

## **DC modifications during precontest and cutting bodyfat**

---

Lets face it dieting down for a show or just getting all bodyfat off you can be brutal and I wanted to show you guys how Im doing this with people. As carbs get real low its so hard to train nevermind trying to beat the logbook (impossible) during this time and I make provisions for that to keep the most muscle mass on someone. This kind of goes in stages determined by the individual and not me. The individual himself/herself switches over when he feels its necessary.

Stage one: Joe bodybuilder keeps doing what he is doing mon wed fri with restpausing just like its done in the offseason and he tries his best to keep beating the logbook for as long as he can. You definitely want to stay with what got you all that muscle mass in the offseason as long as you can safely do it. Im noticing more and more that my heaviest training guys like the tues (full workout), thursday (full workout) and saturday (half workout), sunday (half workout) scheme better than the mon wed fri one. I would definitely be recommending that to people like the Inhuman one and Friggin Huge who toss around slag iron like human forklifts. For various reasons its a little easier on the mind and feels like your doing only 2 superhuman workouts a week and getting alot more rest in.

Stage two: Joe bodybuilder is really feeling the effects of everything and is starting to tire rapidly during workouts. So at this point he goes over to this scheme.

Monday: Chest shoulders triceps  
Tuesday: biceps forearms backwidth backthickness  
Wed off  
Thursday: calves hams quads  
Friday: Chest shoulders triceps  
Saturday off  
Sunday off  
Monday: biceps forearms backwidth backthickness  
Tuesday: calves hams quads  
Wed off and so on and so on

He keeps on rest pausing during this time. His workouts/stretching will be very very short and this will rekindle the fire somewhat. He could also do the above scheme on the Mon Wed Fri regimen but I would rather he do it the above way if he could so he could still keep on a advanced timeXbodyparts hit schedule but either way will work

Stage three: This is usually anywhere from 6 to 3 weeks out from a show and all the way in --when a bodybuilder is really depleted and feels like a walking zombie. At this point for safety reasons and just severe depletion/exhaustion reasons we no longer restpause. Your not going to be gaining muscle mass the last 2 months before a show so for gods sake dont push the envelope and get a muscle tear or bad injury here trying to do something thats not going to happen anyway. At this point you stay on this scheme

Monday: Chest shoulders triceps  
Tuesday: biceps forearms backwidth backthickness  
Wed off  
Thursday: calves hams quads  
Friday: Chest shoulders triceps  
Saturday off  
Sunday off  
Monday: biceps forearms backwidth backthickness  
Tuesday: calves hams quads  
Wed off and so on and so on

but you no longer rest pause so I want you to do 2 different exercises for straight sets for every bodypart. For example monday is chest shoulders triceps, you would go in and do something hypothetically like this

Chest: Incline smythe for 10-20 reps and then flat dumbell presses for 15-30 reps both straight setted  
Shoulders: shoulder press machine for 10-20 reps and then maybe upright rows for 12-20 reps straight setted  
Triceps: dip machine for 12-20 reps and pushdowns for 12-20 reps straight setted

Thought you guys might like to see how I have guys do this. Also during precontest its a pretty good idea to always be safe and by that i mean be extra careful with things. With restpausing always try to stay in the higher of the rep range. Which means if I have you going 11-15rp for something in the offseason, try to keep around the 15rp (of even higher if you have any nagging injuries). With stretching, lower your stretching weights and just stay really flexible but dont be doing stupid things like using 120lb dumbells in the fly position to stretch your chest. Its a vulnerable time and its a time that you be smart and careful

---