

# ***Bodybuilding Bulletin***



***Insights...Tips...Information...***

**For  
The Natural Bodybuilder**

by Alan Palmieri

Bodybuilding Bulletin  
Insights... Tips... Information  
For  
The Natural Bodybuilder

Written  
by  
Alan Palmieri

**Important**

The information contained in this bulletin is the opinion of the author and not provided or intended as medical advice. No diet or exercise program should be conducted without the approval of a physician.

© Copyright 2002 Alan Palmieri. No part of this publication may be copied, distributed or reproduced in any form whatsoever without the authorized permission of the author.

## **Heavy Weight**

Telling a beginner, or even an intermediate bodybuilder, to lift “heavy weights” often results in less than satisfactory results for them. They tend to use weights too heavy to perform the exercises properly resulting in no gains and possible injury. Advanced bodybuilders more often than not fail to stress the importance of technique as it comes as second nature to them. Beginners and intermediate bodybuilders need more insight into technique as it has a direct correlation to the results they can achieve.

## **Drugs**

Drugs, steroids and, transplants will return bodybuilding to the darkness it lived in for years. I never have and never will promote or support the use of drugs, steroids or, implants in bodybuilding. The dangers and harm they can cause is almost a direct conflict of what bodybuilding, in the purest form, stands for.

## **Calves**

Most people feel they must work calves with many sets for high reps in order to obtain optimum development. I believe that great results can be had doing fewer sets and reps for the calves. If your high set high rep program is not producing results try this one.

Take a full week off from any calf work before you begin. Work calves twice per week, preferably on days you do not work upper legs or back. The first calf workout of the week will be a standing calf raise movement. The second one will be a seated calf movement. If you do not have a seated calf machine sit on a bench and place a loaded barbell across you knees or, use a smith machine, with you feet resting on a couple of 2 x 4's nailed together.

Using a standing calf machine, perform four sets of 8 to 10 reps with the heaviest weight you can handle. The weight used must be as heavy as possible while still allowing you to perform the movement correctly. Bend the knees slightly. You must be standing on a block at least 2” tall so that your heels will stretch down. Place only the balls of your feet and toes on the block. As you rise up, concentrate all your weight on the big toe and the

toe next to it. Get up as high as you can and contract the calves as hard as possible. Lower your heels as far as they will go and in the bottom position flex your calves as hard as you can. Four days later perform three sets of 8 to 10 reps of seated calf raises using the heaviest weights you can handle in the same manner as described above.

Keep rest to a minimum. The key is to use heavy weight, perfect form, and flex the calf muscles as hard as possible at the end and beginning of each rep.

### **Overwork**

I believe that most bodybuilders over train. My experience has shown me, those that do actually cause muscle tissue loss. Too many sets, reps and, workouts on the same muscle group are the main culprits. Today a lot of body builders use methods meant for muscle shock programs as part of their regular training for the same muscle group every workout. Muscles take about 72 hours to recuperate after a hard workout. Even for those with superior metabolisms. Muscle loss will occur if you overwork the muscle.

### **Training**

Training to failure on every workout will produce failing results. The muscles cannot respond favorably with this type of program. You must alternate between heavy and light workouts for the best results.

### **Workout**

Always work the largest muscle group first in a workout session. They require more energy and by doing so you will warm up the smaller muscle group much better. For example: If you are training back and biceps, work the back first. Chest and triceps, work the chest first.

### **Protein**

I am not a doctor or scientist. I know a lot of controversy exists over the amount of protein the body can digest at one feeding. I personally believe that the maximum amount of protein the body can digest and assimilate at one time is 30 grams.

I believe that excess protein will be stored as fat in the body. Excess amounts of protein are as bad for the body as insufficient amounts. Bodybuilders need much more protein than sedentary individuals, about 1.5 grams for every pound of body weight.



### **Abs**

It is impossible to spot reduce the waist. You must follow a good all around exercise program and diet for the best results. Working the stomach region alone will not produce the “6 pack”.



### **Weight Loss**

Those wishing to loose weight should not drink water during workouts. They should wait at least one hour after working out before they drink water.

## **Weight Gaining**

Those trying to gain weight should drink plenty of water during workouts. The exception is when working abs.

## **Squat**

The single best exercise for the body is the deep breathing full squat. Performed correctly it will provide the catalyst for weight reduction, weight gaining, endurance, stamina, muscle growth, heart and lung improvement and all around better conditioning and health.

## **Desiccated Liver**

Perhaps long forgotten with today's hi-tech supplements is the importance of desiccated liver tablets. The story use to go; take 2 desiccated liver tablets every hour for two weeks and a bodybuilder could gain almost one inch on their arms. Desiccated liver is a great supplement containing protein and B vitamins.

## **Size**

Putting on size is as much about what you eat as it is about how you train. The importance of diet in bodybuilding can be as high as 80% or more. The most successful bodybuilders spend more time on their diets then they do on their exercise programs.

## **Bicep Shock Program**

If you have hit a sticking point with your biceps try this shocker. Perform your normal arm workout, then every day for the next six days; at the end of your workout perform up and down the rack alternate dumbbell curls. Start with a light weight that you can do about 10 reps with and immediately put the dumbbells down and pick up a set of dumbbells five pounds heavier and do as many reps as you can, put them down and take another set of dumbbells five pounds heavier and do as many reps as you can, and so on and so on moving up the rack until you can only do one rep. Rest for thirty seconds and repeat the process in reverse order, starting with the heaviest.

Follow this shock routine for one week only and do not work biceps for one week after this program. Resume your bicep training the following week with a new program and different exercises from what you were doing.

### **Digestion**

Anyone, especially a bodybuilder over the age of 25 should consider taking a multi digestive enzyme to breakdown proteins, fats and, carbohydrates.

### **Gain Weight Mix**

Over the years I have found the following to be an excellent way to add weight. When I used it in conjunction with a high calorie, hi-protein diet, I gained about 10 pounds in two weeks. Put the following ingredients into a blender and drink one glass three to four times throughout the day. 1 quart whole milk, 3 to 5 tablespoons good quality hi protein, 1 cup powder milk, 3 scoops ice-cream, 1 banana, ½ can of condensed milk. This mix is high in everything, calories, protein, carbs and, fats. If you are not accustomed to drinking milk it may cause diarrhea. If this happens reduce your intake and slowly build up to the three or four glasses a day.

### **Chins**

I have never found wide grip chins good for developing width in the back. I have found taking a slightly narrow than shoulder width grip and flaring the lats before you bring the chin to be far superior for developing lat width.

### **Barbell vs. Dumbbells**

Most bodybuilders prefer to use barbells instead of dumbbells. Dumbbells proved a much greater range of motion and stretch which cannot be obtained through the use of barbells. This is especially true for chest work. Instead of doing barbell bench press's try dumbbell press's and let the arms come all the way down. If you are not accustomed to doing this movement you will find you cannot use a great deal of weight as the full stretch at the bottom hits pec muscles not worked while performing benches with a barbell.

## **How Do You Compare**

No matter what you read or hear, only a very small percentage of people involved in bodybuilding will ever be able to obtain the massiveness of those who win titles such as Mr. Olympia. These individuals are genetically gifted and have superior recuperative powers. This is in no way a cut at what these bodybuilders have been able to accomplish. In addition to their genetics they have also paid a price though their diligent and hard training. This should also not deter you from setting goals and following through to achieve them. Improvement can be made by anyone. You may not obtain a 21" arm but with proper training and diet you should be able to sport an arm that measures 17", 18", 19" or more and do so without the use of steroids and drugs, believe me that's nothing to scoff at.

## **Chest**

If you do more than one pressing movement for the chest, make sure you do not do them one after another in your training. Insert a flye movement either with dumbbells or cables between the pressing movements. It will provide some rest for the triceps and allow you to use heavier weight on the pressing movements.



## **Delts**

The delts are tricky muscles, when working them they will convince you they have had enough and, if you listen to them, you will stop. Don't be fooled. Keep going. The delts can take a lot of work. Test what I'm saying for yourself. Do some dumbbell presses. When your delts say that's enough... you can't do anymore, put the dumbbells down. Immediately pick them up and begin pressing again. I'll bet you can do three or four



reps, at least. That's almost another set! For some reason delts don't like to be pushed and it seems they have a straight line to the mind. You have to learn to control the mind and go beyond what your muscles tell you.

### **Bench Press**

For maximum benefit from the bench press keep your elbows back and away from your body. This will minimize the use of the triceps muscles and place more of the effort on the frontal deltoids and the pecs.



### **Rib-Cage**

The most effective routine I have found for increasing the size of the rib-cage is the deep breathing full squat and pullover superset. Four of five sets of heavy deep breathing full squats super-set with heavy across the bench bent-arm dumbbell pullovers will greatly increase the rib-cage. Make certain you take two full deep breaths, filling your lungs completely before you descend on the squat. Make certain you breathe in deeply and fill your lungs completely as you lower the dumbbell on the pullover. Be careful. If you're not use to taking in this much oxygen it will really make you dizzy.

### **Behind-The-Neck Barbell Press**

I see many exercises being performed incorrectly. This is one frequently performed wrong. When you lower the barbell, the bar should not drop below your lower ear level. Pushing up, you should come just short of your elbows locking out. Many people let the

bar come all the way down and rest or touch their traps. Keep constant resistance on the delts.

### **Pre Workout**

I like taking whey protein 30 to 45 minutes along with a piece of fruit before a workout. It provides protein and carbs. I also drink a lot of water about an hour before training. Make sure you don't bloat yourself by drinking too much. If you do, it will cause you problems during your workout.

### **Post Workout**

Immediately after a workout I like to take another whey protein drink. Whey protein is absorbed rather quickly into the system and will feed the muscles.

### **Workout Tempo**

Much has been said and written about the speed in which one performs reps and workouts in general. Slow, fast. Fast, slow. Naturally, because everyone is different and, what works for one, may not work so well for another. It takes time and experience to tell which will work the best for you. There are however, some key points to look for. Never allow your muscles to lose their pump as you are resting between sets. Reps need to be performed in a smooth rhythm, almost like flowing water. Rest only long enough to catch your breath. Being lazy in a workout will keep progress to a minimum.

### **Waist Twists**

Doing waist twists either standing or sitting for the Abdominals, especially the Obliques, is a waste of time. It will certainly help your flexibility in the midsection region but will do little else. If you do this movement thinking you're going to reduce your waistline... forget it! It will not reduce your waist. I have tried this movement and watched others perform it for hundreds even thousands of reps and still have nothing to show for it.

## **Workout Combinations**

Bodybuilders, whose recuperative system is slow and, are slow gainers have found the following workout combination to produce exceptional results. It is based on working each muscle group only one time per week. It allows for sufficient rest to recuperate thus maximum effort with heavy weights should be employed when following this outline.

Monday: Chest – Front Delts – Forearms, (Wrist Curls, palms up)

Tuesday: Lats – Traps – Lower Back – Rear Delts

Wednesday: Off

Thursday: Thighs – Claves – Side Delt (middle head)

Friday: Biceps – Triceps – Forearm (Reverse Curl)

Saturday: Off

Sunday: Off

If additional specialization work is desired it can easily be worked in on one of the off days. Do not overdo it though as this schedule is designed for slow gainers and the extra rest is important.

## **Cycle Workouts**

You can obtain superior results from your training if you cycle between heavy and light workouts. Consistently performing heavy movements places a lot of stress not only on the muscles but the entire system. One week do heavy movements with all exercises the next week keep one heavy movement per body part and use lighter movements for your other exercises. Do not go to failure every work out on every exercise.

## **Bigger Arms**

Hard gainers have had success with keeping the sets they perform for biceps and triceps to around 7 or 8. Bodybuilders that experience slow or no gains in the arms usually find they are over training them. These are relatively small muscles in the body and will not respond to the same amount of work placed on them as does the chest, back, or legs.



### **Burns**

Burns are an excellent movement to finish off various exercises with. They are  $\frac{1}{4}$  movements performed at the end of your regular set. They can be done at the beginning part or the ending part of you last rep. Although most perform burns in a fast motion, try performing them very slowly. You'll be surprised what this will do and how it will feel.

### **Layoff**

It is wise and advised to take scheduled layoffs from you training. They should be planned and carefully thought out, not haphazardly taken. A good idea is to take a week off every three months of regular non missed training. Some will take a week every six months and others still once per year. Just make sure it lasts for only one week and you don't overdo the breaks. You will return to training in a more refreshed mood full of energy.

### **Crunches**

Crunches for the abs are a great movement. Like so many exercises, most people perform them incorrectly placing stress on the neck more than the abs. Try this little twist. Assume the normal crunch position only place your heels over a bar. This can be done by lying on a bench and putting your heels over the bar attached to a smith machine or laying on a flat bench with racks on it, put a bar in the rack and put your heels just over the bar. As you crunch up with your upper body, lock your heels around the bar and raise you butt off the bench. Hold the position for a brief second and squeeze your upper and lower abs together.

## **Front Squats**

Almost never seen performed anymore, the front squat is an excellent movement to add shape and size to your thighs. I highly recommend doing them after regular squats to really pump the blood into the legs. You may find them difficult to do in the beginning but stay with it. They can make a dramatic difference in you legs.

## **Warm Up**

Most people warm up before beginning their exercise routine, at least the smart ones do. But a good warm up is more than just 30 seconds of stretching. Begin by doing some light cardio work; fast walk, slow run, bicycle, treadmill for about five minutes. Then do some stretching for the muscle group you will be working. Finally finish off with your normal warm up sets for the body part to be worked.

## **Concentration**

Every top bodybuilder I have ever observed used concentration to the extent that they were oblivious to the activity around them as they trained. While in the gym give full concentration to the movements you're doing. You will achieve maximum results from your training only when you have mastered the mind control necessary to visualize yourself as you wish to be. Positive thinking is as much a trademark of bodybuilding champions as massive arms, back, legs and, chests.

## **10-10-10**

10 different exercises... 10 sets of each exercise... 10 reps for each set using maximum poundage. I don't know who originated this program but I heard about it from Vince Gironda many years ago. Younger bodybuilders may not be familiar with Vince's methods, they were unique as was many of his concepts but in some area's he was ahead of his time. This routine is not for a beginner. You must have been training for at least one year before attempting it. It will definitely bring about a change and is useful in moving past sticking points.

Here is how the 10-10-10 program works. Carefully pick a total of ten exercises, make certain major body parts are included; arms, back, chest, midsection, and legs. You will perform 10 sets for 10 reps of the 10 exercises you selected. You must use maximum poundage at all times and rest must be kept to a minimum. This is a much more difficult routine than you might think and requires a lot of energy.

The theory behind this program is this: In doing 10 sets of the same exercise for a particular muscle, the faster growing parts of that muscle will naturally respond and grow, and likewise for the slower growing parts, because adequate stress on the muscle will activate all parts of it. Adequate stress. Therein lies the theory for success of this program. Vince was adamant about it. I tried it a couple of times and found it produced very good results for me. I do not advise following this program for extended periods of time however. When I followed the program I did it twice a week and no other training between sessions. Some use it three times per week.

Another twist to the 10-10-10 is the 8-8-8 and also the 6-6-6 performed exactly in the same manner.

### **Maximum Sets**

Because every human being is different, there is no way to determine the maximum number of sets to perform to obtain the fastest and best results. Over the years I have observed seasoned champions and rank rookies, as well as experimented on myself for over thirty years, and believe that 12 sets is the magic number.

I believe that 12 sets per body part is the maximum number for the best pump to be achieved. Anything over this will result in over work and cause a loss in muscle tissue.

### **Triceps**

The triceps is comprised of three separate and distinct sections, the outer, inner and long head. The triceps make up two thirds of the arm girth. A lot of rookie bodybuilders concentrate on their biceps and fail to work the larger triceps resulting in less than

obtainable size and complete arm development. Since the triceps are larger than the biceps, if you are training both bi's and tri's together, try working the triceps first.

### **Pec Dips**

Here's an excellent movement to slap size and shape on the pecs. It's called the Wide Pec Dip. Use a parallel bar 33" wide. Put your head down on the chest and the back rounded forward. Place your feet so they are under your face or slightly in front of your face. Dip as low as you can and return as high as you can. Never change this position as this isolates the pectoral muscles and does not bring the triceps into play as in the elbows back fashion. It is important for this movement to produce the designed results that you keep your elbows wide and straight out from the shoulders. This is a tuff one. For even better results try reversing your grip. This usually requires a V shaped dipping bar but can be done with a regular dipping bar.

### **Beginners**

A beginner at bodybuilding should not perform more than one exercise per body part. They require time to understand the function of the muscles and the movement. A lot of different exercises will just add confusion and frustration not to mention over working the body.

### **Carb Diets**

Never go on a zero-carb diet. The most important thing in bodybuilding nutrition is that you eat foods that will keep you healthy, and zero-carb diets are very unhealthy. In some parts of the world, especially America, diets have become excessive in carbohydrates which can produce a great many health problems. The key is to balance the diet based on your lifestyle and activity. A bodybuilder will need more carbs than the average person but you must not go to the extreme one way or the other.

### **Ab Training**

It is best to always work the lower abs first, before you work the mid, upper, or sides. The lower abs are more difficult to develop and doing them first is a form of priority

training. You will find that by working the lower abs first, your burn in the upper abs will be more intense. The proper sequence for ab training is; lower, side or Obliques, upper.



### **Super-Sets**

Performing supersets is an excellent way to gain the most from your workouts. For bodybuilders not genetically gifted I would recommend against supersets for the same muscle. Rather superset opposing muscle groups; biceps and triceps; chest and back; quads and hamstrings, etc. For the majority of trainers, performing supersets on the same muscle will result in overwork and muscle loss.

### **Reverse Bent Over Row**

The regular bent over row should be a main stay in any program designed for growth and power. The reverse row adds a little twist allowing you to hit the muscle from a slightly different angle. Perform the movement just as you would the regular bent over row only instead of taking an overhand grip; take an underhand grip as you would for barbell curls. Concentrate fully on making the back do the work and not the arms. I have found that this movement hits the lower lats extremely well.

### **Single Reps**

Avoid single rep workouts as the risk of injury and joint stress are ever present. I recommend no fewer than triple rep programs. In very rare instances, two reps may be permitted.



## **Diet**

For optimum muscle growth, I recommend you eat a balance of protein and carbs every three hours. This will ensure that your blood provides a constant supply of nutrients to your muscles. Don't over indulge with these meals but make certain they contain good sources of protein and complex carbs.

## **B Vitamins**

You should not take individual B vitamins by themselves. Take a B complex supplement instead. B vitamins are vital for good health as well as bodybuilding but they need to be taken together in a balanced state in order to provide real benefit. I also suggest taking them with meals and not on an empty stomach.

## **Forearms**

A great way to add variety to your forearm training is to perform the behind the back wrist curl. Stand erect and hold the barbell behind your back. Now with elbows ever so slightly bent curl your wrist up in a motion exactly like regular wrist curls. Don't be surprised to discover you can't use very much weight to begin with. Incorporate this movement into your forearm training for a little while and watch the results. Three to four sets of 8 to 10 reps should do it.

## **Power and Mass**

Basic movements for straight sets are the best. Three to four sets for 5 to 8 reps performed two times a week usually produce results. Naturally everyone is different and modifications should be made. You can split the workout so that you work one group one day per week and another group another day for a total of four workouts per week.

1. Bench Press
2. Bent Over Row
3. Full Squat
4. Press Behind the Neck
5. Barbell Curl

6. Dips
7. Deadlifts
8. Calf Raises (most do not included calf raises but they are important so I do)

### **Muscle Confusion**

Both the mind and the body adjust to things very rapidly. This is especially true with exercises. It is good to change movements as soon as your body and mind become comfortable with a movement. This will increase the gains you will make. It would be difficult to set a standard time frame for such changes as everyone will respond differently. As a general rule of thumb, every six to eight weeks seems to bring a welcomed change to a workout program.

This does not necessarily mean a total revamping of an existing routine as even a small change, such as moving the hand spacing out or in by three inches or adjusting a bench by a single pin position will make a difference.

### **How Fast Is Fast**

The speed in which one performs reps is always a point of contention. Some suggest fast while others slow. I have found the best way is to use a concentrated and forceful movement on the beginning of the rep, contract the muscle being worked at the top of the movement and, return to the beginning part of the movement slowly. The important thing is to keep your tempo in rhythm. Athletes and power lifters however need more explosive power and should use explosive movements throughout their training. Bodybuilders are different and should be more concerned with the shape and size of the muscle.

### **Lats**

Although a great many people have sung the praise of chins and barbell rows for lat width, I have never found them to be as productive as the end of bar rows or "T" Bar Rows. Chins and barbell rows, although excellent movements and should be performed by all bodybuilders, never produced the width end of bar or "T" rows have. The more

trouble you have with lat width the more you should concentrate on these movements. Chins, Pull Downs, and Barbell Rows, are excellent and important movements. They add mass and thickness but for a great majority of trainers, not as much width as the “T” Bar or end of bar rows.

### **Bent Over Barbell Rows**

Bring the bar to your lower stomach and you will be working the lower lats. Bring the bar to the chest and you will work you upper lats. It’s a good practice to alternate these positions in your workouts. Perform it one way for a month then the other way. It will lead to a better overall development of the back.

### **Shrugs**

Either you have no problem developing your traps or no matter what you do you can’t get them to fill out and grow. If you are having problems and have been doing barbell shrugs for any period of time switch to seated dumbbell shrugs for six weeks and see the difference. I have noticed most people try to perform barbell shrugs with too much weight to do the exercise properly. The lack of proper form is usually the result of not being able to gain any size. Others perform the movement correctly but their build prevents them from getting the results they seek.

The seated dumbbell shrug allows for more control, extension and contraction. It is ideal for troubled trap development. Sit on the end of a flat bench. Bend over and grab a dumbbell in each hand. Sit erect, position your feet in front of you, not out to the sides. Now shrug up, bringing your shoulders straight up, as high as you can and contract the traps. Lower and repeat. For a twist, lean forward just slightly and instead of brining your shoulders straight up to the ears, bring them backward. Use as heavy a weight as form will permit. Four sets of eight reps twice a week for six weeks will really make your traps balloon. For a serious extra twist, superset seated dumbbell shrugs with standing close grip upright rows. Use a straight bar and fully contract the traps. Do not raise the bar higher than your neck, just under the chin. Going higher does not seem to

add to the movement. In some instances going higher, to the forehead, has resulted in shoulder injury.

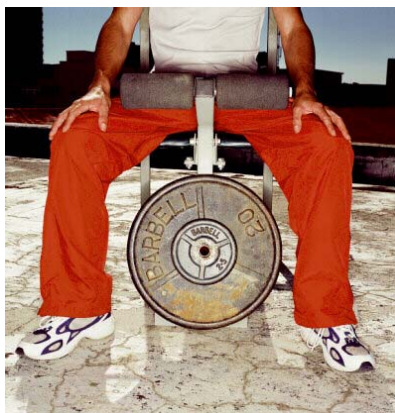
### **Steroids**

Tempted to try steroids or drugs to put on size and gain strength! Don't! I have been involved in bodybuilding since the early 60's and I can honestly say that every one of the people I know who used drugs has experienced problems. Some will not admit it openly and some are not around to comment one way or the other. Don't even try them. Your best bet is proper training, nutrition, and rest. In the long run it will be to your advantage to be and stay clean. Often the effect of taking dangerous drugs does not appear until years later. An immediate problem or one that surfaces years later due to taking drugs makes no difference. You still have a terrible price to pay and it isn't worth it.

### **Calf Development**

Everyone knows about doing standing and seated calf raises but how about an added movement for the front of the calves that will make a significant difference in not only appearance but size as well. I call the movement Front Toe Raises.

Stand on a block about six inches tall with only your heels on the block. Instead of going up on your toes, raise your toes upward keeping just the heels on the block. Lower and repeat. Work up to three to four sets of twenty reps. Burn... you better believe it. This movement is great for calf shape.



### **Triceps Power**

Want some size and power for your triceps? Try this old trick. Perform regular dips only add weight each set. Once you can do a set of twenty reps with 100 lbs around your waist you'll have some pretty impressive triceps. Start with only your bodyweight for the first set. Each set thereafter add as much weight as you can and perform no fewer than three reps. Little by little you will increase your strength until you are able to perform twenty reps with 100 pounds added. Don't count the sets, just count the reps and remember, don't go below three. This will take some time to accomplish so don't become discouraged. If you have the patience, incorporate this movement in your routine, maybe on one of your off days.

### **Milk**

Whole milk contains a lot of fat. Although good for most youngsters and those in desperate need of gaining weight, not especially good for the rest of us. Try soy milk instead. It may take a while to get accustomed to the taste but it really isn't that bad and it's a lot healthier for you.

### **Water**

Tired of drinking all that plain water? Try it with some lemons. Take a gallon of water and squeeze three whole lemons in it. That's about right to give you a little different twist in taste but not so much to overpower you. Besides, lemons are great for the system.

### **More On Abs**

Most people that work their abs perform the exercises in a manner that actually pushes out the abdominal muscles. Regardless of the movement you perform, as you contract the muscles, make certain to suck in the stomach as far as you can. Attempt to have your navel touch your backbone.

## **Lifting Belts**

It is rare, almost never, that I exercise using a lifting belt. In the days before Velcro and cloth belts, all we had was leather. If you closely look at how the belts, Velcro or leather fit, you see they actually do not provide that much support.

I have no studies or scientific information to support my position but I feel, from experience, those not using belts have stronger abs and lower backs. My personal preference is not to use a belt and I don't advise others to use them. It is amusing to see some people in the gym with wraps, straps, belts, gloves, etc., squatting with 100 lbs or doing dead lifts with 120 pounds. The general public and most bodybuilders can and should workout without a belt. Power lifters on the other hand most certainly should use a belt in many of their lifts. But if you're a bodybuilder, don't bother.

## **Proper Breathing**

It should be part of your workout to make certain you breathe properly while performing your movements. The proper way is to inhale at the resting stage of a movement and exhale as your muscles are placed under stress. You should never hold your breath. If you have developed the habit of holding your breath, correct it.

## **Gym Etiquette**

Having been in gyms all over the country and having owned my own at one time, I have come to believe no one should be allowed to use a facility until they can pass a basic course on gym etiquette. Boneheads, males and females alike need to be taught and made to follow some basic rules. The owners and staff need to make certain these boneheads follow the rules. It's nothing more than common sense.

1. Immediately after using a piece of equipment put it back where and how you found it.
2. Do not leave plates on bars. Return them to their proper place.
3. If you have to drop the weights on the floor, use a lighter weight. You don't need to drop weights.
4. Stop with the yelling and screaming as though you were dying.

5. If you are using a piece of equipment and you see someone standing around it, invite them to work-in with you. Don't be a hog.
6. If someone invites you to work-in with them do just that, work-in and don't lollygag around.
7. Use a towel to wipe your sweat off the equipment.
8. Don't talk to someone in the middle of one of their reps or sets.
9. Don't spit or blow your nose on the floor. Nasty!
10. If you bring something into the gym, take it back out or throw it away. Don't make a mess or leave things for others to pickup.

People should know better and I believe they do. It's just that they get by with being lazy and rude in the gym.

### **Arms Giant Set**

Here's an excellent giant set to blast your arms. You are to perform one complete cycle of all the movements with no rest between exercises. After you finish one complete cycle, rest for no longer than it takes you to catch your breath.

Barbell curl followed by triceps dips followed by incline dumbbell curls followed by seated EZ curl triceps extensions followed by cable curls followed by triceps press downs. Perform three sets of eight reps. You will not be able to use the weight you normally would for straight sets so don't let that bother you. The idea is to work the muscles to the max in the shortest possible time. One cycle and your arms will be gorged with blood. Watch your form and make certain you are using only the amount of weight you can handle.

### **Supplement Management**

Most bodybuilders take a variety of supplements spread over the course of a day. I always found it to be a chore and time consuming opening all the bottles every time I was scheduled to take some supplements. Like most bodybuilders I took certain ones at breakfast, lunch and, dinner. My solution was; I went to my local pharmacy and asked for three prescription bottles. They didn't even charge me. These bottles are made to

help protect the contents from the sun. I marked each bottle with a letter. B for breakfast, L for lunch, and S for supper. At night I would put the supplements in the bottles for the next day so that I didn't have to go through the hassle every time I was scheduled to take my supplements.

### **Workout Boredom**

We all hit a point in our training when it becomes more of a job than pleasure. When this happens, rather than taking a brief layoff try a workout change. Here are two different concepts to try.

Monday and Thursday: Power Clean and Press

Tuesday and Friday: Deadlifts

Wednesday and Saturday: Squats

Three movements and that's all but they hit all the muscle groups. Perform six to eight sets of each for maximum reps with maximum poundage. Warm up sufficiently before hand and spend some time on your cardio work after each workout. One to two weeks on this and you'll be ready to go back to your more normal routine with more drive, pep, and strength.

### **Protein**

The subject of protein comes up in almost every discussion with bodybuilders. More and more products are being introduced into the market every year. Everyone claims to be the best and has the proof to back their claims up. Confused? Who isn't? I can only tell you what I have learned from personal experience.

I like three different protein supplements that I feel have provided me with results. Milk & Egg Protein, Casein Protein, Whey Protein. I believe that milk & egg protein as well as casein protein is absorbed more slowly into the system and actually stay in the system longer. Whey protein on the other hand enters the system faster but also leaves more quickly than the other two. For this reason I found these supplements worked well when I took them as follows.



Thirty to forty-five minutes before a workout I would take whey protein. Immediately after a workout I would again take whey protein. With breakfast, during the day or, at bedtime I would take either milk & egg or casein protein. No, I did not conduct any medical or blood testing to substantiate what I believe concerning protein supplements. I relied entirely on the results I saw and felt and I am completely satisfied this approach worked better for me than any others I have tried.

### **Pullovers**

I am often asked about the best time to include pullovers into a workout and what type of pullover to perform. Seems a lot of different articles have been written advising the use of stiff-arm barbell pullovers, bent arm barbell pullovers, dumbbell pullovers, and cable pullovers. Advice has been given to perform the pullover on days you work the chest, others on days you work the back, and others still on days you work the legs.

Pullovers are a unique and beneficial movement performed with either barbells or a dumbbell. They can rightfully be incorporated in chest, back, or leg workouts. I personally have found the most success with dumbbell pullovers when I employ them in chest workout or used as a superset with squats. I find the stiff-arm barbell pullover better on back days. See, it all depends on what you want to get out of the movement.

Nothing I have found is better for building the ribcage than doing across the bench dumbbell pullovers as a superset with heavy deep breathing squats. On the other hand, across the bench dumbbell pullovers on chest day really stretch the pecs and pull the chest upward. At the end of a back workout, nothing can pump and stretch the lats like stiff-arm barbell pullovers.

If you use the dumbbell pullovers I suggest you perform them across a flat bench. Hold a single dumbbell overhead between both hands. Place only the upper shoulders across the bench, not the middle of the back. Drop your pelvic and butt down low while keeping your feet flat on the floor and knees up. Keep elbows slightly bent. Inhale as deep and

full as you can with the dumbbell overhead and continue to breathe in as you are going backward. On your way back up exhale completely. Make this a very fluid motion.

For barbell pullovers; lie flat on a bench long ways. Keep feet flat on the floor. Bend elbows slightly and do not allow your lower back or butt to come off the bench throughout the movement. Use the same breathing technique as outlined above for the dumbbell pullover.

### **Training At Home**

I am often asked if a person can achieve good results while training at home instead of a commercial gym. My response is always yes! In fact I find it much more to my liking to train at home and alone. I have always been able to make gains by training at home.

You don't have to spend a ton of money to set up a home gym either. Sure it would be nice to have all the machines and equipment you can find in a commercial gym but it isn't necessary. Besides, once you start with the basics you can continue to add to it.

Home training allows you to workout when and how you want without waiting on someone to finish their workout or for them to allow you to work in. Home training can be some of the most productive training you can do. Of course this really depends on your personality to a certain degree. Some feel they need the atmosphere they can only get by going to the gym. I fully understand this and know it helps to be surrounded by people with the same interest. The point is, you can train at home and gain.

The basics you will need to start a good home gym are: Flat / Incline Bench, several sets of dumbbell handles, a barbell, EZ Curl Bar, assortment of plates, and a Power Rack. Olympic sets are not that expensive if you look around. Besides, you can use standard bars and plates just as well and often these can be purchased dirt cheap. Shop around and you can purchase all of the above for about the same price as a one year membership to a lot of commercial gyms. You don't need to invest a lot of money in top of the line equipment but you do need to make certain the equipment is safe and well constructed.

Each year you can add one or two pieces and in a couple of years you'll have a showcase of a home gym.



### **Sticking Points**

It seems a lot of beginner and intermediate bodybuilders are having a problem with sticking points right now. In the past two weeks I have had more questions regarding sticking points than I have had in the last year. Advanced bodybuilders are constantly hit with this problem only they have developed the experience to handle the situation much better. Not that they are not bothered with sticking points, just better equipped to handle them.

Sticking points, the time when muscles fail to respond, grow, improve and, move beyond their present state is a problem faced by every bodybuilder. In fact it is such a problem that many drop by the wayside and discontinue training because they become frustrated and feel they have made all the improvement they can. In reality, bodybuilders never come to a point where they cannot improve. Bodybuilding itself is a progression that never allows one to get to the end of the journey. From the first day you begin bodybuilding, if you train for fifty years straight, you will continue to improve and make progress. Granted the longer you have been training the slower the progress will come and be seen but it does not diminish the fact progress is still being made.

Beginners make gains and see results rather quickly. The longer you have been training the slower the results come. Your muscles become adjusted to the workload placed on

them and it becomes harder and harder to gain after you have been training for any length of time. Advanced and professional bodybuilders recognize this fact and continually alter their training and diet programs in order to move forward.

Instead of viewing sticking points as a burden, view them as a result of proper training. What you were doing allowed you to make progress. Now move on to the next step and go on to bigger gains in strength and size.

It is impossible to outline a single program that will move you past a sticking point because in order to do so a person would need to know what you have been doing, how often you were doing it, your bone structure and metabolism rate, genetic potential, diet, along with every other piece of information one can obtain.

Needless to say, if you have hit a sticking point a change is required. You will not move past a sticking point if you continue to follow the present program you are on. You must make a change. Some will find that a drastic change is needed, others will respond with only slight modifications to what they are presently doing. Some will even respond simply by changing their diet. I have known of some that would take a one week layoff and come back to the same program with good results and break through the sticking point they were experiencing. The point is you need to search for what will work for you. Don't be afraid to experiment.

### **Calf Raises**

Developing the calf muscle is pure torture. Demanding, hard, difficult and must become a labor of love. Genetics play a major role in the potential one can expect for their efforts. I don't want to leave the impression that calf development is solely a genetic gift but it seems to be a major factor. That being said I am in no way trying to imply that unless you are genetically gifted you will not be able to develop a decent set of calves. I am not and I do not believe that. But I do believe in order to have great calves you must be blessed with good genetics or work them fully and with complete dedication.

I have seen so many average people with absolutely no build whatsoever walking around with calves that any bodybuilder would die for. I am sure you have seen it too. These people don't even workout let alone train calves and yet they have huge diamond shaped calf muscles that are defined and cut. With that out of the way I want to point out the reason responsible for weak or poor calf development among bodybuilders in general. Poor form, over work, and under work.

Poor form. I have seen it so many times I almost have nightmares about it. The way people perform standing calf raises. They load up the machine with the entire stack of plates or they will load the bar with every plate they can find and begin, not a calf raise but a silly bounce. Their heels never come all the way down for a full stretch and they never get even close to going all the way up on their toes. It's a silly bounce, a waste of time. They would be better off doing nothing at all. To make matters worse they fly through the movement like lightning. They let the plates slap the bottom of the rack; they have a grimace on their face that would scare their own mother. When finished they step back and hobble around like an old man in pain. Someone needs to take a stick to people like that. I don't know what they thought they did but I do know they didn't work their calf muscles.

Whether you use a standing calf machine, a smith machine, a power rack, or just a barbell, to perform calf raises you must do them properly in order to get the most from your efforts. Form and technique is critical. Variations are allowed as in any movement but you cannot throw the basic rules out the window by doing the silly bounce.

Whatever apparatus you use is fine. Make certain you are standing on a block at least six inches high. Place only the balls of your feet and toes on the block. Bend your knees just slightly, not a lot just slightly. Now rise up as high as you can. At the top contract and squeeze your calf muscles as hard as you can. Coming down, stretch all the way down so that your heels touch the floor. Repeat. That is a calf raise.

Variations of the movement include keeping the knees locked, toes pointed straight ahead, toes pointed inward, and toes pointed outward. I have found it best to alternate between all of these from time to time.

The other problem: Over work. Although some will disagree with me, I have found that the calves do not require being worked four times a week for 10 sets of 25 to 50 reps for growth, especially in a hard gainer. I have found success in keeping the number of sets to 3 to 5 with the number of reps around 8 to 12 while working the calves no more than twice a week. Heavy weight and good form are essential. If you are doing the Front Toe Raises mentioned earlier, more reps are required because no weight is used and the movement itself is different than one performed with resistance.

The last problem is: under work. Nothing need be said here. Not working the calves or working them only occasionally will not get the job done. Especially if the silly bounce is used.

### **Shoulders**

If you are seeking to add size to your delts, concentrate on presses instead of lateral raises. Lateral raises are more for shape, presses are more for size. A great superset is to perform dumbbell presses with standing side lateral raises. This will really pump the delts to the maximum.

### **Leg Extensions**

A lot of people perform leg extensions as a finishing movement on leg days, doing them after squats, leg presses, etc. There is nothing wrong with this and it is certainly an excellent time to place the movement into your workout. If you have been doing extensions at the end of your workout try doing them first.

It provides a good warm-up for you legs and gets the blood flowing into the thighs. If you do them first, don't expect to use as much weight on your other movements. It's a good practice to alternate the placement of extensions in your workout. Simply by making this change can help take you past a sticking point you may be experiencing.

## **21's**

Almost everyone has heard or tried 21's at one time or another. For example the barbell curl: You curl the bar only half way up for 7 reps then immediately curl the bar from mid point to the top position for 7 reps never going lower then the halfway point, and finally, you immediately perform 7 complete reps.  $7 + 7 + 7 = 21$ , all done in one set.

21's are most commonly associated with the barbell curl. Try performing them with other movements for other body parts. You can use them on almost any and every exercise and it will bring a welcome change to a stale workout. I don't advocate doing them on a regular basis but you can throw them in here and there for the change and results they offer.

### **Alternate Dumbbell Pullover, the forgotten exercise**

A great finishing movement for the latissimus dorsi, serratus magnus, and the anterior deltoid is the Alternate Dumbbell Pullover. Lie flat on the floor with two fairly heavy dumbbells in each hand. Start with one hand outstretched behind the head and the other along the side. Without bending the arms, raise them together at the same time; the one from the side goes behind the head until it almost touches the floor the other one goes from the head to the side. Never allow the dumbbells to rest on the floor. This is a great finishing movement and will provide a fantastic stretch and pump.

## **Magnesium**

Magnesium is a vital mineral. Bodybuilders consuming large quantities of protein need to make certain they are getting enough magnesium because it has been reported that large amounts of protein can deplete the body of this mineral. Magnesium is especially important as an activator of enzymes through which we use protein and vitamins. Magnesium starts the chain reaction in the body to metabolize food. In fact many of the nutrients we consume do us no good unless magnesium is present in the proper amount.

The more protein foods and supplements you consume, the more magnesium you need. If you don't have enough magnesium in your system, you may lose much of the benefit you should be getting from the protein. Eat well balanced meals and supplement your diet with a good vitamin mineral tablet daily.

### **Double Split**

Most people do not have the time to spend all day in the gym. School, work, family, and other obligations often leave little time for workouts. If you are fortunate enough to have the time, if you can adjust your schedule, if you can fit it in; try a double split routine for a change of pace. It will shorten workout sessions and allow you to have more energy for each workout. The nice thing about a routine such as this is it may allow you to perform one of the workouts at home, if you have any equipment, and the other one you can do at the gym.

Here's an example of a double split: Take a day you are going to work your arms. Let's say you plan on working the delts, biceps, triceps, and forearms and you would normally do them all in one workout. Break your routine in half performing one half in the morning and the other half in the evening. In the morning, work delts and forearms, in the evening session work biceps and triceps.

I know many bodybuilders who train this way all the time with great results. It's especially useful for some priority training on muscle groups that may be lagging behind. Give it a try. You don't have to follow it on and on, you could set it up for only one day per week or for only one body part workout.

### **Goals**

Success in bodybuilding, as in life, requires setting and achieving goals. In bodybuilding it is important to develop goals that are realistic and within your potential range. Set short-term as well as long-term goals. Make your short-term goals obtainable within three months. For example: Dropping fifteen pounds of unwanted weight, adding ½" to



your arms, adding twenty pounds to your bench press. These are short-term goals that with effort and training you will be able to achieve.

Set long-term goals based on your ultimate desire of what you want from your training. Again keep it realistic. If competition is your goal, don't list winning the Olympia. Instead list winning a local event. Once you have accomplished this goal set a state title as your next goal then a national title and so on working up each time.

Goals will help motivate and push you forward. Each time you hit your short-term goal it should encourage and inspire you to move on toward your long-term goal. The great thing about bodybuilding is how individual it is. You alone set the goals and you alone are responsible for being able to achieve them through your own efforts.

Over the years I have often suggested to people that they set monthly goals that are realistic and achievable. The fact they could hit their goals in just thirty days or so provided unbelievable satisfaction and encouragement. They worked and trained harder and harder in their efforts to obtain their ultimate goal. Never take for granted or dismiss the power of the mind in bodybuilding. Training, nutrition, and the mind are benchmarks for all successful bodybuilders.

### **Menu**

Shish-kabobs are an excellent meal change for bodybuilders. A beef and vegetable kabob is great for a mass-building diet. Use lean cuts of meat, tomatoes, mushrooms, onions, green or red bell peppers, squash, and add some fresh pineapple. Cooked out on a grill and you have all you need to satisfy not only your body but taste buds as well.

### **Definition**

In order to obtain definition you must control your diet. Training, by itself, will not produce definition. If you are consuming too many calories, fats, and carbs, you can forget about definition. I believe that muscle definition occurs only when the body fat percentage is around 12 percent or lower. Ideal would be in the 8 to 10 percent range.

So if you're training and eating for mass don't be surprised to find you don't have definition. Get the bodyfat down, it's the only way you can put your body in a state capable of allowing definition to appear. Don't attempt to reduce your body fat through fad or non eating diets either. Always follow a well balanced healthy diet designed for weight loss.

### **Layoff**

If you have been ill, suffered an injury, or if for any reason you have had to layoff your training for any length of time, coming back can be hard, not only physically but mentally. For a lot of people it is a time of complete discouragement. They have gained unwanted weight, they have lost size, they can't lift as heavy as they did, and their endurance is gone. All bodybuilders have suffered the pain of coming back from unplanned layoff's at some point in time. The older a person is the more difficult it is and the longer it takes to get back to where one was.

The amount of lose from these missed sessions varies from individual to individual. It also depends on the length of time one has been away from training and what activity, if any, they did during the absence of their normal training. It also depends on if the layoff was due to an accident or sickness. In any event, taking all things into consideration, in general it would not be surprising to see at least a 40% loss of strength in a layoff period of two weeks. Hard come, easy go. It's enough to demoralize anyone. You must keep it ever present in your mind that it is only a temporary setback and nothing permanent. You will be back! The chances are that when you do return you will surpass your previous state.

The key, after a layoff, is maturity. Realize you have been on a layoff. Recognize that you will once again be back to where you were. Understand and accept the loss is natural. The biggest mistake I see is with individuals who come back and try to pick up where they left off. This will actually set you back even further. Take your time and train wisely. This will not only help you to regain the loss you have experienced it will also keep down the likelihood of injury.

After a layoff I both train and advise others to keep workouts light, simple, and easy while using each session to progress forward. I set my training up depending on the length of time and reason for the layoff. I generally start with two exercises for each muscle group. Working only one muscle group a day for two sets of about twenty reps. This helps the mind and body reestablish connection. It helps loosen the joints and restarts the blood flowing. Little by little I increase and advance forward.

Do not make the mistake of over training. This is a common problem and could lead to another unexpected or unwanted layoff.

### **Tuna**

One of the very best food sources for adding protein to the diet. It is an excellent product to help you loose weight, build mass, get definition. Its easy to carry with you, easy to open, versatile, low in carbs and fats, high in protein, and inexpensive. Consider it as a wonder food for the bodybuilder.

### **Muscle Be Gone**

It has been reported that on a typical low fat, high-carbohydrate, lose a pound a week diet, you can actually lose one pound of muscle for every three pounds of fat. Bodybuilders beware! It's the same old story over and over. Doctors, the medical professionals, the government, everyone everywhere still does not take into consideration the lifestyle of bodybuilders and bodybuilders need to be cautious in what they follow. A bodybuilder's diet and needs are greatly different from that of the average persons.

Take for example the standard height / weight formula used by experts to determine how overweight a person is. A professional bodybuilder that stands 5'10" tall and weighs 220 pounds would be considered overweight by the experts, even though his body fat is only 8%, his blood pressure is 120/80 and he has a 32" waist. This basic standard information simply is not valid when applied to a bodybuilder. Neither is other information regarding

many aspects designed for the general public. Bodybuilding and bodybuilders are unique and so are their needs and requirements.

### **Rest**

Not a great deal is mentioned concerning rest for the bodybuilder even though its importance is invaluable. Rest and sleep assist in the recovery muscles need after a hard workout. It provides additional energy to carry you through difficult training sessions. For someone wanting to gain weight, rest and just one additional hour of sleep per night can produce wonders.

You can't build the body you want if you are out all hours of the night partying or skipping a night's sleep. Don't neglect to give your body the rest and sleep it needs.

### **The Secret**

Each year thousands of individuals attempt to enter the field of bodybuilding. Some for the purpose of gaining weight and developing a more muscular body, others to lose weight and trim down, still others for the sake of health and fitness, a great many to become "bodybuilders", and finally a few to become competitive bodybuilders. Within three months the thousands will have dwindled down to a few hundred. Within six months the few hundred will have been reduced to a couple of hundred. Within a year a small handful will have survived and still be at it.

Bodybuilding at any level is a lifestyle. It requires effort... determination... stick-to-itiveness... dedication... and will power. Regardless of the reason one begins the journey into bodybuilding, results can and do appear. Effort is rewarded with results one can see and measure. One need not desire to be a Mr. Olympia to appreciate the benefits of bodybuilding. In fact, if you attend almost any bodybuilding contest, you will see individuals who have better builds than most winners of the contest sitting in the audience. Not every legitimate bodybuilder wants to or needs to compete. Bodybuilding

is more than the competition. It is an individual sport in which one can feel proud of in their achievements and accomplishments, satisfaction in a pure and private way.

Information for most bodybuilders outside the mainstream bodybuilding centers such as Southern California is rather difficult to obtain. You can read magazines and books, you can watch videos, you can check the many internet sites, and you can even attempt to correspond via letter and email. This will not however, bring you into the atmosphere and world where bodybuilding, at its core, exists. For most, training at home or in a gym that is not home for famous bodybuilders is the best one can do. That's fine. You can and will make whatever you want to out of bodybuilding based on your desire and willingness to pay the price.

Over the years the one question I have been asked more than any other is; "What's the secret"? Well, the secret is... there is no secret. Here is what it takes: Genetics, determination, and willpower with a heavy dose of hard work thrown in. Sure all bodybuilders, especially the champions, have little twists or variations to movements they perform. Not so much a secret as they have discovered what works best for them. A little different grip on a bar, a different angle, a slight movement change, all designed to produce the best results from the movement for them personally. It works for them but it may not work for you. Bodybuilders need to experiment and discover what works best for them personally. You can only learn this through trying and experimentation.

Don't be fooled or misled by advertisements that claim to hold the secret this or secret that. It's pure marketing hype and nothing more. There is no secret, no magic potion, no super supplement, and no absolute program that will produce the only results. The secret is inside you... the heart and how much of it you have. Even someone with poor genetics can develop themselves into superior shape if they have the heart, desire, determination, dedication, will power, and drive.

## **Over Training**

I have written about overworking and over training the muscles about as much as I have any subject. The result is a loss of muscle tissue, energy, enthusiasm for training, and can lead to such health problems as high blood pressure.

Muscles need to be worked hard and pushed to their limits in order to grow. Doing so means one cannot train for hours on end. If you do you are not training with enough intensity in the first place. Exercise provides the stimulus for growth and diet provides the nutrients. They go hand in hand, muscle growth requires both. In addition, rest and recuperation time must be provided to insure muscles have the time to recover from the workload and demands placed on them. Under normal conditions for a bodybuilder, it takes a muscle 72 hours to fully recuperate from a workout. If you don't allow enough time in between working a specific muscle, you will actually loose muscle size and at the very least fail to make progress.

Most of my writing is directed for the natural bodybuilder and the hard gainer. Genetically gifted bodybuilders are usually different but even they would find this information of genuine benefit.

## **Thigh Giant Set**

If you have come to a sticking point in your thigh workout, try this giant set. It is comprised of four different movements. You will not be able to use your normal weight in each movement and your thighs will become pumped with a single set. You must follow the exercises in the order I am providing.

Begin with Leg Extensions for 12 reps. Immediately move to Full Squats for 10 reps. Immediately perform Leg Curls for 10 reps. Immediately do Sissy Squats for 10 reps. This series completes one giant set. Rest two to three minutes and perform another giant set. Continue until you have completed three giant sets. Make certain you are using the maximum weight you can handle on each movement with the exception of Sissy Squats as no weight is used in this exercise.

Here is another excellent giant set for the thighs. Follow it as outlined above, moving from one movement to the next until you have finished all exercises. Rest for two to three minutes and start over until you have completed three giant sets.

Begin with Leg Extensions for 12 reps. Next do Full Squats for 10 reps. Then Leg Curls for 10 reps. Next do Hack Squats for 10 reps. Front Squats for 10 reps and finish with Sissy Squats for 10 reps.

If you try this giant set I recommend you do it only once in a thirty day period. Performed correctly, it is physically and mentally demanding. I obtained great success in blasting through sticking points when I followed this program. The key is to make certain you cannot perform another rep past the indicated number for each movement. It may take you some experimentation to find the right amount of weight for you to use on each movement and of course, you will have to make weight adjustments for each set. If you can perform all three sets using the same amount of weight, consider yourself a pro, but only if you perform the movements correctly and use enough weight to begin with.

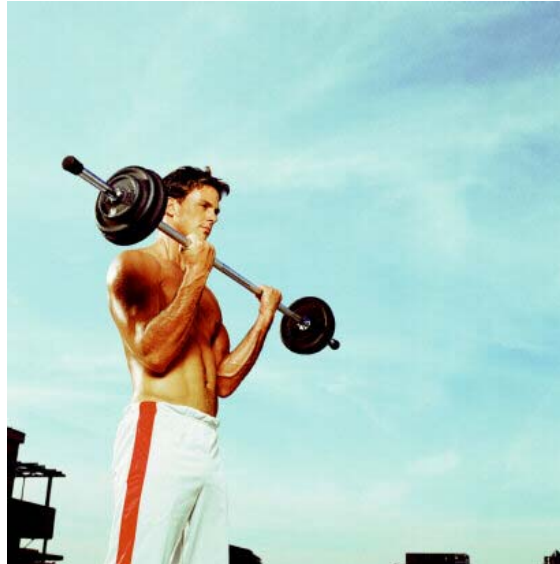
### **Wrist Roller**

Forgotten or never known by anyone under the age of forty, the wrist roller was an excellent exercise for the forearms. I do not advocate the use of the roller for development of size but I certainly can attest to the value it has in developing strength. On forearm workout days, it is a great finishing movement. Talk about pumping blood into the forearm area. This will do it. If you keep your arms straight out to the front it puts a lot of stress on the frontal delts but is most effective. If you bend your arms at the elbows, keeping your upper arms tight against your sides with your forearms out, parallel to the floor, it takes the stress off the delts but seems to lose a little something. Either way will work.

### **Barbell Curl**

There are so many variations of the barbell curl a book could be written on this one exercise. All forms of the movement can lay claim to being result producers, more for

some than others but still a basic and important movement. Here is another twist. Stand with your back flat against a wall. Have the triceps of both arms touching the wall. Now curl the barbell as you would normally only never allow your back or triceps to lose contact with the wall.



### **Wild Workout**

When you get to the point where you dread taking a workout it could be boredom setting in. It could also mean you have hit a sticking point and your body and mind are telling you; what's the use! Maybe you are just tired of doing the same workout and minor changes have not satisfied you. Well here's one to break you out of the mold and really shock and surprise your body.

This workout should not be attempted by anyone who does not have at least two solid years of training under their belt. Even a well conditioned veteran bodybuilder will find a good deal of pain and muscle soreness with this routine. It would be totally counterproductive for someone with less than two years of hard training to follow the Wild Workout.

Here's how the Wild Workout works. You will only work one muscle group a day and you will workout seven days straight. Monday – Chest, Tuesday – Back, Wednesday –



Legs, (thighs and calves), Thursday – Shoulders, Friday – Biceps, Saturday – Triceps, and Sunday – Abs.

Warm-up completely before you begin. For each workout you will do as many different exercises for that particular body part as you can think of. For example on Monday, your chest workout: Incline barbell press, incline dumbbell press, flat bench press, decline bench press, decline flyes, incline flyes, flat flyes, dumbbell pullovers, pec deck, cable cross over, machine press, barbell pullovers, dips, push-up between benches, etc. get the idea? Set up all the equipment you can before you begin your workout so that you don't have to waste time doing so when you get to the next movement.

Perform one set of each movement and move on to the next one, then the next and so on. Rest as little as possible between sets but make certain you rest enough. You can't rest for fifteen minutes between sets to get the most from this workout. After you have completed one full cycle, rest for a good five minutes. Start all over, this time however; instead of performing only one set of each movement perform two sets.

Onetime, four of us were training together and we added another cycle of three sets after we completed the two set cycle. It brought all of us to our knees. Demanding? Foolish? I don't think so as it was a planned shock program and it did what it was designed to do. I would not follow such a program on a regular basis as it is far too much for the body to take. I also tried this Wild Workout alone and did not feel the same results. Even though I prefer to train alone I have found the Wild Workout works best when you can employ it with two, three, or four training partners. Five is one too many and allows for more rest than one should take between exercises. When two or more partners are working together, as soon as the last one completes his last rep the next person should be standing by ready to begin their first rep.

See why this is called a Wild Workout? If you attempt this workout, take one full week off afterward. Done correctly, your body will need the rest and so will your mind. This

puts you in a place we use to call the valley. Each of our workouts were physically and mentally demanding but when we did something really difficult, we termed it as being in the valley. This one is the pit of the valley as far as I'm concerned but boy what it would do for you.

Be sure to drink plenty of water during this session as you will lose a great deal of fluid during the workout. I would also take a lot of carbs the day before in order to provide you with enough energy to make it through. If you only perform four or five movements per muscle group you are not going to get what you should out of this routine. You need to make certain you do as many movements as possible, free weights, machines, cables, and free hand. You will have definitely overtrained and overworked your muscles and that's exactly the purpose behind this program. The week off will allow ample time for recuperation and when you return to your normal routine it will feel like kids play, at least for the first week back.

### **Preacher Curls**

I am not sure and I don't know if anyone can really tell who invented the Preacher Curl Bench and movement. Vince Gironda certainly is credited with having one of the first in his gym and promoted it. Larry Scott perhaps was the first one to popularize the bench and movement. In fact, so much so that most refer to the Preacher Bench as the Scott Bench. Today almost all combo exercise units come with the Preacher or Scott bench attachment.

My first hand experience with this unit and for many others I know is not the best. I am not knocking this piece of equipment because it is a result producer for thousands of bodybuilders. I am just not one of them. For years I experimented with the bench as well as different positions and received very little in the way of results for my efforts. The only reason I bring this up is to let you know that, if you are like me and countless others that have not had much success with the Preacher or Scott Bench, its okay. You're not alone and there is nothing wrong with you.

I have held the position that everyone is different and that what works for one may not work for another for years. This is one of just such a case. I will occasionally incorporate the movement into a workout from time to time but find so many other exercises that are more productive for me. So if you are uncomfortable with the unit or movement it provides just remember, others feel the same way.

### **Hammer Curls**

A great exercise. It works the biceps and forearms from a different angle than regular curls. Most perform the movement by holding a dumbbell in each hand with the weights down to their sides, palms facing their thighs. I prefer to start the movement with my palms facing forward. Just as I start the curling movement I will rotate my hands so that the thumb and index finger are on top and the little finger, or pinky, is straight down. At the top or end of the movement, I will rotate my wrists even further so that my hands are almost in the position they would be in for a reverse curl, palms facing almost straight down, and contract the biceps forcefully. It's a slight variation but I really feel the movement more when I do it this way. If you were to allow the dumbbell to go down in the reverse curl position you would be performing a Zottman curl.

### **Lat Contractions**

This movement is a great way to add something extra to your lats. You must use a chinning bar that will allow your feet to be completely off the floor when you grab it. Place your hands about eight to twelve inches apart. Rather narrow grip. Let your body hang freely without tensing your arms. Now contract your lats pushing down on them. This will cause your body to move upward toward the bar. Do not chin yourself just contract your lats and hold the position for a slow count of three. Lower and repeat. Work up to three sets of ten reps. Remember to keep your body loose and do not tense your arms or attempt to pull yourself up. This movement will build, shape, and define the lats length and width.

## **Muscle Massage**

Massaging muscles after a workout is not only beneficial but it feels great. It helps blood flow into the area massaged and tones the skin. After your workout shower, try drying off with a very coarse towel, rub yourself briskly. Using a hand held massager is also a good way to help bring and keep blood in the just worked muscle area.



## **Neck**

Often bodybuilders will neglect direct neck work because various movements indirectly involve the neck. Complete physical development requires direct neck work just as other body parts. One way to get it in without taking a lot of time is after your shower. As you are drying off, place the towel behind your head. Hold on to the towel with one hand on either end. Your chin should be on your chest, now lift your head backward while at the same time keeping resistance on your head by pulling your hands forward. Twice a week for three sets of ten reps of this resistance exercise should do it.

## **Crunches**

Try adding a 10 or 25 pound plate under your chin when performing crunches. Be sure to suck your stomach in as far as possible so as not to develop a pot like belly. The added resistance will help develop your ab muscles to a higher level.

## **Eyes**

Most people, bodybuilders included, never even think about exercising their eyes. Yes eyes! Even eyes have muscles. You perform exercises for the pecs, biceps, lats, run for your heart; because they are muscles and a muscle can be developed to a higher degree. The same holds true for the eyes.

Looking straight ahead and keeping your head stationary, move your eyes from left to right. Next move them from top to bottom. From upper right corner to lower left corner and from upper left corner to lower right corner. Roll your eyes in a complete circle starting from the right side then from the left. Workup to about twenty to twenty-five reps in each movement.

### **Training Methods**

Bodybuilders follow various training methods and employ a variety of principals in their training. I doubt seriously if a bodybuilder follows one certain program all year long. At least none that I know do. There are so many different principals it would be impossible to list them all. Some are well know and promoted heavily while others are not. Depending on what part of the country one lives in, a different name can be attached to the same principal. Almost all principals have variations to them and sometimes this results in a new name being given.

### **Giant Sets**

A giant set consists of a number of movements for a particular body part. Most of the time a minimum of three movements and up to four is used in giant sets. Weight is usually moderate and little or no rest is allowed between movements. You begin by performing the first movement for a given number of reps, without or with very little rest move on to the next movement, then the next and so on. When you have completed performing all the selected movements in succession you have completed one giant set. You now rest for up to three minutes and repeat the process for the designated number of sets.

### **Super Sets**

A super set is when you perform two movements for the same or different body parts one after another. Similar to a giant set only you do not use as many movements. An example for the arms would be: Barbell curl for the biceps immediately followed by triceps extensions for the triceps. This is one super set. Another example for the arms

would be: Barbell curl for biceps immediately followed by incline dumbbell curls for the biceps. No rest is permitted between the two movements in a super set. Only after you have completed a super set can you take a short rest. Super sets can be performed on the same muscle group(s) or opposing muscle groups.

### **Tri Sets**

Tri sets are basically the same as super sets and giant sets. The difference is that you select three movements instead of two or four or more. Apply the same principals used for giant and super sets.

### **Forced Reps**

Forced reps require the aid of a partner. You perform as many reps as possible on your own and when you are unable to complete the movement by yourself, a partner will assist you in completing it. Your partner should only apply enough assistance to help you finish the movement. If your partner has to struggle to help you on the movement you are using too much weight.

### **Pyramiding**

This term is most commonly associated with increasing the weight used on each set of a given exercise. If you start with 225 pounds in the bench press for your first set, you would increase the weight to about 265 for the second set, 305 for the third set and so on. Each set you add weight which is pyramiding.

### **Drop Sets**

Drop sets are designed so that you decrease the amount of weight used on each set. For example: If you barbell curl 100 pounds on your first set for 8 reps you would drop the weight to 85 pounds for 8 reps on your second set and so on.

### **Partial Reps**

It is best to employ partial reps with a training partner, smith machine or power rack. Instead of performing a full rep of any exercise, you will perform only a partial rep of

maybe about one quarter. This movement can be at the beginning, mid-point, or end of a movement.

### **Pre-Exhaust**

This principal requires using an isolating movement prior to doing a compound movement for a specific muscle. For example: Perform dumbbell flies for your chest before you perform bench presses. Do leg extensions before doing squats. You are pre-exhausting your muscles. Usually moderate weight is used for the compound movement when this principal is used.

### **Rest / Pause**

This principal has more names than almost all the others combined. The one I use to describe it is as follows, using the bench press for an example. Perform the intended number of reps to failure and rack the bar. Do not take your hands off the bar and take two deep breaths and begin to press again for as many reps as you can. Rack the bar again and repeat. Continue this process until you cannot complete a single rep. This constitutes one set.

As I indicated earlier, there are more principals than one could list. I have provided these as an example of different methods and principals presently being used. You can combine these and you can come up with your own. Hitting muscles from different angles, switching workout loads and tempos, making the muscles work harder are all principals of value to the bodybuilder.

### **Side Lateral Raises**

Many bodybuilders perform this movement incorrectly thus not getting full benefit from its intended purpose. The side lateral raise is intended to work the side head of the deltoid. It is one of those movements that work well for adding size as well as defining and shaping the muscle, all depending on the amount of weight, sets, and reps used. The problem I have noticed over the years is that most people begin the movement by raising

the hands and dumbbells first. This takes from the movement and reduces the stress placed on the delts. It also places more stress on the forearms and elbows.

To correctly perform the side lateral raise, either seated or standing, is by starting with the dumbbells at your side. Your elbows should be slightly bent. As you begin the movement of raising your arms up and out to the side, make your delts start the movement, not your hands. As you come up, drop your thumb down slightly. To do this pretend that the dumbbells are pitchers full of water and you are going to pour some into a glass.

If you have been doing side laterals allowing your hands to start the movement you will discover you won't be able to use as much weight doing the movement as described, to begin with, that is. As you get the technique down you will soon be able to use a heavier weight. You will also notice a marked improvement in your delts.

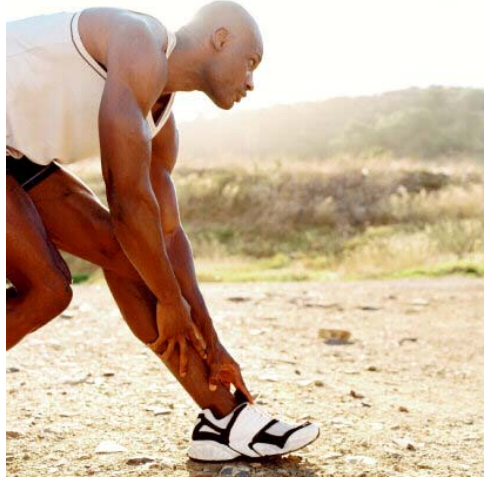
### **Nutrition**

Bodybuilding nutrition is more than protein and carbs. As important as these two are, vitamins and minerals are equally important. If your body is lacking in just one nutrient the result can have a serious impact on your entire system and the ability to obtain the best from your training and diet. I advise taking a good vitamin – mineral tablet daily.

### **Stretching**

If you are presently not doing so, incorporate stretching into your workouts. Movements can be inserted between sets for the muscle group you are working. Stretching helps lengthen the muscles, provides flexibility, increases blood flow, and can actually help prevent injuries.





## **Chins**

I have always had a lot of problems performing chins. It did not matter what my weight was. Naturally the heavier I was the more difficult they were but even at a lower body weight I always had a lot of difficulty with chins. Here is one method I used to help increase the number of chins I was able to perform.

You will need to have a bench or box placed next to the chinning bar. For an example we will say that you want to do three sets of ten reps. You are able to perform six chins in good form on your first set. When you can't perform another chin immediately stand on a bench or box high enough to allow you to be all the way up in the completed chin position. Now step off the bench or box, holding the completed position and allow your body to lower gradually. The lowering movement should be greatly exaggerated. Your goal should be to take a full 30 seconds to lower yourself. Once at the bottom immediately step back on the bench or box and do another rep in the same fashion until you have completed your ten reps. This is actually incorporating negative reps into the workout.

Use this principal every other chin workout. I experimented doing it every workout and every two workouts and found it either did not allow enough time between usage or too long a time. Every other chin workout worked best for progress.

I also experimented with doing just negative chins and adding weight, pyramiding up each set, and had some success. I would perform three to four sets and do as many reps as possible.

Chins are a valuable movement but are extremely difficult for a great many bodybuilders. The most difficult is chinning to the back of the neck with a wide grip. Although a lot of bodybuilders use this movement, I have never found it to be productive for the vast majority of trainers. In fact most are unable to do the movement at all. It did not however, hinder them from developing sensational backs. Chins are not necessary in developing the back but they certainly help and have a place in its development. I have known many bodybuilders with outstanding backs that were not able to do three sets of twelve chins.

### **Favorite Exercises**

Chest: Incline Dumbbell Presses.  
Back: Bent Over Barbell Rows.  
Delts: Up and down the rack Dumbbell Presses.  
Biceps: Alternate Dumbbell Curl.  
Triceps: Close Grip Triceps Press with Ez Curl Bar.  
Thighs: Full Squats.  
Calves: Standing Calf Raises with toes pointed out.  
Abs: Weighed Crunches.

### **Favorite Exercise Combo's**

All movements are performed as supersets.

Chest: Incline Dumbbell Presses and Flat Bench Dumbbell Flyes.  
Back: Bent Over Rows and One Arm Dumbbell Rows.  
Delts: Dumbbell Press's and Side Lateral Raises.  
Arms: Alternate Standing Dumbbell Curl and Close Grip Triceps Press.  
Thighs: Leg Extensions and Full Squats.  
Calves: Standing Calf Raises and Seated Calf Raises.

Abs:            Weighed Crunches and Bent Leg Lifts.

### **Moderate Weight Workout Finisher**

If you are following a routine using moderate weight and ultra strict form try this technique at the end of your workout. Perform your entire workout, when completed go back to the first muscle group worked and do the same exercise with a light weight for one set of twenty-five to fifty reps. If you did more than one exercise per muscle group select only one movement. Use a light weight as your intention should be to pump blood into the muscle and not put a lot of stress on it. Extend and contract completely for a full range of motion. Move on to the next muscle group and do the same thing until you have revisited each muscle group worked.

### **Soy Protein Supplements**

I strongly advocate the use of protein supplements in a bodybuilding diet. The recommended amount of protein intake established by the government does not provide the amount a bodybuilder needs. I also still feel that the body cannot assimilate more than about 30 grams of protein in any given meal. I know, as I have said many times, some will disagree with my position.

I do not suggest soy protein for bodybuilders. Soy protein has a place in good health but not for bodybuilders. Soy beans are rich in protein but the amino acids are arranged poorly and less than 10 percent of the protein can be used by humans unless a supplemental source of animal protein is supplied, such as milk and or eggs. Soy protein is also hard to digest and can cause a lot of bloating and gas. Stick with whey protein, casein protein, milk & egg protein or a combination of all three for the best protein.

### **Kinesiology**

Over the years bodybuilding has advanced to a sophisticated level. Nutrition, supplements, diet, equipment, exercises and information have become increasingly more complex. It has come to the point where a lot of bodybuilders cannot even pronounce the

names of some of the products and terms used today. Bodybuilding has become more scientific than ever before. In life, the more you know and learn the better you are, this holds true for bodybuilding as well.

Kinesiology is one such segment of bodybuilding that has become more advanced over the years. The human body has more than 500 muscles and more than 600 bones. Most bodybuilders will never learn more than a handful of them, their purpose, or the best movements to develop them. Bodybuilders should however, know the basic muscles and the function they play as well as what movements should be employed to develop them. I have included a basic kinesiology listing in this bulletin. It provides the basic muscle groups, popular name, function, and the most common exercise movements for developing the muscle. It would be a good idea to find a copy of an anatomy chart and other charts of the human body for reference material.

How muscles are connected, the difference between ligaments and tendons and their location can be valuable information for the bodybuilder. You don't need to become a doctor but learning more about the human body will prove to be helpful in your bodybuilding activities.

### **Information**

Magazines, video's and the internet are all good sources for information on bodybuilding. It is important bodybuilders keep abreast of what is going on. Words of caution however, don't take as gospel everything you read. Be responsible and check things out. When I first entered bodybuilding, many years ago, I believed every word I was told and everything I read. Experience taught me differently.

Marketing hype and bull is spread throughout the bodybuilding industry. It lays a trap for the inexperienced and novice and sometimes even the experienced veteran. Every year millions of dollars are spent on gimmicks and junk that has no real value or the value, if any, is over priced. Quick, fast, easy, the only one, the best one, tested, proven, are all words you should be cautious of. Bodybuilding is not quick, fast, or easy. There is no such thing as one program or method that will work for everyone.

Many sincere and honest individuals and companies are out there for the bodybuilder. Don't waste your time and money with those that are motivated entirely by greed. Expect to pay a fair price for products and services; everyone has the right to make a living and profit. Experiment, study, and learn. Bodybuilding is a labor of love. A lifestyle designed for each individual, regardless of their genetics and abilities, who have the courage to make a commitment and stick with it.

## About The Author

Alan Palmieri has a diverse background. In addition to being a five term mayor he has credentials in the field of business as well as politics. He operates his own business and has held positions in corporate management. At one time the owner operator of a 30,000 square foot gym, one of the largest and best equipped in the southeast. For about two years he operated his own Karate / Self Defense studio. He wrestled professionally for a short while and worked as a bouncer and bodyguard. Over the years he has trained countless individuals and has conducted seminars and lectures on bodybuilding, as well as being the author of several published articles, courses and bodybuilding publications. He has appeared in various magazines and newsletters on bodybuilding and has appeared on TV as well as being interviewed on the radio.

He has personally trained winners of major local and state bodybuilding events, high school and college athletes and teams, professional athletes and entertainers. He has served as a judge for numerous bodybuilding events as well as promoting and holding several bodybuilding contests. He is the past State of Tennessee President of the IFBB and was awarded the prestigious IFBB Certificate of Merit.

Alan began his bodybuilding endeavors in the early 60's during what many consider bodybuilding's "Golden Era". Dave Draper was and remains the epitome of what bodybuilding is all about. Back in those days you had so many greats like Scott, Poole, Sipes, Yorton, Zane, Ortiz, Pearl, Howorth, Oliva, the introduction of Schwarzenegger and of course Draper just to name a few. No period in time saw so many greats that stood as inspiration for so many. It was a time when bodybuilders had to work, go to school and sometimes both. It was a simple time with a lot of unity. People did not understand what bodybuilding was all about. Bodybuilders were more misunderstood than understood. Times have changed.

No longer active in bodybuilding, Alan continues to receive requests for information and guidance from people concerning bodybuilding and weightlifting. He has always talked against the use of drugs and steroids in the sport and promoted natural bodybuilding.

No longer as intense or regular with his training, the following represents the measurements Alan possessed while he was active in bodybuilding. The before column are measurements before Alan began training. The after column represents measurements obtained at, what he considered was his peak.

<u>Before</u>	<u>After</u>
Height: 5'9"	Height: 5'11"
Weight: 87 lbs	Weight: 230 lbs
Neck: 11"	Neck: 19 ½"
Chest: 30"	Chest: 52"
Biceps: 7 ½"	Biceps: 19 ¼"
Waist: 26"	Waist: 34"
Thigh: 13"	Thigh: 28"
Calf: 7"	Calf: 18 ¼"

## Body Part Exercise Chart

This chart lists some of the major muscle groups and provides some of the movements used in training for mass, power & strength, and shape. Naturally there are many other muscle groups and many more exercises which can be used for these and other muscle groups. This chart however provides some of the best movements.

The body, for most, will not respond to a combination program very well. If you are training to gain weight and mass you cannot expect to train for definition at the same time. You need to concentrate on one for a time and then the other. Novice bodybuilders often will say they want to add size to their frame while at the same time be ripped and cutup. It doesn't work that way. You need to cycle your training program, first for size and strength; then change diet and routines that produce shape and definition.

<b>Body Part</b>	<b>Mass</b>	<b>Power / Strength</b>	<b>Shape</b>
<b>Chest</b>	Bench Press Flat Bench Dumbbell Press Incline Bench Press Incline Dumbbell Press Chest Dips Dumbbell Pullover Barbell Pullover	Bench Press Incline Bench Press Power Rack Bench Press Vertical Machine Press	Bench Press To Neck Dumbbell Press Incline Dumbbell Flyes Flat Dumbbell Flyes Chest Dips Pec Dec Flyes Cable Crossover Barbell Pullover Dumbbell Pullover Machine Bench Press Vertical Machine Press
<b>Shoulders</b>	Standing Dumbbell Press Seated Dumbbell Press Press Behind Neck Side Lateral Raises Front Barbell Press Bent Over Laterals	Military Press Press Behind Neck Power Rack Press	Standing Side Lateral Raises Seated Side Lateral Raises Front Lateral Raises Bent Over Lateral Raises Lying Lateral Raises Cable Lateral Raises
<b>Biceps</b>	Cheat Barbell Curl Barbell Curl Barbell Preacher Curl Standing Alternate Dumbbell Curl Seated Alternate Dumbbell Curl Incline Dumbbell Curl Hammer Curl	Cheat Barbell Curl Barbell Curl	Close Grip EZ Curl Barbell Curl Incline Dumbbell Curl Concentration Curl Cable Curl Dumbbell Preacher Curl Spider Curl Seated Alternate Dumbbell Curl
<b>Triceps</b>	Close Grip Barbell Press Weighed Dips Standing Extensions Nose Busters	Close Grip Barbell Press Weighed Dips	Standing Extensions Seated Extensions Lying Extensions Dumbbell Extensions Tricep Pressdown Kickbacks Bench Dips
<b>Back</b>	Bent Over Row "T" Bar Row Chins One Arm Dumbbell Row Lat Pulldown To Front Stiff Leg Deadlift Barbell Shrug Dumbbell Shrug	Deadlift Power Clean Bent Over Row Chins Barbell Shrug	Lat Pulldown One Arm Dumbbell Row Bent Over Row "T" Bar Row Stiff Leg Deadlift Dumbbell Shrug Hyperextensions Long Lat Pull Chins
<b>Thigh</b>	Full Squat Front Squat Hack Squat	Full Squat Half Squat Quarter Squat	Full Squat Front Squat Hack Squat

	Leg Press Leg Curl	Leg Press	Sissy Squat Leg Curl Leg Extensions Lunges
<b>Body Part</b>	<b>Mass</b>	<b>Power / Strength</b>	<b>Shape</b>
<b>Calf</b>	Standing Calf Raises Donkey Raises Toe Press On Leg Press	Standing Calf Raises	Standing Calf Raises Donkey Raises Seated Calf Raises One Leg Calf Raises w/Dumbbell Toe Press On Leg Press Front Toe Raises
<b>Abs</b>		Bent Leg Sit Up Bent Leg Lifts Crunches	Crunches Hanging Leg Raises Bent Leg Raises Kneeling Cable Crunches

## Basic Kinesiology Chart

<b>Muscle Group</b>	<b>Popular Name</b>	<b>Location</b>	<b>Function</b>	<b>Typical Exercise</b>
Quadriceps	Quads	Front of the thigh	Straightens the leg from a fully bent position; helps to flex the body at the waist.	Squats, Leg Press, Leg Extensions
Biceps femoris	Hamstrings, thigh biceps	Back of the thigh	Bends leg fully from a straighten position.	Stiff Leg Deadlifts, Leg Curls
Leg adductors		Inner thigh	Moves thighs inward toward each other.	Cable / machine Adductions
Leg Abductors		Outer thigh	Moves thighs away from each other.	Cable / machine Abductions
Gluteus maximus	Glutes	Butt	Help to straighten the body from a position flexed at the waist.	Squats, Stiff Leg Deadlifts, Lunges
Gastrocnemius	Gastrocs, Calves	Back of the lower leg	Extends toes and foot when legs are straight or partially bent.	Standing Calf Raises, Donkey Calf Raises, One Leg Calf Raises,
Soleus		Lays beneath the gastrocnemius	Extends toes and foot when the leg is bent at a 90 degree angle.	Seated Calf Raises
Tibialis anterior		Front of the lower leg	Flexes toes and foot.	Front Toe Raises
Erector spinae	Erectors, lumbars	Each side of the spine from the pelvis up to the thorax	Helps to arch the back. Helps to straighten the body from a position fully flexed at the waist.	Deadlifts, Hyperextensions, Good Mornings
Latissimus dorsi	Lats	Outer part of the upper back	Pulls upper arm bones downward and to the rear. Helps to arch the back.	Chins, Bent Over Rows, Pulldowns
Trapezius	Traps	Upper back	Helps to shrug shoulders upward and to the rear.	Shrugs, Upright Rows
Rectus abdominis	Abs	Muscle wall at the front of the abdomen	Helps to flex the body at the waist. Helps to pull shoulders toward the pelvis with the	Crunches, Leg Raises



<b>Muscle Group</b>	<b>Popular Name</b>	<b>Location</b>	<b>Function</b>	<b>Typical Exercise</b>
External / Internal / Transverse Obliques	Obliques	At the sides of the waist	Helps to rotate upper torso in relation to pelvis. Helps to bend the torso to the sides.	Side Crunches, Side Bends. Side Leg Raises
Intercostals		At the sides of the mid-waist	Helps to flex the body at the waist. Helps to depress the ribs.	Twist Crunches, Rope Crunches
Pectorals	Pecs	Muscle over the upper rib cage	Pulls upper arm bones forward and toward each other.	Incline / Flat / Decline Presses, Cable Crossovers
Deltoids	Delts	Muscle of the shoulders	Helps to raise the upper arm bones out to the sides, forward, and to the rear.	Pressing movements, Lateral Raises
Biceps	Bi's	Front of the upper arm	Bends the arm from a straight position, supinates the hands.	Curls
Brachialis		Under the Biceps	Flexes the arm with hand pronated.	Reverse Curl
Triceps	Tri's	Back of upper arm	Straighten the arm from a fully bent position.	Dips, Extensions, Pressing movements
Forearm flexors	Forearm	Inner forearm	Closes the hands and flexes the wrists.	Wrist Curls
Forearm Extensors	Forearm	Outer forearm	Opens the hands and extends the wrists	Reverse Wrist Curls

# Progress Record

## Measurements

<b>Date</b>								
Height								
Weight								
Neck								
Chest								
Arm								
Waist								
Thigh								
Calf								

## Strength

<b>Date</b>								
Bench Press								
Squat								
Deadlift								
Press								
Curl								

## Endurance

<b>Date</b>								
Walking								
Jogging								
Bicycle								

Before you begin any program, record your measurements along with strength and endurance performance. Record and track this information once per month.





**Day:**

Meal #	Time	Food / Supplements	Calories	Protein	Carbs	Fats	Sugar

**Day:**

Meal #	Time	Food / Supplements	Calories	Protein	Carbs	Fats	Sugar

**Day:**

Meal #	Time	Food / Supplements	Calories	Protein	Carbs	Fats	Sugar