

Diet

The T-Nation Velocity Diet

Also, I don't buy into T-Nation's Biotest pushing BS. These are the products that I use and have found to be a great bang for the buck. I also try to avoid GNC.

Velocity Diet - Link #1 - <http://www.t-nation.com/findArticle.do?article=05-009-diet>

Velocity Diet - Link #2 - <http://www.t-nation.com/readTopic.do?id=563877>

Food

Optimum nutrition is widely considered the best bang for the buck in the industry.

For this diet we are going to use both Whey protein and Casein. Whey is a fast digesting protein and casein of the slower type.

They also have different Flavors, depending on what you like.

Whey Protein - http://www.dpsnutrition.net/get_item_on402.htm

Casein Protein - http://www.dpsnutrition.net/get_item_on359.htm

Supplements

Mult-Vitamin - http://www.dpsnutrition.net/get_item_no088.htm

Joint Support - http://www.dpsnutrition.net/get_item_uv094.htm

Milled Flax Seed - Get this at the grocery store, you may have to go to a hippie food store or something.

Fish Oil - Same as the flax seed. CVS also has it. I get the 1000mg caps.

Those are the only supplements I would spend money on unless you maybe want to try some creatine or something.

Other than that just follow the instructions in the velocity diet article to make sure you're getting the right amount of calories each day. See how it goes for a couple of days and adjust accordingly.

Weight Lifting - Mark Rippetoe's Starting Strength

Mark Rippetoe's Starting Strength Routine:

Here is a routine from Mark Rippetoe's book called "Starting Strength". You can buy the book at www.startingstrength.com. It includes endless useful info that all beginners should learn.

The program is as follows:

You alternate Workout A and Workout B every other day, 3 times a week. So you could either do Mon, Wed, Fri or Tues, Thurs. and Sat. Depending on what works best for you.

Example:

Week 1:

Monday - Workout A

Wednesday - Workout B

Friday - Workout A

Week 2:

Monday - Workout B

Wednesday - Workout A

Friday - Workout B

Etc.

For the actual workouts read below:

Note: This doesn't include warm-up sets

Workout A

3x5 Squat

3x5 Bench Press

1x5 Deadlift

Workout B

3x5 Squat

3x5 Standing military press

3x5 Pendlay or Bent Rows

Assistance work:

Most people can't get it through their head that compound lifts also work your arms. Plenty and always insist on direct arm work. As quoted by Madcow2, "Don't **** with this. Every bodybuilder seems to have Attention Deficit Disorder and an overwhelming desire to customize everything."

Weight:

As for the weight, make sure that you use the SAME weight throughout the sets. For example if I do the first set of squats with 200lbs then I do the other 2 sets of squats with 200lbs.

Every week make it a goal to increase each of your lifts by 2.5%. Meaning if I lifted 100lbs for my Bench Week 1 then Week 2 I would try for 102.5lbs. If I did 200lb Squats Week 1 I would try for 205lbs in Week 2. Sometimes you will be able to do more but don't mess with your form just to lift more.

Warm-up Sets:

Before all your working sets it is best to do a few warm-up sets. Specifically for your first lift. You don't have to do the whole thing for the other lifts but definitely the first.

What you do is you ramp your weight up to your working sets.

For example:

2x5xbar (sets x reps x weight)

1x5x85

1x3x125

1x2x155

And the working set weight would be 175.

If you are lifting your working sets under 150 I would cut out the 3rd warmup set of 1x5 because it wont be needed.

Rest interval

As for the rest interval, Rippetoe suggests 1-2 minutes for the worksets, with no rest needed for warmups. Typically the workout takes me about 40 minutes, a little longer then you would think when looking at it. When I add my abs in it can run to 50 or so. So as for the guy saying it should take 10, you have no idea what you are talking about.

The Lifts:

****Used references and quotes from Madcow2 and Bodybuilding.com****

Barbell Squat: These should be full range Olympic style squats. Use the full range of your body - that means as low as you can go which for almost everyone is past parallel. If the top of your thighs aren't at least parallel it's for sh!t. If you think this is bad for your knees going low, you and whoever told you that are relying on an old wives tale. Anyone who knows the human body will tell you that below parallel is MUCH safer on the knees whereas parallel and above put all the sheer right on them and doesn't allow proper transfer of the load to the rest of your body (this is how your body was designed).

Rest a barbell on the upper portion of your back, not your neck. Firmly grip the bar with your hands almost twice your shoulder width apart. Position your feet about shoulder width apart and your toes should be pointing just a little outward with your knees in the same direction. Keep your back as straight as possible and your chin up, bend your knees and slowly lower your hips straight down until your THIGHS ARE AT LEAST PARALLEL TO THE FLOOR. Once you reach the bottom position, press the weight up back to the starting position.

To be honest ATG (Ass to the Grass) squats work the best IMO. What you do is you go ALL the way down until your hamstrings touch your calves and keep the same Olympic squat form.

<http://www.exrx.net/WeightExercises/Quadriceps/BBSquat.html>

Barbell Deadlift: Each rep is deweighted fully on the floor. No touch and go. This is called the 'dead'lift because the weight is 'dead' on the ground. You can touch and go warm ups but that's it.

<http://www.exrx.net/WeightExercises/ErectorSpinae/BBDeadlift.html>

Flat Barbell Bench Press: Lie on a flat bench and firmly position your feet flat on the floor a little more than shoulder width apart. Keep your back flat on the bench! Using a grip broader than

shoulder width, hold the barbell above your body, then lower slowly to the middle of your chest. Without bouncing the weight off your chest, drive the barbell up over the middle of your chest until your arms are straight and your elbows are locked. Lower the bar down slowly.

<http://www.exrx.net/WeightExercises/PectoralSternal/BBBenchPress.html>

Standing Barbell Military Press: Standing overhead presses. Supporting weight overhead is a fundamental exercise and stimulates the whole body.

Raise barbell to your chest with your hands shoulder width apart. Lock your legs and hips. Keep your elbows in, slightly under your bar. Press bar to arm's length overhead. Lower to your upper chest or chin (depending on what is comfortable).

<http://www.exrx.net/WeightExercises/DeltoidAnterior/BBMilitaryPress.html>

Bent Barbell Row: Raise barbell to your chest with your hands shoulder width apart. Lock your legs and hips. Keep your elbows in, slightly under your bar. Press bar to arm's length overhead. Lower to your upper chest or chin (depending on what is comfortable).

<http://www.exrx.net/WeightExercises/BackGeneral/BBBentOverRow.html>

Cardiovascular – Long Walks Every Day

Take a long walk every day, duration 45-60 minutes. Don't kill yourself, DON'T run. Just keep walking and don't stop. Do these 7 days a week.