

A Training Journal?! But I'll Look Like Some GYM GEEK!!!



On the contrary...carrying a workout log with you to the gym will make you look like someone with a PLAN for achieving their fitness goals and the body of their dreams!

By now, hopefully you've heard the old adage...

"If you FAIL to PLAN...you PLAN to FAIL!"

Well, this pearl of wisdom couldn't be more true than when applied to how you approach your fitness program. In fact, a detailed, organized, and focused training journal is arguably THE most important "piece of equipment" you can stuff into your gym bag and haul along to your local sweat box. Here's why...

A Training Journal saves TIME...

By planning ahead and referring to your performance in past workouts, you can quickly and easily see where you need to focus your training efforts rather than stand there in the middle of the gym floor scratching your head wondering what your next exercise should be.

A Training Journal saves ENERGY...

Ever get to a piece of equipment and try to remember how much weight you used the last time you did that exercise...and then had to stop after only a few reps because you guessed WRONG and ended up with too little or too much weight? What a waste of a good set!

By keeping close track of the weight and reps you use each workout, you're able to easily refer back to your previous performance and plan just the right amount of weight to use for each exercise in your current day's program.

A Training Journal keeps you MOTIVATED...

Many fitness enthusiasts have discovered that the best way to ensure consistent gains in their workouts is to progressively increase their workload with each workout for a specific body part. While I don't believe this is essential for continued progress in terms of transforming your body, it CAN be a powerful motivator for working at maximum intensity with each workout.

Try using any of the following "challenges" as motivators for YOUR workout:

1. Use more weight than the previous workout for a specific exercise
2. Lift more repetitions with the same weight than a previous workout for a specific exercise
3. "Best" your last time for a specific cardio event at the same distance
4. "Best" your last distance for a specific cardio event in the same time frame

A Training Journal helps you ADAPT...

By referring to previous workouts for the same muscle group, you can see how your body is changing in regards to your current program. Look for signs of "overtraining", such as stagnant or decreased strength for the same exercises, and quickly adapt your program to break through any "plateaus" you may be experiencing.

Enjoy your workout!

Weight Gain Tips

From The "Muscle Nerd"

"I don't get it! I eat like a pig and work out like a barbarian...yet I STILL can't seem to pack on any size!!!"

This is one of the most common complaints I receive from my online "clients" and they reflect the frustrations of countless so called "hardgainers" around the world. Yet, here's the saving grace...

Whether you're a 130 lb. "toothpick" or 280 lb. giant, building muscle works the exact same way in every body type. Oh sure, it may be "easier" for the "no-necks" who grunt around the local iron jungle...but the process the body goes through to manufacture muscle is the same...and available to ALL with the right plan.

Although it would be impossible to give you ALL of the details you need in order to bust through limiting genetics (that's what the Optimum Anabolics program is for!), here are a few tips to help you achieve your goals...

Eat More: At the end of the day, if you hope to put on any weight at all, you need to have consumed more calories than you burned through both exercise AND normal activity. In order to accomplish this, you'll need to break up your meals into 5-6 smaller ones that you can spread about 2-3 hours apart.

Not only does this help you increase your total calories for the day, but it also ensures a long term supply of amino acids (from protein) to support continuous muscle growth. For those of you who truly have a hard time putting on size, try adding some "compact calories" by snacking on nuts (loaded with healthy fats for increased testosterone production and have over twice as many calories as protein or carbs) and dried fruit during the day.

The Right Mix: To build muscle you need protein. But not just any protein will do. A highly digestible protein that will be sure to hit your muscles is your best choice. For this, I suggest a whey protein powder following your workout, sensible meat, fish, or poultry choices a few times a day, and a snack of cottage cheese sometime in between (cottage cheese breaks down slowly and will give you a steady stream of protein for sustained muscle growth).

"Mass Building" Exercises: For quality muscle growth all over, forget the "isolation machines" and forearm curls. Compound exercises (the ones that involve more than one joint movement) are the building blocks of any good mass building program.

MORE Can Mean LESS: Busting your ass at the bench press each day in hopes that you'll force your chest to reach Arnold-like proportions? Not gonna happen my friend!

Muscle recovery and subsequent growth takes time and if you keep blasting the same muscle group a few times a week, you're not letting nature take its course. Only hit each body part one time per week with an intense, focused workout and then relax and let your body rest and begin the "repair and rebuild" process.

Drop The Weight...And Perfect Your Form: See that guy over by the dumbbells flopping his body all over the place like he's auditioning for a new hip-hop video? Well that's what happens when you attempt to lift more weight than your targeted muscle group can handle. In the end, you'll do very little for building muscle (and get no respect from the guys and girls snickering at you from the other side of the gym).

Forget about how MUCH weight you're lifting and focus instead on perfecting your form of each exercise in order to stimulate the most muscle fiber...AND growth!

Limit Cardio: Your cardiovascular system's best ally may not be on your side of the battlefield when it comes to the front lines of gaining muscle. While cardio will help you achieve a more balanced state of "fitness", it also burns a substantial amount of calories (calories you need in order to gain weight) while NOT contributing very much toward giving your muscle's the kind of intense workout they need to stimulate growth in size.

Although it IS possible to build muscle and burn fat at the same time (check out my [Optimum Anabolics](#) program...and yes, that's a shameless plug!), you may want to limit cardio in the beginning if you have a hard time putting on weight. You can always add cardio training later when it comes time to chisel off more bodyfat.

Fat Loss Tips

From The "Muscle Nerd"

"How the hell does THAT guy get down to paper-thin bodyfat levels and MY '6-pack' still looks like a 'keg'?"

Sound familiar?

Well, never fear because just as in the tips for "gaining weight" earlier, burning bodyfat is a relatively "standard" process that works for YOU about the same way it does for everyone else...with some room for debate depending upon your personal body type of course.

However, at the end of the day, burning fat can be simplified to the basic foundation of if your calories out (exercise and normal energy expenditure) are higher than your calories IN (what you eat and drink), you'll burn fat.

Now, there ARE some ways you can greatly boost this process and turbo-charge the fat burning process so I'm going to give you 7 Fail-Proof Fat-Burning Factors right now...

Break Your Daily Meals Up Into 5-6 Smaller Meals: Remember that how many calories you expend during the day should be higher than what you take in. The good news is that you're burning calories right now! Yes, even that little move you just did with your wrist to click the mouse or turn the page, just burned about .0275 calories! Wow...see how easy "exercising" can be?! ;-)

But it's true that every process that happens in your body requires energy, from breathing, to walking, and yes...your body even expends more energy when digesting your food! Therefore, by splitting up your total meals and eating 5-6 smaller ones throughout the day, you're not only giving your body a steady stream of nutrients and avoiding calorie "overload" by stuffing yourself for your 3 meals, you're also "exercising" your digestive process and burning more calories. **You win on several fronts!**

Drink Water: Drinking water throughout the day has more benefits than I can even begin to describe here. But just looking at it from a "fat-burning" perspective, water helps to fill you up so you don't feel hungry throughout the day and adds ZERO calories. Not to mention, all those trips to the bathroom are doing what?...yep...making you exercise, right? See again how easy it is? ;-)

Now you don't have to drink so much that you have to trot off to the bathroom every 5 minutes, but you'll quickly discover the many benefits of carrying around a small bottle with you everywhere when you realize increased energy levels, healthier mental attitude, and yes...more fat burning!

Exercise In The Morning When Possible: When you exercise, your body is obviously burning calories. But don't forget, every body function burns calories and that includes all of the recovery processes your body goes through to adapt to your exercise program.

After you exercise, your muscles are busy with their "recover, repair, grow" process and this goes on for several hours after your workout. By exercising in the morning, you can take advantage of your body's heightened metabolism and burn fat all day long!

Try High Intensity Interval Training! Yes, cardio burns fat. But truth be told, I HATE to run and I don't particularly like long cardio sessions! For those of you like me, there IS an answer...HIIT!

"High intensity interval training" refers to shorter, more strenuous cardio sessions (usually about 3-5 minutes for each exercise), performed back-to-back to create a fast-changing, exciting workout session specifically

geared to burn bodyfat. For example, you may do 3 minutes of jumping rope, followed immediately by a 5 minute jog, and then 3 minutes on a rowing machine, etc.

These shorter cycles of different exercises force the body to quickly change the level of intensity, the muscle groups used, and the recovery process all at the same time and it's been shown that this type of exercise actually burns MORE calories than doing just one type of cardio for the same time period. Best of all, 20 minutes is about all you need to get a great workout in! (There's actually a 20-minute HIIT workout included in the Optimum Anabolics program if you're looking for a specific workout example!)

Eat A Salad BEFORE Your Day's Meals: Starting off your meals with a salad and low fat dressing or healthy oil (like canola or olive) and vinegar is a great alternative to simply stuffing down those higher calorie foods that are tempting you on your plate. By beginning with a lower calorie option, you'll end up with lower overall calories for your meal by the time you start feeling full.

Avoid "Dry Carbs" Late At Night: When you sleep, your body's metabolism slows way down in order to get the badly needed rest it so deserves. With a slower metabolism, your body doesn't want to be put through the taxing process of digesting high calorie foods...and especially carbohydrates.

For this reason, it's advisable to avoid eating "dry" carbohydrates about 4-5 hours before bed if possible. This includes such foods as pasta, rice, breads, etc. which have a higher tendency to increase fat storage when combined with a metabolism that wants to get some rest and relaxation. Instead, opt for a slower digesting protein source (such as low fat yogurt or cottage cheese) prior to bed that has a lesser chance of being stored as fat and can also help fuel muscle growth while you sleep.

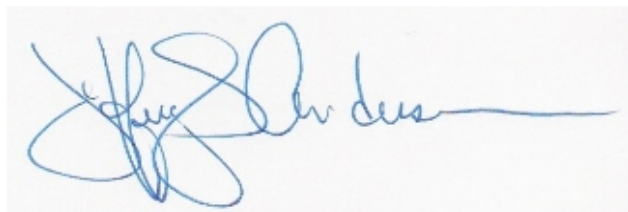
Don't Go To The Grocery Store Hungry: I admit it...if I'm at the grocery store and I haven't eaten close to the time I entered, the aisle filled with soda's, chips, dips, ho-ho's, hoo-hoo's, ring-dings, ding-dong's, and any other processed junk food you can think of doesn't just call my name...it seems to be SCREAMING for me to "Get the hell over here...NOW!"

It's hard to resist ANY time I'm in the store...but especially so when my stomach is empty and I want something sugary or fattening to satisfy my craving. By eating before going to the store, I make sure that I buy only healthy foods to stock my cupboards and give me that "arsenal" of nutrition I need to maintain my body.

Well, there you have it! You're now armed with some quick tips to help you reach your goals, whether it's to build muscle, burn off body fat...or BOTH!

Now, follow these simple tips and print out the following Training Journal and you're all set!

Have a GREAT workout!



The "Muscle Nerd"
Jeff Anderson

www.optimum-anabolics.com

Your "Muscle Nerd" Daily Workout Log

Day:

Date:

Body Part:										
Exercise	Set 1		Set 2		Set 3		Set 4		Set 5	
	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps

Body Part:										
Exercise	Set 1		Set 2		Set 3		Set 4		Set 5	
	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps

Aerobic Exercise	Duration		Distance		Training Notes					
		Min.		Miles						
		Min.		Miles						
		Min.		Miles						