

Monday, June 30, 2003

Week 12 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 |
| 1/2 teaspoon micronized creatine | 0 | 0 | 0 | 0 |
| 1 Scoop VP2 | 24 | 1 | 0 | 100 |
| 1/2 Serving Creatine HSC | 0 | 34 | 0 | 68 |
| Post-Workout (8:15 AM) | | | | |
| Item | Protein | Carbs | Fat | Calories |
| 1 ALA 200 | 0 | 0 | 0 | 0 |
| 1 NAC 500 | 0 | 0 | 0 | 0 |
| Proflex 750-1 Capsule | 0 | 0 | 0 | 0 |
| Vitamin C-1000mg | 0 | 0 | 0 | 0 |
| Vitamin E-400 I.U. | 0 | 0 | 0 | 0 |
| 1 Beta Carotene-25,000 I.U. | 0 | 0 | 0 | 0 |
| GL3 L-Glutamine-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 |

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|-------------------------------|----------------|--------------|------------|-----------------|
| 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 |
| 3 small canned white potatoes | .5 | 10 | 0 | 60 |
| 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 |
| Green Beans-6 Servings | 8 | 29 | 0 | 150 |
| Meal #6 (3:45 PM) | | | | |
| Item | Protein | Carbs | Fat | Calories |
| GL3 L-Glutamine -5 grams | 0 | 0 | 0 | 0 |
| Vitamin C-1000 mg | 0 | 0 | 0 | 0 |
| 1 Dymetadrine Xtreme | 0 | 0 | 0 | 0 |
| CLA1000-4 Capsules | 0 | 0 | 4 | 36 |
| 1 1/2 Cups Green Beans | 3 | 12 | 0 | 60 |
| 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-15 grams | 0 | 0 | 0 | 0 |
| Micronized Creatine- 5 grams | 0 | 0 | 0 | 0 |
| 1 Scoop VP2 | 24 | 1 | 0 | 100 |
| Meal # 7 (6:45 PM) | | | | |
| Item | Protein | Carbs | Fat | Calories |
| CLA1000- 2 Capsules | 0 | 0 | 2 | 18 |

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|---|----------------|--------------|------------|-----------------|
| 3 Chicken Breast Tenderloins | 29 | 0 | 1 | 120 |
| Green Beans-5 servings | 6 | 24 | 0 | 120 |
| Meal # 8 (9:45 PM) | | | | |
| Item | Protein | Carbs | Fat | Calories |
| 1 ALA 200 | 0 | 0 | 0 | 0 |
| Multi Pro 32X-1 capsule | 0 | 0 | 0 | 0 |
| Vitamin C-1000mg | 0 | 0 | 0 | 0 |
| Proflex 750-1 Capsule | 0 | 0 | 0 | 0 |
| GL3 L-Glutamine-5 Grams | 0 | 0 | 0 | 0 |
| CLA1000-2 Capsules | 0 | 0 | 2 | 18 |
| Ny-Tro PRO-40 | 40 | 22 | 1.5 | 250 |
| Before Bed (10:00 P.M.) | | | | |
| Item | Protein | Carbs | Fat | Calories |
| GABA-5 grams | 0 | 0 | 0 | 0 |
| Meal # 9 (Approximately 2:00 A.M.) | | | | |
| Item | Protein | Carbs | Fat | Calories |
| GL3 L-Glutamine-5 grams | 0 | 0 | 0 | 0 |
| 1/2 Scoop VP2 | 12 | .5 | 0 | 50 |
| 1/2 Cup Skim Milk | 4.5 | 6.5 | 0 | 45 |
| TOTALS | Protein | Carbs | Fat | Calories |
| | 343.5 | 244 | 20 | 2549 |

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.
- 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 **6 weeks** until the Pacific USA Naturals 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 + 2 to 3 10 minute midday Max-OT cardio sessions. Strive to beat previous distance/calories.
- Take assessment photos
- Practice mandatory poses on Saturday and Sunday, AND *at least* two days during the week.
- Continue to work on individual routine.
- Have a passion for training and for life!
- Tan in the booth *at least* 3 days and in the sun on the weekend.
- Begin applying Thiomucase to my skin at least twice daily.
- 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 6/23/03:

- Strong week of workouts after being sick last week. Intensity and focus levels were especially good.
- Completed seven intense cardio sessions. Set some new cardio records.
- Ate and supplemented well and on-time, except on Monday I dropped my post-workout beta-carotene on the floor at the gym and decided not to take it since I was just getting well from a cold. Also, Wednesday night my 2:00 a.m. meal was about 2 1/2 hours late.
- Created and implemented new nutrition and supplementation plan
- Took weekly assessment photos
- Did not watch 'Posing Like a Champion'. I did watch 'Perfect Individual Routines', begin working on my individual routine, and practiced quarter turns and mandatory poses on Tuesday, Thursday, Saturday, and Sunday.
- Still have not received posing suits from *Jagwear*. Need to call this week
- Drank all water every day
- I did not tan in the sun due to bad weather so I tanned an extra day in the tanning bed.
- 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 | 2 x 5 at 240 lbs (after warmup) |

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|--------------------------|---|
| 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 @ 257.5 lbs, 1x 4 @ 262.5 lbs |
| Lying Tricep Extensions | 1 x 4 @ 125 lbs |

Great start to the week! My intensity and focus during my workouts is really high now! I did notice a pattern during today's workout where I would start each set off very strong, but by the 4th rep my strength seemed to start diminishing very quickly. I must force myself to keep my intensity levels up during the entire length of each set in order to truly get the most out of my workouts. I will remind myself that each set is only *15-20 seconds*. No matter how tired I get over the next six weeks, I should ALWAYS be able to tough it out for 15 seconds! It is very important that I continue to challenge myself with heavy weight in order to hang onto my muscle as I work to get extremely lean.

| | |
|----------------------------|---|
| Cardio (Friday) | |
| Exercise | Time / Distance / Calories |
| Recumbent Bike (apartment) | Time: 16 minutes, Distance: 6.3 , Calories: 383 |

I added an extra interval at level 8 on this bike today for the first time. I thought for sure I would get at least to the 6.4 mile mark. However, I fell just short. My calories burned were higher so the more difficult resistance probably kept me from keeping the RPMs as high making the distance traveled lower. Regardless, I stepped up my intensity and had a great cardio session!

| | |
|--------------------------|---|
| Cardio (Saturday) | |
| Exercise | Time / Distance / Calories |
| Stairstepper (fatburner) | Time: 16 minutes, Distance: 2.56, Calories: 367 |

I did not match my awesome cardio session on the stairstepper from Thursday, but gave a great effort and got my heart rate up very nicely.

| | |
|----------------------------|---|
| Cardio (Sunday) | |
| Exercise | Time / Distance / Calories |
| Recumbent Bike (Apartment) | Time: 16 minutes, Distance: 6.3 , Calories: 392.4 |

Very good cardio efforts all weekend long. I increased my calories burned during my Sunday session on the bike from my Friday session. I am still working to hit the 6.4 mile mark with the new extra level 8 interval added to this bike.

| | |
|------------------------------|-----------------------------------|
| Cardio (Today-Midday) | |
| Exercise | Time / Distance / Calories |

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|----------------------|--|
| Stairstepper (cybex) | Time: 10 minutes, Distance:? , Calories: 259 |
|----------------------|--|

The fitness center in the building where I work is more crowded at lunch than in the afternoon when I normally go. I was disappointed to see that both of the recumbent bikes were being used. Instead of waiting, I decided to use the Cybex Stairstepper they have. I had no problem breaking a good sweat during my 10 minute cardio session. I did not get a chance to read the distance I went before the machine reset, but did get the calories so I will have a starting point to try to beat next time I use this machine for 10 minutes.

I applied one of my daily coats of Thiomucase before my cardio session. I decided to sit in the sauna for 10 minutes after cardio in order to continue to sweat with the Thiomucase on my skin. It was very hot and I ran out of water so I actually only made it about 8 minutes today. I will try to sit in the sauna whenever I can between now and my contest in order to make my body more efficient at processing large amounts of water. Two phases of the day down, one to go with cardio tonight!

| Cardio (Today) | |
|--------------------------|--|
| Exercise | Time / Distance / Calories |
| Stairstepper (fatburner) | Time: 20 minutes, Distance: 2.65 , Calories: 379 |

I increased from level 12 to level 13 sooner than ever today and was able to establish a new record. Great effort!

Tuesday, July 1, 2003

| Training: Legs | |
|---------------------|--|
| Exercise | Sets / Reps / Weight |
| Squats | 2 x 4 at 275 lbs (After warmup) |
| Leg Presses | 2 x 5 at 635 lbs |
| Leg Curls | *Not performed due to hamstring and glute strain |
| Stiff-leg deadlifts | 3 x 6 @ 215 lbs |

Today's leg workout was intense and effective. Although I only matched my performance from last week on squats, I made a conscience effort to go deeper this week at the bottom of the squat and make sure to keep my head up and back straight throughout the movement. I feel my execution on squats was improved overall.

My two sets of leg presses were great. I seemed to get stronger during my second set and completed 5 deep reps on both sets at 635 lbs.

Last week, I felt a strain in my right glute and hamstring during leg curls. As I started my first heavy set today it really hurt. I immediately stopped the exercise and decided the smartest thing to do would be to perform an extra set of stiff-leg deadlifts in place of the leg curls. Although sometimes I tend to try to work through pain more than I should, I am too close to my contest to take a chance on really injuring myself, especially just to perform leg curls. I completed three very good sets of stiff-leg deadlifts with no aggravation in my hamstring or glute to finish off a strong leg workout.

| Cardio | |
|------------------------|--|
| Exercise | Time / Distance / Calories |
| Recumbent Bike (Cybex) | Time: 16 minutes, Distance: 6.63 , Calories: 347 |

I was way off pace to reach 350 calories at the half-way point today. I stepped up the RPMs during the second half of the cardio session and almost reached 350 calories. It was a good effort, especially after performing an intense leg workout this morning, and this cardio session brings me one step closer to my ultimate goal. I must keep knocking off each weight training and cardio session one at a time, and with as much intensity, passion, and energy as humanly possible. I WILL NOT look back and wish I had worked harder or done more at the end of the contest. Then it will be too late to do anything. NOW, is the time to make it happen!

Wednesday, July 2, 2003

| 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 @ 262.5 lbs (after 1 acclimation set at 165 lbs) |
| Seated Cable Rows (V-Bar) | 1 x 6 at 260 lbs |
| Seated Cable Rows (Straight Bar Medium Grip) | 1 x 6 @ 260 lbs |
| Training: Biceps | |
| Alternate Dumbbell Curls | 1 x 6 @ 65 lbs (After 1 acclimation set @ 40 lbs), 1 x 5 @ 70 lbs |
| Barbell Curls | 1 x 5 @ 135 lbs, 1 x 4 @ 135 lbs |

Great workout this morning! I lifted heavier weight than last week on most exercises, but maintained very good execution and control during my back and bicep exercises. My focus and intensity in the weightroom is awesome right now. I must keep this momentum going and finish out the rest of the week strong!

| Cardio (Today) | |
|--------------------------|--|
| Exercise | Time / Distance / Calories |
| Stairstepper (fatburner) | Time: 20 minutes, Distance: 2.64 , Calories: 377 |

Not quite as good as Monday's session in terms of distance, but still a very intense cardio session. Tomorrow and Friday I will add in my 2nd and 3rd 10 minute midday Max-OT cardio blasts for the week.

Thursday, July 3, 2003

I have been getting a lot of comments at the gym, such as "You are looking great" or "Man, you are shredded." Although I appreciate these comments and am proud of the way I look, I MUST remind myself that I may look pretty good for walking around the gym or on the beach; However, in **just over five weeks** I will be standing under stage lights in nothing but a posing suit next to other competitors who want to win just as badly as I do. The condition I am in now will be just be mediocre on contest day. I must take these positive comments in stride and continue to push forward towards AWESOME truly shredded conditioning!

| Training: Calves | |
|-------------------------|---|
| Exercise | Sets / Reps / Weight |
| 45 Degree Calf Presses | 1 x 10 @ 725 lbs (after warm-up), 1 x 9 @ 725 lbs |
| Standing Calf Raises | 1 x 9 @ 395 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 10 @ 210 lbs, 1 x 9 @ 210 lbs |
| Training: Forearms | |
| Exercise | Time / Distance / Calories |
| Wrist Curls | 1 x 11 @ 115 lbs, 1 x 6 @ 115 lbs |
| Reverse Wrist Curls | 1 x 8 @ 55 lbs, 1 x 6 @ 55 lbs |

Another very intense and very effective workout today. I increased my weight and/or reps on many of the exercises and maintained a very good range of motion and control during the movements. I connected to the vision of displaying awesome calf development on stage during my calf exercises, and then a totally shredded midsection while working my abs. Finally, I thought about how big and vascular forearms would add to my arm presentation during my contest. Keeping these visions helped me to maintain maximum focus and put forth maximum energy towards today's workout.

I will perform a midday 10 minute cardio session today around noon and then my normal cardio session tonight.

| Cardio-Midday | |
|------------------------|--|
| Exercise | Time / Distance / Calories |
| Recumbent Bike (Cybex) | Time: 10 minutes, Distance: 4.19 , Calories: 219 |

Today's midday cardio session was tough, but I pushed hard and got a good rise in my metabolism. I am taking 10 grams of GL3 L-Glutamine in water after my midday cardio sessions to help with glycogen replacement and recovery. I sat in the sauna again for 10 minutes after my midday cardio and then went upstairs and had my normal 12:45 meal of green beans and chicken.

| Cardio | |
|----------|----------------------------|
| Exercise | Time / Distance / Calories |

| | |
|------------------------|--|
| Recumbent Bike (Cybex) | Time: 16 minutes, Distance: 6.56 , Calories: 338 |
|------------------------|--|

My cardio session tonight started off rough and did not get any easier during the entire 16 minutes. In fact, it flat out HURT! I felt like I was pushing harder than normal, but my performance was not as good as it has been. Surely, the midday cardio session zapped some of the energy in my legs. I must constantly remind myself to connect to the incredible feeling of accomplishment I will have on August 9 if I can honestly look back on my contest journey and say that I gave 110% and never gave in to the temptation to let up. I must show a tremendous amount of mental toughness over the next five weeks because many of the things I am going to have to do to be my best are going to be tough and hurt. I must stay focused on the end goal and envision how great I will look and feel on August 9 after all of my hard work. If I don't then there is no way I will put myself through the pain of day in and day out intense weight training and cardio on a calorie restricted diet. However, if I do stay focused on the end goal, I will have the confidence and strength to do what I must do.

Friday, July 4, 2003

Happy 4th of July Everyone! Although today is a holiday, my schedule does not change very much. I actually have to work today, which is kind of a bummer, but oh well, that is life sometimes. I performed my normal weight training session this morning, and will perform a midday 10 minute cardio session and my normal 20 minute session this afternoon.

I do not have to work the rest of the weekend so I will make sure to take some time to rest and recovery after a demanding week of workouts and work. I am planning to attend a local bodybuilding contest this weekend. I should be able to pick up some good "to dos" and "not to dos." It should also serve as good motivation as I close in on the 5 week point from the Pacific USA Naturals.

My work schedule has actually changed and I will only be going out of town Thursday and Friday of next week. My work schedule can sometimes change unexpectedly so I must always be prepared and ready to adjust.

| Training: Shoulders | |
|---|---|
| Exercise | Sets / Reps / Weight |
| Standing Barbell Presses (In the Front) | 2 x 4 at 155 lbs (after warmup) |
| 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 | |
| Barbell Shrugs | 2 x 6 @ 305 lbs (After 1 acclimation set) |
| Cable Upright Rows | 1 x 6 @ 245 lbs |

I performed deadlifts with my trap workout last week so today's shoulder and trap workout did not include deadlifts. Without deadlifts this workout is short and sweet. It is very important to make sure that you hit every single set with maximum intensity. Otherwise, you are left feeling like you did not do enough. I reminded myself of this before my first set of military presses. I was able to

hammer out two extremely intense sets of military presses using 5 more lbs compared to my heaviest set last week.

I decided to stay with the same weight on side and rear lateral raises and concentrate on a full range of motion and controlling the weight all the way up and all the way down. Going any heavier at this point, I feel I will be sacrificing proper execution too much, which actually reduces muscle overload.

Today's workout finishes off an excellent week of weight training and cardiovascular work. My body feels a little "beat up." It is important that I get the rest I need this weekend in order to be recharged for Monday. I will post all of my cardio sessions for the weekend starting with today's midday Max-OT cardio blast on Monday. Everyone have a fun and safe holiday weekend!