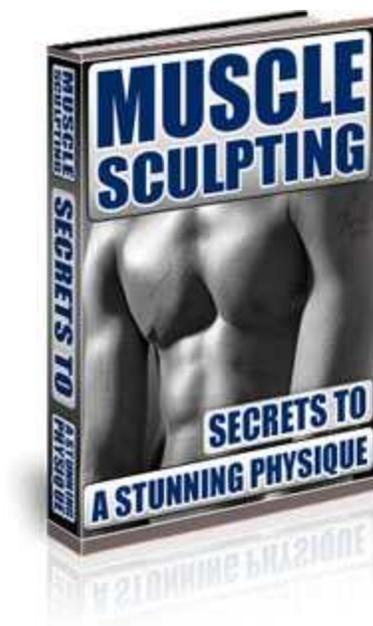


MUSCLE SCULPTING SECRETS TO A STUNNING PHYSIQUE



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INTRODUCTION

The body is like a mass of rock waiting to be carved and shaped into an artwork. Likewise, working out your body is like accomplishing an architectural work complete with columns, beams, frames, and studs, computed for design and strength.

As sculpturing and architecture are both arts and sciences, so is body building. When we workout our muscles, we should focus on form, essence, grace, and strength. It is possible to possess great-looking muscles, but the health benefits do not always come along with it, as we shall explain later in this book.

Various people take up bodybuilding for different reasons. Majority of them do it for physical attraction. Good health only comes second.

We shall discuss the rationale behind muscle sculpturing, the where's and how's to start, and great ways to maintain your stunning physique throughout life. When bodybuilding is armed with a life philosophy, it becomes like your skin. You "wear" it everyday, proudly and confidently.

CHAPTER 1

WHY DEVELOP YOUR MUSCLES?

Most likely, you're impressed by the physique of a bodybuilder when the idea of developing your muscles first hit you. Many people want big muscles just for sheer amusement. It's awesome to see bulging muscles in other people, and it would be a thrill to have them too. With this in mind, they start with the new adventure. Some of them quit after a few workouts, but many of them go on to prevail.

So what makes others quit while others continue bodybuilding? A better question is, "Why start at all?"

A. IMAGE BUILDING

Most of the time when a muscular person comes by, the first thing that registers in people's minds is, "Man! What a strong guy!" Big muscles spell strength to most people. Often, we feel inferior and weak when we're beside an obvious bodybuilder. We usually bend down a little (a common reaction of physical insecurity) as if to say, "Okay, I admit. You're the strong guy and I'm the weak one."

Often, this gives birth to the idea that, "Wait a minute; why can't I be just like him?" You may start to imagine yourself carrying those powerfully packed muscles and flexing them. You may also start visualizing how awesome fitting shirts and jeans would look on you if you possess those shapely muscles.

B. BUILDING CONFIDENCE

An image of strength naturally results in a confident and secure feeling. Who would be crazy enough to bully a Mr. Muscleman? Many people turn to bodybuilding for this effect. They believe muscles can protect them from harm. When you have this security system installed in your body, then you would be confident enough to start asserting yourself, feel equal with all men, and even start dating girls.

Many people consider a muscular body as a plus factor in romantic relationships. Being tall, dark, and handsome are not enough. You must also have enough muscles seen in the right places. Often, “tall” really means height and an athletic built. Tall and skinny won’t do.

It’s also very important that you make a good first impression when applying for a job. This means proper body carriage, which also means that your attire fits your body well. If you lack muscles that give shape to your clothes (especially your buttock muscles) and display confidence in your body movements, you might not make a good impression. A body frame that looks like a clothes hanger does not impress some people.

C. ALWAYS “IN”

Muscles are always in. Since the motion picture started rolling, leading men have often been those with shapely bodies. More so when action movies came into the scene, the era of the macho men began. Thus, when you are fit, you are hip. Most men want to be as shapely as their favorite movie actors are.

There are many more reasons why people would embark on a fitness journey. The three above are the most common. They get people easily motivated to pursue bodybuilding.

There are people who manage to stay enormously fit because they want a good image, to be confident, and to be in fashion. Yet you can see them stick to their bad vices, like smoking, drinking, and even womanizing — taboos in health maintenance.

D. LAUDABLE REASONS TO BUILD MUSCLES

Let us look at the more laudable reasons why some people decide to stay fit all their lives. We shall also see how the fitness concern started from a mere whim to a serious life task.

1. *Health*

As you continue to enjoy the macho image, confidence, and fashion, you may eventually realize the healthy feeling that bodybuilding gives you. You feel less tired and stressed out after office hours than most of your officemates. You seldom get the common cold and flu than the rest. You face every challenge with vigor and gusto, and never seem to run out of energy. As you enjoy all of these, you realize the health benefits of pumping iron, not to mention the youthful look that does not seem to fade even with age. Bodybuilders are known to have their skins stretched out tight and wrinkle-free - no sagging, flabby fat hanging anywhere. Soon, you do bodybuilding more out of health concerns rather than for trivial reasons. As you go through life and see how the ailing and bedridden suffer terribly due to failing health, you hang on to great physical condition as you keep up with your muscle sculpturing.

2. *Discipline*

Many bodybuilders get past the muscle sculpturing mania thing and go forward to a rigidly regulated life to get the most of it. Many serious bodybuilders are often heard saying, “It is useless to build muscles and destroy your internal organs.” However, many vain bodybuilding enthusiasts sculpture their muscles for the sake of external beauty, and ignore their inner health. They engage in incessant drinking, smoking, and other acts that abuse their health. Later, these cause serious diseases that slowly reverse whatever gains they have in their past workouts.

3. *Security*

Many say we live in a more hostile world today. Consequently, many bodybuilders today are not as interested in image or fashion as they are in defending themselves and their love ones in case of danger. A growing number of men and women take up gym lessons as a cross training for self-defense. Modern action and suspense movies even stress this need. Media can play powerfully on the imagination of people today. People have always thought that the stronger you are, the better your chances in a survival of the fittest. Armies of superpower nations include serious gym training for muscle build-up. They use the developed muscles not only for hand-to-hand combat, but also for carrying heavy arms and equipment.

4. *Better Athletics*

Many athletes today understand the role of muscle development in perfecting skills and performance. It’s not just having muscles for building the image anymore. They realize that muscles must be subjected to tough conditions in

order to handle extreme demands during a performance or competition. In addition, strong and flexible muscles are easily commanded by the will and the mind to obedience. It is hard to tell your leg muscles to run faster when they get strained or tired easily.

5. *Job Stability*

The number of people who see the connection between their stable jobs and their health grows by the minute worldwide. Most companies seldom retain sickly people. In this light, more and more people are becoming health-conscious. They seriously incorporate in their daily rigor weight training, whether light or heavy. Physical conditioning also keeps them smart and alert to do their jobs accurately and satisfactorily. Physical conditioning gives you good blood and oxygen circulation. This gives the brain the substantial amount of blood and oxygen it needs to perform better.

6. *Happiness for the Family*

Many parents take up body building seriously to keep up with their growing kids. Kids have ample supplies of energy. Parents who want to enjoy the growing up years of their children stay fit to cope up with their kids' energy. Kids can go biking, running, playing, swimming and laughing all day long. Then, before lights off, they still want their parents to tell them bedtime stories at night. These factors, plus keeping a stable job or business, make up for a happy family.

7. *Productive Life*

In both your youth and adulthood, you would want to get the best out of life. You are an accomplishment-oriented being. This is what keeps humans apart from animals. As you plan to reach this and that goal, chances are, you would realize that life is short. Then you would want to prolong it anyway you can. For sure, health would be a serious concern to you. Then bodybuilding would seriously come into mind. It is a rule that good health means you have to lift some weights to strengthen your body. From simple walking, running, and jumping, to the complications of lifting barbells, the principle is that you have to lift some weights in order to stay in shape.

In all the previously mentioned, you read the reasons why people resort to bodybuilding. You also learned how the reasons could evolve from vain to serious ones. If you take life seriously, you may also want to consider launching a discipline in muscle sculpturing.

CHAPTER 2

CAN YOU DO IT?

You now know why people lift weights. You might be eager to start bodybuilding too. The question is, “Can you do it?”

Many people embark in this crusade of developing the muscles, but few realize the magnitude of work and discipline involved. A lot plunge headlong into purchasing the latest gadgets and machines in body sculpturing, only to give up too soon. Their gym equipment and gadgets later become historical artifacts of their past whim.

Before you buy anything, ask yourself first if you really want to do this thing. Muscles do not grow just because you have the equipment. This sounds absurd, but many people seem to think this way. They buy all sorts of equipment, do little or nothing at all, and then wonder why their muscles are not developing. Be firm in your decision to develop a stunning physique, and never be discouraged when it takes a long time for those shapely muscles to emerge.

You must understand that bodybuilding is a discipline, like a profession or career. You do not become a doctor or an engineer overnight, or even after a year. Likewise, you do not stop studying just because you have become a doctor or an engineer. You continue learning and improving yourself. Bodybuilding is similar in that sense.

You have to consider the following before you start any bodybuilding program:

A. DURATION

Get a tight hold of this: Getting a sculptured body means working it out as long as you take in the right kinds of food. If you work out hard for four years, you’d be in tip-

top shape for four years. But if you stop after four years and ruin your diet, your four-year training would all go down the drain. In fact, your shape might even get worse. It is noted that many bodybuilders who stop lifting weights put on much more weight than when they did before they started lifting weights. The rule is to maintain the discipline as long as you eat the proper types of food.

As you age, your metabolism decreases. *Metabolism* is your body's ability to burn fats and carbohydrates. Hence, as you get old, the faster you gain weight. Some people tend to eat less as they age. Yet, many people note that despite their decreased eating, they are still overweight. This is due to a weakened metabolism. You have to continue working out as you grow old to make up for a decreasing metabolic rate.

Some aging people keep active and maintain a slender body figure. Even if these people increase their food intake a bit, they are still fit. Keeping active can do wonders to your health, especially when age is catching up on you.

Now, you know how long you have to keep up with your weight training. If you want to start in this discipline, you have to consider doing it for the rest of your life.

So, can you do it?

B. WILL POWER

Discipline is simply having the will power to continue with what you are doing. Do you think you have the discipline to keep on? Assess yourself. Assess your past records. Have you been quitting on things because you later found them tiring or boring? How often do you quit on things? How many things have you managed to keep on doing until this very day? Here is a checklist:

1. Do you enjoy and keep up hobbies?
2. Are you consistent with daily routines?
3. Are you a doer, and not just a believer?
4. Would you rather do something useful other than watch TV for hours?
5. Do you wake up and go to bed early daily?
6. Do you live a vice-free life?
7. Do you do your duties conscientiously, and not just when you're ordered?
8. When you decide on doing something, do you always feel excited doing it until the very end?
9. Are you usually serious about the things you do?
10. Do you stay focused everyday on what you want to accomplish?

You must have at least seven out of the ten above to be true in your life. Otherwise, think thrice before you decide to launch out into the deep waters of bodybuilding. Don't end up drowning in a bucket of water you have imagined to be the ocean. You have to be dead serious about this "career" of muscle sculpturing. ("Dead serious" does not mean you keep an unsmiling face when you work out.) You can be dead serious while smiling and even laughing your way to bulky muscles.

Here's some good news. If you're not the kind of person who keeps regular programs, but who is serious about what you do, and you accomplish them often, bodybuilding can still be ideal for you. A certain bodybuilding program lets you do it in ways convenient for you. You may consult a professional trainer to cook up a specific program designed for your lifestyle. There are people who work out on mornings, then at times do it on evenings, and then do a variety of bodybuilding techniques on different

days. You may do this, but don't expect to have the super body figure of a Mr. Universe. You can still stay fit and healthy while developing your muscles in this irregular manner. There are body builders who lift weights on a certain day, do push-ups on another day, run and climb on another day, and bend or pull spring bars and do plain squats on other days.

C. HEALTH

The first safety rule in muscle sculpturing is to have a medical check up. Ask your medical specialist to ascertain whether you have the overall health to start and pursue this discipline. Don't do anything against what your doctor tells you. If he gives the go signal, proceed with caution. Have your doctor or a specialist he recommends monitor your health regularly. Most gyms have their own doctors to do this. If your doctor says you are not fit for this, consult him about what to do to remedy the situation. Is there any less strenuous activity you can do while undergoing treatment? Can you lift light barbells for the moment? Make sure you go by what he advises. In worse scenarios, if weight lifting is a no-no thing for you, then keep a healthy diet and walk briskly daily, under the supervision of your doctor. This simple exercise will still build your muscles to a minimum.

So have a check up first. Then ask yourself, can you do it?

D. MONEY

Almost anything under the sun costs money. Even the oxygen that used to be free now costs a lot. Bodybuilding will cost you some money. Just think of the equipment

you'll be using and the special diet that you'll have to eat daily. (Although later in this report, you'll be taught how to use everyday things as substitutes for expensive equipment. Moreover, you'll learn free and device-less ways of effectively developing your muscles.) What if you have to be monitored regularly by a doctor? If you have a family to feed, you have to consider this too. Bodybuilding is actually an investment. If you are serious and ready to commit yourself to it as a part of your life, invest and go for it.

You may want to try working out in a commercial gym for a while. You pay a regular fee; but that is cheaper than buying the equipment yourself and then quitting afterwards (in case you don't find satisfaction in it). If after trying at least a year you find that you are ready to make a career out of it, then you can go ahead and have your own private gym. You can ask commercial gym owners where to buy second hand equipment. You can start well on those.

If you are dead serious about developing your muscles for life, and you have the financial capacity to back it up, it is best to have your own gym - even a simple one. This way, you don't have to be hindered from your regular workouts during rainy or stormy days. You may later have it commercialized to generate income and enjoy the company of other bodybuilders. This will boost your enthusiasm to persevere in bodybuilding.

E. SACRIFICES

“No pain, no gain.” This is the growth principle in muscle building. This usually means you have to sacrifice a lot to have your muscles improve in form and essence. You have to devote long hours a day for training. You may have to eat foods that don't taste

favorably in your mouth. You may have to eliminate a lot of your favorite foods and drinks. You may have to give up your nightlife or your time watching TV. For sure, you will have to give up all your vices, including gambling, drinking liquor, smoking, and being with bad company.

The idea in all the above is not to dissuade you from starting in this discipline. It is a discipline; and hence, you must be realistic and determined to pursue it once you take the first step. So, do you think you have the discipline to do it?

GETTING READY TO DO IT

Before we look at the first step to bodybuilding, here are some tips on getting started. Let's say that after having thought about it for a while, you're willing to dedicate your life in developing and sculpting your muscles. Before you enroll in a gym or start to buy equipment, you must:

1. ***Talk about it with your spouse or family.***

This is very important. You must have their support. The investment you are about to make may cost your family some time and money. It's better to get their support. You may even get them to join you, and that would be much better. The last thing you want while working out is a spouse or parent who nags behind your ear, telling you what a waste of money, effort, and time your endeavor is.

2. ***Get your money ready.***

Check your finances. You may have to withdraw from the bank, if you desire to purchase the most advanced equipment. You may go for cheaper or even

free options; but if you think some equipment would be necessary to give you the best workout, then don't hesitate. It is an investment. Just make sure you are really decided on it.

3. ***Canvass for equipment.***

Don't go ahead buying just any equipment that looks good. Go around shops and research. Ask how the machines work. Ask for brochures. Ask for actual demos. There are manufacturers who offer free trials; just study the terms and conditions carefully. Go around known gyms and take note of the brands of their equipment. Know what equipment you immediately need. Don't buy everything at once. The trainings shown in this book may give you an idea of what to buy first. Try to look for good quality secondhand equipment.

4. ***Inquire about a gym.***

If you choose to enroll in a gym for a while before you invest on your own private gym, ask around. What are the most popular ones? Go there and find out. Ask about the methods of training, the equipment, and anything else that you want to know. Do they have doctors available? Do they have physical therapists? Are they trained for emergencies? Do they have accident insurance for members? What are the terms of payment? Some offer lifetime memberships with a one-time payment. Some offer annual memberships. See what would be to your advantage. You may want to allot special time to study the matter before enrolling. Don't be in a hurry.

5. ***Arrange for your spotter.***

A serious bodybuilder using heavy weights must have a spotter with him during training. A *spotter* is a trained assistant who assists you as you do your training. He corrects your form and lift, and assists in mounting and dismounting weights, especially heavy ones. He also helps you when the lifting is no longer bearable for you. Commercial gyms have spotters. He is either a paid assistant or a co-bodybuilder. Whether in a commercial or private gym, you must never train alone when you deal with heavy barbells. Always have a spotter handy.

6. ***Visit your doctor.***

Now is the proper time for a medical check up. Either your private physician or a gym doctor can do your check up. Make sure you get a clean bill of health before you start anything in bodybuilding. Then consult a nutritionist about what foods to take. Good commercial gyms have nutritionists who prepare special diets for beginners and advanced builders.

7. ***Buy your gym accessories.***

After you have everything from numbers one to six, then it's time to visit your sports shop and buy your accessories. You need your weightlifting leather belt, lifting gloves, shirts, and bicycle shorts. Don't forget your extra strength groin supporter (for males). Of course, you need some towels and perhaps a large bottle of pure drinking water as you train.

You are now ready to begin sculpting your physique into a masterpiece. Everything depends on your will power. You are about to bring out (or carve out) the

hidden potentials in you. Brace yourself for what is about to take place. With each stroke of sculpting on a regular basis, there will always be a new you everyday.

Insecurity

It is normal to feel uneasy the first time you work out in a commercial gym. You may feel insecure for a while when grouped with those who have developed well-shaped muscles already. You may become conscious of those wide panel mirrors on every wall of the gym. There may even be some observers as you work out. All these will make you feel insecure for a while. Don't let these bother you. Go and work out more often. Soon, these things will be "regular" things that you would enjoy rather than worry about.

CHAPTER 3

THE WARM UPS

Let's start with this very important rule: NEVER OVERWORK THE FIRST FEW SESSIONS. Many novices in bodybuilding fall for this trap, especially when they do not have expert trainers with them. They get overly excited and lose patience. They try to produce what often takes years to accomplish. They begin with heavy barbells at once and do hundreds of repetitions — or as much as they can. The next day, their joints and muscles lock up in pain. A mere inch of movement causes tremendous agony. Then, they get discouraged and stop training for a long while. They lose interest and give it up altogether.

Workouts should start smooth and easy. “No pain, no gain.” Right, but it doesn't mean you have to kill yourself. Abrupt starts and sudden exertions cause tremendous distress to your body. Often, beginners suffer the flu because of internal infection. Be gentle to your body.

All workouts should begin with warm ups.

COMMON WARM UPS

Warm ups introduce the body to a gradual excitement of muscular activities. In effect, it tells your body that, “Okay, we are about to start something strenuous here, so get ready!” The body is given a chance to adjust slowly. The muscles, ligaments, and internal organs become slowly excited, giving the blood enough time for proper circulation.

The following are the most common warm ups:

A. ANKLE ROTATION

1. Stand equally on both legs. Relax.
2. Tiptoe on the right toes of your right foot while the left foot remains flat on the floor.
3. Rotate your right ankles clockwise forty times.
4. Then rotate counter-clockwise with the same repetition.
5. Do the same with the left foot.

This warms up your ankles as well as your calves. Calves are the muscles between your ankles and knees.

B. LEG SQUAT

1. Stand erect, chest out, with your buttocks protruding and your stomach in. Put your hands on your waist. Relax.
2. Do squats by bending your legs to lower your body. Bend your legs as low as they can go until you are in a squatting position. Keep your body erect as you squat.
3. Then raise yourself as you straighten your legs back to a standing position.
4. Do around 50 squats. Inhale deeply as you go down. Exhale as you stand up.

This warms up your leg muscles, calves, and the muscles in your navel.

C. LEG STRETCH

1. Sit on your left foot while your right leg is stretched out to your right side. Maintain balance.
2. Slowly, raise yourself with your left leg to a standing position.
3. As you stand, spread your feet wide apart. *See “LEG STRETCHING” illustration, page 64.*
4. Repeat this for ten counts.
5. Do steps 1 to 4 again; this time, alternate the legs’ position (left becomes right, and vice-versa).
6. After this, try to do a side split (each leg stretched out to their respective sides), but only as far as you can endure. *See “SPLIT” illustration, page 65.*

This warms up your legs, calves, and navel.

D. TRUNK TWIST

1. Stand with your feet wide apart — about 3 feet. Relax.
2. Raise your arms in front to shoulder height. Straighten your arms.
3. Very slowly, twist your body to your right without moving your legs or feet. Try to twist to your right as far as possible. Your face and body should be facing your right side while your legs remain steady. Then hold on to this position for 10 seconds. *See “TRUNK TWISTING” illustration, page 65.*
4. Do the same to your left side.

5. Never swing your arms rapidly because this might twist your trunk.

This warms up your legs, back muscles, and abdomen.

E. ARM ROTATION

1. Stretch out your arms to your side. Keep them on the level with your shoulders.
2. Simultaneously rotate both arms to the front. Do this 20 times each rotation.
3. Then keep your arms to your sides.
4. Simultaneously rotate them to your sides. Rotate them by swinging them up then swing them to your back. *See "ARM ROTATIONS" illustration, page 64.*
5. Then put your arms to your sides again. Swing them up again, and so on. Do 20 repetitions each arm.

This exercises your shoulders, arms, and back muscles.

F. ARMS PRESS

1. Bring your right and left palms together. Have all fingers and palms pressing each other in front of you while pointing the fingers upwards.
2. Simultaneously push one palm against the other as hard as you can. Keep pushing for 5 seconds. Relax. Then push again for 5 seconds.
3. Do this thirty times. Exhale as you push, and inhale as you relax.

4. Then press both palms in front of you while having their fingers pointing to different directions — one set of fingers pointing to your left, the other set to your right. If your left fingers point to the right, your left hand should be under your right hand.
5. Push both palms against each other, the left palm pushing upwards, the right palm pushing downwards.
6. Exhale as you push, and inhale as you relax. Do this thirty times. Then change the positions of your palms (left over right) and do the same procedures. *See “ARMS PRESS” illustration, page 64.*

This exercises your forearms, arms, shoulders, and wing muscles (muscles at the sides that give your body a V shape).

G. NECK PUSH

1. Gently move your head to your right side while your right hand gently pushes back against it. Do this once.
2. Gently move your head to your left side as your left hand gently pushes back against it. Do this once.
3. Gently move your head backwards as your left or right hand gently pushes back against it. Do this once.
4. Gently bow your head to the front as your right or left hand gently pushes against your forehead. Do this once.
5. Never do neck rotations.

H. PUSH-UP

1. Do slow push-ups from 20 to 25 counts.

This exercises your arms, chest, shoulders, part of your abdomen, and part of your back muscles.

I. JOGGING

1. Jog in place for 3 minutes.
2. Then jog in place a lot faster for 2 minutes.
3. Then jog in place with a normal pace for another 3 minutes.
4. Stop for a minute of rest, and then repeat steps 1 to 3.
5. After doing this two times, you may proceed (optional) with an outdoor mobile jog for 15 to 20 minutes. Don't run. Keep a leisurely pace.

This gives you a good leg and calf exercise. This also serves as aerobics for your lungs and heart.

There! That ought to do it. After doing the above warm up exercises for some time, you should be ready for the real workout. Concentrate first on doing just the warm up exercises for the first week or so of your workout. Starting on the following weeks and onwards, your regular sessions will be divided into two: the warm ups and the workouts. After doing the warm up exercises, you must rest for a minute if you will be proceeding with the main workout.

It is good, especially if you are overweight, to focus on the warm ups more often. This is to burn fats and calories. You cannot start any muscle development until you have maintained your ideal weight. Ideal weights depend on height and age. You can acquire a table of ideal weights from gyms, or you can buy from bookstores.

CHAPTER 4

THE WORKOUTS

After you have done the warm ups, you probably feel like you've worked out a bit already. Sweat may be starting to appear on your forehead. Now you are set for the main workouts. Again, we have to start slowly. Do not hurry up. Taking it slowly can help prevent injuries.

After a workout, you may feel some pain the next day. This is just normal. When you can still get up, move, and do things without much difficulty, the minimum pain you have is the pain that gains. When you wake up and find yourself in so much pain that mere being up becomes too difficult for you, it means you overdid and abused your body with your workout. Rest until you feel okay.

Just relax and enjoy your workout. Listen to your body. Work out in a gradual pace. Endure added strains in your workout. But when your body says enough, stop and rest. Proceed when your body has recovered — and this sometimes means a day or two of rest.

It is best to workout every other day. This provides rest for the body and enough time to recover from injuries and pains. Remember, when an injury seems more than is normal, always consult your doctor.

WEIGHT LIFTING

There are several ways to workout your muscles. One way is through weight training. Weight training involves lifting heavy and light weights to beef up and define the muscles. It uses *sets* and *repetitions*.

Sets are composed of repetitive motions. *Repetitions* are the number of times you repeat a motion. One set may be composed of ten or more repetitions. For example, one set of push-ups may consist of one to thirty repetitions.

A weightlifting program usually consists of four sets, with ten repetitions each. A beginner may begin with light weights, doing 4 sets with ten repetitions for every lifting technique. As he advances, he may work out for bulk, and then definition.

Lifting for Bulk

Bulk is the muscle mass in you. When you have a slender or trim body figure, your trainer may want to beef up the muscles in you. So gradually, he will make you workout for bulk. He will show you how to carry heavy plates and how to increase the weight gradually. An ideal program would consist of four sets of each technique, with 10 repetitions each set.

When you have the bulky muscles, then your trainer may tell you to increase the repetitions with lighter weights for definition.

Lifting for Definition

When you are flabby or obese, you need to trim down first. Fats must be burned first before muscles can be worked out. Aside from aerobics, your trainer may have you do four sets of more than ten repetitions using very light weights. This is for you to work out a great sweat. When you have trimmed down, your trainer may have you train for bulk. After you have produced the muscle mass, that's the time you focus on muscle definition.

Definition is the act of further sculpting muscles to your desired curvatures and details. They would no longer appear as mere lumps; but their stripped form would outline or define their appearance. When you have both bulk and definition, that's when your biceps, triceps, abdominals, chest, and other muscle parts become readily seen and identified.

So, gear up. After you have put on your weightlifting accessories — shirt, shorts, gloves, supporter (if applicable), and leather belt — you are ready for workout.

A. USING BARBELLS

Lifting barbells is the popular method of fully developing the muscles in bulk and in definition. The earliest and crudest form of weightlifting involves carrying small boulders that a trainee could hold or embrace in his arms. Later, a bar with concrete bells on both ends was conceived. Steel barbells and dumbbells were used much later, but they came as a whole piece. The plates were not yet removable.

Today, modern barbells come in stainless bars with removable steel plates and clamps. The steel plates are also applicable in modern machine pulleys that make weight lifting more comfortable and more effective.

Loading weights on a bar

Load a weight plate by placing one on the right end of the bar, and then one on the left end. This is to maintain balance. Never finish loading an end before you load the other end. This will tilt the bar and release the weight plates from the loaded end. This is

dangerous. Also, make sure the clamps securing the ends are always locked after the weight plates have been completely loaded.

Loading weight plates when the bar is on the floor is safer. Load it any way you want. Just make sure that the clamps or clips are locked after loading. However, never load on the floor when you intend to mount the barbell on your shoulders. Use the two upright rods for this.

Distribute the weights evenly on each of the bar's ends. Say you want to use 20 pounds of weights. This means on one end of the bar you load up one 10-pound plate, and another 10-pound plate on the other end. If you want to use 40 pounds of weights, you load one 20-pound plate on one end of the bar, and another 20-pound plate on the other end. You may also choose to use two 10-pound plates on one end, and another pair of 10-pound plates on the other. Thus, you have a total 40 pounds.

B. MOUNTING A BARBELL ON YOUR SHOULDERS

The safest way to put a loaded bar (barbell) on your shoulders is through supporting rods. Place the unloaded bar on two upright supporting rods. These rods should be as high as the level of your neck. Modern weightlifting benches sold today usually come with fixed upright supporting rods. These are often placed (welded) at the head of the bench.

As the unloaded bar rests on the two rods, put weights (weight bells) one by one on both ends of the bar. Be careful to balance both ends with weights. Never put weights on just one end of the bar. This will out balance your bar and give way to the weights.

When both ends are loaded with the desired weights, be sure to close the clamps on each end. Steel clamps secure bells (or plates) on bars so they do not fall off as they are being lifted.

When the clamps are closed tightly, then you can slide your head under the bar (while it rests on the standing rods) so that the bar is over your nape and shoulders. Bend your legs to give way to your straight and upright body. Keep your buttocks protruding at your back. Then hold the bar with both hands, one to your right and another to your left. Carefully check your posture and position. Make sure your body weight is evenly distributed to your legs. See “*CORRECT SHOULDER MOUNTING*” illustration, page 66.

Have your spotter check your position as well. Remember to have him around throughout the workout - to assist you and check your posture and position.

When everything is checked, then you are ready to lift the barbell with your shoulders, your hands holding them tightly. Lift the barbell slowly and stand, carrying it above your shoulders. Stand up straight, chest out, stomach in, and buttocks protruding. Carefully move some steps away from the two upright rods. Then you are ready for executing a technique.

After one set of weightlifting technique, dismount your barbell by placing it carefully back on the two standing rods. As you do, maintain an erect body and a protruding buttock. Bend the legs slowly to settle the bar on the rods. The rods are equipped with “Y” stoppers to keep the bar from rolling and falling off.

This is the correct and safe way of mounting and dismounting. Do not carry a barbell straight from the floor to your shoulders. Professional weightlifters do this, but beginners should not.

Remember, have a spotter around when training. Always consult your trainer before you do anything, especially when you try to add weights to lift.

THE LIFTING TECHNIQUES

A. THE SQUAT

Many enthusiasts start with squats. There is no rule about what muscle group should be worked out first or what technique to do first. The only thing important is that warm ups should precede the main workout, not the other way around. After the warm up, then you may do the workout any way you want. Squats work out the legs and calves.

To do squats:

1. Mount the barbell on your shoulders (at the back of your nape).
2. Keep back a little from the supporting rods.
3. Keep your body erect. Protrude your buttocks. Protruding the buttocks keeps the arch of your back in proper form and position.
4. Bend your knees slowly as far down as possible. If possible, sit on your forelegs and ankles. Inhale as you do this.
5. Then slowly stand up straight. Keep proper posture as you do this. Exhale as you do. *See "SQUATS" illustration, page 67.*

6. Do four sets of ten repetitions. As you progress, you may increase the repetitions to 15, or add one more set. Provide a minute of rest after each set.
7. It is good to start squats by carrying at least 50 or 75 pounds. Or else, start with weights one-fourth to one-half your body weight. As you progress, you can carry heavier weights equal to your body weight.

B. THE ANKLE LIFT (OR CALVES BUILDER)

Ankle lifts work out the forelegs and calves. To do the ankle lifts:

1. Mount the barbell on your shoulders as in squats.
2. Slowly lift the heels of your feet so that you stand on the balls of your feet. In other words, tiptoe slowly as you carry the barbell on your shoulders.
3. Better yet, with your spotter assisting you, climb on the first step of a low stairs or any similarly raised step. With only the balls of your feet touching the tip of the step, raise and lower your heels as you carry the barbells on your shoulders. *See "CALVES BUILDER" illustration, page 68.*
4. Do four sets of ten repetitions. Take a minute of rest between sets.
5. Carry the same weights as in squats. Add weights the same way you did with squats.

C. THE MILITARY PRESS – Back Based

The military press (nape based) is for your shoulders and back muscles. To do this:

1. Mount the barbell on your shoulders, behind your lower nape. Keep your body erect while standing up or sitting down. Raise your barbells above your head but not directly over it, straight with your back. Exhale as you do this.
2. Then lower it back to your shoulders. Inhale as you do. *See “MILITARY PRESS” illustration, page 67.*
3. Do four sets of ten repetitions. Rest a minute between sets.
4. Use 20 to 40 pounds of weights.

D. THE MILITARY PRESS – Chest based

The military press (chest based) is for your shoulders and chest. To do this:

1. Mount the barbell on your shoulders, this time on your upper chest just below your chin. Your hands should fully support the barbell, not just the shoulders.
2. Raise the barbell above your head but not directly over it. Make sure the barbell is in line with your chest. Exhale as you do this.
3. Lower it slowly to your chest. Inhale as you do this.
4. Do four sets of ten repetitions. Rest a minute between sets.
5. Use 20 to 40 pounds of weights.

E. THE BENCH PRESS

This is one of the most popular of lifting techniques. Bench presses develop your chest, shoulders, arms and forearms. To do this:

1. Lie down on the weightlifting bench. Your head should be below the standing rods supporting the barbell. It is recommended to have a spotter for this technique.
2. Hold the bars firmly with both hands.
3. Slowly lift the barbell from the supporting rods and raise them with stretched arms in front of you, in line with your chest.
4. Inhale as you carefully lower the barbell to your chest, directly in front your nipples.
5. Exhale as you carefully lift the barbell again until your arms are fully stretched to your front. *See “BENCH PRESS” illustration, page 69.*
6. Do four sets of ten repetitions. Rest a minute between sets.
7. Use weights one-half of your body weight. As you progress, you may lift weights equal to your body weight.

F. THE BENCH PRESS – Inclined

This is an advanced bench press technique especially designed for added muscle bulk in the chest. To do this:

1. Do exact procedures as in Bench Press above, except that you must adjust the bench where you lie on by raising the tip where your head rests to a certain angle. As you progress, adjust the angle higher. There are adjustable benches available in the market made for this technique. *See “BENCH PRESS (Inclined)” illustration, page 69.*

G. THE DEAD LIFT

Dead lifts develop your lower back muscles, the sides of the abdomen, and your shoulders. To do this:

1. Stand with your feet apart by one and a half feet. Put the barbell on the floor in front of your feet.
2. Bend your body to hold the barbell with both hands. Slightly bend your knees as well.
3. Slowly lift the barbell with your shoulders, not your arms, until the barbell reaches halfway your legs. The shoulders should do the lifting action, with a little pendulum effect by the abdomen. The abdomen swings out a bit as your shoulders pull the barbell up.
4. Gently lower the barbell by letting it sink a little — about half foot down. Make sure that your arms do no work throughout this technique. As you lower the barbell, the abdomen also sinks in.
5. Then gently pull the barbell again as in step 3. This time, pull the barbell to your upper legs, just below your groin. *See “DEAD LIFT” illustration, page 68.*
6. Do four sets of ten repetitions. Rest a minute between sets.
7. Use 40 to 50 pounds of weights.

H. ARM CURL - Standing

Arm curls develop your arms (biceps or upper muscles on your arms), forearms, shoulders, wings, and chest. Arm curls can be done while standing or sitting. This

technique is more for definition than bulk. Some beginners use this for bulk. For advanced students, they use this for definition. You cannot use very heavy weights for this technique due to the limited hold and limb support you have. Professional bodybuilders practice extreme precaution when they use heavy weights with this technique. A focused spotter should also be by his side. To do this:

1. Stand erect with a barbell in your hands. Let your hands drop in front of you so that the barbell is halfway your legs.
2. Raise the barbell to your shoulders, using only your forearms. Exhale as you do this.
3. Then lower the barbell back to your legs. Inhale. Maintain good posture. *See “STANDING ARM CURLS” illustration, page 70.*
4. Do four sets of ten repetitions. Rest a minute between sets.
5. You may hold the bar with your hands facing outward (the palms facing you) or inward (the back of your hands facing you). You may do four sets for each (inward and outward hands).
6. Use 20 to 40 pounds of weights. As you progress, you may use 40 to 60 pounds.

I. ARM CURL – Supported

Supported arm curls are safer, especially when you use heavier weights. Use a cushioned pad where you rest your arms. There are benches in the market that come with this pad. Some call it a curl pad. To do this:

1. Attach the curl pad to the spot of the bench designated for this.

2. Sit down on the bench facing the pad. The pad is inclined. The higher tip of the pad should touch your chest.
3. Rest your arms on the pad. The lower tip of the pad should be near your hands and forearms.
4. Have your spotter place the barbell in your hands.
5. Lift the barbell to your shoulders while exhaling. Note that with this technique, your lower body is relaxed. Only your arms, forearms, chest, shoulders, and wings do the work. Hence, you can focus more energy to your arms.
6. Slowly lower the barbell until your forearms touch the lower tip of the pad. Do not lower abruptly. You might release the barbell unintentionally. *See “SUPPORTED ARM CURLS” and “INSET OF PAD” illustrations, page 70.*
7. Do same sets and repetitions, and use same weights, as in arm curls while standing.

J. ARM CURL – Dumbbells

Arm curls can also be done with dumbbells. They will give you powerful biceps, among other things. You may choose to stand or sit. The same muscle parts are affected. Some people feel that doing arm curls with a barbell is better because the chest is more involved. Some say they prefer arm curls with dumbbells because each arm really carries the exact weight. Arm curls with a barbell tend to put more weight on the arm you are used to using. To play safe, use all arm curl techniques alternately on different days of session.

1. Stand or sit erect, with a dumbbell in each hand.
2. Carefully lift one dumbbell with your right forearm to your right shoulder.
Exhale as you do this.
3. Carefully lower the dumbbell to your right leg, or to its original position.
Inhale as you do this.
4. Carefully lift the other dumbbell with your left forearm to your left shoulder.
Exhale as you do this.
5. Carefully lower the dumbbell with your left forearm to your left leg, or to its original position. Inhale as you do this.
6. You may lift both dumbbells simultaneously and lower them in the same manner. *See “STANDING ARM CURLS (Dumbbells)” illustration, page 70.*
7. You may also sit on a stool while doing arm curls using a dumbbell. If you start with your right hand, hold the dumbbell with it and support your right elbow with your right knee as you lift and lower the dumbbell. Put your left hand on your left leg as a lever. You may also use your left hand as added support for your right elbow. After doing four sets of ten repetitions, do the same with your left hand. *See “SITTING ARM CURLS (Dumbbells)” illustration, page 70.* Do four sets of ten repetitions for each hand. Rest a minute between sets.
8. Use 20 to 40 pounds for each dumbbell.

K. UPRIGHT OR OVERHEAD ARM CURL – For triceps

To do this:

1. Hold the dumbbell with your right hand.
2. Lift your hands over your head. Keep your right hand and right shoulder in a straight line.
3. Lower the dumbbell by bending your right elbow. Your right elbow must remain beside your right eye. Use your left hand to keep your elbow near your right eye.
4. Lift the dumbbell carefully over your head until your right arm is stretched upward. Keep your right hand and right shoulder in a straight line. *See "OVERHEAD CURLS" illustration, page 68.*
5. Do four sets of ten repetitions. Rest a minute between sets.
6. Use 25 to 40 pounds of weights.
7. After doing the four sets using your right hand, do the same steps with your left hand.
8. You can do this using a barbell and holding it with both hands. Bend and straighten both elbows as you lower and lift the barbell. Ask a spotter to help you mount the barbell to position.

L. FOREARM CURL

There are two types of forearm curls. These techniques develop your grip and forearms. To do this:

1. Rest your right forearm on a strong table or on the longitudinal edge of a bench.

2. Your right hand must be free from any support. It must hang loose, a bit off the edge of the table or bench. Your right palm must be facing up.
3. Have a spotter place the dumbbell on your right hand. As the dumbbell is placed, let your right hand give way.
4. Then carefully lift the dumbbell by the wrist using only your forearm muscles. Exhale as you lift. The rest of your arm and body must relax.
5. Carefully bring down the dumbbell and then lift it again. Inhale as you lower the dumbbell.
6. Do four sets of ten repetitions. Rest a minute between sets. Then do the same using your left hand.
7. After the four sets with your left hand, rest a minute and then do this again with your right hand. This time, your right palm must be facing down. After the four sets with the right palm, rest a minute and then proceed with your left hand. The left palm must also be facing down. *See "FOREARM CURLS" illustration, page 67.*

M. THE BUTTERFLY - Standing

Butterflies develop your wing muscles for that V-shaped body, as well as the arms, shoulders, and upper chest. To do this:

1. Stand erect with a dumbbell in each hand. Put your hands to your sides.
2. Lift the dumbbells side ways up to shoulder level. Exhale as you do this.
3. Slowly lower the dumbbells to your sides again. Inhale as you do this. *See "BUTTERFLY (Standing)" illustration, page 68.*

4. Do four sets of ten repetitions. Rest a minute between sets.
5. Use 20 to 30 pounds for each dumbbell.

N. THE BUTTERFLY – Lying Down

Many bodybuilders claim that this technique works out the chest perfectly. The wing muscles, arms, and shoulders come in second only. The back muscles and abdomen are also affected. Many enthusiasts consider this as their favorite. To do this:

1. Lie down on the bench as in doing a bench press. Hold a dumbbell in each hand as you lie down.
2. While lying down, keep the dumbbells close to your chest. Ensure that your elbows are on the lateral sides of your stomach.
3. Put out your hands to the sides and lower them as far down as you can. Make sure your elbows are bent. Don't stretch out your arms. Inhale.
4. Carefully bring both hands to the chest again. Make a gently clinging sound with the dumbbells as they meet in front your chest. Don't slam them against each other. When you lift the dumbbells, keep your elbows bent. Don't stretch out your arms. Exhale as you do this. *See "BUTTERFLY (Lying)" illustration, page 68.*
5. Do four sets of ten repetitions. Rest a minute between sets. When you rest, bring both hands (still holding the dumbbells) to your chest. Then, pull yourself forward with a slight kick from your legs until you are in a sitting position. Gently lower the dumbbells on the floor. It is recommended to have a spotter assist you in this.

O. THE BUTTERFLY – Sitting

A sitting butterfly is very much like the standing butterfly. Do the same repetitions and sets, and use the same weights. The difference between a standing and a sitting butterfly (aside from the position) is that in the latter, you do extra workout for the shoulders, arms, and wing muscles while sitting down. For maximum efficiency, use both techniques by alternating them on different days of session.

P. THE LEG CURL – For the front and back muscles of the legs and forelegs

Leg curls are also important. Depending on the heaviness or lightness of the weights used, they provide bulk and definition to your legs and forelegs. Bodybuilding benches in the market can be fitted with leg curl devices that are attached at the end of the bench, opposite to where you put your head in a bench press. Weight plates are placed on the device. This removable device has two levers - one on top and one at the bottom. These levers are where you put your ankles. To do the leg curls:

1. Sit on the bench, with the bench in-between your legs.
2. Hook your ankle on the bottom lever of the leg curl device. The top of your ankle should be under the bottom lever.
3. Carefully lift the lever by stretching out your legs to your front. This is for the front muscles of your legs and forelegs.
4. For the back muscles of your legs and your calves, lie flat on your stomach on the bench.

5. Hook the back of your ankles on the top lever of the leg curl device. The lever should be over the back of your ankles. Your legs are stretched out facing the floor.
6. Lift the weights by carefully bending your knees inward. In other words, bend the knees by sending your heels to the back of your legs.
7. Lower the weights by returning to the original position, as in step 5. *See “LEG CURLS” and “LEG CURL DEVICE INSET” illustrations, page 71.*
8. Do four sets of ten repetitions. Rest a minute between sets.
9. Use 50 pounds of weights. You can add weights gradually.

Q. BODY LIFTS

Other types of weightlifting techniques include the device-less and machine-less methods. Some bodybuilding benches are fitted with two supporting rods that are adjustable. The two rods are not only for mounting a barbell on your shoulders. They are fitted with handles and can be adjusted in height so that they also serve as a device for vertical push-ups.

Vertical Push-Ups

1. Grab the handles of the support rods with both hands. Leap a bit to perch yourself up on your hands while holding the handles.
2. Now, you are dangling by the handles, your arms stretched straight downward on your sides. Ensure that your hands, which are holding tightly to the handles, support your arms. Let your feet hang in the air.

3. Carefully lower your body by bending your elbows until your hands are at your lateral rib cages. Inhale as you do this.
4. Lift your body slowly by stretching your arms to your sides. Exhale as you do this. This motion is like lifting your body up and down a hole, with your hands holding the opening. *See “BODY LIFTS” illustration, page 65.*
5. Do four sets of ten repetitions. Rest a minute between sets.
6. If you want, you can carry a backpack with weight plates in it as you do this technique.
7. This technique develops your shoulders, chest, arms, forearms, and wing muscles.

Pull-Ups

1. Here, you need a sturdy horizontal steel bar hanging on ends by two poles. The height of the poles must measure 6 to 7 feet. The poles must be at least 4 to 5 feet apart.
2. Hold the bar with both ends. Your feet must be off the floor by 3 to 5 inches. Inhale.
3. Lift yourself by pulling the bar with your hands, until the bar is at the same level as your chin. Exhale as you do this.
4. Lower yourself to the original position as in step 2. *See “PULL-UPS” illustration, page 71.*
5. Do four sets of ten repetitions. Rest a minute between sets.

6. You may also choose to carry a backpack with weights inside it as you do this technique.

R. MACHINE PULLEYS

Some modern weightlifting machines enable anyone to do all lifting techniques using them alone. This equates to space-saving practicality and convenience for a solo trainee. With these machines, spotters are irrelevant. Moreover, weightlifting becomes safer.

Machine pulleys are also incorporated with weightlifting machines that use levers. Together, they make weightlifting easier and more practical. However, they also make the discipline more expensive.

There are a variety of techniques that a machine pulley can make possible — like arm swings, forward pushes, and backward pulls.

Then again, you can build your muscles with barbells just as much as machine pulleys can. What's more, you save a lot with steel barbells and dumbbells.

THE SIT-UPS

The abdominal muscles are the hardest to develop. Yet they are the most beautiful to possess. Muscular shoulders, chest, and biceps are easy to have; but if you still have a potbelly, the purpose is still defeated.

Most sit-ups are done wrong. Inaccurate sit-ups will only give you a terrible backache. Even if you do hundreds of wrong sit-ups daily, your abdominal muscles will

not achieve the shape and form that you desire to have. Sit-ups must be done correctly in order for you to see results.

Yes, there is a secret to effective sit-ups.

The Secret to Effective Sit-Ups

How do you know if your sit-ups are effective? When you feel muscle strain only in your abdomen, that's one good sign that your sit-ups are effective. To have this effect, make sure your movements while doing sit-ups involve mostly your abdominal muscles.

How do you make sure that 85 to 90 percent of your muscle movements involve your abdominal muscles?

Sit-ups make you lie down on your back for a moment before you pull yourself up. Your movement when you pull yourself up to a sitting position spells the difference between success and failure of your sit-ups. You must slowly pull yourself up and make sure your abdominal muscles get most of the action. As you pull yourself up slowly, slightly arch your back to avoid strain on your back and sides. Hence, don't straighten your body as you lift yourself to a sitting position. Don't get discouraged if you don't succeed the first try. Practice makes perfect.

A. PLAIN SIT-UP

1. Sit on the floor with a cushion or a padded bench under your buttocks.
2. Bend your legs in front of you.
3. Then lie on your back flat on the floor. Keep legs bent.
4. Use your hands to support your neck and head.

5. Lift your upper body slowly to a sitting position. As you rise, make sure your abdominal muscles do most of the action. Relax your back and side muscles as much as possible.
6. As you rise slowly, arch your back a bit.
7. As you rise to a sitting position, also try to tell or command your body that only the abdominal muscles must do the work. Then imagine the abdominal muscles to be doing so. Then believe them to be actually doing so. Exhale as you rise up.
8. When in a sitting position, touch your knees with your elbows. Then inhale.
9. Slowly, lie flat on your back, arching your back a bit as you do so. Likewise, make sure that your abdominal muscles are mostly doing the work. Relax your back and side muscles. Hold your breath.
10. As you lie on your back, don't let your head touch the floor or bench. Lift your head some 5 inches. Hold your breath.
11. Pull yourself again to a sitting position as in steps 5 to 8. Exhale as you do so.
See "PLAIN SIT-UPS" illustration, page 72.
12. Do two to three sets of thirty repetitions, depending on your strength. Rest a minute between sets. Don't carry any weight plate while doing sit-ups if you're not yet ready to do so. Consult your trainer or physical therapist. If you're not careful, carrying weights while doing sit-ups may only cause backaches or injure your spinal column. It is an effective start to building your six-pack abs muscles, but it must be under expert supervision.

When you have mastered the plain sit-ups, you may use an inclined bench.

B. INCLINED SIT-UP

1. Many sit-up benches are adjustable. When using one, the bench you lie on must be adjustable to form low and steep angles. Adjust the bench to the first angle. When you lie flat on your back, your head will be slightly lower than your legs. Hook your legs at the other end of the bench that is highest. Then perform the same steps 1 to 10, as in the plain sit-ups above.
2. Next, as you progress in your sit-ups, adjust the inclination of your bench an angle higher. Do not skip one angle. Make sure you do this angle by angle. When you feel that doing the sit-ups on an angle doesn't cause positive pain anymore on your abs, then that's the time to adjust your bench one angle higher.
3. Soon, you will have reached the highest angle available in your bench. When this happens, your six-pack abs may begin to look visible without effort. *See "INCLINED SIT-UPS" illustration, page 72.*
4. Do two to three sets of thirty repetitions, depending on your strength. Rest a minute between sets.

C. VERTICAL SIT-UP

Vertical sit-ups are more advanced than the plain and inclined sit-ups.

1. You need a horizontal steel bar suspended three to four feet above the floor, depending on the size of your upper body.

2. Hook your legs to this bar. Your upper body rests on the floor. Better yet, place a cushion on the floor where your upper body rests on.
3. Arch your back a bit, and then lift your upper body as high as you can by bending your torso forward, or until your face is directly in front your legs.
4. Then slowly lower your body by laying your back again on the floor. Keep your back slightly arched. Make sure your abdominal muscles are mostly doing the work.
5. You can also do away with the horizontal bar. Just outstretch your legs upward and have someone hold your legs. Let your upper body rest on the floor. Your whole body now forms an L shape — your straight legs being the upright part of the L, and your upper body resting on the floor being the lying part of the L. *See “VERTICAL SIT-UPS” illustrations, page 69.*
6. Then do the sit-ups in steps 3 to 4 above.
7. Do two to three sets of thirty repetitions, depending on your strength. Rest a minute between sets.

D. THE CRUNCH

For additional abs definition (and to burn your abdominal fats), do crunches. You can do crunches while watching TV or talking on the phone, but it takes many repetitions.

1. Lie flat on the floor or bed.
2. Bend your knees and slightly lift your feet off the floor or bed.

3. Put your hands at the back of your neck, with only the tips of the left fingers touching the right fingertips.
4. Lift your head slightly (but not your body or chest) so that the chin goes slightly inside towards the neck. The neck slightly bends in. The eyes are looking at your legs.
5. Then, slightly straighten your neck so that your head also straightens and your eyes look at the ceiling. See *“THE CRUNCH” illustration, page 72.*
6. Repeat steps 4 to 5 above, with an interval of one second in between. Do 100 to 200 crunches, depending on your capacity. Make sure the abs gets most of the action. Relax other body parts. When you feel strain in your abs muscles, you are getting the crunches right. The muscle strain should start at around the count of 70. You can do more counts as you progress.

ISOMETRICS

The principle of Isometrics involves going against horizontal pressures or forces.

Weightlifting and sit-ups also go against a type of force, and this is mainly gravitational force. The gravitational pull of the planet keeps the steel weights and your own weight down. You must pull up these weights away from the planet. Thus, you cannot build any muscle if you lift weights on the moon. Up there, your problem is how to keep things from going up.

Isometrics is not going against gravitation. It is going against horizontal forces that act either away from each other or towards each other. You react by countering the forces. These forces are built-in. They are not caused by gravitation.

Isometrics define the muscles by stretching and expanding them with great pressure. Thus, it also tends to give you muscular bulkiness, but not as much as weightlifting can. In contrast, lifting weights mostly works by contracting your muscles. Combining weights and isometrics is a good idea.

There are several kinds of isometric devices. Here are some examples:

A. POWER SPRING

Power springs can be bent, compressed, squeezed, or stretched. The trick is to go against the force as much as you can, and hold the position as long as you can. The tremendous force required countering the flow of another force works out the muscle fibers so much in terms of extreme tensioning and stretching. The tensile stress makes the muscles expand and harden into shape explosively. The longer you hold the compression or expansion, the better your muscles are worked out. Remember, the secret in power spring Isometrics is prolonging your hold as you exert a maximum pull or squeeze on the springs. This expands and defines your muscles, not the pulling or squeezing itself. If you just keep pulling or squeezing the springs without the prolonged hold, you will just be wearing the springs out without much effect on your muscles. Here are examples of spring devices:

1. **The Hand Grip** – This device uses a single or double-coiled spring or zigzag spring that your fingers must squeeze to submission. The goal is to be able to close your hand into a fist (or a near fist) as you squeeze it. This defines your forearm muscles well, and part of your chest and wing muscles. Squeeze it as hard as you can and hold that position as long as you can. Then repeat.

2. **The Chest Expander** – This is a five-spring device. The springs are attached to handles on both ends. The springs may be lesser in number, depending on your strength. The springs are detachable. The trick is to hold the handles, one on the left and the other on the right, and stretch the springs sideways as far as you can. When you have stretched them with your maximum effort, hold that position as long as you can. Exhale as you do so. Release the springs and inhale. Repeat as much as you can. You can also step on one handle and hold the other handle with one hand. Then slowly pull the springs upward repeatedly. Chest expanders work out your chest, arms (biceps and triceps), shoulders, and back muscles. They are ideal in developing your wing muscles for a V-shaped body. *See “CHEST EXPANDER” illustration, page 72.*

3. **Bending Bar** – A bending bar is actually a heavy duty single spring coiled several times in the middle and attached with rubber handles on both ends. The aim is to hold the handles with both hands and try to bend the bar as hard as you can. The goal is to bring the handles together in front of you as you bend the bar. Maintain that position as long as you can. Exhale as you hold, and inhale as you release. After you release, repeat the bending as much as you can. Bending bars are excellent in defining your biceps and triceps, chest, wing muscles, and part of your upper back muscles. They are also excellent in giving you a V-shaped body. For advanced sessions, try to keep the bar as far as possible from your chest as you bend it. If you can fully stretch your arms in front while bending the bar, so much the better. *See “ISOMETRIC BENDING BAR” illustration, page 71.*

B. POWER PISTON

Instead of powerful springs, you can also opt for powerful pistons. However, pistons can be very stubborn devices to push and pull. They won't easily budge in, except through strong force. Below are examples of pistons.

1. **The Shock Absorber** – If you have a spare shock absorber from your car, you can use this as an effective chest expander and bending bar all rolled into one. The more unyielding the shocks you use, the more effective they are. Place makeshift handles on both ends of the shock device. Push the shocks in, and then pull it out. Do this repeatedly. This time, there's no need to prolong your hold as you apply maximum pull or squeeze. Prolonged holds are good only for springs. You may choose to use several shocks at a time to add power to resistance. See "*SHOCK ABSORBER*" illustration, page 69.
2. **The Manual Water Pump** – In rural parts of certain countries, manual water pumps are still in use. If you happen to have a water pump available, you may use this as an isometric power piston device to develop and define your arms, chest, and back muscles. Pump the lever using your hands one at a time.

C. MACHINE PULLEY

Many machine pulleys are a combination of weights, levers, and Isometrics. Hence, if you find these machines too expensive, you can have weights and isometrics as your more affordable alternative.

D. TIRE TUBE

If you are on a tight budget, you can use a bike tire tube as your chest expander. Hold it on opposite sides of the round tube with each hand, then stretch sideways. Prolong your hold as you apply your best stretch. Then release. Repeat the process.

You can also fasten one side to a fixed iron hook on a wall and hold the other side with your hand. Then, with the wall at your back, push the tube forward without moving your feet. You may also choose to pull the tube as you are facing the wall. You can use two tubes for both your hands. For advanced sessions, double or triple the tubes for stronger resistance.

E. THE BALL

Big or small rubber balls inflated with air are also effective Isometric tools. To produce the effect of a handgrip, you can use your fingers to squeeze small ones like tennis balls. To imitate the effect of a bending bar, you can compress bigger balls like basketballs.

Utilizing any isometric method and device coupled with weightlifting is a powerful bulk and definition muscle builder.

DEVICE-LESS WEIGHT TRAINING

Opting for a device-less weight-training program is good for beginners. This is often advisable for those who would like to try the discipline for trial periods. This method is also effective for bulk building and definitions. However, more effort and

strength are needed, and the scenarios may not be as glamorous as when you have stainless barbells and equipment.

A. HEAVY PUSH-UP

Do regular push-ups. This time, let someone lie flat on your back. Do ten repetitions of four sets. As you progress, add to the load. *See “DEVICE-LESS PUSH-UPS” illustration, page 73.*

For definition, stand on your hands with your feet leaning against a wall. Do push-ups, lifting your body up and down. Never do this without expert supervision. *See “VERTICAL PUSH-UPS” illustration, page 73.* Do four sets of ten repetitions.

B. HEAVY SQUAT

Do squats without a barbell on your shoulders. This time, have somebody ride you by sitting on your shoulders. Do four sets of ten repetitions. *See “DEVICE-LESS SQUATS” illustration, page 73.*

C. HEAVY BENCH PRESS

Lie on the bench the way you would when doing a regular bench press. Only this time, instead of pushing a barbell up and down, you carry somebody on top of you, with his back on your hands and his feet on your lap. Hold him by his shoulders (or at the center of his back), then push him up and down as you would a barbell. If as you progress he becomes too light for you, push him alternately with your right arm, and then with

your left arm. If that still is too light for you, look for a heavier person to push. *See “DEVICE-LESS BENCH PRESS” illustration, page 73.*

With enough patience, will power, and a good diet, these three methods will take you places in bodybuilding. Wonderful muscle bulk and definition can be attained, not to mention tremendous stamina and muscle power.

These methods affect the body very differently from lifting steel weights. In the former, the weight is distributed more evenly over the body. Whereas when you lift weight plates, the concentration is only on a few target areas in the body.

CHAPTER 5

BODYBUILDING DIET

Contrary to common view, a bodybuilder's diet is not all meat and dairy. Even in this discipline, a balanced diet is essential. Proteins can be absorbed by the body effectively only through the help of other nutrients, like fibers.

A bodybuilder's diet seems very much like any other healthy diet, except that carbohydrates are considerably lesser. A healthy balance of meats, fats, vegetables, fruits, and carbohydrates is still necessary.

Some trainers urge their trainees to eat more vegetables than meat, and consume minimal amount of dairy products like cheese. Meat here means more chicken and fish, and less pork and beef.

It is always best to consult a nutritionist who is also knowledgeable in weight lifting or at least one who is into sports. Chances are that they would advice you to maintain a balanced diet. A healthy body is definitely a "must-have" when you're into bodybuilding. To have a healthy body, you need to eat healthy.

UNHEALTHY DIET BELIEFS IN MUSCLE BUILDING

1. ***Eat plenty of proteins.***

Protein is needed for muscle development; but proteins, and any nutrient for that matter, must be eaten in a balanced manner. The rule of thumb is that any food has to be taken in moderation. Too much of anything becomes poison. Too much protein stored in the body may cause ailments. Some say one cause of Alzheimer's is too much proteins in the body. Doctors say too much lean

meat may cause prostate cancer in men. Besides, protein should be taken along with vegetables rich in fibers for good body absorption. The best protein sources are fish, chicken (minus the skin), and bean curds or tofu. Yogurt is also an excellent source. Eat beef and pork occasionally. Remember that your protein intake must be balanced with vegetables.

2. ***All you need are proteins.***

Protein is important in muscle building, but it's not the only one. Equally important are other nutrients, like calcium. You need calcium to strengthen your bones. Strong bones are as important as muscles when you're lifting weights. If your bones are weak, they may crack under the weight of whatever it is you are lifting. Excellent sources of calcium are yogurt, shellfish, and milk.

3. ***Eat fats because they can turn into muscles.***

Fats never turn into muscles. In fact, you have to burn lots of them before you can put on muscles. Eat fats in minimal amounts. Good cholesterol, however, is good for your heart. A good heart is necessary in bodybuilding.

4. ***Fruits and vegetables don't count much in bodybuilding.***

On the contrary, you need lots of them to achieve good digestion and a healthy immune system. A bodybuilder needs good breathing exercises for oxygen supply. If you don't build up your immune system, you would easily inhale disease-causing elements in the air when you do deep breathing. This is especially so when your gym is slightly air-conditioned. Moreover, vegetable

and fruit fibers help your intestine absorb more nutrients (like protein) for your body.

5. ***Carefully plan what you eat.***

There's a lot of fuss about food preparation when it relates to muscle development. Hence, many people get discouraged at merely seeing the tiring and costly food planning and programming. Some bodybuilding menus show very expensive food preparations. The suggestion often is that you have to cook your own meals. That's a waste of time! The best thing to do is eat balanced meals. As long as you have fish, vegetables, fruits, and some carbohydrates every meal, you're ready for muscle building. You may add dairy products, eggs, beef, chicken, and pork in your diet occasionally. You may also take synthetic vitamin supplements, but only when your doctor prescribes it. Better yet, take natural food supplements equally full of nutrition. WARNING: Steroids and other drugs not prescribed by your doctor for bodybuilding are definitely out!

6. ***Drink plenty of health drinks.***

All you need is clean and pure water. Drinking health drinks now and then are good, but they're not necessities. If you crave for these drinks, choose unsweetened natural fruit juices.

7. ***Citrus fruits lessen muscle bulkiness.***

Nothing can be farther from the truth. Natural citrus fruits and drinks do nothing harmful or contradictory to your bodybuilding program. They are

good immune system boosters. Most citrus fruits even help you burn fats.

Take natural rather than flavored fruit drinks.

8. ***Eat a lot to build muscles.***

Just eat enough. When your stomach (not mouth) is satisfied, stop eating. If possible, don't drink water until at least 30 to 40 minutes after meals. This practice promotes complete digestion without the digestive acids and enzymes being watered down. Eat apples or bananas when you get hungry in-between meals.

Conclusion

Health is important. There is no question about this. Often, eating healthy foods is not enough. Even doctors will tell you a healthy diet must be coupled with regular exercise. There are three options in physical fitness:

1. The seasonal – This means you just want to have a physical exercise component for your healthy diet. You are not really an exercise buff, but you do it for the sake of good health.
2. The trimmers – You exercise to stay trim. You're not after bulkiness or definition of muscles; you just want to avoid getting overweight. Most probably, you dread the cost of being hospitalized due to heart or blood pressure ailments, or you have seen patients suffering from fatal diseases due to being overweight.
3. The maximizers – Your opinion is, "If I'm going to start exercising, I might as well maximize on it. I don't want to just feel healthy. I want to look and feel strong and healthy."

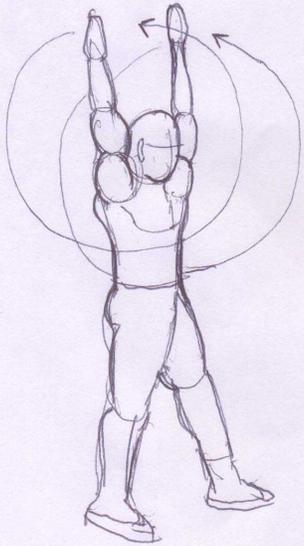
When you are a maximizer, you get the combined benefits of being a seasonal, a trimmer, and a maximizer. So why not go for the third option? A graceful body figure offers both the feeling and look of good health. You can have the muscular body you have long been dreaming of if you start now, regardless of your age.

The methods and techniques laid out in this book can be done alternately for best results. The warm ups, weightlifting, aerobics, isometrics, and the device-less methods can all be done on a scheduled program to get the optimum results. When you combine

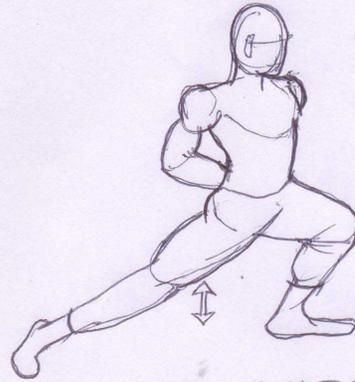
the four workout systems featured in this book (weights, sit-ups, isometrics, and device-less), you will build muscle size, contour, and muscle power. A truly stunning physique is not just one that is covered with muscles from head to foot. A stunning physique has the look and feel of power.

They say the maximum weight you can lift must not exceed your body weight. Some bodybuilders who depend on weight lifting (and who at times lift weights heavier than they are) claim to experience bone weakness despite the abundance of rippling muscles. Some blame this on lifting very heavy weights. There is no medical explanation yet on whether this is so or not. This book, which endorses weights, non-weights, and isometrics to be incorporated in a program, aims to address both muscle power and bone strength. Isometrics toughen the bones by affecting the ligaments that attach to them. When done with perseverance, these systems will bring out your full body potentials.

ILLUSTRATIONS



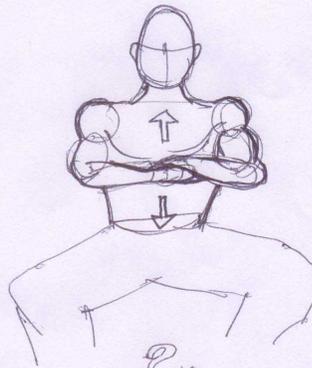
ARM ROTATIONS



LEG STRETCHING

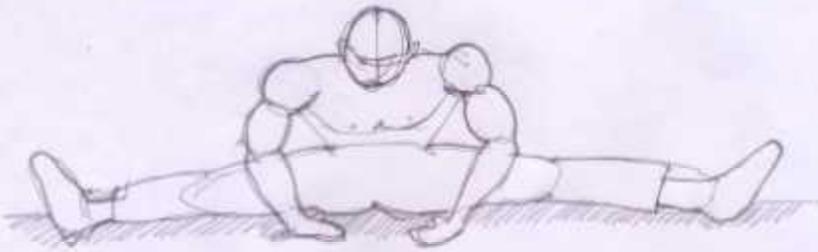


1o



2o

ARMS PRESS

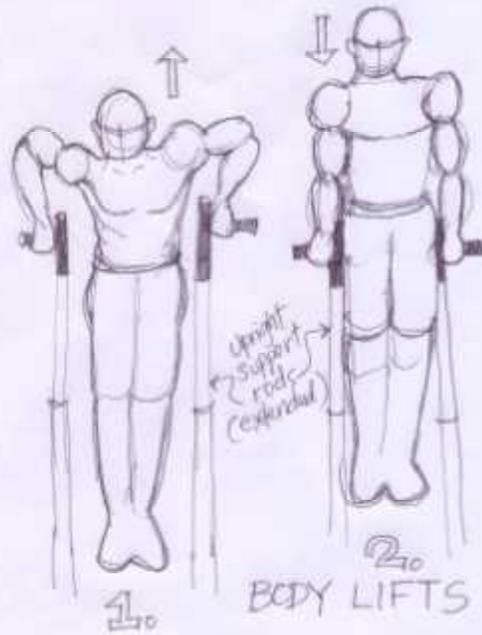


SPLIT



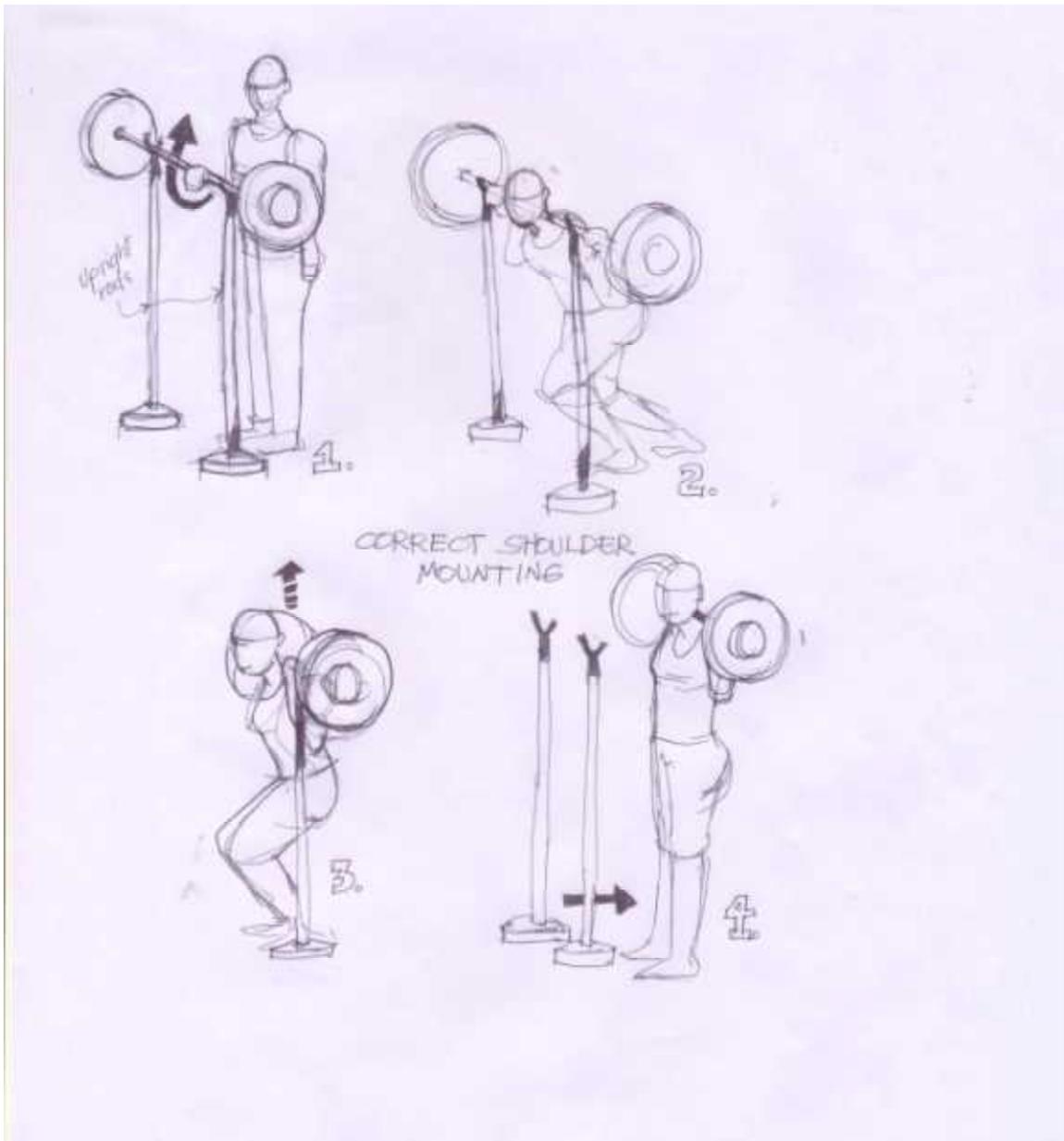
Hold twisting position. Don't sway continuously

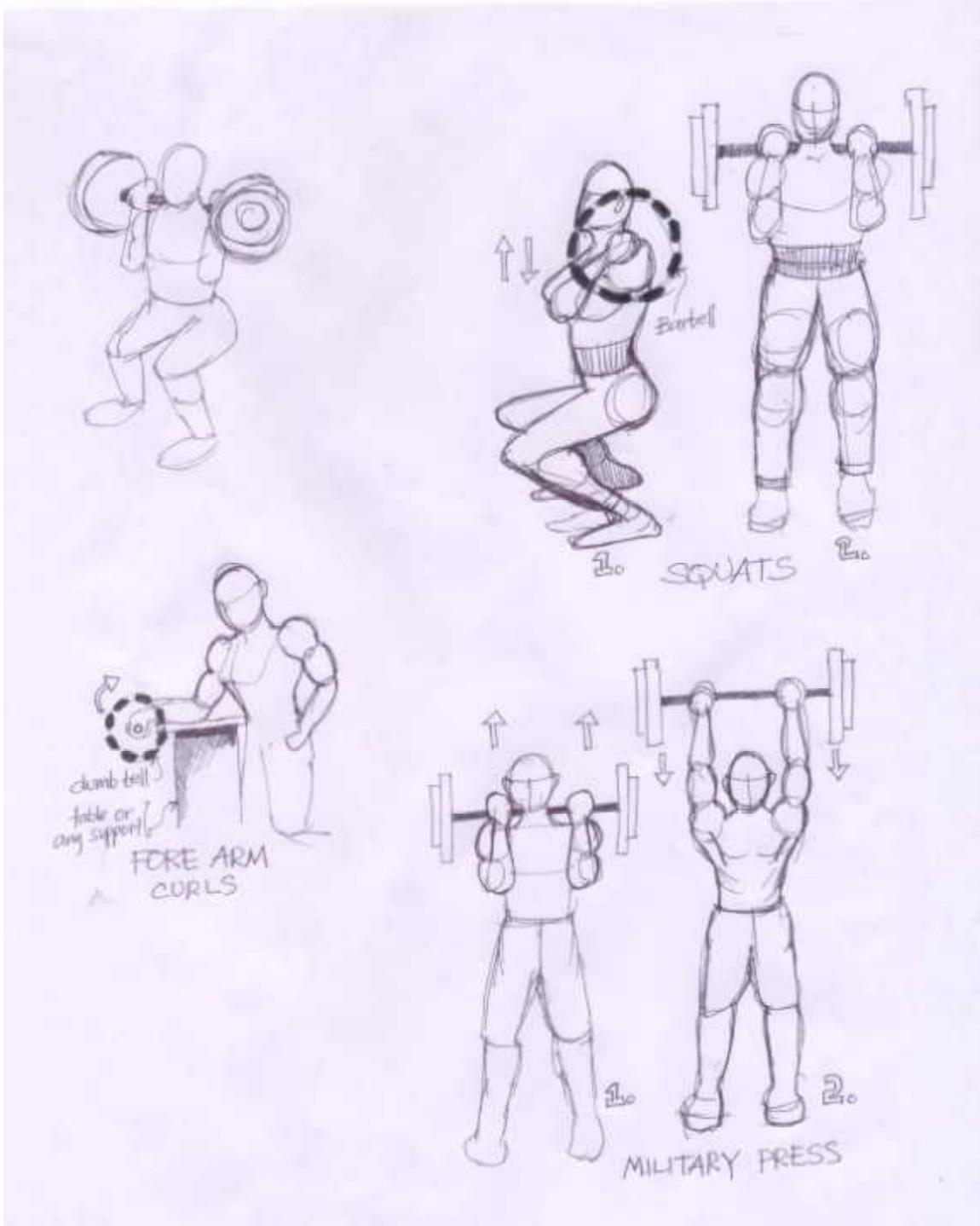
TRUNK TWIST

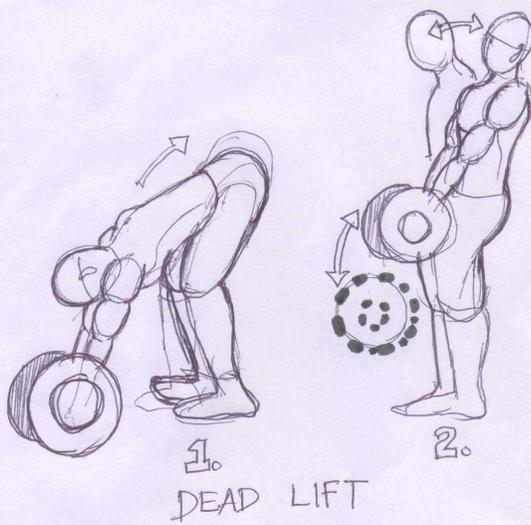


1.

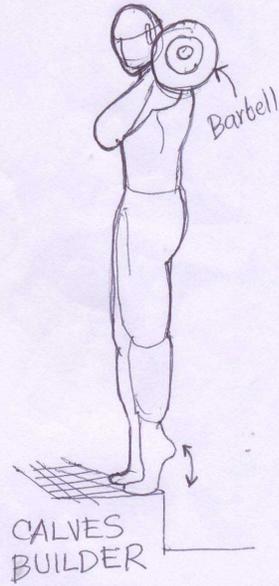
2. BODY LIFTS



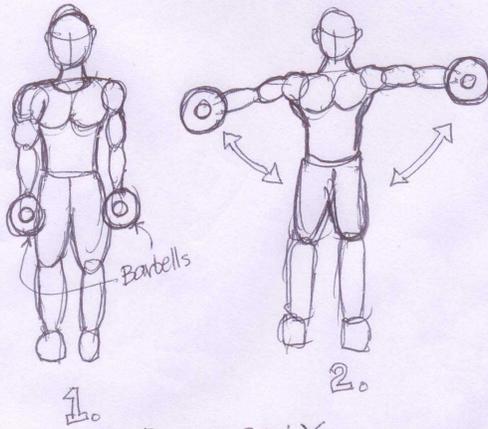




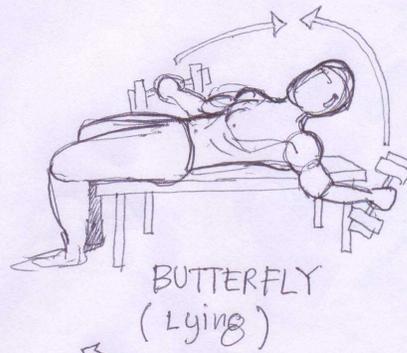
1. DEAD LIFT



CALVES BUILDER



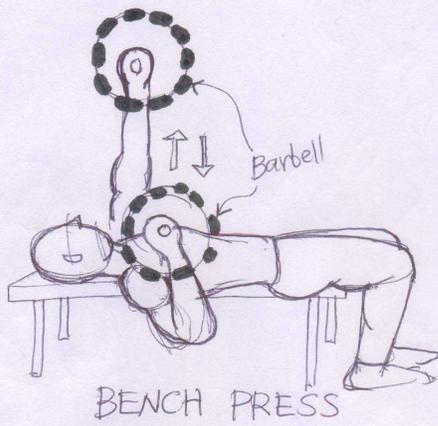
1. BUTTERFLY (standing)



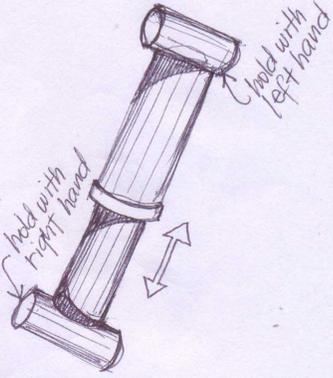
BUTTERFLY (Lying)



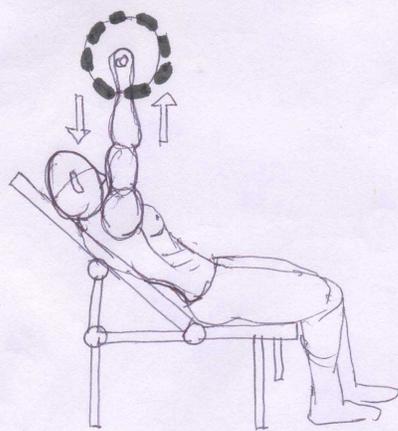
OVERHEAD CURLS



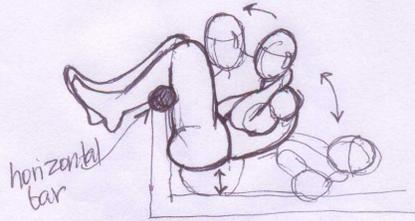
BENCH PRESS



SHOCK ABSORBER



BENCH PRESS
(Inclined)



VERTICAL SIT-UPS



VERTICAL SIT-UPS



SUPPORTED
ARM CURLS



INSET OF PAD



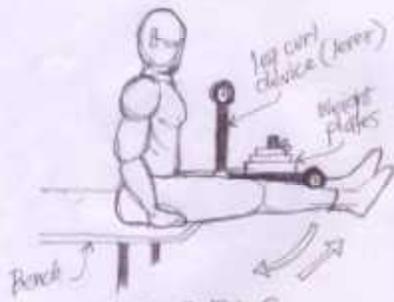
STANDING
ARM CURLS



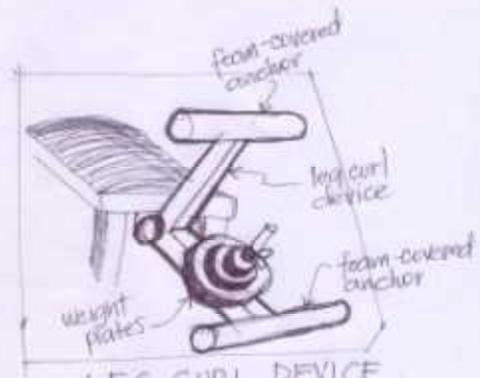
STANDING ARM
CURLS
(Dumb bells)



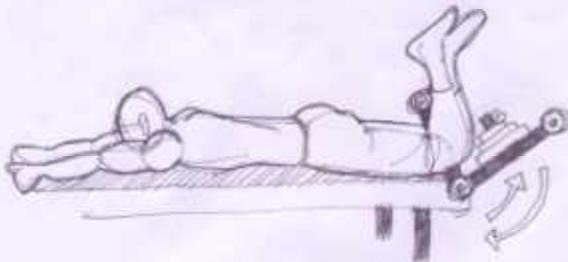
SITTING ARM
CURLS
(Dumb bell)



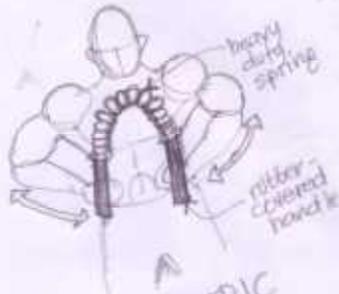
LEG CURLS
(Front leg muscles)



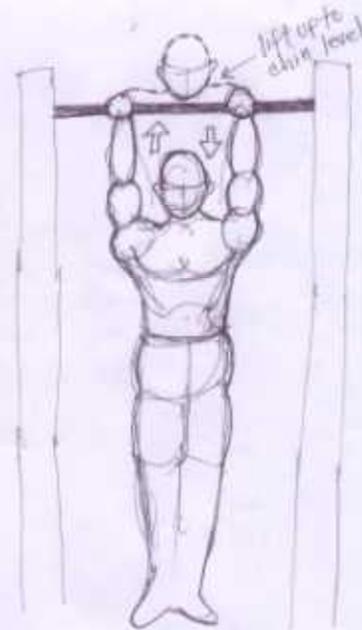
LEG CURL DEVICE
INSET



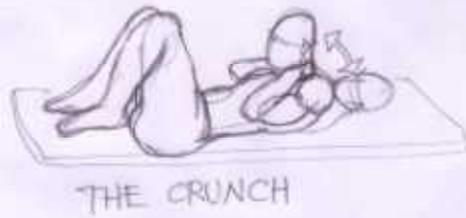
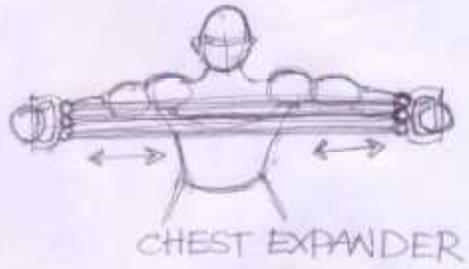
LEG CURLS
(Back leg muscles
and calves)



ISOMETRIC
BENDING
BAR



PULL-UPS

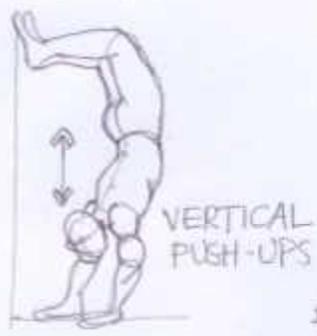




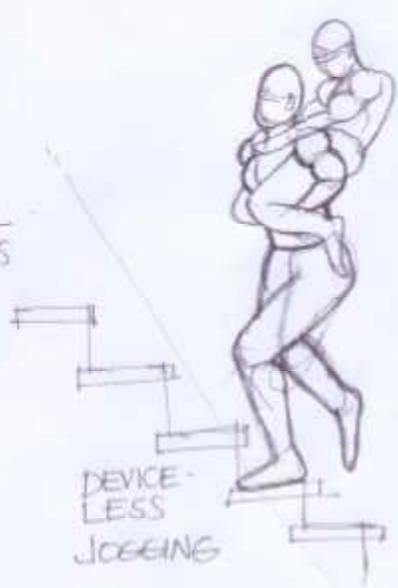
DEVICE-LESS SQUATS



DEVICE-LESS PUSH-UPS



VERTICAL PUSH-UPS



DEVICE-LESS JOGGING



DEVICE-LESS BENCH PRESS

SAMPLE WORKOUT PROGRAM

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Weights Sit-ups	Isometrics Rest	No Device Sit-ups	Isometrics Rest	Weights Sit-ups	Isometrics Rest	Rest

SAMPLE BODYBUILDING DIET PLAN

	<i>BREAKFAST</i>	<i>LUNCH</i>	<i>SUPPER</i>
MON.	Two boiled eggs, cereals, non-fat fresh milk, wheat bread, oranges	Boiled beef with potatoes, string beans cabbage, rice, slice of pineapple	Oatmeal with non-fat fresh milk, bananas
TUES.	Fried tofu pieces with a dash of soy sauce, rice, non-fat fresh milk, fruits	Mixed veggies sautéed with pork liver, rice, pure orange juice, bananas	Broiled fish with cucumber and tomatoes, bananas
WED.	Yogurt with fruits, two boiled eggs, skinless fried chicken, rice, fruits	Lean steak with wheat bread, fruits	Wheat bread and non-fat milk, bananas
THURS.	Soya milk, papaya, corned beef, rice	Fried fish, rice, tofu sautéed in tomatoes, garlic, onions	Tuna spread on wheat bread, fruits, cucumbers with onion leaves, and celery

FRI.	Cereals, non-fat milk, two boiled eggs, wheat bread, fruits	Skinless fried chicken, fish in soup and vegetables, rice, fruits	Vegetable soup and bananas
SAT.	Mixed fruits in cereals with non-fat milk, wheat bread and white cheese, fruits	Lean steak with potatoes and onions, wheat bread, yogurt ice cream, mixed fruits	Oatmeal with non-fat fresh milk
SUN.	Broiled shrimps, grilled eggplants with diced onions and tomatoes, rice, fruits	Fish boiled with veggies, skinless fried chicken, rice, fruits	Yogurt with mixed fruits, and plain biscuits

The sample diet schedule above has the workout schedule presented earlier in mind. Mondays, Wednesdays, and Fridays have heavier workouts than the rest of the other days. Note that heavy workout days are supplemented with more proteins and energy foods.