

## Week 1: Monday, March 4, 2002

Day One! I decided to start my *AST World Championship* journey on Monday in order to start “fresh” at the beginning of a new week. I spent most of the weekend getting prepared for today. I didn’t realize how much time and preparation it would take to be organized and ready for the week ahead. I received all of my supplements that I ordered off of the *AST Sports Science* Website last week and made out a beginning supplementation schedule, which is outline below. I went to the grocery store and brought plenty of skinless chicken breasts, tuna, egg-beaters, vegetables, and fresh water and then cooked up enough chicken to last most of the week. I have to travel quite a bit with my job and my schedule can change rather quickly. This will be one of the biggest challenges I will have to face during the contest. However, with a little preparation and planning each week I should be able to stick to a consistent diet and supplementation program that will support my efforts to gain lean muscle mass and lose body fat over the next 12 weeks.

On Sunday, I took my “before pictures” and had them developed the same day to make sure that they turned out o.k. I know that I have not been watching my diet that closely lately or doing a lot of cardio, but it was not until I looked at the “before pictures” that I realized that I was fat and out of shape! I was disgusted and embarrassed of the pictures. I have been working out *Max-OT* style consistently and hitting it pretty hard. However, as I looked at the pictures, the results of eating pizza and desserts and drinking beer on the weekends with my buddies, as opposed to proper nutrition and consistent supplementation, slapped me square in the face, and man did it sting. Once accepting that the person in the pictures was, in fact, me, I decided that I can do nothing to change where I am right now, but must focus on where I am going and how I am going to get there. I am going to use a consistent *Max-OT* style training program, proper diet, high quality, consistent supplementation, and intense cardio work over the next 12 weeks in order to build the best possible body that I can! I will take advantage of each and every chat session with Paul Delia, Paul Cribb, Jeff Willet, and Skip La Cour and soak up as much information and knowledge as possible in order to increase my ability to make dramatic improvements to my physique during the contest. I also plan to read Jeff Willet’s USA Championships daily training journal each day as a source of both information and motivation. I have created within myself a burning desire to do the best that I possibly can over the next 12 weeks, and I know that if I can stick to my plan and remain motivated then I will be successful!

The following is an outline of my beginning nutritional and supplementation program. I used the nutritional calculator on the *AST Sports Science* website to calculate the calories, protein, carbs, and fat that I need to consume in order to build muscle without gaining fat. I will start off eating a little below this calorie level in order to start burning some body fat. I have created my diet and supplementation program based on information obtained from Jeff Willet’s daily training journal and Skip La Cour’s website. I figured that I can’t go wrong following the lead of two of the best natural body builders in the world.

### Current Nutrition and Supplementation Plan:

	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Calories</u>
<b>Upon Rising (6:00 AM)</b> GL3 L-Glutamine-5 grams				

#### **Pre-Workout (6:15 AM)**

Dymetadrine Xtreme-1  
capsule

ALA200-1 Capsule

2 Scoops VP2 48 2 0 200

1 Scoop Creatine HSC 0 34 0 136

#### **Post-Workout (7:45 AM)**

ALA200-1 Capsule

NAC500-2 Capsules

Vitamin C-1000mg

Vitamin E-1000 I.U.

2 Scoops VP2 48 2 0 200

1 Scoop HSC 0 34 0 136

#### **Meal # 1 (8:45 AM)**

GL3 L-Glutamine-10 grams

Multi Pro 32X-1 capsule

CLA1000-2 capsules

Cottage Cheese Sandwiches 46 53 5 400  
w/light white bread

#### **Meal # 2 (9:45 AM)**

Vitamin C-1000 mg

Ny-Tro PRO-40 40 22 1.5 250

#### **Meal # 3 (Noon)**

CLA1000-2 capsules

2 Chicken Breasts 60 4 5 300

Mixed Vegetables-2 servings 6 24 0 120

1 Apple 0 23 1 100

#### **Meal # 4 (2:30 PM)**

GL3 L-Glutamine-5 grams

Vitamin C-1000mg

Ny-Tro PRO-40 40 22 1.5 250

#### **Meal # 5 (5:00 PM)**

1 VYO-PRO Bar 20 17 7 210

1 Scoop VP2 24 1 0 100

<b>Meal # 6 (7:00 PM)</b>				
CLA1000-2 capsules				
Multi Pro 32X-1 capsule				
GL3 L-Glutamine-5 grams				
1/2 Cup Oatmeal	5	27	2.5	150
1 Scoop VP2	24	1	0	100
1 Chicken Breast	30	2	2.5	150
<b>Meal # 7 (9:45) PM</b>				
Ny-Tro PRO-40	40	22	1.5	250
1 Cup Skim Milk	8	13	0	90
<b>10:00 P.M. (Before Bed)</b>				
GABA-3 grams				
<b>TOTALS</b>	<b>439</b>	<b>303</b>	<b>27.5</b>	<b>3142</b>

I will also drink at least two gallons of water per day.

#### **TRAINING:**

Once again, I will be following the lead of Jeff Willet and start off with his *Max-OT* Workout #6.

#### **Shoulders:**

Military Press (To the Front)....1 x 7 @ 150 lbs (After Warmup), 1 x 5 @ 155 lbs

Dumbbell Side Lateral Raises....2 x 6 @ 50 lbs

Seated Bent-over Rear Lateral Raises....2 x 6 @ 50 lbs

#### **Traps:**

Barbell Shrugs....3 x 6 @ 320 lbs

I performed this workout last week at about 80% weight and intensity in order to get my body and mind used to the exercises so that I would be ready to hit the weights today at 100% *Max-OT* intensity. I put 150 lbs on the military press, which is normally pretty heavy for me, but I was so excited and motivated about starting the contest I pushed out 7 strong reps. I went up to 155 on the second set and was able to finish 5 good reps. This sets a tough starting precedent for me to improve on next week. I will have to stay focused every workout in order to improve week after week. I felt pretty good on side lateral raises. I have had some pain in my left forearm and inner elbow joint and this exercise has bothered my arm some. It hurt a little today, but I can tell that it is getting

better. I will listen to my body and try to work around any exercises that hurt my arm. The last thing I want to do is get injured to the point that I have to quit training altogether. I had a little difficulty completing 6 reps on my second set of rear lateral raises, but still felt pretty good. Shrugs felt strong. I will try to go up in weight next week on this exercise. I plan to do my first cardio session tonight (no sense in wasting any time) and plan to start with 3-4 sessions of high intensity cardio per week.

## Week 1: Tuesday, March 5, 2002

I work for a large public accounting firm. All of the people I work with are truly great people and I enjoy working with them. However, needless to say, health and nutrition is not the predominant theme around the office. Whether someone brought donuts in the morning for everyone or it is cake in the conference room to celebrate the March birthdays, there is always something of this nature that can cause temptation for me to stray from my diet if I am not careful. Normally, I am fine to refuse partaking in such activities, but I have to admit that there have been too many times when I have given in and cheated in the past.

However, I am now on a 12 week mission to build the best body that I possibly can and these types of food have no place in my diet. Same as yesterday, I have brought all of my food and supplements for the day (including enough for dinner if I have to work late) so that I will be prepared to eat all of my meals on time. I just got finished reading Jeff Willet's Monday journal entry. He was talking about how when you are in a contest there is a "sense of urgency" because you know that you must be ready by a specific date. He also said that if you do not take advantage of each day then it is no one's fault but your own. I will try to focus on this each day as I have the opportunity to train with 100% intensity and follow my diet and supplement plan meticulously.

The following are my beginning measurements that were taken on Sunday, March, 3:

Weight:	245 lbs (I am 6'6 but this is still a chubby 245)
Body Fat % (With Skin Calipers):	19.2% (not something I test often and now I know why)
Waist:	37 inches

I know that I have been slacking on my diet lately carried over from the holidays, but I was amazed that my body fat % and waist measurement were this high. Oh well, like I said yesterday, there is nothing I can do about the past. I must focus on improving now! My goal is to get my bodyfat % well into single digits, but rather than focusing on a specific number I am going to go by what I see in the mirror each day. If I can see that I am getting leaner and showing definition, then I know that my body fat % will be low.

### **TRAINING:**

#### **Legs:**

Squats....1 x 6 @ 255 lbs (After Warmup), 1 x 6 @ 260 lbs, 1 x 5 @ 265 lbs

Lunges....1 x 6 @ 115 lbs, 1 x 6 @ 120 lbs

Straight leg dead lifts....2 x 6 @ 295 lbs

I like this training program where I do legs by themselves (without calves) so that I can focus on putting 100% effort into each set knowing that I am only doing a limited number of sets. However, I also know that these 7 sets are my only chance to work my legs, which is basically half of my body. Therefore, I must get the most out of each and every rep. I started a little too conservatively on squats. I am very tall and I want to concentrate on making sure that I go down to parallel every time (which is a long way down for a 6'6 guy). I think that if I make sure my squatting depth is good, then I will be able to consistently progress in weight. I feel that my form was good and I was able to increase the weight each set. Next week, I plan to start with at least 260 and maybe 265 depending on how the weight feels.

Lunges is an exercise that I have not performed in a very long time. I know that they will be very effective as I could barely walk last week after doing them at about only 80% during my transition week. Since I am not use to this exercise, I probably went a little too conservative, but I want to make sure that I get the hang of them. Although I think I will be able to go up in weight next week, I was definitely "feeling it" on this exercise today.

I have learned to love straight-leg deadlifts since performing them *Max-OT* style. This is one exercise where I am able to use a pretty good amount of weight, which makes it very motivating for me. I felt pretty good at 295 lbs and plan to move up in weight next week.

#### **CARDIO:**

I completed my first cardio session last night by performing 20 minutes on the stair stepper. I put the machine on interval training level 7. I made an effort to not touch the handrails at all during the workout, but I had to grab hold a little bit at the end. It was an intense session as I was breathing heavily and pouring sweat by about ½ way through the workout. My distance was 2.26 miles. I will try to beat this distance during my next session, which will probably be Wednesday or Thursday.

## Week 1: Wednesday, March 6, 2002

What a hectic day of work! I came in this morning and found out that I had to go to Tuscaloosa, AL (about an hour from Birmingham, AL where I live) to finish up a project there for the rest of the week. We have a tight deadline so I will be putting in some long hours. It's a good thing that I had already done my weight training for the day. I also had all of my food for the day in a cooler so I was able to bring it with me on the road. I have never worked out in the mornings until recently, but I have noticed one of the main benefits is that no matter how busy your work day is, it will not keep you from training since you have already worked out first thing in the morning. I plan to train in morning during the entire 12 week contest for this reason, and also to take advantage of having the entire day to "feed" my muscles high quality protein as discussed in the Question and Answer section of the *AST Sports Science Website*. This concept makes so much sense. I am amazed at the amount of practical scientific information related to training, diet, and supplementation that is available on the *AST-SS website*. It is a valuable tool for anyone trying to increase lean muscle mass and/or lose body fat, and I plan to pay a visit to the *AST Q&A* every day during my preparation for the contest.

### TRAINING:

#### Back:

Pull-ups....1 x 5\*

\*Lat Pulldowns to the front....1 x 6 @ 240 lbs, 2 x 6 @ 250 lbs

Seated Rows....2 x 6 @ 240 lbs

V Bar Pulldowns....1 x 6 @ 240 lbs

Bent over Barbell Rows....1 x 6 @ 225 lbs

\*I have been having pain in my left forearm and the inside of my left elbow and it hurts the worst when doing pull-ups. I decided to play it smart and do lat pull-downs instead. These aggravated it a little, but there was no pain like with pull-ups. I know that pull-ups are one of the best exercises for the back, but I also know that I should listen to my body and not do anything that could cause me to have to stop training altogether. Not during the AST 2002 Championships. I will adjust my back workout next week to work around doing pull-ups until my arm is totally well. Also, I ordered some *Proflex 750* yesterday. I have done some reading on this product, and I think it will be beneficial to use over the next 12 weeks to support my joints and tendons as I perform intense weight training sessions daily.

#### Biceps:

Straight Bar Curls....1 x 6 at 140 lbs, 1 x 6 at 145 lbs

Alternate Dumbbell Curls....1 x 6 at 70 lbs

Hammer Curls....1 x 6 at 70 lbs

With the exception of having to change my workout due to pain in my arm, I had a pretty good training session. I felt strong on all of the back exercises, but was close to the maximum weight on the machine on pull-downs and seated rows. I will have to assess my schedule next week based on my increases in weight and change exercises if the weight is too light for pull-downs or seated rows. Straight bar curls felt very good and caused no pain to my inner elbow or forearm. I need to step it up and increase the weight I start with next week on this exercise. Alternate dumbbell curls felt pretty good, but bothered my left arm some. Hammer curls put even more stress on my elbow joint. I will adjust my bicep workout next week to do exercises that do not cause pain to my arm. I want to make as much progress as possible over the next 12 weeks, but I can't make any progress at all if I am injured to the point that I can't train at all!

Tomorrow morning, I attack chest and triceps and then another session of cardio in the afternoon or evening.



## Week 1: Thursday, March 7, 2002

It's back to Tuscaloosa today for me for what I know will be another long day of work. However, I have been feeling charged today after a strong chest and tricep workout this morning. I am starting to get into the groove of getting up in the morning and knowing that my first task of the day (after taking in a *VP2* and *Creatine HSC* shake, of course) is to perform my weight training. It feels good to get up and accomplish this task before taking on the rest of the day. Today is my second scheduled cardio day and I know that I will have to work until at least 7:30 or 8:00 tonight and then drive an hour home, so I am planning to work through lunch and then get out at about 4:00 this afternoon to perform my 20 minute intense cardio and then return to work. There is a Gold's Gym right down the street from the office where I am working. I have worked out there before and I know that it has plenty of cardio machines for me to choose from. I know that it is going to take some careful planning, as well as making choices and sacrifices in order to perform every weight training and cardio session and eat every meal at the proper times. I also know how important it is that I do whatever is necessary to make sure that I am able to do these things if I want to be as successful as I can in my bodybuilding efforts over the next 12 weeks. Thus, I will do what I have to do.

### **TRAINING:**

#### **Chest:**

Incline Dumbbell Presses....1 x 9 @ 80 lbs (after warmup), 2 x 6 @ 85 lbs

Flat Bench Dumbbell Presses....1 x 5 @ 85lbs, 1 x 4 @ 85 lbs

Decline Barbell Press....1 x 8 @ 205 lbs, 1 x 7 at 215 lbs

#### **Triceps:**

Straight Bar Tricep Pushdowns....2 x 6 @ 130 lbs

Lying Tricep Presses....1 x 3 @ 135 lbs, 1 x 4 @ 125

Like most people, I love to train chest, even though it is not one of my strongest body parts. I started out with 80 lbs dumbbells on incline presses, which is normally pretty heavy for me, but I was able to push out 9 total reps. This means the weight was way too light. I was happy that I felt this strong at this weight, but disappointed that I undershot the weight needed to produce the best *Max-OT* results. I went up to 85's for the last two sets and got six reps each time. It was very difficult to get six reps with the 85's. I plan to start next week with at least 85's and maybe 90's depending on how I feel during warmup.

Strangely enough, I felt stronger on incline dumbbell presses than I did on flat dumbbell presses. I know that I did incline first. Also, I have not done flat dumbbell presses for

quite a while, but I should be able to go up over the upcoming weeks on flat dumbbell presses. Decline barbell press is another exercise that I have not done very much. It felt good, but once again I undershot with my weight. I will learn from this week and really step it up next week with the weight on all chest exercises.

130 lbs was a good weight for tricep pushdowns, as it was very difficult to complete 6 reps for 2 sets. Still, I will try to increase the weight next week in an effort to increase the overload on my triceps.

After undershooting my weight on chest, I guess I was a little too aggressive for tricep presses, only getting 3 reps at 135. I dropped down and struggled to get 4 reps at 125. My triceps were pretty waxed after training chest.

Overall, I was pretty satisfied with my first chest and tricep workout, but I noticed that it took almost an hour to complete and I was struggling at the end of the workout. I think this is due to several distractions today, such as people at the gym that wanted to talk, waiting on machines, etc. From now on, I will make an effort to really focus on the task at hand and ignore the distractions (i.e. get in, overload efficiently, get out and recover). Doing what is necessary to take my physique to the next level is a learning process and I plan to improve each day based on my experiences, both good and bad.

## **Week 1: Friday, March 8, 2002**

Well, I have made it through my first week of weight training during the *AST 2002 World Championships*. I am feeling really good and have been extremely motivated all week. I need to keep this emotion and energy going each and every day of the 11 weeks to come. I have had a very busy week at work and will have to work some this weekend (hopefully, just Saturday). Even with my busy work schedule, I have made it a priority to give 100% effort to my training, diet, and supplementation plan. Getting into the absolute best shape that I possibly can during the contest is very important to me. I know that I will be successful if I do the proper things day in and day out during my contest preparation. I am learning that if I make it a priority to do all the right things for the contest, then I will get them done one way or another.

### **TRAINING:**

#### **Calves:**

Calf Raises on Leg Press (one foot at a time)....1 x 10 @ 365 lbs (After warmup), 1 x 8 @ 385 lbs, 1 x 8 @ 395 lbs

Seated Calf Raises....1 x 8 @ 245lbs, 1 x 8 @ 250 lbs

#### **Abs:**

Weighted Leg Raises....2 x 12 @ 25 lbs

Rope Cable Crunches....3 x 12 @ 150 lbs

#### **Forearms**

Barbell Wrist Curls....1 x 10 @ 110 lbs, 1 x 8 @ 115 lbs

Standing Dumbbell Wrist Curls....1 x 10 @ 30 lbs, 1 x 8 @ 35 lbs

I had a pretty strong finish to my first week of preparation for the *AST 2002 World Championships*. I think that I will really like this *Max-OT* workout where I work calves, abs, and forearms together. This will give me the opportunity to really focus on these body parts as they are the “main” body parts for the day.

I have never done calf raises on the leg press machine one foot at a time, but they felt very good. I was also surprised at the amount of weight I was able to use with one foot. I was able to jump up 20 lbs after my first set and another 10 lbs for my third set. I will definitely start with a higher weight next week. Seated calf raises were tough, but I was able to increase 5 lbs and complete the same number of reps for my second set.

One of my goals during the *AST 2002 World Championships* is to read the *Max-OT* exercise execution section for the body part I am training that day prior to my workout. This morning I made an effort to really isolate my abs by shortening the range of motion on both leg lifts and Rope cable crunches as described in the *Max-OT* exercise execution section for abs. Man, did this make a difference. I could really feel my abs being overloaded! I know that I will also feel it tomorrow!

I undershot my weight on forearms, which I did on many exercises this week. Next week I really need to step it up in weight and make sure that I am hitting the 4-6 rep range on each set.

### **Cardio:**

Yesterday, I stuck to my plan to do cardio at 4:00 and then go back to work. I was lucky because the gym in Tuscaloosa had the same kind of stairstepper as my gym at home. I put the machine on level 7 for 20 minutes again. I had to put my hands on the bars a little towards the end of the workout, but not as much as I had to on my previous session. I increased the interval setting to level 8 with about two minutes left and was able to beat my previous distance of 2.26 miles going 2.27 miles. This isn't much of an increase in distance, but at least it is a step in the right direction. I plan to do at least one more (maybe 2) cardio sessions this weekend to finish out my first week as an *AST 2002 World Championship* contestant.

## Week 2: Monday, March 11, 2002

I had a good weekend. I had to work most of the day Saturday, which was a bummer, but I made sure that I completed a good cardio session on Saturday and Sunday. I also had some errands to do so I stayed pretty busy most of the weekend. I was able to relax and watch a couple of movies Saturday night with my girlfriend, who, by the way, is being totally supportive of my efforts during my contest preparation. She has offered to help me in any way that she can and has provided a great deal of moral support as I get started. I keep telling her that she will be rewarded for being so supportive at the end of the contest when her boyfriend has a new and improved body!

Jeff Willet talked about building momentum in his training journal last Friday. Although, It has only been one week since I started my preparation for the *AST 2002 World Championships*, I can start to feel the momentum building. I feel it with every *Max-OT* workout I complete, every proper meal I eat on time, every time I complete a day of taking all of my supplements at the correct times, and every cardio session I complete that leaves me breathing heavy. Each time I take a step in the right direction, It is like I become stronger and more motivated than before. I can already tell that this is going to be an awesome journey!

I decided to keep my diet and supplement schedule the same for this week. I am eating fewer calories and a lot cleaner than I normally do (especially compared to my prior weekends!) and I believe that I am eating few enough calories to burn body fat. Also, I have had very good energy in the gym and throughout the day. I will do my best to evaluate my current caloric intake each week and make adjustments as necessary. I think that this is one area where the online seminar/chat sessions will be very beneficial. I will be able to ask the experts when and by how much I need to lower my calories. The only change to my supplement program is that I started taking *Proflex 750* four times a day as indicated on the bottle. I hope that this product will help with the pain I have been having in my left forearm and inner elbow joint, as well as helping to prevent any new joint problems during my contest preparation.

### **TRAINING:**

#### **Shoulders:**

Military Press (To the Front)....1 x 6 @ 155 lbs (After Warmup), 1 x 4 @ 155 lbs, 1 x 5 @ 155 lbs

Dumbbell Side Lateral Raises....1 x 7 @ 50 lbs, 1 x 5 @ 55 lbs

Seated Bent-over Rear Lateral Raises....2 x 6 @ 50 lbs

**Traps:**

Barbell Shrugs....1 x 6 @ 325 lbs, 1 x 6 @ 330 lbs, 1 x 6 at 335 lbs

As I stated last week, I am following Jeff Willet's *Max-OT* workout #6. However, I am not doing the neck exercises in the workout, so I decided to add one more heavy set of military presses for a total of 3 heavy sets. I started at 155 lbs this week and was able to barely get 6 reps with a little help from my spotter on the last rep. As you can see from my sets and reps above, I only performed 4 reps on my second set but got 5 on my last set at the same weight. Part of *Max-OT* is taking each set to absolute failure. Well, it is obvious that on my second set that I actually must have reached failure mentally before physically reaching failure. Otherwise, there is no way that I could perform an extra rep on my 3<sup>rd</sup> set. I will learn from this and strive for 100% mental focus on every set.

I was able to go up on my second set of dumbbell side laterals. The 55's felt very heavy, but I managed to get 5 reps. My goal next week is to start with the 55 lb dumbbells and pump out some strong reps. I remained at the same weight on seated bent-over rear lateral raises, as I struggled to keep a full range of motion with the 50 lbs dumbbells. I don't want to move up in weight too quickly to where I cannot complete a full range of motion. I think that sacrificing too much form would decrease the overload on my rear deltoids.

Traps has never been a body part that I have really focused on. Well, this is pretty obvious from my current physique. I plan to change this and really concentrate on hitting my traps hard each and every set. I felt really strong on this exercise today and was able to increase the weight each set. My goal next week is to start at 335 lbs and to really concentrate on holding the rep at the top of the movement and getting a full stretch at the bottom of the movement.

**Cardio:**

I completed two good cardio sessions this weekend. Saturday, I completed 30 minutes on the stair-stepper. The power had gone out at the gym and the monitor on the machine was messed up so I could not track my distance or level. However, I checked my heart rate consistently throughout the workout and it was up around 170-180 beats per minute, which is working pretty hard for me. More importantly, I could tell from my sweat-drenched shirt that I had gotten a good cardio workout. On Sunday, it was some good old fashioned running. I did 30 minutes on the treadmill at a moderate pace. I finished 3.20 miles. This is not a very fast pace, but I have not run hard in a while so this was pretty difficult. I will continue to raise my standards with each cardio workout, just as I will do with each resistance training workout.

## Week 2: Tuesday, March 12, 2002

I just received an e-mail from Paul Delia concerning the first *AST 2002 World Championships Seminar/Chat Session*, which will be tomorrow night at 6:00 p.m. mountain time, which is 7:00 p.m. central time for me. I am marking this down on my calendar right now. This is an extremely busy week for me at work, but I am determined to continue to do everything that I need to be doing for the *AST World Championships*. I know these chat sessions will play a huge part in my success level during the challenge. I will be able to interact directly with the *AST* personnel that is responsible for the awesome training, diet, and supplementation techniques that I am using during the Championships. I am very excited about this first on-line chat session, to say the least.

My boss just let me know that our deadline to finish the project I am currently working on is "today before we leave." From past experience, I know that this means I am going to be in the office very late tonight. I completed my weight training this morning. However, today is a cardio day for me and I am determined not to miss this opportunity. My plan is to work through lunch and then go out about 3:00 or 3:30 this afternoon, complete my intense 20 minute cardio session, and then go back to work. This way I will not have to worry about the gym closing before I am able to leave work. The gym I go to is about 20 minutes away from my office so it is not very convenient, but it is cardio day and I will do cardio!

### TRAINING:

#### Legs:

Squats....2 x 5 @ 270 lbs (After Warmup), 1 x 4 @ 275 lbs,

Lunges....1 x 6 @ 135 lbs, 1 x 6 @ 140 lbs

Straight leg dead lifts....1 x 6 @ 305 lbs, 1 x 6 @ 310

Overall, I had a great leg training day. I was really pumped up this morning and decided to move up on my weight right away for squats. On the first two sets I finished 5 solid reps and on the third set I decided it was time to take it up one notch, which equated to five pounds today. I only was able to complete four reps on the last set, but it felt good to go a little heavier in weight. I will strive to start at 275 lbs next week.

I was able to jump up a good bit on lunges. I am starting to get used to this exercise and feel more comfortable with them. Getting 6 reps on my second set was very difficult. My goal is to continue to increase the weight and intensity on this exercise.

Straight leg dead lifts felt very good today. I was able to move up 10 lbs from last week on my first set. I went up five pounds on my second set and still got 6 reps, which I was pretty happy about. I was really worn out after this workout, which is a good indication

that I was working at a very high intensity. This is what I must strive for each and every workout. This afternoon, I plan to do the stairstepper for 20 minutes and beat my previous distance of 2.27.



## Week 2: Wednesday, March 13, 2002

I just got back from the dentist office, where I had my normal 6 month cleaning. As with most people, I guess, this is not one of my favorite things to do. However, it is something that must be done. I am glad it is over. Now, onto what I need to do to be successful during the *AST 2002 World Championships*.

I just sent an e-mail question to Jeff Willet about reducing calories and increasing cardio to get lean. I am one and a half weeks into the *AST 2002 World Championships* and I can already feel and see a difference in my body, which is very motivating! However, I am a little unsure about how to know when I should decrease my calories and increase my cardio so that I am in great, (no, outstanding) condition for my after photos. I know that I will need to reduce my calories and increase cardio to really get lean, but I want to do it in a way where I can still add new lean muscle mass. I don't want to drop calories just for the sake of doing so if I am already losing bodyfat at my current caloric intake level, but I also don't want to wait too long and not have enough time to lose all of the fat I need to lose before the contest is over. Hopefully, I will get some good insight from Jeff. Also, I hope that this will be discussed in the Online Chat session tonight. I am very excited about the opportunity to gather up so much good information in these chat sessions. I also think it will be very motivating to interact with other *AST 2002 World Championship* Contestants.

### **TRAINING:**

#### **Back:**

Bent Over Barbell Rows....2 x 6 @ 230 lbs (After warmup)

Lat Pulldowns to the front....1 x 6 @ 250 lbs, 1 x 6 @ 255 lbs

Seated Rows....2 x 6 @ 250 lbs

V Bar Pulldowns....2 x 6 @ 250 lbs

#### **Biceps:**

Straight Bar Curls....1 x 6 at 150 lbs (After warmup), 1 x 5 at 155 lbs

Alternate Dumbbell Curls....1 x 5 at 75 lbs, 1 x 6 at 75 lbs

I was really tired this morning. I had to work late last night and didn't get to sleep until around midnight. It took me a while to get going, but once I reminded myself how important every workout was and the *DymetadrineXtreme* kicked in, I was ready to have an awesome back and bicep workout.

As I mentioned last week, I have been having some pain in my left inner elbow and forearm, mainly when I do pull-ups. I decided to substitute lat-pulldowns for pull-ups. I also decided to start with bent-over rows and add an extra set of this exercise. I managed to get 2 sets of 6 on bent-over rows, but was struggling with my form on the last few reps, so I decided not to go up in weight. Lat Pulldowns felt really strong. I had a little irritation in my arm, but not nearly as bad as when doing pull-ups. I have also started taking *Proflex 750* four times a day to help heal and strengthen my joints and tendons. I was at the bottom of the weight stack on Lat pulldowns and added a five pound dumbbell for my second set.

I was also at the maximum weight on seated rows and V-Bar Pulldowns. I completed six reps on both sets, and will need to add a dumbbell for some extra weight next week.

### **Cardio:**

Well, I knew it. Yesterday, in my journal I talked out how my boss said we had to finish the project before we left. We ended up leaving the office after 10:00 p.m., which is when my gym closes. I am glad that I made the decision to get out and do cardio at 2:30 p.m. This was not a full 8 hours after my weight training session, but I had already consumed four meals since my weight training session and it was really the only option I had.

I hopped on the stairstepper and performed 20 minutes on level 7. I increased the intensity to level 8 a little sooner than last week and I was able to beat my previous distance of 2.27 miles by going 2.28 miles. I thought that I would have beaten it by more than that by how tired I was. As long as I am working hard and improving each cardio session, I know that I am taking another step in the right direction. I will continue to push myself to break through to new levels in cardio each and every session.

Well, I need to get back to work so I can make sure that I leave in time to get home for the first *AST 2002 World Championship* Chat session!

## Week 2: Thursday, March 14, 2002

Last night was the first chat session for the *AST World Championships*. I didn't now what to expect, but it turned out to be an awesome experience. It is one thing to be able to go to the *AST Sports Science* website and read the great information written by Paul Delia, Paul Cribb, Jeff Willet, and Skip La Cour, but being able to communicate with them directly is unbelievable! It was also very motivating to chat with the other contestants. I could tell from the chat session that everyone was really pumped up about doing well, which just motivates me even more. I was very impressed with how well Paul Delia was able to organize the session. If someone fired out a question in the middle of his seminar, he would quickly answer the question and continue his discussion without missing a beat. Paul, Jeff, and Skip provided some great motivational material and answered many of my questions about diet, supplementation and training.

I have already thought about my "homework assignment" given by Skip La Cour and know what I think by biggest challenges will be. Now I just need to figure out the solutions to the challenges before they occur and hinder my progress (and get them e-mailed to Big Skip before next week!). I truly will look forward to each chat session on Wednesday nights as an opportunity to learn, become more motivated, and hopefully help motivate the other contestants.

### **TRAINING:**

#### **Chest:**

Incline Dumbbell Presses....1 x 6 @ 85 lbs (after warmup), 1 x 5 @ 90 lbs, 1 x 4 @ 90 lbs.

Flat Bench Dumbbell Presses....2 x 5 @ 90 lbs

Decline Dumbbell Press....2 x 4 @ 90 lbs

#### **Triceps:**

Straight Bar Tricep Pushdowns....1 x 7 @ 130 lbs, 1 x 5 @ 140

Lying Tricep Presses....1 x 5 @ 130 lbs, 1 x 4 @ 130

Last night, I asked Paul Delia about sleeping less than 7 or 8 hours a night and he told me that he was a big believer in sleeping less and recovering through proper nutrition. I found it ironic this morning when I did not hear my alarm clock go off and overslept by almost an hour! When I checked the clock I immediately got up and mixed up two scoops of *VP2* and one scoop of *HSC* and started sipping the mixture. I got my things together for the gym and for work and headed off to the gym for what turned out to be a great chest and tricep day!

I started on incline dumbbells with 85's and managed six reps. That means it is time to move up, so I went to the 90's on my next set. I have rarely used higher than the 85 lbs dumbbells on incline chest presses. I was able to get 5 good reps on my second set, and 4 solid reps on my last set. This was a positive step in the right direction. However, now my standards have been raised for next week, so I must make sure that I work hard and strive to improve on those standards.

I also went up to the 90 lbs dumbbells on flat dumbbell presses. This exercise felt much better than last week and I was able to complete 5 reps on both sets. The decline bench at my gym was "under repair" this week so I had to improvise. I used a flat bench and placed some aerobic steps under one end to make about a 30 degree decline, and then had a trainer from the gym hand me the dumbbells. This exercise worked out pretty well. It felt a little awkward, but I was able to complete 4 reps with the 90 lbs dumbbells for both sets.

I completed 7 reps on my first set of tricep pushdowns so I moved up to 140 on the second set. I barely got five reps. The ten pounds made a big difference in this case! I started five pounds lighter than last week at 130 lbs on lying tricep presses since I only completed 3 reps at 135 lbs last week. I was able to do 5 reps on the first set and squeeze out four more at 130 lbs on my second set. I improved on every exercise today, which is awesome! I think the extra motivation from the chat session last night may have had something to do with it. Tonight, I attack my second cardio session for the week. I plan to do an intense 20 minutes on the stairstepper.

## **Week 2: Friday, March 15, 2002**

Another week down and another week of intense *Max-OT* workouts and adherence to a strict diet and supplementation schedule. So far, so good. I am starting to get more and more motivated every time I do something that I know equals another step in the right direction. The chat session was awesome this week and has provided me with an even greater burning desire to succeed.

I have to give a presentation at work on Monday morning in front of my whole office on new accounting technical issues (let me tell you, this is exciting stuff). Anyway, my weekend plans consist mainly of performing two intense cardio sessions and preparing for my presentation at work on Monday. Of course, I'm sure I will make a little time to check out some of the great NCAA Basketball Tournament action. I have played basketball all of my life and really love "March Madness" The competition and intensity level during these tournament games is so impressive. Speaking of intensity, I must continue to "bump up" the intensity level during my *Max-OT* weight training and cardio sessions.

### **TRAINING:**

#### **Calves:**

Calf Raises on Leg Press (one foot at a time)....3 x 8 @ 405 lbs (After warmup)

Seated Calf Raises....2 x 8 @ 250lbs

#### **Abs:**

Weighted Leg Raises....2 x 12 @ 25 lbs

Rope Cable Crunches....1 x 12 @ 150 lbs, 2 x 12 @ 158 lbs

#### **Forearms**

Barbell Wrist Curls....1 x 10 @ 115 lbs, 1 x 7 @ 120 lbs

Standing Dumbbell Wrist Curls....1 x 10 @ 35 lbs, 1 x 10 @ 40 lbs

I had another strong workout and was able to go up in weight on almost every exercise. Calf raises with one foot on the leg press machine at 405 lbs got tougher and tougher each set. My third set was very difficult, but I managed to get 8 reps on both legs each set. I also jumped up 5 lbs on seated calf raises. I am really trying to concentrate on fully stretching and contracting the calf muscle during

these movements, and want to make sure that I am doing so before jumping up too much in weight.

I stayed with 25 lbs on weighted leg raises. I am still getting use to keeping the smaller range of motion as described in the *Max-OT Training Series*. This makes the exercise more difficult, but I am sure that it is also that much more effective. The machine where I do rope cable crunches only goes up to 150 lbs, so I added an eight pound dumbbell for my second and third sets.

I was really motivated during forearms today. My forearms have never been very impressive and I want to hit them very hard and make the most gains that I possibly can. This is one of the most visible bodyparts when you are wearing street clothes and, damnnit, when I am wearing short sleeve shirts I want to look like I work out. I was able to move up in weight on both barbell wrist curls and standing dumbbell curls. I need to move up in weight next week on dumbbell wrist curls as I completed 10 reps on both sets today.

### **Cardio:**

I completed another 20 minutes on level 7 on the stairstepper last night. I increased the level to 8, 9, then 10 at the end of the workout and passed my previous distance of 2.28 miles going 2.33 miles. This is the biggest increase I have had in distance on the stairstepper yet. Soon, I am going to try to jump up to level 8 to increase the intensity even more. I can tell that my cardiovascular endurance is getting better. This weekend I plan to do another two intense cardio sessions both Saturday and Sunday. I will think about how “ripped” I want to be for my after pictures in June!

## Week 3: Monday, March 18, 2002

Well, I made it through my presentation at work this morning. It went pretty well and actually was not too painful. I stuck to my diet and supplementation schedule this weekend and completed two intense cardio sessions, one on Saturday and another on Sunday. Each time I get through a weekend while adhering 100% to my diet, supplementation, and cardio plan I feel like I have taken a giant step forward in my journey during the *AST 2002 World Championships*. The reason for this is that my weekends use to consist of going out and drinking with my friends and figuring out where I would have all of my “cheat” meals for the weekend. I was hitting it hard during the week and eating pretty well, but I would “blow it all to hell” on the weekends.

I am starting to realize how important 2 extra days per week of proper diet, supplementation, and recovery are to my bodybuilding efforts. I guess I have really known this for a while, but was not willing to “pay the price” and live it. Well, now I am committed to doing everything I can, every single day to maximize my efforts in the gym.

I have made my first diet and supplementation change this week. My first reduction in calories is to eliminate the milk with my night time *Ny-Tro Pro 40* and replace it with water. This will result in a reduction of about 90 calories per day coming from both carbs and protein. I have also started using the post cardio supplementation plan described by Paul Delia and Jeff Willet on the *AST-SS Website* on the weekends. After performing cardio on the weekends, I now take 10 grams of *GL3 L-Glutamine* and 5-10 grams of *Micronized Creatine* mixed with 1-2 scoops of *VP2*. Not using *Creatine HSC* on the weekends will help eliminate excess calories when I do not need them. As you can see from the chart below, I have also added another *ALA 200* capsule to be taken with meal #7 at night.

### Current Nutrition and Supplementation Plan:

	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Calories</u>
<b>Upon Rising (6:00 AM)</b> GL3 L-Glutamine-5 grams				
<b>Pre-Workout (6:10 AM)</b> ProFlex 750-1 Capsule Dymetadrine Xtreme-2 capsules ALA200-1 Capsule 2 Scoops VP2 1 Scoop Creatine HSC	48 0	2 34	0 0	200 136

<b>Post-Workout (7:45 AM)</b>				
ProFlex 750-1 Capsule				
ALA200-1 Capsule				
NAC500-2 Capsules				
Vitamin C-1000mg				
Vitamin E-1000 I.U.				
2 Scoops VP2	48	2	0	200
1 Scoop HSC	0	34	0	136

#### **Meal # 1 (8:45 AM)**

GL3 L-Glutamine-10 grams				
Multi Pro 32X-1 capsule				
CLA1000-2 capsules				
Cottage Cheese Sandwiches	46	53	5	400
w/light white bread				

#### **Meal # 2 (9:45 AM)**

Vitamin C-1000 mg				
Ny-Tro PRO-40	40	22	1.5	250

#### **Meal # 3 (Noon)**

ProFlex 750-1 Capsule				
CLA1000-2 capsules				
2 Chicken Breasts	60	4	5	300
Mixed Vegetables-2 servings	6	24	0	120
1 Apple	0	23	1	100

#### **Meal # 4 (2:30 PM)**

GL3 L-Glutamine-5 grams				
Vitamin C-1000mg				
Ny-Tro PRO-40	40	22	1.5	250

#### **Meal # 5 (5:00 PM)**

1 VYO-PRO Bar	20	17	7	210
1 Scoop VP2	24	1	0	100

#### **Meal # 6 (7:00 PM)**

ProFlex 750-1 Capsule				
CLA1000-2 capsules				
Multi Pro 32X-1 capsule				
GL3 L-Glutamine-5 grams				
1/2 Cup Oatmeal	5	27	2.5	150
1 Scoop VP2	24	1	0	100
1 Chicken Breast	30	2	2.5	150

#### **Meal # 7 (10:00 PM)**

ALA200-1 Capsule				
Vitamin C-1000mg				



Ny-Tro PRO-40	40	22	1.5	250
<b>10:15 P.M. (Before Bed)</b> GABA-4-5 grams				
<b>TOTALS</b>	<b>431</b>	<b>290</b>	<b>27.5</b>	<b>3052</b>

I will continue to drink at least two gallons of water per day.

### **TRAINING:**

#### **Shoulders:**

Military Press (To the Front)....1 x 5 @ 155 lbs (After Warmup), 1 x 4 @ 155 lbs, 1 x 5 @ 155 lbs

Dumbbell Side Lateral Raises....2 x 6 @ 55 lbs

Seated Bent-over Rear Lateral Raises....2 x 6 @ 50 lbs

#### **Traps:**

Barbell Shrugs....1 x 6 @ 340 lbs, 2 x 6 @ 345 lbs

I started taking two *Dymetadrine Xtreme* this week prior to my workout to add some extra intensity and focus. I was so fired up and ready to go this morning it was amazing. I felt strong and energized throughout my workout. Once again, I completed more reps on my third set than on my second set on Military Presses. I now have a specific goal next week to make my second set my best set. It seems that for some reason I am not getting everything mentally out of that middle set.

I was able to move up to the 55 lbs dumbbells on side lateral raises and complete 6 reps on both sets. This is the best I have ever done at this weight and the best I have felt doing this exercise. I stayed with the 50 lbs dumbbells for bent-over rear lateral raises, but felt like I was getting a better range of motion this week on each rep. I will make an effort to move up in weight next week. I was able to move up in weight on barbell shrugs while keeping a good controlled range of motion. Overall, It was a great way to start the week.

#### **Cardio:**

Saturday, I completed 30 minutes of running on the treadmill. I started out at a moderate jog and increased the speed/incline every five minutes until I was running pretty hard by the end of the workout. I beat last week's running distance by going 3.23 miles. On Sunday, I completed 30 minutes on the stairstepper. Once again, I started at a moderate pace and increased the level throughout the

workout. During the last ten minutes I was really breathing hard and had to hang onto the handrails a little just to keep going. I was pouring with sweat by the end of the 30 minutes and finished 3.30 miles. This will be my benchmark for next weekend's 30 minute session since last week the computer on the machine was broken so I could not get an accurate reading.

Time to go eat some chicken and veggies! Until tomorrow, I will keep thinking about moving "Full Speed Ahead."

## Week 3: Tuesday, March 19, 2002

It is funny how little things can make such a big difference. For example, I purchased an *AST Ultimate Shaker Bottle* with my first purchase of supplements for the *AST 2002 World Championships*. I have used all kinds of different shaker bottles to mix protein shakes in the past, but the *AST Ultimate Shaker Bottle* is 100 times better than any of the others. The graded mixer makes for a totally smooth protein shake with no lumps, but best of all is the leak-proof lid and drinking dispenser. I no longer have to worry about the shake getting on the outside of the shaker and dripping down onto my face and clothes, which can be very embarrassing at work! In fact, I immediately ordered another *Ultimate Shaker Bottle* and discarded all of the old worthless shakers that I had. I make sure that I always have a clean *Ultimate Shaker Bottle* on-hand so that I will be ready to supply my body with a quick, mess-free *Ny-Tro Pro 40* or *VP2* and *HSC* shake in a pinch.

Jeff Willet mentioned in his Daily Training Journal yesterday that each day provides new opportunities for us to do the things we need to do in order to improve ourselves. I will remember this statement and strive to make sure that I am using total *AST Execution* every day, and continually progressing toward my goals during the contest.

### **TRAINING:**

#### **Legs:**

Squats....3 x 4 @ 275 lbs (After Warmup)

Lunges....1 x 6 @ 140 lbs, 1 x 6 @ 145 lbs

Straight leg dead lifts....1 x 6 @ 310 lbs, 1 x 6 @ 315

I decided to start at 275 lbs this week on squats since I ended with this weight on my last set last week. I felt really good during warm-ups, but the 275 lbs felt heavier than I thought it would. I have been really making an effort to go down to parallel on squats in order to achieve a full range of motion and maximum muscle fiber recruitment. It was very difficult, but I managed to get four reps on each set. On my fourth rep of the last set of squats my knees started to "buckle in." I concentrated on pushing my knees out and drove the weight up for my fourth rep. I was breathing very heavily and felt like I was going to pass out! It took a few minutes to recover before my first set of lunges. I will probably stay with 275 lbs next week on squats and make an effort to increase my reps while maintaining a full, deep squat.

I am really starting to get the hang of lunges and was able to move up in weight again this week. I also moved up on straight-leg dead lifts. I don't know what it is about this exercise, but compared to other exercises I perform and other people I know who perform straight leg dead lifts, I am really moving some good weight. I make an effort to get a

good stretch and use good form on the movement, but I just keep feeling stronger. I will use this exercise as a motivating factor to strive to increase weight on other exercises as well.

Tonight, I will attempt to beat my previous distance of 2.33 miles on the stairstepper, which will be another step towards achieving great physical condition.

## **Week 3: Wednesday, March 20, 2002**

My manager just informed me and one of my coworkers that he needed one of us to go to Atlanta, GA to work on Thursday and Friday of this week and then all of next week, and that he needed one of us to go to Reynosa, Mexico for two weeks. I immediately thought about how this would affect my training and diet for the contest. My coworker and I figured that flipping a coin would be the fairest way to decide who went where. I called heads and was extremely relieved when the coin landed on heads and I got first choice of where to go. Naturally, I chose Atlanta. We even flipped two more times just to see what would happen and I won both of those times as well. It would have been extremely difficult to stay on my training and diet plan in a small Mexican city, that is for sure. Still, I had to plan quickly for my trip to Atlanta. No problem.

I found out that I would be working in our Atlanta office downtown, so I got on the internet and was lucky enough to find a Residence Inn by Marriott with full kitchens in every room within 1 mile from the office where I would be working. Cool! I made reservations for tonight and Thursday night and went ahead and made reservations for all of next week to make sure that I would have a room as needed. A little more searching on the internet and I found four gyms within a few miles of the hotel and office! Very cool! The only thing left is to make sure that I make plenty of food and pack all of my supplements for the two days that I will be in Atlanta. With this careful planning, I should not miss a beat on my training or diet while I am out of town.

### **TRAINING:**

#### **Back:**

Bent Over Barbell Rows....2 x 6 @ 230 lbs (After warmup)

Lat Pulldowns to the front....2 x 6 @ 255 lbs

Seated Rows....2 x 6 @ 250 lbs

V Bar Pulldowns....2 x 6 @ 255 lbs

#### **Biceps:**

Straight Bar Curls....1 x 6 at 155 lbs (After warmup), 1 x 5 at 155 lbs

Alternate Dumbbell Curls....2 x 6 at 75 lbs

I am starting to get more and more motivated every day and literally jump out of bed when the alarm goes off, ready to conquer my morning workout with vigor and

excitement. I stayed with 230 lbs on bent over barbell rows and really tried to concentrate on keeping my back arched and parallel to the ground, as well as using a full range of motion. I performed six reps each set, but was struggling a little with my form on the last few reps of each set. I will probably stay with this weight again next week and try to perfect my form.

I figured out that I could increase the weight past the 250 lbs max on the lat pulldown machine simply by placing a dumbbell on top of the weight stack. The blocked grip dumbbells stay in place very well. I was able to move up 5 lbs on lat pulldowns and my left forearm and elbow, which has been hurting me for so long barely bothered me at all. This is the second week I have been taking *Proflex 750* and staying away from pull-ups and my arm is feeling 100% better. My arm and elbow had been hurting for over 3 months and after just one and a half weeks of taking *Proflex 750*, it is almost totally well! Now, if that isn't a true life testimonial to the effectiveness of a supplement, then I don't know what is. Needless to say, I am very impressed and pleased that I purchased this product.

Seated rows and V Bar Pulldowns both felt very good this morning. I will continue to make an effort to increase the weight while maintaining a full range of motion on these exercises. I started 5 lbs heavier this week on straight bar curls and completed 6 reps at 155 lbs. I managed to complete 5 reps on the second set. I was really working hard by the time I got to my last set on alternate dumbbell curls, and was exhausted after the workout! My arms stayed pumped up for several hours after the workout, which was awesome! I can't wait to work chest and triceps tomorrow!

### **Cardio:**

Last night on the stairstepper, I started on level seven and went through the entire workout without putting my hands on the handrails at all. I also increased up to level 10 by the end of the workout. The distance read 2.32, which is just shy of last week's best, but I am pretty sure that I increased the level much sooner than last week. (It must be the machine!) Anyway, I had a great intense cardio session and have decided that I will definitely start at level 8 during my next stairstepper cardio session.

## Week 3: Thursday, March 21, 2002

We had the second chat session for the *AST World Championships* last night. I think this session was even better than last week. Paul Cribb gave some great information on creatine and carbs. Then, Paul Delia, Paul Cribb, and Jeff Willet answered tons of questions from the competitors. I ended up staying online until almost 10:00 p.m. central and Paul C. was still on answering questions! It is great to see how motivated all of the contestants are. It is also amazing how much personalized advice I am getting from these chat sessions.

Well, I drove over to Atlanta this morning after my workout and let me tell you that their office is HUGE compared to mine in Birmingham. It is very nice and all of the people I have met are nice as well. I found the kitchen with a refrigerator and microwave so I was able to heat up my chicken and vegetables that I had packed in my cooler. Only one problem, no utensils anywhere in this big office! I even checked several kitchens (They have 3 or 4 I think), but no luck. Hmmm. I figured I could make do with my hands for the chicken and the apple, but came up with the idea of putting the vegetables in a cup and “drinking” them. Luckily, right before I was about to eat, a very nice lady who noticed that I did not have any utensils said she had some plastic forks at her desk and offered to give me one. Thanks to this lady, I was able to avoid having to eat with my hands. I will definitely buy some plastic utensils to have on-hand at all times now when traveling.

### **TRAINING:**

#### **Chest:**

Incline Dumbbell Presses....1 x 6 @ 90 lbs (after warmup), 1 x 5 @ 90 lbs, 1 x 4 @ 90 lbs.

Flat Bench Dumbbell Presses....1 x 5 @ 90 lbs, 1 x 4 @ 90

Decline Dumbbell Press....2 x 4 @ 90 lbs

#### **Triceps:**

Straight Bar Tricep Pushdowns....2 x 5 @ 140 lbs

Lying Tricep Presses....1 x 4 @ 130 lbs, 1 x 4 @ 125

I started off great this morning by performing my first set of incline dumbbell presses with 90 lbs dumbbells and completing six reps. However, throughout the rest of my workout my strength was just not there and I even had to decrease the weight on my second set of lying tricep presses. I was going to total failure and even had to get a little help from a spotter on my last rep on both sets of decline dumbbell presses. By the way, the decline bench is still not fixed at my gym, so

once again I used a flat bench, placed some aerobic steps under one end to make about a 30 degree decline, and had a trainer from the gym hand me the dumbbells. This trainer, Jason, just happens to be one of my lifelong best friends and is a monster in the gym. He is being very supportive of my efforts and even offers to give me spots in between sets of working with his clients

I tried to prepare myself mentally for each set and pushed as hard as I could on every rep, but the strength just was not where it was last week. I woke up one hour earlier than normal this morning since I had to drive to Atlanta, so maybe this had something to do with it. Still, I must continue to strive to get stronger in the gym EVERY week. I will not let today discourage me because I know that I achieved muscle overload from working extremely hard on rep of every set, but I will make an effort to prepare myself better mentally next week, and go into the workout with confidence that my strength will increase.

Tonight is cardio night. I will check out the hotel "exercise room" and see if they have a decent cardio machine. If not, then I will go to one of the gyms that I have already identified near the hotel and perform a very intense *Max-OT* Cardio session. As Jeff Willet would say, "Got to be a tank!"



## **Week 3: Friday, March 22, 2002**

The receptionist at the hotel where I am staying in Atlanta told me that I could use the “Full Health Club” located nearby in another hotel owned by the same company. I walked about 8 blocks to the other hotel Thursday night to perform my cardio session and to check out the weight room for today’s workout. There was plenty of cardio equipment and I had a great *Max-OT* cardio session on the treadmill. However, the “Full Weight Room” consisted of a flat bench, dumbbells going up to a whopping 60 LBS, and a few machines (Cybex, I think). I guess for the majority of the general public traveling out of town these facilities would be adequate, but for a *Max-OT* weight training session during my preparation for the *AST 2002 World Championships*, this simply would not do.

I started flipping through the yellow pages and found a Downtown Athletic Club that was also about 8 blocks from my hotel. I went over there this morning and the facility was very nice and had good quality weightroom equipment. It is about an eight minute brisk walk from the hotel to the Athletic Club, and I think this will serve as a good warmup and way to burn a few extra calories next week when I am here. However, when I packed my workout clothes this week I was not prepared for the “cold front from hell” that came through Atlanta last night. The 15 degree wind-chill made the walk seem a little longer.

There was a ten dollar guest fee per day for use of the Athletic Club, but it is well worth it to have access to proper training equipment that is within walking distance of my hotel. Also, the front desk worker gave me one of the sales reps cards and said that he would probably work out some kind of one week deal with me for next week, which would be great.

### **TRAINING:**

#### **Calves:**

Calf Raises on Leg Press (one foot at a time)....3 x 8 @ 405 lbs (After warmup)

Seated Calf Raises....1 x 5 @ 250 lbs, 1 x 7 @ 230 lbs

#### **Abs:**

Weighted Leg Raises....1 x 15 @ 25 lbs, 1 x 11 @ 30 lbs

Rope Cable Crunches....1 x 10 @ 210 lbs, 2 x 10 @ 200 lbs

#### **Forearms**

Barbell Wrist Curls....1 x 7 @ 120 lbs, 1 x 6 @ 120 lbs

#### Standing Dumbbell Wrist Curls....2 x 10 @ 40 lbs

I started off on calf presses at the same weight as last week, but the leg press machine in this gym was different than the one I am use to at home, and the weight definitely felt heavier. It was extremely difficult to complete 8 reps each set and I even had to “spot” myself on a couple of reps with my other foot. The seated calf raise machine was also different and I could not do as much weight as I was doing at my gym. I barely completed five reps on the first set and dropped down on the second set. It will be difficult to measure my progress by the weight I am using as the machines in different gyms are all different in regards to motion and weight. I will try not to get too caught up in the weight, but just make sure that I am going as hard as I can every set and reaching positive failure within the desired rep range. Also, next week when I workout here on Friday I will have today’s weights to compare to.

I felt really good on weighted leg raises and moved up to 30 lbs dumbbells after completing 15 reps on my first set. Then, it was onto rope cable crunches. Once again, the cable machine was different than the one at my gym. Last week, I ended with 158 lbs at my gym at home, but 160 lbs at this gym was way too light. I performed my first set at 210 lbs, which is the entire weight stack. This was a little too heavy as I barely completed 10 reps. I dropped down to 200 lbs on my second set and completed another 10 reps.

I was able to move up in weight on barbell wrist curls and standing dumbbell curls this week. The weight for barbell and dumbbell exercises should be consistent at both gyms even though there are different types of weights.

#### **Cardio:**

After walking to the hotel gym last night, I was warmed up and decided to jump on the treadmill and immediately start running at a good pace. I performed one minute intervals by running very hard for one minute followed by a minute of moderate jogging. I was breathing so heavy that I never got a chance to catch my breath during the “low intensity” minutes. By the end of 17 minutes I was breathing so hard that I thought my lungs were going to explode! This was a very grueling 17 minutes, but I just kept telling myself that the harder I ran, the higher my metabolism would be, and the leaner I would get! This served as a great motivator to complete the cardio session, but boy was I glad when it was over. *Max-OT* cardio is a killer!

This weekend I plan to complete another two intense cardio sessions and stick to my nutritional plan 100%. I will go to the grocery store on Sunday and cook all of the food that I will need for next week. I am really happy that I found a hotel with a full size refrigerator and microwave so that I can store and heat up all of my food as needed!

## Week 4: Monday, March 25, 2002

I had a very productive weekend and stuck with my nutrition and cardio schedule as planned. I went to the grocery store on Sunday and then cooked enough food to last the week in Atlanta. I brought some extra Tupperware containers to store all of my meals for the week while I am out of town. I also brought a big cooler at Wal-Mart and a bunch of those "Blue Ice" packs so that I can keep my food cold and fresh all day until I get to the hotel tonight, where there is a refrigerator.

Saturday, I went to visit my parents. It was my mom's birthday last week and I got her a gift certificate at a massage parlor. I also made an appointment to get a massage for myself in a few weeks. I think that this will be good for my body and muscles with all of the heavy training I am doing for the *AST 2002 World Championships*. It will also give me a nice relaxing reward to look forward to. I also washed and cleaned the inside of my Jeep on Saturday (boy did it need it!) and watched a couple of movies with my girlfriend. Overall, it was a good weekend. Now I am ready to attack week 4!

I made a few changes to my nutrition plan this week. I did not cut any calories, but made a postworkout meal change. After discussing my postworkout meal with Paul Cribb during the chat session last Wednesday, he suggested that I substitute potatoes or rice for the bread I was currently eating with my cottage cheese. This week, I will start eating either 5 new potatoes or 1 cup of white rice with either "egg beaters" or cottage cheese. Paul explained to me that these are better carbohydrate choices during the critical postworkout "nutritional window." I will also start to take *Dymetadrine Xtreme* twice during the day in addition to before my morning workout in order to give my metabolism an extra boost. Gotta keep burning that fat!

### Current Nutrition and Supplementation Plan:

	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Calories</u>
<b>Upon Rising (6:00 AM)</b> GL3 L-Glutamine-5 grams				
<b>Pre-Workout (6:10 AM)</b> ProFlex 750-1 Capsule Dymetadrine Xtreme-2 capsules ALA200-1 Capsule 2 Scoops VP2 1 Scoop Creatine HSC	48 0	2 34	0 0	200 136
<b>Post-Workout (7:45 AM)</b>				

ProFlex 750-1 Capsule				
ALA200-1 Capsule				
NAC500-2 Capsules				
Vitamin C-1000mg				
Vitamin E-1000 I.U.				
2 Scoops VP2	48	2	0	200
1 Scoop HSC	0	34	0	136

#### **Meal # 1 (8:45 AM)**

GL3 L-Glutamine-10 grams

Multi Pro 32X-1 capsule

CLA1000-2 capsules

2 boxes eggbeaters 48 8 0 240

5 canned new potatoes 2.5 33 0 150

#### **Meal # 2 (9:45 AM)**

Vitamin C-1000 mg

Ny-Tro PRO-40 40 22 1.5 250

#### **Meal # 3 (Noon)**

Dymetadrine Xtreme-1 capsule

ProFlex 750-1 Capsule

CLA1000-2 capsules

2 Chicken Breasts 60 4 5 300

Mixed Vegetables-2 servings 6 24 0 120

1 Apple 0 23 1 100

#### **Meal # 4 (2:30 PM)**

GL3 L-Glutamine-5 grams

Vitamin C-1000mg

Ny-Tro PRO-40 40 22 1.5 250

#### **Meal # 5 (5:00 PM)**

Dymetadrine Xtreme-1 capsule

1 VYO-PRO Bar 20 17 7 210

1 Scoop VP2 24 1 0 100

#### **Meal # 6 (7:00 PM)**

ProFlex 750-1 Capsule

CLA1000-2 capsules

Multi Pro 32X-1 capsule

GL3 L-Glutamine-5 grams

1/2 Cup Oatmeal 5 27 2.5 150

1 Scoop VP2 24 1 0 100

1 Chicken Breast 30 2 2.5 150

<b>Meal # 7 (10:00 PM)</b> ALA200-1 Capsule Vitamin C-1000mg Ny-Tro PRO-40	40	22	1.5	250
<b>10:15 P.M. (Before Bed)</b> GABA-5 grams				
<b>TOTALS</b>	<b>435.5</b>	<b>282</b>	<b>22.5</b>	<b>3042</b>

I will continue to drink at least two gallons of water per day.

### **TRAINING:**

#### **Shoulders:**

Military Press (To the Front)....2 x 5 @ 155 lbs (After Warmup), 1 x 4 @ 155 lbs

Dumbbell Side Lateral Raises....2 x 6 @ 55 lbs

Seated Bent-over Rear Lateral Raises....2 x 6 @ 55 lbs

#### **Traps:**

Barbell Shrugs....3 x 6 @ 345 lbs

Well, I managed to force out 5 reps on my second set of military presses this week at 155 lbs, which was my goal from last week. However, I lost a rep on my 3<sup>rd</sup> set and only completed 4 reps. Next week, my goal is 5 solid reps on all three sets. I stayed with the 55 lbs dumbbells on side lateral raises. The weight felt pretty heavy, but I managed to complete six reps both sets. I jumped up to the 55 lbs dumbbells on rear lateral raises and was able to use a pretty good range of motion for six reps both sets.

I completed six reps on barbell shrugs at 345 lbs for all three sets this week, which is an increase in sets at this weight from last week. I will continue to increase the weight gradually on this exercise as long as I am able to complete a full range of motion on the shrug.

#### **Cardio:**

Saturday, I completed 30 minutes on the stairstepper and continually increased the intensity throughout the session. I was really working hard and beat my previous distance of 3.30 miles by going 3.31 miles. On Sunday, I completed 30 minutes

of running on the treadmill. I increased the speed every 5 minutes and ended up cruising past last week's distance of 3.23 miles by going 3.32 miles.

My work schedule may get pretty busy starting Tuesday, so I have decided to do cardio tonight instead of my normal Tuesday session to ensure that I am able to get this session in. It will probably be an intense 20 minutes on the stairstepper.

## **Week 4: Tuesday, March 26, 2002**

My plan is to record my weight and test my bodyfat % every three weeks during the contest as a way to track my progress in fat loss and muscle gain. My weight has decreased from 245 to 236 after the first three weeks and my bodyfat % has decreased from 19.2% to 16%. This lets me know that I am moving in the right direction. I am not too concerned about the 9 lbs decrease in total weight because I know that some of this decrease is from extra water that I am no longer holding as a result of eating cleaner and lowering unnecessary carbohydrates. Also, based on my change in bodyfat %, it appears as though a large percentage of the decrease in weight is due to losing bodyfat.

More important than these measurements is that I am starting to see a difference in my physique in the mirror. My muscles are becoming fuller and more defined and, by God, I swear that I can almost see some abs trying to come out. I am also remaining strong in the gym, which means that I am building muscle while losing fat! Starting to see real live results from all of my hard work is very motivating and provides more momentum to the process!

### **TRAINING:**

#### **Legs:**

Squats....3 x 4 @ 275 lbs (After Warmup)

Lunges....2 x 6 @ 145 lbs

Straight leg dead lifts....1 x 6 @ 315 lbs, 1 x 6 @ 320

While looking on the internet, I noticed that my hotel in Atlanta was only about 3 miles from Lee Haney's World Class Fitness Center so I thought that I would go check it out and get in my leg workout there. Well, I followed the directions from the internet, but after driving around for about 20 minutes I could not find the gym. I decided that I did not need to waste any more time before my workout so I went to the Downtown Athletic Club that I had gone to last week, which has very good equipment.

275 lbs felt really heavy on squats today, but I was determined to not go down in weight and managed to complete 4 reps on all three sets at 275 lbs. I really concentrated on squatting all the way to parallel, even if this means one less rep or not being able to go up in weight. I completed an extra set at 145 lbs on lunges, which is an improvement from last week. It was then time to hit straight leg dead lifts. I finished 6 reps at 315 lbs on my first set and another 6 reps after moving up to 320 lbs on my second set. I had to walk around the gym for a good 4-5 minutes after my last set of straight leg dead lifts just to catch my breath. I challenge anyone who says that 7 sets is not enough to your work legs to perform this workout *Max-OT* style! There was definitely some good overload achieved today.

**Cardio:**

I decided to step it up a notch last night on the stairstepper and began on level 8 on the interval setting. This made the workout much tougher and I was totally wiped out after the 20 minute session, but the increase from level 7 to level 8 allowed me to beat my previous distance of 2.32 miles by going 2.41 miles. This will now be my new goal during my next cardio session which will be either Wednesday or Thursday.



## **Week 4: Wednesday, March 27, 2002**

Each day I become more and more excited about being a part of the *AST 2002 World Championships*. I am extremely excited about the changes that I am making to my body from *Max-OT* Training and a proper diet and supplementation plan. What I am most excited about is knowing that if I continue to execute my plan day in and day out, then at the end of the 12 weeks I will be a winner, regardless of whether or not I am chosen as one of the contest winners. I will have a new body and a sense of accomplishment for sticking it out for the entire time. I believe that I will also have more self confidence and will have set new standards for myself as a bodybuilder and a person. However, I still have a long way to go before I get to this point, so now it is time to focus and continue to execute.

I think that my work schedule has changed again. I will probably be going back home today to work in Birmingham for the rest of the week. Either way, it does not matter to me because I have plenty of food and supplements here in Atlanta to last the rest of the week, but can just as easily bring all of it home in my cooler. I just have to make sure that if I do leave for Birmingham today that I am home in plenty of time for tonight's online chat session. There is no way that I am going to miss this opportunity of gathering information and sharing motivation with Paul Delia, Paul Cribb, Jeff Willet, Skip La Cour and the other *AST 2002 World Championship* Contestants!

### **TRAINING:**

#### **Back:**

Bent Over Barbell Rows....2 x 6 @ 230 lbs (After warmup)

Lat Pulldowns to the front....1 x 6 @ 260 lbs, 1 x 6 @ 270 lbs

Seated Rows....2 x 6 @ 260 lbs

V Bar Pulldowns....2 x 6 @ 260 lbs

#### **Biceps:**

Straight Bar Curls....2 x 5 at 155 lbs (After warmup)

Alternate Dumbbell Curls....2 x 5 at 75 lbs

I tried once again to find Lee Haney's World Class Fitness Center this morning and this time I called the gym and asked for specific directions. I was successful in finding the gym and had a great back and bicep workout. It was very motivating to see all of the pictures of Lee Haney and other bodybuilders in the gym. I stayed with 230 lbs on bent over rows this week and feel that I was able to use better form on my reps compared to

last week. I want to make sure that I am using a full range of motion and obtaining maximum overload in my lats before jumping up in weight too quickly.

This morning's workout took a little longer than when I am at my gym at home due to finding where all of the equipment/bars are that I like to use. However, one advantage of working out in this gym is that the weight on the lat pulldown machine goes up to 300 lbs, while the one at my gym at home only goes up to 250 lbs. I was able to move up in weight on lat pulldowns and felt really strong doing 6 reps at 270 lbs on my second set. I also jumped up 10 lbs on seated rows. I also increased the weight on V-Bar pulldowns this week compared to the prior week.

I did not have the same type of improvements in my bicep workout. My first set of straight bar curls felt extremely heavy and I had a very hard time gripping the bar. After I was finished with the set, I realized that the bar I was using was thicker than a normal straight bar. I switched to a "normal" bar on my second set and completed 5 reps at 155 lbs, which ties my reps and weight on my second set last week. I have been having problems with maintaining my grip during alternate dumbbell curls, but today was even worse than normal. I have been using straps during dumbbell curls, which helps, but today after 5 reps my left hand just could not hold onto the weight any longer. I hate that my grip is holding me back in the weight I use and the number of reps I perform on this exercise. Especially since I felt really strong today and believe I could have gone up in weight if not for losing my grip. I think that working back directly before biceps has a lot to do with this problem. I plan to switch my current *Max-OT* routine after 2 more weeks, and I will schedule to work my biceps on a separate day from back. This should alleviate the gripping problem I am currently having. Until then, I will continue to use straps and use strong mental focus to work through difficulties in gripping the dumbbells during dumbbell curls.

### **Cardio:**

I had an unplanned cardio session last night. I am planning to not perform cardio on Sunday since I will be spending Easter with my family. I think that this will be a good chance to relax and spend some time with family and friends. However, I still want to make sure that I get in 4 good cardio sessions this week, so I decided to go ahead and knock out my second intense session of the week last night. I went into the hotel "workout room" where there was a Nautilus stairstepper and a treadmill. I won't lie to you, after last week's intense sprinting session on the treadmill, I did not want to run so I got on the stairstepper. It even had a screen with different sceneries, which I thought was pretty cool. However, after about five minutes of fooling with the buttons, I could not get the time to increase to more than 2 minutes. Now, I know *Max-OT* cardio is intense, but I think two minutes is a little too short. I guess it was destiny. Without thinking about it too much, I jumped off of the stairstepper and onto the treadmill. I started off at a moderate jog and then began to run 1 minute interval sprints increasing the speed and/or incline with each interval. At the end of 17 minutes I was so happy to be done. This intense interval sprinting on the treadmill is the toughest cardio workout that I have found

so far. It was a killer, but I am positive that I was successful in cranking up my metabolism more than a few notches!

My next cardio session will be my first work league basketball game Thursday night if I end up going back to Birmingham. Otherwise, I guess I will have to hit the treadmill again at the hotel.

## Week 4: Thursday, March 28, 2002

Last night during the chat session, Paul Delia and Jeff Willet talked about the importance of training HEAVY every set of every workout, and the importance of both physical and mental intensity during each set. I was so pumped up that I wanted to go out and train chest and triceps last night! However, I decided it would be smarter to get some sleep and recover, and then hit the gym hard this morning. From the time I woke up until I arrived at the gym, I really tried to concentrate on preparing myself mentally for the workout ahead. I also reminded myself how important it was to improve on either weight or reps on every set if possible. If I can do this, then I know that I am building muscle! Otherwise, I am just maintaining. I am convinced of the importance of the mental aspect of training, and I think that this is an area where I have an opportunity to really make some big gains by generating total mental focus every workout.

Paul, Jeff, and Derik Farnsworth also emphasized the importance of taking in ample amounts of *GL-3 L-Glutamine* every day. I have been taking in around 25-30 grams per day, and Derik suggested that I increase my intake to 30-40 grams per day. So, I have now added an extra 5 grams of GL-3 in the morning when I wake up for a total of 10 grams at this time. I have also added 5 grams with my last meal of the day before I go to bed. Every week, I am gaining so much valuable information from the chat sessions. I look forward to them every week.

### **TRAINING:**

#### **Chest:**

Incline Dumbbell Presses....1 x 6 @ 90 lbs (after warmup), 2 x 5 @ 90 lbs

Flat Bench Dumbbell Presses....1 x 4 @ 90 lbs, 1 x 6 @ 90

Decline Barbell Press....2 x 4 @ 230 lbs

#### **Triceps:**

Straight Bar Tricep Pushdowns....1 x 6 @ 140 lbs, 1 x 5 @ 140 lbs

Lying Tricep Presses....1 x 4 @ 130 lbs, 1 x 5 @ 130 lbs

I felt really focused and intense on incline dumbbell presses this morning and the weight was moving good. After I only got 5 reps on my second set, I realized that I was following the same pattern as last week and going one less rep each set. I was not going to let this happen because I am determined to improve each week. I was successful in completing another strong 5 reps on my third set, and almost got a sixth rep.

A perfect example of the power of the mind can be seen from my performance on flat bench dumbbell presses. I had put total mental and physical intensity and focus into my third set of incline dumbbell presses, and it allowed me to improve from last week. After I barely completed 4 reps on my first set of flat bench dumbbell presses, I was disappointed and did not understand what had gone wrong. I thought about it and realized that although I was pretty focused at the beginning of the set, I did not put forth the same mental focus and sense of urgency that I had on my third set of incline dumbbell presses. How did I expect great results with less mental focus?

I took a good rest before my second set of flat bench dumbbell presses and this time I prepared myself totally, both mentally and physically. I reminded myself that this was my last chance of the week to build muscle from performing flat bench dumbbells and that for the next 15 seconds or so this next set was all that mattered. I grabbed the weights with a sense of urgency and even some anger to improve on my first set. With a little bit of help on my last rep from a spotter, I completed six strong reps! MENTAL INTENSITY!

The decline bench was finally fixed this week, so I went back to barbell decline bench presses instead of dumbbell presses. I could not remember how much weight I had used since I performed this exercise three weeks ago, so I put on 230 lbs, which I know was more than my heaviest weight used before. This ended up being 15 lbs more than my previous heavy weight and I was able to complete four reps on both sets.

Triceps also felt good, but I had another mental breakdown on my first set of Lying Tricep Presses when I only barely completed four reps. I picked it up on the second set and completed five reps. Going forward, I need to create total mental and physical intensity on EVERY set. This is how I will get stronger and improve every week.

Tonight is my first basketball game for my work league and I will use this as my Thursday cardio session. I should be able to play the whole game and I will run very hard. If for whatever reason I do not get an intense cardio workout then I will perform some additional cardio after the game. However, with the way I like to play ball, I do not think that this is going to be a problem.

## Week 4: Friday, March 29, 2002

Today finishes out another awesome week of total AST Execution. I had a really good week of training, despite my travel schedule. I was also able to bring all of my meals and supplements with me on the road and stick to my nutritional plan 100%. I want to make sure that I am taking advantage of every opportunity that I have to better myself during the contest. This means eating every high quality meal on time each day and taking all of my supplements at the proper times each day.

Since the last chat session on Wednesday, I have really been making an effort to exert total mental focus and intensity during every set of training. I can already tell that this is going to make a HUGE difference in my training efforts and the results I achieve over the upcoming weeks. I also just ordered Skip La Cour's Mass Machine II Training Video Series through his website. After all of the positive comments made about this video during the Wednesday night chat session, there was no way that I was not going to make this purchase. I also signed up for the *Skip La Cour/AST Sports Science Supplement Savings Club*, which will provide me access to an abundance of informational and motivational products, including one-on-one phone consultations with the "Mass Machine" himself! I am certain that this was a wise decision and will have a tremendous impact on the progress I make during the remaining weeks of the *AST 2002 World Championships*. I can't wait for the video to arrive!

### TRAINING:

#### Calves:

Calf Raises on Leg Press (one foot at a time)....1 x 8 @ 410 lbs (After warmup), 1 x 8 @ 415 lbs, 1 x 8 @ 420 lbs

Seated Calf Raises....1 x 8 @ 255 lbs, 1 x 8 @ 260 lbs

#### Abs:

Weighted Leg Raises....2 x 12 @ 30 lbs

Rope Cable Crunches....1 x 12 @ 162 lbs, 1 x 12 @ 167 lbs, 1 x 12 @ 175 lbs

#### Forearms

Barbell Wrist Curls....2 x 8 @ 120 lbs

Standing Dumbbell Wrist Curls....1 x 12 @ 40 lbs, 1 x 8 @ 45 lbs

This morning's workout was a great way to finish the week. I improved on either weight or reps on every single exercise! I am comparing my weights to my workout two weeks ago since I was in Atlanta last Friday and some of the machines in the gym where I worked out while I was there were totally different than the machines in my gym at home.

I really made an effort to put total mental focus into every set and approach my calves, abs, and forearm training with the same intensity that I use to train other "major" bodyparts. This mindset created a very positive effect on my performance in the gym today. I am already excited about getting into the gym on Monday morning! My motivation is unbelievable right now! I plan to perform an intense cardio session on Saturday and then take Easter Sunday off, as I had discussed earlier in the week. After my cardio session on Saturday, I will have performed 5 intense cardio sessions this week. I plan to spend Easter Sunday with my family and friends, and also feel that a day off will provide a good opportunity for both physical and mental recovery. I should be fresh and ready to go full speed on Monday!

My family is grilling hamburgers on Easter, but my mom is understanding and sweet enough that she is going to buy some chicken and vegetables just for me. I just have to make sure that I stay away from all of the appetizers and desserts!

### **Cardio:**

Yesterday, I said that I would perform some additional cardio if I did not get a good workout from my basketball game. Not a problem! I played all but about 2 minutes of both 20 minute halves and was completely exhausted after the game. I ran hard the whole game and was very winded at the end of the game. I have been doing intense cardio so I was probably in better shape than anyone else on the court, but I still have a ways to go to be able to run how I want to the entire game. Regardless, I had a great cardio workout and a good time playing with my coworkers. However, I am disappointed to say that we lost the game. We will be back stronger and better next week.

## Week 5: Monday, April 01, 2002

This weekend seemed to go by very quickly. I stayed busy all weekend doing chores, grocery shopping, cooking, doing laundry, etc. Easter Sunday at my parents was very nice. It was great to spend some quality time with my family. I ate a plate of chopped grilled chicken and a huge salad with lettuce, mixed vegetables and vinegar for lunch. Everyone else ate barbeque sandwiches, chips and dip, potato salad, and chocolate cake and ice cream for dessert. Everyone was very interested in my contest, and I enjoyed explaining what I was doing and why I was doing it. People kept saying that they felt bad for me because I could not eat any “good” food. I have to admit that the chocolate cake looked and smelled delicious. However, I knew that there was no single food that could give me more satisfaction than the satisfaction I will get from knowing that I have given 100% during the *AST 2002 World Championships!* There will still be chocolate cake at the end of the contest, and I can have a piece then.

I have made some changes to my diet this week. We are now well into the contest and I need to really start burning some body fat, so I have dropped some calories in my diet spread out over several meals. As noted last week, I have also increased my *GL3 L-Glutamine* daily intake to 35-40 grams per day. My first decrease in calories comes from taking away ½ scoop of *VP2* from my pre-workout and post-workout *VP2* and *HSC* shake. I will still be ingesting 36 grams of the highest quality whey protein isolate immediately after training, and following this up with two more high quality protein and carb meals within the first hour and a half after training. I have also moved meal #1 to be scheduled only 30 minutes after my post-workout *VP2* and *HSC* shake. This reduction results in a decrease of 100 calories.

My second diet change is to replace one box of eggbeaters during my first meal with one scoop of *VP2*. This results in a decrease in 20 calories with no decrease in protein. Also, with this change, I will still be taking in the same total amount of *VP2* during the critical pre and post-workout window of opportunity. My other decrease in calories comes from meal #3. I have been eating a large red delicious apple at lunch, which has approximately 100 calories. This week, I brought a bag of medium red delicious apples, which have 80 calories each. My final diet change also comes during meal #3. I have substituted the two chicken breasts I was eating with 7 boneless skinless chicken breast tenderloins. This results in an additional reduction of 20 calories. The total reduction in calories this week comes to 160.

Each week from here on out I will assess my progress and reduce calories as necessary. I also plan to perform at least four cardio sessions per week at this point and up to five or six.



### Current Nutrition and Supplementation Plan:

	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Calories</u>
<b>Upon Rising (6:00 AM)</b> GL3 L-Glutamine-10 grams				

#### Pre-Workout (6:10 AM)

ProFlex 750-1 Capsule

Dymetadrine Xtreme-2  
capsules

ALA200-1 Capsule

1.5 Scoops VP2	36	1.5	0	150
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1 Scoop Creatine HSC	0	34	0	136
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#### Post-Workout (7:45 AM)

ProFlex 750-1 Capsule

ALA200-1 Capsule

NAC500-2 Capsules

Vitamin C-1000mg

Vitamin E-1000 I.U.

1.5 Scoops VP2	36	1.5	0	150
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1 Scoop HSC	0	34	0	136
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#### Meal # 1 (8:15 AM)

GL3 L-Glutamine-10 grams

Multi Pro 32X-1 capsule

CLA1000-2 capsules

1 Scoop VP2	24	1	0	100
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1 box eggbeaters	24	4	0	120
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5 canned new potatoes	2.5	33	0	150
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#### Meal # 2 (9:15 AM)

Vitamin C-1000 mg

Ny-Tro PRO-40	40	22	1.5	250
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#### Meal # 3 (11:30 a.m.)

Dymetadrine Xtreme-1  
capsule

ProFlex 750-1 Capsule

CLA1000-2 capsules

7 Chicken Breast Tenderloins	66	0	2	280
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Mixed Vegetables-2 servings	6	24	0	120
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1 Medium Apple	0	22	0	80
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#### Meal # 4 (2:15 PM)

GL3 L-Glutamine-5 grams Vitamin C-1000mg Ny-Tro PRO-40	40	22	1.5	250
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#### **Meal # 5 (4:45 PM)**

Dymetadrine Xtreme-1  
capsule

1 VYO-PRO Bar	20	17	7	210
1 Scoop VP2	24	1	0	100

#### **Meal # 6 (7:00 PM)**

ProFlex 750-1 Capsule  
CLA1000-2 capsules  
Multi Pro 32X-1 capsule  
GL3 L-Glutamine-10 grams  
1/2 Cup Oatmeal  
1 Scoop VP2  
1 Chicken Breast

5	27	2.5	150
24	1	0	100
30	2	2.5	150

#### **Meal # 7 (10:00 PM)**

GL3 L-Glutamine-5 grams  
ALA200-1 Capsule  
Vitamin C-1000mg  
Ny-Tro PRO-40

40	22	1.5	250
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#### **10:15 P.M. (Before Bed)**

GABA-5 grams

<b>TOTALS</b>	<b>417.5</b>	<b>269</b>	<b>18.5</b>	<b>2882</b>
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I will continue to drink at least two gallons of water per day.

#### **TRAINING:**

##### **Shoulders:**

Military Press (To the Front)....1 x 6 @ 155 lbs (After Warmup), 2 x 4 @ 160 lbs

Dumbbell Side Lateral Raises....2 x 6 @ 55 lbs

Seated Bent-over Rear Lateral Raises....2 x 6 @ 55 lbs

##### **Traps:**

Barbell Shrugs....1 x 6 @ 345 lbs, 2 x 6 @ 350 lbs

I couldn't wait to get into the gym this morning. I felt really refreshed and motivated after taking off from doing cardio on Sunday. The rest appears to have been beneficial, as I was finally able to break through my plateau on military presses. I completed six good reps on the first set at 155 lbs, then moved up to 160 lbs and finished off two more sets of four reps. This is the heaviest that I have gone on military presses during the contest and also in quite a long time.

The weight felt really good on dumbbell side lateral raises and I think that I could have moved up in weight except that my right wrist starting really bothering me. It had started hurting last week during this exercise and was pretty sore for a few days. It felt much better by the end of the weekend, but started to hurt again when I did dumbbell side laterals. I am not sure what I did to it, but I will have to make an effort to avoid certain grips and exercises that make it hurt worse. I have just gotten to where my left inner elbow and forearm are almost completely well, as I have been taking *Proflex 750* religiously every day for the past three weeks. It seems like I cannot get injury free. I have been training harder and more intense than anytime in my life during the *AST 2002 World Championships*, and I know that pains and strains are part of the territory. I will just have to adjust and be smart during my training. Also, I should feel lucky that none of my injuries are preventing me from training each bodypart with maximum intensity.

I finished off the workout with some barbell shrugs for traps and was able to increase the weight by five pounds on my last two sets. Today was a strong start to the new week.

### **Cardio:**

On Saturday, I completed 30 minutes on the stairstepper and continually increased the intensity throughout the session. The reading on the machine was 3.24 at the end of the session, which was shy of my previous best of 3.31. Coming up short on distance was not from a lack of effort. I was really pushing myself and feel I reached a higher intensity level on the machine than last week. I guess that I did not start increasing the intensity as early in the workout as I did last week, but I also did not put my hands on the handrails at all during the workout. My goal next week is to beat my previous distance record, while continuing to keep my hands off of the handrails. Tonight will be my first cardio session of the week. I have not decided if I will work on the treadmill or the stairstepper, but I'm sure that it will be a very intense cardio session either way.

## Week 5: Tuesday, April 2, 2002

I have to admit that Jeff Willet really had me going for a while in his “April Fools” journal entry yesterday. I was shocked as I read about his Easter feast and especially his dessert on Monday, but when I looked at the weights used during his back workout I became a little suspicious. I know that Jeff is a monster in the gym, but those weights were unbelievable! By the time I got to the “Incredible Willet” photo and extreme mountain biking cardio, I was pretty sure that Jeff was pulling an April Fools joke on everyone. It was a pretty good one, too.

I have started going to the tanning bed several times per week. I know that having a good tan will help show the definition in my muscles. I have also been reading on the *AST-SS* website and Skip La Cour’s website about the benefit of training your body to rid itself of excess water by sweating through tanning. I don’t mind going to the tanning bed, but I am looking forward to the warm spring weather so that I can tan outdoors at the pool at my apartment complex. Tonight will be my first opportunity to participate in Skip La Cour’s Tuesday Night online chat sessions. The topic is going to be “Eating and supplementing to build muscle and how to preserve muscle while dieting.” This topic is perfect for me during the *AST 2002 World Championships*. I will make an effort to leave work a little early and get in an intense cardio session so that I can make it to the chat session by 6:00 p.m. central time.

### **TRAINING:**

#### **Legs:**

Squats....3 x 4 @ 275 lbs (After Warmup)

Lunges....1 x 6 @ 150 lbs, 1 x 6 @ 155 lbs

Straight leg dead lifts....1 x 6 @ 320 lbs, 1 x 5 @ 325

I felt good this morning and made an effort to get my mental intensity in gear before hitting the weight room. I was able to make improvements from last week in weight on both Lunges and Straight leg dead lifts. However, it was still very difficult to complete 4 reps for each set of squats at 275 lbs. I am completing a full deep squat, which is good, but next week my primary goal on Tuesday will be to increase my reps and/or weight on squats. Squats are the best muscle building exercise for legs, and even for the entire body. I must strive to improve my performance on squats if I want to produce maximum muscle growth. I have my goal laid out in front of me for next Tuesday. Now, I just have to execute.

#### **Cardio:**

I chose the stairstepper last night and started off on level eight on the interval setting. I felt really good and even increased the intensity towards the end of the 20 minute session. I cruised past my previous 20 minute stairstepper record of 2.41 miles by going 2.51 miles. I plan to do another cardio session tonight and will probably work on the stairstepper since I had such a great workout yesterday. My goal tonight is to beat my new best distance of 2.51 miles. I will think about getting leaner and leaner during every grueling minute of my cardio workout!

## Week 5: Wednesday, April 3, 2002

This morning in the locker room after my workout, an older gentleman told me that if I kept working out so hard I would soon be old like him. I get these types of comments from time to time, including “Why do you workout so hard?” or “You are going to hurt yourself lifting that much weight.” I guess this is because the gym where I workout is more of a “family fitness” environment than a hardcore weightlifting atmosphere. The gym has good equipment, though, and is located less than a mile from my apartment. I avoid distractions by cranking up my headphones and getting into my own world during my workouts. I very rarely talk to anyone while I am working out and probably come off as rude to some people, but I am in the gym for 30-45 minutes to do only one thing; BUILD MUSCLE! I can socialize after I am finished if I want to. (while drinking my VP2 and HSC shake, of course)

Last night, I attended my first Mass Machine Chat session with Skip La Cour. He provided some very good insight as to the importance of adequate calories and nutrition within the “three hour window” after training. He also emphasized that while your body needs a large amount of nutrition during this “three hour window”, you do not need as many calories the rest of the day. Therefore, he suggested that when cutting calories for dieting, one should first reduce calories consumed during the non post-workout hours, and only reduce calories during the post-workout “window” at the very end of the contest. This makes a lot of sense and I am excited to see the results of implementing this strategy. I am also excited about the *AST 2002 World Championships* chat session tonight. I think that the chat sessions are getting better and better each week.

### **TRAINING:**

#### **Back:**

Bent Over Barbell Rows....2 x 6 @ 230 lbs (After warmup)

Lat Pulldowns to the front....2 x 6 @ 270 lbs

Seated Rows....2 x 6 @ 260 lbs

V Bar Pulldowns....2 x 6 @ 260 lbs

#### **Biceps:**

Straight Bar Curls....2 x 6 at 155 lbs (After warmup)

Alternate Dumbbell Curls....2 x 6 at 75 lbs

I was a little tired this morning and it took a while to get going, but once I got to the gym and warmed up I had a great back and biceps workout, and made some good improvements, especially on biceps. I stayed with 230 lbs on bent over rows again. I am

struggling to keep good form on all six reps at this weight and I don't want to sacrifice form and range of motion by jumping up too quickly in weight. Nevertheless, I feel like I was keeping a good range of motion today and working with my back muscles. I completed an extra set at 270 lbs on lat pulldowns today and felt very strong on my second set. I feel like 260 lbs is the maximum weight that I can use currently on seated rows, while still maintaining good form and range of motion. I finished off my back workout with two strong sets of six V bar pulldowns at 260 lbs. I think that I will be able to move up in weight next week on this exercise.

I was really motivated for biceps today and made improvements in reps on both straight bar curls and alternate dumbbell curls compared to the prior week. I did not have the same gripping problems that I had last week, which made a huge difference. I was able to concentrate on hitting my biceps with maximum intensity. Next week, I will make an effort to move up in weight on biceps since I completed six reps on every set and felt like I was using good form.

### **Cardio:**

Last night, I jumped on the stairstepper again for another intense 20 minute interval workout. I started on level eight and was really working hard to keep moving and not use the handrails. I knew that I had to increase the interval level sooner than I had during my Monday night session in order to beat my previous distance of 2.51. It was very tough, but I ended up beating my previous distance by going 2.53 miles. This is now the new record to beat. My next cardio workout will be my company league basketball game on Thursday night. I should be in better shape than last week, and hopefully our team will play much better.

## Week 5: Thursday, April 4, 2002

We had a great chat session last night. I am really anxious to read the upcoming article by Paul Delia on *Max-OT* cardio. I want to know exactly how to perform *Max-OT* cardio in the most efficient and effective manner. I have been performing most of my cardio sessions for 20 minutes. However, the first 3 or 4 minutes are really a moderate warmup, and then I really crank up the intensity for the last 16 minutes or so until I am completely out of breath. Based on discussions in the chat sessions and from reading Jeff Willet's journal, I think that I am on the right track. I really like the idea of trying to beat your last distance every workout. This way, you are forced to work hard!

Mike Erie's discussion of his experiences during the 2001 *AST World Championships* was absolutely awesome! I could tell that he put a tremendous amount of time and effort into the contest, and the results showed big time in his after pictures! It was very inspiring to me that Mike had never done any competitive bodybuilding before the 2001 World Championships. I have felt that I may be the only one in the chat sessions that has never competed before, but when Mike asked us if there was anyone who had no competitive bodybuilding experience, I realized that several other people were in the same boat as me. I think that the *AST 2002 World Championships* is the perfect opportunity for me to set specific goals with a specific deadline and really go for it to see how much I can accomplish. I always leave each Wednesday night chat session with a tremendous amount of motivation. I ended up staying on-line last night for an extra hour discussing different training and dieting issues with Paul Cribb and some of the other contestants. I just need to make sure that I am using the motivation gained from the chat sessions to help push myself forward with my workouts and nutritional and supplementation plan.

### **TRAINING:**

#### **Chest:**

Incline Dumbbell Presses....2 x 6 @ 90 lbs (after warmup), 1 x 5 @ 90 lbs

Flat Bench Dumbbell Presses....1 x 5 @ 90 lbs, 1 x 4 @ 90

Decline Barbell Press....2 x 5 @ 230 lbs

#### **Triceps:**

Straight Bar Tricep Pushdowns....2 x 6 @ 140 lbs

Lying Tricep Presses....2 x 4 @ 130 lbs

I started thinking about the muscles I was going to work and the exercises that I was going to perform this morning before I even left for the gym. Both Jeff Willet and Mike



Erie explained how important this process can be in creating total mental focus for a workout. I also thought about something else that Mike said during last night's chat session. We only have 12 chances to build muscle for each bodypart during the entire contest. This really caused me realize how important each and every workout is.

I felt great on incline dumbbell presses and was able to complete an extra rep on my second set this week, which gave me two sets of 6 reps and one set of 5. My momentum carried over into flat bench dumbbell presses, where I improved on my first set by one rep from the prior week. I started off strong on the second set, but I could just not force out a fifth rep. I struggled with the dumbbells about 1/3 of the way up for a few seconds, but could not finish the rep. I wanted to get that fifth rep so bad and was disappointed that I did not finish it. I do not have a training partner and I did not have a spotter on this exercise. I know that I went to absolute positive failure on this set because no matter how hard I tried the dumbbells would not go up. However, now I need to keep moving forward and redefine what my absolute failure limits are. By this, I mean that I need to keep building muscle through *Max-OT* training and proper diet and supplementation so that I become stronger and able to lift more weight for more reps. I also need to continue to become stronger mentally. I have made good improvements in this area, but I know that I still have a lot more room for improvement. Jeff Willet and Skip La Cour even said that they can improve on mental focus. Hell, if these two champion bodybuilders know that they have room for improvement, then there is no doubt that I have a tremendous amount of room to improve.

I regathered myself before starting decline bench press and bounced back strong by completing one extra rep on each set compared to the prior week. I also improved on tricep pushdowns by completing an extra rep on my second set. I tried, but failed to get a fifth rep on both sets of lying tricep extensions. Once again, I hit positive failure, and once again, I must now redefine what positive failure is going to be for me.

Tonight is my second company basketball game. After last week, I know that I will get a very intense cardio workout. I am going to make sure that I supply my body with plenty of high quality protein and *GL3 L-Glutamine* before and immediately after the game since the games usually last about 50 minutes in total. I don't want to sacrifice any of the muscle that I am working so hard to build in the gym.

## Week 5: Friday, April 5, 2002

This morning, I was telling one of my coworkers, Bill, about the *AST 2002 World Championships*. I explained to him what I was doing and showed him the *AST-SS* website. Although he could not understand why anyone would want to put themselves through this type of strict training and dieting, all the while recording the whole experience in great detail in a journal, he was very interested and impressed by my commitment.

When I told Bill that I was not able to drink alcohol or eat any “junk food” during the contest, he said something that brought me to a great realization. Bill said, “So you are not having any fun right now, huh?” Actually, I am having the time of my life! It is just a different type of “fun” than eating wings and drinking beer with the guys. It is the type of fun where I get to see improvements in myself both physically and mentally every day! It is the type of fun of stepping up to the challenges that each day presents and feeling a sense of accomplishment as I overcome these challenges. I have never been so excited or so committed to something in my entire life, and so far I am having a blast with the *AST World Championships*. Sure, it is tough, and I know that there are more difficult times to come as I continue to decrease my caloric intake, while expecting more out of my workouts. However, I believe that anything truly worth achieving requires a great deal of hard work and sacrifice! I also believe that these are the things that are the most rewarding in life!

### TRAINING:

#### Calves:

Calf Raises on Leg Press (one foot at a time)....1 x 8 @ 420 lbs (After warmup), 1 x 8 @ 430 lbs, 1 x 8 @ 445 lbs

Seated Calf Raises....1 x 8 @ 260 lbs, 1 x 8 @ 265 lbs

#### Abs:

Weighted Leg Raises....2 x 12 @ 30 lbs

Rope Cable Crunches....1 x 12 @ 175 lbs, 2 x 10 @ 180 lbs

#### Forearms

Barbell Wrist Curls....1 x 8 @ 125 lbs, 1 x 7 @ 125

Standing Dumbbell Wrist Curls....1 x 12 @ 45 lbs, 1 x 8 @ 50 lbs

AWESOME, AWESOME, AWESOME! That is the only way that I can describe today's workout. My energy level was great and everything seemed to click just right. I received my MASS MACHINE II video set last night and watched both of the tapes after my basketball game. I wonder if it is a coincidence that I had such a great workout today? I don't think so! Skip La Cour's video is extremely inspiring and motivating, as well as being very informational. The pictures I have seen of Skip on the internet do not do justice to the amount of muscularity and vascularity that he possesses. I was also amazed at the level of control that Skip maintains while performing the various exercises with the massive amount of weight he uses. I plan to watch MMII over and over in order to gain greater knowledge about heavy training, as well as motivation before hitting the gym.

My first set of calf raises felt great and I was able to jump up pretty good in weight on my next two sets, while still completing 8 reps. I also improved in weight on both sets of seated calf raises. I stayed with the 30 lbs dumbbell on weighted leg raises and really concentrated on a strict range of motion so that I was working my abs the whole time. I was able to move up in weight on rope cable crunches on my second and third sets. 180 lbs is about as heavy as I think I can go right now, while still getting a good contraction in my abs.

I also increased 5 lbs on barbell wrist curls from last week. My right wrist that has been bothering me the last few weeks started to hurt during wrist curls. I probably should have stopped doing them, but I guess I was acting too determined and stubborn. My wrist did not hurt on dumbbell wrist curls and felt much better once I was done working out. It has been getting better and hopefully it will keep healing over the weekend. I know that I need to be smarter when training and listen to my body. If it is still hurting next week then I will make a better effort to avoid exercises that bother it. Simple as that.

### **Cardio:**

Well, we had our second basketball game last night and we lost our second basketball game last night. We were winning the first half, but I think our team got tired in the second half and did not play as well. We have won the league tournament the last 2 years and we really need to pick it up if we are going to 3peat this year. Anyway, at least I got a great cardio workout as I played the entire game and ran hard the whole time. I felt much better than last week, but I was still very winded and tired by the end of the game. I took 10 grams of *GL-3 L-Glutamine* immediately before the game and another 10 grams of *GL-3*, along with 2 scoops of *VP2*, immediately after the game. I plan to perform two intense cardio sessions this weekend, while sticking to my nutritional plan 100%. I have started to make out a weekend "task list" so that I make sure that I accomplish everything that I need to get done during the weekend and so that I am prepared for the upcoming week ahead. With 5 weeks already gone in the contest, there is no time for any inefficient days!

## Week 6: Monday, April 8, 2002

Before I started training for the *AST 2002 World Championships*, the weekends were the time when I could “cheat” on my diet and eat whatever I wanted. They were also the time when I could go out and have a “few” drinks with some friends. Unfortunately, my weekends ended up turning into two full days of gorging on high fat and high carb foods, drinking and staying out all night, and doing no form of exercise whatsoever. Then, I would struggle to stay awake at work on Monday and try to figure out how I was going to muster enough energy for my workout after work. I would always make it to the gym after work because I knew that I had to “make up for the bad weekend.” I would struggle through the workout, trying to lift the same weights that I had used the week before. I would eventually feel better during the middle of the week and even make some gains every once in a while. However, I was never really progressing in the weight room or in enhancing my physique.

Now, as I look back at those times after five weeks of proper training, nutrition, and supplementation seven days a week, I realize that my behavior on the weekends was completely sabotaging all of my effort in the gym. I have made more progress in the last five weeks in my bodybuilding efforts than I have made in a very long time. I finally realize the importance of being consistent each and every day, especially in regard to diet, supplementation, and recovery. I now view my weekends as an opportunity to increase my metabolism by performing intense cardio work, provide my body with proper nutrition and supplementation, and recover from my intense weight training sessions performed during the week. This lifestyle adjustment has made all of the difference in the world in my health and bodybuilding efforts. Now, on Mondays, I feel refreshed and ready to attack my workout first thing in the morning. I also feel much better throughout the day, which makes me more productive at work and at everything else I do in life!

I have made a couple of new diet changes this week. I have reduced the number of chicken breast tenderloins during Meal #3 from 7 to 6 for a decrease of 40 calories. I have also decreased my vegetables during Meal #3 from 2 servings to 1.5 servings for a decrease of 30 calories. My other diet changes come from Meal # 6, where I have replaced my chicken breast and serving of *VP2* with 6 chicken breast tenderloins, and have replaced my serving of oatmeal with a serving of mixed vegetables and a large dinner salad. This results in a decrease in 70 calories from Meal #6. The total decrease in calories from my diet changes this week comes to 140 calories. I feel that there is plenty of room to reduce the calorie levels in both of these meals. Also, I have left my important pre and post workout nutritional numbers the same.

### Current Nutrition and Supplementation Plan:

Upon Rising (6:00 AM)	Protein	Carbs	Fat	Calories
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GL3 L-Glutamine-10 grams				
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### Pre-Workout (6:10 AM)

ProFlex 750-1 Capsule

Dymetadrine Xtreme-2 capsules

ALA200-1 Capsule

1.5 Scoops VP2 36 1.5 0 150

1 Scoop Creatine HSC 0 34 0 136

### Post-Workout (7:45 AM)

ProFlex 750-1 Capsule

ALA200-1 Capsule

NAC500-2 Capsules

Vitamin C-1000mg

Vitamin E-1000 I.U.

1.5 Scoops VP2 36 1.5 0 150

1 Scoop HSC 0 34 0 136

### Meal # 1 (8:15 AM)

GL3 L-Glutamine-10 grams

Multi Pro 32X-1 capsule

CLA1000-2 capsules

1 Scoop VP2 24 1 0 100

1 box eggbeaters 24 4 0 120

5 canned new potatoes 2.5 33 0 150

### Meal # 2 (9:15 AM)

Vitamin C-1000 mg

Ny-Tro PRO-40 40 22 1.5 250

### Meal # 3 (11:30 a.m.)

Dymetadrine Xtreme-1 capsule

ProFlex 750-1 Capsule

CLA1000-2 capsules

6 Chicken Breast Tenderloins 57 0 1.5 240

Mixed Vegetables-1.5 servings 4.5 18 0 90

1 Medium Apple 0 22 0 80

### Meal # 4 (2:15 PM)

GL3 L-Glutamine-5 grams

Vitamin C-1000mg

Ny-Tro PRO-40 40 22 1.5 250

<b>Meal # 5 (4:45 PM)</b>				
Dymetadrine Xtreme-1 capsule				
1 VYO-PRO Bar	20	17	7	210
1 Scoop VP2	24	1	0	100
<b>Meal # 6 (7:00 PM)</b>				
ProFlex 750-1 Capsule				
CLA1000-2 capsules				
Multi Pro 32X-1 capsule				
GL3 L-Glutamine-10 grams				
Large Salad	2	6	0	30
Mixed Vegetables-1 Serving	3	12	0	60
6 Chicken Breast Tenderloins	57	0	1.5	240
<b>Meal # 7 (10:00 PM)</b>				
GL3 L-Glutamine-5 grams				
ALA200-1 Capsule				
Vitamin C-1000mg				
Ny-Tro PRO-40	40	22	1.5	250
<b>10:15 P.M. (Before Bed)</b>				
GABA-5 grams				
<b>TOTALS</b>	<b>410</b>	<b>251</b>	<b>14.5</b>	<b>2742</b>

I will continue to drink at least two gallons of water per day.

#### **TRAINING:**

##### **Shoulders:**

Military Press (To the Front)....3 x 4 @ 160 lbs (After Warmup)

\*Dumbbell Presses....2 x 5 @ 65 lbs

Seated Bent-over Rear Lateral Raises....1 x 6 @ 55 lbs, 1 x 6 @ 60 lbs

##### **Traps:**

Barbell Shrugs....3 x 6 @ 350 lbs

Last week I moved up to 160 lbs on my third set of military presses. I felt good during warm-ups this morning and decided to make 160 lbs my starting point this week. It was pretty difficult to get four reps on the first set. I knew that I was

going to have to remain totally focused to complete another two sets of four reps at 160 lbs. I got someone in the gym that I know and trust as a good spotter and really went for it on my next two sets. I ended up getting four good reps on all three sets, which was a good accomplishment at this weight.

\*I performed a warm-up set of dumbbell side lateral raises with 35 lbs dumbbells to test the soreness of my right wrist. It actually hurt pretty bad and I knew that it would be wise to avoid this exercise today. So, instead of side lateral raises I performed dumbbell presses. I was not sure how much weight I should use, but ended up picking a good weight as I barely completed 5 reps on both sets. I am glad that I decided to make the “smart” move and avoid the exercise that was making my wrist hurt. Also, I was able to fully concentrate on performing the dumbbell presses with maximum intensity and focus instead of having to worry about the pain in my wrist. The dumbbell presses felt good. I plan to change my *Max-OT* workout routine starting next week and will have to seriously consider performing dumbbell presses for shoulders.

Rear lateral raises felt really good at 55 lbs today. I feel like I was achieving the best range of motion yet on this exercise. I moved up to 60 lbs dumbbells on my second set and was still able to complete six good reps. Next, I hit my traps with three strong sets of barbell shrugs, completing one extra set at 350 lbs compared to last week. Today’s workout was a great way to start off the week.

### **Cardio:**

On Saturday, I completed 30 minutes on the stairstepper and continually increased the level setting throughout the session. I crushed my previous record of 3.31 miles by going 3.51 miles. I just kept increasing the intensity since I felt really strong and motivated during the session. I can really tell that I am getting in better cardiovascular shape. I must continue to increase the intensity so that I make sure that I am challenging myself each cardio session. Sunday, I jumped on the treadmill for a hard 30 minute run. About 5 minutes into my workout, the treadmill belt starting getting stuck and the speed on the machine was “jumping up and down.” Instead of risking the machine breaking as I got further into my run, or even getting hurt, I immediately jumped off of the treadmill and started on another. I finished my 30 minutes and by the end of the workout I was running at a 6.5 minute mile pace on a 2 degree incline, which is more intense than I have done since I started the *AST 2002 World Championships*. It is great to be able to see improvements in my cardio performance as I continue with my contest preparation! Tonight, I will perform a very intense 20 minute workout on the stairstepper after work.

## Week 6: Tuesday, April 9, 2002

I have started to use a new motivating factor to make sure that I am pushing myself to the limit every day and continually striving to be the best that I can be. You see, I have been communicating with Jeff Willet, Paul Delia, Paul Cribb, and Skip La Cour during the weekly chat sessions and through e-mail. Each week, I am asking them questions about training, diet, and supplementation. Based on the chat sessions and by viewing the *AST-SS* Website, I know that these individuals are extremely dedicated to the sport of bodybuilding and bodybuilding nutrition and supplementation. It is also obvious that their dedication has produced dramatic results in both their physiques and business operations.

With each chat session, I feel like I am getting to know Jeff, Paul, Paul, and Skip. I also know that each of these individuals are going to see the results of my contest preparation at the end of the *AST 2002 World Championships*. Well, I don't want to disappoint them! I know that they will recognize that 'Russ Yeager' is in the chat room every Wednesday night, but they cannot see how I am applying their advice to my training, nutrition, and supplementation strategies. My "after photos" and my training journal are my opportunity to display all of the hard work and dedication that I am putting into this contest, and I believe that if I work hard enough and stay extremely focused and dedicated to all aspects of the contest, the results of my "after photos" and Daily Training Journal will be evident of my actions during the contest. My goal is to impress, no, AMAZE, Paul, Paul, Jeff, and Skip with the changes that I have made in both enhancing my physique and increasing my knowledge and application of total *AST Execution*. When they are finally able to associate an actual person with 'Russ Yeager' from the Chat sessions, I want this person to be someone who has obviously put in a tremendous amount of work and who has obtained dramatic results during the 12 week period. I believe that this mindset will keep me totally motivated and focused over the next 7 weeks of contest preparation because I know that these guys have some very high standards for both themselves and for others.

### **TRAINING:**

#### **Legs:**

Squats....3 x 5 @ 275 lbs (After Warmup)

Lunges....2 x 5 @ 160 lbs

Straight leg dead lifts....2 x 5 @ 325 lbs

I have started watching the section of Mass Machine II covering the bodypart that I am working each day in the morning before I head off to the gym. I find this extremely motivating before my workouts. It also gives me a chance to view how each exercise is supposed to be performed. I was determined to finally break through my plateau on



squats today. This was my number 1 goal of the week. I felt good during warm-ups and was ready to attack the heavy weight. I decided to obtain a spot from a trainer at the gym, who I know well and trust as someone who will give a good spot. This way, I would not have to think about failing on a rep and could really go for it! I was able to complete an extra rep on every set of squats today and I feel like this was also the deepest that I have squatted since I started my contest preparation. The mental aspect of having someone there as a spotter made a huge difference in my performance on squats. I plan to employ a good spotter on squats from here on out to ensure that I am pushing myself to my maximum limits.

I also increased my weight on both lunges and straight leg dead lifts. My legs felt like Jell-O by the end of the workout. I love the feeling of accomplishment after finishing a grueling leg workout. I just hope that I can run and jump tonight, as I have my first basketball game for the other league that I am playing in!

### **Cardio:**

I performed 20 minutes of intense cardio on the stairstepper last night. I am gaining more and more energy during my cardio sessions and have been consistently improving my performance with every session. I beat my previous 20 minute distance of 2.51 miles by going 2.53 miles. I barely had to put my hands on the handrails towards the end of the workout and was able to increase the intensity up to level 10 by the end of the workout. I think that it will soon be time to step up another notch and begin on level 9. Tonight, I have a basketball game for the other league (non-work league) that I am playing in. This league is usually more competitive than my work league and I know that I will get a great cardio workout. I will now be playing basketball two times per week on Tuesdays and Thursdays. This will account for 2 out of my 5 weekly cardio sessions, which I am excited about since I really enjoy playing basketball. This way, I am able to do something I really enjoy, while also receiving an awesome cardio workout at the same time.

## Week 6: Wednesday, April 10, 2002

This morning at work I found out that I would be working on our newest client, which also happens to be the biggest client that our accounting firm has ever had in Birmingham. I am very excited about this opportunity. I know that It will be challenging, but I feel that I am up to it. Another great thing is that the company's office is less than 1 mile from my apartment and my gym! Talk about convenient. I am scheduled to be there for the next two weeks starting next Monday, so that is another two weeks that I know I will be in town, which helps tremendously in staying on my training and diet program exactly how I need to.

At this point, my work life is going well and the momentum I am gaining each day from my *AST 2002 World Championships* contest preparation is rolling like a freight train! Last night during the Mass Machine Chat session with Skip La Cour, we discussed the process of "taking it to the next level." The process is basically to set goals, reach these goals, establish new higher standards, and repeat the process over and over again. This is a simple concept, but it will not work without sufficient amounts of effort and desire.

I have been weight training for about 8 years and I have trained hard and intensely during those eight years. However, with the *AST 2002 World Championships*, I have redefined what "intensity", "dedication", "focus", "strict dieting", and "hard work" mean to me. I am obtaining levels in all of these areas that far surpass anything I have done in the past. The feelings of excitement, confidence, and motivation that I have as a result of taking my bodybuilding efforts to a new level are truly awesome! The results that I am achieving from this increased level of intensity and dedication are also becoming evident.

However, even though I have taken my bodybuilding, diet, and supplementation program to a whole new level, I know that there is still so much more room for improvement and growth, both of body and mind. This opportunity for improvement will continue throughout the remainder of the *AST 2002 World Championships*, throughout the remainder of the year, and throughout the rest of my life! I am learning that if you want to keep improving then you must continue to set higher and higher standards for yourself.

Tonight is the weekly contest chat session. I am excited about this opportunity to gather more useful information that will help with my development during the *AST 2002 World Championships*.

### **TRAINING:**

#### **Back:**

Bent Over Barbell Rows....2 x 6 @ 235 lbs (After warmup)

Lat Pulldowns to the front....2 x 6 @ 275 lbs

Seated Rows....2 x 6 @ 265 lbs

V Bar Pulldowns....2 x 6 @ 265 lbs

### **Biceps:**

Straight Bar Curls....1 x 5 @ 160 lbs (After warmup), 1 x 4 @ 160 lbs

Alternate Dumbbell Curls....1 x 6 @ 80 lbs, 1 x 5 @ 80 lbs

I made some very good increases today in weight. I am convinced that *Total AST Execution* is the best way to build muscle, while losing bodyfat at the same time. I have tried to get lean before. Like many others, I made the mistake of decreasing my weight and increasing my reps. I would also perform cardio immediately after my weight training sessions in order to “burn extra bodyfat.” Sure, I got leaner, but I also got much weaker and my muscles shrunk in size. Over the past few weeks, I have consistently been decreasing my daily caloric intake by 100-150 calories. However, I am still continuing to increase my weights used in the gym! I am noticeably much leaner than when I started the contest, so it is obvious that I am building muscle and losing bodyfat at the same time! I have been training for a while, and have never obtained these types of results in this short of a time period.

I decided it was time to move up 5 lbs on bent over rows. I was able to complete six reps on both sets, while maintaining a pretty good range of motion. I also increased 5 lbs on all other back exercises. The weights felt heavy, but I feel like I was still maintaining proper form and range of motion. I also increased 5 lbs on straight bar curls and jumped up to the 80 lbs dumbbells for the first time on alternate dumbbell curls. Overall, it was a great workout! I need to keep this momentum going throughout the rest of the week.

### **Cardio:**

I had a very good cardio workout last night from my basketball game. We only had 5 players show up so we all had to play the whole game. Unfortunately, we lost the game. The other team was tough and we did not shoot very well. Also, one of our players fouled out of the game with about 5 minutes left, leaving us with only 4 players against their five. I have another game tomorrow night for my work league, which will be my next cardio workout. Tonight, I plan to go to the tanning bed after work and then get online for the chat session.

## Week 6: Thursday, April 11, 2002

Last night we had another very good chat session. Skip La Cour emphasized the importance of TOTALLY COMMITTING to following ALL of the *Max-OT* principles to a T. I have been making every effort to adhere to all of the *Max-OT* principles during my contest preparation. I have tried many other training methods in the past, including programs that I have adjusted in order to “tailor to my own personal needs”, and have had some success. However, the progress I started experiencing when I started training with *Max-OT* far exceeded any results I had gotten in the past. The *Max-OT* style of training just makes sense and appears to be backed by legitimate science. I have seen the results that Jeff Willet has obtained from strictly following the program and I feel that my best bet will be to try to do the same. I also know that I always have room for improvement and will continue to strive for improvement day after day!

Paul Delia mentioned that the *Max-OT Training Camp* information will be posted soon on the *AST-SS* website. I think that this will be a tremendous opportunity to increase my knowledge of the *Max-OT* principles with first-hand instruction from the experts. I will definitely be checking the *AST-SS* website daily and make every effort to attend this year's Training Camp.

### **TRAINING:**

#### **Chest:**

Incline Dumbbell Presses....2 x 6 @ 90 lbs (after warmup), 1 x 5 @ 90 lbs

Flat Bench Dumbbell Presses....1 x 5 @ 90 lbs, 1 x 4 @ 90

Decline Barbell Press....2 x 4 @ 235 lbs

#### **Triceps:**

Straight Bar Tricep Pushdowns....1 x 5 @ 145 lbs, 1 x 6 @ 140 lbs

Lying Tricep Presses....1 x 4 @ 130 lbs, 1 x 5 @ 130 lbs

Today, I attacked my chest and tricep workout with a very high level of intensity. I was focused and concentrated on going to absolute failure during every set. I made some increases from last week in weight, but most of my reps and weight remained the same from the prior week. My progress with chest and triceps has not been as quick as some of my other body parts. I have definitely made some good gains over the last 6 weeks, but I know that I can still do better. I must continue to focus and always strive to lift heavier weight each workout.

I was able to go up 5 lbs on decline barbell presses, while completing four reps on both sets. I increased my weight by 5 lbs on tricep pushdowns, but I think that my form was too sloppy so I went back down to 140 lbs on my second set. I felt like I was hitting my triceps much better on the second set at 140 lbs. Even though I want to continuously move up in weight, I do not want to ever get too sloppy with my form. I do not think that I will be achieving maximum muscle overload if my form is too sloppy. I was determined to make another improvement this week and managed to squeeze out one extra rep on my last set of lying tricep presses. I was very tired after my workout today. I think that my chest and triceps workout is my second most exhausting, behind legs on Tuesdays.

Next week, I plan to change my *Max-OT* training schedule and will probably incorporate some flat barbell chest presses. Paul Delia emphasizes in the *Max-OT Training Series* that flat bench is the all-time best chest exercise for really packing on serious muscle. Tonight, I have my second basketball game of the week. This game is for my work league. We really need to win since we are 0-2 this year. No matter what, I am going to run hard the whole game and get an awesome cardio workout!

## Week 6: Friday, April 12, 2002

This week really seems to have flown by! I can't believe that I am almost at the half-way point of my contest preparation. I have made some very good progress and I am excited about the changes I am seeing in my body. Now it is time to really step it up and continue to push myself more and more over the remaining six weeks. There is no time to waste. I must make the most of out each and every day and take advantage of every opportunity that will enable me to move closer to my goals.

Since it has been another three weeks, I will weigh myself and take my bodyfat % again on Sunday. I am using computerized calipers to take my bodyfat measurements, which I think are pretty accurate. However, more important than the actual bodyfat % number is that the number has decreased from the last time I took the measurement, which was three weeks ago. Also, I am trying not to get too concerned with bodyweight and bodyfat percentages. As long as I am consistently training very hard, dieting properly, taking all of my supplements on time every day, and seeing positive changes in my body in the mirror, then I know that I am on the right track. I plan to perform two intense cardio sessions this weekend, one on Saturday and one on Sunday. If the weather is nice then I may take the top off of my Jeep and go for a ride. However, right now the weatherman is saying that it is supposed to rain.

### TRAINING:

#### Calves:

Calf Raises on Leg Press (one foot at a time)....1 x 8 @ 450 lbs (After warmup), 1 x 8 @ 455 lbs, 1 x 8 @ 460 lbs

Seated Calf Raises....1 x 8 @ 265 lbs, 1 x 8 @ 270 lbs

#### Abs:

Weighted Leg Raises....1 x 12 @ 35 lbs, 1 x 10 @ 35 lbs

Rope Cable Crunches....3 x 10 @ 180 lbs

#### Forearms

Standing Dumbbell Wrist Curls....1 x 12 @ 50 lbs, 2 x 9 @ 50 lbs

I had a tough overtime basketball game last night and was a little sore and tired this morning. I reminded myself that this was my last weight training session of the week and that I needed to suck it up and get it going. I took my *Dymetadrine*, mixed up my *VP2* and *HSC* shake, put on my headphones once I got to the gym, and I was ready to go. I had a very strong workout and was able to increase in

weight on every exercise! I have really been making some good improvements during my Friday workouts. Each week, it feels as though I can barely finish 8 reps on calf raises on the leg press machine. However, I have continued to increase the weight every week, even if it is just by five lbs. I think that a well developed set of calves will look very good on my tall frame. This keeps me motivated to always push myself to go heavier and harder each week.

I was also able to increase my weight on my second set of seated calf raises, while still completing 8 reps. I moved up to using a 35 lbs dumbbell on weighted leg raises today. This five lbs made a big difference and I really had to focus to make sure that I kept the weight from bringing my legs all the way down to the floor. I finished off abs with three strong sets of rope cable crunches. Before each set, I would remind myself of the six-pack midsection that I so strongly desire to have.

My right wrist was still bothering me today so I decided not to do barbell wrist curls since this exercise made my wrist hurt worse last week. There is no sense in doing an exercise that I know will hurt my wrist. I added an extra set of standing dumbbell wrist curls, which did not bother my wrist. I was able to improve on this exercise compared to last week. I will be starting a new *Max-OT* workout routine next week and will be working forearms with biceps and triceps on Friday. I will wait and see how my wrist feels next Friday, and then decide what type of forearm exercises to perform.

### **Cardio:**

We finally won a basketball game last night, making us 1-2 on the year in my work league. We were losing the game by 12 points with a little over five minutes left. I called a timeout and told everyone that if we played defense as hard we possibly could, then the worst thing that would happen is we would get an awesome cardio workout and maybe have a chance to win the game. We started pressing the other team full court and began to cause some turnovers. I was using every ounce of energy I had to play great defense and try to get back in the game. We cut into the lead and one of the players on our team hit a 3 point basket to send the game into overtime. We kept up the same type of intensity during overtime and came out on top by 6 points! I was completely exhausted after the game. After shaking hands with the other team and congratulating my teammates on a great comeback effort, I immediately mixed up 2 scoops of *VP2* and 15 grams of *GL3 L-Glutamine* and slammed it down. I then added a *Ny-Tro Pro 40* before I went to bed. I love playing basketball and really get an awesome workout when I play, but I want to make sure that I am not losing any of the muscle that I am working so hard to build. That is why I make sure to get some high quality nutrients into my body right after the games.

## Week 7: Monday, April 15, 2002

I had a strong finish to the first half of my contest preparation by completing two great cardio sessions this weekend and adhering to my diet and supplementation schedule as well. I am pleased with the progress I have made thus far during the *AST 2002 World Championships*. I am considerably leaner and continue to get stronger in the weight room. I am pleased, but not satisfied. I know that I still can do so much more and now is the time to really step it up and get things done. Over the next six weeks I must continue to strive for better performance in the gym, while consuming fewer calories. Mental focus and intensity will be very important during the upcoming weeks.

It has been three weeks since I last tested my bodyfat % so on Sunday I got out the calipers. My bodyfat % reading was 13% and my weight was 229 lbs, compared to 16% bodyfat at 236 lbs three weeks ago. I thought that my bodyfat % would be lower than 13% because I can really tell a big difference in my leanness over the last three weeks. However, the measurement does imply that I am moving in the right direction. Also, I am much more concerned with how I look in the mirror over what the caliper reading is.

I have made some diet changes this week spread over several meals in order to further enhance the fat-burning process. The first change comes from Meal #3, where I have taken away the apple I was eating and added back another ½ serving mixed vegetables, resulting in a net decrease of 50 calories. I have also reduced the number of chicken tenderloins from 6 to 5 during this meal, resulting in an additional 40 calorie decrease.

As much as I hated to do it, I have also removed my *VYO-PRO* bar from Meal #5. These bars are really a treat, but I feel that I can obtain the same amount of high quality protein more efficiently and with fewer calories by using *Ny-Tro Pro-40* and *VP2 Whey Protein Isolate* at this time. So, for Meal #4 and Meal #5 I will now have ½ *Ny-Tro Pro-40* and 1 scoop of Chocolate *VP2*. This change results in a decrease of 90 calories and an increase of 4 grams of protein during Meal #4. My final decrease in calories comes from removing 1 chicken breast tenderloin from Meal #6, which creates a decrease of 40 calories. The total decrease in calories from changes made this week equals 220 calories.

The only other change I have made to my nutrition and supplementation plan is the addition of 50,000 I.U. of Beta Carotene after my workouts. The information from Skip La Cour's Supplementation Plan explains how this antioxidant, along with Vitamin C and Vitamin E, is effective at reducing free radicals released during heavy resistance training. The addition of the Beta Carotene should help aid in the post-workout recovery process.



### Current Nutrition and Supplementation Plan:

	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Calories</u>
<b>Upon Rising (6:00 AM)</b> GL3 L-Glutamine-10 grams				

#### Pre-Workout (6:10 AM)

ProFlex 750-1 Capsule

Dymetadrine Xtreme-2  
capsules

ALA200-1 Capsule

1.5 Scoops VP2	36	1.5	0	150
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1 Scoop Creatine HSC	0	34	0	136
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#### Post-Workout (7:45 AM)

ProFlex 750-1 Capsule

ALA200-1 Capsule

NAC500-2 Capsules

Vitamin C-1000mg

Vitamin E-1000 I.U.

Beta Carotene-50,000 I.U.

1.5 Scoops VP2	36	1.5	0	150
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1 Scoop HSC	0	34	0	136
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#### Meal # 1 (8:15 AM)

GL3 L-Glutamine-10 grams

Multi Pro 32X-1 capsule

CLA1000-2 capsules

1 Scoop VP2	24	1	0	100
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1 box eggbeaters	24	4	0	120
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5 canned new potatoes	2.5	33	0	150
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#### Meal # 2 (9:15 AM)

Vitamin C-1000 mg

Ny-Tro PRO-40	40	22	1.5	250
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#### Meal # 3 (11:30 a.m.)

Dymetadrine Xtreme-1  
capsule

ProFlex 750-1 Capsule

CLA1000-2 capsules

5 Chicken Breast Tenderloins	47	0	1.5	200
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Mixed Vegetables-2 Servings	6	24	0	120
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<b>Meal # 4 (2:15 PM)</b>				
GL3 L-Glutamine-5 grams				
Vitamin C-1000mg				
½ Ny-Tro PRO-40	20	11	.75	125
1 Scoop Chocolate VP2	23.5	2	.5	110
<b>Meal # 5 (4:45 PM)</b>				
Dymetadrine Xtreme-1 capsule				
½ Ny-Tro Pro-40	20	11	.75	125
1 Scoop Chocolate VP2	23.5	2	.5	110
<b>Meal # 6 (7:00 PM)</b>				
ProFlex 750-1 Capsule				
CLA1000-2 capsules				
Multi Pro 32X-1 capsule				
GL3 L-Glutamine-10 grams				
Large Salad	2	6	0	30
Mixed Vegetables-1 Serving	3	12	0	60
5 Chicken Breast Tenderloins	47	0	1.5	200
<b>Meal # 7 (10:00 PM)</b>				
GL3 L-Glutamine-5 grams				
ALA200-1 Capsule				
Vitamin C-1000mg				
Ny-Tro PRO-40	40	22	1.5	250
<b>10:15 P.M. (Before Bed)</b>				
GABA-5 grams				
<b>TOTALS</b>	<b>394.5</b>	<b>221</b>	<b>8.5</b>	<b>2522</b>

I will continue to drink at least two gallons of water per day.

\*On cardio days, I will consume the VP2 from Meal #5 immediately after my cardio session at approximately 6:15 p.m with 10 grams of GL-3 L-Glutamine.

#### **TRAINING:**

##### **Back:**

Pull-Ups (To failure)....1 x 9, 1 x 8, 1 x 6 (After Warmup on lat pulldowns)

Bent Over Barbell Rows....1 x 6 @ 235 lbs, 1 x 6 @ 225 lbs

V Bar Pulldowns....2 x 6 @ 265 lbs

Seated Rows....1 x 5 @ 265 lbs

Weighted Hyperextensions....1 x 10 @ 45 lbs

**Traps:**

Barbell Shrugs....3 x 6 @ 350 lbs

I started my new *Max-OT* weight training routine this morning. The routine is based on one of the *Max-OT* routines from Week 12 of the *Max-OT Training Series* (Routine for Weeks 5-8 of Six Month *Max-OT* Roadmap). I have changed some of the combinations of bodyparts to be worked together and also a few of the exercises. However, the routine is still based on the *Max-OT* parameters and uses only *Max-OT* efficient exercises. I plan to follow this routine for the remainder of my contest preparation.

I have not had any pain in my left forearm or inner elbow for several weeks and I decided to give pull-ups another try. I didn't know what to expect since I had not performed pull-ups in quite a while. I warmed up on the lat-pulldown machine and then started my first set of pull-ups. I felt very good and seemed to explode up on the first few reps. I ended up completing 9 strong reps on my first set. Last time I performed pull-ups I was only getting about 6 reps on my first set. I was pumped up and ready for more! I performed another strong 8 reps on my second set and 6 on the third set. Next week, I need to concentrate on staying strong during my third set and try to complete more than 6 reps, but overall I was very pleased with my performance on pull-ups today. Also, there was no pain whatsoever in my forearm or inner elbow!

Next, I moved on to bent over rows. I was able to complete 6 reps on my first set at 235 lbs, but my form was not very good. I dropped down to 225 lbs on my second set and used a much better range of motion. I will start at 225 lbs next week and try to move up from there. I remained focused and motivated as I finished off my back workout with two sets of V-Bar pulldowns, 1 set of seated rows, and 1 set of weighted hyperextensions. I completed the workout by performing three solid sets of barbell shrugs for traps. Today's workout was an awesome beginning to the new week.

**Cardio:**

Saturday, I jumped on my favorite stairstepper and completed 30 minutes of cardio, increasing the level on the machine every five minutes or so. I knew that I would have to work very hard to surpass last weekend's distance of 3.51 miles. Towards the end of the workout I dug in and continued to crank up the level on the stairstepper. By the end of the session I was pouring with sweat and totally out of breath, but I was successful in surpassing last weekend's distance by going

3.54 miles. I had such a great workout on the stairstepper Saturday that I decided to do it again on Sunday. Once again, I continued to increase the intensity level and was able to tie my Saturday distance of 3.54 miles. Next week I will have to push myself and increase the intensity level just a little sooner in order to beat this new record. My next cardio session is scheduled for tonight after work. In order for a change of pace I think that I will attempt to tackle the recumbent bike for the first time during my contest preparation. I want to experience the “16 minutes of fury” that Jeff Willet describes in his Daily Training Journal. I guess I’ll know what it’s all about after tonight.

## Week 7: Tuesday, April 16, 2002

It is really awesome to see how the momentum just keeps building and building every time I complete a day of total *AST Execution*. I become more and more excited about the *AST 2002 World Championships* every day. I am excited to get to the gym in the morning and attempt to lift a new heavier weight than before. I am excited about performing an intense cardio session, during which I know I am cranking up my metabolism and burning excess bodyfat. I am excited about seeing what another day of adhering perfectly to my diet and supplementation program will do to enhance my appearance and well-being.

I am starting to look and feel better and stronger than I ever have in my entire life! This is extremely motivating and easily answers any doubts I may have had about committing the time and energy required to compete in the *AST 2002 World Championships*. However, I still have a long way to go and much room for improvement. I know that I can continue to get stronger in the gym. I know that I can lose a lot more bodyfat so that the muscle I am building will be clearly visible. I also know that I can continue to learn and strive to perfect my training, diet, and supplementation strategies. The boulder is rolling down hill and now I must make sure that it continues to go full speed ahead!

Tonight, I plan to attend Skip La Cour's chat session, where the topic will be "The Importance of Honest Self Assessments."

### **TRAINING:**

#### **Shoulders:**

Military Press (To the Front)....3 x 4 @ 160 lbs (After Warmup)

Dumbbell Presses....1 x 3 @ 70 lbs

Seated Bent-over Rear Lateral Raises....2 x 6 @ 60 lbs

#### **Abs:**

Weighted Leg Raises....1 x 12 @ 35 lbs, 1 x 10 @ 35 lbs

Rope Cable Crunches....2 x 10 @ 180 lbs

Swiss Ball Leg Raises....1 x 12

Swiss Ball Crunches....1 X 12

During my new *Max-OT* weight training routine I will be training shoulders and abs together. I continue to mentally "fire myself up" before I even get to the gym in the

morning. As Jeff Willet would say, “great results don’t happen by accident.” The results I ultimately achieve by the end of the contest depend on what I am doing right now, everyday. Therefore, I must continually strive for a new level of performance during every workout if I truly want to achieve great results.

I started off the workout with military presses. I was able to complete four reps during all three sets this week at 160 lbs. This ties my performance last week. This weight is pretty heavy for me right now, but I must work towards increasing at least one rep next week. Next, I moved on to perform 1 set of dumbbell presses. I performed dumbbell presses last week in place of lateral raises due to the pain that lateral raises were causing in my right wrist. I decided to jump up five pounds from last week and use the 70 lbs dumbbells. I completed 3 reps and almost got a fourth rep. I should have gotten a spotter because then I probably would have been able to finish the fourth rep. Still, I am glad that I went for the heavier weight.

I stayed away from side lateral raises again this week since my right wrist is still sore. It is feeling much better and there is no sense in performing an exercise that I know will bother it. I performed two strong sets of seated bent-over rear lateral raises and the 60 lbs dumbbells were moving very well. I feel that I have really improved on the amount of weight I can handle while using a good range of motion on this exercise.

My abdominal workout is pretty similar to the one I was performing in my prior routine. However, I have added 1 set of Swiss Ball leg raises and 1 set of Swiss Ball crunches to the end of my current ab workout. I read the article on the *AST-SS* Website describing the benefits of using the Swiss Ball and how it helps to build “core strength.” I also noticed that Jeff Willet has been using the Swiss Ball to perform abdominal exercises. Let me tell you, the Swiss Ball is tough! I really had a hard time keeping my balance while performing leg raises on the Swiss Ball. I can now understand how the Swiss Ball helps to develop “core strength”, as well as coordination and balance. I could also feel my abs working hard while performing both leg raises and crunches on the Swiss Ball. I am glad that I have incorporated the Swiss Ball into my ab workout and look forward to improving my performance with it.

### **Cardio:**

As I said yesterday, I decided to give the recumbent bike a try for the first time last night. I set the bike to the “Hill” setting on level 12, which is the highest level on the machine. I peddled furiously for 16 minutes and had broken a pretty good sweat by the end of the workout. However, the resistance on the bike was not very tough except when I was on the “high hills” at the end of the workout. I completed 5.76 miles by the end of the 16 minutes. I know that I could have gone farther if I could have increased the level past level 12. Next time I use the recumbent bike I will try a different program to see if I can increase the resistance for a greater portion of the workout. Tonight, I will perform my second cardio session of the week and plan to performed 20 minutes on the stairstepper. I will attempt to beat last week’s best distance of 2.53 miles. With only six weeks left and a lot of fat to lose I must really concentrate on my cardio efforts!

## Week 7: Wednesday, April 17, 2002

I have had a very busy day today. I had to meet with one of my managers very early this morning and go over some client files. My gym does not open until 5:30 a.m. and I would not have had enough time to workout and meet my manager on time so as soon as we were finished I went to the gym to attack my leg workout. I then took a shower and went back to work for the rest of the day. I actually liked the way this schedule worked out. I felt very alert and awake when it was time for my workout since I had already been up for a few hours. I trained legs with a lot of intensity and passion and had an awesome workout. I ate some *VP2*, eggbeaters, and oatmeal for breakfast before I left for work, which I believe may have also helped give me a little extra energy for my workout. I took my normal pre and post workout *VP2* and *HSC* and kept my post workout meals consistent with my normal plan. I have been adjusting my other meals throughout the rest of the day to compensate for my “extra” morning meal so that my total daily calories and macronutrient ratios match my current nutrition plan.

Last night, I attended Skip La Cour’s weekly chat session, where we discussed “The Importance of Honest Self-Assessment.” Skip made some great points and the session really made me think about being honest when assessing if I am truly doing everything I can to reach my goals. I look forward to another great chat session tonight with the *AST* crew and the other contestants in the *AST 2002 World Championships*.

### TRAINING:

#### Legs:

Squats....2 x 5 @ 275 lbs (After Warmup), 1 x 4 @ 280 lbs

Leg Press....1 x 6 @ 635 lbs, 1 x 6 @ 655 lbs

Straight leg dead lifts....2 x 5 @ 330 lbs

I was really pumped up for today’s leg workout. In a weird kind of way I am starting to look forward to leg training days, even though it is the most demanding bodypart to train. I just think about the dramatic effect that leg training, especially squats, has on total body development, and I can’t wait to attack the weights! My *Max-OT* leg routine this week is pretty similar to my previous routine with one exception. I have substituted leg presses for lunges. I started off the day with a warmup set of leg presses in order to get a good feel for this movement. I then performed one warmup set of leg extensions. I continued to prepare my body and mind by performing four warmup sets of squats, increasing the weight each set.

During my squat training today I thought about squatting very deep and maintaining full control on the way down. Once I reached parallel, I drove the weight straight up with as much force as possible. After matching last week’s performance on my first two sets, I decided to try to move up 5 lbs on my third set. I was feeling good and had a good

spotter. I was able to complete four reps, while maintaining a full, deep squat. Then it was on to leg presses.

I have not performed leg presses in a while so I was not sure how much weight to use. I remembered that 6 plates per side of the leg press machine was pretty heavy for me, so I decided to add 50 lbs to this amount and see what would happen. I concentrated on bringing my knees all the way down to my chest in order to achieve a full range of motion and maximum overload. I pushed out six reps and moved up 20 lbs on my second set. I managed to complete another 6 reps at 655 lbs, but really struggled on the last 2 reps. It felt really good to do leg presses and I will attempt to increase my weight next week.

I finished off the day with two strong sets of straight leg dead lifts and was able to increase the weight by 5 lbs over last week and still complete the same number of reps. My legs were “toasted” after today’s workout. I can already tell that I will be feeling the effects tomorrow!

### **Cardio:**

Last night I passed my previous distance on the stairstepper of 2.53 miles by going 2.55 miles. I was motivated to work extremely hard after discussing “Honest Self Assessment” during Skip La Cour’s chat session. Every time I get ready to perform cardio I remind myself of the importance of each session from now until the end of the contest. When you are only performing cardio for less than 20 minutes you cannot afford anything less than 110% INTENSITY. My next cardio session will be my basketball game on Thursday night when we will attempt to win our second straight game.



## Week 7: Thursday, April 18, 2002

We had another awesome chat session last night! Paul Cribb discussed some very interesting research regarding post cardio supplementation and the ability of bodybuilders to continue to build muscle while dieting. I ended up staying online about 3 hours again, as Paul Delia and Derik Farnsworth continued to answer question after question from myself and the other *AST 2002 World Championship* contestants. I am getting so much great information from these chat sessions every week. I wish that we could continue to have them even after the contest is over.

Another week has almost passed, which means I am getting closer and closer to the end of the contest. The upcoming weeks represent the only remaining opportunities to make improvements to my physique before the "Final" Photos. I must make sure that I take advantage of every opportunity that presents itself and that I do not waste any opportunities to continue progressing. As Jeff Willet would say, "What I do now defines my future." I must continue to keep very high levels of motivation, focus, and intensity, and execute my plan day in and day out.

### **TRAINING:**

#### **Calves:**

Calf Raises on Leg Press....1 x 8 @ 835 lbs (After warmup), 1 x 8 @ 845 lbs, 1 x 8 @ 855 lbs

Seated Calf Raises....1 x 9 @ 270 lbs, 1 x 6 @ 280 lbs

#### **Chest:**

Flat Bench Barbell Presses....1 x 5 @ 235 lbs (after warmup), 2 x 4 @ 235 lbs

Incline Bench Barbell Presses....1 x 4 @ 220 lbs\*, 1 x 4 @ 210 lbs

\*With Spotter assistance

Weighted Dips....1 x 5 @ 45 lbs

I will be working calves with chest during my new *Max-OT* routine. I decided to perform my calf exercises first so that I could make sure that I applied complete intensity towards my calves. I knew that I would not have any problems getting motivated to work chest and the energy exerted during calves should not affect my performance on my chest exercises. It actually worked out very well, as I was warmed up and ready to attack chest after working my calves. I felt strong on my calf exercises and was able to increase 10 lbs on my second set of seated calf raises.

After warming up my chest on the bench press I performed three heavy sets of flat bench presses. It felt good to perform this exercise. Like Paul Delia says in the *Max-OT Training Series*, “Flat Barbell Bench is the King of all Chest exercises.” I was pretty pleased with my performance on flat bench, but I know that I can improve in the weeks to come. I ended up picking too heavy of a weight for my first set of incline barbell presses. My spotter helped me to keep the weight moving so that I could complete four reps. I dropped down to 210 lbs on my second set and completed another 4 reps. I may have overestimated my ability on incline barbell presses a little today. I have not performed this exercise in a while. Next week, I may drop down a bit in weight and then work my way up from there. I finished off my chest workout with 1 set of weighted dips. The dips put a lot of pressure on my right wrist, which has been bothering me. If it is still hurting next week then I will substitute a different exercise for dips. I am trying to be much smarter about working around pain instead of working through the pain, as I have often done in the past.

Overall, I maintained good focus and had a good chest workout today. However, I know that I can do much better next week. I need to make sure that I am having OUTSTANDING workouts. Tonight, I have my work league basketball game, where I always get a very intense cardio workout!

## Week 7: Friday, April 19, 2002

A few days ago, one of the ladies who works at the client where I am this week let me know that the company's former accountants would always bring them *KrispyKreme* donuts on Fridays, and that they really appreciated it. I like to keep my clients happy so this morning after leaving the gym I stopped by the local *KrispyKreme* and picked up four dozen assorted donuts. Now, let me tell you, I love *KrispyKreme* donuts, especially the chocolate glazed crème-filled kind. However, I was really not even tempted to eat one because I am too focused on my task at hand with the *AST 2002 World Championships*. I know that the positive changes I will have made to my body by the end of the contest will bring MUCH greater satisfaction than I could ever get from eating a donut. So as others picked out their favorite type of donuts, I mixed up a *Ny-Tro Pro-40* and reflected on this morning's workout.

I am going to have a very busy day on Saturday. I am volunteering through my company for the annual Arthritis Foundation Charity Skeet Shooting Contest in the morning. I have volunteered to help for this event for the past several years and it is always a good time. I also think that the money raised is going to a very worthy cause. I will basically be at one of the shooting stations and control the release of the skeets by using a remote control. The event is at a very beautiful State Park and the weather is supposed to be great. I will make sure that I eat a high quality meal right before I leave for the Skeet Shoot and bring several *VYO-PRO* bars for the time I will be at the event. Then, Saturday afternoon at 3:00 p.m. I am scheduled for a Swedish Massage that my girlfriend purchased for me. I am very excited about the massage. This will give me a chance to totally relax for an hour and should also help ease the tension in my muscles and joints that has accumulated from all of the heavy training and cardio I have been performing. I also have to finish all of my normal weekend errands, so I should not have any problems staying busy.

### **TRAINING:**

#### **Biceps:**

Straight Bar Curls....1 x 6 @ 160 lbs (After warmup), 1 x 6 @ 165 lbs, 1 x 5 @ 165 lbs

Alternate Dumbbell Curls....1 x 6 @ 80 lbs, 1 x 5 @ 85 lbs

\*I alternate between bicep and tricep exercises each set, taking a full rest in between each set.

#### **Triceps:**

Lying Tricep Presses....1 x 6 @ 135 lbs (After warmup), 1 x 6 @ 140 lbs

Seated Overhead Tricep Press (with dumbbell)....2 x 6 @ 80 lbs

Straight Bar Tricep Pushdowns....1 x 6 @ 140 lbs

### **Forearms**

Standing Dumbbell Wrist Curls....1 x 9 @ 55 lbs, 2 x 7 @ 55 lbs

The focus of my Friday workouts on my new *Max-OT* workout routine is to work the “guns!” I have always enjoyed working biceps and triceps together. I decided to alternate each set between a bicep and tricep exercise, as Jeff Willet has described in his training journal. I warmed up on both straight bar curls and lying tricep extensions and then performed a heavy set of straight bar curls followed by a heavy set of lying tricep extensions. I did not perform a superset, but took a full rest in between each set so that I would have enough energy to use maximum weight on each set. I followed this pattern throughout my entire arm workout and then performed three sets of standing dumbbell wrist curls for forearms. This alternating method worked out great. It allowed me to really focus in on each set and also gave my biceps and triceps extra time to recover between sets.

In my previous *Max-OT* routine I was working biceps after back and triceps after chest. I felt much stronger today on all of my arm exercises working biceps and triceps independently of chest and back. I made some good improvements in weight on most of the exercises compared to last week. I also had no gripping problems like I was having before during alternate dumbbell curls, and even moved up to the 85 lbs dumbbells this week, which is a new record for me. I continued to stay away from barbell wrist curls since my right wrist still hurts when performing this exercise. I performed three sets of standing dumbbell wrist curls and was able to improve in weight compared to last week. Today’s workout was a great finish to another week of contest training. I need to carry over the positive momentum from today into the weekend and the beginning of next week.

### **Cardio:**

We lost our basketball game last night making our record 1-3 on the season. I think everyone is a little frustrated since we were league champions last year and only lost 2 games all year long. We play great at times but just cannot seem to keep it going the whole game. Nevertheless, I stayed in the entire game and played very intensely. I was totally drenched with sweat by the end of the game and felt like I could not move. Ahh yes, another effective cardio workout, which was my main objective anyway, although I definitely enjoy the games much more when we come out victorious. Since I am have to wake up very early for the Charity Shoot tomorrow morning and then will be busy all day long, I am planning to perform my normal Saturday morning cardio session tonight, after work. I will attempt the recumbent bike again and see if I can find a better setting that

will allow more resistance during my 16 minute *Max-OT* bout. I will also perform another intense cardio session on Sunday morning.

## Week 8: Monday, April 22, 2002

It's time to get geared up for another great week of intense workouts and strict adherence to my diet and supplementation plan. I am now starting into the home stretch and need to continue to focus and execute every single day. The Arthritis Foundation Skeet Shooting event was a success on Saturday. It was a beautiful day and I was glad that I had the opportunity to volunteer to help raise money for the Arthritis Foundation. I took the top off of my Jeep and enjoyed the nice sunshine on the ride to and from the event, which was at Limestone Springs State Park. It was about 80 degrees and there was not a cloud in the sky.

My massage on Saturday afternoon was awesome! I told the masseuse that I was doing a bodybuilding competition and she performed a "light" sports massage on my muscles. The massage worked out a lot of the stiffness in my muscles and I felt totally relaxed and refreshed when I was finished.

Last night, my girlfriend cooked dinner for me. I had to approve everything that she used to make the dinner to ensure that it fit into my contest diet plan. She took some skinless boneless chicken breasts and marinated them in onions, bell pepper, salt and pepper, and calorie free marinade. She then put the chicken in aluminum foil and baked it for about 45 minutes. The chicken was very tender and delicious. I really enjoyed the onions and bell peppers, too. Tennelle, my girlfriend, also made mashed potatoes with new potatoes and a little skim milk and steamed broccoli. It was a wonderful tasting and healthy dinner. It was very nice to be able to eat dinner with Tennelle since we have not been able to go out to eat together during my contest preparation. I liked the meal so much that I told her she was going to have to start making it for me every weekend! I was just kidding, but she said that is would be no problem. Tennelle has been doing anything that she can to support my efforts during the *AST 2002 World Championships* and I really appreciate it.

I have made a few more diet changes this week that reduce my daily caloric intake by 140 calories. I have reduced my pre-workout *VP2* from 1.5 scoops to 1 scoop for a reduction of 50 calories. I have also reduced the number of new potatoes during Meal #1 from 5 to 4 for a decrease of 30 calories. I also have replaced my two servings of mixed vegetables during Meal #3 with 4 cups of Broccoli, which results in a decrease of 20 calories. The broccoli is also higher in fiber than the mixed vegetables. My final diet change is to take away 1 chicken tenderloin from Meal #6, which results in a decrease of 40 calories. I think that these decreases make sense at this point and I still have a strong pre and post workout nutrition schedule. I plan to continue to use a serving of *HSC* before and after my workouts throughout this week. Before the beginning of next week, I will decide if I need to reduce my serving size to ½ serving pre and post workout. At this point, I will also perform at least five intense cardio sessions per week and up to six or seven in order to accelerate fat loss.

### Current Nutrition and Supplementation Plan:

	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Calories</u>
<b>Upon Rising (6:00 AM)</b> GL3 L-Glutamine-10 grams				

#### Pre-Workout (6:10 AM)

ProFlex 750-1 Capsule

Dymetadrine Xtreme-2 capsules

ALA200-1 Capsule

1 Scoop VP2	24	1	0	100
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1 Scoop Creatine HSC	0	34	0	136
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#### Post-Workout (7:45 AM)

ProFlex 750-1 Capsule

ALA200-1 Capsule

NAC500-2 Capsules

Vitamin C-1000mg

Vitamin E-1000 I.U.

Beta Carotene-50,000 I.U.

1.5 Scoops VP2	36	1.5	0	150
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1 Scoop HSC	0	34	0	136
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#### Meal # 1 (8:15 AM)

GL3 L-Glutamine-10 grams

Multi Pro 32X-1 capsule

CLA1000-2 capsules

1 Scoop VP2	24	1	0	100
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1 box eggbeaters	24	4	0	120
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4 canned new potatoes	2	26	0	120
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#### Meal # 2 (9:15 AM)

Vitamin C-1000 mg

Ny-Tro PRO-40	40	22	1.5	250
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#### Meal # 3 (11:30 a.m.)

Dymetadrine Xtreme-1 capsule

ProFlex 750-1 Capsule

CLA1000-2 capsules

5 Chicken Breast Tenderloins	47	0	1.5	200
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4 Cups Broccoli	12	16	0	100
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<b>Meal # 4 (2:15 PM)</b>				
GL3 L-Glutamine-5 grams				
Vitamin C-1000mg				
½ Ny-Tro PRO-40	20	11	.75	125
1 Scoop Chocolate VP2	23.5	2	.5	110
<b>Meal # 5 (4:45 PM)</b>				
Dymetadrine Xtreme-1 capsule				
½ Ny-Tro Pro-40	20	11	.75	125
1 Scoop Chocolate VP2	23.5	2	.5	110
<b>Meal # 6 (7:00 PM)</b>				
ProFlex 750-1 Capsule				
CLA1000-2 capsules				
Multi Pro 32X-1 capsule				
GL3 L-Glutamine-10 grams				
Large Salad	2	6	0	30
Mixed Vegetables-1 Serving	3	12	0	60
4 Chicken Breast Tenderloins	38	0	1	160
<b>Meal # 7 (10:00 PM)</b>				
GL3 L-Glutamine-5 grams				
ALA200-1 Capsule				
Vitamin C-1000mg				
Ny-Tro PRO-40	40	22	1.5	250
<b>10:15 P.M. (Before Bed)</b>				
GABA-5 grams				
<b>TOTALS</b>	<b>379</b>	<b>205.5</b>	<b>8</b>	<b>2382</b>

I will continue to drink at least two gallons of water per day.

\*On cardio days, I will consume the VP2 from Meal #5 immediately after my cardio session at approximately 6:15 p.m with 10 grams of GL-3 L-Glutamine.

#### **TRAINING:**

##### **Back:**

Pull-Ups (To failure)....1 x 9, 1 x 8, 1 x 7 (After Warmup on lat pulldowns)

Bent Over Barbell Rows....2 x 6 @ 225 lbs



V Bar Pulldowns....2 x 6 @ 268 lbs

Seated Rows....1 x 6 @ 265 lbs

Weighted Hyperextensions....1 x 12 @ 45 lbs

### **Traps:**

Barbell Shrugs....3 x 6 @ 350 lbs

I had to take my Jeep into the dealership this morning for a recall on the ignition switch so I had to get up earlier than normal. However, I still was wide awake and ready to hit the gym for a great back and trap workout. I felt really strong on pull-ups again this week and was able to complete an extra rep on my third set compared to last week. I tried to concentrate on staying very controlled during the pull-ups, especially on the downward portion of the movement. I started with 225 lbs on bent over rows this week and felt like I was able to perform a well-controlled, powerful movement at this weight. I moved up 3 lbs in weight on V-Bar pulldowns from the prior week and was still able to complete six reps on each set. I also got an extra rep this week on seated rows using the same weight as last week. Weighted Hyperextensions felt good and I was able to complete two extra reps compared to last week. I really made an effort to contract my lower back muscles at the top of the movement. I stayed with 350 lbs on barbell shrugs this week for all three sets. I want to make sure that I am using a full range of motion on every rep before moving up in weight. So far, I am off to another great start of a new week. I need to keep it up all week long!

### **Cardio:**

I stuck to my plan to perform my normal Saturday cardio session on Friday evening since I had to be at the Arthritis Charity Skeet Shooting Contest early Saturday morning and then had a full day of activities the rest of the day. I decided to try the recumbent bike again and this time I put the setting on manual. The highest level was still level 12, but the resistance at level 12 was MUCH harder on the manual setting than on the hill setting that I had used Monday. I set the bike for 17 minutes and after warming up for a minute I started performing one minute intervals of peddling very hard at a high resistance setting, followed by a minute of moderate peddling at a lower resistance setting. I followed this pattern until the 17 minutes were up and increased the resistance up to level 12 by my last high intensity minute. My legs and lungs were screaming for mercy by the end of the cardio session! I now understand what *Max-OT* cardio on the recumbent bike is all about. The distance read 9.84 miles at the end of the 17 minutes. I will use the same setting next time I use the recumbent bike and aim to beat this distance.

On Sunday, I went to the gym and was ready to attack the stairstepper. My favorite machine was being used so I picked a different stepper and went to work.

I went very hard for 30 minutes and continued to increase the intensity level throughout the workout. The distance read 3.84 miles, which far surpasses my distance last week of 3.54 miles. I believe the reason for such a large increase over last week is inconsistency between the two machines even though they are the same brand of stairstepper. However, I also feel as though I pushed harder this week than last week, and I had a completely sweat-filled shirt to prove it! My next cardio session is planned for tonight. Right now, I am planning for another 16 minutes of fury on the bike!

## **Week 8: Tuesday, April 23, 2002**

I am having a very busy week at work this week. I have been working hard but I really like all of the people I am working with. This makes the long work days much more enjoyable. Despite my busy work schedule, I have still been executing my training and nutrition plan as scheduled. I consider each weight training session, cardio session, and scheduled meal an “appointment” and I am determined to keep every one of these “appointments.” Sure, sometimes the exact timing during the day of my cardio workouts or meals may be affected by circumstances at work. However, I make every effort to eat all of my meals and take all of my supplements exactly on time, every day. I always perform my weight training sessions in the morning before work and I schedule my cardio sessions in the evenings, after work. However, sometimes I must perform cardio either a little earlier or a little later than planned. Regardless, I make sure that I perform ALL of my scheduled tasks related to my contest preparation each and every day.

I am taking a day off from work this Friday, which I am really looking forward to! My girlfriend and I are going to drive down to Destin, Florida, which is on the Florida panhandle, and relax on the beach for the weekend. I still plan to bring all of my contest food and supplements and perform my scheduled cardio sessions. I think that it will be a great chance to relax and work on my tan (Hopefully there will be plenty of sunshine!). Before I get to that point, however, I need to finish a lot of work by Thursday and concentrate on continuing to execute my workouts and nutrition plan as effectively as possible.

### **TRAINING:**

#### **Shoulders:**

Military Press (To the Front)....1 x 5 @ 160 lbs (After Warmup), 2 x 4 @ 160 lbs

Dumbbell Presses....1 x 4 @ 70 lbs

Seated Bent-over Rear Lateral Raises....2 x 6 @ 60 lbs

#### **Abs:**

Weighted Leg Raises....1 x 12 @ 35 lbs, 1 x 10 @ 35 lbs

Rope Cable Crunches....1 x 12 @ 180 lbs, 1 x 10 @ 180 lbs

Swiss Ball Leg Raises....1 x 12

Swiss Ball Crunches....1 X 12

My motivation was very high again this morning before I even got to the gym. I thought about building big, strong shoulders, and developing a rock-hard midsection. I started off strong on military presses and was able to complete an extra rep on my first set. I was also able to complete an extra rep on dumbbell presses this week compared to 3 reps last week. However, I enlisted the help of a spotter and feel that the spotter had to help me too much on my last two reps. I did not feel as in control during dumbbell presses as I should and will really have to focus on this exercise next week, especially since I only have one shot at this movement during this workout routine. I finished my shoulder workout with two strong sets of rear lateral raises. I stayed with the 60 lbs dumbbell in order to make sure that I was achieving a good, controlled range of motion. I feel that my range of motion on this exercise was very good today.

Abs seemed especially grueling today. Weighted leg raises with the 35 lbs dumbbell takes every ounce of concentration and effort that I have to give. I matched my performance from last week on this exercise. I was able to complete an extra two reps during my first set of rope crunches at 180 lbs today compared to last week. I also felt like I was in better control of leg raises and crunches on the Swiss Ball today compared to last week. I made an effort to decrease the width of my grip on the Smith Machine Bar on leg raises and decrease the width of my stance on crunches in order to force myself to use a greater amount of core strength and balance during the Swiss Ball exercises.

I started off very strong today and had a good workout. However, during the middle of my workout I found myself having to fight to keep from thinking about outside distractions. I need to concentrate on remaining totally focused on the task at hand for the ENTIRE workout. I will try to do a better job of this tomorrow during my leg workout

### **Cardio:**

My cardio session last night consisted of 16 intense minutes on the recumbent bike. Ever since I have figured out how to properly control the difficulty level on this machine, I have been able to get some EXTREMELY INTENSE cardio workouts on the bike. I have to fight the fatigue in my quadriceps and my heart rate gets going very fast. The large amounts of sweat dripping off of my body is another indication of the effectiveness of the recumbent bike. Last night, I warmed up for a few minutes before setting the machine to 16 minutes and beginning to peddle at a fast pace. I performed one minute intervals of very intense fast peddling, followed by a minute of more moderate peddling at a lower resistance level. The reading on the bike was 9.28 miles at the end of the 16 minutes. Since I set the machine for 17 minutes last Friday, I can not really compare distances, but I think that they are pretty similar. From now on, I will use 16 minutes and 9.28 miles will be my distance to beat next time. Our basketball game was cancelled for tonight so I am planning to perform my second cardio session of the week on the stairstepper. The distance to beat is 2.55 miles. I will have to really crank up the intensity to pass this mark!

## Week 8: Wednesday, April 24, 2002

I felt a little tired and worn down at the end of last week and was concerned about keeping my energy level and motivation at the high levels where they need to be. However, both my energy level and motivation have been excellent this week through today (It must have been the massage on Saturday). I have been extremely motivated and ready to attack my workouts each morning. I have been getting up a little earlier than normal because the guys I am working with like to start the work day by 8:00 a.m. at the latest, and I am willing to work with their schedule. Even though I am waking up earlier, I am feeling energized and “pumped” to get into the gym and build some muscle! I have two more days of intense weight training this week and I need to keep my motivation and energy levels going strong.

Tonight is the weekly chat session for the *AST 2002 World Championships*. I am excited to see what is on the agenda for tonight. I’m sure that there will be some interesting and useful information to come out of the session based on the quality of information I have obtained from all of the previous sessions. We have a tight deadline at work and there is a chance that I will have to stay at work until after the chat session begins. I have internet access where I am working so I will still be able to log on and participate. I don’t want to miss this opportunity of learning and sharing motivation with the *AST* crew and the other contestants.

### **TRAINING:**

#### **Legs:**

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

Leg Press....2 x 5 @ 675 lbs,

Straight leg dead lifts....2 x 4 @ 330 lbs

Today it was time again to attack legs. As I gathered all of my things together for the day, I focused on the leg movements that I would be performing today and how I wanted to feel while performing the exercises. I watched the leg section of the *Mass Machine II* video for some extra motivation and headed off to the gym. I performed a total of 7 warm-up sets, including 1 set of leg extensions, 1 set of leg curls and 5 sets of squats. I wanted to make sure that I was totally ready, both mentally and physically, for the heavy sets. I started with 280 lbs this week, which was the weight I increased to on my last set the previous week. I obtained a spot from a “known” spotter at the gym, who I know I can trust to give a good spot. I concentrated on squatting all the way down and then powering up the weight. I felt pretty good at 280 lbs and was able to perform 2 sets of 4 and 1 set of 5 (with a small amount of assistance from my spotter). Having a good spotter on squats has made a huge difference in my performance on this exercise. Not

having to worry about “getting stuck” at the bottom of the squat enables me to concentrate on the movement with a greater sense of confidence.

I jumped up to seven 45 lbs plates per side of the leg press machine, which equals 675 lbs including the actual leg press sled. I felt pretty strong at 655 lbs last week and knew that it was time to move up. I was able to complete 5 reps on both sets this week. I made sure that I brought the movement very deep every rep and kept my hands on the top of my legs for support as Skip La Cour does in his *Mass Machine II* training video. On the last few reps I had to give myself a little help by slightly pressing my hands against the top of my legs. However, I only used just enough force to keep the movement going. I like the fact that I can spot myself in this way on leg presses. I believe that it will enable me to attempt heavier weights than I normally would. I try to make sure that I am only using the assistance of my hands on my legs if I absolutely have to in order to finish the rep.

My performance was actually not quite as good on straight leg dead lifts this week compared to the prior week. I completed one less rep at the same weight. I have been consistently moving up in weight on this exercise each week and today I hit a sticking point. I must make an effort next week to break through and continue to progress. I feel that I still had a very effective two sets of straight leg dead lifts at a solid weight. I just need to keep striving to do better.

### **Cardio:**

I decided it was time to take it to a new level last night on the stairstepper. I began the 20 minute workout on level 9 instead of level 8. I had to work hard from the very beginning of the session all the way to the end to keep up with the machine. During the highest interval levels toward the end of the workout, I could tell that my heart rate was going through the roof. I couldn't even catch my breath and really felt like decreasing the intensity level a few times, but I didn't. I kept reminding myself why I was doing this and the awesome condition that I want to achieve. Starting at level 9 allowed me to pass my previous distance of 2.55 miles by going 2.72 miles. This is now the new benchmark to beat. *Max-OT* cardio is a killer but I love the feeling that I get after I have made it through a grueling session. I have decided that I should perform 6 cardio sessions this week based on the need to accelerate fat loss. If I happen to get off work in time then I will perform the extra session tonight before the chat session. Otherwise, I will either add an extra session Friday evening or perform two sessions on Saturday. I really need to keep my metabolism cranking high as I start into the final stages of my contest preparation.

## **Week 8: Thursday, April 25, 2002**

When I checked my e-mail this morning I had a message from Paul Delia with all of the information on the *2002 Max-OT Training Camp*. I wanted to act fast so that I made sure I would get signed up for the Camp before it filled up. First, I called my manager to make sure that I could take vacation on the Thursday and Friday when the camp is taking place. I had problems with the registration screen on the computer so I called *AST* and registered over the phone. The *AST* staff member told me that I was the 7<sup>th</sup> person to register so I was definitely going to be included in the camp! I am extremely excited about this opportunity to further my knowledge of *Max-OT* training, as well as diet and supplementation strategies by working directly with Paul Delia, Paul Cribb, Jeff Willet, and Skip La Cour. Also, what could be cooler than getting to train side by side with Jeff and Skip! Based on all of the comments from those who attended the first *Max-OT Training Camp*, I know that this is going to be a truly awesome experience!

We had another excellent chat session last night. Jeff Willet discussed the importance of preparation, both physical and mental. He and Derik Farnworth discussed how everyone has to deal with the challenges life presents, whether it be a stressful job, kids, or whatever. They explained that it is still possible to stay on your training and nutrition plan 100% as long as you have proper planning and preparation. This is one lesson that I have definitely learned during my *2002 AST World Championship* preparation. Every weekend I go to the grocery store and buy all of the food I will need for the upcoming week. I then cook up enough food to last at least a few days or for the whole week if I am going to be traveling out of town. I also make sure that I have plenty of *AST* supplements and reorder in time so that I do not run out. Thus far, I have been successful in following my training and nutrition schedule and I am certain that this would not have been possible without adequate preparation each week.

### **TRAINING:**

#### **Calves:**

Calf Raises on Leg Press....1 x 8 @ 855 lbs (After warmup), 2 x 8 @ 875 lbs

Seated Calf Raises....2 x 8 @ 270 lbs

#### **Chest:**

Flat Bench Barbell Presses....1 x 5 @ 240 lbs (after warmup), 2 x 4 @ 240 lbs

Incline Bench Barbell Presses....2 x 4 @ 210 lbs

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

I was really energized and ready to hit the gym for a great chest and calf workout today. I started off strong by improving my weight on calf raises on the leg press machine and followed that up with two solid sets of seated calf raises.

While I was warming up my chest on the flat bench press I thought about how I wanted to develop a big, strong, muscular chest. Chest has never been one of my strongest or most impressive body parts so I know I must really focus and work extremely hard to build muscle in my chest. I increased my weight five pounds from last week and was able to match my reps from last week at the new weight. I was feeling really motivated as I moved on to incline barbell presses. I started at 210 lbs this week since 220 lbs was too heavy last week. I was able to complete four reps on each set but needed a little assistance from my spotter on the last couple of reps. It is obvious that my upper chest is lagging a little behind, but I am determined to keep pushing to improve on this exercise.

Last week, I performed one set of weighted dips to end my chest workout and it really bothered my right wrist. Well, I am finally learning to be smart and work around the pain instead of through it. This week, in place of weighted dips I performed one set of decline barbell presses and my wrist was fine. My performance on decline barbell presses today was an improvement over the last time I performed this exercise as I moved up 5 lbs in weight and completed the same number of reps. Great training today! The momentum is rolling as strong as ever!

### **Cardio:**

I had just enough time after work to get in a *Max-OT* cardio session before the chat session. I hopped on the recumbent bike and set it for 16 minutes. I performed my usual 1 minute very intense intervals followed by one minute “recovery” intervals. The distance on the bike at the end of the session read 5.58 miles/kilometers. Well, my previous distance was 9.28 and I know that I was working just as hard as I did Monday night. I assume the difference is due to one bike being set on miles and the other kilometers. Either way, I was peddling like a madman and got an awesome cardio workout. Tonight, I have my work league basketball game and we really need to win! I will run hard the whole game in an effort to crank up my metabolism even further.



## **Week 8: Friday, April 26, 2002**

I just finished off my final weight training session of the week. I had an awesome arm workout and now I am getting ready to head off to the beach shortly. I am taking off from work today and my girlfriend and I are going to drive down to Destin, FL for the weekend. I have a Jeep Wrangler so we are going to take the top off and hopefully get some nice weather on the way down, although it is pretty cloudy right now. I think that this will be a great opportunity to get away from home for a few days and relax. I still plan to stick to my workout and diet plan and should not miss a beat due to adequate preparation. Last night, I cooked up some chicken for the weekend trip. I have a big cooler that I am planning to bring with the chicken, as well as plenty of vegetables and bottled water. I am also going to be sure to bring all of my supplements needed for the weekend. I also plan to perform an intense cardio session on both Saturday and Sunday while I am at the beach. I will probably run on the beach one day, which is very tough from what I remember. There is also a Gold's Gym in Destin that I have been to before so I may go there one day for cardio. This trip fits in perfectly with this week's chat session topics. I am taking time to enjoy life and do something fun, while at the same time sticking to my contest preparation by using proper planning and organization. I should get some good relaxation in this weekend and be ready to attack a new week on Monday.

### **TRAINING:**

#### **Biceps:**

Straight Bar Curls....2 x 6 @ 165 lbs (After warmup), 1 x 5 @ 165 lbs

Alternate Dumbbell Curls....1 x 5 @ 90 lbs, 1 x 4 @ 90 lbs

\*I alternate between bicep and tricep exercises each set, taking a full rest in between each set.

#### **Triceps:**

Lying Tricep Presses....1 x 6 @ 140 lbs (After warmup), 1 x 5 @ 145 lbs

Seated Overhead Tricep Press (with dumbbell)....2 x 5 @ 85 lbs

Straight Bar Tricep Pushdowns....1 x 6 @ 140 lbs

#### **Forearms**

Standing Dumbbell Wrist Curls....1 x 8 @ 55 lbs, 2 x 7 @ 55 lbs

Today's workout was a very strong finish to this week of *Max-OT* weight training. I started off at 165 lbs on barbell curls and completed two sets of six, followed by one set of 5, which is an improvement from last week. I also moved up in weight on lying tricep extensions. I really like moving back and forth between bicep and tricep exercises. It seems to keep my mind and body fresh and ready to attack each set with full force and focus. I decided to take it up a notch on dumbbell curls today and went for the 90 lbs dumbbells. This is my first time ever to use the 90 lbs dumbbells on curls and I was able to complete two solid sets, completing 5 reps on the first set and then 4 reps on the second set.

I also moved up 5 lbs on seated overhead tricep presses. I stayed with 140 lbs on straight bar tricep pushdowns because I feel that if I go any heavier right now I am not able to use good enough form. By the time I was ready to hit forearms my arms were screaming for mercy, but I remained focused and performed three intense sets of dumbbell wrist curls. My performance was not quite as good on this exercise compared to last week. My forearms were waxed from using the 90 lbs dumbbells on curls. Regardless, I attempted to remain focused and complete the wrist curls with intensity and determination. I have felt very strong and motivated in the gym this week and need to carry this over into next week too.

### **Cardio:**

Last night, our team played very well and we won our basketball game. I played the whole game again and had a completely wet shirt again at the end of the game. Another intense cardio session, as well as another victory for team KPMG. I plan to perform a cardio session on both Saturday and Sunday while I am at the beach. No matter what form I choose for my cardio workouts, it is sure to be INTENSE!

## Week 9: Monday, April 29, 2002

It's hard to believe that I am already starting my ninth week of preparation for the *AST 2002 World Championships*. The weeks have been flying by, which means that the time I have left to make positive changes to my physique before taking my "after" photos is getting shorter and shorter. I have made some good improvements during the first eight weeks of the contest, but now it is time to take it to a new level. I will continue to strategically reduce calories and increase cardiovascular sessions over the upcoming weeks in order to get as lean as possible for my final photos, which means I will be doing more on less fuel. I also must continue to expect more out of my intense weight training sessions. The mental aspect of my training efforts will play a very big role during the last weeks of the contest. I must maintain the desire and courage to continue to work harder and strive to improve every day!

Tennelle and I ended up having a great time at the beach this weekend. It was overcast and a little cool on the drive down on Friday, but it ended up being absolutely beautiful on Saturday and Sunday. I was able to get in some good tanning time on the beach (probably a little too much). I have to admit that the many restaurants and abundance of food and drink everywhere tested my will power and dedication. However, I know what my goals are and what I need to be doing to achieve them so I stayed strong and stuck to my diet and supplementation plan. While most coolers on the beach were filled with beer and potato chips, mine contained grilled chicken, apples, and LOTS of bottled water. I also performed three very good cardio sessions while I was at the beach; two on Saturday and one on Sunday. We even went out to dinner on Saturday night to one of my favorite seafood restaurants. I ordered blackened amberjack, a plain baked potato, a side salad with vinegar, and some crab legs as an appetizer. The food was delicious and fit right into my nutritional plan.

I have decided to reduce my daily caloric intake this week by 90 calories. I will be reducing my post-workout *VP2* from 1 ½ scoops to 1 scoop and will be removing 1 chicken tenderloin from meal #3. After these changes my protein intake still comprises about 62% of my total daily calories. I also have kept the majority of my calories and nutrients centered around the critical post-workout "window." I decided to continue to consume a full scoop of *Creatine HSC* before and after my workouts. The "Bracketing" technique has been working awesome for me and I don't want to abandon it until I feel that I really need to reduce my carb intake. Also, my carbs are already pretty low during the remaining part of the day.

### Current Nutrition and Supplementation Plan:

	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Calories</u>
<b>Upon Rising (6:00 AM)</b> GL3 L-Glutamine-10 grams				

#### Pre-Workout (6:10 AM)

ProFlex 750-1 Capsule

Dymetadrine Xtreme-2 capsules

ALA200-1 Capsule

1 Scoop VP2	24	1	0	100
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1 Scoop Creatine HSC	0	34	0	136
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#### Post-Workout (7:45 AM)

ProFlex 750-1 Capsule

ALA200-1 Capsule

NAC500-2 Capsules

Vitamin C-1000mg

Vitamin E-1000 I.U.

Beta Carotene-50,000 I.U.

1 Scoop VP2	24	1	0	100
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1 Scoop HSC	0	34	0	136
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#### Meal # 1 (8:15 AM)

GL3 L-Glutamine-10 grams

Multi Pro 32X-1 capsule

CLA1000-2 capsules

1 Scoop VP2	24	1	0	100
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1 box eggbeaters	24	4	0	120
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4 canned new potatoes	2	26	0	120
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#### Meal # 2 (9:15 AM)

Vitamin C-1000 mg

Ny-Tro PRO-40	40	22	1.5	250
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#### Meal # 3 (11:30 a.m.)

Dymetadrine Xtreme-1 capsule

ProFlex 750-1 Capsule

CLA1000-2 capsules

4 Chicken Breast Tenderloins	38	0	1	160
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4 Cups Broccoli	12	16	0	100
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<b>Meal # 4 (2:15 PM)</b>				
GL3 L-Glutamine-5 grams				
Vitamin C-1000mg				
½ Ny-Tro PRO-40	20	11	.75	125
1 Scoop Chocolate VP2	23.5	2	.5	110
<b>Meal # 5 (4:45 PM)</b>				
Dymetadrine Xtreme-1 capsule				
½ Ny-Tro Pro-40	20	11	.75	125
1 Scoop Chocolate VP2	23.5	2	.5	110
<b>Meal # 6 (7:00 PM)</b>				
ProFlex 750-1 Capsule				
CLA1000-2 capsules				
Multi Pro 32X-1 capsule				
GL3 L-Glutamine-10 grams				
Large Salad	2	6	0	30
Mixed Vegetables-1 Serving	3	12	0	60
4 Chicken Breast Tenderloins	38	0	1	160
<b>Meal # 7 (10:00 PM)</b>				
GL3 L-Glutamine-5 grams				
ALA200-1 Capsule				
Vitamin C-1000mg				
Ny-Tro PRO-40	40	22	1.5	250
<b>10:15 P.M. (Before Bed)</b>				
GABA-5 grams				
<b>TOTALS</b>	<b>358</b>	<b>205</b>	<b>7.5</b>	<b>2292</b>

I will continue to drink at least two gallons of water per day.

\*On cardio days, I will consume the VP2 from Meal #5 immediately after my cardio session at approximately 6:15 p.m with 10 grams of GL-3 L-Glutamine.

#### **TRAINING:**

##### **Back:**

Pull-Ups (To failure)....1 x 9, 1 x 8, 1 x 7 (After Warmup on lat pulldowns)

Bent Over Barbell Rows....2 x 6 @ 225 lbs

V Bar Pulldowns....2 x 6 @ 270 lbs

Seated Rows....1 x 6 @ 265 lbs

Weighted Hyperextensions....1 x 12 @ 45 lbs

### **Traps:**

Barbell Shrugs....3 x 6 @ 355 lbs

As my alarm clock went off this morning my very first thought was that I wished I could sleep a little longer. Then I reminded myself that It was time to start week 9! I got up and made my pre-workout *VP2*, *HSC*, and *GL3*, and started to visualize the back and trap workout that I was about to perform. I thought about building a wide, muscular back and a well-developed set of traps.

I felt good on pull-ups again today and was able to match my performance from the prior week. I concentrated on making sure that I went all the way up and all the way down in a controlled fashion. I stayed with 225 lbs on both sets of bent over barbell rows this week because I feel that I would have to get too sloppy on form to go any heavier right now. I made a small increase of 2 lbs on V-Bar pulldowns compared to last week and was able to complete 6 reps on both sets. I matched last week's performance on seated rows and had to really concentrate to complete the sixth rep.

I had worked up a good sweat by the time I got to weighted hyperextensions. I think it was little hotter in the gym today than usual. I completed 12 slow and controlled hyperextensions while holding a 45 lbs dumbbell in front of my chest. I concentrated on squeezing my lower back muscles at the top of the movement. I moved up five lbs this week on barbell shrugs for all three sets and felt like I was achieving a good range of motion. One intense weight training session down, four to go for the week. I need to keep the intensity and focus as high as ever this week.

### **Cardio:**

On Saturday morning at the beach I went to the Gold's Gym and paid the daily \$10 guest fee. I found a stairstepper that was very similar to the one I use at my gym at home. I set the machine on the manual setting for 30 minutes and went to work. I increased the intensity during the session to the point where I was working extremely hard, but where I did not have to put my hands on the handrails. The distance read 3.77 miles when I was finished, which is similar to my recent 30 minute sessions on the stairstepper. I figured I would get my money's worth and went back to the gym later that afternoon for another intense session. This time I chose the recumbent bike and performed 16 very intense

minutes using the “rolling hills” setting on level 18. I liked this bike much better than the one at my gym at home and got a great workout.

On Sunday, I decided to go for a run outside. I went pretty early (around 9:00 a.m.), but it was still VERY HOT and humid outside. I ran for 30 minutes and pushed myself to go as hard as I could. Several times during the run I thought I was not going to make it back, but I just kept reminding myself how badly I want to get really lean. I kept going and finally finished the 30 minute run. With the combination of the intense run and the beach heat and humidity I was sweating more than I have in a long time. I immediately started to drink large quantities of water and continued to do so throughout the day in order to replace the water lost during the workout. I also mixed up a post-workout strawberry *Ny-Tro Pro* 40 with 15 grams of *GL3 L-Glutamine* and a banana from the hotel lobby. After that run I think my body probably benefited from the extra post-workout carbs from the banana, and the shake was delicious! My next cardio session will be tonight on the stairstepper. I will begin on interval level 9 and attempt to pass my previous farthest 20 minute distance of 2.72 miles.

## Week 9: Tuesday, April 30, 2002

I am noticing that I am starting to get a lot of comments and questions at the gym. People are noticing the intensity that I am training with, as well as the changes that I am making to my body. I have gotten some good complements and words of encouragement from those at the gym who know I am competing in the *AST 2002 World Championships*. Of course, there is also always the people who question the way I am training, eating, or supplementing, and feel that it is their obligation to share with me how they feel. They simply can't believe that "all of that stuff is necessary." I guess I just have to accept that there will always be the type of people who provide negative comments concerning my bodybuilding goals and activities. This is something that Skip La Cour talks about on his website and his *Mass Machine II Training Video*. I must learn to appreciate the positive comments and ignore the negative ones. I must remain focused on my task at hand using the knowledge and techniques I have learned from the *AST* crew. These are the same techniques that have been so successful for top athletes, such as Jeff Willet and Skip La Cour. I am confident that if I stick with my plan and concentrate on achieving excellent execution every day then in the end I will have a feeling of success that no one can take away.

### **TRAINING:**

#### **Shoulders:**

Military Press (To the Front)....3 x 4 @ 160 lbs (After Warmup)

Dumbbell Presses....1 x 5 @ 70 lbs

Seated Bent-over Rear Lateral Raises....2 x 6 @ 60 lbs

#### **Abs:**

Weighted Leg Raises....1 x 15 @ 35 lbs, 1 x 12 @ 35 lbs

Rope Cable Crunches....2 x 12 @ 180 lbs

Swiss Ball Leg Raises....1 x 15

Swiss Ball Crunches....1 X 15

I was very motivated to train shoulders this morning and thought about Jeff Willet's Training Journal yesterday where by Paul Delia said "You can't have shoulders that are too big." I felt good during warm-ups and then loaded the straight bar with 160 lbs for military presses. The weight felt heavy and I actually performed one less rep on my first set compared to last week. I think that I may need to use a heavier weight for my last



warm-up set so that my body is better prepared for the heavy sets. I was determined to stay at 160 lbs and was able to complete 4 reps on the last two sets as well. I really wanted to focus on having a good set of dumbbell presses this week and felt much better on this exercise compared to last week. I was able to complete one extra rep compared to last week with some small assistance from a spotter on the last rep. I stayed with the 60 lbs dumbbells on rear lateral raises and completed 6 strong reps on both sets. I still think that this is a good weight that enables me to use good form and achieve maximum overload.

My ab workout was excellent today. I have been very motivated during ab training ever since my abdominal muscles have started to become visible. I improved my repetitions on all abdominal exercises this week compared to last week. I am still getting the hang of using the Swiss Ball and find myself losing my balance at times during the exercises. My intensity and focus was good throughout my workout today. I need to keep this theme going for the rest of the week!

### **Cardio:**

Last night I came up just shy of my recently established 20 minute stairstepper record of 2.72 miles by going 2.71 miles. I started on interval level 9 again and was forced to work hard from the very beginning of the workout all the way to the end. I was completely out of breath and pouring with sweat by the end of the workout. This cardio session was another positive step towards achieving the lean, muscular conditioning that I am seeking. Tonight, I have a basketball game for my non-work league. This will be my second cardio session of the week and I will make sure that I run hard so that I crank up my metabolism and burn some more bodyfat.

## **Week 9: Wednesday, May 1, 2002**

I had to travel out of town today for work and will have to travel to a different out of town location tomorrow. This travel should not affect my training, diet, and supplementation plan at all since I will only be gone for the day. I completed my weight training session this morning before leaving and I plan to do the same tomorrow. I also packed all of the food for the day in my small cooler and brought my trusty backpack full of supplements. I will be traveling about 3 ½ hours from home tomorrow so I will bring enough food for both lunch and dinner in case I do not get home before dinner time. I think that having a clear plan and being prepared for all situations has helped me tremendously in sticking to my diet and supplementation schedule during the *AST 2002 World Championships*.

Tonight, we have our weekly chat session. I do not have cardio scheduled for tonight so I just need to make sure that I leave work in time to get home for the chat session at 7:00 p.m. It takes about an hour to get home from where I am working so if I leave by 6:00 p.m. I should be fine. Also, I already have enough food cooked for tomorrow's lunch and dinner so I don't have to worry about cooking tonight. This is another advantage of planning ahead and cooking several days worth of food at one time. I can't wait to see what is in store tonight during the chat session. So far, the sessions have been awesome and I really look forward to them every week

### **TRAINING:**

#### **Legs:**

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

Leg Press....1 x 6 @ 675 lbs, 1 x 6 @ 685 lbs

Straight leg dead lifts....2 x 4 @ 330 lbs

This morning before my workout I was thinking about how I was having good workouts, but that I was not really getting as excited about attacking my workouts like I have been in the previous weeks. I reminded myself that I was going to the gym today to overload and BUILD SOME MUSCLE! I also reminded myself of the dramatic effect that leg training, especially squats, has on lower body and total body development. I then thought about the way that I want to look and the muscularity that I want to have. This thought process got me very motivated to get to the gym and get ready to challenge myself to perform an AWESOME leg workout. After warming up very well I went after my first set of squats with a burning sense of desire. I completed five strong reps at 280 lbs and this set gave me confidence and momentum for the rest of the workout. I completed another set of 5 reps on my second set and then 4 reps on my third set.

I was off to a good start and the energy and momentum carried over into leg presses. I completed an extra rep at 675 lbs this week compared to last week. I was also able to

complete another 6 reps after moving up ten lbs to 685 lbs on my second set. I had to barely spot myself with my hands on my last rep of the second set. However, I was definitely stronger on leg presses today compared to last week. Straight leg deadlifts at 330 lbs were challenging, but I managed to complete 4 reps on both sets. I was really sweating after today's leg workout and my legs were totally gone! I need to generate the type of intensity and desire that I had today during ALL of my weight training sessions. If I am able to do so then I know that my results will be that much better.

### **Cardio:**

We won our basketball game last night and I got a great cardio workout as well. Our team played very well together and the game was fast paced. I guarded a guy that was a couple of inches taller than me (I am 6'6) that weighted at least 50 lbs more than me. He was a good player and I had to work very hard down in the post to get position on him. Last night's game was a good challenge and a good workout. Today is one of my rare non-cardio days at this point in the contest. I will attend the chat session tonight and get some rest so that I am ready for chest and calves in the morning.

## Week 9: Thursday, May 2, 2002

Skip La Cour shared some extremely motivating stories involving himself and Jeff Willet last night during the chat session. I have the utmost respect for the amount of dedication and persistence that these guys have put into achieving their goals and dreams. Like Skip said, they have achieved extraordinary results because they have paid an extraordinary price. The examples of persistence and passion for success displayed by Jeff Willet and Skip La Cour serve as a HUGE motivating factor for me as I strive to reach my own goals and dreams.

I just got in from a long day of driving. I had to go to a client in Dothan, AL, which is about 3 ½ hours each way from Birmingham. The work I had to do only took a couple of hours so most of the day was spent driving. I actually enjoy driving by myself sometimes. It gives me a chance to listen to whatever music I want and to reflect on different aspects of my life. Today, one of the things I thought about was how far I have come with my progress during the *AST 2002 World Championships*. I also thought about what I need to do over the last four weeks in order to be in the best possible condition that I can. I am in better shape now than I have ever been in my life and it would be easy to be satisfied with my accomplishments and just finish the contest. But I am not satisfied. I want to go to the next level. I want to continue to get leaner and stronger over the next four weeks and achieve a level of fitness for myself that I never thought possible. I want to do everything to give myself the best possible chance to win the *AST 2002 World Championships*. But most of all, I want to be able to look back at my contest preparation and know that I gave it my all and held nothing back. That way, I will have no regrets and no “what ifs.” I know it is going to be tough, but I am ready for the challenge. This is how I feel, but these are only words. I have work to do and NOW is the time to get it done.

### **TRAINING:**

#### **Calves:**

Calf Raises on Leg Press....3 x 8 @ 875 lbs (After warmup)

Seated Calf Raises....1 x 8 @ 275 lbs, 1 x 7 @ 280 lbs

#### **Chest:**

Flat Bench Barbell Presses....1 x 5 @ 240 lbs (after warmup), 2 x 4 @ 240 lbs

Incline Bench Barbell Presses....2 x 4 @ 210 lbs

Decline Barbell Press....1 x 5 @ 240 lbs

I am always fired up for my Thursday morning workouts following the online chat sessions. This week I was able to complete 8 reps on all three sets of calf raises on the

leg press machine at 875 lbs. The weight was moving good and I really tried to stretch my calves at the bottom of the movement. I also improved this week on seated calf raises in weight compared to last week. As I warmed up on the bench press I thought about how bad I want to have a well-developed chest. I pushed hard and was able to match my performance on flat bench press compared to last week. I also matched my performance from last week on incline bench barbell presses. 210 lbs is still feeling very heavy on incline presses. I was determined to make an improvement from last week and squeezed out one extra rep on my set of decline barbell presses. As soon as I finished my last set I added some water to my *VP2* and *HSC* mix and began sipping to initiate the recovery process. I tried the chocolate *VP2* and grape *HSC* as suggested by some of the other contestants during last night's chat session, and they were right. It is delicious. Tonight, I have my basketball game for my work league and then an intense arm training day in the morning.

## Week 9: Friday, May 3, 2002

I found Jeff Willet's training journal entry yesterday very inspiring and motivational. He discussed how when things get tough it is important to remind yourself of your goals and what type of final product you want to display at the end of the contest. He also stated how it was the things that we are doing, or not doing, NOW, that will ultimately determine our final presentation, which for me is my final contest photos and the new body I will have at the end of the *AST 2002 World Championships*. I found Jeff's entry especially appropriate at this point because I am getting very tired. I am feeling the strain of performing a tremendous amount of physical activity while continuing to decrease my daily caloric intake. I am having cravings to eat pizza and other non bodybuilding foods and I am feeling so tired some mornings that I am tempted just to stay in bed and work out later.

However, I also am convinced that if I keep pushing myself and stay on track then I will achieve a level of muscularity and leanness that I have never come close to achieving in my entire life. I am determined to remain focused and do everything to the best of my abilities to make the remaining weeks of my contest preparation as productive as possible. I know in my heart that if I continue to give it my all then I will be rewarded in the end with an awesome feeling of pride and accomplishment, and that it will have been well worth all of the hard work and sacrifice.

This weekend I have a wedding to go to on Saturday afternoon for one of my coworkers. This will be a good opportunity to socialize with some of the people I work with who I do not get to see that often since we all travel a lot to different places. Other than the wedding my weekend will consist of performing my cardio workouts and normal errands. I will probably also try to rent a movie or two for a little entertainment and relaxation.

### **TRAINING:**

#### **Biceps:**

Straight Bar Curls....2 x 6 @ 165 lbs (After warmup), 1 x 5 @ 170 lbs

Alternate Dumbbell Curls....2 x 5 @ 90 lbs

\*I alternate between bicep and tricep exercises each set, taking a full rest in between each set.

#### **Triceps:**

Lying Tricep Presses....1 x 6 @ 145 lbs (After warmup), 1 x 5 @ 145 lbs

Seated Overhead Tricep Press (with dumbbell)....2 x 6 @ 85 lbs

Straight Bar Tricep Pushdowns....1 x 6 @ 145 lbs

### **Forearms**

Standing Dumbbell Wrist Curls....1 x 8 @ 60 lbs, 2 x 7 @ 60 lbs

Arm training continues to get better and better. After reading Jeff Willet's Thursday training journal entry and reconfirming my desire to achieve outstanding results, I attacked today's workout with passion and fire! After completing two sets of 6 reps on straight bar curls at 165 lbs I moved up to 170 lbs, which is the heaviest I have ever used on this exercise in my entire life. I knocked out 5 strong reps at 170 lbs. I also started off higher in weight this week on lying tricep presses and improved my performance from last week. I thought about building massive biceps before I took on the 90 lbs dumbbells this week for alternate dumbbell curls. I dug in hard and was able to complete an extra rep on my second set of dumbbell curls today compared to last week. I also completed an extra rep on both sets of seated overhead tricep presses today compared to last week.

I was going strong and feeling good, but I reminded myself that I still had one set of tricep pushdowns and then forearms to finish before I could call it an awesome workout. I added an extra 5 lbs for tricep pushdowns and still completed 6 reps. I was going to start with the 55 lbs dumbbells for standing dumbbell wrist curls but I did not see them anywhere around the dumbbell rack. I took that as a sign that it was time to move up to the 60's. I concentrated on a good contraction on both portions of the forearm movement and was able to improve on reps compared to the prior week, while using a heavier weight. Today's workout was exactly what I needed to reinforce my commitment to being the best that I can be each and every day and always striving to improve during every workout. I will burn this feeling into my brain and use it as motivation over the final weeks of the contest.

### **Cardio:**

KPMG makes it two in a row last night with a big victory in our basketball game. We are really starting to get it together as a team. Also, I can tell that everyone is in much better shape than at the beginning of the season. I played very aggressively and had one of my best games of the year. I had a lot of energy and my jumping ability felt good. I still have not gotten a dunk in a game yet this year, but I am ready for the opportunity. Once again, I played the whole game and got a great cardio workout. My plan is to perform an intense cardio workout today after work and then another on Saturday and Sunday. I plan to place a large emphasis on maximum fat burning over the last four weeks of the *AST 2002 World Championships*. The leaner I am, the better my physique will be displayed in my final photos. I will take my bodyfat % on Sunday and then decide what changes to make to my diet for the upcoming week.

## Week 10: Monday, May 6, 2002

I have decided to view the next four weeks not as the final quarter of the *AST 2002 World Championships*, but as a new beginning, or a new four week contest so to speak. This way, I can remain totally focused on a more condensed timeframe. I have done a very good job during the first 9 weeks and have made some great progress, but at this point the only additional improvements I can make must come over the next 28 days. It is time to raise my standards another level and make as much progress as possible over the next four weeks!

Another three weeks have gone by and it was time again to test my bodyfat %. I measured at 10.3% bodyfat, weighing 223 lbs, compared to my previous measurement of 13% bodyfat at 229 lbs. I feel like I look leaner than 10% bodyfat based on looking in the mirror, but that is what the calipers say. I have used the same computerized bodyfat calipers each time and I am more concerned with the progressively lower bodyfat percentages with each testing rather than the actual number. It appears that all of the weight I have lost over the last three weeks is fat, which is very good. I will really have to step it up over the next four weeks in order to strip away enough bodyfat to reach my goal of going under 6% before carbing up and taking my final photos. Once again, I am not going to get too concerned about the bodyfat % #'s, but just keep adjusting calories and cardio based on what I see in the mirror. My main goal is to get as lean as possible while maintaining/adding lean muscle so that I can display my best possible physique.

With my final push to rid myself of excess bodyfat I have made the following changes to my diet: Following the advice of Jeff Willet, I have reduced my pre-workout *HSC* to ½ scoop, but kept a full scoop of *HSC* in my post-workout meal. In order to make up for the decrease in my pre-workout creatine I have added a ½ serving of *Micronized Creatine* at his time. This change results in a decrease of 68 calories. I have also reduced my *VP2* from Meal #1 to ½ scoop and taken away 1 new potato from Meal #1. This results in a total decrease of 80 calories from Meal #1. My final diet change is a decrease in my *VP2* from Meal #4 from 1 scoop to ½ scoop for a decrease of 55 calories. The total decrease in calories this week comes to 203. This makes for a good reduction in calories without doing anything too drastic. I still have a very strong all important post-workout diet plan and then a steady intake of high quality protein throughout the day. I am getting to the point where I must make some post-workout nutrition sacrifices in order to reduce calories and really strip bodyfat, but I am attempting to make this a gradual process. I am also adding 1 *Dymetadrine Xtreme* before Meal #4 for an extra boost to my metabolism during the day, which makes a total of 5 *Dymetadrine* per day, which is the maximum recommended daily amount on the bottle. I am also starting to become very generous with my *GL3 L-Glutamine* servings so that I will be taking in at least 40 grams per day.

I think that these diet changes will help to increase the rate at which I am losing bodyfat. I also plan to increase my cardio by 1-2 sessions per week for a total of 8-9 weekly



sessions. Once again, nothing too drastic but enough to cause an increase in my metabolism and speed up the fat burning process.

### Current Nutrition and Supplementation Plan:

	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Calories</u>
<b>Upon Rising (6:00 AM)</b>				
GL3 L-Glutamine-10 grams				
<b>Pre-Workout (6:10 AM)</b>				
ProFlex 750-1 Capsule				
Dymetadrine Xtreme-2 capsules				
ALA200-1 Capsule				
1 Scoop VP2	24	1	0	100
1/2 Scoop Creatine HSC	0	17	0	68
Micronized Creatine-1/2 Serv.				
<b>Post-Workout (7:45 AM)</b>				
ProFlex 750-1 Capsule				
ALA200-1 Capsule				
NAC500-2 Capsules				
Vitamin C-1000mg				
Vitamin E-1000 I.U.				
Beta Carotene-50,000 I.U.				
1 Scoop VP2	24	1	0	100
1 Scoop HSC	0	34	0	136
<b>Meal # 1 (8:15 AM)</b>				
GL3 L-Glutamine-10 grams				
Multi Pro 32X-1 capsule				
CLA1000-2 capsules				
1/2 Scoop VP2	12	.5	0	50
1 box eggbeaters	24	4	0	120
3 canned new potatoes	1.5	19.5	0	90
<b>Meal # 2 (9:15 AM)</b>				
Vitamin C-1000 mg				
Ny-Tro PRO-40	40	22	1.5	250
<b>Meal # 3 (11:30 a.m.)</b>				

Dymetadrine Xtreme-1 capsule				
ProFlex 750-1 Capsule				
CLA1000-2 capsules				
4 Chicken Breast Tenderloins	38	0	1	160
4 Cups Broccoli	12	16	0	100

<b>Meal # 4 (2:15 PM)</b>				
Dymetadrine Xtreme-1 capsule				
GL3 L-Glutamine-5 grams				
Vitamin C-1000mg				
½ Ny-Tro PRO-40	20	11	.75	125
1/2 Scoop Chocolate VP2	12	1	.25	55

<b>Meal # 5 (4:45 PM)</b>				
Dymetadrine Xtreme-1 capsule				
½ Ny-Tro Pro-40	20	11	.75	125
1 Scoop Chocolate VP2	23.5	2	.5	110

<b>Meal # 6 (7:00 PM)</b>				
ProFlex 750-1 Capsule				
CLA1000-2 capsules				
Multi Pro 32X-1 capsule				
GL3 L-Glutamine-10 grams				
Large Salad	2	6	0	30
Mixed Vegetables-1 Serving	3	12	0	60
4 Chicken Breast Tenderloins	38	0	1	160

<b>Meal # 7 (10:00 PM)</b>				
GL3 L-Glutamine-5 grams				
ALA200-1 Capsule				
Vitamin C-1000mg				
Ny-Tro PRO-40	40	22	1.5	250

<b>10:15 P.M. (Before Bed)</b>				
GABA-5 grams				

<b>TOTALS</b>	<b>334</b>	<b>180</b>	<b>7.25</b>	<b>2089</b>
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I will continue to drink at least two gallons of water per day.

\*On cardio days, I will consume the VP2 from Meal #5 immediately after my cardio session at approximately 6:15 p.m with 10 grams of GL-3 L-Glutamine.

## **TRAINING:**

### **Back:**

Pull-Ups (To failure)....1 x 10, 1 x 8, 1 x 6 (After Warmup on lat pulldowns)

Bent Over Barbell Rows....1 x 6 @ 225 lbs, 1 x 6 @ 230 lbs

V Bar Pulldowns....2 x 5 @ 275 lbs

Seated Rows....1 x 6 @ 265 lbs

Weighted Hyperextensions....1 x 12 @ 45 lbs

### **Traps:**

Barbell Shrugs....2 x 6 @ 355 lbs, 1 x 6 @ 360 lbs

I woke up this morning with a great attitude and level of excitement about the next four weeks of contest preparation. I was more than ready to attack my back workout and felt as strong as ever in the gym this morning. After warming up I completed an extra rep on pull-ups during my first set by performing 10 reps. This is my best set of pull-ups yet. I stayed the same on my second set compared to last week and actually went down 1 rep on my third set this week. I think forcing out the extra rep on my first set took away some of my energy from my second and third sets. Also, I was so pumped up and ready to go that I probably didn't rest long enough in between sets. I will work to improve on my second two sets next week.

During my first set of bent over rows I felt like I was using much better form compared to previous weeks so I moved up to 230 lbs on my second set. I felt very strong and completed six reps on both sets. I moved up five lbs on V-Bar pulldowns to 275 lbs. This weight felt very heavy but I still managed five solid reps on both sets. I stayed with 265 lbs on seated rows and concentrated on keeping good form and really squeezing my back. While performing weighted hyperextensions I thought about building a strong, deep indented lower back as I squeezed hard at the top of each rep. Trap training also felt great today. I was moving the weight very well and moved up five lbs on my third set. If I can keep having workouts like this, while sticking to my strict diet and supplementation plan, then I know that I will make some awesome progress over the next four weeks!

### **Cardio:**

I ended up performing four cardio sessions this weekend. On Friday night I chose the recumbent bike for 16 intense minutes. I ended up tying my previous distance of 9.28 miles. On Saturday morning it was 30 minutes on the stairstepper. I

cranked up the intensity and beat my previous 30 minute best distance on this machine of 3.54 miles by going 3.63 miles.

Sunday morning, I decided to jump on the treadmill and do some interval sprints (Max-OT style!). I felt great and was really working at some high levels and inclines and then the machine started slowing down when I set it over a certain speed. The treadmill actually flashed the message “Cannot obtain programmed speed.” Can you believe that? Anyway, instead of getting mad I did the best I could and ran hard a little longer than normal for a total of about 22 minutes. I ended up reaching a good level of intensity. I decided to come back Sunday afternoon for a second cardio session. I wanted to make it quick and intense. I set the stairstepper for 15 minutes on the interval setting at level 10, which is the highest level on the machine. This was an extremely intense 15 minutes. Even the lower intervals were very fast. I pushed hard for 15 minutes and had to use the handrails some during the last part of the workout where there are 3 “high intervals” in a row. It felt like my heart was going to pound right out of my chest. I knew that I had achieved my goal of raising my metabolic rate during this session. Tonight I will attack the stairstepper again with a lot of intensity and desire!

## **Week 10: Tuesday, May 7, 2002**

Last Friday, I e-mailed Jeff Willet a question about increasing cardio sessions and decreasing calories over the last few weeks of contest preparation. He suggested that I begin to add an extra 10-12 minute *Max-OT* cardio session during the day a couple of days per week and increase these second daily sessions IF needed based on how I look. He said that this strategy will add an extra blast to my metabolism. Well, I decided to take Jeff's advice and headed off to the gym at lunch time today. I hopped on the stairstepper and set the machine on the interval setting for 12 minutes at level 10. Before performing the session I had decided to take a shower before returning to work only if I sweated a lot. Well, after pumping out 12 HARD minutes on the stairstepper not taking a shower was not even an option! I was pouring with sweat! I showered and headed back to work feeling energized and ready to take on the rest of the day. I think that these mid day cardio blasts will be very beneficial as I strive to burn as much bodyfat as possible over the next four weeks.

I feel more focused now than I have during the entire contest. I know that the deadline is drawing near and that each and everything I do or don't do will determine the amount of progress I make during the last phase of my contest preparation. Last week, my basketball game was at 6:00 p.m. so I was not able to attend Skip La Cour's Mass Machine Chat Session. Tonight, my game is not until 9:00 p.m. so I am planning to participate in the chat. I will take this opportunity to ask questions and listen to what the Skipper has to say.

### **TRAINING:**

#### **Shoulders:**

Military Press (To the Front)....1 x 5 @ 160 lbs (After Warmup), 2 x 4 @ 160 lbs

Dumbbell Presses....1 x 5 @ 70 lbs

Seated Bent-over Rear Lateral Raises....2 x 6 @ 60 lbs

#### **Abs:**

Weighted Leg Raises....1 x 15 @ 35 lbs, 1 x 12 @ 35 lbs

Rope Cable Crunches....2 x 12 @ 180 lbs

Swiss Ball Leg Raises....1 x 15

Swiss Ball Crunches....1 X 15

My motivation and energy level was very high again this morning as I prepared for my shoulder and abdominal workout. I was able to get an extra rep on my first set of shoulder presses this week compared to last week. Dumbbell presses felt good again today and I matched my performance from last week by completing five reps. I stayed with the 60 lbs dumbbells on bent-over rear lateral raises and felt better than ever performing this exercise. I felt totally in control of the weights and very strong. Next week I may have to jump up to the 65 lbs dumbbells for this exercise.

Abdominal training continues to be very intense. I just keep reminding myself about displaying a “ripped up” midsection in my final photos! (And also just in time for summer!) I stayed with the same weights on weighted leg raises and rope cable crunches, as these are very challenging for me. My balance and coordination on the Swiss Ball continues to get better. I am noticing that as I obtain better control over my body during Swiss Ball movements I am able to better concentrate on working my abdominal muscles instead of trying to keep from falling off the ball! Today was another very productive workout. I will continue to take on my intense workouts one at a time. This way, I can remain totally focused and make each workout as intense as possible.

### **Cardio:**

It was 20 intense minutes on the stairstepper last night. I started on level 9 on the interval setting again and ended up tying my best distance of 2.72 miles. It was a very intense session and I could feel the effects of the workout long after I stepped off of the machine. As I mentioned above I performed 12 minutes of intense cardio on the stairstepper today during lunch on interval level 10. Tonight, I have a basketball game at 9:00 p.m. This is the latest game of the league and will force my bedtime to be later than usual by the time I get home, shower, EAT a *Ny-Tro*, and settle down. I should be fine though since I have normally been getting 7 to 7 ½ hours of sleep per night. We will try to keep our winning streak going and I will definitely run hard the whole game!

## Week 10: Wednesday, May 8, 2002

Last night, Skip La Cour's Mass Machine Chat Session was an open question/discussion session. It was an informal chat session and there was great participation by all who attended. I completed my assignment given by Skip La Cour last Wednesday to identify the 3 Things that you REALLY want out of life and then describe the PRICE you are willing to pay to get those things. Skip's exercises are always very thought provoking. I started out trying to be concise, but ended up writing and writing. Skip's exercises really cause you to THINK.

Tonight, we have our weekly chat session for the *AST 2002 World Championships*. As we draw closer to the final stages of the contest, hundreds of questions and concerns go through my head. Based on our last few chat sessions it appears that many of the other contestants are experiencing the same feelings that I am having. I am trying hard to stay focused and not make things more complicated than they need to be. I have experienced great success using the *Max-OT* principles combined with my nutrition program and *AST Sports Science* Supplements. I just need to make sure that I continue to execute my plan, while always reaching for a higher level and expecting more out of myself every day. If I can continue to do this then I don't think that I can go wrong! I must continue to maintain a winning attitude and execute day in and day out, regardless of how tough things may seem over the next few weeks. I know that it will all be worth it in the end.

### TRAINING:

#### Legs:

Squats....1 x 5 @ 280 lbs (After Warmup), 1 x 4 @ 280 lbs, 1 x 5 @ 280 lbs

Leg Press....2 x 5 @ 695 lbs

Straight leg dead lifts....2 x 4 @ 330 lbs

Due to a double overtime game before our game last night we did not begin playing basketball until about 9:30 p.m. and were not finished until about 10:30 p.m. By the time I got home, got my things ready for today and settled down for bed it was almost midnight so I got a little less sleep than I am used to. I was pretty tired this morning and a little stiff from the game. Today was leg day and I had to make sure that I was in the right mental state to train with 110% intensity. I warmed up very thoroughly and kept reminding myself that I could tough it out for 40 minutes. Once I started going I had no problems generating great mental and physical intensity and energy.

As you can see from my weight and reps above I performed 5, then 4, then 5 reps on my three set of squats today. Jason, one of the trainers at my gym, was able to spot me today. I am always glad when he is able to help me because he knows how to give a very good spot and is very encouraging and motivating during my heavy sets of squats. After really struggling to complete four reps on my second set of squats, Jason told me that he

did not have to help me at all on my last rep and that I should have tried for another rep, even if he had to give a little assistance. Jason is not the type of person to “blow smoke up your ass”, especially since I know him well and he knows how important the *AST 2002 World Championships* are to me. He was right. How do I know if I could have gotten a fifth rep by myself? I don’t because I didn’t try. Well, on my third set I was determined to go to ABSOLUTE positive failure, even If I failed to get my last rep on my own. I felt like I was about to crumble after completing four reps but I was not going to stop and wonder “what if” this time. I started down for my fifth rep. At the bottom of the squat I drove up as hard as I possibly could and finished the fifth rep. Jason had to give me a little help to come out of the very bottom of the squat, but I basically completed an extra rep on my own. Pushing myself like this when I did not think I could allowed me to complete 25% more reps on my third set of squats compared to the second set.

Although I have been working extremely hard and striving to reach absolute failure during my workouts, today’s example proves that there is ALWAYS a higher level to be reached. Having a great spotter is SO important in being able to obtain high levels of intensity on squats and I am very grateful for Jason’s help.

After finishing squats I reminded myself that I still had leg presses and straight leg deadlifts before I could call it a day. I increased my weight again this week on leg presses and completed five strong reps on both sets. I matched last week’s performance on straight leg dead lifts, but I felt like I was in better control this week during the exercise. I could REALLY feel it in my hamstrings! I achieved great overload today and learned a valuable lesson about always striving for a higher level of intensity!

### **Cardio:**

We lost a heartbreaker last night during our basketball game. We played one of the best teams in the league and we only had five guys show up. Everyone on our team played their butts off and we outran the other team even though they were substituting players while all of us had to play the whole game. It was a close game but the other team hit a big shot at the end of the game to win by 3 points. I am proud of our team for putting forth a great effort. Also, I definitely accomplished my task of getting an intense cardio workout. I am planning to perform my next cardio session tonight after work. I have not decided what my machine of choice will be, but one of the machines at the gym is in for 16 minutes of intensity tonight!



## Week 10: Thursday, May 9, 2002

I had a “semi catastrophe” at the gym this morning that ended up being a pretty humorous event at my expense. After working out, showering, and getting dressed for work as I do every morning, I heated up my eggbeaters and potatoes, which I always eat on the way to work. Well, as I was walking to my car with my hands too full, as usual, a big gust of wind took my Tupperware container of food right out of my hands. All I could do was watch as what has become one of my favorite meals of the day went flying and then splatted on the ground. My first reaction was to be upset but then I just started to laugh because the eggs and chopped up potatoes all over the ground looked like someone had “lost their lunch” in the parking lot! My friend, Jason, who is a trainer at my gym, got a big laugh out of it also. Anyway, since I still needed to supply my body with high quality nutrients I drank my normal Meal #2 *Ny-Tro Pro* at this time and had my “emergency” *VYO-PRO* bar and ½ scoop of *VP2* for Meal #2 about an hour later. This combination ended up supplying carbs and protein almost identical to my regular nutrition schedule and the *VYO-PRO* bar was a real treat! Sometimes unexpected things are going to happen, but if this is the worst thing that happens to me all day then I am doing alright.

Last night during the *AST 2002 World Championships* chat session, Jeff Willet discussed the importance of keeping a training journal and the value it possesses in helping you to achieve your goals. Jeff emphasized how he believes that keeping a daily journal has played a huge role in his success while training for bodybuilding competitions, such as last year’s Team Universe. This is the first time in my life that I have ever kept a daily training journal and I cannot begin to express how beneficial it has been during my preparation for the *AST 2002 World Championships*. Like Jeff said, it forces me to be accountable for every aspect of my training each and every day. It also serves as a great reference tool for tracking progress with my weight training, cardio, and diet and nutritional plan. I am literally so EXCITED each day to write about my experiences and feelings in my journal. I want this journal to be documentation of my journey during the *AST 2002 World Championships* and I want the majority of the experiences in the journal to be positive ones of accomplishment as opposed to failures or missed opportunities. This forces me to continually raise my standards and work towards improvement, which is what makes keeping a daily training journal such an awesome tool! Sometimes I feel like I could write all day and have to make myself “cut it off.” I just hope I don’t keep Jeff up all night trying to finish reading all of it!

### TRAINING:

#### Calves:

Calf Raises on Leg Press....3 x 8 @ 875 lbs (After warmup)

Seated Calf Raises....1 x 8 @ 280 lbs, 1 x 7 @ 280 lbs

**Chest:**

Flat Bench Barbell Presses....3 x 4 @ 240 lbs (after warmup)

Incline Bench Barbell Presses....2 x 4 @ 210 lbs

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

I started things off today with some heavy calf raises on the leg press machine. I stayed with 875 lbs this week. I really have to concentrate and push hard at this weight in order to perform the exercise with a complete range of motion. I was able to complete 8 reps on all three sets this week. I started with 280 lbs on my first set of seated calf raises, which is an increase of 5 lbs compared to last week. I completed 8 reps on the first set and then 7 reps on my second set. Time for Chest training.

I have noticed that my butt has started to come off of the bench during my heavy sets of bench presses. I realize that this is not part of *Max-OT* form and I consciously tried to keep my butt down on the bench today. My execution was better but I completed one less rep on my first set compared to last week. I was able to finish 4 reps on all three sets and feel that my execution and form was improved from last week. I have been really struggling to get 4 reps at 210 lbs on incline bench presses, but I felt stronger today on this exercise than I have since I started doing incline barbell presses a few weeks ago. I completed four reps on both sets and needed just a small amount of spotter assistance during my last few reps. I fought hard on decline barbell presses but was not able to complete a fifth rep this week. Overall, I had a very intense chest and calf workout. Not much improvement in weight, but better execution and great focus.

**Cardio:**

There was a big wreck on the interstate yesterday after work so I really had to “move it” in order to get to the gym and perform my cardio workout and get home in time for the chat session. I found my favorite bike and went to work. I was peddling furiously and I thought that I would surely pass my previous best distance, but I ended up tying it by going 9.28 miles/kilometers (whichever one it is). My shirt was sweaty and my legs were screaming, which let me know that I had finished another effective *Max-OT* cardio session. Tonight, we have our last regular season work league basketball game against Ernst and Young, our biggest competitors (on the basketball court at least). We have beaten them the last two years and I know that they will be out for revenge! We are going to have to play with a lot of intensity and desire! I can’t wait!

## Week 10: Friday, May 10, 2002

I have decided to end the training portion of my contest preparation on Thursday, May 30, which gives me exactly 21 days (counting today) to burn as much fat as possible, while preserving/building lean muscle mass. Things are definitely getting tougher, but there is no slowing down now. I must stay completely focused and mentally strong in order to gain the most from these final three weeks of the *AST 2002 World Championships*. I have had a very productive week of training and dieting and need to finish out the week strong by completing all of my scheduled tasks this weekend.

One of my good friends, Mark Vines, a.k.a. “Vinny V” participates in Global Championship Wrestling (GCW). Their organization has been getting some good recognition lately and is having a big event this Saturday in Birmingham. I am planning to go to the event on Saturday night and support my friend. I know a lot of people think that wrestling is a “fake” sport. Well, yes it is “staged” and there is a script for each match, but the physical demands these guys put on their body’s is very real. I really enjoy the GCW events and it is always interesting to see Mark Vines, who has a daytime office job where he wears a suit and tie, turn into “Vinny V”, heavyweight wrestler. I think that going to the event will be a great opportunity for me to enjoy some good entertainment while spending time with friends.

I also can’t forget that Sunday is Mother’s Day! I need to make sure that I get my mom something nice to show my appreciation for everything she has always done for me. My dad informed me that the whole family was meeting at “Las Piñatas” Mexican Restaurant Sunday for lunch. Gee, thanks a lot guys. At this point in my contest preparation there is no way that I can eat anything from a Mexican Restaurant. I will just have to eat right before I go and then drink a lot of coffee and water while everyone else chows down on chips and salsa, enchiladas, and tacos. That’s fine. I am focused in on my goal right now and I can eat Mexican Food after the contest is over if I feel like it.

### **TRAINING:**

#### **Biceps:**

Straight Bar Curls....3 x 5 @ 170 lbs (After warmup),

Alternate Dumbbell Curls....2 x 5 @ 90 lbs

\*I alternate between bicep and tricep exercises each set, taking a full rest in between each set.

#### **Triceps:**

Lying Tricep Presses....2 x 5 @ 145 lbs (After warmup)

Seated Overhead Tricep Press (with dumbbell)....2 x 6 @ 90 lbs

Straight Bar Tricep Pushdowns....1 x 4 @ 145 lbs

### **Forearms**

Standing Dumbbell Wrist Curls....1 x 8 @ 60 lbs, 2 x 7 @ 60 lbs

Last week I moved up to 170 lbs on straight bar curls on my last set so that is where I started today. The weight was heavy but I managed five reps on all three sets at this weight. During my second set of lying tricep presses my right hamstring started to cramp up very badly. I think I may have been a little dehydrated from my basketball game last night even though I tried to drink as much water as possible last night and this morning. With this distraction I barely got up my third rep. I paused for a minute and decided to totally block out any discomfort from my hamstring and to FINISH THE SET STRONG. I focused in with all of the mental energy I had and completed two more reps for a total of five. Once I got up and stretched out my hamstring it was fine. I'm glad that I was able to bear down and finish the set strong.

Alternate Dumbbell Curls with the 90 lbs dumbbells was as intense as ever. I had to walk around the gym for a few minutes after my second set just to catch my breath! I made a very good improvement on seated overhead dumbbell presses for triceps by moving up five lbs compared to last week and still completing six reps on both sets. I was almost finished with a great workout and then I had a letdown on straight bar tricep presses. The weight just felt extremely heavy and I was barely able to complete four reps. I will have to get more focused on this exercise next week, especially since I only perform 1 set of tricep presses during this *Max-OT* routine. I gathered myself and got ready for forearms. I felt very strong on dumbbell wrist curls today and feel I was using good form and getting a good contraction on both ends of the movement. Overall, I had a strong arm workout and a great finish to another week of *Max-OT* training.

### **Cardio:**

Last night was one of the most grueling basketball games I have been involved in for a long time. Like I said yesterday, we have beaten them the last two years and they were READY for revenge. We only had five guys show up, but to be honest with you, they just outplayed us. It was intense from the very beginning and I was more exhausted during this game than I have been all year long. I thought the referee made some bad calls towards the end of the game and I started to get frustrated and lose my composure. This is something that very rarely happens to me when playing basketball. Normally, I always try to remain positive and do everything possible to win the game. I guess part of the reason for my frustration is the high level of demands I have been putting on my body and the continued decrease in calorie consumption. I learned a lesson last night about mental toughness. I let it get the best of me and it kept me from performing at my best. Well, the game is over now and what is important is that I learn from last night and DO

NOT let the same thing happen next week when we start the tournament. If we are able to win in the tournament then we will get another shot at Ernst & Young and I WILL be ready. After last night's game and this morning's intense arm workout I am feeling pretty worn down, but I still have an intense cardio session to finish tonight after work. I must remind myself how badly I want to achieve success and "TANK IT OUT" tonight during cardio. I will also perform 3-4 cardio sessions this weekend on Saturday and Sunday. Its time to get down to business and really burn some fat!

## Week 11: Monday, May 13, 2002

It's time to push forward and get a strong start to another great week of *AST* Execution. I had a very productive weekend by completing some excellent cardio sessions and sticking to my diet and supplementation schedule as planned. I also took some time to relax a little and spent some time out with my friends on Saturday night at the GCW wrestling event. It was a great show and I am really glad that I got out and supported my friend's efforts. I also had a nice time on Sunday with my mom and the rest of my family, and not eating the Mexican food didn't really even bother me.

Despite staying busy most of the weekend I feel recharged and ready to go today. I have started to feel pretty worn down towards the end of the last few weeks, but my intensity and motivation batteries seem to "recharge" over the weekends. As things get tougher I keep reminding myself that I am almost there and that I CAN do this! I have been reading and rereading the last few weeks of Jeff Willet's 2001 Team Universe Training Journal recently. Reading what Jeff went through and seeing the discipline and mental toughness he displayed during the last weeks before the Team Universe serves as an enormous motivating factor for me during my final weeks of training for the *AST 2002 World Championships*.

I have decided to drop another 175 calories to start this week. I plan to test my bodyfat % on Thursday of this week. That will give me exactly two weeks from my last day of training for the contest. Based on Thursday's reading and my visual assessments in the mirror I may decide to further reduce calories at that point. My first reduction in calories comes from Meal #1, where I have removed 1 new potato and the ½ scoop of *VP2* for a reduction of 80 calories. I have also reduced my Chocolate *VP2* from Meal #5 from 1 scoop to ½ scoop for a decrease of 55 calories. My final decrease comes from removing 1 chicken tenderloin from Meal #6, resulting in a decrease of 40 calories from this meal. I am keeping *Creatine HSC* the same to start the week and will evaluate the need to make any diet changes affecting my *HSC* servings on Thursday.

I am now performing cardio every day and performed an extra 12 minute midday session last Tuesday. I plan to repeat this extra session on Tuesday of this week and maybe perform an additional midday session later in the week. My goal this week is to perform 10-11 cardio sessions including the weekend sessions. "Judgment Day" is fast approaching and I must focus on getting as lean as possible in order to look my best.

### Current Nutrition and Supplementation Plan:

#### Upon Rising (6:00 AM)

GL3 L-Glutamine-10 grams

#### Protein

#### Carbs

#### Fat

#### Calories

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#### Pre-Workout (6:10 AM)

ProFlex 750-1 Capsule

Dymetadrine Xtreme-2

capsules

ALA200-1 Capsule

1 Scoop VP2	24	1	0	100
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1/2 Scoop Creatine HSC	0	17	0	68
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Micronized Creatine-1/2 Serv.

#### Post-Workout (7:45 AM)

ProFlex 750-1 Capsule

ALA200-1 Capsule

NAC500-2 Capsules

Vitamin C-1000mg

Vitamin E-1000 I.U.

Beta Carotene-50,000 I.U.

1 Scoop VP2	24	1	0	100
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1 Scoop HSC	0	34	0	136
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#### Meal # 1 (8:15 AM)

GL3 L-Glutamine-10 grams

Multi Pro 32X-1 capsule

CLA1000-2 capsules

1 box eggbeaters	24	4	0	120
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2 canned new potatoes	1	13	0	60
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#### Meal # 2 (9:15 AM)

Vitamin C-1000 mg

Ny-Tro PRO-40	40	22	1.5	250
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#### Meal # 3 (11:30 a.m.)

Dymetadrine Xtreme-1

capsule

ProFlex 750-1 Capsule

CLA1000-2 capsules

4 Chicken Breast Tenderloins	38	0	1	160
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4 Cups Broccoli	12	16	0	100
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#### Meal # 4 (2:15 PM)

Dymetadrine Xtreme-1

capsule

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GL3 L-Glutamine-5 grams				
Vitamin C-1000mg				
½ Ny-Tro PRO-40	20	11	.75	125
1/2 Scoop Chocolate VP2	12	1	.25	55

#### **Meal # 5 (4:45 PM)**

Dymetadrine Xtreme-1 capsule

½ Ny-Tro Pro-40	20	11	.75	125
1/2 Scoop Chocolate VP2	12	1	.25	55

#### **Meal # 6 (7:00 PM)**

ProFlex 750-1 Capsule

CLA1000-2 capsules

Multi Pro 32X-1 capsule

GL3 L-Glutamine-10 grams

Large Salad

Mixed Vegetables-1 Serving

3 Chicken Breast Tenderloins

2	6	0	30
3	12	0	60
28	0	1	120

#### **Meal # 7 (10:00 PM)**

GL3 L-Glutamine-5 grams

ALA200-1 Capsule

Vitamin C-1000mg

Ny-Tro PRO-40

40	22	1.5	250
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#### **10:15 P.M. (Before Bed)**

GABA-5 grams

<b>TOTALS</b>	<b>300</b>	<b>172</b>	<b>7</b>	<b>1914</b>
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I will continue to drink at least two gallons of water per day.

\*On cardio days, I will consume the VP2 from Meal #5 immediately after my cardio session at approximately 6:15 p.m with 10 grams of GL-3 L-Glutamine.

#### **TRAINING:**

##### **Back:**

Pull-Ups (To failure)....1 x10, 1 x 8, 1 x 7 (After Warmup on lat pulldowns)

Bent Over Barbell Rows....2 x 6 @ 230 lbs

V Bar Pulldowns....1 x 4 @ 280 lbs, 1 x 5 @ 275 lbs

Seated Rows....1 x 6 @ 265 lbs



Weighted Hyperextensions....1 x 12 @ 45 lbs

**Traps:**

Barbell Shrugs....3 x 6 @ 360 lbs

Awesome workout today! Before I hit the gym I reminded myself how important it was to keep training HEAVY and INTENSE and to continue to work towards improving my performance in the gym. My energy level was very good and I started off the workout by completing an extra rep on my third set of pull-ups compared to last week, which enabled me to set a new record for total number of pull-ups during this *Max-OT* workout schedule!

I also completed an extra set of 6 reps at 230 lbs this week on bent-over rows compared to last week. I moved up five lbs on my first set of V-Bar pulldowns and completed 4 reps. However, I think that this was a little too heavy because I had to lean back to almost parallel with the ground in order to get my fourth rep. I moved down five lbs to 275 lbs on my second set and completed 5 reps using better form. 265 lbs on seated rows felt heavy, but I managed to complete six reps. I tried to really concentrate on squeezing my shoulder blades together during this exercise. I finished off my back workout with 12 slow and controlled reps of weighted hyperextensions holding a 45 lbs dumbbell.

Trap training felt very good today. I completed all three sets at 360 lbs, which is an improvement from the previous week. I tried to hold the movement strong at the top of each rep as I thought about packing on some size in my traps. I need to keep the momentum going strong throughout the whole week!

**Cardio:**

I ended up having some awesome cardio sessions this weekend! I was feeling pretty tired on Friday evening and like I said in Friday's journal entry I just had to "Tank it Out." As the session progressed on the stairstepper my motivation and desire kept growing. I ended up setting a new record for my 20 minute stairstepper session by going 2.73 miles, which passes my previous best mark of 2.72 miles.

On Saturday morning I decided to do 30 minutes of running on the treadmill. I started at a moderate pace and continued to increase the speed and incline until the 30 minutes was up. I ended up running 3.53 miles and was going at about a 6 ½ minute mile pace by the end of the workout. Saturday afternoon, I went back to the gym for a second cardio bout. This time it was 16 minutes on the recumbent bike. My favorite bike was being used so I got on the one next to it and went to work. The final distance reading was 5.57, which is just shy of my last distance on this machine. As always after working on the bike, both my legs and lungs were begging for mercy.

On Sunday, I started off the day with 30 intense minutes on the stairstepper. My energy level and motivation was great and I decided to push myself to increase the level setting on the stairstepper earlier in the workout than normal. I thought about getting leaner and leaner with every step I took and ended up beating my previous record of 3.63 miles by going 3.69 miles. This completed 9 intense cardio workouts for the week, which was the high end of my goal.

There is a lake near my apartment with a .4 mile track going around it. It was a nice day so on Sunday afternoon I decided to go for a brisk 40 minute walk around the lake. I kept a good pace and ended up completing a little over 8 laps, which is about 3.5 miles. The walk kept me active and helped to burn some extra calories. I also was able to get some good sun exposure. I stole this idea out of Jeff Willet's 2001 Team Universe Journal and I am really glad that I got out and performed the walk. Tonight I will hop on the stairstepper and attempt to pass my new record of 2.73 miles, which I set on Friday.

## **Week 11: Tuesday, May 14, 2002**

I found out late yesterday that I may have to work with a client for about two weeks in Sylacauga, AL, which is about 45 minutes from Birmingham. This should be no big deal as far as my contest preparation goes except for the extra driving each day and having to explain to a new group of people why I cannot go out to lunch. I am still waiting to hear for sure if and when I will be going there.

Our company is planning to hire some people from Arthur Andersen in Birmingham due to the closing of their office as a result of the whole "Enron Scandal." We are having a "Happy Hour" with our people and the new Andersen people tonight after work. The "Happy Hour" is being held at the *Mellow Mushroom*, which just happens to be my favorite pizza place, and "free beer and pizza will be provided." Everyone else in the office is very excited about free pizza and beer after work. I plan to go to the social event because it will be a good opportunity to meet with some of the new people who are about to begin working with us. Also, our boss told us that we "should REALLY make an effort to attend." Man, first the Mexican restaurant with my family, now the *Mellow Mushroom*. I think someone is trying to test my willpower during the last few weeks of the contest. Anyway, I will be as sociable as possible and politely refuse any pizza or beer offered to me. I have worked TOO hard and am too close to do anything to hinder my progress during the *AST 2002 World Championships*. I must remain strong and focused on the task at hand. However, I will definitely have to get some *Mellow Mushroom* pizza when the contest is over!

### **TRAINING:**

#### **Shoulders:**

Military Press (To the Front)....1 x 5 @ 160 lbs (After Warmup), 2 x 4 @ 160 lbs

Dumbbell Presses....1 x 5 @ 70 lbs

Seated Bent-over Rear Lateral Raises....2 x 6 @ 60 lbs

#### **Abs:**

Weighted Leg Raises....1 x 15 @ 35 lbs, 1 x 12 @ 35 lbs

Rope Cable Crunches....2 x 12 @ 182 lbs

Swiss Ball Leg Raises....1 x 15

Swiss Ball Crunches....1 X 15

I read Jeff Willet's Monday Journal entry today before hitting the gym for my shoulder and ab workout. It is pretty cool because my current *Max-OT* training schedule works out to where the bodypart I am working each day was trained by Jeff the previous day. I have been using his training journal entries as a source of motivation before my workouts. I focused on what I needed to do to build big, strong shoulders and a chiseled midsection. I too wanted to find "that place" where I am focused on my workout and my workout only.

After warming up I attacked my first set of military presses with a lot of enthusiasm. The weight moved pretty well and I was able to complete five reps. I followed up my first set with two sets of four reps. I kept the momentum going with a strong set of five reps on dumbbell presses. I decided to stay with the 60 lbs dumbbells on bent-over rear lateral raises and really concentrate on performing a great range of motion. I thought about flexing my rear delts during every rep and completed six reps on both sets.

Ab training was very good again today. Weighted leg raises with the 35 lbs dumbbell are brutal. I have to work very hard to keep the tension on my abs and stay in complete control during this exercise. I added a 12 lbs dumbbell today on rope cable crunches, which increased the weight 2 lbs from last week. Not a big increase, but a little extra resistance can equal a little extra intensity, which can lead to better results. I completed 12 reps on both sets and concentrated on squeezing my abdominal muscles hard. Swiss Ball leg raises seemed more difficult than usual today. I tried to lie farther back on the Swiss ball and narrow my grip on the Smith Machine Bar in order to gain extra stimulation. It worked! I finished off my ab workout with 15 reps of crunches on the Swiss Ball. Again, I focused on squeezing my abs hard during the contraction portion of the exercise. All in all it was another great workout!

### **Cardio:**

Last night I matched my best 20 minute distance on the stairstepper by going 2.73 miles. I increased to level 10 a little sooner than on Friday and I thought that I would beat my mark, but it didn't quite happen. Anyway, it was another very intense cardio session. I am planning to go today at lunch for a quick 12 minute cardio session on the stairstepper on level 10. I still have not heard about going to Sylacauga for work yet so by going to the gym today I will make sure that I get at least one midday cardio session in this week. My second cardio session of the day will be my basketball game tonight at 8:00 p.m. With a little over two weeks left of training for the contest this is no time to let up. From here on out it must be full speed ahead!

## **Week 11: Wednesday, May 15, 2002**

As things start to get much tougher and I am working hard to remain focused and mentally strong, I have tried to think of a past situation in my life where I had to display similar mental and physical toughness, determination, and consistency.

When I was a freshman in college I joined the Auburn University Karate Club. As I continued to train in the martial arts I became more and more interested in getting better and better. I continued to train throughout the entire five years I was at Auburn. The karate classes were very intense and required a great deal of physical and mental energy and focus. I was able to participate in several tournament competitions, which I believe helped elevate my training to a higher level.

Things were going great and then I failed my test to get my Brown Belt. I was disappointed but determined so I continued to train hard and took the test again six months later. I failed again. I was so devastated that I decided I was not “cut out” for karate and told my instructor that I was going to quit. A few weeks later while I was at home for Christmas break I received a letter from my instructor. I will never forget what he wrote. He said that if I truly loved training and the results I was getting from practicing karate then my training was a success. He said that the color on your belt is only one way of tracking progress. He went on to tell me that he thought it would be a very big mistake if I quit training for the **WRONG** reasons, but that he wished me the best in whatever decision I made. I came back from Christmas break and showed up at the first karate class ready to go.

From that point on I started to improve in my training like never before. On the third attempt I passed my Brown Belt test. I continued to train very hard and my instructor told me that I could go to the Black Belt testing in the Spring if I wanted to even though it would be very difficult to pass on the first attempt. For about three months I trained harder than ever before. My Black Belt test training preparation was very intense, both physically and mentally. To make a long story short, I passed my Black Belt Test on the first try. I was very proud because I knew that all of the hard work and pain I went through had paid off in the end. During the last few weeks before my Black Belt Test I had increased my karate training sessions up to two or three one hour sessions per day. I was also lifting weights 4-5 times a week and playing on an intramural basketball team. I was able to remain physically and mentally strong and achieve my goal and now I must do the same for the remaining weeks of the *AST 2002 World Championships!*

### **TRAINING:**

#### **Legs:**

Squats....3 x 4 @ 280 lbs (After Warmup)

Leg Press....2 x 5 @ 695 lbs

Straight leg dead lifts....2 x 5 @ 330 lbs

I was very motivated during warm-ups this morning and felt good about my upcoming leg workout. However, when I started my first set of heavy squats the weight seemed very heavy and I only completed four reps compared to five on my first set last week. No excuses, everything just was not clicking right. In between sets I told myself that it was time to “step it up” and get tough. I concentrated on continuing to squat deep and with good control and managed to complete 4 reps on both my second and third sets. I was starting to feel stronger as I progressed through the workout. I continued to remind myself just how good I want to be at the end of the contest.

I came on strong by matching my performance on leg presses compared to last week and completing an extra rep on straight leg dead lifts on both sets compared to last week. This is the first improvement on straight leg dead lifts I have had in many weeks. I was stuck at 4 reps but broke through that plateau today. Despite the slow start I ended up having a very productive leg workout. I wish that I would have gotten it going a little earlier on squats, but I am proud of myself for staying positive and making improvements throughout the workout. I just need to remember to keep taking it one set at a time.

### **Cardio:**

After an intense shoulder and ab morning workout, a midday *Max-OT* 12 minute cardio blast, a full day of work, and 2 hours of trying to be as sociable as possible at the *Mellow Mushroom* work social event while everyone else enjoyed free pizza and beer, I was pretty exhausted. However, I psyched myself up to run hard and get ready to play a great basketball game. Well, when I got to the gym it was full of kids playing various band instruments. Our team captain forgot to inform us that our game was rescheduled this week to Thursday because of a high school band concert. I said I was ready to run so I headed off to my gym and started on the treadmill. After jogging for a few minutes at a moderate pace I started to perform 1 minute intense running intervals followed by 1 minute less intense “recovery” intervals. I continued this pattern for 16 minutes and then jogged a few more minutes to cool down. I ended up getting the treadmill up to some pretty high speeds and inclines (5.3 minute mile at 4 degree incline for my final interval). I was glad that I displayed the discipline and dedication required to perform this intense cardio session even though our basketball game was cancelled. It would have been very easy to just go home and miss the cardio workout. However, it would also be very easy not to compete in the *AST 2002 World Championships*. Well, EASY is not what I’m going for. I’m after BIG TIME results and now is NO time to let up. Tonight I’ll get ready for another 16 minute session on the bike.

## Week 11: Thursday, May 16, 2002

I ended up having to go to Sylacauga, AL today to work with one of our new clients. I will be here today and tomorrow and then probably for the next two weeks. I will have a nice little commute every day, but you gotta do what you gotta do.

Last night we had another awesome chat session. Skip La Cour led the discussion by talking about “taking a total leap of faith” and committing to *Max-OT* to a T. Hearing such a successful and experienced bodybuilder admit that he still has more to learn about training says a lot about how much we all have to learn. I had the privileged opportunity to talk one on one with Skip today during a phone consultation that I earned by purchasing *AST* supplements through his *Mass Machine* website. It was an awesome phone conversation. The client location where I am working has only a small trailer with no privacy or microwave, so I talked to Skip on my cell phone while sitting in my Jeep eating cold broccoli and chicken (yum). Skip answered many of my training, nutrition, and contest preparation questions, and provided some interesting insights concerning bodybuilding and life. He also seems to be one heck of a nice guy! The hour long phone conversation seemed to fly by! I was so motivated and excited after talking to Skip that I felt like training right then! I will have to channel this motivation towards my workouts over the next two weeks.

As planned, I measured my bodyfat % this morning for the last time before I end my training for the *AST 2002 World Championships*. It has decreased from 10.3 % to 8.1% in only 10 days. I weighed myself at 215 this morning. I have noticed that I am looking much leaner over the last two weeks based on what I see in the mirror. Today, during our phone conversation, Skip La Cour told me not to worry about %s. He said that he doesn't even measure his bodyfat % but goes strictly by what he sees in the mirror. Although I have been using bodyfat %s as one measurement of my progress, I am definitely more concerned with how I LOOK. Bodyfat %'s are just numbers, how you appear in real life is what counts.

Anyway, I decided to make some more calorie decreases starting today in order to accelerate my progress towards better conditioning during my final two weeks of training for the *AST 2002 World Championships*. I removed the ½ scoop pre-workout *Creatine HSC* and reduced my post-workout *Creatine HSC* from 1 scoop to ½ scoop. This reduction in *HSC* results in a decrease of 136 calories, all from carbs. I added ½ serving of *Micronized Creatine* to my pre and post-workout meals to make up for the creatine lost by reducing my *HSC*. I also removed the ½ scoop of Chocolate *VP2* from Meal #4 for a reduction of 55 calories. However, I have added a half a bag of salad to Meal #4, which adds 30 calories to that meal. This increase in vegetables will provide some extra fiber and should help keep my metabolism running strong.

### Current Nutrition and Supplementation Plan:

	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Calories</u>
<b>Upon Rising (6:00 AM)</b> GL3 L-Glutamine-10 grams				

#### Pre-Workout (6:10 AM)

ProFlex 750-1 Capsule

Dymetadrine Xtreme-2 capsules

ALA200-1 Capsule

1 Scoop VP2

24

1

0

100

Micronized Creatine-1 Serv.

<b>Post-Workout (7:45 AM)</b> ProFlex 750-1 Capsule ALA200-1 Capsule NAC500-2 Capsules Vitamin C-1000mg Vitamin E-1000 I.U. Beta Carotene-50,000 I.U. 1 Scoop VP2 1/2 Scoop HSC Micronized Creatine-1/2 Serv.	24 0	1 17	0 0	100 68
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#### Meal # 1 (8:15 AM)

GL3 L-Glutamine-10 grams

Multi Pro 32X-1 capsule

CLA1000-2 capsules

1 box eggbeaters

24

4

0

120

2 canned new potatoes

1

13

0

60

<b>Meal # 2 (9:15 AM)</b> Vitamin C-1000 mg Ny-Tro PRO-40	40	22	1.5	250
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#### Meal # 3 (11:30 a.m.)

Dymetadrine Xtreme-1 capsule

ProFlex 750-1 Capsule

CLA1000-2 capsules

4 Chicken Breast Tenderloins

38

0

1

160

4 Cups Broccoli

12

16

0

100



<b>Meal # 4 (2:15 PM)</b>				
Dymetadrine Xtreme-1 capsule				
GL3 L-Glutamine-5 grams				
Vitamin C-1000mg				
½ Ny-Tro PRO-40	20	11	.75	125
Salad	2	6	0	30
<b>Meal # 5 (4:45 PM)</b>				
Dymetadrine Xtreme-1 capsule				
½ Ny-Tro Pro-40	20	11	.75	125
1/2 Scoop Chocolate VP2	12	1	.25	55
<b>Meal # 6 (7:00 PM)</b>				
ProFlex 750-1 Capsule				
CLA1000-2 capsules				
Multi Pro 32X-1 capsule				
GL3 L-Glutamine-10 grams				
Large Salad	2	6	0	30
Mixed Vegetables-1 Serving	3	12	0	60
3 Chicken Breast Tenderloins	28	0	1	120
<b>Meal # 7 (10:00 PM)</b>				
GL3 L-Glutamine-5 grams				
ALA200-1 Capsule				
Vitamin C-1000mg				
Ny-Tro PRO-40	40	22	1.5	250
<b>10:15 P.M. (Before Bed)</b>				
GABA-5 grams				
<b>TOTALS</b>	<b>290</b>	<b>143</b>	<b>7</b>	<b>1753</b>

I will continue to drink at least two gallons of water per day.

\*On cardio days, I will consume the VP2 from Meal #5 immediately after my cardio session at approximately 6:15 p.m with 10 grams of GL-3 L-Glutamine.

#### **TRAINING:**

##### **Calves:**

Calf Raises on Leg Press....1 x 8 @ 875 lbs (After warmup), 2 x 8 @ 885 lbs

Seated Calf Raises....2 x 8 @ 280 lbs

**Chest:**

Flat Bench Barbell Presses....1 x 5 @ 240 lbs (after warmup), 2 x 4 @ 240 lbs

Incline Bench Barbell Presses....2 x 4 @ 210 lbs

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

I felt good this morning as I warmed up on calf raises. I am now exactly two weeks away from my last day of all out training for the *AST 2002 World Championships* and I want to make the most out of each day. After my first set of calf raises on the leg press I noticed I was a little lightheaded. At first I thought that maybe it was from cutting out all carbs before my workout since I dropped the ½ scoop *HSC*. Forget it. I told myself that I am just going to have to be mentally tough and stay focused during my workouts regardless of how many calories I am eating. In order to force myself to up my intensity level I added 10 lbs to the leg press machine for my second set of calf raises. I completed 8 reps on both my second and third sets at 885 lbs. Seated Calf raises were very good as well, as I was able to complete an extra rep on my second set this week compared to last week.

My momentum began to increase as I warmed up on the flat bench press. I exploded on my first rep of my first heavy set and didn't stop until I had finished five good reps, which is an improvement from last week. I followed up the first set with two sets of four reps. My energy seemed to be fading as I started incline presses, but I was determined to complete four reps on both sets and was able to do so. Before performing my set of decline presses I reminded myself that I only had one more chance to stimulate chest growth this week. That did the job and I blasted out four reps on my own to finish off my chest workout.

**Cardio:**

Yesterday after work I headed to the gym ready to get after the recumbent bike for some *Max-OT* cardio. As I started peddling I was kind of dreading the painful process I knew I was about to endure, but as the cardio session went on I started to feel stronger and stronger. I thought about getting as ripped as possible in an effort to drive my intensity level higher. My hard work paid off and I passed my previous distance on this bike of 5.57 miles/kilometers by going 5.67 miles/kilometers. Tonight we begin the tournament for my work league basketball team. If we win then we continue in the tournament towards earning our third championship title in a row. If we lose then our season is over. I am focused on the first scenario!

## Week 11: Friday, May 17, 2002

The drive to Sylacauga for work each day is taking a little longer than I thought it would. I will have to start waking up earlier next week. The people I am working with all seem to be very nice, which always makes the workday more enjoyable.

I am finishing up another week of excellent *AST* Execution. I feel like I am getting better and better at completing all of my daily tasks with a higher level of intensity and efficiency. My desire and motivation to improve continues to grow every day. The momentum is definitely rolling strong. I need to finish off today with a great cardio session after work and then be sure to complete all of my weekend tasks. I have a pretty lengthy task list for this weekend including things I need to do for the *AST 2002 World Championships* as well as other errands that I need to accomplish. I think it is good that I am staying busy since it helps me to keep moving and keeps my metabolism running high all day. With only two weeks left of training during the contest, I must continue to get the most out of every single day.

### **TRAINING:**

#### **Biceps:**

Straight Bar Curls....2 x 6 @ 170 lbs (After warmup), 1 x 5 @ 175 lbs

Alternate Dumbbell Curls....1 x 5 @ 90 lbs, 1 x 4 @ 90 lbs

\*I alternate between bicep and tricep exercises each set, taking a full rest in between each set.

#### **Triceps:**

Lying Tricep Presses....1 x 6 @ 145 lbs (After warmup), 1 x 5 @ 145 lbs

Seated Overhead Tricep Press (with dumbbell)....2 x 6 @ 90 lbs

Straight Bar Tricep Pushdowns....1 x 5 @ 140 lbs

#### **Forearms**

Standing Dumbbell Wrist Curls....1 x 8 @ 60 lbs, 2 x 7 @ 60 lbs

Ever since I had my phone consultation with Skip La Cour yesterday I swear that I feel like I am in a “zone.” The difference was apparent last night during my basketball game and this morning during my arm workout. From the moment I woke up this morning I KNEW that I was going to have an awesome arm workout. My anticipation grew as I got my things together and headed off to the

gym. The excitement continued to build as I went through my warm-up sets on straight bar curls and lying tricep presses. I exploded for six strong reps at 170 lbs on my first set of straight bar curls. I completed another six reps on the second set and decided that it was time to move up in weight. I went up to 175 lbs, my new heaviest weight ever on this exercise, and finished off five reps. This is my best performance yet on straight bar curls! I felt very strong during lying tricep presses as well and completed an extra rep compared to last week during my first set using 145 lbs.

I could totally relate to Jeff Willet's statement in his journal yesterday about feeling like he had just done a leg workout after completing his second set of dumbbell curls. Today, at the end of my second set I was to the point where I could not hang onto the 90 lbs dumbbells anymore and dropped the weight to the floor as I lost my grip. I was bent over breathing very heavily like I had just performed a heavy set of squats. It was an awesome feeling because I knew that I was reaching a new level of intensity and overload on this exercise.

I dropped down 5 lbs this week on tricep pushdowns and concentrated on better execution. I believe my form was too sloppy last week using 145 lbs. I felt much better this week on this exercise and thought about building massive arms with every rep performed. I was having a great workout and was determined to finish things off with 3 strong sets of dumbbell wrist curls. I did so by matching my reps on all three sets compared to last week while placing better concentration on forearm contraction

### **Cardio:**

I felt like I was "unstoppable" last night during our basketball game. I ran as hard as ever and played the whole game, but I did not seem to get tired at all. I was running faster and jumping higher than ever and played one of the best games I have played in a long time. It was almost weird, kind of like I was in a euphoric state. Anyway, I am going to run with it as long as I can keep this type of energy and intensity going. Our team played very well, but unfortunately the other team played just a little better and we lost the game. The other team shot extremely well from behind the three point line and we came up short. I was disappointed in the loss but happy with my performance and effort. I had a MUCH better attitude and performance this week compared to last week. I am just sorry that our season is over.

Tonight I will attempt to pass my best 20 minute distance on the stairstepper of 2.73 miles. I will have to work hard from the very beginning all the way to the last step in order to have a chance to pass this mark. This weekend I plan to follow the same cardio schedule as last weekend. I will think about getting as "ripped" as possible for my final photos during each intense session!

## Week 12: Monday, May 20, 2002

Including today, I now have 11 more days of training for the *AST 2002 World Championships*. This will be my last full week of training and then I will perform a 3 day *Max-OT* weight training routine next week ending on Thursday. I am then planning to begin the carb loading/sodium depletion/potassium loading process before taking my “final” photos on Saturday, Sunday, and Monday.

If I said I wasn't getting anxious to see how all of my hard work during the contest comes together with my final photos then I would be lying. This whole experience has been very exciting for me and it is difficult not to start thinking ahead. However, I am determined to remain focused on continuing to execute to the best of my abilities and to take on ONE day at a time. I must channel the excitement I am feeling into energy that enables me to give a little more every day. I want to finish off this contest as strong as possible and make the most out of every day from now until next Thursday! Time will take care of itself, I must take care of business NOW in order to be my best at the end of next week.

I finished out last week strong by having a great weekend. I stayed busy and had some very good cardio sessions. I also stuck to my diet and supplementation schedule as planned. I have to admit that at the grocery store on Sunday I really noticed all of the desserts and other “forbidden” foods more than normal. I think this is a pretty normal side effect of months of strict dieting. I reminded myself of how far I had come over the last 11 weeks and how much more gratification I will get out of finishing the contest strong and having a new and improved me than I would get from eating any particular food. I calmly picked up my chicken and vegetables and left the “junk food” for everyone else.

For now, I will continue to use the nutritional totals implemented last Thursday. I will assess my condition Thursday morning and make any final calorie adjustments at that point.

### **TRAINING:**

#### **Back:**

Pull-Ups (To failure)....1 x10, 2 x 8, (After Warmup on lat pulldowns)

Bent Over Barbell Rows....2 x 6 @ 230 lbs

V Bar Pulldowns....2 x 5 @ 275 lbs

Seated Rows....1 x 6 @ 265 lbs

Weighted Hyperextensions....1 x 12 @ 45 lbs

**Traps:**

Barbell Shrugs....3 x 6 @ 365 lbs

I was inspired and ready to hit the gym this morning. I almost jumped out of bed when my alarm clock went off. The goal of the day was to have a very intense back and trap workout and that goal was accomplished. I set another record today on pull-ups by performing an extra rep on my third set compared to last week. My momentum carried over into bent over barbell rows, where I completed 2 solid sets of 6 reps.

I started at 275 lbs this week on V-Bar pulldowns, as 280 lbs was a little too heavy last week. I had to fight hard to finish five reps on my first set. I knew that I was going to have to step up the intensity level to get another five on my second set. I paced around the gym and got my mind and body ready for the set. I blasted out five strong reps and actually felt better on my second set than on my first. I stayed with 265 lbs on seated rows. It was very difficult to complete six reps and my form started to suffer a little on the last few reps. I knew I would have to stay focused in order to finish off the workout strong. I finished out my back workout with weighted hyperextensions with the 45 lbs dumbbell.

I performed one warm-up set of barbell shrugs for traps then piled on the weight for my heavy sets. I decided to challenge myself a little and add five lbs from last week's weight. I managed to complete six reps on all three sets while maintaining a pretty good range of motion. I can chalk this morning's workout up as another intense back and trap training session, as well as another great start to a week of training. I have to keep going strong every day!

**Cardio:**

I followed the same cardio schedule this weekend as I did the previous weekend. My first session consisted of 20 intense minutes on the stairstepper Friday night. I was determined to beat my 2.73 mile record. I increased the interval setting to level 10 a little sooner than last time but I still ended up tying my record and finished at 2.73 miles. I will have another opportunity to beat the 2.73 mile mark tonight. On Saturday morning I completed 30 minutes of running on the treadmill. I picked the same treadmill that I had used last week so that I could compare the distances. I came up a bit short of my distance from last week of 3.53 miles by going 3.43 miles. I really cranked up the speed and incline the last few minutes of the workout in an effort to reach the 3.53 mile mark, but it just didn't happen. Nevertheless, when I stepped off of the treadmill I knew that I had just completed an effective cardio session.

At about 4:00 p.m. on Saturday afternoon I headed back to the gym for my second shot of cardio. I settled into the seat of my favorite recumbent bike and started to

peddle like hell for 16 minutes. I ended up matching my previous record of 5.67 miles/kilometers, set last Wednesday.

I knew I was going to have to work hard to match my performance on the stairstepper from last Sunday when I really felt great, but I was determined to give it my best shot. I increased the level setting during the session to keep pace with the previous week. I was really moving by the end of the session and thought that I might have a chance to beat my 3.69 mile record. I ended up going exactly 3.69 miles. I had to walk several laps around the track just to catch my breath. On Sunday afternoon I took another 40 minute walk around the lake near my apartment. I kept a good pace and ended up going about 3.5 miles like I had done the previous week. Overall, I was pleased with my cardio efforts this weekend.

I wanted to make sure that I performed at least one midday cardio session during this work week. We had a meeting in our office this morning and then I was planning to drive to Sylacauga, where I will be working the rest of the week. I knew that it would be difficult to get in a midday cardio session while working in Sylacauga, so this morning I stopped by the gym for a quick 12 minute session on the way from the office to Sylacauga. I set the stairstepper on level 10 and started cranking it out. I decided to really push myself and try not to touch the handrails during any portion of the session, including the end with the 3 maximum height intervals in a row. It was very difficult and I was breathing like a maniac, but I did it! I was proud of this improvement and I am positive that this cardio session had a positive impact on my metabolism and fat burning efforts. Tonight I will get back on the stairstepper for 20 minutes starting on level 9 and trying to beat 2.73 miles.

## Week 12: Tuesday, May 21, 2002

During our Wednesday night chat session in Week #5, Mike Erie, overall champion of the *2001 AST World Championships*, discussed how the dieting did not bother him at first but as time went on and the calories got more restricted he started to experience some major mood swings. At that point in my contest preparation I could not relate to what he was saying, but over the last few weeks I can definitely relate to this. One minute I will feel like everything is going wonderful. I am totally focused, energized, and feel “unstoppable.” I am in a good mood and have a positive attitude towards everything and everyone. Then, without warning, I start to feel totally rundown and exhausted. I feel as though I cannot possibly keep up the pace at which I am going and every little thing seems to irritate me. I don’t feel like talking to anyone.

I am realizing that dieting to get lean is hard work, damn hard work. If it wasn’t then I guess everyone would do it. I am making an effort to make the most of the “high times” and to fight through the tough times as best I can. I remind myself of why I am doing this and how gratifying it will be if I continue to stick to my plan. I know that I can do it, and that when I look back on my contest journey there will be a great sense of pride and accomplishment in knowing that I didn’t fall off course when times were tough. I have come this far and now is no time to let up. If anything, I must work to give even more effort over the next week and a half.

### **TRAINING:**

#### **Shoulders:**

Military Press (To the Front)....1 x 4 @ 160 lbs (After Warmup), 1 x 6\* @ 160 lbs, 1 x 4 @ 160 lbs

Dumbbell Presses....1 x 4 @ 70 lbs

Seated Bent-over Rear Lateral Raises....2 x 6 @ 65 lbs

#### **Abs:**

Weighted Leg Raises....1 x 15 @ 35 lbs, 1 x 13 @ 35 lbs

Rope Cable Crunches....2 x 12 @ 182 lbs

Swiss Ball Leg Raises....1 x 15

Swiss Ball Crunches....1 X 15

I didn’t have as much “pep” this morning as yesterday and it took me a while to get going. However, by the time I started warming up on military presses I was ready to



attack an intense shoulder and ab workout. I got to the gym a little earlier than normal this morning and there was a very limited number of spotters to choose from. On my first set I requested the help of an older gentleman, who had spotted me before. The spot was good and I completed four reps on my own at 160 lbs.

\*When I was ready to start my second set the gentleman who spotted me on my first set had already left, so I asked a “new guy” for a spot. I tried to tell him exactly how I wanted to be spotted, but I ended up having to ask him to stop helping so much after every rep. I was easily pushing up the weight. Due to the extra “help” provided by the guy I performed 6 reps in an effort to reach failure as best as possible. I was disappointed with the whole situation, but I guess that is something you have to deal with when you don’t have a training partner. On my third set I requested a spot from an Army General who is often in the gym when I am there. I started to go into detail on how I would like to be spotted. He told me, “Yeah, I’ve spotted before, let’s go.” I told him I was sure that he would give a great spot, but I just wanted to make sure we were on the same page since different people like to be spotted differently. I struggled hard to get three reps and the General encouraged me to “Get one more on your own!” I pushed with all of my might and completed the fourth rep with a very small amount of spotter assistance. He was right. He gave a good spot. He made me work to failure, but didn’t let the weight fall down on me. It was an awesome set.

I moved onto dumbbell presses and completed four reps with the 70 lbs dumbbells using yet another new spotter since the General had left the weight room. The quality and type of spotter you have definitely makes a difference, but I must do the best I can with what I have.

I have been feeling good using the 60 lbs dumbbells for rear lateral raises and decided to step up to the 65 lbs dumbbells. I completed 6 reps on both sets and kept a pretty good range of motion during the exercise.

As I performed my abdominal exercises I reminded myself of how important a great set of abs was in making a physique complete. I went after my two sets of weighted leg raises with a sense of urgency. I completed an extra rep on my second set compared to last week and actually had to lie on the ground for a minute to catch my breath. It was an extremely intense set of abs. I continued through a strong abdominal training session with rope cable crunches and the Swiss Ball movements. I think that this may have been my best abdominal workout yet.

### **Cardio:**

I went back to the gym last night for round #2 with the stairstepper. I was feeling really worn down and knew that I was going to have to “tank it out.” My legs felt heavy and my heart rate seemed to be increasing faster than normal. Several times during the workout I thought I was going to have to decrease the level, but I kept telling myself to go just a little longer. I was determined not to just “finish” the 20 minutes. I pushed as hard as I could and increased from level 9 to level 10 towards the end of the workout.

After the 20 minutes was up I had matched my previous record of 2.73 miles although this is the hardest I have ever had to work to reach this mark. I was proud that I chose to tough it out and strive to reach my record instead of just finishing and accepting a lesser distance. I believe that the extra effort during cardio sessions such as last night's will make a difference in my final physique presentation at the end of next week, as well as in the level of physical and mental toughness I am able to achieve. Tonight I have my non-work league basketball game. Time to run and gun!

## **Week 12: Wednesday, May 22, 2002**

As with every Wednesday I am excited about our *AST 2002 World Championships* weekly chat session. Today I started thinking that our session tonight and then next week will probably be the last two chat sessions of the contest. I am going to miss having these informative and motivating online chats. I feel like I come away from the chat sessions each week having learned something new, as well as having gained more motivation and inspiration to train harder and strive to be better. Maybe I will have to try to talk Paul Delia into continuing the chat sessions (at least on a monthly basis) when I am at the *Max-OT Training Camp* this year. By the way, I can't believe that the *Max-OT Camp* is only 2 weeks away now! I am starting to get more and more excited about attending the camp in Golden, Colorado.

I will be sure to soak up as much valuable information as possible during our chat session tonight and to ask the questions I have concerning my final stages of preparation for the contest. I now have just over 1 week of being in maximum fat burning mode. I have made some great progress, but I know that I can still do better. I also must continue to strive to have very high intensity weight training sessions. I will make a final diet change tomorrow, which I plan to follow through the end of my contest training, which is next Thursday. The finish line is getting close and I need to make sure that I am heading towards it with maximum momentum!

### **TRAINING:**

#### **Legs:**

Squats....3 x 4 @ 280 lbs (After Warmup)

Leg Press....2 x 5 @ 695 lbs

Straight leg dead lifts....1 x 5 @ 330 lbs, 1 x 4 @ 330 lbs

I tried to concentrate on making a good mind to muscle connection this morning as I warmed up for squats. Squats are hard work, there is no doubt about that. I reminded myself of WHY I was about to do these squats, how I wanted the exercise to feel, and the results I wanted to achieve by performing the squats. The weight was very challenging today, but I stayed focused and concentrated on going deep on every rep then driving up as hard as possible. My performance matched last week's numbers, but I think that I improved on my range of motion and level of concentration and intensity.

I also matched my performance from last week on leg presses. After my second set of leg presses I was very fatigued and my concentration started to fall off a little. I took a minute to gather myself together and regain focus because I still had two intense sets of straight leg dead lifts to perform. I completed five reps on my first set and followed that up with four reps on my second set. It felt really good to have completed another intense leg training day. I have two more days of weight training left this week and I need to make the most out of both of them.

### **Cardio:**

Last night we had a great team effort and defeated a very talented team during our basketball game. It has been a lot colder than normal here for this time of year and it was particularly cold last night in the gym. It took me a while to break a sweat, but once I warmed up I had no problem saturating my jersey. Individually, I did not play nearly as well as I did last Thursday, but we won the game and that is more important anyway. Tonight, I will have to be ready to hit it hard on the recumbent bike and try to reach or pass the 5.67 mark.

## Week 12: Thursday, May 23, 2002

Last night during our chat session Paul Cribb provided some very exciting information concerning the timing and type of foods to eat during the post-workout “3 hour window.” I can tell that he really knows his stuff and I am always on the edge of my seat whenever he is offering information from his studies. I also was able to get many questions answered during the chat. I asked Paul Delia about mixing *VP2* in hot oatmeal and he said that the heat would hurt the quality of the *VP2*. I’m glad I asked! I like to mix my *VP2* with whole foods for variety, but I don’t want to do anything that takes away from the effectiveness of the product. I was also interested and surprised to discover that Paul D. has spent a some time in Alabama, having lived in Mississippi. Most of the time when I talk to people from other parts of the country they have barely even heard of Alabama (at least anything positive), much less been there. It really is a beautiful state and I am proud to live here.

Today, with one week left of contest training, I made my final diet changes before beginning the carb loading process next Thursday or Friday. I have decreased my daily calorie intake by 198 calories. The majority of the decrease is from carbs with only a 4.5 gram decrease in protein. The first change I have made is to remove 1 new potato from Meal #1, leaving just 1 small potato in this meal. Next, I have split my *Ny-Tro Pro-40* from Meal #2 into two servings, having one serving with  $\frac{1}{2}$  scoop *VP2* as my post-workout meal and then having an identical  $\frac{1}{2}$  *Ny-Tro Pro-40* and  $\frac{1}{2}$  *VP2* mixture as Meal #2. Due to this change I have removed the  $\frac{1}{2}$  scoop of *Creatine HSC* from my post-workout meal and have added another  $\frac{1}{2}$  scoop of *micronized creatine*. I have also replaced the  $\frac{1}{2}$  *Ny-Tro Pro-40* from Meal #4 with 1 scoop of *VP2*. My final diet change is to decrease my *Ny-Tro Pro-40* from Meal #7 to  $\frac{1}{2}$  serving mixed with  $\frac{1}{2}$  scoop of *VP2*. I feel that these changes will help me to push forward towards better conditioning during the last week of training. My muscles should also definitely be depleted and ready to soak up the glycogen next week with increased carbs. Starting today, I am also salting all of my meals very liberally.

### Current Nutrition and Supplementation Plan:

	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Calories</u>
<b>Upon Rising (6:00 AM)</b> GL3 L-Glutamine-10 grams				
<b>Pre-Workout (6:10 AM)</b> ProFlex 750-1 Capsule Dymetadrine Xtreme-2 capsules ALA200-1 Capsule 1 Scoop <i>VP2</i>	24	1	0	100

Micronized Creatine-1 Serv.

**Post-Workout (7:45 AM)**

ProFlex 750-1 Capsule

ALA200-1 Capsule

NAC500-2 Capsules

Vitamin C-1000mg

Vitamin E-1000 I.U.

Beta Carotene-50,000 I.U.

1/2 Scoop VP2

1/2 Ny-Tro PRO-40

Micronized Creatine-1 Serv.

12

.5

0

50

20

11

.75

125

**Meal # 1 (8:15 AM)**

GL3 L-Glutamine-10 grams

Multi Pro 32X-1 capsule

CLA1000-2 capsules

1 box eggbeaters

24

4

0

120

1 canned new potato

.5

6.5

0

30

**Meal # 2 (9:15 AM)**

Vitamin C-1000 mg

1/2 Ny-Tro PRO-40

1/2 Scoop VP2

20

11

.75

125

12

.5

0

50

**Meal # 3 (11:30 a.m.)**

Dymetadrine Xtreme-1

capsule

ProFlex 750-1 Capsule

CLA1000-2 capsules

4 Chicken Breast Tenderloins

38

0

1

160

4 Cups Broccoli

12

16

0

100

**Meal # 4 (2:15 PM)**

Dymetadrine Xtreme-1

capsule

GL3 L-Glutamine-5 grams

Vitamin C-1000mg

1 Scoop VP2

Salad

24

1

0

100

2

6

0

30

**Meal # 5 (4:45 PM)**

Dymetadrine Xtreme-1

capsule

½ Ny-Tro Pro-40	20	11	.75	125
1/2 Scoop Chocolate VP2	12	1	.25	55
<b>Meal # 6 (7:00 PM)</b>				
ProFlex 750-1 Capsule				
CLA1000-2 capsules				
Multi Pro 32X-1 capsule				
GL3 L-Glutamine-10 grams				
Large Salad	2	6	0	30
Mixed Vegetables-1 Serving	3	12	0	60
3 Chicken Breast Tenderloins	28	0	1	120
<b>Meal # 7 (10:00 PM)</b>				
GL3 L-Glutamine-5 grams				
ALA200-1 Capsule				
Vitamin C-1000mg				
½ Ny-Tro PRO-40	20	11	.75	125
½ Scoop VP2	12	.5	0	50
<b>10:15 P.M. (Before Bed)</b>				
GABA-5 grams				
<b>TOTALS</b>	<b>285.50</b>	<b>99</b>	<b>5.25</b>	<b>1555</b>

I will continue to drink at least two gallons of water per day.

\*On cardio days, I will consume the VP2 from Meal #5 immediately after my cardio session at approximately 6:15 p.m with 10 grams of GL-3 L-Glutamine.

## TRAINING:

### Calves:

Calf Raises on Leg Press....3 x 8 @ 885 lbs (After warmup)

Seated Calf Raises....2 x 8 @ 280 lbs

### Chest:

Flat Bench Barbell Presses....1 x 5 @ 240 lbs (after warmup), 2 x 4 @ 240 lbs

Incline Bench Barbell Presses....2 x 4 @ 210 lbs

Decline Barbell Press....1 x 5 @ 240 lbs

My motivation and intensity was good this morning. I completed all three sets at 885 lbs this week on leg press calf raises, which is an improvement from the previous week. It was very difficult to complete the last few reps on my second and third sets with a full

range of motion, but I managed to get the job done. I started to feel more and more motivated as I completed my sets of seated calf raises. I was able to finish off 8 strong reps on both sets, which matches last week's performance.

By the time I finished my last warm-up set for chest I felt like I was ready to explode with excitement. I attacked my first set and completed five reps at 240 lbs, which matches last week. I then completed four reps on my second and third sets. My energy level has started to fall off a little lately during my Thursday workouts when I begin my first set of incline presses. The weight felt very heavy today during my first set and I could feel my energy level going down. I took an extra rest before my second set and completed four reps as I had done during the first set, but felt stronger during the second set. I had one more set of decline presses to complete in order to finish my workout and I was determined to make it count. After easily blasting out my first three reps I was sure that I would get 6 reps today, but on my fifth rep it felt like I hit a brick wall and I barely finished this rep. Still, 5 reps is an improvement over last week when I only completed 4. I have one more intense weight training session to go this week. I must focus and attack arms tomorrow with passion and desire.

### **Cardio:**

Last night's *Max-OT* cardio session on the bike was as intense as ever. This type of cardio is extremely challenging, both mentally and physically. However, I believe that it is equally rewarding in both of these areas as well. I started peddling like crazy towards the end of the workout in an effort to pass the 5.67 mile/kilometer mark. I thought I would get it, but I ended up tying my record again. I will get another chance to beat this distance on Saturday. Since we are finished with our basketball season for my work league I will go to the gym after work and perform another intense cardio session. I think that I will hit the treadmill for some intense interval training. I now have 7 days to get as lean as possible so every cardio session counts that much more. I will remind myself of this tonight as I crank it out on the treadmill!



## **Week 12: Friday, May 24, 2002**

As I come closer to the end of my contest preparation, I am trying to concentrate on taking on one task at a time. Sometimes I will find myself thinking ahead to all of my remaining weight training and cardio sessions, or to the tanning process and taking my final photos. When this happens, my list of things to do seems very large and challenging, and even impossible to complete. Once I am able to focus in on what I need to be doing at that exact moment, the challenges seem much more achievable. I am also able to generate a greater amount of intensity by focusing on one task, set, or intense cardio session at a time. I will try to maintain this frame of mind from now until the moment when I put my final photos and submission package in the mail.

I have made my list of things to do for the weekend and I am sure to be busy. I need to make sure that I am as strict and as intense as ever with my cardio efforts and my nutritional and supplementation plan this weekend. I don't want to let up an inch at this point in my training. It is supposed to be very nice this weekend (Sunny and in the mid 80's). I am planning to take advantage of this by getting out in the sun some every day in order to improve my base tan. I will also take advantage of the extra day off Monday, which is Memorial Day. In the past I would have been trying to figure out where to "party" for the weekend, but this year I will use the day to get some things done in relation to the *AST 2002 World Championships* and get some extra rest. The holiday comes at a great time during my contest preparation and I plan to take full advantage.

### **TRAINING:**

#### **Biceps:**

Straight Bar Curls....3 x 5 @ 175 lbs (After warmup)

Alternate Dumbbell Curls....2 x 4 @ 90 lbs

\*I alternate between bicep and tricep exercises each set, taking a full rest in between each set.

#### **Triceps:**

Lying Tricep Presses....2 x 5 @ 145 lbs (After warmup)

Seated Overhead Tricep Press (with dumbbell)....2 x 6 @ 90 lbs

Straight Bar Tricep Pushdowns....1 x 6 @ 140 lbs

#### **Forearms**

Standing Dumbbell Wrist Curls....1 x 8 @ 60 lbs, 1 x 7 @ 60 lbs, 1 x 8 @ 60 lbs

I finished off the week strong with a solid weight training session this morning. I have started feeling pretty tired some mornings and today was one of those days. I made sure that I warmed up very well and got my mind ready for the type of intense workout I knew I needed to perform. I kept reminding myself to just concentrate on one set, the next set, and that is it. I think this approach was very helpful during my arm workout today.

Last week I moved up to 175 lbs on straight bar curls on my third set, so this is where I decided to start today. The weight was heavy, but I managed to complete 5 reps every set, which I thought was a good accomplishment. I couldn't quite get my 6<sup>th</sup> rep on my first set of lying tricep extensions and had to really bear down to get 5 reps on the second set.

My intensity level on alternate dumbbell curls has been really high the last few weeks, so I knew I was going to have to work hard to match that intensity today. I started off strong on my first set and then as I started my fifth rep with my right arm I lost my grip on the dumbbell. I haven't been experiencing gripping problems lately on this exercise and I was disappointed that I didn't finish five reps. Before my second set of alternate dumbbell curls I was determined to "hang on" and finish an awesome set. This time, I managed to reach failure in my biceps as opposed to my grip, and finished another 4 reps on each arm.

I felt very strong on both seated overhead tricep presses and straight bar pushdowns this week and completed an extra rep on pushdowns at 140 lbs compared to last week. I was also able to squeeze out an extra rep on my third set of standing dumbbell wrist curls to finish off the day. I slowly made my way to the locker room, feeling the effects of today's arm blasting.

### **Cardio:**

Even though I am starting to feel tired during the day, I have been able to generate enough mental focus enabling me to reach higher levels of physical and mental intensity during my cardio sessions. With *Max-OT* cardio, there is simply no way that I am going to settle for anything less than 100% effort during every session. Yesterday on the treadmill after jogging for two minutes to warm-up my muscles, I started into some very intense one minute sprinting intervals, followed by one minute lower intensity intervals. I got stronger and stronger as the session progressed and reached speeds and inclines during my last few intense minutes that I have never reached before. After 16 minutes of intervals I jogged for another two minutes to cool down. I ended up running 3.69 miles during the 20 minute session. I was exhausted, but felt great because I thought about the fat literally dripping off my body. I must attack the stairstepper tonight with the same type of intensity and desire, as well as all of my cardio sessions this weekend. This is my last weekend of cardio before I take my final photos. I must get it done NOW because next week it will be too late!

## Week 13: Monday, May 27, 2002

I'm getting close but I still haven't crossed the finish line yet. I must continue to execute my plan every day to the best of my abilities and finish the *AST 2002 World Championships* strong! I completed all of my weekend cardio sessions as planned and stuck to my diet and supplementation schedule as well. I was busy all weekend and time seemed to fly by. It is definitely nice to have today off from work and I plan to take full advantage of the extra time.

I got out in the sun for about an hour and a half both Saturday and Sunday in order to help build my base tan before taking my final photos next weekend. It is supposed to be pretty cloudy today, so I am planning to go to the tanning bed later this afternoon if it is open (since it is Memorial Day). I ordered some *Protan* and *Jan Tana Show Tan* to use in order to obtain a darker tan for my final photos. Based on information from one of Jeff Willet's Q&A's on the *AST-SS Website*, these products work better if you already have a good base tan. Therefore, I have been making an effort to tan as much as possible, either outdoors or in the tanning bed, and plan to continue to do so over the next few days.

I will continue to follow the same nutritional plan implemented last Thursday through Wednesday of this week. I then plan to begin the carb loading process on Thursday following my morning weight training session, which will be my last workout during the contest. Since I have never competed before or performed the carb loading/sodium depleting/potassium loading process, I plan to keep it simple and follow Jeff Willet's process from last year's *Team Universe Training Journal*. I will start off pretty conservatively with my carb increase on Thursday and Friday and then adjust my carb intake based on how my body is responding to the extra carbohydrates. Since I am planning to take pictures on Saturday, Sunday, and Monday, I will be able to increase my carbs each day if my muscles are responding well. I went to the grocery store yesterday and bought two big bags of potatoes, several boxes of white rice, and two large containers of oatmeal. I have to say that after the last few weeks of low carbs and calories I am really looking forward to eating these foods. However, right now I must concentrate on finishing out these last few days of dieting and training hard.

### **TRAINING:**

#### **Legs:**

Squats....3 x 4 @ 280 lbs (After Warmup)

Leg Press....1 x 5 @ 695 lbs, 1 x 5 @ 705 lbs

Straight leg dead lifts....2 x 4 @ 330 lbs

**Calves:**

Calf Raises on Leg Press....2 x 8 @ 885 lbs (After warmup)

Seated Calf Raises....1 x 7 @ 280 lbs

**Abs:**

Rope Cable Crunches....1 x 12 @ 182 lbs, 1 x 12 @ 185 lbs

Weighted Incline Crunches....2 x 10 with 45 lbs weight

Since I am planning to finish my training for the *AST 2002 World Championships* on Thursday of this week, I will be performing the 3 day weight training routine from week 6 of the *Max-OT Training Series*, working out today, tomorrow, and Thursday. I decided to kick off the week with leg training. I will perform the back, bicep, and forearm workout tomorrow and then finish off with the chest, shoulder and triceps workout on Thursday.

I knew today's workout was going to be tough. It basically consists of the leg routine I have been following over the last six weeks with the addition of calves and abs. Before I got to the gym I decided that I was going to have a great workout no matter how tired I thought I was. I flipped on my intensity switch and my momentum and enthusiasm seemed to grow with every set performed. A solid three sets of squats at 280 lbs set the stage for the rest of the workout.

I decided to challenge myself a little more on my second set of leg presses and increased 10 lbs for my heaviest weight yet on this exercise. I was able to complete five strong reps with the heavier weight. Calf and ab training went very well also. I kept reminding myself during each exercise that this was my last chance to build muscle for this bodypart before my final photos. This mindset helped motivate me to give my very best effort on each set. Today's workout knocks a big one off my task list for the week. I must continue to focus on making the most out of each of my remaining weight training and cardio sessions, one at a time.

**Cardio:**

Friday night I attacked the stairstepper for 20 minutes determined to pass the 2.73 mile mark. I increased to level 10 earlier than normal and I thought that I was going to make it, but I ended up going exactly 2.73 again. I was very pleased with the effort it took to try to beat my record and I was left exhausted and gasping for air as usual. On Saturday morning I beat last week's 30 minute running distance of 3.43 miles by going 3.51 miles. I also worked at some higher inclines this week, which caused quite an increase in the intensity level. Saturday afternoon I went back to the gym for 16 minutes on the recumbent bike. My

energy level was pretty low and my legs were just flat out tired as I started peddling on the bike. I had to work harder than ever before to keep pace on the bike Saturday, but I ended up matching my previous distance of 5.67 miles/kilometers. I was totally exhausted after this cardio session, but very glad that I had completed it as planned.

Sunday morning it was back on the stairstepper for 30 minutes. I increased the level on the machine a little sooner this week compared to last week. It damn near killed me, but the final reading on the stairstepper after the 30 minute session was 3.71 miles, which beats my previous record of 3.69 miles. I couldn't help but smile a little because I knew I had reached another level of cardio intensity with this new record. I finished off Sunday with my 40 minute walk around the lake. I was happy with my cardio efforts this weekend and need to attack my remaining sessions this week with the same strong mental attitude and determination. My next cardio session is planned for tonight on the stairstepper. I just need to make sure that I get to the gym early enough since it closes at 6:00 p.m. for Memorial Day.

## **Week 13: Tuesday, May 28, 2002**

Even though I didn't have to work yesterday because of Memorial Day, it seemed like I was very busy all day long. Between training, cardio, tanning, and running various errands, I managed to stay active for the majority of the day, which is a good thing. As Jeff Willet discusses in his 2001 Team Universe Training Journal, the busier you are the less time you have to sit around and think about how tired you should be. Staying busy also helps to burn a few extra calories and keeps my mind off of dieting. Before I know it, it is time to eat again. Even though the quantity may not be very much I really enjoy all of my meals right now. I also know that with every high quality meal I am supplying my body the proper nutrients it needs to recover from the intense training that I am performing.

I am working in Sylacauga, AL again all this week. I will bring my cooler of food and backpack of supplements as normal. The only difference will be that starting on Thursday my cooler will be a little more full as I will begin carb loading that day! I believe that I have worked extremely hard to get into great shape over the last 13 weeks and I am excited to see the impact that increasing my carbohydrate intake will have on my muscles. That time will come, but I still have to make sure that I make the most out of the next two days as I continue to burn bodyfat and get into better condition! I have started off my final week of training, cardio, and dieting very strong and I intend to keep it that way until I complete my last set during my Thursday morning workout!

### **TRAINING:**

#### **Back:**

Lat Pull-Downs (To the front)....2 x 5 @ 275 lbs (After Warmup)

V Bar Pulldowns....2 x 5 @ 275 lbs

Bent Over Barbell Rows....2 x 6 @ 230 lbs

#### **Biceps:**

Alternate Dumbbell Curls....2 x 4 @ 90 lbs (After 1 weight acclimation set)

Straight Bar Curls....2 x 4 @ 165 lbs

#### **Forearms**

Barbell Wrist Curls....1 x 6 @ 105 lbs (After 1 warm-up set)

Standing Dumbbell Wrist Curls....1 x 7 @ 60 lbs

Today I performed the back, biceps, and forearms workout from the three day routine from week 6 of the *Max-OT Training Series*. I was totally motivated and ready to attack my workout from the moment I woke up! Back training started off very good with lat pulldowns and v-bar pulldowns. I have not performed lat pulldowns in a while, but the movement felt good and I was able to complete 5 reps using some solid weight. Bent over barbell rows felt very good as well. I completed six strong reps on both sets at 230 lbs and feel like my form was as good as ever.

The 90 lbs dumbbells were pretty challenging on alternate dumbbell curls after already performing my back workout, but I managed to complete 4 reps on both sets. I also did not experience the gripping problems that I had been having during the first six weeks of my contest preparation when I was working back and biceps together. I went a little lighter on straight bar curls compared to last Friday since I had already worked back and alternate dumbbell curls. I struggled to complete five reps on my first set at 165 lbs and had decided to decrease the weight a little because I felt I was using too much momentum. Then, I changed my mind and decided instead of decreasing the weight I would increase my intensity level. I reminded myself that this was my last set of biceps during my *AST 2002 World Championships* training and that I was going to get at least 4 reps, NO MATTER WHAT! This mental approach worked great as I completed another five reps and felt stronger than I had on my first set!

I have not performed straight bar wrist curls for some time due to the pain I was experiencing in my right wrist. My wrist has not hurt at all for at least 4 weeks so after performing one warm-up set of barbell wrist curls I completed 1 very slow and controlled heavy set. I completed six reps and my wrist didn't bother me at all. I finished off my forearms with 1 set of standing dumbbell curls

### **Cardio:**

I had to psyche myself up yesterday afternoon for an intense cardio session on the stairstepper after a grueling leg, calf, and ab workout that morning and a full day of running errands. However, once I started going I was determined to pass my record distance of 2.73. I know the point where I normally increase the machine level from 9 to 10, and I made sure that I increased it at least 20 seconds sooner than normal. As I pounded out step after step I reminded myself how badly I want to be the BEST that I possibly can. I was positive that I would have passed the 2.73 mark, but ended up going exactly that distance. Oh well, regardless of the distance this was definitely my best 20 minute performance on the stairstepper yet. My next cardio session will be my basketball game tonight. I will be sure to run hard and think about moving towards better conditioning!

## Week 13: Wednesday, May 29, 2002

I guess tonight will be the last *AST 2002 World Championships* chat session. I hate to see these chat sessions come to an end. I look forward to the chat sessions every week and believe that they have been an integral part of the progress I have made during the contest. Being able to communicate with Paul Delia, Jeff Willet, Skip La Cour, Paul Cribb, Derik Farnsworth, and the other contestants has truly been a unique experience. I have taken away a tremendous amount of information from the chat sessions and I am always more motivated to push myself to higher levels after each session.

Although the chat sessions and the *AST World Championships* are coming to an end, I still have a very exciting experience to look forward to in the *Max-OT Training Camp*! I think that next weekend is going to be an awesome experience, and I plan to give it my all and get the most out of my time there. I was happy to hear that Derik Farnsworth will be joining the camp this year. Derik has been great about answering questions during the chat sessions, and from reading Jeff Willet's journals I can tell that he is an extremely motivated and focused individual. I'm sure that his presence will be a positive addition to the *Max-OT* Camp experience! Needless to say, I'm pretty pumped about going to Golden, CO and the *AST Sports Science* Headquarters!

First things first. I completed an awesome cardio session this morning. I have one more intense cardio session tonight and then one more weight training session in the morning. I will then begin to gradually increase my carbohydrate intake starting with a post-workout *VP2* and *HSC* shake. I feel that my hard work over the last 12 ½ weeks has put me into a good position to take advantage of the carb loading/sodium depleting/potassium loading process. I have been consuming very low carbs the last few weeks and I am excited to see the effect that the increased carbs will have on my muscles. I also get to eat more! The dieting has been tough and I am definitely ready for some oatmeal and potatoes! I will finish out my current nutritional plan today and take advantage of my last day of maximum fat burning during the contest. Tomorrow, I will begin to focus on getting ready for my final photos this weekend.

### Cardio:

I did not perform a weight training session this morning. I will finish off this week's three day *Max-OT* weight training routine tomorrow morning with chest, shoulders, and triceps. We had to come from behind last night to pull out a victory during my basketball game. We played some very intense defense in the second half and I ran hard the whole game. I ended up getting a great cardio workout and it was an excellent team effort to come back and get the win. Since I did not have a scheduled weight training session this morning, I decided to perform a morning cardio session. My favorite stairstepper was open so I hopped on and went to work. I set the machine for 30 minutes and increased the machine level throughout the session. I knew what I had to do in order to have a chance to pass my new record of 3.71 miles set on Sunday. Time seemed to crawl by and



at times I felt like I could not go on, but I kept reminding myself how important it was to finish strong. I increased the machine level just a little sooner than I had on Sunday and set another new record by completing 3.73 miles. It felt really great to finish off my last two 30 minute stairstepper sessions during the contest by setting two new records! I still have one more cardio session to go. Tonight I will finish off my contest preparation cardio with 16 minutes on the bike. My goal is to make this my most intense session on the bike yet. FINISH STRONG!

## Week 13: Thursday, May 30, 2002

We had our final *AST 2002 World Championships* chat session last night. It was an informal open discussion/question and answer session. Paul Cribb was not present because he is currently presenting a sports science research seminar. Paul Delia, Jeff Willet, Skip La Cour, and Derik Farnsworth answered any questions that the contestants had and Paul emphasized the importance of ALWAYS working out with 100% intensity in the weight room and during cardio sessions. Anything less and you are wasting your time because you will not progress. I have made an effort to strive for maximum intensity during my workouts over the past 13 weeks, which has helped me to obtain the greatest results of my life in terms of strength gains and fat loss. I will remind myself that I must continue to give 100% each and every workout if I want to continue to improve in my bodybuilding efforts. Before I began the *AST 2002 World Championships* I never would have thought it was possible to make the changes I have made to my body over the last 13 weeks. Now, after making these positive changes, I believe that anything is possible. I plan to continue to raise my standards and expect more out of myself because I KNOW that I can always do better.

I could sense the excitement about the *Max-OT Training Camp* last night during the chat session. I leave for the camp exactly 1 week from today and I can hardly wait! By talking to Paul, Jeff, Skip, and Derik, I know that next weekend is going to be a full three days of information, intensity, and fun! I think that the training camp will be a perfect ending to the *AST 2002 World Championships*. I hope that some of the other contestants will be there so that we can share our experiences during our contest preparation, although it didn't sound like anyone from last night's chat session would be able to make it. Either way, I think it is going to be awesome!

I finished off my last training session during the contest this morning and began my increased carbohydrate intake immediately with a *Creatine HSC* and *VP2 Whey Isolate* post-workout shake. The grape *HSC* tasted great and I thought about how it was helping my muscles to recover after an intense workout. My meals today are consisting of a moderate increase in carbohydrates compared to the very low amount I have been consuming over the last few weeks. I am splitting my carbs between boiled skinless potatoes, white rice, and oatmeal as Jeff Willet did before last year's Team Universe. I will use these three foods as my source of carbs over the remaining days of carb loading and consume 3 *Ny-Tro Pro-40s* and four scoops of *VP2 Whey Isolate* for my protein intake. This is the way Jeff Willet did it and I see no reason to try to get fancy and do something different. My total carbs and calories today, however, will be lower than Jeff's totals from last year. I plan to take in approximately 335 grams of carbohydrates today and a total of approximately 2,500 calories.

I will gradually increase my carbohydrate intake tomorrow and then make adjustments based on how I look in the mirror. I will continue to salt all of my meals today and then cut out all excess sodium starting tomorrow. I am also continuing to drink at least two gallons of water per day. I have gotten pretty lean and I am not too worried about

“screwing up” the carb loading process even though this is my first time to do it. As long as I don’t do anything too drastic or stupid then I believe I will be fine. I have to admit that the extra carbs are tasting really good!

## **TRAINING:**

### **Chest:**

Flat Bench Barbell Presses....1 x 5 @ 240 lbs (after warmup), 2 x 4 @ 240 lbs

Incline Dumbbell Presses....1 x 3 @ 90 lbs, 1 x 4 @ 85 lbs

Weighted Dips....1 x 6 @ 45 lbs

### **Shoulders:**

Military Press (To the Front)....2 x 4 @ 145 lbs (After 1 weight acclimation set)

Dumbbell Side Lateral Raises....2 x 6 @ 50 lbs

Barbell Shrugs....1 x 6 @ 365 lbs

### **Triceps:**

Lying Tricep Presses....2 x 5 @ 135 lbs (After warmup)

Straight Bar Tricep Pushdowns....2 x 4 @ 140 lbs

I finished off the training portion of my contest preparation this morning with chest, shoulders, and triceps. This workout seemed like a marathon compared to my normal *Max-OT* routines. I knew that I would have to concentrate on one set at a time in order to make it through while using maximum intensity and focus.

I started off strong on flat bench press and matched my performance from last week. The 90 lbs dumbbells on incline presses was a little too heavy as I was barely able to complete 3 reps on my first set. I dropped down to the 85 lbs dumbbells on my second set and completed 4 reps. I felt great during my set of weighted dips and completed six full reps with a 45 lbs weight.

I was already exhausted from working chest, but I still had shoulders and triceps to go before I could let up. After one weight acclimation set on military presses I began my first set with 15 lbs less than I used last week since I had already worked my shoulders pretty well during my chest workout. It appears that I picked a good weight as I was able to complete four reps on both sets. I then moved onto dumbbell side lateral raises. This is the first time I have performed this exercise in a while because it was hurting my right wrist about a month ago. My wrist has been fine lately and it did not hurt at all today. What do you know, I stayed away from the exercise that was hurting me and my wrist got

well! Good Russ, LEARN FROM THIS! I don't think that the 4+ *Proflex 750* every day hurt too much either!

My set of barbell shrugs with 365 lbs was pretty challenging, but I squeezed my traps as high and as hard as I could for six reps. I could see the light at the end of the tunnel, but I still had to finish off strong with triceps.

After working chest and shoulders my triceps had already received a lot of stimulation so I decided to start with 10 lbs less on lying tricep presses compared to last week. I felt good and was able to complete 5 reps on both sets. I psyched myself up for my final two sets of straight bar tricep pushdowns and forced out 4 reps on both sets at 140 lbs.

I am happy with my effort and performance during my last weight training session during the *AST 2002 World Championships*. It was a long workout, but I stayed focused on each set and was able to maintain a high level of intensity throughout the workout. I have worked very hard over the last 13 weeks and now I will get ready to make my final photos look as good as possible.

### **Cardio:**

I believe that I accomplished my goal of making last night's session on the recumbent bike my most intense yet. After already performing an intense cardio session yesterday morning, I was pretty worn down. However, I kept reminding myself that this was the last one! No more chances to crank up the old fat burning furnace after tonight. I ended up peddling on my last interval until my legs literally gave out. I had to wait a few minutes before I could even get up and walk. The distance on the bike was 5.67, which matches my previous distance. However, the intensity level was definitely higher. After I regained use of my legs I walked a couple of laps around the gym. It felt good to have this task knocked off of my list and I was glad that I had not let up at all during my last cardio session of the contest.

## Week 13: Friday, May 31, 2002

This is my final *AST 2002 World Championships* training journal entry. I completed my last weight training session yesterday morning and am in my second day of the carb loading process. I think that things are going well so far and I can already tell that my muscles are fuller and more vascular. I took my final body fat measurement this morning and it read 5.9%, down from 8.1% two weeks ago. My weight is down from 215 lbs to 210 lbs, so even with the very low calories I have been consuming over the last two weeks it appears as though I managed to lose only fat!

I eliminated all sodium from my diet starting this morning except for the amount present in *VP2* and *Ny-Tro Pro-40*. I am still drinking at least two gallons of water each day but am making sure that all of the water I use for drinking and cooking is either distilled or completely sodium free. I have also started to take 99 mg of potassium every other hour. My nutritional totals for today will be as follows:

3 Servings of Chocolate *Ny-Tro Pro-40*

4 Scoops of Vanilla *VP2*

4 Servings of oatmeal

2 Cups of White Rice

8 medium boiled skinless potatoes

2+ gallons of distilled or no sodium water

99 mg of potassium every other hour

My nutritional totals for the day come to approximately 3100 calories comprised of 482 grams of carbohydrates, 268 grams of protein, and 17.5 grams of fat. I plan to keep my protein intake constant while increasing my carbohydrate intake each day through Monday, which is when I will take my “final” photos. I will assess the way that my body is responding to the carbs and decide exactly how many carbs to take in each day. I am also planning to take pictures on both Saturday and Sunday and choose the ones in which I look my “best.”

I will continue to use all of my supplements including *Micronized Creatine* and *GL3 L-Glutamine* during the next few days as described in Jeff Willet’s 2001 Team Universe Training Journal. I will also increase my intake of potassium each day following the outline in Jeff’s journal and continue to avoid sodium until I am finished taking my final photos on Monday.

I am enjoying this final phase of my contest preparation (the extra carbs are especially nice!) and am excited to see how my final photos turn out. I will try to enjoy the whole experience and have a good time with it instead of getting stressed out about making everything “perfect.”

The past 13 weeks have been an incredible journey. By staying on track and sticking to my plan I have made accomplishments that I never would have thought possible before entering the *AST 2002 World Championships*. Now, looking back, I cannot imagine what my life would be like if I had not made the decision to commit to getting into the best shape of my life. I feel like a completely new person and I now have a totally different outlook on my bodybuilding and nutrition efforts. I feel like I have opened new doors in this area of my life and that there are no limits on what I can accomplish if I am willing to put forth the required amount of effort, desire, dedication, and consistency.

It is important now that I take everything I have learned and continue to strive to improve each and every day, both in the gym and in all other areas of my life. Otherwise, what I am right now is the best that I will ever be, and although I am proud of my accomplishments I know that there is ALWAYS room to improve. I will continue to strive for a higher level of success in my life and always remember to keep working hard and STAY STRONG!!!



