

ASHLEYKFIT



OVERVIEW OF AN
Olympian

365 Days, 365 Opportunities

THANK YOU SO MUCH FOR SUPPORTING MY JOURNEY BY PURCHASING MY VERY FIRST EBOOK! WITHOUT YOUR SUPPORT THIS BOOK WOULDN'T BE POSSIBLE, AND I TRULY HOPE IT CAN HELP YOU BETTER YOURSELF. IN THIS BOOK I'LL BE TALKING A LITTLE ABOUT MY HISTORY, MY PHILOSOPHIES ON NUTRITION & TRAINING, MY EXPERIENCE WITH CONTEST PREP, AND SOME OF MY FAVORITE WORKOUTS. ENJOY!

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INTRO/HISTORY



MY NAME IS ASHLEY KALTWASSER AND I AM AN IFBB PRO BIKINI COMPETITOR. I AM DEEPLY PASSIONATE FOR INSPIRING OTHERS TO STRIVE FOR THEIR FITNESS AND COMPETING GOALS. IT IS MY HOPE THAT AFTER READING THIS E-BOOK YOU WILL BE ENCOURAGED TO TAKE ON THOSE CHALLENGES WITH SOME NEW TIPS AND TRICKS.

I WAS BORN AND RAISED IN AKRON, OH. THOUGH I DID NOT ALWAYS HAVE THE PASSION FOR SCULPTING MY PHYSIQUE AS I DO NOW, I WAS ALWAYS AN ATHLETE! I STARTED EARLY IN ACTIVE AND PHYSICAL SPORTS. AT AGE 4 I WAS COMPETING IN GYMNASTICS; AND IN ELEMENTARY SCHOOL I WAS DETERMINED TO BREAK THE RECORDS FOR CHIN UPS, PUSH UPS, SPRINTS, AND JUMP ROPE! I REMAINED COMPETITIVE IN GYMNASTICS UNTIL I WAS A SOPHOMORE IN HIGH SCHOOL; IN WHICH I DISCOVERED MY PASSION FOR TRACK AND CROSS COUNTRY. I LOVED THE NECESSITY FOR SPEED, AGILITY, AND ENDURANCE. FOR TRACK I PARTICIPATED IN BOTH THE 300 AND 100 METER HURDLES, AS WELL AS LONG JUMP. AS FOR CROSS COUNTRY, I RAN THE 3.1 MILE. I TRULY BELIEVE THAT THESE SPORTS INSTILLED A VERY COMPETITIVE WORK ETHIC THAT THUS FAR HAS CARRIED MY COMPETING CREER. CROSS COUNTRY AND TRACK REQUIRE AN ELEVATED LEVEL OF **mental toughness** THAT NOT MANY PEOPLE UNDERSTAND UNTIL THEY EXPERIENCE IT. THIS COMES IN HANDY WHEN I AM IN THE LAST FEW WEEKS OF A CONTEST PREPARATION! EVENTUALLY THAT HARD WORK AND PRACTICE PAYED OFF FOR ME AND I ACTUALLY RECEIVED A DIVISION I SCHOLARSHIP FOR TRACK & FIELD.

TRACK ACTUALLY (ODDLY ENOUGH) INTRODUCED ME TO COMPETING; MY COACH WAS A NPC FIGURE COMPETITOR. SHE WAS AN AMAZING INFLUENCE FOR ME TO START TRAINING A LITTLE MORE SERIOUSLY FOR PHYSICAL CHANGE AND SO I BEGAN SCULPTING MY BODY. I STARTED TRAINING FOR MY FIRST NPC BIKINI CONTEST IN 2011, WHERE I PUT TOGETHER A FEW WINS AND EVENTUALLY WORKED HARD ENOUGH TO COMPETE AT THE NATIONAL LEVEL. I WON MY PRO CARD IN 2012 AT THE IFBB TEAM UNIVERSE CHAMPIONSHIPS; WINNING MY CLASS AND OVERALL BIKINI DIVISION.

I WAS SO EAGER TO HIT THE STAGE AS A PRO, AND I SET OUT IN 2013 TO COMPETE OFTEN AND MAKE A STATEMENT WITHIN THE DIVISION. THANKFULLY I WAS ABLE TO COMPETE IN 9 CONTESTS THROUGHOUT 2013, MY ROOKIE SEASON. TO TOP OFF AN AMAZING FIRST YEAR, I BECAME THE FIRST ROOKIE TO WIN THE MS. OLYMPIA BIKINI DIVISION! IT WAS SUCH AN HONOR TO BE PROPELLED RIGHT TO THE TOP OF THE SPORT WITHIN MY ROOKIE YEAR. I TRULY CAN ATTEST MY SUCCESS IN MY ROOKIE SEASON TO A DEDICATED **WORK ETHIC**.

SINCE JOINING THE IFBB PRO LEAGUE I HAVE WON A TOTAL OF 19 (AND COUNTING) CONTESTS; AND TO DATE HAVE WON THE ARNOLD CLASSIC BIKINI DIVISION 2X AND THE MS. OLYMPIA BIKINI DIVISION 3X. (ARNOLD WINS: 2014 & 2015) (OLYMPIA WINS: 2013, 2014, & 2015). I'VE HAD SUCH AN INCREDIBLE EXPERIENCE TRAVELING THE WORLD, APPEARING AND COMPETING AT CONTESTS IN INDIA, AUSTRALIA, NEW ZEALAND, GERMANY, SWEDEN, KOREA, RUSSIA, AND CANADA.

ASIDE FROM WINNING THE OLYMPIA, (WHICH IS LIKE THE **"Superbowl"** OF ALL COMPETITIVE BODY-BUILDING) WINNING THE ARNOLD CLASSIC WAS SO SPECIAL BECAUSE I RECEIVED MY TROPHY FROM ARNOLD SCHWARZENEGGER! HE HAS MADE SUCH AN IMPACT ON OUR SPORT OVER THE YEARS AND IT WAS TRULY SUCH AN HONOR TO SHARE THE STAGE AND RECEIVE MY AWARDS FROM THE MAN HIMSELF!



I AM COMPETITIVE, BUT TO ME COMPETING IS MUCH MORE THAN POTENTIALLY WINNING AN AWARD. COMPETING GIVES ME AN OPPORTUNITY TO EXERCISE MORE THAN MY MUSCLES, I AM TALKING ABOUT EXERCISING MY DISCIPLINE! I LOVE STRUCTURE, AND YOU TRULY HAVE TO BE DISCIPLINED IN FOLLOWING YOUR PLAN IF YOU WANT TO SUCCEED IN COMPETING. IT'S REWARDING TO BE ABLE TO LOOK BACK AT EVERY SINGLE DAY AND KNOW THAT I GAVE 100% TOWARDS ACHIEVING MY GOAL. IT GIVES A SENSE OF ACCOMPLISHMENT LIKE NOTHING ELSE!

NOW ALTHOUGH I HAVE HAD SUCCESS IN MY CAREER DURING A RATHER SHORT PERIOD OF TIME, I FIND IT IMPORTANT TO REMAIN GROUNDED AND REMEMBER WHERE I CAME FROM. I AM SO GRATEFUL FOR ALL OF THE OPPORTUNITIES I HAVE BEFORE ME AND BEHIND ME; AS WELL AS ALL OF THE AMAZING PEOPLE I HAVE HAD THE CHANCE TO INTERACT WITH. I WOULD LIKE TO EXTEND A SPECIAL THANK YOU TO ALL OF MY MENTORS, FRIENDS, AND SUPPORTERS FOR ENCOURAGING ME TO BE THE BEST VERSION OF MYSELF.

"I truly can attest my success in my rookie season to a dedicated **WORK ETHIC**"





LIFE OF A NON-COMPETITOR vs. LIFE OF A COMPETITOR

I HAVE A LOT OF FUN COMPETING AND PREPARING FOR CONTESTS, BUT TO BE HONEST IT CAN SOMETIMES BECOME HARD TO BALANCE "NORMAL LIFE" WITH MY COMPETING LIFE. I NOTICED THAT IT BECOMES HARD TO DO THINGS SIMPLY BECAUSE OF THE ENERGY FACTOR; DEEP IN A PREP YOU CAN BECOME RUN DOWN AND FEEL AS IF YOU'RE RUNNING ON FUMES.

THE BIGGEST TIP I CAN GIVE IS TO MAKE LIFE FUN. DO YOUR BEST TO MAKE THE SMALL THINGS ENJOYABLE, LAUGHABLE, AND EXCITING; SURROUND YOURSELF WITH SUPPORTIVE PEOPLE, AND ENJOY THE PROCESS. AS A COMPETITOR YOU HAVE GOT TO REMEMBER THAT YOU CHOSE THIS LIFESTYLE, SO WHY BE GRUMPY AND SEDENTARY?!



SOME HURDLES YOU MAY RUN INTO IS THE FACT THAT IF YOU HAVE CLOSE FRIENDS OR FAMILY WHO DO NOT KNOW MUCH ABOUT COMPETING. IT IS A VERY REAL POSSIBILITY THAT THEY WILL NOT UNDERSTAND YOUR RESTRICTIONS AND WILL PUT SOME PRESSURE ON YOU TO BE INCLUDED IN THE GROUP. DON'T LET THIS FRUSTRATE YOU! REMEMBER THEY JUST WANT TO HAVE FUN WITH YOU. IF YOU HAVE CHEAT MEALS IN YOUR PROGRAM TRY TO PLAN THEM AROUND OUTINGS WITH FRIENDS OR FAMILY SO THAT YOU CAN PARTAKE IN THEM. IF YOU HAPPEN TO BE GOING OUT FOR A NIGHT OF FUN, MAKE SURE YOU EAT ONE OF YOUR MEALS BEFORE LEAVING SO THAT YOU ARE NOT TEMPTED TO STRAY FROM YOUR PLAN.

FOOD AVAILABILITY IS A CONCERN FOR COMPETITORS. AS A NON COMPETITOR YOU CAN CERTAINLY "FIND" SOMETHING TO EAT WHILE YOU ARE TRAVELING OR HAVING A DAY OF ERRANDS. HOWEVER AS A COMPETITOR FOLLOWING A SUCCINCT PLAN, YOU NEED TO MAKE SURE YOU ARE PREPARED TO GET YOUR MEALS IN AT ALL COSTS. NOW ADD IN YOUR SUPPLEMENTS, AND YOU HAVE GOT YOURSELF SOME FULL BAGS TO CARRY WITH YOU! KEEP IN MIND THAT YOU NEED TO ENSURE THAT YOU STILL NEED TO GET YOUR TRAINING, CARDIO, AND POSING PRACTICE IN ON A DAILY BASIS. BE PREPARED! THEY SAY, **"failure to prepare, is preparing to fail"**.

TRAINING ALSO VARIES BETWEEN THESE LIFESTYLES, AND WE HAVE TO BE ABLE TO ADJUST AS OUR PHYSIQUE OR PERFORMANCE IMPROVES OVER TIME. TRAINING AS A COMPETITOR IS MUCH MORE FOCUSED ON MAXIMIZING THE PROPER PROPORTIONS NECESSARY FOR SUCCESS WITHIN THE CHOSEN DIVISION. FOR ME, IN THE BIKI-DIVISION WE ARE ALWAYS STRIVING TO HAVE NICE ROUND AND TONED SHOULDERS; FULL, HIGH, AND STRONG GLUTES WITH A SEAMLESS GLUTE/HAMSTRING TIE IN; AND OF COURSE A VERY TIGHT CORE. AS A COMPETITOR, TRAINING FOR GENERAL FITNESS UNFORTUNATELY WILL NOT HELP ACHIEVE THE DESIRED LOOK ON STAGE. ONE MUST TRAIN INTENSELY AND INTENTIONALLY. BY INTENTIONALLY I MEAN THAT THE WORK DONE IN THE GYM IS VERY FOCUSED, SQUEEZING EVERY POSSIBLE FIBER OF THE MUSCLE BEING TRAINED DURING THAT MOMENT, WHILE MAINTAINING CONSTANT TENSION. WITH THAT SAID TRAINING AS A NON COMPETITOR CAN BE MORE GEARED TOWARDS PERFORMANCE GOALS, OR OVERALL FITNESS/STRENGTH IN GENERAL; WITH LESS EMPHASIS ON PERFECTING THE PROPORTIONS NEEDED TO COMPETE AT A HIGH LEVEL.



NI



***"failure to prepare,
is preparing to fail"***

ENERGY IN CONTEST Prep



100 %



20 %

I TEND TO EAT A LOT MORE VEGETABLES WHILE PREPPING BECAUSE THEY ARE LOW CALORIE, LOW GLYCEMIC, AND VERY FILLING! THEY CAN HELP YOU GET THROUGH THE HUNGER PAINS OF THE DAY, AS WELL AS AID YOUR DIGESTION. THINGS LIKE CELERY, SPINACH, BROCCOLI, GREEN BEANS, ETC CAN ALL BE ADDED TO YOUR MEALS WITHOUT AFFECTING YOUR MACROS TOO MUCH - AND THEY WILL HELP YOU STAY SATIATED.

WHEN CALORIES START TO GET LOWER AS CONTEST PREP GOES ON, YOUR ENERGY IS SUCKED RIGHT OUT OF YOU. HERE ARE A FEW THINGS I LIKE TO DO DURING CONTEST PREP TO KEEP MY PERFORMANCE HIGH:

- USING ADDED SODIUM IN YOUR MEALS! LIKE TO USE PINK HIMALAYAN SEA SALT ON MY MEALS, ALONG WITH SOME LOWER CALORIE SAUCES TO ENSURE THAT MY SODIUM IS SUFFICIENT. WE ACTUALLY NEED SODIUM IN ORDER TO PERFORM MUSCULAR CONTRACTIONS! I CAN GUARANTEE THAT IF YOU ARE NOT EATING ADDED SODIUM ON YOUR MEALS, AND YOUR WORKOUTS ARE SUB PAR: ADDING SOME SODIUM WILL GET YOU FEELING THE PUMP AGAIN. **Getting better pumps will help you look good, and when you look good – you feel good!**

- TAKE NAPS! I LOVE TO TAKE OCCASIONAL NAPS TO GET A QUICK RECHARGE MENTALLY AND PHYSICALLY. JUST DON'T FORGET TO SET YOURSELF AN ALARM -USING ENERGY OR PRE-WORKOUT SUPPLEMENTS! WITHIN THE SERVING GUIDELINES, TAKING THESE SUPPLEMENTS CAN CERTAINLY GIVE YOU AN EDGE AND QUICK A BURST OF ENERGY TO MAINTAIN YOUR PERFORMANCE IN & OUT OF THE GYM.



A woman with a muscular physique, wearing a black sports bra and shorts, holding a small bowl of food. She is smiling and looking to the side. The background is a solid green color with a faint silhouette of her in the background.

PHILOSOPHY OF NUTRITION

ASHLEY KEFIT

THERE ARE MANY ASPECTS THAT MAKE UP A SUCCESSFUL REGIMEN, WHETHER YOU'RE A COMPETITOR LIKE ME OR JUST SIMPLY TRYING TO BETTER YOURSELF. SO LETS TAKE A LOOK AT (IN MY OPINION) **the most important factor of reaching your ultimate physique – NUTRITION.**

LET ME START OFF BY SAYING THAT THERE ARE MANY WAYS TO DIET. I SAY ALL THE TIME THAT JUST BECAUSE A CERTAIN DIET WORKS FOR ME DOES NOT NECESSARILY MEAN IT WILL WORK FOR YOU!

***PROTEIN.** I AM A FIRM BELIEVER THAT CLEAN PROTEIN SOURCES ARE KING IN DIETING, DON'T BE SCARED - YOU WON'T GET TOO BULKY! DON'T LET THOSE ADVERTISEMENTS FOR PROTEIN POWDER FOOL YOU! PROTEIN IS ESSENTIAL NO MATTER WHAT YOUR GOALS ARE. YOU SEE OUR BODIES ACTUALLY NEED PROTEIN TO ENSURE THAT OUR MUSCLES HAVE THE PROPER NUTRIENTS TO REPAIR THEMSELVES, ESPECIALLY AFTER HARD TRAINING SESSIONS.



I TRY AND HAVE ANYWHERE BETWEEN 15-30G OF PROTEIN PER MEAL TO MAKE SURE THAT MY BODY IS RECOVERING FROM THE WORK I PUT IT THROUGH. LET'S ALSO KEEP IN MIND, 15-30G OF PROTEIN MAY WORK WELL FOR ME BUT MAY BE TOO LITTLE OR TOO MUCH FOR YOU! I PREFER TO STICK TO LEANER PROTEIN SOURCES SUCH AS CHICKEN BREAST, TURKEY (GROUND OR BREAST), OVER 90% LEAN GROUND BEEF, WHEY ISOLATE PROTEIN POWDER, EGG WHITES (MUSCLEEGG), ETC; SOME MAY CHOOSE TO INSERT FISH IN THIS LIST - BUT I AM NOT A FAN!

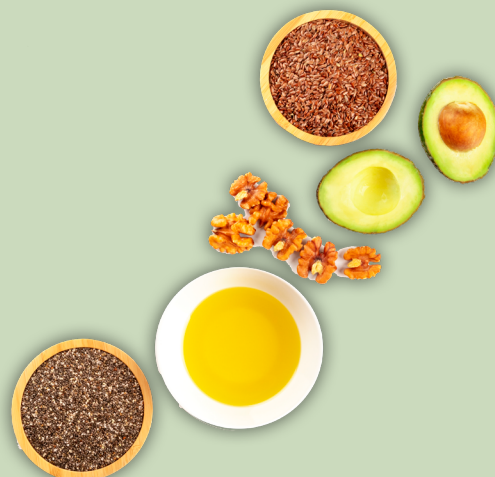
***CARBOHYDRATES.** WE ALL HAVE HEARD OF DIET PLANS THAT LIMIT CARBOHYDRATE CONSUMPTION, AND RIGHTFULLY SO - WE TEND TO BINGE ON THESE AND CERTAIN ONES CAUSE AN INCREASE IN INFLAMMATION! HOWEVER LET ME ENCOURAGE YOU TO NOT BE AFRAID TO ADD SOME CARBS INTO YOUR DIET PLAN. CLEAN CARBOHYDRATES ARE A GREAT SOURCE OF ENERGY, CONTAINING GLYCOGEN. GLYCOGEN IS A NUTRIENT THAT THE BODY USES FOR FUEL IN EVERYDAY ACTIVITY AND OF COURSE DURING TRAINING. CLEAN CARBOHYDRATE SOURCES AS THEY ARE BROKEN DOWN WITHIN YOUR BODY WILL ALSO HELP CARRY ESSENTIAL NUTRIENTS WITHIN YOUR BLOODSTREAM TO THE REQUIRED DESTINATIONS, THIS IS KEY FOR MUSCLE RECOVERY!



TRY AND STICK TO LOW GLYCEMIC INDEXED CARBOHYDRATE SOURCES SUCH AS OATS, BROWN RICES, WHEAT PRODUCTS, SWEET POTATO, QUINOA, ETC.; AS A LOWER GLYCEMIC INDEX TRANSLATES TO A LOWER AND MORE STABLE BLOOD SUGAR LEVEL - THIS IS GREAT FOR BURNING FAT!

HOWEVER THERE ARE TIMES WHEN OUR BODY COULD USE A QUICK HIT OF CARBOHYDRATES TO FORCE MUSCLE FULLNESS, MUSCLE RECOVERY, OR ENERGY OUTPUT. IF THIS IS THE CASE, LOOK FOR HIGHER GLYCEMIC INDEXED CARBOHYDRATE SOURCES LIKE FRUIT, WHITE RICE, WHITE POTATO, CREAM OF RICE, WHITE BREAD PRODUCTS (OR BAGELS). THESE WILL HIT YOUR BLOOD STEAM FAST AND SPIKE YOUR BLOOD SUGAR HIGHER, WHICH IN TURN WILL RAISE NATURAL INSULIN LEVELS; ALLOWING FOR QUICK NUTRIENT UPTAKE. I RECOMMEND SAVING THESE HIGHER GLYCEMIC CARB SOURCES FOR AROUND YOUR TRAINING SESSION (BEFORE, DURING, OR AFTER) SO THAT YOU CAN INCREASE YOUR ABILITY TO SHUTTLE NUTRIENTS INTO THE MUSCLES YOU ARE WORKING!

***FATS.** THE LAST OF OUR "BIG 3" MACROS IS HEALTHY FATS. THESE POOR GUYS ARE OFTEN EITHER NEGLECTED OR OVERDONE. FATS ARE SO CRUCIAL IN PROGRAMS BECAUSE HEALTHY LIPID PROFILES ARE ACTUALLY NECESSARY FOR THE BODY TO GROW AND REPAIR MUSCLE TISSUE. NOT TO MENTION THEY ARE ALSO A GREAT SOURCE OF ENERGY.



FAT SOURCES WILL HIT YOUR BLOOD STREAM RATHER FAST AND YOU CAN EVEN EAT THEM IN CONJUNCTION WITH A FEW GRAMS OF CARBOHYDRATES. THE RESULT OF THIS WILL HELP SLOW DOWN THE RATE OF ABSORPTION IN THOSE SAID CARBS - AKA STAY FULLER LONGER! FANTASTIC SOURCES OF HEALTHY FATS THAT I LIKE TO USE ARE: AVOCADO, FLAX SEED OIL, OLIVE OIL, COCONUT OIL, FISH OIL (EVEN THOUGH I DO NOT LIKE FISH, I DON'T SKIMP ON THE SUPPLEMENTS!), NUT BUTTERS (ALMOND BUTTER, PEANUT BUTTER, CASHEW BUTTER, ETC.) AND WHOLE EGGS.

I LIKE TO HAVE ANYWHERE BETWEEN 20-50G OF ADDED HEALTHY FATS PER DAY DEPENDING ON WHAT PHASE OF DIETING I AM CURRENTLY IN. ON LOWER CARB DAYS I WILL OFTEN HAVE MORE FATS SO THAT MY BODY STAYS SATIATED AND ABLE TO FUNCTION DURING DAILY ACTIVITIES.

MY DIET CHANGES QUITE FREQUENTLY. AS YOU CAN IMAGINE, I WOULD NOT BE EATING THE SAME FOODS DURING MY CONTEST PREP VS. MY OFF-SEASON.

DURING MY OFF-SEASON I DO MY BEST TO KEEP MY BODY COMPOSITION IN CHECK WHICH CAN BE A MUCH SLOWER PROCESS. THE END RESULT LEAVES ME IN A BETTER POSITION TO BEGIN MY PREP BECAUSE I HAVE A MUCH LOWER BODY FAT PERCENTAGE COMPARED TO AN OFF SEASON THAT HAS NO LIMITATIONS ON CALORIC INTAKE. DURING MY OFF-SEASON I LIKE TO INCLUDE SPORADIC DAYS WHERE I AM NOT IN A SURPLUS (CONSUMING MORE CALORIES THAN I AM BURNING) AND I ACTUALLY TRICK MY BODY BY EATING LESS ENERGY SOURCES (CARBS OR FATS) SO THAT MY METABOLISM CAN OPERATE AT ITS MAXIMUM CAPACITY; KEEPING IT FRESH. ON MY NORMAL DAYS HOWEVER, WHERE I AM IN A SURPLUS OF CALORIES I LIKE TO GET MOST OF THOSE ENERGY SOURCES IN AROUND MY WORKOUT SO THAT I CAN FUEL SOME HEAVIER LIFTING AND REALLY PUSH HARD IN THE GYM.

CONTEST PREPARATION IS ANOTHER STORY. **Let me start off by saying that unless you have structure, you are going to set yourself up for struggle.** HAVING A CLEAR PLAN OF ACTION DURING YOUR PREP IS SO CRUCIAL TO YOUR SUCCESS.

CONTEST PREP REQUIRES COMPETITORS TO GO INTO A CALORIC DEFICIT (CONSUMING LESS CALORIES THAN WE ARE ACTUALLY BURNING) FOR AN EXTENDED PERIOD OF TIME. AS PREP GOES ON, MEALS TEND TO GET SMALLER AND LESS "FLASHY". MENTAL TOUGHNESS IS KEY WHEN YOU ARE PREPARING FOR A CONTEST BECAUSE WE ALL KNOW WHAT TEMPTATION LOOKS LIKE WHEN YOU ARE HUNGRY. THERE ARE MANY TIMES I THINK ABOUT EATING THE WHOLE JAR OF PEANUT BUTTER, BUT OBVIOUSLY WITH SUCH SERIOUS GOALS IN MIND - I HAVE TO STAY DISCIPLINED AND NOT ALLOW THINGS TO FALL THROUGH THE CRACKS LIKE THAT. LITTLE SLIP UPS CONTINUE TO ADD UP AND WILL ONLY SLOW YOU DOWN. WE HAVE TO REMEMBER THAT EACH AND EVERY SINGLE CALORIE COUNTS.

We are all humans. And humans make mistakes! SLACKING ON YOUR DIET OR TRAINING HAPPENS TO EVEN THE BEST OF US. IT'S IMPORTANT THAT WE GET RIGHT BACK ON THE PROGRAM! DON'T LET YOUR SLIP UPS BECOME A HABIT, THAT'S WHEN WE RUN INTO PROBLEMS. ULTIMATELY, CONSISTENCY IS KEY AND IT IS SO IMPORTANT TO STAY ON TRACK WITH YOUR PROGRAM. THE MORE PRECISE YOU ARE, THE FASTER AND MORE EFFICIENTLY YOU'LL SEE THE RESULTS. ARE YOU ADDING MILK TO YOUR COFFEE? HOW ABOUT SOME SUGAR? DO YOU ADD KETCHUP TO YOUR MEALS? THESE ALL CONTAIN CALORIES THAT MUST BE ACCOUNTED FOR.

MEAL PREP TIPS



AS I PREVIOUSLY MENTIONED, **PREPARING FOODS AND HAVING STRUCTURE IS PARAMOUNT TO YOUR SUCCESS.**

LET'S START AT THE BEGINNING, THE STORE. WHEN GROCERY SHOPPING FOR YOUR MEAL PLAN I HIGHLY RECOMMEND LOOKING AT THE CLIPPINGS OF COUPONS FOR STORES. IF YOU FIND SOME GOOD DEALS WITHIN LOCAL STORES, TAKE ADVANTAGE OF THEM! JUST DON'T BE ONE OF THOSE PEOPLE WHO GOES 10 MILES OUT OF YOUR WAY JUST TO SAVE A TOTAL OF .50 CENTS!

I ALSO LIKE TO SHOP AT BULK FOOD OUTLETS LIKE COSTCO. THIS IS A GREAT WAY TO WALK OUT WITH EVERYTHING YOU ARE GOING TO NEED FOR AN ENTIRE WEEK'S WORTH OF EATING. REMEMBER, WE ARE CONSISTENTLY CONSUMING AT-LEAST 3-4 MEALS A DAY, MULTIPLY THAT BY 7 DAYS AND NOW YOU HAVE GOT TO COME UP WITH ALMOST 30 MEALS WITH PROTEIN, VEGGIES, CARBS OR FATS! I URGE YOU TO TAKE ADVANTAGE OF BULK OPPORTUNITIES.

I LOVE TO COOK THE MAJORITY OF MY MEALS IN LARGE CHUNKS TO COVER HALF OF MY WEEK, TO LIMIT THE EXPENSE OF TIME, ENERGY, AND DIRTY DISHES! I TRY TO BULK COOK DIFFERENT PORTIONS OF MY MEALS ABOUT TWICE PER WEEK SO THAT THE FOOD IS FRESH ENOUGH AFTER SPENDING ONLY A FEW DAYS IN THE FRIDGE. CERTAIN MEALS WILL BE BETTER JUST MADE FRESH WHEN YOU ARE READY TO EAT THEM, PLUS IT IS SOMETIMES MORE SATISFYING TO MAKE A MEAL AND PUT IT ON A PLATE IN FRONT OF YOU AS OPPOSED TO EATING OUT OF TUPPERWARE ALL THE TIME!



TIME IS A KEY FACTOR IN MEAL PREPPING. **We meal prep so that we can SAVE time in the long run during the week;** BUT LET'S BE HONEST THERE ARE INSTANCES WHERE WE DON'T EVEN HAVE TIME TO MEAL PREP!

TO MAKE THE MOST OF MY TIME WHILE PREPPING FOOD I LIKE TO EXPERIMENT USING SLOW COOKERS (CROCKPOT) TO COOK FOOD OVER A LONG PERIOD OF TIME. I CAN THROW IT IN THERE AND WALK AWAY, GO TO THE GYM, THE STORE, TO A PHOTOSHOOT, ETC. AND I KNOW THAT MY FOOD WILL BE JUST RIGHT WHEN I COME HOME. I'LL INCLUDE MY SHREDDED CHICKEN AND BEEF ADOBADO RECIPES BELOW!

IF I HAPPEN TO BE DOING STUFF AROUND THE HOUSE, I LOVE TO JUST POP THINGS IN THE OVEN. THAT WAY I CAN WALK AWAY AND DO WHATEVER IT IS I NEED TO DO AND JUST LISTEN FOR THE TIMER TO GO OFF. YOU HAVE TO THINK OF MAXIMIZING TIME! **When you are in the middle of a serious protocol, "time" feels infinitely valuable.**

WE CAN SEE ALL OF THE EFFORT THAT CAN GO INTO MEAL PREPPING; BUT HOW DO YOU HANDLE THAT WHEN YOU'RE ON THE GO OR TRAVELING? EASY, I THINK SIMPLICITY. I ASK MYSELF, "HOW CAN I GET MY NECESSARY MACROS IN, WHILE EATING THE CLEANEST YET MOST READILY AVAILABLE SOURCES?" I LEAN TO THINGS THAT ARE NON PERISHABLE; YOU CAN FIND A LINK REGARDING ALL OF THIS IN MY BLOG ON MY WEBSITE.

PACKING THINGS SUCH AS CHICKEN/TUNA CANS OR PACKETS, PROTEIN POWDER IN CONTAINERS OR BAGGIES, HARDBOILED EGGS ETC. ARE ALL GOOD PROTEIN SOURCES TO BRING ALONG. YOU CAN ALSO FREEZE YOUR MEALS SOLID SO THAT THEY WILL KEEP FOR LONGER WHILE YOU TRAVEL.

CARB SOURCES LIKE RICE CAKES, CLEAN GRANOLA BARS, AND DEHYDRATED FRUITS ARE GREAT TO BRING ALONG WHILE YOU ARE ON THE MOVE. WHILE FOR FAT SOURCES I WOULD RECOMMEND STICKING TO BAGGIES OF NUTS OR A JAR OF NUT BUTTER. IT'S NEVER IDEAL TO TRAVEL WHILE ON A SERIOUS DIET REGIMEN, BUT WE DO WHAT WE HAVE TO DO TO STAY ON TRACK!

NOW THERE HAS BEEN A LOT OF DEBATE OVER THE LAST FEW YEARS WITH THE EXPLODING POPULARITY OF SUGAR FREE SAUCES, DRINKS, MIXES, GUMS, ETC. AND WHETHER OR NOT THEY SHOULD BE REMOVED FROM A PROGRAM.

HERE IS MY TAKE, IF IT IS GOING TO HELP KEEP ME SANE, HAPPY TO EAT MY FOODS, AND NOT STRAYING OFF OF MY PLAN - I INCLUDE THEM!

THERE HAVE BEEN MANY STUDIES DONE ABOUT "SUGAR FREE" FOODS AND THE USE OF SUGAR ALCOHOL SUBSTITUTES, AND IN MY OPINION THE FINDINGS HAVE NOT BEEN CONCLUSIVE ENOUGH TO KEEP ME FROM USING THEM SPARINGLY AS NEEDED. OF COURSE WE DO NOT WANT TO DOUSE OUR FOOD IN SUGAR FREE SYRUP EVERY MEAL, OR WALK AROUND WITH GUM IN OUR MOUTH ALL DAY; REMEMBER THAT MODERATION IS KEY IN LIFE. REMEMBER WE SPOKE ABOUT THOSE EXTRA CALORIES FROM MILK, SUGAR, AND KETCHUP? EVEN SUGAR FREE DOES HAVE CARBS/CALORIES!!! SO IF YOU FIND YOURSELF CHEWING A PACK A DAY, THAT CAN BE AROUND 24G CARBS FROM JUST GUM!





RECIPES



PROTEIN "ICE CREAM"

INSTRUCTIONS

1. TAKE A NORMAL SIZED BOWL AND MIX TOGETHER YOUR PROTEIN POWDER AND SWEETENER WITHIN IT.
2. WHILE STIRRING, SLOWLY ADD YOUR COLD WATER OR MILK INTO THE PROTEIN POWDER, ATTEMPTING TO ACHIEVE A LOOSE PUDDING LIKE CONSISTENCY.
3. ONCE THOROUGHLY MIXED WITHOUT CLUMPS, ADD YOUR NUT BUTTER AND MIX THOROUGHLY (THIS MIXTURE WILL BE MUCH THICKER NOW!)
4. ADD IN ANY EXTRAS YOU WOULD LIKE. SOME FRUIT, GF CHOCOLATE CHIPS, GF PRETZEL PIECES, ETC.
5. PLACE IN THE FREEZER FOR ABOUT 15-20 MINUTES (YOU DO NOT WANT THIS TO FREEZE SOLID)
6. ENJOY!

THIS RECIPE IS SUPER SIMPLE BUT SO DELICIOUS! AND IS A FANTASTIC, NUTRIENT PACKED, GUILT FREE TREAT!

INGREDIENTS

- 25G WHEY ISOLATE
- 1 PACKET SLENDA/STEVIA/SWEETENER
- 2 TBSP NUT BUTTER OF YOUR CHOICE (PEANUT BUTTER, ALMOND BUTTER, CASHEW BUTTER, ETC.)
- ¼ CUP COLD WATER OR COLD ALMOND/SOY MILK
*OPTIONAL ¼ CUP BERRIES/FRUIT



SLOW COOKER CHICKEN

(3-4 SERVINGS)

INSTRUCTIONS

1. SPRAY THE BOTTOM OF YOUR SLOW COOKER BASIN WITH NON STICK COOKING SPRAY.
2. CUT/SLICE PEPPERS AND ONIONS; MIX TOGETHER AND LAY DOWN ON THE BOTTOM OF THE SPRAYED BASIN.
3. CUT CHICKEN BREASTS INTO THIRDS (TO ALLOW FOR EASY SHREDDING) AND PLACE ON TOP OF MIXED PEPPER AND ONIONS IN BASIN.
4. TOP CHICKEN BREASTS WITH SAUCE, MAKING SURE ALL GET A LITTLE BIT OF THAT SAUCEY GOODNESS.
5. COVER & COOK*
6. LET COOL SLIGHTLY, DRAIN ½ OF LIQUID, USE TWO FORKS TO SHRED APART CHICKEN AND MIX WITH THE ONIONS/PEPPERS BELOW.

*COOK THIS ON HIGH FOR 3-4 HOURS OR ON LOW FOR 5-6 HOURS

THIS IS AN AWESOME WAY TO GET YOUR CHICKEN COOKED WITH VERY MINIMAL EFFORT, AND LITERALLY NO BABYSITTING AT THE STOVETOP!

INGREDIENTS

2LBS CLEANED, TRIMMED CHICKEN BREAST

1 RED PEPPER

1 GREEN PEPPER

1 MEDIUM ONION

¼ CUP OF SAUCE
(BE CREATIVE HERE: HOT SAUCE, LOW SUGAR BBQ, LOW SUGAR ASIAN, CHICKEN STOCK, ETC.)



PROTEIN PACKED PANCAKES

INSTRUCTIONS

- 1. MIX ALL INGREDIENTS IN A LARGE MIXIN BOWL. YOU MAY NEED TO HEAT YOUR COCONUT OIL UP TO GET IT TO LIQUIFY SO IT MIXES EASIER.**
- 2. WHISK ALL YOUR INGREDIENTS FOR A FULL MINUTE, YOU'LL SEE THE COCONUT FLOUR REALLY BEGIN TO THICKEN UP**
- 3. HEAT PAN ON HIGHEST SETTING FOR 2 MINUTES, THEN LOWER DOWN TO MEDIUM SETTING. SPRAY PAN WITH COCONUT OIL SPRAY**
- 4. DRIP BATTER ONTO PAN TO BE ABOUT BASEBALL SIZED. LET THEM COOK UNTIL YOU START SEEING BUBBLING ON TOP, THEN FLIP AND LET THE OTHER SIDE COOK!**

INGREDIENTS

- 1 CUP EGG WHITES
- 1 TBSP COCONUT OIL
- ¼ CUP COCONUT FLOUR
- HINT OF STEVIA
- 1 TSP CINNAMON
- 1 TSP VANILLA EXTRACT



LEMON CHICKEN WITH THYME

INSTRUCTIONS

1. PREHEAT OVEN TO 375 DEGREES F.
2. WHISK TOGETHER LEMON JUICE, LEMON ZEST, GARLIC, THYME, SALT AND PEPPER; SET ASIDE.
3. PLACE CHICKEN BREASTS IN A BAKING DISH AND POUR MIXTURE OVER TOP, MAKING SURE TO COMPLETELY COAT THEM.
4. BAKE FOR ABOUT 40 MINUTES (DEPENDING ON SIZE OF CHICKEN) UNTIL JUICES RUN CLEAR. ENJOY!

INGREDIENTS

- 3 OR 4 CHICKEN BREASTS
- JUICE OF 2 LEMONS
- ZEST OF ONE LEMON
- 2 CLOVES GARLIC, MINCED
- 1 TBSP FRESH THYME
- 1 TSP. PEPPER
- ½ TSP. SEA SALT



SUNNY FRITTATA

(3-4 SERVINGS)

INSTRUCTIONS

1. PREHEAT OVEN TO 375°.
2. COMBINE FIRST 4 INGREDIENTS IN A SMALL BOWL, STIR RING WELL WITH A WHISK.
3. HEAT A MEDIUM NONSTICK SKILLET OVER MEDIUM-HIGH HEAT. COAT PAN WITH COOKING SPRAY. ADD HAM, BELL PEPPER, AND ONIONS; SAUTÉ 2 MINUTES.
4. STIR IN EGG WHITES. REDUCE HEAT TO MEDIUM, AND COOK 5 MINUTES, STIRRING OCCASIONALLY FOR FIRST 2 MINUTES. TOP MIXTURE WITH CHEESE. WRAP HANDLE OF PAN WITH FOIL; BAKE AT 375° FOR 12 MINUTES OR UNTIL CENTER IS SET. CUT FRITTATA INTO 4 WEDGES.

INGREDIENTS

- 2 CUPS EGG WHITES
- 1/2 CUP FAT-FREE MILK OR SOY MILK
- 1/4 TEASPOON SALT
- 1/4 TEASPOON BLACK PEPPER
- COOKING SPRAY
- 4 STRIPS LEAN TURKEY BACON
- 1/2 CUP DICED ORANGE BELL PEPPER
- 1/2 CUP THINLY SLICED GREEN ONIONS
- 1/4 CUP (1 OUNCE) REDUCED-FAT SHREDDED CHEDDAR CHEESE

SUPPLEMENTATION



THAT IS A GOOD SEGWAY INTO AN IMPORTANT ASPECT OF A PROGRAM; SUPPLEMENTATION. I WOULD LIKE TO PREFACE BY SAYING THAT SUPPLEMENTATION IS NOT A SUBSTITUTE FOR PROPER NUTRITION OR TRAINING. THAT SHOULD BE COMMON SENSE, BUT SOME PEOPLE DO RELY TOO MUCH ON SUPPLEMENTS. INSTEAD, THEY COULD CERTAINLY BE PUTTING MORE EFFORT INTO THE TWO MAIN ASPECTS OF THE PROGRAM (TRAINING & NUTRITION).

I like to keep my supplementation simple.

PROTEIN POWDER: I USE A WHEY ISOLATE PROTEIN BECAUSE I'M VERY PARTICULAR ABOUT MY PROTEIN POWDER PREFERENCE DUE TO DIGESTIBILITY. IF YOU ARE DRINKING A PROTEIN SHAKE AND YOU NOTICE YOURSELF BLOATING AFTERWARDS, YOU MAY WANT TO CONSIDER A DIFFERENT FORM/BRAND/OR DERIVATIVE OF PROTEIN. WHEY ISOLATE IS ONE OF THE CLEANER FORMS OF WHEY AVAILABLE AND USUALLY HAS GOOD DIGESTIBILITY, BUT DO YOUR RESEARCH ON A GOOD PROTEIN FOR YOU. THERE ARE MANY TYPES OF PROTEIN DERIVED FROM A VARIETY OF SOURCES RANGING FROM PLANTS TO BEEF. EXPERIMENT AND FIND WHAT WORKS BEST FOR YOU!

PRE-WORKOUT: PRE-WORKOUT PRODUCTS ARE A TOP SELLER AMONG MOST SUPPLEMENT BRANDS. I HAVE TWO DIFFERENT TYPES THAT I LOVE. THERE ARE ENERGY AND FOCUS BASED PRODUCTS THAT PREDOMINATELY USE CAFFEINE AS THE ENERGY SOURCE. THESE ARE GREAT FOR GIVING YOU A NICE KICK TO INCREASE YOUR PHYSICAL OUTPUT IN YOUR UPCOMING WORKOUT. THERE ARE ALSO NON CAFFEINATED PRODUCTS THAT FOCUS ON MAXIMIZING BLOOD FLOW INTO YOUR MUSCLES, ALLOWING FOR A GREAT PUMP IN THE GYM. SOME OF THESE YOU CAN EVEN TAKE TOGETHER EFFICIENTLY. HOWEVER I WOULD LIKE TO ENCOURAGE YOU NOT TO RELY ON A PRE-WORKOUT SUPPLEMENT FOR YOUR ENERGY SOURCE. WHEN WE TAKE A CAFFEINATED PRE-WORKOUT PRODUCT EVERY SINGLE DAY, WE BECOME DEPENDENT ON IT AND EVENTUALLY WE WILL HAVE TO UP THE DOSE TO MAKE SURE IT ACHIEVES ITS MAIN PURPOSE. I PERSONALLY HAVE A HIGH TOLERANCE OF CAFFEINE BUT THAT DOESN'T MEAN I SHOULD KEEP INCREASING MY CAFFEINE INTAKE. TOO MUCH CAFFEINE CAN BE VERY DANGEROUS WHEN YOU'RE ABOUT TO PUT YOUR HEART UNDER A LOT OF STRESS. I SUGGEST TRYING BOTH TYPES OF PRE-WORKOUT PRODUCTS, AND ALTERNATING BETWEEN THE TWO SO THAT YOU CAN KEEP YOUR BODY'S RECEPTORS FRESH AND READY TO USE CAFFEINE WHEN YOU DO INTRODUCE IT.

PROBIOTICS: WAIT, WHAT? YES THAT IS CORRECT! PROBIOTICS ARE SO IMPORTANT. A LOT OF TIMES WE DO NOT HEAR OF THESE BEING IN SOMEONE'S SUPPLEMENTATION ROUTINE, BUT I CAN ASSURE YOU THAT YOU WILL NEVER GO BACK AFTER ADDING SOME PROBIOTICS INTO YOUR PROGRAM. GUT HEALTH IS SO IMPORTANT FOR OVERALL BODY FUNCTION, BUT THE PRIMARY FOCUS IS DIGESTION AND NUTRIENT ABSORPTION. IF YOU'RE EATING ALL OF THIS GOOD FOOD AND TAKING EXPENSIVE SUPPLEMENTS, WHAT GOOD WILL IT DO IF YOUR BODY CANNOT ASSIMILATE THE NUTRIENTS WITHIN THEM? PROBIOTICS PLAY A MASSIVE ROLE IN ENSURING YOUR DIGESTIBILITY STAYS MAXIMIZED. IF YOU'VE NEVER TRIED THEM BEFORE, I WOULD RECOMMEND YOU TRYING IT FOR AT LEAST A MONTH TO SEE IF YOU NOTICE A CHANGE IN YOUR DIGESTION.



AMINO ACIDS: AMINO ACIDS ARE THE BUILDING BLOCKS OF PROTEIN. TO KEEP IT SIMPLE, WITHIN THE BODY AMINO ACIDS ARE STRUNG TOGETHER IN A PARTICULAR ORDER TO CREATE ONE PROTEIN. THEREFORE BY INGESTING THESE AMINO ACIDS, WE CAN PUT THESE NUTRIENTS TO WORK FASTER IN THE REBUILDING & REFUELING THE MUSCLE PROCESS. YOU WILL FIND TWO DIFFERENT KINDS OF PRODUCTS OUT THERE; BRANCHED CHAIN AMINO ACIDS (BCAA'S) OR ESSENTIAL AMINO ACIDS (EAA'S).

BCAA'S TAKE ONLY A FEW OF THE AMINO ACIDS ON THE SPECTRUM (JUST 3!) AND DOSE THEM AT A COMFORTABLE AMOUNT TO ENSURE MAXIMUM MUSCLE RECOVERY. WHILE EAA'S USE THE WHOLE SPECTRUM (ALL 9!), INCLUDING THE "FORGOTTEN" AMINO ACIDS THAT DON'T GET MUCH LOVE!

I PREFER TO FIND A PRODUCT WITH A MIXTURE OF BOTH TO ENSURE THAT I AM GETTING A FULL SPECTRUM OF MUSCLE REBUILDING POWER. ALSO, AMINO ACID PRODUCTS ARE GREAT TO SIP ON AS A CLEAN, GUILT FREE TREAT! I HAVE EVEN MADE BCAA POPSICLES IN THE FREEZER!



“Gut health is so important for overall body function, but the primary focus is digestion and nutrient absorption.”

IN DEPTH LOOK AT TRAINING

LET'S STAY ON THE TOPIC OF TRAINING, AS THIS IS YET ANOTHER KEY PIECE OF THE PUZZLE IN MY PROGRAMMING.

AS I MENTIONED PREVIOUSLY, **if I am in the gym I train very intentionally.** THOUGH I WILL ADMIT MY ATHLETIC BACKGROUND LEADS ME TO DOING FUN PLYOMETRIC OR OUTDOOR WORKOUTS, HIIT, ETC. FROM TIME TO TIME; BUT LET'S FOCUS ON THE GYM WORKOUTS FOR NOW.

THE BIGGEST THING I CAN TELL YOU TO PROPEL THE EFFICIENCY OF YOUR TRAINING SESSIONS IS TO FOCUS ON STRESS AND NOT LOAD. WHAT DO I MEAN BY THAT? WELL, YOUR BODY IS GOING TO RESPOND TO YOUR EXERCISES MORE WHEN YOU FOCUS ON STRESSING THE MUSCLE AS MUCH AS POSSIBLE, AS EFFICIENTLY AS POSSIBLE, IN ITS FULL RANGE OF MOTION. STRESS IS ALL ENCOMPASSING INCLUDING TIME UNDER TENSION, LOAD, VOLUME, TEMPO, ETC. WHAT CAN YOU DO TO MAKE YOUR TRAINING SESSION HARDER?

THIS DIFFERS FROM THE THOUGHT PROCESS OF LOAD (OR WEIGHT) BEING THE DEFINING FACTOR OF "HOW HARD A MUSCLE WORKS". THE FACT IS, IT'S RELATIVE - IF I CAN MAKE A 10LB DUMBBELL STRESS MY MUSCLE MORE THAN ME SWINGING A 20LB DUMBBELL, GUESS WHICH ONE I WANT TO USE?



OVERALL TRAINING TIPS



- MAINTAIN CONSTANT TENSION! ALLOW YOUR REP TEMPO TO SLOW DOWN A LITTLE BIT. OFTEN TIMES WE TRY TO POWER THROUGH REPS AS FAST AS WE CAN; WHAT HAPPENS WHEN WE SLOW THEM DOWN? WE GET MUCH LESS REPS! REST ASSURED IT IS NOT BECAUSE YOU SUDDENLY GOT WEAKER, BUT RATHER YOU HAVE STARTED STRESSING THE MUSCLE IN A MUCH MORE EFFICIENT WAY!

- MAXIMUM CONTRACTIONS AND STRETCHES; ENSURE YOU ACHIEVE A FULL RANGE OF MOTION. TRY TO STRETCH AS FAR AS YOU COMFORTABLY CAN DURING THE ECCENTRIC (NEGATIVE, DOWN) PORTION OF THE REP AND SQUEEZE THOSE MUSCLES FIRST AS YOU BEGIN THE CONCENTRIC (POSITIVE, UP) PORTION.

- SPECIALIZED DAYS MADE JUST FOR YOUR WEAK AREAS; WE ARE TRYING TO CREATE THE MOST COMPLETE PHYSIQUE POSSIBLE. SO MAKE SURE THAT YOU GIVE THE UTMOST ATTENTION TO YOUR WEAK POINTS, SPENDING THE MOST ENERGY ON THESE.

- MAXIMIZE REST. REST IS UNDERRATED, AND A LOT OF PEOPLE WILL TRY TO TRAIN THROUGH SORENESS BECAUSE THEY EMOTIONALLY FEEL BETTER WHEN THEY TRAIN. HOWEVER MUSCLE DOES NOT GROW WHEN YOU TRAIN. IT GROWS WHEN YOU GIVE IT THE PROPER NUTRITION, SUPPLEMENTATION, AND REST TO REFUEL IT!



MIND MUSCLE



- BUILD THE MIND TO MUSCLE CONNECTION. THIS MEANS YOU ARE ABLE TO FOCUS COMPLETELY ON THE MUSCLE BEING TRAINED IN THE MOMENT. A GREAT WAY TO EXPERIENCE THIS IS WITHIN SOMETHING EASY LIKE A SINGLE ARM BICEP PREACHER CURL. TRY TO EN-VISION SEEING THE MUSCLE FIBERS THROUGH YOUR SKIN, TRY TO FEEL EVERY SINGLE ONE OF THOSE FIBERS STRETCHING AND CONTRACTING. YOU WILL NOTICE THAT YOUR REPS WILL BE HARDER AND YOUR PUMP WILL BE GREATER BY MAXIMIZING YOUR FOCUS, AND CONNECTING YOUR MIND TO THE MUSCLE. THE GOAL IS TO TRANSLATE THIS PHE-NOMENA TO EVERY BODY PART YOU TRAIN; AND TRAIN WITH INTENTION. A GREAT WAY TO MAXIMIZE YOUR MIND TO MUSCLE CONNECTION IS TO "PRE EXHAUST" THE MUSCLE YOU ARE TRAINING WITH AN ISOLATION MOVEMENT BEFORE HEADING INTO THE HEAVI-ER COMPOUND EXERCISES. THIS MEANS WE PICK AN EXERCISE THAT IS LOW IMPACT TO THE NERVOUS SYSTEM, AND ISOLATES ONLY THE MUSCLE WE ARE ATTEMPTING TO TRAIN THAT SESSION. WE WANT TO LIMIT THE RECRUITMENT FROM ASSISTING MUSCLE GROUPS TO MAXIMIZE BLOOD FLOW TO THE FOCUSED MUSCLE GROUP BEING WORKED ON. AN EXAMPLE OF THIS ON YOUR LEG DAY WOULD BE TO START WITH SOME SLOW AND CON-TROLLED REPS WITH LEG EXTENSIONS FOR QUADS. THIS EXERCISE MAKES IT EASY TO ONLY STRESS THE QUADS. AFTER DOING THESE AT A HIGHER REP RANGE AND MOVING ON TO A COMPOUND MOVEMENT LIKE A LEG PRESS, YOU WILL BE ABLE TO CONNECT TO YOUR QUADS EXPONENTIALLY BETTER THAN YOU WOULD HAD YOU NOT DONE THOSE LEG EXTENSIONS.

I HAVE NO DOUBT THAT IF YOU INCORPORATE THE FEW TRAINING TIPS ABOVE THAT YOU WILL EXPERIENCE SIGNIFICANT CHANGE WITHIN YOUR TRAINING PROGRAM.



**“Build the mind to
muscle connection”**



ARM TRAINING

EXERCISE 1:

**PRE-EXHAUST SUPERSET -
RESISTANCE BAND BICEP CURLS &
RESISTANCE BAND TRICEP EXTENSIONS**

2 SETS OF 20 TO 25 REPS EACH SET

PER EXERCISE CURLS EXECUTION: USING RESISTANCE BANDS, STAND OVER BAND SO THAT TENSION IS MODERATE AS YOU STAND UPRIGHT. WHILE CONTRACTING BICEPS ONLY, CURL THE BANDS TO THE TOP WHILE MAINTAINING CONSTANT TENSION. DO NOT PAUSE AT TOP OR BOTTOM, AND ATTEMPT TO KEEP THE MOTION FLUID. USE A 2 SECOND UP, 3 SECOND DOWN TEMPO.

(DO NOT ARCH YOUR BACK IN ORDER TO GET THE REPS UP. IF IT IS TOO HEAVY TO ACHIEVE THE NUMBER OF REPS - TRY A LIGHTER BAND)

EXTENSIONS EXECUTION: THROW YOUR RESISTANCE BANDS OVER A PULL UP BAR, STAND UPRIGHT IN FRONT OF THE BANDS. WHILE CONTRACTING TRICEPS ONLY, EXTEND ELBOW JOINT TO MOVE HANDS TOWARD THE FLOOR. EXPERIMENT WITH TWISTS AT THE BOTTOM OF THE MOTION TO MAXIMIZE YOUR FEELING OF FULL CONTRACTION. (TRY TO LIMIT YOUR SHOULDERS FROM ROLLING FORWARD AS THE REPS GET HARD)



EXERCISE 2:

TRICEP DIPS - RESISTANCE BAND OPTIONAL FOR ASSISTANCE

3 SETS OF 8 TO 12 REPS EACH SET

DIPS EXECUTION: USING A COMFORTABLE WIDTH GRIP, SLIGHTLY OUTSIDE SHOULDER WIDTH. SLOWLY LOWER YOURSELF SO THAT YOUR ELBOWS BREAK 90 DEGREE. THEN BEGIN CONTRACTING TRICEPS, WHILE ENVISIONING PUSHING THE HANDLES BEHIND YOU. (LIMIT YOURSELF FROM ROLLING TOO FAR FORWARD AND ACTIVATING TOO MUCH OF YOUR PECS)



EXERCISE 3:

SEATED MACHINE PREACHER CURLS - 1 CLUSTER SET

CURLS CLUSTER SET REP SCHEME: BEGIN BY COMPLETING 10 REPS, REST 15 SECONDS, THEN COMPLETE 9 REPS, REST 15 SECONDS, THEN COMPLETE 8 REPS - CONTINUE THIS PATTERN ALL THE WAY DOWN TO ONE REP. (PREPARE FOR A BURN) **CURLS EXECUTION:** GRIPPING HANDLES AT SHOULDER WIDTH, ALLOW FOR A 1 SECOND UP AND 3 SECOND DOWN TEMPO. MAINTAIN FOCUS ON PINKIES, ENVISION SCOOPING THE WEIGHT TO THE TOP USING YOUR PINKY AND RING FINGER TO MAXIMIZE CONTRACTION.



EXERCISE 4:

OVERHEAD CABLE EXTENSION – USING ROPE OR SWIVEL BAR ATTACHMENT

3 SETS OF 10 - 15 REPS EACH SET

EXTENSION EXECUTION: BRACE YOUR HEELS AGAINST THE BASE BAR OF THE CABLE TOWER, STAND UPRIGHT WITH CABLES BEHIND YOU. WHILE GRIPPING CABLE WITH WHETHER ROPE OR BAR ATTACHMENT ALLOW YOUR ELBOWS TO TRACK CLOSE TO YOUR EARS AND BEHIND YOUR HEAD. EACH REP TRY TO REACH THAT FULLY STRETCHED POSITION WHERE THE TRICEPS ARE UNDER MAXIMUM STRETCHING TENSION; FLEXING TRICEPS ONLY - EXTEND ELBOWS TO PUSH HANDS TOWARD THE CEILING. CONTRACT TRICEPS HARD AT THE TOP OF THE REP FOR MAXIMUM CONTRACTION.

(IF THE WEIGHT PULLS YOU BACK AND YOU LOSE BALANCE, IT IS TOO HEAVY!)



EXERCISE 5:

SUPERSET – ALTERNATING DUMBBELL BICEP CURLS & LYING DUMBBELL EXTENSIONS

3 SETS OF 10 - 15 REPS EACH SET – PER EXERCISE

CURLS EXECUTION: KEEPING HANDS SUPINATED DURING ENTIRE EXERCISE (PALMS FORWARD), ALTERNATING BETWEEN LEFT AND RIGHT, FLEXING BICEP WHILE MAINTAINING FOCUS ON PINKY/RING FINGER – AT PEAK CONTRACTION, TWIST SLIGHTLY SO THAT YOUR PINK/RING FINGER ARE COMPLETELY TURNED IN.

(WHEN YOU REACH FAILURE IN ALTERNATING CURLS, SWITCH OVER TO HAMMER GRIP CURLS – BOTH ARMS AT A TIME. PUMP THESE OUT, KEEP THE CURLS MOVING)

EXTENSION EXECUTION: LYING WITH BACK ON OR INCLINE BENCH, HOLDING DUMBBELLS IN FRONT OF YOU. ALLOW ELBOWS TO BEND TO THE POINT THAT DUMBBELLS ARE NEXT TO OR BEHIND YOUR EARS. WHILE CONTRACTING TRICEPS EXTEND ELBOWS SO HANDS PUSH TOWARD THE CEILING IN FRONT OF YOU.

(WHEN YOU REACH FAILURE IN EXTENSIONS, BRING DUMBBELLS TOGETHER ON YOUR CHEST. COMPLETE "NEUTRAL GRIP" PRESSES WHILE HOLDING DUMBBELLS TOGETHER UNTIL FAILURE)

QUAD TRAINING

EXERCISE 1:

LEG EXTENSIONS

3 SETS OF 12 TO 20 REPS EACH SET

EXTENSION EXECUTION: SITTING ON LEG EXTENSION MACHINE; FLEX QUADS TO RAISE PAD TOWARDS THE CEILING. KEEP TOES POINTED FORWARD AND SLIGHTLY OUTWARD TO TARGET THE TEARDROP OF THE QUAD. HOLD THE PEAK CONTRACTION FOR 1 SECOND BEFORE SLOWLY LOWERING BACK TO THE BOTTOM. IF YOUR MACHINE HAS HANDLES AT THE SIDES BE SURE TO USE THEM, HOLDING YOUR HIPS AND GLUTES DOWN TO THE SEAT.



EXERCISE 2:

SMITH MACHINE "1-1/2" SQUATS

3 SETS OF 10 TO 15 REPS EACH SET

SQUAT EXECUTION: USING SMITH MACHINE, YOUR FOOT PLACEMENT SHOULD BE SLIGHTLY IN FRONT OF YOU SO THAT YOU CAN "SIT STRAIGHT DOWN" WITHOUT HAVING TO BEND AT THE TORSO TO ACCOMMODATE SQUATTING LOW. KEEP FEET SLIGHTLY NARROWER THAN SHOULDER WIDTH. AS YOU UNRACK AND SQUAT DOWN TO THE BOTTOM COMFORTABLY, PRESS THE FLOOR THRU YOUR HEELS AND GO UP HALF WAY, THEN ALLOW YOURSELF TO SLOWLY FALL BACK INTO THE BOTTOM OF THE SQUAT, FROM THERE WE SQUAT ALL THE WAY UP - THUS COMPLETES ONE REP.

(IF YOU BEGIN TO FAIL, THINK "KNEES OUT" WHEN YOU HIT THE BOTTOM OF THE SQUAT AS YOU PRESS YOURSELF UP FROM THE GROUND - THIS WILL HELP ENGAGE THE RIGHT MUSCLES TO THE FULLEST AND GET YOURSELF A COUPLE MORE REPS.)

EXERCISE 3:

HIGH/WIDE TO LOW/ NARROW LEG PRESS

3 SETS OF 15-20 REPS EACH SET

PRESS EXECUTION: SEATED IN THE ANGLED/PLATE LOADED LEG PRESS MACHINE, PLACE FEET HIGH AND WIDE ON THE PRESSING PLATFORM TO BEGIN. UNRACK AND ALLOW KNEES TO TRACK OUTSIDE OF YOUR RIBCAGE AS YOU LOWER INTO THE NEGATIVE. ONCE YOU REACH A MAXIMUM STRETCH, PRESS THRU YOUR HEELS TO RAISE THE PLATFORM BACK TO THE STARTING POSITION, FLEX YOUR GLUTES DURING THE ENTIRE POSITIVE PORTION OF THE REP. AFTER HITTING YOUR NUMBER OF REPS IN THE HIGH/WIDE POSITION, RACK THE WEIGHT, RE-POSITION YOUR FEET TO A LOW AND NARROW POSITION ON THE PRESSING PLATFORM. UNRACK AND COMPLETE ANOTHER 10 REPS! USE A SLOW TEMPO WITH THESE, 3 SECONDS DOWN AND 3 SECONDS UP.

(BE SURE THAT YOUR GLUTES AND LOWER BACK STAY ON THE PAD! IF YOUR GLUTES LIFT OFF, IT PUTS UNNESSECARY STRAIN ON YOUR LUMBAR.)



EXERCISE 4:

HACK SQUATS WITH NEGATIVES

3 SETS OF 10 TO 15 REPS EACH SET

SQUAT EXECUTION: USING THE HACK SQUAT MACHINE, BACK PRESSED AGAINST THE PAD; PLACE FEET AT COMFORTABLE WIDTH AND HEIGHT ON THE PLATFORM WHILE POINTING THEM SLIGHTLY OUTWARD. NOW COME THE NEGATIVES - AS YOU LOWER YOURSELF DOWN, ALLOW THE WEIGHT TO DISPLACE ON YOUR HEELS. USING A 5 COUNT NEGATIVE FOR EACH REP, LOWER INTO THE MOST COMFORTABLE BOTTOM PORTION OF YOUR REP, ENGAGE EVERY FIBER IN YOUR LEGS AS YOU CONTRACT UPWARD TO THE TOP IN A CONTROLLED BUT POWERFUL POSITIVE PORTION OF THE REP.

(REMEMBER, IN A SQUAT IF YOU BEGIN TO FAIL, THINK "KNEES OUT" WHEN YOU HIT THE BOTTOM OF THE SQUAT AS YOU PRESS YOURSELF UP FROM THE GROUND.)



EXERCISE 5:

SINGLE LEG LEG PRESS - TIME UNDER TENSION

3 SETS OF 10 TO 15 REPS EACH SET - PER SIDE

LEG PRESS EXECUTION: PLACING ONE FOOT ON PLATFORM AT ABOUT SHOULDER WIDTH. ALLOW KNEE TO TRACK SLIGHTLY OUTSIDE RIBCAGE SO THAT YOU CAN OBTAIN A MAXIMUM STRETCH ON THE GLUTE. PRESS THRU THE PLATFORM USING YOUR HEELS. PERFORM REPS IN A 4 SECOND DOWN, 4 SECOND UP FASHION; WITH NO PAUSING AT THE TOP OR BOTTOM. THINK TO MAXIMIZE THE TENSION ON THE MUSCLE. USE YOUR BREATHING TO STABILIZE YOURSELF IF YOU BEGIN TO QUIVER UNDER THE CONSTANT TENSION DURING EACH SET.

(LAST SET FOR EACH LEG, PERFORM YOUR TIME UNDER TENSION REPS - RACK THE WEIGHT FOR 10 SECONDS - THEN BANG OUT ANOTHER 5-10 REGULAR REPS TO FILL YOUR LEGS UP!)

DELT (SHOULDER) TRAINING

EXERCISE 1:

DUMBBELL SIDE LATERALS – TIMED SETS

3 SETS OF 60 SECOND SETS

SIDE LATERAL EXECUTION: STANDING UPRIGHT WITH DUMBBELLS AT SIDES. RAISE DUMBBELLS TO SIDES, AND ENVISION "TOUCHING THE WALLS" TO YOUR SIDES. REFRAIN FROM CHICKEN WINGING THESE, TRY TO KEEP ARMS ONLY SLIGHTLY BENT. NO STOPPING DURING THE SET, CONTINUE TO COMPLETE SIDE RAISES FOR 60 FULL SECONDS. SHOULD YOU REACH FAILURE PRIOR TO COMPLETING YOUR TIME, SWITCH TO PARTIAL REPS AT THE BOTTOM OR BENT SLIGHTLY FORWARD AT THE WAIST AND BRING IN MORE OF YOUR REAR DELT)

(LIGHT WEIGHT WITH THESE! KEEP THEM MOVING AND CHASE THE PUMP)

EXERCISE 2:

SEATED DUMBBELL MILITARY PRESS

3 SETS OF 6 TO 15 REPS EACH SET

PRESS EXECUTION: SEATED IN UPRIGHT POSITION, WITH OR WITHOUT BACKREST. ENGAGE CORE AND BEGIN WITH DUMBBELLS IN LINE WITH YOUR NOSE, AT CHIN HEIGHT, SLIGHTLY OUTSIDE SHOULDER WIDTH. PRESS TO THE CEILING USING DELTS, AND ALLOW DUMBBELLS TO COME TO

(ALMOST) TOUCHING AT THE TOP. USING A 2 SECOND UP AND 4 SECOND DOWN TEMPO.

(LAST SET COMPLETE YOUR NUMBER OF REPS, DROP THE WEIGHT IN HALF, COMPLETE DOUBLE THE AMOUNT OF REPS YOU DID IN THE FIRST PORTION)

EXERCISE 3:

LYING "Y" RAISES

3 SETS OF 10 TO 15 REPS EACH SET

Y RAISE EXECUTION: LYING FACE DOWN ON INCLINE BENCH WITH DUMBBELLS AT SIDES, ALLOW ARMS AND DUMBBELLS TO HANG FULLY EXTENSION TOWARDS THE FLOOR. BEGIN EXERCISE BY RAISING ARMS STRAIGHT OUT IN FRONT OF YOUR BODY AT A 30-DEGREE ANGLE SO THEY FORM A Y WITH YOUR BODY (IF VIEWED FROM ABOVE). PAUSE SLIGHTLY AT YOUR MAXIMUM PEAK CONTRACTION, THEN LOWER SLOWLY BACK DOWN TO STARTING POSITION.

(REFRAIN FROM GETTING SLOPPY AND SWINGING THE DUMBBELLS UP!)



EXERCISE 4:

PLATE RAISES W/ TWIST - "BUS DRIVERS"

3 SETS OF 10 TO 15 TOTAL REPS EACH SET - PER SIDE

RAISE EXECUTION: STANDING UPRIGHT WHILE HOLDING A BARBELL PLATE IN FRONT OF YOU - AT ITS SIDES, RAISE TO EYE LEVEL AND TWIST TO ONE SIDE AS IF TURNING A STEERING WHEEL IN FRONT OF YOU. SLOWLY LOWER BACK TO STARTING POSITION AND RAISE AGAIN - TWISTING TO THE OPPOSITE SIDE AS THE FIRST PORTION. ONE LEFT AND ONE RIGHT COMPLETES ONE TOTAL REP.

(THESE WILL LIGHT UP YOUR FRONT DELTS, TRY TO KEEP YOUR ELBOWS STRAIGHT AND NOT BENT)



EXERCISE 5:

CABLE ROPE FACE PULLS

3 SETS OF 10 TO 15 REPS EACH SET - PER SIDE

FACE PULL EXECUTION: SET UP ROPE ATTACHMENT ON CABLE TOWER AT CHEST LEVEL, HOLDING ROPES AS IF YOU WERE TO COMPLETE A TRICEP PUSHDOWN, TAKE 4 STEPS BACK SO THAT ARMS ARE STRETCHED IN FRONT OF YOU HOLDING THE ROPES. CONTRACT YOUR REAR DELTS TO PULL ROPES TOWARD YOUR FACE, ALLOW ELBOWS TO TRACK AS FAR WIDE AS POSSIBLE AT EYE LEVEL. HOLD YOUR FULLY CONTRACTED POSITION 1 SECOND EACH REP BEFORE SLOWLY LOWERING BACK TO THE FULLY STRETCHED POSITION.

(DO NOT LET THE WEIGHT PULL YOUR BODY FORWARD TO THE POINT YOU HAVE TO SWING MOMENTUM TO GET IT MOVING BACK TOWARDS YOU. FOCUS ON THE REAR DELTS/TRAPS!)

HAMSTRING & GLUTE TRAINING

SOME OF THESE EXERCISES ARE DONE ONE LEG AT A TIME FOR MAX ISOLATION!

EXERCISE 1:

HAMSTRING CURL ON STABILITY BALL

3 SETS OF 12 TO 20 REPS EACH SET

HAMSTRING CURL EXECUTION: LYING ON THE FLOOR (ON A MAT), WITH LEGS STRAIGHT - PLACE A STABILITY BALL UNDER YOUR HEELS SO THAT YOUR HEELS ARE ON TOP OF THE CENTER OF THE BALL; THIS WILL RAISE YOUR TORSO OFF OF THE GROUND, BUT KEEP YOUR SHOULDER BLADES FIRMLY LOCKED ON THE GROUND. EXECUTE A CURLING MOTION WITH YOUR HAMSTRINGS BY FIRST ENGAGING YOUR GLUTES, THEN CURL THE BALL AS CLOSE TO YOUR BODY AS YOU COMFORTABLY CAN WHILE KEEPING A SLIGHT DOWNWARD TENSION ON YOUR FEET (AGAINST THE BALL). TO ENTER THE NEGATIVE PORTION OF THE REP - THINK OF RELEASING THE CURL AND EXTENDING YOUR FEET BACK TO THE ORIGINAL STARTING POSITION. HOLD YOUR CONTRACTION



EXERCISE 2:

ELEVATED GLUTE BRIDGES ON STABILITY BALL

3 SETS OF 12 TO 20 REPS EACH SET

GLUTE BRIDGE EXECUTION: SIMILAR SET UP AS WE JUST USED FOR THE CURLS; BUT NOW WE TARGET THE GLUTES! STILL LYING ON THE FLOOR (ON A MAT), WITH KNEES NOW SLIGHTLY BENT - PLACE A STABILITY BALL UNDER YOUR HEELS SO THAT YOUR HEELS ARE ON TOP OF THE CENTER OF THE BALL; THIS WILL RAISE YOUR TORSO OFF OF THE GROUND, BUT KEEP YOUR SHOULDER BLADES FIRMLY LOCKED ON THE GROUND. WITH FEET FIRMLY PLANTED ON THE STABILITY BALL, CONTRACT YOUR GLUTES AS YOU RAISE YOUR HIPS UP TOWARD THE CEILING AS HIGH AS YOU CAN. MAINTAIN GLUTE CONTRACTION AS YOU LOWER BACK INTO THE NEGATIVE, TO THE STARTING POSITION.

(IF YOU BEGIN TO FAIL, PUSH INTO SOME PARTIALS! JUST BECAUSE YOU CANNOT MAKE IT TO THE TOP AND HOLD THE CONTRACTION DOES NOT MEAN YOU ARE DONE; BURN OUT THE GLUTES BY CONTRACTING THEM AND RAISING YOUR HIPS AS HIGH AS YOU CAN FOR A COUPLE "SHORT" REPS.)



EXERCISE 3:

LYING HAMSTRING CURL W/ DUMBBELL

3 SETS OF 8 TO 15 REPS EACH SET

CURL EXECUTION: LYING ON THE GROUND, POSITION A DUMBBELL BETWEEN YOUR FEET, SO THAT WHEN YOU ARE FULLY CONTRACTED WITH THE DUMBBELL OVER YOUR GLUTES - THE DUMBBELL WILL REST ON THE SOLES OF YOUR FOOT; BEGIN CURL BY FLEXING GLUTE. (HAMSTRING CONTRACTION IS MAXIMIZED WITH GLUTE CONTRACTION INITIATED FIRST) CURL UP SLOWLY - USING A 3 COUNT POSITIVE AND 3 COUNT NEGATIVE- IMAGINE FLEXING YOUR INNER THIGHS AS YOU CONTRACT THE HAMSTRINGS/GLUTES. BE SURE NOT TO ALLOW YOUR HIPS TO ROTATE OR LIFT DURING ANY PORTION OF THE REPS; BRACE YOUR BODY/HIPS AGAINST THE GROUND.

(WHEN YOU ARE IN THE FULLY CONTRACTED POSITION THINK OF FLEXING YOUR SHIN MUSCLES SO THAT THE BOTTOMS OF YOUR FEET AND DUMBBELL FACE WILL BE PARALLEL WITH THE GROUND. WHEN YOU ARE IN THE FULLY STRETCHED POSITION THINK OF POINTING YOUR TOES, THIS WILL HELP THE BOTTOMS OF YOUR FEET AND THE DUMBBELL FACE BE PARALLEL TO THE GROUND. IN THIS EXERCISE, PARALLEL TO THE GROUND FOOT/DUMBBELL PLACEMENT MEANS STABILITY!)



EXERCISE 4:

SINGLE LEG LYING HAMSTRING CURL W/ RESISTANCE BAND

3 SETS OF 10 TO 15 REPS EACH SET - PER SIDE

CURL EXECUTION: FASTEN OR TIE A SINGLE RESISTANCE BAND TO A RACK OR MACHINE TOWER ABOUT A FOOT OFF OF THE GROUND, LOOP YOUR FOOT WITHIN THE BAND AND INCH YOURSELF FORWARD SO THAT IN THE FULLY STRETCHED POSITION THE RESISTANCE BAND HAS A GOOD AMOUNT OF TENSION. THEN BEGIN TO CURL BY FLEXING GLUTE. (HAMSTRING CONTRACTION IS MAXIMIZED WITH GLUTE CONTRACTION INITIATED FIRST) CURL UP TO THE TOP AND HOLD CONTRACTION FOR 1 SECOND BEFORE LOWERING DOWN SLOWLY USING A 3 COUNT. AGAIN, BE VERY SURE NOT TO ALLOW YOUR HIPS TO ROTATE OR LIFT DURING ANY PORTION OF THE REPS; BRACE YOUR BODY/HIPS AGAINST THE GROUND.

(IF YOU WANT TO MAXIMIZE THE BURN OF THESE, DO SOME PARTIALS IN THE FULLY STRETCHED POSITION AS TINY PULSES; JUST CONTRACT AS MUCH AS POSSIBLE IN A PULSING MOTION TO TOTAL FAILURE.

EXERCISE 5:

SINGLE LEG ROMANIAN DEADLIFT W/ DUMBBELLS

3 SETS OF 10 TO 15 REPS EACH SET - PER SIDE

DEADLIFT EXECUTION: USING DUMBBELL IN OPPOSITE HAND THAN THE DEADLIFTING LEG (FOOT THAT IS REMAINING ON FLOOR). ALLOW YOUR NON WORKING LEG TO EXTEND BEHIND YOU AS YOU PERFORM THE TOE TOUCH OF THE DEADLIFT WITH THE DUMBBELL IN HAND. CHASE THE STRETCH WITH THIS EXERCISE, STRETCH HAMSTRING TO MAXIMUM LENGTHENED POSITION AND CONTRACT GLUTES TO ENGAGE THE POSITIVE PORTION OF THE REP.

(IF YOU BEGIN TO FAIL, DROP THE DUMBBELL AND GET A FEW REPS USING ONLY YOUR BODY WEIGHT. JUST BE SURE TO MAINTAIN STABILITY!)



EXERCISE 6:

CONCENTRATED COURTESY LUNGES W/ KETTLEBELLS

3 SETS OF 15 TO 20 REPS EACH SET - PER SIDE

LUNGE EXECUTION: STANDING AT SHOULDER WIDTH, HOLDING KETTLEBELLS AT SIDES. BEGIN LUNGE BY PICKING UP ONE FOOT AND PUSHING IT BEHIND AND ACROSS THE PLANE OF YOUR STANDING LEG. ALLOW YOUR BODY TO FALL INTO LUNGE POSITION AS YOU COURTESY BEHIND YOU. AFTER LUNGING AND STANDING BACK UPRIGHT, SWITCH AND DO THE OPPOSITE LEG IN ALTERNATING FASHION.



EXERCISE 7:

WALKING LUNGES W/ MEDICINE BALL

3 SETS OF 15 TO 20 REPS EACH SET - PER SIDE

WALKING LUNGE EXECUTION: WHILE HOLDING A MEDICINE BALL AT CHEST LEVEL IN FRONT OF YOU, ELBOWS TIGHT AGAINST THE BODY; BEGIN THE WALKING LUNGE BY STEPPING FORWARD WITH ONE LEG. LOWER YOURSELF INTO A LUNGE POSITION WHILE LOADING YOUR WEIGHT ON THE HEEL OF YOUR LUNGING FOOT. PRESS OFF OF YOUR HEEL AS YOU STEP FORWARD BRINGING YOUR OPPOSITE FOOT TO MEET THE ORIGINAL LUNGING FOOT. SWITCH FEET AND LUNGE FORWARD USING THE OTHER FOOT IN THE SAME MANNER.

(BE SURE TO KEEP YOUR CORE TIGHT WHILE HOLDING THE MEDICINE BALL)

(ALSO DO YOUR BEST TO KEEP YOUR NON LUNGING KNEE FROM BANGING THE FLOOR AS YOU MOVE FORWARD, THIS TAKES NECESSARY TENSION OFF OF YOUR MUSCLE!)

TODAY'S QUICK LEG TRAINING

EXERCISE 1:

BARBELL SQUATS

3 SETS OF 12 TO 20 REPS EACH SET

SQUAT EXECUTION: A STAPLE EXERCISE! AS YOU UNRACK THE BARBELL, STAND COMFORTABLY WITH FEET SLIGHTLY WIDER THAN SHOULDER WIDTH, AND POINTING TOES OUTWARD EVER SO SLIGHTLY. KEEP WEIGHT ON YOUR HEELS AS YOU BEGIN TO DESCEND INTO THE NEGATIVE, LOADING YOUR HAMSTRINGS AND GLUTES ALL THE WAY TO YOUR COMFORTABLE BOTTOM POSITION. PRESS THROUGH THE FLOOR WITH A HARD HAMSTRING AND GLUTE CONTRACTION TO POWER YOURSELF BACK UP TO THE STARTING POSITION. BE SURE TO STAY WITHIN THE SAME PLANE EVERY REP - BY THAT I MEAN, MAKE SURE YOU ARE NOT LEANING FORWARD OR BACKWARD DURING ANY PORTION OF THE REP! IF YOU CAN MAINTAIN AN UPRIGHT TORSO - DO YOUR BEST.

(WE DO NOT WANT YOUR GLUTES/HIPS TO BE PUSHED BACK AS YOU DESCEND INTO THE BOTTOM OF THE SQUAT, THIS CAN FEEL AND LOOK LIKE YOUR BODY IS FOLDING IN HALF - AND IS A FINE WAY TO INJURE YOUR BACK!)

(REMEMBER, IN A SQUAT IF YOU BEGIN TO FAIL AND YOUR KNEES GO INWARD, THINK "KNEES OUT" WHEN YOU HIT THE BOTTOM OF THE SQUAT AS YOU PRESS YOURSELF UP FROM THE GROUND.)



EXERCISE 2:

BULGARIAN SPLIT SQUATS W/ DUMBBELLS

3 SETS OF 12 TO 20 REPS EACH SET - PER SIDE

SPLIT SQUAT EXECUTION: STAND IN LUNGE POSITION; PREFERABLY IN A SQUAT RACK SO THAT YOU CAN USE YOUR HANDS FOR STABILITY AGAINST A SOLID SURFACE. LAY A BENCH SIDEWAYS BEHIND YOU SO THAT YOU CAN PLACE YOUR BACK LEG UPON IT TO MAXIMIZE YOUR STRETCH. LOWER INTO LUNGE/SQUAT POSITION USING A 3 SECOND DOWN AND 2 SECOND UP TEMPO. PRESS YOUR LUNGING FOOT AGAINST THE FLOOR USING YOUR HEELS. CONTRACTING THE GLUTES HARD AT THE TOP! IF USING DUMBBELL FOR RESISTANCE, HOLD IT IN OPPOSITE HAND THAN THE LEG LUNGING.

(LAST SET DO A CONSTANT DROP SET! COMPLETE 12-15 REPS, DROP 5-10 LBS AND COMPLETE ANOTHER 12-15 REPS - UNTIL YOU REACH FAILURE USING ONLY YOUR BODYWEIGHT)



EXERCISE 3:

WALKING LUNGES

3 SETS OF 20 REPS EACH SET – PER SIDE

WALKING LUNGE EXECUTION: RESISTANCE CAN BE ADDED BY HOLDING DUMBBELLS OR KETTLEBELLS AT YOUR SIDES; BEGIN THE WALKING LUNGE BY STEPPING FORWARD WITH ONE LEG. LOWER YOURSELF INTO A LUNGE POSITION WHILE LOADING YOUR WEIGHT ON THE HEEL OF YOUR LUNGING FOOT. PRESS OFF OF YOUR HEEL AS YOU STEP FORWARD, BRINGING YOUR BACK/OPPOSITE FOOT TO MEET THE ORIGINAL LUNGING FOOT. SWITCH FEET AND LUNGE FORWARD USING THE OTHER FOOT IN THE SAME MANNER.



(AS IN THE HAMSTRING WORKOUT – BE SURE TO DO YOUR BEST TO KEEP YOUR NON LUNGING KNEE FROM BANGING THE FLOOR AS YOU MOVE FORWARD, THIS TAKES NECESSARY TENSION OFF OF YOUR MUSCLE!)



EXERCISE 4:

STRAIGHT LEG DEADLIFTS SUPERSET W/ DUMBBELL SUMO SQUATS

3 SETS OF 10 TO 15 REPS EACH SET

DEADLIFT EXECUTION: DEADLIFTS MAY BE DONE USING A BARBELL OR DUMBBELLS; STAND AT A COMFORTABLE SHOULDER WIDTH. WITH WEIGHT IN HAND (BARBELL OR DUMBBELLS) STANDING FULLY UPRIGHT, WITH A STRAIGHT BACK PUSH YOUR HIPS BACKWARD SO THAT YOU BEGIN TO LOWER WEIGHT TO THE GROUND. DO YOUR BEST TO KEEP YOUR HEELS FIRMLY PLACED ON THE GROUND SO THAT THE TENSION IS WITHIN YOUR STRETCHING HAMSTRINGS. ONCE YOU REACH THE BOTTOM OF YOUR STRETCH, CONTRACT GLUTES AS HARD AS YOU CAN SO THAT YOU RAISE UP IN THE POSITIVE PORTION OF THE REP WITH TENSION THROUGH YOUR HAMSTRINGS/GLUTES. EXPERIMENT WITH YOUR TOES POINTED OUTWARD OR INWARD AND HOW THIS WILL AFFECT THE FEELING OF THE STRETCH IN YOUR HAMSTRINGS.

(IF YOUR BACK BEGINS TO “ROUND” THE WEIGHT IS TOO HEAVY AND I URGE YOU TO REDUCE THE WEIGHT SO YOU MAY AVOID INJURY – KEEP YOUR CORE TIGHT AND BACK FLAT!)

SUMO SQUAT EXECUTION: STANDING IN A “SUMO SQUAT” STANCE ON THE FLOOR, (FEET PLACED WIDE WITH TOES POINTED OUTWARD), HOLD A DUMBBELL BETWEEN LEGS (ARMS AT FULL EXTENSION). MAINTAIN AN UPRIGHT UPPER BODY AND PROCEED TO SQUAT STRAIGHT DOWN UNTIL YOU REACH YOUR COMFORTABLE BOTTOM POSITION OR UNTIL THE DUMBBELL TOUCHES THE FLOOR. USING A 3 SECOND NEGATIVE EVERY REP, LOAD YOUR HEELS WITH THE WEIGHT DURING BOTH THE NEGATIVE AND POSITIVE PORTION OF THE REP.

(FOR AN EXTRA BURN YOU MAY COMPLETE PARTIALS AT THE BOTTOM OF THE SQUAT DURING THE TAIL END OF THIS EXERCISE. THINK OF THE ADDED TIME YOU CAN KEEP TENSION ON YOUR HAMSTRINGS AND GLUTES.)

TIPS FOR EACH BODYPART

I WOULD LIKE TO GIVE YOU SOME OF MY FAVORITE TRICKS THAT I HAVE LEARNED OVER THE YEARS FOR EACH BODY PART TO MAXIMIZE YOUR WORKOUTS!



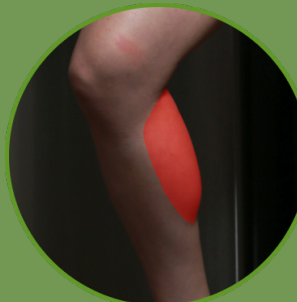
QUADS - KNOW THAT FOOT & TOE PLACEMENT IS EVERYTHING. THE WIDER YOU STAND DURING A SQUAT OR A PRESS, THE MORE INSIDE OF YOUR QUADS YOU WILL WORK; "THE INNER THIGH". THE NARROWER YOU STAND, THE MORE OUTSIDE OF THE QUADS YOU WILL WORK; "THE SWEEP". TOE PLACEMENT IS CRUCIAL TOO! ON LEG EXTENSIONS EXPERIMENT WITH POINTING YOUR TOES FORWARD, INWARD, OR OUTWARD TO EXPERIENCE DIFFERENT FEELINGS ON THE QUADS. I LOVE POINTING MY TOES FORWARD DURING LEG EXTENSIONS AS I CAN TRULY FEEL MY UPPER QUADS LIGHT ON FIRE.



HAMSTRINGS - CURL CURL CURL! YOUR HAMSTRINGS ARE EXTREMELY SIMILAR TO YOUR BICEPS IN FUNCTION. PLACE AN EMPHASIS ON CURLING MOTIONS TO CREATE LEAN, SEPARATED HAMSTRINGS. AGAIN, PLAY WITH DIFFERENT TOE PLACEMENT. POINTING YOUR TOES WILL ACTUALLY ALLOW YOU TO FEEL YOUR "UPPER HAMSTRING" A LITTLE MORE THAN IF YOU CURL YOUR TOES UP (FLEXING YOUR SHIN) WHERE YOU WILL FEEL IT MUCH MORE RIGHT BEHIND THE KNEE ON YOUR HAMSTRING.



GLUTES - GLUTE MUSCLES WILL LOVE CONSTANT TENSION/CONTRACTION. WHEN PERFORMING MOST LEG EXERCISES, FLEX YOUR GLUTES FIRST! THEN TRY TO MAINTAIN THAT FLEXION DURING YOUR ENTIRE MOTION OF THE LIFT. EXAMPLE - SQUATS: FLEX GLUTES FIRST, THEN WITHOUT LOOSENING THE BOOTY LOWER YOURSELF INTO A SQUAT, BEFORE SQUEEZING THEM EVEN HARDER TO RAISE YOURSELF TO THE TOP. YOU CAN DO THIS WITH ALMOST EVERY LEG EXERCISE!



CALVES - HIGH REPS WITH HEAVY WEIGHT! YOU HAVE TO REMEMBER THAT THESE BABIES GET WORK ALL DAY LONG AS YOU WALK, DO CARDIO, TRAIN LEGS, ETC. SO THEY ACTUALLY NEED HIGH REPS WITH SUBSTANTIAL WEIGHT IN ORDER FOR THEM TO ACTUALLY BE STRESSED ENOUGH TO GROW! ON CALF EXTENSIONS/RAISES FULLY STRETCH THE CALF BY FLEXING YOUR SHIN MUSCLE, THEN PRESS OFF OF YOUR BIG TOE LIKE A BALLERINA TO ACHIEVE YOUR MAXIMUM CONTRACTION.



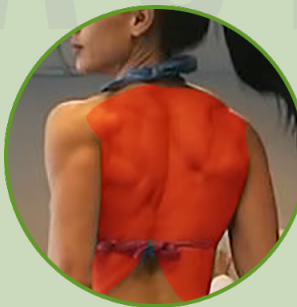
DELTS (SHOULDERS) - WIDTH IS IMPORTANT. TRY TO ENVISION YOUR SIDE LATERALS AND ANY VARIATION OF REVERSE FLYS FOR REAR DELTS AS IF YOU ARE TRYING TO TOUCH THE WALLS TO EITHER SIDE OF YOU. GET WIDE! WHEN YOU SHORT ARM THESE MOTIONS, YOU INADVERTENTLY INVOLVE A LOT OF YOUR BICEPS/FOREARMS AND TRAPS. REMEMBER WE WANT TO FOCUS AND BUILD OUR MIND TO MUSCLE CONNECTIONS WITH EVERYTHING WE DO, TRAINING INTENTIONALLY!



BICEPS - FOCUS ON YOUR PINKY/RING FINGER THROUGH OUT THE MOTION. TWISTING THESE UP AS YOU CURL WILL ENSURE THAT YOU ACHIEVE THE MAXIMUM CONTRACTION. TRY TO LIMIT THE SWINGING MOTION WHEN THE REPS GET TOUGH, THE LAST THING YOU WANT TO DO IS ROB YOUR BICEP OF STRESS BY INVOLVING YOUR DELTS!



TRICEPS - FULLY STRETCHING IN YOUR REPS IS CRUCIAL FOR BUILDING STRONG AND LEAN TRICEPS. TRICEPS ARE EASY TO WORK BECAUSE THE ELBOW JOINT ONLY HAS ONE FUNCTION; EXTENSION. SO MAKE SURE YOU MAXIMIZE THE STRETCH AND INFLICT SOME DAMAGE ON THOSE TRICEPS!



BACK - MIND MUSCLE CONNECTION IS KEY; IF YOU ARE HAVING PROBLEMS "FINDING" YOUR BACK - TRY THIS: WHEN YOU GRIP ANYTHING WITH YOUR HANDS ON BACK DAY, REMOVE YOUR THUMB AND INDEX FINGER FROM THE BAR/BARBELL/ATTACHMENT. IT WILL LOOK LIKE YOUR DOING THE CHILDHOOD SYMBOL FOR "GUN HANDS". THIS WILL ALLOW YOU TO USE YOUR HANDS LIKE HOOKS, AND TRULY USE YOUR BACK; AND NOT YOUR ARMS!



CHEST - MAXIMUM CONTRACTIONS DURING CHEST EXERCISES IS FOUND BY PRESSING THE INSIDES OF YOUR UPPER ARM (BICEPS) AGAINST THE INSIDES OF PECS. SQUEEZE EACH REP AS HARD AS POSSIBLE BEFORE LOWERING BACK DOWN INTO YOUR DEEP STRETCH; THEN DRIVE THOSE BICEPS AGAINST YOUR PECS AS YOU PRESS OR FLY FOR THE MAXIMUM CONTRACTION.



ABS - ABS ARE MADE IN THE KITCHEN! I CANT STRESS TO YOU GUYS HOW IMPORTANT YOUR NUTRITION IS IN ORDER TO GET THAT LEAN TIGHT WAIST! TRAINING YOUR ABS FREQUENTLY IS VITAL TO DEVELOPING CORE STRENGTH WHICH IS ESSENTIAL FOR COMPOUND MOVEMENTS SUCH AS BARBELL SQUATS, HIP THRUSTS, DEADLIFTS, AND MANY MORE! JUST LIKE ANY OTHER MUSCLE GROUP, BE SURE TO INCLUDE SOME WEIGHTED EXERCISES DESIGNED TO TARGET YOUR ABS.

CONCLUSION



AS YOU CAN SEE, TRAINING IS ALL ABOUT STRESS. SO THAT MEANS WE CAN DEFINITELY DO A NUMBER ON OUR BODY OVER TIME. IMAGINE DOING THIS DAY IN AND DAY OUT FOR YEARS! YOU NEED TO MAKE SURE YOU CAN CONTINUE TO TRAIN AND MEET THOSE LONG TERM FITNESS OR COMPETING GOALS. A GREAT WAY TO SET YOURSELF UP FOR FUTURE SUCCESS IN THE GYM, THAT I AM A HUGE ADVOCATE OF IS PROPERLY WARMING UP! I HIGHLY RECOMMEND YOU DO NOT JUST RUSH INTO THE GYM AND START TRAINING RIGHT AWAY. WHAT I LIKE TO DO IS GRAB THE 2.5LB OR 5LB DUMBBELLS AND DO A COUPLE SETS OF RANDOM EXERCISES JUST TO GET MY BLOOD MOVING. A FEW SETS OF SHOULDER PRESSES, BICEP CURLS, BENT OVER ROWS, AND TRICEP EXTENSIONS AND MY BODY JUST FEELS MORE READY TO DO WORK; MY MUSCLES ARE ACTIVATED. TRAINING "COLD", FRESH INTO THE GYM IS A GOOD WAY TO GET HURT; AND IF YOU GET HURT AND CAN'T TRAIN YOU ARE MISSING OUT ON REACHING YOUR GOALS!

NUTRITIONALLY I REALLY ENCOURAGE YOU TO BE CYCLICAL IN YOUR PROGRAMMING. **By that I mean change it up from time to time! "Burning out" is a real thing many people experience along the fitness or competing journey.** I WANT TO EMPHASIZE THE FACT THAT WE NEED TO MAKE EATING CLEAN FUN! IF YOU ARE NOT USING A RESTRICTED CONTEST PREPARATION DIET, I RECOMMEND ADDING A SPIN TO YOUR MEALS TO MAKE THEM SUPER ENJOYABLE. HAVING GROUND TURKEY, RICE, AND VEGGIES? FRY THEM UP TOGETHER, ADD SOME SALSA, AND PUT THEM IN LETTUCE WRAPS! YOU CAN MAKE THE MOST SIMPLE FOODS FUN WITH MINIMAL EFFORT. STAY TUNED FOR MORE RECIPES TO COME!

Be sure to set yourself realistic goals. I THINK IT IS SO IMPORTANT TO SET GOALS THAT YOU CAN OBJECTIVELY LOOK AT AND SAY "I WILL ATTAIN THIS WITHIN THE NEXT 3 MONTHS." WHEN SETTING SHORT TERM GOALS TRY TO REMEMBER THAT YOU ARE ESSENTIALLY CREATING THE STEPPING STONES NECESSARY TO REACH YOUR LONG TERM GOALS.



IS COMPETING FOR YOU?

SPEAKING OF SETTING GOALS, IS COMPETING ONE OF YOURS? LET ME GIVE MY TAKE ON WHETHER OR NOT COMPETING MIGHT BE RIGHT FOR YOU. REMEMBER THAT COMPARISON IS A POISON; IF YOU ARE LOOKING TO EMBARK ON A JOURNEY TO COMPETE YOU CANNOT COMPARE YOURSELVES TO THE TOP ATHLETES IN THE SPORT RIGHT OUT OF THE GATE WITHOUT DISCOURAGEMENT; WE ALL START SOMEWHERE AND YOU BRING SOMETHING UNIQUE TO THE TABLE. NOW IF YOU HAVE A TRUE DESIRE TO EXPRESS YOUR WORK ETHIC AND DISCIPLINE, COMPETING IS A FANTASTIC OUTLET FOR THAT. PLEASE BE PREPARED HOWEVER, "WORKING HARD" IS AN UNDERSTATEMENT TO WHAT IT REALLY TAKES TO SUCCEED AND THRIVE IN THE COMPETING WORLD. LET'S FACE IT, THE PRIMARY CONCEPT BEHIND IT ALL IS THAT YOU ARE REQUIRED TO PERFORM AT YOUR BEST WHILE TAKING IN LESS ENERGY THAN YOU ARE BURNING! TALK ABOUT A CHALLENGE.

COMPETING GIVES US AN OPPORTUNITY TO EXPRESS OURSELVES ON STAGE, WHILE DISPLAYING THE HARD WORK AND DISCIPLINE THAT WE HAD TO PUT FORTH IN ORDER TO LOOK THE WAY WE LOOK. THE REWARDING FEELING OF PUTTING YOURSELF UP THERE, BEING VULNERABLE ENOUGH TO PRESENT YOUR PHYSIQUE ON STAGE IN FRONT OF MANY, TO COMPETE AGAINST OTHER AMAZING ATHLETES, AND HELPING OTHERS ALONG THE WAY - IS ONE OF MY ABSOLUTE FAVORITE FEELINGS IN THE WORLD



“to compete against other amazing athletes”

Thank You



I HOPE THAT AFTER READING THROUGH THIS E-BOOK YOU FEEL ENCOURAGED AND EXCITED TO STRIVE FOR YOUR GOALS; WHETHER THAT MEANS COMPETING OR SIMPLY LIVING A HEALTHIER LIFESTYLE. PLEASE FEEL FREE TO GIVE ME SOME FEEDBACK ON WHAT YOU WOULD LIKE TO SEE IN THE FUTURE!



Thank you so much for your constant support, and stay tuned for much more to come.

ASHLEYKFIT

EACH DAY IS A NEW DAY TO BETTER YOURSELF.
Dont let it go to waste!