

Week 5: Monday, May 12, 2003

Weekly Assessment (Week of 5/5/03)

- Great week of workouts. I increased my #'s and used good execution and form. Improved mind-to-muscle link and stepped up intensity level.
- Completed four intense cardio sessions. Improved or matched intensity levels.
- Nutrition and supplementation was right on the money.
- Brought all food and supplements to Birmingham for the weekend.
- Took weekly assessment photos.
- My write-up in *Natural Bodybuilding and Fitness* came out this week.
- 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 new 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 less than 13 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 5 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.

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				
CLA1000-2 capsules	0	0	2	18
1/2 Cup Skim Milk	4.5	6.5	0	45
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				
2 Scoops VP2	48	2	0	200
1 Serving Creatine HSC	0	34	0	136
1/2 Serving DGC	0	23	0	92

Meal # 2 (8:45 AM)

GL3 L-Glutamine-5 grams				
4 Serv. Eggbeaters	24	4	0	120
2/3 Cup White Rice	2.5	29	0	127

Meal # 3 (9:15 AM)

Ny-Tro PRO-40	40	22	1.5	250
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Meal # 4 (11:00 AM)

GL3 L-Glutamine-5 grams	22.5	2	5	110
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1 Scoop Choc. VP2	18	3	0	90
3 serv. eggbeaters	1.5	18.5	0	100
5 small canned white potatoes				

Meal # 5 (12:45 PM)

Udos Choice Oil Blend-1 tbs	0	0	14.5	135
4 Chicken Breast Tenderloins	38	0	1	160
Mixed Vegetables-6 Servings	8	29	0	150

Meal # 6 (3:15 PM)

GL3 L-Glutamine-2.5 grams				
1 Tablespoon Crushed Flaxseeds	2	4	4.5	65
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				
½ Scoop VP2	12	.5	0	50
½ Serving DGC	0	23	0	92

Post-Cardio (5:45 PM)

Vitamin C-1000mg				
Vitamin E-200 I.U.				
GL3 L-Glutamine-10 grams				
1 Scoop VP2	24	1	0	100
1 Serving HSC	0	34	0	136

Meal # 7 (6:45 PM)

1 Tablespoon Crushed Flax seeds	2	4	4.5	65
4 Chicken Breast Tenderloins	38	0	1	160
Mixed Vegetables-5 servings	6	24	0	120

Meal # 8 (9:45 PM)

1 ALA 200				
Multi Pro 32X-1 capsule				
Vitamin C-1000mg				

Recumbent Bike (Apartment) 16 minutes
388.2

Distance: 6.4 Calories:

I pushed hard Saturday morning and surpassed last week's distance and calories on this bike. Increasing the intensity and cranking up the metabolism higher and higher is what Max-OT cardio is all about! I need to keep the momentum going so that I can achieve the shredded conditioning I am after.

Saturday:

Stairstepper (interval)

20 minutes

Distance: 2.61 Calories: 390

Saturday, I performed my cardio session at my gym in Birmingham. I used the stairmaster and worked on the interval setting for 20 minutes. I felt good and completed a strong session.

Today:

Recumbent Bike (apartment) 16 minutes

Distance: 6.4 Calories: 386

I can tell that my conditioning is getting better. I matched my farthest distance on this recumbent bike today and it did not feel as difficult as my last few Max-OT cardio sessions on the bike. I need to make sure that I continue to raise the bar and set new standards of distance and calories burned each cardio session.

Week 5: Tuesday, May 13, 2003

TRAINING:

Shoulders:

Dumbbell Presses....1 x 5 at 80 lbs (After warmup), 2 x 4 @ 80 lbs

Standing Military Presses....1 x 4 @ 155 lbs, 1 x 5 @ 155 lbs

Lateral Raises....1 x 6 @ 25 lbs, 1 x 6 @ 30 lbs

Traps:

Barbell Shrugs....1 x 6 @ 305 lbs (after 1 acclimation set), 1 x 6 @ 325 lbs

Upright rows....1 x 6 @ 150 lbs

Good workout today. The 80 lbs dumbbells on shoulder presses are still very challenging, but I am getting more comfortable and stronger every week. After completing 4 reps on my first set of standing military presses I decided to give my next set "everything I had" and attempt to complete five reps. I decided in my mind

that I could do it, and guess what, I did. Time after time, I have been able to accomplish goals in the weightroom when I am in the RIGHT MENTAL STATE. I need to use this positive mental attitude and focus to generate better performance during EVERY set, not just certain sets. I know the more I ask of myself, the better my performance will be, the better my results will be, and the better I will feel about myself at the end of this journey, regardless of my final placing in my first bodybuilding competition.

Stairstepper (fatburner) 20 minutes Distance: 2.50 Calories:
387

Week 5: Wednesday May 14, 2003

TRAINING:

Legs:

Squats....2 x 5 at 280 lbs (After warmup), 1 x 4 @ 280 lbs

Leg Presses....1 x 5 at 675 lbs

Lunges....2 x 6 @ 155 lbs

Stiff-leg deadlifts...2 x 6 @ 215 lbs

Calves:

Calve raises off leg press....1 x 9 @ 725 lbs (after 1 warm-up set), 1 x 8 @ 725 lbs

Seated Calf Raises....1 x 10 @ 225 lbs, 1 x 9 @ 225 lbs

This was one of the best performances during leg workouts that I have had in a long time. I could tell after finishing my first warm-up set of squats that It was going to be a great workout. Today, I concentrated on keeping my head up, back straight, and abs and lower back tight as I completed my sets of squats. I felt strong and in control on all reps except for my fifth rep on my second set where I was pushing so hard to finish the rep I started to lose stability in my knees. The rest of my leg and calf exercises were great as well. I can see and feel my body improving and that just adds more fuel to my fire! It's time to get the old momentum ball rolling a little faster and really turn it on!

Week 5: Thursday May 15, 2003

TRAINING:

Chest:

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

Incline Dumbbell Bench Press....2 x 4 at 100 lbs

Decline Barbell Press...1 x 4 @ 250 lbs, 1 x 4 @ 240 lbs

Abs:

Weighted Leg Raises....1 x 13 @ 35 lbs, 1 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

It's funny how I can go from having such an awesome leg workout yesterday to having a very disappointing workout today. My chest workouts have been going great and I thought I was ready to improve today. I wanted to improve. I wanted to get stronger and stimulate more muscle growth, but the bottom line is that I did not improve and did not even match my performance from last week. Yes, I put out a lot of effort and toughed it out until the end of the workout, but was I really in the right mindset to give the 110% effort needed to improve from last week?

I had a lot of things on my mind this morning, important things. However, the ONLY thing that I should be focused on from the time I wake up until I have finished my last rep of my last set is my workout! I can deal with the other issues afterwards. It wasn't like I had a pisspoor workout or didn't give my all, but for whatever reason (physical or mental) my strength AND my execution left something to be desired. I know that all bodybuilders will have days like this so I am not going to try to "sugarcoat" this journal entry. I was disappointed and a little pissed off during and after today's workout. Am I being too hard on myself? Maybe, but the only way to get OUTSTANDING results is to have EXTRAORDINARILY HIGH expectations and then to follow through. Am I going to continue to beat myself up and let this workout ruin my day and the rest of my week? Heck no! I am going to learn from this and come to the gym better prepared mentally each and every day.

On a positive note, the abdominal portion of my workout was very good. I feel like I am improving my execution on ab exercises each week. My abs are also starting to become more defined, which is motivating to keep going for more. The next opportunity to bring my abs into clearer vision comes tonight with a Max-OT cardio session on the bike.

Cardio:

Recumbent Bike (Cybex) 16 minutes Distance: 6.55 Calories:
332

Despite my sore legs from my workout yesterday, I dug in and gave a great cardio effort, reaching a new high calories burned on this bike! I was very glad to put out such a strong effort, especially after this morning's "not-so-great" weight training session.

Week 5: Friday May 16, 2003

TRAINING:

Biceps & Triceps:

Barbell Curls....3 x 6 at 145 lbs (after warmup)

Lying Tricep Extensions....2 x 5 @ 145 lbs (after warm-up)

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

Overhead Dumbbell Tricep Presses....2 x 6 @ 100 lbs

Tricep cable pushdowns....1 x 6 @ 255 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 7 @ 50 lbs, 1 x 5 @ 50 lbs

Although my focus could have been better this morning, my performance was good, which is most important. I was able to complete all three sets of barbell curls at 145 lbs. My execution and control was very good except on the last couple of reps of my third set, where I had to use some momentum to finish the movement. I feel that my control and execution was very good on dumbbell curls today. I was able to get an extra rep on each set of overhead tricep presses compared to last week. I think 255lbs is the max I can put on the tricep pushdown machine, which is probably a bit too light. I completed six reps last week and this week and need to move up. I will try to figure out a way to add more weight next week.

This week begins my first week of five cardio sessions and I will complete my extra session today after work. Also, I am very excited to say that the new design for my [Russyeager.com](#) website is finally up! There are still a couple of things I need to work out, but I think that Jason Wood has done an OUTSTANDING job in designing my site. There is new information that was not included on the old site and it finally works like

it is supposed to and looks great! Let me know what you think or if there is anything different you would like to see e-mail me at russ@russyeager.com.

I will post my Friday and Saturday cardio results in Monday's journal entry. I hope everyone has a great weekend and I'll see you back on Monday!