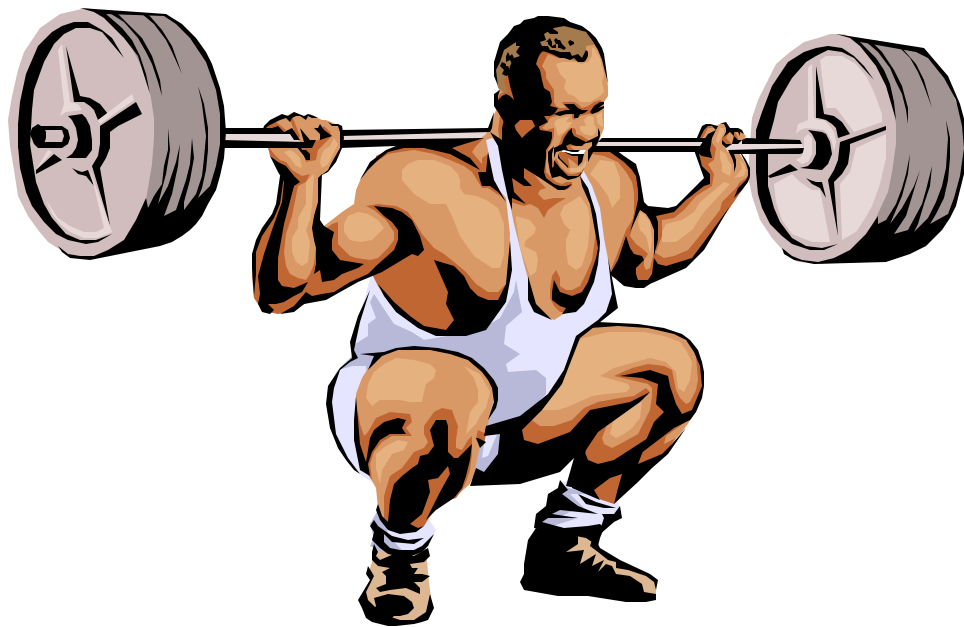


FREE Bonus Report With “*How A Genetically Average Joe Can Gain 25 Pounds of Muscle in 8 Weeks.*”

“10 Genetically Average Joe® Secrets For Packing On Muscle Mass Fast!”



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Published by: GRIFFIN PUBLISHING

Although there are a lot of things about muscle hypertrophy (increasing muscle size) that we don't know, there are some things that we *do* know and have been proven to work. These "secrets" may seem simplistic to you at first, but the "basics" are what builds an impressive body. After so much hype and false information, we sometimes become "brain-washed" and think that something has to be complicated to give us results. The basics, performed consistently and correctly is what will give you the results that you want. Implement these ten secrets, work hard and consistently, and watch your measurements grow!

Secret #1

Unless you have all the muscle mass that you want, don't waste your time with the so-called finishing exercises like concentration curls, dumbbell kickbacks, leg extensions, etc. Focus on the fundamental exercises that build overall body power, like squats, incline or flat bench presses, deadlifts, chins, bent over rowing. Concentrate on getting stronger in these basic movements. In order to hit both the low-endurance fibers and the higher-endurance fibers, use rep ranges between 4 and 12 reps. Between 4 and 6 reps hits the lower-endurance-type fibers, and rep ranges between 8 and 12 reps recruits the higher-endurance-type fibers.

To Summarize: Do heavy sets between 4 and 12 reps.

Secret #2

Before you train a muscle group, make sure that it has adequately recovered from the previous workout session. How do you determine if a muscle group has recovered? One good indicator is if the muscle group is still sore from the previous session, take another day off before training it. Recovery times will vary from individual to individual and muscle group to muscle group, so this may take a little experimentation on your part to determine how long you need to recover between sessions. Also keep in mind, when you are performing heavy, basic compound movements like squats, deadlifts and bench presses, you are stressing your entire body's recovery abilities. If you did a heavy squat workout, you may need to take a few days off from the gym to recover even though the next workout session is a chest day. The squats may have made some heavy duty inroads into your nervous system's recovery abilities and your whole body may need a day or two to recover before you do *any* weight training.

To Summarize: Allow adequate recovery time between workouts.

Secret #3

You need to keep a constant supply of nutrients, especially protein, available in your body. It is best to eat frequently throughout the day, 5, 6, 7 or more meals spaced evenly. Rheo Blair used to tell his students to constantly nibble on cheese, cottage cheese, eggs, and meat throughout the day. Blair taught his students to also take small sips of his protein mixed in heavy cream and milk every 10 minutes or so. Pack a cooler full of high protein foods and take it to work or school with you. A good rule of thumb is to never allow more than two hours to pass without eating some protein, preferably meat, eggs, cheese, or milk.

To Summarize: Eat high protein foods frequently throughout the day.

Secret #4

Your training should be *progressive*. In other words, you should constantly strive to increase the weight or the number of reps. That is the only way that you can force your body to grow. Your body wants to stay where it is at. You must place sufficient stress on your muscles to cause hypertrophy to occur. Your muscles quickly adapt to the amount of work you are doing and then have no reason to grow. Only by forcing your muscles to do increasingly heavier loads will you cause them to adapt by becoming bigger and stronger. Now I don't mean that you should slap a couple more 45's on the bar when you have been struggling to do a few reps with the old weight. Make gradual changes. What if you added 5 pounds every 2 weeks to your squat? What would you be squatting with in a year? Maybe only add 2 ½ pounds to a basic exercise every 2 weeks. If that is too much, find some 1 ¼ pound plates or large washers and slap those on your basic exercises every week or two. Little changes done consistently add up to big changes over the months and years.

To Summarize: Consistently add weight and reps to your basic exercises.

Secret #5

You can't baby yourself and expect to make good gains. You have to push yourself and train hard. Keep your sets low but your intensity high. You should probably train to positive failure on almost every session. If you are feeling run-down or overtrained then it would probably not be a good idea to train to failure on that particular day. But if you have allowed adequate recovery time, do as many reps as you can and then push as hard as you can to do one more. Do a few forced reps every few training sessions if you have a spotter or training partner. Also try doing a couple negative reps to failure every few weeks but don't overdo it. Push yourself as hard as you can, keep the intensity high, but don't overtrain.

To Summarize: Do as many reps as you can, and then force yourself to do a few more.

Secret #6

You can spend a small fortune on all of those "miraculous-just like steroids" supplements. I'm sure that some of them have merit, but most people can't afford to experiment with all these different supplements when you are on a budget. I know, I know... "But the three-time Mr. Mega-Bloated Dynamo endorses this stuff, so it must be as good as steroids!" Let me give you a tip... Mr. Mega-Bloated Dynamo gets a healthy check for endorsing that garbage...a check that he uses to buy his massive monthly steroid and growth hormone regimen! Don't let anyone fool you...there is no natural supplement that will give you the same results as anabolic steroids. I'm sure that there are some supplements that will help you gain lean muscle mass, but there is controversy over which supplements actually work. One study says that DHEA or HMB help you gain muscle mass and lose fat, and another study says they are both worthless. It's a little confusing when you are trying to determine what supplements you should spend your hard-earned money on.

There is one supplement that is a pretty sure bet, and Bill Phillips, editor of Muscle Media 2000, says that it is the only natural supplement that comes almost as close to steroids in giving you that "steroid pump". I am talking about Creatine Monohydrate and if you haven't heard about it, you must have been living under a rock the past few years. Creatine monohydrate is a naturally occurring chemical that's one of muscles' main energy sources. If our muscle cells are saturated with creatine, they are stronger and recover faster. Creatine also has a "cell volumizing" effect. It causes the muscles to hold more intracellular fluid, and it's theorized that this promotes protein synthesis and inhibits protein breakdown.

Best results are obtained when creatine is loaded for a period of five days. The usual loading dosage is between 20 and 30 grams per day, followed by a maintenance dosage of 10 grams or so.

To Summarize: Use Creatine Monohydrate.

Secret #7

There is strong scientific evidence that after your workouts, your muscles need nutrients. A post workout drink, made with the right ingredients, may lower cortisol levels, increase glycogen levels, and supply your muscles with protein they need to recover from the damage you've incurred from training. A good post workout drink should contain:

1. 50 to 100 grams of carbohydrate
2. About 40 grams of protein
3. Five grams of creatine monohydrate

Mix a packet of a meal replacement powder in 12 to 14 ounces of fruit juice, and add a heaping teaspoon of creatine monohydrate.

To Summarize: Drink a high carb/high protein drink after each workout.

Secret #8

To make consistent gains, you have to be consistent in your training. This means that you can't hit the gym hard for two weeks and then take 3 to 4 weeks off. You have to be consistent in training frequency and persistent in making continual increases in weight and reps. One of the best tools to help you track your progress and motivate you to continue making progress is a training log. Write down each exercise, sets, reps, and any other information that might be helpful like... "I felt really strong on the first set of squats but the 2nd set felt pretty heavy." Refer to the previous workout log and try to exceed the weight or reps that you did on a particular exercise the last time you worked out. If you look back through your training log and find that you have been doing the same weight and/or reps for a long time, then you are babying yourself and not forcing your body to progress.

To summarize: Keep a training log and try to constantly exceed your previous workouts.

Secret #9

“Variety is the spice of life” is how the saying goes, and variety in your training routine will help you keep progressing. I can’t suggest that you assign an arbitrary time period to each routine or exercise. Keep doing the routine or exercise until it ceases to be effective for you. Although sometimes you may just get bored doing the same routine and might want to give your mind a break by doing a few different exercises. Stick to variations of the basic compound movements. You may want to substitute dumbbell bench presses for barbell bench presses, or leg presses for squats. This is not only good for your mind but also keeps your body from adapting to the same routine. I had done the leg press almost exclusively for over six months and decided that I was going to do squats on my next leg workout. I had been leg pressing a lot of weight and making continual strength and size gains from the leg press but I felt like my mind needed a break. The next leg workout I only did 3 sets of squats, but my thighs were sore for 4 days! I think that my body was getting accustomed to the leg press and therefore the squats were a fresh stimulus.

To Summarize: Use variety in your workouts.

Secret #10

There are two phases to a rep...the concentric and eccentric movements. The concentric phase is the positive portion, and the eccentric phase is the negative portion. In the case of squats, the eccentric phase is when you squat down, and the concentric phase is when you stand back up. If you throw the weights around and use momentum, or if you don’t lower (the negative portion) the weight slowly and under muscular control, you are cheating yourself out of some extremely valuable muscle building stimulus. Actually the negative portion of a rep is the most important because it is the part that causes the most damage or stress to the muscle. You will recruit more fibers and cause more cellular damage (which is the goal, by the way, if you want to get bigger and stronger) when you perform each rep slowly and accentuate the negative (with my apologies to Bing Crosby!).

The lifting, or positive portion of the rep should take about two seconds and the negative portion should take about four seconds. If you want to have some real fun, choose one exercise for a particular bodypart and load a weight that is about equal to, or a little more than your 1 rep max. Have spotters help you get it into position and do a negative-only rep as slowly as possible, fighting it all the way down. Try to stop the weight at several points throughout the negative rep. After you have completed one negative-only rep, have your spotters help you lift the weight back to the starting point and do another negative-only rep, lowering it as slowly as you can. On the second rep, don’t be surprised if it feels like the weight

is just crashing down. Try to control it and fight it as best as you can...and make sure that you have good spotters, too! After this exercise, you are done with that particular bodypart for that session. This is a very intense way of training and it would not be advisable to do any other exercise for that bodypart as it may lead to an overtrained condition.

To Summarize: Do slow reps and accentuate the negative portion.