

Monday, July 14, 2003

Week 14 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-10 grams	0	0	0	0
CLA1000-2 capsules	0	0	2	18
1/2 Scoop VP2	12	.5	0	50
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
1/2 Scoop VP2	12	.5	0	50
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
GL3 L-Glutamine-5 grams	0	0	0	0
1 Scoop VP2	24	.5	0	100

1/2 Serv. Frosted Flakes	.5	14	0	60
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
1/2 Ny-Tro Pro 40	20	11	.5	125
Meal # 5 (12:45 PM)				
Item	Protein	Carbs	Fat	Calories
1 Dymetadrine Xtreme	0	0	0	0
CLA1000-3 Capsules	0	0	3	27
3 Chicken Breast Tenderloins	28	0	1	120
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
CLA1000-3 Capsules	0	0	3	27
1 1/2 Cups Green Beans	3	12	0	60
1/2 Ny-Tro Pro-40	20	11	1	125
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
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
	306.8	206	16.5	2187

I will also drink *at least* 2 gallons of water per day-I am easily drinking at least two gallons of water per day and usually a good bit more on the days I perform a midday cardio session.

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 **4 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. **Expect** to lift heavier weight than last week!
- Perform 7 intense cardio sessions + 3 12 minute (up from 10 last week) midday Max-OT cardio sessions. Strive to beat previous distance/calories.
- Due whatever it takes to complete all contest prep daily tasks despite being out of town!
- Take assessment photos
- Practice mandatory poses, 60 second routine, and 90 second routine to music on Saturday and Sunday, AND *at least* two days 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.
- Apply Thiomucase to my skin 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 7/7/03:

- Another strong week of weight training and cardio. Intensity and focus levels were very good. Fought through some tough cardio sessions and showed lots of courage and determination.
- Completed seven intense cardio sessions plus 3 midday 10 minute Max-OT cardio sessions (Monday, Wednesday, Thursday)
- Went for 45 minute walk outside on Saturday afternoon.
- Timing of a couple of meals was slightly off on Thursday due to travel.
- Completed all of my contest preparation tasks despite being out of town.
- Created and implemented new nutrition and supplementation plan
- Took weekly assessment photos
- Good posing practice on Tuesday, Thursday, Saturday, and Sunday.
- Still have not received posing suits, although I am out of town so they may have come.
- Dealt effectively when various challenges of being out of town (different gym, different cardio equipment, hotel reservation problems)
- Drank all water every day
- Tanned in tanning bed 4 times.
- Got in sun Saturday and Sunday.
- Put on Thiomucase twice 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
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Flat Bench Press	2 x 4 at 245 lbs (after warmup)
Incline Bench Press	1 x 6 @ 205 lbs, 1 x 5 @ 205 lbs
Incline Dumbbell Press	1 x 4 at 90 lbs
Training: Triceps	
Dumbbell Kickbacks	2 x 6 @ 35 lbs (After 1 acclimation set @ 15 lbs)
Tricep Cable Pressdowns	N/A *
Lying Tricep Extensions	1 x 6 @ 130 lbs, 1 x 4 @ 130 lbs

This morning's workout was the best chest and triceps workout I have had in a while! My strength, performance, execution, and intensity were all right on the money. I am especially pleased with my performance since I was in a different gym than I am use to. Unless the weights are somehow lighter at the Gold's than at the LA Fitness in Atlanta, I was stronger this week than last week. This just goes to show how much of a mental game it is at this point in contest preparation.

From my Friday workout, I knew that the cable machine at the Gold's does not have enough weight for me to work effectively in the 4-6 rep range. I was prepared for this and instead of cable pressdowns I performed an extra set of dumbbell kickbacks and lying tricep extensions. I am off to an awesome start this week and need to keep it going strong with a great midday cardio session and a normal cardio session tonight.

Cardio (Friday)	
Exercise	Time / Distance / Calories
Recumbent Bike (Gold's)	Time: 16 minutes, Distance: 290 , Calories: 135
Cardio (Saturday)	
Exercise	Time / Distance / Calories
Stairstepper (Gold's)	Time: 20 minutes, Distance: malfunction, Calories: n/a

About half way through my cardio session Saturday the machine malfunctioned. I reset it real quick and finished out my cardio session. I was not able to get a reading on performance but pushed very hard and go the job I needed to do done.

Saturday afternoon, I found a nice outdoor track around a lake and went for a 45 minute brisk walk. This provided some extra energy expenditure and it was also sunny so I took my shirt off and got some extra sun exposure.

Cardio (Sunday)	
Exercise	Time / Distance / Calories
Outside running intervals	Time: 16 minutes, Distance: n/a , Calories: n/a

After arriving at the Gold's Gyms Sunday morning only to find that it does not open until noon on Sunday, I decided to go back to the outdoor track I found Saturday. After jogging for a couple of minutes I started performing 45 second fast runs followed by one minute recovery jogging. I

followed this pattern for 16 minutes. This workout was very intense and boy are my legs sore! I have not run in quite a while, but it was a good change and I got some extra sun exposure too.

Cardio (Today-Midday)	
Exercise	Time / Distance / Calories
Recumbent Bike (Gold's)	Time: 12 minutes, Distance: 2.73 , Calories: 139

I completed my first of 3 midday Max-OT cardio sessions today. I have increased my midday cardio sessions from 10 minutes to 12 minutes this week. Throughout the intense session on the bike I kept telling myself that the harder I push, the more shredded I will be on August 9th.

Cardio (Today)	
Exercise	Time / Distance / Calories
Stairstepper (Gold's)	Time: 20 minutes, Distance: 1314 , Calories: 459

Tuesday, July 15, 2003

Training: Legs	
Exercise	Sets / Reps / Weight
Squats	2 x 4 at 265 lbs (After warmup)
Leg Presses	1 x 4 at 585 lbs, 1 x 5 @ 535 lbs
Leg Curls	2 x 7 @ 70 lbs
Stiff-leg deadlifts	2 x 6 @ 225 lbs

There was definitely not a good flow to today's leg workout. A combination of extremely sore legs from running sprints on Sunday and a different gym created some challenges. I also had a scary moment on my second set of squats. After starting off the set very strong my legs started to give out on the 4th rep. My spotter was not in position to help enough and I almost fell forward. I am fine but this disrupted my concentration a bit. Then, the leg press machine felt awkward and the weight I normally use at the LA Fitness in Atlanta was too heavy.

On a positive note, I was able to perform leg curls this week with very little aggravation. Also, stiff-leg deadlifts felt as good as ever and I was able to move up in weight from last week. Despite having some difficulties today, I remained focused on completed and intense leg workout.

Cardio	
Exercise	Time / Distance / Calories
Stairmaster (Interval)	Time: 16 minutes, Distance: 1132 , Calories: 386

All of the recumbent bikes were being used when I got to the gym so I got onto the stairstepper and completed 16 minutes of intense interval training.

Cardio has been very brutal lately. I knew that it would get tougher towards the end of my contest preparation. I just need to keep reminding myself WHY I am pushing so hard and take one session at a time.

Wednesday, July 16, 2003

I have been having some points during the day when I am very tired during this week. I know from doing the AST World Championships last year that it is going to be this way the last couple of weeks. From now until August 9th it will be especially important that I maintain a strong vision of what I am trying to accomplish and take on my daily disciplines one at a time.

Training: Back	
Exercise	Sets / Reps / Weight
Bent Over Barbell Rows	2 x 6 at 225 lbs (after warmup)
Lat Pulldowns (In Front)	1 x 6 @ 270 lbs (after 1 acclimation set at 180 lbs)
Seated Cable Rows (V-Bar)	1 x 6 at 270 lbs
Seated Cable Rows (Straight Bar Medium Grip)	1 x 6 @ 280 lbs
Training: Biceps	
Alternate Dumbbell Curls	2 x 5 @ 75 lbs (After 1 acclimation set @ 40 lbs)
Barbell Curls	2 x 5 @ 140 lbs

Very good workout today. I either matched or improved upon last week's numbers while maintaining good execution for the most part. Before I hit the gym today I reminded myself that the bodyparts I was training today would be presented in **4 out of 7** of the mandatory poses (Front Double Bicep, Front Lat Spread, Rear Lat Spread, and Rear Double Bicep). This motivated me to making this morning's back and bicep workout as effective and intense as possible.

Cardio (Midday)	
Exercise	Time / Distance / Calories
Recumbent Bike (Gold's)	Time: 12 minutes, Distance: 3.03, Calories: 160
Cardio	
Exercise	Time / Distance / Calories
Stairstepper (Gold's)	Time: 20 minutes, Distance: 1320, Calories: 460

Thursday, July 17, 2003

Two more days of intense workouts, cardio, strict adherence to my diet and supplementation plan, and long days at work while being out of town. Tomorrow afternoon, I will head back to Atlanta. I must finish out the week strong and continually remind myself what I am trying to accomplish.

Training: Calves	
Exercise	Sets / Reps / Weight
Seated Calf Raises	1 x 6 @ 320 lbs (after warm-up), 1 x 7 @ 270 lbs
Standing Calf Raises	2 x 10 @ 520 lbs (entire stack)
Training: Abdominals	
Weighted Leg Raises	1 x 15 @ 40 lbs, 1 x 12 @ 40 lbs
Weighted Crunches	2 x 10 @ 45 lbs
Training: Forearms	
Exercise	Time / Distance / Calories
Wrist Curls	1 x 10 @ 125 lbs, 1 x 7 @ 125 lbs
Reverse Wrist Curls	1 x 8 @ 60 lbs, 1 x 6 @ 60 lbs

My energy level was pretty low this morning but I managed to muster good enthusiasm and intensity and string together a good workout.

After performing my first warm-up set of calf presses on the leg press machine, I realized that this exercise was going to be very awkward on this particular leg press at the Gold's. It felt like my feet were slipping and I could not get a good stretch. I decided to start with two sets of seated calf raises instead. This worked out well because the seated calf raise machine at the Gold's can hold more weight than the machine at LA Fitness that I normally use. I had problems getting a full range of motion using 320 lbs on the first set so I moved down to 270 lbs for my second set and improved my range of motion.

I had two very strong sets of standing calf raises using the entire weight stack on the machine. I really liked the standing calf raise machine at the Gold's. Abdominal training went well. I substituted weighted crunches on the floor with a 45 lb weight since the cable machine only goes up to 150 lbs. I noticed that putting the weight against my head using my hat as a cushion works better than trying to put the 45 lb weight in front of my chest. I finished off the workout with two good sets of wrist curls and 2 good sets of reverse wrist curls and was able to increase my weight from last week on both exercises. I am off to a good start today and need to knock out two very good cardio sessions to finish the day off strong.

Cardio-Midday	
Exercise	Time / Distance / Calories
Recumbent Bike (Gold's)	Time: 12 minutes, Distance: 3.17 , Calories: 174
Cardio	
Exercise	Time / Distance / Calories

Recumbent Bike (interval)	Time: 16 minutes, Distance: 320 , Calories: 161
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Friday, July 18, 2003

It is hard to believe that my first bodybuilding contest is just 3 weeks from tomorrow! The weeks are really flying by. It does not seem that long ago when I was at 17 weeks out just beginning my contest journey. I have already completed my weight training session for the day. My plan is to perform cardio around 2:00 P.M. and head back to Atlanta shortly after that (assuming I get all of my work completed by then). I must string together OUTSTANDING days of total execution over the next couple of weeks in order to be my best on contest day.

Training: Shoulders	
Exercise	Sets / Reps / Weight
Seated Barbell Presses (In the Front)	1 x 3 at 165 lbs (after warmup), 1 x 6 @ 155 lbs
Dumbbell Side Lateral Raises	2 x 6 @ 30 lbs (After 1 acclimation set)
Dumbbell Rear Lateral Raises	2 x 6 at 40 lbs
Training: Traps	
Barbell Shrugs	2 x 6 @ 315 lbs (After 1 acclimation set)
Barbell Upright Rows	1 x 6 @ 145 lbs

No deadlifts this week made this morning's workout short and sweet. I was only able to complete 3 reps with 165 lbs during my first set of barbell presses. Although I am disappointed I did not get 4 reps I am proud of myself for attacking the heavy weight. I decided to move down to 155 lbs on my second set and blasted out 6 great reps. Side and rear lateral execution was good. I felt a little off during my second set of shrugs, but I still feel I completed two effective sets. I completed the workout with a strong set of upright rows and increased my weight from last week. Today ends another good week of workouts. My goal is to make next week *even better* than this week. I must fight as hard as I can to continue to lift heavy overloading weight in order to keep all of my muscle as I work to get "shredded to the bone."