

Monday, June 23, 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
1/2 Scoop VP2	12	.5	0	50
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 Scoop VP2	24	.5	0	100
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
1/2 Cup White Rice	2	21.5	0	95
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
1/4 Serving DGC	0	11.5	0	46
Meal # 7 (6:45 PM)				
Item	Protein	Carbs	Fat	Calories
CLA1000-2 Capsules	0	0	2	18
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
	341	264	23.5	2660

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 **7 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 intense cardio sessions. Strive to beat previous distance/calories.
- Take assessment photos
- Watch 'Posing Like a Champion' and practice mandatory poses on Saturday and Sunday, AND *at least* one day during the week.
- Have a passion for training and for life!
- Tan in the booth *at least* 3 days and in the sun on the weekend.
- 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 6/16/03:

- Workouts suffered due to bad cold. Was able to complete every workout except cardio on Wednesday, but performance and intensity was down due to illness.
- "Toughed it out" through bad cold with workouts and cardio.
- Completed six intense cardio sessions (7 sessions were planned, but did not perform cardio Wednesday due to illness). Cardio average was slightly down for the week.
- Ate and supplemented well and on-time, except on Monday I forgot to take my pre-workout antioxidants (I took all of them after my workout)
- Created and implemented new nutrition and supplementation plan
- Took weekly assessment photos
- Watched 'Posing Like a Champion'. Practiced posing on Friday, Saturday, and Sunday.
- Received Thiomucase. I will begin applying Thiomucase twice a day beginning *next* week with 6 six remaining until my contest.
- Ordered my posing suits from *Jagwear*.
- Drank all water every day
- Kept RussYeager.com website updated/Proofed website
- Sent weekly journal update and photos to Will at Bodybuilding.com.

Training: Chest	
Exercise	Sets / Reps / Weight
Flat Bench Press	1 x 4 at 245 lbs (after warmup), 1 x 4 @ 235 lbs
Incline Bench Press	2 x 4 @ 205 lbs,
Incline Dumbbell Press	1 x 5 at 90 lbs

Training: Triceps	
Dumbbell Kickbacks	1 x 6 @ 35 lbs (After 1 acclimation set @ 15 lbs)
Tricep Cable Pressdowns	1 x 6 @ 250 lbs, 1x 5 @ 262.5 lbs
Lying Tricep Extensions	1 x 5 @ 125 lbs

I felt much, much better today. I think I am almost 100% well. However, my strength was still not where I would have liked it to be. I executed well and was very intense and focused during my workout, but the weight I was able to lift was not where it has been lately. Maybe it was unrealistic to expect to come in and have my strongest chest and tricep workout ever after just getting over a bad cold.

I have decided rather than focusing on the fact that the weight I was able to push was not what I had hoped for, to focus on the fact the 1) I am well and feeling motivated to workout and keep pushing through my contest preparation and 2) I had a very intense, focused, and well-executed workout that overloaded my chest and triceps 3) I am now able to build on today's workout and strive to do just a little better next week.

Cardio (Friday)	
Exercise	Time / Distance / Calories
Stairstepper (Fatburner)	Time: 20 minutes, Distance: 2.55 , Calories: 383
Cardio (Saturday)	
Exercise	Time / Distance / Calories
Recumbent Bike	Time: 16 minutes, Distance: 6.4, Calories: 388.2
Cardio (Sunday)	
Exercise	Time / Distance / Calories
Stairstepper (Fatburner)	Time: 20 minutes, Distance: 2.55, Calories: 377

I was able to stay to my plan and complete cardio Friday, Saturday, and Sunday. I was very motivated during my sessions as I was feeling much better and ready to make some progress. My stairstepper sessions are good, but I need to get to the 2.56 mile mark that I hit a few weeks ago. I proved I could do it once so I know I can do it again.

Cardio (Today)	
Exercise	Time / Distance / Calories
Recumbent bike (cybex)	Time: 16 minutes, Distance: 6.69, Calories: 350

Before I even stepped onto the bike this evening I decided that I was going to make this cardio session my BEST one yet during my contest preparation. I knew that if I just concentrated on stepping it up during this session I could reach a new level. I felt great as I pushed through the hard intervals keeping the RPMs around the 110 mark on level 12. I have been performing my 4th and 8th "hard" interval on level 13, and today I added another "hard" interval at level 13 (my second to last "hard" interval). This made the last three minutes of

cardio much more challenging, but I was able to reach my goal of making this my best session yet.

Now, I must do 3 "hard" intervals on level 13 EVERY time on this bike. Also, 6.69 miles and 350 calories is the goal to beat and surpass. I am feeling well. I am motivated and I am excited to see how far I can push and how good I can get over the next 7 weeks. Look out! I am coming on full force! Squats tomorrow morning...I can't wait!

Tuesday, June 24, 2003

Training: Legs	
Exercise	Sets / Reps / Weight
Squats	2 x 4 at 275 lbs (After warmup)
Leg Presses	1 x 3 at 675 lbs, 1 x 4 @ 635 lbs
Leg Curls	2 x 6 @ 180 lbs
Stiff-leg deadlifts	1 x 6 @ 205, 1 x 6 @ 215 lbs

Solid workout today. I am still not 100% in my groove after being sick last week, but I managed to have a very intense and effective leg workout this morning. I felt a little off balance during my sets of squats. I still have a tendency to lean forward when the weight gets heavy. Today I realized that when I just keep my head up and concentrate on keeping my back straight I have more power in addition to more control.

I was a little over ambitious on my first set of leg presses as I tried to push the heaviest weight I was using before getting sick. The weight almost buried me on my first rep, but I dug in and managed to complete 3 reps. I moved down on the second set and completed four strong reps. Stiff-leg deadlifts felt very good today. I really concentrated on keeping my back straight, hips pushed back, going as deep as my flexibility allows, and squeezing up with the hamstrings on the way up. I displayed very good control and form and could feel my hamstrings being overloaded. All in all, it was a strong workout, but I KNOW that I can do better next week.

Cardio	
Exercise	Time / Distance / Calories
Stairstepper (Rolling Hills)	Time: 20 minutes, Distance: 2.57 , Calories: 379

Not only did I get to the 2.56 mile mark, I passed it and set a new record! Gotta keep pushing...gotta keep climbing!

Wednesday, June 25, 2003

Change of Plans!!!

Those of you who have been following my 2003 contest journey know that I have been planning to enter the Alabama State Bodybuilding Contest on August 9. Well, in the back of my mind I have also been considering doing the NPC Pacific USA Naturals (formerly the Ironman Naturally) contest in Anaheim, CA, which is also on August 9. I found out that the Alabama State is not even in Birmingham this year. It is in Dothan, AL, which is about 3 1/2 hours South of Birmingham so either way I have to travel. This coupled with the facts that the Alabama State show is *not* drug tested and the Pacific USA Naturals is a bigger show with better opportunity for exposure, helped make my final decision.

Once I made my decision, I did not waste any time making plane, hotel, and car reservations. Today I need to send in my entry form and also schedule a polygraph test before the contest. I have no idea what to expect as far as the other competitors go, but at least I know that we are all on the same playing field with the drug test. I know that this is a pretty big natural show put on by Jon Lindsay Productions and IronMan Magazine. I also know that Skip LaCour won this contest in 1994 so I imagine that the competition is pretty tough.

I cannot do anything about how the other competitors are going to be. What I CAN do something about is how I spend my time preparing for the show over the next 6 1/2 weeks. If I can look back and know that I gave it my all day in and day out then I will feel like a winner no matter how I place in the show. I am very excited about this opportunity and it motivates me to take my training and contest preparation strategies to an even higher level. This Birmingham, AL boy is going to California to try to make some noise!

Training: Back	
Exercise	Sets / Reps / Weight
Bent Over Barbell Rows	1 x 6 at 215 lbs (after warmup), 1 x 6 @ 220 lbs
Lat Pulldowns (In Front)	1 x 6 @ 232.5 lbs (after 1 acclimation set at 165 lbs)
Seated Cable Rows (V-Bar)	1 x 6 at 240 lbs
Seated Cable Rows (Straight Bar Medium Grip)	1 x 6 @ 240 lbs
Training: Biceps	
Alternate Dumbbell Curls	1 x 6 @ 65 lbs (After 1 acclimation set @ 40 lbs), 1 x 5 @ 60 lbs
Barbell Curls	2 x 6 @ 135 lbs

I have been feeling better each day this week and today was my best workout of the this week so far. My back and bicep workout this morning was well-executed, pretty heavy, and very intense and focused. My intensity and focus in the gym is really starting to rise (as it should) as I move closer to my contest date. I must continue to complete one task at a time and take advantage of the time I have left.

Cardio (Today)	
Exercise	Time / Distance / Calories
Recumbent bike (cybex)	Time: 16 minutes, Distance: 6.71 , Calories: 347

I was pretty tired and pretty sore before today's cardio session on the bike. Still, I was motivated to give a great effort and ended up setting a new distance record, although my calories were slightly lower than my last session. This great session brings me one step closer to my goals.

Thursday, June 26, 2003

Matt Vinopal, Overall Champion of the AST 2002 World Championships, sent me the following quote the other day:

"Excellence is the Result of caring more than others think is Wise, Risking more than others think is safe. Dreaming more than others think is practical and expecting more than others think is possible."

Author Unknown

I have posted this quote on the door leaving my apartment so that I can read it every morning before I leave to start my day. I think that this is a great reminder to live life to the fullest, get the most out of every single day, and pursue your dreams with all of your energy and heart. I have posted several other inspirational quotes in my apartment where I will see them every day. I believe that this will help keep me connected to my goals, which will drive me to keep working harder even when it seems too difficult or "not worth it." I am closing in on the six week point before my contest and my mental toughness and attitude will play an increasingly important role over the upcoming weeks.

Training: Calves	
Exercise	Sets / Reps / Weight
45 Degree Calf Presses	2 x 10 @ 675 lbs (after warm-up)
Standing Calf Raises	1 x 8 @ 385 lbs
Seated Calf Raises	1 x 9 @ 225 lbs
Training: Abdominals	
Weighted Leg Raises	1 x 15 @ 35 lbs, 1 x 12 @ 35 lbs
Weighted Cable Crunches	1 x 9 @ 210 lbs, 1 x 8 @ 210 lbs
Training: Forearms	
Exercise	Time / Distance / Calories
Wrist Curls	1 x 12 @ 110 lbs, 1 x 8 @ 110 lbs
Reverse Wrist Curls	1 x 8 @ 55 lbs, 1 x 6 @ 55 lbs

Very good workout today. I was focused on working each bodypart. I concentrated on a full range of motion, getting a good stretch and contraction during each rep. I was able to move up in weight on almost all exercises compared to last week. I am finally feeling totally over my cold and am as motivated as ever to keep improving.

Cardio	
Exercise	Time / Distance / Calories
Stairstepper (Fatburner)	Time: 20 minutes, Distance: 2.62, Calories: 389

I felt really tired before my cardio session today. I reminded myself *exactly why* I was about to perform my session and by the time I got going I felt great. I decided to push myself a little harder

and increased to level 13 sooner than normal. I ended my session at level 19 and was able to crush my previous record set Tuesday of 2.57 miles! Challenging myself like this is what will increase my cardiovascular capacity, raise my metabolism further, melt off all of my remaining bodyfat, and allow me to show up on stage shredded to the bone.

Friday, June 27, 2003

I watched my "Perfect Individual Routines" video last night that I had ordered earlier in the week. Although I still have to create a routine, I feel much better and more confident about the process. The video makes the process very simple and straightforward. I highly recommend it to anyone who needs help creating an individual routine for a bodybuilding competition. Even if you already have a routine, the video provides lots of helpful tips on how to impress the judges the most and common mistakes to avoid. I started writing down the poses that I definitely want to include in my routine last night. I am planning to work on my individual routine more this weekend and try to pick some music. There are now just 6 weeks until the Pacific USA Naturals!

Training: Shoulders	
Exercise	Sets / Reps / Weight
Standing Barbell Presses (In the Front)	1 x 6 at 145 lbs (after warmup), 1 x 6 @ 150 lbs
Dumbbell Side Lateral Raises	2 x 6 @ 30 lbs (After 1 acclimation set)
Dumbbell Rear Lateral Raises	2 x 6 at 35 lbs
Training: Traps	
Deadlifts	2 x 5 @ 285 lbs (After 3 acclimation sets)
Barbell Shrugs	2 x 6 @ 295 lbs (After 1 acclimation set)
Cable Upright Rows	1 x 6 @ 240 lbs

Friday workouts are pretty demanding when deadlifts are thrown into the mix. I am performing deadlifts with every other shoulder and tricep workout during this Max-OT routine and today was a deadlift day. I was completely focused and intense today. Things started off great with two very good sets of standing shoulder presses. I was able to complete six reps at 145 lbs and then at 150 lbs. I will have to move up next week. Side and rear laterals were very solid and controlled. Even though I performed three acclimation sets on deadlifts, my first heavy set at 285 lbs caught me a little off guard. I think maybe only performing deadlifts every other week had me out of the groove a bit. I concentrated on keeping my back straight, core tight, head up, and driving with my legs at the beginning of the movement. My second set felt better than my first. I finished off the workout with two good sets of shrugs and one set of upright cable rows. It was a great finish to a very good week of training. I finally feel 100% back on track after struggling through my cold last week.

My plan this weekend is to perform cardio after work today and then again on Saturday and Sunday. I will practice my posing and take assessment photos on Saturday and work on my individual routine. If the weather is nice then I will tan in the sun at least one day, although I think it is supposed to be cloudy (figures, since it has been sunny all week long while I am inside!). I also need to look for a place to live since I am transferring to Atlanta with my job. With these things and all of my other normal weekend tasks I will have no problem staying busy. I will be sure to at least take some time to relax and recover so I can attack next week all out.