

# EVERYTHING YOU SHOULD KNOW ABOUT RESISTANCE TRAINING AND THAT YOU NEVER DARED TO ASK.

Resistance Training is NOT a Gay Thing to do, it is a very Healthy Thing to Do.  
Most people think that a man in shape has to be Gay !. Well they are Totally Wrong.  
Most Gay men are either skinny or very Fat, and only a very small minority are in shape.  
Well I can tell you, Don't worry about what people will think of you because you work out,  
They will one day realize that Resistance Training is the best Thing that you can ever do  
for your Health and your Body and You won't be the one walking with a walker at 60, they will.



*By Ghislain Bonneau - 2009*

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# INTRODUCTION:

This text that you will read comes mostly from my own accumulated experience in the field of Resistance Training throughout my life. I started when I was 16 years old and I also practiced other forms of physical activity intermittently and I found over the years that I always come back to Resistance Training, since this was my first contact with exercises and well being, and there is so much to learn in this sport. This document has for purpose to introduce those who never did Resistance Training and also to guide those who have already started but are not sure of what they are doing. This essay will guide you on the right path to achieve your goals with the most effective way to do Resistance Training Exercises **and to do them safely**. If there is one thing that you must really know what you are doing is precisely in Resistance Training because if you don't know the basics, well you are totally wasting your time and you are probably on the road for disappointment and severe injury.

I will speak mostly of Resistance Training but I will also touch other related subjects like nutrition and abdominal exercises. The first thing to do before you start doing this kind of exercise is to consult your Family Doctor so that he can make an evaluation of your health and bring up your limitations. He will probably encourage you to have a slow start and to be supervised by a certified trainer. You don't want to have a cardiac arrest on the first week or to strain a muscle or hurt yourself right from the start. You must know exactly what you are doing before you go head first into a gym and just copy the exercises that other people do. Those exercises might not be appropriate for you right now and what tells you that you are not copying on someone that is not doing the exercises properly, since that most people copy on others, and ask yourself where did they learned it from, probably by copying on others. So before you jump head first into this very shallow rocky water pond, first of all check with your Doctor and follow the Doctors orders and then go trough this document and then you will be ready to have a better start. There is so much to lean in this field, and so much you could do wrong.

## **THERE IS SO MUCH MORE TO RESISTANCE TRAINING THEN WHAT JUST MEETS THE EYES.**

You will have to be very patient when you start before you can see any progress because the first months won't show much difference on your body since it is the time of learning and going progressively into this kind of exercises. Your muscles are not used to this kind of treatment and you will be sore all over that's for sure. But be reassured that the pain will diminish gradually as you go on but there will always be a little pain on the next day after a good work out. If there is no pain, well there will probably be no gain either. So this will take a few months before you see any kind of change on your body but don't worry it will happen in time and you will feel just great right from the start. The human body is made to be used, and if you don't use it, it will simply degrade and you will get older much faster. Our ancestors had a much more active life then we have today and extra exercise was not needed for them to keep their body healthy and in shape. Just give yourself the first tree months to learn how to do the most common exercises properly instead of copying on others and risk severe injuries. Some injury in weight lifting can take years to recover, and if you can come back at all and do this kind of exercise again after an injury, you will be very lucky. I see people that copy on others all the time and that don't do their exercises properly and are at a higher risk of injury.

**So it is extremely important to know how to do all your exercise properly to eliminate any risk of severe injury to yourself and to others.** It is more important to start with light weight and to learn how to do your exercises properly then using weights too heavy for you to try to impress others. In a gym nobody is there to impress anybody else and everyone do their exercises according to their own needs and capacity. Invest a few dollars to buy books on the subject where professionals will demonstrate the right way to do all the exercises. I will discus in this document the things that you must not do, to prevent injury. Then you will be sure that you are on the right track. In this text I can only guide you towards the right attitude to perform most of the exercises, but I can't be beside you to show you exactly how to do each exercises, this text is intended only to explain the basics of Resistance Training and the relation between the mind and the body during your exercises sessions.

During your exercise sessions at the gym when you feel a burning sensation in your muscles what actually happens is that your muscles are stretching and are breaking apart because of this new stress you put on them and they will tear. But don't worry, those are micro tear and this is normal, and this is why you must do enough repetitions with enough weight to get this burning sensation. Your muscles will recuperate during your next sleep and your body will build new muscles between those micro tear while your rest. This is how the body tries to adapt by giving you extra muscle to suffice to the extra work and performance that you are asking of your body. On the long run your muscle will therefore become bigger and stronger by this adaptation process. It is not recommended to do the same exercises on the same group of muscle day after day. You must give time to the body to recuperate and to build new muscle. If you want to go to the gym every day you better work on a different group of muscles the next day and have a good rotation of exercises to prevent your body from stopping its adaptation process. If you always do the same exercise session after session your body will adapt and you won't make any more progress. For example purpose, if the day before you did some exercise for your legs then the next day you must not work your legs again, just do another muscle group like your pectorals or your back or your arms etc. But it is preferable for somebody that is just starting in this kind of exercise to do it only 2 or 3 times a week and separate your Resistance Training Sessions by 1 to 2 days of rest, and do stretching and cardio exercises on those off days. During your rest period your body will also need more proteins to help it to build new muscles. If you don't supply your body with enough proteins intake it will use the proteins already existing in your muscles and you won't make any gain at all. The amount of protein necessary for your body depends on your weight and the intensity of your exercises and the goals you are aiming for. For the first two to three months you do not need to intake any extra protein, just eating good protein food will do, but as the intensity of your workouts will get higher your need of protein will also be higher and you will have to get some protein supplement, I will elaborate more on this subject later on.

## **GLOSSARY AND TERMINOLOGY:**

**TRAINING SESSION:** A training session is all the time you spent at the gym and this includes the warm up period, the stretching, all your resistance training exercises, the cool down and also your cardio.

**EXERCISE:** An exercise can be defined in two part or two movements to work any particular muscle or a muscles group. In all exercises there is always a movement that is defined as the EFFORT, and that is said to be the POSITIVE movement, and the other movement witch is the movement when the weight returns down by the force of gravity and this is call the NEGATIVE movement.

This definition is important since it relates later in the text and it defines and relates to all exercises by the description of the movement and the way to perform the POSITIVE and the NEGATIVE movement, including breathing. The speed that you perform your exercises can vary from one exercise to another depending on your goals but generally you should perform both the POSITIVE and the NEGATIVE movement at the same speed.

**POSITIVE MOVEMENT:** The POSITIVE movement in any exercises is the part where you use your muscles the most or where you give more effort to lift the weight.

**NEGATIVE MOVEMENT:** The NEGATIVE movement in any exercise is the part when the weight try's to return down by the force of gravity. You must always control the return of the weight and not let it fall down rapidly by itself. You must hold it back and return it down at the same speed that you did lift it in the positive part of the exercise.

**SET:** The Total number of repetitions that you do of the same exercise is said to be a SET. Normally 4 sets are best for good results, but it can vary from 1 set to 5 sets. More then 5 sets is not necessary and you would be wasting your time to do too much sets of the same exercises.

**REPETITIONS:** Each movement of the same exercise repeated into a given set. A minimum of Reps would be 6 and a maximum not more than 15 Reps. If you can't do 6 repetitions this means that the weights you are using are too heavy for you and if you can do more than 15 reps this means that the weight are using are too light for you and here again you would be wasting your time if you do too much repetitions.

**MUSCULAR GROUP:** A muscular group contains more than just one muscle and those different muscles are used to move a particular part of your body. For example when I speak of the muscular group of the shoulders, this muscle group contains three different principles muscles that are the front deltoids, the side deltoids, and the rear deltoids. It's the same thing for the leg muscles, the back muscles, the chest muscles the arms and the abdominals. Each muscle group contains many muscles that we can either work separately or all together depending on the exercise we do or if you are using free weight or a machine to do the exercises.

When you work a muscle group it is a good thing to do at least four different exercises to work all the muscles of that particular group at different angles, because doing different exercises at different angles and techniques will get all the muscles of each group involved and they will improve all at the same time. Each exercise works a muscle in a particular way that it will make it grow in a certain manner, and it will be up to you to find out what each exercise will do what to your body to have a better control on the final result. The sculptor removes bits here and bits there to have a final art work that will be pleasant to look at and symmetric in its proportions. The bodybuilder works in a similar way and adds muscle proportion here and there to have the same result. You must constantly keep an eye on your proportions for overall balance and symmetry.

In a gym mirrors are there for a reason and it is to make sure that you keep your body straight and that you do your exercise correctly, and that you move your arms or shoulders at the same angles and height to obtain symmetry and avoid deformity. Because the main goal of body building is first to obtain symmetry and a well balance overall look, in all good proportions. This would not be possible to obtain without the help of mirrors. If you don't hold a straight posture and that you lift one arm higher than the other, or that you put more intensity on one side than the other, then chances are that your body will grow in different proportions and you will lose symmetry.

Therefore you must constantly keep an observing eye on doing your exercise in good form to make sure that you are growing in symmetry and correct it before it is too late. You must correct bad posture right from the start and work to keep good symmetry at all times. Sometimes when I make my SQUATS if I see that one leg is smaller than the other I put more tension and intensity on that leg so that it will grow faster until it gets to be like the other one. It's the same thing for all other muscles group so I always try to have a straight body posture and I make sure that I put the same intensity with my arms or my legs and that I perform the exercise in the same manner on both sides.

As you can see there is a lot to learn in the domain of weight lifting before you know exactly the real impact that each exercise will have on your body's proportion and symmetry. Only time and experience will guide you to success.

**INTENSITY:** Intensity is the total effort given in any exercise or sequence or set or your exercise session. Working at a higher intensity means, using more weight to bring your intensity level at 80% or higher. Intensity can also be accentuated by shortening the rest periods between sets and also if you put more energy into your workout. So if you work your muscles at 80% of your capacity you work with more intensity than if you would work only at 70% of your capacity. Normally to work at a higher intensity you must choose your weight so that you can do 6 to 8 reps not more. If you can do more than 8 then your weight is too light to work at high intensity. If you can't do 6 repetitions the weight you are using are too heavy for you so you are working at more than 95% of your capacity. If you can do more than 15 repetitions the weight you are using are not heavy enough for you and you are probably working out at only 60% or less of your capacity.

To find out at what level you are working at, is actually very simple. If you can only do 6 repetitions you are working at more than 90% of your capacity. If you can only do 8 you are working at about 85% of your capacity. If you can do 10 you are working at about 75% to 80% of your capacity.

If you can do 12 to 15 reps you are working at between 65% to 70% of your capacity. If you can do 15 or more you are working at about 60% or less of your maximum capacity. So to obtain mass you must work at a higher capacity and to obtain definition you must work at a lower capacity but normally to maintain your body in a good shape and make some progress you should work between 70% and 85% of your capacity. If you want to get bigger muscles you should work out at higher than 75% most of the time and work out at 90 to 95% some of the times. But note that it is not a good practice to always workout at the maximum of your capacity. Normally the first days of your workout week should be used for heavy workouts at high capacity and the rest of your exercise days should be done at a lower intensity level with smaller weights.

For an exercise to be effective when you feel that your muscles starts to burn you keep going, and do 3 or 5 more repetitions. So you must adjust your intensity level to get that burning sensation in the middle of your set. If you don't get that sensation, then you are not using enough weights, and if you get that sensation too early in the set this means the weight you are using are too heavy. If you don't use weight heavy enough and that you don't get to the point where you feel that burn and do more reps after that, and then you will never make any progress, you will only succeed to maintain your present form.

**MUSCLE MASS AND MUSCLE DEFINITION:** Definition is what permits to see more distinctively the shape and contours of your muscles and normally to obtain definition the body fat must be very low before you can achieve to see any definition. Also before you can start to work on definition you must first start to work to have more muscle mass. Because you just can't have definition if you don't have any muscle mass. So to work out in a way **to obtain more muscle mass** you will have to work out at **higher intensity** and make your exercise slowly, with less repetitions and a long rest period between sets. A good technique to obtain mass is to do your exercise in an explosive manner. This means to accelerate the motion in the positive part of the movement using heavy weights and do the negative part of the movement at a normal speed. For example when doing bench press bring the weight down to your chest at a normal speed with control but push it back up much faster. (Don't bounce the weight on your chest). For squats you go down at a normal speed and spring back up in an explosive manner. Another example would be Military press, with a barbell over your head. Start from your shoulder in a standing position and push the weight up over your head extending your arms in an explosive manner hold for a second and then bring it down slowly with control and as soon as it has reached your shoulder press it back up in an explosive manner. Later on if you want to work on **definition** you must work at about 70% to 85% of your capacity and do more reps. So you must use lighter weights and make more sets and more repetitions and do your exercise a little faster with less rest time in between your sets. **Doing your exercises this way will give you muscle definition.**

**BREATHING:** Breathing in resistance training is **50% of the exercise** and you must get into the good habit of breathing in and out during all your exercises as you work out, for many good reasons.

You must always breathe in by the nose and breathe out by the mouth. **NEVER CLOSE YOUR MOUTH AND HOLD YOUR BREATH IN, DURING ANY EXERCISES.** You must not take a big breath in, only use about 70% of your lungs capacity to breathe in by the nose and let the air out through the mouth between your lips almost closed, and this should make a hissing sound. When to breathe in or out is very simple, but if you mix it up, it's not really important, what is important is that you breathe with every repetition that you make. The rule of thumb is that you breath **IN** before you start the first movement of the exercise, and breath out during the first **POSITIVE** movement and then breath in again during the next **NEGATIVE** movement, and breath out again during the next **POSITIVE** movement, etc, etc. Breathing out in the positive movement will help to give you more strength and intensity to your workouts. Sometime the Negative Movement is before the Positive Movement like in the Bench Press exercise. In this case you breath in as you bring the bar down and breath out as your bring the bar back.



**So you should always breathe OUT during the POSITIVE MOVEMENT and breathe IN during the NEGATIVE MOVEMENT. But depending on the exercise sometime it works best the other way around. Just do what feels right for you, but never close your mouth and hold your breath in during any exercises because this will only inflate your stomach and sternum and you won't have more strength in the process.** Breathing during the exercise will also help to supply fresh oxygen to your blood and in return your oxygenated blood will give more endurance to your muscles. They won't get tired as fast as if you would not breathe at all correctly. **Make sure that you bring your abdominals IN, and that you tighten them as you breathe out in all exercise.** This is a good habit to take because it will help you to keep a better posture during your exercises and it will help to get your abdominals muscles involved in the exercise and prevent the use of your lower back muscles.

You must breathe in before you start any exercise and this is done at the starting position. How to determine where is the starting position of any exercise is also very simple. Just think when you grab the weight, what is the next movement? If it is POSITIVE then you must breathe in before you start the movement. The starting position is usually just before or at the start of the POSITIVE MOVEMENT and this is where you should always breathe in before you start your exercise.

On the contrary for Bench Press exercise, you start with the Negative movement but you still breathe out as you do the Positive movement. First lift your feet either of the bench or use stepping pads so that you have your lower back is touching the bench all the time and not arched during the exercise. Bring the bar up from the rack over your chest (this is the starting position) and breathe in as you bring the weight down towards your chest, and stop one inch before the bar touches your chest then bring your abs in and tighten them and breathe out as you push the bar back up. Most people close their mouth and hold their breath in as they push the bar back up, and this is a very, very bad form. You will see that they arch their back and their abdomen and sternum gets bigger and their face will become all red. They bounce the bar on their chest to help to bring it back up. Never, never, never do bench press this way. After the first time you bring the bar up do not go all the way up and do not lock your elbows, you must keep a tension on your pectoral muscles, and to do this you must stop before your arms are fully extended and at that point you must tighten your pectorals muscles for a couple of seconds before you start to bring the bar down again for the next repetition. Bench press is an exercise for your pectorals not just your arms, so your shoulder must go back when you bring the weight down and up when you bring the weight up. If you don't move your shoulders up and down during the bench press you are not using much of your pectoral muscles and you are totally wasting your time. This is the **correct FORM** for the Bench Press exercise.

**FORM:** To do an exercise with a good form means to have a good position of your body during the exercise and also the way that you do your exercise and this also includes breathing. A good form is very important in the execution of any exercises for many reasons. Since that I can't elaborate and explain every exercise in details here, it is your responsibility to find the information from a reputable source like specialized books and magazines or videos on the subject. It is good to consult many different sources to learn as much as possible to make sure that you will be doing your exercises with a good FORM. Be aware that sometime those books, magazines and videos won't show you the right way to do it either, so with all you will learn here in my essay you will be better equipped to judge what is the right or the wrong way to do any exercise. You will also notice that almost none of them will mention BREATHING during the exercise, because most of them don't know how to breathe correctly. So to execute an exercise the right way is said to do this exercise with a good form and we must never give up on form to be able to use heavier weight or to try to do more repetitions. You must never sacrifice your form and cheat because this is the road to severe injury, and believe me you don't want this. **Never do any exercises in Resistance Training if you are not sure of the Good Form to do it effectively and to also eliminate any risk of serious injury to you and others around you. It is always better to know what you are doing when training with weights. You must know exactly what each exercise does to your body and what muscle will be involved and how they will be affected with this exercise and most of all the correct Form and breathing technique to do the exercise.**

**AEROBIC MUSCLES:** Aerobic muscles are usually smaller and weaker than anaerobic muscles but they have greater endurance and resistance to fatigue than anaerobic muscles. To obtain aerobic muscles you must work around 70% to 80% of your capacity. You must also do your movement faster and do more repetitions and more sets, and also shorten your rest period between sets and exercises. Don't forget that 15 is the maximum of repetitions and 5 is the maximum of sets. More than that and you are not doing resistance training anymore, you are doing aerobic exercises. Stretching your muscles between your sets with any kind of stretching will also give them the ability to be 25% stronger without having to be bigger to obtain great strength.

**ANAEROBIC MUSCLES:** Are muscles that have more mass and are much stronger than AEROBIC muscles but they have much less resistance to fatigue. One reason for this is that they need more blood to supply them with oxygen and it's the oxygen in the blood that helps muscles to combat fatigue. So the more muscle mass you will have the less resistance you will have to fatigue. To develop those kind of muscles you will have to use heavier weights and work higher than 80% and at times up to about 90% to 95% of your capacity. You must also make your exercise at a slower speed and give yourself more rest between them. As an example if you are working to have AEROBIC muscles your rest period would be between 30 seconds to 2 minutes but if you are working out for ANAEROBIC MUSCLES your rest time should be between 2 to 3 minutes between sets and in any case never more than 3 minutes of rest between sets.

For me I always tried to have muscles between aerobic and anaerobic muscles, and so my muscles are not really big for the strength that I have and they have a fairly good endurance too.

The secret is stretching the muscles that I am working out between each set during the rest period and since stretching makes your muscles 25% stronger I don't really need to be extremely big to be strong. And another thing is that I vary the way that I work out every time that I walk into the gym. One day I might work heavy for ANAEROBIC MUSCLES and another day I might work faster with lighter weight for AEROBIC MUSCLES. And doing this is good too because you don't want your body to adapt to your exercise since you will stop to make any kind of progress if you always train the same way and do the same exercise all the time. The different way you train is said to be using different TRAINING METHODS

**See the next section on different training methods** that you can use, and I can tell you here that it's a good thing to incorporate those different techniques and to vary their uses all the time and also to vary your exercises. So never use the same technique repeatedly session after session and also work different muscles group session after sessions. The trick to always make progress is to foul your body's adaptation process by varying everything so that the body never adapts to your exercises and to your training methods. I might be repeating myself a lot on this subject but it's because it is very important. **Variety is the KEY**, the essence and the fundamentals of resistance training and the only way to go if you want to make any kind of progress.

## **TRAINING METHODS:**

By now you must know that it's a good thing to vary everything so you must know more about different Training Methods. I have noticed with my 45 years of experience that most peoples that start resistance training for the first time, they all make the same mistakes. They learn their exercises by watching other peoples do them and they do the same exercises sessions after sessions. Their body adapts very quickly, and they stop making any kind of progress. They are unaware that their body is adapted and that they are not making any kind of progress and they are completely wasting their time and energy since they are probably doing their exercises the wrong way to start with. So before you throw yourself into a gym not knowing what you are doing, does not really play in your favor at all, and you can't learn simply by watching others do their exercises because most of them don't do them the right way anyway, because most of them also copied it from someone else that didn't know how to do them either. It will be your responsibility to make sure that you are doing your exercises the right way and **never copy on others** because there is no way to know if they are doing it right.



ASK A TRAINER OR CONSULT A BOOK or go to the link below for examples on how to do your exercises. Also check out **Joe Weider's Bodybuilding Training System**, (10 films) THEY ARE EXCELLENT. I wish I had more time to explain every exercise in details, but I don't need to do that all I need to do is to explain the fundamentals that are common to every exercises and you can take it from there. You will have to be the judge of what is right and wrong and what exercises works best for you.

<http://www.bodybuilding.com/exercises/>

**PYRAMID UP:** In this method you add more and more weight on each subsequent sets of the same exercise. Let's say you are doing your biceps and you start with 25 pounds. You do your first set with 25 and then the next set you use 30 pounds and the next set 35 and so on and so on. You can use this method to work your entire muscle group or a muscle in particular.

**PYRAMID DOWN:** In this method you start your exercise with the maximum weight that you can handle for a given exercise and you work your way down. Let say you start at 45 pounds for you butterfly exercise then the next set you use 40 pounds and the next set you use 30 pounds. If you use this method make sure that your muscles are well warmed up before you start it to eliminate the risk or injury. In the pyramid up your muscles get warmed up as you increase the weight but in this method where you start at 95% of your capacity you better warm up before or keep this method for last in your training session.

**SUPER SETS AND COMPOUND SETS:** Superset means that right after having completed any given exercise you don't stop and you start another different other exercise right away with no rest period between the exercises. Compound sets are different exercises separated by a rest period.

You can do supersets with about any two body parts together but you will have better result by doing opposing muscle groups in the same superset or muscle groups that complement well each other, and that means that they will have either similar or opposing motions.

#### **EXAMPLES FOR UPPER BODY SUPERSETS;**

Chest and Back, Shoulders and Laterals, Biceps and Triceps.

#### **EXAMPLE FOR LOWER BODY SUPERSETS;**

Quadriceps and Hamstrings. (squats and leg curls)

Doing Supersets will trigger muscle growth and give the muscles more endurance. Usually it is an exercise that will work the opposite muscle group of the first exercise. For example let's say that I am doing bench press on a flat bench and right after my set I do a bend over barbell row for my back, or I go on the floor and do 50 Push-Ups. Then I rest for a normal time period before I start another superset. That is a good way to do superset because the second exercise is less straining and it will add endurance to the muscles that you are working. Another example would be like if you are doing butterfly and right after your set you don't get up and you do dumbbell press with the same weight. Butterflies are more straining then dumbbell press so this will add endurance to your muscles also. The thing to remember is that the second exercise must be easier than the first one and not necessarily working the same muscle group but preferable the opposite muscle group. I hope that I am clear enough and it will be up to you to experience with different combinations. The rule of thumb is to do what works best for you and to alternate with different exercises frequently to maximize growth and to prevent the body from adapting.

**SHOCK TREATMENT:** To use the method of shock treatment you must have a longer then usual days of rest before you come into the gym and try this one. After 3 to 4 days of rest you come into the gym and you work at your maximum capacity. Make sure that you are well warmed up before you start your exercises. Work your entire muscle group in that first session at 90% of your capacity and then you return to normal for the next session. There is many different ways to do this method and mine goes this way. Every three months I stop training for a week where I only do stretching and yoga.

Then I go back to the gym I work at 90% of my capacity but only for two muscle groups and the next session I work again at 90% of my capacity for the other muscle groups. So I go back to my training doing only one or two muscle group at a time instead of doing them all the same Day. You will find with time and experience what works best for you and use this method so that your body does not adapt to your training.

**TILL EXHAUSTION:** This method is best use as a last set of a heavy lifting, when you work at a higher capacity over 85% of your capacity and you do more then 15 reps and you go on till exhaustion. I'm not a believer of this method because I believe that a muscle should be worked, but not tired out.

**ASSISTED:** This can be done with a partner or just by yourself. For example to use this method, only do one arm or one leg at a time, and after you have done your repetitions for that set, and that you just cant continue, assist with the other arm or other leg to do more repetitions, or use another person to help you to perform more reps by helping you to lift the bar or the dumbbells. To use this method for my biceps I use a preacher curl bench and I assist with the other hand to do more repetitions.

**GRADING DOWN:** (Not the same as Pyramid down) For example let's say you are doing Concentration Curls and you are using a 25 pound weight to do this exercise. Keep close to you a smaller weight lets say about 20 or 15 pounds. Do your normal set to about 8 to 10 repetitions and when you just can't continue switch immediately without wasting any time to the smaller weight and continue the same movement and do another 3 to 5 reps. This technique is very effective and to use it you must be able to switch to a lower weight very fast and don't stop the exercise. So you must not rest when you change weight.

**PARTIAL REPS:** Partial repetitions mean that you don't perform the full movement involved in any given exercise. For squats for example I use this technique at the end of my leg session to stimulate more strength in the quads muscles. With partial reps I can put more weight on the bar then I would in a normal rep, and I don't go down very far, just about one third of the way down and I hold for a second, and then back up and I don't go all the way up either. I don't lock my knees; instead I squeeze all my leg muscles at the top like I did 1/3 of the way down. The same technique can be use for bench press, and by using heavier weight that you would normally not be able to bring back up by yourself in a full rep, but in a partial rep you can bring it back. What this technique does is that it tells your body that you need stronger muscles and that you want to be able to do it with this kind of weight, and believe it or not, your body will develop stronger and denser muscles. Only do one or two sets of heavy partial reps and only do this at the end of your work out, because you want your muscles to be well warmed up before you do this PARTIAL REPS TECHNIQUE to prevent any risks of injury.

**MASS TRAINING FOR MAXIMUM MUSCLE GROWTH AND POWER:** To do this method you must use a weight that will permit you to do at least 6 reps and not more then 8. If you can't do 6 reps, your weight is too heavy and if you can do more then eight then you are not using enough weight. Pick your weight and exercises accordingly and use free weights as much as possible if you want to have bigger muscle and be stronger. The best way that you can do your exercises to trigger muscle growth and power is done in an explosive manner in the positive part of the exercise. The best exercises are two joints exercise like the Bench Press, the Squats, the Leg Press, or Hack squats, Rows, Military press and Dead lift. Dead lifts are particularly good to promote overall body strength and power and to trigger muscle growth. I found that every time I did the Dead Lift, the next day I feel very strong, Light and very good. By explosive like I explained earlier, I mean to push harder and faster then normal, like in an explosive manner. For bench press after bringing the weight down close to your chest, press hard and fast to bring it back up. This action triggers muscle growth. When doing squats, the same thing goes, push back up fast in the positive part of the exercise but always do it in a very control manner. Don't forget that you are using heavier weights then usual and that the risk of injury is greater, so be very careful with this technique and do every part of your exercise with control.

**CHEATING:** ☹️ To execute this method without giving up on good form is very difficult and this method of training **is not at all recommended**. This method tends to bring its user towards bad form and injury unless you have somebody helping you to perform your set, but in this case it is not CHEATING its (ASSISTED). Cheating means that a person swings his arms or his body to help lift the weight and this practice is very bad for the lower back. Swinging your arm or your body to help you to perform your exercise will only diminish the tension on the muscles that you are trying to work out and this swinging motion put all the stress on your lower back, and accentuate your chances of injury. There is of course many other Training Methods and only time and experience will help you to find the ones that will give you better results. The methods above are the main ones that most people uses in a gym and those are very sufficient for me. I alternate those methods from training session to sessions and also during the same training session. You must know by now that the reason to use different training methods is to fool the body so that it won't adapt so that you won't stop progressing.

## **OVERTRAINING:**

One very important point is to resist to the temptation to train too much. In other words, you must not become dependant of your exercise. The temptation to do more will be very strong because you will feel so good with yourself that you will believe that you can do more to feel even better and this temptation will be even stronger then addictive drugs. When you do resistance training you will feel your muscles being harder and you will feel full of energy because of the hormones being released in bigger quantity by your brain and those hormones will flow all over your body and your muscles. You will feel like dynamite. Those hormones are **ADRENALINE, NORADRENALIN, SEROTONIN, AND DOPAMINE** and probably many more unknowns.

For those who do juggling, **ENDORPHIN** is mostly the drug released by the brain in a larger quantity to make you feel good and to lessen the pain in your aching muscles. Endorphin will make you feel lighter on your feet and you will seem to be able to make movement without any effort. You will feel like you are almost flying. So endorphin has analgesic effect on your body and you will feel so good that you wont want to stop running. Most joggers are not aware of what is happening and they feel so good that they just run and run everyday regardless of weather conditions and they will run until they reach that sensation of well being, light, sore less, and effortless movements. They become euphoric and this sensation is very addictive and they must also use caution not to overdo their training needs and capacity **AND NOT TO BECOME DEPENDANT OF THIS SENSATION**. The human body is very addictive and you must be very careful not to abuse of anything, and this includes any kind of exercises and especially resistance training. When you do resistance training your brain will also release more growth hormones and in return this will help to slow down aging and the deterioration of all your molecules and on the long run you will feel and look much younger then your age. The fact to do this kind of exercise will also give you more energy and you will feel really good about yourself and this will effect your moods as well. This is the trap that you must not fall into because if you do too much exercise your body will start to deteriorate and accumulated fatigue will get the best of you. Eventually you risk falling into a depression and you will have to give up resistance training.

After your training session you must learn to relax during your rest period since you will feel strong and powerful but you must do stretching or yoga to disperse that extra energy in the right direction. Relaxation is the key for recuperation and if you keep stiff and don't relax all you will do is loose that energy and you will feel tired the next time you go to the gym. So it wont be easy to resist the temptation to go to the gym everyday but you must use those off days to relax and to recuperate.

It takes about 48 hours to rebuilt new muscles so you need a good night sleep and that next day off to let your body do his job and to rebuilt your new muscles before you go back to the gym and hit them hard again. You must sleep at least 8 to 10 hours each night to rebuilt your muscles and you can even have and afternoon nap if you feel the need to do so. The total time of your training session should not be more then 2 hours, and this is for your first two or tree years of resistance training. After that you will be better to judge your own need and capacity. Only you will know when too much is too much, and when you have finish you training session you should feel, good and not tired at all but fresh and relax.

If you feel tired after your training session you are doing something wrong and you are probably doing too much for your own capacity. It is different for everybody and only you can be the judge of your own body. You must learn to listen to your body and it will tell you what it can and can not do, and the maximum weight you can use and when its time to stop. It's true that professional make more then 4 hours a day but they take steroids and those drugs have very bad secondary effects and it's not worth the risk to use them. You can go ahead and use them if you don't mind to loose your hair, and loose your libido, and become impotent and die young of a heart attack. It's your choice and I hope that you will make the right decision. I don't think that I need to say more but if you want to know more about it you can always buy books or magazines or just Google it. For examples on how to do your exercises properly, I find that the following link is very good for that. <http://www.bodybuilding.com/exercises/>

But note that I don't agree with everything they say and the way to do each exercise, but it is the best website that I found so far that is closer to the good way to do your exercises.

## **YOUR RHYTHM OF LIFE:**

Maybe you are asking yourself, what does this have to do with anything?

Well as you will see it has everything to do with your training sessions as much as with your other activities and personal relations and other favorite pass time. The fact is that when you will realize that resistance training makes you feel so good, that you might want to do more and all your life may start to revolve around your training sessions, and that is a big, big, big mistake. Because doing more too fast is very bad for you. You days of rest are very important and other activity other then the Gym as well.

**SO YOU MUST ABSOLUTELY NOT DO THIS,  
AND YOU MUST ALWAYS STAY CONSCIOUS OF YOUR SOCIAL CONDITIONS.**

You must try to keep a normal rhythm of life as the one you had before you started resistance training. Your training sessions must not take the number one spot in your life but you overall health is, and overall health includes your mental health as well and all the relations you have with other people in a day period. You must keep a close relation with your family, your friends at work or off work and keep other activity in your daily life. Most people will feel so good from their Resistance Training that they will tend to give up on other social activities and they will invest all their time and energy in just this one thing, THE GYM. Well this is not very healthy and it will happen to you without you even realizing it.

If I talk about this here it's because it is very important. BE AWARE of this and don't forget this because your life must not revolve only around the GYM, your health is important and your gym is only one part of the whole picture. You must also keep some rest time just for yourself, this means ALONE, either meditating or just thinking about your life and what you can do to improve it. Everybody needs some time alone now and then to get a clear vision on your life. With the fast life that we are living today we tend to forget about ourselves. My time alone is before I go to sleep, I think about the good things that happened to me during the day, and I try to forget about the bad things and I work on finding solutions to improve on those bad ones. The general idea is not to let your life evolve around your exercises and this will be very difficult since your exercises will make you feel super good. Don't over do it and remember about the importance of relaxation during your rest days. Your life will be changed because you will acquire better eating habits and you will sleep much better. You will have a better sexual life and you will feel much better with yourself also. Your concentration will improve and your thinking will be sharper and clearer then ever before. Your self esteem and confidence will also be much greater and this is where you might fall into the trap. You might think then that you could feel even much better if you do more exercises, BUT DON'T FOOL YOURSELF because if you do more exercises then what your body can handle, then you will only degrade and destroy yourself in the process and you will probably have to give up resistance training and you will fall into a depression. It happens to other people all the time so be aware that it could happen to you as well.

Stay in control and just do enough to feel good and have a good life. Do not excess exercises because it can also become like a drug and bring you down. This will be the danger zone and you must always keep in mind that too much of a good thing can become a bad thing too. It will take courage and determination to win this fight against yourself because YOU are your worst enemy.

## PRACTICAL ADVICES:

### **Machines versus Free Weights:**

For my part I seldom use machines to do my exercise routine. I use them mostly to warm up a particular muscles or muscle group before I go do my routine with free weights. Machine are good only to work on a specific muscle or muscle group and the quality of the exercise will never come close to any exercises done with free weights.

The reason is that with free weights you must keep your balance all the time and this permits the adjacent muscles group to come into play. They do a part of the work and it is a natural thing since the body was designed to work that way, and therefore the exercise done with free weights is more efficient and beneficial to the overall body. It also warms up adjacent muscle groups so it is easier to jump from one muscle group to another with free weight since that if you carefully choose the group sequence you will be working on next, you just have to make sure that the previous group warmed up the next group that you will be working on. Machines are a waste of time because only a small portion of your muscles are working out at one time. Free weights are so much more beneficial then machines, and you must therefore take the time to learn how to do the exercises with free weights with good form. If you look at professional body builders all their preferred exercises are with free weights, doesn't that tell you anything?

When working with free weights it is better that you start with the easy exercises first and keep the tough ones for last so that your chances of injury will be minimized greatly since the first exercises act as a warm up for the next and the next for the next and so on and when you will get to the tough ones at the end of your work out your muscles will be well warmed up and your chances of injury will be minimized. Machines are OK if you want to work a specific muscle or if you are looking to improve your definition by working light weight and many repetitions with a short rest period for a specific muscle group, but other muscles don't get the benefice of the exercise and they don't get warmed up either.

Most of the machines are not in front of mirrors so it is very difficult to see if you are doing it straight. This is why the free weight section is placed in front of mirrors. Most people will think that because it's a machine you don't need a mirror. This is wrong, machines also need to be placed in front of mirrors especially machines for pectorals and shoulders. It is also very much encouraging if you can see yourself and the progress you make. To all the Gyms I went to during my life, the cable rack has always been in front of mirrors, and lately the Gym I am going to changed Owners and they placed the cable rack right in the middle of the Gym and you can't see yourself to check if your arms are straight and if you are working at the same height and angles. I asked that they moved it in front of the mirrors and if they don't I will have to find another Gym. I use the cable rack for 40% of my exercises and so the cable rack is a complement of Free Weights for my Chess, my Arms and my Back.

**On a Cable Rack where gravity does not come into play and cables are not fix objects neither like on other machines, you absolutely need the help of mirrors to check if your position is correct so Cable Racks are totally Useless without the help of mirrors.**

### **THE NEVER DO THINGS:**

Never ever balance your body to help you to lift weights in any exercises. This will not work the muscles that you are trying to work, instead all you are doing is adding more stress to your lower back and this is a very bad habit to take. Never swing your arms up either, the same problem will arise, its your lower back that will take the beating. It wont take long if you exercise this way that you will develop a lower back problem and you wont be able to do this kind of exercise anymore. This is very serious and you better believe this because it's your health that is at risk.



People that do their exercises with this kind of form don't stay in the gym for very long, after a couple of months or the first year you just don't see them anymore. They don't know that their bad form was the cause of their lower back problem and now they can't train anymore. To do your exercises in this manner is called, CHEATING and you must not adhere to that club. Always make sure that you are doing your exercise correctly and use a weight that will permit you to complete your exercise with a good form. Keep your body straight and don't swing your body or your arms to help you to lift the weights. In each exercise in the negative movement that is the movement where gravity pulls the weight down, you must not let the weight fall down by itself, you must always control the weight and bring it down at the same speed that you brought it up.

In all exercise always be aware of the position of your back. You must try to keep it straight with a natural arc but not too arched and not too straight either. If you are sitting on a bench with a back rest, your lower back should be flat against the back rest and not arched. If you are standing just bend the knees a little and this will help you to keep your back straight. Do not worry about what others will think of that position, because it's your back that you are protecting and not your ego.

Never copy on others and spare your own back, you will be at the gym much longer than those guys that balance their arms and body to do their exercise and they have to do that because they are using weights too heavy for them and they do it probably to show others how strong they are. A gym is not a place for strongmen competition, use lighter weights and do your exercise properly. Let other people try to impress you with their heavy weights; you don't have to impress anybody else but yourself. Use the proper weight for your exercise that will work your muscles and not your lower back.

When you do exercises lying down on a flat bench like Bench Press, Butterflies, or Dumbbell press always find a way to lift your feet so that your lower back won't be arched. For myself I either rest my feet up on the bench or I use two other dumbbells on the ground to put my feet higher. This makes a big difference and you might find that you can't use heavier weights doing it like this but this will also prevent you from injuring your lower back and only the muscles that you are working will be doing the work. I can say that I was lucky that I was never seriously injured doing resistance training during all my 45 years experience with this kind of exercises, but it's not just luck it's rather good positions and good forms. I was lucky to have a good trainer when I started at 16 years old to start to do Resistance Training. If you follow the simple guidelines mentioned above you will also be lucky and keep doing resistance training for a long time without getting any serious injury.

The problem is that if you are not careful and that you hurt a muscle or your lower back, this could take a very long time to heal before you will be able to do any resistance exercises, and maybe you will never be able to do this kind of exercises ever again. The nerves that pass in your back are very fragile and a simple pressure of the weight of a dime at the wrong place on your back would suffice for you to lose 40 % of your strength. When you pick up weights from the floor, do not bend your back to pick them up, just bend your knees to lower yourself keeping your back as straight as possible. Use those leg muscles to go back up, never use your back muscles to pick up weights from the floor.

Another point that is as much important so that you don't hurt yourselves is concentration. Concentration means that when you execute an exercise that you must visualize strictly the muscle or the muscle group you are working on. I notice very often that some people use their face muscles more than their muscles to do the exercises, and this is because they lack concentration, they don't think of the muscle they are working on.

You should not have to use the muscles in your face to do any exercises, keep your face relaxed and smiling, if you stress your face every time you lift weights, chances are that your face will stay that way. Stay away from any exercise that will force you to twist your waist. If you twist use your hip and your abs to twist and do not just twist at the waist, because this is very harmful for the lower back. To do a twisting exercise with a wooden stick or a bar on your shoulder, use your abs and side muscles to control the twisting action, and only twist from the hip not just from the waist. If you want to use machines to do this exercise, use only 60% of your capacity and do lots of repetitions with a good form rather than just a few with lots of weights. Too much weight for this exercise and you risk to hurt your lower back very seriously. If I mention this exercise here it is because it is very important that you know about it.



## **SO LETS REVIEW HERE THE MAIN CAUSES OF INJURY:**

- **WEIGHTS TOO HEAVY.**
- **SWINGING ACTION OF THE ARM OR THE BODY. (CHEATING)**
- **ARCHED LOWER BACK.**
- **BAD RESPIRATION TECHNIQUE.**
- **NO CONTROL IN THE NEGATIVE PART OF THE EXERCISE.**
- **LACK OF CONCENTRATION.**
- **BAD FORM.**
- **BAD POSTURE. I sure hope that you will keep those in mind all the time.**

## **NOTES ON THE CHOICE OF YOUR EXERCISES:**

It is good to know at least four exercises for each principle muscle group of your body and four exercises to work each muscle in particular. Read a lot on the subject and learn how to do your exercises with the best possible form. As the years will go by you will familiarize yourself with different exercises and you will be better equipped to choose the ones that works well for you. The order in which you will execute them is also very important. Try as much as possible to start your session with the exercise that will work an entire muscles group then rather just one muscle in particular. You want to warm them up slowly first then you can work on a single muscle at a time if you want. For this first group exercise do not use heavy weight, just start at only 70% of your capacity and slowly work your way up. For example, use light weight on a bench press exercise, this will warm up your chest muscles as well as your shoulders and your triceps. Then you can do exercises for either, your shoulders, your chest or your arms. The bench press in this case was used to warm up all those muscle groups. To finish off your exercise sessions, you can finish with heavier bench press since all your muscles are now very well warmed up and ready to do some heavy lifting. Always keep the most difficult exercises for last, and also the exercises that are more prone to injury.

Once you have four exercises for each muscle groups, learn more exercises for each of those groups and introduce them slowly into your routines. If you don't like any exercises, don't do them just do the ones you feel that do something for you and that feel right for you. So if an exercise does not do anything for you just drop it and replace it with a better one that will give you more results. The more exercises you will learn the better choice you will have to select them to do a better work out that will work for you. Note that every body is different and one exercise might work very well for somebody else but not necessarily for you. The bench press exercise does not work very well for me. I use this exercise only to warm up those upper body muscle groups before doing any other exercises. If I want to work my chest I do butterflies or dumbbell press, Inclined and on a flat bench and pull ups and dips. If I want to do heavy bench press I use a machine and this way there is less chances that I will hurt myself and I don't need somebody to SPOT for me either.

Spotting is having somebody helping you to assist you to make more repetitions during your exercises. It's better to have somebody spotting you then to use the cheating method were you have to give up on form to make more repetitions. I never do SPOTTING for nobody because this stops me from doing my own exercises and when I start my weight training session there is no stopping me since I tend to have a small rest period between exercises to keep my cardio working as well. If someone ask me I just say that I am not a trainer and that I can't stop in the middle of my routine.

## **TRAINING SEQUENCE AND SCHEDULE:**

**For the first two to three months** you won't need to take any supplements to nourish your muscles because your workouts won't be intense enough to justify it, but you will have to eat well. For the first three months only do two exercise sessions per week and then go up to Three per week.

For example if you could space out your sessions by two or three days rest in between. If you want to do it three times a week do it on Monday, Wednesday, and Friday. This is only an example and if you can, it is OK to change those days from week to week. Satisfy to your own needs and only remember to never do the same exercises sessions after sessions and to constantly change your training methods and rotate different exercises into the next session. The important thing is to always warm-up before your session and to always listen to your body, after a while it will tell you what should be done. So never do the same thing sessions after sessions because your body will adapt and you won't make any more progress. When you see that you don't make any progress it will be time to change your exercises and your routines. I don't wait for this to happen and I always do different routines and different exercises sessions after sessions. I also alternate my training technique during each workout. NEVER DO THE SAME THING IS THE KEY TO PROMOTE GROWTH.

For an example at a workout session I could do only one muscular group and do more aerobics, and the next session I could do three muscular groups, and the next session I could do a body overall, (a little bit of everything). If I want to do a shock treatment, after a four day rest period I train with heavy weights all the muscles groups with a slow speed, with a long rest period between exercises and the next session I work out light and fast with a short rest period.

I do a shock treatment once every three months, and for the rest I alternate all other training techniques. One thing you must not do is your biceps and triceps at the same time then other upper body exercises. You need all the strength and endurance of your arms to do the upper body exercises so it is wise to do them at another workout or after the upper body exercises are completed. I usually wait for Fridays to do my arms or at the end of my workout. They will have two days to rest before I need them to do other upper body exercises. Or I do my biceps on the same workout that I do my legs, and I do my triceps during the same workout that I do my pectorals. But this is not fix I change things around all the time. If somebody would follow me around to try to find out what my routine is, he would be very confuse, because I never do the same thing twice.

For the first three months it is better to work out all your muscular groups in the same session. After three months you could start to do only two muscular groups per sessions and then one muscular group at a time so this will give you more time to learn more exercises for each muscle groups. There is a lot to choose from and try them all and see witch ones gives you the best results.

**Here is an example of a work out session where you would work all the muscle groups in one session. (BODY OVERALL)**

1- Warm-ups & stretching, 2- Abdominals, 3- Chess, 4- Shoulders, 5- Back, 6- Laterals  
7- Legs, 8- Arms, 9- Cardio.

Do these for the first three months then alternate different muscular groups but always do your Warm-ups and Stretching, Abdominals before and Cardio for last. Near the end of my workout I try to do some exercises that will prepare me for the next muscle group that I will be working on in the next session. For example if in the next session I will be working my Chess the session before I finish with some bench press.

### **EXAMPLE OF A TRAINING SESSION WITH ONE OR TWO MUSCLE GROUPS:**

- 1- WARM-UPS
- 2- STRETCHING.
- 3- ABDOMINALS.
- 4- MAIN MUSCULAR GROUP OR GROUPS.
- 5- EXERCISES FOR SPECIFIC MUSCLES.
- 6- CARDIO.

## EXAMPLE OF MUSCLE GROUP ROTATIONS, SESSION AFTER SESSION:

### **IN BOLD AND CAPITAL LETTERS ARE THE MAJOR MUSCLE GROUPS –**

In small letter are, specific muscle or exercises.

Do 2 to 5 different exercises for each main muscle groups.

- 01- **BODY OVERALL.**
- 02- **CHESS** (Machines, Cables & Flyes)
- 03- **LEGS** (Raise & Curls & Abductors), **LATERALS**, **ARMS** (Biceps).
- 04- **CHESS** (Dumbbells, Declined), **SHOULDERS**, **TRICEPS.**
- 05- **LEGS** Squats & Dead-lift & Calf. **BACK.**
- 06- **CHESS** (Bench Press, Cables & Flyes).
- 07- **BICEPS & TRICEPS** & Butterflies (Oblique).
- 08- **SHOULDERS & BACK.** Bench Press.
- 09- **CHESS** (Bench Press Machines & Flyes) & **LATERALS.**
- 10- **LEGS** (Press & Squats) **SHOULDERS.**
- 11- **CHESS** (Butterflies, Declined & Cables) Calf, **LATERALS.**
- 12- **LEGS** (Raises & Curls & Abductors) **ARMS** (Biceps).
- 13- **CHESS** (Cables Flyes & Bench Press) **SHOULDERS.**
- 14- **Squats & Dead lift.** Bench Press.
- 15- **CHESS** (Bench Press Machines) & **LATERALS.**
- 16- **SHOULDERS** & Side Laterals with dumbbells.
- 17- **LEGS** (Squats & Dead-lift) Calf, **BACK.**
- 18- **CHESS** (Dumbbells, Declined) **ARMS** (Triceps).
- 19- **LEGS** (Press) **SHOULDERS.**
- 20- **CHESS** (Machines & Cables) Calf, **LATERALS.**
- 21- **ARMS** Bench Press, **BICEPS**, Hammer, Butterflies (flat).
- 22- **LEGS**, Leg raises, Curls & Abductors, Dumbbell press (Flat).
- 23- **CHESS** B.P.M. & Butterfly (Oblique).
- 24- **LEGS** Raise & Curls & Abductors) **ARMS** Biceps.
- 25- **CHESS** (Butterflies, Declined) **SHOULDERS.**
- 26- **LEGS** Squats & Dead-lift, Calf **BACK.**
- 27- **CHESS** (Dumbbells) **ARMS** Triceps.
- 28- **LEGS OVERALL & LATERALS**, Bench Press.
- 29- **CHESS** (Machines), Cables Flyes.
- 30- **LEGS** Raise & Curls & Abductors), Dumbbell press (Oblique).

**Note that this chart does not show rest days in between each muscle group.**

After you have reached the last one, start over again from the top. I personally don't follow those anymore, but I did follow them for over 30 Years, and now it's all in my head. I found that I had to change the sequence of the exercises all the time to suit my changing needs, so I stopped using it, I just rely on my experience and I stay in tune with my body, it knows what I should do next. But this chart will help you to start since it keep tracks of all the muscle groups and that way you won't forget to do any of them. This rotation is the best there is for somebody that is new to Resistance Training and after you know more about all the exercises you will be able to do your own sequence chart.

Occasionally your muscles will need to get a very hard workout if you want to obtain any results but you must be able to make the difference between working your muscles hard and strain and tired them. All this means that it is OK at times to workout over 90% of your capacity but you must not keep that kind of workload all the time and make too many repetitions till you collapse. Like I mentioned above it is good to vary your workout techniques and the intensity of your workout as well.

## **REPETITIONS AND REST PERIODS:**

The rest periods between sets of the same exercise and when you change exercise could be different but normally I try to keep a very short rest period between all exercises. The reason is that I like to work my cardio while doing my Resistance Training so my rest periods are always very short. This is a personal preference and you don't have to do the same as I do. Normally rest periods will be determined by what you want to accomplish. A normal rest period would be 30 seconds minimum and a minute or two. Never rest for more than 3 minutes between sets of the same exercise. If you want to grow bigger muscles you will need to make few repetitions, use heavier weights and work very slowly with longer rest periods. If you want your muscles to have better endurance and that you want to tone down your body fat, then you would want to do more repetitions with lighter weights and a shorter rest period between sets. The thing to remember is to never do less than 6 reps, if you can't do 6 repetitions it's because the weight you are using is too heavy for you. Never do more than 15 repetitions, it is a waste of time and this would become aerobic exercises. Never do more than 5 sets of the same exercises it would also be a waste of time to do more.

**So here is the norm for the numbers or repetitions, number of sets and exercises recommended. More or less than the quantity mentioned here would not be advisable.**

**REPETITIONS WITHIN THE SAME SET=** Minimum 6 and the maximum is 15, more than 15 and you are doing aerobics. No muscle growth will occur past 15 repetitions, you will only burn more calories and maybe get some definition. Usually it is not a good practice to get definition, it is better to do more sets with heavier weights so that you are just able to reach 15 repetitions, not more.

**SETS OF THE SAME EXERCISE=** Minimum 1 and the maximum is 5, More than 5 you are only tiring your muscle, and you are not working them anymore.

**EXERCISES=** A minimum of 4 different exercises per muscle or muscle groups is recommended. The maximum is up to you and the amount of energy you have, and what you want to accomplish. Normally the average is 4 different exercises per muscle or muscle group, but if you do 5 or 6 different exercises for the same muscle or muscle group it will be more than sufficient to give you a very good work out.

## **ABDOMINALS:**

Here is the method that I suggest if you want to have a good abs workout. In abdominals exercises the form is also very important as in Resistance Training and this principle applies to all abs exercises. Good form is the key and you must not cheat on abs exercises if you want to succeed. Floor exercises are most effective because they minimize the use of your lower back muscles and the hips. Never put your hands behind your head but rather on each side of your head with your fingers extended touching around your ears. Your hands must not participate to help in lifting your head and not support it either. The position with the elbows pointing out on each side of your head but not pointing towards the front is meant to use the weight of your arms so as to put more stress on your abs muscles.

I use two ten pounds weights on each side of my head for more resistance. Abs muscles also need some resistance to promote size. If you point your elbows forwards, this will remove the weight of your arms and make the exercise too easy. Never give yourself a swing to go up during abs exercise. Use those abs muscles to do the lift if you want to have a good abs workout. When you feel that you can't go up with good form, it is probably time to stop. At that point you should feel a good burn in your abs.

## EXAMPLE OF GOOD FORM FOR A REGULAR FLOOR SIT UP EXERCISE:

When you start your abs exercise you must breath in by the nose and only take a very small breath in at about 25% of your lung capacity, bring your stomach in and visualize your abs touching your back and tighten you abs, then you must lift the shoulder of the floor using your abs muscles only and never put the shoulders back on the floor again for the rest of the same set. Look at the ceiling above you, do not look at your belly button or your feet. The reason for this is to keep the head straight so as not to put any stress on the back of your neck. Always keep your lower back flat on the floor and never use it to lift your upper body. Bring in your abs muscles and tighten them before you start your set, breath in and when you have reached the maximum height (the lower back should never come off the floor) take two seconds to contract your abs more at their maximum while exhaling all the air from your lungs in one short burst by the mouth, then come back down slowly, (at the same speed that you went up) with control while always keeping your abs tight and breathing in again at 20% of your lung capacity. Do not touch the floor with your shoulders you must stop your descent so that your shoulders are at about 2 inches from the floor and go back up immediately to perform the next repetition. You must only use your abs muscles to go back up and never let go of the tension on your abs during all the set. The speed for each repetition goes like this. One second to go up, two seconds at the top while stopping and breathing out while contracting your abs and one second again to go down while breathing in with no rest period at the bottom and you must go back up again as soon as you have reached the lowest point when your shoulders have reached two inches from the floor. Once you have started you abs exercises you must not stop until all your abs exercises are done. Only give yourself not more then 20 seconds between different sets or exercises to change position and start immediately. **You must do enough repetitions to feel a good burn in each set and keep going beyond that point if you want to have good results. Spread out the number of repetitions to all your abs exercises. You don't want to do 400 repetitions on the first set and not be able to do more then 20 on other exercises. Usually I do about 35 to 50 repetitions for each sets and this gives me enough burn and endurance to go trough all my exercises. I do three sets of each exercises and I do a minimum of four different exercises in my abs session. If you feel that you must sacrifice good form to be able to continue, it is better to stop then to cheat. Cheating on abs exercise with bad forms won't get you anywhere and you would be totally wasting your time. You can start with only one set and two exercises and add more sets and exercises as you will get better in the future.**

### DIFFERENT GRIPS and their Terminology.

You will need to refer to this Abbreviation Table to understand the INDEX List in the next pages.

<b>NG= Neutral Grip</b>	<b>SG= Supinated Grip</b>	<b>PG= Pronated Grip</b>	
<b>WG= Wide Grip</b>	<b>CG= Close Grip</b>	<b>SWG=Shoulder-Width Grip.</b>	
<b>BH= Both Hands</b>	<b>TG= Twisted Grip</b>		
<b>BL= Bend legs Backward.</b>	<b>SL= Straight Legs</b>		
<b>FB= Flat Bench = Is laying on your back with your lower back on the bench.</b>			
<b>IB= Incline Bench = Is with your head higher then your buttocks and your feet.</b>			
<b>DB= Decline Bench = Is with your head lower then your buttocks and your feet.</b>			
<b>SP= Sitting position with a back rest with lower back on the back rest, or with your back straight if there is no back rest.</b>			
<b>B= BARBELL</b>	<b>C= CABLE</b>	<b>D= DUMBBELL</b>	<b>M= MACHINE</b>

To understand the position of those different grips, they are explained here as if you where standing up with your arms extended in front of you.

**Neutral Grip** is when the palms or your hands are facing each other.

**(SG) Supinated Grip** is when your palms are facing upward towards the ceiling.

**(PG) Pronated Grip** is when your palms are facing downward towards the floor.

**(WG) Wide Grip** is with your hands spaced wider then shoulder width.

So you could have **WPG= Wide Pronated Grip** & **WSG= Wide Supinated Grip**.

**Close grip** is with your hands at a distance smaller then shoulder width. Also **CPG= Close Pronated Grip** & **CSG= Close Supinated Grip**.



# RESISTANCE EXERCISES INDEX LIST:

## SHOULDERS

S-00

### FRONT DELTOID

- 01- B. Shoulder Press (SWG)
- 02- D. Shoulder Press (SWG)
- 03- M. Shoulder Press (WG)
- 04- C. Front Raise (PG)
- 05- D. Standing Alternating Front Raise (PG)
- 06- Single D. Front Raise (PG)
- 07- B. Front Raise (WPG)

### SIDE DELTOID

- 08- D. Standing Lateral Raise (NG)
- 09- C. Lateral Raise
- 10- M. Lateral Raise (NG) with elbows bent.
- 11- B. Bend Forward, Upright Row (WG)

### REAR DELTOID

- 12- B. Bent-Over Row (WPG)
- 13- D. Bent-Over Fly (NG)
- 14- C. Bent-Over Fly (NG)
- 15- C. Reverse Crossover (NG)
- 16- M. Rear Deltoid Fly (NG)
- 17- One Dumbbell Side Row (NG)

### ALL DELTOIDS

- 18-Half Circle D. Front Raise (NG)
  - 19-Arnold Press (TG) sitting
- ### ROTATOR CUFF

- 20- Cable External Rotation
- 21- Dumbbell External Rotation
- 22- Cable Internal Rotation
- 23- Dumbbell Internal Rotation
- 24- Cable Lateral Raise

## CHEST

C-00

### UPPER CHEST

- 01- Incline Bench Barbell Press (WG)
- 02- Incline Bench Dumbbell Press (WG)
- 03- Incline Bench Dumbbell Fly (NG)
- 04- C. Low-Pulley Bent-Over Cable Fly (NG)
- 05- M. Incline Bench Press (WG)

### LOWER CHEST

- 12- Decline Bench Barbell Press (SWG)
- 13- Decline Bench Dumbbell Press (CG)
- 14- Decline Bench Dumbbell Fly
- 15- C. Standing Cable Fly
- 16- Lateral Bars Chest Dip (Bent Legs)
- 17- Machine Chest Dip (*not recommended*)

### MIDDLE CHEST

- 06- Flat Bench Barbell Press (WG)
- 07- Flat Bench Dumbbell Press (WG)
- 08- D. Double Twisted Grip Bench Press
- 09- M. Flat Bench Press
- 10- D. Flat Bench Dumbbell Fly
- 11- M. Machine Fly & Cable Fly

### WARM UPS

- 18- Power Stretch
- 19- Push Ups

**NOTE= Common tips for most exercises; TENSE the muscle you are working on at the end of the positive movement, or just before the Negative movement. Breathe out during the Positive Movement while tightening your abs muscles IN, and breathe in again during the Negative Movement.**



# BACK

B-00

## UPPER BACK

- 01- B. Shrug (Front & Rear) (SWG)
- 02- D. Shrug (One On Each Side)
- 03- D. Retracting Shrug (Side)
- 04- B. Upright Row (CG)
- 05- C. Seated Cable Row (PG & NG)
- 06- M. Shrugs (Standing) (SWG)
- 07- M. Dips

## MIDDLE BACK

- 14- C. Wide & Narrow-Grip Pull down
- 15- C. Pull-Up (WG)
- 16- C. Pull down (CG)
- 17- C. Handlebar Pull down (SWG)
- 18- M. Pull down (NG)
- 19- B. Cross Bench Barbell Pullover

## BICEPS

- 01- B. Curls (SWG & WG)
- 02- B. EZ-Bar Curl (SWG)
- 03- D. Alternating Dumbbell Curl
- 04- D. Seated Double Dumbbell Curl
- 05- D. Seated Concentration Curl
- 06- C. Two Arm & One Arm Cable Curl
- 07- C. Overhead Curl
- 08- B. Preacher Curl
- 09- B. EZ-Bar Preacher Curl
- 10- M. Preacher Curl & Flad Pad Curl

## FOREARMS AND WRIST

- 20- B. Seated Wrist Curl (SWG)
- 21- D. Seated One Dumbbell Wrist Curl
- 22- D. Standing Alternating Hammer Curl
- 23- D. Seated Double Hammer Curl (NG)

## LOWER BACK

- 08- Lower back extension (Lumbar)
- 09- B. Straight Leg Dead lift (**Not Recommended**)
- 10- B. Good Morning Lift
- 11- M. Seated Machine Back Lift
- 12- C. Seated Cable Row (SG)
- 13- M. Machine Row (SG)

## MIDDLE BACK

- 20- B. Bent-Over Barbell Row (WG)
- 21- M. T-Bar Row
- 22- D. One-Arm Dumbbell Row (One Knee on bench)
- 23- M. Machine Row (NG)
- 24- C. Seated Cable Row (NG)

# ARMS

A-00

## TRICEPS

- 11- C. Triceps Pushdown (PCG)
- 12- C. Reverse-Grip Pushdown (CG)
- 13- M. Lateral Bars Dips (**Straight Legs**)
- 14- D. Lying on flat bench Triceps Extension
- 15- M. Seated Triceps Press
- 16- D. Lying Single-Dumbbell Triceps Press
- 17- B. Bench Press (CG)
- 18- D. Kickback (**one Knee on a Flat Bench**)
- 19- C. One hand Cable Kickback (**Bent down with your other hand on the knee for support**)

## FOREARMS AND WRIST

- 24- B. Seated Barbell Reverse Wrist Curl
- 25- D. Seated Dumbbell Reverse Wrist Curl
- 26- Standing Rope Twist (**Both Directions**)
- 27- Bar or pole Wrist front lift (**With Elbow Bent**)

***NOTE that this Essay only contains the essentials and fundamentals and the very Basics and everything you should know before you jump head first in this form of exercises. This Essay was written to put you on the right track to prevent serious injury and here I have only scratches the surface of what I know about this subject. So the rest will be up to you to learn more about it and to adapt your training sessions to your needs and ambitions.***

# LEGS

L-00

## QUADRICEPS

- 01- M. Leg Extension
- 02- B. Barbell Squat (**On Shoulders**)
- 03- M. Smith Machine Squats
- 04- M. Standing Hack Squat
- 05- D. Dumbbell & Barbell Lunge
- 06- B. Dead lift (**WG**)
- 07- M. Abductor

## CALVES

- 13- M. Standing Calf Raise
- 14- One Leg Standing Calf Raise
- 15- B. Standing Calf Raise
- 16- M. Leg Press Machine Calf Raise
- 17- M. Seated Calf Raise

## HAMSTRING & GLUT

- 08- M. Lying leg Curl
- 09- M. Standing & Sitting Leg Curl
- 10- B. Barbell Stiff-Leg Dead lift (**Not Recommended**)
- 11- D. Dumbbell Stiff-Leg Dead lift
- 12- M. Leg Press Machine

## WARM-UP

- 18- Squatting Dumbbell Hammers
- 19- Dumbbell & Barbell Half Squats

# ABDOMINALS

AB-00

## UPPER ABDOMINALS

- 01- Floor Sit-Up (**Feet On The Floor**)
- 02- Decline Bench Sit-Up (**Feet Under Pad**)
- 03- Crunch (**Feet Lifted Up At 90 Degrees**)
- 04- Crunch (**Legs Supported On A Bench**)
- 05- Rope Crunch (**Kneeling on the floor**)
- 06- Machine Crunch (**Not Recommended**)
- 07- Gym-Ball Crunch (**Not Recommended**)

## LOWER ABDOMINALS

- 07- Incline Leg Raise (Hold on to a fix pole)
- 08- Hanging Leg Raise
- 09- Standing Vertical Leg Raise
- 10- FB. Seated Cross Bench Knee In
- 11- FB. Or on the floor Reverse Crunch
- 12- Hip Flexor Machine (**Not Recommended**)
- 13- Floor Leg Up With Ankle Weight (**Rest on elbows**)

# OBLIQUE

- 14- Decline Bench Twisting Sit-Up
- 15- Broomstick Twist (**Sitting & Standing**)
- 16- Floor Oblique Crunch (**Elbow To Knee**)
- 17- Single Dumbbell Pullover (**Standing**)
- 18- Lying on the Floor side Position, Leg Raise
- 19- C. Oblique Crunch (**Kneeling**)
- 20- C. Oblique Crunch (**Standing**)
- 21- Barbell Pullover (**Arms Straight**) (**WG**)

**VERY IMPORTANT NOTE: For better results and higher muscle growth, on most exercises it is much preferable to keep the tension on the muscle you are working on during the whole set. To accomplish this DO NOT LOCK the arms or the legs and do a partial movement.**

**As an example for Squats I don't go all the way up before going back down again to keep the tensions on the quadriceps. For another example when doing bench press I don't go all the way up and I don't lock my elbows either to keep the tension of my Pectorals. It is the same principle that should apply to all exercises but there are exceptions like exercises for the arms and the back. For those types of exercises a full extension is preferable for good results.**

## WHEN IS IT BEST TO DO YOUR CARDIO:

If your goal is to loose body fat it is preferable to do aerobic exercises in the morning before breakfast. If this is impossible for you it is also best to do aerobic exercises one hour and a half or two hours after a light meal. At the Gym to loose more body fat it is ideal to do your cardio just after your Resistance Training session is completed. The reason is that when you do any kind of exercises your body will **FIRST** get it's energy from **carbohydrates**, then after the body is depleted of it's carbohydrates it will take it's energy from **body fat**. Resistance training is the best exercise to deplete the body of its carbohydrate so after you resistance training when you feel out of energy then you depleted your body of all **carbohydrates**, and it is now time to loose fat doing Cardio exercises, this way is the best way to burn body fat. If you did your cardio exercises before your resistance training, you would not burn as much fat during the resistance training session compare that if you did your resistance training before your cardio exercises. I am sure that by now you understand the principle and why it is best to do your cardio right after your resistance training session is completed. Most people do their cardio before their resistance training as a warm-up but they don't burn any body fat doing it this way.

## EXAMPLES OF RECOMMENDED EXERCISE SEQUENCES, FOR EACH MUSCLE GROUP:

*Chose 2 to 5 exercise from each group. Never do the same exercises in the next session, but always do them in the order shown here. DON'T FORGET, "ALWAYS WARM UP"*  
The numbers on the left refers to the number of the exercises on the EXERCISE INDEX LIST above.

This sequence is arranged in difficulty level from the easiest to the toughest exercise and only shows the best possible exercises that you could do for each muscle group. There is more exercises then mentioned here but I can't mention them all since that this is only an example of choice of exercises and their recommended sequences. I only picked the best exercises .

***This sequence of exercises is an example only. You can make your own sequence to adapt it to your own personal needs. If you make your own, always choose the exercises that is the easiest first and keep the most difficult exercises for last. So always try to choose your exercises by difficulty level so that one exercise will warm you up for the next one. Note that not all exercises are mentioned in this Essay, I only choose the most popular and effectives ones to serve as examples.***

**ALWAYS BE SAFE, DO NOT CHEAT, ALWAYS KEEP A GOOD FORM, BREATH PROPERLY, AND MOST OF ALL, HAVE FUN AND ENJOY LIFE.**

## SHOULDERS

- 00- WARM UP - SHOULDER ROTATIONS AND PUSH UP**
- 13- Bent-Over Dumbbell Fly (*rear deltoids*) Start with small weight.**
- 08- Standing Lateral Side Raise (Both Hands at the Same Time) (*side deltoids*)**
- 05- Standing Alternating Front Raise (One Hand at a time) (*front deltoids*)**
- 01- Barbell Shoulder Press (Shoulder Width Grip) (*front deltoids*)**
- 16- Machine Rear Deltoid Fly (*read deltoids*)**
- 09- Cable Lateral Raise (One Arm at a Time) (*side deltoids*)**
- 19- Arnold Press (Seated) (*all deltoids*)**
- 18- Half Circle Dumbbell Front Raise (*all deltoids*) Use small weight to cool down.**

## CHEST

- 00- **WARM UP - POWER STRETCH AND PUSH UP**
- 05- Incline Bench Press Machine (*upper chest*) **Start with small weight.**
- 11- Machine Fly (*middle chest*)
- 11- Cable Fly (*middle chest*)
- 15- Standing Cable Fly (*lower chest*)
- 09- Bench Press Machine (*middle chest*)
- 02- Incline Dumbbell Press (*upper chest*)
- 03- Incline Dumbbell Fly (*upper chest*)
- 06- Flat Bench Barbell Press (Wide Grip) (*middle chest*)

## BACK

- **WARM UP – PUSH UP**
- 14- Wide Grip and Narrow Grip Pull Down (*middle back*)
- 18- Machine Pull Down Pronated Grip (*upper back*)
- 18- Machine Pull Down Neutral Grip (*middle back*)
- 18- Machine Pull Down (supinated grip) (*lower back*)
- 06- Standing Machine Shrug (*upper back*)
- 21- T-Bar Row (*middle back*)
- 12- Seated Cable Row (pronated & supinated grip) (*middle to lower back*)
- 08- Lower Back Lumbar Extension (*lower back*)
- 17- Handle Bar Pull Down (*middle back*)
- 20- Bent-Over Barbell Row (*middle back*)
- 19- Cross Bench Barbell Pullover (*middle back*)

## ARMS

- **WARM UP – POWER STRETCH**
- 03- Alternating Dumbbell Curl (seated) (*biceps*)
- 22- Alternating Hammer Curl (standing) (*forearm*)
- 03- Alternating Dumbbell Curl (standing) (*biceps*)
- 18- Dumbbell Kickback (on a flat bench) (*triceps*)
- 22- Alternating Hammer Curl (standing) (*forearm*)
- 05- Seated Concentration Curl (seated) (*biceps*)
- 01- Barbell Curl (wide grip & shoulder width grip) (*biceps*)
- 14- Lying on flat bench, Triceps extension (*triceps*)
- 11- Standing Cable Triceps pushdown (*triceps*)
- 08- Barbell Preacher curl or Machine Preacher Curl (*biceps*)

## WRIST & FOREARM

- 20- **Seated** Barbell Wrist Curl (*wrist*)
- 24- **Seated** Barbell Reverse Wrist Curl (*wrist*)
- 22- Standing Alternating Hammer Curl (*forearm*)
- 26- **Standing** Rope Twist (*wrist & forearm*)
- 27- Bar or pole Wrist front Lift (*wrist & forearm*)

## LEGS

### --- WARM UP, JUMPING JACKS & STRETCHING

- 01- Leg extension (*quadriceps*)
- 08- Lying Leg curl (*hamstring & glut*)
- 07- Abductor (*abductors, inner leg muscles*)
- 13- Machine Standing Calf Raise (*calf*)
- 12- Leg press Machine (*hamstring & glut*)
- 03- Squats on Smith Machine (*quadriceps*)
- 04- Hack squat (*quadriceps*)
- 02- Barbell Squats (*quadriceps abductor & glut*)
- 05- Dumbbell or Barbell Lunge (*quadriceps & glut*)

## ABDOMINALS

### --- WARM UP & STRETCHING

- 01- Floor Sit-Up (feet on the floor) (*upper abs*)
- 03- Crunch (feet lifted up at 90 degrees) (*upper abs*)
- 04- Crunch (legs supported on a bench) (*upper abs*)
- 10- Sitting Cross Bench Knee In (hold weight between feet) (*lower abs*)
- 05- Rope Crunch (*upper abs*)
- 08- Hanging Leg Raise (*lower abs*)
- 09- Standing Vertical Leg Raise (*lower abs*)
- 15- Broomstick Twist (sitting or standing) (*oblique*)
- 19- **Kneeling** Cable Oblique Crunch (*oblique*) or 20- Standing Cable Oblique Crunch.
- 18- Lying on the Floor Side Position Leg Raise. (*oblique*)

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## ADVICES ON NUTRITION:

### \* WATER \*

The human body is composed of about 60 % of water for males and about 55% for females. This figure can vary more or less depending on how much fat your body contains because there is less water in fat cells. So the more fat you have on your body, the less water your body will contain. All the organs of your body need water to function properly. Water will also give you more endurance and energy during your work outs and you won't get tired as fast.

#### **Water will help to.....**

- Permit a greater volume of blood to be delivered to your muscles during exercises.
- To transport nutritive elements and oxygen to your muscles.
- Water also acts as a medium for biochemical reactions.
- Water contains electrolyte (the chemical substance that transport electrical messages between nerves and muscles).
- Water will also lubricate all your articulations. You must normally absorb two to three liters of water per day. If you don't absorb enough water daily, your system will retain more water in your body and this will make you look fatter than you really are. If your daily intake of water is sufficient day after day, your body will reject what it does not need and won't retain any surplus of water in your system. During your exercises it's OK to drink some water but do not drink too much. Just a sip here and there to keep your body hydrated. Most of your daily water should be taken before and after your exercises.

### \* COFFEE \*

Scientists have made lots of research on that subject and they contradict each other more or less on the absorption of coffee. The important thing to remember like in any other thing is, not to make any excess or abuse of it.

To take two to three cup of coffee daily is OK for you but if you take more then five every day, you might be looking for trouble. Coffee is a stimulant and I take one just before my exercises. Some expert say that this will improve my performance for the first twenty minutes but then that I won't have anymore energy to do the rest of my workout. I think it is different for every body. For me it works really well because I start my workout very slowly and gradually intensify my exercises, and I have enough energy to go all the way. Some people take Caffeine Pills to give them more energy and if it works for them, that's OK too. But for me I stay away from pills as much as possible, I let my body take its nutrient by food absorption more then by pills and supplements. If you take too much coffee you will feel over excited and stressed all day and this will make you feel more tired then you should really be, and it might also cause you some sleeping disorders. The best advise I can give you is to be reasonable and only take two to three cup a day, not more. Some experts also say that coffee will keep you away from some forms of cancers.

\* \* \* **ANIMAL FAT AND WHITE SUGAR** \* \* \*

Stay away from Animal fat as much as possible. It is not a problem if from time to time you have a good Rib Steak but you must not eat like that everyday. Here again you must use common senses and not make any excess by eating fat meat everyday of the week. Eliminate butter and replace it by Margarine made of 100% of Canola or Olive oil. Canola Oil and Olive Oil are good cholesterol that will help you to fight against bad cholesterol in your blood. It is a good practice to absorb about one table spoon daily of Olive or Canola oil. I use Olive oil in all my cooking instead of butter and you will get use to it also, it's not that bad. If you want more taste in your food just add some seasonings, but make sure that those seasonings are not full of salts. White sugar is also very bad for you since it weakens your immune system. Use either a substitute or cut down on the absorption of white sugar. I use either Honey or Maple syrup if I want to have a sweet taste to my food. Cut down on the deserts, in only one tea spoon of Jam there is the equivalent of eight tea spoons of white sugar.

## **DIETS AND FOOD SUPPLEMENTS:**

Be aware of all the scams out there about miracle diets, all they want is to get your money. They don't really care about your health or how fat or skinny you are. A good diet is a very simple thing that anybody can do by themselves and here is my method and it is **SIMPLE AND FREE**. You must know from the start that the human body is like a machine and the food you eat during the day is equal to **(ENERGY IN)** and being active and doing exercise is equal to **(ENERGY OUT)**. Visualize your body like a balance and the food you intake must be equal to the energy you will burn each day or your body will store the excess of ENERGY as body fat. So if you eat a lot you have to work out a lot to burn the same amount of energy you took in. It is as simple as that. Instead of having three big meals a day, spread out your meals to five or six meals a day by making them smaller in size. The reason is that if you give your body nutrient regularly and more often during the day, the body won't store energy as fat since you are providing your body with a steady stream of nutrient. The human body should receive nutrient every three hours, not more then that. If you eat only three big meals a day, your body will tend to store that energy since it does not get it's nutrient every three hours like it should. Don't eat a big meal and sit down on the couch for two hours and then eat more before you go to bed. You must be more active after a meal, but that does not mean to exercise right after a meal. Passing the vacuum or going out for a walk after the meal is excellent for digestion. So just move around after you eat to stay active and exercise only one hour and a half after a meal not before and do not eat anything three hours before you do to bed. It is better to loose your extra weight slowly then too fast. **Stay on that good habit diet** instead of going on a severe diet to loose fat quickly, and that you could not keep for very long anyway, and after when you go back to your bad eating habits you will gain more weight then you have lost in that severe diet. Also if you don't eat enough during the day your body will tend to store every thing you intake, no mater how small of a meal you take. This is why you should eat more often and your portions should be just big enough to sustain you with enough energy only for the next three hours.

My diet is just about common senses and good habits to eat more often during the day with smaller portions and to stay active after the meals. Variety in the choice of your food is also very important.



It is OK to eat just about anything you want except Animal Fat and white sugars, and as long as you don't eat too much either. In this diet it is Ok to cheat once a week. This means that you can have that big steak or go out for a Pizza or have Spaghetti, WHAT EVER YOU LIKE, this will satisfy your urges for fatty food and the rest of the week will be easier for you to eat less and to stay on this good habit diet. The next day after that big meal I make sure that I go to the gym to burn that extra energy out of me. Find out what kind of food has more Carbohydrates and limit your intake with those high carbohydrate food. Carbohydrates accumulates in the body and is stored as energy for you to use, if and when you will need it, but if you don't burn that energy soon, eventually the body will transform it as body fat. To accumulate Energy Athletes eat more Carbohydrates only one week before competition. Note that you need some carbohydrates in your diet, it is not healthy to have a very low carbohydrate diet. This good habit diet is the best diet that exist and that you will make your own for the rest of your life since it is very easy to follow and to stay on it, and it won't cost you more money to eat right.

Take it easy going into this new diet and change your bad habits gradually, not all in one shot and chances are that you will succeed. For Body Builders and Resistance Training, when your body gets enough energy from your food and supplements to make new muscles, your body is said to be in an anabolic state and you will progress to make new muscles from your food intake. If you don't give your body enough nutrient and proteins that it needs to build new muscles your body could fall into a catabolic state and that means that if your body can't take what it needs to make new muscles from your food intake or supplements, it will take it from existing muscles fibers and other tissues from your body as it's energy source. If you don't give your body enough energy from your food or supplements your muscles instead of progressing they will degrade and you will always feel tired and your energy level will be very low, and you will also gradually loose your strength. If you have the symptoms mentioned above, it probably means that your body is in a Catabolic state you must either eat more energy food and take more proteins or reduce the amount of Resistance Training you are doing for as long as your body wont go back to it's Anabolic state. So you must balance your food and proteins intake with the amount of exercise you are doing. Nutrition and Exercises are two things that go well together and Exercise can not exist without good nutrition habits.

## **FOR MORE ENERGY:** **DRINKS**

**Water;** at least 2 pint a day, before, and during exercise.

**Gatorade;** Right after exercise and during the afternoon.

**Skim Milk;** with protein mix and multigrain cereals.

Extra fluids aid in the elimination of toxins and improve your overall energy levels.

The extra that the body won't need, it will reject. Note that too much of a good thing can become a bad thing. I had a friend that drank too much water everyday and he got sick over it.

Liquids help your bodily functions like a well oiled machine and all your organs profit from it.

## **FOOD**

**White Honey or Honey....** Two table spoon a day.

**Fresh Strawberry.....** One portion a day.

**Asparagus.....** 4 to 8 a day.

**Brussels Sprouts.....** 6 to 10 a day.

**Tomatoes.....** One a day.

**Eggs.....** Two a day.

**Cornflakes.....** Once a day.

**Yogurt.....** 2 table spoon at each meal.

**Peanut Butter.....** Once on 2 multigrain toast every day.

Limit your intake of sugar, processed and packaged food. Enjoy natural sugars such as fruits, honey, molasses, rice syrup and maple syrup to sweeten your food. Include more healthy fat such as nuts, seeds, olive oil, canola oil, avocado, fish and flax to keep your body's cell strong and healthy.

## OTHERS

**ROYAL GEL: Extracted From Bees and is available in vitamin stores.**

**GINSENG: Made From the Roots of Perennial Plants mainly from Asia, and is also available in vitamin stores. GINSENG is also promoted as an ADAPTOGENE, a product that increases the resistance to stress.**

## IN CONCLUSION:

One very  
Important thing  
that I must mention  
here is that when you  
do Resistance Training  
Exercises, your body  
will make new  
muscles and  
**also new bones**

that will be bigger and stronger to meet the demands of your Resistance Training Exercises and to support your new muscles mass. For your system to be able to accomplish this you will need to intake three big glass of milk every day and take Yogurt to make sure you supply your body with enough calcium to make those new bones. Don't forget that fibers do not come in pills and even if they did it is better to get your fibers from the food you eat. For my fibers I eat celery, carrots and 12 grain cereals. For my vitamins supplements I take every morning with my Protein mix, my Multivitamins, B100 Complex, Vitamins C and D. For minerals I take only some Calcium, magnesium and Zink. That is the only Vitamins that I take in pills and the rest I take from my food intake. It is much better to eat less and more often then too much only three times a day. I hope that all the information in this Essay will help you on your journey to become a better you. I am sure that by now you understand the importance of staying fit and to always have good eating habits. Good luck to all of you and remember that too much of a good thing can become a Bad thing, and this includes Resistance Training also. This means to take it easy and not to over exercise yourself and also remember to take the time to enjoy Life while you can enjoy it with your new good health.

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*Article written by Ghislain Bonneau at*

<http://www.gbphotodidactical.ca>

Remember to check with your Family Doctor before you start with any kind of exercises and specially with Resistance Training. You are solely responsible for your own actions and I can not be held responsible for your own decisions. This text does not pretend to be complete on the subject of Resistance Training and only give you the best and safest way to do this kind of Exercises. If you never did Resistance Training before, it is best to start with a qualified Trainer by your side.