

# Week 7: Monday May 26, 2003

## Current Nutrition and Supplementation Plan:

<b>Meal #1 (6:00 AM)</b>				
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
CLA1000-2 capsules	0	0	2	18
1 Scoop VP2	24	1	0	100
1 Serving Frosted Flakes	1	28	0	120
<b>Pre-Workout (7:00 AM)</b>				
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
<b>Post-Workout (8:15 AM)</b>				
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
<b>Meal # 2 (8:45 AM)</b>				
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
<b>Meal # 3 (9:15 AM)</b>				
<b>Item</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>	<b>Calories</b>
Ny-Tro PRO-40	40	22	1.5	250
<b>Meal # 4 (11:00 AM)</b>				
<b>Item</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>	<b>Calories</b>
GL3 L-Glutamine-5 grams	0	0	0	0
1/2 Scoop Choc. VP2	12	1	0	55
3 serv. Eggbeaters	18	3	0	90
5 small canned white potatoes	1.5	18.5	0	100
<b>Meal # 5 (12:45 PM)</b>				
<b>Item</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>	<b>Calories</b>
Udos Choice Oil Blend-1 tbs Spoon	0	0	14.5	135
4 Chicken Breast Tenderloins	38	0	1	160
Mixed Vegetables-6 Servings	8	29	0	150
<b>Meal #6 (3:15 PM)</b>				
<b>Item</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>	<b>Calories</b>
GL3 L-Glutamine -2.5 grams	0	0	0	0
1 Dymetadrine Xtreme	0	0	0	0
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
<b>Pre-Cardio (5:15 PM)</b>				
<b>Item</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>	<b>Calories</b>
Vitamin C-1000mg	0	0	0	0
Vitamin E-200 I.U.	0	0	0	0
GL3 L-Glutamine-2.5 grams	0	0	0	0
1/2 Scoop VP2	12	.5	0	50
1/4 Serving DGC	0	11.5	0	46
<b>Post-Cardio (5:45 PM)</b>				
<b>Item</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>	<b>Calories</b>
Vitamin C-1000mg	0	0	0	0
Vitamin E-200 I.U.	0	0	0	0
GL3 L-Glutamine-10 grams	0	0	0	0
1 Scoop VP2	24	1	0	100

1 Serving HSC	0	34	0	136
<b>Meal # 7 (6:45 PM)</b>				
<b>Item</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>	<b>Calories</b>
1 Tablespoon Crushed Flax seeds	2	4	4.5	65
3 Chicken Breast Tenderloins	29	0	1	120
Mixed Vegetables-5 servings	6	24	0	120
<b>Meal # 8 (9:45 PM)</b>				
<b>Item</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>	<b>Calories</b>
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
<b>Before Bed (10:00 P.M.)</b>				
<b>Item</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>	<b>Calories</b>
GABA-5 grams	0	0	0	0
<b>Meal # 9 (Approximately 2:00 A.M.)</b>				
<b>Item</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>	<b>Calories</b>
GL3 L-Glutamine-5 grams	0	0	0	0
1 Scoop VP2	24	1	0	100
1/2 Cup Skim Milk	4.5	6.5	0	45
<b>TOTALS</b>	<b>Protein</b>	<b>Carbs</b>	<b>Fat</b>	<b>Calories</b>
	412.5	336	34	3330

I will also drink at least 1 1/2 gallons of water per day.

### Training:

Today begins my 7th week of contest preparation. Everything is going well so far. I am in a very good groove and executing my plan well. I am feeling good and looking better every day. I know that there will be tougher times ahead so I need to take advantage of the fact that I am 'riding high' right now. I need to continue to execute and ask more out of myself every day. Gotta keep rising!

I found a space in my apartment with better lighting this week for my assessment photos. The only problem is that it is in my bedroom and there is a lot of stuff in the way (mainly my bed). I don't want to have to move my bed every week and I don't think it is going to

be a problem. I figured out how to resize and shape my photos with the software that came with my digital camera so that only I am in the picture. I am still learning how to edit images on my computer so please be patient with me. I know that I will get better at this with time and be able to post exceptionally clear photos on my website. I weighed in at 232 yesterday, down 1 lbs from last week. I have posted a [new diet](#) this week based on what I think I need to do at this point during my contest preparation.

Training: Back	
Exercise	Sets / Reps / Weight
Pull-Ups	1 x 10 (After warm-up on lat pulldowns), 1 x 7, 1 x 6
V-bar pull downs	2 x 6 @ 262.5 lbs
Barbell Rows	2 x 6 @ 225 lbs (After 1 acclimation set at 135 lbs)
Deadlifts	2 x 4 @ 320 lbs (After 3 acclimation sets)

My goal this week is to make every workout my BEST of this 8 week cycle before taking a recovery week. I am off to a good start after this morning's back workout. I finally was able to complete 10 reps on my first set of pull-ups. I got into a great mindset before this morning's workout. I reminded myself to concentrate on a forceful concentric movement on the upward portion of my back exercises, and to control the weight down on the negative portion of the movement. I also concentrated on getting a good stretch at the bottom of each rep. I moved up in weight on V-bar pulldowns this week. My execution on my first set was not the best. However, on the second set I improved my execution AND stayed with the heavy weight. I inched my way up 5 lbs on deadlifts this morning and completed 4 strong reps on each set. I am off to a good start and need to build on this morning's workout during the rest of the week.

Cardio (Friday)	
Exercise	Time / Distance / Calories
Stairstepper (Rolling Hills)	Time: 20 minutes, Distance: 2.48, Calories: 383
Cardio (Saturday)	
Exercise	Time / Distance / Calories
Recumbent Bike (Apartment)	Time: 16 minutes, Distance: 6.3, Calories: 389
Cardio (Today)	
Exercise	Time / Distance / Calories
Recumbent bike (Apt.)	Time: 16 minutes, Distance: 6.4, Calories: 400.6

**Week 7: Tuesday May 27, 2003**

<b>Training: Shoulders</b>	
<b>Exercise</b>	<b>Sets / Reps / Weight</b>
Dumbbell Presses	2 x 5 @ 80 lbs (After warmup), 1 x 4 @ 80 lbs
Standing Military Presses	2 x 5 @ 155 lbs
Lateral Raises	2 x 6 @ 30 lbs
<b>Training: Traps</b>	
Barbell Shrugs	2 x 6 @ 335 lbs (after 1 acclimation set)
Upright rows	1 x 5 @ 155 lbs

I reached a new level of intensity during today's shoulder and trap workout. I handled the 80 lbs dumbbells very powerfully and completed all of my reps on my own this week. Also, where I was barely able to get 4 reps last week during my two sets of standing military presses, I completed five reps during both sets today. I kept telling myself that today had to be the BEST shoulder and trap workout thus far during my contest preparation. I demanded myself to give it my all every set. These mental strategies did the trick. I am putting pressure on myself this week to make every training session my best during this 8 week training cycle and have risen to the challenge so far. I need to implement these same strategies during all of my workouts so that I can continuously raise my level of performance and intensity. This will result in taking my physique to the next level.

<b>Cardio</b>	
<b>Exercise</b>	<b>Time / Distance / Calories</b>
Stairstepper (Fatburner)	Time: 20 minutes, Distance: 2.53 , Calories: 390

I could not remember exactly when I increased the level from 12 to 13 last week during my stairstepper session so I picked a point that I was pretty sure would at least match last week's performance. I ended up setting a new record of 2.53 miles compared to 2.51 miles last week. This is actually a very good jump on this particular machine. I even surprised myself a little. This only makes me hungrier for more. I know the harder I can push myself the better the results will be in terms of a hard, lean physique.

## **Week 7: Wednesday, May 28, 2003**

<b>Training: Legs</b>	
<b>Exercise</b>	<b>Sets / Reps / Weight</b>
Squats	1 x 6 at 280 lbs (After warmup), 1 x 5 @ 285 lbs, 1 x 4 @ 290 lbs
Leg Presses	1 x 5 at 675 lbs
Lunges	1 x 6 @ 165 lbs, 1 x 5 @ 165 lbs
Stiff-leg deadlifts	2 x 6 @ 225

Training: Calves	
Calve raises off leg press	1 x 10 @ 725 lbs (after 1 warm-up set), 1 x 9 @ 725 lbs
Seated Calf Raises	1 x 10 @ 225 lbs, 1 x 9 @ 225 lbs

Well, so far I am accomplishing my goal of making each workout this week my best of this 8 week training cycle. Today's leg workout was great! My performance on squats was actually one of the best I have every had. I can't remember the last time I used 290 lbs. Although my squats are getting much better, I still feel that I have the potential to do better. I catch myself thinking too much about if I am going to be able to complete 4 reps or if the weight is going to be too much. I realize if I just focus on the set and go for it that my body is capable of getting the job done.

I couldn't squeeze out a sixth rep at 675 lbs on leg presses. My legs were shot after five solid reps. Today's workout was very intense and I started to lose my balance in the middle of my second set of lunges. I regrouped and was able to finish the set strong. It just goes to show how important it is to stay focused no matter how tired you are. I really concentrated on keeping my back straight, hips pushed back, and stretching my hamstrings as far as my flexibility will allow during stiff-leg deadlifts. This is a very demanding exercise when performed properly and I could definitely feel it in my hamstrings today. I finished off the day strong with calves and was able to squeeze out a couple of extra reps compared to last week. I still have two more workouts to go to make this my best week of training so far!

## Week 7: Thursday, May 29, 2003

Training: Chest	
Exercise	Sets / Reps / Weight
Flat Barbell Bench Press	1 x 5 at 250 lbs (After warmup), 2 x 4 @ 255 lbs
Incline Dumbbell Bench Press	2 x 4 at 100 lbs
Decline Barbell Press	1 x 4 @ 250 lbs, 1 x 5 @ 250 lbs
Training: Abs	
Weighted Leg Raises	1 x 12 @ 40 lbs, 1 x 10 @ 40 lbs
Weighted Cable Crunches	1 x 12 @ 210 lbs, 1 x 10 @ 210 lbs
Swiss Ball Crunches	1 x 15
Swiss Ball Leg Raises	1 x 15

As I matched my performance from last week during each set today, I kept telling myself that I would have to squeeze out one extra rep somewhere in order to make this my best chest workout of the 8 week training cycle. *Finally*, on my last set of decline presses I was able to complete five reps compared to four last week. After completing four reps on my own, I decided to go for it and with a little spotter

assistance finished my fifth rep. I also felt stronger and more controlled this week during my chest exercises even though the weight and reps were the same.

I was able to move up to the 40 lbs dumbbell on leg raises today and also squeezed out an extra rep on my first set of cable crunches. Although, not by as much as the other three workouts this week, today was my *best* chest and abs workout of this Max-OT training cycle. 4 down and 1 to go. I will attack biceps and triceps tomorrow with intensity, passion, and excitement!

Cardio	
Exercise	Time / Distance / Calories
Recumbent Bike (Cybex)	Time:16 minutes, Distance: 6.59 , Calories: 339

Another new record established today on this recumbent bike! I have really been cranking up the intensity on cardio this week, which will make me work that much harder in the weeks to come in order to keep improving. Continually raising my intensity levels during cardio will really get my metabolism cranking and the fat will begin to melt off leaving only rock hard muscle! This is what it is all about. Gotta keep pushing.

## Week 7: Friday, May 30, 2003

Training: Biceps & Triceps	
Exercise	Sets / Reps / Weight
Barbell Curls	3x 6 at 150 lbs (after warmup),
Lying Tricep Extensions	2 x 4 @ 150 lbs (after warm-up)
Alternate Dumbbell Curls	2 x 5 at 75 lbs
Overhead Dumbbell Tricep Presses	2 x 5 @ 105 lbs
Tricep cable pushdowns	1 x 6 @ 265 lbs
Training: Forearms	
Barbell Wrist Curls	1 x 8 @ 110 lbs, 1 x 5 @ 110 lbs
Reverse Barbell wrist curls	1 x 9 @ 50 lbs, 1 x 6 @ 50 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.

This morning's bicep, tricep, and forearm workout was a great way to finish off an awesome week of workouts and a very good 8 week training cycle. I made some solid increases in weight and/or reps today compared to last week, had good intensity, and

used good execution with the exception of a couple of reps towards the end of my dumbbell curls when I had to use momentum to complete the reps.

I made an effort to use a larger range of motion today on overhead dumbbell tricep presses today. I was only able to complete 5 reps on my first set compared to 6 last week, but I believe the increased range of motion caused more stimulation to the intended muscle.

I have a lot of momentum right now and am still very hungry to train. It is going to be tough to take a recovery week next week because I do not want to break my momentum. However, I know that this is the best thing to do in the long run. Staying out of the weightroom next week will only add to my fire and determination to finish out the remaining part of my contest preparation extremely strong. Normally, I would not perform any cardio during my recovery week in order to give my body a chance to completely recover. However, since I am within 10 weeks of my contest one of my primary goals is maximum fat loss. Therefore, I will perform cardio next week. I will perform six sessions (Monday through Saturday) and complete my sessions in the morning so that I stay in the pattern of getting up early. My next cardio 'appointment' is scheduled for tonight after work on the stairstepper. Until Monday, I hope everyone has a great weekend!