

Specialized Training



**For The
Natural - Mature - Hard Gainer
Bodybuilder**

by Alan Palmieri

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Important

The information contained in this publication 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.

Written
by
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Although almost anyone can follow almost any program and routine, this one included, this report is especially written for, as the title implies, the natural mature bodybuilder. The question most will ask is; “What do you mean by natural and what do you mean by mature?” By natural I mean those bodybuilders wise enough not to partake in the use of steroids or other harmful drugs to induce growth and performance. I do not include bodybuilding supplements such as proteins, vitamins – minerals, etc. in this category as I not only use them myself but support bodybuilders using them. Mature has two meanings for this report. The first is a person who has been training regularly for two or more years and / or a bodybuilder who is in their 30’s, 40’s, 50’s or older. This report is also designed for the hard gainer, regardless of age. The bodybuilder who has a great amount of difficulty in gaining solid muscle mass, the bodybuilder who has hit a sticking point and can’t seem to progress. This, I think, covers a great many individuals involved in bodybuilding.

Over the years I have watched as some of the most dedicated and sincere individuals have worked day in and day out, month in and month out, year in and year out to achieve the gains and results they wanted only to come up short time and time again. These individuals are not naturals and not blessed with great, or even a small amount of genetics for bodybuilding. Yet their determination is an inspiration to one and all. They refuse to take steroids and drugs, they workout harder than almost everyone else and they keep strict diets. They do everything they are supposed to do and do it the way they are supposed to do it. Still they fail to make the gains in size they so desperately seek.

Natural bodybuilders, mature bodybuilders, and the hard gainer all have one trait in common. Results come slowly. Over the years I have discovered that increasing the amount of time working out and increasing the number of exercises actually reduces the results these individuals can hope to see. Their bodies are not capable of gains when muscles are overworked, no bodybuilder is but this is especially true for those I have just mentioned.

Your mission is; how to stimulate the muscles with the most resistance in the shortest possible time while providing sufficient rest for recuperation without over doing any or all muscle groups. On the surface this does not seem that difficult. Yet the problem is as old as bodybuilding itself. The target individuals usually have more energy and are more hyper than their counterparts. Often they tend to do more than they should without even realizing it. Trying to get them to adjust is a most difficult task. They will get to the exact point for results and then, without even knowing it, go beyond. The result is a net gain of zero or a minus zero, never a plus. For these individuals the mind must be developed to accept something it is not naturally conditioned to... once the muscle has been worked fully and completely, stop.

There are many different specialization programs that produce very good results, no one program will work for everyone and this program is no exception. It has worked for many and is worthy of trying. It is designed especially for the target group we are talking about and should be followed as outlined without major changes. The only real changes that are permitted are with the exercises. If you do not have the equipment or access to the equipment you may need to do a different exercise than what is listed, otherwise follow everything as outlined.

Because the arms, biceps and triceps, are the most common body part the majority of people want to see results in, I have used them as an example. From the example given, you can apply it to any body part you wish to specialize on.

This is the routine you are to follow. In each movement use as much weight as you can handle in good form and pyramid up in weight each set.

Monday: Chest / Triceps / Front Delts

Chest:

1. Incline Dumbbell Press 4 x 8
2. Incline Dumbbell Flyes 4 x 8
3. Bench Press To Neck 4 x 8

Triceps:

1. Close Grip Bench Press 4 x 10
2. One Arm Dumbbell Extensions 4 x 10

Front Delts

1. Alternated Front Dumbbell Raises 4 x 8

Tuesday: Back / Rear Delts /Biceps**Back:**

1. Chins 3 x max.
2. Bent Over Barbell Row 4 x 8
3. One Arm Dumbbell Row 4 x 8

Rear Delts:

1. Bent Over Dumbbell Raises 4 x 8

Biceps:

1. Barbell Curl 4 x 8
2. Incline Dumbbell Curl 4 x 8

Wednesday: Rest**Thursday: Thighs / Calves****Thighs:**

1. Full Squat 4 x 20, 15, 8, 8
2. Front Squat 3 x 10
3. Leg Curl 4 x 10

Calves:

1. Standing Calf Raises 4 x 10

Friday: Side Delts / Traps / Forearms**Side Delts:**

1. Standing Dumbbell Press 4 x 8
2. Standing Side Lateral Raises 4 x 8

Traps:

Seated Dumbbell Shrugs 4 x 10

Forearms:

1. Reverse Curl 4 x 10
2. Palm Up Wrist Curl 4 x 10

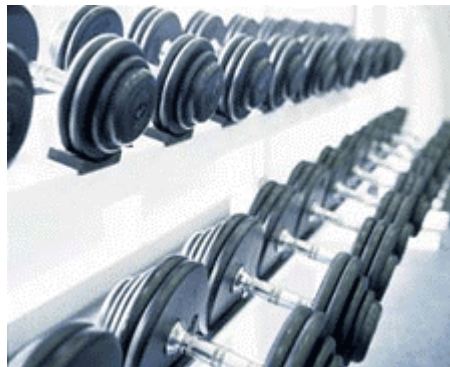
Saturday & Sunday: Rest

Notice I have not included any work for the abs. This should be included any four days during the week you want. Perform crunches and leg raises for 4 x 20 of each. This program will be your basic program and should be followed exactly as outlined. If you think this program is easy and after trying it for a week you find you are not getting a good workout, then you are not putting forth the intensity and effort it requires. This program will produce results if you perform each rep with all out effort. The volume may be lower than what you are presently doing but the intensity must increase. It is the quality of the session that counts, not how many exercises or how long your workout is that will make this program productive.

Here are some key points to keep in mind.

- Warm up completely before each session.
- Each rep must be an all out effort. Anything less is not acceptable. The reduction in the number of exercises, sets, and frequency must be overcome by total intensity.
- Rest between sets for a period long enough to regain your breath and strength. Don not take excessively long breaks nor ones so short you are not refreshed enough to go all out on the next set.
- Form does not need to be strict but you must not use sloppy form and never use poor form.
- Consume 30 grams of high quality protein every three hours.

Now comes the specialization part of this program. As I mentioned earlier, I am providing an example for the biceps and triceps. You can use this on any body part you desire but you should specialize on no more than two body parts during the eight week maximum time allowed for the specialization part of this program. In other words you could specialize on biceps and calves but nothing else for eight weeks. While following this program you must not specialize on body parts not worked in a particular session. You can use your specialization session to work any muscle you worked earlier that day only and not a muscle group which you did not work earlier. For example; you cannot use your specialization session on Monday to work biceps. You must use your specialization session to work a muscle worked on Monday. Specialization sessions must also not be for more than one muscle group in a given day. For example; you can do specialized training for biceps on Tuesdays and calves on Thursdays. That is two muscles receiving specialized workouts but you cannot specialize for example, biceps, calves, triceps and chest. Do not attempt to use specialized training on more than one muscle group in a day.



Using the example of specializing on biceps and triceps; follow the program as outlined. On the day outlined, in which you work biceps Tuesdays, no less than three hours after you complete your workout and no more than eight hours later you will perform an up and down pyramid set, or up and down the rack set of one movement for the biceps. This movement cannot be one used during the first session of the day. In this example, using the program outlined above, three hours after you completed your normal

Tuesday workout you will do Standing Alternate Dumbbell Curls for one up and down set.

You would stand in front of the dumbbell rack and curl a weight you can perform twelve reps with, immediately you would increase the dumbbells by five pounds and do ten reps, immediately add five more pounds and do eight reps, immediately add five pounds and do six reps and so on increasing the weight each time while decreasing the number of reps until you can only do two reps. Rest for three to five minutes and start all over using the heaviest weight you ended with and follow the same procedure down the rack.

An example for the triceps would be; on Monday three hours and no more than eight hours after your Monday workout you would perform Triceps Press Downs using the same up and down method as outlined above for the biceps. Now you have completed specialized training on your upper arms, biceps and triceps.

You very well might be doing six, eight, ten and maybe even twelve sets or more within this one set of up and down the rack pattern. For example, if you performed Standing Alternate Dumbbell Curls starting with 30 pounds then went to 35, 40, 45, 50, and 55, rested and came down 55, 50, 45, 40, 35, and 30 that would be a total of six sets up the rack and six sets down the rack for a grand total of twelve sets. Each individual is different so I will refrain from providing a specified number of sets that should be performed in the up and down method but a grand total of ten to twelve appears to be the range for best results.

This specialization program should be followed for a maximum of eight weeks and not longer. You can continue to use the full program outlined above for a longer period of time only do not add in the specialized portion for a muscle group longer than the eight weeks. Change to a different body part if you wish.

The drawback to this program is if you workout in the late evening you will not be able to add in your specialized training unless you make some time adjustments. You would have to either wake up and train in the middle of the night or do your specialization training first thing in the morning.

To make it easier, if you train at a gym, I suggest you do your specialization training using movements you can do at home. Almost all movements for specialization purposes can be performed with just barbells and dumbbells.



Your specialization movements must be performed with strict form whereas you are free to use a more relaxed form during the regular part of the program. Your only real need will be in your ability to add and reduce plates quickly.

If you are following these instructions properly, at the end of your second workout for the muscle group you are specializing on, the muscles worked should pump up like balloons and stay that way for a long time. It would not be uncommon for you to still have a pump the next day. If so, you know you have done well.

A lot of bodybuilders, especially those that are advanced, scoff at this program in the beginning, until that is, they try it. The human body is not geared for both volume and intensity at the same time. This program requires you up the intensity while decreasing the volume. If you can condition your mind to provide full intensity on each rep and on each set you will be amazed at the results you will obtain. The fact you work the same muscle group twice in one day will not overwork the muscle as you will be providing enough rest for full recuperation between sessions for the selected muscle group. It is also designed to pump more blood in the muscle region and keep it there for a longer time.

Chart your workouts so you can track the weight, sets, and reps used. Each workout attempt to increase the poundage you use in every movement. It is okay to participate in some aerobic activity while following this program just make sure to keep it to a minimum if you are attempting to add size.

- *Included with this program are Specialization Workout Records which you may copy for your personal use to track your workouts.*



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"