

Week 17 Nutritional and Supplementation Plan- Sunday August 3, 2003 through Tuesday August 5, 2003

Meal #1 (6:00 AM)				
Item	Protein	Carbs	Fat	Calories
1 ALA 200	0	0	0	0
Multi Pro 32X-1 capsule	0	0	0	0
2 Proflex 750	0	0	0	0
GL3 L-Glutamine-10 grams	0	0	0	0
CLA1000-2 capsules	0	0	2	18
1/2 Scoop VP2	12	.5	0	50
Pre-Workout (7:00 AM)				
Item	Protein	Carbs	Fat	Calories
1 NAC 500	0	0	0	0
Vitamin C-1000mg	0	0	0	0
Vitamin E-400 I.U.	0	0	0	0
1 Beta Carotene-25,000 I.U	0	0	0	0
GL3 L-Glutamine- 10 grams	0	0	0	0
2 Dymetadrine Xtreme	0	0	0	0
1 teaspoon (5 grams) micronized creatine	0	0	0	0
1/2 Scoop VP2	12	.5	0	50
Post-Workout (8:15 AM)				
Item	Protein	Carbs	Fat	Calories
1 ALA 200	0	0	0	0
1 NAC 500	0	0	0	0
Proflex 750-1 Capsule	0	0	0	0
Vitamin C-1000mg	0	0	0	0
Vitamin E-400 I.U.	0	0	0	0
1 Beta Carotene-25,000 I.U.	0	0	0	0
GL3 L-Glutamine-15 grams	0	0	0	0
1 Scoop VP2	24	.5	0	100
1 teaspoon (5 grams) micronized creatine	0	0	0	0
Meal # 2 (8:45 AM)				
Item	Protein	Carbs	Fat	Calories
GL3 L-Glutamine-5 grams	0	0	0	0

1 Scoop VP2	24	.5	0	100
Meal # 3 (9:15 AM)				
Item	Protein	Carbs	Fat	Calories
Ny-Tro PRO-40	40	22	1.5	250
Meal # 4 (11:00 AM)				
Item	Protein	Carbs	Fat	Calories
GL3 L-Glutamine-5 grams	0	0	0	0
1 1/2 Cups Green Beans	3	12	0	60
1 Scoop VP2	24	.5	0	100
Meal # 5 (12:45 PM)				
Item	Protein	Carbs	Fat	Calories
1 Dymetadrine Xtreme	0	0	0	0
CLA1000-3 Capsules	0	0	3	27
3 Chicken Breast Tenderloins	28	0	1	120
Green Beans-6 Servings	8	29	0	150
Meal #6 (3:45 PM)				
Item	Protein	Carbs	Fat	Calories
GL3 L-Glutamine -5 grams	0	0	0	0
Vitamin C-1000 mg	0	0	0	0
1 Dymetadrine Xtreme	0	0	0	0
CLA1000-3 Capsules	0	0	3	27
1 1/2 Cups Green Beans	3	12	0	60
1/2 Ny-Tro Pro-40	20	11	1	125
Post-Cardio (5:45 PM)				
Item	Protein	Carbs	Fat	Calories
Vitamin C-1000mg	0	0	0	0
Vitamin E-400 I.U.	0	0	0	0
GL3 L-Glutamine-15 grams	0	0	0	0
Micronized Creatine- 5 grams	0	0	0	0
1/2 Scoop VP2	12	.5	0	50
Meal # 7 (6:45 PM)				
Item	Protein	Carbs	Fat	Calories
CLA1000- 2 Capsules	0	0	2	18
2 Chicken Breast Tenderloins	19	0	.5	80
Green Beans-5 servings	6	24	0	120
Meal # 8 (9:45 PM)				

Item	Protein	Carbs	Fat	Calories
1 ALA 200	0	0	0	0
Multi Pro 32X-1 capsule	0	0	0	0
Vitamin C-1000mg	0	0	0	0
Proflex 750-1 Capsule	0	0	0	0
GL3 L-Glutamine-5 Grams	0	0	0	0
CLA1000-2 Capsules	0	0	2	18
1/2 Ny-Tro PRO-40	20	11	.5	125
Before Bed (10:00 P.M.)				
Item	Protein	Carbs	Fat	Calories
GABA-5 grams	0	0	0	0
Meal # 9 (Approximately 2:00 A.M.)				
Item	Protein	Carbs	Fat	Calories
GL3 L-Glutamine-5 grams	0	0	0	0
1/2 Scoop VP2	12	.5	0	50
TOTALS	Protein	Carbs	Fat	Calories
	267	124.5	14.5	1703

I will continue to drink at least 3 gallons of water per day.

Goals:

Continue to Execute Increased Standards!!! Just 1
More Weeks to Improve!!!

- Work effectively at the high end of the 4-6 rep range concentrating on very good control and execution.
- Follow new bodybuilding diet Sunday-Tuesday. Begin carb loading diet on Wednesday morning.
- Eat clean and on time every single day and take my supplements on time.
- Take a few minutes to go over workout in my mind in the morning before hitting the gym. Take a few minutes after my workouts to review what I did well and what I can improve on.
- Strive for excellent form and exercise execution on all exercises.
- Concentrate on creating a strong mind to muscle link.
- Apply Thiomucase to my skin twice daily.

Final 3 Weeks Increased Standards:

- Continue to Drink *At least* 3 gallons per day
- Get into OUTSTANDING training mindset EVERY MORNING before stepping foot in the gym.
- Maintain intensity and focus in the weightroom! There is now less than **1 week** until the Pacific USA Naturals Bodybuilding Competition!
- Put emphasis on directing overload to intended muscle group. Visualize the muscle development I want to achieve and "feel" the muscle work during every rep of every set.
- Perform **5 intense** cardio sessions (1 Sunday, 2 Monday and Tuesday)
- Additionally, perform a 35 minute walk Wednesday morning before beginning carb loading process.
- Practice mandatory poses, 60 second routine, and 90 second routine to music **Every Single Day** until the contest.
- Video tape posing practice and work on areas that need improvement.
- Take TONS of pictures and get video footage of trip to Anaheim.
- Pack early for trip to Anaheim using Checklist I have created.
- Cook all food for Thursday through Saturday and prepare all necessary supplements. Have food and plenty of water to carry on the plane trip (Including possible delays!)
- Take a 10 minute Sauna after morning weight training session **Every Day.**
- Have a passion for training and for life!
- Tan in the booth or in the sun **Every Day.**
- Keep Website Updated daily and make **OUTSTANDING and MOTIVATING** journal entries **EVERY DAY.**
- Finish out the final few days of training **STRONG!**
- Do my absolute best in Anaheim to show off all of my hard work!
- Do as much networking as possible at contest.
- Enjoy every single second that remains of this contest journey!
- Continually demand more of myself and redefine what I am capable of in and outside of the weightroom.
- Make the most out of the opportunities that present themselves every day.
- Enjoy my contest journey. Keep a positive attitude.
- **DRIVE HARD ALL THE WAY TO THE END!!!**

Assessments:

WEEK OF 7/28/03:

- Another OUTSTANDING week of total contest preparation execution.
- I stuck to all of my Final Three Week Increased standards 100%!
- Continued to challenge myself by lifting heavy weight in the weightroom.
- Completed 12 intense cardio sessions. Performance was down, but effort definitely was not.
- Went for 45 minute walk on Treadmill on Saturday afternoon.
- Created and implemented new nutrition and supplementation plan
- Took weekly assessment photos

- Videotaped Chest, Triceps, Abdominals, Forearms workout on Sunday. Did a good job of taking good video footage without disrupting focus of workout too much.
- Good posing practice every day. Videotaped a lot of my posing practice and watched to see what I need to improve on. My posing is getting better and better. I must pose with confidence and certainty!
- Got music for 90 second routine put on four separate CDs.
- Made packing list for Anaheim.
- Purchased all food and supplies necessary for trip to Anaheim.
- Took a 10 minute sauna everyday.
- Drank all water every day
- Tanned in sun or tanning bed everyday.
- Applied Thiomucase twice every day.
- Kept RussYeager.com website updated/Proofed website
- Sent weekly journal update and photos to Will at Bodybuilding.com.

Sunday, August 3, 2003

Training: Chest	
Exercise	Sets / Reps / Weight
Flat Bench Press	1 x 5 at 225 lbs (after warmup), 1 x 6 @ 215 lbs
Incline Bench Press	1 x 6 @ 175 lbs, 1 x 5 @ 175 lbs
Incline Dumbbell Press	1 x 6 at 75 lbs
Training: Triceps	
Dumbbell Kickbacks	1x 6 @ 25 lbs (After 1 acclimation set @ 15 lbs)
Tricep Cable Pressdowns	2 x 6 @ 220 lbs
Lying Tricep Extensions	1 x 6 @ 105 lbs
Training: Abdominals	
Exercise	Sets / Reps / Weight
Weighted leg raises	1 x 15 at 30 lbs, 1 x 12 @ 30 lbs
Weighted Cable Crunches	2 x 12 @ 190 lbs
Training: Forearms	
Wrist Curls	1 x 7 @ 115 lbs, 1 x 7 @ 105 lbs
Reverse Wrist Curls	1 x 7 @ 50 lbs

I trained chest, triceps, abdominals, and forearms today in order to be able to have a video of every bodypart. This workout seemed like a marathon with the addition of abdominals and forearms, and also having to set up the camera for each set. I feel that the filming went well again and I believe I have good footage of all bodypart workouts in order to create a training video after my contest is over.

For each exercise this morning I chose a weight where I could perform in the high end of the 4-6 rep range while using good control and execution. I am not going to build any major muscle at this point before the

contest, but I can still work on stimulating the muscle to hold onto all of the muscle I have over the next few days of strict dieting.

The workout went well and I am continuing to knock off my remaining tasks one by one. I will perform an intense cardio session this afternoon and then have two full "three phase days" on Monday and Tuesday to finish things off.

Cardio (Evening)	
Exercise	Time / Distance / Calories
Stairstepper (fatburner)	Time: 20 minutes, Distance: 2.71 , Calories: 374

After a very challenging day yesterday both physically and mentally, I actually felt pretty good all day today. I took advantage of this and pushed really hard during my cardio session tonight and was able to reach a new distance record! Two more days of training. Finish off strong!

Monday, August 4, 2003

Training: Back	
Exercise	Sets / Reps / Weight
Hammer Strength Lat Pulldown Machine	1 x 6 at 160 lbs (after warmup), 1 x 6 @ 170 lbs
Lat Pulldowns (In Front)	2 x 6 @ 210 lbs
Seated Cable Rows (V-Bar)	1 x 6 at 195 lbs
Seated Cable Rows (Straight Bar Medium Grip)	1 x 6 @ 195 lbs
Training: Biceps	
Alternate Dumbbell Curls	2 x 6 @ 60 lbs (After 1 acclimation set @ 40 lbs)
Barbell Curls	1 x 6 @ 125 lbs, 1 x 6 @ 120 lbs

My goal of today's back and bicep workout was to work with a weight in which I could perform 6 very controlled and well-executed reps. I accomplished that goal and had a very good training session.

I decided to use the Hammer Strength Lat Pull Machine in place of bent-over barbell rows because bent-over barbell rows have been putting some stress on my pulled glute. I am not going to take any chances of injury at this point. The machine actually had a very good feel to it and I was able to contract and stretch my back very well.

Although today's workout was not at 100% Max-OT intensity, it certainly was no walk in the park either, especially on such a low calorie diet. It felt really good to step back and concentrate on really using proper form and execution and feeling the intended muscle group work. Sometimes, especially on back exercises, I tend to sacrifice my form in order to lift heavier weight. After my

contest, I will probably drop down in weight a bit and make sure that I am properly initiating each back and bicep exercise with the intended muscle group.

I now have two intense cardio sessions left to make today another great day! Keep going strong!

Cardio (Midday)	
Exercise	Time / Distance / Calories
Recumbent Bike (Apartment)	Time: 16 minutes, Distance: 6.5 , Calories: 416.2

I decided to use level 7 on my intense intervals during today's Max-OT cardio session for all hard intervals, whereas I have been using level 8 for half of the intervals. The reason I did this is from personal experience last year during the AST World Championships I noticed that my legs were "puffy" from pushing very hard on the bike right up until the end of my contest. This strategy worked out great as it took some tension off of my legs, but also allowed me to keep my RPMs very high and get my heartrate going through the roof! Lately, my RPMs have been limited by the amount of pain I can withstand in my legs due to the lactic acid build-up, but today I was limited only by how hard and fast I wanted to go.

This strategy worked great and I will use it for my remaining Max-OT cardio sessions on the bike.

Cardio (Evening)	
Exercise	Time / Distance / Calories
Recumbent Bike (Apartment)	Time: 16 minutes, Distance: 6.5 , Calories: 410

Another great cardio effort to finish off the day of training! I now have one more full day of training before adding in some extra carbs on Wednesday and entering the final stages of my contest preparation.

Tuesday, August 5, 2003

Well, today is my last full day of training before beginning the carb loading process and getting ready to head to Anaheim. It will be another "3 phase day" of shoulders and traps training in the morning and two intense cardio sessions.

I must stay in the moment and finish out as strong as possible. Today is my LAST chance to make any improvements to my physique (besides those that will occur with the carb loading/sodium reduction process) and I don't care if I lose 1/8 of an ounce of bodyfat or bring out just one extra striation somewhere. It may make the difference next weekend!

Push hard all the way to the end!

Training: Shoulders	
Exercise	Sets / Reps / Weight

Hammer Strength Shoulder Press Machine	1 x 6 at 160 lbs (after warmup), 2 x 6 @ 170 lbs
Dumbbell Side Lateral Raises	2 x 6 @ 25 lbs (After 1 acclimation set at 15 lbs)
Dumbbell Rear Lateral Raises	2 x 6 at 30 lbs
Training: Traps	
Barbell Shrugs	2 x 6 @ 275 lbs (After 1 acclimation set at 225 lbs)
Cable Upright Rows	1 x 6 @ 230 lbs

This morning's shoulders and traps workout wrapped up my final weight training session before the Pacific USA Naturals. I decided to use the Hammer Strength Shoulder Press Machine in place of standing military presses for extra stability.

I stuck with my theme for the week of selecting a weight where I could perform 6 solid reps using very good control and execution. The workout went well and I am ready to knock off the remaining challenges of the day!

Cardio (Midday)	
Exercise	Time / Distance / Calories
Recumbent Bike (Apartment)	Time: 16 minutes, Distance: 6.5 , Calories: 416.6

Great final effort on the recumbent bike! I pushed hard the whole way and turned out a very good performance. I am down to just one more cardio session to finish out this part of my contest journey (I have to admit, I like the sound of that). I must take advantage of this final cardio session and give an outstanding effort.

Cardio (Evening)	
Exercise	Time / Distance / Calories
Stairstepper (fatburner)	Time: 20 minutes, Distance: 2.71 , Calories: 366

I can hardly believe that this was my last cardio session before my first bodybuilding competition on Saturday. It feels really good to get over this hump!

It is kind of hard to explain, but I have actually been *scared* thinking about my cardio sessions lately because I knew how hard I would have to work just to match all of the previous intense sessions. I am glad that I dug in and gave everything I had all the way until the end. I have worked harder and put more into this contest than anything in my life and I feel that I can honestly get on the plane to Anaheim knowing that I gave my best effort and never let up. Although I want to do well in the competition I think this fact alone may be more important than my final placing.

Bodybuilding is about challenging yourself and improving so that you can become a better YOU, and keep rising to new levels and standards. I feel that I have definitely achieved this goal over the last year and during my contest preparation. Now, it is time to keep polishing off my poses, start working on my coloring process, and begin the carb loading/sodium depletion process, which will begin tomorrow morning. I will outline my nutritional plan for the last days in tomorrow's journal entry.

Wednesday, August 6, 2003

I went to the LA Fitness this morning and walked on the treadmill for 40 minutes. Nothing serious, just a nice brisk walk at 4.0 speed with a .5 incline for a little extra energy expenditure while still in calorie restriction. I then took my final 10 minute contest preparation sauna, came home and taped myself going through all of the quarter turns, mandatory poses, 60 and 90 second routines.

It is now time to get the show on the road, bring everything together and present my best in Anaheim.

I began the carb loading process this morning at around 10:00 A.M. after my posing practice.

The basic idea behind increasing your carbohydrate consumption during the final few days before a bodybuilding competition is that after months of strict dieting and especially the last few weeks of very low calories and high activity, your muscle glycogen stores are completely empty. When you introduce carbs back into your system, there is a supercompensation effect meaning that your muscles will "soak up" and store more glycogen from the carbs inside the muscle than they normally would store, making the muscles appear larger and fuller.

This will also pull water inside the muscle. All of this will make the muscles appear much larger, fuller, and tighter against the skin.

I am going to use a more conservative carb-loading strategy compared to what I did last year for the AST World Championships. I ingested a lot of carbs last year for a period of 4 1/2 days and feel that this was too much. If you take in too many carbs then the excess glycogen will "spill over" outside of your muscles, which will soften up your definition.

It is also important to spread out your carbohydrate intake into small meals throughout the day just as you normally would eat as a bodybuilder, as opposed to trying to stuff them all in at once. Your body cannot process this many carbs effectively at one time.

I will stop salting my meals beginning Thursday morning and avoid ingesting excess sodium until after my contest. Sodium causes you hold water in between your muscles and skin, which makes you look "softer." I have "set my body up" to process large amounts of sodium very quickly by salting all of my meals during the last six weeks so when I stop taking in sodium my body will continue to flush out all of the sodium and I will lose all of the excess subcutaneous water in between my muscles and my skin. This makes a HUGE difference in the amount of definition and vascularity you will display on contest day. It really is pretty cool to see the effect this has on your physique, although it is important to point out that you have to be in very good shape already for it to work. This whole process is just a final "tweak" so that you can be in "peak condition" and looking your absolute best for that one contest day.

One of the main misconceptions that people have about bodybuilding is that the bodybuilders look how they do on stage all the time, but nobody does. You can only hold this peak shape for a limited time so I plan to take advantage by getting plenty of pictures!

Here is my basic diet plan for Wednesday through Saturday:

Wednesday:

Food: Approximately 2500 calories with approximately 316 grams or 1264 of those calories coming from carbohydrates.

- I will alternate between white rice, skinless white potatoes, and oatmeal for my carb sources. The white potatoes will add potassium which is effective at pulling water inside the muscles and the oatmeal will help maintain fiber in my diet since I will be dropping the vegetables I have been eating.
- My protein sources today will consist of Chocolate Ny-Tro Pro 40, VP2 Whey Protein Isolate, chicken, and egg whites.

Water: I will continue to drink 3 gallons of water today.

Sodium: I will continue to salt all of my meals as normal today.

Supplements: I will continue to take all of my supplements as normal, although I will reduce the number of CLA1000 capsules from 12 to 6. I will also start taking 50 mg of Vitamin B-6 3 times daily, which has a natural diuretic effect.

Thursday:

Food: Approximately 2960 calories with approximately 397 grams or 1588 of those calories coming from carbohydrates.

- I will alternate between white rice, skinless white potatoes, and oatmeal for my carb sources. The white potatoes will add potassium which is effective at pulling water inside the muscles and the oatmeal will help maintain fiber in my diet since I will be dropping the vegetables I have been eating.
- My protein sources today will consist of 3 Chocolate Ny-Tro Pro 40s and 7 scoops of VP2 whey protein isolate rotating between the two protein sources. I will mix my rice or oatmeal with either the Ny-Tro or VP2. If it is time to eat a potato I will eat the potato and protein separately.

Water: I will continue to drink 3 gallons of water today, but make sure that it is sodium free water.

Sodium: I will cut out all excess sodium except for the natural amounts in the VP2 and Ny-Tro Pro 40.

Supplements: I will continue to take all of my supplements as normal, although I will reduce the number of CLA1000 capsules from 12 to 6. I will continue taking 50 mg of Vitamin B-6 3 times daily, which has a natural diuretic effect. I will also take 3 capsules of *Taraxatone* twice daily with my morning and midday meals. *Taraxatone* is an herbal supplement that helps you lose excess body water.

Friday:

Food: Approximately 2920 calories with approximately 385 grams or 1540 of those calories coming from carbohydrates.

- I will alternate between white rice, skinless white potatoes, and oatmeal for my carb sources. The white potatoes will add potassium which is effective at pulling water inside the muscles and the oatmeal will help maintain fiber in my diet since I will be dropping the vegetables I have been eating.
- My protein sources today will consist of 3 Chocolate Ny-Tro Pro 40s and 7 scoops of VP2 whey protein isolate rotating between the two protein sources. I will mix my rice or

oatmeal with either the Ny-Tro or VP2. If it is time to eat a potato I will eat the potato and protein separately.

Water: I will drink 2 gallons of sodium free water today, tapering off my water intake in the evening.

Sodium: I will cut out all excess sodium except for the natural amounts in the VP2 and Ny-Tro Pro 40.

Supplements: I will continue to take all of my supplements as normal, although I will reduce the number of CLA1000 capsules from 12 to 6. I will continue taking 50 mg of Vitamin B-6 3 times daily, which has a natural diuretic effect. I will also take 3 capsules of *Taraxatone* twice daily with my morning and midday meals. *Taraxatone* is an herbal supplement that helps you lose excess body water.

Saturday (Day of show!):

Food: Approximately 2920 calories with approximately 385 grams or 1540 of those calories coming from carbohydrates. (Prejudging starts at 11:00 a.m. so I am planning to get up early at 6:00 a.m. and have several small meals before pre-judging starts)

- I will alternate between white rice, skinless white potatoes, and oatmeal for my carb sources. The white potatoes will add potassium which is effective at pulling water inside the muscles and the oatmeal will help maintain fiber in my diet since I will be dropping the vegetables I have been eating.
- My protein sources today will consist of 3 Chocolate Ny-Tro Pro 40s and 7 scoops of VP2 whey protein isolate rotating between the two protein sources. I will mix my rice or oatmeal with either the Ny-Tro or VP2. If it is time to eat a potato I will eat the potato and protein separately.

Water: I will continue to drink sodium free water moderately throughout the morning. I will limit my water compared to what I have been drinking, but there is no reason to stop drinking water completely, which can cause the risk of becoming dehydrated and cramping very badly. (I experienced this last year and it is not a good thing when you are trying to pose!) My body will continue to process water very rapidly and I should not be holding any subcutaneous water during the contest.

After pre-judging I will continue with my eating pattern and drink sodium free water moderately up until the night show.

Sodium: I will cut out all excess sodium except for the natural amounts in the VP2 and Ny-Tro Pro 40.

Supplements: I will continue to take all of my supplements as normal, although I will reduce the number of CLA1000 capsules from 12 to 6. I will continue taking 50 mg of Vitamin B-6 3 times daily, which has a natural diuretic effect. I will also take 3 capsules of *Taraxatone* twice daily with my morning and midday meals. *Taraxatone* is an herbal supplement that helps you lose excess body water.

Well, that's it. I feel I have a very good plan in effect to look my best on Saturday. Now, it is time to just be patient, execute, and let it all come together.

This has truly been an amazing journey and I plan to enjoy this final part of the process as much as possible. I will savor every moment, especially when it is my turn to step on stage and show off the final result all of my blood, sweat, and tears.

Be sure to check back on Tuesday August 12 for the final results! I am also going to do an outstanding write-up of the entire contest weekend!

Finally, I want to thank each and every person who has been following along with me through my training journal and especially those who sent me encouraging e-mails along the way. Every single one of them motivated me to push harder and stay focused on my end goal. I sincerely appreciate all of your support and encouragement!

Now it's time to head off to LA and have the time of my life!

Stay Strong!

Thursday, August 7, 2003

Currently traveling to Anaheim California for the Pacific USA Naturals!

Friday, August 8, 2003

Currently in Anaheim, California. Pacific USA Naturals Prejudging tomorrow morning and night show tomorrow night!

Check back Tuesday August 12 for final results!