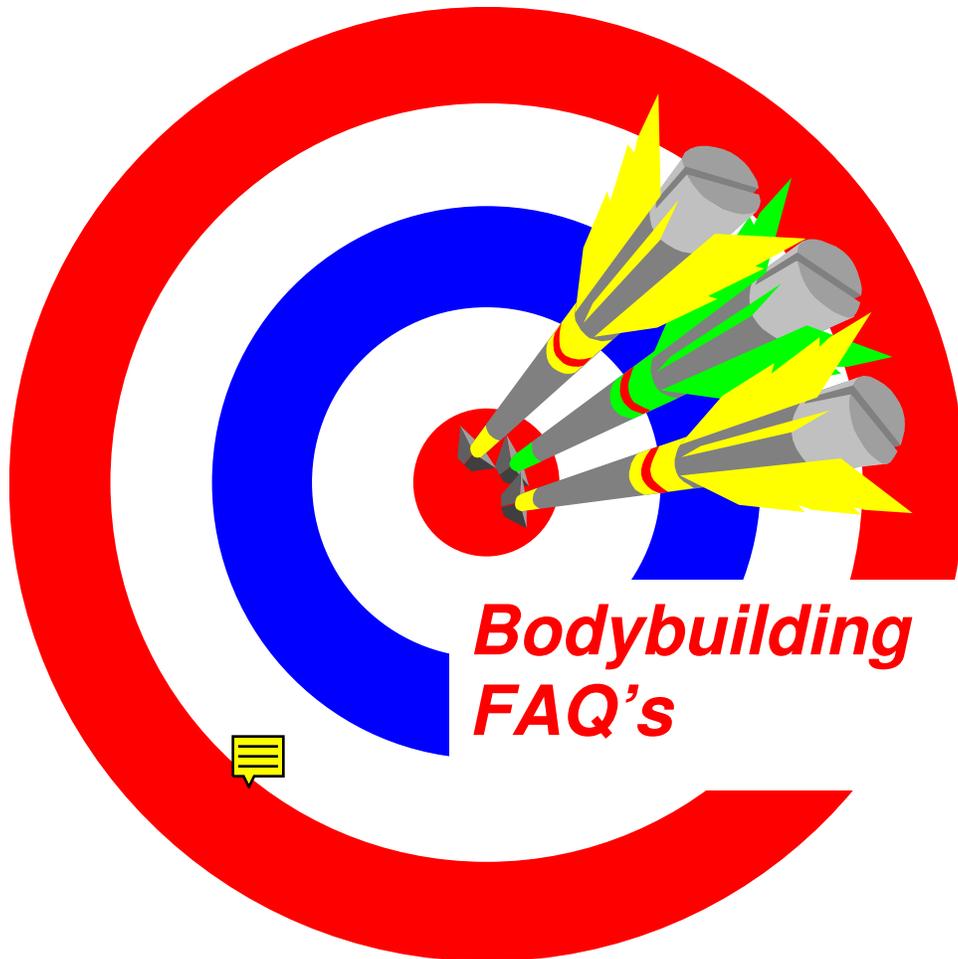


Direct Hit Series

ProHealth Nutrition, Inc



“How should someone go about selecting a health club or a gym?”

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Bodybuilding FAQ's

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INTRODUCTION

We are here today to talk about bodybuilding with someone who has experienced great success with his bodybuilding plan. In just two years of weight lifting he has increased his weight from 165 pounds to a stout 220 pounds and maintains his body fat at 15%.

In his words, "It's done a lot for me and I have made a lot of friends doing it. It's been a wonderful personal transformation. When you start off with really no muscle to speak of and personally experience levels where I am now, it does a lot for you confidence and state of mind."

We will approach this interview as if we have someone who wants to begin a bodybuilding and weight lifting regimen. Using the experience and expertise of our guest, we are going to explore the different things that our client needs to do to get started. We will use a **Q** (Question) and **A** (Answer) format.

Setting Goals

Q - The first topic we are going to discuss is setting goals. Can you tell me how important is motivation when someone decides to pursue bodybuilding?

A - I would say motivation is by far the strongest and most important aspect of a weight lifting plan. If you are easily discouraged, you can lose the persistence you

need to achieve your goals. That's why it's important to have that motivation out in front of you at all times.

Q - What do you think our client should do in order to set realistic goals?

A - I would say to set realistic goals you have to be honest with yourself. For instance, if you're in it just to do weight loss you're not going to lose six to seven pounds a week. I would say for most people one to two pounds per week is a healthy goal. You can lose more than that but you'll probably lose some muscle. As far as gaining weight anywhere between a half a pound to two pounds a week is a realistic goal. It really just adapts along the way. You may set a goal and realize you can surpass that so maybe you need to set higher goals in the future. Or you may set a goal a little too high and then you are going to have to go back and adjust those.

Q - Are there any special tips that you can offer or come up with to tell people how they can stay on track with their goals?

A - Well if individuals are serious about their plan, finding a partner can be really helpful. Also, keeping a journal is another big thing. If you keep track of what you do and mark your progress, that can go a long way towards helping to stay motivated. For instance, let's just say that one of your goals is not to eat junk food. If you write that in your journal then you do eat junk food, you are going to look back at that and say I can't do that anymore. Having your goals and your progress written

down in plain site is a huge motivation factor. Once it's staring you in the face, you know you are going to have to fix that particular behavior.

Too Old or Too Young

Q - What about age? Is age a factor when considering a bodybuilding program and if it is what should be taken in consideration?

A - I wouldn't say that it is a huge factor. If you are at an age where you are more prone to injury than when you were younger, then you may want to be cautious when working with certain exercises. Really, anyone can work with bodybuilding. I wouldn't say it is a huge issue.

There is no such thing as too old or too young. It's safe to say that as long as they are following a pretty healthy lifestyle, bodybuilding would be healthy for any age. Young, old or in between it's always good and should be a part of everybody's lifestyle. Even if you don't hit the gym 5 times a week it's better if you can incorporate it in your lifestyle on some sort of regular basis. You'll be happy with the results.

Plan of Action – Getting Started

Q - Let's talk about a plan of action. Should our client fly solo or is it wise to have a partner?

A - I would say that a lot of it just depends on the individual case. The more help you get the more motivated by the encouragement. At the same time, if the only thing you can do is start by yourself then it's still definitely possible to meet your goals, you may just have to work a little harder.

Q – If someone wanted to pursue a bodybuilding program all by themselves, what would be advantageous about that approach?

A - I would say that some people focus better working on their own. But for the majority I don't recommend it. There is a great deal of motivation and support when working with a partner(s) or a trainer. Sometimes it's just the atmosphere of working in gym rather than at home that encourages some people. The bottom line is that I recommend at minimum that he/she finds a partner to lift with or join a local gym or health club.

Q - How should someone go about selecting a health club or a gym; what things should they take into consideration?

A - You want to ask them to give you a tour and make sure they have all the weights you want to use. Make sure that it's not too crowded. Also consider the expense and see if they offer personal trainers.

Q - What about instructional videos?

A - Yes I would say that there are some that are pretty helpful but the best way to do it is ask someone at the gym to show you or look it up online and save the expense.

Q - Can you tell us a little bit more about the benefits of a personal trainer and maybe a general idea of what costs are?

A - All personal trainers are different. Some will range from \$30 to \$40 a month up to \$100 a month. They will show you how to do every exercise and some will even design a diet for you and help you monitor your workouts to make sure that you are doing everything correctly. And another big thing is they will help you with safety. So if you don't know how to do a lift they will show you so you don't hurt yourself.

Q - Are there any warnings that our client should pay attention to before undertaking a body building program?

A - Well if you have known heart risks or anything that would interfere with physical activity like a bad back then there are precautions that you might want to take. If you had a personal trainer he would show you the different exercises to do and how to do them so you don't hurt yourself.

Q - When someone is getting serious about doing this where should they actually begin if they are looking at building muscle mass?

A - I would say that a great resource to start with would be a friend who lifts and ask them. He may even talk to people online. There is so much information on the internet.

Q - How are muscles actually toned and strengthened? Is it by using the same muscles for the same purpose repetitiously?

A - When you lift weights what you are doing is actually tearing the muscle tissue in a healthy way. When you eat right they will actually repair themselves and they will repair stronger and bigger without lifting more weight. As you go along and lift more weight, your muscles will keep adapting to having to lift more and they will get bigger. Actually there are type A and type B fibers in your muscles. Let's say the higher repetitions might tear the type B so heavier weights will tear them and bring them back stronger.

Q - What are the type A and B?

A – They refer to the repetitions you need to accomplish a specific result. Some people are fast switch and some people are slow switch.

Q - Can you explain that?

A – Yes. Fast switch responds to high repetitions and I would recommend between 8-12 repetitions. Slow switch will respond to slower repetitions between 4 and 6.

It can actually get pretty complicated. Every body has a different buildup. Let's say for example my bicep is 90% fast switch and 10% slow switch so I would need to do mainly high repetitions for my bicep. So you on the other hand might be 90% slow switch and 10% fast switch so the approach you would want to take is lower repetitions.

Q – So what you are saying is that it kind of depends on what condition your body is in?

A - Yes and a lot of it is just genetics. Some people just have more fast switch than others.

Exercise Equipment

Q - What kind of equipment do you think is necessary to begin a bodybuilding program?

A - I would say the essentials that you will need are: a squat wrap, a bench (preferably one that can adjust to incline or decline), a barbell with weights that go up to 200-300 pounds. You are going to need dumbbells and I would say starting off you to go up to 60, depending on how strong you are of course.

Q - How much should a new bodybuilding student plan to spend on equipment?

A - Assuming that you are going to be working out at home and not the gym, a good squat wrap is going to be anywhere between \$500 and \$1600 dollars and that is the most expensive piece of equipment. Then you can get a good bench from \$60-\$70 dollars. The dumbbells will vary in price. I am suggesting that if you are working out at home use free weights because they stimulate the muscles better and have a more natural range of motion.

Q - Can you tell us; is it possible to build muscle without using expensive equipment and if so, how does one go about doing that?

A - Yes, it is definitely possible. There are some things that you are going to need. You can't do squats without a squat wrap but you can usually buy one used pretty cheap or you could get together with friends and get one. And again, there's the gym. The one I go to is just \$8 dollars a month to use a squat wrap. A bench is pretty cheap as well as dumbbells.

Q - What about these different exercise things they advertise on TV?

A - Well it just depends on your personal goals. If you are expecting to get a lot of muscle those aren't really going to take you very far. You are going to need to get into compound exercises like squats and such and with things like the Bow Flex and the Total Home Gym it just doesn't allow you to do very much.

Now you can definitely gain some muscle from them but you are not going to look like a professional bodybuilder using them. If someone just wants to work out at home and gain a little bit of muscle that would definitely work for them. But, if you want to build serious muscle it's not going to work.

Q - What can you tell us about the importance of exercise?

A - Exercise is definitely important whether you are trying to gain weight or lose weight. If you were trying to lose weight exercise is essential for burning calories. But even if you are trying to gain weight and stay healthy, it will keep your heart rate healthy and build up endurance.

Q - Can someone target specific body parts with just exercise and without equipment?

A - Well for weight loss there is no such thing as targeting just how much fat you burn. And as far as exercising for certain muscles well we could do crunches to target your abs but it's not going to target your chest.

Q - Are there any exercise routines that target muscle building for those specific body parts without weights?

A - Well the only exercise I do without weights are crunches and running the cyclist for the abs but for most everything else you are going to need weights. You can do conditioning exercises but you are not going to get a ton of muscle unless you use free weights

Q - What are aerobics?

A – Exercise that gets your heart rate up to a certain level for a sustained period of time. It's also any exercise that gets your breathing rate up. Running and swimming are aerobic activity.

Q - Would it be safe to say that aerobics would help improve your cardiovascular system?

A - Yes definitely because of the breathing aspect.

Q - We talked briefly about a home gym but how realistic is it to have one?

A - Well unless you have a lot of money there are certain machines that you are going to have to live without. And, these machines are specific to building muscle.

Q - If money were no object what machines would you recommend that someone buy?

A - I would get a squat wrap and a bench that can incline and decline. I would get a lat pull down machine and a pull up bar and a 45% lift press and a rowing machine and a cable push down and dual cable push one.

Q - We are probably looking at some hefty prices there right?

A – Yes, if you want to go all out and have all those machines you are looking at \$3000 to \$4000.

Q - Okay and if a client is on a budget what course of action would you recommend?

A - I would just recommend finding a gym that has low rates or working out at the YMCA. If you are in school they will usually give you a discount. I would just compare all the gyms in the area and find one that is going to fit your needs.

Q – We keep coming back to the gym, don't we?

A – It does seem that way and the reason is because it's the cheapest alternative.

Health Clubs and Gyms

Q – We've briefly discussed gyms, but let's expand on the subject. Can you tell me what someone should expect from a membership at a gym? What should I expect them to do for me?

A - There should be people there to tell you about the equipment, personal trainers or staff. They should have all the necessary equipment you need and the facility should be large enough to accommodate the customers. Some gyms are always crowded and their weight room isn't big enough for all their members.

Q - You mean not having to wait in line for a piece of equipment?

A - Well if you lived in a large city like Chicago or Los Angeles. If you go to a huge fitness center and they have a tiny little gym then it's probably time to look elsewhere.

Q - Are there any ground rules to a gym or health club? Things they can or cannot do?

A - Well a couple of things related to safety. You may have to be 16 to go and work out there and the health clubs also have to be cleaned according to health department rules. Machines have to be cleaned every night and things like that.

Q - They usually have showers and things like that don't they?

A - It just depends. Some gyms may just have the weight room and nothing else and other gyms may have a cool basketball court. These are things you need to consider when you are shopping around.

Q - Are there certain things about working out in gyms that people should be aware of?

A - Don't wear flip-flops or open toed shoes because you are going to be working with weights and you don't want one to fall on your foot.

Q - So it's probably pretty important that you have the right things to wear as well?

A - Yes, don't wear jeans because you are going to be moving your legs. Something that is comfortable to you is really most important like jogging pants or shorts. What

ever is easy for you to move in you're going to be moving, running, lying down and sitting up? You don't want anything to be too tight.

Health

Q - How important is overall health when undertaking a bodybuilding program?

A - Well when it comes to overall health, it's most important that you start a program.

Q - Should you have an overall physical assessment?

A - Well I would say that as long as you are in relatively good shape you're going to be okay. But if you are obese you might not have the best blood pressure because of your weight problem. There are people at the gym who are going to help you fix that. If you have a history of heart or other severe illness, you most certainly want to have a physical assessment before you begin. If you have a bad back or you have your knees run out there are lifts you may not be able to do.

Q - Is there anyone who should not attempt it?

A - Well there is a formula for everybody even if you have a bad back or knees there are still exercise that you can do and the people who work at the gyms will help you with these.

Q - What are some of the common risks and potential injuries associated with bodybuilding?

A - Trying to lift more weight than you should or using bad form, which kind of goes hand in hand. Say someone tries to lift too much weight or curl it and they are swinging

it around because they can't lift that much weight. There is always a chance with a risk like that. But I would say that if you are using a weight that is right for you it is relatively safe compared to football or some other sports. You should be fine as long as you aren't lifting too much weight and you are using good form.

Q - Are there any warning signs that a body builder should watch out for that might indicate serious health risks?

A – Yes. I would say that when you're in the weight room and you are getting dizzy doing your lifts you need to sit down and take a break. Maybe lift less weight. If your joints start hurting or your back hurts, you may have pulled your back and that's definitely something you should have checked out.

Nutrition and Supplements

Q - What is the importance of a good nutrition plan to body building?

A - Nutrition is just so important. It goes hand in hand with bodybuilding. You could have the best bodybuilding workout in the world but if you don't have good nutrition you are not really going to get anywhere. The same applies to weight loss. You could run all the time but if you are eating junk food you aren't really going to lose the weight.

Q - What are the basic essentials to keep in mind regarding nutrition for body builders?

A – Well, for building muscle the number one thing to keep in mind is you need protein. Protein is the building block of muscle.

A lot of people will argue about how much protein you need but a good rule of thumb is one gram of protein for every pound you weigh. So, say you have an individual who weighs 160 pounds he needs 160 grams of protein every day. Personally I would recommend between one and two times your body weight. Also, it is important to eat healthy.

You should eat immediately after you lift. It's important to get protein immediately after lifting. Preferably you need whey protein, which you can get from a supplement and just mix with water.

When you lift weights your body is going to be using a lot of glucose, so in order to refill that and repair the muscle you need carbohydrates. I would recommend that you get that from dextrose or multi-dextrose, which is corn sugar. You can get it at health food stores or Wal-Mart. Another good source for that are raisins. I want to stress that when you lift weights you are using up all your glucose and you need to replace that so it can repair and build your muscle tissue.

Q - Is fat good or bad for bodybuilding?

A - Certain types of fat are definitely good and other types of fat aren't going to help you at all.

Q – Why do you think that is and what are the differences?

A - Well there is saturated fat and polyunsaturated fat and you want to keep the saturated fat low. If you are having a meal that has over 5 grams of saturated fat and you are eating that all the time that is probably going to be too much. Basically what fat

does is it helps you carry everything around. So you need a little good fat. You can get good fat from peanuts, peanut butter, flaxseed or lean meat.

Q - What supplements other than the ones you have already suggested would you recommend?

A - Everybody needs to be getting a multi-vitamin. I would also suggest as I said earlier a 100% whey protein and for a lot of people creatine is a great supplement and also a multi-mineral and flaxseed.

Q - Can you give me some idea of your typical diet for the week is?

A - Right now I am a pretty big guy, so what I would eat would be too much for the normal individual. For breakfast I have 8 egg whites, orange juice and a banana. When I first started, of course, I started out smaller and then as I gained more weight I started eating more and more. The more you weigh the more you are going to have to eat to gain muscle.

For lunch I had spaghetti with hamburger meat and my whey protein. And then in the afternoon I had a meal replacement plan, which is kind of like a protein powder with added vitamins and carbohydrates. It's a liquid protein.

For dinner I usually have a can of tuna on bread or crackers and I will wait awhile and have oatmeal and one or two pieces of protein and a banana and then I head off for the gym.

After the gym I usually have my post workout shake which is protein, dextrose and creatine.

When I come home, for dinner I'll have chicken thighs, which are a really good source of protein they are easy to cook.

Q - What vitamins do you take personally?

A – I take a multi-vitamin; the brand is Now 1 a day. I also take vitamin C, which is for your skin and also calcium.

Steroids

Q - What can you tell us about steroids and what do they do to the body?

A - Well steroids basically affect your protein sensitivity and your testosterone production beyond your natural levels.

Q - Why are they illegal?

A - The reason they are illegal is because people misuse them. People use them when they are way too young.

One of the core lessons about steroids is that they can actually fuse the growth plates together and when that happens you can't get any taller. It happens naturally from 21-23 but when you are using them too early that will become a problem for you. Also excess steroids can damage your liver and lead to liver failure. If you are going to consider using steroids I would start at a low cycle and do tons and tons of research.

Q - So you're not saying don't use them?

A - Personally I don't use them but for some people who use them responsibly, I am not necessarily against it. I would never use them just for the reason that I would be happier with getting as big as I can naturally.

Q - Are they addictive and what are the long-term effects?

A - It's basically like cigarette smoking. Your body is going to start to rely on it. As far as mental facts let's say that they do just a little bit of steroids and they see that their muscles aren't big enough then the next time they are going to do a little bit more. Then they just want to keep getting bigger and bigger. Then they are going to be doing an unhealthy amount. So I would say that mentally it could become addictive for people whose personalities are easily led.

SIDEBAR

Here is a list of some potential health effects of drugs and other substances-ranging from the mildest to the most severe-used as alternatives to anabolic steroids:

- * greasy skin
- * headache
- * severe acne
- * premature balding
- * bloating associated with water retention
- * dizziness
- * chills
- * drowsiness
- * nausea

- * vomiting
- * muscle tremors
- * fever
- * fast heart rate
- * slowed heart rate
- * bloody diarrhea
- * seizure-like movements
- * lowered blood pressure
- * breathing difficulty
- * breathing cessation
- * blood clots
- * cardiovascular problems
- * liver disease
- * cancer
- * heart attack
- * stroke
- * death

END SIDEBAR

Recommended Workout

Q – Before we begin discussing the workout, can you describe the different exercises for us? And, are most of these exercises standard? In other words, would our client find people doing the same exercises no matter what club or gym they go to?

A – Sure. Yes, the same basic exercises are pretty much universal and used everywhere. There are some variations, of course, but no matter what gym you choose, the same basic exercises will be used.

First of all, before I talk about exercises the most important things to remember are the warm-up and cool-down. These steps are very important. You need to prepare your muscles for the workout and also give them a rest when you are finished with your routine.

Q – Is it true that there are exercises that target specific parts of the body?

A – Yes, that's correct. To work on the chest you will do bench presses, incline bench presses, dumb bell flys and pullovers. You will need a bench for all of these exercises as well as weights and a bar.

Bench Press: Put the weights on the bar and lie on the bench so that the bar is just below the eyes. Grasp the bar keeping your arms aligned parallel to the nearest wall. Lift the bar and slowly lower it to your chest. Pause for a moment then raise the bar and lower it just before your arms lock in place. Don't arch your back and keep your feet on the floor. Oh, and your elbows need to be kept out.

Q - Incline Bench Press: Would it be correct to say that the incline bench press is the same as the regular bench press only done on an angle?

A – Almost but not quite. Yes, you need an incline bench but the exercise is slightly different. You need to lower the weight over the collar bone instead of your chest and lower closer to the chin.

Q – Okay, what's next?

A – Dumb bell Flyes: All you need for this exercise is your bench and dumb bells. Lie on the bench and grab hold of the dumb bells. Hold them so that the front of your arm and your upper arm are making right angles. Try repeating this often to build and stretch the chest.

Q – Do you recommend any other exercises for the chest?

A – Yes, this is another you might include.

Pullovers: You will need a bench and dumb bells for this exercise. Cross each hand over one another with each grasping a weight so your wrists crisscross. Feel your chest expand as you raise the weight until it is over your head.

Q – What about biceps? Every time someone thinks about “bodybuilding” we imagine this image of a guy with his biceps bulging.

A – Ha! Ha! That's true. I'm not sure why that is; except that's one of the most obvious results of the hard work it takes to become a serious bodybuilder.

Q – Okay, what are the exercises you recommend for the biceps?

A – Curls. After putting your weights on the bar you grab the bar in two places that are parallel to your shoulders. Then you lift it as far as you can. Next, partially lower it but need to stop before your arms straighten out and raise the bar again making sure you are raising the bar and not just swinging or throwing it up. Make sure your elbows are tucked in. That's the basic curl. There are different variations on the curl such as the preacher curl which requires a special bench, seated curls with dumbbells, hammer curls, concentration curls and reverse curls.

Q – So it looks like curls are the only exercise for biceps?

A – Well, like I said there are different variations of curls.

Q – Can you describe just a couple of them?

A - Okay.

Seated dumbbell curls: While seated on the bench, these curls have you picking up the dumbbells and curl weight up while twisting your palms. You should end up with the barbells pointing to your shoulders. To lower, use the opposite movement only in reverse while you twist the weight so that when you reach the bottom of the curl they are now facing your body.

Reverse curls: These will work the biceps and the forearms. Standing in front of the bar, cross your hands over and grab the bar. Curl the bar the same as you do for the regular standing curl.

Hammer curls: These are done the same as normal dumbbell curls. The difference is you keep the palms facing toward your body. This exercise will also help to work the forearms.

Q – What muscle should we discuss next?

A – Well, let's look at exercises for the triceps.

Cable Press Downs – This one requires a special piece of equipment called a Cable Pulley Machine. Grab the handle with your hands crossed over about 10 inches between your hands. Press the bar down all the way. Next, raise it as far as you can and do it without moving the elbows. You should not lean forward.

Standing/Seated Tricep Presses

You will use weights and a bar. Grip the bar in front of you with that crossover grip with your hands about 8 inches apart. Next, raise the bar over your head. Next, lower it down in back of your head as far as you can before moving it back up.

Lying Tricep Extensions

For this exercise you will use a bench, weights and a bar. Do these like the standing tricep extension but lie on the bench and only lower the weight as far as the top of your head. Without moving the elbows, press the weight back over your chest. Keep your elbows straight. If this is too difficult try using close grip bench presses.

Close Grip Bench Press

Same as a regular bench press, but your hands are placed about 8 to 10 inches wide.

One Arm Tricep Extensions

Dumbbells

Grab a dumbbell in one hand, raising it above your head. Next lower the dumbbell behind your head keeping your elbow stationary. Then press the weight back up.

Forearms

Wrist Curls: For this you will need a bar, bench and weights.

Sitting on the bench, pick up the weight using an underhand grip. Place forearms on the bench and roll the weight up and down the hands.

Behind the Back Wrist Curls

Using bars and weights put the bar on the rack. Back up to the rack and pick up from behind your back. Move your wrists up and down rolling the bar across your hands.

Shoulders

Military Press

Grasp weight using an overhand grip. Keep the bar level with your collar bone push weight above the head. Make sure your back is kept straight. Next lower the weight back to the start point then repeat.

Standing Lateral Raises

With a dumbbell in each hand lean over slightly while holding the two dumbbells in front of you. Raise weights up on each side until they are level with your shoulders taking care not to swing the weight up.

Back

Dead lifts

Warning: This is potentially one of the most damaging exercises unless done properly.

It's a good idea to have someone nearby to coach you until you are comfortable

Standing in front of a weighted bar, bend over and grab the bar using a grip that is just a little wider than your shoulder width with one hand facing palm out and the other facing palm in. Begin pushing you're your heels and raise the back keeping it flat and your head up.

Chin Ups

Using an over hand grip, lift your knees so they are not touching ground and then lower yourself. Next, pull yourself up to chin level

One Arm Dumbbell Rows

With the dumbbell in one hand, lean forward and grab the bench with the free hand.

While the arm holding the dumbbell is hanging down lift the weight up until it is next to the outer chest.

Shrugs

Simply grasp a barbell with an overhand grip. Let it hang in front of you and shrug your shoulders up and then lower them slowly.

Legs

Squats

This type of exercise requires a bar, weights and a special rack called a squat rack.

Step under the bar after placing it with the weights on the rack. Let the bar rest on your shoulders holding it to maintain balance. Step away from the rack, lower the weight keeping your back straight and squatting until your upper legs are parallel to the floor or a little lower. Lift the weight up until just before the knees lock. After your repetitions are finished, put the weight back on the rack while keeping the head up and chest out.

Stiff Legged Dead lifts

Similar to regular dead lifts with this one you keep the legs straighter with just a slight knee bend.

Leg Extensions

Using a Leg Extension Machine place whatever weight you choose on the machine. Sit so that your feet are behind the leg brace and your knees are at the end of the seat.

Push the weight up by extending out your legs making the movement smooth and slow.

Leg Curls

Lie down on the bench placing your heels behind the padded bar. Bring the weight up to your rear end while concentrating on your hamstring.

Standing Calf Raises

Sit on the seat of the Calf Raise Machine keeping knees under the padded bar. Lift the bar by raising the heel while standing on the ball of the foot. Raise and lower slowly feeling the movement at work.

Q - Would you go through a full routine that you would recommend for a new bodybuilder?

A - What I would recommend to start is a 3-day split, which is working out 3 days a week. I would recommend that when they start they do so with 8-12 repetitions for each exercise. Every set besides the warm up set needs to be done as a failure and what I mean is when you've done your 12th rep you don't have any more strength left to do a 13th. You are doing all you can do.

I would say that Monday I would have them do back, biceps and forearms. I would say 3 barbell rows and 2 lat pull downs and 2 pull-ups and for biceps I would have them do 3 sets of straight barbell curls and 2 sets of hammer curls. Then for forearms I would have them do 2 sets and before all that I would have them do a warm up. Before you do back you are going to want to do a set of light barbell rows. And before you do arms you are going to want to do a couple sets of light barbell curls. Rest on Tuesday.

And then Wednesday I would have them do chest, shoulders and triceps. With chest I would have them start out with warm up and then I would have them do 3 sets of flat barbell bench then 2 sets of incline and one set of bench. Then warm up the triceps and then straight bar push downs, then 2 sets of full extension overhead curls then for shoulders a warm up of course then 2 sets of military presses and 4 sets of bilateral raises. Rest on Thursday.

And then on Friday I would have them do legs, calves and abs. For legs I would recommend 4 sets of squats and 3 sets of 45% leg press and for calves I would say 4 sets of standing calf raises and for abs I would have them do 2 sets of crunches to failure and those can be weighted and 2 sets of roman leg lifts. And on Saturday and Sunday I would have them do their cardio. It could be running, swimming or playing basketball.

Q - At what point would you recommend an advanced daily workout?

A - Over time different people will recover faster than others. Like it might take one person a week for their chest to build up to where they can work it again and other it might only take 2 to 3 days. Over time you learn your individual routine. Every 3 to 4 weeks you should mix up your exercises.

Tips

Q - What are some of the most important insider tips you can give us?

A – Sure, be happy to.

1. A lot of the things you are going to read in the muscle building magazines and web sites have a lot of misinformation. A lot of them are going to recommend “over training”. You will end up burning more muscle than you are building.
2. Also I personally believe in getting a lot of protein. I think that is absolutely necessary for building muscle.
3. Also a lot of magazines will say to drink water but they won’t say how much. I would say that 1 to 2 gallons a day once you get really serious about it. I try to get 2 gallons a day.
4. Get a physical before you begin your bodybuilding program. You need to be in good health before you begin.
5. Remember, body will respond differently. There is no one set plan that will work for everybody. So if you lose persistence or get discouraged easily you are not going to go on long enough to figure out what it is that’s going to get you quick results.
6. If you don’t already, start another sport to help fill in between your workouts. Running and swimming are good and will get and keep your heart pumping.
7. By all means, remember to eat healthy!

Q – Thank you very much for your input.

A – It’s been my pleasure. Best of luck with your bodybuilding program to all your readers!

Resources

AFWB – American Federation of Women Bodybuilders

Group that administers women's amateur bodybuilding in America.

APC – American Physique Committee, Inc.

Group that administers men's amateur bodybuilding in America.

IFBB – International Federation of Bodybuilders, founded in 1946

Group that oversees world-wide men's and women's amateur and professional bodybuilding.