

The Science of Building Muscle and Strength

By Steve Norton

Some of you may already know me as the author of The Principles of Life: All you need to know to live the best life ever! In that book I taught you how a person can gain control over his or her own thoughts and thinking patterns in order to create a more dynamic mind-set. Sales of that book have been very encouraging and to show my appreciation for those who have bought it I am giving away for free this e-book. It is almost impossible to get anything really for free these days but this one genuinely is. The only thing I ask is for you to check out my other book The Principles of Life on this site as you pass through as if I cannot sell books I cannot run this site.

The first thing I want to make clear is that I am NOT a bodybuilder. If you saw me in the street you would just think that I am a well-built guy. I weigh 215lbs and I am 6 feet tall, which is hardly massive but without training my body weight would be around 185lbs. Before I began weight training my nickname from my old boss was HP. That was because he said I resembled a HP sauce bottle shape (no shoulders). So although I was not born with the world's greatest genetics or bone structure I managed with effort and a lot of learning to change my shape into something I was happier with. So can you.

What I am doing right here for you is giving you a plan for gaining more muscle and losing fat to create the body you would rather have. Weight training has always been a fascination for me as when I was a small child growing up with the Marvel comics and watching Lou Ferrigno in The Incredible Hulk. I dreamed of looking the same. I always wanted those muscles, I used to watch in awe at the size of these guys I would see on the T.V and I would say to myself one day I would look just like them. Unfortunately as I got older the reality began to dawn that merely lifting weights 4 times a week wouldn't be enough to transform my body into

anything near the Hulk. I put everything into it and although I gained a little weight and became stronger I hardly looked like a bodybuilder. The reason why is that I simply did not have the right genetics to be able to become a bodybuilder. Drug free that is.

I remember in the early days in my teens I persuaded a friend of mine Paul to come and train with me. I had been training for about a year and I had gained a little bit of muscle and increased strength but nothing substantial. I could see Paul had potential even before he ever lifted a weight as he already had a good frame but he was not that really interested in becoming “huge”. Paul was five feet eight and didn’t want to become squat through becoming overly muscular.

As soon as Paul began to lift the weights though his body exploded. His arms become big and cut. His shoulders became big and muscular and he gained in strength with every workout. Here is a guy who trained with less intensity than myself, with no real desire to become huge and in 6 months he had outgrown me and was even beating me in certain lifting exercises. I couldn’t believe it the more I tried nothing happened. I tried weight gain drinks, eating bars of chocolate and stuffing myself with food but nothing really seemed to work!

It was at that point that I realized that genetics played a big part of whether or not you would become muscular with weight training. We all know people who are massive but have never trained. These people if they ever picked up weights they would literally explode! More often than not though these types have no interest in honing their bodies and usually end up fat. In fact there is a guy who is known locally and if you saw him you would swear that he spent hours in the gym every day but he doesn’t like exercise and spends most of his time in the pub. So there it is some people are born with great genetics and then there are other people like me who don’t. If you don’t have great genetics or a good bone structure do not fret though. You can build yourself a good body if you follow this program and give it your best.

Expect this with this program:

Great genetics = great results

Good genetics = good results

Poor genetics = GOOD RESULTS

Even if you have poor genetics you will gain muscle and body weight on this program albeit a little slower than the other body types.

Through my long life affair with weight training I must say that I must of tried every type of weight training routine there is, from high intensity, heavy duty, high reps, low reps, forced reps, static contraction, power factor training, low sets, high sets, supersets, and just about every other routine I came across. All promised great results but none of them really made much difference. It wasn't as though I was slacking either anybody who has ever trained with me will tell you that I train VERY hard. In fact I don't tend to keep my training partners for long before they suddenly become unreliable and forget to turn up!

So let's cut to the chase and let me explain to you what I have found to be the most powerful muscle-building program there is. If you follow this program as I tell you will gain more strength and muscle in a shorter period of time without feeling like you are living in the gym.

Whenever I have watched other body builders or weight trainers in the gyms I noticed one thing throughout. The guys who trained slowly and had long rests were predominantly heavier and had poor definition compared to those who trained faster. Those who trained faster tended to use less weight and maybe used higher reps and their bodies were thin and wiry. So which one do you want to look like? Well none of the above. You want to be lean and bigger don't you otherwise why are you lifting weights.

So there is another type of trainer who you rarely see in gyms but when you do you will never forget them because they seem to have the perfect combination: **size and definition**.

These types train very heavy but also very quickly, almost like circuit training but not quite. The difference with circuit training is that the muscle growth and strength is not as important as the endurance and fitness of the person who is training with which is the true goal. So somewhere in the middle is the ideal. Training with speed but also training with heavy weights and very intense. When I say speed I do not mean doing your repetitions super fast what I mean is VERY SHORT RESTS between sets. So if you normally spend a minute or two after each set looking around the gym, daydreaming or chatting to somebody you know, **that is the muscle killer**. You must only pause for no more than forty seconds between sets otherwise

your recovery is too great and your muscles are recuperated. If you can rest for thirty seconds only and then lift again you will find your muscles literally balloon. This by the way does not mean you only train lightly with these sets. Every set must be high intensity and with the maximum weight you can lift with as many reps as you can do performed in correct form. This is what I have found is the most effective way to build muscle and strength. So to put it bluntly in order to grow bigger muscles you must be:

1. Lifting the heaviest weight that you can handle.
2. Doing the most reps you can (between 6- 12).
3. Doing it in the shortest time (maximum rest between sets 40 seconds).

OK I know what you're thinking, how can you lift as much as you can, do as many reps as you can and only rest between 30-40 seconds per set it's impossible. It isn't, it takes a little time to get used to but you can do it. One whole workout should be less than forty minutes in total. There must be no chitchat or looking around the room you must be focused throughout. By the way when the workout is over you should be totally exhausted. If not you have held back. Do not worry you if you don't feel that way after your first workout as you can learn from it and up the weights next time. This work out not only will make you stronger and bigger but due to the speed of it you will become more aerobically fit too, which helps you avoid becoming fat.

Strength it's all in the mind

A guy goes into the gym feeling lethargic and starts to lift his usual amount of weight not too heavy not too light when a gorgeous looking woman walks by and smiles at him. Suddenly he feels energized and spurred on by the smile he begins to add more weight to the bar to impress the lady. His energy doubles and he is able to lift the weights quite easily and his body seems to balloon. Even though the smile was probably just politeness it was enough to motivate the guy to try harder. With the right motivation he was able to supercharge his workout. The smile was like a switch being flicked in his head and he was able to find energy where he had none before. This little story demonstrates the power of motivation to change your workouts but rather than waiting for a sexy smile you must motivate yourself before your workout starts. You can do it with the right mental attitude.

How come is it that two people of a similar build lift different amounts of weights? How come is it that some people with smaller muscles can lift more weight than those with bigger ones? The answer is THE MIND. The belief system and mindset of a person determines the productivity of the workout. The person who is smaller believes they can lift the weight so they can (within reason). We tend to aspire to our beliefs so what we believe we can do we tend to achieve just that. This goes for anything in life whether that be in your career, a job promotion or even what you believe about your health we get what we think. Take my example: Up until about a year ago I had been going to the gym and I began slowly but surely I had lessened the amount of weight I was lifting. It seemed like I was becoming weaker. The strange thing was I still seemed to be using the same amount of effort with the lower weights that I was using when I was lifting the heavier ones. I was using approximately half the amount I was using six months earlier and it felt the same weight!

As a result my muscles were shrinking and so was my confidence in my appearance. One day I was driving to the gym feeling pretty negative about going when I started to think about what I was lifting and looking like six months before and I remembered how intense I used to train. I remembered the mindset that I had when I went into the gym. I remembered that I had a steely expression on my face like a man on a mission. I remembered looking very intense and sure of my self as I cranked the machines to the full stack and blasted the weights up with power and intensity. I remembered what I looked like and the effort I used when I trained. At that point it hit home for me I *was* strong but I had let it slip without realizing it. So when I arrived at the gym I was mad, I was determined to show myself that I hadn't lost it so I got inside and headed to the weights.

Looking focused and intense I cranked the pin to the full stack and lifted the shoulder press. The amazing thing was it didn't feel any heavier than it did the time before yet it was **double the weight**. Because my mind was properly focused and I wasn't telling myself I was weak and all that stuff I was telling myself before I lifted it with ease and I cranked out 10 reps in proper form. The rest of the workout continued in the same vain, very heavy weights full of gusto puffing and panting throughout like a man possessed! At the end of the workout my body felt like it had been given an electric shock and my body felt huge, I could barely move my arms. I swear I put an inch on my arms that day.

The realization that hit me that day was that before I had convinced myself that the weights were heavy and that maybe I was naturally losing strength due to age and other factors in my life. What a pile of bullshit! The reason that I was losing strength was due to my mental attitude and nothing else. Even now I see people in the gym faking it. Fake grimaces on their faces as they lift tiny weights pretending to themselves that they are trying their hardest. I see people capable of lifting more than they are using, using child size weights. These people are shirking on their training and not only on the weights too. Cardio machines such as exercise bikes are common skiving grounds. I see people chatting nicely side-by-side to each other as they go through the motions on the lowest setting. If you want to chat go a pub if you want to train go to the gym, you don't do press ups in a pub why should you chat in a gym? No doubt they go home to their partners and complain that "the gym is no good" as their bodies start to look like a sack of potatoes.

It is a sad fact that in today's modern gyms people seem to be more bothered by what other people think of themselves than how hard they train so they train quietly and avoid getting too sweaty. Who cares what other people think! You are in there for a reason to improve your body, not fit in with a crowd who are going nowhere! If they don't like the way you train then they should find another gym or indeed another past time. You do not complain at their apathy do you, yet you should. Poor training breeds a lazy atmosphere. Next time you see a person going through the motions on a piece of equipment complain to a member of staff and have them thrown out!

I always say there are two types of people who go to the gym those who go to train and those who go to look at the décor. I was in the changing room the other day when I heard two guys complaining that the gym was looking tatty. It was news to me as I had never noticed at all. All I was concerned about was the weights, which were fine. Big and heavy. I don't like a gym to look and feel like a dentists I like a gym to be a gym. The guys talking about the state of the décor had poor physiques probably because they trained like fairies looking at the walls and trying to get the eye of a pretty young girl instead of lifting the big weights. If you want to chat up the opposite sex wait until the workout is over and sit in the gym bar afterwards with your shirt stretched. Drinking a protein shake of course! With a better body you will have more chance of success with the opposite sex.

Go into the gym DETERMINED.

Intensity

There is much misinformation regarding training intensity and what it really means. I just want to shed some light on what it means from this training point of view. I have no doubt that every bodybuilder and trainer will have his / her own opinions but this is what I find works best.

Firstly when I say intensity it means training in a fully concentrated manner with the heaviest weight that you can lift for up to twelve reps until you cannot do another rep. That means that your body cannot physically do any more. This point is known as muscular failure.

Preferably ten reps is best but if you can do twelve that's OK, probably the weight was too light but if you went to twelve to failure that's fine. You will find that on your second main set that you cannot do the same amount of reps as the first. If you can then the first set was too light. This does not mean that when your arms begin to ache you put the weight down or if you start to sweat you do the same. What it does mean is when your arms cannot perform even one partial rep then you have reached failure. When there is no more juice left in the tank. This is what most people get wrong. Most people stop at the point that it is starting to do them some good. The further you can go beyond the intensity barrier the more your muscles will have to grow to accommodate it. When you train like this **every** rep should be difficult and not just with the first six reps easy with the last four starting to ache. When you train with intensity your arms for example should ache after the **second rep** due to the weights you are lifting. You wouldn't be able to look around the room or smile at anybody while you train like this. If that is what you used to do before that is why you haven't grown! The more you can go into muscular failure the bigger your muscles will grow. They have to, to cope with the stress they are being put under.

So intensity isn't how long you can train as that is endurance, which is a totally different thing for different goals, intensity is lifting the heaviest weight for the most reps you can do. Do not stop if during a set your body part aches, going beyond this point is the point that your muscles will grow. Going beyond this point is the only point that you will gain benefit from.

Squeezing the muscle

When you lift a weight squeeze the muscle at the end to give it the full contraction. When you a bicep curl for example squeeze at the top and feel

your muscles pump. Don't be in too much of a hurry to let it go down. One of the things I like to do when I am training is visualize the muscle contracting as I squeeze the muscle at the end. This half-second exercise will cause your body part to grow and is an absolute must. Try it and see. All the pros use it.

Lift progressively heavier weights

If you lift the same amount of weight every workout your muscles will become accustomed to that weight and only grow to the size needed to cope with that amount. You must endeavor to increase the amount of weight that you use with every workout so that your muscles are forced to grow to cope with the stress. If there isn't enough stress your muscles will shrink and that is called muscular atrophy. Even if you only add one pound of extra weight on a particular exercise each workout that increase will have a positive effect on your muscle growth. This is essential for the success of this program and cannot be missed out. Keep that in mind.

Food

Much is written in the bodybuilding mags about potions and formulas which claim to make you big fast. Usually they show a guy with a newspaper in his hand and then another picture next to it with the supposedly same guy with an unbelievable physique claiming to be the difference after ten weeks. If you believe this stuff please come round to my house I will sell you some fairy dust! The truth is that I have tried most of all the "get big" quick formulas in the past and none of them did any good. I once tried a well-known weight gain formula, which made me incredibly bloated. Yes I did put weight on but it was all on my waist and face! If that is the look you are after then go for it. I also tried fat busters, creatine and just about every other legal potion that I saw in the mags. None of them worked. The thing they like to do is have a guy pumped full of roids advertising them and some people think they will look the same if they use that product. Sorry but you won't, even with steroids. So what does work?

The only supplement that I have used that actually helped with my weight training is PROTEIN. Of everything I have tried I can honestly say that protein makes a difference to your training if you use it. I use it before and after my workout either in protein bars or shakes. The best thing I have found when you take protein before a workout is that it gives you energy. It gives you the energy that you definitely need when you do this type of training. Now I am in the psychological game so I know all about the

placebo effect but with protein it does not work that way. I have seen myself walk into a gym exhausted and two minutes after eating a protein bar train like a madman. I have also tried it on regular candy bars but the effects were not as good or sustained. So protein is a must if you want to gain beef. It also does not give that “hamster cheeks” look like many products do! Protein is an essential muscle building block and I reckon it accounts for 30% in the success of this program.

If you are underweight do not worry too much about the quality of the food you eat. It is only important that you eat. When you start with this training program you will be amazed how hungry you will become. You will feel like you could eat a horse for every meal. I’m not kidding your appetite is going to go through the roof. Sometimes a day after training my appetite is insatiable it’s like the training really takes it out of you and your body craves fuel. There will be no need for weight gain formulas with this training you will eat the whole fridge! When I first started this type of training I gained 1 pound of solid weight a week.

If you are looking to lose weight though with this program simply cut back on the candies and drink plenty of water. Only eat good food and you know what I mean by that. Watch out because your appetite could explode.

Training frequency

If you are training as a natural, which means not on the roids then two or three days a week on this program are enough. Any more would be detrimental and you would go into over training straight away and lose strength and muscle. You will know that you are becoming over trained when you become weaker and your muscles seem to go flat. If this happens you must take a break from training for about two weeks and then resume. If you follow this course there is no way that you would want or really could train any more as the effects of this type of training take time to recover. Also mentally if you think that you have to train 4, 5 or six days a week that is a lot of time and effort, which is very hard to sustain and stay motivated with. I don’t live in the gym I only go twice a week and my workouts only last forty minutes! I do one half of the body in one session and the other half on the second session usually about three days apart. If I feel fit I will do press ups and dips at home also at the weekend and that’s it. My training doesn’t stop me from enjoying other sports either. I still swim play badminton and do whatever I like. You should too. If you are starting

off as a novice do not be too eager to train too much, stick to the guide lines and you will grow and you will also have time to have a social life.

Warming up

This important safety requirement, which helps injury prevention, also helps in the muscle building process. To put it simply in the same way your car needs to warm up before you can drive it flat out so do we. If we don't we will almost certainly incur some form of muscle tearing at some time. If you pull or tear a muscle it is extremely painful and can knock your training back or indeed put an end to it altogether for that matter. So let's put an end to this issue once and for all and talk about how long to warm up and what to do.

The first thing I believe is that the warm up not only prevents injury but actually is part of the muscle building process. Before even lifting a weight do a couple of minutes stretching such as moving your arms around in a circular motion and touching your toes so that your body is prepared. A warm up set should be approximately 12-15 reps and for one set only unless you have a history of pulling muscles then do two sets instead. If you have in the past been prone to injury especially muscle pulls and tears do two sets if you feel it necessary. If you haven't trained for a few weeks or later do two sets of warm ups the first time you use this training regime but if you already train regularly one set will do. Any more than that and you will lose energy for the next sets to come.

A warm up set should be just over half the amount you can use for your full lift set. For example if you normally bench press 200lbs your warm up should be 110-120 lbs. After the warm up is done you then jump straight up to your maximum lift. If you are doing three different exercises for just one body part you do not have to warm up for every exercise. Once you are warmed up there is no need to warm up for every new exercise only for every new muscle group. Unless that is if you are prone to injury or are coming back from injury should you warm up at the beginning of each exercise.

OK I can hear some of you out there saying that this is dangerous and that some experts say that you should warm up for 30 minutes or so before taking on heavy lifting. I believe they say that for legal reasons so that they are protecting themselves against getting sued. Since I am not getting paid for this e-book I am not liable for any injury that may occur by following

the advice I give so I tell it as it is. Do not waste your valuable energy warming up too much as it is unnecessary and it will detract from the main training that you are there for. Having said that you have a choice nobody is forcing you to follow my guidelines. All I am saying is that this way works and will build your muscles and strength faster than doing it the regular way. And besides if you warm up with too many sets you won't have enough energy to lift the right amount of weight required to get the real job done. After the warm up set is completed approximately thirty seconds later go to your heaviest weight you can lift and blast out as many as you can to failure. Somewhere in the 10-12 rep range. This will totally shock your body and leave whatever body part it is you are training pumped to the nines.

After your body is pumped have another short rest of say 30-40 seconds and then do exactly the same. Do as many reps as you can until you cannot do even a half rep. By the way half reps are OK as even if it only goes half way it is still beneficial. No more warm ups for this body part is needed so with any change of exercise you should go straight onto the heaviest weights. You should be huffing and puffing at this point and probably taking in mouth full of cool water from your water bottle with every lift. Do not restrict your water but also do not drink too much.

Reps

How long should a rep last? Yet again there are many theories ranging from four seconds down and then four seconds up to as fast as you can. I have tried them all and I have also noticed no real benefit from either. The best I have found is medium pace using NO MOMENTUM at all. This means not using gravity or allowing the weight to go down too fast. You see in gyms all the time people who are trying to lift too much bouncing the weights of their chests usually when they are bench pressing. Or the classic bicep curl rocking style as if they are meeting a Chinese head of state! You must have control both on the positive and negative range of your lifts. You should keep control of the rep speed throughout until the weight becomes too heavy and you force the last rep out.

A rep must be taken to the full range of motion where the weight is lowered to the most it will go to safely and then back up to the starting point. I see people regularly who do bicep curls and do not let the bar lower to a fully extended length, instead they lower it about three quarters of the way and then lift it up quickly because they are using too much weight. You must

exercise through the full range of motion and to full extension of your body part to receive full contraction of the muscle. Yes it is harder but the other way will yield poor results.

Too big too quick?

Often people who are new to weight training fear that they could become overly muscular when lifting heavy weights and that thought puts them off doing it. Women especially worry that lifting heavy weights will make them look masculine like many of the female body builders you see in the magazines. The truth is although results are faster and better using this program the idea that you will become so muscular without even realizing it is ludicrous. It takes years of dedicated training including chemical assistance to look like anything near the monsters you see in the bodybuilding mags. Even with steroids. So don't worry if you start to get too big just lay off the weights as much and stick to the cardio for a while!

Free weight versus machines?

This is a constant argument for weight trainers the world over with the vast majority of body builders advocating the use of free weights over machines. Years ago weight training machines used to be rickety inflexible things where a proper range of motion could not be felt. But these days the machines available in many gyms are scientifically built around the human body so that they mimic the free weights but they do not carry the injury risk involved in using free weights. Having said that I have never hurt myself using free weights. Throughout my time weight training I have made gains using machines and free weights, the important thing I have found is this. If you have a training partner try to use more free weights. If you train alone to lift consistently heavy you will have to use machines. As I said before good gains can be made training with machines now and they are getting better all the time. In fact with machines it is so easy to change weight up or down that in some cases I have found they are better than free weights due to the time factor. Time factor is very important with this type of training as time is the essence so the faster you can change exercises the better for your workout.

Super sets

Often when we train to failure we get to a point where we physically cannot lift the weight for another rep but we still feel that the muscle is not quite exhausted. That is where the super set comes in. By immediately dropping the weight down to approximately 60% of the maximum weight that you

have just lifted a person can squeeze a few more vital reps out to get that extra bit of muscular failure. This must be done as soon as a person cannot lift their heaviest weight any more and it must be done immediately after you put the weight down. It is no good waiting a minute and then starting the super set, it must be done immediately. This process exhausts the muscle completely and will leave you exhausted. To stop when you still have some juice in the tank would be crazy. This is when you gain the most benefit of training. When you go that extra mile.

Which exercises yield the best results?

Ok now we have the nitty gritty. Which exercises will make your muscles grow the fastest in the shortest time? The exercises I have included will yield the best results and are all compound exercises. These exercises use the most of the specific muscle that you want to train without involving the other muscle groups. These exercises are nothing new nor are they radical, they are the basic building blocks for muscle growth and strength. I apologize that I do not have photographs of the exercises themselves but do to the fact this e-book is free I am not prepared to hire a model to show what the exercises are! All of the exercises are well know anyway or can be found on the web. Maybe when I get rich I will pay for a model!

The exercises outlined next are the best for the particular muscle group. They are designed so the muscle that you want to be worked is isolated at first so that no other muscle groups help with the lift. All my workouts start with an isolation exercise. You must train the body parts in this exact sequence for maximum benefit and muscle growth. I have broken the workout into two routines with approximately half of the body trained on one day and the other half on the next session a few days later.

Workout 1. Day 1

Chest

Dumbbell or machine fly's

1-2 Warm up sets first using approximately 60% - 70% of your maximum weight that you can lift. 12-15 reps.

2 sets of the heaviest that you can lift in correct order, not too fast, to failure. Maximum 40 seconds rest only throughout all of the sets. 10-12 reps.

Incline barbell bench press with free weight or machine.

2 sets to failure. Do this in strict form without bouncing the weight from your chest through the full range of motion. Superset if you need it.

Barbell Bench press.

2 sets to failure as above. Superset if you need it.

Rest for 1 minute then straight onto biceps.

Biceps

Single arm bicep curls cable or free weight.

1-2 sets warm up with 60-70% of your maximum weight.

2 sets of your heaviest weight until you cannot lift any more. No more than 40 seconds rest in between.

Preacher curls with either machine or free weight

2 sets at your maximum weight in strict form right up and right down with full contraction until utter failure. Superset the last set.

Concentration curls

2 sets to failure in strictest form with no swinging of the weight.

Rest for one minute and then straight onto back.

Back

Seated pulley rows

1 warm up set with seated pulley rows horizontally or vertically.

2 sets of your heaviest weight until you cannot do no more not even a partial rep.

Lat machine pull down

2 sets to failure.

No rest and straight onto abs.

Finish with 100+ crunches for your abs to failure.

Workout 1. Day 2

Shoulders

Side lateral raises

1-2 sets of about fifteen reps with about 60% of you maximum weight.

2 sets of your heaviest in strict style and not too fast to failure.

Barbell Shoulder press

2 sets to failure. If need be super set the last one to get the last bit out.

Barbell or dumbbell shrugs

2 sets until they become sore.

Rest for one minute and then straight onto triceps.

Triceps

Close grip bench press with hands about 6 inches apart on the bar

1 set warm up with 60% of your heaviest weight. Free weight or smith machine.

2 sets to failure.

Overhead seated triceps push-ups

2 sets to failure. Superset the last set.

Triceps push downs

2 sets to failure. Superset on the last set if you still have fuel in the tank.

Rest for one minute and then straight onto legs.

Legs

Thigh extension machine

1-2 warm ups.

2 sets to failure on your heaviest weight.

Hamstring machine

1 warm up set with 50% of your total weight.

2 sets to failure.

Hack squat machine

2-3 sets to failure.

Seated calf raises

1 warm up.

3 sets increasing weight to failure.

Finish with 100+ crunches for your abs to failure.

Now for some people these workouts will be so tough on the body that by the end of the workout lack of energy might cause some problems. If you feel too tired to do your back or leg workout at the latter part of the session you must shorten the session and add another training day. For example instead of including our back in your first session you keep it for another day. The same goes for your legs.

So instead of just 2 workouts a week you now have 3 so that the third workout is included. The same exercises apply though. The new work out week would be as follows:

1st workout:

Chest

Biceps

Abs

2nd workout:

Shoulders

Triceps

Abs

3rd workout

Back

Legs

Forearms (forearm curls, 3 sets)

Abs (optional)

Important note: With all of the above exercises it should be noted that a person should not be able to do 2 sets to failure at the same rep range as if you can you have not trained to failure on the first set. You cannot do 2 sets to failure at 12 reps per set, as your strength should be quite considerably sapped by the second set. If you did 10 reps on the first set you should only manage about 8 reps on the second set.

Training extras

When you train like this you need to vary your routine to stop boredom and to shock the muscles so they don't become used to the exercises. Here below are some alternative exercises, which should be used every other time that you train a certain body part. These exercises should be used exactly in place of the first workout routine.

Workout 2: Day 1

Chest

Cable crossovers

1 warm up set.

2 sets to failure.

Dumbbell bench press

2 sets to failure. Superset the last set.

Dips

2 sets to failure.

1 minutes rest then straight onto biceps.

Biceps

Standing barbell curl

1 set for warm up.

2 sets to failure.

Single arm cable curls

3 sets to failure.

1 minutes rest then straight onto back.

Back

Machine rows

1-2 warm up sets.

2 sets to failure.

Bent over rows

2 sets to failure. Superset the last set.

No rest and straight onto abs.

Finish with 100+ crunches for your abs to failure.

Workout 2: Day 2

Shoulders

Front Deltoid Raises

1 warm up set.

2 sets to failure.

Dumbbell Shoulder Press

2 sets to failure including a superset on the last set.

Upright rows

2 sets to failure.

Triceps

Tricep dips

1 set for warm up.

2 sets to failure. Super set the last set.

Single arm tricep cable pull down

2 sets to failure. Superset both sets.

Tricep kickbacks (dumbbells)

3 sets to failure.

Legs

Smith machine squats

1 warm up set.

2 sets to failure.

Seated leg raises

2 sets to failure.

Standing calf raises

1 warm up set.

2 sets to failure up to 20 reps.

Finish with 100+ crunches for your abs to failure.

The mind game

The big problem a lot of people encounter when they begin regular weight training is trying to keep motivated throughout. Indeed the problem is when people start to train for the first time or get back into training after a long break they train like crazy for the first month and then get become tired of the same routine and drop out of training. At first they are full of gusto training five nights a week and enjoying the facilities but after a short while they get sick of the site of the place.

So how can we train consistently every week and not get bored of the gym? Well the answer is two fold. The first answer is that when you train on my system you will hardly get bored of the gym because you will only be there twice a week and you will only be training for 40 minutes at a time. Which works out at a total workout time of 80 minutes. 80 minutes a week that's it! So you will never get bored because you are hardly there so you will feel enthusiastic about going to the gym every time. Where as a lot of people go five nights a week and "train" for two hours a night. Approximately 10 hours a week! Is it any wonder that people start to dread going to the gym rather than looking forward to it.

Some die-hard trainers believe you have to train for two hours to get any real benefit but it is impossible to train to failure for two hours. Those people who train for two hours are either endurance trainers or slow chat to the instructor or any other poor soul that comes across them types. I never talk while I am training as I have a job to do. When I am finished I will talk to anybody no problem. But when I am training I am focused. You should be too. I was training the other day when a guy with pencil thin arms next to me who must have been watching me said "You are meant to be enjoying your training" to that I replied "In here I train, outside I enjoy myself". In fact this is not strictly true, even though I train very hard I love the type of training I do. Just because I am not grinning and winking at the other people in the gym it doesn't mean that I am not enjoying myself.

I see some people who are in the gym rest for around five minutes per set (hogging the equipment) and then after seemingly coming out of some sort of trance lift another mediocre weight set and then do the same on the next set. These people no doubt tell their friends that they train for two hours a night but their real total training time is about 10 minutes!

The second answer to prevent workout boredom is how you use your mind before you workout. In order to train properly with focus and in the right frame of mind it is important that you put all daily grind thoughts away and any other thoughts that could affect your training. It is no good if when you are training you are thinking about an argument you had that day or whether you will be home in time for your favorite soap opera to start. You need to think about what you are going to do in the gym on your car journey to the gym. Get all other tittle tattle out of your mind and as you drive to the gym and think about the exercises that you will be using when you get there. Think about the weights you will be using too and the size your body will grow to as you lift the weights. Picture it vividly in your mind and begin to imagine yourself doing it. Keep this focus in your mind and when you reach the gym you will be dying to get started. Tell yourself that nothing will affect your training that day and get yourself psyched up. I always mentally rehearse my next workout even days before I do it so my mind is primed for the day.

For more information on how you can clear you mind and become totally focused on your training check out The Principles of Life book featured on this site. In chapter 2 it explains and demonstrates the technique on how to do just that.

Weight training and self-confidence

It is true that when you are in good shape you feel confident. If you don't then there are some psychological issues going on inside your head that need addressing. When you train with weights you can actually sculpt your body into whatever shape that you want. If you want bigger arms or shoulders all you have to do is train those parts and they will grow in time. The same goes for any other part of your body. You can literally change the way that you look with weight training. An average looking man can look outstanding just by creating a great physique. In fact I have seen it, guys who are not even good looking at all walking around with a gorgeous girl on their arms because they have a good body. This goes for women too. An average looking woman with a great body will always be in demand where as an average looking woman with a poor body shape will not. Guys love women with athletic physiques and weights build great bodies for women. In fact a woman who trains with both weights and aerobics will always have a better body than those when just do aerobics. So even if you are not that blessed in the facial stakes you can improve your chances with the opposite sex by around 200% by developing a good body.

Clothes fit better when you weight train too and certain clothes can be worn to accentuate your physique. When you look different from the ordinary Joe's or Janet's you will become more noticed. Weight training is a great way to change your appearance for the better.

Are there any short cuts that will change your body?

In my experience no there isn't. Only hard work and an acceptance that it won't happen overnight will work. There are many devices on the market that claim to help you tone and firm up your body but in my experience they are just rubbish. Toning tables for example. This concept that you just lie on a table as the machine moves your body around in certain ways and when you get off you have toned up your body is ludicrous. If it were true why then don't you see anybody with a good body on them? Why are they always over weight people on them while all of the in shape people on the weights or cardio machines. The answer is simple they don't work. They were designed for lazy people who don't want to sweat and are looking for a magic wand to make them look better. The same goes for those belts that use electric muscle stimulation. Unless you are lean anyway you will see no real difference in your midsection with using such devices.

You could though if you want to imagine that they are working and fool yourself. The reality is this, if you want to tone up lose weight or gain size and strength vigorous weight training with my system works and you will see real results after every workout. Stop looking for the magic wand as it does not exist and begin to focus your mind for your next big workout.

Beware of the scales trap

Many people including myself at one time fall into the scales trap. And what I mean about the scales trap is weighing themselves every day or every time they train. What happens to the guy who wants to build up and steps on to the scales at his local gym and finds that he has lost a pound of weight? He feels drained and his workout goes to pot. He thinks that he is shrinking and that thought ruins his training. The same goes for women. Weighing more than you want to weigh or weighing less on the day can ruin your focus. Do not fall into the scales trap. Only weigh yourself once a week. It's not what you weigh that's important it's the way that you look.

Rest periods

Even though you will only be training for about 80 minutes two or three times a week. This type of training can be very demanding on your body. If you get to a point where you feel fatigued before hand or you are losing strength in the gym it is time to take a break. Take a whole week off and don't give it a second thought. If you try to train through it you will get worse. Take the week off and comeback the following week refreshed and ready to go again. Don't worry your muscles won't waste away but you will find that they explode when you get back to it.

Summary

It would be very beneficial to you to re-read this short book again or even a few times to familiarize yourself with the program. Increases in both muscle size and strength should be experienced within each workout if this regime is followed properly. Thank you for reading this book and visiting this site please take the time to check out my other book The Principles of Life which would help to increase your psychological strength and mental well being too.

Regards
Steve Norton