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# Section **One**



# Introduction

# Disclaimer

While every effort has been made to ensure the information in this book is correct, you should consult a healthcare professional before undertaking any diet or exercise regime.

Bodybuilding is not for everyone, and while most of the information in this book is considered to be backed by scientific research and personal experiences, bodybuilding is an evolving sport and over time some theories may be discredited. For this reason, no guarantees can be given in regards to results.

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# Introduction

Thanks for purchasing Zyzz's Bodybuilding Bible. I'll be covering off on everything from diet and training all the way through to what Supplements you should be taking, and even the lifestyle you should be living; all to get the body of your dreams.

It doesn't happen overnight, and you need to be realistic, but if you're doing everything right then this is all scientifically proven to work, and I've also tried it all myself and gotten results.

For those of you who are new to bodybuilding, this guide serves to inform you of everything you need to see results. You won't need to search around the internet for answers, or get contradicting answers from bodybuilding mags, I'll lay it out nice and simple for you.

For those of you who have already been training and dieting consistently, this guide will show you how I do it, and you'll hopefully be able to put together a more complete program, and achieve better results, even if it's just stripping off those extra few pounds before summer.

Good luck with this guide, hopefully you'll learn something and take your body to the next level. I know that if I had all of this information back when I started, I'd be years ahead of where I am now.

- Zyzz

# Section **Two**



# The Basics

## Chapter 1: **Getting Aesthetic**

# The Basics

## Getting Aesthetic

### Bodybuilding Myths

#### **You can change the shape of your muscles**

This isn't physically possible. While you can improve the size of your muscles, and enhance your definition by lowering your body-fat, it's impossible to alter the shape of your muscles by training in specific ways. Unfortunately you're limited by genetics.

#### **You can spot-reduce fat**

Have you ever seen those infomercials that try to sell you something that will work your abs and reduce your bodyfat? It doesn't work. Where you carry more fat is limited by genetics, what you can however do is reduce your overall bodyfat and your abs will follow.

#### **High Reps make you ripped**

While High Reps will increase your muscular endurance, they won't actually help in altering your definition at all. This is completely a myth.

#### **Train like a bodybuilder and look like a bodybuilder**

So you think by training like Ronnie Coleman you'll be able to look like him? Unfortunately not. Ronnie blessed with genetics you could only dream of. The up side is you can still make massive gains and look incredibly aesthetic, regardless of your genetics. Anyone can improve themselves.

## **All Fat is bad fat**

Fat's are an essential part of your diet, and not all fats are made equal. You will find out later in this book what the difference between the fats is, but the main thing to remember is, fats are absolutely essential.

## **You can get big and cut at the same time**

It's basically impossible to put on muscle while losing fat at the same time. While it can theoretically happen to a small extent, the results will be minimal. This is why you need to have bulking and cutting cycles, it is the only way to achieve the body of your dreams.

## **You don't need to eat – you just need supplements**

Supplements are just that, they're there to 'supplement' your diet. You need to eat food, good food. If you live on supplements or rely on them too heavily, you risk missing out on vital nutrients that you need to grow, and will ultimately hinder your results dramatically.

## **You grow while you're in the gym**

This is another un-truth. While you will 'pump up' in the gym, this is simply blood going to your muscles supplying them with energy. When you leave the gym, these will go down as you have noticed. All of the actual growing and muscle building occurs while you are resting and recovering.

## **You can turn fat into muscle**

Fat cannot convert into muscle. This cannot biologically happen. Fat needs to be burned off and used, and muscle needs to be built – it is two separate processes.

# **Body Types**

Not everyone is born equal, and generally they fall within 3 different categories. This doesn't mean you're limited to improving your body dramatically, it simply means you need to prepare your diet in a correct manner to allow for this.

## **Ectomorphs**

This is typically what is known as the "Hard-Gainer". Naturally skinny, the ectomorph requires more calories as their base metabolic rate is much faster than others. This can be accounted for simply by eating more.

## **Mesomorphs**

Mesomorphs generally have a great metabolism and put muscle on easily. These are the lucky ones – I wasn't lucky enough to fall directly in this category. Mesomorphs need a diet very similar to an ectomorph.

## **Endomorph**

Endomorphs generally have a slow base metabolic rate, and a high affinity to retaining fat. When building a diet, you should lower the ratio of the fat, and generally eat less overall calories in order to stay aesthetic.

# Genetics

Genetics are your foundation. They limit what you are automatically gifted with, and what you can eventually achieve. This includes how fast your metabolism is, and even the shape of your muscles and bone structure. You can grow your muscles and drop your bodyfat, but you can't change your shape, as you are limited by genetics. Don't let this get you down, you don't need perfect genetics to have a phenomenal body, it just means it may be a harder process than those who were naturally gifted with good genetics.

## **Putting it all together**

It takes everything put together to achieve an excellent body. Without proper diet and training you will get nowhere. Your body needs the nutrients to grow, if your diet isn't right, you will struggle to recover, and will fail at building more muscle.

You need to train hard in order to stimulate the muscles, diet correctly to provide nutrients for growth and recovery, and rest adequately to ensure your body can recover and develop new muscle. If you are failing to provide your body with any of these parts, it will not have the ingredients to get the results you're trying to achieve.

# Section **Two**



# The Basics

## Chapter 2: **Diet**

# Diet

## Making it work

### Food is paramount

Supplements won't make you big, diet will. You need to eat good food to grow, and the diet is the main key to your success. Training is nothing without this, and I cannot stress enough that you need to have a good diet to get anywhere in this. I have seen people train for years and get nowhere because their diet wasn't on the mark – all of that time in the gym has been wasted when it didn't have to be. Eat right, and eat lots.

### Keep It Realistic

The first and foremost thing with diet is to keep it realistic. When building a diet, you need to ensure that not only are the meal times realistic and fit in with your day-to-day schedule, but also that you can have the food prepared and ready to eat at that time. You also need to keep it realistic in terms of how much you're going to eat, especially with bulking. Quite often new guys will plan to eat a stack of food, but end up full, and end up skipping meals.

### Get used to counting calories

Close enough isn't good enough if you want to achieve a perfect body. It's not all about counting every single calorie you eat though, it's all about planning. To start out, you'll probably want to make a few different diets, and then vary them so you don't get bored. This way, when you make a spreadsheet of your diet or write it all out, you'll already have it all nicely laid out for the day and won't need to continuously add everything up as you go – you just need to stick to the plan you made.

## **Failing to plan is planning to fail**

You need to plan – not just what you're going to eat, but you need to make sure it's there and ready to eat when you need it. The biggest tip I can give you here is to cook the night before. Do it in a batch, and get used to microwaving. If you can manage to have your whole days food cooked and ready to go, then you'll have no excuses to skip meals, and you'll have a much easier time sticking to your diet.

## **The Ratio's**

The ideal ratio for a diet for most people is as follows:

Protein: 40%

Carbs: 40%

Fat: 20%

If you follow this ratio and calculate your calories dependent on what you want to achieve, you will automatically have the right amount of everything you need. For endomorphs it is quite common to drop the fat to as low as 10%, and up the protein and carbs evenly.

# **Water**

## **Why you need water**

Your body is made up predominantly of water – especially your muscles. Without water they cannot exist, so you need to stay constantly hydrated. You also need water for your organs to function correctly, and for your body to transport nutrients to your muscles properly. Plain and simple, you need water, and lots of it.

## **How much water do I need?**

You need to be drinking at least 3 liters of water a day. To some, this will seem like a lot, as they've never been drinking enough water – but this is a minimum. You need it to grow, don't short-change yourself. Also don't fall into the habit of saying "I had 500ml's of milk, which has to count for some water" – it's a trap – drink 3l of water throughout your day. The second you start feeling thirsty you're actually dehydrated – so fix it as soon as possible.

# Protein

## The basics

Protein is one of the key building blocks in building muscle. Muscle is actually made of Protein and Water, so without protein, you wouldn't have muscle.

Protein is made of amino acids, and the body uses these for a multitude of things. It is essential that you not only have an adequate intake of protein, but also that you have it at regular intervals, and from the right sources, to make sure that you aren't deficient at any point during the day or the night.

## Types of protein

It is easy to get confused when trying to work out your protein intake and the types you should be having. Not only in your foods, but also when you're supplementing it (that's where it can get really confusing).

As a general guide, foods such as Steak and Chicken provide protein which is available for a medium amount of time. From here we have our various types of supplemented protein, which we'll go into more completely in the Supplement Chapter of this book.

The main thing you need to know is that protein isn't just protein, there are different types which need to be used at different times. This is the primary reason for us dividing up our meals, as the body can only absorb a certain amount and the rest goes to waste.

## How your body uses protein

Your body uses protein to repair and rebuild muscle, and also to build new muscle. While we don't need to go into the actual chemistry of it all, what you need to understand is that your body is reliant on having consistent protein waiting to be used. You're better to have too much protein than too little, as your body simply

excretes the excess as waste.

Now when you do the simple maths of it all, most proteins don't last for 8 hours – and your body uses most of your protein while you're recovering, i.e. sleeping. So for that time when you're sleeping, you will most likely end up protein deficient by the end of the night.

So the obvious answer is to take the longest possible protein, and this protein is called Casein protein. The closest food you will get to this is eggs, which are great. Cottage Cheese is also a big winner in this category. But to make the most of it, you should probably supplement this right before bed.

The other side of this is, immediately upon waking up you should be taking in some protein, as you will no doubt be deficient. Another way to combat this is to actually wake up in the middle of the night, have a pre-prepared shake, and smash it down around 2am. This will help a lot, just make sure it's pre-prepared, as you don't want to interrupt your sleep too harshly while you're trying to recover.

## **How much do I need**

This varies greatly depending on who you ask, but it really is a case of taking potentially too much instead of risking taking too little. If you stick to the ratio of 40:40:20 for protein:carbs:fats, then you'll generally be fine regardless of your overall caloric intake.

Another method is that you will need a minimum of 1-1.5g/lbs of bodyweight. This works out around 2-3g/kg. This means for an 80kg man, he should be taking in a minimum of 160-240g of protein per day.

## **When do I take it**

Protein is generally needed at the following intervals:

## **2am – Sleep Shake (Casein Protein)**

This shake allows your body to have the essential nutrients it needs to recover, and stops the risk of ‘running out’ during the middle of the night.

## **Breakfast Shake (Whey)**

Whey Protein is the best for kicking off the day. While not essential if your breakfast already has plenty of protein, this is a good way to start the day knowing you’re in the positive for protein.

## **Post Workout (Whey Protein Isolate)**

Whey Protein Isolate is a fast acting version of Whey, and allows you to replenish your muscles very quickly. This is vital after a workout, as they will be in dire need of it.

## **Pre-Bed (Casein)**

This shake allows you to maintain a positive level of available protein while you need it the most – while recovering during a rest period.

# Carbohydrates

## The Basics

Carbohydrates are the bodies energy source. Some people restrict their carb intake in an effort to cut, but through proper calorie management this isn't needed to be used as a strict rule. There are however some rules which we will need to enforce, and some times where carbs are absolutely vital.

Without carbs, the body burns fat and muscle to use as an energy source, and the last thing we need to be doing is burning off our hard-earned muscle.

## Carbs in food

### Low GI

Low GI (glycaemic index) essentially means slow-burning carbs, and is a key part in any diet. With this slower release of energy, you avoid an insulin spike (which ultimately can lead to High-GI carbs being converted to fats). Some examples of these foods are:

- Sweet Potato
- Oatmeal
- Brown Rice
- Whole-wheat breads
- Whole-wheat Pasta
- Green Vegetables

### High GI

This is generally any food with sugar in it. These should be avoided at all costs, they have a high affinity to converting to fat, and should not be a part of your diet.

Examples:

- White Bread
- White Rice
- White Sugar
- Fast Food
- Soft-drinks
- Confectionary

## **Timing for carbs**

Carbs are absolutely essential as a part of your breakfast. You need this to fuel you through your day, and you will also be completely deficient upon waking up.

The other time that you need carbs is directly after a workout. At this point your glycogen stores are completely depleted. So you can maximise your recovery you need to take this straight away, however it's not as hard as it seems.

Quite a common way to do this post-workout is to take some Whey Protein Isolate with Milk. The carbs in the milk, although not ideal, will help greatly in replenishing your glycogen stores. Aside from this, if you are able to, Oats are a quick and easy way to do this as well.

A good rule of thumb is to try and avoid carbs after your post-workout, however this largely depends on your schedule for the day, and if you're doing morning workouts this simply won't work.

## **Sugar and Insulin Spikes**

Sugar causes spikes in your insulin level. This is because it makes the pancreas work harder producing insulin. Insulin stops the body from using fat as an energy source – so even if you're calorie deficient you can put your fat-burning abilities to a halt purely by choosing the wrong carbs.

Most people don't realise that sugar is in almost everything that is processed, and you should be trying to keep to an absolute maximum of 40 grams in a day. You should try to keep this to a minimum, as it can convert quite easily to fat.

# Fats

## The Basics

Your body needs fat to survive. It also makes up a vital part of your diet because it's incredibly hard to hit your calorie target with fat, as it is worth 9 calories per gram, whereas carbs and protein are only worth 4 calories.

Fats are needed for muscle development and to get into an anabolic state, they have also been scientifically proven to improve stamina by 40-60%. Fats are needed, but the right kinds of fats, and the right amounts.

## Good Fats

Monounsaturated is the type of fat you should be shooting for. This helps lower bad cholesterol; raise good cholesterol, and generally comes bundled with polyunsaturated fats which you also need. Polyunsaturated fats can quite often help in providing Omega-3 Fatty Acids, which help brain function and a whole host of other benefits.

The best sources of good fats are these:

- Olive Oil (It tastes like sunscreen, have something to chase it with)
- All Nuts
- The fat from Fish
- Egg Yolk

## **Bad Fats**

There are a variety of bad fats, but essentially most will fall into the categories of saturated fats, and trans-fats. Saturated fats are generally found in junk food and fast food, and have very little nutritional value. They raise bad cholesterol, and generally end up hanging around as body fat. Try to avoid saturated fats wherever possible.

Trans-fats are the worst kind of fat available. This is not even displayed on labelling in some countries (just goes under fats in general). It holds absolutely no nutritional value, and should be completely avoided.

To avoid these bad fats, try to limit processed food in your diet, and stay away from fast food.

## **Cholesterol**

Bad cholesterol can lead to heart disease and a whole bunch of nasties, and is generally caused by ingesting bad fats such as saturated and trans fats. Avoid junk food and you'll generally avoid bad cholesterol.

Good cholesterol comes from ingesting good fats like egg yolks. This has been proven to help in muscle development and recovery. As such, you should ensure you eat the right fats, and you'll be sure to have your cholesterol in check automatically.

## **Timing**

Fats are used much like carbs, but are a much slower source of energy. Because of this, you should be having your fats earlier in the day where possible. There is no specific timing you need to have fats, but it is a good idea to spread them out throughout the day and try not to have any after 5pm.

# Bulking

## Why Bulk?

If you want to pack on muscle, there is no way of doing this faster than doing a bulking cycle. You can also do a permanent bulk with short periods of cutting if you like, however this will depend on your genetics what proportion of your time you need to bulk.

We bulk because while we have our calories above our Basal Metabolic Rate (how much your body automatically burns) we put on weight, it's impossible not to. While bulking, we generally keep cardio to a minimum (do it, but don't overdo it), and focus on having an excess of calories, most of which we'll be trying to convert into muscle.

While bulking you WILL put on fat. It's a fact, and it's unavoidable. You can attempt to clean bulk (no junk food) and do it just over your BMR, but your gains will be minimal.

A general rule of thumb is to add 500-1000 calories a day to your BMR. So if your BMR is 3000, and you eat 4000 calories a day, you should be able to put on around about 2kg a week. If you're just starting out, you can easily see 4-5kg in the first week.

It's pure science, if you do it right, and you don't kid yourself about how much you're eating, you **have** to put on size. Anyone who isn't putting on size needs to re-evaluate what they're doing, and potentially add even more calories.

So you say to yourself, why don't I just eat 8000 calories a day? I'll gain like a monster! Well, firstly it's hard to eat that much, although it is possible with the use of mass-gainer shakes. Secondly, you'll put on a lot of fat. Yes, you'll put on more muscle than you would've at 5000 calories, but the amount of fat you're putting on definitely isn't working towards an aesthetic body.

## The Maths

Firstly you need to work out your Basal Metabolic Rate (BMR). You can do this at the following website:

<http://www.bmi-calculator.net/bmr-calculator/>

Because you're doing strenuous exercise, you'll be burning much more than this. A good guide is to multiply this by 1.7, so if your BMR is 2000 going off this calculator, as a bodybuilder your base calories should actually be 3400.

To bulk, you'll need to add 500-1000 calories per day. I would recommend trying 1000 and keeping track of your bodyfat, if it doesn't blow out too much you'll be fine to continue at this level.

To check your bodyfat, use a calculator such as:

<http://www.healthstatus.com/calculate/body-fat-percentage-calculator>

## Sample Diet

The following is a sample diet for someone around 95kg who is bulking.

Item	Fat	Carbs	Protein	Calories
<b>Sleep Shake 2am</b>				
1x scoops Whey Isolate	1.5	2	24	114
<b>Breakfast 7am</b>				
100g Rolled Oats	9.3	56	14.3	386
250ml Milk	6	19	11	167
6x eggs	24	2	25	332
<b>Morning Tea 11am</b>				
50g Peanuts	24.2	7.9	11.6	308
<b>Lunch 1pm</b>				
250g Chicken Breast	14	4	67	424
100g Rolled Oats	9.3	56	14.3	386
250ml Milk	6	19	11	167
<b>Pre-Workout 3pm</b>				
100g Rolled Oats	9.3	56	14.3	386
250ml Milk	6	19	11	167
<b>Post Workout 5pm</b>				
250ml Milk	6	19	11	167
2x scoops Whey Isolate	3	4	48	228
<b>Dinner 730pm</b>				
250g Chicken Breast	14	4	67	424
<b>Pre-Bed 930pm</b>				
250ml Milk	6	19	11	167
1x Scoops	1.5	2	24	114
6x eggs	24	2	25	332
<b>Total</b>	<b>164.1</b>	<b>290.9</b>	<b>389.5</b>	<b>4269</b>
<b>Percentages:</b>	<b>19.43161634</b>	<b>34.446418</b>	<b>46.12196566</b>	
<b>Total Grams</b>				<b>844.5</b>

# Cutting

## Why Cut?

Cutting is about losing body fat and regaining definition. There are a number of techniques for doing extreme cuts in a short period of time, such as the Keto diet, and Carb Cycling, but I'll talk more about that in the advanced techniques section. For now all you need to know is that you need to be calorie deficient to cut.

Cutting is done in cycles because you will need to spend a portion of your time bulking. The longer you spend cutting (the slower you do it) the less you will lose muscle during the process. While cutting it is inevitable that you will lose some muscle while in this calorie deficient state, but if done correctly you will lose much less muscle than you gained while bulking, and lose much more fat than you put on during your bulking phase.

## The Maths

The maths of cutting is simple, you need to be below your maintenance level for calories (BMR).

There are two ways in which you can achieve this calorie deficiency, and generally a combination is optimal. The first way is to simply eat less. The second way is to increase your BMR through strenuous activity, more specifically by doing Cardio.

By doing cardio, you're able to burn more calories in a day, and as soon as you drop the amount you're eating, you'll be able to begin using your fat stores as energy.

The simple maths are that you should be shooting to be 500 calories deficient a day. 300 would be adequate for a slow cut.

So for someone whose BMR as a bodybuilder is at 3000 calories, they should be having an intake of 2500 calories a day.

Just some tips for staying full, try to eat loads of vegetables, as they have low calories and will fill you up. Also drink plenty of water (like you should be doing anyway).

## Sample Diet

Here is a sample diet for someone cutting that has a BMR of around 3700 calories doing a slow cut.

Item	Fat	Carbs	Protein	Calories
<b>Sleep Shake 2am</b>				
1x scoops Whey Isolate	1.5	2	24	114
<b>Breakfast 7am</b>				
100g Rolled Oats	9.3	56	14.3	386
250ml Milk	6	19	11	167
<b>Morning Tea 11am</b>				
6x eggs	24	2	25	332
<b>Lunch 1pm</b>				
250g Chicken Breast	14	4	67	424
100g Rolled Oats	9.3	56	14.3	386
250ml Milk	6	19	11	167
<b>Pre Workout 3pm</b>				
100g Rolled Oats	9.3	56	14.3	386
<b>Post Workout 5pm</b>				
2x scoops Whey Isolate	3	4	48	228
<b>Dinner 730pm</b>				
250g Chicken Breast	14	4	67	424
<b>Pre-Bed 930pm</b>				
1x Scoops Casein Protein	1.5	2	24	114
6x eggs	24	2	25	332
<b>Total</b>	<b>121.9</b>	<b>226</b>	<b>344.9</b>	<b>3460</b>
<b>Percentages:</b>	<b>17.59526559</b>	<b>32.621247</b>	<b>49.7834873</b>	
<b>Total Grams</b>				<b>692.8</b>

# Building a diet

## Timing

Timing is everything with diet, you need to be getting the right nutrients at the time you need them. So here I've made a guideline of what you need to intake and when.

### Breakfast

You need Protein and Carbs because you'll be lacking these as you've used up all of your nutrients the night before while repairing muscle and developing new muscle.

### Morning Tea and Lunch

You should be having a good mix here, and ideally be shooting for the golden ratio of 40:40:20.

### Pre-Workout

For the meal leading up to your workout you need to ensure you have a huge amount of carbs. In this meal you should have a bit of protein and fat too, but ideally you'll be shooting to have plenty of carbs as you'll be burning off this energy in the workout. Ensure you leave a gap of one hour between eating and having your workout to ensure you're ready to go.

### Post Workout

The meal after your workout you'll need fast acting protein (generally a shake) and some fast acting carbs (from the milk in the shake works nicely). You'll be severely depleted post workout, and need to make the most of this window. You need protein within 20 minutes of putting down the weights.

### Dinner

You want to start removing fats and carbs by this meal, you should be ideally having a meal which is very heavy in protein. You won't be awake long enough to burn

off much of the energy in the fat or carbs, so try to avoid these. If you need to eat carbs to get your calories up, stick to green vegetables as they're very low GI and have less chance of being converted to fat.

### Before Bed

You want eggs if possible, and possibly a casein protein shake. Egg protein is the most bio-available protein, and you will get more use out of this than any other protein. You can buy egg-whites from the supermarket if you're worried about the fat at this time of night.

## The Maths

Maths is what makes a good diet into an excellent one. If you know exactly what you're putting into your body, you'll know exactly what you're going to get out of it. A good way to check what's in the foods you're putting into your diet is to check using the following site:

<http://www.wolframalpha.com/>

This site takes inputs like "200g chicken breast" and spits out all of the information you need to build your diet.

The next thing you need to know is, you need to divide up your meals. You can't process more than roughly 50g of protein in one sitting – while some people will dispute this, everybody is different and this is a good guide, you should be having 6 meals a day at a minimum.

# Section **Two**



# The Basics

## Chapter 3: **Training**

# Training

## The Basics

You lift weights to injure muscle. That might sound extreme, but that's exactly what you're doing. You're doing it on a perfect scale however, where the damage can be repaired between workouts, and your body can develop new muscle in preparation to better cope with future exercise.

What most people don't realise however is that lifting for strength is different than lifting to grow muscle. While lifting big weights will ultimately lead to an increase in muscle mass, it won't do so as fast as lifting specifically for bodybuilding.

To improve strength, your rep range is generally 4-6 reps, this tells your body that it needs to get stronger, as it could be subjected to future lifts of this weight.

To improve muscle mass however, we need a rep range of 8-12 reps. This causes microscopic tears in the muscle, which when repaired will have new muscle built in these tiny little gaps. While that isn't an overly scientific explanation, it's definitely something you need to get your head around when you're trying to increase the weight too fast.

Lifting big weights is definitely of benefit, but for the majority of your sets you should be aiming for 8-12 reps. If you can do 12, then increase the weight so you can only do 8 – in your next workout you may be able to do 12 of this weight, and once again you keep upping the weight and gradually improving.

You do however need to get your strength level to a certain level before you will be achieving the body of your dreams. To help in increasing the strength and speed up the process, for your last set of an exercise, you can try increasing the weight so you can only do 4-6 reps. This will help you in getting your weights up to a respectable level, and from here you can get the maximum muscle gain.

## **Leave your ego at the door**

When training at a gym it is quite easy to see big guys lifting big weights, and to match them. You need to look at why you're lifting weights – you're doing it to become aesthetically beautiful. How many times has a girl come up to you and said “how much do you bench?” – It doesn't happen, and it doesn't matter. You lift to get big, so lift correctly, and get big.

Cheat reps can be okay, but this is an advanced technique that you don't need to be using to start off with, and should only be used for the last 2-3 reps.

You need to focus on a number of things when lifting. Firstly you need to focus on the timing of the rep. Generally it is best to aim for 1 second up, and 2-3 seconds down. This will seem like an eternity to some – but you're not trying to throw the weight, you're trying to maintain complete control and focus on using the correct muscles.

You should have complete focus on the target muscle groups, for example when you're doing a bicep curl, you should feel as though you're flexing while you do the exercise, you should also only be using your bicep, not letting your body use it's momentum to help you lift the weight.

Pretend that you are a statue, and only the necessary muscles make the movement. Next, stop focusing on lifting the weight, and start focusing on your body making the correct motion and movement.

Without this level of focus, you will not be adequately activating the muscle, you'll be cheating yourself, and not putting enough attention on the muscle where it should be aimed at.

The main thing to remember is, you're not there to impress anyone, you're at the gym to build a better body. It's one thing to push yourself, it's another to kid yourself. Cheat reps aren't real reps.

## **The Power of the Negative Rep**

Most of my gains have been made during the negative phase of the lift, and this is largely neglected, especially by people new to the scene. By lowering the weight slowly and having complete control, you push your muscles to the next level.

You are also taking momentum out of the equation during a negative rep. This is because you may be unknowingly using your body to throw the weight during the positive phase of the rep, but during the phase when you're lowering the weights, this is fundamentally impossible, and thus you are truly making the most out of the motion.

The negative rep should also take at least twice as long as the positive portion, and this allows the negative to increase blood-flow to the muscle dramatically, and to ultimately lead to more hypertrophy (development of new muscle).

## **Recovery**

There are two portions to recovery. There is recovery during sets, and recovery after training. In between sets, you should be spending between one minute and two minutes to recover. Any longer and you're training for strength – what we're trying to achieve is maintaining bloodflow to the muscle, and keeping our pump. By pushing to this intensity, you will notice your strength dropping set after set, but ultimately you will be achieving more and more stimulation to the muscle.

Recovery outside of the gym is incredibly important also. You need to be sleeping a minimum of 8 hours a night, and aiming for 10. You don't grow in the gym, you grow while you're sleeping. You also need to give your muscles on average an entire week to recover from a workout, but you'll see later on how this is managed by having a good workout cycle. A lack of recovery leads to improper healing, and eventually to overtraining.

# Exercises

## Machines Vs. Free Weights

Machines are your worst enemy. While they can serve a purpose for advanced techniques such as pre-exhaustion, you are not getting a full range of motion with a machine, and also not building smaller controlling muscles which help support your overall strength.

You need to start with free-weights, and use machines purely to supplement this training when needed, but generally they are completely un-necessary, and are tools to lure you into paying to be at an expensive gym with new equipment.

## The Big Seven

The big seven are your staple exercises. If you weren't able to do more than 7 exercises, you would pick these, as they give an overall improvement to the body. All of which stimulate a combination of muscle groups, and lead to massive benefits in your bodies' production of growth-promoting hormones, such as Growth Hormone and Testosterone.

## Squats

Squats work many parts of your body, but put a large focus on your legs, your lower back, and your glutes.

Squats consist of sitting a barbell on your traps, and squatting down until your glutes almost touch the ground. The most common issue with new guys and squats is not getting low enough. You need to get incredibly low until you feel it completely in your glutes, and do a completely slow and controlled movement. Don't increase the weight until you are doing it properly, and ensure you maintain a proper arch in your back during the entire motion.

## **Deadlifts**

Deadlifts are a life-changing exercise, but require perfect form or they can be very dangerous. With a deadlift, a barbell is gripped and slowly lifted to just above your knees from a squatting position. The main fatal mistake is to not maintain a proper lumbar curve during the exercise. You need to retain an arc in your lower back throughout the entire motion, otherwise you are putting incredible stress on your lower back.

The other common mistake is lifting until your legs are completely straight, this places undue stress on your lower back. You need to maintain a slight bend in the knees during the entire motion.

## **Bench Press**

The bench press is probably one of the first exercises you ever completed, however it is probably one that you have never paid proper attention to. The chest is made up by many different quadrants, and by doing different angles (i.e. incline, flat, decline) you hit specific parts of your chest.

While performing the exercise you shouldn't throw the weight, you need to maintain complete control and go very slow, especially during the negative. By doing this, and focusing on your chest opposed to your triceps, you will see dramatic gains in the size of your pecs.

## **Barbell Rows**

Nothing will add mass to your lats as fast as the barbell row. The exercise is done by maintaining a 90 degree bend and lifting in a controlled motion up to your body from the ground. This will predominantly hit your lats, but also puts load on your traps and biceps.

One thing to watch out for is that you need to maintain a proper lumbar curve, much like you do with squats and deadlifts, in order to stop undue stress on your

lower back.

## **Dips**

Dips predominantly hit your triceps, and are done by lowering yourself on a dip bar. The main tips are to keep your elbows tucked in close to your body, and stay as straight as possible. Leaning forward puts more focus on the chest, but the idea of the dip is generally to hit the tricep as hard as possible. You should be adding weight to your dips with a weight-belt to keep your rep range from 8-12.

## **Chin-ups**

Chin-ups are the best back-widening exercise that exists. If you want the V-shape, you need to do chin-ups, as painful as they may be.

Don't mistake chin-ups for pull-ups – with chin-ups you are doing an overhand grip, and going as wide of a grip as possible. Also don't fall into the trap of throwing your body, this is supposed to be a slow (and painful) exercise that is incredibly controlled.

To build up your reps fast, you should use a modification called "lowers". Because it can take some time to build up your chin-ups, you simply do as many reps as you can, and then jump up to the top of the rep, and gradually lower yourself. Try to take 2-3 seconds for the lower (negative rep) and to do 8-12 reps – you'll be building up in no time!

## **Barbell Curls**

Barbell Curls help predominantly in building biceps, but also put load on the stabiliser muscles in your front delts. This is simply a bicep curl using a barbell, but has some common mistakes as simple as it may seem.

The most common mistake is to rock the body to get the weight up – avoid this at all costs, as you won't be putting the correct load on the biceps, and can also

throw out your back.

The next common mistake is moving your entire arms. Your elbows should stay pinned in the air at one spot the entire time, if they move slightly at the top of the rep to get the final crunch, then that is fine, but make sure this is a completely controlled motion. Also focus on a slow negative.

## **Individual Muscle Groups**

The following are some great exercises to add into your program. While there are plenty more out there on the net, I'll give you a summary of what has worked for me.

### **Chest**

Flyes – These are the ultimate for building the chest of a champion. Have light weight and complete focus. Incredibly slow reps, and ensure you're thinking about your chest the whole way through the motion. Make sure you're going low enough to feel the stretch of your chest at the bottom of the rep.

Incline Flyes – Much the same as flyes, but focus on crunching and tensing at the very top of the motion. This is how you achieve a V at the top of your chest.

### **Deltoids**

Lateral Raises – Keep a low weight and an extremely controlled motion, and you'll notice massive gains in the wideness of your delts. Try doing these one at a time (left and right) and on a 45 degree angle with a very light weight, and you'll get extreme focus on the outside of your delts.

Bar Raises – By using a very low weight and slowly raising it, you will get an intense burn in your front delt. Don't lower all the way down, lower to around your hip level, and raise until just above eye level, this way you'll maintain the stress on the front-

delts the entire way through without relaxing during the set.

## **Biceps**

Dumbbell curls – These are very straight-forward, but the main thing to remember is to have a heavy focus on form, this is a very common exercise for ego-lifting, avoid this at all costs, and flex at the top of the rep.

Incline Curls – Incline curls will give you a great focus on the bottom of your bicep that you normally wouldn't hit. Try using a very small amount of weight to start and slow reps, it's not supposed to be a heavy-lifting exercise.

## **Triceps**

Cable Pulldowns – the main thing to remember with this is to keep your arms pinned in position, and try not to lift too much too quick. These are an excellent candidate for drop-sets, which I'll cover in the advanced techniques section.

French Press – With this exercise, you hold an EZ-bar behind the back of your head, and have the top half of your arm point directly upwards. You then rotate your arm from straight to a 90 degree angle. The main thing to remember is to keep your arms pinned, and don't point your elbows outwards.

## **Lats**

Pulldowns – This is the cables equivalent to chin-ups, and is a great way to build strength before you can manage to do chin-ups – that's right, not everyone can do chin-ups when they're starting out, and it's nothing to be ashamed of. Work your way up until you're doing about 75% of your bodyweight in pulldowns, and you've just graduated to chin-ups.

T-Bar Rows – With this exercise you stand over one end of a bar, with weight on that end. You then bend to a 90 degree angle (and ofcourse, have an arched back maintaining a proper lumbar curve), and lift the end of your bar to your body. This

is a great exercise to end a workout on, as you have already pre-exhausted your lats, and they will be getting the most out of this even though it's quite heavy on the biceps.

## **Quads**

Lunges – While holding weights in both hands, lower one knee to the ground, then raise back up and take a step. Keep walking like this doing very slow and controlled moments, and up the weight ensuring you're not doing more than 12 reps.

## **Calves**

Calf Raises – This is best done with a machine that allows you to put weight on your shoulders, but basically you slowly lift onto your toes raising your heels off the ground. To get the most out of this, you should have your toes on a platform allowing you to lower your calves below the level of your toes on the negative.

## **Traps**

Shrugs – While holding a bar, keep your arms straight and slowly lift your shoulders aiming for your ears. Be careful during the initial part of the lift, as you need to lift with your legs to get the weight up, or you can damage your lower back.

## **Abs**

Hanging leg raises – These are the ultimate for building up your abs; you hang on a chin-up bar and while trying to stay perfectly vertical raise your legs up until they are 90 degrees. This takes a lot of experience, and regular leg-raises are a good start to work towards this.

Decline Weighted Crunches – While holding a weight on your chest, slowly lower yourself down on a decline bench, on the way back up ensure you crunch at the very top and hold this for a moment. Drop-sets work well with this, and once you're maxed out, drop the weight and keep going until you are completely maxed out.

# Sample Workout

## Monday

Big Lifts Day:

- Deadlifts – 4 Sets
- Squats – 4 sets
- Shrugs – 4 sets
- Decline Benchpress – 4 sets

## Tuesday

Chest Day:

- Incline Dumbbell Press – 3 sets
- Flat Bench Press – 3 sets
- Dumbbell Press – 3 sets
- Flyes – 4 sets
- Incline Flyes – 4 sets

## Wednesday

Lats + Abs Day:

- Chinups – 5 sets
- Bar Rows – 4 sets
- T-Bar Rows – 4 sets
- Hanging Leg Raises – 4 sets
- Weighted Decline Crunches – 4 sets

## **Thursday**

Deltoids:

- Military Press – 4 sets
- Lateral Raises – 4 sets
- Bar Raise – 4 sets
- Upright Rows – 3 sets

## **Friday**

Triceps Day:

- Weighted Dips – 4 sets
- Cable Pulldowns – 4 sets
- French Press – 3 sets
- Skullcrushers – 3 sets

## **Saturday**

Biceps Day:

- Barbell Curls – 4 sets
- Incline Dumbbell Curls – 4 sets
- Dumbbell Curls to Hammer Curls upon fail – 3 sets

## **Sunday**

Rest Day – You'll need to recover.

## **Mix it up**

You can follow the same workout every week, and you'll get some great gains to start with, but eventually your body will get used to this.

At some point you need to shock your system. This doesn't mean you need to completely overhaul your workout routine, but experiment with new exercises, learn what feels good to you, and most of all, keep your body guessing.

By changing up your routine, even the order of exercises, you'll notice that you're continually feeling sore the next day, and getting the most out of each workout. Also try playing around with the days in which you do certain muscle groups, just try to keep in mind that in a week you should be doing your large muscle groups (chest and lats) before the small ones (bi's and tri's).

## **Overtraining**

You need to be mindful of overtraining. This can come in a number of forms. Firstly, you can push your sets too far, if you're doing 14 sets of biceps all to complete fail – you can be damn sure they're not going to recover in a week. If you're doing 12 sets and only the last of each exercise includes cheat reps and absolute fail, you're probably on the right track.

You can also overtrain by not having enough rest time. Once every few weeks, try having 2 rest days in a row. This might feel un-natural, and you'll feel like you're shrinking, but sometimes your body needs time to recover.

The other way of overtraining is by accidentally hitting one muscle group too hard. This can happen for example by splitting up deadlifts and squats onto separate days, with lats in the middle. You could be putting stress on your lower back 3 days in a row – and this area gets sore very quickly. If this happens and you feel as though it's not recovering, make sure you take a week off from anything related to your lower back, and it'll recover in no time.

## **Instinctive Training**

Instinctive training is about modifying your training program on the fly. For example, if you're having a chest session and had 4 sets of flyes written down in your schedule, and hit #4 and feel a great pump, it may be worth doing an extra set or two.

Over time you'll start to get a feeling of when an exercise is really hitting the mark, and when it's not. This also works the other way, if you had 5 sets of barcurls set out in your schedule and after 2 you're not feeling pumped and it's just not working for you, you'd be crazy not to drop that, and switch to some dumbbell curls to try and get in the zone.

If you're having a great workout, and feel you can push it a bit further and do some extra sets, you'll get a feel of this and should keep going. On the flip side of this, don't do 20 reps of something just because you didn't put enough weight on. Stop at 12, and up the weight for the next set.

## **The Pump**

The pump is what occurs while working out, and the muscles enlarge due to a greater than usual blood supply. It is an excellent indication that you are training correctly, and that what you are doing is effective in promoting muscle growth.

In the simplest terms, we need the pump because we need blood supply to the muscles to give them more energy, and get rid of waste products caused by exercising. The extra benefits are that this will stretch the muscle 'fascia', which is the casing around the muscle. This works much the same as 'muscle memory' which I'll cover shortly, but essentially it's much easier for a muscle to grow and fill a bigger space once it's been that size before.

## **Muscle Memory**

Muscle memory refers to the muscles ability to achieve a certain size again after previously being there. If a pro bodybuilder that was 120kg of solid muscle was put in a coma for some reason for 2 years, and shrunk to 80kg in this time, his body would remember having this muscle. This is because the muscles casing (fascia) has been stretched to this size previously.

If this bodybuilder had an identical twin with the same genetics, who had never been over 80kg, and they both began working out together, the twin who had been 120kg would pack on the pounds much faster than his brother. His muscle would fill out the casing much easier as it had already been previously stretched, much like a rubber band stays partially stretched if you keep it stretched for a long period of time.

You can use this to your advantage when bulking and then cutting. Any muscle lost during the cutting cycle will be much easier to gain the next time around when you are bulking, and this very much plays into the idea of cycling your diet regimes.

## **Stretching**

Stretching is an important part of bodybuilding. Ligaments and tendons exist around your joints, and a huge amount of stress is placed on these during a lift. If they are cold and un-stretched, they are much more prone to injury.

Imagine a piece of blue-tack, if you warm it up, you can pull it apart and it will stretch out, if it's cold and you pull it apart quickly, it will simply snap. This is much like your tendons and ligaments, you need to warm them up with proper stretching before starting a workout.

## **Cardio**

Cardio plays an important part in your regime, especially during the cardio phase. Many bodybuilders hate cardio with a passion, however it doesn't have to be as

horrible as you may think.

Consider doing a sport you enjoy, such as boxing or mixed martial arts, as this will give you an excellent workout and be fun at the same time. During a cutting cycle you should be training cardio many times a week, and during a bulk at least once a week to maintain fitness.

Cardio has many benefits, such as helping to release more growth hormone, it will also lead to you being more overall healthy. Just don't overdo it during a bulk, or you will struggle to put on weight.

# Section **Two**



# The Basics

## Chapter 4: **Supplements**

# Supplements

## Protein Supplementation

Protein supplementation isn't a necessity by any means. You can realistically get everything you need out of food. The one time of day it can be very beneficial however is post workout, when you require a quick hit of protein.

Protein supplementation comes in a number of different types, and it can be very confusing when you walk into the local supplement store, so here is a break-down of what you need to know:

### Protein is Protein

Protein is protein. It doesn't vary as much between brands as the manufacturers will lead you to believe. No protein is twice as effective as another, so why should you pay twice as much? Stick to the basics, and get the right style of protein rather than brand.

### WPI (Whey Protein Isolate)

Whey Protein Isolate is a fast acting type of protein. It begins working almost immediately and is best suited to post-workout. It has no other place in your diet.

### WPC (Whey Protein Concentrate)

This is a much cheaper version of WPI, and acts over a much longer period of time. This can be used at any time, but still doesn't compare to Egg Protein for example as far as effectiveness. WPC is a lot cheaper than WPI and is almost as good, it really is value for money.

### Casein Protein

This is a slow acting protein, and generally lasts about 4-5 hours in your system.

This is ideal before bed, and for a middle of the night shake. If you have the budget, I'd purchase some of this just to take before bed and it will last you quite some time.

## **Creatine**

Creatine is one of the first supplements that was actually proven to work. What it won't do, is add 20% to your bench-press immediately. Don't believe everything you hear about different types of creatine, while it works, you can generally get a decent type of creatine in your pre-workout and this is all you'll need. If you need more, buy plain old Creatine Monohydrate and it'll do 95% of what the expensive brands will.

Also keep in mind that Creatine Monohydrate is a chemical – all brands are equal. Creatine Ethyl Ester .etc are just slight modifications, and are generally not worth the extra investment. This isn't ground-breaking news, but it's generally not talked about within the bodybuilding community, especially by the supplement companies earning a fortune off bringing out 'new blends'.

## **Multi-Vitamins**

Multi-Vitamins can greatly help your diet. They're ideal for helping to supplement the pieces you miss by having a strict diet.

When putting together a bodybuilding diet we quite often limit how much variety we have in our food, and neglect the idea of the 'major food groups' – quite often this will lead to us neglecting vital vitamins. The best way to take care of this is simply taking a decent multi-vitamin, most of them on the market are fairly priced, and provide you with everything you will need.

## **Amino Acids**

Amino Acids can be categorized into two categories – essential, and non-essential.

Protein is made of amino acids, and if you're getting enough protein, you're generally getting enough amino acids.

You can however supplement extra BCAA's (Branched Chain Amino Acids) to ensure you're getting the best recovery possible.

You can also supplement L-Glutamine, because as you get older your body will gradually lose it's ability to pull the L-Glutamine out of protein, so especially for older bodybuilders it helps to supplement this to ensure you're recovering as fast as possible.

## **Buyer Beware**

Watch out! The supplement companies are trying to mis-inform you and feed you full of false-hope. They'll promise you the world, and deliver Tasmania.

Luckily, there is one golden rule that will help you stay in the clear, and keep your bank balance healthy:

*If it sounds too good to be true – it probably is.*

Always remember that diet is king, and supplements are just for 'supplementing' your diet. They can't do anything magical, and while they can help, they're for the last 10% of the gains you're going to get.

## **Pre-Workouts**

Pre-Workout supplements are one of the most beneficial supplements possible. Most contain creatine which will give an added strength boost of sorts, and more importantly they contain Caffeine, and the good ones DMAA (dimethylamylamine). Some of the best I've tried are Hemo-rage by Nutrex, 1-MR, and Mesomorph. Hemo is the best in my opinion, and I'm not sponsored to say that – it gives great mental clarity and no come-down. 1-MR and Mesomorph are great, but can mess with your head if you take too much.

Pre-Workouts give you that extra kick you need to push out the last reps, and last the whole way through the session, especially if you've had a hard day at work.

## **Testosterone Boosters**

Testosterone boosters work by increasing your natural testosterone production. This helps on a number of levels, such as a feeling of well-being, and increased protein synthesis. Please note however, tribulus terrestris has never been scientifically proven to increase testosterone, however there are many on the market that contain a number of ingredients, and you'll see good gains out of this.

While you're under 25, you often won't need this kick, although it's not going to do you any damage. Just don't spend the earth on it, that's money you could be spending on good food and more essential items.

## **Nitric Oxide Boosters**

Nitric Oxide Boosters are the latest craze to hit the market. They claim to help in protein synthesis, and have been proven to do this to some extent. These products often work, however quite often are very high-priced items, and will very rarely deliver the gains you read about in the magazines. Some of the ridiculous claims of putting on 20 pounds of muscle in 20 days .etc are complete rubbish, however if you have the extra budget to spare, this may give you an extra 5% on top of everything else you're doing.

## **Weight Loss Pills**

These come in a variety of forms, but all do the same thing. They work by increasing your metabolic rate. This can make it more achievable to stick to a cutting diet, as you don't need to cut as much food out of your regular diet.

# Section **Two**



# The Basics

## Chapter 5: **Lifestyle**

# Lifestyle

## Rest

You need to ensure you get 8 hours of sleep a night at an absolute minimum. You should really be aiming for 10 hours. Nothing can substitute rest, and while stimulants like caffeine may be able to mentally substitute it, you're missing out on adequate time in recovery. You can't effectively recover while you're awake, so don't try to – get some sleep.

## Alcohol

There are four pieces of this puzzle that will destroy your progress:

1. Dehydration – Alcohol leads to dehydration. Even though you're consistently drinking liquid, you will be unknowingly sweating it out, and also urinating much more often. Dehydration will destroy your muscles, and hinder your recovery process.
2. Empty Carbs – Many alcoholic beverages contain 'empty carbs'. These are carbs (generally sugar) that contain little to no nutritional value. On a night out you can have a massive intake of these, and most of which will convert to fat.
3. Lack of Sleep – On a night out drinking you'll often go without sleep, and effectively take away your ability to recover.
4. Lack of Food – While out, you'll be awake for upwards of 8 hours straight and not eating. Your body will be burning energy, but you won't be adding anything in, so your body will feed off your muscles and start eating itself to survive.

## Junk Food

Junk Food is the devil. Many new guys will read the nutritional info of a burger and

jump straight to the protein – and yes, it'll have plenty of it. What they don't realise is that the carbs in it have little nutrients, and all of the fat is bad fat.

The amount of saturated fat in a single meal of junk food is enough for a couple of days, and there is simply no way you can dispose of it. You'll literally be working backwards if you continually eat junk food, regardless of how great your training regime is.

## **Skipping Meals**

Try to avoid skipping meals at all costs. I know it can be hard with a busy work or social life, but any period between meals where one is skipped you will be lacking nutrients, and working backwards. This can also cause dramas with your metabolism's rhythm; so where possible, hit all of your meals on time. If you miss one, you can double up, but realise that a lot of the nutrients won't be able to be absorbed.

# Section **Three**



# Advanced

## Chapter 6: **Keto Diet**

# Advanced

## Keto Diet

The keto diet is an extreme way of cutting, losing minimal muscle, and shredding fat off in no time. It can be a very hard diet to stick to (the hardest I've seen), but I've never seen any results like the ones I've achieved by utilising this diet.

With a regular cutting diet, you are calorie deficient, and thus burn off fat to use as energy, and potentially a bit of muscle. With the keto diet, we ensure that we are burning as much fat as possible, by depleting our carbs and living completely off the energy from fat.

Essentially we want to limit our carb intake to below 30 grams per day. This isn't easy, and leads to us not being able to eat much of a variety of food. You can however increase the amount of fat you're eating dramatically, and your body will burn it off.

Stay calorie deficient, but only by a few hundred calories. You can easily lose 3-4kg the first week, much of this is due to a loss of water however.

Some foods you can surprisingly eat include going to a fast food restaurant and ordering a hamburger patty (or a few of them) on their own. This will contain very little carbs, but plenty of protein and fat, making it easy to keep up the calories.

Other than this, you'll find you're eating loads of peanuts, drinking a lot of olive oil, and also having a lot of chicken breasts.

The rules are simple:

1. Eat 300-500 calories below your BMR
2. Keep your protein to your usual level
3. Eat loads of fat. The cleaner the better, but this isn't totally necessary.

By doing this, you'll be effectively losing a tonne of fat, as your body will be relying on burning this for all of your energy needs.

Expect to feel a bit lethargic for the first few days, but this gets better, and some people even find they have more energy after this point. Generally I only keto for 2-3 weeks at a time, then go back to bulking, but it depends heavily on your genetics how long you'll need to keto to get to your desired bodyfat level.

# Section **Three**



# Advanced

## Chapter 7: **Re-Evaluating Your Needs**

# Re-Evaluating Your Needs

Sometimes you need to re-evaluate your needs to ensure you stay on target for your desired body. By this, I mean you may have planned to bulk for 16 weeks followed by 3 weeks of Keto, but you may have found that you have made it to week 10 and are at a higher bodyfat level than you previously planned for.

When we hit these kinds of points, we need to make a decision as to whether we stick to the original plan, or strategically alter it in order to keep our body in check. If you're aiming for 8% Body Fat and were at 10% before bulking, and have blown out to 16% - you've been doing some of your calculations wrong, and shouldn't continue on this path.

So instead of seeing out your plan, you're best to re-evaluate your needs, and re-do your calculations. You may have to switch drastically, but it's for your own good.

The next part to re-evaluating is that your dietary needs will change as you put on and lose weight. Your caloric needs for maintenance at 90kg will be dramatically different at 100kg, so if you expect to keep putting on size with the same diet you're in for a shock – you're going to need to increase the calories as your body is now using much more than it previously was.

# Section **Three**



# Advanced

## Chapter 8: **Dealing with a Plateau**

# Dealing with a Plateau

It is inevitable that eventually you'll hit a plateau. It may take a few weeks to realise that you aren't moving, but generally this is an opportunity for change.

The most common ways to break out of a plateau are altering a training regime to shock the body, i.e. throwing in supersets and dropsets, utilising pre-exhaustion, and then altering your diet to have a different ratio of protein/carbs/fats.

Different peoples bodies respond differently, sometimes even taking a long rest, i.e. half a week can be enough to shock your body back into growth.

# Section **Three**



# Advanced

## Chapter 9: **Advanced Training Techniques**

# Advanced Training Techniques

## Pre-Exhaustion

Pre-exhaustion is all about isolating a muscle group and exhausting it, followed by compound exercises to finish it off. An example is doing Flyes to exhaust the chest, followed by bench press.

This often makes the compound exercise much more effective, for example the triceps sometimes give out during a benchpress before the chest, meaning that the chest has not actually been worked anywhere near fail. By pre-exhausting we are ensuring the right muscle group is the reason for the failure rep, and with a good spotter you can really push yourself.

Pre-exhaustion can effectively be used within supersets also, and is an excellent way to break out of a plateau and shock the muscles.

## Supersets

Supersets are done by using a combination of exercises without a break in between. An example would be completing a set of Flyes, followed immediately by a set of Bench Press (obviously with a reasonably light weight). This is also combining pre-exhaustion.

Supersets can be used to hit the same area of a muscle group, or can be used to target different areas, for example doing a bar raise followed by lateral raises to hit the delts. This will lead to a great overall pump, and good gains.

Generally you should shoot for a lower end of the scale for reps in supersets, i.e. 8 reps for the first exercise, and 8 for the second with the expectation to fail before this point.

## **Dropsets**

Dropsets are sets in which you drop the weight during the exercise to get more reps. Sometimes known as pyramid sets, you are essentially maxing out your reps at a high weight, then dropping it to ensure you hit your desired range.

An example may be cable pulldowns, starting at 20kg and getting 4x perfect reps, then 4 perfect reps of 10kg. You can pyramid further, and could potentially go 20kg, 15kg then 10kg.

Dropsets are ideal at the end of a workout where you are looking to finish off the muscle and ensure you've gotten the most out of the workout as possible. If done at the start of the workout, you run the risk of not getting the most out of later sets, and potentially tiring out too early.

## **Cheat Reps**

Cheat Reps are a very controversial subject, as new guys (with under a year of training) often try to justify them when they simply shouldn't be used.

Cheat Reps should only be used for the last 2-3 reps of a set. While it is true some pro's use cheat reps much more than this, perfect form is a much better goal for those without the genetics of Arnie.

If you can get 8 reps out with perfect form, an extra 2-3 cheat reps can help to push the muscle to the point of overload, and truly make the most of the set, just use it with caution, and be mindful of causing injury by throwing the weight too much.

# Section **Four**



# Conclusion

## Chapter 10: **What You've Learnt**

# Conclusion

Thank you for taking to time to read my book, it's excellent to see my fan's and followers are seeking to fulfil their dreams and achieve greatness, and I'm humbled to be helping you along the way.

The main thing you need to do now is stick with it. It's an ongoing process, a life-style if you will, and it takes time and commitment. If you diet right and train hard, you're guaranteed results, it's impossible not to grow.

- Eat the right foods and the right amount
- Train right - don't cheat yourself
- Supplement where you need to
- Push yourself to the limit

Good luck, and I hope that some day I'll be coming to you for tips,

- Zyzz