

Monday, June 30, 2003

Week 13 Nutrition and Supplementation Plan:

Meal #1 (6:00 AM)				
Item	Protein	Carbs	Fat	Calories
1 ALA 200	0	0	0	0
Multi Pro 32X-1 capsule	0	0	0	0
2 Proflex 750	0	0	0	0
GL3 L-Glutamine-5 grams	0	0	0	0
CLA1000-2 capsules	0	0	2	18
1/2 Scoop VP2	12	.5	0	50
1/2 Serving Frosted Flakes	.5	14	0	60
Pre-Workout (7:00 AM)				
Item	Protein	Carbs	Fat	Calories
1 NAC 500	0	0	0	0
Vitamin C-1000mg	0	0	0	0
Vitamin E-400 I.U.	0	0	0	0
1 Beta Carotene-25,000 I.U	0	0	0	0
GL3 L-Glutamine- 10 grams	0	0	0	0
2 Dymetadrine Xtreme	0	0	0	0
1/2 teaspoon micronized creatine	0	0	0	0
1 Scoop VP2	24	1	0	100
1/2 Serving Creatine HSC	0	34	0	68
Post-Workout (8:15 AM)				
Item	Protein	Carbs	Fat	Calories
1 ALA 200	0	0	0	0
1 NAC 500	0	0	0	0
Proflex 750-1 Capsule	0	0	0	0
Vitamin C-1000mg	0	0	0	0
Vitamin E-400 I.U.	0	0	0	0
1 Beta Carotene-25,000 I.U.	0	0	0	0
GL3 L-Glutamine-10 grams	0	0	0	0
1 Scoop VP2	24	.5	0	100
1 Serving Creatine HSC	0	34	0	136
Meal # 2 (8:45 AM)				
Item	Protein	Carbs	Fat	Calories
GL3 L-Glutamine-5 grams	0	0	0	0

1 Scoop VP2	24	.5	0	100
1/2 Serv. Frosted Flakes	.5	14	0	60
Meal # 3 (9:15 AM)				
Item	Protein	Carbs	Fat	Calories
Ny-Tro PRO-40	40	22	1.5	250
Meal # 4 (11:00 AM)				
Item	Protein	Carbs	Fat	Calories
GL3 L-Glutamine-5 grams	0	0	0	0
1/2 Ny-Tro Pro 40	20	11	.5	125
Meal # 5 (12:45 PM)				
Item	Protein	Carbs	Fat	Calories
1 Dymetadrine Xtreme	0	0	0	0
CLA1000-3 Capsules	0	0	3	27
3 Chicken Breast Tenderloins	28	0	1	120
Green Beans-6 Servings	8	29	0	150
Meal #6 (3:45 PM)				
Item	Protein	Carbs	Fat	Calories
GL3 L-Glutamine -5 grams	0	0	0	0
Vitamin C-1000 mg	0	0	0	0
1 Dymetadrine Xtreme	0	0	0	0
CLA1000-3 Capsules	0	0	3	27
1 1/2 Cups Green Beans	3	12	0	60
1/2 Scoop VP2	12	.5	0	50
1/2 Ny-Tro Pro-40	20	11	1	125
Post-Cardio (5:45 PM)				
Item	Protein	Carbs	Fat	Calories
Vitamin C-1000mg	0	0	0	0
Vitamin E-400 I.U.	0	0	0	0
GL3 L-Glutamine-15 grams	0	0	0	0
Micronized Creatine- 5 grams	0	0	0	0
1 Scoop VP2	24	1	0	100
Meal # 7 (6:45 PM)				
Item	Protein	Carbs	Fat	Calories
CLA1000- 2 Capsules	0	0	2	18
3 Chicken Breast Tenderloins	29	0	1	120
Green Beans-5 servings	6	24	0	120

Meal # 8 (9:45 PM)				
Item	Protein	Carbs	Fat	Calories
1 ALA 200	0	0	0	0
Multi Pro 32X-1 capsule	0	0	0	0
Vitamin C-1000mg	0	0	0	0
Proflex 750-1 Capsule	0	0	0	0
GL3 L-Glutamine-5 Grams	0	0	0	0
CLA1000-2 Capsules	0	0	2	18
Ny-Tro PRO-40	40	22	1.5	250
Before Bed (10:00 P.M.)				
Item	Protein	Carbs	Fat	Calories
GABA-5 grams	0	0	0	0
Meal # 9 (Approximately 2:00 A.M.)				
Item	Protein	Carbs	Fat	Calories
GL3 L-Glutamine-5 grams	0	0	0	0
1/2 Scoop VP2	12	.5	0	50
1/2 Cup Skim Milk	4.5	6.5	0	45
TOTALS	Protein	Carbs	Fat	Calories
	331.5	221	16.5	2347

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

Goals:

- Create the proper environment to add quality lean muscle mass by training heavy and intense and following the Max-OT principles to a T.
- Follow new bodybuilding diet as outlined below 100% Monday-Friday paying close attention to the precise timing of my meals, especially during the post-workout 3 hour 'window'.
- Eat clean and on time during the weekend and take my supplements on time.
- Drink lots of pure water-*At least* 2 gallons per day.
- Get into great training mindset EVERY MORNING before stepping foot in the gym
- Continue to increase intensity and focus in the weightroom! There are now less than **5 weeks** until the Pacific USA Naturals Bodybuilding Competition!
- Take a few minutes to go over workout in my mind in the morning before hitting the gym. Take a few minutes after my workouts to review what I did well and what I can improve on.
- Strive for excellent form and exercise execution on all exercises.
- Concentrate on creating a strong mind to muscle link.

- Put emphasis on directing overload to intended muscle group. Visualize the muscle development I want to achieve and "feel" the muscle work during every rep of every set.
- Perform 7 intense cardio sessions + 3 10 minute midday Max-OT cardio sessions. Strive to beat previous distance/calories.
- Take assessment photos
- Practice mandatory poses, 60 second routine, and 90 second routine to music on Saturday and Sunday, AND *at least* two days during the week.
- Have a passion for training and for life!
- Tan in the booth *at least* 3 days and in the sun on the weekend.
- Apply Thiomucase to my skin twice daily.
- Continually demand more of myself and redefine what I am capable of in and outside of the weightroom.
- Make the most out of the opportunities that present themselves every day.
- Enjoy my contest journey. Keep a positive attitude.

Assessments:

WEEK OF 6/30/03:

- Excellent week of weight training and cardio. Intensity and focus levels were very good and execution was improved from last week.
- Completed seven intense cardio sessions plus 3 midday 10 minute Max-OT cardio sessions (Monday, Thursday, Friday)
- Ate and supplemented well and on-time, except timing of 2:00 a.m. meal was off a couple of nights.
- Created and implemented new nutrition and supplementation plan
- Took weekly assessment photos
- Created 60 Second and 90 Second individual routines. I narrowed down my posing music to a couple of songs.
- Practiced posing Tuesday and Friday, and got lots of very good posing practice done on Saturday, and Sunday.
- Talked to *Jagwear*. I should receive posing suits this week.
- Talked to Manager at LA Fitness and got approval to shoot video of my workouts!
- Found Gold's Gym where I can train, tan, and take saunas while in Huntsville, AL at the end of this week and next week.
- Made reservations at Residence Inn, which has full kitchen, in Huntsville, AL for travel at the end of this week and all of next week.
- Drank all water every day
- Tanned in tanning bed 4 times. Also tanned in the sun some on Friday although it got cloudy pretty quickly after I got out.
- Put on Thiomucase twice every day. I ran out on Thursday and my order did not come in on time so I drove 30 minutes each way to get more from local nutrition store.
- Kept RussYeager.com website updated/Proofed website
- Sent weekly journal update and photos to Will at Bodybuilding.com.

Monday July 7, 2003

Training: Chest	
Exercise	Sets / Reps / Weight
Flat Bench Press	2 x 4 at 245 lbs (after warmup)
Incline Bench Press	2 x 4 @ 205 lbs,
Incline Dumbbell Press	1 x 4 at 90 lbs
Training: Triceps	
Dumbbell Kickbacks	1 x 6 @ 35 lbs (After 1 acclimation set @ 15 lbs)
Tricep Cable Pressdowns	1 x 6 @ 262.5 lbs, 1 x 4 @ 262.5 lbs
Lying Tricep Extensions	1 x 3 @ 125 lbs

After feeling very rundown at the end of last week, I was refreshed and ready to hit the gym this morning. Attitude, intensity, focus, and execution were all good. I improved my performance on some exercises, but only matched my performance from last week on others, and did not match my performance from last week on others.

Again, like last week, I noticed that I would start out some sets very strong and feel like I was going to get 6 reps, but at about 3 or 4 reps my energy was gone. My goal is to improve my performance in some way every single week no matter how few calories I am eating or how many intense cardio sessions I am performing. If I am mentally prepared for my workouts then I CAN do this, even this late in my contest preparation process. Realistically, I know that I will not reach every single one of my goals for every single workout. If I did then my goals are not ambitious enough to begin with!

I am going to continue to strive to improve every single workout and give 110%. However, I am not going to beat myself up or get discouraged if I do not meet every single goal I set. As long as I am HONESTLY giving as much effort as I possibly can, while striving to lift heavier weight without compromising proper form and execution, then I will be satisfied with my efforts. At this point, it is important to maintain a positive attitude and make the best out of every opportunity each day presents.

Cardio (Friday-Midday)	
Exercise	Time / Distance / Calories
Recumbent Bike (apartment)	Time: 10 minutes, Distance: 4.0 , Calories: 248
Cardio (Friday)	
Exercise	Time / Distance / Calories
Stairstepper (fatburner)	Time: 20 minutes, Distance: 2.65 , Calories: 278
Cardio (Saturday)	
Exercise	Time / Distance / Calories
Recumbent Bike (apartment)	Time: 16 minutes, Distance: 6.3, Calories: 390.8

Cardio (Sunday)	
Exercise	Time / Distance / Calories
Stairstepper (fatburner)	Time: 20 minutes, Distance: 2.66 , Calories: 378

Good cardio sessions all weekend. I must remind myself that every single intense cardio session completed brings me one step closer to my ultimate level of conditioning on August 9th!

Cardio (Today-Midday)	
Exercise	Time / Distance / Calories
Stairstepper (cybex)	Time: 10 minutes, Distance: 777 , Calories: 277

My plan is to perform another three 10 minute Max-OT cardio sessions at about noon this week. I see a pattern forming as both recumbent bikes were being used by the same ladies that were using them last Monday. No problem, I jumped on the stairstepper again and used the "Advanced Power" option on level 11. I got my heartrate up very high and improved my calories burned from last week's session.

I continued sweat it out in the sauna for 10 minutes after my cardio session while drinking LOTS of water.

Cardio (Today)	
Exercise	Time / Distance / Calories
Recumbent Bike(cybex)	Time: 16 minutes, Distance: 6.70 , Calories: 351

Even though I have been having some pretty intense cardio sessions on this bike, I have not reached the 350 calorie mark that I established a couple of weeks ago during any of my recent workouts. Today, I decided to force myself to step up the intensity and I was able to get past the 350 calorie mark. In order to get the greatest metabolic rise and fatburning benefits from my intense Max-OT cardio sessions I must strive to reach this 350 calorie mark every single workout. Once I can do this then it is time to raise the bar once again.

Tuesday, July 8, 2003

Training: Legs	
Exercise	Sets / Reps / Weight
Squats	1 x 4 at 275 lbs (After warmup), 1 x 4 @ 260 lbs
Leg Presses	2 x 4 at 635 lbs
Leg Curls	*Not performed due to hamstring and glute strain
Stiff-leg deadlifts	1 x 6 @ 215 lbs, 2 x 6 @ 220 lbs

Yesterday was one of those days when everything seemed to be clicking perfectly. I had a great chest and triceps workout, two excellent cardio sessions, a long productive day at work, and felt

great all day. Well, I know from doing the AST World Championships last year that every day during the last few weeks of my contest preparation are not going to be like that.

This morning was a different story. My legs felt very heavy during my warm-up sets for squats and I knew that 275 lbs was going to be very challenging. I completed four reps on my first set at 275 lbs using a spotter, but my knees started to buckle in on the last two reps. Rather than sacrifice form and risk injury I decided to move down in weight on the second set.

I must not take anything for granted with my workouts. I cannot expect to match or exceed my prior week's ambitious heavy performance simply by showing up to the gym and putting on the same weight. I must be 100% mentally prepared before my workouts in order to make improvements.

I barely completed four reps on my first set of leg presses and almost reduced the weight. Then I told myself that there was no "physical" reason I could not get another four reps at the same weight. I got my body and mind ready for the set and I completed four more very intense reps at the same weight.

My right glute and hamstring were still a little sore today so I stayed away from leg curls again and performed an extra set of stiff-leg deadlifts. This exercise actually felt great today and I was able to move up in weight on my last two sets. I performed this exercise today directly on the floor *without* a raised platform. I felt more controlled and really liked the feel of the exercise doing them this way.

Cardio	
Exercise	Time / Distance / Calories
Stairmill (fatburner)	Time: 20 minutes, Distance: 2.51 , Calories: 387

When I arrived at the gym tonight all of the stairmasters I normally use were occupied. I decided to try the stairmill, which is also made by *Stairmaster*, but is much bigger than the normal stairstepper with big steps that rotate over and over. I set the machine on the same fatburner mode on level 12. Man, I had no problem getting a good cardio workout in. This machine is TOUGH. Since the steps rotate under the machine you have to keep up with the pace or you will fall off of the machine. I also had to watch my step as the intensity rose to make sure I did not fall off of the machine. I was not able to increase past level 12 until towards the end of the session, but this cardio workout was *at least* as demanding as my normal stairstepper sessions.

Wednesday, July 9, 2003

After today, I will be traveling to Huntsville, AL for work for the rest of this week and then all of next week. Traveling can present distinct challenges when preparing for a bodybuilding contest. However, proper planning and preparation will allow me to stay on track 100% with my contest preparation while out of town. I have found a Gold's Gym where I can take care of all my training, tanning, and even take saunas.

I am staying at a Residence Inn by Marriott, which has a full kitchen so I can prepare all of my meals. Of course, I will have to explain to a new group of people why I cannot go out to lunch and why I have to work out so much and eat so many vegetables and protein pudding, but I am use to that by now.

Training: Back	
Exercise	Sets / Reps / Weight
Bent Over Barbell Rows	2 x 6 at 225 lbs (after warmup)
Lat Pulldowns (In Front)	1 x 6 @ 270 lbs (after 1 acclimation set at 180 lbs)
Seated Cable Rows (V-Bar)	1 x 6 at 270 lbs
Seated Cable Rows (Straight Bar Medium Grip)	1 x 5 @ 270 lbs
Training: Biceps	
Alternate Dumbbell Curls	1 x 6 @ 70 lbs (After 1 acclimation set @ 40 lbs), 1 x 4 1/2 @ 75 lbs
Barbell Curls	1 x 6 @ 135 lbs, 1 x 5 @ 135 lbs

Focus, energy and attitude were all much better this morning as I cranked out a very good back and biceps workout. I increased my weight on almost all exercises, but maintained good control and execution with the exception of a few reps toward the end of some of my back exercises where my form got a little sloppy.

You can see that I have 4 1/2 reps listed for my second set of alternate dumbbell curls. After completing a fifth rep with my right arm I literally could not hang onto the dumbbell in my left hand any longer to complete a fifth rep. I ended up using my wrist straps for my second set of barbell curls to alleviate any gripping concerns. Today is off to a great start and I need to execute two outstanding cardio sessions to finish it off strong!

Cardio (Midday)	
Exercise	Time / Distance / Calories
Recumbent Bike (apartment)	Time: 10 minutes, Distance: 4.0 , Calories: 244.4
Cardio	
Exercise	Time / Distance / Calories
Recumbent Bike (cybex)	Time: minutes, Distance: 6.71 , Calories: 343

Some sore legs from yesterday's leg workout made both sessions on the bike today pretty tough, especially the second one. I fought through the discomfort and cranked out two very intense and effective cardio sessions. I must keep knocking off tasks one by one!

Thursday, July 10, 2003

I had an early morning workout and then made my way to Huntsville, AL. I have already gotten in a midday cardio session at the Gold's Gym and am planning to go back tonight for my second

cardio session. I have access to the internet where I am working so I should be able to update my training journal as normal.

Training: Calves	
Exercise	Sets / Reps / Weight
45 Degree Calf Presses	1 x 9 @ 725 lbs (after warm-up), 1 x 7 @ 725 lbs
Standing Calf Raises	1 x 10 @ 395 lbs
Seated Calf Raises	1 x 9 @ 225 lbs
Training: Abdominals	
Weighted Leg Raises	1 x 12 @ 40 lbs, 1 x 10 @ 40 lbs
Weighted Cable Crunches	1 x 12 @ 210 lbs, 1 x 10 @ 210 lbs
Training: Forearms	
Exercise	Time / Distance / Calories
Wrist Curls	1 x 10 @ 120 lbs, 1 x 7 @ 120 lbs
Reverse Wrist Curls	1 x 9 @ 55 lbs, 1 x 7 @ 55 lbs

Good workout today. I increased my weight and/or reps on many exercises and focused on stimulating the intended muscle group during each exercise.

This will be my last workout at LA Fitness until Monday July 21 since I will be in Huntsville through the end of next week where I will train at the Gold's Gym.

Cardio-Midday	
Exercise	Time / Distance / Calories
Recumbent Bike (Cybex)	Time: 10 minutes, Distance: ? , Calories: ?

The Gold's Gym in Huntsville had a different kind of Recumbent Bike than I am used to. The electronic features were kind of weird and I did not get a reading on my calories or distance. I do like the feel of the bike and I made sure to push very hard in order to give my metabolism the boost I was looking for with this midday Max-OT cardio session.

Cardio	
Exercise	Time / Distance / Calories
Stairstepper (interval)	Time: 20 minutes, Distance: 1314 , Calories: 348

Level 9 on the interval setting did the job on the stairstepper at the Gold's Gym. The cardio session was very intense and although the distance and calories are different than the machine I use in Atlanta, I can use these measurements to gauge the rest of my stairstepper sessions while in Huntsville.

Friday, July 11, 2003

My hotel reservation got messed up at the Residence Inn so I was forced to check into another hotel. It does not have a kitchen, but does have a refrigerator and microwave so I will be set for a couple of days. I was able to get a room at the Residence Inn on Sunday so I will be able to cook all of my food for next week.

There are distinct differences and challenges being out of town during the final stages of contest preparation, but I am adjusting and sticking to my plan. I am having some pretty busy work days, but I am making sure that I get all of my contest preparation tasks done just the same. My life will be pretty hectic for the next couple of weeks, but I am willing to do whatever it takes to stay on track and be my best on August 9th. Besides, it is only a few more weeks then I can slow down and relax a bit.

Training: Shoulders	
Exercise	Sets / Reps / Weight
Standing Barbell Presses (In the Front)	1 x 6 at 160 lbs (after warmup), 1 x 4 @ 165 lbs
Dumbbell Side Lateral Raises	2 x 6 @ 30 lbs (After 1 acclimation set)
Dumbbell Rear Lateral Raises	2 x 6 at 40 lbs
Training: Traps	
Deadlifts	1 x 4 @ 285 lbs (After 3 acclimation sets), 1 x 5 @ 275 lbs
Barbell Shrugs	2 x 6 @ 315 lbs (After 1 acclimation set)
Barbell Upright Rows	1 x 6 @ 135 lbs

This morning's workout was a great way to finish the week! I really enjoyed the "hardcore" atmosphere at the Gold's Gym. There were a lot of big guys in there and a lot of intensity going on. I took advantage of the seated military press rack since they do not have one at LA Fitness in Atlanta. I was able to move more weight than when I do standing military presses and cranked out two great sets. Execution and feel on side and rear lateral raises was very good and I was able to increase to the 40 lbs dumbbells on rear laterals.

This week was a deadlift week. These were very tough today. After struggling to complete four reps on my first set I decided to move down in weight on the second set and make sure that my form was right. My second set felt much better than the first. The cable station at the Gold's did not have enough weight to make upright cable rows effective so I performed a set of barbell upright rows instead. I underestimated my strength as I was able to complete 7 reps at 135 lbs. All in all, it was a very good workout. There are now just 4 weeks left until the Pacific USA Naturals! I must keep pushing hard all the way to the end. Every successful day of contest preparation makes me that much better.