

I.A.F.S.



"The Cutting Edge in Lifestyle Training"

International Association of Fitness Sciences

**Ultimate Body Building Nutrition
Study Guide**

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Ultimate Body Building Guide

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Ultimate Body Building

Nutrition Study Guide &

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Ultimate Body Building Nutritional Guide

The following information will help you establish a good foundation concerning the function of the basic food groups: protein, carbohydrates, and fats. This will give you a better understanding of the individual purpose of each of them and the role they play in building a strong body. I will also discuss the use of vitamin supplements, various herbs and sports supplements.

Protein: Protein is important for building and maintaining quality muscle tissue. Known as the building blocks for the body, protein is necessary in repairing cell and tissue and a must, when it comes to packing on muscle mass. There are several different forms of protein when putting together a good nutritional program. It may consist of chicken, fish, eggs, dairy, vegetable sources, and protein supplements. Having a variety of the protein sources mentioned will give you what is needed for a strong and healthy body. The following is my top recommendations:

Salmon (wild Alaskan): High in omega oil

Sea Bass: High in omega oil

Mackerel: High in omega oil

Halibut, Cod, Grouper, Tilapia, Flounder, Sword, Snapper, Trout,

Chicken (raised with no hormones or anti-biotic)

Eggs: (raised on natural vegetable sources with no hormones or anti-biotic)

Cottage cheese (use low sodium)

Beans: (Crowder peas, field peas, navy beans, red beans, pinto beans, black beans, butter beans) Offers a great source of protein that include carbohydrates for energy, and fiber for fighting cholesterol

Notice, fish was at the top of the list. It is one of few protein sources not tainted with hormones and antibiotics. Besides, I like the nutritional examples that Jesus used in making fish his number 1 protein source when eating with his disciples. Apparently, he knew something about quality nutrition.

Now, here comes the hard question... how much protein should you consumed per serving?

In my professional on the job training experience, I recommend no more than 25-30 grams per serving for the average person; however, for those of us who lift big weights and looking for mass 40-50 grams is better. Taking in quantities larger than that is more than the body needs in one serving. Keeping in mind that the main function of protein is to build muscle and repair cells.

Carbohydrates: Carbohydrates are important when it comes to fueling the body. They are a key component when it comes to losing or gaining weight. The amount of carbohydrates needed for daily caloric intake may vary depending upon the need of the individual.

For instance, someone that has a physically demanding job will need more carbohydrates than someone who does not. When I competed for the Mr. Olympia competitions, I would consume 500 to 600 grams of carbohydrates a day. Now, in my fifty's, I consume less than half that amount.

When it comes to hard-core training 200-300 gram of carbohydrates or more may be needed. Your energy level during the day is a very good indicator as to what your body may need. If you lack energy, it is possible your carbohydrate intake could be too low; however, you must also take in account how much sleep you are getting and when was the last time you detoxed your body. Either could cause a loss in energy that will further increase the craving for more carbohydrates. The fewer carbohydrates needed to power your day the easier it will be to burn body fat. However, if the goal is to put on size, increased carbohydrates are key.

Then, there is the type of carbohydrates. This is important to know because some of them burn slowly in the body while others burn fast. Complex carbohydrates are slow burning. They consist of foods like pasta, rice, grains, corn, and potatoes. If the goal is to put on muscle and keep the energy level high, complex carbohydrates are key. However, when the goal is to lose weight, we must limit these types of carbohydrates.

As a word of caution, be conscious of high calorie and caffeinated beverages such as sodas and so call energy drinks. The majority of them are loaded with carbohydrates that can cause unwanted weight gain and a false energy supply. Energy should be available because of proper rest and quality nutrition. Read labels before buying.

The best choice of carbohydrates for those that are not so physically challenge in the gym or work place is fruit. It tastes great and burns fast while offering fiber that help fight cholesterol. Here is my top list:

Pears (eat with skin) loaded with fiber

Apples (eat with skin)

Pineapple (excellent source of fiber and digestive enzymes)

Papaya (excellent source of fiber and taste great while also offering digestive enzymes)

Blueberries and Blackberries (the perfect anti-oxidants for cellular health)

Straw berries (anti-oxidants)

Oranges (source of vitamin C to boost immune system)

Melon family (water melon and cantaloupe are great low calorie feel good snacks)

This of course, is a limited list of good tasting carbohydrates. Feel free to incorporate those best suited for your taste buds.

As a side note, I included apples, pineapple, pears, and bananas when training for competitions. I mentioned this because there's many a number of misinformed bodybuilding experts that believe the natural sugar found in fruit will prevent maximum muscle definition.

This may be true if you allow your off season body weight to bloom past 30-40lb over competition weight. "Can't flex it, don't carry it."

Then we have the high fiber low calorie leafy carbohydrates that make a word of difference in our total physical well-being. If not for these bountiful treasures, toxins would reap havoc throughout our entire body.

Over the past few years bodybuilding has lost several world renown champions to heart disease. This may be partly due to the use of high protein red meat diets that bodybuilders so often use. By having a balance diet that is high in fiber, it will help keep our hearts strong and healthy.

The following is a list of these awesome age managing veggies:

Collard greens	Kale	Okra
Cabbage	Celery	Lettuce
Turnip greens	Broccoli	Tomatoes
Squash	Green beans	Asparagus
Spinach	Green peas	Cauliflower

Fat: Fat plays an important role in our overall health, just as protein and carbohydrates. There are two types of fats that we should be aware of, saturated and unsaturated. Saturated fats come from animal sources, which can raise bad cholesterol levels. Unsaturated fats come from plant sources, known to fight bad cholesterol. Another beneficial source of fat is in fish oils. Also known as omega-3; fish oil is used to reduce blood pressure, fight arthritis, lower cholesterol, and other health ailments.

When choosing the best sources of fat for my diet I prefer using combinations of nuts and oils high in essential fatty acids. As for nuts, Walnuts are at the top of my list. They taste great, easy to fine, and add texture to my oatmeal. If that is not enough, Walnuts offer support for cardio-vascular health.

Then, there are Brazil Nuts. They make an excellent snack between meals. One of the biggest benefits of this particular nut is that it is high in the mineral selenium. Selenium has also been used help to fight cancer. I make it my business to have 5-10 Brazil Nuts a day.

Third on my list is Almonds. I have loved them for years. What would the world be like without Almonds or Almond Joys? (LOL). Almond Joys... man, what an evil snack. There is a lot to be said about Almonds. They are one of the most widely used nuts in the world. They taste great, easy to fine, great for fighting hunger pains, and provide several health benefits.

Almonds are low in saturated fat, offers an excellent source of vitamin E, calcium, and Iron. Health experts also recommend Almonds for fighting heart disease and cancer. There are other nut choices that also off good health benefits; however, the three discussed are in my opinion, the best for overall health.

You may use the following omega oils to prepare or compliment food: canola, safflower, olive, and are the most popular. All three help fight bad cholesterol. When I want a quick nutritious meal, I choose one out of the three for stir-frying.

Calorie Guide

NUTRITIONAL CHART

All measurements are in grams, ounces or portions

FOOD	MEASURE		CALORIES	PROTEIN	CARBS	FATS
Chicken (breast)	182g	6 oz	250	32	0	6
Turkey (breast)	180g	6 oz	286	39	0	6
Cod (fish)	226g	8 oz	177	40	0	4
Haddock	226g	8 oz	149	41	0	1.2
Halibut	226g	8 oz	227	47	0	2.2
Flounder	226g	8 oz	351	42.5	0	18
Shrimp	226g	8 oz	206	41	3	1.2
Tuna (water)	160g	5 oz	315	46	0	6
Steak (flank)	225g	8 oz	326	46	0	13
Liver (beef)	225g	8 oz	316	45	12	8
Vension	225g	8 oz	286	47	0	9
Granola	113g	4 oz	500	12	76	19
W/Wheat Bread	24g	1 slice	64	3	12	1
W/Wheat Muffins	43g	1 slice	110	5	21	1
W/W Pancakes	46g	1 slice	78	4	10	1
Rye Bread	24g	1 slice	60	3	12	3
Oatmeal	234g	8 oz	145	6	25	3
Cream of Wheat	251g	8 oz	134	4	28	1
Dat Brow Cereal	84g	3 oz	330	15	54	6
Potatoes	150g	5 oz	114	3.2	26	.2
Sweet Potatoes	130g	4 oz	136	2	32	1
Rice (Brown)	98g	3 oz	350	7	76	1.2
Rice (Wild)	80g	2 oz	282.5	11	60	1
Rice (Plain)	97g	3 oz	354	6	78.5	1

Black-Eyed Peas	165g	1 cup	178	13	30	1
Lima Beans	170g	1 cup	208	11	40	1
Kidney Beans	185g	1 cup	218	14.5	40	1
Pinto Beans	95g	½ cup	381	21	60	1.1
Pasta (Plain)	56g	2 oz	210	7	42	1
Pasta (Whole/W)	113g	4 oz	400	20	78	1
Broccoli	88g	1 cup	24	2	5	0
Egg (Whole)	50g	1 med	80	6	0	5.58
Cheese Mozzarella	28g	1 oz	80	5.5	0	6
Low/Fat & Sodium Cottage Cheese	226g	8 oz	203	31	8	4
Milk (Lowfat)	244g	8 oz	121	8	11	4
Milk (Whole)	244g	8 oz	150	8	11	8
Milk (Skim)	245g	8 oz	86	8	11	0
Sherbert	193g	6 oz	270	2	58	3
Yogurt (Lowfat)	227g	8 oz	144	11	16	3
Almonds	71g	½ cup	425	12	24	38
Sunflower Seeds	72g	½ cup	406	17	24	34
Safflower Oil	13g	1 Tbs	120	0	0	13
Wheat Germ Oil	13g	1 Tbs	120	0	0	13
Olive Oil	13.5g	1 Tbs	119	0	0	13
Vegetable Oil	128g	1 Tbs	115	0	0	12.8
Honey	21g	1 Tbs	64	0	17	0
Molasses	20g	1 Tbs	43	0	11	0
Cabbage	70g	1 cup	16	1	3	0
Cauliflower	100g	1 cup	24	2	5	0
Green Beans	110g	1 cup	34	2	7	0
Turnip Greens	55g	1 cup	15	0	3	0
Carrots	54g	½ cup	24	0	5.5	0
Collards	186g	1 cup	35	2	7	0
Lettuce	75g	1 cup	10	0	1	0

Tomatoes	61g	1 med	12	0	0	0
Asparagus	67g	½ cup	15	2	3	0
Apples	150g	1 med	81	0	21	0
Banana	175g	1 med	105	1	26	0
Pear	180g	1 med	98	0	25	0
Orange	180g	1 med	62	1	15	0
Grapefruit	241g	½	38	0	9.7	0
Pineapple	155g	5	77	0	9.5	0
Cantaloupe	477g	½	94	2	11	0
Strawberries	149g	1 cup	45	0	10	0
Turbinado Sugar	14g	1 Tbs	14	0	12	0
Pure Mable Sugar	20g	1 Tbs	40	0	12	0

NOTE: For a further point of reference, I strongly recommend the *Nutritional Almanac*. I feel this book will be as great a source of knowledge for you as it has been for me.

The Three Body Types

Now that we have established a good nutritional guideline, let us discuss the three different body types or chemical structures and how their nutritional needs differ.

The three body types are the **Mesomorph**, the **Ectomorph**, and the **Endomorph**. The most athletic of the three is the Mesomorph. Those with this body type have a fast metabolism. They are naturally muscular with broad shoulders and usually a small waist. They have the genetic advantage of being able to put on muscle within a short period.

The **Mesomorph** needs plenty of complex carbohydrates in his diet to offset the way his system continuously burns calories. For this particular type of chemical structure, I also advise the use of eggs, complex carbs, and fats (omegas) in the diet to keep calories in longer. Good examples of the Mesomorphic body type are the immortal Steve Reeves, Sergio “The Myth” Oliva, Arnold “Conan” Schwarzenegger, Lou “The Hulk” Ferrigno, and last but not least, yours truly.

The **Ectomorph** is very similar to the Mesomorph in several ways. This body type also has a fast metabolism, in fact, extremely fast. This person can eat virtually anything and get away with it; however, if this person intends to put on quality muscle, he must use foods of the highest nutritional value. Yet, there are advantages and disadvantages to being an Ectomorph. The advantages are: (1) there is little chance of ever becoming fat; and (2) there is joy in knowing those crazy low calorie diets will never be necessary. The disadvantage is that each pound for the Ectomorph is a struggle. Yet he can rest assured that each pound will be quality, provided his diet consists of high quality foods. Though his diet should be similar to that of the Mesomorph, he can use a higher amount of fat; however, he should not let fat exceed fifteen percent of his total caloric intake. After arranging the proper diet for the Ectomorph, the word “ripped” becomes his. Such was the trademark of Frank Zane (the “Master of Illusion”), who successfully won the Mr. Olympia three time.

On the other side of the spectrum is the **Endomorph**, who is quite different in the way his body burns calories. The Endomorph, having a slow metabolism and possessing a naturally high amount of body fat, must be careful in his choice of foods. The Endomorph must rely on low calorie foods quickly used by the body. His proteins should come from foods such as chicken, turkey, fish, free form amino acids and three or more whole eggs a day.

The major portion of the Endomorph's diet should come from low calorie carbohydrates and plenty of green vegetables. The Endomorph may use complex carbohydrates in his caloric intake in very small portions and only during the early part of the day. By having a happy medium of the three food types, he should be able to make tremendous gains in muscle and lose fat at the same time. A good diet, the proper training, and a little aerobic activity (bicycling, speed walking, swimming) can help speed up the metabolism.

The best living example of the Endomorph is Dave Draper (the "Blond Bomber"). By having the proper nutrition and training, he has been able to rise above the cards that nature dealt. When it comes to their caloric needs of the individual body types, they differ just as much as their physical characteristics do. Beginning with the Mesomorph, I recommend a caloric base of 10-12 calories per pound of body weight. For the Ectomorph I recommend 15-17 calories per pound of body weight. For the Endomorph I recommend 6 calories per pound of body weight. Example: A person weighting 200 lbs (Mesomorph) needs approximately 2000 (200lb x 10 cal.) calories for their basal metabolic rate.

Once established, we must then add additional calories for weight training. (1 ½ hr vigorous weight training = approximately 1000 calories) We then add that figure to the 2000 (B.M.R) (2,000+1000= 3,000 calories). After establishing this figure, we must then increase the sum of 3,000 by 500 calories more per day. Why the 500 calorie increase? The rule used when wanting to put on a pound of muscle is to increase your calorie intake by 3500 within a week. By adding 500 calories to the daily caloric intake weight gains can be realized. Within 7 days, your weight should have increased by 1lb.

The total calorie intake for an individual weighing 200 lbs (Mesomorph) goes as follow: 2,000 calories (B.M.R), 1,000 Calories for 1 ½ hr weight training (also be mindful that additional physical activity requires additional calories), 500 additional calories per day for mass building, 3,500 total calories. Now that we have determined the needs for the caloric intake, let us use the mass formula for the proper ratio of protein, carbohydrates, and fat.

At 3,500 calories, the ratio breaks down should be calculated in the following way: $3,500 \times 30\% \text{ protein} = 1,050$. $\text{Calories}/4 \text{ grams of protein} = 262 \text{ grams of protein}$. $3,500 \times 55\% \text{ carbohydrates} = 1,925$. $\text{Calories}/4\text{grams of carbohydrates} = 481 \text{ grams of carbohydrates}$. $3,500 \times 15\% \text{ fats} = 525 = \text{calories}/9\text{grams of fat} = 58 \text{ grams of fat}$. The formula simply goes 30% protein, 55-60% carbohydrates, and 10-15% fat.

There you have it! A simplified mass building plan with science and experience to back it up.

Vitamin Supplements

Vitamins are now used for health and physical well-being more than ever. With the cost of medical insurance and prescription medicine, people are looking for other alternatives. It does not matter whether you are a bodybuilder, homemaker, business professional, or an athlete, supplementation is beneficial and necessary.

A well-rounded nutritional program should begin with a natural food base multi-vitamin and multi-mineral. Vitamins are essential in giving the body important nutrients that may be lacking in our daily nutritional intake. Nutrients that help repair cells, muscle function, aid in digestion, restore energy, aid in mental clarity, strengthen bones, and boost the immune system.

The following is a list of nutrients used to offer additional health benefits to age management:

- Trans-resveratrol: For fighting heart disease
- D-3: Bone health
- Ubiquinol: Stamina and recovery
- Omega fish oil: For cardio-vascular health
- Joint complex (MSM, Glucosamine, Chondroitin, Shark Cartilage): For Joint health
- Multi-mineral: Important for the proper function of every system in the body.

Sports Vitamin Supplements

Then of course, there are the sports specialty products used for hard-core training. As an athlete, I rely on sports supplements as a daily part of my fitness and nutritional regiment. Here is a list of them.

Lee Haney's Nutritional Support System: Carries four great products that are designed for serious athletes.

Power Grid: Combines protein, carbohydrates, and creatine to help increase muscle size.

Power Aminos: Formulated to increase Nitric Oxide levels for muscle growth and recovery.

Competitive Multi-vitamin Pack: Formulated with the serious athlete in mind. Combines nutrients to help repair cells and enhance overall physical performance.

Fat Burning Complex: Combines amino acids and herbs to help burn fat more efficiently.

Advance Whey 26: Create to replenish and repair the muscle cells for quality growth.

One of the top leaders in producing bodybuilding products is **Gaspari Nutrition**. When it comes to research and quality development Gaspari leads the way. The following is a list of some of Gaspari's top body building products:

PRE-WORKOUT

SuperPump – clinically validated, world renowned, potent anabolic pre-workout performance stimulant cocktail

PlasmaJet – hyper expansion liquid nitric oxide maximizer

INTRA-WORKOUT

SizeOn Maximum Performance with Outlast Carbohydrate Matrix – hybrid intra-workout creatine and BCAA formula with patent pending carbohydrate matrix

SizeOn Pre-Contest (Low Carb) – hybrid intra-workout creatine and BCAA formula with only 2 grams of carbohydrates

For more information on Gaspari Products visit: www.Gaspari.com

Herbal Supplements

Herbs have been around since the beginning of time. They were our first medicines. There are herbs for nearly every type of sickness or disease. However, the biggest concern is disease prevention. It would be nearly impossible to name all the different herbs and their uses: especially when many of them have several medicinal purposes.

One of the best sources of herbal information is available in a book called *Prescription for Nutritional Healing* written by Phyllis A. Balch, CNC. It has been a tremendous resource to me over the years. By having knowledge of herbs and how their used, can have a positive impact on present and long term health.

The most popular use of herbs today has been in systemic cleansing and detox programs. Detoxing have proven to be a great way to keep the body energize and refreshed. It helps get rid of stored waste and bloat which leaves the body tired and sluggish. It also aids in the health of the internal organs such as the kidney, liver, urinary system, and cleansing of the blood stream.

The following is a list of herbs that are part of a systemic cleansing detox program offered through Lee Haney's Nutritional Support System:

Herbal cleansing complex for the Blood, Liver, Kidney, Urinary system

Milk Thistle (blood cleanser)	Cranberry Powder Extract
Burdock Root	Garlic
Yellow Dock	Cascara Sagrada
Red Clover	Lemon Extract
Golden Seal	

Colon cleansing fiber complex

Oat Bran	Fennel Seed
Bentonite Clay	Senna Leaves
Glucomannan	Cape Aloe
African Bird Pepper	Flax Seed Oil

Definition and Weight Distribution

In the following paragraphs, we will deal with the scientific approach needed to lower body fat and redistribute weight. It has been common knowledge for a long time that aerobics play a vital part in keeping the body in shape; however, the question remains: to what degree does it help or harm? Before determining that, we must first look at the person and his desired goal. The bodybuilder should have two expectations: cardiovascular conditioning and keeping body fat down. When setting up a good aerobic program, I would include speed walking, treadmill, or the elliptical each day after training. The amount of time needed for these exercises depends upon the individual.

To get rid of body fat, I suggest at least 30 minutes of cycling or speed walking seven days a week. This will enable you to burn at least seventeen hundred calories in aerobic activity. This will help eliminate one-half pound of body fat per week.

Using aerobics in your training will help you lower fat while maintaining muscle. The aerobics also will enable you to maintain a substantial caloric intake while losing fat, provided your body fat is not way out of control. If such is the case and you are a competitive bodybuilder, start your contest preparation well in advance. Should the

body fat be around 15%, begin your diet and aerobics sixteen weeks away from the show. It takes at least 3,500 calories to make up one pound of fat. Weight reduction can be achieved by lowering caloric intake by 500 a day or by incorporating one hour of aerobics in your training each day. I suggest a 55-split between additional aerobic activity and reduced caloric consumption, which would entail a half-hour of aerobics and a drop of 250 in caloric intake. By doing so, a redistributing phase will take place right before your eyes.

Below is a sample chart of figures to determine your caloric intake and activity requirements for fat lose.

CHART FOR FAT LOST AND REDISTRIBUTION

<u>Male</u>	<u>Meso-Ecto</u>	<u>Endo</u>
Resisting Metabolic Rate	2500	1500
1 hr. Weight Training	500	250-300
Caloric Reduction Needed	250	250
Additional Aerobics Activity --1/2 hr. Bicycling	250	250

In this Meso-Ecto Category, we can use the figure of 2,500 calories for the resting metabolic rate and 500 calories needed for a one-hour weight-training workout, which gives us a total of 3,000 calories for maintenance. You must subtract 250 from that figure and then make your choice of an aerobic exercise that will allow you to burn 250 calories in a half-hour session.

The caloric reduction and the aerobic activity yield a total of 500 calories eliminated. In seven days, this caloric reduction equals 3,500 calories or one pound of body fat. Keep in mind that these figures can vary depending upon the individual and his daily agenda. I recommend that you not depend solely upon written figures or estimates. It is very important to allow your natural bodily instincts to play a role in having the final say. For example, if your caloric intake begins to leave you

without strength or energy, you must respond regardless of figures written in a book. Do not disregard your natural instinct and falls prey to numbers!

Pre-contest Carbohydrate Loading and Depletion

This marks the final phase of nutrition's part in contest preparation. It is normally during this phase that most bodybuilders encounter problems. The depletion and reloading phase can be your best friend when done properly or a dangerous enemy if done incorrectly. I have known athletes to die from the lack of knowledge when depleting.

So why do it? When done properly it helps bring out dimensions in definition that can give an athlete an edge.

The depletion phase is done by lowering carbohydrate and water intake, which causes the muscle cells to shrink giving the body a flat appearance. During this time, the body will lack energy and reacts as though it has been given a diuretic. This helps the athlete get rid of water being stored. There will also be a noticeable drop in body weight of approximately five pounds or more.

Before going into the depleting and reloading phase, be sure to have a ledger handy to monitor your caloric intake and weight. Suggestions have been made that the carbohydrate and fluid intake be lowered at least six days before the contest. Most bodybuilding competitions are on Saturdays, which means that the depletion date should begin Monday, and stretch onward into Wednesday. I advise never going lower than 60g of carbohydrates and three glasses of water a day. To go below these amounts could be dangerous. These amounts can and will vary depending upon the size of the person. Take for instance, Ronnie Coleman, who stands 5 ft-9 inches tall and weighs between 270-280 lbs. for competition, Sixty grams of carbohydrates and three glasses of water or six cups of hot tea a day may throw his system off and may cause mental disorientation and possible damage to the kidneys and liver. It is also important to take a multi-mineral complex during the depleting phase to avoid becoming dehydrated and cramps.

When lowering your carbohydrate intake, replace it with an equal amount of calories using protein and fat (50/50). The proteins should consist of chicken and unsalted tuna (packed in water), and amino acids. The fats sources should be almonds, Brazil Nuts, sunflower seeds (all nuts should be unsalted), omega oils, and egg yolks.

As the diet changes, so must your training. Starting Monday (the first day of carbohydrate depletion), I advise that you increase your normal number of repetitions by three to five for each body part and lower the weight by 20-30%. Be sure to follow your regular workout sequence through Wednesday. This will allow you to deplete the muscle completely.

On the morning of the fourth day, carbohydrate loading should begin. Then you should remove the increased percentages of protein and fats from the diet and put back the carbohydrates. I advise maintaining the similar balance used in the diet before going into the depletion phase. **Example:** If you used 300g of carbohydrates to fill out the muscle before depleting, 300g should be used before to reload.

When reloading, I recommend taking in at least 40-50g of carbohydrates every two hours; however, this figure may vary depending upon the size and gender of the individual.

The type of carbohydrates used should consist mostly of complexes such as hot cereals (oatmeal w/ brown sugar), rice, sweet baked potatoes, and pasta along with carbohydrates such as apples and bananas. There are no dried fruits or fruit juices allowed. The amount of protein needed may vary. I recommend at least 75 to 100 grams during the loading phase because the muscles are not being trained.

As the carbohydrates are increased, the muscle cells will slowly start to expand causing you to take on a full outward appearance. Your fluid intake should remain the same during the first three days of the depletion phase.

During the last two to three days prior to reloading (depending upon your individual size), the muscle cells will receive fluid by way of the carbohydrates being used for reloading. This is the reason; the amount of drinking water should be limited to avoid a spillover between

the muscle and skin that causes a smooth appearance. Two to three days leading up to the contest, I suggest once again, using five to six cups of hot tea (English) and B-6 (100mg) as a natural diuretic.

Another preparation tool I recommend to help eliminate the last bit of water is wearing a sauna suite while training (inside facilities only) one and a half weeks before the contest.

Note: Do not use the sauna suite during the reloading phase. These two procedures will allow a competitor to continue to drink and flush at the same time.

Note: During the reloading phase, the athlete is to focus only on taking care of final preparation items such as posing and tanning. There should be no training during this time. The muscles must reload during this time.

By the sixth day (competition day), every muscle should be completely loaded with glycogen and vascularity should be clear. Be sure not to panic during those very critical phases by taking prescription diuretics and laxatives. It is during this time some bodybuilders freak out and waste a whole year of hard training.

Note: I advise practicing carbohydrate depletion and reloading in the off-season so that you will have a realistic idea of what is required to be ready on the day of the contest. This is important because it takes some athletes 24-72 hours to reload. Yet, you cannot flex what you cannot see. So keep the body fat under control at all times!

This concludes the Ultimate Bodybuilding Nutritional Guide.

Ultimate Bodybuilding Training Guide

Before getting into the nuts and bolts of building muscle let me, first take time to give honor to two of the most influential pioneers in the Sport of Bodybuilding. They are Joe and Ben (the late) Weider. Their work and dedication to the growth of bodybuilding have had an impact throughout the entire world of health and fitness. The Weider brothers gave international birth to bodybuilding legends like Arnold Swartzzenneggar, Larry Scott, Sergio Olivia, Chris Dickerson, Franco Columbo, Frank Zane, Samir Bionuet, Dorian Yates, Ronnie Coleman, Jay Cutler, Dexter Jackson, and yours truly, Lee Haney, to name a few.

The Weider brothers were able to establish organizational ties to countries all over the world to create what is now the International Federation of Bodybuilding (IFBB).

Today, the IFBB consist of more than 180 international affiliates worldwide. We give thanks to Joe and (the late) Ben Weider.

Then there's, my dear friend and President of the National Physique Committee (NPC), Jim Manion. The NPC began hosting its first national bodybuilding competitions in 1982. Yours truly (Lee Haney) was the first NPC Jr. and National Champion in 1982. The NPC ushered in a new and exciting era in bodybuilding. It is by way of the NPC that bodybuilders are elevated from armature status to the professional ranks in the IFBB.

With Jim Manion as its President, the NPC has continue to experience incredible growth and respect for being one of the best armature bodybuilding organization in the world.

All thanks go to Mr. James Manion

Note: Students of the Iron Games should have knowledge of its history

The workout programs that follow are those used personally by me and other champions over the years. If you follow them, I can assure you of great results; however, „to thine own self be true.' Bodybuilding is a sport that allows a person to challenge his or her personal best on a daily bases. Whether the challenge is to gain weight, lose weight, or to add an extra inch here or there-there is no end to the quest for the perfect

body! If you are just getting started, I strongly advise using the following foundational muscle-building program. Having the proper foundation in anything you do is of utmost importance.

Over the years, I have corrected hundreds of bodybuilders in the sport that lacked foundational muscle building exercises as a constant in their workouts. For example, using cable crossovers to add size to his chest or using seated leg extensions in hope of adding overall mass to the legs cannot and will never be able to duplicate foundational size developed through the bench press and the incline press. Nor will leg extensions replace or add foundational mass to the legs like squats will. So in short, do not try to re-invent the wheel! Always keep the foundational muscle building exercises present at all times in your workouts.

Let's do a body part and mass building exercise run down for clarity:

Chest: Bench press

Bicep: Barbell or dumbbell curl

Back: Bent barbell row

Shoulders: Military press (standing for core and stabilization muscles)

Triceps: One-arm dumbbell extensions (I advise press downs to warm the elbows)

Legs: Squats (overall leg development)

Calves: Standing toe raise

Note: If the goal is to develop a solid physique, these seven exercises must always be a part of your regular training program. These are the same exercises used in the world of power lifting for developing strength and size. It is my personal belief and experience that in order to become a good or great bodybuilder, you must incorporate the foundational training principles used in power lifting, which is low reps and heavy weight.

Training Systems

Before we get started, we will begin by first laying the ground rules:

1. Combine the push/pull or pull/ push muscle group together, such as chest (push) and biceps (pull). This will ease joint and tendon stress;
2. It does not matter what you have read in the past; always pyramid your sets. This means to start with a lighter weight and increase the weight as the muscles become warmer;
3. For developing quality mass, I recommend your reps range between 6-10 reps. It is not the **quantity but the quality**;
4. On days when your body feel fatigue cut back on the number of sets and the amount of weight or go home get some rest and return later or the next day. Not listening to your body could result in being injured. **“Some time you feel like a nut and some time you don’t;”**
5. While training stay focused on the set from start to finish. There must be a constant link between both the mind and the muscle at all times. This will help avoid injuries; and,
6. You cannot train like a horse, eat like a bird, and pack on muscle mass. The body works by the simple rule of “Demand and Supply”. Also, remember that quality calories produce a quality body.

We are now ready to move on to the “Three On-Off One” Mass Building Program workout.

Three On-Off One: This is in my professional opinion the best and most serious training program ever devised for the world of dedicated bodybuilding. I first heard of the “Three On- Off One” when I moved to California (The Mecca of Bodybuilding) in 1983. I noticed several bodybuilding legends using this particular program. If it was good enough for them, it was good enough for me.

It has everything needed to help a person become their best. The “Three On-Off One” allows the athlete to train at an intense level while having three full days of recovery time between body part workouts. This helps lower the risk of training injuries.

The following is a three on off one training program design to help develop quality muscle for the beginner.

“THREE ON-OFF ONE” MASS BUILDING PROGRAM

DAY	BODY PART	MUSCLE GROUP	EXERCISE	SETS	REPS
Day 1- MONDAY	CHEST	Pectoralis	Bench Press	4	8-10
			Incline Press	4	8-10
	ARMS	Biceps	Flies	4	10-12
			Curl	4	8-10
		Triceps	Preacher Curl	4	8-10
			Concentration Curl	4	10-12
			Press Downs	3-4	10-12
			Lying French Press	4	8-10
		CALVES	Arm Extensions	3	8-10
			Standing Toe Raise	5	15-20
Day 2- TUESDAY	STOMACH	Abdominals	Seated Toe Raise	3	15-20
			Vertical Leg Raise (Standing)	4	15-20
	LEGS	Quadriceps Frontal Thigh	Seated Leg Raise (Knees Bent)	4	20
			Extensions	4	12
		Quadriceps & Gluteus Maximus	Leg Press	4	10
			Squats**	4	8-10
		Ham Strings	Leg Curls	3-4	10-12
	CALVES		Same As Day One		
	STOMACH	Abdominals	Same As Day One		
Day 3- WEDNESDAY	BACK	Latissimus Dorsi	Pull Downs	4	10-12
			One Arm Row	4	8
	SHOULDERS	Deltoids	Long Cable Row	4	8-10
			Military Press	4	8-10
		Lateral deltoids	Lateral Raise	3-4	10-12
		Rear deltoids	Bent Laterals	3-4	8-10
		Trapezius	Upright Rows	3-4	8-10
	DAY OF REST				
Day 5-FRIDAY	REPEAT	ON THREE	OFF ONE	CYCLE	

Note: Training days may fall on Sundays. If Sunday is your day of spiritual refreshing and worship, carry the training day forward by rolling the three-day cycle over to Monday.

Note: On your off day, your caloric intake should reflect a regular training day. The extra calories will help you increase muscle size.

Six-Day Training System: Use this system when your goal is to lower body fat, speed up the metabolism, or bring out quality definition. This program is also great for conditioning the body. When it comes to adding the finishing touch to your physique, the six-day training system is perfect. Yet, I advise no more than seven to eight weeks prior to a bodybuilding contest. The following is the six-day workout program:

Six-Day Contest Training System:

DAY	BODY PART	MUSLCE GROUP	EXERCISE	SETS	REPS
Day 1- Monday	CHEST	Pectoralis	Bench press or Dumbbell Press	4	8-10
	UPPER CHEST		Incline Bench Press or Dumbbell Press	4	8-10
	TOTAL CHEST		Dumbbell Flies	4	12
			Cable Crossover	3-4	15
	ARMS	Biceps	Curls	4	8-10
			Preacher or incline curl	4	8-10
			Concentration Curls	3	10
	CALVES	Gastrocnemius	Standing Toe Raise	5	15-20
	STOMACH	Abdominals	Seated Leg Raise/Knee Bent	4	
		Abdominals	Incline Sit-Ups	4	15-20
			Crunches	3	40
Day 2- Tuesday	LEGS	Quadriceps Frontal Thigh	Extensions	3-4	15
			Leg Press	3-4	12
		Quadriceps & Gluteus Maximus	Squats**	3-4	8-10
		Ham Strings	Stiff leg Dead Lifts	3-4	10-12
	ARMS	Triceps	Press Downs	3-4	12-15
			Tricep Kickbacks	3-4	12-15
	STOMACH	Abdominals	SAME AS MONDAY		
Day 3- Wednesday	BACK	Latissimus Dorsi	Pull Downs Front	4	12
			One Arm Row or Bent dumbbell row	3-4	8-10
			Long Cable Rows	3-4	8-10
			T-bar row	3	8
	SHOULDERS	Deltoids	Military dumbbell Press	3-4	8-10
		Lateral/frontal deltoids	Lateral Raise/front raise combo	3-4	10-12
		Trapezius	Upright Rows	3-4	8-10
	CALVES	Gastrocnemius	Standing Toe Raise	4-5	15-20
	STOMACH	Abdominals	Vertical Leg Raise	3-4	15-20
			Seated Leg Raise/Knee Bent	3-4	20

Note: Repeat cycle Days 4-6 having the seventh day off (Sunday) as a day of rest.

Note: The 2nd Shoulder workout: add Dumbbell Bent laterals for rear deltoid muscles 3 sets x 10-12 reps

Note: The 2nd Leg workout cycle should consist of the following:

- Seated Leg extensions: 3 sets x 15 reps
- Hack squats: 3 sets x 12-15 reps
- Lunges: 3 sets x 15 reps
- Leg Curls: 3 sets x 12 reps

Add 30 minutes on the elliptical or stepper as your second workout in the evening for extra fat loss.

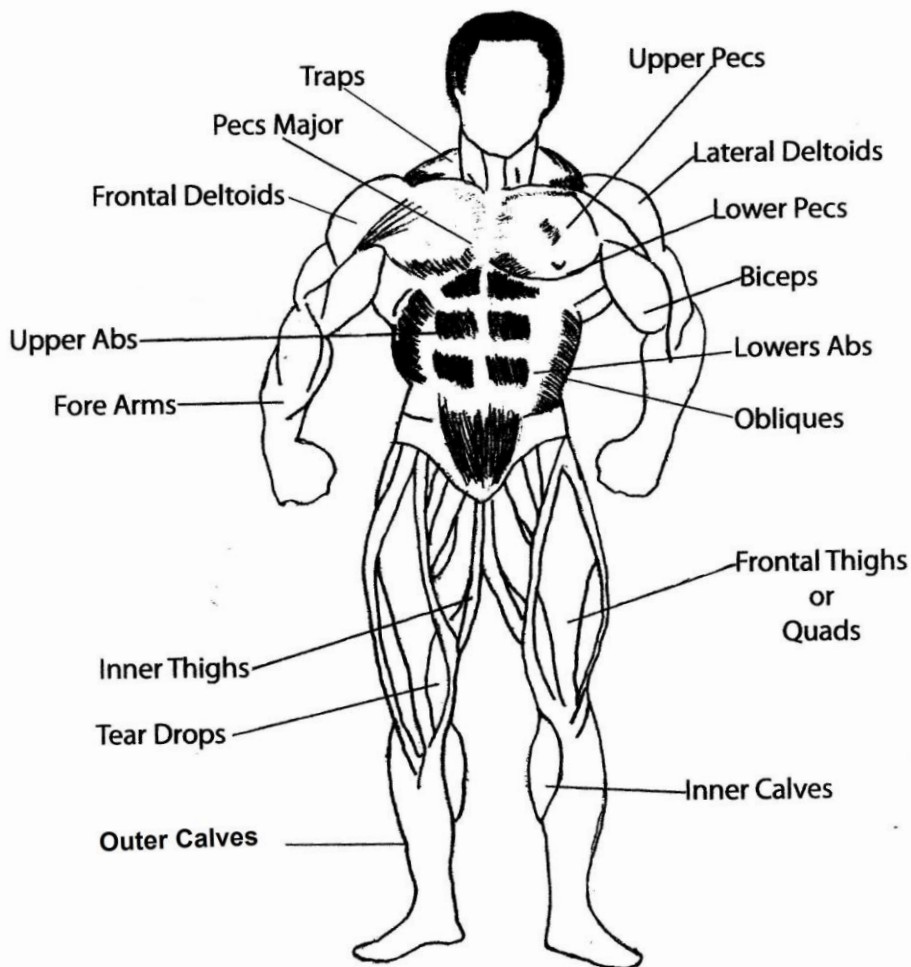
Note: leg days (**no aerobics**)

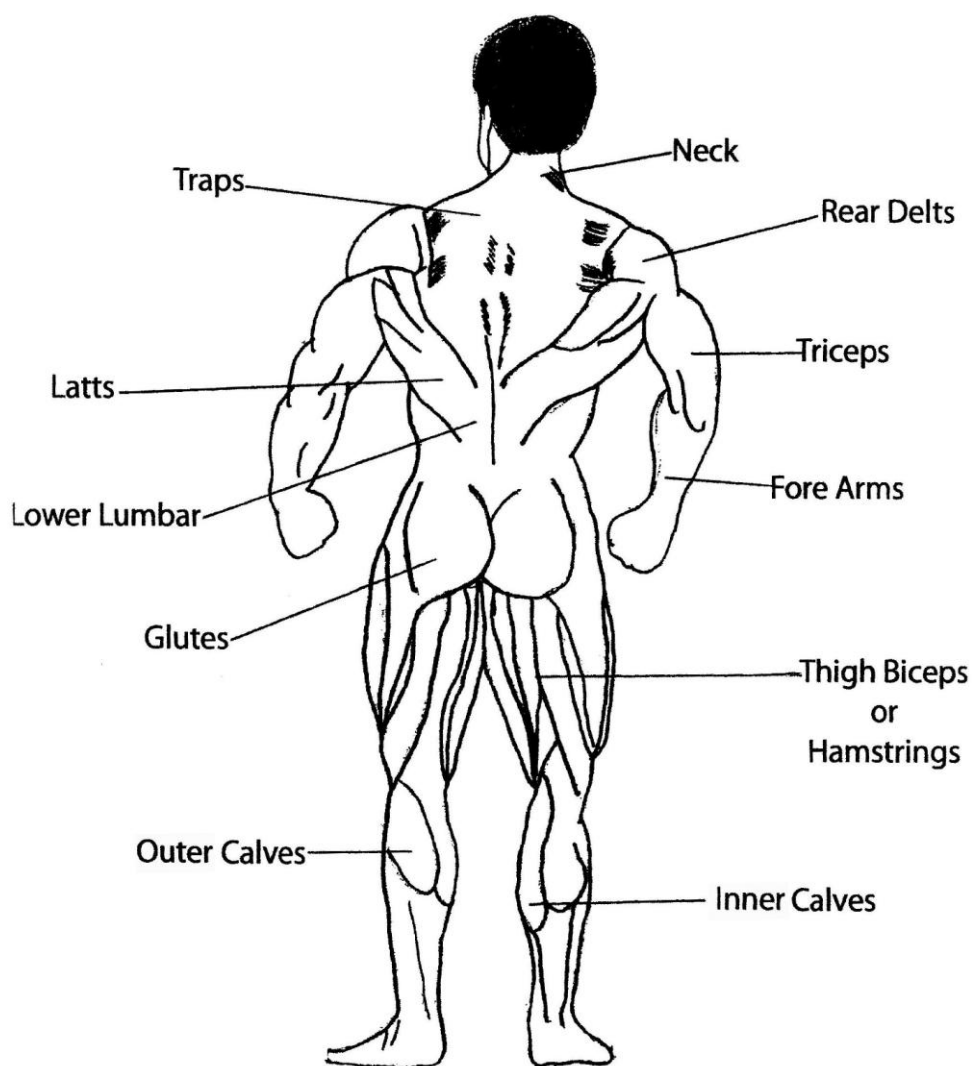
Three-Day Power Circuit: This is a great program to use after a bodybuilding contest. It gives the body time to repair itself. I like the fact that each body part has 7 full days to recover. This particular training program is similar to those used by power lifters. The only negative is the risk of picking up body fat because of the extended off days between body parts; however, extra body fat can be less of a problem by eating quality food and adding aerobic activity on the off days. This program is great for the joints and muscle repair for competitive bodybuilders and those who are age 50+.

Three Day Power Circuit: Off Season Training Program

DAY	BODY PART	MUSCLE GROUP	EXERCISE	SET S	REPS
Day 1- MONDAY	CHEST	Pectoralis	Bench Press	4	8-10
			Incline Press	4	8-10
			Flies	4	10-12
	ARMS	Biceps	Curl	4	8-10
			Preacher Curl	4	8-10
			Concentration Curl	4	10-12
		Triceps	Press Downs	3-4	10-12
			Lying French Press	4	8-10
			Arm Extensions	3	8-10
	CALVES	Gastrocnemius	Standing Toe Raise	5	15-20
			Seated Toe Raise	3	15-20
	STOMACH	Abdominals	Vertical Leg Raise (Standing)	4	15-20
			Seated Leg Raise (Knees Bent)	4	20
Day 2- WEDNESDAY	LEGS	Quadriceps Frontal Thigh	Extensions	4	12
			Leg Press	4	10
		Quadriceps & Gluteus Maximus	Squats**	4	8-10
		Ham Strings	Leg Curls	3-4	10-12
	CALVES		Same As Day One		
	STOMACH	Abdominals	Same As Day One		
Day 3-FRIDAY	BACK	Latissimus Dorsi	Pull Downs	4	10-12
			One Arm Row	4	8
			Long Cable Row	4	8-10
	SHOULDERS	Deltoids	Military Press	4	8-10
		Lateral deltoids	Lateral Raise	3-4	10-12
		Rear deltoids	Bent Laterals	3-4	8-10
		Trapezius	Upright Rows	3-4	8-10
MONDAY	REPEAT SAME CYCLE				

The following anatomy chart describes a front and back view of the various muscle groups.





How much weight should you use? You be the judge. The goal is to train to stimulate not annihilate. If your last two sets become a struggle at the end of the last two reps you are good. If the weight is a struggle during the first set, you need to lighten the load. Be sure that the physical demand is within reason.

Recovery time between sets should take no more than 45-60 seconds, which gives your training partner enough time to complete their set. Leg training may need additional time between sets for recovery.

Should you wear knee straps or belts? I recommend you use both when starting to max out while lifting. Both pieces of equipment lifting belt and knee wraps create a protective barrier for both the tendons and ligaments. They allow you to lift heavier weight while protecting the joints.

Note: There are no cable exercises such as cable crossover, cable curls or cable laterals mentioned at this level of training. The primary focus must be to develop the muscle foundation first and far most. After a solid muscle foundation is developed, you may then add cable exercises for the finishing touch.

Note: Each training day should consist of the pairing of muscle groups that involve pushing and pulling exercises.

Example: Day 1. Chest (push), Bicep (pull), Tricep (push)
This helps prevent additional wear on the tendons and ligaments while training.

Note: The leg routines shown with each of the workout programs use the pre-exhaust principle. What does pre-exhaust mean? Simply put, it means to fatigue the muscles with secondary exercises such as leg extension and leg press before doing the squat, which is the number 1 mass building exercise for the legs.

By having the squat as the third exercise in the sequence instead of the first one, a 200 lbs. squat feels like 300 lbs. The signal sent to the leg is that the weight feels heavy. Because the weight “feels heavy,” the muscle will respond to the demand to produce more size to endure the workload. The pre-exhaust stimulates muscle growth while not having

to use as much weight to get results. This will keep the back, hips, and knees healthier in the years to come. I can attest to having no knee, back, or hip problems after a long career of competitive battles.

- Be sure to follow the mass building nutritional program that was created to help maximize your gains.
- “NO PAIN, NO GAIN, AND REMAIN THE SAME”
- Special note: I strongly recommend the Competitive Mass series products to help enhance your results (athletes age 18+). I also recommend getting the **Lee Haney Workout DVD**. It is the perfect educational tool for hard-core training with valuable tips and inspiration—a must have for serious training and is available at our online store (www.leehaney.com)

Training Principles

The following will help clarify some of the language and terminology associated with bodybuilding:

1) **Push Pull**

When you want to incorporate, pressing movement with a pulling movements use this principle. An example would be chest (push) and biceps (pull). This approach reduces the risk of strains and joint soreness.

2) **Pyramid**

In this principle, you gradually increase in weight. My recommendation is that as you decrease the number of repetitions for both size and strength as you increase the weight.

EXAMPLE:

REPETITIONS	WEIGHT
12 reps w/	50 lbs.
10 reps w/	60 lbs.
8 reps w/	70 lbs.
6 reps w/	80 lbs.
4 reps w/	90 lbs.

- I recommend never going lower than six reps for bodybuilding purposes

3) **Super Sets**

This principle is great when you want to bring out more muscularity or to shock the muscle in order to stimulate extra growth. In it, you alternate one exercise or body part with another.

4) **Split**

This principle involves the separation of the muscle groups or time intervals used to train them.

EXAMPLE:

Monday morning – Bicep/calves

Monday evening – Chest/abs

It allows you to give an all out effort to train each body part. Being able to separate the muscle groups will allow the cells to replenish themselves for the next workout section.

5) **Priority Principle**

This principle means exactly what it says, “Priority.” When you want to stimulate growth in a particular body part or muscle group the priority principle is used. When there is a muscle lagging behind, you must give it extra attention by training it first or doing additional work.

6) **Isotension**

Joe Weider's Pet Pea, Isotension, is as real as the "Master Blaster" himself. When training the muscle, there must be an all our effort made to link the mind with it. By doing so, your will be able to squeeze out every ounce of growth and definition during each repetition.

7) **Forced Reps**

This procedure is great when you want to push a muscle to the limit. The term "forced rep" is when someone has to assist you toward your desired number of repetitions because your muscles are exhausted. I recommend doing at least three to four forced reps at the end of the last two sets of each exercise. When doing forced reps make sure you are physically in control of every repetition. Once the link of mind and muscle has broken, stop, or face the danger of an injury.

These seven principles are important in realizing your overall growth as a bodybuilder.

Weight Training Exercises and Function

Chest

1. **Bench Press** (barbell or dumbbell): The best exercise for developing the foundation for mass for the entire chest
2. **Incline Press** (barbell or dumbbell): Good for the upper chest foundation and the lateral deltoid/upper chest tie-in
3. **Incline Dumbbell Fly**: Great as a polishing movement for the upper chest.
4. **Dumbbell fly**: Used to add quality and shape, great as a finishing exercise when preparing the last eight weeks before a contest
5. **Dips**: Great for developing the lower chest, mid and upper

6. **Cable Crossover:** Great for polishing the lower chest; use as a finishing exercise for contest preparation **NOTE: Do not use it as a foundation movement.**

Abdominals (abs)

1. **Seated Leg Raise:** Great exercise for hitting the abs between sets. When done proper they work the lower, upper, and side oblique abdominal areas.

2. **Incline Sit Up:** Another tested and tried movement that has stood the test of time. Adds quality with just enough extra muscle needed to awe spectators **NOTE: I do not advise using weight with inclines. It causes unwanted thickness around the oblique area.**

3. **Vertical Leg Raise:** If I had to choose one exercise for training the abdominal area, this would be it! It hits every section of the abdominal area. This exercise may be a little tough for beginners. It is a physically taxing exercise and the results speak for themselves.

4. **Side Twist (w/broom handle):** This is a good exercise for focusing on the oblique area. It also adds flexibility in the waist and lower back areas. I personally use it for adding that extra dimension of definition to the abs and keeping me loose when executing transition poses (turning from side to side).

5. **Crunches:** This is one of the most used exercises to date. It is one that bodybuilders and the general public love. Crunches do not cause stress to the lower back like other exercises and no equipment is needed. This is another exercise I like doing between sets.

6. **Standing Leg Raise:** This is a combination abdominal/cardio exercise. This is one I use and recommend for Functional Training. It works the abs while also strengthening the stabilizing muscles in the hips and lower back.

Back

1. **Pull Downs (front):** Great for adding width and quality to the upper back, helps to widen and elongate lat muscles.

2. **Chin Ups** (front): Adds width and thickness to laterals.
3. **Barbell Row**: This exercise is #1 for adding thickness to the entire back.
4. **One Arm Dumbbell Row**: Helps isolate and shape individual back muscles. Generally used more often than barbell rows as contest times nears (eight weeks out).
5. **Cable Row**: This exercise is an excellent movement for shaping and adding length to the laterals. Also great for bring in that quality look of shape and quality.
6. **Hyper Extensions** (lower back): Great for adding thickness to the lower back.
7. **Stiff Leg Dead Lifts**: “Kills two birds with one stone” by working the lower back and the hamstrings (thigh biceps) at the same time.
8. **T-Bar Row**: Besides Barbell Row, nothing compares to the T-Bar Row. It is the perfect exercise for adding overall mass, thickness, and width to the back.

Shoulders

1. **Standing Military Press** (Barbell or Dumbbell): The #1 exercise for overall development of the shoulders. It is the foundational exercise for shoulders. I prefer standing presses instead of seated because it involve balance and stabilization.
2. **Lateral Raise**: Adds quality to the lateral deltoid muscles. Best results when using dumbbells for foundational development. Cables laterals can be used seven to eight weeks before competition. Split sets between dumbbells and cables (two to three sets using each exercise) when seven to eight weeks prior to a competition.
3. **Bent Lateral Raises**: This exercise is perfect movement for training the rear deltoid muscles. For best results use dumbbells instead of cables for foundational development.

4. **Up Right Row** (front): This is an excellent finishing movement for working the traps, frontal deltoids, and the lateral deltoids.

5. **Rear Upright Rows**: This is the absolute best movement for being able to hit the traps directly. It is the movement for trap mass.

Biceps

1. **Barbell or Standing Dumbbell Curl**: When it comes to adding mass to the biceps, it is #1! There is **NO** substitute!!

2. **Standing Alternate Dumbbell Curl**: This is a great exercise for building bicep mass while also adding separation between the bicep and tricep tie in.

3. **Preacher Curl or Scott Curl** (named after Larry Scott the first Mr. Olympia): Helps add length to the bicep while also adding to the peak.

4. **Concentration Curl**: This is a perfect exercise for adding size to the head of the bicep. This exercise should always be a part of bicep training.

5. **Hammer Curl**: This exercise that works a combination of bicep and forearms. Not my favorite but it helps as an alternative when dealing with bicep tendinitis.

Triceps

1. **Press Down**: Great for adding size and quality to the triceps. I also advise having press downs as a warm up movement when training triceps.

2. **French Press**: Lying or standing w/easy curl bar is an excellent mass building exercise. Be careful not to snap lock the elbows when extending the triceps.

3. **Dumbbell Extension** (one arm): This is an excellent exercise for developing the foundation of the triceps. I started with one-arm extensions at age 12.

4. **Reverse Tricep Cable Extensions:** This exercise is excellent when you are seven to eight weeks out from a competition. It is the perfect finishing exercise to complete the tricep workout. I advise 3 sets x 12 reps. Squeeze-squeeze, flex!

5. **Tricep Kickbacks:** This is a great exercise for the training the entire triceps. You can substitute it for the one arm extension as a changeup.

Legs (Frontal Thighs/Quads)

1. **Leg Extension:** This exercise is perfect for adding size and separation to the frontal thigh muscles. It should also lead the way to begin a leg workout. Leg extensions prepare the legs for the heavier movements to follow.

2. **Leg Press:** This is great for adding size and quality to the overall leg. It allows the use of heavy weight without over stressing the muscles in the back.

3. **Squats:** This exercise is the king of leg mass. There can be no substitute. This exercise demands all or nothing. Not half squats but the whole deal. Notice, in the sequence of leg exercises I have squats listed third. I did this because I advise using the Pre-exhaust principal. By doing squats third, you save your back and knees and still pack on plenty of leg mass.

4. **Hack Squats:** The very best when it comes to adding quality and separation to the frontal thigh muscles. These are great as an every other workout movement in the off-season; however, must be a regular part of the workout at least 8-10 weeks out from a competition.

5. **Front Squats:** Adds size and separation to the frontal thighs. Especially the teardrop muscles at the base of the quads. This exercise works similar to hacks. I advise alternation them with hacks from time to time.

6. **Lunges:** Lunges are great for adding separation and quality to the frontal thighs and glutes. Off-season I advise using them every third workout.

Hamstrings or Leg Biceps

1. **Leg Curl:** Here is the perfect exercise for adding size, quality, and length to the leg biceps. They should also be first when training hamstrings.
2. **Stiff Leg Dead Lifts:** The best exercise for adding mass and length to the thigh bicep. For this exercise, you may use either the barbell or dumbbells. Stiff legs are hit the lower back (lumbar) muscles as well. It is my favorite.

Calves

1. **Standing Toe Raise:** Bread and butter for adding size to the calve muscles. This is the number 1 exercise for developing calves. There is several calve machines that now imitate standing toe raises while yielding great results.
2. **Seated Toe Raise:** This is a great exercise for adding quality and separation to the calve muscles. Not as hard-core as standing toe raise, but bring the finishing lines to competition ready calves.

The Art of Posing

With the basic formats of nutrition and training behind us, it is now time to take our show on the road. One of the most vital phases in preparing for a contest is your posing presentation. Most bodybuilders take this phase too lightly. Several things are involved in making up the proper presentation such as the posing routine, choice of music, and the appeal of your cosmetics, briefs, tan, hair, etc. Any of these elements left unattended can make or break you as a competitive bodybuilder.

In putting together the ultimate posing routine, you must take into consideration the physique, structure, and the personality of the individual. By doing so, you will be able to make good choices in all areas. Your posing routine should consist of poses that will show you at an advantage. It would be advantageous to study some of the poses used by the Olympians; notice the similarities of their body structures and your own.

During my early years as a competitor, I studied the physiques and poses of Arnold Schwarzenegger and Robby Robinson (“The Black Prince”). I had a similar frame like these great Olympians, but at the time, mine was a much smaller version. Now that I have reached a more mature size and height, I have been able to perfect the poses along with my stage personality.

After you choose your choices of poses, you must then put them in a good workable order. It is a general rule **never to start a posing routine with your back to the audience or your glutes turned up in the judge’s face**. Always start your routine with a nice frontal pose as an introduction. After doing at least three to four good frontal poses, move to the side, the rear, and again to the front to finish your routine. During the beginner’s phase of competition, you should use a rotation sequence when setting up your routine.

Be sure not to bore your audience with an overextended stage presence! I recommend that the beginner and intermediate have 12-15 poses in their routine. After having a little more experience under your belts, you will be able to create and add to your posing routines. Once you have chosen the poses for your routine, you must then select the proper music.

When choosing posing music, you must first make sure that it fits your personality and routine. For example, it would not be wise for a bodybuilder with a massively rugged physique to use extremely soft music. His choice should be something that expresses power. On the other hand, a bodybuilder with a small, but symmetrical build should not use music that could overpower his physique. When making your choice, I advise you stick with the top release of the year. This will allow for more audience participation. There are musical selections that seem to last forever, such as “Rocky,” or “Eye of the Tiger.” It generally takes at least four to six weeks to perfect and coordinate a good posing routine to music.

After setting up a posing routine, you should turn your attention to the cosmetics portion of the preparation. Believe it or not, your outward appearance plays a greater role than the posing routine itself. Should there be any overwhelming distractions such as oversize posing trunks, extremely pale skin color, or major skin irritations, the judges may not be able to appreciate the physique in its entirety. When

choosing a posing brief or a bikini for females, be sure to choose one that fits your particular waist, breast, or hip structure. There must be a correlation between your skin tone and the color of your chosen briefs. When making your choice be sure that the majority of your tanning preparations are complete. When tanning, take caution so that you will avoid unwanted burn patches.

Your makeup and hair grooming are totally up to you. I can only advise remaining with the correct trend and within the norm. Just as long as your hair is not purple and your makeup does not exceed that worn by Dracula, you will be fine!

Sportsmanship

Before going on stage, you must first think about stage presence and sportsmanship. Where does stage presence and sportsmanship come into play? Can they make a difference? All the Olympians echo my answer. The way the judges see you for the first time can make a difference. Achieving stage presence takes time, lots of practice, and always looked upon favorably by the judges.

The judges treat sportsmanship as the single most important factor in determining the overall longevity of an athlete. The President of the National Physique Committee (N.P.C.), Jim Manion, and the various members who make up the governing body of the athletes, have set forth penalties for body builders who do not conduct themselves in an orderly manner onstage. Guidelines have been set up for all amateur athletes belonging to the N.P.C. and good sportsmanship is number one.

You must be in control of your emotions at all times, especially when the judges' decisions are announced. It is normally during this time that emotions run rampant and tempers flare. Whether first, second, third or last, always take the results with your chin up and remember, "The warrior that turns and walks away lives to fight another day".

Safety Checklist

As a trainer, you are responsible for the well-being of your clients. The following is a checklist to help maintain a safe and healthy fitness environment.

1. Have all clients fill out a health questionnaire. This is important in being aware of any current or past injuries.
2. Have clients sign a statement saying that their healthcare provider has approved physical exercise.
3. Ask questions before getting started such as: What time was your last meal and what did you have? How are you feeling today?

Please note: *It is important to have food in the system 1.5 hours prior to a workout. The meal must include at least 30 to 40 grams of carbohydrates for energy.*

4. You should be sure to have cool water present for clients at all time. It should not be iced water!
5. Warm up gradually by walking, using the treadmill, or cycling. Also, follow through with a slight stretching agenda as part of the warm up.
6. Always, begin with lightweights for the first set of exercises. Remember, "Train to stimulate, not annihilate."
7. If the client gets dizzy or light headed while training, stop immediately. Having the client sit and administer cool water. Keep a watchful eye of their body language. You may need to call for emergency care. If so, call an ambulance without hesitation.
8. Keep a cell phone available at all times for emergencies. Have 911 in your speed dial for emergency needs.

***Special Message from the I.A.F.S. Founder,
Lee Haney, Eight-Time Mr. Olympia:***

It is my sincere hope that with this certification you have gained insight into knowledge you can use to help people meet their fitness goals. As you know, there are books and fitness philosophies written all the time. What you have learned in the I.A.F.S. certification program has given you proven on the job experience-not some fly by night philosophy put together by some fly by night philosopher!

I urge you to use that which you have learn to impact the lives of people in a life giving way. Be passionate about serving others and always give more than what is required of your time and efforts.

I leave you with this final quote: "What you are is God's gift to you. What you do with yourself is your gift to God." ~Leo Buscaglia

WARNING

Any exercise or fitness program entails some element of risk. Prior to beginning any diet or exercise program, it is essential that one consult a doctor to make sure that no medical condition exists that might prevent one from participating.

It is also vital that one observe proper form when performing any exercise described in these materials. Failing to do so is very likely to result in serious injury. When performing any exercise, use a weight that can be comfortably handled. It is not necessary to use heavy weight to become fit.

Take breaks in your routine when necessary to prevent excess fatigue and have water on hand to prevent dehydration. By all means, stop exercising at once if you feel faint, light headed or experience any pain. Pain is not a part of any proper fitness regimen and is a sign of impending injury or worse.

Personal trainers must observe their clients on a continuing basis to make sure that they avoid over exertion and are exercising properly.

The information contained in these study materials is not intended to be a substitute for common sense. One must be aware of their abilities as well as their nutritional needs. Continued study is necessary for a complete understanding of the effects of exercise and diet on the human body as well as the role played by proper nutrition and dietary supplements.

Direct all correspondence, permissions requests, and inquiries to:
International Association of Fitness Sciences
P.O. Box 142489 Fayetteville, GA
1-888-611-4237(IAFS)
www.iafscertification.com