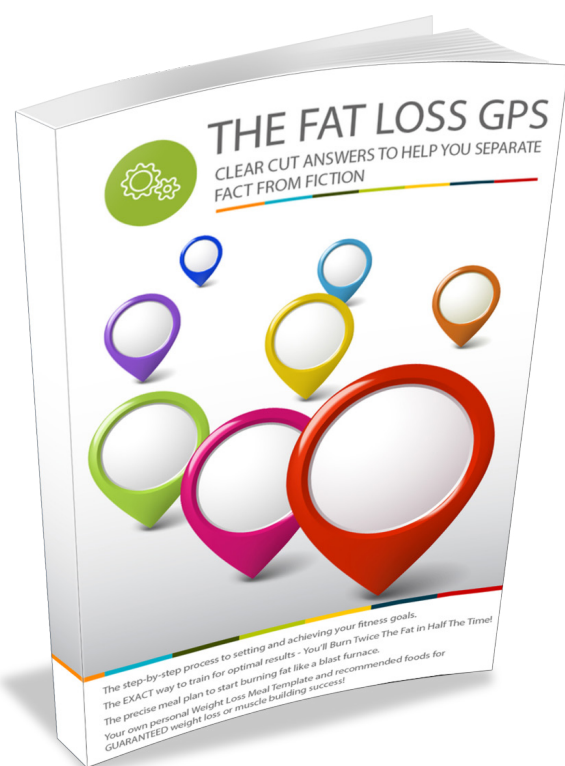


Thank you for allowing us to be of service to you, and for letting us help you discover that the proven principles of this manual are a gateway to a breath-taking, healthy lifestyle - a style of living that has helped people from every corner of the world *LIVE LIFE*, not just endure it.

We consider it an honor and a privilege that you have allowed our expert staff to support your efforts to be the best that you can be. And we promise that we will continue to help you in any way we can.

YOU HAVE THE QUESTIONS - WE HAVE THE ANSWERS





THE FAT LOSS GPS

CLEAR CUT ANSWERS TO HELP YOU SEPARATE
FACT FROM FICTION



The step-by-step process to setting and achieving your fitness goals.

The EXACT way to train for optimal results - You'll Burn Twice The Fat in Half The Time!

The precise meal plan to start burning fat like a blast furnace.

Your own personal Weight Loss Meal Template and recommended foods for
GUARANTEED weight loss or muscle building success!

FORWARD

Quick Fix, Fast Failure

We live in a quick-fix society. When we want something, we want it now!

Worse, we're constantly presented with ways to lose weight immediately — advertisements convince us that we **can** lose inches by tomorrow, and be slimmer by next week. There's no harm in wanting to lose weight by yesterday. After all, it's **possible**. Isn't it?

NO! Not at all. When it comes down to it, fast weight loss cannot last, because it usually means adapting to very difficult eating habits and an impossible-to-live-with lifestyle. Plus, with quick-fix diets, our metabolism slows down, and eventually we're eating fewer and fewer calories but not losing weight. This leads to anxiety, which prompts us to eat even fewer calories to try to lose. The body rebels against that even more.

So it becomes a vicious cycle. Because if you don't get enough nutrients — which is a major risk when you're going for a quick fix — your brain, and then your body, will, well, **insist** that you eat. To your body, it's nothing more than survival. But to you, it will feel like you're giving into cravings and losing control. Then you'll feel shame and failure, which might very well send you to the fridge.

It's a never-ending yo-yo cycle of weight gain, then loss, then gain again.

If we strive for slow and steady weight loss, on the other hand (a healthy rate of weight loss is two pounds per week or less), not only will you be doing a service to your body, you'll be more likely to keep that weight off for good. Isn't that better than rebounding?

Why Slow Weight Loss Lasts

It's that kind of "through thick and thin" attitude that will take people from thick to thin for good. Losing weight slowly isn't just healthier, it's a better investment. Not only are you shedding pounds, you're working on building habits that you'll be able to maintain. And those habits will help you maintain the weight you lost, so you can stay at your weight goal for good.

Plus, you will have more energy to live life in the present, because you're not starving and focusing on food. You're creating a healthy relationship with food, so food will become your friend rather than your enemy. **That's the key to lifelong success.**

Additionally, we know to distance ourselves from the standards set by super-models, actors and actresses. We remind ourselves that they employ stylists, makeup artists, gourmet chefs specializing in low-fat cooking, and personal trainers to keep them toned and lean.

However, it's not so easy to abandon those negative thoughts and comparisons when the picture

of progress and health is sitting right next to us on the couch. There are times when it seems as if everyone in our healthy-lifestyle circle is dropping pounds or knocking back dress sizes while, despite our best broiled-chicken efforts, we remain unchanged.

But don't let this heart-breaker defeat your good intentions. With the right mental attitude you can use this experience to bolster your own progress.

We are all different in every way and that's especially true with weight loss. Weight loss isn't neat and tidy. It comes in spurts. Over time it's significant, and you need to establish your own winning goal and focus on that. **Don't compare yourself with others.**

Remembering that we all lose weight at our own rate provides an opportunity to learn about the beauty of individuality. The most devastating thing we can do when setting a goal for weight loss is to compare our success or progress to others. We are all individuals, not clones who respond like Pavlov dogs or mice to the same experiment.

Our Bodies, Our Weight Loss

It's also important to remember that it's never the same experiment. Dieting history, medications, age, activity level, our percentage of lean body mass, and stress level all play roles in a person's weight loss. In other words, your weight-loss will be different from everyone else's.

Additionally, in the first few weeks of any weight-loss program, losses typically are greater because of lost water weight. **The important thing to remember is that the overall average should be somewhere between one-half to two pounds a week.**

Envision yourself a year from today in the clothes you want to wear. **A pound a week in a year is 52 pounds. That's impressive!**

Finally, **you did not gain weight overnight, so don't expect to lose weight overnight**, either. Be patient. The payoff will be well worth the wait.

Introduction

The number of people in the United States who are overweight has increased over the last two decades. **Current estimates are that over seventy percent of adults and forty percent of children and teenagers in the United States are overweight.** Obesity is a primary causal factor in a wide range of serious diseases including heart disease, stroke, and some types of cancer. It also tends to raise your blood pressure and cholesterol levels, and makes you more likely to develop diabetes. Hence, obesity is one of the most significant **and preventable** causes of death and disability among adults.

The number of calories you eat and the number of calories you burn each day control your body weight. **It is that simple! Calories in vs. Calories out.** So to lose weight, you need to take in fewer calories than you burn. You can do this by becoming more physically active, by eating less or a combination of both. Your weight loss program should also help you make changes that you can maintain for the rest of your life. **Diets don't work... lifestyle changes work!!!**

to families
Must sell!
Best offer!
555-4578

SALE:

DAY, June
no families
Must sell!
Best offer!
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NT:

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furnished,
utilities,
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located at
555-6789
after 5 pm,
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home. Grey and white. Call
555-7979

LOST:

SMALL WHITE POODLE Last
seen on East Main Street. Re-
ward! Please call 555-1212

WANTED:

SOMEONE TO LOVE ME FOR
ME. Looking for a person who
can understand me like no
one else can. Someone who
will appreciate my uniqueness
and respect my opinions. Love
and understanding are a must.
Wanting to develop a life-long
relationship.

FOUND:

LARGE BROWN COLLIE Found

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**If you're looking for someone to love,
start by looking in the mirror!**

Are You Overweight?

The most common way to decide if you are overweight is to determine your Body Mass Index (BMI). The BMI looks at how much you should weigh based on your height. It is a relative comparison of the proportion of fat versus lean muscle on your body.

You can determine your BMI by using the following formula:

1. Divide your weight (in pounds) by your height (in inches) squared.
2. Multiply the result of Step 1 by 705.

For example, if you are 5'3" (63 inches) and weigh 138 pounds, the equation looks like this:

$$\text{BMI} = [138 / (63 \times 63)] \times 705 = 24.5$$

Your BMI should be somewhere in the 19 to 25 range. A BMI of 25 to 29.9 is considered overweight and a BMI over 30 is considered obese. If you are not sure whether or not you are overweight, see your doctor.

If you decide that you need to lose weight, where should you start? **First, and foremost, you should concentrate on eating a healthy diet.** Consider what you are eating. **Unequivocally, nutrition is 70% of the equation necessary to lose body fat.** To lose weight while remaining healthy, you should try to lose only about 1/2 to 2 pounds per week. **One pound equals 3,500 calories.** So if you cut out or exercise off 500 calories per day, you will lose about a pound a week. Losing weight will be easier if you combine exercise with diet management and good nutrition.

Nutrition

A good diet has a structure known as the food pyramid. The idea behind the food pyramid is not necessarily to exclude any particular food, but to eat more of the healthy foods, and less of the unhealthy, fattening foods. You should eat more of the foods at the bottom, largest layer of the pyramid.

- **Grain Group** - breads, cereals, rices, pastas and other foods made from grain. They provide B vitamins, iron, carbohydrates and some proteins.
- **Fruit and Vegetable Group** - Most vitamins, minerals, and fiber can be found in this group.
- **Dairy and Meat Group** - This group contains foods with a lot of protein. Some foods are milk, cheese, poultry, fish and eggs, as well as nuts and beans. In addition to protein, these foods have calcium, iron, phosphorus, B vitamins and zinc.
- **Fats, Oils and Sweets Group** - The foods in this group provide calories, but little nutritional benefit. They include salad dressing, butter, margarine, sugar, sodas and candy. The American Heart Association recommends that no more than 30% of calories come from fats per day.

The American Dietetic Association lists several warning signs to look for in a diet that signals bad nutritional advice:

- Recommendations that promise a quick fix
- Dire warnings of dangers from a single product or regimen
- Claims that sound too good to be true
- Simplistic conclusions drawn from a complex study
- Recommendations based on a single study
- Dramatic statements that are refuted by reputable scientific organizations
- Lists of “good” and “bad” foods
- Recommendations made to help sell a product
- Recommendations based on studies published without peer review
- Recommendations from studies that ignore differences among individuals or groups

Variety is the spice of life! Eating a variety of foods helps provide vitamins, minerals and fiber all of which may help reduce chronic disease risk. *You don't need to give up favorite foods when trying to maintain or lose weight*, but you may need to eat less of it less often. Some tips on eating well and losing weight:

- Choose low fat, low calorie foods. Eat grilled fish instead of fried fish; instead of french fries, have a baked potato (without all of the butter and sour cream).
- Try to limit your serving size and actually measure out the portions of food you are going to eat. It is very easy to overestimate how much you are eating. Keep measuring cups and spoons at the ready.
- Eat a variety of foods for maximum nutritional benefit.
- If you want to be able to eat more food while losing weight, the answer is **EXERCISE**.

Recommended Foods For Weight-Loss Success

PROTEIN	COMPLEX CARBOHYDRATES	FIBROUS CARBOHYDRATES
chicken breast	baked potato	broccoli
turkey breast	sweet potato	cauliflower
lean ground turkey	yam	asparagus
top round steak	steamed brown rice	letuce
top sirloin steak	steamed wild rice	carrots
lean ground beef	steamed white rice	green beans
egg whites or substitute	oatmeal	green peppers
swordfish	pasta	mushrooms
orange roughy	beans	spinach
tuna	corn	onion
salmon	strawberries	peas
crab	apple	celery
lobster	melon	cabbage
shrimp	orange	zucchini
low-fat cottage cheese	fat-free yogurt	artichoke
	whole-wheat bread	

Choose a portion of protein and complex carbohydrates from each column to make a meal. Add a serving of fibrous carbohydrates to at least two of your daily meals.

9 RULES FOR SUCCESSFUL WEIGHT-LOSS

- Eat 5-6 small meals per day, one every 2-3 hours
- Eat one portion of protein and complex carbohydrates with every meal.
- Add fibrous carbohydrates to at least two meals daily.
- A portion of food is approximately the size of your palm or your clenched fist.
- Drink at least 8 glasses of water each day.
- Use Meal Replacement Shakes whenever necessary to assure you are consuming the optimal levels of required nutrients.
- Plan your meals in advance and record what you eat.
- Plan your grocery list.
- Once a week give yourself a free day to eat whatever you want.

Exercise

Regular physical activity will not only help you to lose weight, but you will look and feel better. Exercise will lower your blood pressure and cholesterol, it can reduce your risk of having a heart attack and will temporarily suppress your appetite! **Any activity that is done for at least 30 minutes on most days will help.** You should try to exercise aerobically, meaning hard enough to make your heart pound a little and make you breathe heavier. If you are so out of breath that you can't comfortably talk to someone, you are exercising too hard. **Slow down!** To burn the maximum amount of fat, you should exercise at a lower intensity for a longer period of time.



FACT AND FICTION ABOUT DIET & EXERCISE

FACT: To transform your physique you must train with weights.

FICTION: Aerobics is better for shaping up than weights.

If you do not train with weights your skin will have nothing to “shape” around when the aerobics and diet program reduces body fat.

FACT: If you exercise, it matters even more what you eat.

FICTION: If you exercise, it doesn't matter what you eat.

When you exercise your body requires more calories to compensate for the energy expended.

FACT: Weight training helps women “tone up,” creating lean bodies.

FICTION: If women lift weights they will get “bulky.”

Women do not produce enough testosterone to get big, bulky muscles.

FACT: People of all ages should be weight training.

FICTION: Weight training is only for younger people.

Studies show that older people benefit even more from weight training than younger people.

FACT: Muscles grow while you are resting and recuperating.

FICTION: Muscles grow while you are working out.

Working out actually tears down muscles. They grow, or “shape” when they are resting.

FACT: Eating 5-6 nutritious meals per day is the right way to lose body fat.

FICTION: Eating right means three “square meals” per day.

Your body needs several, frequent meals to optimally shed body fat.

FACT: Your body always needs more water than it is telling you.

FICTION: You need to drink water only when you are thirsty.

If you are thirsty, your body is already in a dehydrated state.

FACT: There is no such thing as eating “perfectly.”

FICTION: You have to eat “perfectly” all of the time.

FACT: Studies do show that many of us do need to take supplements.

FICTION: If you “eat right” you do not need to take supplements.

Most people are lacking in some vitamins and nutrients from their personal food consumption.

Summary

Exercise and eating well, when combined, are the most effective means of losing and maintaining weight. **Period!** To get you on your way to losing weight, try using these strategies:

- Monitor your weight and food intake. Depending on your personality, you may prefer to weigh yourself every week as opposed to every day. Use measuring cups to measure out food portions since it is very easy to overestimate amounts of food.
- Plan your meals ahead of time and have small, healthy snacks if necessary so that you don't become so hungry that you overeat. **A healthy snack is something like a piece of fruit or a handful of raisins or nuts.**
- Try to focus on your internal hunger signals instead of external stimuli telling you to eat. Don't eat if you are not hungry, even if that is the time you normally would eat. You can resist cravings for foods in between meals by doing something to take your mind off eating. Try taking a walk or doing something active to distract yourself until the craving passes.
- Try to avoid high-risk situations where you would tend to overeat. When you feel tired, lonely, bored, depressed or anxious, you are more likely to eat when you are not hungry.
- Try waiting 10 minutes if you have eaten your meal and you are still hungry. Give your meal time to "catch up with you". Cravings for snacks may also pass if you tell yourself to wait 10 minutes or so before you give in.

Losing weight can be very hard and it can take time. **Just remember that you didn't gain weight overnight, and you won't lose it overnight either.** If after several months of eating right and exercising, you still are not losing weight, you may decide to see your doctor. Most people are capable of losing weight on their own, without medical intervention.

REMEMBER: Almost anyone can lose weight!!! Weight loss is based on the Law of Thermodynamics which simply translated refers to the relationship of calories in vs. Calories out... if you burn more calories than you eat, you **WILL LOSE WEIGHT**... if you eat more calories than you burn, you **WILL GAIN WEIGHT**. It's really that simple.

The objective is to allow you to eat as much as possible, and move as little as possible to allow you to reach your personal weight-loss goal. **That is perfect!!!**



SAMPLE DIET PROGRAM

8:00 AM	Breakfast	2 oz. Oatmeal 16 oz. water Apple (optional)
10:00 AM	Mid-morning	Banana, Protein Drink or Protein Bar
1:00 PM	Lunch	4-6 oz. of lean meat (Chicken, turkey, fish, lean beef) 4 oz. vegetable 16 oz. water
4:00 PM	Mid-afternoon	Apple, Protein Drink or Protein Bar
6:00 PM	Dinner	4-6 oz. of lean meat (Chicken, turkey, fish, lean beef) 16 oz. water
8:00 PM	Evening	4-6 oz. of lean meat (Chicken, turkey, fish, lean beef) Small Salad 16 oz. water

Eight Ways to Avoid Cheating on a Diet

We've all done it. Sneaked an extra piece of cake when nobody was looking. Nobody, that is, except the cat, and who was he going to tell? Or we might say that we're running out of the office for a minute to pick up something from the drug store, or the newspaper stand, or the ... Oh! Heck, what does it matter? And instead we go to the new candy shop down the street. Some call it "cheating." Some call it "sneaking." Others call it "closet eating." But one of the reasons dieters "cheat" is that they're often so strict with themselves that they end up feeling deprived.

Remember that healthy eating includes lots of "good" choices with a few "naughty" ones as well. Devising some strategies to help you enjoy treats rather than "cheat" will



help keep you on the straight and narrow path. Here are some suggestions:

1. Plan for treats. Making sure you enjoy your favorite treats every once in a while will help you from feeling deprived. Pick a night each week, **ONLY ONE NIGHT**, when you can indulge in something decadent like a piece of chocolate mud cake. ***Give yourself permission to truly enjoy your dessert!*** Taking time to savor a treat is always more satisfying than gobbling it down with feelings of guilt or shame.

2. Put your food cupboard on a diet. If most of the foods that enter your house are healthy, then the battle is almost won. If you must have tempting foods around for a special occasion, store them out of sight or buy them at the last minute. On the big day, enjoy your favorite foods and send any leftovers home with your guests.

3. Choose your friends wisely. Beware of any “friend” who continually tries to coerce you into “*just a cappuccino*” - which you know really means a cappuccino and a slice of cake with frosting an inch thick. Put these friends on hold until you feel you are strong enough to say “no.” Or suggest a different kind of get-together, such as a walk in the park.

4. Count the cost as well as the calories. Allocate so many dollars per pound you plan to lose and save the money in a separate account or piggy bank. Or “pay” yourself so much every day that you stick to your weight-loss plan. Then treat yourself to something fabulous like a new outfit or a day at a beauty spa.

5. Picture yourself. Find some not-so-flattering photos of yourself and place them strategically at prime temptation spots - the fridge, the cookie jar, or in your desk drawer. That way you will be reminded of the positive changes you’re trying to make to your life whenever you’re tempted to over-indulge.

6. Surround yourself with witnesses. Tell everyone you are changing your eating habits. Give them permission to remind you of your dedication to better health if they catch you transgressing. Beg them to stay on you about it. Make sure you have chosen friends who will support and encourage you. The last thing you need is someone who will try to sabotage your goals. **See #3 above.**

7. Check up on yourself. Keep a food journal where you write down every single thing that passes through your lips each day. If you often eat when you’re upset or stressed, try to record that, too. If you gobbled up a candy bar after arguing with your partner, you probably need to find alternative ways of coping with your moods. Next time try phoning a friend or going for a stress-relieving walk.

8. Keep a sense of proportion. We all slip up from time to time. We all forget our best resolutions and bend the rules. It’s not the end of the world. The worst thing you can do is give in and say “*Well, I blew it. Let’s forget it. I’m never going to succeed.*” Now, that would really be cheating. Not just cheating on your diet, but cheating on yourself and your health as well. Just get right back on track. Forget it. Move on.

The Top Six Weight Loss Lies

What lies are you telling yourself as you journey along the road to weight loss? Maybe more than you realize. It’s time to get honest, because those untruths may stand in the way of you reaching your aims.

Most people set unrealistic goals or deprive themselves in extreme ways that are very difficult, if not impossible, to maintain. It's no wonder so many people lose weight initially but then have difficulty keeping the weight off.

Here we address the most common myths that undermine a healthy approach to weight loss — along with tips on overcoming them to achieve success.

1. I need to go on a “diet.”

The whole concept of a “diet” sets us up to think we will be “on a diet” then “off a diet.” Instead, think of your weight-loss plan as a lifestyle commitment to healthy eating and exercise, for the long haul.

2. I'll get back on track on Monday/after the holidays/when the sun comes out.

There's no day like today. If you slip, just pick up where you left off. Persistence works wonders.

3. All my problems will be solved when I lose weight.

Dropping pounds may leave you feeling healthier and happier — but it won't make you more lovable or turn you into a runway model. **Be clear about why you want to lose weight and set realistic goals.** It's far more motivating to strive toward being fit and energetic than it is to strive toward being a size 2.

4. Fat people don't deserve to eat.

Do you forego the office pizza because you're afraid people will think you shouldn't be eating? Seeing yourself through others' eyes in a harsh, critical way is a guaranteed way to blow a weight-loss plan. Instead, it's more effective to focus on developing a more loving relationship with your body. A study published in the *Journal of Behavioral Medicine* (Winter 1998) found that those who started out accepting their bodies were more than twice as likely to lose weight as those who felt dissatisfied or ashamed.

5. I shouldn't wear a bathing suit (shorts, a tank top) until I've lost all the weight.

Lots of people of all different sizes enjoy sexy clothes. When you love yourself, you start enjoying life. Break big goals into smaller ones, and reward yourself along the way. Instead of saying, “*I need to lose 25 pounds,*” say, “*I'll buy a new swimsuit when I'm one size smaller.*”

6. The less I eat, the faster I'll lose. Wrong! The less you eat, the slower your metabolism gets, and the slower you will lose the weight. Deprivation also makes us unhappy and actually causes us to overeat and overindulge. A slow and steady approach — including treating yourself to your favorite foods, in moderation — is your best chance for reaching your long-term weight-loss goals. So stop telling yourself lies that sabotage your efforts. Instead, start living your life with a weight loss plan that works for you. You'll feel better about yourself, your confidence will grow, and you'll keep the weight off.



***Procrastination
is suicide on
the...***

***Installment
Plan!***

**Most people give
up just when
they're about to
achieve
success.**

Six Keys to Fitness Success

The first thing I can tell you is that the information in this manual will work for you! I guarantee it! The exercise information is based on solid research and principles of exercise physiology, and the fat loss information is very different from popular weight-loss fads that can be restrictive, unbalanced, and can even set you up for failure after some initial success.

If the prospect of changing your body seems daunting, I'll tell you a secret that's been the basis of every worthwhile goal I've ever reached. The key to success, in anything, isn't extraordinary, super-human effort. ***It's daily action.*** You find a set of actions that you believe will produce good results if you follow them consistently, and then you follow them consistently. You don't reach a goal by constantly saying, so little done, so much more to do. Just focus on taking small consistent steps, and suddenly you'll discover that you've arrived. The focus should be squarely on the present - "What are the actions I can take today that will bring success?"

You can do this. As you'll see, a good fitness program isn't accidental. All the pieces are explained in this manual, in exact detail. They're specific, and they're crucial. In my view, the following six elements, with no pieces missing, are essential to fast fitness:

- 1) Cardiovascular exercise (2-4 x weekly, 30-45 minutes per session) - Interval training
- 2) Resistance training (2-5 x weekly, 25-45 minutes per session)
- 3) Water!
- 4) Four to six limited, balanced meals each day
- 5) Focus on creating a deficit
- 6) Sufficient rest

Now let me explain these briefly, and in more detail later. If your current program is not working for you, for any reason, you need to add the missing pieces of the puzzle to make it work. **Period!**

Now, before you start feeling overwhelmed, let me assure you that there are appropriate ways to include all of these in your program, regardless of your age, gender or level of fitness. ***The key is starting at the proper level.*** If you're new to exercise, I strongly recommend that you have a conversation with your doctor first, and it's perfectly OK to start slowly.

Let's go through each of the components individually. On the exercise front, the most effective way to get fit is to include a specific variety of exercises in your program. This includes cardiovascular exercise, interval training and resistance training.

***THE BEST EXERCISE
IS THE ONE YOU...***

***ACTUALLY
DO!***

1. Cardiovascular Exercise

Breathe. If you want to measure how many calories someone is burning, with great accuracy, you measure their breathing. One of the first things you can do to improve your health, both physically and mentally, is to become aware of your breathing - both in and out. When you follow your breath, your mind stops running around. If you combine that with awareness of what you're doing - lifting a barbell, playing with your kids, sitting in traffic - you'll experience life in everyday things.

Cardiovascular activity is anything that elevates your oxygen intake, preferably in full, regular breaths. This includes walking, jogging, running, biking, and other activities. By the way, ***you'll always get more power if you focus on your breathing and let your speed catch up than if you focus on your speed and let your breathing catch up.***

Here's why you need cardiovascular exercise. Exercise has two functions: one is to trigger metabolic adaptation, and the other is to do mechanical work. Both expend a lot of energy, and if you want to burn a lot of fat, you will want to take advantage of both. The short-duration, high intensity stuff triggers adaptation (muscle gain, enzyme changes, cellular reorganization, lactate tolerance, cardiovascular improvement). You burn fat afterward in order to replace muscle glycogen. The longer duration, lower intensity aerobic activity (breathing deeply but still "conversational") allows you to create an energy demand that burns fat right then and there. If you include both types, you're going to lose fat fast.

Which exercise is best? Generally those that engage the largest amount of muscle, including the full lower body. The more muscle groups you engage, the more work your body does, but the less exertion you feel because no single muscle group bears the whole burden. Some of the better choices include walking at a high incline, running (outdoor or treadmill), ski machines, elliptical machines, and stationary bikes that work both arms and legs. Start slow if you're out of shape. Even walking is fine if it elevates your breathing and you focus on using your muscles. Exercises that isolate the arms (like swimming) aren't as effective, but you can also improve those by emphasizing the leg muscles more. Probably the best advice is to pick the exercises you're actually willing to include as part of your lifestyle.

Interval Training

A few times in each cardiovascular workout, you should raise your activity enough to get winded and recover, get winded and recover again. This is called "**interval training.**" **If you're starting from a very low level of fitness, ease into this!** The goal is progress, not injury. If you're extremely out of shape, a "wind sprint" for you may initially be simply walking up a hill. Be patient - your conditioning will improve. Of course, if just thinking about getting up off the couch is your wind sprint, we've got some work to do. In any case, remember - no gasping allowed.

Scientists measure fitness by a calculation referred to as VO2Max. This is the maximum speed that oxygen can be absorbed by the body. Typically, the faster you recover normal breathing after getting "winded", the more fit you are. So how do you train VO2Max? You do cardiovascular exercise that incorporates periods of activity high enough to get you winded (never gasping), followed by a return to moderate (not low or zero) levels of activity until you recover your regular breathing. These "wind sprints" can be 5 minutes, 1 minute, or even 20 seconds in length.

2. Resistance Training

Want to raise your metabolism? Start by understanding that aside from a moderate amount of calories burned in digestion, **the main tissue that burns energy in the body is muscle... *even at rest!*** The quickest way to lower your metabolism is to lose muscle. **The best and fastest way to raise your metabolism is to build and/or preserve muscle.** Again, done at the proper level, virtually anybody can benefit from including resistance training as part of their fitness program.

Muscle growth is essentially a repair process. The goal in resistance training is not to push a lot of poundage - it's to stress the muscle with very focused contraction (in the concentric or "lifting" phase) and tension (in the eccentric or "lowering" phase) in order to cause micro-tears to the muscles that result in new growth. In order for muscle growth to occur, you have to follow up your training with proper nutrition and rest.

So resistance training, or "bodybuilding" is not just "weight lifting." There's a huge difference between bodybuilding and simply lifting weights. Weight lifting means lifting weights - moving poundage for the sake of moving poundage. Bodybuilding, or resistance training means more than that. It means being aware of the specific muscle being trained by every exercise, using proper form (especially during the final repetitions when good form is easily lost), focusing on contracting the muscle during the concentric (lifting) movement and creating tension by going slow - at least 2 seconds - during the eccentric (lowering) movement. I don't care how many pounds you can lift if you're swinging the weight without causing contraction and tension in the right muscles.

Here's why you need resistance training. Much less than half of your "fat-free mass" (scale weight minus body fat) is active, or skeletal muscle. But that muscle accounts for the majority of the energy you use daily. A pound of pure muscle burns approximately 50 calories a day (though less at sedentary activity levels). To put that in perspective, a pound of fat is 3500 calories. The more lean muscle you have, the easier it is to burn fat. Suppose somebody goes on a restrictive or unbalanced fad diet such as Atkins, does nothing to preserve muscle tissue, and loses 10 pounds of muscle (which is not unusual), some fat, and a lot of water. They may look at the scale and think that's progress. But as soon as they go off the diet, the water will rapidly return and the scale weight will shoot back up. Worse, they'll find that a caloric intake that used to keep their weight constant may now cause them to gain as much as a pound of fat a week. ***The less muscle mass you have, the harder it is to lose weight and keep it off!*** So even if your goal is purely fat loss, you've got to keep up the resistance training so that your lean mass at least stays constant.

If you're trying to gain muscle, intensity of muscle contraction is much more important than duration, and anything more than an hour of intensity will exhaust your glycogen and creatine phosphate stores, which you'll experience as muscle fatigue. ***If you're spending more than an hour training with weights, it's called aerobics!*** You should take only about a minute of rest between sets of the same exercise, and only 2-3 minutes of rest between exercises.

As for safety, exhaling and being careful about your knees, shoulders and back are the main considerations. Don't hold your breath while lifting! Always exhale on the concentric portion of the movement. Don't relax the kneecaps at the bottom of a squat or during leg extensions - keep them tight. Push from the heel during squats, and **NEVER** let the knees travel over the toes. Don't let your elbows go much lower than the bench on chest presses. The best way to protect your back is to generally to keep your abs tight and the spine relatively straight (natural curvatures intact). Never lift and twist at the same time.

Resistance also means working against the weight of your own body. Part of being strong is the ability to push and pull your own weight. So do include exercises like push-ups, pull-ups (even if you can only hang from the bar initially), and dips in your routine.

Women who do resistance training don't "bulk up." Muscle is far more compact than fat. In females, resistance training makes the muscles toned, longer, and shapely - not bulky - and significantly reduces the risk of osteoporosis. When performed at a proper level, this type of training can also cause major increases in the strength of older individuals.

Ladies... think about this. Body fat takes up five times more space than muscle tissue! Yet muscle burns over 10 times more calories than body fat - 50 vs. 4 calories per day!

3. Water

This aspect of physique transformation is truly overlooked, in my opinion. Look at a whole cantaloupe and two plums. Now look at four little sugar-free cookies. ***Both choices have the same number of calories!***

Look at a ***huge*** bowl of salad including lettuce, tomatoes, green peppers, cucumbers carrots, celery, and fat-free dressing (for Pete's sake, not Caesar!!). Now look at a small buttered dinner roll. ***Both have the same number of calories!***

Look at two hearty bowls of Campbell's Chunky soup (say, cheese tortellini with chicken and vegetables) or Campbell 's Select soup (say, roasted chicken with long grain & wild rice), each made with about a half can of water to add volume. Now look at a small snack-size bag of potato chips. ***Again, both have the same number of calories!***

The fact is that you can have a great, filling, healthful nutrition plan with a very limited calorie budget, so long as you choose to include a lot of foods that naturally have water and fiber content. Don't underestimate the power of whole fruits, salads, meal replacement shakes, and water-based (not oily or cream-based) soups as components of a successful weight loss plan!

Whatever else you drink, adequate water intake is also important to support your metabolism. There is no exact figure, but 8-12 glasses a day of clear, plain water is widely agreed upon (more if you tend to lose a lot of water due to perspiration or hot weather).

4. Four to Six Limited, Balanced Meals Each Day

Regarding what you eat, the key to fitness is balanced nutrition and stable blood sugar. Balanced nutrition means eating protein (preferably between 0.5 and 1 gram per pound of target body weight daily), "clean" carbohydrates, and yes, even some fat.

A good rule of thumb for fat loss is to multiply your target weight by 9-11 calories per pound daily. Few people will get good fat loss results on less than 8 or more than 12 daily calories per pound of target weight. If you're regularly training with weights and want muscle gain without any fat loss at all, a target of 15-17 calories a day is about right.

And yes, it is possible to gain muscle and lose fat at the same time (nothing prevents anabolic and catabolic processes to take place in different cells of the same body).

Be careful about which foods you eat, and how much, in order to fuel your metabolism, promote muscle strength, and maximize fat burning. Ideally, you should eat 5-6 relatively small meals a day. A meal means a limited portion of lean protein (not always meat - egg protein, whey, soy protein and cottage cheese are all great lower-fat alternatives) and a portion of "low-glycemic" carbohydrates (these are generally attached to fiber, so they don't spike your blood sugar, and include oatmeal, whole grains, and whole fruit, as opposed to highly processed carbs like white flour, white rice, and juice). Including fibrous vegetables will also help your digestion, particularly if you're using meal-replacement shakes frequently.

As a side note, the kernel of truth in the Atkins diet is that it's very hard to lose fat if you regularly spike your blood sugar. The danger in the Atkins diet (aside from the dietary fat) is that carbohydrate restriction causes muscle loss and dehydration (which people are very glad to see if they only focus on the scale instead of the source of the weight loss). Choose low glycemic carbs, and you get the best of both worlds - stable blood sugar without compromising muscle tissue.

The goal is to keep a constant nutrient stream and stable blood sugar throughout the day. This kind of nutrition plan maximizes both muscle recovery and fat loss. Again, if your main goal is fat loss, you have to frequently remind yourself that balanced, frequent meals will not help you unless they're also carefully limited in size.

Since the word "meal" frequently makes people think of a large plate of food, or several courses, I to be very clear right now. A "meal" is limited portions of protein, carbohydrate and fat.

How much is a "limited portion?" If you cup one hand completely over the other, the correct amount of protein or carbohydrate (e.g. chicken, tuna, dry brown rice *before* steaming, dry oatmeal before boiling) will fit completely inside. A flat portion of lean meat might be about the size and thickness of a deck of cards.

Don't get crazy with all this. The main idea is to stick with low glycemic carbs, limit fat intake, carefully monitor portion size and include a lot of water, both as a beverage and within the food itself. You can lose fat without being hungry if you do that. It works!

5. Focus on Creating a Deficit

If your goal is fat loss, your success is not determined by how many calories you burn, nor how few calories you take in. **Your fat loss is determined by the difference between these two.** This difference is called the caloric deficit (or caloric surplus if you're taking in more than you burn). Hands down, the main reason people fail to lose fat on a workout program is that they lose sight of the

deficit. They focus, for instance, on increasing their workouts. But then they let their meals creep up in size. They think that because they're eating "good" food, they don't need to monitor how much. And in a single binge day, they often blow a good 2 or 3 days of accumulated deficits. Focus on creating the deficit, not intake or output.

Again, this is crucial. If you want to lose fat, you have to burn more calories than you take in, day after day after day. Cardiovascular activity (interval training), building muscle, and other exercise will help you to burn calories. Focusing on limited portions and water-based, low-glycemic foods will help you to limit your intake while keeping your blood sugar stable. If you let either of these slip, you'll waste your time. If you keep your activity up and your intake down, you'll get fast results.

Think you're good at counting calories?

NEWS ALERT: *Most people are terrible at counting calories!* So you'd better read labels, use measuring cups at least in the beginning, avoid snacking... the whole nine yards. Measure your portions in some way, or they'll creep up over time.

Again, a good rule of thumb for fat loss is to multiply your target weight by 9-11 calories per pound daily. Few people will get good fat loss results on less than 8 or more than 12 daily calories per pound of target weight.

IMPORTANT RULE: Never eat less than 1,100 calories per day, regardless of what your goal weight is!

If you're eating far too few calories, you will lose weight. It's just that part of that will be muscle mass and water, and you'll slow your thyroid. If you're not losing weight on the scale, you're either eating enough (and building muscle) or too much (and not losing fat).

Small errors matter, especially if you repeat them day after day. To lose fat, you absolutely must say "no!" to small snacks, instead of "aw, what the heck." Get tough about portion size. **Realize that an extra 20 minutes of cardiovascular exercise is completely wiped out by a couple hundred calories of unplanned or excessive eating.** When you're tempted to eat that extra snack at night, realize that you may be wiping out the entire days' deficit. If you must eat, grab an apple - not "dry" carbs (pretzels, crackers, chips) or fats. When you're tempted to binge on an off-day well after you're full, you may be wiping out days of progress. Be careful, and grab a pear.

6. Sufficient Rest

If you try to transform your physique while depriving yourself of sleep, you're working against yourself. Sleep deprivation causes significant imbalances in several hormones - cortisol, ghrelin, and leptin - and will increase your appetite for junk carbohydrates, reduce your metabolic activity during waking hours, and get in the way of muscle growth. Ideally, find a way to get 8 and preferably 9 hours of sleep a night during the main "transformation" part of your program.

Poor sleep habits will lower the amount of energy you burn each day without you ever being aware of it. Even strolling around or light activity like playing the piano burns 50 or 60 calories more per hour than just sitting. **You actually burn more calories sleeping than watching TV!** If you're sleep deprived, you'll do a lot of sitting and TV watching. Your brain also burns about 20% of your total

calories a day. Miss a lot of sleep, and you'll reduce that activity too because you'll be less alert. Physically, most of the physique transformation changes happen while you sleep. **If you don't rest, you don't change.** Repeated lack of rest will also tempt you to miss workouts, crash your energy levels, and interfere with hormones that regulate muscle growth, metabolism and appetite.

One more time.

Here are the six keys to fast fitness:

- 1) Cardiovascular exercise (2-4 x weekly, 30-45 minutes per session) - Interval training
- 2) Resistance training (2-5 x weekly, 25-45 minutes per session)
- 3) Water!
- 4) Four to six limited, balanced meals each day
- 5) Focus on creating a deficit
- 6) Sufficient rest

I know... I know.

All of this advice means that you'll need some discipline. That's right! But you've got to understand that your body is the way it is right now because that's how it has adapted to the lifestyle you're living. If you want to change your body, you've also got to change your lifestyle by finding more constructive ways to adapt to your circumstances.

If there's one thing that will create fast fitness and a major physique transformation, it is to follow a complete and integrated program.

REMEMBER: The one key thing is **everything**. You won't get fit by exercising more if you're ignoring your nutrition. You won't get fit by dieting if you're skipping workouts. Don't look for a single trick or technique to be the magic answer, but taken together, these seven elements will create the right environment for fast results.

I think I can!

I think I can!

I think I can!

I think I can!

I think I can!

I think I can!

I think I can!

I think I can!

I know I can!

I think I can!

I think I can!

I think I can!

**Positive
thinking
is half
the work...**

PSYCHOLOGY OF PEAK CONDITION

FOR THE PURPOSE OF THIS CONTENT, WE CONSIDER EVERY INDIVIDUAL, MALE OR FEMALE, THAT IS TRYING TO TRANSFORM THEIR PHYSIQUE A BODYBUILDER.

I like your attitude. The fact that you are reading this book sets you apart from millions of other people, both physically and mentally. By choosing fitness as your lifestyle, you've made a deliberate choice to improve yourself. That makes you a doer and not a watcher.

If you are truly ready to begin dieting, I must tell you something very important: ***you are going to war!*** A psychological war. It will be against your toughest opponent -***yourself!***

It is a war that has littered the field of physical culture with many casualties. You could receive serious injuries to your self-esteem. Or you might have your self-discipline shot apart. You may even have your enthusiasm killed.

Once you start to diet, you'll encounter all kinds of traps, traitors, and temptations along the way. Only a handful of dieters will remain unscathed. Those who make it through will be heavily rewarded. They will be called heroes.

In truth, it is simple to become sliced. Armed with the advise in this book, you can take you physique to the exact condition you want, and I do mean exact. However, I didn't say it was easy. As a matter of fact, it's very tough. Many bodybuilders lose the battle. And the toughest part of the battle - the one that determines whether you win or lose - ***occurs right in your mind.***

At a state competition, three bodybuilders from various weight classes dropped out before the show. One of them did so because he feared a certain competitor would be there. Another one bailed out because he was burned out from training. (He had only two weeks left to go.) The third person had blown her diet, largely because of personal problems.

After an entire year of strict dieting, gut-wrenching workouts, and huge personal sacrifices, they defeated themselves before they even got to the contest site. These are psychological casualties. Of those who did grace the stage, many showed up way off their mark. No doubt head games were responsible for this as well. And while the faces and places may change, and so may the level of competition, the story remains the same.

All of these individuals could have avoided their disappointments. ***That's the main purpose of this chapter.*** I don't want to lose a single person to the battle of physical excellence. You should reach your intended physical condition every time out of the chute.

And you will! I will take you down the hallways of your mind and show you where the enemy hides out. The covert operations of the enemy will be fully exposed for you to see. Once you know their plan of attack, you can maneuver your mind accordingly to smash their offensive. This way, you will always know which direction you're going.

A well-known psychologist once said it best: "If you don't know where you want to go, you will probably end up somewhere else." Carefully apply what this chapter offers, and success will be yours.

THE POWER OF PASSION

During a seminar Arnold Schwarzenegger was giving, a skinny teenage boy stood up and asked, “Arnold, I want to become a professional bodybuilder. What must I know to make it happen?”

Arnold looked at the boy with a knowing glance and said, “Unless you go to bed with a burning desire to turn pro, and wake up with a burning desire to turn pro, you might as well forget it, because that determines everything!”

The boy replied, “What if I don’t feel that way?”

Arnold responded, “Well, you look kind of tall. Maybe you should play basketball!”

As complex as human behavior may seem, when you are dealing with a desire to get cut, you are actually dealing with an emotion. ***Somewhere in your past, something happened to you to give you a powerful urge to change your body.*** Whatever did happen, the logical part of your brain joins in and starts supplying you with reasons why you should continue that urge. The more moving the experience was, or the higher the degree of arousal at the time it occurred, the stronger the emotion and also the rationalization behind the drive. When the motion becomes intense, ***it turns into a passion.***

Once passion is put into action, you become unstoppable. It makes you relentless. When this emotion takes over, a huge reservoir of mental and physical energy comes pouring into your life. Suddenly your body needs less sleep. Any barrier that lies in your path seems to be a minor inconvenience. Passion is the driving force behind the movers and the shakers in this world.



Donald Trump became a multimillionaire because of passion. Arnold’s numerous bodybuilding and acting successes are due to passion. Frank Sinatra singing into his 70’s, and George Burns doing films in his eighties. You see, it doesn’t matter what area of life you’re in, if you love what you are doing, you keep forging ahead. Clearly, it’s passion that fuels the famous.

You need this emotion. Passion makes you train harder, prevents you from cheating, and gives you energy when scientific knowledge says you shouldn’t have any. Of course, you can get into shape without this powerful emotion, but it will become very difficult and wearisome. With passion, you turn into a fighter! Your efforts carry much more oomph behind them. Remember, ***superior rewards go to superior efforts.***

Don’t worry if you currently lack passion. You may have entered bodybuilding ever so quietly and casually, and never had a significant emotional experience to spark your interest. That’s fine. The following list of points is designed to increase the enthusiasm behind your drive:



ELIMINATE THIS WORD!

Stop thinking you can't do things and start thinking you can. It's important to eliminate negatives from your vocabulary, especially the word "can't." When you begin to think positively, you'll find yourself attempting and succeeding at more things. Remember, by eliminating the negatives you'll let the positives come through.

Never consider failure. Once you make a decision, put everything you have into it. Do not think for a moment that you will fall short of your desires. Otherwise, fear will creep in and weaken your passion severely. **Fear is the greatest enemy of human potential.** On the other hand, the individual filled with passion is a fearless competitor. That person believes in all of his or her actions and consequently progresses faster than people of little faith. Fix your thoughts on success.

Seize every moment. At every given moment, try to do the most productive thing possible to improve your transformation journey. When you analyze the dieting methods of successful and unsuccessful bodybuilder, you find they basically use the same procedures to get prepared for a contest. **The difference in their physiques comes from the fact the winners do more every moment while they are dieting.** They weigh all foods, keep accurate calorie counts, check their bodies more often under various lighting conditions, and so forth. **Make every moment count, and you'll be amazed at your progress. Your passion will grow as a result.**

Forget the past. Live in the here and now. It does not matter whether your upbringing was ideal or unpleasant. You are the master of your destiny, and the present is all you have to act on. Few things are more depressing than listening to a person tell you how he “used to look” or what might have really happened to his/her physique had he/she known back then what is known now. Give me a break. Every individual who whines about the past is full of apathy. His passion left him when gas was 32 cents a gallon. There will never be a better time than now, so give it everything you have - today.

Speak the language of winners. Never start off any of your sentences with these phrases: “I can't,” “We'll see,” “I'll try,” “If only I had...,” “I'd better not,” “It probably won't,” or “I never will.” I could list more confidence-destroying statement, but these make the point. Simply put, when our self-instructions are negative, our actions will also be negative. We can only do what our programs tell us to do. Therefore, speak like a winner. You'd be amazed how often winners answer a question with a resounding yes, while losers give all kinds of vague and wishy-washy affirmatives or excuses. **Excuses are for losers!** Think about it for a second. Does the winner have to make excuses for his success? No! It's always the losers who make excuses for why they didn't win. Remember this fact!

Avoid negative people. Their constant barrage of gloom and doom carries a message into your subconscious. Of course, it doesn't happen overnight; the process is slow and insidious. But don't underestimate its effect on your emotions. And don't think of trying to convert such a person into your line of thought. You see, negative people don't know they're negative. They think they're being realistic and everyone else is screwed up!

Believe in yourself. Set no limits whatsoever on your potential. Forget the notion that you can only bench press or squat so much weight. Without even knowing you, I know that you haven't even begun to tap into your potential. That's not hype, it's the truth!

Fill your mind with the belief that your physique is far more amazing than you now believe it to be. Remember, when it comes to bodybuilding, your major barriers are your own self-limitations. If you totally expect to bring up a lagging body part, everything aligns itself consciously and subconsciously to make that desire come true. The more you believe in yourself, the more passion you attach to all of your actions.

Develop a sense of urgency. When people are full of passion, they can't wait to get things done. You can spot such people easily. They have a purpose in their walk, a certain look in their eyes, and you notice them as soon as they enter a room. You can develop this kind of essence yourself.

THE GREATNESS OF GOALS

Before you spend the next several months dieting, you should spend a few minutes defining what you want. You'd be surprised how many bodybuilders have vaguely defined goals. Sure, they'd like to get more cut, or get bigger, but that's not concrete enough. These desires are far too general. **You need to get specific.** The mind loves to focus on all kinds of little details. How much bigger do you need to be?

Start out by breaking down your ultimate goal and setting for yourself some short-term, easily obtainable goals. You should decide to lose four pounds in two weeks, or one inch off your waistline in 20 days. The more precise you are, the better. Taken over a period of time, these little goals have a big way of adding up to dramatic results. Goals give your workouts a sense of meaning and purpose. **The more you know what you want, and the more effort you put into it, the more clearly defined will be the result.**

This is a very powerful concept, and it must not be taken lightly. Goals are extremely important for success. They direct all of that passion.

To help you in your physique transformation progress, here are a few points you should know about goals:

1. Burn Goals into Your Subconscious. When you write down goals, they become easier to stick to and harder to neglect. Besides, writing down your goals brings to your attention what should be done.

2. Make Goals Realistic. Whenever you choose a goal, make sure it's totally believable to you. Keep in mind that it doesn't matter who else believes in your goals. Take my advice, don't even bother to tell others. It's totally unimportant for your success. You are the one behind the driver's wheel, and they aren't even in your backseat!

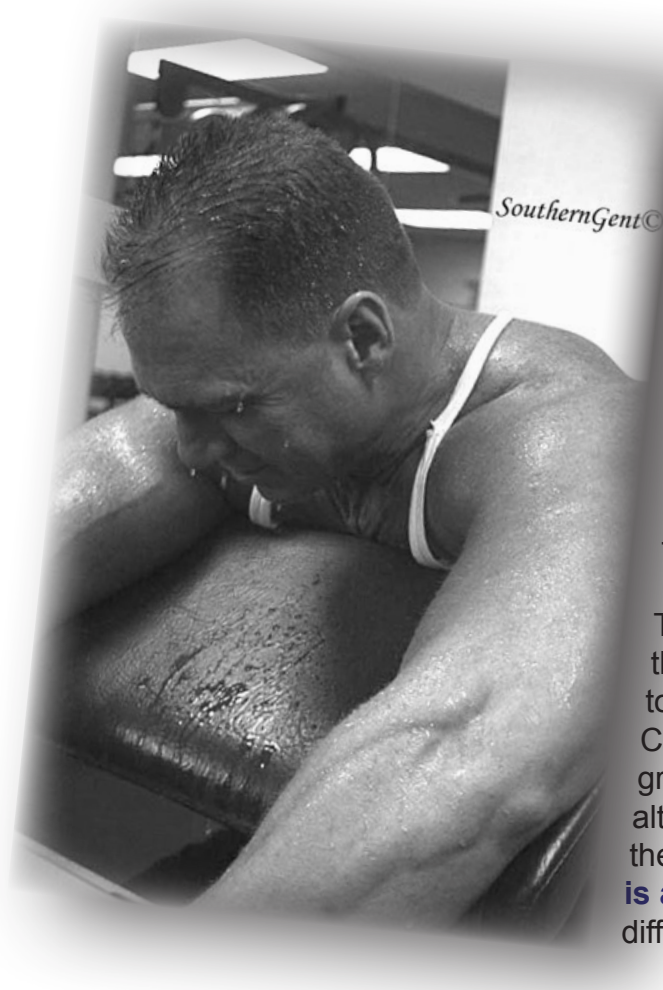
The key point is this: when the goal is realistic and believable to you, it will happen. If you don't really believe it can be done, but you're hoping it might, it will never happen. There are no gray areas at all.

3. Update Goals Constantly. It's amazing how many folks drift away from their goal-setting techniques once they acquire some good results. And yet, real bodybuilding is an ongoing process. **The key word in bodybuilding is building.** Look at how many people continue to improve year after year, while others look absolutely identical year after year.

Of course, the ones who don't improve have all of the answers. They blame it on genetics, or on the fact that they haven't used some exotic drug. Nothing could be further from the truth.

Successful people keep improving simply because they refuse to be satisfied with attaining just one goal. They constantly create new goals. They see something that they want, and they think, "I want that, too!" Bingo, they have just updated their goal. Then they go ahead and make the necessary changes in their diet and training, and pretty soon they get what they are looking for. **That is the real secret to physique transformation success!**

4. Do It Now. Strange as it may seem, many bodybuilders know exactly what their physique needs, but they won't go ahead and get it. They are putting it off until they are ready. To them, doing it right now is too soon. Everything has to be perfect, and then they will go ahead. "What needs to be



perfect,” you may ask. There are thousands of different excuses, and none of them hold water. Remember, **excuses are for losers!**

Someone who wants to procrastinate can think of any excuse. And when a person does it often enough, the rationalization for the delay simply becomes an everyday excuse. Truth is, there is always some form of inconvenience or stress in everyday life. Superior people function in spite of this. The more time you waste making excuses, the more you delay your reward. It’s already rightfully yours; you just have to invest the time in order to take it.

The main reason some people don’t invest the time is that they’re scared of the work. To them, it’s too much effort to change the way things are. They have encountered the Comfort Zone! Simply put, this is a place where people have grown so comfortable and complacent that they do not wish to alter their lives greatly, when doing so would markedly increase their progress. **Make no mistake about it, the Comfort Zone is a deep rut!** And pardon me for being blunt, but the only difference between being in a rut and being in a grave is death!

The Comfort Zone has ruined many of people who have great potential. It kind of sneaks up on you until all of your efforts are feeble ones at best. Then you become one of the dreaded “nothings.” The worst part of the Comfort Zone is that people do it to themselves. Yet, they will never accept responsibility for their own lack of effort.

Excuses, excuses. This person simply doesn’t want to make the necessary changes in his diet or training. That’s because these changes would mean a greater effort on his part. The truth is that this person has the chance to make the move, and he’s not acting on it.

There really is nothing holding you back, because there’s nothing to fear. Dealing with fear is really very simple. Move away from what you fear, and pretty soon it will dominate your life. Move toward your fear, and it gets smaller. That’s the difference between cowardice and courage. Become full of courage! Start those goals now.

DISCIPLINE YOUR SELF DISCIPLINE

The greatest bodybuilding genes in the world are useless if they are not backed up by self-discipline. The body is inherited at birth; self-discipline is something you acquire. To develop self-discipline, you have to take possession of your mind. Sounds weird, doesn’t it? Take possession of something you already own by using it to possess itself. But it’s not weird when you look at it closely.

In effect, self-discipline is about control - the ability to control your mind with such strength that your emotions and desires are regulated and managed in any direction you want. In a way, self-discipline is a kind of mental and moral training session. You can develop it, or you can lose it, just like your physical condition. But self-discipline is a lot trickier to maintain, because it involves the need for a

harmonious arrangement of the parts. You must balance the emotions of the heart with the reasoning of the mind, and that's always a tough thing to do.

These days, self-discipline is something of a rarity. Most people do not want to be disciplined. They would rather please the first emotion or desire that pops into their head. Bodybuilders are a different breed. Even the average bodybuilder is an absolute expert on weight control when compared to the masses. But that's not saying much. I want you to become a powerful human being. This can happen when you increase your self-discipline. To do that, carefully consider the following points about this valuable feature:

1. Learn from the Leaders. Throughout the ages, all great leaders have one thing in common: They consciously fight against the human tendency toward comfort. Leaders are keenly aware that people follow the weakest part of their own human nature, allowing this to dominate their actions. **Leaders dominate their own human nature.** They resist the urge to be comfortable. They stay hungry. They are constantly challenging themselves instead of succumbing to the easy way. There's a very subtle, but important point here.

The key word is **easy**. Leaders never take it easy. This makes them very special human beings. While all others are choosing the easiest and fastest way to get what they want now, with no thought for secondary consequences, leaders apply their willpower and rise above this weak tendency of humanity.

This natural quality of leaders tells you something about bodybuilding. Every time you put forth an effort in some particular direction, a part of your mind will offer you an easier route. Not more effective, just easier. **Watch for it!** When it happens, fight it and destroy it.

When you start watching out for this seductive mental offer, you strengthen your mind. It may occur while you are dieting. Say nobody's looking around to monitor you, so you go ahead and have that pastry. Your mind says to you, "It's OK. You'll need the extra carbs for your workout, and you won't notice it on your physique, so go ahead!" There's the offer. **Resist it!**

Even if that piece of pastry may not make a cosmetic difference, it's making a serious difference in your mind. By giving in to the urge, you lower your self-respect; you set yourself up for an easier mark the next time.

If you give in again to another mental "offer," your self-respect will continue to spiral downward, and your self-discipline will weaken also. Refuse the offer instead! Do what you should do when you should do it, whether you like it or not. Never give in to a passing fancy, whim, or impulse. By resisting, you'll raise your self-respect, and your self-discipline will increase as well. **That's exactly why people who have great self-respect also have great self-discipline!**

Have you ever sat in a diner and watch overweight people put down all kinds of food? You are seeing poor self-respect in action. It's not a very inspiring thing to see.

Keep in mind that temptations come in a wide variety of formats and in subtle degrees. In the gym, for example, I have seen many people give up long before they should have, simply because it was easier to quit at that point. To the untrained observer, they still look like they are working out. But the truth of the matter is that they are succumbing to the weaker part of their mind.

Conversely, I have seen many people set personal records in a lift when they did not know that extra

weight was slipped on the bar before their set. That's because their mind didn't know the weight was added, either. Otherwise they would have assuredly found a reason to not complete the lift. Get the quality of leaders -never take it easy. Be on the lookout for these enticing "offers." Turn them down when they show up, and your self-discipline will grow.

2. Delay Gratification. Having self-discipline doesn't mean that you deprive yourself of pleasures or that you can't have fun. It simply means that you delay the fun whenever necessary. For example, let's say you've just finished watching a movie with some friends, and they suggest going out to a restaurant.

Knowing that you have a leg workout tomorrow you decline because it'll take two hours out of your sleep time. If it were a day off for you, then you'd accept the offer. Sounds simple enough, but it's surprising how many bodybuilders try to get the best of both worlds, only to end up losing.

Furthering the example, you decide to go to the restaurant, and within minutes you are having a great time. Although your original intention were to go for only half an hour, a quick glance at your watch reveals that you have blown two hours. You rush home to get to sleep, but the next day your leg workout suffers anyway. You had to go light because your strength wasn't there. As you can see, those were a very critical two hours. But you weren't thinking about them when you were laughing and joking at the restaurant.

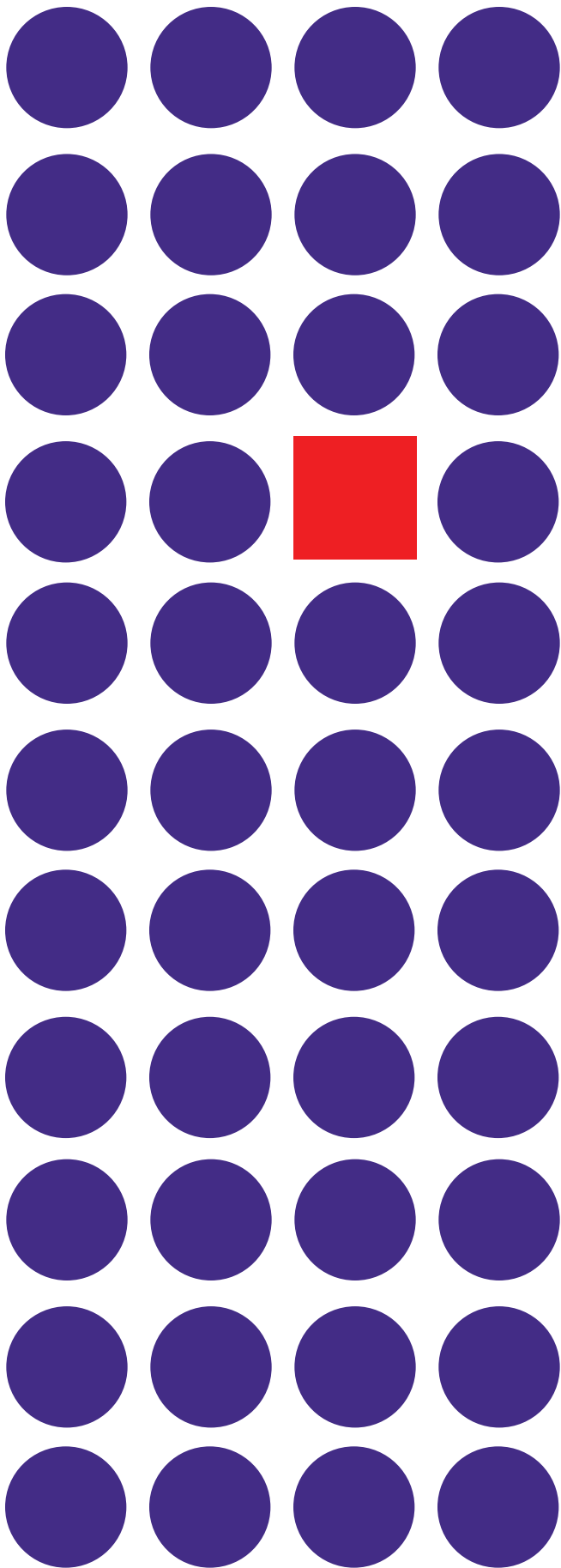


Never make the mistake of serving two masters. You'll only end up serving one, at the cost of the other. Delaying gratification is an all-or-nothing proposition, not a halfway measure.

Also, don't fall in the trap of believing you're missing out on all of the fun. I have two things to tell you about that ridiculous notion. First of all, where is all of this fun? In a bar? If you think so, then go to one. You will encounter loads of out-of-shape, overweight people who smoke and drink and talk a lot but say things of little substance. That's a bar. They typically are depressing environments crammed full of people who wouldn't even think for one moment to delay gratification. They want it all now. They've got it, all right. But they don't have great bodies, healthy lungs, or good nutrition flowing through them. What they have is not much in a way of a healthy lifestyle. If they did, you wouldn't catch them in a bar.

Second, do you think to fun is whatever your friends happen to be doing while you're not there? Phone them from where you are, and you'll see that not really much is going on. They are probably just standing around and talking. Not much more than that. I'm not trying to condemn the whole process of socializing. Of course, it's necessary, and it should be done.

The main point is that you're not missing out on all that fun. Those people in the bar would love to look like you. They think that you look like fun. The whole idea of missing out on all of the action is a myth. There is plenty of time for you to do whatever you want. You just have to know when to delay gratification. Believe me; ***the fun will be all yours in the end!***



Not going along with the crowd can help you stand out in the crowd.

Sometimes being yourself is the hardest thing to do. Going along with the crowd may be easy, but being an individual is more rewarding. Don't make your choices based on the crowd.

Make your choices based on *your* feelings... *your* values... and *your* needs!

3. Follow Through. Discipline yourself to persist. It builds character. Character is the ability to follow through after the enthusiasm and emotion that started your resolution has passed.

Regardless of how much passion you have - and I am advocating that you have a lot - there will be times when everything seems to get you down. This is normal. The only kind of people who are “up” 100% of the time are brainwashed people who belong to cults.

It is expected now and then that you feel that somehow all of your efforts are feeble and your actions inconsequential. However, it's also true that these states are transitory. They last briefly, and they're gone.

We are emotional creatures, and as such, we will waver now and then. Don't be too hard on yourself when you hit a temporary low spot. **The main point is to remember to keep on going.** Don't let these little backslides stop you. All they did is just put a few extra hours between you and your goals.

When you've made a mistake of some kind, move aggressively to limit the damage. **Don't dwell on it!** Keep following through and you will soon forget about it.

Sometimes we need mistakes. They put us back on track and inform us how we can improve for the next time. A famous philosopher said, “That which does not kill me only serves to make me stronger!” Follow through on your efforts; it pays off in the end.

4. Be Responsible. We are all self-employed. It is our job to look after ourselves. You are in charge of the research and development, production, and marketing of the product known as “you.” In effect, you own the place known as yourself. As such, you have a responsibility to yourself.

Since you are the primary creative force in your life, you should always look after your best interests. You are the architect of your own destiny, so design a good foundation for yourself. When you finally realize that no one is coming to your rescue, that you are the one who determines everything in your life, you have to go ahead and **take charge!**

Those who rule must also learn to obey. Obey the orders that you yourself put in motion. If you are dieting for a certain look, follow through by being responsible to yourself and your goal. That means that you should make that special meal even though you don't feel like it. That means that you should do the extra calf work even though you feel tired.

When you set out to do something, you must follow through. Make that commitment to yourself, and to your goals. Lock in that goal, and burn your bridges. Don't turn back from your journey. Remember, **you are 100% responsible for what you become.** You own the blueprints to yourself.

If you control yourself through self-discipline, you can never be controlled by other people. You call the shots. Whatever you ask of yourself, go ahead and do it with everything you have. You're counting on it. **Don't let yourself down!** Be a responsible bodybuilder, and run that physique of yours into peak condition.

Those are the psychological principles that will guarantee your success as a bodybuilder. You need that special flame called



**THE
ONLY
TIME
YOU'LL FIND
SUCCESS
BEFORE
WORK
IS IN
THE
DICTIONARY.**

SUCCESS

SUCCESS

SUCCESS

SUCCESS

passion to give you desire, you need goals to direct the flame, and you need self-discipline to keep the fire going. When you put them all together, you'll forge a beautiful body.

OFF SEASON TRAINING AND NUTRITION

If you know what you are doing with your training, diet, and mental approach which I will teach you in this chapter - it is relatively easy to put on muscle mass. But the process is seldom, if ever, very fast. It may start out quickly when you begin training, but there is a state of diminishing returns. The longer you train, the more slowly you make good quality gains in added muscle mass.

Each time you reach a plateau (a point at which you are no longer improving, regardless of how hard you train), you can usually soon discover a more intense workout program that will help you push past that plateau and allow you to make good gains for a few months. But long-term bodybuilding success is full of these progress plateaus, and it becomes more and more difficult to push past them.

At the upper end of the sport, male bodybuilders are happy to gain three or four pounds of mass per year, and women are overjoyed with one or two pounds of shapely muscle in that same time period. Thus, it takes time to build a great physique.

Therefore, you have to be patient and doggedly fanatic at the same time in building quality muscle mass. The real champions never abandon their quest, but rather leave no stone unturned in building muscle mass.

Transitional Cycles

Before I discuss off-season mass building, I should explain why transitional cycles between major phases are necessary. The human body rebels at abrupt changes, because they shock the body and often lead to minor infectious diseases. Abrupt change is particularly hard on the pituitary and hypothalamus glands, which have a direct bearing on muscle growth.

Since there is a considerable distance between off-season and pre-contest training and dietary cycles, knowledgeable bodybuilders schedule transitional cycles between the mass building and defining cycles.

In order to accomplish these transitional periods, it is suggested that you ease into an off-season training cycle. With each routine you plan to follow during your off-season building phase, start at only about 50 percent intensity, doing only half of the total sets you might have originally scheduled. Then with each succeeding workout - during a period that should take three or four weeks to complete - you should be up to your full intensity off-season training program, which you might follow for six months to a year before beginning your pre-contest program.

Generally speaking, the point at which most bodybuilders begin to specifically diet and train for a competition varies from about 12-16 weeks out from the contest. Nutritionally, the occasional junk food treats are eliminated first, then high-fat foods, sugars, oils, baked goods, and so forth, until you begin to zero in on your exact pre-contest diet - low-cal, low-carb, or whatever.

In terms of your training, you gradually switch over from heavy, low-rep workouts primarily featuring basic exercises to lighter sessions, higher reps, shorter rest intervals between sets, and much higher percentage of isolation movements. There is also a gradual shift to considerably more aerobic exercise.

Mass Building Training

When adding mass to your frame, most of your training should be centered around basic exercises on which you can use heavy weights for relatively low repetitions (6-10 repetitions). Basic exercises work the larger muscle groups of the body synergistically with other large and/or small body parts. Good examples of basic exercises are bench presses, squats, bent-over barbell rows, dips, standing barbell presses, and machine or barbell shoulder shrugs. Obviously, there are other viable exercises which would fit into this category. Use this type of exercises as the foundation of your mass-building program. Below is a comprehensive list of the best basic movements for each muscle group:

BODY PART	EXERCISE
LEGS	Squats (full, partial), leg press (angled, seated, vertical), hack squat, front squat, stiff-legged dead-lift
BACK	Barbell/dumbbell shrugs, barbell bent-over row, T-bar Row, chins, seated pulley row, various types of lat machine pull-downs
CHEST	Barbell/dumbbell/machine bench press, incline press, parallel bar dips
SHOULDERS	Barbell/dumbbell/machine overhead press, cable/barbell upright row
TRICEPS	Close-grip bench press, French press, parallel bar dips (torso held upright)
BICEPS	Standing barbell curl, barbell preacher curl, standing/seated dumbbell curl
FOREARMS	Barbell reverse curl, barbell wrist curl, standing behind-back barbell wrist curl
CALVES	Standing calf raise, donkey calf raise, calf press (leg press machine), and seated calf raise
ABDOMINALS	Hanging leg raise, incline sit-up, crunches

Recovery Factors

The most fundamental and important aspect of gaining muscle mass is complete understanding of the recovery cycle. It should be noted that very few young bodybuilders give recovery a moment's thought, thus failing to make good gains simply because they neglect between-workout rest periods and recuperation.

It is important to realize that muscles increase in mass and power during the rest periods in between workouts. During a workout, you are actually tearing down the muscle fibers of the body part that you are training. During the rest period between training that body part, the muscles are recuperating by becoming denser and stronger in an effort to prepare themselves for the next

THINK

BIG!

workout. **Muscle growth takes place during the two-to-four day break between workouts! Don't forget this!**

Overtraining is the biggest enemy a young bodybuilder can face, because it negates his efforts in the gym. In extreme cases of overtraining, a bodybuilder can actually lose muscle mass, tone and strength. Overtraining is the result of lack of rest and recovery time.

Anyone can pack on muscle mass if he pays strict attention to recovery factors. No one ever gains muscle weight as quickly as he would like. Simply put, it's a slow process, slow enough that most advanced and contest-level bodybuilders are overjoyed to make any gains at all!

Rest and Sleep

Sleep and rest are essential elements of between-workout recuperation and recovery. Recovery won't take place unless you have sufficient rest and sleep each day. By rest, I mean maintaining a low-energy-loss approach to each day. Avoid doing much aerobic activity when in the mass-gaining phase, and try to keep emotional levels to a minimum. Try to stay calm and collected all day, train hard, and then get a good night's sleep.

The amount of sleep time each night is highly individualized, ranging from 6 hours to as many as 12 hours per night. Whatever the amount, the idea is to sleep enough to feel completely rested the following day. If you don't sleep soundly or enough one night, make it up the next night.

Mass Building Nutrition

There's no question about it - protein is essential if you intend to increase muscle mass. Your object when attempting to increase muscle mass is very simple - ingest sufficient amounts of high-quality protein, along with enough carbohydrates to fuel heavy workouts.

Remember, two things matter when trying to put on muscle mass - protein and calories! *You have to eat big to get big!* Animal source proteins - meat, fish, poultry, eggs - are the best for most bodybuilders.

Classic weight-gaining nutritional practice always involves eating more than three meals per day, usually six to eight being the norm. The reason is simple: It's possible to force a lot more amino acids - the end product of protein digestion - into your bloodstream when eating more frequently. The human digestive system can only process so much protein at any one given meal, so it's obvious that six meals per day will allow you to digest twice as much protein as three meals.

Each of the six meals should be spaced approximately two to two and one-half hours apart, and provide a sufficient amount of high-quality protein, as well as a sufficient amount of carbohydrates as energy for your workouts.

Section Three

CARBOHYDRATES FOR MASS AND CUTS

Over the past several years bodybuilding publications have carried much information about the importance of carbohydrates as a main source of dietary energy. Today, everyone recognizes that foods like potatoes, rice, and pasta provide excellent nutrient density to hard-training bodybuilders and athletes.

While it is true that carbohydrates are the chief source of energy for all of our bodily functions, some little-known facts about this food group can greatly assist you in achieving that highly desired, sliced muscle appearance.

When used correctly, carbohydrates help to establish conditions for ultimate muscle growth and fat burning. **The trick is knowing how to set up the necessary biochemical environments in your body in order to achieve those desired results.** This chapter focuses directly on just that - the special aspects of carbohydrates that enable you to become bigger and more cut up than you previously thought was possible.

To get really sliced, you have to first get big. This fact easily bears out. How many times have you come across a skinny yet defined person with cross striations everywhere on his body? Almost never. This is because the muscle needs to be full and massively developed in order for those surface etchings to be visible.

Perhaps you have already tried cutting up and found out that your muscles were much smaller than you thought they would be once the slicing process was complete. Or perhaps you have put off getting ripped because you are not satisfied with your mass yet. By specifically arranging your carbohydrate intake, you can cause each muscle group to grow more rapidly. You can accomplish this by creating ideal growth conditions within your muscles. When combined with hard workouts, proper carbohydrate intake accelerates your solid body weight gains and thereby edges you closer to the genetic limit of your muscle size. Then, when you decide to slice up that mass of yours, the newly added size will assure you of deeper cuts and a much more dramatic appearance.

To be successful in this endeavor, you must understand that the theoretical cornerstone of bodybuilding success is found in the chemical structures of carbohydrates. Simple carbs, like fruits, for example, have primitive chemical structures that cause them to be easily digested to yield quick energy. Complex carbs, like oatmeal or corn, are more complicated in form and thus take longer to break down in the body. Regardless of what type of carbohydrate is ingested, the main point is this: **No carb gives you sustained energy as well as immediate energy. Each has a specific duration of action.**

This point can be proved quite easily. Fast for half a day, and then eat some rice. Nothing else, just rice. You don't have to be as wise as Solomon to feel the effect. There won't be an instantaneous energy surge, but about two hours after its consumption, you'll be relatively frisky and not hungry. A chocolate bar will clearly produce the opposite effect - shortly after consumption, you'll turn into a Mick Jagger for about 20 minutes, and then you'll crash, suddenly becoming Rosanne Barr.

The key is to arrange your carbohydrate intake in a way that you balance the consumption of complex

and simple carbs. Each meal should consist of two complex and two simple carbs. This way you will have a continual release of various short-term carbs and long-burning carbs, as well.

Here's a summary of what happens when you follow this system:

- You'll have much more energy during your training sessions than ever before.
- Your pumps will be incredible.
- Your muscles will measure larger in a completely cold state.
- You will gain solid body weight as never before.
- Recovery time following a hard workout will be shorter.
- You will throw off serious body heat. (Carbohydrates increase the temperature of the body. When carbon combines with oxygen in the bloodstream, a process known as thermogenesis takes place. Thermogenesis simply means body heat.)
- Your metabolism will speed up noticeably.
- Your strength increases will push you through all present sticking points.

Now you know the REAL secret to bodybuilding nutrition! The proper combination of complex and simple carbs, along with a sufficient intake of protein is the proper way to increase solid muscle mass. There is no miracle drug or supplement to make you massive! Food is the most anabolic substance anyone can put into their body.

STARCHY VS. FIBROUS CARBOHYDRATES

Many bodybuilders think that complex carbs are more or less all the same. The issue is a little more complicated than that, however. Let the truth be known: ***all complex carbohydrates are not created equal.*** Starchy carbs are entirely different from fibrous carbs. One of them you eat for size, and the other one you eat for cuts.

All complex carbohydrates are composed of carbon, hydrogen, and oxygen, but the size of the molecules and the ways in which the atoms are joined differ from one specific carbohydrate to another. That's why there is such a wide variety of carbs for us to eat.

Complex carbohydrates, or polysaccharides, are larger sugar complexes that contain repeating sequences of simple sugars, or chains of monosaccharides. The most familiar of these is starch, a massively built carbohydrate that actually contains two components, amylose and amylopectin. These two compounds are distributed throughout the structure of plants in the form of granules, and that mixture is simply referred to as starch.

Fibrous carbohydrates, or cellulose, are also polysaccharides like starch. However, the distinct difference between cellulose and starch is in the way the glucose units are linked. This difference gives these two carbohydrates their unique characteristics. The linkage found in fibrous carbohydrates is called a beta linkage, while the type found in starchy carbs is called an alpha linkage.

Starch is hydrolyzed in the mouth by an enzyme called amylase, which slips between the glucose bonds and disintegrates the starch into smaller units. However, since the glucose bonds of the fibrous carbs are linked at a slightly different angle, the amylase cannot fit between them to break down the

glucose molecules. This means that we are unable to absorb the food energy that is locked inside the fibrous carbohydrates.

Ever notice how you can chew a toothpick for an hour, and all it does is shred down in size, but the wood will not change? That's because the wood is cellulose. But stick a small potato in your mouth, and it will completely vanish within a few minutes because it's starch. Those fibrous carbs can be hydrolyzed by a specific enzyme, but that enzyme is produced only by certain bacteria. It is precisely for this reason that you cannot group complex carbohydrates together - we can digest the starchy carbs, but not the fibrous ones.

Does this mean that cellulose is basically a useless food? **The answer is yes and no.** The fact that it's useless is **very useful** to us. Cellulose carbs collectively known as dietary fiber - tend to collect water and lend bulk to intestinal contents, thereby stimulating the peristaltic movements of the digestive tract. In other words, fiber helps food plow through your plumbing. It also reduces the passage time through the bowel. For a constantly eating bodybuilder, that's very important.

Protein is a complex structure that takes a while to break down. When you pile down the steaks and the chicken, your body needs the protein, but you don't want them sticking around on your insides. **That's where fibrous carbs enter the picture.** Acting as nature's body brush, they keep the traffic moving along and thereby prevent that protein from putrefying. Therefore, fibrous carbs do make a significant impact on your insides, even though they do not actually provide nutrients to the body.

Fibrous carbs also make a significant impact on your body. **Fibrous carbs are fantastic foods for getting you sliced!** The reason is obvious: since we cannot digest the cellulose into smaller glucose units, the caloric density of fibrous carbs will be much lower than that of starchy carbs.

The difference between these complex carbs forms the basis of my **blueprint for getting sliced.** Here's what you do:

- Gradually replace your intake of starchy carbs with fibrous carbs.
- The complex carbohydrate portions of your meals should be as follows: breakfast consists entirely of starchy carbs, lunch should have a 50-50 ratio of starchy to fibrous carbs, and your last meal is completely fibrous carbs.
- Your goal is to lose a **maximum** of 1 1/2 to 2 pounds per week. Follow these guidelines until you reach your desired weight or cosmetic appearance. If you reach a plateau where your body weight starts to stabilize, simply change any or all of these three variables:

1. Increase the duration and/or frequency of aerobic sessions.
2. Decrease further your intake of starchy carbs, and increase fibrous carbs accordingly.
3. Decrease the portions of your last two meals.

At **no** point do I advise you to cut out carbohydrates completely. For fats to be used as a source of energy in the body, some carbs must be present. **Fat burns in the flame of carbohydrates.** That's a common maxim among competitive bodybuilders attempting to reduce body fat levels to an absolute minimum for an upcoming contest.

If you attempt to go on zero carbs for a few days, ketones (an intermediate product of fat metabolism) start to pile up in your system. This produces a process called ketosis. When this occurs, you will lose muscle mass at a heartbreaking rate, and your full muscle bellies will turn as flat as a pancake.



Even as little as 50 grams of carbohydrates per day prevent ketosis from occurring. This is where those cellulose carbs can have a muscle-sparing, as well as anti-ketogenic effect that are truly valuable for a dieting bodybuilder. Also of note is the fact that if any energy deficiency exists in your body and carbs are absent, protein will be used as an energy source. Conversely, when the carbs are marching in like a conveyor belt, the body will always use those carbohydrates as the first source of energy, sparing protein from catabolism.

Fibrous carbs have the additional advantage of imparting a full feeling after you ingest them. This is because of their natural tendency to pool water as they pass through your system. Feeling satisfied is certainly a welcome feature to anyone who has ever tried dieting before.

Last, but not least, a big plus to fibrous carbs is their physical mass. You can munch away in pure delight on half a head of lettuce, or you eat the carbohydrate equivalent in a couple of spoonfuls of rice. Which one would you choose if you were hungry?

Of course, there is a downside to fibrous carbs if you eat too much of them.

They can cause your food mass to move so quickly through the small intestine that there is not sufficient time for the nutrients to be absorbed. When this occurs, calcium and zinc are typically prevented from being taken into your system. **It's a good idea to supplement both of these important minerals during any dietary regimen.**

In case you are wondering which carb is a starchy one and which is fibrous, a handy list is presented on the following page. Check with your calorie tables, and you will see a dramatic difference between these two complex carbohydrates. For example, 200 grams of red beans contains a whopping 686 calories and 127 grams of carbohydrates. An equal weight in cucumbers has only 30 calories and 7 grams of carbs.

An ideal daily menu for bodybuilding purposes would require consuming both starchy and fibrous carbohydrates. In keeping with our general guidelines, breakfast would consist of only starchy carbs, lunch would have both starchy and fibrous carbs, and the last meal of the day would consist of solely fibrous carbs. The mid-morning and mid-afternoon meals act as a tuning dial for the meal plan. If weight is coming off too rapidly, eat more starchy carbs during these two meals. And if weight loss seems at a standstill, then just eat fibrous carbs at these meals, and increase your aerobic output. **You should only go to four meals per day as a last resort. It is far superior to increase your aerobic exercise first than it is to decrease your caloric intake.**

As you can clearly see, a small difference in the atomic linkage angle makes all the difference in the food's absorption efficiency. **That's why fibrous carbs are so effective at promoting a sliced appearance.** When you make the switch from starchy carbs to fibrous carbs, you can expect a noticeable change in your muscle definition **within three days.**

Regardless of which form of carbohydrates you consume, keep in mind that they must be ingested regularly in order to meet the energy demands of our bodies. Never miss a scheduled carb in your meals. **They are vitally important.** You'll see why when you look at this breakdown of

carbohydrate storage in the body of a 220 pound bodybuilder:

Liver glycogen	165 grams
Muscle glycogen	367 grams
Extra-cellular blood sugar	<u>15 grams</u>
Total	547 grams (2,190 calories)

As you can see, the amount of carbohydrates in the body is relatively small. Those 547 grams of glucose in a 220 pound individual provide energy for only 20 hours of moderate physical activity. Even the brain contains no stored supply of glucose and is therefore totally dependent upon the minute-to-minute supply of glucose from the blood. That's why when you have missed a few meals you can actually feel yourself getting light-headed. However, the point is clear: ***We need carbs all of the time!*** From hitting the most muscular pose to the blinking of an eyelid, everything runs on carbs.

In closing, once you are satisfied with your muscle thickness, switch from starchy carbs to fibrous carbs to carve that muscle into sweeping shape and deep crevices that will stagger the minds of many onlookers. That's why we say, "When you want to get sliced, start slicing up some fibrous carbs!"

FIBROUS AND STARCHY CARBS

Fibrous Carbs

Asparagus
 Green Beans
 Broccoli
 Brussel Sprouts
 Cabbage
 Carrots
 Cauliflower
 Celery
 Cucumbers
 Eggplant
 Lettuce
 Mushroom
 Green Peppers
 Red Peppers
 Spinach
 Zucchini

Starchy Carbs

Barley
 Lima Beans
 Red Beans
 Black-eyed peas
 Corn
 Whole-meal flour
 Lentils
 Oatmeal
 Pasta
 Peas
 Popcorn
 Potatoes
 Rice
 Sweet Potatoes
 Tomatoes
 Yams

WHO SAID CAN'T?

Someone is always
doing something
someone else said
was impossible.

TRY TRYING

BODY TRANSFORMATION

is not a matter of having
good genetics,

*but making the most of the
genetics you have.*



GOALS

are

DREAMS

with

DEADLINES.

WHY I LOVE THE SPORT OF BODYBUILDING

A few weeks ago, I was talking with a member of the gym that I own. From previous discussions she and I had, I knew she was still trying to figure out why I pursued a sport that had such a negative image with the general public. After all, most people see bodybuilders as narcissistic, ego-maniacs who are pumped up on all kinds of performance-enhancing drugs. Let's face it. A lot of pro bodybuilders are walking proof of this exact image. To someone outside the sport of bodybuilding, I'm sure that it's very hard to see why someone would pursue an activity that clearly has a lot of negative publicity. And perhaps many of you are curious as to why I would continue to participate in a sport that allows people to judge or label me in the same manner.

At one point or another, most of us all have dreamed of greatness. For some that means becoming a lawyer or a doctor. For others it's success in the movie industry, and a few dream of becoming a professional athlete. I have the utmost respect for people who dare to dream the impossible dream, for only those that seek to achieve greatness ever have a chance of rising above mediocrity. My dream is to become a successful gym owner, personal trainer and bodybuilder. **However, to me, bodybuilding is not just stepping on stage in a pair of trunks and posing for 90 seconds.** (Make no mistake. I do enjoy competing, and plan to continue doing so.) I know most outsiders really break down the sport to that one simple act. But, bodybuilding is so much more.

To me, bodybuilding (or Physique Transformation as I prefer to call it) is the 43 year-old guy who goes from a fat, bloated 240 pounds to a muscular 201. It's the 18 year-old kid who sets a goal to squat 315 pounds and achieves it. It's the half-crazed woman getting ready for her first fitness contest. To really understand the sport of bodybuilding, you have to look at the overall picture. It's not only what you see in the magazines. How many of you really compete? Although most of you don't, I'm sure you all consider yourselves bodybuilders.

I've met some of the greatest people in the world in the gym. Occasionally, I'm lucky enough to work with some of them. I recently worked with a very successful businessman. Here was a guy who makes tons of money, yet he was literally killing himself every day because of his sedentary lifestyle. Sure, he was rich, but when you're 45 and heading for a heart attack at 50, what's the point? He made the decision to get off his butt and into the gym. When I met him he was a portly 310 pounds. At the time of our last session together, he was down to a muscular 265 and he had dropped quite a few pant sizes along the way. That's a physique transformation! ***That's what bodybuilding is!***

I get countless questions each day about exercise and diet. Some of them I answer, some of them I don't. If I feel I can help someone help themselves, I'll usually do the best I can to help them improve themselves. So many people consider bodybuilding an individual sport, but it really isn't. Think about how many people have helped you along the way to achieving your personal physique transformation goals. The guy in the gym who came over to help with your form or your friends that pushed you to keep going to the gym. Certainly, no one can force you to go to the gym; no one can force you to eat 6 meals a day. Those are all things that are ultimately up to you. However, I know from personal experience that part of the reason why I'm able to do these things is from the motivation I get from others.

Recently I've been training several women. Obviously, I'm not dealing with females that have aspirations of being the next



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Ms. Olympia. However, the dedication that these ladies exhibit is remarkable. I have these women doing exercises that other people look at and just shake their heads. In a very short time period, one of these ladies has dropped 24 pounds of body fat. Certainly, she could not have done it without my help, but neither could I have helped her accomplish her goals without her drive and dedication. I can see daily changes in this woman's physique and overall attitude. The motivation that gives me is unbelievable. ***That's what bodybuilding is all about!***

The camaraderie in the sport is something I've never experienced anywhere else. As a kid in high school and college I experienced the close-knit bond of playing competitive athletics at an extremely high level. Very few people get to share in something that special. Through my participation in bodybuilding, I've been lucky enough to feel like I'm part of something special again. Maybe it's the fact that we are so different from the rest of society that brings bodybuilders so closely together. Sure, there's more than enough backstabbing and infighting within the sport. However, there's also a shared feeling of being part of something special. Until you have felt that burn from a brutal workout, or until you've spent time gritting your teeth on rep after rep, it's not possible to understand what I'm talking about.

So, what is bodybuilding? Bodybuilding is the quest to develop yourself into ***your own idea of perfection***. For some, that's developing a physique that will turn heads at the beach. For others, it's achieving a level of development that will win a bodybuilding contest. **For most, it's simply something people do to stay healthy and look fit.** Whatever your goals, no other sport will transform your body like bodybuilding. **It's fascinating to see how fast someone can completely change their physique through proper training and nutrition.** Seeing the fruits of your labor in the mirror is like an extremely addictive motivator. The more results you see, the further you want to improve. To me, that's what bodybuilding is all about.

OK. I know I'm going to take some heat for this one. If you haven't seen Bill Phillips' "Body For Life" video tape, the one he produced in 1998, I really recommend that you try to get a copy. When I first received the tape in the mail, I had a really bad attitude about it. *"Christ, here we go again, another shameless plug for EAS supplements."* **I was wrong** and I have to be honest with you. I found this to be the most inspirational bodybuilding video I have seen. Sure, I've seen many of the Mr. Olympia tapes and other tapes by pro bodybuilders. Certainly, watching these behemoths train is inspirational and awe inspiring. But, that's all they are - videos of pros working out. As bodybuilders, we all face daily challenges in our lives that sometimes make it difficult to eat, train, or retain a positive focus on our bodybuilding goals. "The Body For Life" tape details the story of 10 people, some who had to overcome some pretty tough obstacles, who made amazing physique transformations. No. It's not a hard-core training tape. It's a bodybuilding tape, showing you people much like yourself ***achieving their idea of the perfect physique***. I probably watched this tape twice a month until I foolishly misplaced it. And it inspired me every time I watched it!

Bodybuilding certainly isn't a sport for everybody. Most people lack the necessary drive and discipline that's required to be successful at any level. For the few of us who do, it's a fantastic feeling. It's hard for me to convey how much I truly enjoy the sport, but it's definitely a wonderful journey. Bodybuilding has given me the opportunity to help a lot of people, and it has allowed me to share in the feeling of victory when one of these people proudly speaks of achieving their goals with a sparkle in their eyes. There's not a better feeling in the world. Nothing makes me more complete than knowing I helped someone take control of their life. When you're a bodybuilder, it's easy to get wrapped up in yourself and your own dreams and aspirations. I think many of you will find that the best motivator is sometimes helping someone else achieve their goals. That's what this book is about. To me, that's what bodybuilding is all about.