

## **The Personal Training System** **Bodybuilding.com**

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Special thanks to our photographer Josh Marks who donated his time and efforts in the development of *The Personal Training System*.

## **INTRO:**

**Congratulations**, you have made it this far. This manual will teach you everything you must do to have a great body. But remember, only you have the power to use the information that you learn.

I was prompted to write this because I am surrounded by so many people that are constantly seeking out weight loss information. I know exactly what needs to be done and I want to show others.

It is impossible to know absolutely everything about fitness, and I'm not saying I do. But, I do know how to lose weight and the information contained in this manual will teach you just that. Before you start this program remember these three things:

- 1. Society dictates what people think.** Our society tells us that if we are not in great shape, we are lazy and not ambitious. Being in shape *will* change what others think about you.
- 2. You will learn more about yourself through this whole process than you ever imagined.** This isn't just a weight loss system; this is a test of mental and physical strength. You will learn about your strengths and weaknesses through this process.
- 3. You control your own destiny.** Do not feed into the scientific BS about genetics. Genetics are decisive factors for hair color, skin color, and things that we cannot control. You can control what your body looks like.

So lets get started, make sure to read this entire manual so you do not miss anything. If you encounter any problems, have any questions, or just want to tell someone about your success; make sure to e-mail me: [will@bodybuilding.com](mailto:will@bodybuilding.com).

*“Most people are average because they do average things...”*

## **IMPORTANT INFO:**

### **Did you know...**

The average cost of a gym membership is \$54.00 a month, for some of this it may seem expensive but did you know...

The average person would save over \$72.00 a month from regular exercise due to the amount of medical bills that not being physically fit can cause. By exercising, you can save \$25.00 a month. You can see that in less than a year you will save over \$210.00 with the benefits of a healthier body.

### **Work Ethic:**

There are many workout programs that can and will help you, the program I have setup is what I have seen work in the past through my own experiences as well as what I have seen with experiences of others. But really, there are probably hundreds of other workout programs that could work just as well as mine if you are consistently using the program.

We will provide the information and resources you need to accomplish your goals, but only you can motivate yourself to do it. There are many steps to creating your ideal body, if you follow the steps we have provided I can guarantee success.

### **Setting Goals:**

If you want to lose weight, you must figure out how you are going to get there. Figuring out the path to weight loss is called your direction. This book will give you that direction. But you need a place to go, somewhere to end. You eventually want to reach a final point. These are called your goals, they are what you have set out to achieve. Here is a little bit about goals...

### **Long-term goals:**

Long-term goals are those aspirations that you have to work for. Ones that you know will take some work but you would like to accomplish. They can consist of basically anything; here is an example of three goals for someone who is trying to lose weight:

- 1. Lose 10 pounds in 6 weeks**
- 2. Reduce my body fat by 3%**
- 3. Eat right so I get the best results**

These are your *long-term goals* and should be something that you know you can reach over a period of time. Do not make goals that are unreachable because you will feel overwhelmed and give up if you think that they are not attainable.

### **Short-term goals:**

Short-term goals are the week-to-week aspirations that you need to accomplish to reach your long-term goals. Here would be an example of some short-term fitness goals:

1. **Workout everyday before I go to work from 7:00AM-8:15AM.**
2. **Pack my meals so I know that I am eating right.**
3. **Track my daily & weekly progress.**
4. **Eat 6 meals everyday.**

Daily and weekly goals are called *short-term goals* and are necessary to reach your *long-term goals*. Using this system will bring you closer to the body you desire.

Remember, without goals you have no guidance or focus on where you are going and it is very easy to lose sight of what you set out to do.

***" Accomplishing a goal is not as important  
as the person you become accomplishing it."***

#### **Important Info. Overview:**

- Save money from exercising
- Use a positive work ethic to be successful
- Set short term goals to help you achieve you long term goals

#### **KEY TERMS:**

These terms will help you understand what is discussed throughout this manual and give you a better understanding of some of the common gym lingo.

1. **Abs, abdominals**

The muscle in the front of the stomach that form the six-pack when one's body fat is fairly low. Their function is to draw the base of the ribcage and the hips towards each other, as occurs when performing crunches.

**2. Aerobic**

Aerobic means requiring oxygen. When describing exercise, it refers to extended sustained levels of exertion during which metabolic processes that provide energy are dominated by the complete oxidation of nutrients

**3. Amino acids**

Basic building blocks of protein

**4. Bodyfat percentage**

The amount of fat in your body, generally expressed as a percentage.

**5. Compound Exercise**

An exercise that targets a muscle group simultaneously; usually the movement involves flexing or extending at least two joints. Lat pulldowns, squats, and bench press are all compound movements. Exercises like leg curls, leg extensions, and flyes are not compound movements.

**6. Electrolytes**

Minerals such as sodium, potassium, magnesium, and calcium used by cells in the creation and elimination of membrane potentials used to propagate nerve impulses and muscular contraction.

**7. Failure**

Lifting a weight until your muscles are so fatigued they cannot perform another repetition.

**8. Forced rep**

A repetition performed with assistance from a spotter after a lifter has reached the point of failure with a given weight.

**11. One rep maximum**

The greatest amount of weight that can be handled by a lifter for a single repetition in good form.

**12. Overtraining**

Training beyond the body's ability to repair itself. This can be caused by training the same body parts too frequently so that the body does not have time to recover before the next workout; workouts that are consistently harder than the body is able to recover from fully; or impairment of the body's normal recovery ability due to nutritional deficiencies, illness, or stress.

Besides impairing athletic performance, overtraining can increase the risk of injury or disease. Symptoms of overtraining include fatigue, reduced performance, and increased resting heart rate.

## **HAVING FUN:**

It seems like every time I pick up a book that has anything to do with fitness, they never say a word about having fun. The people in the pictures demonstrating the lifts have absolutely no trace of a smile on their face.

A coach of mine once told me there are 2 kinds of fun:

1. Having fun building your house
2. Having fun at a theme park

Getting your body into shape is like “building your house type of fun,” there is a lot of hard work that is involved. But when you get the final result you are extremely happy about what you have accomplished and it is very enjoyable. The feeling of accomplishment stays with you as you enjoy your house everyday.

So, be happy and have fun when you workout. Have a friend come with you to the gym, or make friends at the gym. Laugh and smile as you are working hard to get the body you desire, it will make time pass very quickly. Whatever you have to do to have fun, do it. Be creative, never get embarrassed, and it will make time fly.

### **Having Fun Overview:**

- There are two types of fun- Theme park fun & building your house fun.
- Having a great body won't be easy to get, but it will be fun when you get there.

### **Dieting:**

Dieting is a dreaded word by some, but it is not what most people think. The word diet is defined as “One’s usual food and drink.” So don’t be scared when you hear the word diet because you are dieting right now. What did you eat with your last meal? That is what is part of your current diet. The following chapter will cover foods and eating habits that have been proven to get the results you desire.

### **Diet offered:**

We designed your diet, but you will be putting together the diet that works for you. This allows you to get more involved and choose the foods that you like to eat or that you think will be best for you. We have a complete list of foods that covers every category that you need.

For example, the protein category has a list of meats, poultry, eggs, whey protein, etc. You get to choose which of these foods you want to eat with every meal.

### **Final note before we get started:**

The foods that we have listed should be a menu that you choose from. Whether your goal is to lose weight, tone up, or have more energy; these are foods that will help you get there. The cleaner you diet is, the cleaner your body will be. I promise that you will feel better and have more energy.

So you are probably thinking that I am trying to tie you down for life. No, I am just giving you some guidelines to live by for 12 weeks. This program will be a test of

physical strength, but more importantly, it will be a test of your mental strength. You have made it this far and it is very apparent that you are ready for a change.

**So here is my challenge to you:**

**Dedicate 12 weeks of you life to see if you can make a change. See if you transform your body into the one you have always desired.** Do exactly what is outlined and you will be successful. You bought this book so it is obvious that you are ready for some kind of change. The time for change is now; you are about to be presented with one of the tools that will help you get there. So lets do it!

**Your Food Index-**

<b>Proteins</b>	<b>Complex Carbohydrates</b>	<b>Complex Carbohydrates Continued</b>	<b>Fruit</b>
Chicken Breast	Baked Potato	Alfalfa Sprouts	Apple
Cottage Cheese**	Baked beans	Asparagus	Apricot
Eggs	Cereals- Whole Grain	Beets	Banana
Halibut	Corn	Broccoli	Blueberries
Ham	Corn Tortilla	Brussel Sprouts	Cantaloupe
Lean Ground Beef	Crackers	Cabbage	Cherries
Lean Meat	Cream of wheat	Carrots	Grapefruit
EAS Myoplex	Flour Tortilla- 8 inch	Cauliflower	Grapes
Tuna	Low fat chips	Celery	Honeydew melon
Turkey Breast	Low fat blueberry muffins	Corn	Mango
Whey Protein	Pasta- cooked	Cucumber	Orange



Yogurt**	Small Pancake	Eggplant	Peach
	Plain Popcorn**	Green Peas	Pear
	Quaker Instant Oatmeal	Leaf Lettuce	Pineapple
	Rice (not minute rice)	Mushrooms	Plum
	Rice Cakes**	Onions	Raisins
	Rye Bread**	Tomatoes	Strawberries
	Waffles- Prepared from mix (7 inches)	Spinach	Yogurt**
	Whole wheat bread**	Zucchini	
	Yams		

*\*\* Indicates the food should be fat free or low fat.*

This menu will be a guide for you when you start you 12-week program. I have listed some morning, afternoon, and evening meal ideas in Appendix A. So if you get stuck and don't know what to eat, there are a few suggestions that will give you some meal ideas. Details of when and how to incorporate this diet will be provided later.

### **Dieting Overview:**

- You are dieting right now.
- A diet is “ones usual food and drink.”
- No one is perfect, but give an honest effort to try this program for 12 weeks and you will be happy with the results.
- These foods will be incorporated into your diet on page 90, as you read *step-3* “planning for nutrition.”

## **Achieving Your Desired Body:**

When people think of dieting, they think about losing weight. They think about a trimmer waistline and having more energy. What most people don't know is that a big part of weight control is your metabolism. There is a reason that young kids can drink 10 cups of kool aid a day, eat nothing but brownies, and still not gain weight. It is their high metabolism, and this is one of the major factors that affect our weight. A high metabolism would keep you from gaining weight whereas a low metabolism would keep you from losing weight. If you want to lose weight, you need to raise your metabolism.

There have been studies that show after we reach the age of 30, our metabolisms starts slowing down. This is why it is much more difficult to stay in shape as we grow older.

### **So what does this mean for you?**

You have to change some things and work a little bit harder to keep your body in ideal shape, unless you are fairly young. The foods you consume, as I am sure you know, have a huge impact on your physique. Our focus will be changing your diet a little bit. The diet that is provided is more lenient than others. Instead of telling you how many calories a day you must eat or what you must have for each meal, I have setup parameters to guide you through your day.

These new parameters will help combat the effects of a lower metabolism, help you lose unwanted fat, and keep or gain more muscle. The more muscle you have the better your body will look, this is why you will need to keep track of your body fat.

### **Quality:**

OK, so lets say that you have been on a so-called "diet" for 1 week and you haven't noticed any weight loss, and you have no energy. Every hour is just a hungry daze and you are not able to focus. The explanation for this is simple; you do not have a quality diet. In other words, your body is being deprived of essential nutrients and it is starving.

If you are going to diet, you must do it correctly by eating the proper foods. This is where "Your Food Index" that I have created for you comes into play. The foods on this menu may not seem as flavorful as you are used to eating, or may not be what you prefer. But remember, the training cycle is in 12-week periods, and I am just asking you to try it for one period of 12 weeks. Also remember that you only have to diet 6 days out of the week, on the seventh day you get to eat whatever you want.

### **Quick and sudden weight loss:**

If you go on a miracle diet and lose 10 pounds in a week, guess what...it's not what it seems. The weight you lost was probably more muscle than fat. Studies have shown that for every 10 pounds you lose, 6 pounds is muscle. The goal is to lose fat not muscle. So to counteract this statistic, we have to eat properly **and** exercise. If more muscle is lost than fat, I can guarantee that you will gain that weight right back and plus a few pounds. The muscle in your body plays an important role in burning off unwanted fat and calories. So if you are losing more muscle than fat, you are going to be in trouble.

The diet we have setup will make sure that you lose the "fat weight" and keep the good "muscle weight." This is why we have included a bodyfat pincher so you can track your bodyfat.

### **Portions:**

When you eat your six meals everyday, you will be eating a portion of protein and carbohydrates with each meal. A portion is about as big as your fist. A portion of carbohydrates for me would be a large apple. A portion for someone who is smaller than me would be a small apple. It's a pretty simple concept; the bigger you are the bigger your portion will be.

### **Lifestyle:**

Since this diet is new to you and you obviously want to change, there are going to be some obstacles in your path, otherwise you would already have your perfect body. So you need to think hard and figure out what is in your way.

Do you always make excuses before going to the gym, do you put things off until it is too late to do them, or maybe you have an addiction to sweets. Whatever stands in your way, you need to recognize and change that particular issue. Pick three things to change. Here is an example of three things that I had to change when I first started to get into shape:

- 1. Stop over-sleeping because it throws my whole day off schedule.**
- 2. Stop snacking all day and eat 6 meals.**
- 3. Go to the gym every day at 5:00PM instead of procrastinating until it is too late.**

It was hard to change these things because they were completely mental. The hardest for me is getting up in the morning. I had been known to hit the snooze button 15 times. Once I finally got on a schedule, it was easy to get out of bed. It took about 2 ½ weeks before I finally adjusted and now I don't have a problem getting up in the morning. The hardest part is adjusting to the change.

Start thinking about a few things that you need to change; we will be revisiting this subject at the end of the book.

Keep in mind that you can workout as much as you want, but without a proper diet you may never see results. Also, remember that you may eat healthy and never see results without exercise. The two work together; so don't focus on just one.

### **Planning:**

If you want this program to work for you, planning is going to be an important factor. If you are trying to eat the foods that are in the menu we have provided, you must have them available.

Pick a day of the week to sit down and figure out what you are going to eat. My day is Sunday and on each Sunday I sit down to plan what I am going to buy at the grocery store. I make sure that I have enough food to last me until the following Sunday.

#### **If you don't plan you are setting yourself up for failure.**

To ensure that your 12-week diet runs smoothly, you have to plan for success. This doesn't mean that you have to plot out every nutrient for every meal of the week. It just means buying enough food to supply six small meals a day.

If you can afford a meal replacement shake like Myoplex, I highly recommend that you buy a box of them. They contain all the nutrients you would essentially get from a meal and they are very convenient.

When you are planning for the week, take a look at the foods I have provided in the menu and be creative. Make a taco salad or a breakfast burrito. Here is an example of one of my days:

- **Meal One:** A three-egg omelet with onions in it with two glasses of water.
- **Meal Two:** A myoplex meal replacement shake.

- **Meal Three:** A tasty tuna fish sandwich with two glasses of water.
- **Meal Four:** Precooked rice and vegetables that I prepared earlier in the week.
- **Meal Five:** A seasoned grilled halibut steak with a fresh lemon squeezed on it to add flavor with two glasses of water.
- **Meal Six:** A portion of cottage cheese with a portion of sliced peaches.

*\*Note: Meal six should be eaten about 1 hour before bed.*

It really isn't that hard to eat six meals a day. You just have to use your imagination. You probably don't currently use this diet so it will take a week or two to get used to it. Once you have done this for a period of time you will have more energy and you will feel like your body has been revitalized.

### **Free day:**

Once a week you are required to take a break and relax, this will be called your "Free day." Your free day will be a break from your diet and training schedule. Eat what ever you want on this day, really...I mean eat whatever you feel like eating. If you want to eat ice cream and chocolate all day, then that's what you can eat. If you want to eat some fried shrimp, head on down to the Red Lobster.

This break is mainly a reward for the past 6 days of hard work. You deserve it after 6 days on a fairly strict diet. Once you have satisfied all of your cravings and relaxed all day, you will feel relief and dieting won't be a problem at all.

The best part is that you feel no guilt because you know you have earned it and that is a great feeling when you have a mouthful of ice cream, the mouthful of ice cream is also a good feeling too, at least for me.

Most diets will break you, so I decided to break the diet. This means less stress for you and something to look forward to every week. Your entire dieting schedule is outlined later in the book, so there is no need to write any of this down.

**Achieving Your Desired Body Overview:**

- Metabolism plays a huge role in controlling weight, exercising raises your metabolism and helps you stay fit.
- The quality of your diet will decide how good your results are.
- If you lose 10 pounds in one week, over 60% of the weight lost was likely to be muscle lost and not fat that was lost.
- Be creative and six meals a day will be simple and delicious.
- You will be required to take one day a week off from dieting and weight training. This break will be a reward for the past 6 days of hard work.
- A portion of food is about as big as your fist.
- If you plan for success, you will be successful.

## Dieting:

Dieting is a dreaded word by some, but it is not what most people think. The word diet is defined as “One’s usual food and drink.” So don’t be scared when you hear the word diet because you are dieting right now. What did you eat with your last meal? That is what is part of your current diet. The following chapter will cover foods and eating habits that have been proven to get the results you desire.

### **Diet offered:**

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For example, the protein category has a list of meats, poultry, eggs, whey protein, etc. You get to choose which of these foods you want to eat with every meal.

### **Final note before we get started:**

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### **So here is my challenge to you:**

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## **Your Food Index-**

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## **NUTRITION:**

Weight training stimulates muscle growth. But if you want to enhance and maintain your weight loss, you need to have structure in your diet.

This structure will come in the form of proper nutrition and will help you stay in the best shape possible. Eating right will not only keep you healthy, it will boost your immune system having an inside-out effect. It will make the internal organs in your body process more efficiently which will lead to better looking skin, more definition in your muscles, and an overall healthier looking body.

Here is a basic overview of the nutrients your body needs and what they do:

- 1) **Proteins-** The chemical building blocks from which our cells, organs, and tissues are made.
- 2) **Carbohydrates-** Your basic energy source that is composed of simple and complex carbohydrates.
- 3) **Fats-** These cells are your energy storage units.
- 4) **Water-** Essential for a number of vital bodily functions & accounts for approximately 72% of your muscle tissue while transporting all of your nutrients, increasing your blood volume, and eliminating waste.
- 5) **Vitamins-** These complex chemicals are required for bodily operations, are produced naturally by the body, and are referred to as “organic compounds.”
- 6) **Minerals-** Not produced in nature and of referred to as “inorganic.”

Here is a more detailed description of the nutrients...

### **Proteins:**

**Q:** Why Does The Body Need Protein?

**A:** Protein is a nutrient made up of amino acids. There are two types of amino acids. **Non-essential Amino Acids** that can usually be synthesized by a healthy body from the daily foods that we eat. Then there are **Essential Amino Acids** that must be obtained through the daily diet.



Protein has a number of important roles in the body, including:

- Repairing of body cells
- Building and repairing muscles and bones
- Providing a source of energy
- Regulating many important metabolic processes in the body

Without protein, you cannot build muscle tissue. In your diet, you will incorporate approximately one portion of protein with every meal. This will help build muscle tissue and give you a leaner body.

The most effective source of protein is whey protein that is discussed in the next chapter.

### **Carbohydrates:**

**Q:** Why does the body need carbohydrates?

**A:** The main reason your body needs carbohydrates is to provide energy. Carbohydrates consist of starches (complex carbs) and sugars (simple carbs) that are broken down into glucose, which then turns into energy.

Since carbohydrates are the main form of energy that your body can utilize, you need them in your diet. Eating carbohydrates will provide your body with the energy it needs for day-to-day activities and exercising.

In the dieting section we will explain how to incorporate carbohydrates or “carbs” into a muscle gain or a weight loss diet.

### **Fats:**

**Q:** I am trying to lose fat; do I need to incorporate fats into my diet?

**A:** Yes, fats are an important part of your body. They provide insulation and reserved energy when you need it. Fat has also been found to raise energy levels and contributes to your strength gains. When your short term energy supplies burn up (which can take 20-45 minutes), your fat cells are then used as the primary energy source.

### **Why do we need fat in our diet?**

Fats are just as important as proteins and carbohydrates, they are essential for:

- Providing energy.
- Are building blocks for essential chemicals.
- Carry fat-soluble vitamins.

However, eating too much dietary fat may lead to the following health problems:

- Obesity
- Heart disease
- Stroke
- Hypertension

So you probably want to know which fats are the good fats and which fats are bad fats. There are really three basic types of fat that include *saturated fats*, *unsaturated fats*, & *polysaturated fats*.

### **Saturated fats:**

This kind of fat is like Crisco, its bad for you. It solidifies at room temperature and can lead to a number of health problems. Saturated fats really have no role in our body. Foods that contain the most saturated fat include:

- |                         |                     |
|-------------------------|---------------------|
| 1) <b>High fat beef</b> | 3) <b>Cheese</b>    |
| 2) <b>Butter</b>        | 4) <b>Chocolate</b> |

You are better off trying to avoid these foods.

### **Unsaturated fats:**

These fats are better for you than saturated fats and are usually still liquid at room temperature. Your body cannot manufacture these fats on its own but they still need to be incorporated into your diet. They are found in olive oil, fish oil, and cold-water fish. Two important unsaturated fats are *polyunsaturated fats* & *Monosaturated fats*.

### **Polyunsaturated and Monosaturated fats:**

Polyunsaturated fats are essential parts of the structural component of your cell membranes. Not only do they promote healthy circulation, they help raise metabolism and burn off saturated and monosaturated fats. Our bodies and need to be taken in directly from your diet cannot naturally produce these fats. Since your body needs these and cannot naturally produce them, we call them **essential fatty acids (EFA's)**. Some EFA's are found in:

- |                                 |                    |
|---------------------------------|--------------------|
| 1) Fish oil (salmon, trout,...) | 4) Some margarines |
| 2) Pecans                       | 5) Corn oil        |
| 3) Almonds                      | 6) Mayonnaise      |

The best way to utilize these fats is to eat a lot of fish or to find oils that contain these fats. Sunflower oil, fish oil, and corn oil all are all good sources of polysaturated fat.

It has been found that diets too low in EFA's will cause your metabolism to slow down. Your body will have a harder time burning off excess fat and the low fat diet becomes pointless. If you are looking for fats that will not affect your cholesterol, you would need to consume *monosaturated fats* that come from olive oil and macadamia nuts. They have been shown to actually help lower bad cholesterol levels and help raise the cholesterol levels that your body needs.

### **Should I Avoid Fat?**

You should avoid foods that are fried, these contain harmful fatty acids. When fats are heated, they are not good for the body. When EFA's are heated, they also become bad for your body.

### **Water:**

**Q:** How much water should I be drinking everyday?

**A:** At least 2 glasses with each meal

If you want to look your best, water needs to be an essential part of your diet. It is responsible for the transportation of vital nutrients and cleaning toxins from your blood. Your body is made up of 40%-60% water. From constant perspiration and daily activity it

is very easy to become dehydrated. Many of us never even know that we are close to dehydration. When your throat becomes dry, your body is already dehydrated.

To get the daily amount of water that your body needs, experts recommend multiplying your body weight by .55 and then drinking that many ounces of water each day. So a 200lb individual would need approximately 110oz a day (.55 multiplied by your body weight of 200lbs=110oz). Your muscles are over 72% water and in a sense become deflated when you reach dehydration.

To ensure that you are getting enough water I recommend drinking 2-3 glasses of water with every meal. This will help your body digest the food that you have just consumed and avoid dehydration. Most people will **not** multiply their weight by .55 and measure the amount of water they need to drink, so if you consume 2-3 glasses with each meal, you should be fine.

Since your body has a tough time transporting nutrients when the body is dehydrated, your muscles don't get the vitamins and minerals that they need. This can cause an overtraining effect on your body. Many people directly correlate overtraining to weight training, but this is not entirely correct. If your muscles cannot get the nutrients that they need, then they cannot repair and grow.

**A quick word on soft drinks-** Soft drinks are not a substitute for water, they cause more dehydration than hydration due to the sugar content.

### **Vitamins and Minerals:**

It is a good idea to have a well-rounded multi-vitamin to get your essential nutrients such as Vitamin C and E. Vitamins and minerals are essential for the repair of body tissue and overall health.

### **Nutrition Overview:**

- Fat loss and weight loss are dramatically accelerated when you “clean up” your diet.
- Proteins are the essential building blocks of muscle. Everyone needs protein in his or her diet so that muscle is built and not lost.
- Carbohydrates provide energy.
- Saturated fats are unhealthy, whereas unsaturated, polysaturated, and monosaturated fats are needed to burn off these saturated.
- Drink water to help your body easily transport vital nutrients and to prevent the possible effects of overtraining.
- Vitamins and minerals help repair bodily tissue and promote the overall wellness of the body.

## **SUPPLEMENTS:**

### **What are Supplements?**

Before the *Dietary Supplement Health and Education Act (DSHEA)* was passed in 1994, supplements were considered to be vitamins, minerals, and protein. You could not get chromium picolinate, DHEA, or certain amino acids without a prescription. After this act was passed, the definition of a supplement changed and now includes vitamins, minerals, herbs, botanicals (excluding tobacco), and dietary substances that could be used to supplement your diet by increasing total dietary intake. Now, our laws seem to be more liberal than anywhere in the world.

A supplement is defined as **anything to supplement or add to the diet.**

### **Recommended Supplements:**

The following supplements can and will help you if they are added to the diet properly. Again, I only recommend using these supplements to be added to your diet.

## **Whey Protein**

- **What is Whey Protein?** Whey protein is a by-product from cheese manufacturing and is the most preferred form of protein available.
- **What does it do?** After whey protein is broken down, it supplies your body with branched chain amino acids, which are the building blocks of muscle.
- **Who should take whey protein?** Everyone should take this supplement. It promotes the overall health of your body.

Whey protein has the highest biological value of any protein. The higher the biological value, the more protein that can be used by the body. It has a biological value of 100 (100 being the maximum), the highest of any protein. I highly recommend using this supplement because your body needs protein to build muscle. It is also good for adding into fruit smoothies, pancake mix, or really anything that is mixed.

### **How whey protein helps:**

Whey protein isolate is the highest quality of protein, providing you body with essential amino acids such as branched chain amino acids that are needed for your body to recover from your workouts. Whey protein is also extremely low in fat and lactose.

### **Best time to take protein:**

The best time to take protein is at night and in the morning. Your body naturally breaks down protein at night when you are resting. To help prevent the loss of this protein when you rest it is a good idea to have a protein shake an hour before you go to bed or first thing in the morning.

### **Meal Replacements:**

- **What are meal replacements?** Meal replacements. Pretty self explanatory, they are small packets, usually shakes, that provide your body with all of the nutrients that you would essentially get if you had eaten a meal.
- **Do you need them?** Meal replacements are for people who are always on the run, but remember you still need actual meals to provide you body with minerals and nutrients.

Have you ever tried eating six meals a day? This is where meal replacements can help. It would be virtually impossible to prepare six meals everyday, unless you are a chef where you cook and eat all day. It has been proven by every credible bodybuilding expert that consuming a high amount of small frequent meals increases your metabolism, energy levels, and exposes the anabolic affects of insulin. I personally consume one meal replacement everyday and I recommend you should do the same.

These low fat high calorie meal replacements can help you get the calories that you need while keeping you waistline trim. They also help you get your daily vitamins and minerals so you don't have to take a handful of pills everyday. Meal replacements can be a vital part of your success.

### **Energy Bars:**

In earlier times candy bars were our choice product for energy bars, this all changed when Powerbar® introduced its first product line in 1987. Now, there are many other Powerbar® look-alikes that are trying to promote a healthier life. This new market segment now includes products like:

1. Powerbars®
2. Cliff Bars®
3. Steel Bars®
4. Boulder Bars®

These bars have a great amount of nutritional value and have been found to increase performance when eaten before exercise. Some even taste like candy bars. You can take these bars with you when you exercise because they are small and convenient.

### **But should these bars replace fruits such as bananas, oranges, or other carbohydrates that contain essential nutrients?**

No. Although the nutritional value of these bars are high in vitamins, carbohydrates, and protein; eating engineered foods has been show to have negative long-term affects. Replacing your diet with these bars can result in an even lower intake of the fiber, carotenoids, and other health-protective phytochemicals found in fruits, veggies and whole grains.<sup>ii</sup>

I am not saying NEVER eat one again, because I would be a hypocrite. I eat Powerbars® after I workout, but I also eat bananas and fruits after working out. I would urge using

these bars in sports situation and for pre and post workouts. I would not recommend replacing your diet with these bars as snacks; they are more expensive and not as good for you. Energy bars easily cost \$0.70 per 100 calories. In comparison, raisins are only \$0.18 per 100 calories; bananas, \$0.20; and granola bars, \$0.28.

### **Supplement Overview:**

- I recommend these supplements:
  1. Whey protein
  2. Meal replacements
  3. Energy bars
  4. A good multivitamin
- Supplements are intended to be added to the diet, not to replace it.
- Whey protein should be taken by anyone who wants to improve the look of their physique, lower their body fat, and get stronger.
- Meal replacements can make dieting very easy.
- Eat energy bars as a pre or post-workout snack.

## **Getting in Shape**

### **Body Statistics:**

To ensure that you are making progress you will need to keep track of your body statistics. This includes measuring your body fat and taking tape measurements from your arms, legs, torso, etc...

For example, lets say that you have a 15-inch bicep and you measured your body fat at 10%. If you measure your bicep 1 week later and it is still exactly 15 inches, you might



be disappointed, but if your body fat has gone down to 9% that muscle is now bigger and there is less body fat. This will make your arm look more defined.

To measure your body fat, you will be using the Parillo<sup>iii</sup> method. This is a nine-point body fat measurement method. You will be using the body fat pincher that was sent to you along with the book to test these nine sites. The results will look something like this:

<b>Skin fold Measuring Sites:</b>	<b>Measurement Results:</b>
Chest	8
Right Tricep	7
Right Bicep	8
Suprailiac	11
Lower Back	12
Subscapular	15
Stomach	17
Right Calf	10
Thigh	14
Sum of Measurements	<b>102</b>
Body Weight	<b>225</b>
$((\text{Sum of Measurements}/\text{Body Weight}) \times 27)=$ Your Body-Fat Percentage	<b>12.24%</b>
Pounds of fat $((\text{Body weight} \times \text{Body Fat})/100)$	<b>27.54 Lbs of fat</b>
LBM- Lean Body Mass $(\text{Body Weight}-\text{Lbs of fat})$	<b>197 LBM</b>

Pictures and instructions that describe this process will be provided later. This will help you keep track of your body fat percentage so you can determine if you are losing body fat, gaining muscle, etc.

### **Your workout schedule:**

Monday-Saturday will be the days you will exercise. This will include three days of aerobics and three days of weight training. The following is an outline of your weekly schedule:

- **Monday:** Weight training at the time you have scheduled.

- **Tuesday:** Aerobics before you eat anything that morning.
- **Wednesday:** Weight training at the time you have scheduled.
- **Thursday:** Aerobics before you eat anything that morning.
- **Friday:** Weight training at the time you have scheduled.
- **Saturday:** Aerobics before you eat anything that morning.
- **Sunday:** No workout but you should still be dieting unless it is your free day.

## **Compound Exercises:**

These exercises stimulate the most responsive muscle growth. They place the most stress on your body and usually require many muscles to perform the movement. For the best results use free weights with these exercises. If you use a machine for these exercises some of the supporting muscles will not be fatigued and you will not get the maximum results from your efforts.

Compound exercises include:

- |   |                |   |          |
|---|----------------|---|----------|
| ✓ | Bench Press    | ✓ | Squats   |
| ✓ | Military Press | ✓ | Pull Ups |
| ✓ | Deadlifts      | ✓ | Bar Dips |

Pull Ups are a great example of how a compound exercise can use many different muscles. Although this movement is often classified as a lower/upper back exercise, to achieve this movement you need to use your legs for balance and support and much of the upper body to complete the lift. This in turn stimulates the best results for your efforts.

These exercises require so many muscles, it would be almost impossible for any machine to match the stress and fatigue that compound exercises place on your body. This is where the best results will be seen.

**You want to do these exercises at the very beginning of your workout.** If you want to see noticeable results from your lifting program, you must do compound exercises. Perform these at the beginning of your workout. They are a key factor in building muscle, whether your goal is to lose weight or gain weight, these are essential to helping your body get the best workout.

## **Avoiding plateaus:**

A plateau is a point in your 12-week program where you are doing everything you're supposed to do, but you stop seeing gains in strength and you do not feel like you are making any progress. Many people get to a plateau and quit...**this is a mistake!** You have been doing your workout anywhere from 5 weeks or longer and your body has become accustomed to your workout.

You will reach a plateau sooner or later, I guarantee it. If you experience this, you simply have to change your workout. Find a workout that is different than the one you are using and switch, or change your workout parameters. If you like your workout and do not want to switch, change a few things around. Use a close grip when you are on the bench press rather than regular grip. You will begin to see results and muscle gains again.

Although you can combat the affects of plateaus by changing your workout, you can also avoid them. Here are a few ways to avoid reaching a plateau:

- ✓ **Change exercises (as mentioned above)**
- ✓ **Change your workout tempo**
- ✓ **Change the amount of repetitions and/or sets**
- ✓ **Rearrange your workout so your exercises are in a different order**

You can use one or a combination of all of these to avoid plateaus.

Rest is also another key factor in combating plateaus. Long-term rest is just as important as short-term rest. You will exercise in 12-week increments with a 1-2 week rest between each of them. This means that you will exercise for 12 weeks and then take 1-2 weeks off before going back to the gym to allow your body time to rest. You will feel rested and motivated to go back to the gym after these breaks. We also recommend taking a full 12-week period off every year.

Your muscles develop microscopic tears that never fully heal unless you are resting for a long period of time. A 12-week break will let your body fully heal and you will see noticeable gains after this break.

You should follow a schedule similar to this:

- **Exercise January – March, then take a one-week rest.**
- **Exercise 2<sup>nd</sup> week in April - 2<sup>nd</sup> week in August, and then take a one-week rest.**

- **Exercise 4<sup>th</sup> week in August - 4<sup>th</sup> week in November, then take 12 weeks off.**
- **Repeat the process which would now begin the following March (12 weeks later).**

This is an example of what your schedule might look like. If you want to see results your body needs these breaks. You cannot simply keep working your muscles or you will hit plateaus & possibly overtrain.

We are just asking you to try this program for one 12-week period, so don't worry about planning out your whole year right now. **Lets just focus on the next 12 weeks.**

### **Fatigue:**

Your muscles need to be more than just fatigued to make gains; they need to be worked until failure.

This means doing your repetitions until your muscles fatigue to the point that they can no longer lift the weight or perform the exercise. Most experts agree that training to failure is the best way to stimulate the greatest amount of muscle fibres. The more muscle fibres that you can stimulate during a workout will yield the best results.

There are many ways to train to failure, here are some examples:

- ✓ **Forced Reps:** Do your reps until you can no longer lift the weight on your own and then having a spotter help you with the last.
- ✓ **Negative Reps:** Focus on letting the weight down rather than focusing on lifting the weight. If you were doing bench press, a negative rep would be lowering the bar as slowly as possible and then having your partner help you lift the weight up. You can train to failure here by doing negative reps until you can no longer hold the weight. These can also be performed after positive failure.
- ✓ **Negative Resistance Reps:** Have your partner apply pressure on the weight as you are lowering it and try to go as slow as possible. These can also be performed after positive failure.

- ✓ **Rest-Pause:** If you do not have a spotter you can perform these. Lift the weight until failure, put it down and take a short pause. Pick up the weight and perform 2-3 more reps.

You will get the most out of your workout if you train with maximum effort. You will get stronger and your gains will come quicker as a result of training to failure.

### **Grouping Your Workouts:**

Some exercises use more than one muscle group to achieve the movement in a particular lift. Bench press for example uses your chest muscles, your triceps, and your shoulders. So wouldn't it make sense to do these three muscle all on the same day? Yes, your training program will incorporate this by training particular groups of muscles together. Grouping is just what it sounds like, you take certain muscle groups and you train them on the same day. Dips are also another example of an exercise that uses the triceps and the chest to achieve the movement in the lift. Here is an example of how I use grouping:

- **Group 1 - Chest, shoulders, and triceps**
- **Group 2 - Back, biceps, and lats**
- **Group 3 – Lower body (legs)**

Resting is essential to the full development of your muscles; by grouping your workout you only have to train with weights 3 days a week. This saves time and helps your body recover so your gains are at a maximum.

### **Focus on Quality, Rather than Quantity:**

To get the best results from your workout I do not recommend spending 3 hours a day in the gym. You only need to work each major muscle group once every 4-7 days. So to get the best out of your workout, you must keep your workout shorter than 75 minutes. Mine range anywhere from 20-60 minutes. But don't let these numbers deceive you, although you do get to spend the majority of the day **away** from the gym; the time that you do spend there should be very intense.

Your intensity should be measured by the amount of effort you can give on any given exercise. If you give your maximum effort, you will start to see results with less time at

the gym. I am not asking you to go to the local track and run a six-minute mile, just to **give the maximum of your effort**. When you are exercising you will be training on intervals, these intervals will have different levels of difficulty. It will start out easy and then work up to something that is hard for you. If it is hard for you, then you are starting to push yourself.

The best and easiest way to fatigue your muscles is through interval training. Interval training consists of warming up and then working up to an exercise that is very difficult for you. Interval training is discussed more thoroughly below.

### **Your Maximum Effort:**

You and I are two completely different people and our maximum efforts are different. So when I refer to your maximum effort, it means exactly that, the most reps **you** can do or the hardest **you** train with aerobics. It's what is hard for you.

Don't worry about being the best in the gym or trying to impress people. Focus on yourself and what you know your limits are. This will lead you to success in life and with this program.

### **Aerobics Interval Training- A 6 Step Process:**

For the best results, you must do aerobic activity in the morning on an empty stomach. You should not eat 8 hours before aerobic exercise, so the morning is clearly the best time to perform this activity. If you do not want to exercise first thing in the morning, you would be forced not to eat all day and this would obviously create some bad eating habits. So right when your eyes open in the morning, put on your shoes and start your aerobic training. This will get your blood flowing in the morning and also help you have a better day. You will be alert and have energy.

The following would be an example of one of your (3) weekly aerobic sessions. Let's say you decided to take a jog on Tuesday morning for your aerobic exercise. However, if jogging were extremely hard for you, Tuesday morning would start with a walk instead of a jog; whatever is challenging to you. This is how it will look:

**Interval 1:** Warm up with a light jog for 2 minutes until your blood starts to flow.

**Interval 2:** Pick up the pace to the point where you are breathing a little - maintain for 1 minute.

**Interval 3:** Increase your pace slightly. Your breathing should steadily increase and you will begin to feel your muscles getting warm, this means you have got the blood flowing- maintain for 1 minute.

**Interval 4:** Again, increase your pace slightly. At this points you should be breathing fairly heavy, maintain here and push through it- sustain this pace for 1 minute.

**Interval 5:** Increase your pace again. This should be an extremely fast pace for **you** and continuing at this pace will be a challenge. Remember that you are working out intensely to get results- maintain for 1 minute. Now start back at Interval 2. Do this process 4 times.

***Note:** During your fourth cycle you should try to push through your comfort zone while performing interval 5. This is where you will improve. Push as hard as you can.*

**Interval 6:** Decrease your pace to a light jog for the last two minutes.

You should repeat steps two through five until you have done this process a total of four times. The 4<sup>th</sup> time you reach Interval 5 it should be harder than the previous 3. Try to push through your comfort zone and this is where you will make your gains. The last two minutes of the 20-minute aerobic activity should be a slow pace as described in step six- the final step.

I use interval training while riding a bike, jogging, using a stair climber, or while using a rowing machine. Some days you will be able to push harder than others, so keep a strong mind and strive for improvement and you will get it. Our bodies are much more capable than we think they are. You will only have to do this two times a week and then you will have the remainder of the day to do whatever you want.

Here is an example of one of my aerobic sessions:

**Exercise chosen**

<b>Exercise Option:</b> <i>Treadmill</i>	
<b>20- Minute Aerobic Solution</b>	
<b>Minutes:</b>	<b>Interval:</b>
<i>2</i>	<i>1</i>
<i>1</i>	<i>2</i>
<i>1</i>	<i>3</i>
<i>1</i>	<i>4</i>
<i>1</i>	<i>5</i>



1	2
1	3
1	4
1	5
1	2
1	3
1	4
1	5
1	2
1	3
1	4
1	5
2	1

When you begin your aerobic sessions, refer back to this page for the format you should follow.

### **Interval Weight Training:**

You will be training with weight Monday, Wednesday, and Friday. It is mandatory that you train with weights. So there are two options:

- **Buy a membership to a local gym (I recommend this option).**
- **Buy weights and setup a gym at your house.**

Having a membership to a gym is much more productive. It gives you a chance to get out of the house, they have many different aerobic options, and they have a much better selection of weights than you could have with a gym at home.

When you are training with weights you will be training in intervals similar to the aerobic exercise. Here is an example of what you will be doing after week 4; let's say we started with bench press:

- Interval 1:** Warmup with 15 reps using a fairly light weight. This set should not be very challenging; it is just to get the blood flowing and your muscles warmed up. Take a one-minute rest.
- Interval 2:** Add some weight. This set should be fairly easy also. **Perform 15 reps** and take a one-minute rest.
- Interval 3:** Increase the weight. It should be too heavy to perform ten reps, but challenging at **12 reps**. Take a one-minute rest.
- Interval 4:** Add even more weight. This weight should be challenging at 10 reps. Take a one-minute rest.
- Interval 5:** Add more weight. You should only be able to do 8 reps here. Since this is your last set, focus on making this the most difficult. Try to do **8 reps** with as much weight as you can.

As you can see, this is much like the *Aerobic Interval Training* that was outlined previously. The only difference is it is with weight training. On page 47 you will find pictures and descriptions of each lift along with an outline of your workout schedule.

On the next page, you will find an example of weight training chart.

**Example Week**

<b>Workout #1</b>	<b><u>Warm-up Set- 15 Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Bench Press	100 lbs	135 lbs	135 lbs	135 lbs
Shoulder Press	50 lbs	65 lbs	65 lbs	65 lbs
Tricep Barbell Extensions	25 lbs	50 lbs	50 lbs	50 lbs
Decline Crunches		21	20	22

Use these spaces to write notes: *Great workout, I increased the weight today.*


<b>Workout #3</b>	<b><u>Warm-up Set- 15</u></b> <b><u>Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Leg Press	100 lbs	225 lbs	225 lbs	225 lbs
Deadlift	50 lbs	140 lbs	140 lbs	140 lbs
Leg Extension	25 lbs	55 lbs	55 lbs	55 lbs
Calf Raise	50 lbs	100 lbs	100 lbs	100 lbs

<b>Workout #5</b>	<b><u>Warm-up Set- 15</u></b> <b><u>Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Bicep Barbell Curl	100 lbs	135 lbs	135 lbs	135 lbs
Upright Row	50 lbs	65 lbs	65 lbs	65 lbs
*Lat Pulldowns	25 lbs	50 lbs	50 lbs	50 lbs
Side Crunch		26	25	25

- \*Reverse grip on lat pulldowns
- Use the stairclimber for your cardio exercise.
- Take a one minute rest between sets
- **Workout #2-** 20 Minutes of Cardio Interval Training
- **Workout #4-** 20 Minutes of Cardio Interval Training
- **Workout #6-** 20 Minutes of Cardio Interval Training

If you want to gain muscle and lose fat, you must train with weights. Follow the exercise schedule that is provided along with eating foods from the food index and you will see results.

### **Time Constraints:**

Too often I see people wasting hours of their time in the gym; training for long hours will not get you better results. It is the quality of the workout that counts, not how long you are in the gym.

**Keep your workout shorter than 75 minutes.**

There have been numerous studies that show energy levels hit their highest levels after 60 minutes and then rapidly begin to drop. People that spend half the day at the gym are not making their best possible gains. Spending too many hours at the gym can increase the risk of injury and cause possible muscle loss.

### **Signs of Overtraining:**

Being precise with your workouts and dieting is the key to weight loss, its not “more is better” or “less is better,” its about precision. If you train too hard your body will not have time to recuperate and you may not see results.

If you do not give your muscles enough time to rest there are a few things you will notice:

- **A decrease in strength**
- **A decrease in energy**
- **This will all result in a decrease in motivation**

Do not train a muscle group more than once every 4-7 days, or you will be setting yourself up for burnout. Muscles are not made in the gym; they are made while resting.

Overtraining is not completely dependent on how frequently you workout. I have trained six days a week without overtraining. Here are some factors that can also affect your body:

- **Sleep and rest:** If you don't allow your body enough sleep and rest, it cannot recuperate from the stress you put it under while working out.
- **Nutrition:** If you do not provide your body with enough food it will not have enough nutrients to repair the tissues in your muscles.
- **Water:** Perhaps the most overlooked nutrient of them all. If your body is dehydrated it can cause an overtraining effect.

### **Motivation:**

This is where you can really make any workout successful, keep motivated, keep motivated, and most importantly, keep motivated. Motivation will take you through just about anything in life. If you think you can do it, you can.

Many people believe that it would be impossible for them to have a body that they are comfortable with or that they can flaunt. These people have already defeated themselves, if you believe in yourself you will be able to accomplish anything. Here is a quote that changed my perspective on how I approach situations:

**“If it isn’t impossible, it isn’t worth doing”**

This is not a misprint; if you believe in yourself and give 100% effort you can do anything. If someone tells you that it’s impossible, prove them wrong.

My point here is this:

- **Stay motivated**
- **Have dreams**
- **See how following a few correct techniques can get you the results you want.**

We have provided you with very useful tools to help you on your way to achieving your fitness goals, **now its up to you to follow them.**

### **Getting in Shape Overview:**

- Tracking your body statistics is way to see your results on paper and to ensure that you are making progress.
- Mon, Wed, & Fri will be your weight training days.
- Tues, Thurs, Sat will be your aerobic training days.
- Compound exercises will give you the best results and must be incorporated into your weight training if you want to get results.
- Avoid plateaus by changing the tempo of your workout, the number of repetitions, or rearrange the order of your workout.
- If you push yourself until your muscles fail, your body can only adapt by improving strength and efficiency.
- Your maximum effort is the most **you** can do.
- Exercise with intervals to get the best results.
- Keep workouts shorter than 75 minutes

## **Exercises- Pictures and Descriptions**

The following is a list of exercises including pictures and instructions. It is important that you learn how to do the exercises correctly the first time. This will stop any bad habits before they start.

The following 38 exercises focus on developing the most important muscle groups in your body. As these muscle groups gain strength, you will start to notice results. Here is a list of the muscles we are focusing on:

- 1. Chest**
- 2. Shoulders**
- 3. Triceps**
- 4. Back**
- 5. Biceps**
- 6. Hamstrings**
- 7. Quadriceps**
- 8. Calves**
- 9. Abs**

Detailed descriptions of the exercises and pictures should provide thorough knowledge of how to perform all of the exercises. If for some reason you do not understand an exercise, please feel free to contact me via my personal email address: [Will@bodybuilding.com](mailto:Will@bodybuilding.com).

**Stretches:**



**V-Sit  
Middle**



**Pretzel- To the Right  
(Switch to the left also)**



**Chest**



**Tricep**



**Qaudriceps**



**Hamstrings**

*\*Perform these stretches for 5 minutes before and 5 minutes after exercising.*



## **Chest Exercise:**

### **Bench Press:**

- Lie on the bench with a slight arch in your back.
- As you pick the bar up, your hands should be slightly wider than shoulder width.
- Feet flat on the floor.
- Take a breath as you lower the weight.



### **Completing the movement:**

- Slowly lower the weight.
- Touch the bar to the middle of your chest.
- Without pausing at the bottom or bouncing the weight off your chest, push the weight up to the starting position.
- Exhale as you push the weight off your chest.



## **Chest Exercise:**

**Incline Bench Press:**

- This is a variation of regular bench press.
- Using an incline bench, lie back and place your hands slight wider than shoulder width apart.
- Feet flat on the floor.
- The bench should be at a 45-degree angle.

**Completing the movement:**

- Slowly lower the weight and touch slightly below your collarbone.
- Inhale on the way down.
- Without a pause at the bottom exhale and force the weight the starting position.
- You should feel your chest muscles flexing.



**Chest Exercise:**

**Dumbbell Bench Press:**

- Place two dumbbells next to your feet.
- Grab one dumbbell and rest it on your leg.
- Now pick up the other and rest it on your leg.
- All in one movement, lie back on the bench and put the dumbbells in their starting position, as shown in the picture below.
- Your feet should be flat on the floor.

**Completing the movement:**

- Push the dumbbells straight up.
- Exhale as you push the weight up.
- Lower the weight and inhale.
- You should be back to the starting position. Without pause, begin the next repetition.



**Chest Exercise:**

**Incline Dumbbell Bench Press:**

- Find two dumbbells and set them next to your feet.
- One dumbbell at a time, pick them up and place them on your thigh.
- All in one movement, lie back on the bench and put the dumbbells in the starting position.
- Your feet should be flat on the floor.

**Completing the movement:**

- Push the weight straight up.
- Exhale on the way up.
- Without a pause at the top, slowly lower the weight.



**Chest Exercise:**

**Dumbbell Flyes:**

- Place two dumbbells next to your feet.
- Pick up one dumbbell and place it on your thigh, now pick up the other and place it on your thigh.
- All in one motion, lie back on the bench and place the dumbbells in the starting position as pictured below.
- Your feet should be flat on the floor.

**Completing the movement:**

- As you push the weights up, you will slightly turn your wrists in and touch the dumbbells at the top.
- Exhale on the way up.
- Without a pause slowly lower the weights.
- Take a breath in as you are lowering the weights.
- You should feel a stretch as you lower the weights, but do not lower the weights past the horizontal plane of your chest.



**Chest Exercise (2):**

**Incline Dumbbell Flyes:**

- Find two dumbbells and set them next to your feet.
- One dumbbell at a time, pick them up and place them on your thigh.
- All in one movement, lie back on the bench and put the dumbbells in the starting position as pictured below.
- Your feet should be flat on the floor.

**Completing the movement:**

- As you push the weights up, you will slightly turn your wrists in and touch the dumbbells at the top.
- Exhale on the way up.
- Without a pause, slowly lower the weights.
- Take a breath in as you are lowering the weights.
- You should also feel a stretch here, but do not lower the weight past the starting position.



**Chest Exercise:**

**Dips:**

- Start this exercise with your arms locked and your knees bent at a 90-degree angle.
- You should have a natural forward lean.

**Completing the movement:**

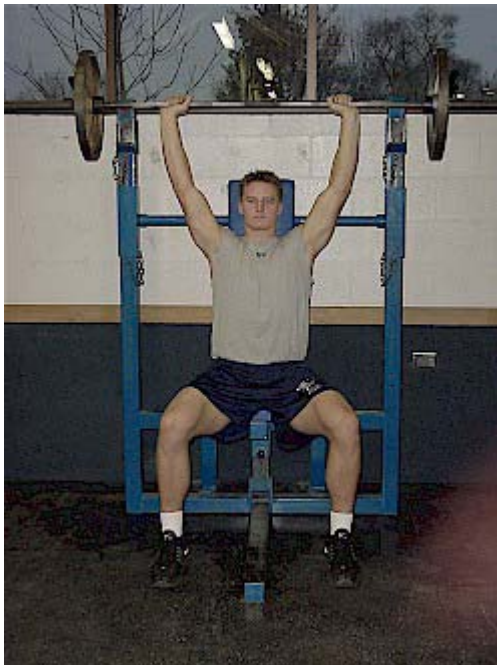
- Slowly lower yourself to the down position.
- Inhale on the way down.
- You should feel a good stretch in your chest at the bottom position.
- Without pausing, raise yourself and exhale on the way up.



**Shoulder Exercise:**

**Shoulder Press:**

- Sit down with your feet flat on the ground.
- Your grip should be slightly wider than shoulder width.
- The bar will be directly over your head.
- Notice that the bench is vertical and I am sitting straight up.



**Completing the movement:**

- Slowly lower the weight.
- You should also be inhaling on the way down.
- You will have to control the weight on the way down to be sure that you don't hit your head or skim your nose.
- Without pausing at the bottom, push the weight back to starting position and exhale.



**Shoulder Exercise:**



**Dumbbell Shoulder Press:**

- Place two dumbbells by your feet.
- Pick them up one at a time and put them on your thighs.
- Pick the dumbbells off your thighs and into the starting position.
- Your palms should be facing to the front.
- Again, notice the seat is vertical and I am sitting straight up.

**Completing the movement:**

- Push the dumbbells directly over your head.
- Exhale as you push the weight up.
- Without a pause, slowly lower the weight.
- You should also inhale on the way down.



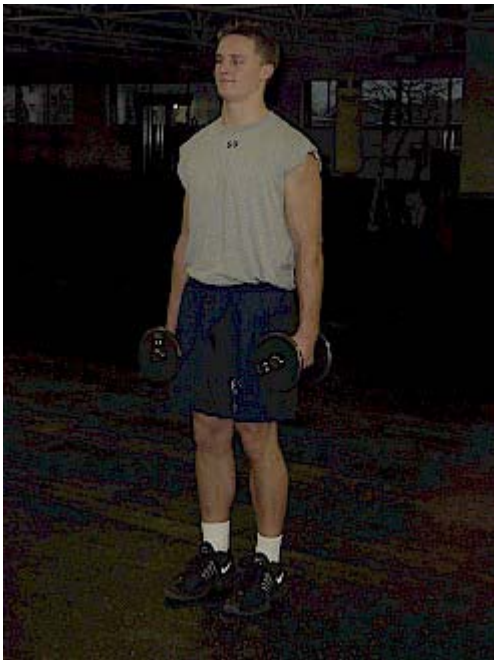
**Shoulder Exercise:**

**Lateral Raises:**

- These can be done standing up or sitting down, I prefer to stand.
- Your palms should be facing your body and your back should be straight.
- Feet are shoulder width apart.
- Start with the weight resting at your side.

**Completing the movement:**

- Raise the weight until your arms are level with your chin.
- You should exhale as you raise the weight up.
- Slowly lower the weight and inhale on the way down.



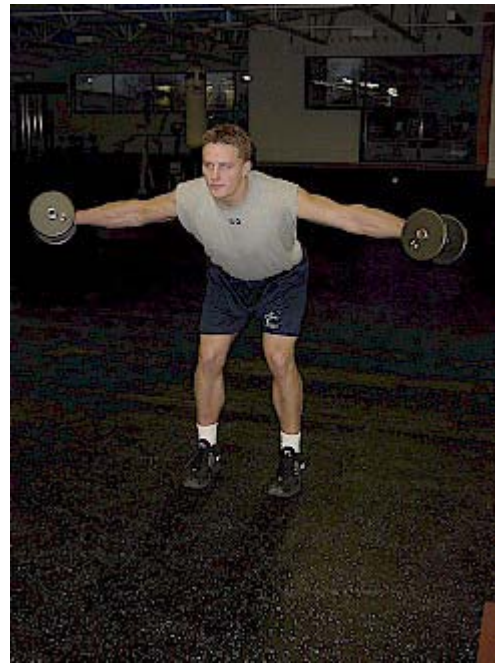
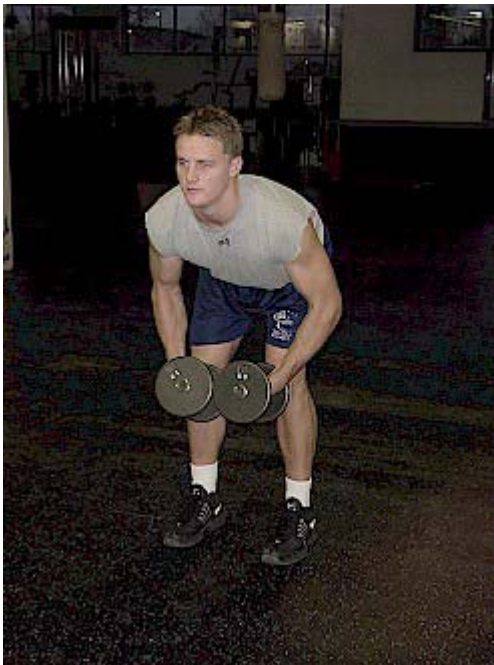
**Shoulder Exercise:**

**Bent Over Lateral Raises:**

- This is simply a variation of lateral raises.
- With a dumbbell in each hand, bend over until your back is almost parallel to the floor.
- Keep your back straight by bending at your hips and with your knees.
- Your palms should be facing your body.

**Completing the movement:**

- Keeping your elbows slightly bent, raise the weight and exhale.
- Try to keep good form here; don't swing the weight up.
- Slowly lower the weight.
- Inhale as the weight lowers.



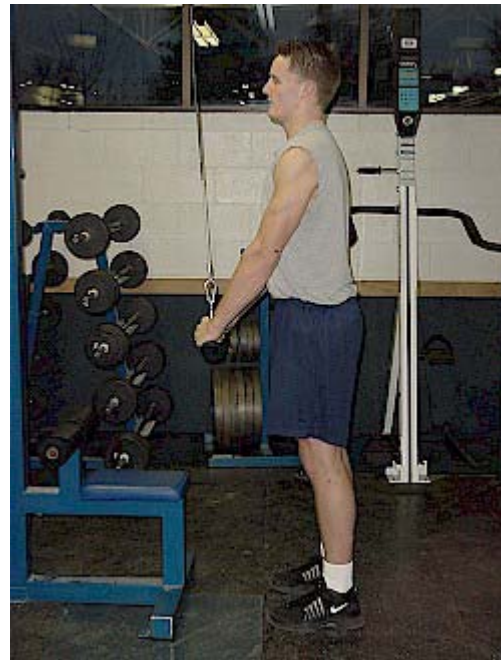
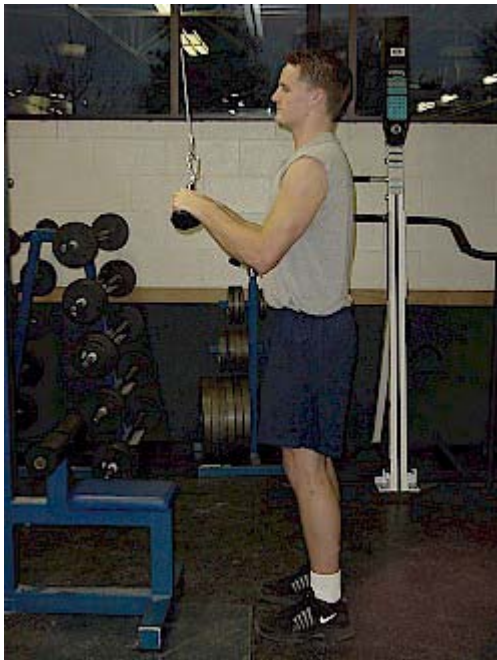
**Triceps Exercise:**

**Pushdowns:**

- You can do this exercise with a v-shaped handle, or a straight handle.
- Your feet should be shoulder width apart.
- Your hands should be approximately one foot apart.
- Do not bend over; stand up with your knees slight bent.

**Completing the movement:**

- Push the bar down until your arms are fully extended.
- Exhale as you push down.
- Without pausing at the bottom, slowly let the weight return to the starting position.
- You should inhale as you are letting the weight up.
- Try not to flare your arms out, keep them close to your body.



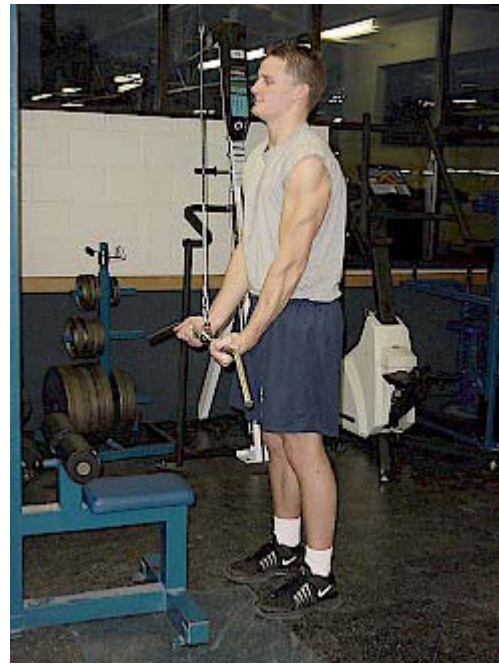
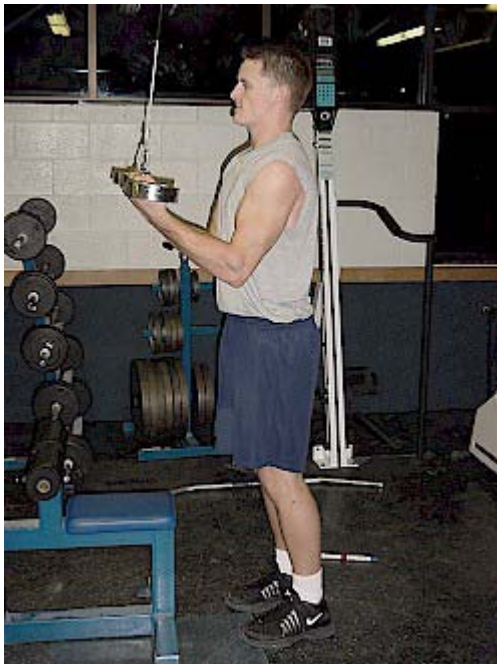
**Triceps Exercise:**

**Reverse Pushdown:**

- You need a straight bar to perform this exercise.
- Grab the bar with an underhand grip, as if you were grabbing a curl bar.
- Your feet should be shoulder width apart with your knees slightly bent.
- Keep your back straight.

**Completing the movement:**

- Push the weight down and exhale.
- Without pausing at the bottom, slowly let the weight return to the starting position.
- Inhale as the weight returns to the starting position.



**Triceps Exercise:**

**Bench Dips:**

- Place two benches far enough apart so you can place your feet on one bench and your hands on the other.
- Cross your legs.
- Place your palms on the bench and use your fingers to grab the underside of the bench.

**Completing the movement:**

- Slowly lower yourself.
- Breathe in as you go down.
- Without pausing at the bottom, push your body up and inhale as you are coming up.



**Triceps Exercise:**

**Barbell Extensions:**

- Lie down on a bench.
- Your feet should be shoulder width apart and flat on the ground.
- Your hands should be slightly closer than shoulder width apart.
- Start with the bar directly over your head.



**Completing the movement:**

- Without flaring your elbows out, lower the weight to your forehead. Be careful not to drop the weight on yourself.
- Do not actually touch your forehead; just slowly lower the weight right to it.
- Without pausing, push the weight to the starting position and exhale.



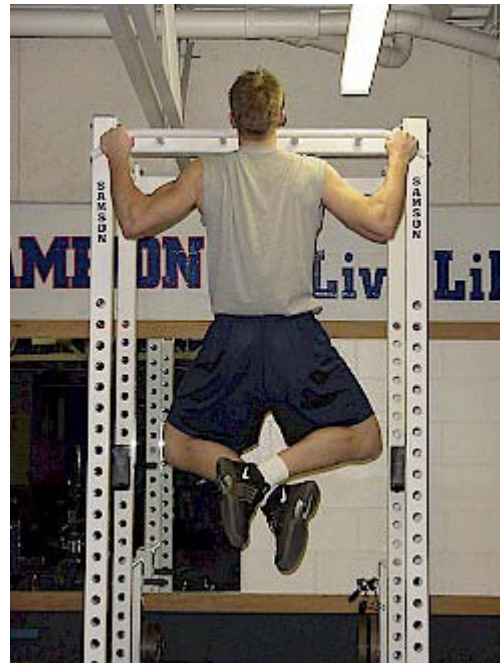
**Back Exercise:**

**Pull-Ups (Wide Grip):**

- Start with your hands as wide as the bar will let you go.
- Bend your knees and cross your legs for balance.

**Completing the movement:**

- Pull up until your chin is above the bar.
- Exhale on the way up.
- Without pausing at the top, slowly lower yourself.
- Be sure to lower yourself until your arms are not bent.



**Back Exercise:**



**Wide-Grip Lat Pulldowns:**

- Sit with your back straight and grab the ends of the bar.
- Your feet should be flat on the ground.

**Completing the movement:**

- Pull the weight down to your upper chest and exhale as you are pulling down.
- You may lean back slightly to complete the lift. Be sure not to lean back too far or it will put strain on your lower back.
- Without pausing, slowly let the weight return to the starting position and inhale.



**Back Exercise:**

**Bent-Over Row:**

**Completing the movement:**

- Place one hand and one knee on the bench.
- Pick up the weight without letting your back curve.
- Make sure that your shoulders do not tilt, they should be straight and inline with each other.
- Keep your head up and look straight forward to keep proper form.
- Slowly raise the weight until it touches your chest.
- Exhale as you pull the weight up to you.
- Without pausing, lower the weight and inhale as you count to three.
- Repeat with the other arm.



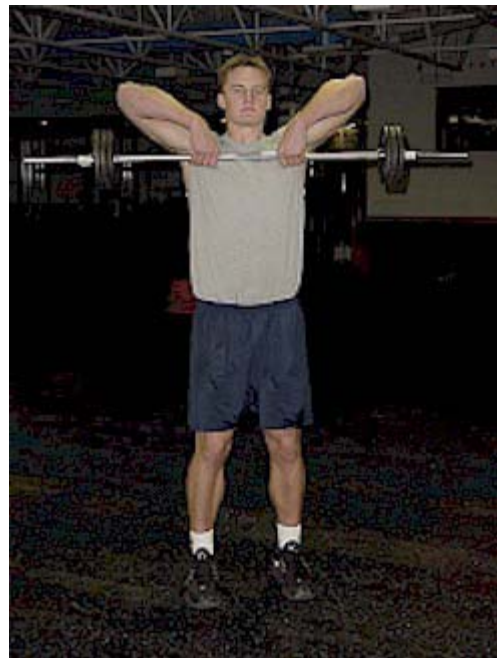
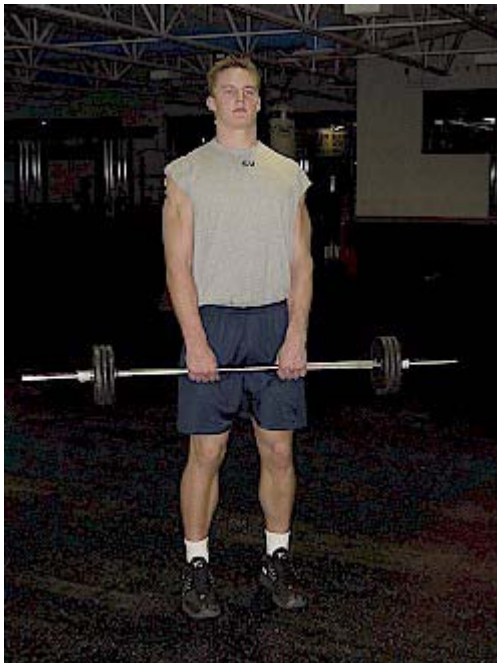
## **Back Exercise:**

**Upright Row:**

- Keeping your elbows out, pull up to the middle of your chest.
- Exhale as you are pulling up.
- Without pausing, slowly lower the weight as you inhale.

**Completing the movement:**

- You should be standing when performing this exercise.
- Your hands should be about eight inches apart.
- Feet should be shoulder width apart.



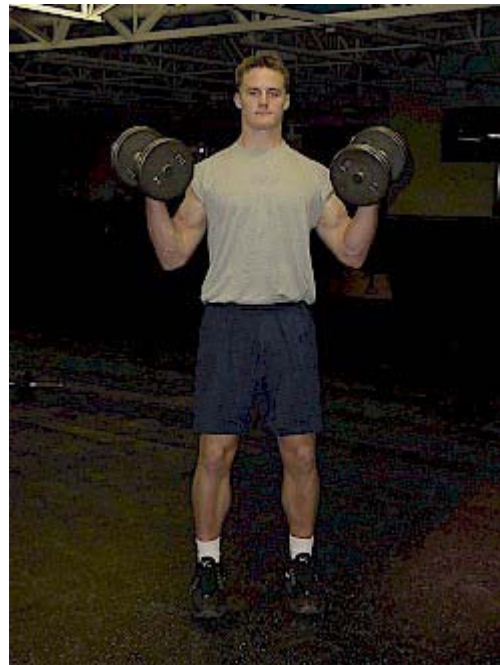
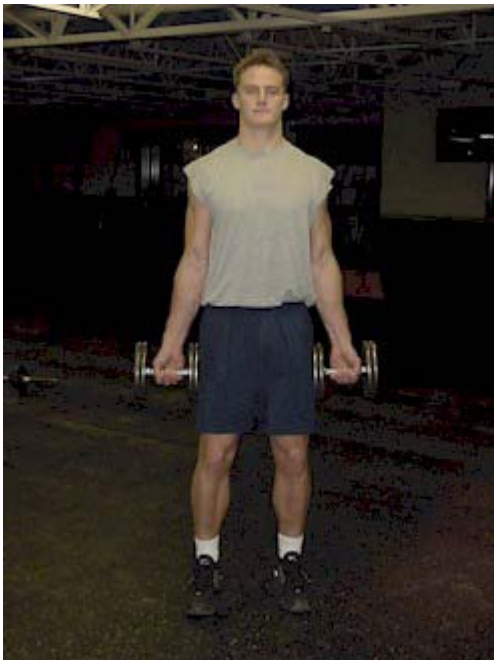
**Biceps Exercise:**

**Dumbbell Curl:**

- Palms should be facing out.
- Feet should be shoulder width apart.
- Your back should be straight.

**Completing the movement:**

- Lift the weight to the up position while exhaling.
- Do not swing the weight up or bend your back.
- Without pausing, slowly lower the weight for a count of three.

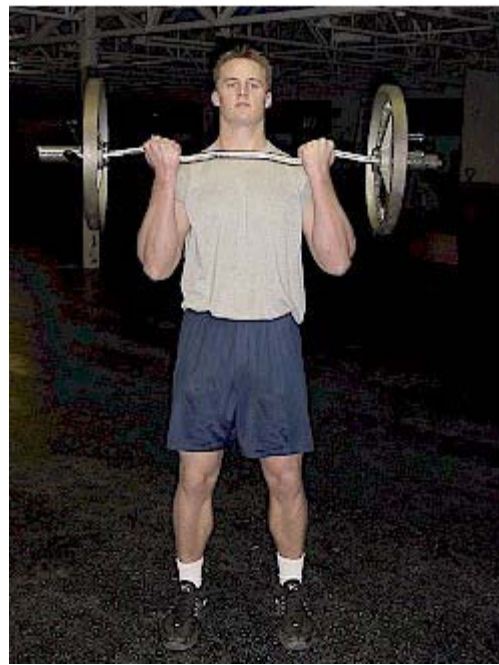
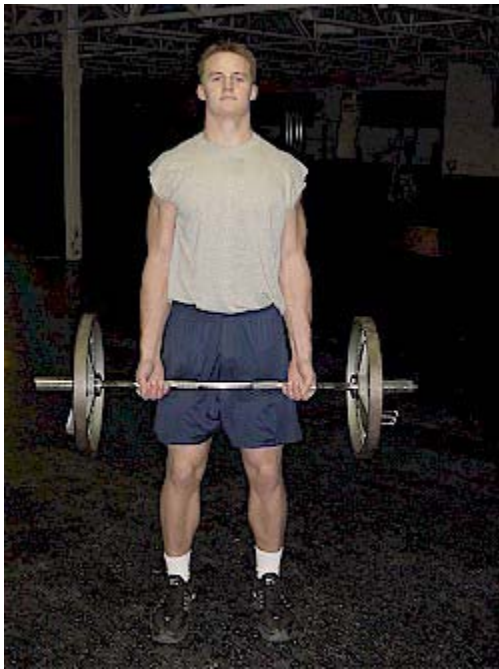


**Biceps Exercise:**

**Barbell Curls:**

**Completing the movement:**

- Your feet should again be shoulder width apart.
- Your grip is shoulder width apart as well.
- Keep your back straight during the exercise.
- Do not swing the weight up.
- Lift the weight to your chest.
- Exhale as you are bringing the weight up.
- Without pausing at the top, slowly lower the weight.
- Inhale as you lower the weight.



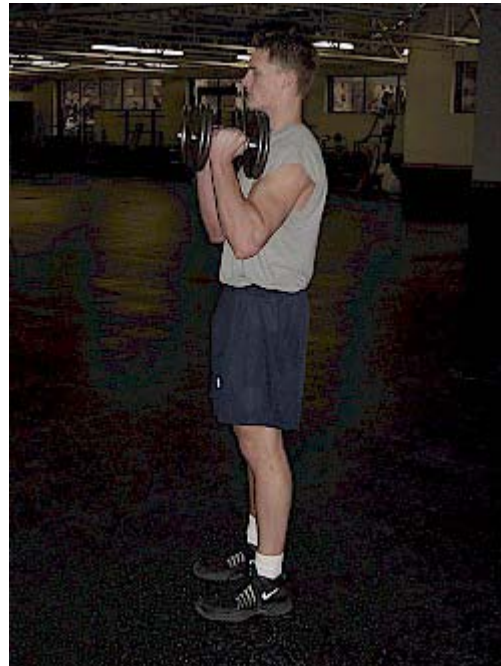
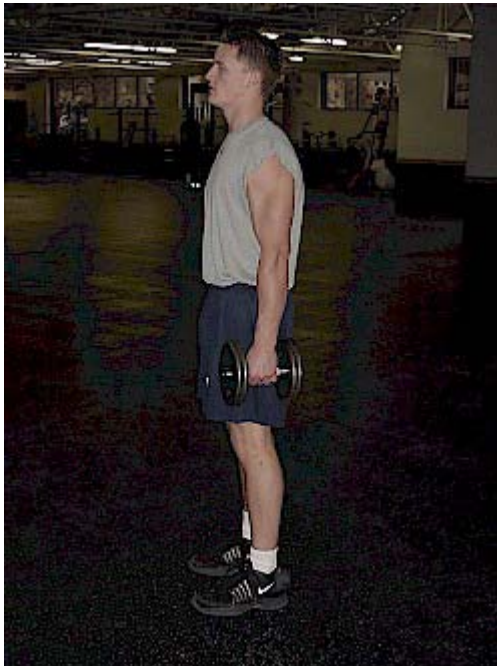
## **Biceps Exercise:**

**Hammer Curls:**

- This bicep exercise is a variation of regular dumbbell curls. It will help build the peak of the bicep.
- Your feet should be shoulder width apart.
- Your palms should be facing in towards your side.

**Completing the movement:**

- Raise both dumbbells at the same time. Exhale as you bring them up.
- To keep your form, pretend like you are trying to poke your shoulders with your thumb.
- Without pausing at the top, slowly lower the weight and inhale.



**Biceps Exercise:**

**Incline Dumbbell Curls:**

- Simply a variation of dumbbell curls.
- You will be using an incline bench for this exercise.
- Feet shoulder width apart.
- Palms facing out.

**Completing the movement:**

- Lift the dumbbells and exhale as they come up.
- Without pausing, slowly lower the dumbbells to the down position.
- Inhale as the weight is being lowered.

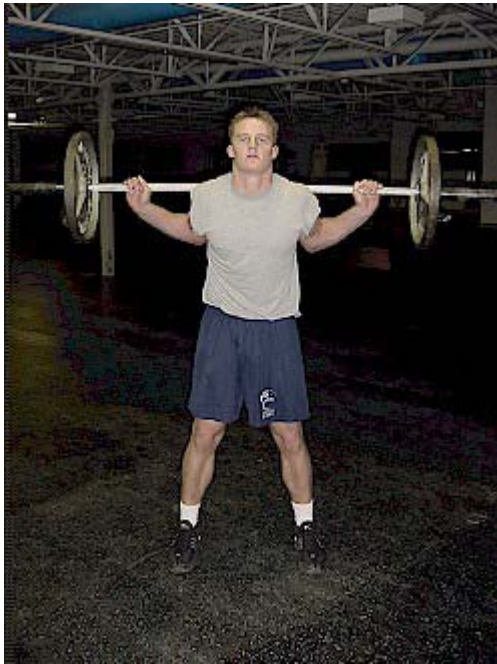


**Quadriiceps Exercise:**

**Squats (Important Exercise):**

**Completing the movement:**

- Step under the bar and place it on your upper back. Do not place the bar on your neck.
- Your feet should be slightly wider than shoulder width.
- Your hands will grip the bar approximately one foot wider than your shoulders.
- Slowly push your hips back. Try not to bend your knees first, let the movement come naturally as you push back with you hips. Inhale as you go down.
- Keep your weight on your heels, but be careful not to fall over backwards.
- Keep your knees at a 90-degree angle in relationship with your feet.
- Keep going down until your thighs are parallel with the floor imagine that you are sitting in a chair.
- Keep your head up and don't lean forward.
- Without pausing lift the weight up and exhale.



**Quadriceps Exercise:**

**Leg Extensions:**

**Completing the movement:**



- Sit at a leg extension machine.
- Hook your feet underneath the pad, it should rest on your lower shin.
- Hold on to the grip bars next to the seat.
- If there are no grip bars, hold on to the bottom of the seat.
- Extend your legs fully while exhaling.
- Without pausing at the top, slowly lower the weight.
- Inhale on the way down.
- Make sure that you go all the way to the starting position before performing another repetition.



## **Quadriceps Exercise:**

**Leg Press:**

**Completing the movement:**

- Sit down in the leg press machine.
- Place your feet shoulder width apart on the platform.
- Point your toes slightly out.
- Inhale as you slowly lower the weight.
- Lower your knees until they touch your torso and you get a nice stretch.
- Without pausing, press the weight back to the starting position without locking your knees.
- Exhale as you push the weight up.

**Picture not available.**

**Picture not available.**

## **Hamstring Exercise:**

**Leg Curls:**

- Lie on your stomach.
- Grip the side of the bench or the handles.
- The pad should rest slightly above your feet.

**Completing the movement:**

- Lift the weight until it touches your upper hamstrings or your butt. Exhale as you do this.
- Slowly lower the weight.
- Inhale as the weight is being lowered.

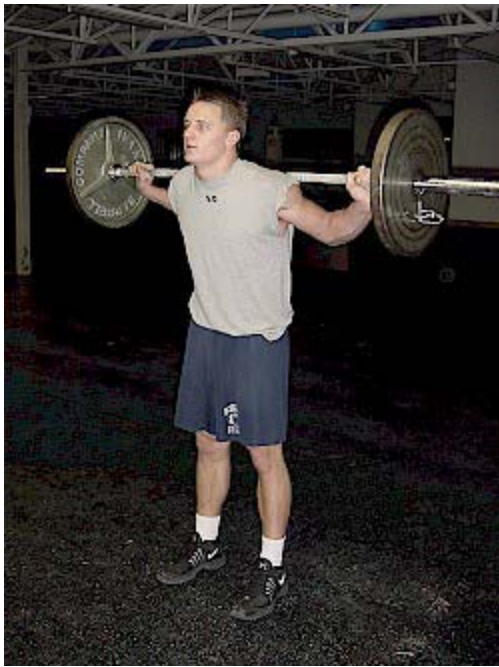


**Hamstring Exercise:**

**Lunges:**

**Completing the movement:**

- Place the bar on your upper back as we did for squats.
- Your feet will be about shoulder width apart.
- Your hands should be approximately one foot wider than your shoulders.
- Keep your back straight as you perform this exercise.
- One leg at a time step forward.
- Inhale as you slowly step forward.
- Step back and exhale on the way up.
- Alternate and repeat for the other leg.

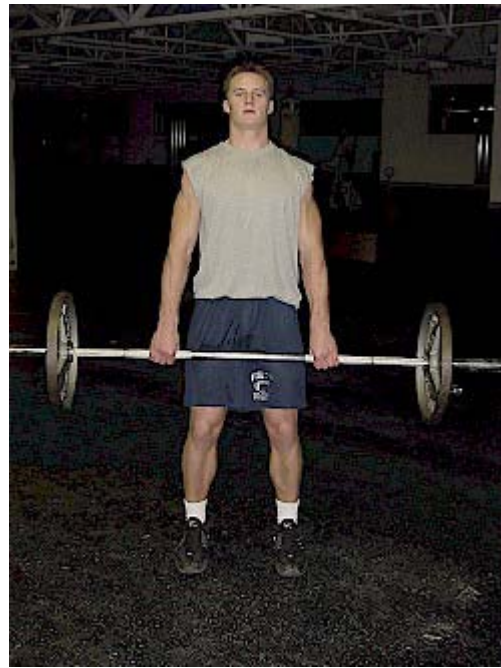


## **Hamstring Exercise:**

**Straight Leg Deadlifts:**

**Completing the movement:**

- Your feet should be shoulder width apart.
  - Knees slightly bent.
  - Your hands should also be shoulder width apart.
  - Keep you back flat and straight.
  - Do not lift the weight with your back, lift with your hamstrings.
- Keeping your back straight, pick the bar up and exhale.
  - Slowly lower the bar. Inhale as you lower the weight.
  - Do not bounce the bar off the floor.



## **Calves:**

### **Standing Calf Raise:**

- Place your shoulders underneath the

### **Completing the movement:**

- Push up until you are on your toes.

- pad.
- Grab the top of the machine with your hands.
- Point your toes straight forward.

- Exhale when you are pushing up.
- Slowly let the weight down. Inhale as you are coming down.



## **Calves:**

### **Angled Calf Raise:**

- Begin by stepping under the shoulder pads.

### **Completing the movement:**

- Push up until you are on your toes.
- Exhale when you are pushing up.

- Make sure that you are on the balls of your feet.
- Point your toes in at a 45-degree angle.
- Slowly let the weight down. Inhale as you are coming down.



## **Calves:**

### **One Leg Calf Raise:**

- Place your shoulders underneath the shoulder pad.
- Grab the top of the machine with your

### **Completing the movement:**

- Push up until you are on your toes.
- Exhale when you are pushing up.
- Slowly let the weight down. Inhale as

- hands.
- Put one foot on the platform and rest the other foot behind it.

you are coming down.



## **Abdominals:**

### **Crunches:**

- Lock your fingers behind your head.
- Lie flat on your back.
- Your feet should be about shoulder width apart.

### **Completing the movement:**

- Push your lower back into the ground.
- In a smooth controlled manner, lift your shoulders off the ground.
- The shoulders should only come off



- Knees should be bent.
- Do **not** tuck your chin into your chest. Instead, look up and out at a 45-degree angle.
- Flex your abs and then release and come down.

**Example of how not to do a sit-up!**



*\*Make sure not to tuck your chin\**

**Abdominals:**

**Side Crunch:**

- Lock your fingers behind your head.
- Lie on your back with your knees bent as if you were about to do a crunch.
- Now take your knees and rest them on one side.

**Completing the movement:**

- Lift your shoulders slightly off the ground and exhale.
- Hold it and then release and inhale.
- Now perform this for the other side.



**Abdominals:**

**Decline Crunch:**

**Completing the movement:**

- Hook your feet underneath the footpads on the decline bench.
- Lock your fingers behind your head.
- Bend your knees.
- Start in the up position.
- Take a breath and lower yourself keeping your knees bent.
- Do not all the way back.
- Hold for a count of one.
- Now sit back up and exhale while flexing your abs on the way up.



## **Abdominals:**

**Butt Raises:**

**Completing the movement:**

- Lie on your back.
- Get into a regular crunch position with your hands behind your head and your knees bent.
- Now take your legs, cross them, and point them straight up in the air.
- As if you were to do a regular crunch, lift your shoulders slightly off the ground and push your toes in the air which will lift your butt about two inches off the ground.
- Exhale as you are doing this.
- Let your shoulders and butt back down while taking in a breath of air.



## **Planning:**

To make this program work for you, it is going to take planning and dedication. No one said it was going to be easy, but if you have some sort of direction you will end up achieving your goals, whatever they may be.

Every week on Sunday I look in my refrigerator and see what foods I need. I go through the next seven days in my mind and write down the food I need in the chart I have created. HHHmmm, lets see what am I going to eat this week:

Monday for my first meal I am going to have an omelet so I need some eggs and vegetables. Then I am going to have a tuna sandwich for my next meal. For meal three I will have a grilled chicken sandwich. The meal after that is easy, I will drink a myoplex shake. When I get home I will cook some low fat burger and make a hamburger. Then before bed I will have some peaches and cottage cheese. So when I go shopping I will need to get these items:

- Eggs & vegetables for my omelet
- Tuna fish and whole grain bread for my sandwich
- Fresh chicken for my sandwich
- Box of Myoplex
- Low fat hamburger meat (I will buy 8% lean ground beef)
- Peaches and cottage cheese

Now when I go to the store I know what I am going to buy, well at least for the first day of the week. So I will have to plan for six more days (Five more days of dieting and my free day). Sundays are my favorite because I eat donuts and fried chicken all day, but that's just me, you can eat whatever you want on your free day.

### **Have your meals ready when you need them**

I have heard this same phrase from many people: "I just don't have time to do all of this, I work all day." That's fine; everybody has a job of some sort. We all have different breaks in our day or work different hours, but we have to plan ahead so we can make sure we get what our bodies need. If it were easy to eat six meals a day and exercise, then everyone would have a great body. But its not, so we must do more than the average person because we do not want to look average.

Almost every job in America has a break time now. I went to the post office today and I couldn't send out my mail because the line was so long. There was only one person working because the other two employees **had** to take a 15-minute break.

So take advantage of these breaks and eat your planned meals at these times. Here is an example of a 7-day meal chart that will help you plan what you need to eat:

<b><u>Day of the Week</u></b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>
<b>Monday</b>	<i>Omelet</i>	<i>Fruit &amp; Cottage Cheese</i>	<i>Chicken Salad</i>	<i>Tuna &amp; Crackers</i>	<i>Myoplex</i>	<i>Chicken Stir Fry</i>
<b>Tuesday</b>	<i>Eggs &amp; Hash-Browns</i>	<i>Banana Smoothie</i>	<i>Bean Burrito</i>	<i>Myoplex</i>	<i>Tuna and Crackers</i>	<i>Tacos</i>

<b>Wednesday</b>	<i>Egg McMuffin</i>	<i>Myoplex</i>	<i>Soft Chicken Tacos</i>	<i>Chips &amp; Salsa</i>	<i>Fajitas</i>	<i>Apple &amp; Cottage cheese</i>
<b>Thursday</b>	<i>Oatmeal with Whey Protein</i>	<i>Apple and Cottage Cheese</i>	<i>BBQ Chicken Sandwich</i>	<i>Tuna Sandwich</i>	<i>Meatloaf</i>	<i>Protein Shake and a Banana</i>
<b>Friday</b>	<i>Toasted Bagel and Eggs</i>	<i>Low Fat Muffins w/Whey Protein</i>	<i>Chicken Fajita Wraps</i>	<i>Beef Nachos</i>	<i>Chicken Enchilada</i>	<i>Myoplex</i>
<b>Saturday</b>	<i>French Toast-Jam Topping</i>	<i>Egg McMuffin</i>	<i>Crab Salad</i>	<i>Chicken Gyro</i>	<i>Myoplex</i>	<i>Baked Halibut</i>
<b>Sunday-Free Day</b>	<i>Fruit Loops</i>	<i>Nothing</i>	<i>Big Mac and Some Fries</i>	<i>DQ Blizzard</i>	<i>Chicken Fried Steak</i>	<i>Movie Popcorn and a Donut</i>

Here is an example of one of my first day back on the diet:

## **Monday**

Monday marks my first day on my diet, it has been months since I have dieted and I am ready to get back in shape.

### **Meal 1:**

I wake up early Monday morning to begin my day and I prepare my omelet. I throw in 4 eggs and a portion of vegetables. It takes about 10 minutes to prepare and the omelet is delicious. I jump in the shower and get ready for the day ahead. After I arrive at the office I get settled in and figure out the tasks for the day. Not even a few minutes later, it is time for my next meal.

**Meal 2:**

I take about 5 minutes and eat an apple and a portion of cottage cheese. My secretary begins to tease me; she tells me that I will always be fat no matter what I eat (she was joking of course, otherwise I would have been forced to fire her). 12:00 noon is here before I know it and it's already time for lunch.

**Meal 3:**

I take out a Tupperware container that has my chicken salad in it. My lunch break is ½ hour long, so I sit back and enjoy my lunch. I feel energized and work is flying by today. I have a great meeting with one of my clients, the meeting lasted about two hours.

**Meal 4:**

When I left the meeting I went back into my office and ate my tuna fish and crackers while I made a few phone calls. It is now a little after 2:00 PM and I need to finish up a few things before I can leave for the day. So far I have had an extremely busy day, but adding the extra meals has definitely controlled my appetite and given me more energy.

**Meal 5:**

At 4:00 I drink a myoplex shake that I had in my briefcase, it was strawberry and very delicious. I have to stick to my plan and get to the gym by 5:30, so I hurry up and finish up at the office.

**Weight Training:**

I go straight to the gym and make it there at about 5:25 PM. I am right on schedule today. I change in the locker room and go stretch for 5 minutes. I saw some friends at the gym, but I told them I would talk to them after my workout because I was on my schedule. Today was chest, shoulders, and triceps day. It is my favorite day because I love the chest workout. I hit it hard and finish my workout in 53 minutes, not bad for the first day back at the gym. I visit with my friends for a few minutes and then head home.

**Meal 6:**



I get home at about 7:00PM and immediately begin to cook dinner. It is ready at about 7:30, I sit down and relax as I eat my meal. It has been a long day. I decide to do some research on the Internet for an hour and I am starting to get tired. At 9:00, I prepare a bean burrito for my lunch the following day. I wrap up my lunch and put it in the refrigerator. I go to bed at 9:30 and I fall right asleep. I am the only person that I know that can go to bed that early, but it was a great day. I didn't have any food cravings and I feel great.

### **Its that Simple**

It would have been very difficult to finish my day if I had no direction or plan of action. I probably would have gone home before I went to the gym. From there I may have procrastinated until it was too late.

My point here is this, if you want to be successful with this program you have to commit by making a plan of action every week and following through with it. This is only for 12 weeks, just give it a try and see if you can get the body that you have always desired. No matter who we are, we all would like a better body.

### **A Word on Fast Foods:**

Avoid fast foods completely; they are not healthy for you. Some fast food restaurants carry a few items that may be borderline, but remember that you have a free day and you can eat whatever you want on that day. The best foods are fresh foods and the foods from most fast food restaurants carry a lot of preservatives.

If you do run into a situation where your plan of action didn't work for some reason (maybe some food went bad), don't eat a quarter-pounder and a large fry. Eat a grilled chicken sandwich with no mayo and a salad. YES, even some fast foods restaurants carry foods that are borderline healthy. But only use this in emergencies.

**Planning Overview:**

- Plan for success and you will have it.
- Make a grocery list so you have enough food for the week.
- Try to avoid fast foods if at all possible.

**Putting It All Together- 7 Steps to Success:**

**Step 1- Body Statistics:**

As mentioned earlier, we will be using the Parillo<sup>iii</sup> method to test your body fat. It is a fairly easy process, but you will need another person to help you take the measurements and you will have to do a little math. So lets get started, below are the nine-points on your body that we will be testing.

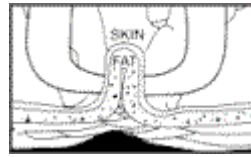
Using the body-fat pincher that was provided, follow these instructions for each of the nine points pictured below:



**Figure 1**



**Figure 2**



**Figure 3**



**Figure 4**

**Step 1:** While standing, firmly pinch the skinfold between your left thumb and forefinger, see figures 1 and 2. Place the jaws of the Personal Body Fat Tester over the skinfold, while continuing to hold the skinfold with the left hand, see figure 3.

***\*Important Tip:** Make sure to slide the plastic measuring piece all the way to the over before every measurement.*



**Step 2:** Press with the thumb where indicated on the Personal Body Fat Tester until you feel a slight click. The slide member will automatically stop at the correct measurement, see figure 4. After reading your measurement, return the slide member to the far right starting position. Repeat three times and use the average as your measurement. Refer to the body fat interpretation chart to determine your body fat percentage and what it means.

**Step 3:** Repeat for the nine measuring sites.

**Step 4:** Make sure to use your right bicep, tricep, thigh, calf, etc. This will ensure that you measurements are all accurate with each other.



**Upper Chest (vertical fold)**



**Right Bicep (horizontal fold)**



**Right Tricep (horizontal fold)**



**Suprailliac (vertical fold)**



**Stomach (horizontal fold)**



**Subscapular (vertical fold)**



**Kidney (horizontal fold)**



**Right Thigh (vertical fold)**



**Right Calf (vertical fold)**

Measure each site 3 times, take the average of the three and enter that number into the table below. Do this for each of the nine measuring points.

<b>Skin fold Measuring Sites:</b>	<b>Measurement Results:</b>
Upper Chest	
Inside Right Tricep	
Right Bicep	
Suprailliac	
Kidney	
Subscapular	
Stomach	
Right Calf	
Right Thigh	

Sum of Measurements (Add them all up)	
Your Body Weight	
$((\text{Sum of Measurements}/\text{Body Weight}) \times 27) =$ Your Body-Fat Percentage	
Pounds of fat $((\text{Body weight} \times \text{Body Fat})/100)$	
LBM- Lean Body Mass $(\text{Body Weight}-\text{Lbs of fat})$	

After you enter all of your measurements into the table, add them all up and place that number in the “Sum of Measurements” column. In the column below that, weigh yourself and place the bodyweight measurement there.

To find your body fat percentage, get a drum roll going; take the sum of the measurements divide it by your body weight and then multiply that number by 27. This is your body fat percentage.

*\*Note: This will be a number like 15.9, this is the actual percentage 15.9%.*

Now if you want to see how many pounds of fat you have, multiply your body weight and your body fat percentage. Take the number you get from that and divide it by 100. This is how many pounds of fat you have in your body. To find your LBM (lean Body Mass) -or- the pounds of muscle you have, subtract your pounds of body fat from your body weight.

So what do these numbers mean? Lets take a look at some averages and see where you fall in:

### Body Fat Interpretation Chart For Men

AGE	SKINFOLD MEASUREMENT IN MILLIMETERS																
	2-3	4-5	6-7	8-9	10-11	12-13	14-15	16-17	18-19	20-21	22-23	24-25	26-27	28-29	30-31	32-33	34-35
UP TO 20	2.0	3.9	6.2	8.5	10.5	12.5	14.3	16.0	17.5	18.9	20.2	21.3	22.3	23.1	23.8	24.3	24.9
21-25	2.5	4.9	7.3	9.5	11.6	13.6	15.3	17.0	18.6	20.0	21.2	22.3	23.3	24.2	24.9	25.4	25.8
26-30	3.5	6.0	8.4	10.6	12.7	14.6	16.4	18.1	19.6	21.0	22.3	23.4	24.4	25.2	25.9	26.5	26.9
31-35	4.5	7.1	9.4	11.7	13.7	15.7	17.5	19.2	20.7	22.1	23.4	24.5	25.5	26.3	27.0	27.5	28.0
36-40	5.6	8.1	10.5	12.7	14.8	16.8	18.6	20.3	21.8	23.2	24.4	25.6	26.5	27.4	28.1	28.6	29.0
41-45	6.7	9.2	11.5	13.8	15.9	17.8	19.6	21.3	22.8	24.7	25.5	26.6	27.5	28.4	29.1	29.7	30.1
46-50	7.7	10.2	12.6	14.8	16.9	18.9	20.7	22.4	23.9	25.3	26.6	27.7	28.7	29.5	30.2	30.7	31.2
51-55	8.8	11.3	13.7	15.9	18.0	20.0	21.8	23.4	25.0	26.4	27.6	28.7	29.7	30.6	31.2	31.8	32.2
56 & UP	9.9	12.4	14.7	17.0	19.1	21.0	22.8	24.5	26.1	27.4	28.7	29.8	30.8	31.6	32.3	32.9	33.3
	LEAN				IDEAL				AVERAGE				OVERFAT				

### Body Fat Interpretation Chart For Women

AGE	SKINFOLD MEASUREMENT IN MILLIMETERS																
	2-3	4-5	6-7	8-9	10-11	12-13	14-15	16-17	18-19	20-21	22-23	24-25	26-27	28-29	30-31	32-33	34-35
UP TO 20	11.3	13.5	15.7	17.7	19.7	21.5	23.2	24.8	26.3	27.7	29.0	30.2	31.3	32.3	33.1	33.9	34.6
21-25	11.9	14.2	16.3	18.3	20.3	22.1	23.7	25.5	27.0	28.4	29.6	30.8	31.9	32.9	33.8	34.5	35.2
26-30	12.5	14.8	16.9	19.0	20.9	22.7	24.5	26.1	27.6	29.0	30.3	31.5	32.5	33.5	34.4	35.2	35.8
31-35	13.2	15.4	17.6	19.6	21.5	23.4	25.1	26.7	28.2	29.6	30.9	32.1	33.2	34.1	35.0	35.8	36.4
36-40	13.8	16.0	18.2	20.2	22.2	24.0	25.7	27.3	28.8	30.2	31.5	32.7	33.8	34.8	35.6	36.4	37.0
41-45	14.4	16.7	18.8	20.8	22.7	24.6	26.3	27.9	29.4	30.8	32.1	33.3	34.4	35.4	36.3	37.0	37.7
46-50	15.0	17.3	19.4	21.5	23.4	25.2	26.9	28.6	30.1	31.5	32.8	34.0	35.0	36.0	36.9	37.6	38.3
51-55	15.6	17.9	20.0	22.1	24.0	25.8	27.6	29.2	30.7	32.1	33.4	34.6	35.6	36.5	37.5	38.3	38.9
56 & UP	16.3	18.5	20.7	22.7	24.6	26.5	28.2	29.8	31.3	32.7	34.0	35.2	36.3	37.2	38.1	38.9	39.5
	LEAN				IDEAL				AVERAGE				OVERFAT				

To read this chart simply find your age in the far left column and the numbers to the right of that age will apply to you. If you fall in the white, you are fairly lean. If you fall in the *ideal* shade, then you have an ideal amount of body fat. If you fall in the *average* shade, it means that you are about where everyone else is. Anything beyond that is considered *obese*. Women naturally have more body fat than men so their chart is adjusted accordingly.

Now that you know your body fat is; it is time to take your measurements. Using the soft tape measure, take these six measurements. In conjunction with the body fat measurements this will be a good way to track your progress.



**Chest**



**Waist**



**Hips**



**Right Arm**



**Right Thigh**



**Right Calf**



After you take each measurement, write it down the chart below:

<b>Body Measurements:</b>	<b>Measurement Results:</b>
Weight	
Body Fat Percentage	
Chest Measurement	
Waist Measurement	
Hip Measurement	
Right Bicep Measurement	
Right Thigh Measurement	
Right Calf Measurement	

You can take your measurements as much as you want. I recommend taking them once every 1-2 weeks. I take mine every week but some people don't like to take their measurements that much. It is a reward to see the progress you have made.

**Step 2- Goals:**

Take a few minutes now and think about why you purchased this book. Think back to the website, everything you read and what it was that finally talked you into purchasing this system. Try to remember reading the information on the website, if you can't remember go back to the website and read it again.

There was a reason you bought this system, and whatever that reason was could probably be turned into a goal. If this book was a gift, there was a reason it was given to you. Maybe you're interested in the subject or you would like to lose some weight. Whatever your reason is, you are here right now. So take out a pen and write down three things that related to fitness that you would like to see happen in the next twelve weeks. What do you want to do with your body? *Lose weight? Tone up? Get Stronger?* Write these down in the space provided on the next page.

Now go get some scissors and cut this page out of the book. Make it neat because you will be looking at it every day. After you have cut it out, hang it up in your bathroom. Now you will see it everyday right when you get up in the morning and right before you go to bed.

You will constantly be reminded of your fitness goals all day and all night. Your subconscious mind will take these thoughts and it will process them until they become real. This is very important if you want to accomplish this twelve-week test of mental and physical strength.

**My Fitness Goals:**

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

**Step 3- Nutrition:**

---

To ensure that we stick to the diet, we must plan for success. You will not see results unless you follow this diet and the exercise schedule. Just to refresh your memory, here is a list of the foods you will eat:

<b>Proteins</b>	<b>Complex Carbohydrates</b>	<b>Complex Carbohydrates Continued</b>	<b>Fruit</b>
Chicken Breast	Baked Potato	Alfalfa Sprouts	Apple
Cottage Cheese	Baked beans	Asparagus	Apricot
Eggs	Cereals- Whole Grain	Beets	Banana (small)
Halibut	Corn	Broccoli	Blueberries (raw)
Ham	Corn Tortilla	Brussel Sprouts	Cantaloupe
Lean Ground Beef (17% fat)	Crackers	Cabbage	Cherries
Lean Meat	Cream of wheat	Carrots	Grapefruit
EAS Myoplex	Flour Tortilla- 8 inch	Cauliflower	Grapes
Tuna	Low fat chips	Celery	Honeydew melon
Turkey Breast	Low fat blueberry muffins	Corn	Mango
Whey Protein	Pasta- cooked	Cucumber	Orange
Yogurt	Pancakes (4 inch in diameter)	Eggplant	Peach
	Plain Popcorn	Green Peas	Pear
	Qauker Instant Oatmeal	Leaf Lettuce	Pineapple

	Rice (not minute rice)	Mushrooms	Plum
	Rice Cakes	Onions	Raisins
	Rye Bread	Tomatoes	Strawberries
	Waffles- Prepared from mix (7 inches)	Spinach	Yogurt (Fat Free)
	Whole wheat bread	Zucchini	
	Yams		

From these foods you will need to eat six meals a day and as you probably remember, you will eat *\*one portion* of protein and one portion of carbohydrates with each meal. If you have a hard time thinking of meals you can make, I have provided about 75 different meal options in *Appendix A*. Fill in each day and each meal in the table on the next page and then go to the grocery store and buy the necessary foods:

*\*Remember that a portion is about as big as your fist.*

<b><u>Day of the Week</u></b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>
<b>Monday</b>						
<b>Tuesday</b>						
<b>Wednesday</b>						
<b>Thursday</b>						
<b>Friday</b>						
<b>Saturday</b>						
<b>Sunday- Free Day</b>						

It may seem like a task to fill this all in, but it actually makes grocery shopping so much quicker that you end up saving quite a bit of time at the grocery store. You get what you need from the grocery store and you get back to doing things that you want to do.



**Step 4- Exercise:**

Now you need to plan out the days you want to exercise and what you would like to do on each day. The following chart is how I suggest you structure your exercise schedule.

**7-day exercise schedule:**

<b><u>Day 1</u></b> <b>Mon.</b>	<b><u>Day 2</u></b> <b>Tues.</b>	<b><u>Day 3</u></b> <b>Wed.</b>	<b><u>Day 4</u></b> <b>Thurs.</b>	<b><u>Day 5</u></b> <b>Fri.</b>	<b><u>Day 6</u></b> <b>Sat.</b>	<b><u>Free day</u></b> <b>Sun.</b>
Weight Training	Aerobic Training	Weight Training	Aerobic Training	Weight Training	Aerobic Training	Free Day

**Week 1**

<b>Workout #1</b>	<b><u>Warm-up Set- 15</u> <u>Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
DB Bench Press				
DB Shoulder Press				
Tricep Pushdown				
Crunches				

<b>Workout #3</b>	<b><u>Warm-up Set- 15</u> <u>Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Leg Press				
Hamstring Curl				
Leg Extension				
Calf Raise				

<b>Workout #5</b>	<b><u>Warm-up Set- 15</u> <u>Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Bicep Curl				
Lat Pulldown				
One Arm Row				
Side Crunch				

- Alternate arms for "One Arm Row" (15 reps with each arm)
- For your cardio exercise this week use the treadmill
- Take a one minute rest between sets
- **Workout #2-** 20 Minutes of Cardio Interval Training
- **Workout #4-** 20 Minutes of Cardio Interval Training
- **Workout #6-** 20 Minutes of Cardio Interval Training

Here is the 12-week schedule that I suggest you follow:

	<b>Sun.</b>	<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>	<b>Sat.</b>
<b>Week 1</b>	Free Day	Weights	Aerobics	Weights	Aerobics	Weights	Aerobics
<b>Week 2</b>	Free Day	Weights	Aerobics	Weights	Aerobics	Weights	Aerobics
<b>Week 3</b>	Free Day	Weights	Aerobics	Weights	Aerobics	Weights	Aerobics
<b>Week 4</b>	Free Day	Weights	Aerobics	Weights	Aerobics	Weights	Aerobics
<b>Week 5</b>	Free Day	Weights	Aerobics	Weights	Aerobics	Weights	Aerobics
<b>Week 6</b>	Free Day	Weights	Aerobics	Weights	Aerobics	Weights	Aerobics
<b>Week 7</b>	Free Day	Weights	Aerobics	Weights	Aerobics	Weights	Aerobics
<b>Week 8</b>	Free Day	Weights	Aerobics	Weights	Aerobics	Weights	Aerobics
<b>Week 9</b>	Free Day	Weights	Aerobics	Weights	Aerobics	Weights	Aerobics
<b>Week 10</b>	Free Day	Weights	Aerobics	Weights	Aerobics	Weights	Aerobics
<b>Week 11</b>	Free Day	Weights	Aerobics	Weights	Aerobics	Weights	Aerobics
<b>Week 12</b>	Free Day	Weights	Aerobics	Weights	Aerobics	Weights	Aerobics

This is the 12-week schedule that most people use. If for some reason this doesn't work for you, it is all right to move things around. If you want your free day on Monday instead of Sunday, that is fine. If this plan conflicts with something in your personal or business life, write a new schedule in the table below:

	<b>Sun.</b>	<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>	<b>Sat.</b>
<b>Week 1</b>							
<b>Week 2</b>							
<b>Week 3</b>							
<b>Week 4</b>							
<b>Week 5</b>							
<b>Week 6</b>							
<b>Week 7</b>							
<b>Week 8</b>							
<b>Week 9</b>							
<b>Week 10</b>							
<b>Week 11</b>							
<b>Week 12</b>							

That's it, now you should have everything scheduled in a time that works for you.

**Step 5- Order Supplements:**

Now that you are almost ready to begin the program, I highly recommend that you order supplements. Supplements will make dieting easier and will help enhance your results. I am not big on the hype that supplements get, but these supplements have helped my clients and myself in the past. I give them my highest recommendation:

1. EAS myoplex meal replacement shake.
2. Whey protein powder
3. Multivitamins

These supplements can be found at this URL:

<http://www.bodybuilding.com>

You can order these supplements from this website or go to a local health and fitness store. Every health and supplement store will carry these products.

**Step 6- Announce Your Goals:**

If you really want this program to work, you must make a public commitment by telling three people your goals. Think of three people that you see once a day or a few times a

week. These people will be very helpful through the 12-weeks. On the following lines, write down the names and phone number of the three people you are going to call:

Name \_\_\_\_\_ Phone # \_\_\_\_\_

Name \_\_\_\_\_ Phone # \_\_\_\_\_

Name \_\_\_\_\_ Phone # \_\_\_\_\_

These people can be anyone, your mom or dad, a neighbor, a friend. Just someone that you talk with or see on a regular basis. Tell the guy at the front desk at your gym. It doesn't have to be a long drawn out conversation. It could be "Hey Bob, in 12 weeks I am going to be 15 pounds lighter," or "Hey Bob, I am going to lose 5% of my body fat in the next 12 weeks."

**Step 7- Recognize possible obstacles:**

With everything that we do in life, something always seems to come up. These “things” that come up interfere with who we want to be and where we want to go in life. I love to sleep in and it created obstacles for me in my life. So I had to recognize that it was



getting in the way and change that behavior. So there are some obstacles in your fitness path otherwise you would already have the body you desire.

In order to achieve our goals we need to recognize these obstacles. Take a few minutes and think about what is getting in your way. Is it an eating habit, a sleeping habit, or maybe exercising just wasn't important to you in the past. Write down three possible obstacles on the following lines:

**3 Possible obstacles:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Now that you have recognized these obstacles, make a commitment to change these three behaviors so you can achieve your goals. If you have a bad eating habit, make an extra effort to fix it. If you can overcome obstacles it will be smooth sailing until you have a great looking physique.

### **Step 8- Begin the program**

That's it. You're done; this could be the end or the beginning. Its up to you now, if you want to take 12 weeks out of your life to accomplish your goals- do it now. Make a commitment to do the program and you will be glad that you did.

It is a test of physical and mental strength. Remember if you want to be average, you can do average things. If you want to set yourself apart from the majority, you have to do a little more than just average things.

A true challenge is never easy; otherwise it would not be a challenge. The hardest part will be getting started and sticking with it. If you are going to give up, you will most likely do it in the first few weeks. Be aware of that and focus as you begin the program. If you find that you are having a difficult time sticking to the diet or to the exercise schedule, please contact me and I will do my best to help you. You can email me at: [Will@bodybuilding.com](mailto:Will@bodybuilding.com). Please also share your success stories with me, I will be publishing success stories and testimonials on the website.

Get started today and you will be very happy with your results in 12 weeks.

**Appendix A- Example Meals:**

---

Here are 75 examples of what you can eat in the morning, noon, and night. Be creative with your recipes. The following items are foods that I like and that I eat when I am on the 12-week diet. These foods ideas should be homemade, you will get the most nutritional value by doing this. For example, and **Egg McMuffin** can be purchased at McDonalds. When I recommend it as a *Morning Idea*, I am referring to a homemade **Egg McMuffin**. Here are the meal ideas:

Since you will be eating six meals a day, I recommend two items a day from each category:

<b>Morning Ideas</b>	<b>Afternoon Ideas</b>	<b>Evening Ideas</b>
Omelet	Chicken salad	Vegetable pasta
Fruit & cottage cheese	Chicken stir fry	Fajitas
Pancakes*	Chicken fajita wraps	Fresh turkey & stuffing
Toasted bagel with eggs	Low fat chicken pizza	Meatloaf
Low fat muffins*	BBQ chicken sandwich	Shrimp pasta
Bagel & cream cheese	Bean burrito	Beef stew
Oatmeal	Soft tacos	Beef stir fry
Fruit smoothie*	Taco salad	Chicken stir fry
Breakfast burrito	Low fat beef nachos	Broccoli, chicken, & rice
Shredded wheat cereal	Tuna sandwich	Lean shiska bobs
Waffles & poached eggs	Tuna & crackers	Chicken & dumplings
Fat-free turkey bacon & eggs	Chicken burrito	Chicken pasta primavera
Egg salad sandwich	Chicken ceaser wraps	Orange roughy
Egg & avocado toasted sandwich	Chicken quesadillas (low fat cheese)	Top round steak & scalloped potatoes
French toast with sugar-free topping	Baked french fries and hamburger	Broiled chicken & steamed potatoes

Note: Items with an (\*) *asterisk* next to them should have 1-2 scoops of whey protein added to the mix so they carry enough protein for that meal.

**Appendix B- Tracking and planning charts for 11-weeks**

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**Week 2 Body fat Measurements:**

<b>Skin fold Measuring Sites:</b>	<b>Measurement Results:</b>
Upper Chest	
Right Tricep	
Right Bicep	
Suprailiac	
Kidney	
Subscapular	
Stomach	
Right Calf	
Right Thigh	
Sum of Measurements (Add them all up)	
Your Body Weight	
$((\text{Sum of Measurements}/\text{Body Weight}) \times 27) =$ Your Body-Fat Percentage	
Pounds of fat $((\text{Body weight} \times \text{Body Fat})/100)$	
LBM- Lean Body Mass (Body Weight-Lbs of fat)	

**Week 2 Tape Measurements:**

<b>Body Measurements:</b>	<b>Measurement Results:</b>
Weight	
Body Fat Percentage	
Chest Measurement	
Waist Measurement	
Hip Measurement	
Right Bicep Measurement	
Right Thigh Measurement	
Right Calf Measurement	

<b><u>Week 2</u> <u>Meal</u> <u>Schedule</u></b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>
<b>Monday</b>						
<b>Tuesday</b>						
<b>Wednesday</b>						
<b>Thursday</b>						
<b>Friday</b>						
<b>Saturday</b>						
<b>Sunday- Free Day</b>						



**Week 2**

<b>Workout #1</b>	<b><u>Warm-up Set- 15 Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
DB Bench Press				
DB Shoulder Press				
Tricep Pushdown				
Crunches				

<b>Workout #3</b>	<b><u>Warm-up Set- 15 Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Leg Press				
Hamstring Curl				
Leg Extension				
Calf Raise				

<b>Workout #5</b>	<b><u>Warm-up Set- 15 Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Bicep Curl				
Lat Pulldown				
One Arm Row				
Side Crunch				

- Alternate arms for "One Arm Row" (15 reps with each arm)
- For your cardio exercise this week use the treadmill
- Take a one minute rest between sets
- **Workout #2-** 20 Minutes of Cardio Interval Training
- **Workout #4-** 20 Minutes of Cardio Interval Training
- **Workout #6-** 20 Minutes of Cardio Interval Training

**Week 3:**

### Week 3 Body fat Measurements:

<b>Skin fold Measuring Sites:</b>	<b>Measurement Results:</b>
Upper Chest	
Right Tricep	
Right Bicep	
Suprailiac	
Kidney	
Subscapular	
Stomach	
Right Calf	
Right Thigh	
Sum of Measurements (Add them all up)	
Your Body Weight	
$((\text{Sum of Measurements}/\text{Body Weight}) \times 27) =$ Your Body-Fat Percentage	
Pounds of fat $((\text{Body weight} \times \text{Body Fat})/100)$	
LBM- Lean Body Mass $(\text{Body Weight}-\text{Lbs of fat})$	

### Week 3 Tape Measurements:

<b>Body Measurements:</b>	<b>Measurement Results:</b>
Weight	
Body Fat Percentage	
Chest Measurement	
Waist Measurement	
Hip Measurement	
Right Bicep Measurement	
Right Thigh Measurement	
Right Calf Measurement	

<b><u>Week 3</u></b> <b><u>Meal</u></b> <b><u>Schedule</u></b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>
<b>Monday</b>						
<b>Tuesday</b>						
<b>Wednesday</b>						
<b>Thursday</b>						
<b>Friday</b>						
<b>Saturday</b>						
<b>Sunday- Free Day</b>						

**Week 3**

<b>Workout #1</b>	<b><u>Warm-up Set- 15</u> <u>Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
DB Bench Press				
DB Shoulder Press				
Tricep Pushdown				
Crunches				

<b>Workout #3</b>	<b><u>Warm-up Set- 15</u> <u>Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Leg Press				
Hamstring Curl				
Leg Extension				
Calf Raise				

<b>Workout #5</b>	<b><u>Warm-up Set- 15</u> <u>Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Bicep Curl				
Lat Pulldown				
One Arm Row				
Side Crunch				

- Alternate arms for "One Arm Row" (15 reps with each arm)
- For your cardio exercise this week use the treadmill
- Take a one minute rest between sets
- **Workout #2-** 20 Minutes of Cardio Interval Training
- **Workout #4-** 20 Minutes of Cardio Interval Training
- **Workout #6-** 20 Minutes of Cardio Interval Training

### Week 4:

**Week 4 Body fat Measurements:**

<b>Skin fold Measuring Sites:</b>	<b>Measurement Results:</b>
Upper Chest	
Right Tricep	
Right Bicep	
Suprailiac	
Kidney	
Subscapular	
Stomach	
Right Calf	
Right Thigh	
Sum of Measurements (Add them all up)	
Your Body Weight	
$((\text{Sum of Measurements}/\text{Body Weight}) \times 27) =$ Your Body-Fat Percentage	
Pounds of fat $((\text{Body weight} \times \text{Body Fat})/100)$	
LBM- Lean Body Mass $(\text{Body Weight}-\text{Lbs of fat})$	

**Week 4 Tape Measurements:**

<b>Body Measurements:</b>	<b>Measurement Results:</b>
Weight	
Body Fat Percentage	
Chest Measurement	
Waist Measurement	
Hip Measurement	
Right Bicep Measurement	
Right Thigh Measurement	
Right Calf Measurement	

<b><u>Week 4</u></b> <b><u>Meal</u></b> <b><u>Schedule</u></b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>
<b>Monday</b>						
<b>Tuesday</b>						
<b>Wednesday</b>						
<b>Thursday</b>						
<b>Friday</b>						
<b>Saturday</b>						
<b>Sunday- Free Day</b>						

**Week 4**

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<b>Workout #1</b>	<b><u>Warm-up Set- 15</u> <u>Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
DB Bench Press				
DB Shoulder Press				
Tricep Pushdown				
Crunches				

<b>Workout #3</b>	<b><u>Warm-up Set- 15</u> <u>Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Leg Press				
Hamstring Curl				
Leg Extension				
Calf Raise				

<b>Workout #5</b>	<b><u>Warm-up Set- 15</u> <u>Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Bicep Curl				
Lat Pulldown				
One Arm Row				
Side Crunch				

- Alternate arms for "One Arm Row" (15 reps with each arm)
- For your cardio exercise this week use the treadmill
- Take a one minute rest between sets
- **Workout #2-** 20 Minutes of Cardio Interval Training
- **Workout #4-** 20 Minutes of Cardio Interval Training
- **Workout #6-** 20 Minutes of Cardio Interval Training

## **Week 5:**

**Week 5 Body fat Measurements:**

<b>Skin fold Measuring Sites:</b>	<b>Measurement Results:</b>
Upper Chest	
Right Tricep	
Right Bicep	
Suprailiac	
Kidney	
Subscapular	
Stomach	
Right Calf	
Right Thigh	
Sum of Measurements (Add them all up)	
Your Body Weight	
$((\text{Sum of Measurements}/\text{Body Weight}) \times 27) =$ Your Body-Fat Percentage	
Pounds of fat $((\text{Body weight} \times \text{Body Fat})/100)$	
LBM- Lean Body Mass $(\text{Body Weight}-\text{Lbs of fat})$	

**Week 5 Tape Measurements:**

<b>Body Measurements:</b>	<b>Measurement Results:</b>
Weight	
Body Fat Percentage	
Chest Measurement	
Waist Measurement	
Hip Measurement	
Right Bicep Measurement	
Right Thigh Measurement	
Right Calf Measurement	



<b><u>Week 5</u> <u>Meal</u> <u>Schedule</u></b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>
<b>Monday</b>						
<b>Tuesday</b>						
<b>Wednesday</b>						
<b>Thursday</b>						
<b>Friday</b>						
<b>Saturday</b>						
<b>Sunday- Free Day</b>						

**Week 5**

<b>Workout #1</b>	<b><u>Warm-up Set- 15 Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Bench Press				
Shoulder Press				
Tricep Barbell Extensions				
Decline Crunches				

<b>Workout #3</b>	<b><u>Warm-up Set- 15 Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Leg Press				
Deadlift				
Leg Extension				
Calf Raise				

<b>Workout #5</b>	<b><u>Warm-up Set- 15 Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Bicep Barbell Curl				
Upright Row				
*Lat Pulldowns				
Side Crunch				

- \*Reverse grip on lat pulldowns
- Use the stairclimber for your cardio exercise
- Take a one minute rest between sets
- **Workout #2-** 20 Minutes of Cardio Interval Training
- **Workout #4-** 20 Minutes of Cardio Interval Training
- **Workout #6-** 20 Minutes of Cardio Interval Training

**Week 6:**

**Week 6 Body fat Measurements:**

<b>Skin fold Measuring Sites:</b>	<b>Measurement Results:</b>
Upper Chest	
Right Tricep	
Right Bicep	
Suprailiac	
Kidney	
Subscapular	
Stomach	
Right Calf	
Right Thigh	
Sum of Measurements (Add them all up)	
Your Body Weight	
$((\text{Sum of Measurements}/\text{Body Weight}) \times 27) =$ Your Body-Fat Percentage	
Pounds of fat $((\text{Body weight} \times \text{Body Fat})/100)$	
LBM- Lean Body Mass $(\text{Body Weight}-\text{Lbs of fat})$	

**Week 6 Tape Measurements:**

<b>Body Measurements:</b>	<b>Measurement Results:</b>
Weight	
Body Fat Percentage	
Chest Measurement	
Waist Measurement	
Hip Measurement	
Right Bicep Measurement	
Right Thigh Measurement	
Right Calf Measurement	

<b><u>Week 6</u> <u>Meal</u> <u>Schedule</u></b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>
<b>Monday</b>						
<b>Tuesday</b>						
<b>Wednesday</b>						
<b>Thursday</b>						
<b>Friday</b>						
<b>Saturday</b>						
<b>Sunday- Free Day</b>						

**Week 6**

<b>Workout #1</b>	<b><u>Warm-up Set- 15 Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Bench Press				
Shoulder Press				
Tricep Barbell Extensions				
Decline Crunches				

<b>Workout #3</b>	<b><u>Warm-up Set- 15 Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Leg Press				
Deadlift				
Leg Extension				
Calf Raise				

<b>Workout #5</b>	<b><u>Warm-up Set- 15 Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Bicep Barbell Curl				
Upright Row				
*Lat Pulldowns				
Side Crunch				

- \*Reverse grip on lat pulldowns
- Use the stairclimber for your cardio exercise
- Take a one minute rest between sets
- **Workout #2-** 20 Minutes of Cardio Interval Training
- **Workout #4-** 20 Minutes of Cardio Interval Training
- **Workout #6-** 20 Minutes of Cardio Interval Training

**Week 7:**

**Week 7 Body fat Measurements:**

<b>Skin fold Measuring Sites:</b>	<b>Measurement Results:</b>
Upper Chest	
Right Tricep	
Right Bicep	
Suprailiac	
Kidney	
Subscapular	
Stomach	
Right Calf	
Right Thigh	
Sum of Measurements (Add them all up)	
Your Body Weight	
$((\text{Sum of Measurements}/\text{Body Weight}) \times 27) =$ Your Body-Fat Percentage	
Pounds of fat $((\text{Body weight} \times \text{Body Fat})/100)$	
LBM- Lean Body Mass $(\text{Body Weight}-\text{Lbs of fat})$	

**Week 7 Tape Measurements:**

<b>Body Measurements:</b>	<b>Measurement Results:</b>
Weight	
Body Fat Percentage	
Chest Measurement	
Waist Measurement	
Hip Measurement	
Right Bicep Measurement	
Right Thigh Measurement	
Right Calf Measurement	

<b><u>Week 7</u> <u>Meal</u> <u>Schedule</u></b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>
<b>Monday</b>						
<b>Tuesday</b>						
<b>Wednesday</b>						
<b>Thursday</b>						
<b>Friday</b>						
<b>Saturday</b>						
<b>Sunday- Free Day</b>						

**Week 7**

<b>Workout #1</b>	<b><u>Warm-up Set- 15 Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Bench Press				
Shoulder Press				
Tricep Barbell Extensions				
Decline Crunches				

<b>Workout #3</b>	<b><u>Warm-up Set- 15 Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Leg Press				
Deadlift				
Leg Extension				
Calf Raise				

<b>Workout #5</b>	<b><u>Warm-up Set- 15 Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Bicep Barbell Curl				
Upright Row				
*Lat Pulldowns				
Side Crunch				

- \*Reverse grip on lat pulldowns
- Use the stairclimber for your cardio exercise
- Take a one minute rest between sets
- **Workout #2-** 20 Minutes of Cardio Interval Training
- **Workout #4-** 20 Minutes of Cardio Interval Training
- **Workout #6-** 20 Minutes of Cardio Interval Training



## Week 8:

### Week 8 Body fat Measurements:

<b>Skin fold Measuring Sites:</b>	<b>Measurement Results:</b>
Upper Chest	
Right Tricep	
Right Bicep	
Suprailiac	
Kidney	
Subscapular	
Stomach	
Right Calf	
Right Thigh	
Sum of Measurements (Add them all up)	
Your Body Weight	
$((\text{Sum of Measurements}/\text{Body Weight}) \times 27) =$ Your Body-Fat Percentage	
Pounds of fat $((\text{Body weight} \times \text{Body Fat})/100)$	
LBM- Lean Body Mass $(\text{Body Weight}-\text{Lbs of fat})$	

### Week 8 Tape Measurements:

<b>Body Measurements:</b>	<b>Measurement Results:</b>
Weight	
Body Fat Percentage	
Chest Measurement	
Waist Measurement	
Hip Measurement	
Right Bicep Measurement	
Right Thigh Measurement	
Right Calf Measurement	

<b><u>Week 8</u> <u>Meal</u> <u>Schedule</u></b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>
<b>Monday</b>						
<b>Tuesday</b>						
<b>Wednesday</b>						
<b>Thursday</b>						
<b>Friday</b>						
<b>Saturday</b>						
<b>Sunday- Free Day</b>						

**Week 8**

<b>Workout #1</b>	<b><u>Warm-up Set- 15 Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Bench Press				
Shoulder Press				
Tricep Barbell Extensions				
Decline Crunches				

<b>Workout #3</b>	<b><u>Warm-up Set- 15 Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Leg Press				
Deadlift				
Leg Extension				
Calf Raise				

<b>Workout #5</b>	<b><u>Warm-up Set- 15 Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Bicep Barbell Curl				
Upright Row				
*Lat Pulldowns				
Side Crunch				

- \*Reverse grip on lat pulldowns
- Use the stairclimber for your cardio exercise
- Take a one minute rest between sets
- **Workout #2-** 20 Minutes of Cardio Interval Training
- **Workout #4-** 20 Minutes of Cardio Interval Training
- **Workout #6-** 20 Minutes of Cardio Interval Training

**Week 9:**

**Week 9 Body fat Measurements:**

<b>Skin fold Measuring Sites:</b>	<b>Measurement Results:</b>
Upper Chest	
Right Tricep	
Right Bicep	
Suprailiac	
Kidney	
Subscapular	
Stomach	
Right Calf	
Right Thigh	
Sum of Measurements (Add them all up)	
Your Body Weight	
$((\text{Sum of Measurements}/\text{Body Weight}) \times 27) =$ Your Body-Fat Percentage	
Pounds of fat $((\text{Body weight} \times \text{Body Fat})/100)$	
LBM- Lean Body Mass $(\text{Body Weight}-\text{Lbs of fat})$	

**Week 9 Tape Measurements:**

<b>Body Measurements:</b>	<b>Measurement Results:</b>
Weight	
Body Fat Percentage	
Chest Measurement	
Waist Measurement	
Hip Measurement	
Right Bicep Measurement	
Right Thigh Measurement	
Right Calf Measurement	

<b><u>Week 9</u></b> <b><u>Meal</u></b> <b><u>Schedule</u></b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>
<b>Monday</b>						
<b>Tuesday</b>						
<b>Wednesday</b>						
<b>Thursday</b>						
<b>Friday</b>						
<b>Saturday</b>						
<b>Sunday- Free Day</b>						

**Week 9**

<b>Workout #1</b>	<b><u>Warm-up Set- 15 Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Incline Bench Press				
Lateral Raise				
Bench Dips				
Decline Crunches				

<b>Workout #3</b>	<b><u>Warm-up Set- 15 Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Squats				
Deadlift				
Leg Extension				
Calf Raise				

<b>Workout #5</b>	<b><u>Warm-up Set- 15 Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Seated Incline Curl				
Upright Row				
Bent Over Row *				
Butt Raises				

- \* Alternate arms for "One Arm Row" (15 reps with each arm)
- Use the stairclimber for your cardio exercise
- Take a one minute rest between sets
- **Workout #2-** 20 Minutes of Cardio Interval Training
- **Workout #4-** 20 Minutes of Cardio Interval Training
- **Workout #6-** 20 Minutes of Cardio Interval Training

**Week 10:**

**Week 10 Body fat Measurements:**

<b>Skin fold Measuring Sites:</b>	<b>Measurement Results:</b>
Upper Chest	
Right Tricep	
Right Bicep	
Suprailiac	
Kidney	
Subscapular	
Stomach	
Right Calf	
Right Thigh	
Sum of Measurements (Add them all up)	
Your Body Weight	
$((\text{Sum of Measurements}/\text{Body Weight}) \times 27) =$ Your Body-Fat Percentage	
Pounds of fat $((\text{Body weight} \times \text{Body Fat})/100)$	
LBM- Lean Body Mass $(\text{Body Weight}-\text{Lbs of fat})$	

**Week 10 Tape Measurements:**

<b>Body Measurements:</b>	<b>Measurement Results:</b>
Weight	
Body Fat Percentage	
Chest Measurement	
Waist Measurement	
Hip Measurement	
Right Bicep Measurement	
Right Thigh Measurement	
Right Calf Measurement	

<b><u>Week 10</u></b> <b><u>Meal</u></b> <b><u>Schedule</u></b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>
<b>Monday</b>						
<b>Tuesday</b>						
<b>Wednesday</b>						
<b>Thursday</b>						
<b>Friday</b>						
<b>Saturday</b>						
<b>Sunday- Free Day</b>						



**Week 10**

<b>Workout #1</b>	<b><u>Warm-up Set- 15 Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Incline Bench Press				
Lateral Raise				
Bench Dips				
Decline Crunches				

<b>Workout #3</b>	<b><u>Warm-up Set- 15 Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Squats				
Deadlift				
Leg Extension				
Calf Raise				

<b>Workout #5</b>	<b><u>Warm-up Set- 15 Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Seated Incline Curl				
Upright Row				
Bent Over Row *				
Butt Raises				

- \* Alternate arms for "One Arm Row" (15 reps with each arm)
- Use the stairclimber for your cardio exercise
- Take a one minute rest between sets
- **Workout #2-** 20 Minutes of Cardio Interval Training
- **Workout #4-** 20 Minutes of Cardio Interval Training
- **Workout #6-** 20 Minutes of Cardio Interval Training

**Week 11:**

**Week 11 Body fat Measurements:**

<b>Skin fold Measuring Sites:</b>	<b>Measurement Results:</b>
Upper Chest	
Right Tricep	
Right Bicep	
Suprailiac	
Kidney	
Subscapular	
Stomach	
Right Calf	
Right Thigh	
Sum of Measurements (Add them all up)	
Your Body Weight	
$((\text{Sum of Measurements}/\text{Body Weight}) \times 27) =$ Your Body-Fat Percentage	
Pounds of fat $((\text{Body weight} \times \text{Body Fat})/100)$	
LBM- Lean Body Mass $(\text{Body Weight}-\text{Lbs of fat})$	

**Week 11 Tape Measurements:**

<b>Body Measurements:</b>	<b>Measurement Results:</b>
Weight	
Body Fat Percentage	
Chest Measurement	
Waist Measurement	
Hip Measurement	
Right Bicep Measurement	
Right Thigh Measurement	
Right Calf Measurement	

<b><u>Week 11</u></b> <b><u>Meal</u></b> <b><u>Schedule</u></b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>
<b>Monday</b>						
<b>Tuesday</b>						
<b>Wednesday</b>						
<b>Thursday</b>						
<b>Friday</b>						
<b>Saturday</b>						
<b>Sunday- Free Day</b>						

**Week 11**

<b>Workout #1</b>	<b><u>Warm-up Set- 15 Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Incline Bench Press				
Lateral Raise				
Bench Dips				
Decline Crunches				

<b>Workout #3</b>	<b><u>Warm-up Set- 15 Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Squats				
Deadlift				
Leg Extension				
Calf Raise				

<b>Workout #5</b>	<b><u>Warm-up Set- 15 Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Seated Incline Curl				
Upright Row				
Bent Over Row *				
Butt Raises				

- \* Alternate arms for "One Arm Row" (15 reps with each arm)
- Use the stairclimber for your cardio exercise
- Take a one minute rest between sets
- **Workout #2-** 20 Minutes of Cardio Interval Training
- **Workout #4-** 20 Minutes of Cardio Interval Training
- **Workout #6-** 20 Minutes of Cardio Interval Training

**Week 12:**

**Week 12 Body fat Measurements:**

<b>Skin fold Measuring Sites:</b>	<b>Measurement Results:</b>
Upper Chest	
Right Tricep	
Right Bicep	
Suprailiac	
Kidney	
Subscapular	
Stomach	
Right Calf	
Right Thigh	
Sum of Measurements (Add them all up)	
Your Body Weight	
$((\text{Sum of Measurements}/\text{Body Weight}) \times 27) =$ Your Body-Fat Percentage	
Pounds of fat $((\text{Body weight} \times \text{Body Fat})/100)$	
LBM- Lean Body Mass $(\text{Body Weight}-\text{Lbs of fat})$	

**Week 12 Tape Measurements:**

<b>Body Measurements:</b>	<b>Measurement Results:</b>
Weight	
Body Fat Percentage	
Chest Measurement	
Waist Measurement	
Hip Measurement	
Right Bicep Measurement	
Right Thigh Measurement	
Right Calf Measurement	

<b><u>Week 12</u></b> <b><u>Meal</u></b> <b><u>Schedule</u></b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>	<b>Meal 4</b>	<b>Meal 5</b>	<b>Meal 6</b>
<b>Monday</b>						
<b>Tuesday</b>						
<b>Wednesday</b>						
<b>Thursday</b>						
<b>Friday</b>						
<b>Saturday</b>						
<b>Sunday- Free Day</b>						

**Week 12**

<b>Workout #1</b>	<b><u>Warm-up Set- 15 Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Incline Bench Press				
Lateral Raise				
Bench Dips				
Decline Crunches				

<b>Workout #3</b>	<b><u>Warm-up Set- 15 Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Squats				
Deadlift				
Leg Extension				
Calf Raise				

<b>Workout #5</b>	<b><u>Warm-up Set- 15 Reps</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>	<b><u>Work Set- 15</u></b>
Seated Incline Curl				
Upright Row				
Bent Over Row *				
Butt Raises				

- \* Alternate arms for "One Arm Row" (15 reps with each arm)
- Use the stairclimber for your cardio exercise
- Take a one minute rest between sets
- **Workout #2-** 20 Minutes of Cardio Interval Training
- **Workout #4-** 20 Minutes of Cardio Interval Training
- **Workout #6-** 20 Minutes of Cardio Interval Training

## **Endnotes:**

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- <sup>i</sup> Houghton Mifflin Co. 1994: The American Heritage Dictionary, Houghton Mifflin. Dell Publishing, NY. Pp. 239.
  - <sup>ii</sup> Clark 2001. Nutrition Bar Codes, Clark, Nancy. American Fitness, Vol. 19 Issue 1, p54, 3p.
  - <sup>iii</sup> Parrillo 1993: High-Performance bodybuilding, J. Parillo and M. Greenwood-Robinson. Berkley Publishing Group, NY. Pp. 196-172.