

YOUR KINDLE NOTES FOR:

Train Like a Bodybuilder: Get Lean. Get Big. Get Strong.

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> THE LOOK What's special about the bodybuilder's body? It's about aesthetics and flow. The muscles tie together seamlessly and no muscle group looks out of place. It is art. THE V-TAPER The v-taper is that dramatic size differential between the upper back and the waist that you often see in bodybuilders. By training the right muscle groups, you can create the appearance of a smaller waist by strategically adding muscle to specific areas of the upper and lower body. THE X-FRAME An X-frame is defined by broad shoulders, a narrow waist, and muscular legs and glutes. Together they tie your upper body musculature together completely to make your waist appear smaller, and balance your physique from top to bottom. Lifters long for the X-frame and the superhero-like appearance it lends. THE QUAD SWEEP A strong, well-defined quad sweep not only adds thickness to the upper legs, but also adds curves to the outer portions of the upper legs. When quadriceps are well developed, they ripple with dimension and command attention with strong curves that are a sign of careful work in the gym. THE CAPPED SHOULDERS The shoulders are made up of three heads, and when all of the heads are trained properly, the result is capped shoulders that are perfectly rounded and tie in seamlessly to both the arms and the chest. They're the finishing touch on the ideal X-frame. THE SIX-PACK Attaining the perfect six-pack requires training every muscle in the abdominals while simultaneously cutting body fat to attain maximum definition. But when the abs are well developed, you'll be able to feel them and see them, and also notice a decrease in the circumference of your waist.

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> TABATA CIRCUITS In addition to traditional HIIT, you'll find Tabata circuits in the workouts. A Tabata circuit is similar to a HIIT circuit, but is

> 4 minutes long and comprised of 8 rounds of all-out effort for 20 seconds, followed by 10 seconds of rest between rounds.

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> FINISHERS Just as the name implies, finishers are 5 to 10 minutes of high-intensity work that are done after your weight training session is complete. Finishers can help build mental toughness, burn fat, and help you see results more quickly. Medicine ball slams, shuttle runs, body weight circuits, and stair runs are all great examples of finishers. Finishers are best done after upper body training days, or on lighter leg days when your legs aren't completely fatigued from a vigorous training session. The work-to-rest ratio tends to be a bit higher for finishers: 3:1 or 4:1 works well, as the overall working time is lower compared to other forms of nontraditional cardio. METABOLIC

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> Supersets By combining two exercises that work opposing muscle groups into one set (otherwise known as a push-pull), supersets can train antagonist, or opposing, muscle groups more efficiently than by doing standard sets. They can save time, improve strength, improve physique balance, prevent plateaus, and help you get the most out of a workout by allowing for more frequency throughout the week. Compound Sets Compound sets can be used in two ways: by combining two exercises that train similar muscle groups, or by combining two exercises that use similar motions. Some examples might include combining lat pull-downs with rows (both working the back), or combining face pulls and biceps curls (both pulling motions).

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> Giant Sets Giant sets combine three exercises—often a mix of cardio and weight training—into one set, with the exercises performed in succession and without rest. These can save time, break plateaus, and also get the heart rate up since the exercises are performed back to back. Note that for promoting muscle growth, using isolation movements rather than compound movements is best for giant sets. Pyramid Sets Pyramid sets decrease in the number of reps while increasing in weight as you progress through the set. Pyramid sets are

modified to be lower in volume to allow you to train with high intensity for the full extent of the training session.

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As you train, you should pay close attention to always placing special emphasis on the negative, or eccentric, portion of every rep by performing the negative slowly. The negative is where the majority of the tears in muscle fibers occur during a movement, and since the muscle is considerably stronger in the negative portion of a rep compared to the concentric portion of the rep, performing the negative in a slow and controlled fashion will help encourage maximum change within the muscle. Research has shown that eccentric-focused training also helps recruit higher amounts of fast-twitch muscle fibers, which help lend a more athletic look to a physique. MECHANICAL TENSION Mechanical tension in the muscle occurs when you lift heavier weight, as opposed to lifting lighter weight. Compound movements are a great way to increase mechanical tension and maximize the benefits of your training. As a general rule, performing heavy sets in the 5 to 10 rep range for a muscle group is ideal for creating maximum muscle tension and promoting positive physique adaptations. Note that thresholds can vary from person to person, so use your best judgment when training. If your form starts to suffer and you can't perform the last 1 or 2 reps of a set, you should choose a lighter weight.

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Metabolic stress essentially is the amount of time you place a muscle under stress during a rep. This concept became popular in the 1990s when it was coined TUT (Time Under Tension) by Charles Poliquin, and it means that the longer you can stress a muscle during a movement, the more benefit you're likely to gain from it. Quite often lifters will meticulously count the seconds as they control the weight through each rep, but for maximum TUT it's not as important to count as it is to perform each rep slowly. There are other ways you can increase TUT, including not relaxing the muscle at the top of a rep, or allowing gravity to take over at the bottom of a rep, both of which can take tension off the muscles. Increasing TUT also means you should increase the number of sets you perform as you progress through a workout, and choose a weight that is very challenging for the last few reps, but still light enough that you can keep proper form through the entire set.

> Maintaining proper form as the reps become difficult at the end of a set is critical, as this is where the muscle-sculpting really takes place.

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> HOW YOU COOK CAN MAKE A DIFFERENCE Cooking then cooling starches such as rice produces resistant starch, which means the starches can contain up to 30% fewer calories than fresh-cooked starches. Resistant starch is also more beneficial for gut health, so take this extra step when cooking starches. Most vegetable carbs, such as leafy greens, are “free” foods because they take more energy for the body to digest compared to the calories they provide. Most cooked vegetables contain a higher number of calories than when they’re raw, since the cooking process releases more energy that the body can then use immediately. Your body has to work harder to digest raw vegetables. If you enjoy red meat well done, you’ll be consuming more calories than someone who eats red meat that’s been cooked rare or medium rare. Cooking denatures protein and, in a way, does some of the digesting for you, so your body doesn’t have to work as hard to digest it. Cooking red meat less means your body will have to work harder to digest it, and that’s a good thing.

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> Meal frequency simply refers to how many times per day you eat. The traditional belief among lifters was that you needed to eat multiple small meals throughout the day, and in 2 to 3 hour intervals, to keep the body in an anabolic state. However, more recent studies have shown that eating 3 to 4 larger meals per day is just as effective, as long as each meal contains the right ratios of protein, carbs, and healthy fats to promote muscle building. Additionally,

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> After a hard workout you will have burned through most of your energy stores, so you should consume faster-digesting proteins and simple carbs to help speed recovery and promote the building and rebuilding of muscle fibers. The carbs will help decrease cortisol, a stress hormone that is released during strenuous exercise. Cortisol can be catabolic, so consuming carbs after training can help prevent any muscle loss that

> may occur due to an increased level of cortisol in your body. Post-workout meals should include faster-digesting carbs and easy-to-assimilate sources of protein like fresh fruit, rice cakes, protein shakes, Greek yogurt, chicken breasts, or low-fat milk to help replenish energy stores and aid in muscle building and recovery. A good, simple post-workout meal might include a whey protein shake and a serving of fruit, or a serving of light Greek yogurt and fruit.

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