

Week 6: Monday, May 19, 2003

Weekly Assessment (Week of 5/12/03)

- Good week of workouts overall. Had an excellent leg workout on Wednesday. My Thursday chest workout was not as good as it should have been
- Completed five intense cardio sessions (increased from 4 sessions in prior week)
- Ate and supplemented well and on-time with the exception of Monday when I forgot to take my pre-workout antioxidants (I took them all after my workout).
- Got some good rest this weekend.
- Took weekly assessment photos.
- Ordered, received, and watched 2002 Team Universe Video for motivation, to get ideas for posing routines, and learn more about bodybuilding competitions in general.
- Created new nutrition and supplementation plan
- My write-up in *American Health and Fitness Magazine* came out this week.
- Had a good phone consultation with Skip LaCour about my fitness website business.
- Drank all water every day.
- New design for Russyeager.com is up and running!
- Sent weekly journal update and photos to Will at 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 new 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 1 ½-2 gallons per day.
- Get into great training mindset EVERY MORNING before stepping foot in the gym.
- Continue to increase intensity and focus in the weightroom while striving for outstanding exercise execution! There are now less than 12 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.
- Concentrate on creating a strong mind to muscle link.
- Perform 5 cardio sessions. Strive to beat previous distance.
- Take assessment photos.
- Watch ‘Posing like a champion’ and practice mandatory poses.
- 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.

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				
CLA1000-2 capsules	0	0	2	18
1 Scoop VP2	24	1	0	100
1 Serving Frosted Flakes	1	28	0	120

Pre-Workout (7:15 AM)

2 Dymetadrine Xtreme				
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
¼ Serving DGC	0	11.5	0	46

Meal # 2 (8:45 AM)

GL3 L-Glutamine-5 grams				
4 Serv. Eggbeaters	24	4	0	120
2/3 Cup White Rice	2.5	29	0	127

Meal # 3 (9:15 AM)				
Ny-Tro PRO-40	40	22	1.5	250

Meal # 4 (11:00 AM)				
GL3 L-Glutamine-5 grams				
1 Scoop Choc. VP2	23.5	2	.5	110
3 serv. eggbeaters	18	3	0	90
5 small canned white potatoes	1.5	18.5	0	100

Meal # 5 (12:45 PM)				
Udos Choice Oil Blend-1 tbs	0	0	14.5	135
4 Chicken Breast Tenderloins	38	0	1	160
Mixed Vegetables-6 Servings	8	29	0	150

Meal # 6 (3:15 PM)				
GL3 L-Glutamine-2.5 grams				
1 Tablespoon Crushed Flaxseeds	2	4	4.5	65
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				
½ Scoop VP2	12	.5	0	50
¼ Serving DGC	0	11.5	0	46

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 HSC	0	34	0	136

Meal # 7 (6:45 PM)				
1 Tablespoon Crushed Flax seeds	2	4	4.5	65
4 Chicken Breast Tenderloins	38	0	1	160
	6	24	0	120

Mixed Vegetables-5 servings

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

Ny-Tro PRO-40

			2	18
40	22	1.5		250

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

GL3 L-Glutamine-5 grams

1 Scoop VP2

½ Cup Skim Milk

24	1	0	100
4.5	6.5	0	45

10:00 P.M. (Before Bed)

GABA-5 grams

TOTALS 445 349.5 34.5 3521

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 7, 1 x 6

V-bar pull downs....2 x 6 @ 255 lbs

Barbell Rows...2 x 6 @ 225 lbs (After 1 acclimation set at 135 lbs)

Deadlifts....2 x 5 @ 315 lbs (After 3 acclimation sets)

This morning's workout was a great way to start the week. Although, I did not increase my reps on pull-ups, I felt like I was using a better range of motion by going all the way up, controlling my body on the downward portion of the movement, then getting a good stretch at the bottom. Execution and focus on V-Bar pulldowns felt as good as ever.

I was able to move up 5 lbs on bent over barbell rows and feel that I also improved my execution this week. After matching my performance from last week during my first set of deadlifts, I was determined to get five reps on my second set. I knew that if I could do so I would be reaching a higher level this week, even if it is just one more

rep. I told myself to give it everything I had and I was able to get my five reps. This was a good hurdle to get over. I must build on this next week and work to surpass my performance once again.

Cardio:

Friday:

Stairstepper (rolling hills) 20 Minutes Distance: 2.49 Calories: 383

Saturday:

Recumbent Bike (apartment) 16 minutes Distance: 6.3 Calories:
385.4

I felt like I was pushing pretty hard during Saturday's cardio session, but came up; just short of my previous distance/calories. I guess I can't expect to establish a new record every time I perform cardio. If I did then I am probably not pushing setting the bar high enough in the first place. However, it should still be my goal before each session to set a new record. If I work extremely hard with this mindset, I will pump out some awesome cardio sessions even if I do not necessarily surpass my previous distance/calories

Today:

Recumbent Bike (cybex) 16 minutes Distance: 6.47 Calories:
322

On this particular bike, I use level 9 for my lower intensity intervals (one minute) and level 12 for my higher intensity intervals (one minute) and then level 13 for my last high intensity interval. I decided to use level 13 today for my 4th high intensity interval in addition to my last high intensity interval in order to step it up a notch. I pushed very hard throughout the entire cardio session and it 'felt' like my most intense session yet during this year's contest preparation. However, I did not meet my distance/calories from last week. I'm not sure how that works, but all I can do is go by the reading on the bike. It was a different machine (same type of bike) so that could be a difference. I will make an effort to use the same bike from now on for comparative purposes. This may not always be possible since there are only two such bikes in this gym and, of course, there are other people in the gym.

Week 6: Tuesday, May 19, 2003

TRAINING:

Shoulders:

Dumbbell Presses....1 x 6 at 80 lbs (After warmup), 1 x 5 @ 80 lbs, 1 x 4 @ 80 lbs

Standing Military Presses...2 x 4 @ 155 lbs

Lateral Raises...2 x 6 @ 30 lbs

Traps:

Barbell Shrugs...2 x 6 @ 335 lbs (after 1 acclimation set)

Upright rows...1 x 5 @ 155 lbs

When I got to the gym this morning I was getting ready for my shoulder and trap workout and realized that I had one glove and one strap in my bag. Now, how the hell does that happen? It would have been better if I had at least lost both of one or the other, gloves or straps. At least then I could still have the benefit of one of the two. Now I was stuck without gloves, which is not that big of a deal, or straps, which is a big deal for traps. Well, my workout partner was not able to make it today or I could have borrowed his. I ended up borrowing some straps from someone I know in the gym so I solved that problem. If I can't find the missing strap and glove today at home then I will have to buy some more this afternoon.

I had to enlist the help of a different spotter for dumbbell shoulder presses since my workout partner was not there. I tried to clearly explain that I was going for 4-6 reps and to only barely help if I needed it on my last rep, but he definitely helped me too much. I completed six reps, but it is difficult to say if I *really* improved from last week because of the "extra" spotting. For my next two sets I made it perfectly clear not to help me at all unless I needed it to finish my last rep. He did a much better job and I was able to complete 5 and 4 reps on my second and third sets, respectively. My performance was not quite as good on standing military presses this week compared to last week. The weight felt very heavy and I was barely able to complete four reps on each set. I set some high standards last week, but if I am not willing to put in the mental and physical focus and intensity every single week to take it to a higher level then I am not going to benefit from my training the way I should.

Side lateral raises were pretty good. I really have to concentrate to use good form with the 30 lbs dumbbells. My trap workout went well as I was able to move up in weight on both barbell shrugs and upright rows. I was a little out of my groove today, but all in all it was a solid workout.

Stairstepper (fatburner) 20 minutes Distance: 2.51 Calories:
388

I gave a great cardio effort today. I felt strong during the session and increased from level 12 to level 13 earlier than normal. Doing so allowed me to break the 2.50 mark and reach 2.51. This is my best distance on this machine. The new goal is 2.52!

Week 6: Wednesday May 21, 2003

TRAINING:

Legs:

Squats....2 x 5 at 280 lbs (After warmup), 1 x 4 @ 285 lbs

Leg Presses....1 x 5 at 675 lbs

Lunges....1 x 6 @ 160 lbs, 1 x 6 @ 165 lbs

Stiff-leg deadlifts...2 x 6 @ 225 lbs

Calves:

Calve raises off leg press....2 x 9 @ 725 lbs (after 1 warm-up set)

Seated Calf Raises....1 x 10 @ 225 lbs, 1 x 8 @ 225 lbs

Another strong leg workout today. After matching my performance from last week on my first two sets of squats, I decided to step it up 5 lbs to 285 lbs. I was able to complete four reps on my own and felt very stable and strong during my squats. I notice that I still have a slight tendency to start leaning forward just a bit as I get fatigued. I am getting much better about this but can still improve by making sure my head is up and back is straight at all times.

I have been stuck at 5 reps for 675 lbs on leg press for a couple of weeks. My goal next week will be 6 reps, no matter what! I made some good improvements in weight on lunges and stiff-leg deadlifts and was able to use proper execution as well. During my last rep with my right leg on my second set of lunges I started to lose my balance as my legs were becoming fatigued. I managed to finish the rep and was proud that I should the courage it takes to take this exercise to failure. I find that leg exercises, especially squats, are the hardest exercises to take to true absolute failure. Too often, there is a sense of fear that tells your mind to stop before your body has REALLY hit absolute failure. Skip LaCour discusses how in gyms across the country you will see many bodybuilders failing on their final rep during bench presses and needed the assistance of a spotter. But how often do you see someone fail on a set of heavy squats? Not very often. They stop themselves before hand because of this fear of getting stuck, or even worse, getting hurt. I must have confidence in my abilities, my spotter, and the squat rack pegs and strive to take my squats and other leg exercises to true undeniable failure. This will induce greater overload, which will result in more muscle growth.

Calf training was solid today. I do not have cardio scheduled for today so I will be able to rest up and concentrate on making a strong comeback during chest after last week's disappointing performance. I must think positive and keep rising to the challenges every day presents.

Week 6: Thursday May 22, 2003

TRAINING:

Chest:

Flat Barbell Bench Press....1 x 5 at 250 lbs (After warmup), 2 x 4 @ 255 lbs

Incline Dumbbell Bench Press....2 x 4 at 100 lbs

Decline Barbell Press...2 x 4 @ 250 lbs

Abs:

Weighted Leg Raises....1 x 15 @ 35 lbs, 1 x 12 @ 35 lbs

Weighted Cable Crunches....1 x 11 @ 210 lbs, 1 x 10 @ 210 lbs

Swiss Ball Crunches....1 x 15

Swiss Ball Leg Raises....1 x 15

I made sure to get into a good mindset before hitting the gym this morning. I wanted to make sure that I improved my performance from last week during chest. I felt very good during warm-ups and was ready to go. My goal was to get 6 reps on my first set of bench presses. I felt much better than last week and completed five reps on my own, but did not get the sixth rep. I decided to *force* myself to improve somehow this week and moved up five lbs on my next two sets of flat bench. I was able to complete four reps on both sets with slight assistance from my workout partner on the last rep of each set. However, my performance was still better than last week with 250 lbs on the second and third sets. On both incline dumbbell presses and decline barbell presses I was struggling to get my fourth rep on each set, and needed some spotter assistance to do so. The weights I am using right now are very challenging. I must continue to strive to get stronger and improve my execution. I noticed that my form would start to suffer a little towards then end of my sets.

Abdominal training was good. I increased reps on weighted leg raises and both swiss ball exercises this week. I was pretty wiped out after this morning's workout. I put forth a great effort and was able to produce a pretty solid workout, not great, but good.

Cardio:

Recumbent Bike (Cybex) 16 minutes Distance: 6.55 Calories:
333

My legs have been very sore today after my intense leg training yesterday. I even contemplated using the stairstepper for today's cardio session instead of the bike in fear of the pain being too great. I decided to go ahead and do a 16 minute Max-Ot cardio session on the bike and ended up setting a new record! In my mind I know that I am going to have to work extra hard to fight through the soreness in my legs and it appears that this attitude is allowing me to push even harder than normal. This

is great, but it also shows that maybe I could be pushing just a little harder during my sessions on the bike that do not follow leg days.

Week 6: Friday May 23, 2003

TRAINING:

Biceps & Triceps:

Barbell Curls....1 x 6 at 145 lbs (after warmup), 2 x 5 @ 150 lbs

Lying Tricep Extensions....1 x 6 @ 145 lbs (after warm-up), 1 x 5 @ 145 lbs

Alternate Dumbbell Curls...2 x 5 at 75 lbs

Overhead Dumbbell Tricep Presses....1 x 6 @ 105 lbs, 1 x 5 @ 105 lbs

Tricep cable pushdowns....1 x 6 @ 260 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 @ 110 lbs, 1 x 5 @ 110 lbs

Reverse Barbell wrist curls....1 x 9 @ 50 lbs, 1 x 6 @ 50 lbs

Today was probably my best workout of the week, although it is a close call between today's workout and my leg workout Wednesday. I was focused, intense, in control, and efficient. I also enjoyed training this morning. I got in my own world and just went to it. I made some good weight and/or rep increases on almost all exercises and maintained solid execution. I decided it was time to go for the 75 lbs dumbbells on dumbbell curls. This weight was very challenging, but I did a good job of completing five reps each set. I also figured out how to add more weight to tricep cable pushdowns and was able to move up five lbs to 260 lbs. This was a great way to finish the week. Next week is my final week of training before taking a recovery week. I am determined to make every workout next week my BEST of this Max-OT training cycle. Although my focus could have been better this morning, my performance was good, which is most important. I was able to complete all three sets of barbell curls at 145 lbs.