FREE REPORT By World Famous Bodybuilder Reveals 7 Stupid Mistakes Everyone Makes When They Finally Decide To Get As Huge As Possible!

Secret #1: Why almost everyone always chooses The Wrong Exercise To Get Maximum Growth For Each Body Part... And A "No-Brainer" Way To Choose The Right One Every Time!

How many training manuals do you suppose have been published over the years? Hundreds? Thousands? Each one is chock full of hundreds of different exercises, and then they hit you with hundreds of variations on those exercises. Pick up any issue of any bodybuilding magazine and you'll find more different exercises and routines than you can do before the next issue hits the stands. They should make a bumper sticker for bodybuilders that reads: So Many Exercises, So Little Time!

Now somewhere in that avalanche of information there has got to be some truth. There has got to be a core of solid exercises that work better than all the others. Wouldn't it be great if you could immediately cut through all the crap, find the things that work, and start building your body. I mean, every time I go to the gym I see poor schmucks experimenting with this, experimenting with that. Sure they expand their repertoire of weightlifting moves, but they very seldom expand their muscles. While muscle confusion can work for you, brain confusion will work against you. Now, thanks to new breakthroughs in physiology and kinesiology, you can clear up all that confusion. You can select the very best exercises that will make you strong and make you grow in the smallest amount of time.

Based on years of study and research, Leo Costa and his cohorts at Optimum Training Systems (OTS) have put together a few basic principles to guide bodybuilders through the maze of exercises. The principles are based on NMA, Neuro-Muscular Activation. This new, exciting information explains why some moves, the squat and bench press for example, are universally recognized by everyone as great mass builders. It explains why other moves don't get you the results that you want. Pay attention now, and you'll have the knowledge you need to develop a dynamite training program consisting of only the best, most effective exercises.

First a little science.

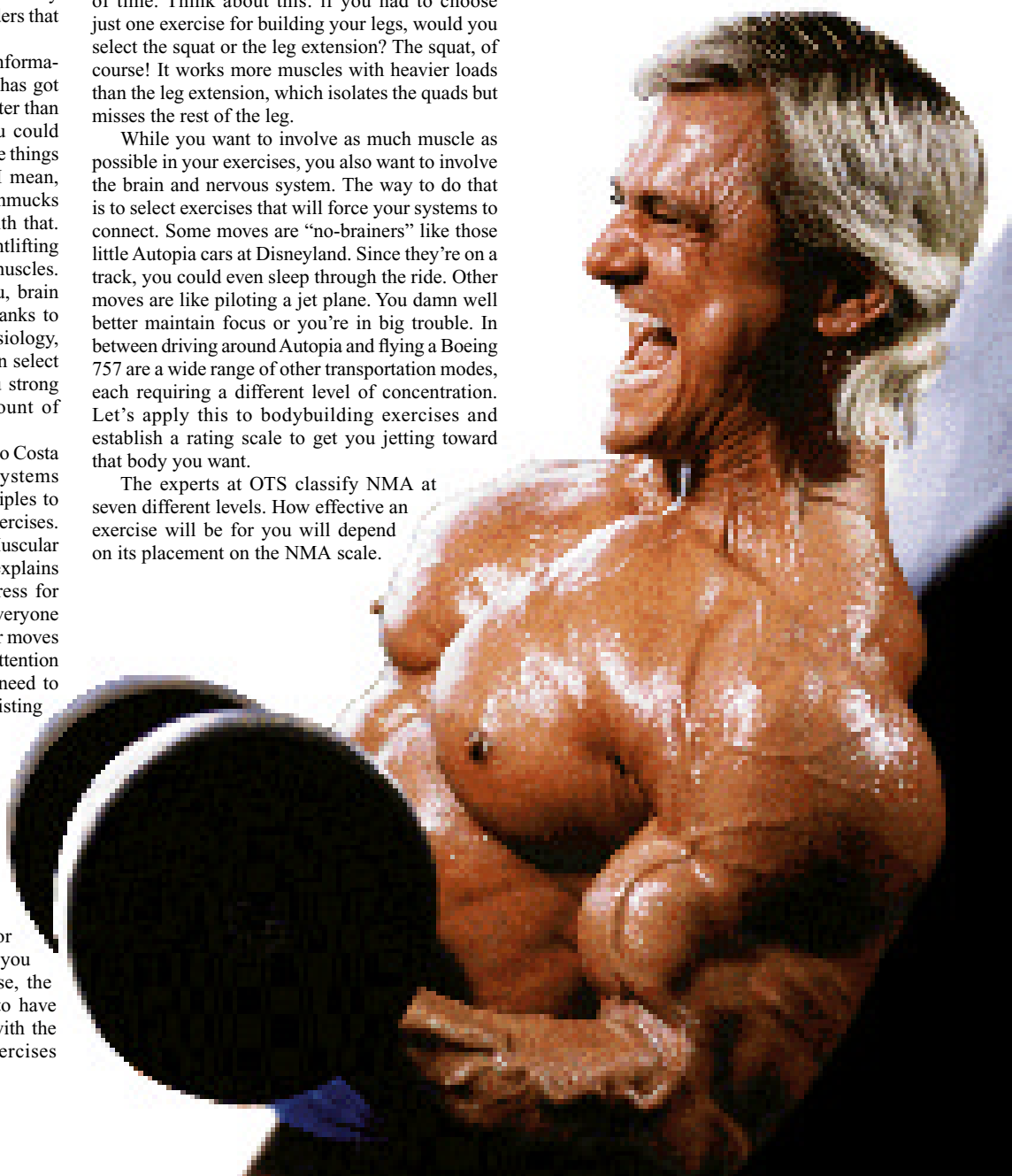
Muscles grow as a result of neurological input from the body's nervous system. Outside stress, such as lifting heavy objects, provides the stimulation, but it is the nervous system which signals the muscles to grow and become stronger in order to adapt to future stress. Since the nerve-muscle connection is the trigger for growth, it stands to reason that the more you involve the nervous system in the exercise, the more benefit you'll get. What you need to have in your program, then, are the exercises with the highest NMA factors. OK, so which exercises are those?

A building block of NMA theory is the proven superiority of compound exercises over isolation exercises. Compound moves like the bench press, squats, and dips stress multiple muscles across more than one joint. Isolation exercises, pec-deck flyes for example, stress fewer muscles across just one joint. Everyone these days seems to be looking for little "finishing" exercises for one muscle when they should be looking for "construction" exercises that produce greater overall strength and mass. Since compound exercises incorporate several muscle groups, they allow a greater training load, which will build more muscle in a shorter amount of time. Think about this: if you had to choose just one exercise for building your legs, would you select the squat or the leg extension? The squat, of course! It works more muscles with heavier loads than the leg extension, which isolates the quads but misses the rest of the leg.

While you want to involve as much muscle as possible in your exercises, you also want to involve the brain and nervous system. The way to do that is to select exercises that will force your systems to connect. Some moves are "no-brainers" like those little Autopia cars at Disneyland. Since they're on a track, you could even sleep through the ride. Other moves are like piloting a jet plane. You damn well better maintain focus or you're in big trouble. In between driving around Autopia and flying a Boeing 757 are a wide range of other transportation modes, each requiring a different level of concentration. Let's apply this to bodybuilding exercises and establish a rating scale to get you jetting toward that body you want.

The experts at OTS classify NMA at seven different levels. How effective an exercise will be for you will depend on its placement on the NMA scale. Level One is lowest in NMA, the real no-brainers. Level Seven is highest.

A good understanding of the NMA classification system is so important to building a superior exercise program. You will be able make informed choices that will help you build strength and muscle mass as fast as possible. Here are two quick rules of thumb from OTS. First, try to keep your training at NMA Levels Four through Seven. Second, isolation exercises should never constitute more than 30% of a workout. Get in as many compound moves as you can.



Secret #2: How To Use The Recent Scientific Discovery Of Your Body's Natural 3-Week "Ramping" Cycle To Get Immediate Phenomenal Growth!

When your body is stressed, as when it is forced to lift heavy objects, it will adapt - but not immediately! Instead, there is a certain amount of lag time before the adaptation process occurs. Usually this works against bodybuilders, but not when you know how to use it! By learning the principle of ramping, you can actually harness the lag time phenomenon and make it work for your benefit!

The strategy developed by OTS takes advantage of lag time through a series of "ramps" that hyper-accelerate the body by increasing stress and then backing off to allow the adaptation process to build muscle. In the hyper-acceleration phase, you should put maximum stress on your muscles in order to tax your body's adaptive potential to the limits. This causes an emergency state in the body, and adaptive energies rise to a high level. Then, when you abruptly and dramatically lower training stress, you enter the hyper-adaptive phase. Because of the lag time phenomenon, your adaptive energies will still remain high for a short period of time. The sharp contrast between the high adaptive energies and the lower training stress will result in accelerated growth.

Start the cycle by ramping up to increased levels of volume and intensity while limiting rest periods. You will be doing exercises quickly, and you'll find that your level of strength is waning in the face of the increased stress. If you stay in this mode for too long you'll overtrain. Instead, at the very peak, you decease volume and increase rest periods. You enter the hyper-adaptation zone. Your adaptive energies, not needed now for work, are channeled into building muscle and strength for the future.

A simple way to start would be to alternate three-week phases of hyper-acceleration and hyper-adaptation. (Three weeks seems to be a natural cycle for the body.) For three weeks you do more reps (13-15), more sets (Many! I often do 20 or 30 sets!), and limit rest to 60-90 seconds. The next three weeks you do fewer reps (5-7), fewer sets (4-5 per body part), and take 2-3 minutes of rest. It'll take some thinking to structure all this within 45 minutes, the optimum time frame for a workout, but you'll be amazed at the results. I'm a veteran bodybuilder, a champion bodybuilder, and even I was amazed at how the Serious Growth principles developed at OTS affected me.

Secret #3: Why Relying On "Full Range Of Motion" Is Actually Robbing You Of Rapid Growth... And Using The Little-Known "Target Range" Will Scientifically Activate The Deepest Fibers Of Your Muscles To Cause Sudden Leaps Of Growth In Your Size And Muscularity!

If you've been around gyms for any time at all, you've undoubtedly heard the old cliche: "Take it through the full range of motion!" Sounds good, sounds logical, right? Well, it's time to give that old saw some serious thought!

Let's start by defining the term, "full range of motion." There are several ways of looking at it. Full anatomical range of motion would be the entire distance a joint will allow you to move. Full muscle range of motion is the distance a muscle will allow between full stretch and full contraction. Neither of these concepts is of particular value to the bodybuilder. There are very few exercises that allow for full anatomical or full muscle range of motion. And if there were, you couldn't get enough weight through the full movement to do any good. You'd be stopped by weak spots within the range.

What bodybuilders usually mean by "full range of motion" is full exercise range of motion. This is the range a muscle goes through using the blueprint or set of guidelines for proper execution of an exercise. While this approach certainly has its benefits, especially for beginners, it is not the best way for a bodybuilder to pack on muscle! There is absolutely no truth to the belief that a muscle can be properly or effectively stimulated only by being taken through the full exercise range of motion. Most exercises should not be performed with the idea of getting the muscle through the full range of motion.

Instead, bodybuilders should focus on the target range of motion. This centers all the training stress in an exercise exactly where you want it. To narrow the focus, try partial reps. Take the bench press as an example. It's a compound movement that hits the chest, shoulders, triceps, and various stabilizing muscles. The first $^{3}/_{4}$ of the movement targets the chest very well, but the last $^{1}/_{4}$ is mostly triceps. If you want to build the chest, why waste valuable training time and energy on the last $^{1}/_{4}$, which is the weak link of the move anyway? Instead, do a $^{3}/_{4}$ partial rep and hit the area you want to hit!

Targeting a specific range of motion can be a valuable tool for a lot of exercises. Experiment with the exercises in your routine. What do you want to hit? Could you do it better by eliminating part of the move? Remember, though, cutting back to a partial rep does not work for every exercise. It's important to give this principle some thought as you put it into practice. You don't want to cut back on the effectiveness of compound exercises by limiting the target range too narrowly. Still, knowing about target range of motion can help you adjust some of your exercises for maximum gains.

Secret #4: The Inside Secret Of The Professionals That Lets You Feel Your Body Explode With Raw New Power And Size!

While I've gotten quite a few great ideas from Leo Costa and the guys at OTS, I'm proud to say that I also gave them a few! This is one. For years I explored what I called "The Life of a Rep." I worked long and hard at making each repetition count. After discussing my ideas with Leo and Dr. R.L. Horine at OTS, they thought it through, did further research, and made it part of the OTS Serious Growth system.

I discovered long ago the secrets of milking a set to the very end… and beyond! I attribute much of my success as a bodybuilder to my determination not to waste a rep or end a set until my muscles had soaked up every last drop of stress. My goal is that no muscle should ever get to quit early! In a nutshell, here's how to do it:

1. Do as many full repetitions as possible.
2. Continue the set doing partial repetitions at two or more points within your target range of motion. (For example, do partials at "lockout" and partials at mid-range.)
3. Once you are unable to do any more partials, simply hold the weight still in what is called a "static rep" at some point along the target range of motion. Hold that static rep for 20 seconds or longer.

The object of all this muscle abuse is to build tension in the muscle and then explore that tension. This kind of modified rep, especially performed at the end of a set, can take muscle far beyond the normal limitations on body development. Your muscles will respond immediately! I guarantee it.

Secret #5: How To "Milk" Every Single Set To Squeeze Out The Most Important Reps!

The "Go Slow Myth" has reared its ugly, worthless head from time to time in every gym in America. You've heard the spiel: "Do each rep slowly, feel the burn!" All over the place you see guys counting during reps, "Two counts up, four counts down." Hell, with some guys I can't tell whether it's live or the slow-motion replay! You'll notice, too, that most of the guys doing reps the slow way are also growing the slow way. It's time to speed it up, guys. There's no 55 mile an hour speed limit on reps. Hit the accelerator!

Your muscles were designed for speed. If prehistoric humans moved as slowly as the "slow burn" guys in the gym, they'd have all been tiger bait, and we wouldn't even be here. Muscles being trained react well to speed. The faster you can move the weight through space, the more stress is applied to the muscle. And what makes muscles grow? Stress! It's a simple equation: More stress equals more muscle.

Think about those super-slow reps for a moment. Sure, you get a burn from slow reps, but the burn is simply a build-up of lactic acid and has little to do with muscle development. Hey, Jane Fonda is famous for feeling the burn, and how would she do in the Ms. Olympia contest? Doing slow reps just for the burning sensation hinders your growth in two ways. Muscle stimulation depends on load (amount of weight) and speed of contraction. When you do slow reps, you must use lighter loads than normal, depriving you of one major condition for growth. The slow speed of the contraction also works against you. The white, explosive muscle fibers have great potential for growth, but they can't ever be fully taxed if you don't use explosive moves.

In order to maximize your growth, do each rep as quickly as possible while still maintaining proper form. Don't get sloppy in your search for speed, or you'll wind up on the injury shelf. Also, sloppy speed can lead to increased momentum, which, of course, eases the stress you're working to create. (You may, however, increase momentum at the end of a set, squeezing out ballistic, "cheating" reps.)

Secret #6: How Often You Should Train Each Body Part For Maximum Results In Putting On Mass!

Another old myth that is dying in the light of new research is the one about training a body part no more than two or three times a week. This myth has been around for a long time, but that doesn't make it true. In fact, it is constructed on faulty logic. Researchers determined long ago that a muscle begins to atrophy a scant three days after it was last worked. Some bodybuilders looked at that fact and made a faulty leap of logic. They reasoned (incorrectly!) that since atrophy begins in 72 hours, that is when the muscle should be trained again. People, listen up, 72 hours in the maximum rest time, not the minimum or the optimal rest time! You don't need three days for recovery.

The Bulgarians won all those Olympic gold

medals in weightlifting because their training system was based on the most current scientific knowledge. Leo Costa studied with the Bulgarians and brought that knowledge back home to the United States. Those Bulgarian principles have blown many a bodybuilding/powerlifting myth out of the water, and the three-day recovery period is one of them.

Bulgarian sports scientists discovered that the optimum time frame for an individual workout is 45 minutes. Beyond that an athlete quickly sinks into diminishing returns. When workouts were kept within that amount of time, the Eastern Europeans found that body parts can be trained a minimum of three times a week. And their championship athletes often train more than that! In fact, the more frequent the training, the faster the results. The Bulgarians also claimed, and OTS research supports this claim, that soreness is no indicator of training readiness. Sore or not, a muscle can be trained again about five hours (as opposed to the old three days) after the previous workout.

As bodybuilders, we can take full advantage of this knowledge. If we stick to a training model such as the Serious Growth regimen developed at OTS, we can train the hell out of body parts that formerly had to rest a few days between workouts.

Secret #7: How To "Fool Your Fatigue" And Increase Both Your Volume And Intensity At The Same Time!

As I said, I had a lot of ground to make up when I came out of retirement. I needed ways to increase the volume and the intensity of my workouts. Now normally these two goals counteract each other. If you increase volume, intensity goes down, and vice versa. The Jump Set Technique, researched and refined at Optimum Training Systems, allowed me to get around this problem. It can work for you too.

Usually, if you're doing, say, five sets of a certain exercise, your strength will decrease with each set. You'll have to sacrifice reps or lighten the load as you go along. (If you can do five full sets without those changes, you're not working hard enough!) Jump sets, however, can suspend this "rule." Jump sets allow you to add intensity and still keep the volume at the same level. Here's how to do it.

Suppose you want to train chest and back on the same day, five sets each. You decide on weighted dips for the chest because of the high NMA factor. You add chins to the workout for the back, again a choice based on NMA. You do your first three sets of dips. You work hard and you can feel your strength waning. So you jump to your back exercises and do three good sets of chins. Again, your strength is waning, so you jump back to your last two sets of dips. Finally your back is ready for its last two sets of chins. By jumping back and forth within your workout, you successfully get around the intensity vs. volume problem.

In this example, the chest rested while the back worked, the back rested while the chest worked. Because of the rest between sets three and four, both body parts were ready for the full load on the last two sets. Volume and intensity stayed high, yet the time required was the same, the sets the same, and the rest periods the same. Bottom line: Jump sets allow for increased volume and intensity within a workout. Use this technique, and you'll jump ahead of the competition!

Special Extra Bonus: How to Add Up To 55 Pounds To Your Bench Press In Six Weeks!

The three charts below outline a program developed by the trainers at Optimum Training Systems to help you increase the poundages of your bench press. After you complete this three-week bench press routine, your new-found strength will astonish you. When people start asking what you're taking to get so strong… so fast… you can share this program with them, or just keep them wondering, the choice will be yours.

Well, that's your report. Pretty awesome stuff, isn't it? I hope you'll use this valuable information in your workouts. The results you see will amaze and delight you.

Sincerely,

Tom Platz

WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Set 1	10 Reps	12-15 Reps	3 Reps	12-15 Reps	3 Reps
Set 2	8 Reps	12-15 Reps	3 Reps	12-15 Reps	3 Reps
Set 3	6 Reps	12-15 Reps	3 Reps	12-15 Reps	3 Reps
Set 4	4 Reps	12-15 Reps	3 Reps	12-15 Reps	3 Reps
Set 5	2 Reps	12-15 Reps	3 Reps	12-15 Reps	3 Reps
	3 Min. Rest	45 Sec. Rest	3 Min. Rest	45 Sec. Rest	3 Min. Rest

WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Set 1	10 Reps	12-15 Reps	10 Reps	12-15 Reps	10 Reps
Set 2	8 Reps	12-15 Reps	8 Reps	12-15 Reps	8 Reps
Set 3	6 Reps	12-15 Reps	6 Reps	12-15 Reps	6 Reps
Set 4	4 Reps	12-15 Reps	4 Reps	12-15 Reps	4 Reps
Set 5	2 Reps	12-15 Reps	2 Reps	12-15 Reps	2 Reps
	3 Min. Rest	45 Sec. Rest	3 Min. Rest	45 Sec. Rest	3 Min. Rest

WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Set 1	3 Reps	3 Reps	3 Reps	3 Reps	3 Reps
Set 2	3 Reps	3 Reps	3 Reps	3 Reps	3 Reps
Set 3	3 Reps	3 Reps	3 Reps	3 Reps	3 Reps
Set 4	3 Reps	3 Reps	3 Reps	3 Reps	3 Reps
Set 5	3 Reps	3 Reps	3 Reps	3 Reps	3 Reps
	2 Min. Rest	2 Min. Rest	2 Min. Rest	2 Min. Rest	5 Min. Rest