \_\_\_\_\_**

**1 moderately heavier set of 6-8 reps \_\_\_\_\_**

**2 heavy sets of 4-6 reps \_\_\_\_\_**

**Standing Straight Bar Curls**

**1 moderately heavier set of 6-8 reps \_\_\_\_\_**

**2 heavy sets of 4-6 reps \_\_\_\_\_**

**WEEK 5: INSTANTLY ADD WEIGHT TO ALL OF YOUR LIFTS**

Do you want to learn a method that will guarantee you will be able to instantly add weight to all of your lifts?

Learn how to warm up correctly

I do not mean just warming up before you start a workout, but warming up all the way right up to your heavy sets.

In my opinion, most people do not know how to warm up correctly before their weight training routine. This could have a significant and negative impact on their ability to lift maximum weight and overload the muscles sufficiently.

If you do not achieve proper overload, there will be no new muscle fiber stimulation and no new muscle growth.

Many people warm up either way too much before a weight workout or way too little. You must fall between these two. Not only will a proper warm-up lessen our chances of becoming injured. It will increase our strength the very first day we put this principle into practice.

Physiologically speaking, there are very few reasons to lift weights. The biggest two are to increase muscle size and to increase strength. Who does not want more lean, toned muscles and also to be stronger? Weight training also will help prevent bone loss and deterioration. This is of great benefit to women who want to offset the likelihood of osteoporosis.

Most people, even though there are exceptions, do not lift weights because they find it an extremely fun and enjoyable experience.

Therefore, if there are physiologically only a few reasons to lift weights, then every single time we put our hands on those weights, shouldn't the purpose be to either get stronger or more muscular. Not just for the act of bringing a weight up from a rack and to your chest?

Lifting weights do not have a direct impact on fat burning. It does have an indirect effect, for the more lean muscle you have, the more calories you will burn.

So if we want to build muscle, shouldn't we be lifting progressively heavier weight to force new muscle stimulation?

So doesn't that rule out lifting light weights for high reps to try and tone up?

Weight training is anaerobic, not aerobic; so do not try to perform an aerobic workout by lifting weights.

So, how does this relate to warming up correctly?

Simple. Most people spend way too much time and energy warming up to the point that when it is time to perform their heavy, muscle-building sets, they are too wiped out from their warm-ups. This has defeated the purpose of weight training. Lighter weights lifted, less muscle stimulation. This means less muscle growth as a result.

So how do we warm up correctly before a weight training routine? First off, get the blood flowing through the extremities by riding the bike or jogging on the Treadmill for five minutes. Do not, I repeat, do not make this a drawn out cardio session, just warm up for five minutes or so. Break a bit of a sweat. Forcing your body to lift weights before doing some type of lifting is not good practice. It's like a major league pitcher coming right off the bench and throwing as hard as possible. There needs to be a "breaking in" process first, where the blood gets moved around, and the tendons and ligaments become warm. Forcing resistance on a cold muscle heightens the chance of injury. It is also not good to start stretching before a workout without some type of brief warm-up.

The amount of weight you will be able to lift will be greatly diminished if you do not do a short warm-up session.

Now comes the real principle I want to discuss. After your brief warm-up on the bike, it is time to tackle the weights.

The single biggest mistake I see people do time and time again is that they warm up with too many sets and too many reps before attempting their heavy, results-producing sets.

Take the bench press for example. Just the other day, I witnessed someone performing the following routine.

This person started with the bar, which in most gyms is 45 pounds. They busted out a quick, easy set of 10 reps. They then put on 45-pound plates and did another set of 10. So far, so good. Then they went up to 155 pounds and did another 10 reps. Here is where we are starting to go wrong. They are beginning to use way too much energy on these warm-ups.

They then did another set with 175 pounds for 10 more reps, then 200 for a set of 8 reps. So far, 5 sets and this person hasn't even started their "heavy and intense" sets yet! They have wasted time, energy, and intensity all before it really even counted.

On the 6<sup>th</sup> set, they notice they were starting to tire quickly and could only handle 210 for 5 reps. So this is where they stop the bench press portion of their workout figuring that since they are fatigued, they have worked the muscles sufficiently. After talking briefly with this person, I realized they had been at this weight and unable to break past this plateau for months. They just assumed it's where they were meant to be, that they couldn't get any stronger. People often come up with many excuses instead of stepping back from the picture and learning what it may be they are not doing correctly. If you are not progressing forward, something may be wrong.

If the only way a muscle will grow is through increased overload (weight) why expend so much needed energy on warm-up sets? We need to save it for the productive sets, the last one or two of the set where the weight being used is the most you can handle for four to six repetitions. Here is where true muscle stimulation occurs.

Now I will show you how I added over 20 pound to a person' s bench press,  
***THE FIRST DAY I WORKED WITH HIM!***

An important term I learned several years ago was the term “ weight acclimation” set. This simply means performing a set to get used to a certain weight, acclimating to it. This principle is important because it should be used in each and every exercise that you perform.

Warming-up correctly means you should acclimate your muscles to be able to handle additionally heavier weights while progressing through your sets. This means doing just enough reps on a warm-up set without tiring yourself to the point where you have no juice left to finish your heavier sets. You are allowing the muscle group being trained to acclimate to a heavier resistance and more overload without unduly fatiguing.

Any repetition that you perform has one of three purposes.

1. It is a warm-up set.
2. It is an acclimation set.
3. It is your heavy, muscle-building sets.

If you cannot categorize a set you are about to do into one of these three, you should not do the set. It is wasting your time and energy.

Back to how I added 20 pounds to a person' s bench press the first day.

After this person warmed up on the bike for 5 minutes, I met him at the bench press (it seems everyone uses the bench press as a gauge for how things are going). I had this gentleman place 135 pounds on the bar and had him perform ten smooth, easy reps. After resting for a couple minutes, we placed just 20 pounds more on and he did an easy set of eight reps. Then we bumped it up to 175 pounds and he did six reps. He was starting to work harder, but he was not tiring because he was starting to decrease the number of reps he was doing. This is very important. As you go heavier, decrease the warm up reps. After a couple minutes rest, we placed 200 pounds on the bar and he only did three reps. Then we went to 210, his previous best, and I had him only do two reps.

"Gasp", I hear you going. Why only two reps, I thought you were going to help him lift more?

After resting a couple minutes, we placed 230 pounds on the bar and he proceeded to get six good, strict reps. Last week he was only able to push up 210 for four repetitions. In one week, by lessening his warm-up reps and sets, he had added 20 pounds and two reps. Not a bad week' s work?

This illustrates the important points of this topic. Do not overdo your light warm-up sets. They are just that, to warm up, not to fatigue. As we place additional weight on the bar, decrease the reps performed so that you are not tiring out too much on your warm-ups. If staggered correctly, you will have reserved more strength and energy for those last heavy sets and you should notice an increase  
**THE FIRST DAY YOU PUT THIS INTO PRACTICE.**

Learn to get rid of wasted reps and wasted sets in the gym. We are striving for efficiency. This doesn't mean you are working any less; you are just working smarter at working harder.

Do not waste precious energy on repetitions that will prematurely fatigue the muscle, not make it stronger.

When performing a workout for a certain muscle group, like chest, most people do more than one exercise. For example, for a chest routine, you start with flat bench press, and then proceed to incline dumbbell press, and finish with dips.

On your second exercise of the same muscle group (chest), do not start at a very light weight again and re-warm up a muscle that is already warmed up. For example, if you start with the flat bench press and then move onto the incline, do not start light again on your incline. Your muscles are already warmed up from the flat bench. Just perform a set or two of acclimation sets (six to eight reps) and then immediately get into the heavy sets. So as your workout progresses, you will become more efficient by shaving needless reps off.

Do not waste your time “pyramiding”. Pyramiding involves going up in weight for a specific exercise until you hit a heavy set and then lowering the weight so that you can complete more sets and reps to failure. Can you see the flaw here? Why would you ever want to go down in weight if you have reached a certain high point? If overload were the key to getting bigger and stronger (which it is), why would we start doing more sets at a less weight than what you previously did? You are wasting energy and time. As soon as you have overloaded the muscle with a heavy, max set, why lighten the load and go backwards? People theorize that by performing more reps to exhaustion, they are forcing the muscle to work harder, which in turn will respond by growing stronger. This is not sensible, efficient, or productive. It's a big waste of time. This, along with

warming up to failure, are two of the biggest mistakes I see people make. I used to do them all the time too. But when I learned better, I did better. Its no coincidence that I' m lifting weights today that I never dreamed possible just a few years ago. My muscularity has greatly improved from the increased overload in that time as well. All because I have learned to warm-up correctly.

Forced reps are another waste of energy in the gym. One or two forced reps after hitting muscle failure may be fine, but do not have your training partner continue to force you into lifting more sets when you already couldn' t finish the ones you were doing. Forced reps are when your spotter assists you on a lift to the point where they are doing most of the work, not you. If they are helping you lift the weight, you are not truly doing it yourself and you are not reaching true overload. They are taking weight off for you, to help you, so you are actually lifting less weight. Again, a forced rep after you hit failure is fine, but one is all that' s needed. Any more than that and your partner is not doing the set, not you.

What we have learned in this part of the program is one of the most productive, results-producing principles you will ever learn, I guarantee it.

Stop doing too many reps and sets before getting to the heavy ones. Involve acclimation sets on all of your exercises to get your muscles, ligaments, tendons, and joints ready for the progressive overload that' s about to come.

Think quality of sets over quantity of sets. Its not the number of reps and sets that count, it is how you perform them.

## **WEEK: 5**

**\* IT IS VERY IMPORTANT THAT YOU PICK A HEAVY ENOUGH WEIGHT SO THAT YOU REACH MUSCLE FAILURE BETWEEN THIS 4-6 REP RANGE.**



**Day 1 Chest, Shoulders, Triceps**

**Weight**

**Flat Bench Press w/ Straight Bar**

- 1 easy warm-up set for 10 reps \_\_\_\_\_
- 1 slightly heavier set for 6 reps \_\_\_\_\_
- 1 even heavier set for 3 reps \_\_\_\_\_
- 2 heavy sets for 4-6 reps(want to reach failure in this range) \_\_\_\_\_

**Flat Bench Press w/ dumbbells**

- 1 moderately heavy set of 6 reps \_\_\_\_\_  
(no need to go light and warm-up again)
- 2 heavy sets of 4-6 reps \_\_\_\_\_

**Seated Dumbbell Shoulder Press**

- 1 warm-up set of 8-10 reps \_\_\_\_\_
- 1 moderately heavier set of 6-8 reps \_\_\_\_\_
- 2 heavy sets of 4-6 reps \_\_\_\_\_

**Dumbbell lateral raises to the side**

- 1 moderately heavy set of 6-8 reps \_\_\_\_\_
- 2 heavy sets of 4-6 reps \_\_\_\_\_

**Tricep Pushdowns**

- 1 moderately heavy set of 6-8 reps \_\_\_\_\_
- 2 heavy sets of 4-6 reps \_\_\_\_\_

**Day 2- Cardio**

Choose one of the following:

Stairmaster, Treadmill, jogging outside, bicycle, aerobics class (one that moves constantly for 20-30 minutes)

**30 minutes TOTAL**

- 5 minute warm-up
- 20 minute intense cardio (make sure you are WORKING HARD)
- 5 minute cool-down DISTANCE TRAVELLED \_\_\_\_\_

**Day 3 Legs & Abs**

**Leg Press**

- 1 warm-up of 10 reps \_\_\_\_\_
- 1 moderately heavier set of 6 reps \_\_\_\_\_
- 2 heavy sets of 4-6 reps \_\_\_\_\_

**Leg Extension Machine**

- 1 warm-up of 10 reps \_\_\_\_\_
- 1 moderately heavier set of 6 reps \_\_\_\_\_
- 2 heavy sets of 4-6 reps \_\_\_\_\_

**Leg Curl Machine**

- 1 warm-up of 10 reps \_\_\_\_\_
- 1 moderately heavier set of 6 reps \_\_\_\_\_
- 2 heavy sets of 4-6 reps \_\_\_\_\_

**Calf Presses**

1 warm-up set of 8 reps \_\_\_\_\_  
1 moderately heavy set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Weighted cable Crunches**

1 warm-up set of 10 reps \_\_\_\_\_  
2 heavy sets of 10-15 reps \_\_\_\_\_

**Stability Ball Crunches**

3 sets to failure

**Day 4-Cardio**

**30 minutes**

5 minute warm-up

20 minute intense

5 minutes cool-down DISTANCE TRAVELLED \_\_\_\_\_

**Day 5- Back & Biceps**

**Chin-ups or Cable Pulldowns to front with wide bar**

1 warm-up set of 8-10 reps \_\_\_\_\_  
1 moderately heavy set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**1 arm dumbbell rows**

1 moderately heavy set for 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Barbell Shrugs**

1 moderately heavy set for 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Standing Alternate Dumbbell Curls**

1 warm-up set of 8-10 reps \_\_\_\_\_  
1 moderately heavier set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Standing Straight Bar Curls**

1 moderately heavier set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

## WEEK 6: INTENSITY: THE REASON BEHIND SUCCESS

If you have been incorporating these principles we have covered so far into your fitness routine, you should be “feeling” more results than seeing at this point. Seeing them will come. Right now, hopefully, you feel a bit stronger, like your strength has increased on this program. It is normal if you feel a newfound soreness. When following a program like this, we are recruiting muscle fibers that haven't been used a lot and there has been microscopic damage to them that needs to be repaired. This is how the strengthening and muscle-building process occurs. Be careful of overdoing it with sore muscles. After a while, the soreness should subside the more you get involved in this program. If it doesn't, your body is telling you that it isn't done healing. If you continue to train without allowing your muscles to recover, you will greatly increase your chances of over training and becoming sick, injured, or constantly fatigued. Take a day off to rest if your muscles are drastically sore. The extra rest may increase your energy and strength for your next workout. Learn how your body recovers after workouts. Start to “read” what your body is telling you.

### INTENSITY OF THE WORKOUT

Two guys (or girls for that matter) can do the same exact fitness routine with the exercises, the same number of sets, and the same number of reps, yet still have two completely different outcomes as far positive results (not accounting for genetic differences or anabolic aids).

How?

The intensity of how each rep and set of each exercise is done. You've probably heard the phrase “you get out what you put in.” That is the heart of intensity.

Intensity is very difficult to put into words. You either get it or you don't. According to the dictionary, intensity is the extreme degree of strength, force, energy, or feeling. A measure of the amount of energy transmitted. Exceptionally great concentration, power, or force. Intensity is all of these. All of these make a difference in your workouts. Intensity goes hand in hand with overload. Sure, just plain overloading the muscles with more weight will increase your strength and muscularity to a degree.

Train intensely with progressive overload together and the stress produced on the muscles will force them to adapt and grow bigger and stronger. A certain synergy (working well together) is created.

Intensity involves a certain mind-body connection. It is both mental and physical. You literally have to feel the rep, feel the range of motion, and feel the stress on the muscles. Sounds corny, but if you are doing the exercise just to get it done, you will not see good results. You know when you have a really INTENSE workout. I am willing to bet that this was also a really GOOD workout. You remain focused, nothing distracts you, and each and every rep feels light. Everything just goes perfectly. This is intensity. No matter which exercise it is you are doing, it will benefit if you use the utmost intensity while doing it. When you can continuously harness this intensity, the gains you make will truly amaze you. Past studies have shown that the likelihood of injury to the body is reduced as the degree of intensity is increased. If you are comfortable with the intensity you currently use, KICK IT UP, USE MORE. Always try to outdo yourself. Try to hit a higher "peak." This is what separates modest gains from superb gains.

You must have the desire to change your body from where it is now. Without desire, you are setting yourself up for failure. You must want your goal bad enough that you are willing to endure some short-term pain to receive these goals. Link pleasure to working out and pain to missing workouts. You must condition your mind. Stop talking yourself out of going to the gym and start talking yourself into it. With this program, you have been given a point in the right

direction; you now must put forth the effort to go where you want to go. Soon I will offer a list of exercises to do. If you do them just to get them done without putting forth a complete, intense effort, I will not be surprised if you do not reach your fitness goals. I would be more surprised if you did reach them.

This program was designed with intensity in mind. The repetition range for most, if not all, of the exercises is four to six repetitions. It is much easier to maintain maximum intensity for lower reps than it is for higher reps. These short, intense bursts of energy with maximum overload are what will cause future muscle growth. Keeping the workout close to 30-45 minutes will allow you to maintain maximum intensity throughout the workout. It is very difficult, if not impossible, to work out with extreme intensity for an hour.

Only training one or two muscle groups per workout will allow you to focus more intensely on those groups. Never train the whole body in one workout. How can you possibly maintain maximum intensity this way?

Intense exercise significantly affects the release of growth hormone and other anabolic (muscle-building) hormones in the body. Once again, these short, intense bursts of exercise are a catalyst for growth hormone release.

There are going to be days that you do not feel like going to the gym. There will often be legitimate excuses why you shouldn't. Family emergencies, an injury, and sickness are a few. But not going because you just don't feel like it is no excuse. By all means, if you are nursing an injury or the flu, stay home and rest. Any form of physical activity under these conditions would put you further behind.

If you are just a little tired or fatigued or had a bad day at work, do not allow your mind to talk your body into skipping your planned workout. It should not be that easy to just want to miss a workout. If you are tired from working a long day, often times a good, intense workout is the perfect remedy to make you feel better.

I do not necessarily advocate using supplements for energy before a workout, but sometimes you need a kick in the pants to get going. A coffee shortly before working out may give you that extra boost that is needed to get you through a workout. I have tried many “ energy-enhancers” on the market, and some are quite powerful, but they should not be used with any regularity. Try to “ naturally” get pumped up for your workout. That is why it is important to have strong reasons for wanting to go to the gym. You must have a “ driving force” to keep you going when the going gets tough.

From this point on, make the pact to yourself that each and every REP, SET, and EXERCISE you do will be with the utmost intensity. When it is time to do your set, it is ALL business. Focus on the task at hand, moving as much weight as you can with as much energy as you can. While you are doing your set, nothing else in the world matters but performing this set to the best of your ability. Once it’ s done, you cannot get it back. It is just you and the exercise. You want to consistently try to hit a new “ high peak” when doing an exercise. Warm-ups can lack a certain bit of intensity for it is more important to train intensely on your heavy sets, but your warm-ups should not lack focus.

Working out with the utmost intensity is the deciding factor between getting results and wasting your time.

## **WEEK: 6**

**\* IT IS VERY IMPORTANT THAT YOU PICK A HEAVY ENOUGH WEIGHT SO THAT YOU REACH MUSCLE FAILURE BETWEEN THIS 4-6 REP RANGE.**

### **Day 1 Chest & Biceps**

### **Weight**

#### **Flat Bench Press w/ Dumbbells**

1 easy warm-up set for 10 reps \_\_\_\_\_  
1 slightly heavier set for 6 reps \_\_\_\_\_  
1 even heavier set for 3 reps \_\_\_\_\_  
2 heavy sets for 4-6 reps (want to reach failure in this range) \_\_\_\_\_

#### **Incline Bench Press w/ dumbbells**

1 moderately heavy set of 6 reps \_\_\_\_\_  
(no need to go light and warm-up again)  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Dips on Dip Machine**

3 sets to failure

**Standing Barbell Bicep Curls**

1 warm-up of 10 reps \_\_\_\_\_  
1 moderately heavier set of 6 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Standing Alternate Dumbbell curls**

1 moderately heavy set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Day 2- Cardio**

Choose one of the following:

Stairmaster, Treadmill, jogging outside, bicycle, aerobics class (one that moves constantly for 20-30 minutes)

**30 minutes TOTAL**

5 minute warm-up  
20 minute intense cardio (make sure you are WORKING HARD)  
5 minute cool-down DISTANCE TRAVELLED \_\_\_\_\_

**Day 3 Legs, Shoulders, & Abs**

**Squats**

1 warm-up of 10 reps \_\_\_\_\_  
1 moderately heavier set of 6 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Leg Extension Machine**

1 warm-up of 10 reps \_\_\_\_\_  
1 moderately heavier set of 6 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Leg Curl Machine**

1 warm-up of 10 reps \_\_\_\_\_  
1 moderately heavier set of 6 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Calf Presses**

1 warm-up set of 8 reps \_\_\_\_\_  
1 moderately heavy set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Military Shoulder Presses w/ bar**

1 warm-up of 10 reps \_\_\_\_\_  
1 moderately heavier set of 6 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Bent over dumbbell lateral raises**

1 moderately heavy set of 6-8 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

**Weighted cable Crunches**

1 moderately heavy set of 6-8 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

**Day 4-Cardio**

**30 minutes**

5 minute warm-up

20 minute intense

5 minutes cool-down DISTANCE TRAVELLED \_\_\_\_\_

**Day 5- Back & Triceps**

**Chin-ups or Cable Pulldowns to front with wide bar**

1 warm-up set of 8-10 reps \_\_\_\_\_

1 moderately heavy set of 6-8 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

**Seated Back Row on Machine or Cables**

1 moderately heavy set for 6-8 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

**Dumbbell Shrugs**

1 moderately heavy set for 6-8 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

**Close-grip Bench Press**

1 warm-up set of 8-10 reps \_\_\_\_\_

1 moderately heavier set of 6-8 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

**Tricep Pushdowns**

1 moderately heavier set of 6-8 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

**WEEK 7: THE MOST EFFECTIVE SUPPLEMENTS ON THE MARKET**

Many people ask me time and time again which supplements they should be taking to help them in their fitness goals. After speaking with them, I realize often times that all the supplements in the world wouldn't help this person because



they are under the assumption that just by taking supplements, they would totally transform their bodies into the Greek statues they've always wanted.

Supplements are exactly that. They are supposed to supplement your well-balanced diet and your hard work in the gym. They are not a substitute for them. In fact, if you do not train correctly or eat a well-balanced diet, supplements are a total waste of money.

Supplements must be used correctly to be effective. You cannot be haphazard in your approach to taking them, missing days here and there or cutting down the amount taken to make it last longer.

Supplements must be taken on your off days from training just as well as when you are working out. It is on your off days that your body is recovering from strenuous workouts and needs the proper nutrition to support muscle growth.

There is a place for supplements in just about everyone's routines. The correct supplements will assist you if you are unable to take in the nutrients that are required by your body that you normally get from ingesting whole food sources. Using the correct supplement will give you an edge in your weight loss and muscle building efforts.

I say correct because there are literally more supplements on the market that do not work than those that do.

The supplement industry is a multi-billion dollar industry that targets people's emotions. They spend thousands of dollars marketing to people. These marketing campaigns are slick, colorful, and usually downright fraudulent. If a certain product sounds too good to be true, it probably is. If it says that you do not have to exercise or eat well for it to work, they are lying. People at the heads

of these companies will go all out when it comes to fighting for your dollars. Many companies make enough money in a year selling bogus products that they can then retire millionaires. If I sound skeptical, it's because I am. I have just seen too many examples of products that are hyped as the next best thing but just fail to deliver any results.

Undoubtedly there are supplements that offer an array of benefits and we will get to which ones I believe are of value.

There are many supplements being sold that guarantee the world to you and produce no results, except a lighter wallet. Just be careful what you read and who you talk to. Everyone seems to be an expert in supplements, often times recommending a product that they believed caused them to gain strength and size when in fact it wasn't the supplement at all that caused this.

Buying a supplement because you saw an ad in a magazine that offered amazing results is kind of like buying into one of these get-rich quick schemes. If it were that great of a product, wouldn't everyone be taking it? Wouldn't the effective word-of-mouth advertising by people drastically reduce the need for these companies to spend \$10,000 per ad in a magazine? Ads are produced to do one thing and one thing only. To sell a product. You can literally sell anything if you advertise it enough. Just watch the current slew of infomercial on TV. It's ridiculous that these companies are padding their wallets at the expense of vulnerable people who are misled and misinformed and are looking for the right direction.

Again, supplements are not magic. They are not truly needed to get into fabulous shape. However, the right ones can help you get there and stay in better shape if taken correctly. I have benefited from a few specific supplements that we will talk about.

All-in-one supplements that contain the latest and greatest ingredients are not worth their weight either. They usually contain such trace amounts of the key ingredients that any effect is doubtful. Also, try not to take too many supplements at one time. Many compete for absorption against each other. Also, if you take many supplements at the same time, you will not know which ones work and which ones do not.

Stick with reputable, well-known brands that have been around for a while. The scam companies usually get chased out by consumers, reputable competing companies, or sometimes by the FDA (AB belts for example).

Twinlab, AST Sports Science, Nature's Best, Met-Rx, Sportpharma, Lee Labrada, EAS, Balance, NOW Foods, Syntrax, and Optimum Nutrition are just a few of the brand that have been around for a while and do not have overwhelmingly bad publicity.

Remember that there is no magic pill, no cure-all supplement. They are beneficial if you use them often, not once a week. They will produce results if taken consistently over time. Most are not instantaneous (except energy enhancers, which work in about an hour).

### **Meal Replacements**

For optimum fat-burning and muscle-building efficiency, you should be consuming a high-protein, moderate-carb, low-fat meal about every three to four hours. This will keep your metabolism running smoothly. This is approximately five to six meals per day. It's tough to prepare this many meals without either hiring a personal chef or spending lots of planning and prep time in the kitchen.

Welcome meal replacements.

This is the ONE supplement that holds value for anyone looking to lose body fat and lead a healthier, fit lifestyle.

Often times, because of a busy schedule, it may be difficult to eat the correct way and the right types of food. Meal replacements provide a perfect, compact meal in a packet that is high in protein, low in fat (some have no fat) are low in carbohydrates, and contain a wide array of vitamins and minerals. They are low in sugar and cholesterol. They are very nutrient dense and can be mixed easily and conveniently.

In order to get the same benefits as some of the high quality meal replacements, you would have to put together a large whole food meal like a chicken breast (protein) a potato for some carbs, and a salad for the vitamins.

You would have to intricately construct the unique amino acids profile for a huge variety of intact foods and you would have to combine enough different nutrient dense foods to yield a complete 100% recommended daily allowance of all vitamins or minerals and antioxidants. At the same time doing this while keeping unwanted fat and sugars to a bare minimum. Now imagine doing this five to six times a day.

Why bother when you can just rip open a meal replacement packet and toss it into a cup with some water or skim milk. Presto! Instant nutrition.

Meal replacements can assist in fat loss by substituting two to three of your whole food meals with a low-calorie, nutrient-packed instant shake.

One of the meal replacements I have tried and really liked is Nature's Best Perfect Rx. This shake comes in chocolate and vanilla and mixes up smooth and rich. It costs only about \$2.00 a shake. It's hard to find something that nutritious and low in calories for fewer than 2 bucks.

I also like AST Sports Science Ny-Tro Pro-40, which is delicious in the Strawberry flavor. Met-Rx is the granddaddy of all meal replacements. It's been around for 10 years. If something did not have any value to a consumer, it would not be around for 10 years. Met-Rx and AST Ny-Tro Pro-40 are a bit more expensive than Nature's Best Perfect Rx. They are about \$3.00 per packet. Meal replacements are a great tool to help you lose weight. It allows you to replace a meal that may be higher in calories and fat with one that, when mixed with water, is less than 300 calories. This shake has 30-40 grams of protein, 0-2 grams of fat, and little to no sugar. I think you can start to see the value when trying to shave off extra calories here and there from your diet. Just choose one that tastes good to you so that you are more likely to keep taking it.

### Protein

Protein is the major nutrient responsible for muscle growth and repair. Weight-training athletes require more protein than a sedentary person does. Studies with both strength and endurance athletes have indicated that exercise increased the need for protein and amino acids. Your body is in a constant flux of protein turnover 24 hours a day. Whether you train or not, your body demands a constant supply of protein to fuel virtually all metabolic processes required for proper health. Add weight training to the equation and the demand for quality protein in the body soars. It's no secret that protein builds muscle; no other nutrient can do this. Proper protein consumption should be the number one nutritional concern (other than water) for the bodybuilder, endurance athlete, weekend warrior, or anyone looking to sustain or grow lean muscle tissue. As far as the type of protein supplement you should take, whey protein is the most biologically valuable protein source available. This means that more of it is utilized by the body than, say, egg protein or soy protein. This means more is used for muscle growth and immune system enhancement. Milk protein, egg protein, and soy protein are other sources of protein available on the market. Try

adding a protein shake or two a day and watch your results on strength and muscle tissue development start to increase.

I enjoy AST Sports Science VyoPro, VyoPro 2 (also called VP2), Nature's Best Whey Protein and their Isopure Protein, and Met-Rx Protein Plus or Whey Protein. A word of caution, do not go for the biggest bucket of protein at the cheapest price. You get what you pay for. You will probably get a very low-grade protein source that offers little to no biological value because of the way it has been processed. An average price for a quality whey protein is about 20-25 dollars for a two-pound jug. If you are paying 20 dollars for 10 pounds, you are getting a very cheap, probably worthless product.

### Creatine

Without a doubt, this one works. You would be hard pressed to find any health food store or drug store that doesn't carry creatine. This is a must-use supplement for gaining strength, muscle size, and endurance. Virtually every athlete in every sport today uses creatine for these advantages.

Creatine is a compound that is naturally made in our bodies to supply energy to muscles. We just make very little of it and get very little from whole foods. It is used in the body to produce ATP. Creatine will increase muscle fiber size, strength and overall power. It does this primarily by shuttling water into the muscle cells, forcing the body to hold water intramuscularly (within the muscle), not directly under the skin. So contrary to myth, it will not bloat you. The size you gain is from water being held in the muscle. Considering muscle is over 70% water, this is a good thing. The first time I ever tried creatine, I took more than the recommended dosage, which really isn't that much. I gained over 20 pounds of body weight and my bench press went up over 30 pounds in a couple weeks. This was accomplished by taking 20-30 grams a day (loading phase) for the first week and then taking 15 grams after that (maintenance phase).

Creatine works and is a very safe supplement. I would include it as a very inexpensive, very effective tool in my arsenal.

### Glutamine

Glutamine is probably the most underrated and little known supplement. It also may be one of the most important. Intense weight training has an impact on our recovery process and immune system. Glutamine can combat this. It is used by the body to help recover after weight training. Research has shown a link between stress and your body's need for glutamine. In fact, the founder of Met-Rx, the popular meal replacement, is a physician that gave his patients glutamine to speed up their recovery time in the hospital. The secret ingredient in Met-Rx that produces such great results is glutamine. Glutamine is the most abundant single amino acid in muscle tissue. It comprises 61 % of the amino acid pool in skeletal muscle. Glutamine literally drives muscle-building nitrogen into the muscle cell where it is synthesized for tissue growth. Glutamine concentrations fall markedly after training and remain low until complete recovery. What this means is the very rigors of weight training "leaks" nitrogen-carrying glutamine from muscle tissue. This fall in glutamine is catabolic to muscle tissue, meaning it breaks muscle tissue down. Supplementing with glutamine spares free glutamine in muscle tissue, counter acts the fall in muscle protein syntheses, and improves nitrogen balance. A bit scientific, I know, but very important to keep nitrogen retention levels high after training. You train with weight to build muscle. The more intensely you train and the heavier the overload becomes, the greater the muscle growth response will be. Glutamine is a key factor in muscle growth and controlling the whole body glutamine gradients is critical in maintaining and building muscle tissue. The higher the muscle glutamine levels you can maintain, the less chance you have of falling into muscle tissue breakdown.

I have used glutamine from AST Sports Science, Met-Rx, and Nature's Best. It is tasteless, odorless, and colorless. Just mix it into juice, milk, or water three to

four times a day and you will start to "feel" the difference within a week or two. You will not be as sick as often and your recovery time will greatly improve!

### **Multi-Vitamin and Mineral Supplement**

Another must-take for optimum results in and out of the gym. Taking a multivitamin each day is kind of like an insurance policy. You don't really appreciate the fact that it's there until something goes wrong. A multivitamin will ensure you a complete spectrum of all the vitamins and minerals your body needs to carry out the many vital functions it goes through each and every day. If you were to take one and only one supplement, it should be a multivitamin and mineral. For the human body to perform at its maximum potential, it must be fed a vast and complex array of vital nutrients. Becoming deficient in just one of these essential vitamins or minerals breaks down the metabolic pathways that produces optimum efficiency and performance declines. A high performance multi-vitamin that is rich in potent antioxidant and supplies demanding muscles with key vitamins and minerals is needed to perform optimally under stressful conditions.

### **DHEA**

DHEA has been shown in numerous studies to increase testosterone, increase IGF-1 levels, and reduce body fat and lower cortisol levels. Cortisol is a catabolic (breaks down muscle) inducing stress hormone. One study revealed that high dose DHEA supplementation decreased body fat levels by 31% while maintaining the same overall bodyweight in just 28 days. This indicates a significant increase in lean body mass at the expense of body fat. This study shows DHEA may have an ability to significantly alter body composition to favor lean tissue accrual. Another study showed DHEA had an effect on the choice of foods consumed. A controlled animal study showed that those animals administered with DHEA, when given a choice, chose lean protein and carbohydrate food as opposed to foods comprised of high fat. DHEA can be



purchased at just about any health food store or grocery chain. It normally comes in either 50 mg. or 100 mg. Potencies. Our DHEA levels significantly begin to decrease with age, steeply declining after the age of 30 years. So if you've noticed a bit of decrease in your energy level and or sex drive, you could be suffering from lower levels of testosterone. DHEA may prove to be a worthwhile supplement for you.

### **Protein bars**

Have you ever been in a situation where you were hungry and wanted something quick and light to eat but didn't have the time to stop or the time to make it. Protein bars may help in this situation. If you become very hungry at any point during the day, often times your logic and reasoning goes right out the window and you end up driving straight through the Golden Arches. If you are at work and do not have anything with you, you may order one of everything from the vending machines.

Protein bars, if you keep them on hand, will help keep you from ever reaching that hunger point.

Most protein bars have about 15-20 grams of protein and are anywhere from 180 to 300 calories, Some are made to be a snack, like Balance Bars, Zone Bars, or Genisoy Bars, while others like Sportpharma Promax Bars and Met-Rx Protein Plus Bars are meant to take the place of a meal. The down side is, to get a protein bar to have any likable taste at all, it needs to be higher in fat or sugar than meal replacement powders, otherwise it would taste like dirt.

Choosing the wrong protein bar is no different than eating a Snicker's or Milky Way. Just because the wrapper says protein bar doesn't mean it's good for you.

Protein bars are helpful if you need something quick right before or right after a workout. They will not feel heavy in the stomach and should have a rather pleasant taste, almost like a reward for the end of your workout. Some of the ones I have tried and find appealing are Zone Bars, Balance Bars (although a bit high in sugar), Twinlab Ironman Bars, Sportpharma Promax bars, Met-Rx Bars, Genisoy Bars, and Powerbars. Just find one low in sugar (around 10-15 grams is normal), lower in carbs, and lower in fat (try to keep it around 5 grams or less). Protein bars can be a valuable alternate food source when you are really hungry and need something quick and nutritious to consume.

### **Fat-burners/energy enhancers**

This is probably the most controversial category as far as supplements go. The critics so set against these products are probably the most uneducated about them. Ephedra, a substance that has been around for 5,000, has been proven safe if used correctly. You are probably more likely to die from ingesting aspirin than for ephedra products. It is when they are abused by taking too many that the health issue arises.

Where two aspirin may cure a headache, taking 20 may kill you. People think if they take 2 fat-burner pills and lose a small amount of weight, taking 4 pills should double the results. So they can quickly become abused, Ephedra-based fat-burners possess what is called a "thermogenic", or heat-producing effect. This is a process by which heat is generated through the stimulation of your body's brown-fat activity. Brown fat tissue contains an extremely dense concentration of energy-producing structures called mitochondria. Mitochondria produce energy from food. Brown fat is biologically equipped to burn, or "oxidize" lipids, ridding the body of excess fat. Ephedra stimulates this brown fat by creating more "surface" binding sites for epinephrine. This stimulation makes the fat cells burn faster while sparing muscle tissue. I feel that the true benefit of these fat-burners may be from the boost in energy that will

allow you to get through those days that you do not feel like weight training. They will give you that much needed energy to create a more intense workout, which in, turn will lead to better fat-loss results. So they do help you burn fat, just more so in an indirect way. Even though ephedra products have been deemed safe by researcher, I do not advocate taking them just because you are looking for a lazy way to burn fat. Nothing takes the place of hard work and smart eating. But if you are often too tired to train because of a long workday, these products may be of benefit for you. I have tried Ripped Fuel by Twinlab and Thermadrene by Sportpharma. However, the best one I have tried as far as energy increase has been Dymetadrine Extreme by AST Sports Science. Just be sure to use these products as directed by the manufacturer. More of these are not better.

### Glucosamine/Chondroitin

Glucosamine sulfates are sugar molecules that are the essential building blocks for structural compounds in connective tissue. Glucosamine sulfate protects against tissue damage at the cellular level and improves the repair ability of cartilage. Chondroitin sulfates are unique polymers that help draw fluids into molecules of cartilage helping to activate the cushioning effect and assist in nutrient transport into joint tissue.

By enabling joint cartilage to retain water, chondroitin improves lubrication and stimulates the production of building blocks of joint cartilage. Each and every workout, you subject your joints and tendons to literally tons of weight and stress from the numerous sets and reps you perform. The human body is an incredibly resilient machine but the constant stress and pounding your joints take from working out or playing sports can definitely take its toll. If you are experiencing a little ache and pain around some of the joints or your mobility in these areas is not quite what it used to be, than taking glucosamine and/or chondroitin may be of value to you. It is, however, one of the more expensive supplements on the market, but one that has had great results.

## Conjugated linoleic acid

Although the reasons behind the benefit of CLA are not completely understood, it is widely accepted in the exercise science community that CLA counterbalances the negative effects of linoleic acid and regulates fat and protein metabolism in animals. A growing body of evidence indicates that CLA is a newly recognized nutrient that helps to regulate energy retention and metabolism. CLA has been shown in studies to increase growth rate through increased feed efficiency. Animals that had their diets supplemented with CLA increased their body protein (muscle tissue) while at the same time had a significant decrease in body fat. This all occurred in the CLA supplemented animals while their food intake was decreased. Their lean mass increased even though they were eating less. CLA is a naturally occurring substance found in foods such as milk, cheese, beef, and lamb as well as many processed foods. But getting enough CLA from your diet alone would require a considerable intake of these types of foods. This is not only impractical, but would also have a negative impact on your metabolism due to the high caloric penalty you'd pay.

## WEEK: 7

**\* IT IS VERY IMPORTANT THAT YOU PICK A HEAVY ENOUGH WEIGHT SO THAT YOU REACH MUSCLE FAILURE BETWEEN THIS 4-6 REP RANGE.**

### Day 1 Chest & Biceps

### Weight

#### Incline Bench Press w/ Bar

1 easy warm-up set for 10 reps \_\_\_\_\_  
1 slightly heavier set for 6 reps \_\_\_\_\_  
1 even heavier set for 3 reps \_\_\_\_\_  
2 heavy sets for 4-6 reps (want to reach failure in this range) \_\_\_\_\_

#### Incline Bench Press w/ dumbbells

1 moderately heavy set of 6 reps \_\_\_\_\_  
(no need to go light and warm-up again)  
2 heavy sets of 4-6 reps \_\_\_\_\_

#### Standing Cable Curls

1 warm-up of 10 reps \_\_\_\_\_  
1 moderately heavier set of 6 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

#### Standing Alternate Dumbbell curls

1 moderately heavy set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Day 2- Cardio**

**Choose one of the following:**

Stairmaster, Treadmill, jogging outside, bicycle, aerobics class (one that moves constantly for 20-30 minutes)

**30 minutes TOTAL**

5 minute warm-up

20 minute intense cardio (make sure you are WORKING HARD)

5 minute cool-down DISTANCE TRAVELLED \_\_\_\_\_

**Day 3 Legs, Shoulders, & Abs**

**Squats**

1 warm-up of 10 reps \_\_\_\_\_  
1 moderately heavier set of 6 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Leg Extension Machine**

1 warm-up of 10 reps \_\_\_\_\_  
1 moderately heavier set of 6 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Stiff Leg Deadlifts**

1 warm-up of 10 reps \_\_\_\_\_  
1 moderately heavier set of 6 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Calf Presses**

1 warm-up set of 8 reps \_\_\_\_\_  
1 moderately heavy set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Seated Dumbbell Shoulder Presses**

1 warm-up of 10 reps \_\_\_\_\_  
1 moderately heavier set of 6 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Bent over dumbbell lateral raises**

1 moderately heavy set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Weighted cable Crunches**

1 moderately heavy set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

## Day 4-Cardio

30 minutes

5 minute warm-up

20 minute intense

5 minutes cool-down DISTANCE TRAVELLED \_\_\_\_\_

## Day 5- Back & Triceps

### Bent Over Barbell Rows

1 warm-up set of 8-10 reps \_\_\_\_\_

1 moderately heavy set of 6-8 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

### Seated Back Row on Machine or Cables

1 moderately heavy set for 6-8 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

### Dumbbell Shrugs

1 moderately heavy set for 6-8 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

### Lying Tricep Extensions

1 warm-up set of 8-10 reps \_\_\_\_\_

1 moderately heavier set of 6-8 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

### Tricep Pushdowns

1 moderately heavier set of 6-8 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

## WEEK 8: NEVER HIT A PLATEAU AGAIN!

If this program is followed correctly, the days of hitting plateaus just when it seems you are making progress are over.

Your workouts should be very demanding. They should be intense and very focused. With this intensity comes the need to rest to allow your muscles to fully recuperate from the demand that you have placed on them. Muscle growth is achieved by progressively overloading the muscles and forcing them to adapt by adding new muscle to handle future demands. However, if you never allow your

muscles to fully recuperate, they will not be able to handle any new demands placed upon them. They will start getting weaker from less rest. That is how plateaus happen. We are going to take necessary steps to combat this problem. We are going to systematically wipe out long-lasting plateaus, forever. We do this by training smarter, not just harder.

Proper rest and recovery from working out is so important, it literally is the deciding force behind results and no results. We need an in-depth look as to how to fully recuperate and ensure max recovery.

### **Steps to avoid over training and hitting a plateau.**

- Keep workouts short and sweet. Your weight training should be just that, training with weights. Not mixing cardio with it. Workouts do not need to be long to be effective, in fact, if they are too long, they are counter-productive. The goal of weight training is to go into the gym and stimulate muscle growth, not to annihilate the muscles. By stimulating them with progressive overload, you are forcing them to respond and adapt to this progressive overload. Anything more is futile over training.
- Do not turn your weight training workouts into endurance events. Do not try to "burn fat" while weight training because you will not achieve it. Do not make your workouts longer thinking that more time equals more results. Keep your weight training brief and focused. Complete your workout in less than 45 minutes. This short time period will ensure you do not over do it, it will ensure intensity. It's much easier to focus for 30-45 minutes than it is an hour. The growth-assisting hormones secreted in your body actually peak after about 30 minutes of weight training and then begin to decline rapidly. So keep it quick and intense. No total body

workout. Choose one or two muscle groups, train them well, and leave under 45 minutes.

- Keep a lower rep range. If you can lift a weight more than six times on the last set or two of an exercise, the weight is too light and is not producing overload for your muscles. However, if you cannot get at least three or four, the weight is too heavy and you may not be benefiting from it. Keep your range between four and six reps give or take a rep. This low range will ensure maximum overload and increased intensity. Four to six reps get the job done efficiently and more effectively than higher reps with lower weight. Remember, overload (weight) builds muscle, not reps. Keeping reps low ensures more overload and it is also easier to intensely focus on four to six reps than it is for more than ten.
- Keep a low number of sets. Remember that weight training is no marathon. You only need one to two heavy sets of an exercise to stimulate muscle growth. Less may not be enough stimulation and more may lead to over training. If you feel that you did not work a muscle sufficiently after your two heavy sets, I question the amount of weight or your intensity on those sets. You should feel as though you probably couldn't do another set as effectively as your last one. Remember, it's not the quantity of sets that matter, it's the quality. You will achieve better results with two fabulous, hard-working sets than would you with three or four less-intense sets. Believe me, there is a very fine line between doing too many sets and not enough. The line seems to be around one to two heavy sets. There is no law that states if you double the amount of sets, you double your results. More isn't better, better is better.



- Rest enough between your sets. Rest at least a minute between your warm-up sets and at least two minutes between your heavy sets. You need to recuperate enough to handle the demand the next set is going to place upon your muscles. You cannot expend maximum energy on an exercise if you are still fatigued from the last set. You will not be able to lift as much weight or as many reps if you are not rested enough. There is no set amount of time to rest, just feel rested enough so that you can meet or exceed the efforts of your previous set. If you performed a 250-pound bench press for six reps, you need to rest enough so that you can meet or exceed that set. Think of it as a high point that you must reach each and every time you do a set. Without adequate rest, that high point cannot be reached. If the high point isn't reached again, that set was a waste of time.
- Get adequate rest before working the same muscle group again. Heavy and intense weight training produces microscopic fiber damage to the muscles. It is this damage and rebuilding which causes a muscle to get bigger and stronger. Without proper rest between workouts of the same muscle group, you will not recover sufficiently to handle placing more overload on that muscle group. Again, if your muscles cannot handle the overload, results are diminished. You should wait at least five to seven days between working the same muscle group. If you train biceps on Monday, wait until the following Monday to ensure they are rested enough. Training them prior may create an over training environment. Remember that they will get worked while performing other exercises, so they actually are not fully resting all week. One of the most important things you can do for yourself is to start "listening" to how your body feels. Learn to gauge your recovery time and start training more on how you feel rather than on a schedule set in stone. For example, if you train your biceps Monday and then come next Monday, for whatever reason, they are still aching sore,

give them another day's rest. Do you truly feel you will be able to lift with maximum overload and intensity with overly sore biceps? You are lifting for progress, not just for the act of lifting some weight. If a muscle group is still very sore, there is still some fiber damage creating that soreness that needs to heal. Training with sore muscles is like trying to shovel your way out of a hole. You get nowhere. Taking an extra day off to rest will ensure the next day's workout produce results. If increasing muscle strength and size is a goal, you need to create an environment where they are able to perform at their maximum, not when they are sore.

- Take a week break after two months of training. After every two months of intense, solid training, take an entire week off from weight training and cardio. Two months of constant training likely will take a toll on your muscles' ability to recover. You must allow them to recover by having them take a break. Do not allow the alleged psychological barrier of taking a week off stand in your way. You may be thinking you will lose ground by taking time off, but nothing can be further from the truth.
- To avoid over training and hitting a plateau in the weight room, do not over do your cardio workout. Keep your cardio at three to four sessions per week, 20-30 minutes a session. Too many cardio days or too long of a cardio session negatively impacts our muscle-building efforts. Cardio actually reduces the body's production of testosterone, the main hormone responsible for building lean muscle. Too much cardio will cause you to be sore more often. Again, learn to listen to your body. This week will allow your body to rest and heal and come back stronger and more energetic. You will be more focused and intense. During this week off, continue proper nutrition for it is during this week that you need to ensure your muscles are getting fed properly. This week off is where much of your muscle growth takes place. You are letting your body recover from the

previous cumulative weeks of working out and it is time for them to recharge. I was skeptical about taking a week off the first time I tried it. When I came back to the gym after the week off, I was more energetic and stronger. My bench press increased by over five pounds my first day back. I am no longer a skeptic.

These are a few tips you can use to avoid hitting a plateau. But what if you feel that you are, in fact, over training and have hit a plateau?

What are some of the signs of over training? First of all, if you are not looking forward to getting into the gym any more, that may be a sign. If you are sluggish and tired more often than usual, that's also a sign. If you are struggling to lift weights that are not normally a struggle, then that is a sign of possible over training. If you are getting sick more than you normally do, you are over training because your immune system is not as strong as it should be. These are just a few of the signs that you may be over training.

If you feel you have hit a plateau and are over training, immediately take a week off. You may just need some rest. Use this time to heal and continue to eat properly. Make sure your protein level is high for this is the time your muscles need the building blocks to work with. This rest and proper nutrition will be very anabolic (muscle building) to your body. It may be all you need to bust through that plateau.

One way **not** to overcome a plateau is by trying to work through it. You cannot make something better by doing what it was that caused it in the first place! I chuckle when I see people in the gym doing set after set of rep after rep, trying to break past a plateau. They say that they are trying to "feel the burn," trying to bust through that plateau. Feeling the burn is no indicator of muscle growth or success. Feeling the burn simply means that your muscles have been infused

with lactic acid. This has no direct impact on muscle growth. In fact, it impairs it. I see people yelling and making faces, screaming in agony all the while lifting a very light weight for unneeded endless reps. Looks good but it produces limited results. Doing set after set of rep after rep is going to do more harm than good. Avoid these people that tell you to do this like the plague. Do not associate more reps with better results. I guarantee these people performing this routine do not have the muscularity to back up their theory!

Finally, a word on supplements that may help you avoid over training. The most important is taking a multivitamin and mineral. Also, keep your protein levels high, for no other nutrient is directly responsible for creating muscle tissue. One supplement being highly regarded for its positive effect on your immune system is glutamine. Glutamine is an amino acid that is derived from whole food sources that helps the body in the recovery process after strenuous exercise. It is the single most abundant amino acid in muscle tissue and comprises 61% of the amino acid pool in skeletal muscle. It is difficult, though, to get enough of it through whole food sources alone.

I have used this supplement and have noticed a marked effective in my recovery ability. I am able to train harder, more often. I seem to bounce back from a tough workout better without any negative residual effects the next day. Hospitals, in fact, give their patients' glutamine to speed up recovery time after a severe trauma like burns. Weight training is trauma to the body, just in a different manner, so it will directly have an effect in the recovery process. Glutamine is fairly expensive but I feel is worth what it costs. What price can you pay for having a health immune system and the ability to come back strong from workouts? The big reason steroid users can grow muscle so much quicker than the rest of us is simply because the steroids help them recover from their workouts faster, so they can train more often with better results. Glutamine will not produce quite the same results as steroids, but I feel you will notice the

difference by taking 30-40 grams each day. Less than this amount and I do not think you are supplying the body with enough glutamine reserves to make a largely positive impact.

These are a few things you can do to avoid over training and hitting a plateau. Stick with low reps, short workouts, plenty of rest between heavy sets, and take time off every 2 months of training.

When I work with people, I often notice that their barriers to progress are usually more in their heads than in their body. If they feel they are in a rut, most often, they will start to act like they are in a rut, and this translates into having poor and unproductive workouts. If you feel you are starting to fall into this trap, resolve to have the best workout you possibly can have. Keep setting high standards and strive to reach them each time you step into the gym. Do not talk yourself into a plateau.

## **WEEK: 8**

**\* IT IS VERY IMPORTANT THAT YOU PICK A HEAVY ENOUGH WEIGHT SO THAT YOU REACH MUSCLE FAILURE BETWEEN THIS 4-6 REP RANGE.**

### **Day 1- Cardio**

Choose one of the following:

Stairmaster, Treadmill, jogging outside, bicycle, aerobics class (one that moves constantly for 20-30 minutes)

**30 minutes TOTAL**

**5 minute warm-up**

**20 minute intense cardio (make sure you are WORKING HARD)**

**5 minute cool-down DISTANCE TRAVELLED \_\_\_\_\_**

### **Day 2 Chest, Shoulders, Triceps & Abs**

**Incline Bench Press w/ Straight Bar**

**1 easy warm-up set for 10 reps \_\_\_\_\_**

**1 slightly heavier set for 6 reps \_\_\_\_\_**

**1 even heavier set for 3 reps \_\_\_\_\_**

**2 heavy sets for 4-6 reps(want to reach failure in this range) \_\_\_\_\_ \_\_\_\_\_**

**Dumbbell Flat Bench Chest Press**

1 moderately heavy set of 6 reps \_\_\_\_\_  
(no need to go light and warm-up again)  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Seated Dumbbell Presses for Shoulders**

1 warm-up set of 10 reps \_\_\_\_\_  
1 moderately heavy set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Standing Tricep Pushdowns on Cable Machine**

1 moderately heavy set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Weighted cable Crunches**

1 warm-up set of 10 reps \_\_\_\_\_  
2 heavy sets of 10-15 reps \_\_\_\_\_

**Day 3- Cardio**

Choose one of the following:

Stairmaster, Treadmill, jogging outside, bicycle, aerobics class (one that moves constantly for 20-30 minutes)

**30 minutes TOTAL**

5 minute warm-up

20 minute intense cardio (make sure you are WORKING HARD)

5 minute cool-down DISTANCE TRAVELLED \_\_\_\_\_

**Day 4 Legs, Back, Biceps & Abs**

1 arm-dumbbell rows  
1 warm-up set of 8-10 reps \_\_\_\_\_  
1 moderately heavy set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**V-grip Cable Lat Pulldowns to the Front**

1 moderately heavy set for 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Standing Straight-Bar Bicep Curls**

1 warm-up set of 8-10 reps \_\_\_\_\_  
1 moderately heavier set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Squats on Smith Machine**

1 warm-up of 10 reps \_\_\_\_\_  
Another warm-up of 8-10 reps ( a bit heavier than first set) \_\_\_\_\_

1 moderately heavier set of 6 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Stiff- Leg Deadlifts w/ Dumbbells**

1 warm-up set of 8 reps \_\_\_\_\_  
1 moderately heavy set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Calf Presses on Calf Machine (put belt around waist)**

1 warm-up set of 8 reps \_\_\_\_\_  
1 moderately heavy set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Day 5-Cardio**

**30 minutes**  
5 minute warm-up  
20 minute intense  
5 minutes cool-down DISTANCE TRAVELLED \_\_\_\_\_

**WEEK 9: THE BEST CHEST, BACK, AND AB EXERCISES**

I am going to go out on a limb here and say that most people do not know how to work out correctly. By this I mean, they are often times confused as to what exercises to do, how many reps to do, how many sets to do, how often to do them, how many days to work out, and so on, so forth.

My goal for this program is to give you an answer to each and every one of those issues. This part of the program starts with the fundamentals of which exercises to do and which should never be done again.

These exercises are based upon which ones offer the most muscle overload and stimulation. It's progressive overload that stimulates muscle growth, nothing else. Never do an exercise just for the sake of doing. Make sure it is the best use of your energy. There should be a precise reason for each and every repetition you perform. Ask yourself, before performing an exercise, if that particular exercise is going to offer you the most overload to the muscle.

Some exercises you should never do again because they fail to properly overload the muscles and are just a waste of your time. Just because an exercise or machine was invented does not mean it has to be included into your routine. Keep things simpler than that. Stick with the basics of weight training, those exercises that work and produce results. We are going to hit on each exercise that I feel is worth including in a routine. Do not feel you have to change exercises often for your routine to be effective. I would say stick with the same, good, ones, but always try to do them better. Do not confuse variety with effectiveness. Never get rid of an effective exercise like the bench press and replace it with an ineffective one like dumbbell flyes because you are bored. The more variety of exercises you do does not mean better results. I know of many people over the years that have built incredible bodies with the same base of 12-14 exercises, year after year. They just continue to get better at doing them.

If you continue to do the basic, effective exercises we discuss, you also will get better at them. With this improvement will come increased results. I really believe strength is just a by-product of learning to do something better. It's easier to focus on an exercise that feels like second nature than on one that is unfamiliar to you.

Every single exercise, for it to be effective, must produce maximum overload to the targeted muscle group. Therefore, you can and should do away with most isolation exercises like preacher curls, concentration curls, dumbbell flyes, and isolation machines. These greatly reduce the amount of leverage you can use; greatly reducing the amount of weight you will lift. I guarantee you will be stronger on standing barbell curls than on sitting preacher curls. You have more leverage to do the standing curls. Optimize this leverage; use it to your advantage to increase the overload you are placing on your muscles. Also, do away with most, not all, one-arm or one-leg movements. Some single arm movements like dumbbell curls, lunges, and dumbbell back rows create



significant overload to the muscles, but most one- limb movements do not. Any time you are working one limb at a time, you are doubling the amount of time and energy needed to perform that exercise. Instead, pick the exercise that allows you to put all of your energy and focus into your set at once.

Here, in order of effectiveness, are the best chest exercises you can add to your routine.

### **Flat Bench Press with Bar**

- The flat bench press is the king of all chest exercises. It works the chest, shoulders, and triceps simultaneously. First lie flat on the bench with your eyes even with the bar. Your feet should remain flat on the floor and your butt and shoulder blades should remain in contact with the bench. With the contact points in place you can keep a slight arch in your back. Grip the bar evenly with your hands a bit wider than shoulder width. Lift the bar off the rack and control the bar down to the bottom of your chest. With explosive force, drive the weight back up. Repeat this motion until you have completed your desired reps. During the entire exercise, your feet should be firmly planted on the ground. This will help give you a stable foundation. To help you generate more power, drive through with your feet and keep a natural arch with your lower back as you push the weight up from your chest. Do not restrict your range of motion for the use of a heavier weight. You see this sometimes when people only lower the bar halfway to the chest. Little do they realize that this is actually more difficult than going all the way down to the chest. Flat barbell bench presses are very effective for chest development because you can easily achieve a great deal of overload in an efficient manner.

### **Incline Bench Press with Bar**

- Sit on the incline bench with your feet firmly planted on the ground. Grip the bar with a slightly wider than shoulder grip. Make sure your hands are spaced evenly on the bar. Lift the bar up. Under control, lower the bar across your upper chest, right above your neck. With an explosive motion, push the weight up and slightly back. Again, make sure you keep your feet firmly planted on the ground throughout the exercise. This will give you a sturdy foundation. Keep your butt and shoulders in contact with the bench at all times. Incline barbell bench presses are a great compound exercise for strength and development that allows you to place a lot of overload on the upper pectoral region.

### **Bench Press with Dumbbells**

- Be sure to use your legs when you are picking up the dumbbells so you don't put any undue stress on your lower back. Do not get into the habit of bending over and lifting the dumbbells with your back. When you have grabbed them, stand up with the dumbbells resting on your knees. Make sure that the bench is directly behind you and sit down so the dumbbells are resting on your lower thighs by your knees. This will help you get the movement started. To get the weight into the correct starting position, rock back so you are lying flat on the bench and use your knees to help move the dumbbells up into position. Now with an explosive motion, push the dumbbells toward the ceiling keeping them in line with your chest. As you are pressing up, rotate your thumbs toward each other so the dumbbells come together and form an "A" at the top of the movement. Now, under control, lower the dumbbells back to the starting position with your palms facing each other and dumbbells parallel with your body. After you have completed your set, bring your knees toward your chest so they are in line with the base of the dumbbells and rock your body forward and sit up so the dumbbells are again resting on your knees. Now you can stand up to put them away.

### **Incline Bench Press with Dumbbells**

- Sit on the incline bench with the dumbbells resting on your knees. To get the dumbbells into the starting position, use your knees to help kick them up one at a time lifting your knee towards your chest. With an explosive motion, push the weight towards the ceiling keeping it in line with your upper chest. As you push the weight up, bring your hands together so the dumbbells form an "A" shape when they come together at the top of the movement. With control, lower the weight back to the starting position rotating your palms back so they are facing each other and the dumbbells are again parallel with your body. When you finish your desired reps, bring your knees up and in line with the base of the dumbbells. Rock yourself forward so the dumbbells are again resting on your knees. Stand up and lower the dumbbells back to the ground.

### **Dips**

- Grab the dip bars with a secure grip and hold yourself up with your arms straight. Lean your upper body forward and slowly lower yourself by bending at the elbows. Lower your upper body until you feel a good stretch across your chest. With an explosive motion, push yourself back up. To place more load on the chest, it is important to lean forward into the movement and dip in an arch motion. Your body weight may be sufficient at first but as you get stronger you will need to add extra weight to create enough overload. This can be accomplished by using a dip belt.

### **Chest Exercises Not To Do**

- **Dumbbell Flyes-** do not waste your time with dumbbell flyes. I am willing to bet that you can press more weight than you can flye. If that is the case, and I am sure it is, then the amount of overload to the chest is greatly diminished by doing flyes. Less overload means less muscle stimulation. You cannot

shape the chest muscles by doing flyes; God gave you your predetermined shape. You cannot change the shape of any muscle in your body; you can only make them larger or smaller. Many people assume flyes help out on shaping the chest muscles but this just isn't the case. If you can change your genetic shape of your muscles, then you are in the same league as God. Pretty good company to be in.

- **Cable Crossovers and Pec Deck**-Same reason to skip these as was with flyes. Not enough overload to the chest. You can press more than can you flye, so stick with bench presses on the flat bench and incline and throw in some dips and your chest work is fine.

**Here are the most effective back exercises:**

### **Lat Pull-ups or Chin Ups**

- Grip the chin-up bar with your hands a bit wider than shoulder width. Start with your body hanging and your arms straight giving your lats a complete stretch. Now pull yourself up until your chin is over the bar and your back is fully contracted. Lower yourself slowly and under control until you are down to the original starting position. Hold for about a second and then repeat the motion. Make sure that you are under total control during each repetition. Avoid swinging and using too much momentum.

### **Bent-over Bar Rows**

- Stand with your feet about shoulder width apart. With the bar directly in front of you, grip the bar slightly less than shoulder width with an overhand grip. Lift the bar and bend over so your back is parallel to the floor. Let your arms hang fully extended, stretching your lats. With an explosive motion lift the bar to the

bottom of your rib cage. Keep your elbows close to your body as you pull the bar up and be sure to contract your back as the bar touches your body. With control, lower the bar back to the starting position. Your arms should be extended giving your lats a full stretch. Keep your back arched throughout the exercise and do not round your lower back.

### **One arm Dumbbell Rows**

- Position a dumbbell on the ground next to a flat bench. Place one knee on the bench with your other leg planted on the ground. Lean forward so your back is parallel to the floor and support your upper body by placing your hand solidly on the bench. With the opposite hand, reach down and grab the dumbbell. When you start, your arm should be fully extended with the dumbbell just off the floor. Keeping your back slightly arched and your elbow close to your body, pull the dumbbell towards your rib cage. Lift the dumbbell towards you until the weight touches your body. Under control, slowly lower the dumbbell back to its original position fully stretching your back. After you complete your desired reps, place the dumbbell on the floor and switch sides to work the other half of your back.

### **Cable Pulldowns**

- Grip the bar attachment just before the ends of the bar start to angle. Hold onto the bar and sit down. Make sure that the lap bar is positioned so that your legs are locked solidly underneath it. In the starting position your arms should be fully extended giving your lats a full stretch. Pull the bar to the top of your chest trying to touch your chest with the bar. Fully contract your lats. Under control, extend your arms back to the starting position again fully stretching your lats. Make sure that you are fully stretching your lats at the top of the movement by letting your arms extend. Get a complete contraction by lowering the bar to the top of your chest. Contrary to belief, the wider you grip

does not have an effect on how wide your lats become. If you grip too wide, you will increase pressure on the shoulder joints. You will also lose overload because you will not be as strong with a very wide grip. Also, always bring the bar in front of you, not behind the neck like some do. Bringing the bar behind the neck puts undo pressure on the neck and shoulders.

## **Deadlifts**

- Deadlifts are a very demanding exercise, but very effective for building overall, total body strength. With the bar on the floor, stand close to the bar with your feet a bit narrower than shoulder width apart. Bend at the knees, lower your hands to the bar, and grip the bar about shoulder width with one palm facing in and one palm facing out. Get into a squat position. Keep your head up and the bar close to your shins. Lift the weight and drive through with your legs as you lift up until you are standing in an upright position with your back locked. Keep the bar very close to your body and squat back down, lowering the weight to the starting position. It is very important that you use good form while performing deadlifts to avoid injury.

## **Seated Back Row**

- Grab the machine handles and sit into position keeping your knees slightly bent and your feet planted on the floor. Bend at the waist and lean forward giving your lats a complete stretch. Row the weight into your body as you return to a seated upright position. As you row the weight into your body arch your back and stick your chest out, squeeze your shoulder blades together when you bring the handles towards your chest. Control the weight throughout the entire exercise and avoid any jerking in the motion. Don't limit your range of motion for the use of a heavier weight.

## Effective Trapezius Exercises

### **Barbell and Dumbbell Shrugs**

- Shrugs work the traps as well as the shoulders, upper back, and forearms. With the bar or dumbbells in hand, lift the weight straight up, as if you are trying to touch your ears with your shoulders and then slowly lower the weight back to the starting point. Do not rotate your shoulders unless you care to injure them. Make sure you contract your traps on the way up and then stretch them as you lower the weight back down. If your hands or wrists give out before your traps do, invest in a pair of wrist wraps. These will help keep the weight gripped even when your hands are tired.

### **Upright Rows**

- Upright rows work the traps, shoulders, forearm, and upper back. Grab a curl bar or straight bar with a narrow, overhand grip. While holding the bar in front of you with your arms fully extended, pull the bar up under your chin and slowly lower the weight back down. Keep the bar close to your body as you raise and lower it. Keep your lower back tight and strong.

## Proper Abdominal Exercises

Abdominals need to be treated much like any other muscle group you are looking to strengthened and develop. Lower reps and progressive overload will work the abdominals more efficiently than will high reps with little or no weight. Keep reps low, between 10-15. Do not fall into the trap many people do, thinking that if they do a lot of reps, it will increase the likelihood of developing the abdominals.

Nothing could be further from the truth. To develop the abdominal region, you must stimulate muscle growth with progressive weight increase and also target body-fat loss by focusing on reducing calories and increasing cardio. You cannot

spot reduce the abdominals by doing crunch after crunch. It must be a synergistic approach between strength training, cardio and proper diet.

### **Hanging leg raises**

- Grab the pull-up bar and let yourself hang. Lift your legs up and contract your abs. Under control, lower your legs back to the starting position. Make sure you are not swinging up, using momentum to lift your legs. Fully contract your abs each and every rep.

### **Leg Raises**

- Lie flat on your back and place your hands, palms down, under your buttocks. Keep your lower back rounded and slightly raise your shoulders off from the floor. Keeping your legs slightly bent, raise them about 12 to 16 inches off from the floor. With control, lower them back until they are about 6 inches away from the floor. Do not arch your back while performing these. Placing your hands under your buttocks will help keep your lower back rounded and firmly planted on the floor. This keeps the tension on your abs. Do not lift your legs too high or tension will leave the abs and do not rest your legs on the ground during your set.

### **Crunches**

- Lay flat on the floor or a bench. Bend your legs and raise your knees so your legs are perpendicular to the floor. With your hands placed in front of your chin, behind your head, or folded on your chest, exhale and curl your upper body towards your knees, contracting your abdominals hold the contraction for a second and then slowly lower your upper body back to its original position. If you have your hands behind your head, do not pull up in your neck. Keep your lower back in contact with the floor and round your shoulders



towards your pelvis. Be sure to fully contract and stretch the abs during the exercise. Don't let the tension leave the abdominal area.

### **Cable crunches.**

- Grab the triceps rope and lower yourself down to your knees. Keeping your hands above your head, crunch your body towards the floor until you are approximately 90 degrees from vertical. Under control, raise yourself back to the starting position. Keep your legs and hips stationary and make the movement come from your waist. Stretch and contract the abs each rep but be sure to keep full tension on abdominal region the entire time.

## **WEEK: 9**

**\* IT IS VERY IMPORTANT THAT YOU PICK A HEAVY ENOUGH WEIGHT SO THAT YOU REACH MUSCLE FAILURE BETWEEN THIS 4-6 REP RANGE.**

### **Day 1- Cardio**

Choose one of the following:

Stairmaster, Treadmill, jogging outside, bicycle, aerobics class (one that moves constantly for 20-30 minutes)

#### **30 minutes TOTAL**

5 minute warm-up

20 minute intense cardio (make sure you are WORKING HARD)

5 minute cool-down DISTANCE TRAVELLED \_\_\_\_\_

### **Day 2 Chest, Shoulders, Triceps & Abs**

#### **Incline Bench Press w/ Straight Bar**

1 easy warm-up set for 10 reps \_\_\_\_\_

1 slightly heavier set for 6 reps \_\_\_\_\_

1 even heavier set for 3 reps \_\_\_\_\_

2 heavy sets for 4-6 reps(want to reach failure in this range) \_\_\_\_\_

#### **Dumbbell Flat Bench Chest Press**

1 moderately heavy set of 6 reps \_\_\_\_\_

(no need to go light and warm-up again)

2 heavy sets of 4-6 reps \_\_\_\_\_

**Seated Dumbbell Presses for Shoulders**

- 1 warm-up set of 10 reps \_\_\_\_\_
- 1 moderately heavy set of 6-8 reps \_\_\_\_\_
- 2 heavy sets of 4-6 reps \_\_\_\_\_

**Standing Tricep Pushdowns on Cable Machine**

- 1 moderately heavy set of 6-8 reps \_\_\_\_\_
- 2 heavy sets of 4-6 reps \_\_\_\_\_

**Weighted cable Crunches**

- 1 warm-up set of 10 reps \_\_\_\_\_
- 2 heavy sets of 10-15 reps \_\_\_\_\_

**Day 3- Cardio**

Choose one of the following:

Stairmaster, Treadmill, jogging outside, bicycle, aerobics class (one that moves constantly for 20-30 minutes)

**30 minutes TOTAL**

5 minute warm-up

20 minute intense cardio (make sure you are WORKING HARD)

5 minute cool-down DISTANCE TRAVELLED \_\_\_\_\_

**Day 4 Legs, Back, Biceps & Abs**

- 1 arm-dumbbell rows
- 1 warm-up set of 8-10 reps \_\_\_\_\_
- 1 moderately heavy set of 6-8 reps \_\_\_\_\_
- 2 heavy sets of 4-6 reps \_\_\_\_\_

**V-grip Cable Lat Pulldowns to the Front**

- 1 moderately heavy set for 6-8 reps \_\_\_\_\_
- 2 heavy sets of 4-6 reps \_\_\_\_\_

**Standing Straight-Bar Bicep Curls**

- 1 warm-up set of 8-10 reps \_\_\_\_\_
- 1 moderately heavier set of 6-8 reps \_\_\_\_\_
- 2 heavy sets of 4-6 reps \_\_\_\_\_

**Squats on Smith Machine**

- 1 warm-up of 10 reps \_\_\_\_\_
- Another warm-up of 8-10 reps ( a bit heavier than first set) \_\_\_\_\_
- 1 moderately heavier set of 6 reps \_\_\_\_\_
- 2 heavy sets of 4-6 reps \_\_\_\_\_

**Stiff- Leg Deadlifts w/ Dumbbells**

- 1 warm-up set of 8 reps \_\_\_\_\_
- 1 moderately heavy set of 6-8 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

**Calf Presses on Calf Machine (put belt around waist)**

1 warm-up set of 8 reps \_\_\_\_\_

1 moderately heavy set of 6-8 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

**Day 5-Cardio**

**30 minutes**

5 minute warm-up

20 minute intense

5 minutes cool-down DISTANCE TRAVELLED \_\_\_\_\_

**WEEK 10: PROPER LEG AND SHOULDER EXERCISES**

**Leg exercises**

**Squats**

- Let's put it this way, if you are not squatting, you are not serious about committing to the most effective weight training exercises you can do. Without a doubt, squats are not only the best leg exercise you can do, they may be the best exercise you can do, period. Squats not only work the legs; they work the whole body! The primary muscles worked by squats are the quads, hamstrings, glutes, and lower back. The secondary muscles used are just about every single muscle in the body. You use your abs and back (trunk region) to stabilize your body as the bar is on your back. You use your shoulders, traps, and arms to keep the bar up on your back.

Unless there is an injury prohibiting you from doing so, squats should be performed every single time you do your legs. They are that effective. I often hear from women about certain areas of the body that they want to zero in on and work. The glutes (butt) is one of the ones I hear the most. To tighten and firm the butt, there is no more effective exercise to do than squats. Make sure they are done correctly, because even though they are the most effective exercise you can do, they also come with the most risk to the lower back if done incorrectly. If done correctly, not only will squats strengthen your lower back, but

also your knees and the muscles around the knees. So if your back and/or knees are troubling you, try to lightly introduce squats into your routine and you will notice these areas start to strengthen.

Research has shown that during squats, it is so intense an exercise that the body releases many muscle-building hormones to help handle the stress the body is going through. This hormonal spike may be one reason squats are so effective at building muscle. So learn how to squat correctly and keep it a staple in your fitness program!

When you start, you can utilize either a Smith Machine bar or a free-standing squat bar.

Walk up and under the bar, placing the bar on your back, near your traps. Do not place it directly on your neck. Have it more towards the back, near your shoulder blades.

Now, stand with your feet shoulder width apart and then look straight ahead, keeping your back and abs tight. Now, pretend there is a chair directly in back of you. Sit back, bending at the knees and squat so that your legs come down parallel to the floor. Do not go too deep for you could place a lot of stress on your knees. When you reach parallel, drive back up with explosive force, coming to the start position, but leave a little bend in the knees, do not lock them. This will keep the overload on the quads and not the knees.

When doing squats, keep your feet planted firmly on the ground and use this foundation to explode the weight back upwards. Start doing squats with a very light weight until your form is comfortable.

## Leg press

- The leg press also works the quads, hamstrings, and glutes, but not nearly as effective as squats do. One mistake people make when performing leg presses is not getting maximum depth when doing the leg press. That is, they do not bring their knees towards their chest enough to get an adequate range of motion. I often see people put a large amount of weight on a leg press and then only do partial reps. Anyone can do this, it's not impressive. It's more impressive to lighten the load and do very deep, full range reps. If you cannot squat for whatever reason (injury), leg presses can be substituted.

## Lunges

- Lunges work the hamstrings very well. You get a very good stretch on the lowering portion of the lunge. To maximize this stretch, step onto a platform or block that is about 6 inches off from the ground. Other muscles targeted are the glutes, quads, and lower back. The only downside to lunges is that you are expending twice the amount of energy than squats because you are doing one leg at a time. If performed once in a while, they may add an effective workout to your hamstrings.

When performing lunges, think of doing them like squats, only one leg at a time. With either the bar on your back or dumbbells in each hand, step forward and bend at the knee and then push your body back up. Then alternate legs.

Lunges are a good exercise for the legs but I believe squats are better because you can utilize all of your energy at once and not worry about alternating legs, actually doing twice as much work then if you did one set of squats.

## **Stiff-legged dumbbell or bar deadlifts**

- This is a very effective hamstring exercise. It also involves the glutes, lower back, and arms, shoulders upper back, and traps. Make sure to keep your knees just slightly bent and your lower back supported (focus on keeping it tight) the stretch on these is very important. Never bounce when doing these. Keep a slow, fluid movement the entire time while performing these.

Grip the bar a bit wider than shoulder width with an overhand grip and lift the bar up to a standing position.

Keep a slight bend in your knees and bend at the waist, looking straight ahead. Lower the bar towards your feet until you feel a stretch throughout your hamstrings then raise the weight back up.

Repeat until you have completed your reps then set the bar down.

## **Leg curls**

- These are pretty straight forward because the directions are posted on the machine. Lie face down on the leg curl machine. Adjust the leg pads so they are comfortably resting on your ankles.

Keep your upper body flat on the pad and curl the weight up towards you. Lower the weight under control until your legs are almost straight, giving a complete stretch. This exercise directly targets the hamstrings and maybe a bit of the lower back. Because this machine is an isolation machine, the amount of overload that can be used on a hamstring machine is limited; it is not the best exercise to perform for hamstrings. Stiff-legged deadlifts are much more effective.

## Leg extensions

- Another exercise that can be followed by using the directions on the machine. Leg extensions work the quads directly. They are not the most effective leg-building exercise because it is an isolation exercise. Squats work the quads much more effectively. I feel they do hold their place in a leg workout though. I often do them before squats to warm-up the quads. Sit on the leg extension machine and adjust the leg pad so it is resting comfortably on top of your ankles. Extend your legs and fully contract your quads. Lower the weight back to the starting position and repeat this motion until you have completed your reps.

## Standing calf raises

- Standing calf raises are an effective calf development exercise. You can either use the standing calf machine or the smith machine bar with a platform under your feet in order to raise your feet off from the ground. Just make sure the platform you are on is sturdy enough so you don't take a tumble.

Step onto the platform with the balls of your feet planted securely on the platform and your heels extended off the platform. Have the pads of the machine resting on your shoulders and keep your legs slightly bent. Your back should remain straight and your head up looking straight forward.

With an explosive motion, drive the weight upwards by standing on your toes. Under control, slowly lower the weight until your heels are below your toes giving your calves a good stretch. After completing your set, bend your legs to set the weight down.

### **Calf raises on the leg press**

- Another effective calf exercise that allows you to use maximum overload on the calves is the calf press. Go to the leg press and place the balls of your feet on the edge of the platform and keep your heels off from the platform. Press the platform forward with the balls of your feet and fully contract your calves. Slowly lower the weight back to the starting position.

### **Shoulder exercises**

#### **Standing or seated military press**

- Military presses are an excellent total shoulder development exercise. They can be done seated or standing. You' ll have to do them seated if you use the smith machine. Lower the bar to the front of your chest and then explode upwards. Do not lock your arms up for this will shift the resistance to the triceps. Keep your arms slightly bent and keep the intensity on the shoulders. Always do them to the front, not behind the neck. Doing them behind the neck causes a lot of unneeded stress on the shoulder joint.

#### **Standing or seated dumbbell shoulder press**

Another good shoulder exercise. These can be done standing or seated as well. Set with your back flat against the seat back and have your feet firmly planted on the ground. Use your knees to help kick the dumbbells into the starting position one at a time.

Explode with the dumbbells on the way up but then lower them twice as slowly on the way down. Once again, do not lock out your



arms so that the resistance is kept on the shoulders and not the triceps. One advantage of dumbbell presses over bar presses is the increased range of motion that dumbbells allow. However, both are very effective total shoulder exercises.

### **Dumbbell side lateral raises**

- Although somewhat of an isolation exercise, most people do not do these with nearly the weight that they can handle. Your form on these do not have to be perfect, for the less rigid you are, the more weight and more overload you can handle. Stand with your feet shoulder width apart, providing a sturdy foundation. Have your arms slightly bent and hold the dumbbells in front of your waist with your palms facing each other. As you raise the weight up, go slightly higher than shoulder height and tip your hands so that your thumbs are pointing down slightly, kind of like dumping out a soda can. There needs to be a balance between strict form and loose form. You should use neither. Either being too strict or too loose while doing these can bring about undue stress on the shoulders and back. Find a comfortable position and don't be afraid to use some weight. These work the medial deltoids well and will give that full, round look to your shoulders.

### **Bent-over dumbbell side laterals**

- These work the rear deltoids very effectively. They are performed much like regular side laterals except you are bent-over, keeping your back very tight. Explode with the weight upwards and then lower the weight twice as slowly. Do not just let the weight drop. Control the weight on the way down.

## Seated or standing front dumbbell raises

- With 1 dumbbell at a time, raise the dumbbell straight up in front of your face so that it is just at shoulder level and then slowly lower the weight back down. Remain rather loose with your form so that you can increase the weight you use, therefore increasing the overload. These work the frontal deltoids very effectively. Don't go nuts with these though because your front deltoids get worked when you do chest exercises like bench presses, so it is easy to overwork them.

## WEEK: 10

**\* IT IS VERY IMPORTANT THAT YOU PICK A HEAVY ENOUGH WEIGHT SO THAT YOU REACH MUSCLE FAILURE BETWEEN THIS 4-6 REP RANGE.**

### Day 1 Chest, Shoulders, Triceps

### Weight

#### Flat Bench Press w/ Straight Bar

- 1 easy warm-up set for 10 reps \_\_\_\_\_
- 1 slightly heavier set for 6 reps \_\_\_\_\_
- 1 even heavier set for 3 reps \_\_\_\_\_
- 2 heavy sets for 4-6 reps(want to reach failure in this range) \_\_\_\_\_

#### Flat Bench Press w/ dumbbells

- 1 moderately heavy set of 6 reps \_\_\_\_\_  
(no need to go light and warm-up again)
- 2 heavy sets of 4-6 reps \_\_\_\_\_

#### Seated Dumbbell Shoulder Press

- 1 warm-up set of 8-10 reps \_\_\_\_\_
- 1 moderately heavier set of 6-8 reps \_\_\_\_\_
- 2 heavy sets of 4-6 reps \_\_\_\_\_

#### Dumbbell lateral raises to the side

- 1 moderately heavy set of 6-8 reps \_\_\_\_\_
- 2 heavy sets of 4-6 reps \_\_\_\_\_

#### Tricep Pushdowns

- 1 moderately heavy set of 6-8 reps \_\_\_\_\_
- 2 heavy sets of 4-6 reps \_\_\_\_\_

### Day 2- Cardio

**Choose one of the following:**

Stairmaster, Treadmill, jogging outside, bicycle, aerobics class (one that moves constantly for 20-30 minutes)

**30 minutes TOTAL**

5 minute warm-up

20 minute intense cardio (make sure you are WORKING HARD)

5 minute cool-down DISTANCE TRAVELLED \_\_\_\_\_

**Day 3 Legs & Abs**

**Leg Press**

1 warm-up of 10 reps \_\_\_\_\_

1 moderately heavier set of 6 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

**Leg Extension Machine**

1 warm-up of 10 reps \_\_\_\_\_

1 moderately heavier set of 6 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

**Leg Curl Machine**

1 warm-up of 10 reps \_\_\_\_\_

1 moderately heavier set of 6 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

**Calf Presses**

1 warm-up set of 8 reps \_\_\_\_\_

1 moderately heavy set of 6-8 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

**Weighted cable Crunches**

1 warm-up set of 10 reps \_\_\_\_\_

2 heavy sets of 10-15 reps \_\_\_\_\_

**Stability Ball Crunches**

3 sets to failure

**Day 4-Cardio**

**30 minutes**

5 minute warm-up

20 minute intense

5 minutes cool-down DISTANCE TRAVELLED \_\_\_\_\_

**Day 5- Back & Biceps**

**Chin-ups or Cable Pulldowns to front with wide bar**

1 warm-up set of 8-10 reps \_\_\_\_\_

1 moderately heavy set of 6-8 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

**1 arm dumbbell rows**

1 moderately heavy set for 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Barbell Shrugs**

1 moderately heavy set for 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Standing Alternate Dumbbell Curls**

1 warm-up set of 8-10 reps \_\_\_\_\_  
1 moderately heavier set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**Standing Straight Bar Curls**

1 moderately heavier set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

**WEEK 11: BLAST THE BICEPS, TRICEPS, AND FOREARMS**

There are now two weeks left in the program. We are now down to the wire, where you will have to finish with a vengeance. You can change quite a bit in these next two weeks because your body is starting to react to the first ten weeks. You have been conditioning your metabolism for the past ten weeks to operate in a certain way, so now you should start seeing more and more results. What you have seen so far as a result of this program is just the tip of the iceberg. The best results are yet to come. After the first 12 weeks, if you continue to implement all of the principles into your fitness routine, the next 12 weeks will be even more productive. There will have been a cumulative effect and your muscle to fat ratio will be greater, causing your muscle to burn off more calories. This is why muscular people can stay lean without doing much cardiovascular work.

If the first ten weeks of this program have not been as productive as you had liked, you can still change what you do about it. You can give up and wish the weight off, or you can make the decision to change immediately and attack the program with a renewed vigor and intensity. The choice is yours for the making.

If you have been following this program all along, the theme that seems to run through each week is that we are performing certain basic exercises that allow us to lift as much weight possible, safely. We are striving for as much overload to the muscles as possible. Basic, compound movements allow this to happen. Muscle growth is simply a result of progressively handling more weight.

If you want to make great gains on your biceps and triceps, stick with the very basic exercises that follow. We are going to do away with any exercise that creates isolation. Isolation, in its approach, reduces overload to the muscle.

### The most effective bicep exercises

#### **Standing straight-bar curls**

This is, without a doubt, the best overall bicep exercise you can do. It is the epitome of this program we are doing, which are low reps of heavy, intense, basic compound movements. Standing straight-bar curls allow you to directly hit the biceps with a great degree of overload. Stand with your feet about shoulder width apart. Space your hands shoulder width and grip the bar with an underhand grip.

Begin with your arms straight, biceps fully extended, and your upper body leaning slightly forward. With an explosive motion, curl the weight towards you contracting the biceps. During the curling motion, move your upper body back to an upright position. With control, lower the weight back to its original position getting a good stretch and lean slightly forward.

To make these the most effective they can be, you need to lower the weight twice as slowly as you raise it. Most of the muscle fiber stimulation actually occurs on the negative, or lowering, portion of the exercise. So don't just let the weight drop. Control it all the way down. Also, make sure you lower the weight all the way down so that the bar is touching your legs. Do not get into the habit of doing partial reps on curls. You need a full range of motion in order to work the bicep. Remember, the lowering portion actually works the biceps more than the lifting, so why wouldn't you want to increase the range of motion and go all the way down with the bar? If for whatever reason these straight-bar curls create a lot of stress to your wrists, try using the curved curl bar. The positioning of the wrists will reduce much of the tension. I don't think there is much difference as far as effectiveness for the biceps.

### **Standing alternating dumbbell curls**

- Hold the dumbbells at your side with your palms facing each other. Curl one dumbbell at a time rotating your palm forward as you lift the weight. After fully contracting the bicep, lower the dumbbell under control rotating your hand back to its original position. Repeat the same steps with the opposite arm. Alternate back and forth until you have completed your reps.
- Normally I am not an advocate for many 1-arm movements, but this one is great for creating overload to the biceps. These should be done standing, for several reasons. First, you should be able to lift more weight if you are standing versus seated. More weight means more overload. Also, sitting down while performing these could add unnecessary stress to the lower back you do not need. These add a different "twist" than do straight-bar curls. With dumbbells, you can twist your wrist at the top of the exercise, when you contract the bicep. This twist of the wrist on the way up allows you to more fully contract the bicep. Once again, it is very important that you lower the

weight twice as slowly as you raise it. Also, allow one arm to be completely done its repetition before lifting the other arm. I see many people start to raise and curl one arm before the other one is even done. It is all right to cheat a bit on your last, heavy set of these. Try to get as many reps with good form as you can, but the last few you can cheat a bit by swinging the weight up a bit. Do this only after fatigue has set in with proper form. These extra cheat reps cause additional overload to the biceps.

The combination of these two bicep exercises will allow you to gain strength and muscularity in your arms more so than any other bicep exercises. They are both included in every single bicep workout that I do. In fact, many bicep workouts I do only include these two exercises and yet they have allowed me to add inches to my arms in a short amount of time.

### **Straight-bar cable curls**

- These are done much like standing straight bar curls. These also allow maximum overload to the biceps; the big difference is that the cables and weight stack create constant tension on the biceps. The stretch achieved by these makes it a very effective exercise. Again, slowly lower the weight and allow it to go all the way to your legs, so that your arms are completely straight. These make a great finishing exercise for biceps.

### **Bicep exercises not to do**

#### **Preacher curls, concentration curls, One- arm cable curls**

- Do not waste your time with any of these exercises. Before asking why, see if you can answer that. If we know that overload, in fact, the most overload possible, will create muscle growth, why would we want to isolate a muscle so

that it cannot lift the most weight possible? When you do preacher curls, you are isolating the biceps to the point that they will not be able to handle as much weight as standing straight-bar curls. I have not met anybody that can preacher curl as much as they can curl standing with the straight bar. Therefore, if you cannot do as much weight, why bother doing it. The muscles respond to overload and isolation exercises reduce overload. The muscles respond to more weight, not less and your biceps sure don't care how this is achieved, as long as it is. The same goes for concentration curls. These are way too isolated to achieve any real muscle stimulation. Concentration curling 25-pound dumbbells does nothing for your biceps when you can stand and curl 45-pound dumbbells alternately. Concentration curls will not assist in giving your bicep a peak. The only ways to heighten your bicep peak is to progressively lift more weight and sooner or later they will grow big enough to establish your "peak." also, genetics play a huge role in your biceps peak. Some people do not even have to work out their biceps and they have a great bicep peak. Genetics will do this. Remember that you cannot change the shape of a muscle; you can only make it bigger or smaller. Lift more weight, make your biceps bigger, and you will achieve more of a peak. Isolation exercises like preacher curls and concentration curls are a waste of time unless you just like to do them and you do not care about the most efficient, effective bicep builders. If that's the case, have at it. If you want bigger, more muscular arms, stick with standing straight-bar curls and alternate dumbbell curls.

### **The most effective tricep exercises**

Much like there was for biceps, there are two tricep exercises that are above the rest in terms of effective stimulation of the muscles. If you want bigger, fuller looking arms, work more on your triceps. Triceps (3-headed) make up more of



your arm than do biceps (2-headed). Most people are so preoccupied with biceps training that they forget about triceps. Bigger triceps mean bigger arms.

### **Lying tricep extensions**

- Place a curl bar at the head of a bench. Sit down, grab the bar with an overhand, narrow grip, and lie down on your back, pushing the weight up and straight over your chest. Bend at the elbows lowering the weight behind your head. With an explosive motion, push the weight back over your head until your arms are fully extended with the weight above your chest. When you complete your reps, use your momentum to rock your body up and stand up to put the bar back on the edge of the bench.
- This is probably the most effective tricep exercise you can do. You can use very heavy weight with these, increasing the overload factor to the triceps. Use a curved curl bar for these. There are a couple of points to keep in mind. When you lower the weight, bring it past your forehead and down towards the middle of your head. Bringing the bar to your forehead will create unwanted pressure and stress on your elbows. After you slowly lower the weight towards the back of your head, power the weight back up forcefully, extending and locking your arms, contracting your triceps. Also, once you have completed these for your set of 4-6 reps, do not bother doing close-grip bench presses immediately after, using the same bar and weight. Once you have fatigued the triceps on your set, it is pointless to try and do a few reps of close-grips at a lighter weight than you can handle when doing regular close-grips. Save your energy.

## Close-grip bench presses

- This is the second of two extremely effective tricep exercises. This is a definite muscle builder for the triceps. It is performed just like a regular bench press except your hands are 6-8 inches apart from one another. You lower the weight to your chest like a regular bench press, and then forcefully push the weight up, locking your arms and contracting your triceps. Do not grip with a too-narrow grip of this will definitely cause some pain to your wrists. Regular grip bench press also works the triceps, but when you bring your hands closer together, more overload is directed to the triceps.

## Cable tricep pushdowns

- Reach up, grab the bar, and push the bar down towards your thighs. Stand with a sturdy foundation that will allow you to lean into the movement. Now bend at the elbows and control the weight up until the bar is by your chin. With an explosive motion, push the weight back down until your elbows lock, fully contracting the triceps. Repeat this until you complete your reps.
- These are a great tricep exercise, designed to hit the triceps with serious overload. Most people can do these with more weight than they think they can. When doing these, lean forward a bit, lean into the weight. This will keep you more balanced and will also allow you to handle more weight than standing straight up. Also, when bringing the weight up, allow the bar and your arms to come up a bit more than parallel to the floor. Allow the bar to come up to about shoulder level. The reason behind this is to increase the range of motion and to also decrease the stress on the elbows. Really exaggerate locking the arms and squeezing the triceps when you bring the weight down.

### **Seated tricep extensions**

- These are very similar to lying tricep extensions except that you are sitting straight up with these. You will also need a partner to hand you the weight. Sit up straight on a flat bench or an incline bench and have someone hand you the curl bar. Lower the weight from above your head to behind your head as deep as possible and then forcefully drive the weight back up, locking your arms in the straight-up position. These can also be done with a dumbbell. Grab a dumbbell and lower it behind your head. Forcefully push the dumbbell back up, contracting your triceps.

### **Dumbbell kickbacks**

- These are effective if done right. First off, you need to use a pretty heavy weight in order for them to properly stimulate the triceps. Keep your arms to your side and drive your arm back, fully locking out your triceps. Slowly lower the weight to the starting position. Because these are 1-arm movements, they are not as efficient as lying tricep presses and close-grips. But if done right and with enough weight, they make a great finishing exercise.

### **Dips on dip machine or between 2 benches**

- These should not be an exercise you start with when doing triceps. It is a great finishing exercise. The overload principle is diminished a bit on these. You need to do dips with weight if they are going to be effective. This means doing them on the dip machine and adding the weight belt to you with extra resistance. If doing these between 2 benches, place a heavy dumbbell near your groin area to add some extra resistance to the exercise. Because it is difficult to add a lot of weight to these, they should be done towards the end of the triceps workout.

## The most effective forearm exercises

Because your forearms get hit indirectly while performing bicep curls, they do not need extensive work but they do still need to be trained.

### **Wrist curls**

- The primary muscles involved are the flexor and extensor muscles of the forearm. Grip a straight barbell with an underhand grip with your little fingers about four inches apart. While sitting on a bench rest your forearms on the bench with your wrists facing up and hanging over the end of the bench. Curl the bar upward with your wrists. Stop briefly at the top with your forearms flexed and then lower the weight all the way to the starting position twice as slowly as you curled it.

### **Reverse Wrist Curls**

- The primary muscles involved are the extensor muscles of the forearm. Secondary muscles used are the flexor muscles of the forearm. Grip a straight barbell with an overhand grip with your thumbs about four inches apart. While sitting on a bench rest your forearms on the bench with your wrists facing down and hanging over the end of the bench. Curl the bar upward with your wrists. Pause briefly at the top WITH your forearms flexed and then lower the weight all the way to the starting position twice as slowly as you curled it.

### **Standing Dumbbell Wrist Curls**

- Standing straight with your arms by your side and palms facing in grip a dumbbell in each hand. Using just your wrist, curl the dumbbell up toward

your side. Pause briefly at the top of the movement and flex the muscles of the forearm. Curl the weight back down and away from your side.

## Hammer Curls

- Grab a set of dumbbells. Hold the dumbbells at your side with your palms facing each other. Curl one dumbbell at a time keeping your palm facing inward. After fully contracting the bicep, lower the dumbbell under control back to its original position. Repeat the same steps with the opposite arm.

It is very important that you fully contract the bicep every rep. Treat these just like alternate dumbbell curls, except your holding the dumbbells straight up in your hands.

## WEEK: 11

**\* IT IS VERY IMPORTANT THAT YOU PICK A HEAVY ENOUGH WEIGHT SO THAT YOU REACH MUSCLE FAILURE BETWEEN THIS 4-6 REP RANGE.**

### Day 1 Chest & Back

### Weight

#### Flat Bench Press w/ Straight Bar

- 1 easy warm-up set for 10 reps \_\_\_\_\_  
 1 slightly heavier set for 6 reps \_\_\_\_\_  
 1 even heavier set for 3 reps \_\_\_\_\_  
 2 heavy sets for 4-6 reps(want to reach failure in this range) \_\_\_\_\_

#### Incline Bench Press w/ dumbbells

- 1 moderately heavy set of 6 reps \_\_\_\_\_  
 (no need to go light and warm-up again)  
 2 heavy sets of 4-6 reps \_\_\_\_\_

#### Deadlifts

- 1 warm-up set of 8-10 reps \_\_\_\_\_  
 1 moderately heavier set of 6-8 reps \_\_\_\_\_  
 2 heavy sets of 4-6 reps \_\_\_\_\_

#### Seated Cable Pulldowns w/ v-grip

- 1 moderately heavy set of 6-8 reps \_\_\_\_\_  
 2 heavy sets of 4-6 reps \_\_\_\_\_

#### Barbell Shrugs

- 1 moderately heavy set of 6-8 reps \_\_\_\_\_  
 2 heavy sets of 4-6 reps \_\_\_\_\_

## Day 2- Cardio

Choose one of the following:

Stairmaster, Treadmill, jogging outside, bicycle, aerobics class (one that moves constantly for 20-30 minutes)

30 minutes TOTAL

5 minute warm-up

20 minute intense cardio (make sure you are WORKING HARD)

5 minute cool-down DISTANCE TRAVELLED \_\_\_\_\_

## Day 3 Legs, Shoulders, & Abs

### Leg Press

1 warm-up of 10 reps

1 moderately heavier set of 6 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

### Leg Extension Machine

1 warm-up of 10 reps \_\_\_\_\_

1 moderately heavier set of 6 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

### Leg Curl Machine

1 warm-up of 10 reps \_\_\_\_\_

1 moderately heavier set of 6 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

### Calf Presses

1 warm-up set of 8 reps \_\_\_\_\_

1 moderately heavy set of 6-8 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

### Dumbbell Lateral Raises

1 warm-up of 10 reps \_\_\_\_\_

1 moderately heavier set of 6 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

### Seated Dumbbell Presses

1 warm-up set of 8 reps \_\_\_\_\_

1 moderately heavy set of 6-8 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

### Crunches w/ dumbbell on chest

1 warm-up set of 10 reps \_\_\_\_\_

2 heavy sets of 10-15 reps \_\_\_\_\_

### Stability Ball Crunches

3 sets to failure

## Day 4-Cardio

30 minutes

5 minute warm-up

20 minute intense  
5 minutes cool-down DISTANCE TRAVELLED \_\_\_\_\_

### **Day 5- Biceps & Triceps**

#### **Standing Straight Bar Curls**

1 warm-up set of 8-10 reps \_\_\_\_\_  
1 moderately heavier set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

#### **Standing Alternate Dumbbell Curls**

1 moderately heavier set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

#### **Lying Tricep Extensions**

1 warm-up set of 8-10 reps \_\_\_\_\_  
1 moderately heavy set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

#### **Tricep Pushdowns**

1 moderately heavy set for 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

## **WEEK 12 PUTTING IT ALL TOGETHER**

The end of this program actually signifies the beginning of your new lease on fitness. The ideas and principles in this program should never change. They are the foundation for achieving success in your fitness endeavors. Do not go back to the old, less effective ways.

This is a new way of thinking, a new way of working out. If just one of these principles you have learned will help you in changing your routine for the better, then my time spent was well worth it.

If you are serious about weight training, losing fat, gaining muscle, toning up, or any other fitness related goals then the principles in this program are for you.

Follow this program to a “t” or as close to it as you can and the results you achieve will be literally phenomenal.

I’m not exactly 100% sure of what everyone’s unique fitness goals are, but I have been in the business long enough to realize that they all are pretty similar and can be summed up in just a few ways. People want to lose body fat, gain muscle, gain strength, gain flexibility, feel stronger, feel better, be more fit, eat healthier, and have improved self-esteem and confidence. If your goals were not a subset of one of these, I would have to question your motives behind working out. If your goals do include any of these things mentioned, you should be using this program to the very best of your abilities.

Let’s go through each principle again, in short detail, so that we can tie these principles together in some logical and sequential order. Each principle will have a reason behind doing it; I will not just tell you to do something without backing it up.

This program was not designed to be finished in 12 weeks, it was designed to be used forever, at least while you are still physically capable.

There is a saying that goes, “ You did what you did because that is what you knew.” “ When you knew better, you did better.” This is true of this program. You have learned tried and true methods for changing your body and your outlook on fitness.

Let’s go over each week again so that we can tie together nicely all of the principles behind this program.



## Week 1 Goals.

This is probably the most important principle in the program. You must have a strong enough reason for wanting to change. If not, change will either not come or will not be long lasting. List what it is you want to achieve. Write down how many pounds you want to lose, how many inches you want to have come off from your waist, how many percentage points you want your body fat to fall. Be specific. You cannot hit a general target; you must go after a focused target. Once you have written your goal down, it is time to take action and work towards achieving it.

## Week 2 The Basics of weight training.

Keep your weight training routine simple. Chose basic exercises that are effective and that work multiple muscle groups at the same time. Keep your reps lower on all exercises. The less reps you perform, the more weight you can use. This is the foundation of strength training and muscle building. With lower repetitions comes the ability to focus more intensely. It' s easier to lift with intensity if you are not doing so many reps.

Perform only 1 or 2 heavy sets per exercise. The more sets you do will not stimulate any more muscle growth than 1 or 2 good, heavy and intense sets. It is not how much you do of something, it' s how you do it. Keep your workout short and sweet, under 45 minutes. Again, it' s easier to lift with increased energy and focus if it' s only being done for 30-45 minutes. After your time is up, it's time to leave the gym so your body can adequately rest and recover for the next workout.

Rest a minute between warm-up sets and at least two minutes between your heavy sets. You want to be able to handle maximum weights during your heavy sets. This is hard when you have not rested enough between sets.

Train each muscle group only once in a five to seven day period. Allow the muscle group to recover before working it again. If not, you will go back wards in results, not forwards. Your muscles need to repair themselves before being subjected to heavy overload and stress again. Train each muscle group once a week and that ensures proper recovery time.

After 2 months of intense, solid training, take a week off to recover. What happens to a flashlight battery if it is not allowed to recharge? It wears out and becomes useless. Your body, if not given proper recovery time, will begin to wear down and stop operating as effectively. This week off will help your body rest from the residual effects of the last 2 months of workouts. Do not be a total sloth during this week off; just do not do anything real physical like cardio or weight training. You can go for a walk or bike ride, just do not overdo it. After this week off, you will come back stronger and more energetic, I guarantee.

### **Week 3: Fat-Burning and cardio tips.**

To lose body fat, you need to create a calorie deficit, meaning you need to expend more calories than you consume. This is as hard and as simple as it gets. You need to find your daily calorie amount and then start reducing it by 150-200 per day. This, in combination with effective cardio, will create a calorie deficit in which body fat can start to be burned.

Treat your cardio like a workout, meaning keep the sessions short but intense. Work hard at your cardio. Performing 20-30 minutes three to four times per week is more than sufficient at creating a calorie deficit if you are working hard enough. Also, eat five to six small, well-balanced meals spaced about three hours apart.

Try to get 50% of your daily calories from protein, 40 % from carbohydrates, and 10% from fats. Drink plenty of water throughout the day as well.

#### **Week 4: Eating to Burn Fat 24/7**

To be well you need to eat well. Working out does not give you a green light to eat anything and everything. In fact, working out creates an environment where it is more important to focus on what it is you are consuming. Try to consume high quality protein from whole food sources like chicken, fish, egg whites, lean red meat, and dairy products. Eat complex carbs like vegetables, brown rice, and yams.

Do not attempt to eat more fats in fear you are not getting enough. Most people get more than they need. There is no magic answer when it comes to supportive eating. If you feel guilty about eating something, then maybe you shouldn't be eating it. Do not diet because you will set yourself up for failure. You cannot create long-term changes by dieting. It is not a long-term solution. Just eat good foods often and bad foods in moderation. We want to create our eating habits to work with you forever, not just for a few weeks so that you lose 5 pounds.

#### **Week 5: How to add weights instantly to all of your lifts.**

Do not jump right into a weight-training workout. Warm-up on a cardio machine for around 5 minutes, then hit the weights. Also, when doing weight training, do not warm-up to the point you become tired before your heavy sets occur. Use weight acclimation sets to allow your muscles to get ready for the upcoming additional demands. Jumping from a light set to a heavy set will increase your chance of injury so you must stagger your weights to offset this.

## **Week 6: Intensity: The Reason Behind Success**

If you are not putting forth an intense effort while working out, you do not deserve good results. You get in return exactly what you put in. Work hard and you will get results. Be lazy and your results will be minimal. Each and every time you go to work out, have your driving force, your reason for changing, at the forefront of your mind. Remember the fact that, once this workout is done, you can never get it back, no matter how bad you want to. Resolve to have the best workout each and every time. It is only 30-45 minutes a day you are putting forth max effort. The results will pay off huge though.

## **Week 7: The best supplements on the market**

Let me make this point clear. Supplements are not needed to achieve superb fitness results, but they may get you there quicker and may allow you to stay at the top longer. Many supplements, however, do not work and are a waste of your hard-earned money. I would recommend everyone take a multivitamin and mineral to ensure you are receiving all your key nutrients. I would also invest in some meal replacement powder or bars so that if you are in a situation where you need to eat, you will be less likely to choose junk if you have one of these on hand. Not to mention, they can be useful in speeding up the metabolism. If you need to eat every 3-4 hours, that can be difficult to do with whole food, but becomes simpler with meal replacements.

For strength and muscle size increase, creatine and glutamine are two safe, effective supplements that may be worth a try. CLA may promote fat burning and muscle tissue sparing and DHEA may be beneficial if you are suffering from low levels.

If you are working out properly and following a health diet, supplements are not needed. They can, however, make it easier to reach your goals

### **Week 8: Never hit a plateau again**

This one is easy. Read week 2 again and follow the fundamentals as closely as you can. This should ensure that you never hit a plateau again. If you are feeling like you may have hit a plateau in your program, immediately take some time off and start this program over again, following the basics closely and ensuring proper rest and nutrition.

### **Week 9: The best chest, back, and ab exercises.**

If overload is key to building lean muscle, why would we do any exercise that compromises the overload achieved. For the chest, stick with flat bench press with bar and dumbbells, incline bench press with bar and dumbbells, and throw in some dips for good measure. Get rid of flyes and cable crossovers, you cannot handle as much weight as on the presses. Less weight means less overload.

Less overload means less muscle.

The basics for back should include chin-ups, pull downs, bent over rows, seated rows, deadlifts, and shrugs.

Treat your abdominals like your other muscle groups. Add weight and resistance to them and focus on doing lower reps, in the range of 10-15. Weighted crunches, cable crunches, leg raises, and stability ball crunches are all good ab exercises. The abs can be worked a bit more than other muscle groups for they are of higher endurance. You can get away with training them twice a week, but no more. Again the key is to use resistance to chisel that midsection.

## Week 10: Leg and shoulder exercises

Squats are the king of leg exercises, probably the king of all exercises. Include them in any effective leg routine. Take the time to learn to do them correctly though, for with this extra benefit comes extra risk.

Stiff-legged deadlifts are great for the hamstrings. Calf raises and presses help work the calves. The key to effective leg training is using low reps with heavy weight. We know high reps do not build leg muscles, this is what walking is, high reps with no additional weight. Walking is nothing more than extremely high reps.

Shoulders should be worked by performing presses and raises. Presses with dumbbells or a bar are great mass builders for the delts. Stick with dumbbell lateral raises and bent over lateral raises to finish off the shoulders.

## Week 11: Blast the biceps, triceps, and forearms

These are fairly small muscle groups but it seems everyone places such an emphasis on them though. I mean, who doesn't want great set of arms. This is done rather simply. Do standing bar curls and alternate dumbbell curls for the biceps. Stick with close-grip bench presses, lying tricep extensions, tricep pushdowns, and dips to work the triceps. Forearms are worked with wrist curls on either a bar or dumbbell and hammer curls.

That is basically how this all comes together. You put it together by committing yourself to each and every step of the program. Just about every facet of fitness has been discussed within these pages. I would not change much, if anything, in this program. The more you change, the less effective this program becomes.

Some of the areas you may switch around are:

- You can change the order of the exercises. For example, one week do flat bench presses, incline bench presses, and then dips. The next week do the incline bench press first. Switch from using bars to dumbbells. Just do not go back to ineffective, less overload-producing exercises.
- Change the combo of muscle groups works. Start with chest and back on Monday, legs and shoulders Wednesday, and biceps and triceps on Friday. Eight weeks later, do chest and triceps on Monday, legs and biceps on Wednesday, and back and shoulders Friday.
- Start training only one muscle group per day. That is, just do chest Monday, back Tuesday, legs Wednesday, shoulders Thursday, and arms Friday. This allows you to completely focus on that one muscle group, working it intensely, knowing full well that you do not have another muscle group to do afterwards. However, you must make it to the gym at least 5 days for this routine to be effective and you may have to do cardio on weekends or at opposite times of the day from your weight training.

There you have it, the simple but effective ways to ensure your fitness goals will be achieved. Keep things basic and focus more on just a few good exercises rather than too many. A huge, broad band of light can give you a tan while a laser beam can cut through steel. That is the power of focus. So get comfortable with these principles. Read them often until they are second nature, for they should never change. There are no excuses anymore for reaching your fitness goals. You have the tools at your disposal.

If you would like one on one instruction on how to achieve better results in less time, consider becoming an online training client. You will receive step-by-step

instructions with a written plan of attack that will keep you moving towards those important fitness goals you have. Visit <http://www.shawnlebrunfitness.com> for more information on becoming a training client.

Also, we discussed many different supplements in this book. I have set up an arrangement with a top-quality supplement company where you can save 20-50% off supplements purchased through their website. You can order from the comfort of your own home and have them delivered to your doorstep a couple days later. It is very convenient and also very economical. Visit <http://www.shawnlebrunfitness.com/generic17.html> for more information.

A source of information that has helped me tremendously the last couple of years has been the written and audio work of Brian Tracy, an expert on top-level achievement. Through Brian's programs, I have excelled and achieved most of all the goals I have set in the area of finances, career, and relationships. His information is easy to understand and is very practical, he gives action steps that you can incorporate in all areas of your life that will start to produce results immediately. I have arranged special deals on some of Brian's programs through my website. Visit <http://www.shawnlebrunfitness.com/generic18.html> for more information.

Now you know better, therefore, you can do better!

Best in Health

Shawn C. LeBrun

[www.ShawnLeBrunFitness.com](http://www.ShawnLeBrunFitness.com)



# CONGRATULATIONS!!!!

YOU' VE MADE IT!!!!

## WEEK: 12

\* IT IS VERY IMPORTANT THAT YOU PICK A HEAVY ENOUGH WEIGHT SO THAT YOU REACH MUSCLE FAILURE BETWEEN THIS 4-6 REP RANGE.

### Day 1 Chest & Back

### Weight

#### Flat Bench Press w/ Dumbbells

1 easy warm-up set for 10 reps \_\_\_\_\_  
1 slightly heavier set for 6 reps \_\_\_\_\_  
1 even heavier set for 3 reps \_\_\_\_\_  
2 heavy sets for 4-6 reps(want to reach failure in this range) \_\_\_\_\_

#### Incline Bench Press w/ bar

1 moderately heavy set of 6 reps \_\_\_\_\_  
(no need to go light and warm-up again)  
2 heavy sets of 4-6 reps \_\_\_\_\_

#### Deadlifts

1 warm-up set of 8-10 reps \_\_\_\_\_  
1 moderately heavier set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

#### Seated back row on machine or cable

1 moderately heavy set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

#### Barbell Shrugs

1 moderately heavy set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

### Day 2- Cardio

Choose one of the following:

Stairmaster, Treadmill, jogging outside, bicycle, aerobics class (one that moves constantly for 20-30 minutes)

#### 30 minutes TOTAL

5 minute warm-up  
20 minute intense cardio (make sure you are WORKING HARD)  
5 minute cool-down DISTANCE TRAVELLED \_\_\_\_\_

### Day 3 Legs, Shoulders, & Abs

#### Squats

1 warm-up of 10 reps \_\_\_\_\_  
1 moderately heavier set of 6 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

#### Leg Extension Machine

1 warm-up of 10 reps \_\_\_\_\_  
1 moderately heavier set of 6 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

#### Stiff-leg deadlifts

1 warm-up of 10 reps \_\_\_\_\_  
1 moderately heavier set of 6 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

#### Calf Presses

1 warm-up set of 8 reps \_\_\_\_\_  
1 moderately heavy set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

#### Seated Military Press w/ Smith Machine

1 warm-up of 10 reps \_\_\_\_\_  
1 moderately heavier set of 6 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

#### Dumbbell Lateral Raises to side

1 warm-up set of 8 reps \_\_\_\_\_  
1 moderately heavy set of 6-8 reps \_\_\_\_\_  
2 heavy sets of 4-6 reps \_\_\_\_\_

#### Crunches w/ dumbbell on chest

1 warm-up set of 10 reps \_\_\_\_\_  
2 heavy sets of 10-15 reps \_\_\_\_\_

#### Stability Ball Crunches

3 sets to failure

### Day 4-Cardio

#### 30 minutes

5 minute warm-up  
20 minute intense  
5 minutes cool-down DISTANCE TRAVELLED \_\_\_\_\_

### Day 5- Biceps & Triceps

#### Standing Straight Bar Curls

1 warm-up set of 8-10 reps \_\_\_\_\_  
1 moderately heavier set of 6-8 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

**Standing Cable Curls**

1 moderately heavier set of 6-8 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

**Close-grip bench press**

1 warm-up set of 8-10 reps \_\_\_\_\_

1 moderately heavy set of 6-8 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_

**Tricep Pushdowns**

1 moderately heavy set for 6-8 reps \_\_\_\_\_

2 heavy sets of 4-6 reps \_\_\_\_\_