



## **FORTITUDE - September 2007 - Issue #14**

Welcome back everyone! Summer has passed so fast that were getting ready for the fall season now!

### **Thank YOU**

I want to thank you all for giving me feedback on my newsletters! Keep them coming as we can use it to help us improve our quality. We are rebuilding the website and you will love it when it comes out!

### **Exercise Drill of the Month**

Now that fall season is approaching we want to maintain our hard earned efforts by building total body strength allowing you to maintain all muscle weight you have gained. With the fall season approaching many of you are wondering how you can make your strength training more interesting, challenging, and exciting. Here it is:

- 1a. Barbell Squat 5x5
- 1b. Pullup 5x5
2. Sledge Hammer Slam 3x1 minute

This is a strength style superset drill. The first exercise, 1a, is the barbell squat done with a barbell placed on your upper back and below your neck with a challenging weight for 5 repetitions. Make sure your form is perfect, those of you working with me know the proper squat form. If not email me and I will guide you. The second, 1b, exercise done immediately after the squat is to perform pullups on a bar or assisted machine. Now if your body weight is not enough to challenge you then slap on a dip belt with some weight and crank out five challenging reps! Make sure your form here is optimal here, you chin must go above the bar for it to count as a proper repetition. Then after your pullups rest

for about 1 to 3 minutes as this is the strength so make sure you are well rested to perform the next set. So here you will be performing 5 sets of 5 repetitions for squats and pullups.

For the third exercise, 2, take a comfortable sledge hammer load you can handle, 5lb, 8lb, 12lb or 16lb. Setup up an object you will be hitting, such as an old tire, a log, or even a large chunk of concrete. Now set yourself up properly far enough for the object and slam on that object as hard as you can for 1 minute straight. This will build total body slamming power as well as grip strength. IMPORTANT: if you are hitting an object that will break into pieces, such as concrete, PLEASE wear safety clothing and safety goggles! The best thing to use is a large log as I do in my training to prevent injuries.

### **Nutrition**

Many of you saw my body transformation pictures I emailed many of you in June 2007. If you have not seen these pictures and you want to see for yourself what amazing results you can achieve email me and I will email them to you!

What I have done to make this amazing change is incorporate a challenging weight training program, cardiovascular program and nutrition program working together as a system to create these results.

Nutrition is extremely important for aesthetic changes and performance enhancement as this sets your metabolism to perform like a drag racing car. You must optimize your metabolism both exercise and nutrition to obtain maximum results for yourself!

Here is the nutrition plan I followed:

#### **A. Nutrition Guidelines:**

1. Shrink and multiply your meals. Eating every two to three hours will speed you metabolism and prevent you from overeating at your next meal. If you go passed four hours you will no doubt show up at your next meal ready to eat like a horse!
2. Eat low glycemic index carbohydrates. Slow burning carbohydrates such as whole grains, beans, yams, pasta, and brown rice will keep blood sugar stable. Sugars are found in some fruits, fruit juices, refined and processed foods will cause a rapid rise in your insulin. Insulin bursts will leave you starving and craving more to eat!
3. Keep a nutrition journal. Write down everything you consume and list the time and date. This ensures you are eating proper foods and in good time span. Studies show that this makes you more strict and conscious of what you are eating.
4. Never skip breakfast! Your body needs the fuel after sleeping for so long. If you skip breakfast you're bound to lose muscles and throw your diet off for the rest of the day. Mom was right it really is the most important meal of the day!!!
5. Cut out the fat, only consume good fats. Your body will not work in favor of fat loss if correct fat is not consumed. Good fats include: natural peanut butter, flaxseed oil, extra virgin olive oil, pumpkin seed oil, fish oil.

6. Eat starchy/complex carbohydrates at least 1.5 to 2 hours before your workout. If you are in a rush a Clif bar or other health/energy bars listed will suffice 1 hour before.
7. After your workout (post workout) within 30 minute, while your window of opportunity is open to feed the muscles, replenish with a protein shake. Only mix with water not milk! Milk will slow down the absorption process. A fruit will also help rush protein to the muscles. Fruits can be banana or strawberries. However during the day you may have shakes with milk.
8. Keep carbohydrates and protein clean. By this I mean lean cuts of protein and wholesome good carbohydrates!
9. For a late night snack only have protein with some lettuce. At least 1 hour before bed. Ex: a can of tuna, protein powder in water, cottage cheese or turkey slices, with romaine lettuce.
10. Watch sodium content and sugars. Also look at the calories from fat and saturated fat content.
11. Balance meals, always, always have a protein and carbohydrate together. Ex yogurt (protein) and fruit (carbohydrate). Shrimp (protein and rice (carbohydrate)).
12. No complex carbohydrates after 5pm, just good protein, salad, and vegetables.

## **B. Some Meal Examples:**

### **Breakfast:**

- Eggs whites and whole wheat pasta.
- Organic cereal and skim milk.
- Fruit with low fat cottage cheese

### **Lunch**

- Ground turkey with sweet potato.
- Smoked salmon on multigrain bread.

### **Dinner (after 5pm)**

- 95% lean steak with asparagus.
- Chicken, turkey or fish with mixed vegetables.

### **Snacks**

- Labrada Nutty Peanut Bar.
- Turkey slice and skim milk.

*For more variety or ideas see a healthy cook book or seek a Professional Nutritionist.*

## **C. Supplements:**

This supplement program I performed was taken from an article in May 2007 Muscle and Body Magazine (a great free magazine from Vitamin Shoppe) “*Awesome Aminos by James Edwin*” Go to Vitamin Shoppe to subscribe this free magazine.

**Before Breakfast (Upon waking up)**

L-Arginine 3-5 grams  
L-Carnitine 1-1.5 grams  
L-Tyrosine 1-4 grams  
*(2) Tablets Cuts II by Prolab*

**30 – 60 minutes Pre-Workout**

L-Arginine 3-5 grams  
L-Glutamine 5-10 grams  
L-Carnitine 1-1.5 grams  
L-Taurine 1-3 grams  
L-Citrulline 2-3 grams  
L-Tyrosine 1-4 grams  
*(2) Tablets Cuts II by Prolab*

**Immediately Before Workout**

Creatine (for 12 weeks only) 5 grams  
Beta-alanine 1-1.5 grams

**Immediately After Workout**

BCAAs 3-5 grams  
Creatine (for 12 weeks only) 5 grams  
Beta-alanine 1-1.5 grams  
L-Glutamine 5-10 grams  
L-Taurine 1-3 grams

**30 – 60 minutes before bed**

L-Arginine 3-5 grams  
L-Glutamine 5-10 grams  
L-Carnitine 1 – 1.5 grams  
Theanine 1-4 grams  
ZMA *1 serving as stated on bottle*  
*(2) Tablets Cuts II by Prolab*

\* In italics are supplements I added to the program.

Please read the article for more information as it explains how this program works in detail. This is a very intensive program but it works!

You can buy these supplements from:

[www.vitaminshoppe.com](http://www.vitaminshoppe.com)

[www.fitrx.com](http://www.fitrx.com)

**Quote of the Month**

As Euripides (484 BC – 406 BC) once said: *“The best and safest thing is to keep a balance in your life, acknowledge the great powers around us and in us. If you can do that, and live that way, you are really a wise man.”*

Enjoy!

**Christian**

*“My heart and soul is vibrating like a volcano, and I am breathing like a dragon, The Fire of Life.”*