

Week 34: Monday, April 21, 2003

Weekly Assessment (Week of 4/14/03)

- Good workouts every day during the week. I trained pretty heavy with good execution and form. Need to concentrate more on mind-to-muscle link.
- Cranked up intensity during cardio sessions.
- Followed my nutrition program all week.
- Followed Supplementation program 100%.
- Drank all water every day!
- Talked with Jason Wood about my Russyeager.com website plans and saw new interior design.
- Set up to post weekly updates of my training journal on Bodybuilding.com.

Weekly Goals:

- Create the proper environment to add quality lean muscle mass by training heavy and intense and following the [Max-OT](#) principles to a T.
- Follow strict bodybuilding diet as outlined below 100% Monday-Friday paying close attention to the precise timing of my meals, especially during the post-workout 3 hour “window”.
- Eat clean and on time during the weekend and take my supplements on time.
- Follow supplement schedule perfectly as outlined below.
- Drink lots of pure water-At least ½-2 gallons per day.
- Really step up the intensity and focus in the weightroom! There are now 16 weeks until the Alabama State Bodybuilding Competition!
- 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.
- Perform 4 cardio sessions. Strive to beat previous distance.
- Have a passion for training and for life!
- 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.

Last week was a very good week of training, eating and supplementing. I had a good weekend. I performed a good cardio session Saturday morning. I had to work late Friday night so my weekend home to Birmingham was cut short, but I ended up having a good time seeing my family for Easter. I also ate well all weekend. On Saturday and Sunday I

am currently eating about 1200-1400 calories less than I eat during the week. I am not weight training on the weekends so I don't have my post workout meals. I don't worry about exact nutrient totals, but just make sure to eat a meal containing high quality protein either in the form of VP2, Ny-Tro Pro 40, chicken, beef, or egg whites every 2-3 hours. My post-cardio supplementation on the weekends is the same as during the week and consists of 1 scoop of VP2 and either Creatine HSC or DGC, depending on if I am taking creatine at the time.

I feel good about last week and am going to keep my nutritional plan the same for this week. The only change that I am making is that I will be adding creatine monohydrate back into the mix after taking 3 weeks off creatine supplementation. I will perform a loading phase by taking my normal serving of Creatine HSC before and after my weight training session. I will then take a serving of AST's Micronized Creatine with my 4th post workout meal. My fourth and final creatine serving of the day will be taken after my afternoon cardio session. I will take four servings of creatine (20 grams) for 5 days to saturate my muscles with creatine.

Current Nutrition and Supplementation Plan:

Meal # 1 (6:00 AM)	<u>Protein</u>	<u>Carbs</u>	<u>Fat</u>	<u>Calories</u>
Multi Pro 32X-1 capsule				
1 ALA 200				
2 Proflex 750				
1 Cup Skim Milk	9	13	0	90
CLA1000-2 capsules	0	0	2	18
1 ½ Scoops VP2	36	1.5	0	150
1 Serving Frosted Flakes	1	28	0	120

Pre-Workout (7:00 AM)

1 NAC 500				
Vitamin C-1000mg				
Vitamin E-400 I.U.				
1 Beta Carotene-25,000 I.U				
GL3 L-Glutamine- 10 grams				
1 Scoop VP2	24	1	0	100
1 Serving Creatine HSC	0	34	0	136

Post-Workout (8:15 AM)

1 ALA 200				
1 NAC 500				
Proflex 750-1 Capsule				
Vitamin C-1000mg				
Vitamin E-400 I.U.				
1 Beta Carotene-25,000 I.U.				
GL3 L-Glutamine-10 grams				

2 Scoops VP2	48	2	0	200
1 Serving Creatine HSC	0	34	0	136
1 ½ Serving DGC	0	23	0	92

Meal # 2 (8:45 AM)

GL3 L-Glutamine-5 grams

6 Serv. Eggbeaters	36	6	0	180
1 Cup White Rice	4	43	0	190

Meal # 3 (9:15 AM)

Ny-Tro PRO-40	40	22	1.5	250
4 small canned white potatoes	1	13	0	80

Meal # 4 (11:00 AM)

GL3 L-Glutamine-5 grams

5 Grams Microzized Creatine

1 Scoop Choc. VP2	23.5	2	.5	110
4 serv. eggbeaters	24	4	0	120
6 small canned white potatoes	1.5	24	0	120

Meal # 5 (12:45 PM)

Udos Choice Oil Blend-1 tbs Spoon	0	0	14.5	135
5 Chicken Breast Tenderloins	47	0	1.5	200
Mixed Vegetables-6 Servings	8	29	0	150

Meal # 6 (3:15 PM)

GL3 L-Glutamine-2.5 grams

1 Tablespoon Natural Peanut

Butter	3.5	3.5	8	100
CLA1000-2 capsules	0	0	2	18
Ny-Tro PRO-40	40	22	1.5	250

Pre-Cardio (5:15 PM)

Vitamin C-1000mg

Vitamin E-200 I.U.

GL3 L-Glutamine-2.5 grams

1 Scoop VP2	24	1	0	100
¾ Serving DGC	0	34.5	0	138

Post-Cardio (5:45 PM)

Vitamin C-1000mg

Vitamin E-200 I.U.

GL3 L-Glutamine-10 grams

1 Scoop VP2 24 1 0 100

1 Serving Creatine HSC 0 34 0 136

Meal # 7 (6:45 PM)

2 Tablespoons Crushed Flax seeds 4 8 9 130

1/2 Cup Oatmeal 5 27 3 150

5 Chicken Breast Tenderloins 47 0 1.5 200

Mixed Vegetables-5 servings 6 24 0 120

Meal # 8 (9:45 PM)

1 ALA 200

Multi Pro 32X-1 capsule

Vitamin C-1000mg

Proflex 750-1 Capsule

GL3 L-Glutamine-5 Grams

CLA1000-2 Capsules 2 18

Ny-Tro PRO-40 40 22 1.5 250

Meal # 9 (Approximately 2:00 A.M.)

GL3 L-Glutamine-5 grams 36 1.5 0 150

1.5 Scoop VP2 13.5 19.5 0 135

1.5 Cup Skim Milk

10:00 P.M. (Before Bed)

GABA-5 grams

TOTALS 546 477.5 46.5 4572

I will also drink at least 1 1/2 gallons of water per day.

TRAINING:

Back:

Pull-Ups....1 x 9 (After warm-up on lat pulldowns), 1 x 6, 1 x 5

V-bar pull downs....2 x 6 @ 247.5

Barbell Rows...2 x 6 @ 215 lbs (After 1 acclimation set at 135 lbs)

Deadlifts....2 x 5 @ 300 lbs (After 3 acclimation sets)

I honestly did not feel that great today during my workout. Although I did not train this weekend (except for cardio on Saturday morning) I was doing a lot of running around as I traveled home to Birmingham to spend Easter with my family.

I would not give in to the temptation to let up and ended up making improvements on most exercises, although I felt like I had to work extremely hard to do so. My execution did not feel quite as good as last week. I am proud of the fact that I was willing to do what it took to make today's workout effective. Hopefully, my energy level will be much better tomorrow. I also need to continue to improve my mind-to-muscle link. By this I mean that I need to really concentrate on feeling each exercise in the intended muscle group and using all of my mental energy to direct overload into the proper muscle group in order to stimulate maximum growth. Today's workout was not very fun, but I got the job done I needed to do.

Cardio:

Saturday:

Stairstepper (fatburner)	20 minutes	Distance: 2.48	Calories: 389
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Today:

Stairstepper (fatburner)	20 minutes	Distance: 2.49	Calories: 390
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Two good 20 minute cardio sessions on the stairstepper, one Saturday morning and one this afternoon. I worked very hard during both sessions and was able to improve my distance and calories during today's session.

Week 34: Tuesday, April 22, 2003

TRAINING:

Shoulders:

Dumbbell Presses....3 x 4 at 80 lbs (After warmup)

Standing Military Presses....2 x 4 at 150 lbs

Lateral Raises....2 x 6 @ 25 lbs

Traps:

Barbell Shrugs....1 x 6 @ 285 lbs (after 1 acclimation set), 1 x 6 @ 295 lbs

Upright rows....1 x 6 @ 135 lbs

The weight felt very heavy today and I struggled to get 4 reps on my shoulder press movements, which had me a little disappointed. However, once I started reviewing my workout I realized that I made some good weight increases from last week. I also looked back in my journal a few months ago where I was performing dumbbell presses followed by standing military presses. The heaviest weight I was using for dumbbell presses was the 75 lbs dumbbells and the heaviest weight I was using for standing military presses was 135 lbs. It took this comparison for me to realize that I AM getting stronger and that I did have a good workout today.

While it is very important to always strive for a higher level of intensity, focus, strength, and execution in the weightroom, it is also important not to "beat myself up" too much if I am not able to make amazing gains every single workout. I must realize that making real gains comes from consistently increasing overload and intensity over a period of weeks and months. I am not using this as an excuse to settle for anything but excellence, but just to make sure that I don't get down on myself and realize how much I have accomplished and will continue to accomplish if I stick to my daily disciplines.

Cardio:

Recumbent bike (cybex)
Calories: 314

16 minutes

Distance: 6.43

Well, I beat my calories from last Tuesday (311) but I came up short on the distance from last Tuesday (6.46). I'm not sure how that works since I do not put my weight in on the machine. There is a possibility that I put in the wrong distance last Tuesday. I am usually so exhausted after completing my 16 minute [Max-OT cardio](#) sessions that it is hard to concentrate on remembering my distance and calories. I need to make it a priority to take a mental note of the machine's readings during each cardio session in order to accurately track my cardio performance. Either that or I will have to start bringing a pad with me and write down my calories burned and distance as soon as I am finished. Regardless, today's cardio session was intense and effective.

Week 34: Wednesday April 23, 2003

TRAINING:**Legs:**

Squats....1 x 5 at 270 lbs (After warmup), 2 x 4 @ 275 lbs

Leg Presses....1 x 6 at 655 lbs

Lunges....2 x 5 @ 145 lbs

Stiff-leg deadlifts....1 x 6 @ 205 lbs, 1 X 6 @ 210 lbs

Calves:

Calve raises off leg press....2 x 8 @ 725 lbs (after 1 warm-up set)

Seated Calf Raises....2 x 8 @ 225 lbs

What can I say, Wednesday's are TOUGH. Working legs and calves together following the [Max-OT](#) principles is very demanding. I was pretty wiped out after my sets of squats, leg presses, and lunges, but stayed focused on concentrated on my remaining exercises well throughout the end of the workout.

I made improvements on all exercises, which is great. However, I still feel that I maybe could have lifted just a little more or done one more rep on some exercises, that is, if I demand myself to do so. I must continually expect to raise my training to a higher level and never become satisfied. Otherwise, I will surely fall short of what I am actually capable of achieving. All in all, today's workout was very good.

Week 34: Thursday April 24, 2003

TRAINING:

Chest:

Flat Barbell Bench Press....1 x 5 at 245 lbs (After warmup), 2 x 4 @ 245 lbs

Incline Dumbbell Bench Press....1 x 4 at 95 lbs, 1 x 5 @ 95 lbs

Decline Barbell Press....1 x 5 @ 245 lbs, 1 x 4 @ 245

Abs:

Weighted Leg Raises....2 x 12 @ 30 lbs

Weighted Cable Crunches....1 x 12 @ 200 lbs, 1 x 10 @ 210 lbs

Swiss Ball Crunches....1 x 10

Swiss Ball Leg Raises....1 x 12

I immediately went for the heaviest weight I finished with last week on flat bench press. I felt good and was able to complete five reps on the first sets and four reps on

the next two sets, all on my own. I decided to jump up to the 95 lbs dumbbells for incline presses today since I completed 6 reps last week on my first set with the 90's. After completing four reps on my first set I started for a fifth rep and realized I was not going to be able to finish it so I stopped. My workout partner told me that I quit and should have done five. He then told me I had to do five on the next set. Well, I had already gotten it in my head that I would 'have' to get four on the next set to stay in the 4-6 rep range. Then I thought to myself, "why can't I get five on the next set? Is it really not physically possible? It is only 1 set for about 15 seconds." I had it predetermined that I would get four reps before I even started the set. How am I supposed to reach amazing levels of performance and development if I am limiting the number of reps I perform before I even start the set? I thought about this for a couple of minutes and then decided that I WOULD get five reps on my second set.

Well, what do you know, I got five reps on my second set of incline dumbbell presses with very little spotter assistance on the fifth rep. The second set was much better than the first. Why? Because of my MENTAL ATTITUDE going into the set. The lesson learned today is to never limit yourself based on what you think you SHOULD be able to do. Instead, use the power of a positive mindset to help you achieve more than what you would normally do.

The ab portion of my workout was good. The workout took a little longer than it probably should have, due to extra rest in between some very intense sets, as well as a little extra talking. The main thing is that my performance was very good and I learned a valuable lesson from today's workout.

Cardio:

Stairstepper (fatburner) 20 minutes Distance: 2.50
Calories: 389

I chose to perform my cardio on the stairstepper today and went for 20 minutes. For while I wasn't sure if I was going to be able to finish at the level I was on (level 12), but at the end I ended up increasing the level up more than Monday's session and was able to establish a new record in distance. It is good that I am establishing solid distances right now. This way I will force myself to works towards a higher level of intensity as I strive to always improve my numbers. Although 2.50 seems very challenging right now, I should be far past this mark later on in my contest preparation as I improve my cardiovascular capability and my level of conditioning. Attacking my cardio sessions in this manner is what will allow me to obtain the outstanding conditioning I am going for.

Week 34: Friday April 25, 2003

TRAINING:

Biceps & Triceps:

Barbell Curls....3 x 6 at 140 lbs (after warmup)

Lying Tricep Extensions....1 x 6 @ 140 lbs (after warm-up), 1 x 5 @ 140 lbs

Alternate Dumbbell Curls...1 x 6 at 70 lbs, 1 x 5 @ 70 lbs

Overhead Dumbbell Tricep Presses....2 x 5 @ 100 lbs

Tricep cable pushdowns....1 x 6 @ 250 lbs

*I am alternating between bicep and tricep exercises during this [Max-OT](#) routine. This is NOT a superset. I am performing a set for biceps, taking a full rest, then performing a set for triceps, and alternating in this fashion until all sets listed are complete.

Forearms:

Barbell Wrist Curls....1 x 8 @ 105 lbs, 1 x 6 @ 105 lbs

Reverse Barbell wrist curls....1 x 9 @ 45 lbs, 1 x 6 @ 45 lbs

Arm training was very good again this week. I made some improvements in weight and/or reps on almost all exercises. My form and execution is going really well on biceps. I did notice, however, that I started to get just a little sloppy at the end of some of my sets. I will probably stay with the same weights next week and strive to perform every rep with proper execution.

Despite a very hectic workweek I was right on the money with my training and nutrition and supplementation program. It just goes to show that if you make it a priority to stay on your program, it can be done.