

How to have terrific workouts

By Stuart McRobert

Copyright © Stuart McRobert 2006. All rights reserved.

www.hardgainer.com

For terrific results from your training, you must have terrific workouts. Apply the following tips and you'll boost your progress tremendously.

BEFORE THE GYM

1. Find a training partner who has a similar recovery ability to yours, so that you can use a similar (if not the same) training program. Push each other to deliver **PERFECT** workouts every time -- intensive, progressive, and always with **CORRECT** exercise technique.
2. Train at a time of the day that suits you physically **AND** mentally, and try to avoid the gym's busiest periods so that there are fewer distractions and delays. Schedule one workout on a non-working day so that you have at least one session a week at the optimum time of the day for you.
3. If you feel physically beat and are due to train today, rest another day. Then modify your training program and lifestyle so that you recuperate fully between workouts **WITHOUT** having to take unscheduled rest days.
4. Neither wait too long after a meal before training, nor train too soon. You don't want your workout to flag due to insufficient energy, but neither do you want to feel nauseous in the gym because of having eaten too near a workout. Have a simple meal that you can digest easily, and train about two hours afterwards.

IN THE GYM

5. Before you use the weights, spend five to ten minutes doing some general, gentle warming up such as stationary cycling, skiing, or rowing, to break you into a sweat.
6. Spend this general warming-up time psyching yourself up. Switch off from the rest of your life. Move from non-training mode into

training mode. Mentally go through some tough sets. Build yourself up to a peak of seriousness and zest.

7. Do sufficient **SPECIFIC** warm-up work for each exercise. Better to do too much warm-up work than not enough. But don't rush from your final warm-up set to the first work set of a given exercise -- rest two to three minutes.
8. Keep a strong grip -- use lifters' chalk. Properly used, this is a great aid to a secure grip, especially in back exercises and upper-body pressing movements.
9. Before each work set, check your training log to see **PRECISELY** what you did the last workout you performed that particular exercise. Determine what you need to do in terms of poundage and reps to make today's effort **PROGRESSIVE** -- for example, an extra pound on the bar for the same reps, or an extra rep with the same poundage as last time.
10. When you get in position for a set, take care to take the right grip and stance or body position. Don't charge into a set, grab the bar and then realize after the first rep that you took an imbalanced grip, wrong stance, or are lopsided while on a bench.
11. Don't hold your breath. Breath holding during training -- or during any type of physical exertion -- increases blood pressure. This can lead to headaches, dizziness, and even blackouts. To prevent breath holding, don't close your mouth. Keep your mouth open -- just slightly open will suffice -- and your upper and lower teeth apart. It's usually when the lips are jammed together that problems with breath holding occur.
12. Other than encouraging your training partner, or to give some instruction regarding setting up exercises, don't talk between sets. Talk after you've finished a workout. Training time must be **SACRED**. Ignore all intrusions other than emergencies. Your focus should peak for each work set. For the duration of each work set you must "become" the set. Nothing else matters other than the perfect completion of that set.
13. Use small weight increases. See **BUILD MUSCLE, LOSE FAT, LOOK GREAT** for how to do this.

14. Only add weight when you've earned it. **HOW** increased exercise poundages are achieved is **CRITICAL**. An exaggerated focus on progressive weights is **DETRIMENTAL** because it leads to degradation of exercise technique, and rep speed control. **NEVER** should exercise technique or rep speed control be compromised to enable more weight to be added to an exercise.

The watchwords are **CORRECT TECHNIQUE AND REP SPEED CONTROL . . .** even at the end of a set when the reps are hardest.

15. Dehydration mars training. Sip water between sets. Aim to drink at least one full glass every fifteen minutes you're training. Drink between sets, but keep your mind fixed on your training.

16. After each work set, record in your training log the rep count and poundage used. As the weeks go by, you should see gradual improvements in weights lifted or reps performed.

17. Periodically get someone to video tape your entire workout.

AFTER THE GYM

18. Within half an hour of your workout, have a liquid, easily digested, protein-rich and carbohydrate-rich feed. Consume about 30 to 40 grams of protein and 60 to 80 grams of carbs, depending on your size. Within the next two hours, have a meal of solid food, or another liquid feed.

19. Go to sleep earlier than usual on the evening following a workout, and get **AT LEAST** nine hours of quality sleep. Give your post-workout recovery machinery a boost. And get at least eight hours sleep on each other night.

20. Study the video recording of your workout. Examine your exercise technique, rep control, lifting technique while setting up equipment, concentration level during each set, effort level, and use of time between sets. Look for areas to improve, and then address them at your next workout.

If your workout program is badly designed you'll still not make much if any progress even if you adopt all the

aforementioned tips. You must combine the tips with excellent training program design.

FURTHER HELP . . .

See BUILD MUSCLE, LOSE FAT, LOOK GREAT for all the details on how to train, and a treasure trove of everything related to training. At over 600 pages, and with nearly 400 photographs, this is the most complete book on body transformation. *But if you don't agree, you may return it for a refund.*

For further information, visit

www.hardgainer.com

or www.buildmusclelosefatlookgreat.com