

## **Week 4: Monday, May 5, 2003**

### **Weekly Assessment (Week of 4/28/03)**

- Good workouts every day during the week. I increased my #'s and used good execution and form. Still need to concentrate more on mind-to-muscle link and continue to increase intensity.
- Completed four intense cardio sessions. Improved or matched intensity levels.
- Despite an extremely busy and crazy first half of the work week and weekend, I followed my nutrition and supplementation program 100%
- Drank all water every day
- Talked with Jason Wood about my [Russyeager.com](http://Russyeager.com) website
- Sent weekly journal update to [Bodybuilding.com](http://Bodybuilding.com).

### **Weekly Goals:**

- Create the proper environment to add quality lean muscle mass by training heavy and intense and following the [Max-OT](#) principles to a T.
- Follow 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 1 ½-2 gallons per day.
- Really step up the intensity and focus in the weightroom! There are now less than 14 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. Strive to beat previous distance.
- Have a passion for training and for life!
- Continually demand more of myself and redefine what I am capable of in and outside of the weightroom.
- Make the most out of the opportunities that present themselves every day.
- Enjoy my contest journey. Keep a positive attitude.

I got some much needed rest this weekend after a very hard week of work and a demanding week of workouts. I spent a good relaxing weekend with Tennelle and recharged my batteries. Besides completing my cardio session on Saturday and shopping

for and cooking all of my food it was a pretty uneventful weekend, which is really what I needed.

I took my first set of assessment photos this weekend. Before taking them I was practicing some of the poses in my bathroom mirror. I remember thinking that I was looking pretty good. Well, after taking the pictures I realized two things: 1) I have a LONG way to go to look the way I want to on August 9, and 2) I don't know how to pose! Looking at myself in these assessment photos is tough. However, I know that this is the best way to provide an honest assessment of my progress during my contest preparation and I know that taking and posting these photos will be very beneficial towards my success in this contest and for comparison purposes in future years. I also noticed after downloading the photos to my computer that there was not enough light in the room. I will try to improve the lighting next week.

Now, as I said, I have a lot of fat to lose and I need to learn how to pose. The good news is that I have 14 weeks to do both. I weighed myself on Sunday (the day of the photos) and weighed 235 lbs. I also measure my bodyfat, which was 13.5% according to my calipers. I figured out that I need to lose about 1.6 lbs of fat per week to get down to 4% bodyfat for my contest on August 9<sup>th</sup>. I think this is very doable considering I lost 35 lbs of fat in 13 weeks last year during the AST World Championships, which is about 2.7 lbs per week. Although, I am planning to use my bodyfat calipers as a gauge for my progress, I need to remember that what I see in the mirror and in my assessment photos is more important than the reading on the calipers. As soon as the new website design is ready I will post all of my assessment photos on Russyeager.com. You can view my assessment photos now at my Bodybuilding.com page.

As far as the posing goes, I have purchased Earl Snyder's 'Posing Like a Champion' video. I have already watched the video once and plan to watch it many more times during the upcoming months. I will practice my poses each week when I take my physique assessment photos and then increase my posing practice as it gets closer to my contest date.

I have made some more changes to my nutritional program this week that result in a decrease of 275 calories per day. I have reduced my serving of skim milk in Meal # 1 to ½ cup. I have removed the 4 potatoes from meal #3 and reduced the number of potatoes from meal #4 from 6 to 5 (Basically, I will now be eating ½ can of whole white potatoes with meal #4. I have also removed 1 chicken tenderloin from Meal #5 and Meal #7. Finally, I have removed the ½ tablespoon of natural peanut butter from meal #6 and moved 1 tablespoon of crushed flaxseeds from Meal #7 to meal #6.

#### **Current Nutrition and Supplementation Plan:**

##### **Meal # 1 (6:00 AM)**

Multi Pro 32X-1 capsule

**Protein**

**Carbs**

**Fat**

**Calories**

1 ALA 200				
2 Proflex 750				
1/2 Cup Skim Milk	4.5	6.5	0	45
CLA1000-2 capsules	0	0	2	18
1 Scoop VP2	24	1	0	100
1 Serving Frosted Flakes	1	28	0	120

**Pre-Workout (7:00 AM)**

2 Dymetadrine Xtreme				
1 NAC 500				
Vitamin C-1000mg				
Vitamin E-400 I.U.				
1 Beta Carotene-25,000 I.U				
GL3 L-Glutamine- 10 grams				
1 Scoop VP2	24	1	0	100
1 Serving Creatine HSC	0	34	0	136

**Post-Workout (8:15 AM)**

1 ALA 200				
1 NAC 500				
Proflex 750-1 Capsule				
Vitamin C-1000mg				
Vitamin E-400 I.U.				
1 Beta Carotene-25,000 I.U.				
GL3 L-Glutamine-10 grams	48	2	0	200
2 Scoops VP2	0	34	0	136
1 Serving Creatine HSC	0	23	0	92
1/2 Serving DGC				

**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
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**Meal # 4 (11:00 AM)**

GL3 L-Glutamine-5 grams	23.5	2	.5	110
1 Scoop Choc. VP2	24	4	0	120
4 serv. eggbeaters	1.5	18.5	0	100

5 small canned white potatoes

**Meal # 5 (12:45 PM)**

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

**Meal # 6 (3:15 PM)**

GL3 L-Glutamine-2.5 grams				
1 Tablespoon Crushed Flaxseeds	2	4	4.5	65
CLA1000-2 capsules	0	0	2	18
Ny-Tro PRO-40	40	22	1.5	250

**Pre-Cardio (5:15 PM)**

Vitamin C-1000mg				
Vitamin E-200 I.U.				
GL3 L-Glutamine-2.5 grams				
1 Scoop VP2	24	1	0	100
½ Serving DGC	0	23	0	92

**Post-Cardio (5:45 PM)**

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

**Meal # 7 (6:45 PM)**

1 Tablespoon Crushed Flax seeds	2	4	4.5	65
1/4 Cup Oatmeal	2.5	13.5	1.5	75
4 Chicken Breast Tenderloins	38	0	1	160
Mixed Vegetables-5 servings	6	24	0	120

**Meal # 8 (9:45 PM)**

1 ALA 200  
 Multi Pro 32X-1 capsule  
 Vitamin C-1000mg  
 Proflex 750-1 Capsule



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

Today:

Stairstepper (fatburner)            20 minutes                    Distance: 2.50    Calories:  
390

I felt good during today's cardio session and increased the level a good bit sooner than last week. My distance was still 2.50 but my calories increased to 390 from 388 last Thursday.

## **Week 4: Tuesday, May 6, 2003**

### **TRAINING:**

#### **Shoulders:**

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

Standing Military Presses....2 x 5 @ 150 lbs

Lateral Raises....2 x 6 @ 25 lbs

#### **Traps:**

Barbell Shrugs....1 x 6 @ 295 lbs (after 1 acclimation set), 1 x 6 @ 305 lbs

Upright rows....1 x 5 @ 150 lbs

My workout partner did not show up, again, so I had to enlist the help of a different spotter for dumbbell shoulder presses. He helped me a little too much on my fifth rep during my first set so I don't know if I actually could have completed five reps on my own. I explained to my spotter to only touch my elbows and not to help unless I needed it on my last rep and then just enough to keep me moving. I then completed four strong reps on my own on my last two sets. I felt much better and more confident this week handling the 80 lbs dumbbells.

My determination and focus was good throughout the workout. I moved from exercise to exercise efficiently and made improvements in weight/reps and/or execution on all exercises. I have a cardio session scheduled for today and then I need to have an awesome leg workout tomorrow morning. I gotta keep climbing!

#### **Cardio:**

Recumbent Bike (Cybex)  
Calories: 324

16 minutes

Distance: 6.62

Today's cardio session was very intense. My hard work paid off as I was able to beat my previous distance and calories and this bike of 6.43 and 314.

## **Week 4: Wednesday May 7, 2003**

### **TRAINING:**

#### **Legs:**

Squats....1 x 6 at 275 lbs (After warmup), 2 x 5 @ 275 lbs

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

Lunges....2 x 6 @ 155 lbs

Stiff-leg deadlifts...1 x 6 @ 210, 1 x 6 @ 215

#### **Calves:**

Calve raises off leg press....1 x 9 @ 725 lbs (after 1 warm-up set), 1 x 8 @ 225 lbs

Seated Calf Raises....1 x 9 @ 225 lbs, 1 x 8 @ 225 lbs

I was left without a workout partner once again today. I had mentally prepared myself for this situation and knew that I would have to obtain a spot for squats. I found a very good spotter and ended up having three very good sets of squats. I increased one rep compared to last week on every set and felt much more stable and in control this week. I concentrated on keeping my core tight (abs and lower back), going deep and then pressing up strong. My spotter pointed out something that I think was a good point. He said that at the bottom of the last couple of reps he was not helping to push me up, but was slightly pulling back to keep me straight up instead of leaning forward. I think I have a tendency to lean forward when I am trying to look at myself in the mirror to make sure I am going down low enough. I need to get comfortable to where I can keep my head up and be confident that I am going deep enough in my squat.

I also increased on rep on leg presses and went up in weight on lunges and stiff-leg deadlifts (on my second set). By the time I got to calf training I was pretty worn out but I maintained very good focus and finished out strong with calves. Today's workout was very, very good. I am excited to see how I can continue to improve on leg day, especially squats, in the weeks and months to come.

## **Week 4: Thursday May 8, 2003**

## **TRAINING:**

### **Chest:**

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

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

Decline Barbell Press....2 x 4 @ 250 lbs

### **Abs:**

Weighted Leg Raises....2 x 12 @ 35 lbs

Weighted Cable Crunches....2 x 10 @ 210 lbs

Swiss Ball Crunches....1 x 12

Swiss Ball Leg Raises....1 x 12

The best way to describe today's workout is solid. I was not quite in the zone that I was in last week during my chest workout. I matched my weight and reps from last week, but didn't really make any improvements. I did move up to the 100 lbs dumbbells on incline presses but was only able to complete 4 reps on both sets compared to 6 and 5 last week with the 95 lbs dumbbells. My intensity was good and I felt like I was using proper execution, which should lead to muscle growth.

The abdominal portion of my workout was very good. I have really been concentrating on improving my execution during ab exercises, which is making a big difference in the feel of the exercise. There are a couple of things that can be done to make the swiss ball crunches and leg raises more difficult. One is to move your body back farther on the ball. The other is to bring your feet closer together. The farther you position your body back on the ball and the closer your feet are together the more difficult the exercises become. I try to move back on the ball and bring my feet a little closer together each week to keep the exercises challenging.

### **Cardio:**

Recumbent Bike (Apartment) 16 minutes

Distance: 6.3 Calories: 386

I have started to get myself in the mindset that every cardio session is another opportunity to get leaner. This mental attitude gets me ready to attack my intense Max-OT cardio sessions. My cardio sessions on the bike on Thursday's are always a little tougher since I train legs on Wednesday and my legs are usually a little sore and tired. During the last couple of intervals I tried to disconnect my mind from the pain in my legs and thought about how I wanted to look on stage and how maybe one of my competitors may not be willing to go through the extra pain I was enduring, or even more importantly, if he was!

## Week 4: Friday May 9, 2003

### TRAINING:

#### Biceps & Triceps:

Barbell Curls...1 x 6 at 140 lbs (after warmup), 2 x 6 @ 145 lbs

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

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

Overhead Dumbbell Tricep Presses...2 x 5 @ 100 lbs

Tricep cable pushdowns...1 x 6 @ 255 lbs

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

#### Forearms:

Barbell Wrist Curls...1 x 8 @ 110 lbs, 1 x 5 @ 110 lbs

Reverse Barbell wrist curls...1 x 8 @ 50 lbs, 1 x 5 @ 50 lbs

I got into a great mindset before hitting the gym today. I decided that I was going to have an awesome workout no matter what. I believe that your mental attitude going into a workout is just as important, if not more important, than the physical state you are in. Bodybuilding is so much mental. Also, I have been getting a lot of positive feedback on my journal through e-mails, which is extremely motivating for me. It also puts a little pressure on me since my journal is being posted on Bodybuilding.com each week for so many people to see. Hey, a little pressure to step it up is a good thing and I am ready for the challenge.

I felt very strong on my first set of barbell curls with 140 lbs. I completed six reps using very good form and minimal momentum. I was able to move up to 145 lbs for my next two sets and complete six reps using pretty good form. I bettered my numbers on lying tricep extensions as well. I decided to stay with the 70 lbs dumbbells for dumbbell curls and executed better than ever today. I felt very strong and in control. It is still very challenging to complete 6 reps on both sets using the 70 lbs dumbbells. I want to move up in weight, but need to make sure that I can execute properly if I do so. I had reached the bottom of the weight stack for tricep cable pushdowns last week so I added a 5 lb "add-on" weight this week in order to move up. All in all, today's workout was very strong, and an end to a very good week of weight training and cardio sessions.

Am will be going to Birmingham this weekend to spend time with my family and celebrate Mother's Day with my mom. I will perform a cardio session on Saturday and then take Sunday off, except that I will take my assessment photos Sunday in Birmingham. I am planning on staying in Birmingham until Monday so I will train at my normal gym in Birmingham Monday morning and then head back to Atlanta Monday afternoon.