

Monday, June 16, 2003

Current Nutrition and Supplementation Plan:

Meal #1 (6:00 AM)				
Item	Protein	Carbs	Fat	Calories
1 ALA 200	0	0	0	0
Multi Pro 32X-1 capsule	0	0	0	0
2 Proflex 750	0	0	0	0
GL3 L-Glutamine-5 grams	0	0	0	0
CLA1000-2 capsules	0	0	2	18
1 Scoop VP2	24	1	0	100
1/2 Serving Frosted Flakes	.5	14	0	60
Pre-Workout (7:00 AM)				
Item	Protein	Carbs	Fat	Calories
1 NAC 500	0	0	0	0
Vitamin C-1000mg	0	0	0	0
Vitamin E-400 I.U.	0	0	0	0
1 Beta Carotene-25,000 I.U	0	0	0	0
GL3 L-Glutamine- 10 grams	0	0	0	0
2 Dymetadrine Xtreme	0	0	0	0
1 Scoop VP2	24	1	0	100
1 Serving Creatine HSC	0	34	0	136
Post-Workout (8:15 AM)				
Item	Protein	Carbs	Fat	Calories
1 ALA 200	0	0	0	0
1 NAC 500	0	0	0	0
Proflex 750-1 Capsule	0	0	0	0
Vitamin C-1000mg	0	0	0	0
Vitamin E-400 I.U.	0	0	0	0
1 Beta Carotene-25,000 I.U.	0	0	0	0
GL3 L-Glutamine-10 grams	0	0	0	0
1.5 Scoops VP2	36	1	0	150
1 Serving Creatine HSC	0	34	0	136
Meal # 2 (8:45 AM)				
Item	Protein	Carbs	Fat	Calories
GL3 L-Glutamine-5 grams	0	0	0	0
4 Serv. Eggbeaters	24	4	0	120

2/3 Cup White Rice	2.5	29	0	127
Meal # 3 (9:15 AM)				
Item	Protein	Carbs	Fat	Calories
Ny-Tro PRO-40	40	22	1.5	250
Meal # 4 (11:00 AM)				
Item	Protein	Carbs	Fat	Calories
GL3 L-Glutamine-5 grams	0	0	0	0
2 serv. Eggbeaters	12	2	0	60
4 small canned white potatoes	1	13	0	80
Meal # 5 (12:45 PM)				
Item	Protein	Carbs	Fat	Calories
1 Dymetadrine Xtreme	0	0	0	0
Barlean's Flax Oil- 1/2 Tbsp	0	.5	5.5	55
4 Chicken Breast Tenderloins	38	0	1	160
Mixed Vegetables-6 Servings	8	29	0	150
Meal #6 (3:45 PM)				
Item	Protein	Carbs	Fat	Calories
GL3 L-Glutamine -5 grams	0	0	0	0
Vitamin C-1000 mg	0	0	0	0
1 Dymetadrine Xtreme	0	0	0	0
Barlean's Flax Oil- 1/2 Tbsp	0	.5	5.5	55
CLA1000-2 Capsules	0	0	2	18
Ny-Tro Pro-40	40	22	1.5	250
Post-Cardio (5:45 PM)				
Item	Protein	Carbs	Fat	Calories
Vitamin C-1000mg	0	0	0	0
Vitamin E-400 I.U.	0	0	0	0
GL3 L-Glutamine-10 grams	0	0	0	0
Micronized Creatine- 5 grams	0	0	0	0
1 Scoop VP2	24	1	0	100
1/2 Serving DGC	0	23	0	92
Meal # 7 (6:45 PM)				
Item	Protein	Carbs	Fat	Calories
Barlean's Flax Oil- 1/2 Tbsp	0	.5	5.5	55
3 Chicken Breast Tenderloins	29	0	1	120
Mixed Vegetables-5 servings	6	24	0	120

Meal # 8 (9:45 PM)				
Item	Protein	Carbs	Fat	Calories
1 ALA 200	0	0	0	0
Multi Pro 32X-1 capsule	0	0	0	0
Vitamin C-1000mg	0	0	0	0
Proflex 750-1 Capsule	0	0	0	0
GL3 L-Glutamine-5 Grams	0	0	0	0
CLA1000-2 Capsules	0	0	2	18
Ny-Tro PRO-40	40	22	1.5	250
Before Bed (10:00 P.M.)				
Item	Protein	Carbs	Fat	Calories
GABA-5 grams	0	0	0	0
Meal # 9 (Approximately 2:00 A.M.)				
Item	Protein	Carbs	Fat	Calories
GL3 L-Glutamine-5 grams	0	0	0	0
1/2 Scoop VP2	12	.5	0	50
1/2 Cup Skim Milk	4.5	6.5	0	45
TOTALS	Protein	Carbs	Fat	Calories
	365.5	284.5	27	2875

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

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 new bodybuilding diet as outlined below 100% Monday-Friday paying close attention to the precise timing of my meals, especially during the post-workout 3 hour 'window'.
- Eat clean and on time during the weekend and take my supplements on time.
- Follow supplement schedule perfectly as outlined below.
- Drink lots of pure water-At least 2 gallons per day.
- Get into great training mindset EVERY MORNING before stepping foot in the gym
- Continue to increase intensity and focus in the weightroom! There are now less than 8 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.
- Put emphasis on directing overload to intended muscle group. Visualize the muscle development I want to achieve and "feel" the muscle work during every rep of every set.
- Perform 7 (increased from 6 in prior week) intense cardio sessions. Strive to beat previous distance.
- Take assessment photos
- Watch 'Posing Like a Champion' and practice mandatory poses on Saturday and Sunday, AND at least one day during the week.
- Order posing suits!
- 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.

Assessments:

WEEK OF 6/9/03:

- Very good week back in the gym after recovery week. Used good execution and had good focus working to 6 reps on each set.
- Completed six intense cardio sessions-Intensity was either up, right on or slightly below last week during each session
- Ate and supplemented well and on-time, except for a couple of nights I slept through my 2:00 a.m. meal and did not have my VP2 and skim milk until about 5:00 a.m.
- Created and implemented new nutrition and supplementation plan
- Took weekly assessment photos
- I did *not* watch 'Posing Like a Champion' this weekend. However, I did practice my quarter turns and mandatory poses on Sunday. Once again, I was better this week than last week, but still have a long way to go.
- I ordered some Thiomucase, but did not order my posing suits yet. I must do that this week!
- Drank all water every day
- Kept RussYeager.com website updated.
- Sent weekly journal update and photos to Will at Bodybuilding.com.

Training: Chest	
Exercise	Sets / Reps / Weight
Flat Bench Press	1 x 6 at 245 lbs (after warmup), 1 x 4 @ 245 lbs
Incline Bench Press	1 x 4 @ 210 lbs, 1 x 4 @ 200 lbs
Incline Dumbbell Press	1 x 4 at 90 lbs

Training: Triceps	
Dumbbell Kickbacks	1 x 6 @ 30 lbs (After 1 acclimation set)
Tricep Cable Pressdowns	1 x 6 @ 240 lbs, 1x 6 @ 245 lbs
Lying Tricep Extensions	1 x 3 @ 125 lbs

I did a lot of running around this weekend and did not get to rest that much. While I like to stay active on the weekends, I need to start making it a priority to get enough rest in order to be able to give it my all with my workouts during the week. Saturday night, my throat was kind of scratchy and Sunday I did not feel very well. I woke up early and made an effort to get into a good preworkout mindset. I knew that I would have to stay focused to perform well since I was not feeling great.

I just had no energy during my workout. I put out a lot of effort and tried to keep a positive attitude, but my strength and performance was very poor. I also felt like I was having trouble balancing the weight, which is never an issue for me during chest exercises. This is a horrible time to be coming down with a cold so hopefully it is nothing serious. I am definitely disappointed after being so motivated about stepping up my performance during the last 8 weeks of my contest preparation. However, I am trying not to be too hard on myself. This morning's workout is over and done with. I must move forward from here on out. I am not going to stop training or cancel any of my cardio sessions. I cannot afford to this far into my contest preparation. I will take some extra Vitamin C throughout the day and try to leave work right after my cardio session so that I can go home and get some rest. Hopefully, I will be able to "tough it out" for a little bit and be back to 100% very soon.

Cardio (Friday)	
Exercise	Time / Distance / Calories
Recumbent bike (Apartment)	Time: 16 minutes, Distance: 6.4 , Calories: 387.2
Cardio (Saturday)	
Exercise	Time / Distance / Calories
Stairstepper (interval)	Time: 20 minutes, Distance: 2.73, Calories: 410

I used the stairstepper at my old gym in Birmingham this weekend, which is a little different than the one I use at the LA Fitness. I started on level 8 and was able to move up to level 10 by the middle of the session. My performance was definitely better than it has been when I have used this machine in the past, and I was able to get a very good cardio workout.

Cardio (Today)	
Exercise	Time / Distance / Calories
Recumbent bike (cybex)	Time: 16 minutes, Distance: 6.69 , Calories: 345

I started feeling better as the day went on. I told myself that I could focus and tough it out for 16 minutes of cardio tonight. I felt a little "off" but nonetheless gave a great effort and ended up establishing a new record on this bike. My very good cardio session does not make up for this morning's poor workout, but at least I feel like I accomplished something positive today that will bring me closer to my contest preparation goals. I am going to try to get some good rest tonight and hopefully I will feel better in the morning and be ready to attack my leg workout.

Tuesday, June 17, 2003

Training: Legs	
Exercise	Sets / Reps / Weight
Squats	1 x 5 at 270 lbs (After warmup), 1 x 4 @ 270 lbs
Leg Presses	1 x 4 at 635 lbs, 1 x 6 @ 605 lbs
Leg Curls	2 x 6 @ 165 lbs
Stiff-leg deadlifts	2 x 6 @ 195

I was still a little "under the weather" this morning. I made an effort to mentally prepare myself to work through 45 minutes of leg training to the best of my abilities. My strength seemed to zap after performing 2 or 3 reps during each set. It was a struggle to get through today's workout and my performance was not where it should be. However, I did manage to persevere and have a pretty decent leg workout even though I did not feel well. I will continue to take lots of Vitamin C and drink plenty of water throughout the day, and try to rest as much as possible at night. I know my body and I can tell that it is trying to fight off whatever is making me feel like crap. Hopefully, my body will hurry up and tell this infection, cold, or whatever it is, that it has picked the wrong guy at the wrong time! For now, I will just do the best I can and try to keep moving forward.

Cardio	
Exercise	Time / Distance / Calories
Stairstepper (Rolling Hills)	Time: 20 minutes, Distance: 2.50 , Calories: 366

Despite feeling bad, I made a good cardio effort and was able to achieve a good performance on the Rolling Hills setting of the stairstepper.

Wednesday, June 18, 2003

Last night, my cold started to move into my nose, chest and head. I am now congested, have a headache and pretty much feel like crap. I have decided to become more proactive in getting rid of this cold once and for all. After my cardio session last night, I went to the nutrition store where I buy my flax oil and digestive enzymes. I told one of my friends there that I had a cold that I really needed to get rid of. She suggested some garlic and beta glucan. The beta glucan was pretty expensive at \$30 for just five days worth of pills, but she said it was the best natural supplement to increase the immune system and fight off foreign organisms. If it helps get me

back to feeling better then it is well worth the money spent. I have decided that if I do not feel any better tomorrow then I will go to the doctor and see if he can prescribe something to help.

Training: Back	
Exercise	Sets / Reps / Weight
Bent Over Barbell Rows	2 x 6 at 210 lbs (after warmup)
Lat Pulldowns (In Front)	1 x 6 @ 232.5 lbs
Seated Cable Rows (V-Bar)	1 x 6 at 225 lbs
Seated Cable Rows (Straight Bar Medium Grip)	1 x 6 @ 225 lbs
Training: Biceps	
Alternate Dumbbell Curls	2 x 6 @ 60 lbs (After 1 acclimation set)
Barbell Curls	1 x 6 @ 125 lbs, 1 x 5 @ 125 lbs

Still not feeling well today, I knew that I was not going to break any world strength records so I decided the smartest thing to do would be to concentrate on using very good form and execution. I concentrated on squeezing my back during each rep of my back exercises and using my lats to perform the movement. During my bicep exercises I thought about bringing the weight up during the concentric part of the movement by contracting my bicep, and controlling the weight all the way down during the eccentric part of the movement. Although I did not feel great and my intensity was not at its highest, I ended up having a pretty decent workout. I am planning to complete my cardio session this afternoon and then try to get some more good rest tonight. Like I said, if I don't feel better tomorrow then I will take a trip to the doctor.

Cardio (Today)	
Exercise	Time / Distance / Calories
Recumbent bike (cybex)	Time: 16 minutes, Distance: , Calories:

*Cardio not performed due to illness

Thursday, June 19, 2003

I started to feel even worse yesterday so I decided to go ahead and go to the doctor. I told him that I was training for a bodybuilding contest and that I needed to get well right way. He was a really cool guy and actually into bodybuilding himself so he understood my situation. He prescribed an antibiotic and something for the congestion. He did tell me that it would definitely not be a good idea to take any ephedra products while I was taking the decongestant because of possible very negative reactions with the two products. I will take his advice and deal without Dymetadrine Xtreme for a few days. I began my medication yesterday and am already feeling better today. However, I am still not feeling *good*.

I decided the smartest thing to do yesterday was to leave work after getting back from the doctor and skip my cardio session so that I could give my immune system a chance to recover. Since I skipped my cardio session I decided to eliminate the 1/2 tbsp of flax oil that I normally have with my afternoon Ny-Tro Pro 40. Doing this, in addition to not having my normal post cardio VP2 and

DGC reduced my daily calories by 247 so even though I did not perform my cardio session I was able to create a calorie deficit.

Training: Calves	
Exercise	Sets / Reps / Weight
45 Degree Calf Presses	1 x 10 @ 635 lbs (after warm-up), 1x 8 @ 635 lbs
Standing Calf Raises	1 x 10 @ 345 lbs
Seated Calf Raises	1 x 8 @ 225 lbs
Training: Abdominals	
Weighted Leg Raises	1 x 15 @ 30 lbs, 1 x 12 @ 30 lbs
Weighted Cable Crunches	2 x 12 @ 200 lbs
Training: Forearms	
Exercise	Time / Distance / Calories
Wrist Curls	1 x 12 @ 105 lbs, 1 x 8 @ 105 lbs
Reverse Wrist Curls	1 x 7 @ 55 lbs, 1 x 5 @ 55 lbs

This workout came at a good time as I am still struggling to get over my cold and build my immune system back up. Working these smaller body parts is not nearly as demanding on the body and the immune system as workouts for larger bodyparts, such as legs or back. I concentrated on using a good range of motion and targeting the intended muscle group during each exercise. All in all, it was a pretty decent workout.

I am planning to perform a Max-OT cardio session on the bike today. I keep telling myself that if I can just tough it out until the weekend, I will be able to get a lot of rest so that I feel much better next week.

Cardio	
Exercise	Time / Distance / Calories
Recumbent Bike (cybex)	Time: 16 minutes, Distance: 6.57 , Calories: 336

It's hard enough to get psyched up for Max-OT cardio during contest preparation. Add a splitting headache, not being able to breath, and overall feeling bad and it is downright dreadful!

Well, I told myself that none of the judges were going to give me any extra points on August 9 because I was too sick to do cardio today. Then I decided to suck it up and go to it. I put out a good effort on the bike. I was a little below my recent average, but was pleased with the effort I put forth during the cardio session, as well as the fact that I decided to complete the cardio session. Tonight, I will get more rest and drink lots of water and try to get ready for shoulders, traps, and cardio tomorrow.

Friday, June 20, 2003

Training: Shoulders

Exercise	Sets / Reps / Weight
Standing Barbell Presses (In the Front)	1 x 6 at 135 lbs (after warmup), 1 x 6 @140 lbs
Dumbbell Side Lateral Raises	2 x 6 @ 25 lbs (After 1 acclimation set)
Dumbbell Rear Lateral Raises	2 x 6 at 35 lbs
Training: Traps	
Barbell Shrugs	2 x 6 @ 285 lbs
Cable Upright Rows	1 x 6 @ 230 lbs

Today was definitely my best workout of the week. I am still not 100%, but I am getting better. I still could tell that my energy would seem to disappear after 3 or 4 reps and I got a little light-headed at the end of my sets. Still, I was able to maintain focus and complete a pretty effective workout.

My plan is to perform cardio tonight and then on Saturday and Sunday as planned. I have quite a few errands to run this weekend, but I will try to put off anything that is not essential to getting done this weekend so that I can rest and recover for next week. Depending on how I feel, I may cancel my cardio session Sunday and totally rest. I hate to do that, but I need to nip this cold in the bud so that I can finish out the last 7 weeks of contest preparation STRONG!

Everyone have a great weekend and STAY STRONG!