

Blast Your Bench II

Unlock Your Natural Strength and Growth Potential

Dear friend and fellow athlete,

I would like to thank you for ordering "Blast Your Bench II". This program contains your complete training and nutrition cycle that will put you on the fast track to getting great results! I'm confident that after you finish the program you'll be very pleased with your progress.

1. First, read all of the information carefully. Then follow the "Blast Your Bench" routine to boost your bench press strength.
2. After you finish the "Blast Your Bench" routine, follow the "Blast Your Squat" routine to boost squatting strength.
3. When you have finished both the bench press and squat routines, and have made some good gains in strength and muscle size. You should follow the suggestions in the "How To Get Six Pack Abs" program to lose any excess bodyfat and bring out your muscle definition.

After you read through all of the material, if you have any questions regarding the program you can e-mail me directly at:

help@leehayward.com

Please e-mail me and let me know about your progress!

all the best,



Lee Hayward

Certified Strength & Conditioning Coach

<http://www.leehayward.com>

<http://www.blastyourbench.com>

<http://www.drugfreemuscle.com>

<http://totfit.safeshopper.com>

You should always consult your doctor before starting any exercise program

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Exercise Videos – available on the “Blast Your Bench” members website (<http://www.leeheyward.com/members>)

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1. Program Overview

Congratulations on your decision to increase your muscle size and strength by choosing the "Blast Your Bench" program. Please read the contents of this program thoroughly. To get the maximum benefit from this program you must strictly follow the exercise and diet plan; please do not add your own variations to the program as this will slow your progress. This program is based upon training and nutrition concepts that have been proven to work. But it doesn't mean that the program is easy! **You are going to have to work hard to reap the ultimate benefits. The "Blast Your Bench" program will show how to achieve maximum growth, but there are no shortcuts or excuses.**

"Blast Your Bench" is an awesome shock routine that will rapidly increase your bench press strength. Gains of 30, 40, 50, and even as much as 60 pounds are not uncommon with this 3 week training routine!

There is also a Special Bonus Report Included at the end of the program. This is a modified version of the "Blast Your Bench" training system that will focus on increasing your squatting strength.

In the program we will explain the training methods and techniques. You will learn exactly step by step what you need to do in order to achieve maximum results. We will cover proper nutrition and supplementation, ways to increase your natural anabolic hormones, techniques to speed recovery, and much more!

So without any further delay, let's get started!

2. Program Theory and Exercise Variables

This section will cover some of the concepts and theories that we use in the "Blast Your Bench" training system. This will give you an overview of how the program works.

The "Blast Your Bench" program is a specialized training routine that you can use every couple of months to help boost your strength and muscle growth. One might think that if I can gain 30+ lbs. to my bench in 3 weeks, then I can gain 60+ lbs. in 6 weeks, or 90+ lbs. in 9 weeks, etc... I am sorry the program does not work like that. You will need to follow a balanced total body workout routine that focuses on developing all areas of your body equally for the majority of your workouts. Save the "Blast Your Bench" program as a "shock routine" for getting past training plateaus.

At the end of the program I have included some sample total body workout routines that you can follow after you complete the "Blast Your Bench" program. These routines will allow you to maintain the gains that you made during the "Blast Your Bench" program, and make more improvement in your strength and muscle growth.

A: Exercise Selection

Compound vs. Isolation Exercises

Compound exercises work multiple muscles across more than one joint. Bench press, dips, and squats are examples of compound exercises. Isolation exercises work fewer muscles across a single joint. Dumbbell flies, pec deck, and leg extensions are examples of isolation exercises.

Some people believe that in order to target a certain muscle you should use more isolation exercises and thus develop that muscle more efficiently. However, this is not the best approach. Isolation exercises that work the muscles across a single joint are not the most effective way to build muscle. Compound exercises are far more effective in building muscle because they incorporate the use of several muscle groups, allow for a heavier training load, and work more muscle mass in the same amount of time.

Let's look at the squat. It is a compound exercise. It works the quadriceps, hamstrings, gluteus, lower back, abdominals, calves, and the abductors. Squats allow for heavy weights to be lifted. This makes the squat an incredibly effective muscle building exercise. Compared to an isolation exercise such as the leg extension, which only focuses on the quadriceps, you can see how much more productive compound exercises are for building muscle.

Free Weights VS. Machines

Free weight exercises are more effective for building muscle than machine exercises. Machines make exercises easier to perform. You do not have to balance the weight with machine exercises because the machine balances the weight for you. You will get less muscle stimulation from machine exercises because they do not require the same concentration or effort as free weight exercises. Free weights have a greater ability to involve stabilizer muscles than machines. Free weights put you in a natural, 3 dimensional environment for exercise.

B: Training Volume and Intensity

Traditionally, bodybuilders who wanted to maximize muscle size emphasized training volume. And power lifters and strength athletes emphasized intensity. Many bodybuilders have misunderstood the definition of high intensity training during the last several years. Most people believe that "high intensity training" means working harder during your workouts. However, this is not an accurate definition of training intensity.

What is Volume and Intensity?

Training volume can be defined as the measure of total weight lifted in a workout. It determined by multiplying the weight lifted by the repetitions by the number of sets performed.

Volume = weight X reps X sets

Example (1)

If someone bench pressed 200 pounds for 5 sets of 10 reps each.

200 lbs. X 10 reps X 5 sets = 10,000 lbs.

Total Volume = 10,000 lbs.

Intensity measures the average weight lifted during a workout. Intensity is determined by dividing the volume of weight lifted by the total number of reps performed.

Example (2)

If someone bench pressed:

Set 1: 250 lbs. X 6 reps = 1500 lbs.

Set 2: 300 lbs. X 4 reps = 1200 lbs.

Set 3: 350 lbs. X 2 reps = 700 lbs.

Total Intensity = 3400 lbs. / 12 reps = 283.3 lbs.

The total intensity for example (1) equals 200 lbs. because the same weight was used for each set. In example (2) the total volume was lower then in example (1), but the intensity, or average weight lifted, was higher.

Our training system uses the proper combination of both volume and intensity to create the best environment for muscle growth. We will explain this in more detail later in the program.

Weight and Repetitions

Our main goal is to build the maximum amount of muscle size and strength. Because of this you have to systematically adjust the volume and intensity of your workouts. Some days we will focus on high volume training, while on other days we will focus on high intensity training. We will elaborate on this later in the program.

C: Rest Time Between Sets

The time you rest between sets can have a lasting impact on your muscle growth. But most trainers and bodybuilders under emphasize the importance of rest time between sets. They simply rest until they feel ready to do another set, or they wait until their training partner completes his/her set before they do another set.

The rest time you allow your body between sets will determine the way your body uses energy sources during exercise.

There are 3 basic energy systems:

- Adenosine Triphosphate and Phosphocreatine or (ATP-PC)
- Lactic Acid
- Aerobic Energy System

All 3 are used when you exercise, but one will dominate depending on what type of exercise you are doing.

Adenosine Triphosphate and Phosphocreatine

The ATP-PC system is the most powerful energy source. This is the energy we use for short bursts of exercise. In fact this powerful energy supply becomes exhausted in less than 30 seconds. This energy dominates when lifting maximum weight for a single repetition.

ATP-PC is stored in the muscles. No oxygen is required to release this energy, so it is called an anaerobic energy source. You often see power lifters briefly hold their breath while they lift a 1 rep max weight.

It takes a while for your body to replenish its ATP-PC energy supply. This is why you will often see power lifters and Olympic lifters resting for 3 or more minutes between sets when lifting maximum weights.

Supplementing your diet with Creatine Monohydrate can help provide your body with more ATP-PC energy.

Heavy power training workouts cause the body to increase levels of testosterone.

Lactic Acid

The lactic acid system produces more energy overall than the ATP-PC system. But it cannot generate the intense burst of power that the ATP-PC system can. Athletes such as boxers and wrestlers use the lactic acid system for energy.

The burn that you get in the muscles after a long, hard set is caused by lactic acid build up. The lactic acid system allows for more training volume. If your rest time between sets is short and you move quickly through your workout, your body cannot restore the ATP-PC energy. So glucose molecules that are stored in the muscles will break down to produce more ATP-PC energy. Lactic acid builds up as a waste product from this process.

Hard fast paced workouts cause the body to increase levels of growth hormone.

Aerobic Energy System

The aerobic energy system is used when doing exercise like walking, jogging, or any other long lasting, low intensity activity. The main reason for doing this type of exercise is to improve cardiovascular fitness. This system is less powerful than the ATP-PC and Lactic Acid systems and is of less importance in weight lifting. However, it does help with recovery.

The aerobic energy system uses fats and carbohydrates in the body for fuel. It does not produce waste products like the ATP-PC and Lactic acid systems, so it can provide great amounts of energy over long periods of time. Marathon runners use aerobic energy as their primary energy system.

In order to maximize muscle growth, we need to systematically vary the rest periods between sets during weight training workouts. This way we can utilize the different energy systems and take advantage of the benefits that they provide. This is explained fully in the workout charts later in the program.

D: Training Session Length

Years ago people believed that the longer a workout lasted, the better it was for building muscle. But today most people realize that this is not true. Those 2-3 hour long workouts are a thing of the past.

There have been numerous studies that have shown that after 45 minutes of hard weight training the body's natural blood testosterone levels are decreased by as much as 80%.

What this means is that after 45 minutes you have depleted one of the body's most important recovery tools: testosterone. By training past 45 minutes you will not be getting the growth that you should be getting from the effort that you are putting in.

Limiting your training sessions to 45 minutes will also help the body to utilize glucose (carbohydrates) for energy and aid energy production in the muscle cells. This will ensure optimal performance in the gym.

Note: Limit your actual weight training session to 45 minutes. This does not include warming up before training and cooling down after training. If you include the warm up and cool down time, your workouts should last about 60 minutes.

Another advantage of shorter workouts is that you will recover quicker and be able to hit the gym more often, thus expanding your opportunity for growth.

You will also benefit mentally from shorter workouts as well. Because if you were to go into the gym for a 2+ hour workout you would not give it your all, you would be holding back and trying to conserve energy so you could complete the long training session. However, with a shorter workout you enter the gym with a positive attitude and ready to devote all your energy and effort to the task at hand.

E: Training Session Frequency

As long as you keep your workouts short (i.e. 45 minutes or less) you can workout frequently. In fact you could train 2 times a day, 6 days a week with no problem. Now of course you don't have to do this, but the body can handle a much bigger workload than most people realize. For example, some Olympic athletes train as much as 8 hours a day when preparing for competition!

The real problem with a lot of bodybuilders is not over training, but under training. Fear of over training holds people back from achieving maximum muscle growth.

F: Body Part Training Frequency

Soreness is no indicator of proper recovery. Sore or not a muscle can be trained and still grow. By training at peak efficiency and eating a diet high in protein and nutrients you can train the same body part daily and achieve phenomenal results.

Note: If you feel "extra sore", and what I mean by that is if you are so sore that it will hinder your performance in the gym. Then you should take a day off from training. It is best to play it safe then to risk the chance of injury. But if you are only "mildly sore" you can train and still make progress.

G: Repetition Speed

Many trainers say that you should perform each rep very slow and controlled. Some people will tell you to "go for the burn" and that the pain you get from doing super slow reps is necessary for muscle growth.

But our muscles are designed for speed. The faster you can move a weight through space the more stress is applied to the muscles. Two things that stimulate muscle growth are the amount of weight that you lift, and the speed of the muscle contraction. When you do slow reps you must lift lighter weights and contract your muscles slower. So this is actually preventing you from stimulating the muscles to the maximum.

Now at the same time if you lift the weight too fast and use momentum to lift the weight you will take the stress off the muscles and risk injury.

The best approach is to perform each repetition as quickly as possible while still maintaining proper exercise form and control of the weight. This will produce the maximum stress on the muscles while reducing the risk of injury.

H: Progressive Overloads

Progressive overload can be achieved in a variety of ways: increasing the reps, increasing the weight, decreasing rest time between sets, adding another set, etc.

In the "Blast Your Bench" program we will focus on increasing the weight. The sets, reps, and rest times are already laid out for you in the workout charts. The only variable that you will change is the amount of weight that you are lifting. While following the "Blast Your Bench" program you should strive to increase your poundage's by 5 lbs. each workout. We will cover this in more detail in the workout charts.

3. Benching For Maximum Poundage



For the next three weeks you will be prioritizing the Bench Press in order to build as much strength and power as possible. While you are on this program, you should be constantly trying to increase the weight you are lifting in the Bench Press. Your other body part workouts will be put on the back burner as you perform more of a maintenance type workout for the rest of the body. This allows maximum recovery for the chest, shoulders, and triceps, the main muscle groups that will be worked with this Bench Press program.

A: Proper Bench Press Technique

To increase your Bench Press poundage you do not concentrate on strict isolation, but rather on developing power in the muscles. That means that you must use your entire body to lift the weight.

Position yourself on the bench and try to arch the back as much as possible while keeping the shoulders, head, and butt on the bench. This position will lessen the distance the bar must travel and will also allow the legs to drive the shoulders into the bench for much greater power. Your feet should be flat on the floor, shoulder width apart. Grab the bar just a bit wider than shoulder width. Tighten your entire body and squeeze your shoulder blades together behind you. Then you flex your butt and press your feet into the floor.

Get a spotter to help you lift the weight off the rack. You will waste energy and make it harder to get in the right position if you lift the weight off the rack by yourself.

Grip the bar firmly and tuck your chin into your upper chest, when you are ready to lower the bar inhale and expand your chest and belly, this will help you generate more power. As you lower the bar keep your elbows tucked so that your upper arms are at a 45 degree angles to the sides of your body. Do not let your upper arms go straight out to the sides because it will place too much strain on your shoulder joints and reduce your power.

Lower the bar to the point where your chest and abdominals meet. Keep the bar directly over your wrists and elbows. As soon as the bar touches your body, you need to generate as much thrust and energy as you can, to power the bar back up.

Exhale as you lift the weight up. Push the bar up in a straight line. Keep your chest and shoulders tight, keep your elbows tucked, and focus on benching with the triceps. Once you lift the bar off your chest straighten out the arms using the triceps to lock out the rep.

Before you begin the workout routine that is outlined in the "Blast Your Bench" program, take a couple of days and work on perfecting your bench press technique. Start off with a light weight and follow the steps that are outlined above. This will help you understand and get the feel of the proper bench press technique.

Start / Finish Position of the Bench Press



Midpoint of the Bench Press



B: Finding Your One-Rep Max

Before you start the "Blast Your Bench" routine you need to determine your current 1 rep max. After you finish the program you will determine your 1 rep max again in order to judge your progress.

To determine your 1 rep max you should not train for 48 hours. You should also perform the test before you do any other exercise. If you try and test your 1 rep max after a hard workout you will not be able to lift maximum weight. You need to warm up properly (refer to the warm up section of this program) and have an experienced spotter handy just in case you need help lifting the barbell.

Here's how to determine your 1 rep max.

Note: you can refer to the One Rep Max chart at the end of this program to help you determine what weights you should lift.

1. Do a couple of light sets for 5 reps. (do not wear your self out with too many reps)
2. Rest 2 minutes.
3. Increase the weight and do a set of 3 reps.
4. Rest 2 minutes.
5. Increase the weight and do another set of 3 reps.
6. Rest 3 minutes.
7. Increase the weight and do a single rep.
8. If you fail to lift the weight, rest 3 minutes, reduce the weight, and try to do a single rep again. If you succeeded in lifting the weight, rest 3 minutes, increase the weight, and try to do a single rep again. Keep repeating this process until you have found the maximum weight that you can lift for a single rep.
9. **Write down your 1 rep max and the date you lifted it, this will help you judge your progress.**

4. Assistance Exercises

It is important to include assistance exercises to strengthen your other body parts and to help increase your bench press poundage.

Bent Over Dumbbell Flyes:

This exercise will develop the rear delts. The bench press places a lot of stress on the front delts. So by working the rear delts you will balance out your shoulder development and prevent shoulder injuries that are very common with heavy bench pressing.

Make sure to keep a slight bend in your knees and your keep your back flat. Really squeeze your rear deltoids and bring your shoulder blades together when doing this exercise.

Start / Finish Position of the Bent Over Dumbbell Flye



Midpoint of the Bent Over Dumbbell Flye



Bent Barbell Rows:

This exercise will develop the lower back and the lats. This will help you to stay tight and increase your power in the bench press. A strong back will help you to rebound the bar off your chest and generate explosive power.

Have a slight bend in your knees and keep your upper body at a 45 degree angle. Arch your back, let your butt stick out behind you, expand your chest and belly. This will help you to generate power as you row the barbell into your belly.

Start / Finish Position of the Bent Barbell Row



Midpoint of the Bent Barbell Row



Ab Crunch:

This exercise will develop the abdominals. The back and abdominals are the centre of the body so developing these muscles is vital to improving your strength and power in all exercises.

Place your hands behind your head to support your neck. Really squeeze your abs at the top of each rep.

Start / Finish Position of the Ab Crunch



Midpoint of the Ab Crunch



Squat:

This exercise will develop the thighs, lower back, hips, and glutes. Developing these muscles will improve your bench press strength because they work together to stabilize your entire body on the bench.

Flex your trapezius muscles so the bar does not hurt the top of your shoulders. Keep your feet wider than shoulder width, look forward, and squat down until the tops of your thighs are parallel to the floor. Let your back arch slightly, expand your belly, and stick your butt out as you squat down.

Start / Finish Position of the Squat



Midpoint of the Squat



Standing Calf Raise:

This exercise will develop the calf muscles. Strong calf muscles work together with the thighs, lower back, hips, and glutes to stabilize your body while doing heavy bench presses.

Keep your legs straight during this exercise, you should use only your calf muscles to lift the weight. Allow your calf muscles to extend all the way down for a good stretch at the bottom of the rep. Then stand up on your tippy toes and flex your calf muscles hard at the top of the rep.

Start / Finish Position of the Standing Calf Raise



Midpoint of the Standing Calf Raise



5. Eating for Maximum Size and Power

Diet is critical to gaining strength. You will never gain size and power if you do not eat enough protein and calories to fuel your training and to repair muscle tissue. On this program, you will have to eat a lot of protein (chicken, eggs, milk, red meat, turkey, fish, protein supplements, etc.) to repair muscle tissue and to keep your body in an anabolic state. Your diet will also include lots of carbohydrates (bread, pasta, potatoes, oatmeal, cereals, fruit, vegetables, etc.) to keep your muscles full of glycogen and to provide energy. In addition you will have to eat a moderately high amount of fat (peanut butter, cheese, regular milk, butter, salad dressings, whole eggs, red meat, etc.).

This may surprise you, because most of the time you are told that you should eat a low fat diet. But you will notice that if you increase your fat intake during the 3 weeks that you are on the "Blast Your Bench" program, your muscles will feel fuller and you will get a great "pump" when you workout. Fat also helps with the production of anabolic hormones such as testosterone.

While you are trying to increase your strength you should eat approximately 20 calories per pound of bodyweight and a minimum of one gram of protein per pound of bodyweight. So a 200 pound person would eat 4000 calories and at least 200 grams of protein per day. It is okay to go out for a burger and fries or pizza while you are on the "Blast Your Bench" program. This is not a free ticket to pig out on junk food all of the time. But while you are in hard training and trying to gain maximum mass and strength, it will give you extra calories to fuel your training.

Note: you can refer to the nutritional charts that are at the end of the program to see how much protein, carbs, fat, and calories are in dozens of different foods.

Eat a meal every 2-3 hours. This will give you a steady supply of protein and calories throughout the day. Eating several small meals a day makes eating a lot of food much easier on your digestive system. You will also need to drink at least 1 gallon of water each day to maximize muscle growth, keep your body hydrated, help with digestion, and rid your body of toxins.

With each meal try and eat a protein food, a starchy carbohydrate food, and a fruit or vegetable. This will ensure that you are getting the proper nutrient intake.

If you find eating a lot of solid food difficult and time consuming you can include protein drinks, meal replacement drinks, meal replacement bars, etc. in your diet to help you get the required protein and calories.

If you are not accustomed to eating a lot, increase your food intake gradually over the course of several days. This will make it easier on your digestive system, rather than going all out and probably make yourself stomach sick from the extra volume of food.

A: Sample Eating Plans

Here are a few sample eating plans that you can follow.

Note: these are just examples, you can substitute different foods than the ones that are listed here. Just make sure to include a combination of proteins, carbohydrates, fruits, and vegetables.

Sample Eating Plan 1:

Meal 1:

- 1/2 pound of ground beef
- 2 slices of toast with peanut butter
- piece of fresh fruit

Meal 2:

- protein or meal replacement drink mixed with milk
- piece of fresh fruit

Meal 3:

- 5 boiled eggs
- 1 cup of mixed veggies with butter
- baked potatoe with butter

Meal 4:

- high protein meal replacement bar
- sandwich (made with ham, cheese, lettuce, tomatoe, mayo, etc.)

Meal 5:

- 2 chicken breasts
- 2 cups of rice
- 1 cup of mixed veggies with butter

Meal 6:

- protein or meal replacement drink mixed with milk
- 2 slices of toast with peanut butter
- piece of fresh fruit

Sample Eating Plan 2:

Meal 1:

- ham and sausage
- hash browns
- glass of orange juice

Meal 2:

- tuna fish sandwich
- piece of fresh fruit

Meal 3:

- protein or meal replacement drink mixed with milk
- bran muffin
- piece of fresh fruit

Meal 4:

- 1 cup of cottage cheese
- 2 slices of toast with butter
- 1/2 cup of raisins

Meal 5:

- bar BQ steak
- baked potatoe
- broccoli with cheese

Meal 6:

- 1 cup of yogurt
- 1 cup of grapes
- 2 slices of cheese

Sample Eating Plan 3:

Meal 1:

- 1 bowl of oatmeal or high fiber cereal with milk
- omelette (made with eggs, cheese, mushrooms, onions, etc.)
- piece of fresh fruit

Meal 2:

- hamburger with cheese, lettuce, tomatoe, mayo, etc.
- french fries

Meal 3:

- protein or meal replacement drink mixed with milk
- piece of fresh fruit

Meal 4:

- 1 can of tuna fish mixed with mayo
- garden salad with dressing
- 2 bread rolls

Meal 5:

- 4 chicken enchiladas
- mixed veggies with butter

Meal 6:

- protein or meal replacement drink mixed with milk
- 2 slices of whole grain bread with fruit jelly

Sample Eating Plan 4:

Meal 1:

- 5 eggs
- 5 pancakes with syrup
- 1 cup of apple sauce

Meal 2:

- 2 chicken breasts
- 2 cups of rice
- piece of fresh fruit

Meal 3:

- 8 oz of mozzarella cheese
- 10 crackers
- 2 carrot sticks

Meal 4:

- high protein meal replacement bar
- piece of fresh fruit

Meal 5:

- pan fried cod fish
- french fries
- garden salad with dressing

Meal 6:

- 1 bowl of oatmeal or high fiber cereal with milk
- 1 cup of cottage cheese

Sample Eating Plan 5:

Meal 1:

- bacon and eggs
- 2 slices of whole grain toast with fruit jelly
- piece of fresh fruit

Meal 2:

- 6 shrimp sauteed in butter
- 2 cups of broccoli with cheese
- 2 cups of rice

Meal 3:

- 4 beef tacos
- garden salad with dressing

Meal 4:

- hot turkey breast sandwich
- mashed potatoes

Meal 5:

- broiled salmon with lemon slices and mushrooms
- mixed veggies with butter
- pasta with tomatoe sauce

Meal 6:

- protein or meal replacement drink
- 1 cup of yogurt

Note: you should add a tablespoonful of safflower oil and a tablespoonful of flaxseed oil to your protein and meal replacement drinks. This helps to add extra calories and essential fatty acids to your diet.

B: Supplements

Supplements are not essential to your success, but they can help provide your body with the nutrients that it needs for muscle growth.

Here are some basic supplements that I recommend:

Protein powders, meal replacement powders, and high protein bars:

As was mentioned above these supplements can help you get extra protein and calories in your diet.

Multivitamins:

You should take a multivitamin / mineral supplement such as Centrum. Take one tablet 3 times a day with meals, take 3 tablets each day even if the label says "one a day", because weight training places a lot of stress on your body and you will need the extra vitamins and minerals to help build and repair muscle tissue.

Note: you can usually find a drug store or supermarket brand of multivitamin / mineral supplements that contain the same potency as Centrum but cost much less.

Vitamin C:

You should take 1000 milligrams of Vitamin C, 3 times a day with meals. Vitamin C is important for keeping your immune system strong, reducing muscle soreness, and improve muscle growth and recovery.

Note: you can usually find an inexpensive drug store or supermarket brand of vitamin C.

Creatine Monohydrate:

Creatine can produce noticeable gains in lean mass, strength, and energy in a very short time. Most people find that within a week of taking creatine their muscles become fuller and they get better pumps when working out.

Muscles consist of approximately 80% water. Creatine helps to draw water into the muscle cells producing what is called cell-volumization. This makes the muscles feel full and pumped. Studies show that when a muscle cell is volumized it helps to stimulate protein synthesis and minimize protein breakdown.

The best way to take creatine is to mix a level teaspoonful of creatine (approx. 5 grams) with a glass of kool aid or some other high sugar drink. The reason for the high sugar is to cause your body to release insulin; this will allow your muscles to absorb the creatine much better. There have been several studies done which prove that taking creatine with insulin releasing carbohydrates (sugars) increases the uptake of creatine by the muscle cells.

When you start taking creatine do a loading phase by taking 5 servings (approx. 25 grams) of creatine in divided doses throughout the day for a week, and then reduce to a maintenance phase of 1 - 2 servings (approx. 5 - 10 grams) per day.

Be sure to take a serving of creatine right after your workouts because the metabolic environment created by a hard workout will allow your muscles to absorb the creatine really well.

After your workouts you should have a large protein and carbohydrate drink mixed with a teaspoonful of creatine. For example, after my workouts I mix 2 scoops of whey protein, 2 tablespoonfuls of normal table sugar, and 1 teaspoonful of creatine in a shaker cup.

The sugar provides simple carbohydrates that cause the body to release insulin. After a hard weight training workout, insulin will help shuttle protein, carbs, and creatine into the muscles and help with growth and recovery.

Wait 30 minutes after you have the post workout protein / carb / creatine drink before you eat any solid food. This allows your body time to digest the nutrients. Whole food slows digestion because the body has to break it down, whereas liquid is digested faster.

You can get a 5 lb. Container of Whey Protein for only \$28 at:

<http://totfit.safeshopper.com/81/573.htm>

You can get 1000 grams of Pure Creatine Monohydrate for only \$25 at:

<http://totfit.safeshopper.com/27/213.htm>

6. The Blast Your Bench Routine

As was mentioned earlier you will focus on increasing your Bench Press and on maintenance for your other body part workouts. The workout routine is laid out for you in workout charts. You will be working out five days a week, ideally Monday would be day 1 and Friday would be day 5. However if this does not suit your schedule, you can follow the program on any five consecutive days of the week.

A: Training Partners

You should find a good training partner to follow the "Blast Your Bench" program with you. By having a training partner you can encourage and provide motivation for each other. You will also be able to spot each other and provide assistance when necessary.

You will need to find someone who is just as committed to making progress as you are. Training with someone who is a slacker in the gym will only bring you down as well. If you can, train with someone who is stronger than you are, this will really help motivate you to improve.

B: Warm Up Exercises

Prior to working out, warm up thoroughly by doing 5 minutes of light cardio (stationary bike, treadmill, jogging in place, etc.). Then do the following stretching and warm up exercises to prevent injury and allow you to lift maximum weight in the bench press.

Arm circles:

Keep your arms straight and perform arm circles forwards and backwards. Do 15-20 circles in each direction.

Push ups:

Do a couple sets of push ups (approx 20-30 reps total). Do not work too hard, you only want to get the blood flowing and warm up your joints.

Arm rotation for the rotator cuff:

Warm up your shoulder joints by standing with your arms straight out to the sides, bend your elbows so they are at 90 degree angles. Rotate your arms so that your forearms point up and then rotate your arms so that your forearms point out in front. Do 20-30 rotations.

Rear dumbbell flyes:

Hold a pair of light dumbbells and bend over at the waist. Keeping your back parallel to the floor, move just your arms and lift the dumbbells to the back in a fly motion. Really focus on squeezing the back of your shoulders together as you lift the dumbbells. Do 3 sets of 15-20 reps.

Bench press:

Do a couple light sets of the bench press, do only 5-10 reps per set. Do not work too hard, you only want to get the blood flowing and warm up your joints.

After doing the warm up you are ready to do the actual workout. Start the workout with the Bench Press routine when you are fresh and strong, then perform the other exercises after the bench press portion of the workout.

After you finish your workout do some light stretching for all of the muscles that you worked. Then do some light cardio such stationary bike, treadmill, etc. for about 5 minutes, this will help reduce muscle soreness, speed recovery, and help with muscle growth.

7. The Workout Charts

Before you start the actual “Blast Your Bench II” routine. Stop doing the flat bench press for the next 2 weeks. This will give your joints, tendons, and ligaments a break from bench pressing while still strengthening the muscles used in the bench press.

For the next 2 weeks follow this workout routine:

Chest, shoulders, and triceps

rest

Back and biceps

rest

Legs and abs

rest

Repeat workout cycle

Chest, Shoulders and Triceps workout:

- Incline bench press

warm up with couple light sets and then do 5 sets of 5 reps
(train heavy, but don't train to failure)

- DB bench press on the stability ball

4 sets of 10 reps

(you will have to start off light, because this exercise is hard to do)

- Seated db shoulder press

4 sets of 10 reps

- Bent over lateral raises

4 sets of 10 reps

- Tricep push downs

4 sets of 10 reps

- Push ups

3 sets of as many reps as you can do

Back and Biceps workout:

- Bent over barbell rows

4 sets of 10 reps

- Chest supported row (i.e. T-bar row, hammer strength seated row, etc.)

4 sets of 10 reps

- Chin ups

3 sets of as many reps as you can do

- Standing db curls

3 sets of 15 reps

- Standing barbell curls

3 sets of 10 reps

- Hyper back extensions

3 sets of 15 reps

Legs and Abs workout:

- Squats

warm up with couple light sets and then do 5 sets of 5 reps
(train heavy, but don't train to failure)

- Lying leg curls

4 sets of 10 reps

- Leg extensions

4 sets of 10 reps

- Standing or seated calf raises

4 sets of 15 reps

- Incline sit ups

4 sets of 15 reps

- Leg raises

4 sets of 15 reps

- Crunches

3 sets of 25+ reps

The “Blast Your Bench II” Routine

After you have followed the above routine for 2 weeks you then are ready for the “Blast Your Bench II” routine.

For you chest, triceps, and front deltoids you will do the Bench Press routine as is shown in the workout charts.

The Bench Press routine is where you push yourself. The rest time between sets for the Bench Press routine is very important. You need to get a stopwatch to help you keep track of the rest time between sets. By varying your reps and rest periods between sets, as is shown in the workout charts, you will get maximum development in both the fast and slow twitch muscle fibres. This will also help the body to increase levels of testosterone and growth hormone.

Throughout the 3 week bench program, you will do only the Bench Press for your chest, triceps, and front deltoids. This will help you to perfect your technique and to strengthen the muscles used in the lift. This program will enhance both strength and muscular endurance. Perform the work sets with enough weight to be able to stop just short of failure at the prescribed number of reps for each set. You should have an experienced spotter with you at all times for safety reasons.

Do Not Be Confused By A Temporary Loss Of Strength

When you begin the “Blast Your Bench II” workout routine you may experience a temporary loss of strength during the first few workouts. Do not panic if this happens. You are not doing anything wrong. Your body is just adjusting to the extra muscle stimulation that you are providing it.

Stick with the workout charts. There is a rebounding effect that will occur following this period, where your body will make tremendous gains in strength and muscle size.

While doing the bench press it is vital that you use proper exercise technique to maximize your strength and power, and minimize the risk of injury.

Week #1

Set	Monday	Tuesday	Wednesday	Thursday	Friday
Rest time	3 mins	1 min	3 mins	1 min	3 mins
1	10 reps	15 reps	3 reps	15 reps	3 reps
2	8 reps	15 reps	3 reps	15 reps	3 reps
3	6 reps	15 reps	3 reps	15 reps	3 reps
4	4 reps	15 reps	3 reps	15 reps	3 reps
5	2 reps	15 reps	3 reps	15 reps	3 reps

Week #2

Set	Monday	Tuesday	Wednesday	Thursday	Friday
Rest time	3 mins	1 min	3 mins	1 min	3 mins
1	10 reps	15 reps	10 reps	15 reps	10 reps
2	8 reps	15 reps	8 reps	15 reps	8 reps
3	6 reps	15 reps	6 reps	15 reps	6 reps
4	4 reps	15 reps	4 reps	15 reps	4 reps
5	2 reps	15 reps	2 reps	15 reps	2 reps

Week #3

Set	Monday	Tuesday	Wednesday	Thursday	Friday
Rest time	2 mins	2 mins	2 mins	2 mins	5 mins
1	3 reps	3 reps	3 reps	3 reps	3 reps
2	3 reps	3 reps	3 reps	3 reps	3 reps
3	3 reps	3 reps	3 reps	3 reps	3 reps
4	3 reps	3 reps	3 reps	3 reps	3 reps
5	3 reps	3 reps	3 reps	3 reps	3 reps

You must get a stopwatch in order to keep track of your rest times in between each set. A common mistake that people make is just waiting until they have caught their breath and jump right to the next set. For the majority of your workouts this is fine, but in order to make the best gains possible in the “Blast Your Bench” program you have to stick to the rest times in between sets very strictly.

For the days that you rest 3 minutes between sets it may seem like you are wasting time, just sitting on the end of the bench waiting to do your next set. But you need to rest the full 3 minutes in order to allow your muscles to handle maximum poundage.

And on the days when you only get 1 minute rest in between sets, by the time you get to the 3rd set you will be huffing and puffing and you will not be able to handle heavy weights. You will be amazed at how fatigued that you get, but on these days it is critical that you only give yourself 1 minute rest between sets.

You should lift enough weight so that you can do the required number of reps for each set.

For example, on Monday of Week 1 the reps go like this:

Set 1 - 10 reps

Set 2 - 8 reps

Set 3 - 6 reps

Set 4 - 4 reps

Set 5 - 2 reps

Set 1: Lift enough weight so that you can do 10 reps.

Rest for 3 minutes, add some weight to the bar for set 2.

Set 2: Lift enough weight so that you can do 8 reps.

Rest for 3 minutes, add some weight to the bar for set 3.

Set 3: Lift enough weight so that you can do 6 reps.

Etc...

It will take a couple of workouts to find out exactly how much weight to lift for each set. For example, if you cannot complete all of the reps, then for the next workout you will have to lighten the weight. Or if you find that the weights were too light then you will have to add more weight.

Tip: Do not lift too much weight on the first couple sets and tire yourself out, it is better to save your strength for the last few sets so you can lift maximum weight.

On the days where you do 15 reps per set and only rest 1 minute you will start with a heavier weight for the first set and you will need to reduce the weights for the other sets as you fatigue.

For example, on Tuesday of Week 1 the reps go like this:

Set 1 - 15 reps
Set 2 - 15 reps
Set 3 - 15 reps
Set 4 - 15 reps
Set 5 - 15 reps

Set 1: Lift enough weight so that you can get 15 reps.

Rest for 1 minute, you may have to lighten the weight for set 2.

Set 2: Lift enough weight so that you can get 15 reps.

Rest for 1 minute, you may have to lighten the weight for set 3.

Set 3: Lift enough weight so that you can get 15 reps.

Etc...

Tip: when doing the high reps sets, try to do the reps as fast as possible. This will help you get the required reps and help to develop explosive power.

The 15 rep workouts with only 1 minute rest in between sets are a killer! Most people are amazed at just how quickly they fatigue by training this way. Even the strongest guys are using light weights by the time they get to those last couple sets. But this type of training is part of the reason that the "Blast Your Bench" program works so well. Most people never train this way, but when they do it really helps to spur on new muscle growth.

Note: you can refer to our "One Rep Max Chart" to help you find out how much weight you should lift for each set.

To give you an idea of how the weights will go here is an example of someone who bench presses 240 lbs. for a 1 rep max.

Actual workout weights may vary, but this will give you an idea of how to adjust the weights in the workouts.

For the pyramid style workouts (i.e. 10 reps, 8 reps, 6 reps, etc.) the reps and weight go like this:

Set 1 - 10 reps with 180 lb.
Set 2 - 8 reps with 190 lb.
Set 3 - 6 reps with 200 lb.
Set 4 - 4 reps with 210 lb.
Set 5 - 2 reps with 220 lb.

Next time you do this workout try to add 5 lb. to each set. For example, Set 1 - 10 reps with 185 lb. Set 2 - 8 reps with 195 lb. Set 3 - 6 reps with 205 lb. etc...

For the fast paced 15 rep workouts the reps and weight go like this:

Set 1 - 15 reps with 160 lb.
Set 2 - 15 reps with 160 lb.
Set 3 - 15 reps with 150 lb.
Set 4 - 15 reps with 150 lb.
Set 5 - 15 reps with 140 lb.

Next time you do this workout try to add 5 lb. to each set. For example, Set 1 - 15 reps with 165 lb. Set 2 - 15 reps with 165 lb. Set 3 - 15 reps with 155 lb. etc...

For the heavy 3 rep workouts the reps and weight go like this:

Set 1 - 3 reps with 210 lb.
Set 2 - 3 reps with 210 lb.
Set 3 - 3 reps with 210 lb.
Set 4 - 3 reps with 210 lb.
Set 5 - 3 reps with 210 lb.

If you can complete all of the reps then the next time you do this workout try to add 5 lb. to each set. For example, Set 1 - 3 reps with 215 lb. Set 2 - 3 reps with 215 lb. Set 3 - 3 reps with 215 lb. etc...

It is ok to bench press 5 days a week for the course of the 3 week "Blast Your Bench II" routine. But if you were to continue doing this volume of work for longer than 3 weeks it could lead to overtraining. Just follow the routine exactly as it is laid out in the workout charts you will make good gains in strength and muscle growth.

In the second part of the "Blast Your Bench II" program, the 3 week squat routine, you do not even do the bench press. Instead, you work your chest, shoulders, and triceps with different exercises. This helps to prevent any joint injuries from repetitive motion (i.e. doing the same exercise everyday) and you can stimulate new strength and muscle growth by working the muscles with different movements.

A: Assistance Exercise Workout

Do these exercises after the 5 sets of bench press. You can refer to the exercise pictures shown in section 4. Assistance Exercises.

Workout A:

- Bent Over Dumbbell Flyes - 3 sets of 10-12 reps
- Bent Over Barbell Rows - 3 sets of 10-12 reps
- Standing Dumbbell Curls - 3 sets of 10-12 reps
- Ab crunches - 3 sets of 25-50 reps

Workout B:

- Squats or Leg Press - 3 sets of 10-12 reps
- Standing Calf Raises - 3 sets of 15 reps
- Ab crunches - 3 sets of 25-50 reps

Alternate between Workouts A and B (i.e. on Monday do Workout A, on Tuesday do Workout B, on Wednesday do Workout A, on Thursday do Workout B, etc.) For these exercises rest long enough between sets to catch your breath.

If you feel extra sore on a day that you are supposed to train, take that day off from training. It is best to play it safe then to risk the chance of injury. If you have to do this, simply move the entire program ahead 1 day.

For example, let's say that you were very sore and had to skip Tuesday's workout. On Wednesday you would then perform the workout that was scheduled for Tuesday. On Thursday you would perform the workout that was scheduled for Wednesday, etc.

It is important that you complete all workouts that are listed in the workout charts in order to get the maximum benefit from this program.

8. Additional Information

You may want to have a cup of coffee or a caffeine pill prior to working out to help give you an extra energy boost. This may not be appropriate for everyone so use your own judgement on this.

You may want wear weight lifting gloves to help you get a better grip on the bar. Or you may want to use chalk on the bar to help you get a better grip. *Note: some gyms do not allow you to use chalk*

You may want to wear a pair of wrist wraps to help support and stabilize your wrists. This can help you move more weight to make doing the bench press more comfortable.

You should wear comfortable workout clothing. I recommend wearing a sweatshirt while doing the bench press because it will keep your muscles and joints warm and help to prevent injury.

Use the same bench and barbell each time you bench press. Some benches may be set at different heights, or the padding may be different. Pick a bench that you are comfortable with and use it every time you bench. The same thing goes for barbells; some bars have a smooth grip, other have a rough grip. Pick one that you are comfortable with and bench with the same bar each time.

Make sure that the bench you are using is in alignment with the ceiling tiles. This will help you to keep the bar straight and level when benching. If you are lying down on the bench and looking up at the ceiling on an angle it will distract you.

Make sure that you get at least 8 hours of sleep each night. A lot of muscle growth and recovery take place during sleep. It is vital that you have good consistent sleeping pattern while following the "Blast Your Bench" program.

Try to avoid using alcohol or other drugs while follow the "Blast Your Bench" program. Alcohol will lower your testosterone levels and dehydrate your body.

Keep a record of your workouts. Write down every set and rep that you do during your workouts. This way each workout you can try and improve what you did for your previous workout. *Note: there are sample workout charts at the end of the program that you can use to keep track of your progress.*

9. One Rep Max Chart

You can refer to this chart to help you find out how much weight you should be lifting during your workouts. This chart is not 100% accurate because individuals vary and some people may be able to lift more or less than is listed in the chart. However, it will give you an idea of where to start so you can adjust your weights accordingly.

In the vertical column find the weight you use, in the horizontal column find the number of reps that you can perform with that weight. Go to where the weight and reps intersect in the chart and find your 1 rep max.

I have divided the chart into 2 sections to make it easier to see the number of reps at the top of the chart and the weights going down the side of the chart.

Reps	2	3	4	5	6	7	8	9	10
Weight in lbs.	–	–	–	–	–	–	–	–	–
75	80	80	85	85	90	90	95	95	100
85	90	90	95	95	100	100	105	105	110
95	100	105	105	110	110	115	115	120	125
105	110	115	115	120	125	125	130	135	135
115	120	125	130	130	135	140	140	145	150
125	130	135	140	145	145	150	155	160	160
135	145	145	150	155	160	165	165	170	175
145	155	160	160	165	170	175	180	185	190
155	165	170	175	180	180	185	190	195	200
165	175	180	185	190	195	200	205	210	215
175	185	190	195	200	205	210	215	220	225
185	195	200	205	210	220	225	230	235	240
195	205	210	220	225	230	235	240	245	255
205	215	225	230	235	240	250	255	260	265
215	225	235	240	245	255	260	265	275	280
225	240	245	250	260	265	270	280	285	290
235	250	255	265	270	275	285	290	300	305
245	260	265	275	280	290	295	305	310	320

Reps	2	3	4	5	6	7	8	9	10
Weight in lbs.	–	–	–	–	–	–	–	–	–
255	270	275	285	295	300	310	315	325	330
265	280	290	295	305	310	320	330	335	345
275	290	300	310	315	325	330	340	350	355
285	300	310	320	325	335	345	355	360	370
295	310	320	330	340	350	355	365	375	385
305	325	330	340	350	360	370	380	385	395
315	335	345	350	360	370	380	390	400	410
325	345	355	365	375	385	395	405	410	420
335	360	370	380	390	400	410	420	430	440
345	365	375	385	395	410	420	430	440	450
355	375	385	395	410	420	430	440	450	460
365	385	395	410	420	430	440	450	465	475
375	395	410	420	430	445	455	465	475	485
385	405	420	430	440	450	465	475	490	500
395	420	430	440	450	465	475	490	500	510
405	425	440	450	465	475	490	500	515	525

To find out how much weight you should lift for each set you simply find the number of reps at the top of the chart. Go down that column until you find your 1 rep max. Then go over to the far left of that row and find the weight you should lift.

For example, if you want to do a set of 10 reps and your 1 rep max is 200 lbs.

- go to the 10 rep column on the chart
- follow the column down until you find 200
- go to the far left of the row and you will find 155

So for a 1 rep max of 200 lbs. you should be able to lift approximately 155 lbs. for 10 reps.

Here is another example, let's say you wanted to a set of 4 reps and your 1 rep max is 350 lbs.

- go to the 4 rep column on the chart
- follow the column down until you find 350
- go to the far left of the row and you will find 315

So for a 1 rep max of 350 lbs. you should be able to lift approximately 315 lbs. for 4 reps.

For 15 rep sets simply take your 1 rep max and multiply it by 0.66

For example,

$$\begin{aligned} 1 \text{ rep max} &= 200 \\ 200 \times 0.66 &= 132 \end{aligned}$$

Round off the number, so for a 200 lbs. 1 rep max you should be able to lift approximately 135 lbs. for 15 reps.

Just to make it easier for you I have included some sample sets, reps, and weights.

Note: you may have to use more or less weight than is listed here, but this will give you a good idea of where to start from.

When doing your workouts it is best to hold back slightly and stop short of failure rather than pushing yourself all out. This will make it easier to make strength gains on a more consistent basis.

Do not lift too heavy and wear yourself out on the first couple of sets, save your strength for the last few sets. These sets are the ones that work the fast twitch muscle fibers and are responsible for strength gains.

For a 1 rep max of 150 lbs.

15 reps with 100 lbs.
10 reps with 110 lbs.
8 reps with 115 lbs.
6 reps with 120 lbs.
4 reps with 125 lbs.
2 reps with 130 lbs.

For a 1 rep max of 175 lbs.

15 reps with 115 lbs.
10 reps with 125 lbs.
8 reps with 135 lbs.
6 reps with 145 lbs.
4 reps with 150 lbs.
2 reps with 155 lbs.

For a 1 rep max of 200 lbs.

15 reps with 135
10 reps with 145 lbs.
8 reps with 155 lbs.
6 reps with 165 lbs.
4 reps with 175 lbs.
2 reps with 185 lbs.

For a 1 rep max of 225 lbs.

15 reps with 150 lbs.
10 reps with 170 lbs.
8 reps with 180 lbs.
6 reps with 190 lbs.
4 reps with 195 lbs.
2 reps with 205 lbs.

For a 1 rep max of 250 lbs.

15 reps with 165 lbs.
10 reps with 180 lbs.
8 reps with 190 lbs.
6 reps with 205 lbs.
4 reps with 215 lbs.
2 reps with 225 lbs.

For a 1 rep max of 275 lbs.

15 reps with 185 lbs.
10 reps with 200 lbs.
8 reps with 210 lbs.
6 reps with 225 lbs.
4 reps with 235 lbs.
2 reps with 245 lbs.

For a 1 rep max of 300 lbs.

15 reps with 190 lbs.
10 reps with 225 lbs.
8 reps with 235 lbs.
6 reps with 245 lbs.
4 reps with 260 lbs.
2 reps with 270 lbs.

For a 1 rep max of 325 lbs.

15 reps with 215 lbs.
10 reps with 235 lbs.
8 reps with 250 lbs.
6 reps with 265 lbs.
4 reps with 280 lbs.
2 reps with 295 lbs.

For a 1 rep max of 350 lbs.

15 reps with 225 lbs.
10 reps with 250 lbs.
8 reps with 270 lbs.
6 reps with 290 lbs.
4 reps with 310 lbs.
2 reps with 320 lbs.

10. Nutrition Charts

BEVERAGES

	MEASURE	CALORIES	CARBS	PROTEIN	FAT
Coffee, black	1 cup	5	<1g	<1g	<1g
Soft drinks	1 cup	94	19g	0g	0g
Fruit flavored drinks	1 cup	110	29g	0g	0g
Diet drinks	1 cup	<1	0g	0g	0g

BREADS, CEREALS & GRAINS

	MEASURE	CALORIES	CARBS	PROTEIN	FAT
White, enrich	1 slice	62	12g	2g	<1g
Whole wheat	1 slice	56	11g	3g	<1g
Corn flakes	1 cup	100	21g	2g	<1g
Shredded wheat	1 biscuit	89	20g	3g	<1g
Oat bran	3/4 cup	121	21g	5g	2g
Cream of wheat	1 cup	133	28g	5g	<1g
Macaroni, ckd.	1 cup	150	32g	5g	1g
Muffins bran	1 avg	105	17g	3g	4g
Oatmeal ckd.	1 cup	130	23g	5g	2g
Pasta raw	4 oz	400	78g	20g	1g
Rice, brown raw	1 cup	700	150g	15g	4g
Brown, cooked	1 cup	180	38g	4g	1g
Rices, white raw	1 cup	710	157g	13g	2g
White, cooked	1 cup	225	50g	4g	<1g
Dinner rolls, white	1 avg	115	20g	3g	2g
Whole wheat	1 avg	90	18g	4g	1g
Spaghetti, ckd.	1 cup	150	32g	5g	<1g

DAIRY PRODUCTS

	MEASURE	CALORIES	CARBS	PROTEIN	FAT
Cheese					
Cheddar	1 oz	115	<1g	7g	10g
Mozzarella	1 oz	80	<1g	6g	7g
Parmesan	1 tbs	25	<1g	2g	2g
Cottage, lowfat	1/2 cup	80	1g	16g	1g
Cream					
Sour	1 cup	495	10g	8g	49g
Whipping	1 cup	700	7g	5g	74g
Eggs					
Raw, large	1	80	<1g	6g	6g
Raw, white	1	20	<1g	4g	0g
Raw, yolk	1	60	<1	2g	6g
Milk					
Whole	1 cup	160	12g	8g	9g
Skim	1 cup	90	12g	9g	<1g
Evaporated	1 cup	340	25g	18g	19g
Yogurt					
Regular	8 oz	140	11g	8g	7g
Low-fat	8 oz	125	18g	13g	<1g
Low-fat fruit	8 oz	225	43g	9g	2g

SEAFOOD

	MEASURE	CALORIES	CARBS	PROTEIN	FAT
Cod	1 lb	415	1g	80g	8g
Flounder	1 lb	400	<1g	85g	7g
Oysters, fresh	1 lb	300	15g	38g	8g
Canned	1 cup	160	8g	20g	5g
Salmon	1 lb	980	0g	100g	60g
Sockeye, cnd	1 cup	375	0g	45g	15g
Tuna, oil pk.	1 cup	315	0g	46g	13g
Water packed	1 cup	250	0g	55g	2g

FRUIT & FRUIT JUICES

	MEASURE	CALORIES	CARBS	PROTEIN	FAT
Apple	1 med	100	24g	<1g	1g
Apple sauce	1/2 cup	40	7g	1g	1g
Apricots	4 avg	100	21g	1g	1g
Banana	1 avg	125	33g	2g	1g
Fruit salad	1 cup	195	50g	1g	1g
Grapefruit	1/2 med	40	11g	<1g	<1g
Orange	1 avg	65	15g	1g	<1g
Juice, unsw	1 cup	115	26g	2g	<1g
Peach	1 med	40	10g	<1g	<1g
Prunes	6 med	170	38g	2g	1g
Raisins	1 cup	475	130g	4g	1g

MEAT & POULTRY

	MEASURE	CALORIES	CARBS	PROTEIN	FAT
Beef					
Lean	1 lb	815	0g	95g	45g
Regular	1 lb	1220	0g	82g	95g
Chicken					
Back	1 lb	400	0g	40g	40g
Breast	1 lb	385	0g	75g	17g
Drumstick	1 lb	395	0g	50g	30g
Pork					
Bacon	1 lb	3015	5g	38g	315g
Sausage	1 lb	1785	12g	60g	165g
Turkey					
Dark Meat	1 lb	920	0g	135g	38g
Light meat	1 lb	800	0g	150g	18g

NUTS

	MEASURE	CALORIES	CARBS	PROTEIN	FAT
Almonds	10 med	65	1g	2g	6g
Peanut butter	1 tbs	85	3g	4g	8g
Peanuts	1 cup	840	30g	38g	70g
Walnuts	1/4 cup	190	6g	5g	15g

OILS & SAUCES

	MEASURE	CALORIES	CARBS	PROTEIN	FAT
Butter	1 tbs	100	<1g	<1g	12g
Margarine	1 tbs	100	<1g	<1g	12g
Corn oil	1 tbs	125	0g	0g	14g
Olive oil	1 tbs	125	0g	0g	14g
Peanut oil	1 tbs	125	0g	0g	14g
Safflower oil	1 tbs	125	0g	0g	14g
Sunflower oil	1 tbs	125	0g	0g	14g
B.B.Q. sauce	1 tbs	15	2g	<1g	1g
Jams	1 tbs	55	13g	<1g	0g
Low-sugar	1 tbs	21	5g	<1g	0g
Honey	1 tbs	100	25g	0g	0g
Mayonnaise					
Regular	1 tbs	100	<1g	<1g	11g
Fat-free	1 tbs	16	5g	0g	0g
Salad dressing					
Regular	1 tbs	80	3g	<1g	8g
Low-fat	1 tbs	25	2g	<1g	2g

VEGETABLES

	MEASURE	CALORIES	CARBS	PROTEIN	FAT
Broccoli	1 piece	33	6g	4g	<1g
Carrots	1 Lg	43	10g	1g	<1g
Corn	1 cup	135	30g	5g	2g
Cream style	1cup	210	52g	5g	2g
Cucumber	1 Lg	45	8g	2g	<1g
Green peas	1/2 cup	58	11g	3g	<1g
Kidney beans	1 cup	170	30g	10g	1g
Lima beans	1 cup	233	39g	12g	1g
Lettuce	1 lb	55	11g	1g	<1g
Potatoes	1 med	90	18g	3g	<1g
Sprouts	3/4 cup	55	8g	4g	<1g
Vegetable soup	1 cup	83	17g	2g	1g
Yams	1 med	150	34g	2g	<1g

Special Bonus "Blast Your Squat"

I created this modified version of the program because I was constantly getting e-mails from people who had completed the "Blast Your Bench" program and were so pleased with their gains, that they wanted to apply the program to other exercises, especially the squat.

The reason why the regular "Blast Your Bench" program works for the bench press and not the squat is because upper body muscles can handle more frequent heavy workouts than lower body muscles.

The squat is probably the most physically demanding exercise that you can do, but it is also one of the most productive exercises for building muscle mass, strength, and power in the entire body.

The squat places more stress on the body than the bench press, so in the "Blast Your Squat" routine we will only work the squat 3 days per week (unlike the 5 bench days per week in the "Blast Your Bench" routine). This will allow your body time to recover and make tremendous gains in strength.

A: Proper Squat Technique

When you get under the bar look straight ahead and flex your traps. This will help you maintain proper form and prevent the bar from crushing your shoulders.

Grab the bar just a bit wider than shoulder width. Tighten your entire body and squeeze your shoulder blades together behind you.

Squat with your feet wider than shoulder width apart. When you squat wide you create better leverage for the squat. The distance between your knee and hip is shorter in a wider stance squat. This allows you to lift heavier weights.

You must keep your knees out during the entire rep, do not let them turn in. Push out on the sides of your shoes while you squat. This keeps your body tight.

Place the emphasis on the glutes, thighs, and lower back. Keep your toes straight ahead or just slightly turned out. Arch your back and expand your belly. Keep your shoulder blades pulled together to tighten the upper back, this helps keep the barbell in the proper position. Stay tight as you squat down. When your thighs are parallel to the floor, rebound out of the bottom position and drive the bar up using your hips, glutes, back, and thighs.

Once you rebound out of the bottom position, focus on straightening out your legs and driving your back up to lock out the rep.

Start / Finish Position of the Squat



Midpoint of the Squat



Before you start the "Blast Your Squat" routine you need to determine your current 1 rep max. After you finish the program you will determine your 1 rep max again in order to judge your progress.

To determine your 1 rep max in the squat follow the same process as is described in section 3. Benching For Maximum Poundage, B: Finding Your One-Rep Max.

After you complete the "Blast Your Bench" routine, you can immediately start the "Blast Your Squat" routine.

Here are the workout charts for the "Blast Your Squat" routine.

Week #1 - Blast Your Squat

Set	Monday	Tuesday	Wednesday	Thursday	Friday
Rest time	90 secs		2 mins		3 mins
1	15 reps		10 reps		5 reps
2	15 reps	20 minutes	8 reps	20 minutes	5 reps
3	15 reps	on the	6 reps	on the	5 reps
4	15 reps	stationary bike	4 reps	stationary bike	5 reps
5	15 reps		2 reps		5 reps

Week #2 - Blast Your Squat

Set	Monday	Tuesday	Wednesday	Thursday	Friday
Rest time	90 secs		2 mins		3 mins
1	15 reps		10 reps		5 reps
2	15 reps	20 minutes	8 reps	20 minutes	5 reps
3	15 reps	on the	6 reps	on the	5 reps
4	15 reps	stationary bike	4 reps	stationary bike	5 reps
5	15 reps		2 reps		5 reps

Week #3

Set	Monday	Tuesday	Wednesday	Thursday	Friday
Rest time	2 mins		2 mins		5 mins
1	5 reps		3 reps		3 reps
2	5 reps	20 minutes	3 reps	20 minutes	3 reps
3	5 reps	on the	3 reps	on the	3 reps
4	5 reps	stationary bike	3 reps	stationary bike	3 reps
5	5 reps		3 reps		3 reps

In this routine you will ride the stationary bike for 20 minutes 2 times per week (as is shown in the charts) to help speed up recovery and aid in muscle growth.

Note: you can do another form of aerobic exercise in place of the stationary bike (i.e. walking, treadmill, ski machine, etc.)

As in the "Blast Your Bench" routine, you should lift enough weight so that you can only do the required number of reps required for each set.

For the 15 rep days:

Note: This is going to be the most difficult workout of the "Blast Your Squat" routine. The high reps and relatively short rest times will really make you work hard. But the gains that you will make are well worth it.

Set 1 - 15 reps
Set 2 - 15 reps
Set 3 - 15 reps
Set 4 - 15 reps
Set 5 - 15 reps

Set 1: Lift enough weight so that you can get 15 reps.

Rest for 90 seconds, you may have to lighten the weight for set 2.

Set 2: Lift enough weight so that you can get 15 reps.

Rest for 90 seconds, you may have to lighten the weight for set 3.

Set 3: Lift enough weight so that you can get 15 reps.

Etc...

Note: you can refer to our "One Rep Max Chart" to help you find out how much weight you should lift for each set.

For the pyramid style workouts (i.e. 10 reps, 8 reps, 6 reps, etc.)

Set 1: Lift enough weight so that you can do 10 reps.

Rest for 2 minutes, add some weight to the bar for set 2.

Set 2: Lift enough weight so that you can do 8 reps.

Rest for 2 minutes, add some weight to the bar for set 3.

Set 3: Lift enough weight so that you can do 6 reps.

Etc...

It will take a couple of workouts to find out exactly how much weight to lift for each set. For example, if you do the first set and you can do 12 reps, then for the next workout you will have to lift more weight so you can only get 10 reps.

For the heavy 3 rep and 5 rep workouts:

Set 1: Lift enough weight so that you can do 3 reps (or 5 reps)

Rest for the required amount of time, you may have to reduce the weight for set 2.

Set 2: Lift enough weight so that you can do 3 reps (or 5 reps)

Rest for the required amount of time, you may have to reduce the weight for set 3.

Set 3: Lift enough weight so that you can do 3 reps (or 5 reps)

Rest for the required amount of time, you may have to reduce the weight for set 4.

Etc...

As in the "Blast Your Bench" program, each workout you should try and add 5 lb. to your previous workout weight.

B: Assistance Exercises

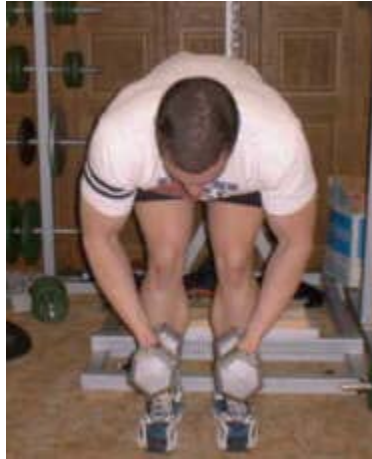
For you legs and lower back you will do the Squat routine as is shown in the workout charts.

For the assistant exercises you will do:

Bent Over Dumbbell Flyes:

This is the same exercise as is listed in section 4. Assistant Exercises. This exercise will help to develop the rear deltoids and upper back. Well-developed upper back and shoulder muscles will make having a heavy barbell on your shoulders more comfortable.

Start / Finish Position of the Bent Over Dumbbell Flye

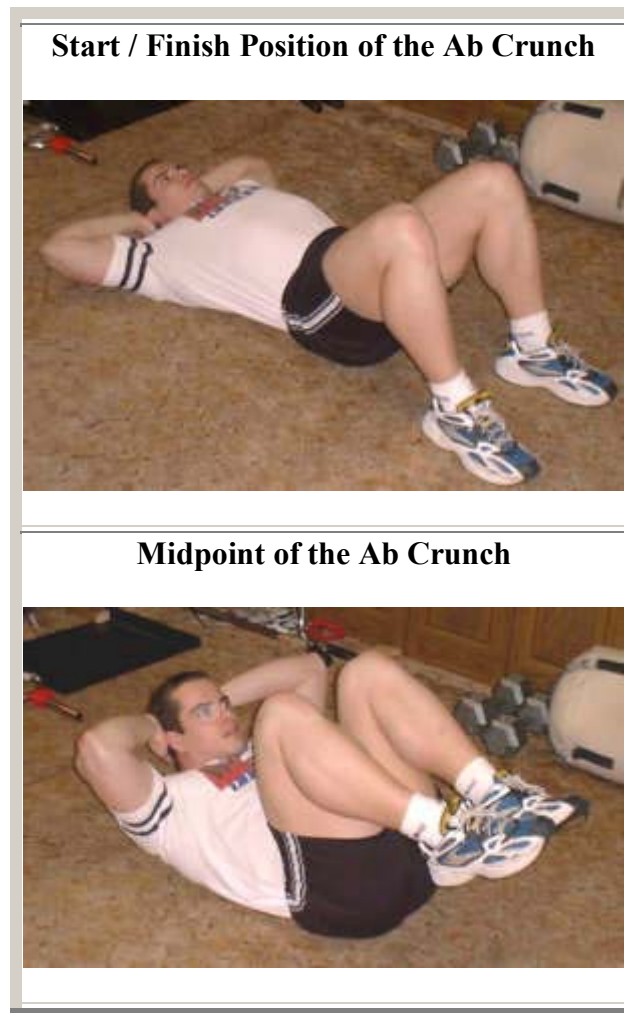


Midpoint of the Bent Over Dumbbell Flye



Ab Crunch:

This is the same exercise as is listed in section 4. Assistant Exercises. This exercise will develop the abdominals. The back and abdominals are the centre of the body so developing these muscles is vital to improving your strength and power in all exercises.



The next 3 exercises will help you to further improve upon the gains that you make during the "Blast Your Bench" program, while giving your tendons and joints some time off from heavy bench pressing.

Dips:

This exercise works the chest, front deltoids, and triceps.

Start / Finish Position of the Dip



Midpoint of the Dip



Close Push Ups:

This exercise targets the triceps. Place your hands spaced shoulder width apart.

Start / Finish Position of the Close Push Up



Midpoint of the Close Push Up



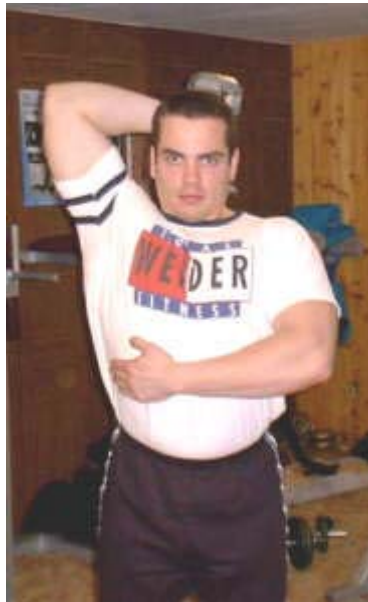
1 Arm Overhead Dumbbell Extensions:

This exercise isolates the triceps.

**Start / Finish Position of the
1 Arm Overhead Dumbbell Extension**



**Midpoint of the
1 Arm Overhead Dumbbell Extension**



C: Assistance Exercise Workout Routine

Do these exercises after the 5 sets of squats.

Workout A:

- Bent Over Dumbbell Flyes - 3 sets of 10-12 reps
- Dips - 3 sets of 10-12 reps
- Ab crunches - 3 sets of 25-50 reps

Workout B:

- Close Push ups - 3 sets of as many reps as you can do
- 1 Arm Overhead Dumbbell Extensions - 3 sets of 10-12 reps
- Barbell Curls - 3 sets of 10-12 reps
- Ab crunches - 3 sets of 25-50 reps

Alternate between Workouts A and B (i.e. on Monday do Workout A, on Wednesday do Workout B, on Friday do Workout A, etc.) For these exercises rest long enough between sets to catch your breath.

It is important that you complete all workouts that are listed in the workout charts in order to get the maximum benefit from this program.

General Workout Routines

After you complete the "Blast Your Bench" and "Blast Your Squat" routines you will have to adjust your workouts so that you develop all your muscle groups equally.

You should still organize your workout routines so that you include both heavy power style workouts to maximize testosterone levels, and lighter fast paced workouts to maximize growth hormone levels. This is the most effective approach for building muscle in the fastest time possible.

A good way to incorporate both types of workouts is to divide your workouts so you work half of your body one day and the other half the next. For example, you can work your back, chest, biceps, and calves in one workout. And train your shoulders, thighs, triceps, and abs in the next workout.

A sample workout out routine may look like this:

Monday (heavy power day approx 5-8 reps per set):

- chest
- back
- biceps
- calves

Tuesday (heavy power day approx 5-8 reps per set):

- shoulders
- thighs
- triceps
- abs

Wednesday: REST

Thursday (light fast paced day approx 12-15 reps per set):

- chest
- back
- biceps
- calves

Friday (light fast paced day approx 12-15 reps per set):

- shoulders
- thighs
- triceps
- abs

Saturday: REST

Sunday: REST

Pick 2 exercises for each bodypart and do 2-3 work sets for each exercise after 1-2 warm up sets. You should vary the exercises that you do for each bodypart every couple of weeks. This way you will keep your muscles growing while making sure that your joints do not take too much punishment. For example, if you were to do heavy bench presses every week, eventually your shoulder joints and elbows may develop pain and tendonitis. By switching your exercises every couple of weeks you will prevent this because the muscles and joints get worked at different angles.

Here are some sample exercises that you can do for each bodypart:

Chest:

- bench press (incline, decline, and flat)
- dumbbell bench press (incline, decline, and flat)
- dumbbell flyes (incline, decline, and flat)
- pec deck flyes
- dips
- push ups

Back:

- dead lifts
- bent barbell rows
- chin ups
- pull downs
- seated cable rows
- 1 arm dumbbell rows

Shoulders:

- military press
- dumbbell press
- side lateral raises
- front lateral raises
- bent lateral raises
- up right rows
- shrugs

Thighs:

- squats
- leg press
- hack squats
- stiff leg dead lifts
- leg extensions
- leg curls

Biceps:

- barbell curls
- dumbbell curls
- preacher curls
- cable curls

Triceps:

- close grip bench press
- tricep dips
- cable push downs
- 1 arm dumbbell extensions
- lying ez bar extensions

Forearms:

- barbell wrist curls
- barbell reverse wrists curls
- dumbbell wrists curls
- dumbbell reverse wrist curls

Calves:

- standing calve raises
- seated calve raises
- 1 leg calve raises
- donkey calve raises

Abs:

- crunches
- reverse crunches
- leg raises
- overhead cable crunches
- hyper extension sit ups

If you want you can add in an extra training day and work any weak bodyparts. For example, if your calves and forearms are lagging behind your other bodyparts, you could go to the gym on one of your off days and do some extra work for those bodyparts.

After 3 months of focusing on working your entire body and developing your weak bodyparts, you should try the "Blast Your Bench" and "Blast Your Squat" routines again to boost your strength and power even further.

Remember, if you have any questions or comments about the program, please e-mail me at: help@leehayward.com

After you finish your program please e-mail me and let me know about your progress!

Good luck with your training,

A handwritten signature in blue ink that reads "Lee Hayward". The signature is written in a cursive style and is positioned on a light-colored rectangular background.

Workout Charts to Track Your Progress

Use these charts to record the rest time, weight lifted, and repetitions done for each workout.

Week 1 - Blast Your Bench					
Sets	Monday	Tuesday	Wednesday	Thursday	Friday
Rest time					
1					
2					
3					
4					
5					

Week 2 - Blast Your Bench					
Sets	Monday	Tuesday	Wednesday	Thursday	Friday
Rest time					
1					
2					
3					
4					
5					

Week 3 - Blast Your Bench					
Sets	Monday	Tuesday	Wednesday	Thursday	Friday
Rest time					
1					
2					
3					
4					
5					

Week 1 - Blast Your Squat					
Sets	Monday	Tuesday	Wednesday	Thursday	Friday
Rest time					
1					
2					
3					
4					
5					

Week 2 - Blast Your Squat					
Sets	Monday	Tuesday	Wednesday	Thursday	Friday
Rest time					
1					
2					
3					
4					
5					

Week 3 - Blast Your Squat					
Sets	Monday	Tuesday	Wednesday	Thursday	Friday
Rest time					
1					
2					
3					
4					
5					



Special Report

The Secret to Getting “Six-Pack” Abs

Nearly everyone wants great abdominal muscles. It doesn't matter if you are a man or a woman, well developed abs look a lot better than a spare tire. In this report you will learn where most people make mistakes in trying to develop great abdominals. We'll show you how you can avoid making the same mistakes and once and for all get the “six pack” abs that you desire.

Your abs are part of your core musculature. They, along with your lower back, are responsible for good posture and are essential to a well toned, fit body. They assist in dozens of movements and exercises. And they help you feel strong and centered.

The key to developing good abs first starts with a good diet, cardio, and strength training. A lot of people get confused, trying that by doing hundreds of crunches they will get wash board abs. But you have to lose the body fat and perform exercises that target the abdominal muscles. Everyone has abs, but unless you lose the body fat that is covering your abs you'll never see them.

If you ever want to see your abs, fat loss is the only way! Many people will dispute this, but I'm sorry, it's the truth. No amount of crunches, ab gadgets or special hanging abdominal exercises will make your abs magically appear. You cannot spot reduce. In other words, you can't burn abdominal fat simply by doing abdominal exercises. Your body doesn't work that way.

If fat is covering your abs, implementing a consistent fat loss diet, coupled with moderate exercise is the only way to reveal your "six-pack". It was not until I started eating properly that my abs began to reveal themselves. I only work my abs 3 times per week after weight training sessions.

Your abs are just like any other muscle, and should be worked no more than 3 times per week with basic abdominal exercises.

Fat Loss

To shed the fat quickly, aerobic exercise is essential. Many people will begin to see results just from this alone. It not only helps to burn fat and calories during the actual time you are exercising, but it also elevates your metabolism for hours afterwards. This leads to greater calorie burning and fat loss throughout the day.

Any exercise that elevates your heart rate for about 30 minutes will do. I prefer riding a stationary bike, fast pace walking, treadmill, etc. When choosing an aerobic exercise, make sure that it keeps your heart rate elevated consistently without breaks. Stop & go activities like team sports (i.e. basketball, football, baseball, etc.) are not adequate candidates for our purposes. These games have too many pauses, breaks and periods of low activity. They will not keep your heart rate elevated long enough to burn much fat or elevate your metabolism.

It is not just doing aerobic exercise that will increase your fat loss, but when you do it. Some aerobics instructors who teach classes every day are still soft and overweight. You would think with that much aerobic exercise, they would be very lean and ripped. They are not because their diets are not correct and they do not train at the correct times for fat loss.

The only time you should be doing aerobic exercise for fat loss purposes is first thing in the morning before your first meal. This is when you burn the most bodyfat because after an overnight fast, blood sugar levels are low, as are carbohydrate reserves. Exercising before you eat causes the body to burn fat for energy.

You should do 30 minutes of aerobic exercise first thing in the morning at least 5 days a week.

Diet

To lose bodyfat you must eat fewer calories than your body burns off, so eat less, but you must not starve yourself, otherwise you will lose more muscle than fat! Start eating 6 small meals per day (space them out so you are eating every 2-3 hours). You are eating more often, but not necessarily more food.

Increase your protein intake. Without protein your body cannot build new muscle. Protein also helps to increase your metabolism and helps you burn more calories. You should eat 1 gram of protein per pound of bodyweight each day. So if you weigh 150 lbs. you would eat 150 grams of protein each day.

Increase you vegetable intake. Veggies are important because they provide your body with essential vitamins and minerals while keeping your calorie intake low. They also have enzymes and phytochemicals that help with digestion. Many vegetables also have natural diuretic properties so they help prevent water retention.

Increase you water intake. A good formula for this is to multiply your bodyweight by .66 to get the required number of ounces per day. I personally drink water all day long, I carry a bottle of water with me everywhere I go.

A good tip that will help you eat right is every time you eat have a serving of a protein food (*i.e. lean beef, chicken, turkey, fish, eggs, protein shakes, etc.*) a serving of a vegetable (*i.e. broccoli, brussel sprouts, cabbage, cauliflower, collards, turnip greens, green peas, beans, carrots, asparagus, green pepper, spinach, etc.*) and a serving of a starchy carbohydrate (*i.e. rice, potatoes, pasta, etc.*).

Training

Work your abs like any other body part. Training them more than 3 times per week is unnecessary.

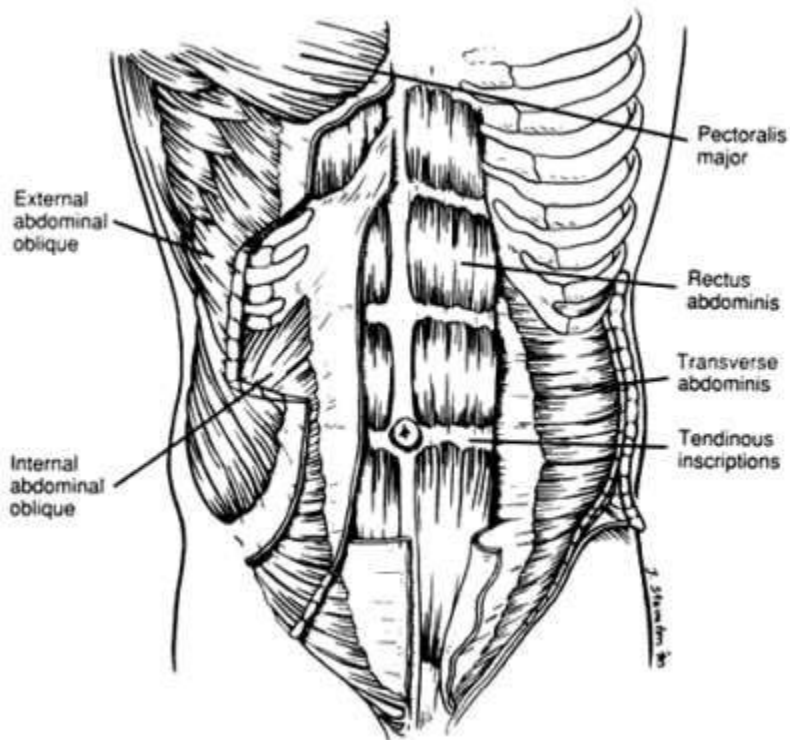
Contraction is everything when working abs. When doing crunches, you should concentrate on crunching together rather than moving your body upwards. This will maximize muscle tension.

You must concentrate on contracting your muscles as tight as you can. This will cause them to fatigue faster. It does not matter how many reps you can do; the only thing that matters is how hard you can contract your abdominal muscles.

If it takes you 100 crunches before your abs begin to burn, then you are wasting your time. Your abs should be fatigued at no more than 25 reps per set. If they aren't, you need to add weights to your exercise and work on contracting the muscles tightly for each rep. Don't concentrate so much on "how many" you can do, but instead focus on "how hard" you can contract the abdominal muscles.

Working The Abdominal Muscles

Abdominal Muscle Anatomy When training the abdominals you should pay attention to the three primary areas of your midsection – the rectus abdominis (frontal abdominal wall), obliques (muscles at the sides of your waist), and intercostals (bands of muscle that run diagonally across the sides of your upper abdomen).



Abdominal Exercises

It is essential that when you do any exercise that you perform the movements correctly, if you don't you will receive less than optimum benefit from the exercise. It is very difficult to unlearn bad exercise habits, so it is best to learn the right exercise technique from the very start.

Crunches

This is one of the best abdominal exercises. It works the rectus abdominis, particularly the upper half of the frontal abdominal wall.

Start



Finish



Lie on your back on the floor. Your feet should be flat on the floor shoulder width apart with your knees bent at a 90-degree angle. Place your hands behind your head for support.

Without pulling on your neck, slowly lift your shoulders off the floor using your abdominal strength. Breathe out as you contract your abs. Hold this position for a couple of seconds to maximize the peak contraction in the abs. Slowly lower yourself to the starting position. Repeat.

Reverse Crunches

This exercise works the entire abdominis muscle wall, particularly the lower half of the muscle group.

Start



Finish



Lie on your back on the floor. Your feet should be flat on the floor shoulder width apart with your knees bent at a 90-degree angle. Place your hands behind your head for support.

Keeping your legs bent, slowly lift them off the floor using your abdominal strength. Breath out as you contract your abs. Hold this position for a couple of seconds to maximize the peak contraction in the abs. Slowly lower your legs back to the starting position. Repeat.

Tip – to make this exercise harder you can do it with your legs out straight.

Cable Crunches

This is a good all around abdominal exercise. It places intense stress on the rectus abdominis, intercostals, and serratus muscles. Secondary stress is placed on the lower lats.

Start



Finish



Attach a rope or handle to a high pulley and grasp the ends. Step back about 2 feet from the pulley. Facing the weight stack, kneel down on the floor and sit back on your heels. Hold your arms so that your hands are just above your head.

Bend forward at the waist and crunch your abdominal muscles. Breathe out as you contract your abs. Hold this position for a couple of seconds to maximize the peak contraction in the abs. Slowly lower your legs back to the starting position. Repeat.

Tip – if you are using heavier weights you can place a flat weight plate on your calves and feet to help hold you in position.

Leg Raise

This exercise works the frontal abdominal wall, particularly the lower half of the abdominals.

Start



Finish



Position yourself on the leg raise station. (Note: if you do not have access to a leg raise station you can do this exercise hanging from a chin up bar). Support your bodyweight on your forearms. Keep your torso upright. Keep a slight bend in your knees during the exercise.

Slowly raise your legs in a semicircular arc until your legs are parallel to the floor. Slowly lower back to the starting position. Repeat.

Tip – a less intense version of this exercise is to keep your knees bent at a 90-degree angle during the exercise.

Roman Chair Sit Ups

This exercise stresses the rectus abdominis, particularly the upper half of the frontal abdominal wall.

Note: you can use a Decline Situp bench as shown here



Or, you can use a Roman Chair bench as shown here



Sit on a roman chair and place your feet under the foot pads to restrain your legs. (Note: if you do not have access to a roman chair or situp bench, you can sit on the end of a high exercise bench and have a training partner restrain your legs). Either cross your arms over your chest, or place them behind your head to support your neck.

Slowly lower your torso until it is parallel with the floor. Hold this position for a second. Slowly contract your abs and lift your torso back up to the starting position. Repeat.

Tip – to add resistance hold a weight plate to your chest as you do the exercise.

Bar Twists

This exercise stresses the rotational aspect of your oblique muscles.

Start



Finish



Place a broomstick or light bar across your shoulders. Wrap your arms around the bar to restrain them. Stand upright with your feet shoulder width apart, toes pointed forward.

Without moving your hips, twist your torso as far to the left side as possible, then twist to the right side as far as possible. Twist rhythmically back and forth between the left and right side.

This exercise should be performed with high repetitions (i.e. 25+ twists to each side). This is a good exercise to use either as a warm up to your ab exercises or as a finishing exercise.

Dumbbell Side Bends

This exercise stresses the trunk flexion aspect of your oblique muscles. Secondary stress is placed on the forearms from gripping the dumbbell.

Start



Finish



Grab a dumbbell with one hand. Stand up right, feet shoulder width apart. Let both arms hang down by your sides.

Bend sideways until the hand with the dumbbell is at your knee level. Then bend to the opposite side until your free hand is at your knee level. Keep bending side to side for the desired number of reps. Place the dumbbell in your other hand and repeat for the desired number of reps.

Frog Kicks

This exercise works the frontal abdominals, especially the lower half of the abdominal muscles.

Start



Finish



Sit on the floor or a flat bench with your legs out straight. Place your hands palms down behind you. Lean back slightly and use your abdominal strength to lift your legs.

Simultaneously bend your legs and bring your knees as close to your chest as possible. Slowly straighten out your legs and return to the starting position. Repeat. Do not let your feet touch the floor during the exercise, keep the tension on the abdominal muscles.

Crunches On The Stability Ball

This exercise works the entire rectus abdominis, but because you have to balance yourself on the ball it focuses on developing the small stabilizer muscles.

Start



Finish



Lie back on the stability ball. Place your feet flat on the floor (Note: the closer you place your feet the harder it is to balance on the ball). Place your hands behind your head for support.

Without pulling on your neck, slowly lift your shoulders using your abdominal strength. Breath out as you contract your abs. Hold this position for a couple of seconds to maximize the peak contraction in the abs. Slowly lower yourself back to the starting position. Repeat.

Most gyms have various ab exercise machines. You may want to try some different exercises every now and then. Perform 3-4 different exercises for 3 sets each. Abdominal workouts should be no more than 9-12 total sets 3 times per week. This will allow the ab muscles time to rest and grow.

Don't ever worry about making your mid section too big with ab muscles, it will never happen. The only thing that makes the mid section too big is excess bodyfat.

Advanced Fat Loss Tips

- Try using Ephedrine / Caffeine / Aspirin stack to help you lose more bodyfat. Taking 200 milligrams of caffeine, 25 milligrams of ephedrine, and 325 milligrams of aspirin 3 times each day will help raise your metabolism, curb your appetite, and give you an energy boost. Make sure that you take these supplements before exercise.
- Cut back on carbohydrates at night. It is a fact that your body can not burn fat when your insulin levels are elevated. It is also a fact that carbohydrates cause insulin levels to go up. So it is important to limit your intake of foods such as bread, pasta, potatoes, crackers, etc. in the evening after 6:00 p.m. Carbohydrates eaten in the evening are more likely to be converted to bodyfat.
- Use meal replacement powders to help control your protein and carbohydrate intake. My personal favorite is EAS Myoplex, this is a complete high protein meal replacement and it tastes great! You should have 3 high protein food meals and 3 high protein meal replacement drinks (such as Myoplex) each day.
- Pig Out Once a Week!!! No one can eat perfect all the time with out going crazy! If you are craving something like cake, pie, french fries, pizza, candy, cookies, chips, etc. save it for your "Pig Out" day. By eating what ever you want one day a week you will keep your sanity and enable you to maintain the discipline you need in order to lose bodyfat for the other 6 days of the week. One day a week of "Pig Out" eating will not hinder your fat loss efforts.
- Check out <http://totfit.safeshopper.com> to get wholesale prices on brand name bodybuilding supplements (i.e. meal replacements, protein powders, fat burners, etc.)