

Week9: Monday June 9, 2003

Current 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
CLA1000-2 capsules	0	0	2	18
1 Scoop VP2	24	1	0	100
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 Scoop VP2	24	1	0	100
1 Serving Creatine HSC	0	34	0	136
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
1.5 Scoops VP2	36	1	0	150
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
4 Serv. Eggbeaters	24	4	0	120

2/3 Cup White Rice	2.5	29	0	127
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 Scoop Choc. VP2	12	1	0	55
2 serv. Eggbeaters	12	2	0	60
4 small canned white potatoes	1	13	0	80
Meal # 5 (12:45 PM)				
Item	Protein	Carbs	Fat	Calories
Barlean's Flax Oil- 1 Tbsp	0	1	11	110
4 Chicken Breast Tenderloins	38	0	1	160
Mixed Vegetables-6 Servings	8	29	0	150
Meal #6 (3:15 PM)				
Item	Protein	Carbs	Fat	Calories
GL3 L-Glutamine -2.5 grams	0	0	0	0
1 Dymetadrine Xtreme	0	0	0	0
1 Tablespoon Crushed Flaxseeds	2	4	4.5	65
CLA1000-2 Capsules	0	0	2	18
Ny-Tro Pro-40	40	22	1.5	250
Pre-Cardio (5:15 PM)				
Item	Protein	Carbs	Fat	Calories
Vitamin C-1000mg	0	0	0	0
Vitamin E-200 I.U.	0	0	0	0
GL3 L-Glutamine-2.5 grams	0	0	0	0
1/2 Scoop VP2	12	.5	0	50
1/4 Serving DGC	0	11.5	0	46
Post-Cardio (5:45 PM)				
Item	Protein	Carbs	Fat	Calories
Vitamin C-1000mg	0	0	0	0
Vitamin E-200 I.U.	0	0	0	0
GL3 L-Glutamine-10 grams	0	0	0	0
Micronized Creatine- 5 grams	0	0	0	0
1 Scoop VP2	24	1	0	100

1/2 Serving DGC	0	23	0	92
Meal # 7 (6:45 PM)				
Item	Protein	Carbs	Fat	Calories
1 Tablespoon Crushed Flax seeds	2	4	4.5	65
3 Chicken Breast Tenderloins	29	0	1	120
Mixed Vegetables-5 servings	6	24	0	120
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
	393.5	305	30.5	3101

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

Goals:

- Get body and mind accustomed to training again and new Max-OT routine after recovery week.
- 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.

- Follow supplement schedule perfectly as outlined below.
- 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 9 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 6 intense cardio sessions. Strive to beat previous distance.
- Take assessment photos
- Watch 'Posing Like a Champion' and practice mandatory poses
- Order Thimocase and posing suits!
- 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.

Assessments:

WEEK OF 6/2/03:

- Let mind and body recover during recovery week. Felt very refreshed and energized Monday morning.
- Completed six intense cardio sessions (increased from five in the prior week). Made some very good distance/calorie increases.
- Ate and supplemented well and on-time
- Created and implemented new nutrition and supplementation plan
- Took weekly assessment photos
- Watched 'Posing Like a Champion' and practiced quarter turns and mandatory poses on Sunday. I was better this week than last week, but still have a long way to go.
- Drank all water every day
- Kept RussYeager.com website updated.
- Sent weekly journal update and photos to Will at Bodybuilding.com.

Training:

Training: Chest	
Exercise	Sets / Reps / Weight
Flat Bench Press	2 x 6 at 225 lbs (after warmup)
Incline Bench Press	2 x 6 @ 195 lbs

Incline Dumbbell Press	1 x 6 at 85 lbs
Training: Triceps	
Dumbbell Kickbacks	1 x 6 @ 20 lbs (After 1 acclimation set)
Tricep Cable Pressdowns	2 x 6 @ 230 lbs
Lying Tricep Extensions	1 x 6 @ 115 lbs (After 1 acclimation set)

I was pleased with today's performance. On the first week back after a recovery week, my goal is to pick a weight where I can perform six well-executed reps. My weight selection was right on the money today as I was coming close to failure on my sixth rep during each set, but was able to complete six reps during every set using very solid form. Next week, I will attack my sets with all out intensity. With the limited amount of sets during this workout, I must make sure that I am ready to go 100% right from the get-go.

Cardio (Saturday)	
Exercise	Time / Distance / Calories
Stairstepper (fatburner)	Time: 20 minutes, Distance: 2.56, Calories: 389

2.56 Miles sets another record in the fatburner mode on the starstepper! I am continually demanding more out of my cardio workouts and am rising to the occasion! Improving my cardio performance is very motivating and I know the results will pay off in the end.

Cardio (Today)	
Exercise	Time / Distance / Calories
Recumbent bike (cybex)	Time: 16 minutes, Distance: 6.57 , Calories: 343

It has been a couple of weeks since I last used this bike. I came up a bit short on my best distance of 6.59, but set a new record for calories burned at 343. I do not put my weight in on this bike so I'm not sure how this happens. Regardless, I pushed very hard the whole time and had a great cardio session. I'm off to a good start this week. I need to keep it going strong all week long!

Tuesday, June 10, 2003

Training: Legs	
Exercise	Sets / Reps / Weight
Squats	2 x 6 at 255 lbs (After warmup)
Leg Presses	2 x 6 at 585 lbs
Leg Curls	2 x 6 @ 150 lbs
Stiff-leg deadlifts	2 x 6 @ 185

Tuesdays are going to be all legs. I can tell that I am going to like working legs by themselves (without calves). My leg and calf workouts always tend to last over an hour. It is very difficult to maintain maximum intensity and focus for that long. With this short but intense leg workout I will be able to concentrate on hitting my legs very hard for eight sets and that is it.

Again, I chose a weight where I could complete six well-executed reps. I am normally a "little off" during my first week back after a recovery week. Although I am still adjusting a little bit, I have felt and performed much better this week compared to other weeks after a recovery week. I'm pretty sure the reason for this is that I stayed active by performing intense cardio last week, and I am in a precontest state of mind. I am excited to see what I will be able to do next week when I crank up the intensity! My weight selection was very good today as I was able to complete six reps on all sets, but none of my sets were a walk in the park. I'm sure my legs will be sore tomorrow!

Cardio	
Exercise	Time / Distance / Calories
Stairstepper (fatburner)	Time: 20 minutes, Distance: 2.55 , Calories: 383

I thought that I upped the intensity level on the machine from 12 to 13 at exactly the same time as during my Saturday session when my distance was 2.56, but I ended up just short going 2.55 miles, which is still above what I have been doing up until Saturday. I got into a great mindset yesterday before my cardio session. I keep reminding myself that every intense cardio session is going to bring me closer to my ultimate goal of getting extremely shredded.

Wednesday, June 11, 2003

Training: Back	
Exercise	Sets / Reps / Weight
Bent Over Barbell Rows	2 x 6 at 200 lbs (after warmup)
Lat Pulldowns (In Front)	1 x 6 @ 225 lbs
Seated Cable Rows (V-Bar)	1 x 6 at 210 lbs
Seated Cable Rows (Straight Bar Medium Grip)	1 x 6 @ 210 lbs
Training: Biceps	
Alternate Dumbbell Curls	2 x 6 @ 55 lbs (After 1 acclimation set)
Barbell Curls	2 x 6 @ 115 lbs

Again, I concentrated on working with a weight where I could perform six well-executed reps during each set. I made a conscience effort to initiate all back movements with my lats and squeeze my back during each rep.

I dropped down a good bit on both dumbbell and barbell curls and concentrated on using very good form. Although the weight was not as heavy as I have been using,

my sets for biceps were pretty intense. It was pretty difficult to complete six reps using very good form during my sets. When I go to all out intensity next week, I may try going a little more conservative in weight compared to what I have been doing and concentrate on improving my form in order to ensure that I am properly working the bicep to perform the movement and not using too much momentum, which can take away from the overload directed toward the muscle.

My workout partner is moving so I am now left without a partner again. This means that I will have to ask for spots in the gym, especially during chest exercises and squats. I will be sure to explain to my spotters exactly how I want to be spotted. I enjoyed having a workout partner, but I have trained by myself most of my life so I am use to it. Dusty, my former workout partner, said that he is going to train for a triathlon. I reminded him that even though his training focus will change, he will still benefit from training heavy Max-OT style. Having more muscle and strength makes your body more efficient at performing endurance type activities, such as triathlons. He also told me that he went to visit his friends this past weekend and that they could not believe how much muscle he had gained and how lean he looked. This is just after about 4 months of Max-OT training with me. This is just one example of the effectiveness of the Max-OT program. I enjoyed training with Dusty and wish him luck.

Cardio (Today)	
Exercise	Time / Distance / Calories
Recumbent bike (cybex)	Time: 16 minutes, Distance: , Calories:

Even though yesterday's leg workout was not at 100% intensity, my legs were still pretty sore today. I felt like I barely made it through my first high intensity interval tonight on the bike and knew it was going to be a tough cardio session. However, I dug in and gave a great effort. My legs loosened up once I got into the workout and I ended up establishing a new record in distance! I'm proud of the fact that I did not give into the temptation to let up because of my sore legs. I believe that fighting through tough cardio sessions like I did today will make a difference in what I am able to accomplish over the next 8 1/2 weeks.

Thursday, June 12, 2003

Training: Calves	
Exercise	Sets / Reps / Weight
45 Degree Calf Presses	2 x 8 @ 585 lbs (after warm-up)
Standing Calf Raises	1 x 8 @ 315 lbs
Seated Calf Raises	1 x 10 @ 190 lbs
Training: Abdominals	
Weighted Leg Raises	1 x 15 @ 25 lbs, 1 x 12 @ 25 lbs
Weighted Cable Crunches	2 x 12 @ 190 lbs
Training: Forearms	

Exercise	Time / Distance / Calories
Wrist Curls	2 x 10 @ 95 lbs
Reverse Wrist Curls	2 x 10 @ 45 lbs

In Skip LaCour's Max-OT routine, this workout is performed on Friday. I will be switching this workout with the Thursday workout, which includes shoulder and traps. The main reason is that I am going to be adding deadlifts into the mix with my trap workout every other week. Since deadlifts are such a demanding exercise on the body I am choosing to space them out a day from three days in a row of intense "major bodypart" workouts (Monday-Wednesday).

I think that working calves, abs, and forearms together will provide a great opportunity to really emphasize these bodyparts. As much as I always strive to work every body part with the same maximum intensity, often times calves, abs, and forearms are trained at the end of a workout after a "major" muscle group. Whether I am conscience of it or not I believe that my intensity is not as high as it is for the "major" muscle group. Often times I am so exhausted from hitting the "major" muscle group that I am just trying to get finished and do not give my calves, abs, and forearms the intensity and attention they deserve. Working *only* these bodyparts as one of my 5 weekly weight training sessions will force me to give 100% focus and intensity to these muscle groups. I am excited to see how this workout routine goes and the improvements I am able to make over the upcoming weeks and months.

Cardio	
Exercise	Time / Distance / Calories
Stairstepper (fatburner)	Time: 20 minutes, Distance: 2.55 , Calories: 380

Neither of my stairstepper sessions matched my great session from last Saturday. I need to step it up on the stairstepper, so to speak, and make 2.56 my minimum distance for next week.

Friday, June 13, 2003

Training: Shoulders	
Exercise	Sets / Reps / Weight
Standing Barbell Presses (In the Front)	2 x 6 at 135 lbs (after warmup)
Dumbbell Side Lateral Raises	2 x 6 @ 25 lbs (After 1 acclimation set)
Dumbbell Rear Lateral Raises	2 x 6 at 35 lbs
Training: Traps	
Deadlifts	2 x 6 @ 275 lbs (After 2 acclimation sets)
Barbell Shrugs	2 x 6 @ 275 lbs
Cable Upright Rows	1 x 6 @ 150 lbs

Everything felt good today. My form, execution, and concentration was good. This is one of the best weeks back after a recovery week I have ever had. I felt strong and comfortable with the weights all week. I am really excited and anxious to go all out beginning next week! I am going to be performing deadlifts during the trap portion of this workout every other week. Adding in deadlifts makes Friday's a very intense training session. Lowering my weight today allowed me to really concentrate on using proper form and execution during the deadlift movement.

Cable upright rows are an exercise I have not performed very much, but they felt really good today. I was able to squeeze hard at the top and feel the movement in my traps.

I am heading home this weekend to Birmingham for Father's Day. I will perform my cardio session for today this afternoon before I leave and then perform Saturday's session in Birmingham. I will post the results of both cardio sessions in Monday's entry as usual. I will also be sure to bring all of my supplements and food, as well as my digital camera so that I can take assessment photos this weekend in Birmingham. I must also remember to pack my "Posing Like A Champion" video so that I can watch it and practice my posing. Just because I am going out of town, it my contest preparation does not change. With just over 8 weeks left until my bodybuilding contest, it is time to dig in and give it everything I have!