

Week 3: Monday, April 28, 2003

Weekly Assessment (Week of 4/21/03)

- Good workouts every day during the week. I increased my #'s and used good execution and form. Need to concentrate more on mind-to-muscle link.
- Cranked up intensity during cardio sessions.
- Learned Valuable lesson about mental power during Thursday's workout
- Despite an extremely busy and crazy work week and weekend, I followed my nutrition and supplementation program 100%
- Drank all water every day
- Talked with Jason Wood about my Russyeager.com website
- Sent weekly journal update to Bodybuilding.com.

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".
- Eat clean and on time during the weekend and take my supplements on time.
- Follow supplement schedule perfectly as outlined below.
- Drink lots of pure water-At least 1 ½-2 gallons per day.
- Really step up the intensity and focus in the weightroom! There are now 15 weeks until the Alabama State Bodybuilding Competition!
- Take a few minutes to go over workout in my mind in the morning before hitting the gym. Take a few minutes after my workouts to review what I did well and what I can improve on.
- Strive for excellent form and exercise execution on all exercises.
- Concentrate on creating a strong mind to muscle link.
- Perform 4 cardio sessions. Strive to beat previous distance.
- 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.
- Enjoy my contest journey. Keep a positive attitude.

Wow, what a week! We have been working very long hours at work in order to meet a big deadline. The deadline is today so hopefully things will slow down a bit after today or at least tomorrow. Despite the extremely busy week and weekend at work I managed to cook all of my meals, eat them on time, take all of my supplements on time, and drink

all of my water. I performed my normal cardio session on Saturday and then I performed my normal Monday session on Sunday since I did not know how crazy Sunday night and Monday were going to be so I wanted to make sure that I got it in. I ended up able to perform my weight training session as normal this morning so I will take off from cardio this afternoon.

You will notice that I have labeled this week as “Week 3” instead of “Week 35.” I decided to start my 17 week contest prep at week one all the way up the week 17. I think this will keep me focused on exactly how much time I have to obtain the results I need to do well.

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)

2 Dymetadrine Xtreme				
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
1 Serving Creatine HSC	0	34	0	136

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	48	2	0	200
2 Scoops VP2	0	34	0	136
1 Serving Creatine HSC	0	23	0	92
½ Serving DGC				

Meal # 2 (8:45 AM)

GL3 L-Glutamine-5 grams				
6 Serv. Eggbeaters				
1 Cup White Rice			0	
			0	
	36	6		180
	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 (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	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				
1/2 Tablespoon Natural Peanut Butter	2	2	4	50
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
1/2 Serving DGC	0	23	0	92

Post-Cardio (5:45 PM)				
Vitamin C-1000mg				

Vitamin E-200 I.U.				
GL3 L-Glutamine-10 grams	24	1	0	
1 Scoop VP2	0	34.5	0	100
3/4 Serving DGC				138

Meal # 7 (6:45 PM)				
2 Tablespoons Crushed Flax seeds	4	8	9	130
1/4 Cup Oatmeal	2.5	13.5	1.5	75
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	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	513.5	444	41	4258

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

TRAINING:

Back:

Pull-Ups....1 x 9 (After warm-up on lat pulldowns), 1 x 7, 1 x 6

V-bar pull downs....1 x 6 @ 247.5, 1 x 6 @ 255 lbs

Barbell Rows...2 x 6 @ 215 lbs (After 1 acclimation set at 135 lbs)

Deadlifts....1 x 5 @ 305 lbs (After 3 acclimation sets), 1 x 4 @ 310 lbs

Very good workout today. I improved my numbers and really felt much better with my execution this week. My intensity and focus were very good as well.

Cardio:

Saturday:

Recumbent Bike (Apartment) 16 minutes Distance: 6.3 Calories: 382

Sunday:

Recumbent Bike (Apartment) 16 minutes Distance: 6.3 Calories: 385.2

Week 3: Tuesday, April 29, 2003

TRAINING:

Shoulders:

Dumbbell Presses....2 x 4 at 80 lbs (After warmup), 1 x 6 @ 75 lbs

Standing Military Presses....1 x 6 at 145 lbs, 1 x 5 @ 150 lbs

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

Traps:

Barbell Shrugs....2 x 6 @ 295 lbs (after 1 acclimation set)

Upright rows....1 x 6 @ 140 lbs

Well, yesterday was my craziest workday yet out of this whole mess. I ended up working until after 1:00 a.m. and didn't get to bed until after 2. I slept in just a little bit today and then went to the gym to perform my shoulders and traps workout. It was kind of nice because the gym was not crowded at all. I struggled to get four reps with the 80 lbs dumbbells and moved down to the 75's on my third set. Maybe it was because I did not have my normal spotter or maybe it was because I was lacking sleep, but I felt the smart thing to do was to move down and execute properly with the 75's. I felt strong and in control with the 75 lbs dumbbells and completed six reps. There seems to be a big difference in the 75 and 80 lbs dumbbells. I need some 77.5lbs dumbbells. Unfortunately, there are no such weights at my gym so I will have to work to where I can confidently handle the 80's.

I started to feel more stronger, more focused, and more determined as I moved through the workout and picked up my performance and level of intensity during military presses. Side lateral raises and my trap exercises went very good as well. All in all, today's workout was good.

Cardio:

Stairstepper 20 minutes Distance: 2.50 Calories: 283

Week 3: Wednesday April 30, 2003

TRAINING:

Legs:

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

Leg Presses....1 x 4 at 675 lbs

Lunges....1 x 6 @ 150 lbs, 1 x 6 @ 155 lbs

Stiff-leg deadlifts....2 x 6 @ 210

Calves:

Calve raises off leg press....2 x 8 @ 725 lbs (after 1 warm-up set)

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

Really strong workout this morning.. I moved up in weight on squats. I felt a little uncomfortable during my first heavy set, but managed to complete at least four reps on each set. I moved up 20lbs on leg press today compared to last week. I am feeling better and better with lunges and was able to move up in both weight and reps compared to last week. Stiff-leg deadlifts were solid as were calves. Overall, it was a very effective workout.

Week 3: Thursday May 1, 2003

TRAINING:

Chest:

Flat Barbell Bench Press....1 x 5 at 250 lbs (After warmup), 2 x 4 @ 250 lbs

Incline Dumbbell Bench Press....1 x 6 at 95 lbs, 1 x 5 @ 95 lbs

Decline Barbell Press....2 x 4 @ 250 lbs

Abs:

Weighted Leg Raises....2 x 12 @ 35 lbs

Weighted Cable Crunches....2 x 10 @ 210 lbs

Swiss Ball Crunches....1 x 12

Swiss Ball Leg Raises....1 x 12

What can I say...chest workouts are going great! I need to get as motivated as I have been during chest workouts for all of my bodyparts. I started looking back at some of my old training journals from this past year and from last year when I was training for the AST World Championships and realized that today's workout was actually the heaviest chest workout I have ever had. This is great, but also the way it should be since I am more focused on bodybuilding now than ever before in my life and also because I am less than 15 weeks away from my first bodybuilding contest. My form on bench press has also improved dramatically over the last year. I used to get in the bad habit of letting my butt come off the bench when the weight got heavy, but I have finally corrected this and feel much more stable and comfortable during flat bench presses.

I also made good improvements during incline presses using the 95 lbs dumbbells. I should be ready to move up to the 100 lbs dumbbells very soon, which I have never worked out with before.

My ab workout was also very intense. During weighted cable crunches, I really concentrated on curling my torso towards my pelvis by contracting the abdominal muscles as opposed to "bowing" toward the ground with my upper body. This makes a big difference in the direct stimulation placed on the abs during the movement. By the time I got to swiss ball leg raises my abs were so worn out that I had a hard time balancing on the ball. You must really use all of your stabilizer muscles during swiss ball exercises, which is what makes the swiss ball so effective at improving coordination and core strength.

Cardio:

Stairstepper (fatburner) 20 minutes Distance: 2.50
Calories: 388

I was able to match my distance from Tuesday, and had to work hard the whole session to do so. Another good cardio session is in the books. Each session performed correctly brings me one step closer to my conditioning goals.

Week 3: Friday May 2, 2003

TRAINING:

Biceps & Triceps:

Barbell Curls....3 x 6 at 140 lbs (after warmup)

Lying Tricep Extensions....1 x 6 @ 140 lbs (after warm-up), 1 x 4 @ 145 lbs

Alternate Dumbbell Curls...2 x 6 at 70 lbs

Overhead Dumbbell Tricep Presses....1 x 5 @ 100 lbs, 1 x 6 @ 100 lbs

Tricep cable pushdowns....1 x 6 @ 250 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....1 x 7 @ 110 lbs, 1 x 5 @ 110 lbs

Reverse Barbell wrist curls....1 x 10 @ 45 lbs, 1 x 6 @ 50 lbs

Good workout today. I am continuing to improve my execution on barbell and dumbbell curls. I also made some rep and/or weight increases compared to last week. Today was the first day I really connected my workouts to my contest and how what I was doing in the gym today is going to affect how I do in my contest on August 9. I feel like I reached a new level of concentration and intensity today. I need to keep this momentum up and keep working towards even great intensity, focus, execution and effort. Doing so will enable me to achieve the results I am working towards. I look forward to a couple of days to rest and recover this weekend.