

Week 33: Monday, April 14, 2003

Weekly Assessment (Week of 4/7/03)

- Did a good job of concentrating on exercise execution during week back after my recovery week.
- Although I used lighter than normal weights my concentration and focus could have been better in the weightroom
- Followed my nutrition program well during the week.
- Followed Supplementation program about 98% (forgot pre cardio antioxidants 1 day).
- Drank all water Monday-Friday. Did not drink all water on Saturday or Sunday.
- Saw the new design for my Russyeager.com website, which should hopefully be ready this week!
- Had a relaxing weekend with Tennale, my fiancé. We went to see 'Anger Management', which was actually pretty good. I ate too much junk food as I 'got it out of my system' before cutting out all non-bodybuilding food until after my contest on August 9.

Weekly Goals:

- Create the proper environment to add quality lean muscle mass by training heavy and intense and following the [Max-OT](#) principles to a T.
- Follow strict bodybuilding diet as outlined below 100% Monday-Friday paying close attention to the precise timing of my meals, especially during the post-workout 3 hour "window".
- Eat clean and on time during the weekend and take my supplements on time.
- Follow supplement schedule perfectly as outlined below.
- Drink lots of pure water-At least ½-2 gallons per day.
- Really step up the intensity and focus in the weightroom! There are now 17 weeks until the Alabama State Bodybuilding Competition!
- Take a few minutes to go over workout in my mind in the morning before hitting the gym. Take a few minutes after my workouts to review what I did well and what I can improve on.
- Strive for excellent form and exercise execution on all exercises.
- Concentrate on creating a strong mind to muscle link.
- Perform 4 cardio sessions.
- Have a passion for training and for life!
- Continually demand more of myself and redefine what I am capable of in and outside of the weightroom.
- Make the most out of the opportunities that present themselves every day.
- Enjoy my contest journey. Keep a positive attitude.

I now have 17 weeks until my first bodybuilding contest on August 9. Starting today, there will be no more ‘cheat meals’ on the weekends. I will make sure to eat all of my scheduled meals on time every day of the week. This alone, will get my metabolism running efficiently and begin the fat burning process. The only reference I have to go by as far as getting into contest shape goes is from the AST World Championships last year. For this contest, I dieted for 13 weeks and got pretty ripped. I lost a lot of fat in a short period of time last year, but managed to hold onto all of my muscle, which I credit to training heavy [Max-OT](#) style and applying intelligent nutrition and supplementation strategies. I am in much better shape this year than I was at the beginning of my contest last year. I am giving myself 17 weeks for my contest this year because I want to be able to lose fat at a rate where I am still able to gain lean muscle mass, having a very ectomorph type 6’6 frame. One of my main goals this year is to surpass both my level of muscularity AND conditioning from last year. Based on what I have been doing this past year and my plan for the next 17 weeks I should be able to do so.

I am excited to really step it up a couple of notches and see what I am capable of. It’s ‘go time’, and I believe that what I am able to achieve depends on what I am willing to do over the next 17 weeks.

I will follow the diet below for a couple weeks. You will see that I am consuming a fairly large amount of calories and nutrients with my nutrition plan centered around the [Anabolic Nutrient Timing Factor](#). I am also taking advantage of high quality AST supplements as outlined below. I will take one more week off from creatine and then begin a loading phase next week. I will use DGC as my high glycemic pre and post workout carb source. I am also taking one more week off from Dymetadrine Xtreme. This is not a product that has to be cycled. However, I like the increased energy effects I get from this product after taking a few weeks off.

Current Nutrition and Supplementation Plan:

Meal # 1 (6:00 AM)	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Calories</u>
Multi Pro 32X-1 capsule				
1 ALA 200				
2 Proflex 750				
1 Cup Skim Milk	9	13	0	90
CLA1000-2 capsules	0	0	2	18
1 ½ Scoops VP2	36	1.5	0	150
1 Serving Frosted Flakes	1	28	0	120

Pre-Workout (7:00 AM)

- 1 NAC 500
- Vitamin C-1000mg
- Vitamin E-400 I.U.
- 1 Beta Carotene-25,000 I.U

GL3 L-Glutamine- 10 grams				
1 Scoop VP2	24	1	0	100
¾ Serving DGC	0	34.5	0	138

Post-Workout (8:15 AM)

1 ALA 200				
1 NAC 500				
Proflex 750-1 Capsule				
Vitamin C-1000mg				
Vitamin E-400 I.U.				
1 Beta Carotene-25,000 I.U.				
GL3 L-Glutamine-10 grams				
2 Scoops VP2	48	2	0	200
1 ¼ Serving DGC	0	57.5	0	230

Meal # 2 (8:45 AM)

GL3 L-Glutamine-5 grams				
6 Serv. Eggbeaters	36	6	0	180
1 Cup White Rice	4	43	0	190

Meal # 3 (9:15 AM)

Ny-Tro PRO-40	40	22	1.5	250
4 small canned white potatoes	1	13	0	80

Meal # 4 (11:00 AM)

GL3 L-Glutamine-5 grams				
1 Scoop Choc. VP2	23.5	2	.5	110
4 serv. eggbeaters	24	4	0	120
6 small canned white potatoes	1.5	24	0	120

Meal # 5 (12:45 PM)

Udos Choice Oil Blend-1 tbs Spoon	0	0	14.5	135
5 Chicken Breast Tenderloins	47	0	1.5	200
Mixed Vegetables-6 Servings	8	29	0	150

Meal # 6 (3:15 PM)

GL3 L-Glutamine-2.5 grams				
1 Tablespoon Natural Peanut Butter	3.5	3.5	8	18
CLA1000-2 capsules	0	0	2	250

Ny-Tro PRO-40 40 22 1.5

Pre-Cardio (5:15 PM)				
Vitamin C-1000mg				
Vitamin E-200 I.U.				
GL3 L-Glutamine-2.5 grams				
1 Scoop VP2	24	1	0	100
¾ Serving DGC	0	34.5	0	138

Post-Cardio (5:45 PM)				
Vitamin C-1000mg				
Vitamin E-200 I.U.				
GL3 L-Glutamine-10 grams				
1 Scoop VP2	24	1	0	100
¾ Serving DGC	0	34.5	0	138

Meal # 7 (6:45 PM)				
2 Tablespoons Crushed Flax seeds	4	8	9	130
1/2 Cup Oatmeal	5	27	3	150
5 Chicken Breast Tenderloins	47	0	1.5	200
Mixed Vegetables-5 servings	6	24	0	120

Meal # 8 (9:45 PM)				
1 ALA 200				
Multi Pro 32X-1 capsule				
Vitamin C-1000mg				
Proflex 750-1 Capsule				
GL3 L-Glutamine-5 Grams				
CLA1000-2 Capsules			2	18
Ny-Tro PRO-40	40	22	1.5	250

Meal # 9 (Approximately 2:00 A.M.)				
GL3 L-Glutamine-5 grams				
1.5 Scoop VP2	36	1.5	0	150
1.5 Cup Skim Milk	13.5	19.5	0	135

10:00 P.M. (Before Bed)
GABA-5 grams

TOTALS 546 479 46.5 4578

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

TRAINING:

Back:

Pull-Ups....1 x 8, 2 x 6 (After warm-up on lat pulldowns)

V-bar pull downs....1 x 6 @ 240 lbs, 1 x 6 @ 247.5

Barbell Rows...1 x 6 @ 205 lbs, 1 x 6 @ 215 lbs

Deadlifts....1 x 6 @ 295 lbs, 1 x 5 @ 300 lbs

I decided to substitute pull-ups for lat-pulldowns as my first back exercise during this [Max-OT](#) routine since pull-ups are such an effective back exercise. Since I do not have access to a weighted belt at the LA Fitness where I train, I will perform my sets up pull-ups to failure, which will fall outside of the 4-6 rep range. I will make this exception since pull-ups are such an effective exercise. Weighing 235 lbs and having long arms makes pull-ups a demanding exercise for me, even without a weighted belt.

I had a very solid workout today. My execution was good, my intensity was pretty good, and my focus was pretty good. I picked up on deadlifts right were I left off, which is great. Although today's workout was good, my intensity and focus levels need to INCREASE in order to produce the awesome workouts that will produce the results I am looking for. I must continually raise the bar on my performance and always search for a higher level.

Cardio:

Stairstepper (rolling hills) 20 minutes Distance: 2.32 Calories:
(machine reset before I could read)

Pretty good 20 minute cardio session today. This will now be the MINIMUM distance that I go using this machine and setting as I progress in my cardio training. I must push myself to increase the intensity of my cardio sessions in order to cause a significant rise in my metabolism and effectively burn bodyfat.

Week 33: Tuesday, April 15, 2003

TRAINING:

Shoulders:

Dumbbell Presses....1 x 6 at 75 lbs (After warmup), 2 x 4 @ 80 lbs

Standing Military Presses....1 x 6 at 140 lbs, 1 x 5 @ 145 lbs

Lunges....1 x 6 @ 135 lbs, 1 x 5 @ 135 lbs

Stiff-leg deadlifts....2 x 6 @ 205 lbs

Calves:

Calve raises off leg press....1 x 10 @ 675 lbs (after 1 warm-up set), 2 x 8 @ 695 lbs

Seated Calf Raises....1 x 8 @ 225 lbs, 1 x 7 @ 225 lbs

Well, last week I said that Wednesdays were going to be demanding and I was surely right. Today's leg and calves workout was intense, tough, and long. It took about 70 minutes to complete the workout from the very first warm-up set on squats to my very last set of calves. We were pretty efficient with our exercises, but it just takes a while to recover in between sets from heavy leg exercises.

I felt good on squats and leg presses today. I feel that I should consistently be able to move up in weight on both of these exercises over the upcoming weeks and months. Lunges felt better this weeks, although I still felt a little uncoordinated during this exercise. Despite the long, demanding workout, I maintained my concentration level and intensity and got the job done. Good workout today.

Week 33: Thursday April 10, 2003

TRAINING:

Chest:

Flat Barbell Bench Press....1 x 6 at 235 lbs (After warmup), 1 x 5 @ 240 lbs, 1 x 4 @ 245 lbs

Incline Dumbbell Bench Press....1 x 6 at 90 lbs, 1 x 5 @ 90 lbs

Decline Barbell Press....1 x 5 @ 240 lbs, 1 x 4 @ 245

Abs:

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

Weighted Cable Crunches....2 x 10 @ 200 lbs

Swiss Ball Crunches....1 x 12

Swiss Ball Leg Raises....1 x 12

This morning's chest and ab workout was very good. I felt really strong on my first set of flat bench press at 235 lbs and was able to increase the weight on my next two sets. My intensity and concentration levels were good today and I just felt good and

excited about training. This is the best I have felt all week. My workout partner and I pushed ourselves and challenged each other, which made the workout both exciting and intense.

I didn't go quite as heavy as I have been on my abdominal exercises. I tried to really concentrate on squeezing my abs throughout the entire exercise, which makes a big difference.

I will perform cardio this afternoon and then finish off the week with biceps, triceps and forearms.

Cardio:

Recumbent bike (cybex) 16 minutes Distance: 6.41
Calories: 307

As soon as I started my [Max-OT cardio](#) session today I knew I was going to have to fight hard the whole way. My legs are pretty sore from yesterday's leg workout. I did a good job of pushing through the burning in my legs and finished an effective cardio session. I didn't quite match the distance or calories from Tuesday's workout, although I felt like I was working a lot harder.

Week 33: Friday April 18, 2003

TRAINING:

Biceps & Triceps:

Barbell Curls...1 x 6 at 135 lbs (after warmup), 1 x 6 @ 140 lbs, 1 x 5 @ 140 lbs

Lying Tricep Extensions...1 x 6 @ 135 lbs (after warm-up), 1 x 6 @ 140 lbs

Alternate Dumbbell Curls...1 x 6 at 70 lbs, 1 x 5 @ 70 lbs

Overhead Dumbbell Tricep Presses...1 x 6 @ 95 lbs, 1 x 5 @ 95 lbs

Tricep cable pushdowns...1 x 6 @ 240 lbs

*I am alternating between bicep and tricep exercises during this [Max-OT](#) routine. This is NOT a superset. I am performing a set for biceps, taking a full rest, then performing a set for triceps, and alternating in this fashion until all sets listed are complete.

Forearms:

Barbell Wrist Curls....1 x 8 @ 105 lbs, 1 x 6 @ 105 lbs

Reverse Barbell wrist curls....1 x 10 @ 40 lbs, 1 x 6 @ 45 lbs

I finished out the week strong with a very good arm workout today. I dropped down in weight just a bit on my bicep exercises compared to what I was doing before my recovery week. Doing so allowed me to concentrate on keeping the overload on my biceps and minimizing extra momentum in the movement. Controlled cheating to lift heavier weight is okay, but I feel that I was a little sloppy before. I felt very strong and in control today during barbell curls and dumbbell curls.

My tricep exercises were very solid as well. I used some good weight and executed the movements well. I finished off the workout with forearms, which also went well. It took us a little over an hour to finish the workout. We were not wasting time or anything. There are just a lot of sets in this workout and it takes a while to recover in between sets of heavy barbell curls and tricep presses. I will be working arms on Fridays with this training routine. During this [Max-OT](#) routine, you alternate between bicep and tricep exercises. I like working my arms this way. It keeps me mentally alert and allows for full recuperation of contrasting muscles groups in between sets.

I am going home to Birmingham this weekend (I am working on an out of town engagement in Atlanta) to spend Easter with my family. I have a cardio session scheduled for Saturday that I will perform at my gym in Birmingham. I will take Sunday off and relax with my family and then get ready to hit it hard again on Monday morning.