

Think, Say, Do - Tell yourself what you are going to do using 'I will' or 'I am going to', never 'I should' or 'I need to', and then do it.

Start Today - Some people faced with nutrition and exercise challenges prefer a clean start. They will put off starting good changes to Monday to begin with a fresh week. Realize this is your subconscious actually sabotaging your efforts.

*There are three essential parts to physical fitness - Nutrition, Cardio and Exercise.*

### Nutrition

Meals - Eat often, but in small amounts. Snack constantly to give your body the necessary nutrients.

Protein - Your body builds muscle tissue with essential amino acids you get from protein. Supplement with amino acids to ensure growth.

Water - Necessary to muscular development. Drink enough water that you don't feel thirsty. If you're thirsty, you're dehydrated.

### Cardio

Strict Definition of Cardio - An elevated heart rate between 60-80% of maximum heart rate, for more than 20 minutes.

Try to do cardio three times a week.

I would recommend the following.

- Try to get in three cardio sessions for thirty minutes at set intensity for two weeks.
- After two weeks, either increase intensity or time and keep it set for two weeks.
- Then increase frequency to four days, keeping everything at the same time and intensity, for two weeks.
- After two weeks, up the time by ten minutes, keep that for two weeks.
- At that point, you should be eight weeks in, and you should either commit to five days a week for two weeks or really kick it up a notch in intensity for two weeks.
- After you get to ten weeks, switch type of cardio and go back to three times a week for twenty or thirty minutes.
- Repeat the cycle of increasing variables in two week intervals with your new choice of cardio.

That is the FITT principle applied to cardio.

## Exercise

Learn and apply the FITT Principle

FITT is an acronym for:

- Frequency - The number of training days
- Intensity - The amount of stress placed upon the body
- Time - The length of the workout
- Type - The different exercise applications

By properly manipulating each of these variables, you can continue to see improvement.

Rest - You will not gain muscle if you do not get adequate rest. Rest is when the body repairs itself.

Overtraining - Commitment to training is important, but more is not always better.

Overtraining does not allow the body to fully heal from the stress of the previous workouts.

Healing equals growth.

A Plan - a successful athlete knows what their workouts and training will be a week in advance and commits to the program.

## Development

Chest - Although the bench press is the standard for defining strength, it is not the best exercise for developing strength. The pectoral muscles work to bring the arms toward the center of the chest. The closer your elbows come together, the better the pectoral contraction. Cable flyes and dumbbell presses are better for pectoral development than straight bench press.

Dips - The variation of elbow placement determines the muscles targeted in dips. Keeping your elbows in close to your side will better work the triceps. Flaring your elbows out to the side will better work the chest.

Pull-ups - Develop your pull-up ability.

Push yourself on leg day. Going hard and heavy on leg day produces more growth hormone.

S/S - A superset, where one exercise is performed directly after the other with less than 30 seconds rest in between the two exercises. Rest between 1-2 minutes between sets.

Stretch - Stretching is the most overlooked part of growth. It is important to lengthen the muscle tissues so that you retain flexibility. Stretching also floods the muscles with blood, providing nutrients and flushing out lactic acid.

Rep Ranges - Train between 6-10 repetitions, at the appropriate weight, for each exercise. Heavy training is between 4-6 repetitions. Work at a set weight for two weeks before increasing.

Workouts - Cycle or set schedule. There are seven days in a week and three workouts. If you prefer set days for training (ie. Monday is chest, Wednesday is legs, etc.) set your own schedule accordingly. I recommend a cycle, but set schedules work, as long as you allow adequate rest between training. Give the body 72 hours before retraining the same muscle groups to allow full repair and take at least one day a week off from training to rest fully.

*Train, Eat, Rest, Grow*