

Russ Yeager's Journey to

Mr. Alabama 2003

Training Journal

Week 19: Monday, January 6, 2003

Weekly Goals:

- 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 strict 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"
- Follow supplement schedule perfectly as outlined below.
- Maintain a consistent intake of high quality protein on the weekends and allow myself to enjoy some "cheat" foods in moderation.
- Drink lots of pure water-At least 1/2-2 gallons per day.
- Strive for excellent form and exercise execution on all exercises!
- Always strive to increase weight making sure to maintain proper form!
- Continually demand more of myself and redefine what I am capable of in and outside of the weightroom.

The Holidays are officially over and today begins my first full week of all out training during 2003. My workouts have been coming along very nicely over the last few months. I did a good job of following my nutritional and supplementation plan "most of the time" during the holidays, but there was definitely a little too much unplanned "cheating" and overindulgence during the weekends (Although I did MUCH better this year than in the past) This is just one example of raising your standards for your bodybuilding efforts.

Now is the time to buckle down and start to build some serious muscle! I will keep my nutrition plan pretty much the same except for a couple of changes, including substituting potatoes for rice cakes as my fourth post workout carb choice. I think potatoes are a better source. I will also add a couple of potatoes with my post workout Ny-tro Pro 40 for added muscle recovery. I am also going to add some VP2 and creatine HSC before my cardio workouts in order to take advantage of bracketing my cardio workouts.

My decision to increase calories at specific strategic times is to provide the nutrients to build as much muscle mass as possible over the next few months. Since I am adding

calories I will have to be MUCH more in control of my calories during the weekends and start to eliminate most of the fun “cheat” foods. I will still allow myself to go off of my weekday scheduled foods but not eat junk and not eat too many calories. For example, instead of eating a large Pizza Hut Deep Dish on Saturday night I will make my own lowfat chicken calzone. I will see how this works and make any adjustments that are necessary.

I will continue to perform [Max-OT cardio](#) four days a week at this point. The contest I am planning to enter (My first after being inspired by winning the 18-30 Class in the AST 2002 World Championships) is the Mr. Alabama, which is the NPC Alabama State Contest. This is not a drug tested show so I know that I may be at a disadvantage to some competitors being that I am and will always be a drug-free bodybuilder. However, I am more concerned about challenging and improving myself than comparing myself to what others may be doing. I would do the Mr. Natural Alabama State but as far as I know there is not one at this point. The contest has not been scheduled yet but will take place sometime in late August or early September. You will notice that the first week of the journal (January 6) is labeled Week 19. This is because I decided that I was going to participate in the 2003 Mr. Alabama Contest during the first week of September, which was actually a couple of weeks before the 2002 Mr. Alabama, which is when I started keeping this journal. Deciding to start posting my journal on this website will force me to be accountable for all of my actions and to always work hard to improve!

Current Nutrition and Supplementation Plan:

Meal # 1 (6:00 AM)	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Calories</u>
Multi Pro 32X-1 capsule				
1 ALA 200				
Vitamin C-1000 mg				
2 Proflex 750				
1 Cup Skim Milk	9	13	0	90
CLA1000-2 capsules	0	0	2	18
1 Scoop VP2	24	1	0	100
1 Serving Frosted Flakes	1	28	0	120

Pre-Workout (7:00 AM)

Dymetadrine Xtreme-2 capsule				
GL3 L-Glutamine- 10 grams				
1 Scoop VP2	24	1	0	100
1 Scoop HSC	0	34	0	136

Post-Workout (8:00 AM)

1 ALA 200				
2 NAC 500				

Proflex 750-1 Capsule				
Vitamin C-1000mg				
Vitamin E-800 I.U.				
2 Beta Carotene-50,000 I.U.				
GL3 L-Glutamine-10 grams				
1 Scoop VP2	24	1	0	100
1 Scoop HSC	0	34	0	136

Meal # 2 (8:30 AM)

GL3 L-Glutamine-5 grams				
1.5 Scoop Choc. VP2	35.5	3	1	165
1 Cup White Rice	4	43	0	190

Meal # 3 (9:15 AM)

Ny-Tro PRO-40	40	22	1.5	250
4 small canned white potatoes	1	13	0	80

Meal # 4 (10:45 AM)

GL3 L-Glutamine-5 grams				
1.5 Scoop Choc. VP2	35	3	.5	165
6 small canned white potatoes	1.5	24	0	120

Meal # 5 (12:45 PM)

Udos Choice Oil Blend-1 tbs Spoon	0	0	14.5	135
5 Chicken Breast Tenderloins	47	0	1.5	200
Mixed Vegetables-2 Servings	6	24	0	120

Meal # 6 (3:15 PM)

GL3 L-Glutamine-2.5 grams				
1 Tablespoon Crushed Flax seeds	2	4	4.5	65
CLA1000-2 capsules	0	0	2	18
Ny-Tro PRO-40	40	22	1.5	250

Pre-Cardio (5:00 PM)

Vitamin C-1000mg				
Vitamin E-400 I.U.				
GL3 L-Glutamine-2.5 grams	12	.5	0	

1/2 Scoop VP2	0	17	0	50
1/2 Scoop HSC				68

Post-Cardio (5:30 PM)

GL3 L-Glutamine-10 grams

1/2 Scoop VP2	12	.5	0	50
1/2 Scoop HSC	0	17	0	68

Meal # 7 (6:45 PM)

1 Tablespoon Crushed Flax seeds

1/2 Cup Oatmeal	2	4	4.5	65
5 Chicken Breast Tenderloins	5	27	3	150
Vegetables-2 servings	47	0	1.5	200
	6	24	0	120

Meal # 8 (9:45) PM

1 ALA 200

Multi Pro 32X-1 capsule

Vitamin C-1000mg

Proflex 750-1 Capsule

GL3 L-Glutamine-5 Grams

CLA1000-2 Capsules			2	18
Ny-Tro PRO-40	40	22	1.5	250

Meal # 9 (Approximately 2:00 A.M.)

GL3 L-Glutamine-5 grams

1 Scoop VP2	24	1	0	100
1 Cup Skim Milk	9	13	0	90

10:00 P.M. (Before Bed)

GABA-5 grams

TOTALS	451	396	41.5	3787
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I will also drink at least 1 1/2 gallons of water per day.

TRAINING:

Legs:

Leg Press....1 x 6 @ 635 lbs (after warmup), 2 x 5 @ 655 lbs

Squats....1 x 4 @ 245 (After Acclimation set @ 215 lbs), 1 x 5 @ 235 lbs

Straight leg dead lifts....2 x 6 @ 200 lbs

Leg curls....1 x 8 @ 150 lbs, 1 x 6 @ 160 lbs

Calves:

45 degree leg press calf raises....1 x 10 @ 675 lbs, 1 x 8 @ 695

Seated Calf Raises....2 x 9 @ 225 lbs

I will be following the same [Max-OT](#) routine that [Skip LaCour](#) is currently following for the next three weeks. With the time difference I will actually be working out at the same time as Skip so if I am ever questioning my intensity level I can just think about how hard Skip is working on the same bodypart and that should get me going!

There was definitely a different feel performing leg presses before squats. My leg presses felt much stronger and my squats felt tougher and a little awkward. I dropped down in weight a bit on my second set of squats to concentrate on going deep and using good form (my knees were starting to buckle during my first set). I will have to be tough and keep my knees out and push through my two sets of squats. The rest of the workout was pretty good. I need to get back into the groove and start pumping out some GREAT workouts and eating and supplementing right on the money as well. Doing this consistently will produce the results I want! Time to execute!

Cardio:

Recumbent bike

16 minutes

Calories: 245

Week 19: Tuesday, January 7, 2003

TRAINING:

Chest:

Incline Barbell Bench Press....1 x 5 at 205 lbs (After warmup), 1 x 5 @ 210 lbs, 1 x 4 @ 215 lbs

Dumbbell Press....2 x 5 at 90 lbs, 1 x 4 @ 90 lbs

Decline Dumbbell Press....1 x 4 @ 90 lbs

Abs:

Weighted Cable Crunches....1 x 12 @ 210 lbs, 2 x 10 @ 210 lbs

Incline Crunches (weighted)....2 x 8 @ 45 lbs

Good workout today. This workout was a totally different feel than the chest workouts I have been performing. Incline presses felt pretty good and I had very little shoulder aggravation. Flat dumbbell presses felt a little awkward, I guess because I have not done them in a while, but the second and third sets felt better than the first. I maintained good focus and intensity during my ab sets and had an overall good workout. I have decided, at least for now, to stick with my original four day cardio on Monday, Tuesday, Thursday, and Saturday. This works better with my schedule and still allows one day inbetween cardio sessions except for Mondays and Tuesdays.

Cardio:

Stairmaster (fatburner)

20 minutes

2.50 miles

Week 19: Wednesday, January 8, 2003

TRAINING:

Back:

Bent Over Rows....2 x 6 @ 215 lbs (after warm-up)

V Bar Pulldowns....2 x 6 @ 255 lbs

Pullups (to failure)....2 x 5 (no weight)

Cable rows....1 x 5 @ 240 lbs

Traps:

Deadlifts...1 x 6 at 255 lbs (After acclimation set @ 185 lbs), 1 x 5 @ 265 lbs

Barbell Shrugs....1 x 6 @ 305 lbs

I had a good workout this morning. I made some mental blunders though, including forgetting to take my dymetadrine extreme. Man, I won't make that mistake again, what a big difference. I fought hard to stay focused on lift heavy with intensity while using proper execution. Although my workouts are coming along well, I KNOW that I have a lot of room to step it up to the next level. Doing so on a consistent basis is what will take my training and my physique to a higher level. I am ready to make 2003 awesome!!

Week 19: Thursday, January 9, 2003

TRAINING:

Shoulders:

Dumbbell Press....1 x 6 @ 75 lbs (after warm-up), 1 x 5 @ 75 lbs, 1 x 4 @ 75 lbs

Standing Military Press (To the Front)....2 x 5 @ 135 lbs

Dumbbell Side Lateral Raises...2 x 6 @ 25 lbs

Triceps:

Lying Tricep Presses....2 x 6 @ 135 lbs (after 1 acclimation set), 1 x 5 @ 135 lbs

Tricep cable pushdowns....1 x 6 @ 250 lbs (after warm-up), 1 x 4 @ 250 lbs, 1 x 5 @ 240 lbs

Seated overhead tricep press (using dumbbell)....1 x 5 @ 90 lbs

Today was one of the best workouts I have had in a long time. I had a great attitude going in, I was motivated, I lifted heavy, intense, and used good execution. I also had a good mind to muscle connection during the exercises. I really thought about what I was trying to accomplish with my workout and it made a big difference. I need to make all of my workouts as good as this one and I will definitely get some exceptional results!

I am going to play basketball at lunch today (around noon) with some of my coworkers in the gym in the bottom of the building. I am going to use this as my cardio today. I won't have the normal [Max-OT](#) 8 hours between my weight training and cardio sessions, but I will have gotten in all of my post workout meals and I will also "bracket" the basketball with HSC and VP2 as I do my normal cardio. I don't want to make this a daily thing in fear of possibly hindering the muscle building process, but I will see how it goes today and maybe start to play once a week or so for a change of pace because I really do enjoy playing ball.

Cardio: Basketball at lunch! Very brutal but fun.

Week 19: Friday January 10, 2003

TRAINING:

Biceps:

Barbell Curls....1 x 6 at 135 lbs, 1 x 6 @ 140 lbs (after warmup), 1 x 5 @ 140 lbs

Alternate Dumbbell Hammer Curls....2 x 6 at 65 lbs

Curl bar curls....2 x 5 @ 125 lbs

Abs:

Leg lifts (weighted)....1 x 12 @ 35 lbs, 1 x 10 @ 35 lbs

Weighted cable crunches....2 x 10 @ 210 lbs

I feel that I effectively stimulated the intended muscle groups during today's biceps and abdominal workout. However, my workout was not as good as yesterday. I just didn't get into a good "groove" and had to fight hard on every set. I need to make sure that I focus and get the MOST out of every single workout. Anything less than 110% effort just isn't going to get the results I am after.

Week 20: Monday, January 13, 2003

Weekly Goals:

- 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 strict 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"
- Follow supplement schedule perfectly as outlined below.
- Maintain a consistent intake of high quality protein on the weekends and allow myself to enjoy some "cheat" foods in moderation.
- Drink lots of pure water-At least 1/2-2 gallons per day.
- Strive for excellent form and exercise execution on all exercises!
- Always strive to increase weight making sure to maintain proper form!
- Continually demand more of myself and redefine what I am capable of in and outside of the weightroom.

Current Nutrition and Supplementation Plan:

Meal # 1 (6:00 AM)	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Calories</u>
Multi Pro 32X-1 capsule 1 ALA 200 Vitamin C-1000 mg 2 Proflex 750				

1 Cup Skim Milk	9	13	0	90
CLA1000-2 capsules	0	0	2	18
1 Scoop VP2	24	1	0	100
1 Serving Frosted Flakes	1	28	0	120

Pre-Workout (7:00 AM)

Dymetadrine Xtreme-2
capsule

GL3 L-Glutamine- 10 grams

1 Scoop VP2	24	1	0	100
1 Scoop HSC	0	34	0	136

Post-Workout (8:00 AM)

1 ALA 200

2 NAC 500

Proflex 750-1 Capsule

Vitamin C-1000mg

Vitamin E-800 I.U.

2 Beta Carotene-50,000 I.U.

GL3 L-Glutamine-10 grams

1 Scoop VP2	24	1	0	100
1 Scoop HSC	0	34	0	136

Meal # 2 (8:30 AM)

GL3 L-Glutamine-5 grams

1.5 Scoop Choc. VP2	35.5	3	1	165
1 Cup White Rice	4	43	0	190

Meal # 3 (9:15 AM)

Ny-Tro PRO-40

4 small canned white potatoes	40	22	1.5	250
	1	13	0	80

Meal # 4 (10:45 AM)

GL3 L-Glutamine-5 grams

1.5 Scoop Choc. VP2	35	3	.5	165
6 small canned white potatoes	1.5	24	0	120

Meal # 5 (12:45 PM)

Udos Choice Oil Blend-1 tbs
Spoon

5 Chicken Breast Tenderloins	47	0	14.5	135
		0	1.5	200

Mixed Vegetables-2 Servings	6	24	0	120
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Meal # 6 (3:15 PM)

GL3 L-Glutamine-2.5 grams

1 Tablespoon Crushed Flax seeds

CLA1000-2 capsules

Ny-Tro PRO-40

2	4	4.5	65
0	0	2	18
40	22	1.5	250

Pre-Cardio (5:00 PM)

Vitamin C-1000mg

Vitamin E-400 I.U.

GL3 L-Glutamine-2.5 grams

1/2 Scoop VP2

1/2 Scoop HSC

12	.5	0	50
0	17	0	68

Post-Cardio (5:30 PM)

GL3 L-Glutamine-10 grams

1/2 Scoop VP2

1/2 Scoop HSC

12	.5	0	50
0	17	0	68

Meal # 7 (6:45 PM)

1 Tablespoon Crushed Flax seeds

1/2 Cup Oatmeal

5 Chicken Breast Tenderloins

Vegetables-2 servings

2	4	4.5	65
5	27	3	150
47	0	1.5	200
6	24	0	120

Meal # 8 (9:45) PM

1 325 mg Aspirin

1 ALA 200

Multi Pro 32X-1 capsule

Vitamin C-1000mg

Proflex 750-1 Capsule

GL3 L-Glutamine-5 Grams

CLA1000-2 Capsules

Ny-Tro PRO-40

		2	18
40	22	1.5	250

Meal # 9 (Approximately 2:00 A.M.)

GL3 L-Glutamine-5 grams

1 Scoop VP2

24	1	0	100
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1 Cup Skim Milk	9	13	0	90
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10:00 P.M. (Before Bed) GABA-5 grams				
TOTALS	451	396	41.5	3787

I will also drink at least 1 1/2 gallons of water per day.

TRAINING:

Legs:

Leg Press....3 x 5 @ 655 lbs (after warmup),

Squats....1 x 6 @ 240 (After Acclimation set @ 225 lbs), 1 x 6 @ 245 lbs

Straight leg dead lifts....2 x 6 @ 205 lbs

Leg curls....2 x 6 @ 167.5 lbs

Calves:

45 degree leg press calf raises....2 x 10 @ 695 lbs,

Seated Calf Raises....1 x 10 @ 225 lbs, 1 x 9 @ 225 lbs

Today's leg workout was really good. I moved some good weight, was focused, intense and could really feel it in my legs during and after the workout. I am sure that I stimulated muscle growth today. I need to have great intense workouts like this all week long!!

Cardio:

Stairmaster	20 minutes	Distance: 250
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Week 20: Tuesday, January 14, 2003

TRAINING:

Chest:

Incline Barbell Bench Press....3 x 5 at 210 lbs (After warmup),

Dumbbell Press....1 x 6 at 90 lbs, 2 x 4 @ 90 lbs

Decline Dumbbell Press....1 x 4 @ 90 lbs

Abs:

Weighted Cable Crunches....1 x 12 @ 210 lbs, 2 x 10 @ 210 lbs

Incline Crunches (weighted)....2 x 8 @ 45 lbs

My numbers were pretty much the same as last week. I had good intensity during my sets and feel that I stimulated the intended muscle groups. My mind wandered a bit in between sets as I was distracted with some personal issues going on right now. I need to stay focused during my workout even though I have other things going on in my life. Workout time is workout time. Period. It is only 1 hour out of the day.

Cardio:

Stairmaster (fatburner)

20 minutes

2.50 miles

Week 20: Wednesday, January 15, 2003

TRAINING:

Back:

Bent Over Rows....2 x 6 @ 220 lbs (after warm-up)

V Bar Pulldowns....2 x 6 @ 255 lbs

Pullups (to failure)....1 x 6 (no weight), 1 x 5 (no weight)

Cable rows....1 x 5 @ 240 lbs

Traps:

Deadlifts...2 x 6 at 265 lbs (After acclimation set @ 185 lbs)

Barbell Shrugs....1 x 6 @ 305 lbs

I made modest improvements during today's back and traps workout compared to last week. I tried to concentrate on working my back muscles and the kind of back development I want to have. I know that visualizing and connecting my mind to the muscles I am working will

have a tremendous positive effect and the results I achieve and I must continue to do this better and better every workout. I am planning to play basketball today during lunch for my third cardio session of the week. I will make sure to bracket the session with VP2 and HSC and I would any other [Max-OT cardio](#) session.

Week 20: Thursday, January 16, 2003

TRAINING:

Shoulders:

Dumbbell Press....1 x 6 @ 75 lbs (after warm-up), 2 x 4 @ 75 lbs

Standing Military Press (To the Front)....2 x 5 @ 135 lbs

Dumbbell Side Lateral Raises...2 x 6 @ 25 lbs

Triceps:

Lying Tricep Presses....2 x 5 @ 135 lbs (after 1 acclimation set), 1 x 4 @ 135 lbs

Tricep cable pushdowns....1 x 6 @ 250 lbs (after warm-up), 1 x 4 @ 250 lbs, 1 x 5 @ 240 lbs

Seated overhead tricep press (using dumbbell)....1 x 5 @ 90 lbs

Today's workout was not as good as last weeks shoulders and triceps workout. It was kind of frustrating that my #'s were not as good. I fought hard and had good intensity and tried to stay mentally positive. I believe I had a good and intense workout just not as good as it could have and should have been. I need to make sure I get to bed earlier because I have been staying up too late!

I didn't get to play basketball yesterday so I am going to play today.

Cardio: Basketball at lunch!

Week 20: Friday January 17, 2003

TRAINING:

Biceps:

Barbell Curls....1 x 6 at 135 lbs, 1 x 6 @ 140 lbs (after warmup), 1 x 5 @ 145 lbs

Alternate Dumbbell Hammer Curls....2 x 6 at 65 lbs

Curl bar curls....1 x 6 @ 130 lbs

Abs:

Leg lifts (weighted)....1 x 12 @ 35 lbs, 1 x 10 @ 35 lbs

Weighted cable crunches....2 x 10 @ 210 lbs

I felt much better (stronger and in a groove) today compared to last week's bicep and abs workout. I made some good increases this week and had a really good workout. I still need to continue to ask more of myself and up my intensity level because I know that I can perform better.

Week 21: Monday, January 20, 2003

Weekly Goals:

- 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 strict 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"
- Follow supplement schedule perfectly as outlined below.
- Maintain a consistent intake of high quality protein on the weekends and allow myself to enjoy some "cheat" foods in moderation.
- Drink lots of pure water-At least 1/2-2 gallons per day.
- Strive for excellent form and exercise execution on all exercises!
- Always strive to increase weight making sure to maintain proper form!
- Continually demand more of myself and redefine what I am capable of in and outside of the weightroom.
- Make this final week of training before my recovery week my BEST week for the entire 10 week training cycle!

Current Nutrition and Supplementation Plan:

Meal # 1 (6:00 AM)	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Calories</u>
Multi Pro 32X-1 capsule				
1 ALA 200				
Vitamin C-1000 mg				
2 Proflex 750				
1 Cup Skim Milk	9	13	0	90
CLA1000-2 capsules	0	0	2	18

1 Scoop VP2	24	1	0	100
1 Serving Frosted Flakes	1	28	0	120

Pre-Workout (7:00 AM)

Dymetadrine Xtreme-2
capsule

GL3 L-Glutamine- 10 grams

1 Scoop VP2	24	1	0	100
1 Scoop HSC	0	34	0	136

Post-Workout (8:00 AM)

1 ALA 200

2 NAC 500

Proflex 750-1 Capsule

Vitamin C-1000mg

Vitamin E-800 I.U.

2 Beta Carotene-50,000 I.U.

GL3 L-Glutamine-10 grams

1 Scoop VP2	24	1	0	100
1 Scoop HSC	0	34	0	136

Meal # 2 (8:30 AM)

GL3 L-Glutamine-5 grams

1.5 Scoop Choc. VP2 35.5 3 1 165

1 Cup White Rice 4 43 0 190

Meal # 3 (9:15 AM)

Ny-Tro PRO-40

4 small canned white potatoes 40 22 1.5 250
1 13 0 80

Meal # 4 (10:45 AM)

GL3 L-Glutamine-5 grams

1.5 Scoop Choc. VP2 35 3 .5 165

6 small canned white potatoes 1.5 24 0 120

Meal # 5 (12:45 PM)

Udos Choice Oil Blend-1 tbs
Spoon

5 Chicken Breast Tenderloins 47 0 1.5 200

Mixed Vegetables-2 Servings 6 24 0 120

Meal # 6 (3:15 PM)

GL3 L-Glutamine-2.5 grams

1 Tablespoon Crushed Flax
seeds

CLA1000-2 capsules

Ny-Tro PRO-40

2	4	4.5	65
0	0	2	18
40	22	1.5	250

Pre-Cardio (5:00 PM)

Vitamin C-1000mg

Vitamin E-400 I.U.

GL3 L-Glutamine-2.5 grams

1/2 Scoop VP2

1/2 Scoop HSC

12	.5	0	50
0	17	0	68

Post-Cardio (5:30 PM)

GL3 L-Glutamine-10 grams

1/2 Scoop VP2

1/2 Scoop HSC

12	.5	0	50
0	17	0	68

Meal # 7 (6:45 PM)1 Tablespoon Crushed Flax
seeds

1/2 Cup Oatmeal

5 Chicken Breast Tenderloins

Vegetables-2 servings

2	4	4.5	65
5	27	3	150
47	0	1.5	200
6	24	0	120

Meal # 8 (9:45) PM

1 ALA 200

Multi Pro 32X-1 capsule

Vitamin C-1000mg

Proflex 750-1 Capsule

GL3 L-Glutamine-5 Grams

CLA1000-2 Capsules

Ny-Tro PRO-40

		2	18
40	22	1.5	250

**Meal # 9 (Approximately
2:00 A.M.)**

GL3 L-Glutamine-5 grams

1 Scoop VP2

1 Cup Skim Milk

24	1	0	100
9	13	0	90

10:00 P.M. (Before Bed)

GABA-5 grams

TOTALS	451	396	41.5	3787
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I will also drink at least 1 1/2 gallons of water per day.

TRAINING:

Legs:

Leg Press....1x 5 @ 675 lbs (after warmup), 2 x 4 @ 675 lbs

Squats....2 x 5 @ 250 (After Acclimation set @ 225 lbs)

Straight leg dead lifts....2 x 6 @ 205 lbs (after 1 acclimation set at 135 lbs)

Leg curls....1 x 6 @ 170 lbs, 1 x 5 @ 170 lbs

Calves:

45 degree leg press calf raises....1 x 9 @ 725 lbs, 1 x 10 @ 725 lbs

Seated Calf Raises....1 x 10 @ 225 lbs, 1 x 9 @ 225 lbs

My main goal this week is to make this my best week of workouts during this [Max-OT](#) training cycle before taking a recovery week off. Today's leg workout was a rock solid start to making that happen. I stepped it up a couple of notches on all exercises, especially leg presses and performed like I needed to. I thought about stimulating my quads and hamstrings during each set and had an overall great workout. I must make every single workout this week at least as good as today's.

Cardio:

Stairmaster 20 minutes Distance: 2.51

I finally broke past the 2.50 mark on the stairstepper doing fatburner mode! I stepped it up today during my weight training and cardio session. I need to keep it going like this all week long!

Week 21: Tuesday, January 21, 2003

TRAINING:

Chest:

Incline Barbell Bench Press....3 x 5 at 210 lbs (After warmup),

Dumbbell Press....1 x 6 at 90 lbs, 2 x 5 @ 90 lbs

Decline Dumbbell Press....1 x 4 @ 90 lbs

Abs:

Weighted Cable Crunches....1 x 12 @ 210 lbs, 1 x 11 @ 210 lbs, 1 x 10 @ 210 lbs

Incline Crunches (weighted)....2 x 8 @ 45 lbs

I knew I was going to have to step it up to make this week's chest and ab workout better than last week. My first set of incline presses was not very good. I struggled to get five reps and did not touch my chest on one rep, which is unacceptable. I was determined not to let this slow start determine my workout. I had two much better sets on my last two sets of incline presses. Still, this only matched last week's performance. However, I stepped it up during flat dumbbell presses and completed one extra rep on My numbers were pretty much the same as last week. I had good intensity during my sets and feel that I stimulated the intended muscle groups. My mind wandered a bit in between sets as I was distracted with some personal issues going on right now. I need to stay focused during my workout even though I have other things going on in my life. Workout time is workout time. Period. It is only 1 hour out of the day.

Cardio:

Stairmaster (fatburner)

20 minutes

2.50 miles

Week 21: Wednesday, January 22, 2003

TRAINING:

Back:

Bent Over Rows....2 x 6 @ 225 lbs (after warm-up)

V Bar Pulldowns....2 x 6 @ 255 lbs

Pullups (to failure)....2 x 6 (no weight)

Cable rows....1 x 6 @ 240 lbs

Traps:

Deadlifts...1 x 6 at 275 lbs (After acclimation set @ 205 lbs), 1 x 5 @ 275 lbs

Barbell Shrugs....1 x 6 @ 305 lbs

I continued to make progress towards making this week my best week of training during this [Max-OT](#) cycle by increasing in weight and/or reps on most exercise. I changed my grip on deadlifts where I have both palms facing inward as [Skip](#) has described in a question on the [AST website](#). The movement really did feel better using this grip and I was able to increase my weight from last week by 10 lbs. Two more intense workouts this week to finish off the [Max-OT](#) training cycle. I must make these next two workouts GREAT in order to make this my best week! I do not have cardio scheduled for today. I will play basketball tomorrow during lunch.

Week 21: Thursday, January 23, 2003

TRAINING:

Shoulders:

Dumbbell Press....1 x 6 @ 75 lbs (after warm-up), 2 x 5 @ 75 lbs

Standing Military Press (To the Front)....2 x 6 @ 135 lbs

Dumbbell Side Lateral Raises...2 x 6 @ 25 lbs

Triceps:

Lying Tricep Presses....1 x 6 @ 135 lbs (after 1 acclimation set), 1 x 5 @ 135 lbs, 1 x 4 @ 135 lbs

Tricep cable pushdowns....1 x 6 @ 250 lbs (after warm-up), 2 x 5 @ 240 lbs

Seated overhead tricep press (using dumbbell)....1 x 5 @ 90 lbs

I stepped it up again during today's shoulder's and tricep workout. I increased my reps on almost all exercises and had a great attitude about training. I thought about how busting it in the gym today is going to be a stepping stone in getting my physique where I want it to be this year. I have one more workout tomorrow to finish out the week and this [Max-OT](#) training cycle before my recovery week. So far, I am accomplishing my goal of making this my best week of the cycle. No time to let up though. I must attack biceps and abs tomorrow with passion and desire!

I will play basketball today at lunch for cardio.

Cardio: Basketball at lunch. I am getting really good cardio workouts playing basketball on Thursdays. The games are competitive and fast paced but all of the players are very nice. I pulled my left inner thigh today somehow. It is pretty stiff this afternoon. I don't remember specifically hurting it so hopefully it should be fine in a couple of days.

Week 21: Friday January 24, 2003

TRAINING:

Biceps:

Barbell Curls....2 x 6 at 140 lbs (after warmup) , 1 x 5 @ 145 lbs

Alternate Dumbbell Hammer Curls....1 x 6 at 65 lbs, 1 x 5 @ 70 lbs

Curl bar curls....1 x 5 @ 135 lbs

Abs:

Leg lifts (weighted)....1 x 12 @ 35 lbs, 1 x 11 @ 35 lbs

Weighted cable crunches....2 x 10 @ 210 lbs

Today finished out my last workout of this Max-OT 10 week cycle. I forced myself to go for a heavier weight today during my bicep exercises. I really had to fight hard and concentrate to maintain proper execution, but I am determined to raise my standards and get stronger in the gym. Choosing a heavier weight when I am in doubt of if I can handle it is the only way I will consistently step up my performance. Even with the heavier weights I was able to work effectively within the 4-6 rep range and I definitely feel that I stimulated muscle growth.

I believe that I have accomplished my main goal of making this last week my best week of training for this Max-OT cycle. I am feeling a bit worn down, which means that I am probably overdue for my recovery week. I will plan to take a recovery week after 8-9 weeks instead of 10 weeks this time. I still have to convince myself that this recovery week is vitally important part of the Max-OT program and that no matter how much I may want to train I must make myself take this time off and allow my body to recuperate. This will make a big difference in the results I am able to achieve in the long run.

I will perform my normal cardio session on Saturday and then probably perform another session on Sunday before taking off the rest of the week from weight training and cardio. I will be traveling to Washington D.C. next week for work so I need to make sure to pack plenty of VP2 and Ny-tro and all of my supplements. Even though it is my recovery week, it is very important that I supply my body with high quality protein and nutrients in order to fully recuperate.

Since I will be working out of town at a new client location, I most definitely have to go to some business lunches and maybe some dinners. I will just have to make sure I make wise choices when I have to eat out. It shouldn't be a problem. I mean, you can get grilled chicken and vegetables pretty much anywhere.

Week 22: Monday, January 27, 2003 (Recovery Week)

Weekly Goals:

- Follow nutritional and supplementation plan as outlined above to the best of my abilities as I will be traveling in Washington D.C. all week. MAKE WISE DECISIONS WHEN YOU DO HAVE TO EAT OUT AND BRING ALL SUPPLEMENTS AND PLENTY OF NY-TROS AND VYOPRO BARS!
- Maintain consistent flow of high quality protein during weekend and minimize cheating.
- Let body and mind recover from 10 weeks of all out training and get refreshed for next week.
- Relax and enjoy time away from the gym!
- Create new Max-OT program for next week.

Current Nutrition and Supplementation Plan:

Meal # 1 (7:00 AM)	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Calories</u>
Multi Pro 32X-1 capsule				
2 NAC 500				
Vitamin E-800 I.U.				
2 Beta Carotene-50,000 I.U.				
1 ALA 200				
1 325 mg Aspirin				
Vitamin C-1000 mg				
2 Proflex 750				
GL3 L-Glutamine-10 grams				
1 Cup Skim Milk	9	13	0	90
CLA1000-2 capsules	0	0	2	18
2 Scoop VP2	48	2	0	200
1 Serving Frosted Flakes	1	28	0	120

Meal # 2 (9:00 AM)

GL3 L-Glutamine-5 grams				
Ny-Tro PRO-40	40	22	1.5	250
1 Scoop VP2	24	1	0	100
¼ Cup Oatmeal	2.5	13.5	1.5	75

Meal # 3 (11:30 AM)				
Flax Oil-1 Tbl Spoon	0	0	14	130
5 Chicken Breast Tenderloins	47	0	1.5	200
Mixed Vegetables-2 Servings	6	24	0	120

Meal #4 (2:00 PM)

1 ALA 200

1 Proflex 750

Vitamin C-1000 mg

GL3 L-Glutamine-5 grams

CLA1000-2 capsules 0 0 2 18

1 Scoop VP2 24 1 0 100

¼ Cup Oatmeal 2.5 13.5 1.5 75

Meal # 5 (4:00PM)

GL3 L-Glutamine-5 grams

Ny-Tro PRO-40 40 22 1.5 250

Meal # 6 (6:30 PM)

Flax Oil-1/2 Tbl Spoon 0 0 7 65

1/2 Cup Oatmeal 5 27 3 150

5 Chicken Breast Tenderloins 47 0 1.5 200

Vegetables-2 servings 6 24 0 120

Meal # 7 (9:30) PM

1 ALA 200

Multi Pro 32X-1 capsule

Vitamin C-1000mg

Proflex 750-1 Capsule

GL3 L-Glutamine-10 Grams

CLA1000-2 Capsules 40 22 2 18

Ny-Tro PRO-40 1.5 250

**Meal # 8 (Approximately
2:00 A.M.)**

GL3 L-Glutamine-5 grams

1 Scoop VP2 24 1 0 100

1 Cup Skim Milk 9 13 0 90

10:00 P.M. (Before Bed)

GABA-5 grams

TOTALS**375****227.5****40.5****2739**I will also drink at least 1 gallon of water per day.

Week 23: Monday, February 3, 2003

Weekly Goals:

- 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 strict 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”
- Follow supplement schedule perfectly as outlined below.
- Maintain a consistent intake of high quality protein on the weekends and allow myself to enjoy some “cheat” foods in moderation. Start to minimize “cheat” foods on the weekends that will not help me move forward towards my goals.
- Drink lots of pure water-At least 1/2-2 gallons per day.
- Strive for excellent form and exercise execution on all exercises!
- Re-establish good training habits and “reacquaint” my body to training after week off.
- Continually demand more of myself and redefine what I am capable of in and outside of the weightroom.

I returned back to Atlanta from D.C. later Friday night. I had to eat out for quite a few business lunches and dinners last week in D.C. and made good food choices for the most part. I tried to order plain chicken or beef with some kind of vegetables or salad. I also used Ny-Tro Pro 40, VP2 and all of my other normal supplements (except Dymetadrine Xtreme and Creatine HSC) daily. Although I ate pretty well, I am still glad to be back to where I can cook all of my food and eat exactly how I want to in order to build muscle and lose bodyfat in the most efficient and effective manner possible.

I had a good week off of training last week. I was feeling a little run down and I think the rest did me good. My motivation to train hard always builds during my week off. While in D.C. I got a chance to see all of the Monuments, which was an amazing site! My coworker and I also got the see Michael Jordan and the Wizards play against the Phoenix Suns. It was a great game and the MCI Center is very nice. All in all, it was a good week. Now, I am ready to get back to some [Max-OT](#) training and build some serious muscle! My nutrition and supplementation plan will stay pretty much the same as before my recovery week. However, I did not use creatine last week and will take one more week off of creatine supplementation this week. In order to take advantage of a high glycemic carb source before and after resistance and cardio training, I will use Tang. Three Tablespoons of Tang provides almost exactly as many calories as one serving of Creatine HSC. I will also take off one more week from Dymetadrine Xtreme.

Current Nutrition and Supplementation Plan:

Meal # 1 (6:00 AM)	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Calories</u>
Multi Pro 32X-1 capsule				
1 ALA 200				
Vitamin C-1000 mg				
2 Proflex 750				
1 Cup Skim Milk	9	13	0	90
CLA1000-2 capsules	0	0	2	18
1 Scoop VP2	24	1	0	100
1 Serving Frosted Flakes	1	28	0	120

Pre-Workout (7:00 AM)

Vitamin C-1000mg

Vitamin E-400 I.U.

1 Beta Carotene-25,000 I.U

GL3 L-Glutamine- 10 grams

1 Scoop VP2	24	1	0	100
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3 Tbs Tang	0	34	0	136
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Post-Workout (8:00 AM)

1 ALA 200

2 NAC 500

Proflex 750-1 Capsule

Vitamin C-1000mg

Vitamin E-400 I.U.

1 Beta Carotene-25,000 I.U.

GL3 L-Glutamine-10 grams

1 Scoop VP2	24	1	0	100
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3 Tbs Tang	0	34	0	136
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Meal # 2 (8:30 AM)

GL3 L-Glutamine-5 grams

1.5 Scoop Choc. VP2	35.5	3	1	165
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1 Cup White Rice	4	43	0	190
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Meal # 3 (9:15 AM)

Ny-Tro PRO-40

40	22	1.5	250
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4 small canned white potatoes

1	13	0	80
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Meal # 4 (10:45 AM)

GL3 L-Glutamine-5 grams	2	5	165
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1.5 Scoop Choc. VP2	35	24	0	120
6 small canned white potatoes	1.5			

Meal # 5 (12:45 PM)

Udos Choice Oil Blend-1 tbs				
Spoon	0	0	14.5	135
5 Chicken Breast Tenderloins	47	0	1.5	200
Mixed Vegetables-2 Servings	6	24	0	120

Meal # 6 (3:15 PM)

GL3 L-Glutamine-2.5 grams				
1 Tablespoon Crushed Flax seeds	2	4	4.5	65
CLA1000-2 capsules	0	0	2	18
Ny-Tro PRO-40	40	22	1.5	250

Pre-Cardio (5:00 PM)

Vitamin C-1000mg				
Vitamin E-400 I.U.				
GL3 L-Glutamine-2.5 grams				
1/2 Scoop VP2	12	.5	0	50
1 1/2 Tbs Tang	0	17	0	68

Post-Cardio (5:30 PM)

GL3 L-Glutamine-10 grams				
1/2 Scoop VP2	12	.5	0	50
1 1/2 Tbs Tang	0	17	0	68

Meal # 7 (6:45 PM)

1 Tablespoon Crushed Flax seeds	2	4	4.5	65
1/2 Cup Oatmeal	5	27	3	150
5 Chicken Breast Tenderloins	47	0	1.5	200
Vegetables-2 servings	6	24	0	120

Meal # 8 (9:45) PM

1 ALA 200				
Multi Pro 32X-1 capsule				
Vitamin C-1000mg				
Proflex 750-1 Capsule				
GL3 L-Glutamine-5 Grams				
CLA1000-2 Capsules			2	18
Ny-Tro PRO-40		22	1.5	250

Meal # 9 (Approximately 2:00 A.M.)

GL3 L-Glutamine-5 grams

1 Scoop VP2

1 Cup Skim Milk

24

1

0

100

9

13

0

90

10:00 P.M. (Before Bed)

GABA-5 grams

TOTALS**451****396****41.5****3787**

I will also drink at least 1 1/2 gallons of water per day.

TRAINING:**Shoulders:**

Standing Military Press (To the Front)....3 x 6 @ 125 lbs (After warm-up)

Dumbbell Press....2 x 6 @ 60 lbs

Dumbbell Side Lateral Raises...2 x 6 @ 20 lbs

Dumbbell Rear Lateral Raises....1 x 6 @ 25 lbs

Calves:

45 degree leg press calf raises (one foot at a time)....3 x 6 @ 335 lbs

Seated Calf Raises....2 x 8 @ 205 lbs

This [Max-OT](#) routine starts off with shoulders and calves. I will perform all of my workouts this week using a weight that will allow me to comfortably complete 6 reps on every set. During my week back after my recovery week, I want to get rid of any bad training habits I have started using when trying to lift heavier weight. My goal is to complete 6 solid, controlled reps using excellent form and execution. Next week, I will crank up the intensity and go all out. Tomorrow comes "Terrible Tuesday" as I will be training legs.

Cardio:

Stairmaster

20 minutes

Distance: 2.35 Miles

I took off a week from cardio as well so I want to gradually build back up to my intensity level before my recovery week. I set the machine on level 11 instead of my normal level 12. I definitely got my heart rate going but I felt good during the cardio session. Basketball season starts Wednesday for the Corporate League I am playing in. I am excited about playing, but since many of the games are during lunchtime, I will have to make sure to "bracket" each game with VP2 and Tang (Creatine HSC after this week) in order to prevent any muscle breakdown that may occur during the games. The games will last about 50 minutes and should be a great cardio workout!

Week 23: Tuesday, February 4, 2003

TRAINING:

Legs:

Squats....3 x 6 @ 235 (After warmup)

Leg Press....2 x 6 @ 545 lbs

Straight leg dead lifts....2 x 6 @ 185 lbs (after 1 acclimation set at 135 lbs)

Leg curls....2 x 6 @ 150 lbs

My goal was to continue to reaccustom my body to training and build momentum for next week by using a weight where I could confidently complete 6 solid reps on all sets. The left side of my groin that I pulled playing basketball a couple weeks ago was bothering me a little bit during squats. I tried to be cautious and it actually loosened up and felt better as my workout continued. I will have to be aware of this during my leg workouts and make sure to warm-up properly before my basketball games to avoid injuring it further. If it bothers me a little during basketball tomorrow I will just be sure to stretch it out well, but if it is actually hurting then I will just have to stop playing. It is not worth injuring myself further.

Week 23: Wednesday February 5, 2003

TRAINING:

Chest:

Incline Barbell Bench Press....2 x 6 at 195 lbs (After warmup), 1 x 6 @ 190 lbs

Flat Barbell Bench Press....1 x 6 at 200 lbs, 1 x 6 @ 195 lbs

Incline Dumbbell Press....2 x 6 @ 75 lbs

Triceps:

Lying Tricep Presses....3 x 6 @ 115 lbs (after 1 acclimation set)

Tricep cable pushdowns....2 x 6 @ 200 lbs

During each workout this week, I am trying to concentrate on using excellent form and creating a strong mind to muscle link. As I go through my workouts this week coming back after my recovery week I keep getting more and more excited about hitting the heavy weight with all out intensity next week.

Doing flat bench press after three sets of incline presses definitely had a different feel than performing flat bench first. Although, I may not be able to lift as much weight during flat bench presses doing them after incline presses, I must not have any preconceived limits upon what I can and cannot do. I must attack every set with high expectations and push myself to exceed my current strength levels.

Cardio:

I had my first game for the basketball league I am playing in at lunch today. I made sure to get in all of my post workout meals and then “bracketed” the basketball game with VP2, GL-3 L-Glutamine, and Tang. I definitely got my heart rate up! I gotta get into basketball shape. [Max-OT Cardio](#) is its own monster to conquer but so is playing fast-paced full court basketball. We had a great game and I am happy to say that our team came out on top thanks to a last second buzzer beater by Bobby, one of my teammates. Our next game is Friday at lunch, which will be my third cardio session of the week.

Week 23: Thursday, February 06, 2003

TRAINING:

Abs:

Weighted cable crunches....3 x 12 @ 190 lbs

Leg lifts (weighted)....1 x 12 @ 25 lbs, 2 x 10 @ 25 lbs

Biceps:

Barbell Curls....3 x 6 at 120 lbs (after warmup)

Alternate Dumbbell Curls....3 x 6 at 50 lbs

*I am alternating between barbell curls and dumbbell curls during this

workout. This is NOT a superset. I am performing a set of barbell curls, taking a full rest, then performing a set of dumbbell curls.

Forearms:

Barbell Wrist Curls....2 x 10 @ 85 lbs

Dumbbell wrist curls....2 x 10 @ 35 lbs

Everything felt good during this morning's workout. I really focused on working my biceps during each set. Although this is my first week back after my recovery week, I had good focus and concentration during today's workout. Next week, it is time to hit the big weeks and go after some serious muscle gain!

Week 23: Friday, February 07, 2003

TRAINING:

Back:

Lat Pull downs....3 x 6 @ 210 lbs (after warm-up)

V Bar Pull downs....2 x 6 @ 210 lbs

Deadlifts...3 x 6 at 225 lbs (After acclimation set @ 185 lbs),

Traps:

Barbell Shrugs....2 x 6 @ 275 lbs

This [Max-OT](#) back and traps routine is kind of interesting. I will have to make sure to hit lat pull downs and V-Bar pull downs with the utmost intensity since these are the only exercises that directly target the upper and middle back. I can see how it would be easy to go through the sets and not really feel like I have done anything. However, I can also tell that the 3 sets of deadlifts are going to be very challenging. Deadlifts are a demanding exercise that are very effective at working the lower back, quads, hamstrings, upper back, traps, biceps, and forearms. After deadlifts, I still have two heavy sets of barbell shrugs to finish out the workout.

I have my second basketball game of the season today during lunch, which will be my third cardio session of the week. I will perform my fourth cardio session on Saturday, rest on Sunday, and then get ready to attack next week with passion and intensity!

Week 24: Monday, February 10, 2003

Weekly Goals:

- 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 strict 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”
- Follow supplement schedule perfectly as outlined below.
- Maintain a consistent intake of high quality protein on the weekends and allow myself to enjoy some “non regular diet” foods in moderation. Start to minimize “cheat” foods on the weekends as these will not help me move forward towards my goals.
- Drink lots of pure water-At least 1/2-2 gallons per day.
- Strive for excellent form and exercise execution on all exercises!
- Step up my training intensity to a new level! Demand myself to lift heavier while using great form and execution.
- Have a passion for training and for life!
- 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.

Today, I will begin a loading phase of Creatine monohydrate after a two week layoff. I will take my normal serving of Creatine HSC with VP2 before and after my weight training session. I will take 5 grams of Micronized Creatine with Meal #4 at 10:45 A.M., and then ½ serving of Creatine HSC both before and after my cardio session in the afternoon (or basketball game) for a total of 20 grams for five days. I will also begin taking Dymetadrine Xtreme before my weight training sessions. I love the effects that both of these products have on my strength and energy levels in the gym!

Current Nutrition and Supplementation Plan:

Meal # 1 (6:00 AM)	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Calories</u>
Multi Pro 32X-1 capsule				
1 ALA 200				
Vitamin C-1000 mg				
2 Proflex 750				
1 Cup Skim Milk	9	13	0	90
CLA1000-2 capsules	0	0	2	18
1 Scoop VP2	24	1	0	100
1 Serving Frosted Flakes	1	28	0	120

Pre-Workout (7:00 AM)

Dymetadrine Xtreme-2				
Capsules				
Vitamin C-1000mg				
Vitamin E-400 I.U.				
1 Beta Carotene-25,000 I.U				
GL3 L-Glutamine- 10 grams				
1 Scoop VP2	24	1	0	100
1 Serving Creatine HSC	0	34	0	136

Post-Workout (8:00 AM)				
1 ALA 200				
2 NAC 500				
Proflex 750-1 Capsule				
Vitamin C-1000mg				
Vitamin E-400 I.U.				
1 Beta Carotene-25,000 I.U.				
GL3 L-Glutamine-10 grams				
1 Scoop VP2	24	1	0	100
1 Serving Creatine HSC	0	34	0	136

Meal # 2 (8:30 AM)				
GL3 L-Glutamine-5 grams				
1.5 Scoop Choc. VP2	35.5	3	1	165
1 Cup White Rice	4	43	0	190

Meal # 3 (9:15 AM)				
Ny-Tro PRO-40	40	22	1.5	250
4 small canned white potatoes	1	13	0	80

Meal # 4 (10:45 AM)				
Micronized Creatine-5 grams				
GL3 L-Glutamine-5 grams				
1.5 Scoop Choc. VP2	35	3	.5	165
6 small canned white potatoes	1.5	24	0	120

Meal # 5 (12:45 PM)				
Udos Choice Oil Blend-1 tbs				
Spoon	0	0	14.5	135
5 Chicken Breast Tenderloins	47	0	1.5	200
Mixed Vegetables-2 Servings	6	24	0	120

Meal # 6 (3:15 PM)

GL3 L-Glutamine-2.5 grams

1 Tablespoon Crushed Flax
seeds

CLA1000-2 capsules

Ny-Tro PRO-40

2	4	4.5	65
0	0	2	18
40	22	1.5	250

Pre-Cardio (5:00 PM)

Vitamin C-1000mg

Vitamin E-400 I.U.

GL3 L-Glutamine-2.5 grams

1/2 Scoop VP2

½ Serving HSC

12	.5	0	50
0	17	0	68

Post-Cardio (5:30 PM)

GL3 L-Glutamine-10 grams

1/2 Scoop VP2

½ Serving HSC

12	.5	0	50
0	17	0	68

Meal # 7 (6:45 PM)1 Tablespoon Crushed Flax
seeds

1/2 Cup Oatmeal

5 Chicken Breast Tenderloins

Vegetables-2 servings

2	4	4.5	65
5	27	3	150
47	0	1.5	200
6	24	0	120

Meal # 8 (9:45) PM

1 ALA 200

Multi Pro 32X-1 capsule

Vitamin C-1000mg

Proflex 750-1 Capsule

GL3 L-Glutamine-5 Grams

CLA1000-2 Capsules

Ny-Tro PRO-40

		2	18
40	22	1.5	250

**Meal # 9 (Approximately
2:00 A.M.)**

GL3 L-Glutamine-5 grams

1 Scoop VP2

1 Cup Skim Milk

24	1	0	100
9	13	0	90

10:00 P.M. (Before Bed)

GABA-5 grams

TOTALS	451	396	41.5	3787
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I will also drink at least 1 1/2 gallons of water per day.

TRAINING:

Shoulders:

Standing Military Press (To the Front)....1 x 6 @ 140 lbs (After warm-up), 1 x 6 @ 145 lbs, 1 x 4 @ 150 lbs

Dumbbell Press....1 x 6 @ 70 lbs, 1 x 5 @ 70 lbs

Dumbbell Side Lateral Raises...2 x 6 @ 25 lbs

Dumbbell Rear Lateral Raises....1 x 6 @ 30 lbs

Calves:

45 degree leg press calf raises (one foot at a time)....3 x 8 @ 365 lbs

Seated Calf Raises....1 x 9 @ 225 lbs, 1 x 8 @ 225 lbs

I always feel and appreciate the benefits of taking a week off from training during my second week back. During the first week back after a week off my timing, coordination, and strength always feels a little off. However, during the second week back I feel very strong and extremely motivated. I won't say I had a great workout this morning, but it was very, very good. I felt very strong on military presses and was able to move up in weight on every set and ended up with 150 lbs, which is the most I have done on standing military presses. I had good intensity, focus, and execution and the rest of my shoulder exercises as well.

Calf training was also very intense and focused. I was physically and mentally clicking during this morning's workout. I need to keep this up and work to take it to a higher level during ALL of my [Max-OT](#) training sessions.

Cardio:

Racquetball

I did a little cross training today for my cardio workout and played racquetball with my coworker, David. We played four games, which lasted close to an hour. It was not Max-OT intensity, but I definitely ran a lot and got my heart rate going. I "bracketed" my workout as normal with VP2 and HSC.

Week 24: Tuesday, February 11, 2003

TRAINING:

Legs:

Squats....1 x 6 @ 250 (After warmup), 2 x 5 @ 255 lbs

Leg Press....2 x 5 @ 635 lbs

Straight leg dead lifts....2 x 6 @ 200 lbs (after 1 acclimation set at 135 lbs)

Leg curls....1 x 6 @ 160 lbs, 1 x 5 @ 170 lbs

There is always a great feeling of accomplishment after finishing an intense leg workout. I got in a good mindset before my workout and gave a solid effort on all exercises. Although, I pushed myself hard and used good execution, I KNOW that I can improve on legs, squats in particular. I must continue to focus on keeping my abs and lower back tight, going deep and using good form, and at the same time demand myself to lift heavier and push myself as close as possible to absolute failure. Doing this is what will produce the dramatic results I am after.

Cardio:

Basketball Game at lunch. My team goes 3-0 as one of my teammates hit another buzzer beater three pointer to make us win by one. It was a great game and I was exhausted afterwards. I played almost the whole game and ran pretty hard. Since these games are becoming a very demanding exercise I may start adding a full scoop of HSC and VP2 after the games to make sure that I am properly replenishing my muscle glycogen levels and providing my muscles with the nutrients they need to recover. I will decide on this before my next game on Thursday.

Week 24: Wednesday February 12, 2003

TRAINING:

Chest:

Incline Barbell Bench Press....1 x 6 at 205 lbs (After warmup), 2 x 5 @ 210 lbs

Flat Barbell Bench Press....1 x 6 at 215 lbs, 1 x 5 @ 215 lbs

Incline Dumbbell Press....1 x 3 @ 90 lbs, 1 x 4 @ 85 lbs

Triceps:

Lying Tricep Presses....1 x 5 @ 125 lbs (after 1 acclimation set), 2 x 4 @ 125 lbs

Tricep cable pushdowns....2 x 5 @ 210 lbs

I had a really good chest and triceps workout this morning. I pushed myself hard to lift heavy weight, but also had a good mind to muscle connection with my chest and triceps. I tried to use maximum intensity, but I concentrated on using maximum intensity using my chest during chest exercises. Sometimes, it is easy to just try to get the weight from point A to point B when lifting heavy. It is important to concentrate on the muscle group being worked in order to fully stimulate the muscles. I did a good job of picking my weights except for my first set of incline dumbbell presses. I actually failed to get my fourth rep so I moved down to the 85 lbs dumbbells for my second set.

Week 24: Thursday, February 13, 2003

TRAINING:

Abs:

Weighted cable crunches....1 x 12 @ 200 lbs, 2 x 10 @ 210 lbs

Leg lifts (weighted)....2 x 10 @ 30lbs, 1 x 8 @ 30 lbs

Biceps:

Barbell Curls....2 x 6 at 145 lbs (after warmup), 1 x 5 @ 145 lbs

Alternate Dumbbell Curls....1 x 6 at 65 lbs, 2 x 5 @ 70 lbs

*I am alternating between barbell curls and dumbbell curls during this

workout. This is NOT a superset. I am performing a set of barbell curls,

taking a full rest, then performing a set of dumbbell curls.

Forearms:

Barbell Wrist Curls....1 x 8 @ 105 lbs, 1 x 6 @ 105 lbs

Dumbbell wrist curls....2 x 8 @ 45 lbs

Another really good workout goes into the books today. I forced myself to up my level of intensity, but still concentrated on working the intended muscle group. I feel like I am constantly struggling to find the right balance between pushing myself to lift

heavier and maintaining proper form and execution. This can be frustrating, but it is actually the feeling I SHOULD be having. If I am able to maintain perfect form every rep of every set that I am definitely not pushing myself hard enough to increase weight and intensity. However, if I am always increasing in weight but not using the intended muscle group then I am cheating myself out of maximum muscle fiber stimulation. There is an ongoing battle to find the right balance of weight, intensity, form, and execution. I will continue to strive to improve on each of these during each workout.

Cardio:

Basketball Game at lunch.

I had my best game yet personally, but our team ended up losing our first game of the season. I got in a great cardio workout and was really tired after the game. I made sure to bracket the game with my VP2 and HSC combo.

Week 24: Friday, February 14, 2003

TRAINING:

Back:

Lat Pull downs....3 x 6 @ 240 lbs (after warm-up)

V Bar Pull downs....2 x 6 @ 240 lbs

Deadlifts...1 x 6 at 275 lbs (After 3 acclimation sets), 2 x 5 @ 275 lbs

Traps:

Barbell Shrugs....2 x 6 @ 295 lbs

Today's workout was very intense. I was feeling really tired this morning and had a hard time getting going, but once I hit the gym I was determined to step up and give it my all no matter how I felt. I ended up busting out a great back and traps workout. I used good weight and also focused on using my lats and squeezing my back on each exercise. 3 heavy sets of deadlifts are very demanding and I was feeling it by the end of the workout. Today finished out a very strong week of workouts. I will perform cardio on Saturday morning and then take Sunday off.

Week 25: Monday, February 17, 2003

Weekly Assessment (Week of 2/10/03)

- Trained heavy and intense during all workouts this week
- Followed my diet program 100% Monday through Friday-Good job of eating my meals on time
- Followed Supplementation program about 98%. I have been forgetting to take my pre-cardio vitamin C and E sometimes. I need to turn this into an automatic habit.
- Drank lots of pure water all seven days of the week.
- Had a great attitude about training/Need to improve my attitude towards work
- Ate well all day Sunday and Saturday, except for cheat meal Saturday night, where I ate too much.

Weekly Goals:

- 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 strict 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”
- Follow supplement schedule perfectly as outlined below.
- Maintain a consistent intake of high quality protein on the weekends and allow myself to enjoy some “non regular diet” foods in moderation. Start to minimize “cheat” foods on the weekends as these will not help me move forward towards my goals.
- Drink lots of pure water-At least 1/2-2 gallons per day.
- Strive for excellent form and exercise execution on all exercises!
- Step up my training intensity to a new level! Demand myself to lift heavier while using great form and execution.
- Have a passion for training and for life!
- 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.

I will keep my nutrition and supplementation plan the same this week and concentrate on the timing of my meals and supplements every single day.

Current Nutrition and Supplementation Plan:

Meal # 1 (6:00 AM)	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Calories</u>
Multi Pro 32X-1 capsule				
1 ALA 200				
2 Proflex 750				
1 Cup Skim Milk	9	13	0	90

CLA1000-2 capsules	0	0	2	18
1 Scoop VP2	24	1	0	100
1 Serving Frosted Flakes	1	28	0	120

Pre-Workout (7:00 AM)

Dymetadrine Xtreme-2

Capsules

Vitamin C-1000mg

Vitamin E-400 I.U.

1 Beta Carotene-25,000 I.U

GL3 L-Glutamine- 10 grams

1 Scoop VP2 24 1 0 100

1 Serving Creatine HSC 0 34 0 136

Post-Workout (8:00 AM)

1 ALA 200

2 NAC 500

Proflex 750-1 Capsule

Vitamin C-1000mg

Vitamin E-400 I.U.

1 Beta Carotene-25,000 I.U.

GL3 L-Glutamine-10 grams

1 Scoop VP2 24 1 0 100

1 Serving Creatine HSC 0 34 0 136

Meal # 2 (8:30 AM)

GL3 L-Glutamine-5 grams

1.5 Scoop Choc. VP2 35.5 3 1 165

1 Cup White Rice 4 43 0 190

Meal # 3 (9:15 AM)

Ny-Tro PRO-40 40 22 1.5 250

4 small canned white potatoes 1 13 0 80

Meal # 4 (10:45 AM)

Micronized Creatine-5 grams

GL3 L-Glutamine-5 grams

1.5 Scoop Choc. VP2 35 3 .5 165

6 small canned white potatoes 1.5 24 0 120

Meal # 5 (12:45 PM)

Udder Choice Oil Blend 1 tbs

Spoon	0	0	14.5	135
5 Chicken Breast Tenderloins	47	0	1.5	200
Mixed Vegetables-2 Servings	6	24	0	120

Meal # 6 (3:15 PM)

GL3 L-Glutamine-2.5 grams

1 Tablespoon Crushed Flax seeds

	2	4	4.5	65
CLA1000-2 capsules	0	0	2	18
Ny-Tro PRO-40	40	22	1.5	250

Pre-Cardio (5:00 PM)

Vitamin C-1000mg

Vitamin E-400 I.U.

GL3 L-Glutamine-2.5 grams

1/2 Scoop VP2	12	.5	0	50
1/2 Serving HSC	0	17	0	68

Post-Cardio (5:30 PM)

GL3 L-Glutamine-10 grams

1/2 Scoop VP2	12	.5	0	50
1/2 Serving HSC	0	17	0	68

Meal # 7 (6:45 PM)

1 Tablespoon Crushed Flax seeds

	2	4	4.5	65
1/2 Cup Oatmeal	5	27	3	150
5 Chicken Breast Tenderloins	47	0	1.5	200
Vegetables-2 servings	6	24	0	120

Meal # 8 (9:45) PM

1 ALA 200

Multi Pro 32X-1 capsule

Vitamin C-1000mg

Proflex 750-1 Capsule

GL3 L-Glutamine-5 Grams

CLA1000-2 Capsules			2	18
Ny-Tro PRO-40	40	22	1.5	250

Meal # 9 (Approximately 2:00 A.M.)

GL3 L-Glutamine-5 grams

1 Scoop VP2	24	1	0	100
1 Cup Skim Milk	9	13	0	90

10:00 P.M. (Before Bed)

GABA-5 grams

TOTALS **451** **396** **41.5** **3787**

I will also drink at least 1 1/2 gallons of water per day.

TRAINING:

Shoulders:

Standing Military Press (To the Front)....2 x 5 @ 150 lbs (After warm-up), 1 x 4 @ 150 lbs

Dumbbell Press....2 x 6 @ 70 lbs

Dumbbell Side Lateral Raises...2 x 6 @ 25 lbs

Dumbbell Rear Lateral Raises....1 x 6 @ 35 lbs

Calves:

45 degree leg press calf raises (one foot at a time)....3 x 6 @ 405 lbs

Seated Calf Raises....1 x 9 @ 225 lbs, 1 x 8 @ 225 lbs

I stepped it up another notch and increased my weight on almost all exercises today. I still focused on using good form and hitting the intended muscle group and feel that I did so effectively. I am in a very good mindset right now with my training and enjoying my workouts, and more so the feeling I have when I have completed an intense weight training session. I need to keep this energy going strong all week long!

Cardio:

I had a good 20 minute session on the stairstepper this weekend going 2.48 miles. I will perform my next cardio session this afternoon.

I hit the stairstepper again today at LA Fitness for 20 intense minutes. I surpassed by distance from Saturday by going 2.50 miles. My next cardio session is my next basketball game tomorrow at lunch.

Week 25: Tuesday, February 18, 2003

TRAINING:

Legs:

Squats....1 x 6 @ 255 (After warmup), 1 x 5 @ 260 lbs, 1 x 5 @ 265 lbs

Leg Press....2 x 4 @ 655 lbs

Straight leg dead lifts....2 x 6 @ 205 lbs (after 1 acclimation set at 135 lbs)

Leg curls....1 x 6 @ 170 lbs, 1 x 5 @ 170 lbs

I had a great leg workout last week and knew I was going to have to step it up today in order to improve over last weeks number. I stepped up to the challenge and came through big! During my warm-up sets for squats I felt strong and focused, and knew that I was going to have a great workout.

After moving up to 260 lbs on my second set and getting five reps, I wasn't sure if I should try to move up to 265 lbs or not. I finally decided to stop thinking about it, add the weight, and FORCE myself to lift it. It was my most focused and intense set and I ended up getting 5 reps, after barely getting five reps at 260 lbs. It just goes to show that if you mentally step up to the challenge then you will most likely be able to physically step up to the challenge as well. I was really pumped after that set of squats and the rest of the workout went great.

I guy approached me in the gym today while I was performing straight-leg deadlifts and asked me how many times I worked out legs, noticing that I was working very hard. He expressed interest in finding a workout partner and asked me what my schedule was. I told him I was working chest and triceps tomorrow, but that is what he had trained today so he wants to train together starting Thursday with biceps, abs, and forearms. I have been training by myself for quite some time so I am used to it. However, if I can find a really good training partner then I think it will help take my training to a higher level. I will give it a chance and see how it works out. I will have to be upfront and explain my style of training. If he does not want to train [Max-OT](#) style then that is fine, but I am not going to compromise my style of training because I know that [Max-OT](#) is the fastest and most efficient way to build muscle. It will at least be really good to have a consistent spotter when I need it, and who knows, this guy may end up being the great workout partner I need. We will have to wait and see.

Cardio:

Basketball Game at lunch. Well, our team dropped to 3-2 after losing our second straight game today. The other team played well and we just were not clicking. I am playing better every game, which is good, but we really need to win on Friday. Most importantly, I ran a lot and got in a very good cardio workout.

Week 25: Wednesday February 19, 2003

TRAINING:

Chest:

Incline Barbell Bench Press....1 x 6 at 210 lbs (After warmup), 1 x 5 @ 215 lbs, 1 x 4 @ 220 lbs

Flat Barbell Bench Press....1 x 6 at 225 lbs, 1 x 5 @ 230 lbs

Incline Dumbbell Press....1 x 4 @ 85 lbs, 1 x 5 @ 85 lbs

Triceps:

Lying Tricep Presses....1 x 5 @ 125 lbs (after 1 acclimation set), 1 x 6 @ 125 lbs, 1 x 5 @ 125 lbs

Tricep cable pushdowns....1 x 6 @ 210 lbs, 1 x 6 @ 220 lbs

Olympus D-520 Zoom 2.0 Megapixels, 7.5X Total Digital Zoom (Digital and Optical)

I thought I had a pretty intense chest and triceps workout last week, but today's workout blew last week away. Man, I have really felt focused and intense lately in the weightroom and today was no exception. I found a good spotter for my bench press exercises and was really able to go for it and increase my weight. Having a spotter makes a big difference in the amount of weight you will mentally allow yourself to attempt.

I actually had two exercises today where I performed 1 more rep during my second set than during my first set, incline dumbbell presses and lying tricep extensions. Something is wrong here. Although, it is good that I stepped it up and improved on the second set, if I am truly giving everything I have on the first set then this should not happen. I must make sure that I attack every set with the utmost mental and physical intensity possible.

Overall, I had a great workout today and feel that I stimulated some awesome muscle growth.

Week 25: Thursday, February 20, 2003

TRAINING:

Abs:

Weighted cable crunches....1 x 12 @ 210 lbs, 2 x 10 @ 220 lbs

Leg lifts (weighted)....1 x 12 @ 30lbs, 1 x 10 @ 30 lbs, 1 x 9 @ 30 lbs

Biceps:

Barbell Curls....2 x 6 at 150 lbs (after warmup), 1 x 5 @ 150 lbs

Alternate Dumbbell Curls....1 x 6 at 70 lbs, 2 x 4 @ 75 lbs

*I am alternating between barbell curls and dumbbell curls during this workout. This is NOT a superset. I am performing a set of barbell curls, taking a full rest, then performing a set of dumbbell curls.

Forearms:

Barbell Wrist Curls....1 x 8 @ 105 lbs, 1 x 6 @ 105 lbs

Dumbbell wrist curls....2 x 10 @ 45 lbs

Well, the guy who wanted to train with me showed up ready to go this morning. Today's workout took a little longer than it normally does, mainly due to taking time to explain my training style and also getting to know each other. I understand that there will be a transition period with a new training partner and that is something I will have to deal with. He seems motivated and could turn out to be a good training partner that will benefit my efforts in the gym. We both realized that we spent too much time talking today, so now the "initial meeting" is over and it's time to get down to business!

Aside from today's distractions, I was very productive during my sets and increased weight and/or reps on almost all exercises. I challenged myself to lift heavier weight but still demanded myself to use good execution.

Cardio:

Racquetball:

I had an unplanned cardio session today. I played some racquetball with one of my coworkers around 5:00 p.m. We had some good games and I was really tired after playing. I made sure to bracket my cardio as usual with VP2 and HSC. My next cardio session is my basketball game tomorrow at lunch.

Week 25: Friday, February 21 2003

TRAINING:

Back:

Lat Pull downs....2 x 6 @ 255 lbs (after warm-up), 1 x 5 @ 255 lbs

V Bar Pull downs....2 x 6 @ 255 lbs

Deadlifts...3 x 5 at 275 lbs (After 3 acclimation sets)

Traps:

Barbell Shrugs....2 x 6 @ 305 lbs

Today's back and traps workout was effective. I increased my weight on both lat pull downs and v bar pull downs from last week. I also really concentrated on contracting and stretching my lats on each rep. Deadlifts did not feel quite as good as last week using the same weight. I was really struggling to get 5 reps during each set today. My new training partner has never performed deadlifts so I was teaching him how to do them. I am starting to notice that it really puts the pressure on me to use good execution when I am showing someone else how to do an exercise, as well as explaining the [Max-OT](#) principles. I think this can be a good thing as it will force me to be accountable for my execution and performance during each workout.

Cardio: Basketball game at lunch

We were missing 3 very good players today and we played a tough team. We had a substitute play with us who played very well and the rest of our team stepped it up as well. My lung capacity felt better today than it has so far despite only having four players and playing the entire game. I will have to keep pushing myself harder during the games. This will pay off in two ways; first It will increase my cardiovascular level and my metabolic rate, and it will also allow me to be more productive during the games. Tomorrow morning, I will perform a [Max-OT Cardio](#) session and then rest on Sunday. I have had a very full week of training, cardio, and work, and am looking forward to a little R&R this weekend.

Looking forward to next weekend, I will be attending the Arnold Classic in Columbus, Ohio. I had e-mailed Jeff Willet a while back about helping with the [AST Sports Science](#) booth at the huge bodybuilding and fitness Expo. Today, we confirmed that I will be helping in the AST booth! I am very excited. This will be my first trip to the Arnold Classic and I don't really know what to expect, but I am looking forward to a great weekend! It will also be great to see Jeff Willet, Paul Delia, [Skip La Cour](#), Derik Farnsworth, and all of the other wonderful AST people once again.

Look for a full write-up of the weekend with LOTS of pictures from the Expo on this website!

Week 26: Monday, February 24, 2003

Weekly Assessment (Week of 2/17/03)

- Had very intense weight training sessions all week long.
- Had good cardio sessions and completed one extra cardio session for a total of 5.
- Improved #'s in the gym consistently during each workout
- Followed my diet program 100% Monday through Friday-Good job of eating my meals on time
- Followed Supplementation program about 98%. I have still been forgetting to take my pre-cardio vitamin C and E sometimes. I must turn this into an automatic habit.
- Drank lots of pure water all seven days of the week.
- Had a great attitude about training/Had a better attitude at work and was more productive
- Ate well all weekend. I treated myself to some Sushi on Sunday for lunch with Tennelle, my fiancé, but kept my calories under control.

Weekly Goals:

- 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 strict 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"
- Follow supplement schedule perfectly as outlined below.
- Eat and supplement as well as possible while working the AST booth at the Arnold Classic Expo this weekend.
- Find gym, bring workout clothes, supplements, and food for Friday morning workout in Columbus, OH and dinner for Thursday night.
- Drink lots of pure water-At least 1/2-2 gallons per day.
- Strive for excellent form and exercise execution on all exercises!
- Step up my training intensity to a new level! Demand myself to lift heavier while using great form and execution.
- Have a passion for training and for life!
- Continually demand more of myself and redefine what I am capable of in and outside of the weightroom.
- Do an OUTSTANDING job helping with the AST booth at the Arnold Classic Expo. Do as much networking as possible. Be energetic, outgoing, and share your passion about AST and the Max-OT training system. Enjoy this unique experience to the fullest!
- Make the most out of the opportunities that present themselves every day.

I will keep my nutrition and supplementation plan the same this week and concentrate on the timing of my meals and supplements every single day.

Current Nutrition and Supplementation Plan:

Meal # 1 (6:00 AM)	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Calories</u>
Multi Pro 32X-1 capsule				
1 ALA 200				
2 Proflex 750				
1 Cup Skim Milk	9	13	0	90
CLA1000-2 capsules	0	0	2	18
1 Scoop VP2	24	1	0	100
1 Serving Frosted Flakes	1	28	0	120

Pre-Workout (7:00 AM)

Dymetadrine Xtreme-2

Capsules

Vitamin C-1000mg

Vitamin E-400 I.U.

1 Beta Carotene-25,000 I.U

GL3 L-Glutamine- 10 grams

1 Scoop VP2	24	1	0	100
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1 Serving Creatine HSC	0	34	0	136
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Post-Workout (8:00 AM)				
1 ALA 200				
2 NAC 500				
Proflex 750-1 Capsule				
Vitamin C-1000mg				
Vitamin E-400 I.U.				
1 Beta Carotene-25,000 I.U.				
GL3 L-Glutamine-10 grams				
1 Scoop VP2	24	1	0	100
1 Serving Creatine HSC	0	34	0	136

Meal # 2 (8:30 AM)

GL3 L-Glutamine-5 grams

1.5 Scoop Choc. VP2	35.5	3	1	165
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1 Cup White Rice	4	43	0	190
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Meal # 3 (9:15 AM)				
	40	22	1.5	250
Ny-Tro PRO-40	1	13	0	80

4 small canned white potatoes				
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Meal # 4 (10:45 AM)

Micronized Creatine-5 grams

GL3 L-Glutamine-5 grams

1.5 Scoop Choc. VP2 35 3 .5 165

6 small canned white potatoes 1.5 24 0 120

Meal # 5 (12:45 PM)

Udos Choice Oil Blend-1 tbs Spoon

0 0 14.5 135

5 Chicken Breast Tenderloins 47 0 1.5 200

Mixed Vegetables-2 Servings 6 24 0 120

Meal # 6 (3:15 PM)

GL3 L-Glutamine-2.5 grams

1 Tablespoon Crushed Flax seeds 2 4 4.5 65

CLA1000-2 capsules 0 0 2 18

Ny-Tro PRO-40 40 22 1.5 250

Pre-Cardio (5:00 PM)

Vitamin C-1000mg

Vitamin E-400 I.U.

GL3 L-Glutamine-2.5 grams

1/2 Scoop VP2 12 .5 0 50

1/2 Serving HSC 0 17 0 68

Post-Cardio (5:30 PM)

GL3 L-Glutamine-10 grams

1/2 Scoop VP2 12 .5 0 50

1/2 Serving HSC 0 17 0 68

Meal # 7 (6:45 PM)

1 Tablespoon Crushed Flax seeds

2 4 4.5 65

1/2 Cup Oatmeal 5 27 3 150

5 Chicken Breast Tenderloins 47 0 1.5 200

Vegetables-2 servings 6 24 0 120

Meal # 8 (9:45 PM)

1 ALA 200

Multi Pro 32X-1 capsule

Vitamin C-1000mg				
Proflex 750-1 Capsule				
GL3 L-Glutamine-5 Grams				
CLA1000-2 Capsules		2		18
Ny-Tro PRO-40	22	1.5		250
	40			

Meal # 9 (Approximately 2:00 A.M.)				
GL3 L-Glutamine-5 grams				
1 Scoop VP2	24	1	0	100
1 Cup Skim Milk	9	13	0	90

10:00 P.M. (Before Bed)
GABA-5 grams

TOTALS	451	396	41.5	3787
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I will also drink at least 1 1/2 gallons of water per day.

TRAINING:

Shoulders:

Standing Military Press (To the Front)....1 x 6 @ 150 lbs (After warm-up), 2 x 4 @ 155 lbs

Dumbbell Press....2 x 5 @ 75 lbs

Dumbbell Side Lateral Raises...2 x 6 @ 25 lbs

Dumbbell Rear Lateral Raises....1 x 6 @ 35 lbs

Calves:

45 degree leg press calf raises (one foot at a time)....1 x 8 @ 405 lbs, 2 x 7 @ 405 lbs

Seated Calf Raises....2 x 10 @ 225 lbs

At the end of last week and all day Saturday I felt pretty worn down. However, this morning I was completely rested and ready to go. Today's workout went very smoothly and my energy level was great. It almost felt like I had not done enough at the end of the workout. I hate that feeling. However, I did increase my weight and/or reps on almost all exercises and concentrated on working the intended muscle group. I am sure that this workout was effective at stimulating muscle growth. I need to take

advantage of days when I feel this good and REALLY step up my level of intensity and performance. I will get a chance tomorrow when I hit legs

Cardio:

I had a good 20 minute session on the stairstepper on Saturday. I beat last week's distance of 2.48 miles by going 2.49 miles. I will perform my next cardio session this afternoon.

I beat my distance once again on the stairstepper today by going 2.50 miles. My next cardio session is my next basketball game tomorrow at lunch.

Week 26: Tuesday, February 25, 2003

TRAINING:

Legs:

Squats....3 x 5 @ 265 lbs (After warmup),

Leg Press....2 x 4 @ 655 lbs

Straight leg dead lifts....2 x 6 @ 205 lbs (after 1 acclimation set at 135 lbs)

Leg curls....2 x 6 @ 170 lbs

I was not in as good of a groove today during my leg workout. I was able to complete all three sets of squats at the weight I left off with last week. Having a spotter makes a big difference in attempting that one extra rep at a heavier weight. On my last rep of my third set of squats my right knee buckled in on the way up. It didn't hurt at all, but I have been doing such a good job of preventing this bad habit lately that I was kind of surprised and disappointed that it happened. Today was one of those days when I just had to plow forward one step at a time. I am proud to say that I fought hard to get as much as I could out of each set and ended up matching or beating last week's performance on most exercises, despite not feeling 100%.

I feel like I had an effective workout, but just not as good as I was hoping for. I will keep a positive attitude and keep trying to improve every day. That's what its all about, right?

Cardio:

Cybex Stairstepper 16 Minutes

Calories: 370

It ended up that our basketball game is tomorrow on Wednesday and not today. Since I am going to be traveling to the Arnold Classic in Columbus, OH Thursday I performed a cardio session today to make sure that I get at least three sessions in this

week. I used the cybex stairstepper in the gym of the building where I am working. I used the interval setting and really cranked up the intensity. I normally do 20 minute sessions on the stairstepper at slightly less intensity than [Max-OT Cardio](#), but going all out for 16 minutes on the stairstepper was really intense. I may start using this machine more for my cardio since it is so conveniently located in the bottom of the building where I work.

Week 26: Wednesday February 26, 2003

TRAINING:

Chest:

Incline Barbell Bench Press....3 x 4 at 215 lbs (After warmup)

Flat Barbell Bench Press....1 x 5 at 225 lbs, 1 x 4 @ 230 lbs

Incline Dumbbell Press....1 x 6 @ 85 lbs, 1 x 4 @ 90 lbs

Triceps:

Lying Tricep Presses....1 x 6 @ 125 lbs (after 1 acclimation set), 2 x 5 @ 130 lbs

Tricep cable pushdowns....1 x 6 @ 220 lbs, 1 x 6 @ 230 lbs

My performance was not quite as good as last week on incline and flat barbell presses. I had a different spotter today than last week, which can make a difference. My performance on incline dumbbell presses, however, was better than it has been in a while. I completed six reps with the 85 lbs dumbbells and was able to move up to the 90 lbs dumbbells for the first time with this [Max-OT](#) routine. I also moved up to 130 lbs on lying tricep extensions, which I have not done during this [Max-OT](#) routine.

Overall, it was a very good workout. I will hit biceps, abs, and forearms tomorrow morning before heading off to Columbus, OH for the Arnold Classic.

Cardio: Basketball game at 5:30 P.M.

Our team played the afternoon game today, which I like better than playing at lunch since it gives me the full 8 hours between my weight training and cardio session. We played pretty well but came up short. The other team was hitting everything! As always, the running was intense and I was whipped by the end of the game. I played the whole game today.

Week 26: Thursday, February 27, 2003

TRAINING:

Abs:

Weighted cable crunches....1 x 12 @ 210 lbs, 2 x 10 @ 220 lbs

Leg lifts (weighted)....1 x 12 @ 30 lbs, 2 x 10 @ 30 lbs

Biceps:

Barbell Curls....2 x 6 at 150 lbs (after warmup), 1 x 5 @ 150 lbs

Alternate Dumbbell Curls....2 x 6 at 75 lbs, 1 x 4 @ 75 lbs

*I am alternating between barbell curls and dumbbell curls during this workout. This is NOT a superset. I am performing a set of barbell curls, taking a full rest, then performing a set of dumbbell curls.

Forearms:

Barbell Wrist Curls....1 x 8 @ 105 lbs, 1 x 6 @ 105 lbs

Dumbbell wrist curls....2 x 10 @ 45 lbs

I made modest movements during today's workout over last week. The workout was intense and efficient. I am heading off to the Arnold Classic this afternoon. I will workout at a California Fitness Center in Columbus, OH on Friday and post my Friday journal entry next week. I will also have a full recap of the Arnold Classic Expo including pictures.

Week 26: Friday, February 28 2003

TRAINING:**Back:**

Lat Pull downs....1 x 5 @ 255 lbs (after warm-up), 2 x 5 @ 240 lbs

V Bar Pull downs....2 x 5 @ 240 lbs

Deadlifts...3 x 5 at 275 lbs (After 3 acclimation sets)

Traps:

Barbell Shrugs....2 x 6 @ 305 lbs

I trained at the California Fitness today in Columbus, OH. It was a nice facility and the guy even let me train for free. You can't beat that. I had a very intense workout. The lat pulldown machine was different than the one at the LA Fitness where I train in Atlanta and 255 lbs was a little too heavy. I matched my performance last week on deadlifts, but felt much better during the movement. I tried to pause and gather myself at the bottom of each rep instead of performing the reps in a continuous fashion. I believe this helped me to improve my execution during the deadlifts.

I finished off my workout with barbell shrugs and then was off to the Arnold Classic Expo for what turned out to be a very busy, but very exciting weekend. See Monday's journal entry for details and also look for an article describing my first experience at the Arnold later next week.

Week 27: Monday, March 3, 2003

Weekly Assessment (Week of 2/24/03)

- Had very intense weight training sessions all week long.
- Had good cardio sessions. However, I missed my Saturday cardio session in Columbus, OH at Arnold Classic.
- Improved #'s in the gym consistently during each workout
- Followed my diet program 100% Monday through Friday morning. I had to adjust my meals and timing during the Arnold Classic since I was working in the AST Sports Science booth, but overall I ate very well during the weekend even when we went out to dinner
- Followed Supplementation program about 98%. I have still been forgetting to take my pre-cardio vitamin C and E sometimes. I will turn this into an automatic habit this week!
- Drank lots of pure water all seven days of the week.
- Had a great attitude about training. I was productive in the gym and at work.
- Did a good job helping with the AST-SS booth. I had a great time, got to hang out with all of the AST people, and did some good networking, especially with Men's Fitness Magazine.

Weekly Goals:

- 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 strict 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"

- Follow supplement schedule perfectly as outlined below.
- Drink lots of pure water-At least 1/2-2 gallons per day.
- Strive for excellent form and exercise execution on all exercises!
- Really start to step up my training intensity to a new level! Demand myself to lift heavier while using great form and execution.
- Have a passion for training and for life!
- 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.

Well, I returned last night from my first Arnold Classic Expo Experience. It was really a great experience and I am grateful that I had the opportunity to go and be a part of the AST Sports Science Booth at the Expo. It was a very busy and very fun weekend. I am going to do a full write-up on the weekend that I hope to post by tomorrow or Wednesday.

Spending the weekend being around such dedicated and motivated individuals like Jeff Willet and [Skip LaCour](#) has sparked an even greater passion to take my bodybuilding efforts to a higher level. It is easy to think that you are disciplined and hard-working until you are around others who are doing what you do and then that much more. Being around these guys really motivates me to stay on track on work harder to move towards my goals.

This weekend, at the Arnold Classic, I picked up a container of AST's new [DGC](#). DGC is a unique glucose crystal that supplies the body with instant energy and also helps to replenish glycogen stores after a workout. I am going to add ½ serving of DGC to my post-workout VP2 and HSC shake. This will increase the number of high glycemic carbs in this meal from 34 to 57. After reading Paul Cribb's article [Carbohydrate Timing: Enhance Muscle Growth, Fat Loss and Workout Performance](#), it appears that the importance of consuming enough fast absorbing carbohydrates after your workouts is more important than previously thought. My goal over the next few months is to really add some good quality muscle mass and I feel that adding DGC to my post-workout shake can help with that process. I will also start using DGC with my pre and post cardio VP2 in place of HSC. The main reason for using the HSC was to get the high glycemic carbs. I am already getting 10 grams of creatine with my pre and post weight training HSC. Now that DGC is available, I will take advantage for my pre and post cardio "meals" I have also added another ½ scoop of VP2 to my post weight training shake.

All of the increases in calories are made during critical nutritional time frames when my body is literally ready to "soak up" all the nutrients I consume. I have started to better control my weekend eating during the last few weeks and have actually lost about 4 or 5 lbs. I can tell that I am looking leaner so I feel that I can definitely afford to strategically increase my daily calories at this point.

The only other supplementation change I have made is to start taking one NAC 500 before my weight training session and one after instead of both after. Research has

continued to show the importance of having antioxidants flowing through your body both during and after intense weight training sessions. This is the way Paul Cribb thinks it should be done and this is the way that [Skip LaCour](#) is doing it, so I am going to do it that way too.

Current Nutrition and Supplementation Plan:

Meal # 1 (6:00 AM)	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Calories</u>
Multi Pro 32X-1 capsule				
1 ALA 200				
2 Proflex 750				
1 Cup Skim Milk	9	13	0	90
CLA1000-2 capsules	0	0	2	18
1 Scoop VP2	24	1	0	100
1 Serving Frosted Flakes	1	28	0	120

Pre-Workout (7:00 AM)

Dymetadrine Xtreme-2

Capsules

1 NAC 500

Vitamin C-1000mg

Vitamin E-400 I.U.

1 Beta Carotene-25,000 I.U

GL3 L-Glutamine- 10 grams

1 Scoop VP2	24	1	0	100
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1 Serving Creatine HSC	0	34	0	136
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Post-Workout (8:00 AM)				
1 ALA 200				
1 NAC 500				
Proflex 750-1 Capsule				
Vitamin C-1000mg				
Vitamin E-400 I.U.				
1 Beta Carotene-25,000 I.U.				
GL3 L-Glutamine-10 grams				
1 ½ Scoop VP2	36	1.5	0	150
1 Serving Creatine HSC	0	34	0	136
½ Serving DGC	0	23	0	92

Meal # 2 (8:30 AM)

GL3 L-Glutamine-5 grams

1.5 Scoop Choc. VP2	35.5	3	1	165
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1 Cup White Rice	4	43	0	190
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Meal # 3 (9:15 AM)				
Ny-Tro PRO-40	40	22	1.5	250
4 small canned white potatoes	1	13	0	80

Meal # 4 (10:45 AM)				
Micronized Creatine-5 grams				
GL3 L-Glutamine-5 grams				
1.5 Scoop Choc. VP2	35	3	.5	165
6 small canned white potatoes	1.5	24	0	120

Meal # 5 (12:45 PM)				
Udos Choice Oil Blend-1 tbs Spoon	0	0	14.5	135
5 Chicken Breast Tenderloins	47	0	1.5	200
Mixed Vegetables-2 Servings	6	24	0	120

Meal # 6 (3:15 PM)				
GL3 L-Glutamine-2.5 grams				
1 Tablespoon Crushed Flax seeds	2	4	4.5	65
CLA1000-2 capsules	0	0	2	18
Ny-Tro PRO-40	40	22	1.5	250

Pre-Cardio (5:00 PM)				
Vitamin C-1000mg				
Vitamin E-400 I.U.				
GL3 L-Glutamine-2.5 grams				
1/2 Scoop VP2	12	.5	0	50
1/2 Serving DGC	0	23	0	92

Post-Cardio (5:30 PM)				
GL3 L-Glutamine-10 grams				
1/2 Scoop VP2	12	.5	0	50
1/2 Serving DGC	0	23	0	92

Meal # 7 (6:45 PM)				
1 Tablespoon Crushed Flax seeds	2	4	4.5	65
1/2 Cup Oatmeal	5	27	3	150
5 Chicken Breast Tenderloins	47	0	1.5	200
Vegetables-2 servings	6	24	0	120

Meal # 8 (9:45) PM

1 ALA 200

Multi Pro 32X-1 capsule

Vitamin C-1000mg

Proflex 750-1 Capsule

GL3 L-Glutamine-5 Grams

CLA1000-2 Capsules

Ny-Tro PRO-40 40 22 1.5 2 18

Meal # 9 (Approximately 2:00 A.M.)

GL3 L-Glutamine-5 grams

1 Scoop VP2

1 Cup Skim Milk

24

1

0

100

9

13

0

90

10:00 P.M. (Before Bed)

GABA-5 grams

TOTALS**463****431.5****41.5****3977**I will also drink at least 1 1/2 gallons of water per day.**TRAINING:****Shoulders:**

Standing Military Press (To the Front)....1 x 5 @ 155 lbs (After warm-up), 2 x 4 @ 155 lbs

Dumbbell Press....1 x 5 @ 75 lbs, 1 x 4 @ 75 lbs

Dumbbell Side Lateral Raises...1 x 6 @ 25 lbs, 1 x 6 @ 30 lbs

Dumbbell Rear Lateral Raises....1 x 6 @ 35 lbs

Calves:

45 degree leg press calf raises (one foot at a time)....1 x 8 @ 405 lbs, 2 x 6 @ 405 lbs

Seated Calf Raises....2 x 10 @ 225 lbs

I improved my #'s on some exercises today and did not on some. I was very pumped up after attending the Arnold Classic this weekend. I had good mental focus and intensity. My execution was also good. I must continue to strive for a higher level

and not put any pre-determined limits on what I can and cannot accomplish. I can make my training sessions and the results I achieve as good or as great as I want to. It is all a matter of how bad I want it and how much I am willing to put into it to make it happen.

Cardio:

Very good cardio session today as I beat my previous record on the stairstepper for 20 minutes by going 2.51 miles. My next cardio session is my basketball game on Wednesday.

Week 27: Tuesday, March 4, 2003

TRAINING:

Legs:

Squats....1 x 6 @ 265 lbs (After warmup), 2 x 4 @ 270 lbs

Leg Press....2 x 5 @ 655 lbs

Straight leg dead lifts....2 x 6 @ 205 lbs (after 1 acclimation set at 135 lbs)

Leg curls....2 x 6 @ 170 lbs

Very strong leg workout today. I was actually kind of tired this morning and started thinking about how my performance during last week's leg workout was not as strong as I would have liked it to be. 265 lbs last week felt heavy and I actually had to overcome a small fear factor before today's workout. Would the weight be too much to handle or would I be able to step up to the challenge. Well, I felt very good during warm-ups and had three very good sets of squats. I completed an extra rep on my first set with 265 lbs compared to last week and then was able to move up to 270 lbs for the first time in a while. I also improved a rep on each set of leg presses.

I kind of pulled my right glute during my first set of stiff leg deadlifts, but managed to finish both sets strong. I was pretty whipped after the workout and feel that I definitely initiated some good muscle growth. No cardio today, I will play basketball at lunch tomorrow for my league.

Week 27: Wednesday March 5, 2003

TRAINING:

Chest:

Incline Barbell Bench Press....3 x 4 at 215 lbs (After warmup)

Flat Barbell Bench Press....2 x 4 at 230 lbs

Incline Dumbbell Press....2 x 5 @ 90 lbs,

Triceps:

Lying Tricep Presses....1 x 6 @ 130 lbs (after 1 acclimation set), 2 x 5 @ 130 lbs

Tricep cable pushdowns....2 x 6 @ 230 lbs

Today's workout was solid. Nothing spectacular, but I got the job done. It seemed like it took a while to get my intensity up to full speed. I need to make sure that I am ready to go as soon as I hit the gym on my first set! I either matched or beat my performance on all exercises last week and concentrated on using the proper muscles during the exercises.

Cardio: Basketball game at lunch

Well, our basketball season came to an end today as we lost, which prevented us from making the playoffs. We played pretty well, but couldn't put the other team away and ended up losing in overtime. I played the whole game and got a good cardio workout. I enjoyed playing in the league, but will probably not play at lunch anymore. I think it is important to take the complete 8 hours between weight training and cardio in order to get the best results from training, so I will do all of my cardio in the afternoon or evenings from here on out.

Week 27: Thursday, March 6, 2003

TRAINING:

Abs:

Weighted cable crunches....1 x 12 @ 210 lbs, 2 x 10 @ 220 lbs

Leg lifts (weighted)....1 x 12 @ 30 lbs, 2 x 10 @ 30 lbs

Biceps:

Barbell Curls....2 x 6 at 150 lbs (after warmup), 1 x 5 @ 150 lbs

Alternate Dumbbell Curls....1 x 6 at 70 lbs, 2 x 4 @ 75 lbs

*I am alternating between barbell curls and dumbbell curls during this

workout. This is NOT a superset. I am performing a set of barbell curls,

taking a full rest, then performing a set of dumbbell curls.

Forearms:

Barbell Wrist Curls....1 x 9 @ 105 lbs, 1 x 7 @ 105 lbs

Dumbbell wrist curls....2 x 10 @ 45 lbs

My numbers were very similar to last week. I did make a conscious effort to concentrate on execution of the movement and making sure that I 'felt it' in my biceps. Like yesterday, my intensity seemed to increase as the workout continued, which is good. However, I need to make sure that I am ready to come out of the gates at full speed. [Max-OT](#) training is quick and efficient so you must be sure to get the most out of EVERY set in order to get the greatest benefits.

Cardio: Cybex recumbent bike 16 minutes Distance: 4.24
Calories: 223

I used the Cybex bike in the gym at the Company where I am working today for a quick [Max-OT cardio](#) session. I used the interval setting on put in on the highest level (15). The 'hard' intervals were very challenging, but the 'recovery' level was way too easy, even at the highest level on the machine. I will have to try a different setting next time in order to get a more intense workout from this bike.

Week 27: Friday, March 7, 2003

TRAINING:

Back:

Lat Pull downs....3 x 6 @ 255 lbs (after warm-up)

V Bar Pull downs....1 x 6 @ 255 lbs, 1 x 6 @ 262.5

Deadlifts...1 x 6 at 265 lbs (After 3 acclimation sets), 2 x 5 @ 275 lbs

Traps:

Barbell Shrugs....2 x 6 @ 305 lbs

I finished out the week with a very good back and traps workout. I was actually a little more relaxed in between my sets and was talking with my training partner a little bit, but when it was time for my next set I would take about 30 seconds to focus and then turn it on "full blast" for the set. My intensity and performance was very good today. I think it may have helped me a little bit to just relax in between my sets

instead of staying so zoned in and concerned on the next set during my entire rest period. I feel like I was able to generate quick efficient blasts of intensity during my sets, while sometimes if I am trying to stay very focused I will actually kind of wear myself out mentally if that makes sense. I am not saying that you should let your mind wander and engage in excessive 'chitchat' in between sets, but it may be beneficial to relax a little bit between sets.

Deadlifts are feeling better and better every week and felt the best today. I actually started my first set with 10 lbs less than last week in order to concentrate on getting my form down. I think this move may have gotten my confidence back as I moved back up to 275 lbs on my last two sets and felt more powerful and controlled than I have in a long time on deadlifts. I will continue to concentrate on improving on this exercise since I know it can have such a dramatic effect in helping me obtain my muscle building goals.

Week 28: Monday, March 10, 2003

Weekly Assessment (Week of 3/3/03)

- Very good performance and intensity in the gym
- Performed four cardio sessions
- Followed my diet program 100% Monday through Friday. I even ate out lunch Friday with my coworkers. We ate at PF Changs. I learned from eating there in Columbus that it is very easy to get an extremely healthy meal there. I ordered 'Buddas Feast' steamed, which is a big bowl of very tasty steamed vegetables, and plain chicken to go on top. It is totally clean with no oil or butter and is actually pretty tasty.
- Followed Supplementation program about 99%. I have been better about taking my pre-cardio vitamin C and E, but still forgot one day.
- Drank lots of pure water all seven days of the week.
- Had a great attitude about training. I was productive in the gym and at work.
- Managing to stay healthy despite an increasing number of people getting sick at my office.

Weekly Goals:

- 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 strict 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"
- Follow supplement schedule perfectly as outlined below.
- Drink lots of pure water-At least 1/2-2 gallons per day.
- Strive for excellent form and exercise execution on all exercises!

- Really start to step up my training intensity to a new level! Demand myself to lift heavier while using great form and execution.
- Have a passion for training and for life!
- Continually demand more of myself and redefine what I am capable of in and outside of the weightroom.
- Stay healthy so I can train by keeping strong nutrition and supplementation plan, getting plenty of recovery time, and taking extra vitamin C.
- Make the most out of the opportunities that present themselves every day.

I think that the dietary changes I made last week are working well and I will keep them the same this week.

Current Nutrition and Supplementation Plan:

Meal # 1 (6:00 AM)	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Calories</u>
Multi Pro 32X-1 capsule				
1 ALA 200				
2 Proflex 750				
1 Cup Skim Milk	9	13	0	90
CLA1000-2 capsules	0	0	2	18
1 Scoop VP2	24	1	0	100
1 Serving Frosted Flakes	1	28	0	120

Pre-Workout (7:00 AM)

Dymetadrine Xtreme-2

Capsules

1 NAC 500

Vitamin C-1000mg

Vitamin E-400 I.U.

1 Beta Carotene-25,000 I.U

GL3 L-Glutamine- 10 grams

1 Scoop VP2	24	1	0	100
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1 Serving Creatine HSC	0	34	0	136
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Post-Workout (8:00 AM)				
1 ALA 200				
1 NAC 500				
Proflex 750-1 Capsule				
Vitamin C-1000mg				
Vitamin E-400 I.U.				
1 Beta Carotene-25,000 I.U.				
GL3 L-Glutamine-10 grams				
1 ½ Scoop VP2	36	1.5	0	150
1 Serving Creatine HSC	0	34	0	136
½ Serving DGC	0	23	0	92

Meal # 2 (8:30 AM)

GL3 L-Glutamine-5 grams				
1.5 Scoop Choc. VP2			1	
1 Cup White Rice			0	
	35.5	3		165
	4	43		190

Meal # 3 (9:15 AM)

Ny-Tro PRO-40	40	22	1.5	250
4 small canned white potatoes	1	13	0	80

Meal # 4 (10:45 AM)

Micronized Creatine-5 grams				
GL3 L-Glutamine-5 grams				
1.5 Scoop Choc. VP2	35	3	.5	165
6 small canned white potatoes	1.5	24	0	120

Meal # 5 (12:45 PM)

Udos Choice Oil Blend-1 tbs Spoon	0	0	14.5	135
5 Chicken Breast Tenderloins	47	0	1.5	200
Mixed Vegetables-2 Servings	6	24	0	120

Meal # 6 (3:15 PM)

GL3 L-Glutamine-2.5 grams				
1 Tablespoon Crushed Flax seeds	2	4	4.5	65
CLA1000-2 capsules	0	0	2	18
Ny-Tro PRO-40	40	22	1.5	250

Pre-Cardio (5:00 PM)

Vitamin C-1000mg				
Vitamin E-400 I.U.				
GL3 L-Glutamine-2.5 grams				
1/2 Scoop VP2	12	.5	0	50
½ Serving DGC	0	23	0	92

Post-Cardio (5:30 PM)

GL3 L-Glutamine-10 grams	12	.5	0	50
1/2 Scoop VP2	0	23	0	92
½ Serving DGC				

Meal # 7 (6:45 PM)				
1 Tablespoon Crushed Flax seeds	2	4	4.5	65
1/2 Cup Oatmeal	5	27	3	150
5 Chicken Breast Tenderloins	47	0	1.5	200
Vegetables-2 servings	6	24	0	120

Meal # 8 (9:45) PM

1 ALA 200				
Multi Pro 32X-1 capsule				
Vitamin C-1000mg				
Proflex 750-1 Capsule				
GL3 L-Glutamine-5 Grams				
CLA1000-2 Capsules			2	18
Ny-Tro PRO-40	40	22	1.5	250

Meal # 9 (Approximately 2:00 A.M.)				
GL3 L-Glutamine-5 grams				
1 Scoop VP2	24	1	0	100
1 Cup Skim Milk	9	13	0	90

10:00 P.M. (Before Bed)

GABA-5 grams

TOTALS	463	431.5	41.5	3977
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I will also drink at least 1 1/2 gallons of water per day.

TRAINING:

Shoulders:

Standing Military Press (To the Front)....2 x 4 @ 155 lbs (After warm-up), 1 x 5 @ 145 lbs

Dumbbell Press....2 x 4 @ 75 lbs

Dumbbell Side Lateral Raises...2 x 6 @ 30 lbs

Dumbbell Rear Lateral Raises....1 x 6 @ 35 lbs

Calves:

45 degree leg press calf raises (one foot at a time)....1 x 8 @ 405 lbs, 2 x 6 @ 405 lbs

Seated Calf Raises....2 x 10 @ 225 lbs

There is not much I can say that is positive about this morning's workout. I was rushed to get to the gym on time and then I never got in a good groove. The weights I used last week felt very heavy and I actually had to go down in weight on my third set of military presses. I became frustrated with my performance and could not get it in gear. I really just wanted to get the workout over with. The one positive thing I can say is that I tried to dig in and finish each set with intensity and create as much overload as possible despite my weak performance.

Instead of dwelling on today's poor workout, I will think about how this makes me feel and use it as a learning experience so that I will not want to have the feeling I have today again. Today's workout is over. Tomorrow is a new day that I can make as great as I decided to.

Cardio:

Saturday: Recumbent bike 16 minutes Calories: 389.4 Distance: 6.6

Saturday I used the recumbent bike at my apartment complex. I have not used this bike in a while, but it definitely provides the most intense cardio sessions. It can be adjusted to easily fit my long legs and is very smooth, but I am nowhere near maxing out the levels and it is very challenging. This bike allows me to just peddle as hard as possible without worrying about the level not being hard enough or getting cramps because the seat is not far back enough for me, like on some other bikes. It is really up to me how hard I push it, which makes this bike perfect for performing [Max-OT cardio](#).

Today: Stairmaster 20 minutes Distance: 2.50

I had a good cardio session today. I didn't quite make the 2.51 mark I established last week, but I did push hard while reminding myself how this cardio session was taking me one step closer to my goals for 2003.

Week 28: Tuesday, March 11, 2003

TRAINING:**Legs:**

Squats....2 x 5 @ 270 lbs (After warmup), 1 x 4 @ 275 lbs

Leg Press....1 x 6 @ 655 lbs, 1 x 5 @ 655 lbs

Straight leg dead lifts....2 x 6 @ 205 lbs (after 1 acclimation set at 135 lbs)

Leg curls....1 x 6 @ 180 lbs, 1 x 5 @ 180 lbs

After yesterday's 'less than optimal' workout, I was ready to make a strong comeback with legs. This morning, before heading off to the gym, I took a few minutes and previewed my upcoming workout. I reminded myself that it was a new day and that the workout I was about to perform could be as good as I decided to make it.

I attacked my sets with focus and confidence and made some good improvements from last week. I moved up another 5lbs to 275 lbs on my last set of squats after completing 5 reps on my first two sets at 270 lbs. I told myself that I could get four reps, and I did, which is good. However, looking back, I probably should have gone for five reps. I must remember not to 'lock' myself into a certain number of reps. This may limit what I am able to achieve. I must not have any preconceived limitations upon what I can and cannot lift.

I increased one rep on my first set of leg presses compared to last week at the same weight and also moved up 10 lbs on leg curls. I stayed at the same weight on straight leg deadlifts and was very cautious since my right glute is still a little sore from when I pulled it last week. Overall, it was a very good workout. I need to make the rest of my workouts this week as good or better and forget about Monday.

Cardio: Cybex Recumbent Bike 16 minutes Calories: 319 Distance:
6.44

I used the recumbent bike at the gym in the building where I am working today. This time, I used the manual setting and performed one minute intense intervals followed by 1 minute recovery intervals. This setting was much more challenging than the interval setting I used last week and I still have room to increase the intensity. Today's numbers will serve as my beginning benchmark for doing cardio on this bike.

Week 28: Wednesday March 12, 2003

TRAINING:

Chest:

Incline Barbell Bench Press....3 x 4 at 215 lbs (After warmup)

Flat Barbell Bench Press....1 x 5 at 230 lbs, 1 x 4 @ 230 lbs

Incline Dumbbell Press....1 x 5 @ 90 lbs, 1 x 4 @ 90 lbs

Triceps:

Lying Tricep Presses....2 x 5 @ 135 lbs (after 1 acclimation set), 1 x 4 @ 135 lbs

Tricep cable pushdowns....1 x 6 @ 230 lbs, 1 x 6 @ 240 lbs

Good overall workout today. I am really making some good progress with my tricep exercises. I am feeling stronger, more controlled and really feeling it in the muscles. Chest is not coming along quite as good. I have been stuck with the same weights for a few weeks. I improved on my first set of flat bench presses by 1 rep compared to last week, but got one less rep on my second set of incline dumbbell presses. I need to attack my chest workouts with the utmost confidence and intensity and step it up to the next level. This is what will give me the chest development I am after.

Week 28: Thursday, March 13, 2003

TRAINING:

Abs:

Weighted cable crunches....1 x 12 @ 210 lbs, 1 x 12 @ 220 lbs, 1 x 10 @ 220 lbs

Leg lifts (weighted)....2 x 12 @ 30 lbs, 1 x 10 @ 30 lbs

Biceps:

Barbell Curls....2 x 6 at 150 lbs (after warmup), 1 x 5 @ 150 lbs

Alternate Dumbbell Curls....1 x 5 at 75 lbs, 2 x 4 @ 75 lbs

*I am alternating between barbell curls and dumbbell curls during this workout. This is NOT a superset. I am performing a set of barbell curls, taking a full rest, then performing a set of dumbbell curls.

Forearms:

Barbell Wrist Curls....1 x 6 @ 110 lbs, 1 x 6 @ 105 lbs

Dumbbell wrist curls....1 x 8 @ 50 lbs, 1 x 7 @ 50 lbs

I had a solid ab workout. I made improvements in my #'s from last week and really focused on working my abs. Trying to maintain proper execution at the weights I am using for barbell curls and dumbbells curls is challenging. I notice that I am definitely

using momentum, especially on my last few reps. However, I am still concentrating on pulling with my biceps throughout the movement and controlling the weight on the way down. I have been feeling it in my biceps during and after my workouts and they are growing so I know that I am properly overloading them. My goal is to continue lifting heavy weight AND to improve my execution of the movements. When I am able to do this I will know that I have reached a higher level.

Cardio: Cybex recumbent bike
Calories: 320

16 minutes

Distance: 6.47

Week 28: Friday, March 14, 2003

TRAINING:

Back:

Lat Pull downs....3 x 6 @ 262.5 lbs (after warm-up)

V Bar Pull downs....1 x 6 @ 262.5 lbs, 1 x 6 @ 270

Deadlifts...1 x 6 at 275 lbs (After 3 acclimation sets), 1 x 5 @ 280 lbs, 1 x 5 @ 285 lbs

Traps:

Barbell Shrugs....2 x 6 @ 305 lbs

I had a tough start this morning before I even began my workout. When I arrived at the gym I was getting my gloves and lifting straps out of my gym bag and discovered that I only had one of my lifting straps. After making sure that it definitely was not in my bag I figured it would be OK because I could just borrow Dusty's, my workout partner. Well, Dusty didn't show up today so I went to the store in the gym, but they did not have lifting straps. With any other workout it would not have been that big of a deal but for heavy back and trap exercises lifting straps are a must in order to use a weight that causes your back to fatigue before your grip. I walked next door to the Sporting Goods store but it was not opened yet.

I decided that I would just have to do the best I could without the straps. Then, after finishing my first warm-up set of lat pull downs, a guy walked up that I had met last week. I said hello and asked him if he happened to have some lifting straps I could use. He pulled a pair out of his pocket and said that I could use them for my whole workout. This guy saved my back workout! I ended up having a very good back and traps workout and increased my weight on almost all exercises. I moved up in weight on deadlifts again this week. I am really starting to feel strong and confident with this exercise. There are very challenging, but I am learning to love the challenge! I was

pretty exhausted after today's workout and look forward to some good recovery time this weekend.

Week 29: Monday, March 17, 2003

Weekly Assessment (Week of 3/10/03)

- I had pretty good workouts the majority of the week, but was inconsistent with my performance
- Performed four good cardio sessions
- Followed my diet program 100% Monday through Friday.
- Followed Supplementation program 100%!
- Drank lots of pure water all seven days of the week.
- I was productive in the gym and at work.
- Ate pretty well during the weekend, but did have a big 'cheat meal' Saturday night

Weekly Goals:

- 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 strict 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"
- Follow supplement schedule perfectly as outlined below.
- Drink lots of pure water-At least ½-2 gallons per day.
- Strive for excellent form and exercise execution on all exercises!
- Really start to step up my training intensity to a new level! Demand myself to lift heavier while using great form and execution.
- Have a passion for training and for life!
- Continually demand more of myself and redefine what I am capable of in and outside of the weightroom.
- Stay healthy so I can train by keeping strong nutrition and supplementation plan, getting plenty of recovery time, and taking extra vitamin C.
- Make the most out of the opportunities that present themselves every day.

I will keep everything the same this week with my nutrition and supplementation plan. However, I have made an order for VP2 that will not arrive until Wednesday and I am running low. So, in order to make sure I have enough VP2 for my important pre-and post workout time periods, I will substitute 'egg beaters' for the VP2 I normally have with my 2nd and 4th post-workout meals through Wednesday.

Current Nutrition and Supplementation Plan:

Meal # 1 (6:00 AM)	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Calories</u>
Multi Pro 32X-1 capsule				
1 ALA 200				
2 Proflex 750				
1 Cup Skim Milk	9	13	0	90
CLA1000-2 capsules	0	0	2	18
1 Scoop VP2	24	1	0	100
1 Serving Frosted Flakes	1	28	0	120

Pre-Workout (7:00 AM)

Dymetadrine Xtreme-2

Capsules

1 NAC 500

Vitamin C-1000mg

Vitamin E-400 I.U.

1 Beta Carotene-25,000 I.U

GL3 L-Glutamine- 10 grams

1 Scoop VP2	24	1	0	100
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1 Serving Creatine HSC	0	34	0	136
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Post-Workout (8:00 AM)

1 ALA 200

1 NAC 500

Proflex 750-1 Capsule

Vitamin C-1000mg

Vitamin E-400 I.U.

1 Beta Carotene-25,000 I.U.

GL3 L-Glutamine-10 grams

1 ½ Scoop VP2	36	1.5	0	150
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1 Serving Creatine HSC	0	34	0	136
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½ Serving DGC	0	23	0	92
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Meal # 2 (8:30 AM)

GL3 L-Glutamine-5 grams

1.5 Scoop Choc. VP2	35.5	3	1	165
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1 Cup White Rice	4	43	0	190
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Meal # 3 (9:15 AM)

Ny-Tro PRO-40	40	22	1.5	250
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4 small canned white potatoes	1	13	0	80
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Meal # 4 (10:45 AM)

Micronized Creatine-5 grams

GL3 L-Glutamine-5 grams

1.5 Scoop Choc. VP2 35 3 .5 165

6 small canned white potatoes 1.5 24 0 120

Meal # 5 (12:45 PM)Udos Choice Oil Blend-1 tbs
Spoon

0 0 14.5 135

5 Chicken Breast Tenderloins 47 0 1.5 200

Mixed Vegetables-2 Servings 6 24 0 120

Meal # 6 (3:15 PM)

GL3 L-Glutamine-2.5 grams

1 Tablespoon Crushed Flax
seeds

2 4 4.5 65

CLA1000-2 capsules 0 0 2 18

Ny-Tro PRO-40 40 22 1.5 250

Pre-Cardio (5:00 PM)

Vitamin C-1000mg

Vitamin E-400 I.U.

GL3 L-Glutamine-2.5 grams

1/2 Scoop VP2 12 .5 0 50

1/2 Serving DGC 0 23 0 92

Post-Cardio (5:30 PM)

GL3 L-Glutamine-10 grams

1/2 Scoop VP2 12 .5 0 50

1/2 Serving DGC 0 23 0 92

Meal # 7 (6:45 PM)1 Tablespoon Crushed Flax
seeds

2 4 4.5 65

1/2 Cup Oatmeal 5 27 3 150

5 Chicken Breast Tenderloins 47 0 1.5 200

Vegetables-2 servings 6 24 0 120

Meal # 8 (9:45 PM)

1 ALA 200

Multi Pro 32X-1 capsule

Vitamin C-1000mg

Proflex 750-1 Capsule

GL3 L-Glutamine-5 Grams

CLA1000-2 Capsules			2	18
Ny-Tro PRO-40	22	1.5		250
	40			

Meal # 9 (Approximately 2:00 A.M.)

GL3 L-Glutamine-5 grams

1 Scoop VP2

1 Cup Skim Milk

24

1

0

100

9

13

0

90

10:00 P.M. (Before Bed)

GABA-5 grams

TOTALS

463

431.5

41.5

3977

I will also drink at least 1 1/2 gallons of water per day.

TRAINING:

Shoulders:

Standing Military Press (To the Front)....1 x 6 @ 155 lbs (After warm-up), 2 x 5 @ 155 lbs

Dumbbell Press....2 x 5 @ 75 lbs

Dumbbell Side Lateral Raises...2 x 6 @ 30 lbs

Dumbbell Rear Lateral Raises....1 x 6 @ 35 lbs

Calves:

45 degree leg press calf raises (one foot at a time)....2 x 8 @ 405 lbs, 1 x 7 @ 405 lbs

Seated Calf Raises....1 x 10 @ 225 lbs, 1 x 9 @ 225 lbs

Today's shoulders and calves workout was much, much better than last week. I decided before I even got to the gym that I was going to have an intense workout and that I was going to be able to handle the heavy weight no matter what. My performance on military presses was the best it has been during this [Max-OT](#) 8 week cycle. The rest of the workout was very good as well. I was focused, intense and 'zeroed in' on creating the proper stimulus for muscle growth. It was a good way to start the week and I need to put workouts like this together every day this week.

Cardio:

Saturday: Stairstepper 20 minutes Distance: 2.50

Today: Stairstepper 20 minutes Distance: 2.50

I completed my first of four cardio sessions today. Now that basketball season is over for my work league, I will concentrate on making sure that cardio is performed following the [Max-OT](#) principles by keeping my cardio and weight training sessions at least 8 hours apart. I am entering my first bodybuilding contest ever in August and I need to really get down to business and start building muscle as effectively and efficiently as possible.

Week 29: Tuesday, March 18, 2003

TRAINING:

Legs:

Squats....1 x 5 @ 270 lbs (After warmup), 2 x 5 @ 275 lbs

Leg Press....2 x 6 @ 655 lbs

Straight leg dead lifts....2 x 6 @ 205 lbs (after 1 acclimation set at 135 lbs)

Leg curls....1 x 6 @ 180 lbs, 1 x 5 @ 180 lbs

My workout partner called me and said he wouldn't be able to make it today. After my first set of squats I found a spotter to help me on my second two sets. Squats felt really good and I improved my performance once again. On the fourth rep of my last set I felt my right knee start to 'buckle in'. I concentrated hard on keeping my knees strong and went down for another rep. I ended up finishing my fifth rep, which was probably better than the fourth. I also increased one rep on my second set of leg press. Time to move up next week! I stayed with 205 lbs on stiff leg deadlifts and made sure I was under control because my right glute is still a little sore. Leg training is going great right now! Tomorrow, I need to step it up a level on chest and triceps. I have not been making a lot of improvements in my performance lately with chest, but I will get a chance tomorrow.

Cardio: Cybex Recumbent Bike 16 minutes Calories: 316 Distance: 6.44

I didn't quite make my distance or calories from last Thursday on the bike. I felt like I was going at a faster pace, but I gotta go by the numbers. I will have to push it harder during my next session.

Week 29: Wednesday March 19, 2003

TRAINING:

Chest:

Incline Barbell Bench Press....1 x 5 at 215 lbs (After warmup), 2 x 4 @ 215 lbs

Flat Barbell Bench Press....2 x 5 at 230 lbs

Incline Dumbbell Press....2 x 5 @ 90 lbs

Triceps:

Lying Tricep Presses....2 x 5 @ 135 lbs (after 1 acclimation set), 1 x 4 @ 135 lbs

Tricep cable pushdowns....1 x 6 @ 240 lbs, 1 x 5 @ 240 lbs

I made modest improvements across the board today. No big jumps, but improvements, none the less. My intensity was good and I focused on using the intended muscle group during the exercises. My mind to muscle link, as well as my concentration could have been better. Overall, I got the job done and it was a good workout. I need to finish out the week strong with my next two workouts to piece together a very good week of training sessions.

Week 29: Thursday, March 20, 2003

TRAINING:

Abs:

Weighted cable crunches....3 x 12 @ 220 lbs

Leg lifts (weighted)....2 x 12 @ 30 lbs, 1 x 10 @ 30 lbs

Biceps:

Barbell Curls....2 x 6 at 150 lbs (after warmup), 1 x 5 @ 150 lbs

Alternate Dumbbell Curls....1 x 5 at 75 lbs, 1 x 4 @ 75 lbs, 1 x 5 @ 75 lbs

*I am alternating between barbell curls and dumbbell curls during this workout. This is NOT a superset. I am performing a set of barbell curls,

taking a full rest, then performing a set of dumbbell curls.

Forearms:

Barbell Wrist Curls....2 x 8 @ 110 lbs

Dumbbell wrist curls....2 x 8 @ 50 lbs

Today's workout was rock solid. Nothing spectacular, but I got the job done and enjoyed training. The workout lasted too long (a little over an hour). Although this workout has a lot of sets, it should still not take over an hour, ever. My workout partner and I did some extra talking. Granted, we were talking about nutrition and supplementation, as I have gotten him to start 'bracketing' his workouts with creatine HSC and VP2. We also talked about training and the issue of High Performance Muscle that I gave to him. I want to be a good teacher and share what I know with my partner, but we still need to make sure that we are completing our workouts in an efficient method. The workout seemed to drag on forever and I know that my concentration started to weaken at the end of the workout. We WILL improve on this in the future. Overall, I feel I effectively stimulated growth in my biceps, forearms, and abs, so it was a good workout.

Cardio: Stairstepper 20 minutes

Distance: 2.51

Good cardio session. I was a little tired as I started this cardio workout, but I pushed through and ended up tying my farthest distance on this machine.

Week 29: Friday, March 21, 2003

TRAINING:

Back:

Lat Pull downs....3 x 6 @ 262.5 lbs (after warm-up)

V Bar Pull downs....1 x 6 @ 262.5 lbs, 1 x 6 @ 270

Deadlifts...1 x 5 at 285 lbs (After 3 acclimation sets), 1 x 5 @ 290 lbs, 1 x 5 @ 295 lbs

Traps:

Barbell Shrugs....2 x 6 @ 305 lbs

A really good workout to end a good week of workouts. My intensity and concentration was good today. I stayed with pretty much the same weight as last

week on my pulldown exercises. I feel that if I went any heavier it would have been tough to use good execution. I forced myself to increase on deadlifts again, which are getting better and better. I am really starting to love this exercise. Even though it is very challenging, I am getting stronger and better at them every week and I know that deadlifts will have a dramatic effect on my total body development.

Week 30: Monday, March 24, 2003

Weekly Assessment (Week of 3/17/03)

- I had strong workouts all week long and made good improvements.
- Performed four good cardio sessions
- Followed my diet program 100% Monday through Friday.
- Followed Supplementation program 100%!
- Drank lots of pure water all seven days of the week.
- I was productive in the gym and at work.
- Ate well on Saturday, but ended up having pretty much a full cheat day on Sunday, although I stayed in control with my portion sizes.

Weekly Goals:

- 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 strict 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”
- Follow supplement schedule perfectly as outlined below.
- Drink lots of pure water-At least ½-2 gallons per day.
- Strive for excellent form and exercise execution on all exercises!
- Really start to step up my training intensity to a new level! Demand myself to lift heavier while using great form and execution.
- Have a passion for training and for life!
- Continually demand more of myself and redefine what I am capable of in and outside of the weightroom.
- Stay healthy so I can train by keeping strong nutrition and supplementation plan, getting plenty of recovery time, and taking extra vitamin C.
- Make the most out of the opportunities that present themselves every day.

I went home to Birmingham Saturday. We had a dinner party Saturday night to celebrate my parents 35th wedding anniversary. It was great to see my family and to celebrate this special occasion for my parents. The restaurant was very good and I ate a lot of good food! Saturday night, Tennelle and I went to the American Classic bodybuilding competition in Birmingham. We had a good time and I was also able to get a better idea of what to expect for the Alabama State competition in August, which will be held at the

same location and will probably be pretty similar in terms of organization and competitors. It was very motivating to attend the contest and see all of the competitors giving it their all. There were some really good competitors and I will have my work cut out for me if I want to do well in August.

What I do starting NOW until August 9th will determine how good I will be when I step on stage for the first time. I must remember that and take advantage of the opportunities that each day presents to make myself better. I will keep everything the same this week with my nutrition and supplementation plan.

Current Nutrition and Supplementation Plan:

Meal # 1 (6:00 AM)	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Calories</u>
Multi Pro 32X-1 capsule				
1 ALA 200				
2 Proflex 750				
1 Cup Skim Milk	9	13	0	90
CLA1000-2 capsules	0	0	2	18
1 Scoop VP2	24	1	0	100
1 Serving Frosted Flakes	1	28	0	120

Pre-Workout (7:00 AM)

Dymetadrine Xtreme-2
Capsules

1 NAC 500

Vitamin C-1000mg

Vitamin E-400 I.U.

1 Beta Carotene-25,000 I.U.

GL3 L-Glutamine- 10 grams

1 Scoop VP2	24	1	0	100
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1 Serving Creatine HSC	0	34	0	136
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Post-Workout (8:00 AM)				
1 ALA 200				
1 NAC 500				
Proflex 750-1 Capsule				
Vitamin C-1000mg				
Vitamin E-400 I.U.				
1 Beta Carotene-25,000 I.U.				
GL3 L-Glutamine-10 grams				
1 ½ Scoop VP2	36	1.5	0	150
1 Serving Creatine HSC	0	34	0	136
½ Serving DGC	0	23	0	92

Meal # 2 (8:30 AM)

GL3 L-Glutamine-5 grams

1.5 Scoop Choc. VP2

1 Cup White Rice			0	
	35.5	3		165
	4	43		190

Meal # 3 (9:15 AM)

Ny-Tro PRO-40	40	22	1.5	250
4 small canned white potatoes	1	13	0	80

Meal # 4 (10:45 AM)

GL3 L-Glutamine-5 grams				
1.5 Scoops Choc. VP2	35	3	.5	165
6 small canned white potatoes	1.5	24	0	120

Meal # 5 (12:45 PM)

Udos Choice Oil Blend-1 tbs Spoon	0	0	14.5	135
5 Chicken Breast Tenderloins	47	0	1.5	200
Mixed Vegetables-2 Servings	6	24	0	120

Meal # 6 (3:15 PM)

GL3 L-Glutamine-2.5 grams				
1 Tablespoon Crushed Flax seeds	2	4	4.5	65
CLA1000-2 capsules	0	0	2	18
Ny-Tro PRO-40	40	22	1.5	250

Pre-Cardio (5:00 PM)

Vitamin C-1000mg				
Vitamin E-400 I.U.				
GL3 L-Glutamine-2.5 grams				
1/2 Scoop VP2	12	.5	0	50
1/2 Serving DGC	0	23	0	92

Post-Cardio (5:30 PM)

GL3 L-Glutamine-10 grams				
1/2 Scoop VP2	12	.5	0	50
1/2 Serving DGC	0	23	0	92

Meal # 7 (6:45 PM)

1 Tablespoon Crushed Flax seeds	2	4	4.5	65
1/2 Cup Oatmeal	5	27	3	150
5 Chicken Breast Tenderloins	47	0	1.5	200
Vegetables-2 servings	6	24	0	120

Meal # 8 (9:45) PM

1 ALA 200

Multi Pro 32X-1 capsule

Vitamin C-1000mg

Proflex 750-1 Capsule

GL3 L-Glutamine-5 Grams

CLA1000-2 Capsules

Ny-Tro PRO-40 40 22 1.5 250

Meal # 9 (Approximately 2:00 A.M.)

GL3 L-Glutamine-5 grams

1 Scoop VP2 24 1 0 100

1 Cup Skim Milk 9 13 0 90

10:00 P.M. (Before Bed)

GABA-5 grams

TOTALS 463 431.5 41.5 3977

I will also drink at least 1 1/2 gallons of water per day.

TRAINING:

Shoulders:

Standing Military Press (To the Front)....1 x 5 @ 160 lbs (After warm-up), 2 x 4 @ 160 lbs

Dumbbell Press....2 x 5 @ 75 lbs

Dumbbell Side Lateral Raises...2 x 6 @ 30 lbs

Dumbbell Rear Lateral Raises....1 x 6 @ 35 lbs

Calves:

45 degree leg press calf raises (one foot at a time)....2 x 8 @ 405 lbs, 1 x 6 @ 405 lbs

Seated Calf Raises....2 x 10 @ 225 lbs

I had a good workout today, although my concentration and focus could have been better. This is my last week of training before I take a recovery week. I can tell that both my body and mind are ready for the recovery week. However, I have four more chances this week to stimulate muscle growth and have awesome workouts. I must make the most out of each workout and not 'leave anything in the gym.' I don't want to be sitting around next week during my week off wishing that I could have one of this week's workouts back because I didn't give it my all.

I forced myself to move up to 160 lbs on military presses this week and handled the weight well. My performance was pretty similar on the remainder of the exercises compared to last week. All in all, it was an effective workout.

Cardio:

Saturday: Recumbent bike (apt.) 16 minutes Distance: 6.40

Today:

Elliptical Machine 20 minutes Distance: 2.40

The stairsteppers and bikes that I like to use were all taken up yesterday afternoon at the gym. The only machine open was one of the elliptical machines. I figured I'd give it a try. I changed the intensity setting on the machine throughout the workout and tried to keep my pace strong the whole time. I ended up getting a good cardio workout and was really sweating at the end of the 20 minutes. I may have to consider adding this machine to my cardio rotation. I can now use my distance from today's workout as a starting point for my performance.

Week 30: Tuesday, March 25, 2003

TRAINING:

Legs:

Squats....2 x 5 @ 275 lbs (After warmup), 1 x 4 @ 280 lbs

Leg Press....2 x 5 @ 675 lbs

Straight leg dead lifts....1 x 6 @ 210 lbs (after 1 acclimation set at 155 lbs), 1 x 6 @ 215 lbs

Leg curls....2 x 6 @ 180 lbs

I had to wake up about an hour earlier than normal this morning because I had a meeting right at 8:00 a.m. It was a little tough getting out of bed, but once I got going I felt good and ready to go. I produced a very effective leg workout as I increased in weight and/or reps on all exercises and also concentrated on good control and execution during each exercise. Two down and three workouts to go this week to finish out this [Max-OT](#) 8 week training cycle. Tomorrow, I will work chest and triceps with passion and intensity!

Cardio: Cybex Recumbent Bike 16 minutes Calories: 324 Distance: 6.48

Week 30: Wednesday March 26, 2003

[Skip LaCour](#) started his online chat session again last night. It was a good session and Skip answered a lot of my training and business questions. The attendance was not that good so he may only have the sessions every other week or every month. I always get a lot out of these chat sessions and hope that they will continue on a regular basis.

TRAINING:

Chest:

Incline Barbell Bench Press....2 x 5 at 215 lbs (After warmup), 1 x 4 @ 220 lbs

Flat Barbell Bench Press....2 x 5 at 230 lbs

Incline Dumbbell Press....2 x 5 @ 90 lbs

Triceps:

Lying Tricep Presses....1 x 5 @ 135 lbs (after 1 acclimation set), 2 x 4 @ 135 lbs

Tricep cable pushdowns....2 x 6 @ 240 lbs

Good chest and tricep workout today. Intensity and focus was good. My training partner and I were very intense during the chest part of the workout. I was pretty worn out but the time we got to triceps, but I managed to focus and finish all exercises strong. made modest improvements across the board today. No big jumps, but improvements, none the less. My intensity was good and I focused on using the intended muscle group during the exercises. My mind to muscle link, as well as my concentration could have been better. Overall, I got the job done and it was a good workout. I need to finish out the week strong with my next two workouts to piece together a very good week of training sessions.

I had a guy come up to me after I was finished working out and ask me what I was drinking. I told him it was Creatine HSC and VP2 whey protein isolate. He seemed interested so I explained how each of the products worked and why I took them together directly before and after my workout. Another guy came over and I

proceeded to discuss AST products and directed the guys to the [AST Sports Science](#) website. I enjoy talking to others about training, nutrition and supplementation, and sharing the knowledge I have gained about effective supplementation techniques from AST. I know the outstanding results I am achieving following [Max-OT](#) training principles and using AST supplements and nutritional techniques, so I am willing to take the time to lead others in the right direction.

Week 30: Thursday, March 27, 2003

TRAINING:

Abs:

Weighted cable crunches....2 x 12 @ 220 lbs, 1 x 10 @ 220 lbs

Leg lifts (weighted)....3 x 12 @ 30 lbs

Biceps:

Barbell Curls....2 x 6 at 150 lbs (after warmup), 1 x 5 @ 150 lbs

Alternate Dumbbell Curls....1 x 6 at 75 lbs, 1 x 5 @ 75 lbs**, 1 x 5 @ 75 lbs

*I am alternating between barbell curls and dumbbell curls during this workout. This is NOT a superset. I am performing a set of barbell curls, taking a full rest, then performing a set of dumbbell curls.

** I failed on my fifth rep with my left arm

Forearms:

Barbell Wrist Curls....1 x 8 @ 110 lbs, 1 x 6 @ 110 lbs

Dumbbell wrist curls....1 x 9 @ 50 lbs, 1 x 7 @ 50 lbs

My concentration and intensity was good this morning despite feeling a little run down. I made a point to remind myself before each set of bicep exercises to concentrate on overloading the bicep muscle and make sure that I was not just 'heaving' the weight up. I maintained good concentration and completed a strong workout. Tomorrow is back and traps day before taking a recovery week off next week. I need to make tomorrow's workout AWESOME to build momentum for when I start my new [Max-OT](#) training schedule in two weeks.

Cardio: Stairstepper 20 minutes

Distance: 2.51

Good cardio session. I was a little tired as I started this cardio workout, but I pushed through and ended up tying my farthest distance on this machine.

Week 30: Friday, March 28, 2003

TRAINING:

Back:

Lat Pull downs....1 x 6 @ 262.5 lbs (after warm-up), 2 x 5 @ 270 lbs

V Bar Pull downs....2 x 6 @ 270

Deadlifts...1 x 5 at 295 lbs (After 3 acclimation sets), 1 x 5 @ 300 lbs, 1 x 5 @ 305 lbs

Traps:

Barbell Shrugs....2 x 6 @ 305 lbs

Today's back and traps workout was a great way to end this 8 week [Max-OT](#) training cycle. I had a really good attitude and enjoyed training. I continued to step it up on deadlifts, by adding just 5 lbs each set and demanding myself to handle the weight. I feel really good about my workouts right now and it is going to be tough to take a week off next week. However, I know the importance of a recovery week and I know that it will pay off over the long run to give my body a rest. I will perform my normal Saturday cardio session tomorrow morning and then resume training on Monday April 7, after giving my body and mind a break from the gym. I will post my nutrition and supplementation schedule for my recovery week and also post some notes discussing the benefits of taking a recovery week.

Week 31: Monday, March 31, 2003 (Recovery Week)

Weekly Assessment (Week of 3/24/03)

- Had a very good week of workouts to finish off 8 week training cycle.
- Performed four good cardio sessions
- Followed my diet program 100% Monday through Friday.
- Followed Supplementation program 100%!
- Drank lots of pure water all seven days of the week.
- I was productive in the gym and at work.

- Ate consistently during weekend. Enjoyed some foods not on my normal bodybuilding diet, but stayed in control.
- Set up phone appointment with Jason Wood about professionally designing this website.
- Created some good content for website this weekend.
- Talked to Steve Downs at *Natural Bodybuilding and Fitness Magazine* about adding my website address to the segment on my AST World Championships Transformation that will appear in the Summer 2003 issue.

Weekly Goals:

- Follow nutritional and supplementation plan Monday through Friday as outlined below.
- Maintain consistent flow of high quality protein during weekend and minimize cheating.
- Let body and mind recover from 8 weeks of all out training and get refreshed for next week.
- Relax and enjoy time away from the gym!
- Create new Max-OT program for next week.
- Have agenda of specific plans and ideas ready to talk to Jason Wood on Tuesday about professionally designing russyeager.com website.
- Create training, nutrition, and supplementation pages for website.

This week is my recovery week from training. After 8-10 weeks of very intense and heavy training [Max-OT](#) style, it is a good idea to take a week off. This allows your body and your mind to recover from the intense stress placed upon it with heavy weight training. If you read the [Max-OT](#) program then you will realize that the recovery week is a very important part of what makes the [Max-OT](#) program so effective over the long-run. I always come back from my recovery week refreshed and hungry to hit the gym. There are mental and physical benefits to this recovery week.

Since I won't be training I will not have my normal post-workout meals so my calories will be lower than normal. My main goal is to get consistent high quality protein intake throughout the day. I will not take creatine this week and will also take off two more weeks once I begin my new [Max-OT](#) training cycle. I will try to relax and enjoy the extra time off from the gym this week. My main goals are to create a new [Max-OT](#) training program for next week and to do some **MAJOR** work on this russyeager.com website using the help of a professional designer. Look for **BIG** changes and improvements to the website coming very soon!

Current Nutrition and Supplementation Plan:

Meal # 1 (7:15 AM)	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Calories</u>
Multi Pro 32X-1 capsule				
Proflex 750-2 Capsules				
Vitamin E-400 I.U.				
Beta Carotene-25,000 I.U.				
Vitamin C-1000 mg				
GL3 L-Glutamine-10 grams				
1 Cup Skim Milk	9	13	0	90
CLA1000-2 capsules	0	0	2	18
2 Scoop VP2	48	2	0	200
1 Serving Frosted Flakes	1	28	0	120

Meal # 2 (9:15 AM)

GL3 L-Glutamine-5 grams				
Ny-Tro PRO-40	40	22	1.5	250
1 Scoop VP2	24	1	0	100
¼ Cup Oatmeal	2.5	13.5	1.5	75

Meal # 3 (11:45 AM)				
Flax Oil-1 Tbl Spoon	0	0	14	130
5 Chicken Breast Tenderloins	47	0	1.5	200
Mixed Vegetables-2 Servings	6	24	0	120

Meal #4 (2:00 PM)

Vitamin C-1000 mg				
1 Proflex 750				
GL3 L-Glutamine-5 grams				
CLA1000-2 capsules	0	0	2	18
1 Scoop VP2	24	1	0	100
¼ Cup Oatmeal	2.5	13.5	1.5	75

Meal # 5 (4:00PM)				
GL3 L-Glutamine-5 grams				
Ny-Tro PRO-40	40	22	1.5	250
1 Tablespoon Crushed Flaxseeds	2	4	4.5	65

Meal # 6 (6:45 PM)

1 Tablespoon Crushed Flaxseeds	2	4	4.5	65
1/2 Cup Oatmeal	5	27	3	150
5 Chicken Breast Tenderloins	47	0	1.5	200
Vegetables-2 servings	6	24	0	120

Meal # 7 (9:45) PM				
Multi Pro 32X-1 capsule				
Vitamin C-1000mg				
Proflex 750-1 Capsule				
GL3 L-Glutamine-5 Grams				
CLA1000-2 Capsules			2	18
Ny-Tro PRO-40	40	22	1.5	250

**Meal # 8 (Approximately
2:00 A.M.)**

GL3 L-Glutamine-5 grams				
1 Scoop VP2	24	1	0	100
1 Cup Skim Milk	9	13	0	90

10:00 P.M. (Before Bed)				
GABA-5 grams				
TOTALS	379	235.5	42.5	2804

I will also drink at least 1 gallon of water per day.

Week 32: Monday, April 7, 2003

Weekly Assessment (Week of 3/31/03)

- Took time off from the gym and allowed my body and mind to recover.
- Created new 8 week [Max-OT](#) training routine
- Followed my diet program about 95% Monday through Friday (On Wednesday, I went to lunch with a friend. I ate chicken, asparagus, and mashed potatoes, which in and of themselves are not bad, but all three were definitely marinated in butter. I did not 'overeat' at all though, which was good.
- Followed Supplementation program about 95%.
- Drank lots of pure water six days. (Did not drink all water on Sunday)
- I had a productive, but not too stressful, week at work.
- I created a lot of good content for my russyeager.com website. I also had my phone meeting with Jason Wood, who is designing my site, so things are under way and the new site format should be up and running within 2 weeks!
- Ate well during the day Saturday. I went out to dinner Saturday night, but unfortunately by "cheat day" carried over into Sunday. After next weekend, I will be cutting out all cheat days, which will be 17 weeks out from my contest date. Since I know I am about to eliminate all non-bodybuilding foods, I "justified" eating more this weekend.

Weekly Goals:

- 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 strict 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”
- Follow supplement schedule perfectly as outlined below.
- Drink lots of pure water-At least ½-2 gallons per day.
- Reacclimate my body to training after recovery week off.
- Reread the section of the [Max-OT](#) program for each bodypart I am working that day before my workout to ‘refresh’ myself with the proper technique on each exercise.
- Pay special attention to using excellent form and exercise execution on all exercises!
- Perform 3 cardio sessions.
- Have a passion for training and for life!
- 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.

As I noted above, I will cut out all cheat meals starting after this upcoming weekend until after my contest on August 9. That will give me 17 weeks of “official” contest preparation. Really, the only thing I will change at first will be to cut out my cheat days. I will also start to expect more intensity out of my workouts and demand myself to follow through on my nutrition and supplementation plan meticulously. These things alone will make a big difference in increasing the efficiency of my metabolism and improving my level of focus.

I will use this week to get my body use to training again after my week off, get focused on eating all of my meals and taking all of my supplements, ON TIME, and getting my mind in the right place to take it to a higher level during the upcoming weeks and months of my contest preparation.

You will notice that I have included a whole food source of protein, eggbeaters, in my 2nd and 4th post-workout meals, as opposed to VP2. I have made this change in an effort to follow the [Anabolic Nutrient Timing Factor](#) exactly, which includes a whole food meal for your 2nd post-workout meal and a whole food meal with 1 scoop of VP2 for your 4th post-workout meal. VP2 is a very powerful protein source that produces dramatically increases protein synthesis and nutrient uptake into muscle cells when used at strategic times in the hours before and after your workouts. However, because VP2 has such a rapid absorption rate, I feel a whole food source of protein during my 2nd and 4th post-workout meals will provide a slower releasing protein source to prevent protein breakdown and allow the VP2 I take directly after my workout and with my 4th post-workout meal to go directly towards increasing protein synthesis.

Current Nutrition and Supplementation Plan:

Meal # 1 (6:00 AM)	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Calories</u>
Multi Pro 32X-1 capsule				
1 ALA 200				
2 Proflex 750				
1 Cup Skim Milk	9	13	0	90
CLA1000-2 capsules	0	0	2	18
1 Scoop VP2	24	1	0	100
1 Serving Frosted Flakes	1	28	0	120

Pre-Workout (7:00 AM)

1 NAC 500				
Vitamin C-1000mg				
Vitamin E-400 I.U.				
1 Beta Carotene-25,000 I.U				
GL3 L-Glutamine- 10 grams				
1 Scoop VP2	24	1	0	100
¾ Serving DGC	0	34.5	0	138

Post-Workout (8:15 AM)

1 ALA 200				
1 NAC 500				
Proflex 750-1 Capsule				
Vitamin C-1000mg				
Vitamin E-400 I.U.				
1 Beta Carotene-25,000 I.U.				
GL3 L-Glutamine-10 grams				
1.5 Scoops VP2	36	1.5	0	150
1 Serving DGC	0	46	0	184

Meal # 2 (8:45 AM)

GL3 L-Glutamine-5 grams				
6 Serv. Eggbeaters	36	6	0	180
1 Cup White Rice	4	43	0	190

Meal # 3 (9:15 AM)

Ny-Tro PRO-40	40	22	1.5	250
4 small canned white potatoes	1	13	0	80

Meal # 4 (11:00 AM)

GL3 L-Glutamine-5 grams

1 Scoop Choc. VP2	23.5	2	.5	110
4 serv. eggbeaters	24	4	0	120
6 small canned white potatoes	1.5	24	0	120

Meal # 5 (12:45 PM)

Udos Choice Oil Blend-1 tbs

Spoon	0	0	14.5	135
5 Chicken Breast Tenderloins	47	0	1.5	200
Mixed Vegetables-6 Servings	8	29	0	150

Meal # 6 (3:15 PM)

GL3 L-Glutamine-2.5 grams

1 Tablespoon Crushed Flax Seeds

	2	4	4.5	65
CLA1000-2 capsules	0	0	2	18
Ny-Tro PRO-40	40	22	1.5	250

Pre-Cardio (5:15 PM)

Vitamin C-1000mg

Vitamin E-200 I.U.

GL3 L-Glutamine-2.5 grams

1 Scoop VP2	24	1	0	100
¾ Serving DGC	0	34.5	0	138

Post-Cardio (5:45 PM)

Vitamin C-1000mg

Vitamin E-200 I.U.

GL3 L-Glutamine-10 grams

1 Scoop VP2	24	1	0	100
¾ Serving DGC	0	34.5	0	138

Meal # 7 (6:45 PM)

1 Tablespoon Crushed Flax seeds

	2	4	4.5	65
1/2 Cup Oatmeal	5	27	3	150
5 Chicken Breast Tenderloins	47	0	1.5	200
Mixed Vegetables-5 servings	6	24	0	120

Meal # 8 (9:45 PM)

1 ALA 200

Multi Pro 32X-1 capsule

Vitamin C-1000mg

Proflex 750-1 Capsule				
GL3 L-Glutamine-5 Grams				
CLA1000-2 Capsules		2		18
Ny-Tro PRO-40	22	1.5		250
	40			

Meal # 9 (Approximately 2:00 A.M.)

GL3 L-Glutamine-5 grams				
1 Scoop VP2	24	1	0	100
1 Cup Skim Milk	9	13	0	90

10:00 P.M. (Before Bed)

GABA-5 grams

TOTALS	502	456	40.5	4237
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I will also drink at least 1 1/2 gallons of water per day.

TRAINING:

Back:

Lat Pull downs (To the Front)....3 x 6 @ 195 lbs sets to failure (After warm-up)

V-bar pull downs....2 x 6 @ 195 lbs

Barbell Rows...1 x 6 @ 175 lbs, 1 x 6 @ 185 lbs

Deadlifts....2 x 6 @ 255 lbs

Today began a new [Max-OT](#) routine and training cycle. Monday will be all back. I always feel a little weak and uncoordinated my first day back in the weightroom after a recovery week. I know that it will take my body a little time to be use to going full force in the gym. That is why during this week I select a weight with which I can complete six repetitions fairly easily. I concentrate on using excellent exercise execution. As Jeff Willet says, the week back after a recovery week is like the "calm before the storm." Although, I felt a little tired and uncoordinated today, I used good execution on each exercise and concentrated on initiating each exercise with my back. I will be performing barbell rows during this [Max-OT](#) routine. This is a demanding exercise, but I like it and it produces great results.

Cardio:

Stairstepper (rolling hills)	20 minutes	Distance: 2.32	Calories: 365
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As with my weight training, I will gradually build up my intensity level with my cardio. I went for 20 minutes today at slightly less intensity than I was performing when I left off before my recovery week. Starting next week, I will really start to challenge myself to go farther and more intense during each cardio session as I get closer to my contest in August.

Week 32: Tuesday, April 08, 2003

TRAINING:

Shoulders:

Dumbbell Presses....3 x 6 at 60 lbs (After warmup)

Standing Military Presses....2 x 6 at 125 lbs

Lateral Raises....2 x 6 @ 15 lbs

Traps:

Barbell Shrugs....2 x 6 @ 265 lbs (after 1 acclimation set)

Upright rows....1x 6 @ 95 lbs

I will be working shoulders and traps together with this [Max-OT](#) routine. I start out the workout with 3 sets of dumbbell presses. I really like this exercise and am excited to see how well I can improve on it. This workout routine also includes upright rows, which I have not performed in a while.

Cardio:

Recumbent bike	16 minutes	Distance: 6.32	Calories:
295			

Week 32: Wednesday April 9, 2003

TRAINING:

Legs:

Squats....1 x 6 at 245 lbs (After warmup), 2 x 6 @ 235 lbs

Leg Presses....1 x 6 at 545 lbs

Lunges....2 x 6 @ 95 lbs

Stiff-leg deadlifts....2 x 6 @ 165 lbs

Calves:

Calve raises off leg press....2 x 8 @ 495 lbs (after 1 warm-up set)

Seated Calf Raises....2 x 10 @ 180 lbs

Wednesdays will consist of leg and calf training together. I can tell that this workout is going to be demanding. All of the leg exercises are very demanding and then I have calves on top of that. I just need to remember to take each set on one at a time. I performed the exercises today with a weight that I could handle on my own for six reps. As I said before, this week is about getting my body use to training again. Next week, I will attack my workouts with all-out intensity.

Week 32: Thursday April 10, 2003

TRAINING:

Chest:

Flat Barbell Bench Press....3 x 6 at 215 lbs (After warmup)

Incline Dumbbell Bench Press....2 x 6 at 75 lbs

Decline Barbell Press....2 x 6 @ 215 lbs

Abs:

Weighted Leg Raises....2 x 12 @ 20 lbs

Weighted Cable Crunches....2 x 12 @ 180 lbs

Swiss Ball Crunches....1 x 12

Swiss Ball Leg Raises....1 x 12

Today it was chest and abs. I felt good on my chest exercises and concentrated on using good form and a full range of motion. I have not performed decline bench presses in a while, but felt pretty good on them today.

I also concentrated on good form and contracting my abdominal muscles tight during each rep using a lighter weight than normal. I could really feel my abs working performing the exercises his way. I need to carry this form and feeling over next week when I start to increase the weight. I will be using the Swiss Ball for a couple of ab exercises during this [Max-OT](#) routine. Using the Swiss ball forces you to use your stabilizer muscles, which improves not only abdominal strength, but also core strength and stability.

Cardio:

Stairstepper (Fat Burner)
365

20 minutes

Distance: 2.34 Calories:

Week 32: Friday April 11, 2003

TRAINING:**Biceps & Triceps:**

Barbell Curls....3 x 6 at 120 lbs (after warmup)

Lying Tricep Extensions....2 x 6 @ 125 lbs (after warm-up)

Alternate Dumbbell Curls....2 x 6 at 60 lbs

Overhead Dumbbell Tricep Presses....1 x 6 @ 75 lbs, 1 x 6 @ 80 lbs

*I am alternating between bicep and tricep exercises during this [Max-OT](#) routine. This is NOT a superset. I am performing a set for biceps, taking a full rest, then performing a set for triceps, and alternating in this fashion until all sets listed are complete.

Forearms:

Barbell Wrist Curls....2 x 8 @ 85 lbs

Reverse Barbell wrist curls....2 x 6 @ 35 lbs

I will be working arms on Fridays with this training routine. During this [Max-OT](#) routine, you alternate between bicep and tricep exercises. I like working my arms this way. It keeps me mentally alert and allows for full recuperation of contrasting muscles groups in between sets.

This routine includes reverse wrist curls, which I have not performed in a while. Using just the 35 lb bar today was pretty tough. I feel that this exercise will effectively work the often neglected extensor muscles, which are the muscles on the front side of the forearms.

The transitional week after my recovery week is over and starting Monday it is time to really crank up the intensity, focus, and weight in the gym. I now have 17 weeks until my contest date. Beginning Monday, I will eliminate ALL non-bodybuilding food from my diet until after the contest in August. I need to make sure that my metabolism is running efficiently 24 hours a day, 7 days a week. I don't have much planned for the

weekend (I may actually get a weekend off from work!) so I will probably just relax and make sure I am ready for Monday.

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