

Monday, July 21, 2003

Week 15 Nutrition and Supplementation Plan:

Meal #1 (6:00 AM)				
Item	Protein	Carbs	Fat	Calories
1 ALA 200	0	0	0	0
Multi Pro 32X-1 capsule	0	0	0	0
2 Proflex 750	0	0	0	0
GL3 L-Glutamine-10 grams	0	0	0	0
CLA1000-2 capsules	0	0	2	18
1/2 Scoop VP2	12	.5	0	50
Pre-Workout (7:00 AM)				
Item	Protein	Carbs	Fat	Calories
1 NAC 500	0	0	0	0
Vitamin C-1000mg	0	0	0	0
Vitamin E-400 I.U.	0	0	0	0
1 Beta Carotene-25,000 I.U	0	0	0	0
GL3 L-Glutamine- 10 grams	0	0	0	0
2 Dymetadrine Xtreme	0	0	0	0
1/2 teaspoon micronized creatine	0	0	0	0
1/2 Scoop VP2	12	.5	0	50
1/2 Serving Creatine HSC	0	34	0	68
Post-Workout (8:15 AM)				
Item	Protein	Carbs	Fat	Calories
1 ALA 200	0	0	0	0
1 NAC 500	0	0	0	0
Proflex 750-1 Capsule	0	0	0	0
Vitamin C-1000mg	0	0	0	0
Vitamin E-400 I.U.	0	0	0	0
1 Beta Carotene-25,000 I.U.	0	0	0	0
GL3 L-Glutamine-15 grams	0	0	0	0
1 Scoop VP2	24	.5	0	100
1/2 teaspoon micronized creatine	0	0	0	0
1/2 Serving Creatine HSC	0	17	0	68
Meal # 2 (8:45 AM)				
Item	Protein	Carbs	Fat	Calories
GL3 L-Glutamine-5 grams	0	0	0	0

1 Scoop VP2	24	.5	0	100
1/2 Serv. Frosted Flakes	.5	14	0	60
Meal # 3 (9:15 AM)				
Item	Protein	Carbs	Fat	Calories
Ny-Tro PRO-40	40	22	1.5	250
Meal # 4 (11:00 AM)				
Item	Protein	Carbs	Fat	Calories
GL3 L-Glutamine-5 grams	0	0	0	0
1 1/2 Cups Green Beans	3	12	0	60
1/2 Ny-Tro Pro 40	20	11	.5	125
Meal # 5 (12:45 PM)				
Item	Protein	Carbs	Fat	Calories
1 Dymetadrine Xtreme	0	0	0	0
CLA1000-3 Capsules	0	0	3	27
3 Chicken Breast Tenderloins	28	0	1	120
Green Beans-6 Servings	8	29	0	150
Meal #6 (3:45 PM)				
Item	Protein	Carbs	Fat	Calories
GL3 L-Glutamine -5 grams	0	0	0	0
Vitamin C-1000 mg	0	0	0	0
1 Dymetadrine Xtreme	0	0	0	0
CLA1000-3 Capsules	0	0	3	27
1 1/2 Cups Green Beans	3	12	0	60
1/2 Ny-Tro Pro-40	20	11	1	125
Post-Cardio (5:45 PM)				
Item	Protein	Carbs	Fat	Calories
Vitamin C-1000mg	0	0	0	0
Vitamin E-400 I.U.	0	0	0	0
GL3 L-Glutamine-15 grams	0	0	0	0
Micronized Creatine- 5 grams	0	0	0	0
1 Scoop VP2	24	1	0	100
Meal # 7 (6:45 PM)				
Item	Protein	Carbs	Fat	Calories
CLA1000- 2 Capsules	0	0	2	18
2 Chicken Breast Tenderloins	19	0	.5	80
Green Beans-5 servings	6	24	0	120

Meal # 8 (9:45 PM)				
Item	Protein	Carbs	Fat	Calories
1 ALA 200	0	0	0	0
Multi Pro 32X-1 capsule	0	0	0	0
Vitamin C-1000mg	0	0	0	0
Proflex 750-1 Capsule	0	0	0	0
GL3 L-Glutamine-5 Grams	0	0	0	0
CLA1000-2 Capsules	0	0	2	18
Ny-Tro PRO-40	40	22	1.5	250
Before Bed (10:00 P.M.)				
Item	Protein	Carbs	Fat	Calories
GABA-5 grams	0	0	0	0
Meal # 9 (Approximately 2:00 A.M.)				
Item	Protein	Carbs	Fat	Calories
GL3 L-Glutamine-5 grams	0	0	0	0
1/2 Scoop VP2	12	.5	0	50
TOTALS	Protein	Carbs	Fat	Calories
	295.3	194.5	16	2094

I will also drink 3 gallons of water per day- I have easily been drinking 2 1/2 gallons per day during the last couple weeks. I will now raise my "official" daily water standard from 2 to 3 gallons.

Time To Increase Standards!!! Just 3 More Weeks to Improve!!!

- Create the proper environment to add quality lean muscle mass by training heavy and intense and following the Max-OT principles to a T.
- Follow new bodybuilding diet as outlined below 100% Monday-Friday paying close attention to the precise timing of my meals, especially during the post-workout 3 hour 'window'.
- Eat clean and on time every single day and take my supplements on time.
- Take a few minutes to go over workout in my mind in the morning before hitting the gym. Take a few minutes after my workouts to review what I did well and what I can improve on.
- Strive for excellent form and exercise execution on all exercises.
- Concentrate on creating a strong mind to muscle link.
- Apply Thiomucase to my skin twice daily.

Final 3 Weeks Increased Standards:

- Drink *At least* 3 gallons per day-(Up from 2 gallons)
- Get into OUTSTANDING training mindset EVERY MORNING before stepping foot in the gym
- Continue to **increase** intensity and focus in the weightroom! There are now less than 3 **weeks** until the Pacific USA Naturals Bodybuilding Competition!
- Put emphasis on directing overload to intended muscle group. Visualize the muscle development I want to achieve and "feel" the muscle work during every rep of every set. **Expect** to lift heavier weight than last week!
- Perform **11 intense** cardio sessions (Rotate 16 minute and 20 minute sessions every day + 4 16 minute (up from 3 12 minute sessions last week) midday Max-OT cardio sessions. Strive to beat previous distance/calories.
- Additionally, perform a 45 minute brisk walk on Saturday.
- Take and post assessment photos
- Practice mandatory poses, 60 second routine, and 90 second routine to music **Every Single Day** until the contest.
- Video Tape posing practice for 1) Self Improvement/Critique 2) Contest Preparation Video Creation
- Take a 10 minute Sauna after morning weight training session **Every Day.**
- Have a passion for training and for life!
- Tan in the booth or in the sun **Every Day.**
- Keep Website Updated daily and make **OUTSTANDING and MOTIVATING** journal entries **EVERY DAY.**
- Continually demand more of myself and redefine what I am capable of in and outside of the weightroom.
- Make the most out of the opportunities that present themselves every day.
- Enjoy my contest journey. Keep a positive attitude.

Assessments:

WEEK OF 7/14/03:

- GREAT job of sticking to contest prep. 100% while out of town!
- Completed seven intense cardio sessions plus 3 midday 12 minute Max-OT cardio sessions (Monday, Wednesday, Thursday) Cardio intensity was very good despite using different equipment. I realized this after coming home and setting two new cardio records this weekend relatively easily.
- Went for 45 minute walk on Treadmill on Saturday afternoon.
- Created and implemented new nutrition and supplementation plan
- Took weekly assessment photos
- Good posing practice on Tuesday, Thursday, Saturday, and Sunday.
- Videotaped quarter turns, mandatory poses, 60 second and 90 second routines.
- Finally received and tried on posing suits.
- Drank all water every day
- Tanned in tanning bed 5 times. No tanning outside due to weather.

- Applied Thiomucase twice every day.
- Kept RussYeager.com website updated/Proofed website
- Sent weekly journal update and photos to Will at Bodybuilding.com.

Monday, July 21, 2003

Training: Chest	
Exercise	Sets / Reps / Weight
Flat Bench Press	2 x 4 at 245 lbs (after warmup)
Incline Bench Press	2 x 4 @ 205 lbs
Incline Dumbbell Press	1 x 4 at 90 lbs
Training: Triceps	
Dumbbell Kickbacks	1x 6 @ 35 lbs (After 1 acclimation set @ 15 lbs)
Tricep Cable Pressdowns	1 x 6 @ 262.5, 1 x 4 @ 262.5
Lying Tricep Extensions	1 x 4 @ 125 lbs

It was good to be back in my normal training environment this week, although I was a little stronger last week at the Gold's, especially on incline barbell presses. The same weight at LA Fitness on this exercise feels significantly heavier, which is pretty interesting. The only thing I can think of that may be different is that the incline of the bench may be higher at the LA Fitness.

My energy, focus, and intensity was great this morning. As mentioned above, my strength was not quite as good as last week. However, I fought extremely hard to lift the same heavy weight used last week and was able to complete an effective workout. I felt like I was in a "zone" this morning as I was totally focused on the task at hand. I really felt good and *enjoyed* my workout. I think this is because I know that every intense workout is bringing me one step closer to my goals and the positive results I am seeing motivate me to keep giving more. Man, I love being right in the mix of contest prep.!

After eating my post-workout VP2 and HSC, I took a 10 minute sauna with Thiomucase applied to my skin. I must have drank a half gallon of water while I was in the sauna and sweated out at least that much. These daily saunas should condition my body to process water and sodium very efficiently, which will be very important during the last few days before the Big Day. I am off to a great start and need to knock out two FULL 16 Minute Max-OT cardio sessions on the bike to have a Great Day. I will also perform posing practice and tan in the sun (weather permitting) or the booth if the sun does not cooperate.

Cardio (Friday)	
Exercise	Time / Distance / Calories
Stairmaster (Gold's-interval)	Time: 20 minutes, Distance: 1333 , Calories: 454

Best stairmaster session of my week in Huntsville!

Cardio (Saturday)

Exercise	Time / Distance / Calories
Recumbent Bike (Apartment)	Time: 16 minutes, Distance: 6.4, Calories: 411.6

Great session! This is the first time I have hit 6.4 miles on this bike after adding in an extra level 8 "hard" interval. It is obvious that I upped my cardio intensity last week even though I could not compare my performances at the Gold's to my performances at home due to different machines. However, I broke my record on this bike today and then broke my stairstepper record on Sunday. To be honest, I broke these records "relatively easily." I must continue to challenge myself to increase my cardio intensity even more over the next 2 1/2 weeks.

Saturday afternoon, I went to the LA Fitness and walked on the treadmill for 45 minutes at a speed of 4.3 and a 1.5 incline. This walking was a great way to add extra energy expenditure without taxing my body the way intense Max-OT cardio does.

Cardio (Sunday)	
Exercise	Time / Distance / Calories
Stairstepper (fatburner)	Time: 20 minutes, Distance: 2.67 , Calories: 370

As mentioned above, this was my best session on this stairstepper. The calories were not my highest, but this is because my weight I input at the beginning has decreased. I ended the session at level 20, the highest on the machine.

Cardio (Today-Midday)	
Exercise	Time / Distance / Calories
Recumbent Bike (Apartment)	Time: 16 minutes, Distance: 6.5, Calories: 418.2

Great cardio session! I established another new record by reaching the 6.5 mile mark. I must make tonight's session at least as good.

Cardio (Today)	
Exercise	Time / Distance / Calories
Recumbent Bike (Apartment)	Time: 16 minutes, Distance: 6.5 , Calories: 419

Tonight's session was just a little bit better than my midday session as I went 6.5 miles, but increased my calories from 418.2 to 419. I am making a note that I need to add another level 8 "hard" interval for a total of 4 on this bike. Gotta keep raising my standards!

Today was an excellent day of contest preparation execution. I completed everything I set out to do and I did so with passion, energy, intensity, and focus. I need to string together days like this ALL WEEK LONG in order to make some significant progress this week.

Tuesday, July 22, 2003

A couple of weeks ago I spoke with the Manager at the LA Fitness about shooting a video of my workouts. I am planning to do this towards the end of this week, over the weekend, and the beginning of next week. I feel that creating a training video will be one of the most effective ways to communicate to others exactly how I work out (i.e. the exercises I choose, form and execution, my intensity levels, mental strategies...EVERYTHING!). I am going to have to adjust my workout schedule a bit so to fit the Manager's schedule. He wants to be there during all of my filming, which I completely understand. Normally, I do not like to adjust my workout schedule, especially this close to a contest. However, it will be well worth the slight inconvenience to produce a video that I can sell to others in my community as well as all over the world through my website. My adjusted training schedule will look like this:

Wednesday- I will not weight train and only perform 2 Max-OT cardio sessions

Thursday-Back and Biceps at noon.

Friday-Calves, Abs, and Forearms at 8:00 a.m.

Saturday-Shoulders and Traps at 8:00 a.m.

Sunday-Chest and Triceps (noon or possible later in the afternoon)

Monday-Cardio Only

Tuesday-Resume normal schedule with legs.

All I am really doing is pushing my final three workouts back 1 day this week and bringing my chest and tricep workout forward one day from next week. I will have to train later in the day on a couple of days, but I feel the change in schedule will keep me "on my toes" and make things fresh during the last couple weeks of contest prep. I will only have one chance to video each bodypart so I need to get some good footage every day. I have been practicing using my camera by video taping my posing practice, which I also plan to incorporate into my training video once I complete it. I am basically just going to set up my camera on the tripod and tape my entire workout from different angles, nothing too fancy, just good views of the exercises. I am excited about the process and the possibilities for taking the extra time and effort to shoot this video.

Training: Legs	
Exercise	Sets / Reps / Weight
Squats	3 x 4 at 265 lbs (After warmup)
Leg Presses	1 x 4 at 635 lbs
Leg Curls	*Not performed due to hamstring and glute strain
Stiff-leg deadlifts	1 x 6 @ 225 lbs, 1 x 6 @ 230 lbs, 1 x 5 @ 230 lbs

My leg workouts have been far from great as of late. Well, I decided last night, way before I even stepped foot in the gym this morning, that I was going to have an awesome leg workout today. I decided to use my old workout shoes. I feel more stable performing squats in these shoes compared to my newer cross trainers. Maybe it was all mental or maybe the shoes helped, but today was the best I have felt on squats in a long time. My depth, control, and form were all vastly improved from prior weeks. I obtained the help of a good spotter so I did not have to worry about getting "stuck" or hurt. I could just squat deep and drive up as hard as possible. I ended up performing an extra set of squats in place of one of my leg press sets because a girl was using the leg press and said she had 6 more sets. Rather than wait around, I decided to

hammer out one more intense set of squats. If anything, the change had a positive effect on my workout being that squats are THE MOST effective lower body exercise and I executed them very well today.

My 1 set of leg presses was good as I forced out 4 deep reps. I performed a warm-up set on leg curls and felt alright, but before I even completed my first rep on my first heavy set I could feel it pulling in my glute. I realized that I would not be able to go heavy enough to stimulate maximum muscle gain on leg curls without the possibility of injuring myself so I performed three sets of stiff-leg deadlifts instead as I have been doing. Stiff-leg deadlifts have been going great and I kept that streak going today with three very controlled, strong sets. I am off to a great start again and need to keep the momentum rolling!

Cardio	
Exercise	Time / Distance / Calories
Stairmaster1 (fatburner)	Time: 20 minutes, Distance: 2.69 , Calories: 274

I had to get mentally prepared for my cardio session tonight and it was very grueling. However, I gutted it out by pushing very hard and establishing yet another new record! I felt good when I stepped off of the machine because I knew that my increased intensity during this cardio session brings me one step closer to the total body shredded conditioning I am after.

Wednesday, July 23, 2003

As discussed in yesterday's journal entry I will be adjusting my workout schedule in order to shoot my workout video footage at the LA Fitness so there will be no weight training today. The focus of today is two intense cardio sessions, perfect nutrition and supplementation, tanning, and a sauna. I will adjust my nutrition plan slightly since I am not weight training. I am going to supplement each of my cardio sessions by taking a scoop of VP2 and 1/2 scoop of HSC, along with 10 grams of GL-3 L-Glutamine and 1/2 teaspoon of micronized creatine immediately after each cardio session. My total calories for the day will come to a little less than my current nutrition plan for the week.

Cardio (Morning)	
Exercise	Time / Distance / Calories
Recument Bike (Apartment)	Time: 16 minutes, Distance: 6.5, Calories: 413.8

I added another level 8 "hard interval" to today's cardio session and was still able to hit the 6.5 mile mark, which lets me know my cardio intensity is continuing to increase. I also videotaped my entire 16 minute Max-OT cardio session for my training video I am planning to create after my show. The taping went well, but it ain't pretty! Max-OT cardio is intense and can cause you to make some really ugly faces. However, I think it is important to show people exactly how hard I work during my cardio sessions and not try to make it look any different than it actually is. The goal of my upcoming video is to show others what I do to obtain the results I am able to achieve, as well as provide motivation for others looking to enter a bodybuilding competition or just improve their current level of fitness. I want my video to be as accurate and real as possible, which means no "sugarcoating" on what I REALLY do each day.

Cardio (Evening)	
Exercise	Time / Distance / Calories
Stairmill (fatburner)	Time: 20 minutes, Distance: 2.55 , Calories: 386

All of the stairmasters were being used when I got to the gym so you know what that means...Gauntlet time! I felt better during this session on the stairmill compared to my session a few weeks ago using this machine. I am happy that I did not settle for matching my previous stairmill performance and pushed hard all the way until the end.

Thursday, July 24, 2003

I will be performing my weight training session at noon today in order to video tape my workout so I performed my first cardio session of the day this morning. The bike was tough this morning, but I am proud that I did not give into the temptation to let up and pushed hard to whole way through. One phase down for the day and two more to go. I must remain focused on my goal and just take one step at a time. This is important as it can become extremely overwhelming to look ahead at everything I must do in order to be my best for my show, especially in the tired and energy-drained state that my body is in at many times throughout the day. If I can just concentrate on the one task directly in front of me then I will be able to knock all of them off one at a time in an effective manner.

Cardio (Morning)	
Exercise	Time / Distance / Calories
Recumbent Bike (Apartment)	Time: 16 minutes, Distance: 6.4 , Calories: 393.8
Training: Back (Noon)	
Exercise	Sets / Reps / Weight
Bent Over Barbell Rows	2 x 6 at 225 lbs (after warmup)
Lat Pulldowns (In Front)	1 x 5 @ 270 lbs (after 1 acclimation set at 180 lbs)
Seated Cable Rows (V-Bar)	1 x 5 at 270 lbs
Seated Cable Rows (Straight Bar Medium Grip)	1 x 6 @ 255 lbs
Training: Biceps	
Alternate Dumbbell Curls	2 x 5 @ 75 lbs (After 1 acclimation set @ 40 lbs)
Barbell Curls	1 x 4 @ 137.5 lbs, 1 x 5 @ 140 lbs

All in all, I would say that my first videotaping went well. It definitely took away some of my focus from my workout and caused the workout to last a little longer than normal, but that is to be expected.

Overall, I had an effective workout. I stayed with the same heavy weight as last week for the most part. My form suffered a little on some of the exercises, which is probably due to several factors. One, I had already performed an intense cardio session this morning as well as tanned in the sun for about an hour. Also, training at a different time and a little lack of focus due to filming my workout. If you look at my numbers you will notice that my first set of barbell curls has 137.5 as the weight listed. This is because after my first set I realized that I forgot to put a 2 1/2 lb plate on one of the sides of the barbell. This is a mental mistake that is probably part due to being distracted by filming and also being in a calorie deprived state! Not that big of a deal, but I do need to make sure I focus and stay as mentally sharp as possible. Two phases of the day are down and I have one more to go tonight with my second 16 minute Max-OT cardio session on the bike.

Cardio (Evening)	
Exercise	Time / Distance / Calories
Recumbent Bike (Apartment)	Time: 16 minutes, Distance: 6.4 , Calories: 405.8

Max-OT cardio is such a mental game. After a tough cardio session this morning and an intense back and bicep workout at noon I was really dreading tonight's cardio session on the bike. I actually had to take about 15 minutes to get myself mentally ready for the challenge. I kept repeating to myself that the harder I pushed the leaner I WILL get, bottom line. Getting into this positive mindset seemed to do the trick as I was able to pump out a better session than this morning. It is all a mental game at this point.

Friday, July 25, 2003

I have really been riding an emotional and physical roller coaster over the past couple of weeks, and especially this week. Those of you who have competed in a bodybuilding contest will understand what I am talking about. One minute I am feeling great, have a great attitude, tons of energy, and feel virtually unstoppable. The diet is no problem and I am totally focused on my goals. Then, without warning, it seems as though every ounce of energy has been sucked out of my body. I am exhausted, moody, hungry, and feel like there is no way that I can possibly go on.

These "roller coaster" swings are all a part of performing a tremendous amount of activity while consuming very low calories and having a very low level of bodyfat. The final few weeks of dieting and training for a bodybuilding contest put a tremendous amount of physical, mental, and emotional strain on your body. I know that this is just part of the process and I have to keep telling myself this whenever I am on a "down" hill of the roller coaster ride. If I can just hang in there and tough it out I know that I will be riding high again soon. It also helps to remind myself that since I am feeling this way I know that I am getting leaner and leaner, which is only going to make my time on stage on August 9th that much better.

Stay strong, stay focused, and take one thing at a time. This may sound simple, but following this motto is what is going to not only get me through the final 2 weeks of contest preparation, but allow me to make the most out of each and every day. Every day is another opportunity to get better and with the limited number of days left before my show, I MUST make the most out of each one!

Training: Calves	
Exercise	Sets / Reps / Weight

45 Degree Calf Presses	1 x 8 @ 725 lbs (after warm-up), 1 x 8 @ 675 lbs
Standing Calf Raises	1 x 10 @ 402.5 lbs
Seated Calf Raises	1 x 9 @ 225 lbs
Training: Abdominals	
Weighted Leg Raises	1 x 15 @ 40 lbs, 1 x 12 @ 40 lbs
Weighted Cable Crunches	1 x 12 @ 210 lbs, 1 x 10 @ 210 lbs
Training: Forearms	
Exercise	Time / Distance / Calories
Wrist Curls	1 x 7 @ 125 lbs, 1 x 6 @ 125 lbs
Reverse Wrist Curls	1 x 6 @ 60 lbs, 1 x 5 @ 60 lbs

I wish I could say that I felt great during this morning's workout and everything was clicking, but that is just not the case. Even though this workout is less demanding than others workouts it felt very brutal. I pulled a muscle in my glute during Tuesday's workout. I did not think it was that bad but it really bothered me yesterday during bent over rows and today during my calf exercises. Tomorrow, I am due to perform deadlifts with my shoulder and trap workout. I will have seriously have to consider if I am going to be able to perform deadlifts without causing too much pain in my glute. I decided to move down in weight on my second set of 45 degree calf presses due to the discomfort in my glute on my first set. Standing calf raises felt pretty good and I was actually able to increase my weight from two weeks ago when I performed this workout at the LA Fitness. Seated calf raises were also a little uncomfortable and I feel my range of motion was hindered.

On an upnote, abdominal training was very good. I thought about how I want to have a totally shredded midsection and improved my performance from last week, while using very good execution and focus. Forearm training was pretty good as well. Although, I did not feel very well, was not in a good groove, and was in pain during part of the workout, I am proud of the fact that I did not give in and pushed as hard as I could to have an effective training session.

I have a midday cardio session scheduled for today and then another intense session for tonight to finish off the day. One step at time.

Stay Strong!