



1996 Hawaii Natural Bodybuilding Championship Journal

THE BEST KEPT
SECRETS
TO
WEIGHT LOSS
FITNESS
&
BUILDING MUSCLE

Get Ready for the BEST SHAPE OF YOUR LIFE!!

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The Best kept weight loss secret?

So are you curious to know, what the best kept weight loss secret is? Yes, I bet you are. Who wouldn't be? Well if you are overweight or a little flabby, eager to enter a Bodybuilding or Fitness contest .If you, just plain want to tone up a little. You will be more than pleased with what you have stumbled onto. Have you ever wondered how all those models on Fitness or Bodybuilding magazines got their physique? That is something that has been going through my mind since I was 12 years old. Yes, I said 12 years old. I have been doing research and consulting with many bodybuilders and athletes for the past 17 years. I have taken this information and used it first hand. It works like nothing else. It worked for me and it can work for you. In just 12 weeks I lost over 40 lbs. of almost pure body fat. In just 12 weeks you could transform your physique. I did it and so can you!

I would like to share this VALUABLE INFORMATION with you. It took me years of research, trial and error to figure out what really works. I discovered a system used by not only, Bodybuilders and Fitness competitors' .This system has also been used by various actors, models, and musicians as well. "Yes", this is a system that works!

The Best kept weight loss Secret?

This is what I mean, when I say I lost over 40 lbs.

Take a look at what I looked like before, and what I was able to achieve after using this system.



Are you ready to make your transformation?

The first step

So, you have made the decision to make a change in your life. "That's great"! You have just taken the first step to reaching your fitness goals. Whatever that may be, maybe you just want to lose 10 lbs. Or even as much as 100 lbs. Maybe you want to build muscle and lose body fat. You may want to enter a Bodybuilding or Fitness competition?

Whatever your goal may be, you are now on your way. O.k. lets get started.

Now, before we go any further let me tell you something. It is recommended that anyone starting an exercise or nutritional program, Consult a Physician.

The information contained in this manual is based on my personal experiences and is not a recommendation of what you should follow. You may follow my program as an outline, but I guarantee no results in the following of this program. Individual results may vary.

Do you want to find out the secret?

If you do lets move on!

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Introduction to My Journal

Did you want results? Everyone wants results. In fact, you see it everyday. Someone is always giving their testimony, about how much weight they lost or how much muscle they gained, but does anyone truly give their whole testimony? Most people don't, there is always some catch to it. There are many people with tremendous testimonies out there. They are usually trying to promote some type of nutritional product, system or something that they have used to get the results. This route will usually lead you to losing more than a little weight. You will quite often lose a great deal of money in the process. What is the answer to this turmoil? Get back to the basics! The basics are basic principals and fundamentals, that have been around for a long time, and it will save you money! What are the basics? Well "here it is". It is all here in my real life "COMPLETE TESTIMONY". You will find most of the basics in this testimony.

I am going to give you exactly what you need. You can follow me every step of the way through my personal records of everything I did. This is everything I did to lose 40 lbs. in 12 weeks. This is the first time I have ever made this public. Not only did I lose 40 lbs., but I did maintain much of my hard earned muscle.

Many Bodybuilders, Fitness competitors, Actors, Musicians, and, other Entertainers have followed programs similar to this to achieve top condition. You now have the liberty of seeing exactly what I did to lose 40 lbs. in such a short period of time. O.k. well here is the first page of my Personal Journal, in preparation for The 1996 Hawaii Natural Bodybuilding Championship.

Tuesday May 21, 1996

Approximately, 13 weeks until Ironman Naturally (The Hawaii Naturals, was previously The Ironman Naturally). Start preparation.

Last good meal

Meal 1 - corned beef and potatoes, 1 egg, Fried Rice

Meal 2 - Meal Replacement drink with peanut butter

Trained Back, Shoulders, and Abdominals

Close grip Lat pull downs (reverse grip) 5 sets, 120 lbs. to 200 lbs.

Note: I normally start at a lower weight and increase the weight on each succeeding set.

Barbell rows 5 sets, 135 lbs. to 225 lbs.

Cable row 4 sets 135 lbs. to 240 lbs.

Lateral raises 4 sets 20 lbs. to 35s' lbs.

Hammer strength presses 4 sets, 70 lbs. to 180 lbs.

Flex Rear deltoid machine 3 sets 100 lbs.

Crunches 3 sets, each set with maximum repetitions.

Knee Ins 3 sets, each set with maximum repetitions.

Machine crunch 2 sets, 135 lbs.

Cardio: 30 minutes Stair climber

Bodyweight=189 lbs.

Meal 3-Meal Replacement drink

Now this is the exact 1st page of my actual Journal. You will notice that I did not necessarily keep records everyday. With the meal preparation, eating 5-6 times a day, going to the gym and doing cardiovascular exercise, there was not always time for writing in my journal.

Follow my journal logs as an outline and you will achieve good results. The key to a successful diet and exercise program is to be original. You must tailor the exercise and nutrition plan to your own individual needs. So don't be afraid to be creative.

The lack of creativity is why so many people fail to be successful with their fitness goals. You must be creative and devise a program that you can follow and will follow, to get you to your desired level of fitness. I have seen it so many times before. People fail to reach the level of fitness that they would like to achieve. Why do they fail? Are they any different from your average Fitness competitor or Bodybuilder? The only difference is, in the lack of creativity. Yes, Bodybuilders and Fitness competitors are very creative. They are creative in the sense that they create a program that they can follow. They create a program that works for them.

Take a look through any bodybuilding or Health and fitness publication; there are no two regimens exactly alike. Why is this? The reason for this is each athlete develops their own personal program. Sure the exercises may be similar and the principals alike, but no two programs are identical. This is the very reason for their success at their chosen sport. So, if you are reading this, chances are you were not as successful as you would like to be, or maybe you just want to expand your knowledge on Health, Fitness and Bodybuilding. Whatever your reason may be, I am convinced that your journey through my journal will help you.

Sunday May 26, 1996

3rd day of diet

Meal 1 - Meal Replacement drink

Meal 2 - 12 egg whites with bell peppers

Meal 3 - Meal Replacement drink

Meal 4 - Chicken breast and Spinach

Note: Feel tight was 183 lbs. yesterday at the gym, approximately 12 weeks until show. I need to start doing cardio twice a day.

NOTE: Wednesday – Trained Quads and calves.
Thursday- Went Hiking
Friday- Trained Chest, Biceps, and abdominals
Saturday- Trained Shoulders, Hamstrings, Triceps and calves.

Up until then I was doing cardiovascular exercise 20 – 30 minutes after my weight training, either on the stair climber or stationary bike.

Like I said, this manual is based on my personal experiences. So, you have to excuse me if it seems like you are reading someone's notes. That is exactly what you are doing. This is what my journal consisted of. You shouldn't need anymore than notes to devise your own program that will work for you. You are an individual. Take some responsibility be creative and devise your own workout and nutritional program. Use the notes I am giving you and you can devise something that will fit your lifestyle and help you reach your Fitness goals. I am sure many of you would not need or want to follow a program exactly as mine.

Take a look at the next entry into my journal. You may find it quite interesting. Look at the dates and you will notice.

Monday June 10, 1996

Just got back on track yesterday, I was on diet for 5 days and went off for 5 days. "I ate terrible" and my weight is still the same as of the day I went off diet.

Meal 1 - 8 - 9 egg whites and 1 yolk (scrambled) with onions

Meal 2 - Ground steak, mixed vegetables

Trained Shoulders, Triceps, and Calves

15 minutes, stationary bike

Dumbbell press 6 sets 30 to 85s'

Lateral raises 3 sets 20, 30, 35, drop set with 25, 15s' lb. dumbbells

Machine presses 3 sets 135, 180, 210 lbs.

Barbell front raises 4 sets 30, 40, 50, drop set 30 lb. dumbbells

Rear deltoid machine 4 sets, 100, 130, 160, 80 lbs.

Bent lateral raises 2 sets 25, 30 lb. dumbbells

Pushdowns 4 set 100, 140, 200, 170 lbs.

Lying tricep extension 3 sets 90 lbs.

One arm dumbbell extensions 3 sets 30, 30, 25 lb. dumbbells

Standing Calf raises 5 sets 160-440 lbs.

Calf press 3 sets, 90-270 lbs.

Seated Calf raise 3 sets 45, 90, 90,

Cardio: 30 minutes on stationary bike

Meal 3 - Meal Replacement drink

Meal 4 - 2 Chicken breast, mushrooms, onions, green beans

Note: Started diet on June 9th 1996, contest is August 24, 1996

If you looked at the dates, you would have noticed. Yes, I went off the wall and could not take the diet. I had to indulge for a few days, “well a little more than a few days. The point is I am human and so is everyone else that is probably reading this information. I would like to make a strong point to people. The point is, if you are starting a new nutritional program, there is a very good chance you may make a few mistakes. That is exactly what I want everyone to be aware of. It is O.k. to make a few mistakes. The key is to continue your nutritional regimen and modify it to fit you. You must also be mentally prepared before you can do this. Remember this, you are an individual and so is your body. You must have a goal, and shoot for it. Whatever your goal may be set one then follow through on it.

Setting goals is exactly what bodybuilders, fitness athletes, actors, musicians, and anyone that has ever used a program similar to this has done.

This is the key to being successful at anything. You must set a goal, and have the desire to attain it. Sure your goal may not be to become Mr. Universe or Ms. Fitness America, but whatever your goal may be it is a valid goal. It is your personal goal. You are the only one that can attain your goal. So, stop putting it off nobody else is going to get you to your goal. If you want it you must work at it.

Fat Melter

You have just read the first 2 pages of my own personal journal. This is exactly how I started my GAME PLAN. If you are not yet familiar with the reduced carbohydrate diet, this is what my game plan consisted of. There are many people who are skeptical of this type of diet and nutritional regimen. Let me tell you something though, "it works".

Before I tried this, I had never been able to see my abdominals'. For the first time in my life, they were starting to appear before my very eyes. So what was it that was working?

The answer is this. Your bodies preferred source of fuel for energy is carbohydrates.

Note, I said preferred source. This does not mean that your body has no other way of creating energy for fuel. It can certainly do that.

By reducing carbohydrate consumption, reducing your intake of foods such as, bread, cereal, pasta, rice, potatoes, and other foods that contain High Starch content. Your body must turn to an alternate source to create energy.

Your body will naturally do that by creating energy from the FAT ON YOUR BODY.

Yes, this is true. You can now burn the body fat on your own body as fuel for energy.

The key to this type of diet is to reduce your carbohydrate intake enough, to allow your body to tap into the fat stores. Now, you may be wondering. How much is enough? Well, I cannot honestly answer that question for you. If you really plan on being successful at this type of weight loss program or any other, for that matter, you must learn how your body works.

You must know how much carbohydrates your body needs. If you are looking for a simple solution, then start your nutritional regimen by reducing your carbohydrate consumption to 1/2 of what you normally consume. One of the easiest ways to do this is to STOP EATING CARBOHYDRATES AT MIDPOINT IN YOUR DAY. Now I say at midpoint in your day, because everyone's day can vary. Some people start their day at 5, 6, or 7 in the morning. While others may start their day at 8, 9, 10 or 11 o'clock at night. So the easiest solution to this problem is to stop eating carbohydrates at your personal Midpoint in your day. Like I said before, you are an individual and you must tailor your diet to your own personal needs. It would not make sense at all for you to cut out carbohydrate consumption at 12 in the afternoon. If your day starts at 8 in the evening, you must tailor your diet to you personally. Be creative that is what successful people do. So if you plan on being successful at your nutritional program then you must be creative. This is your nutrition program and ONLY yours. So design it that way. Design it to fit your needs and you will be successful with it. Now I don't mean that you should design your nutritional program around fast food hamburgers with no bun. Although I have known some bodybuilders that have done that, what I am implying is to be creative. So if you find that a fast food hamburger with no bun and a diet coke is allowing you to reduce body fat like you never did before. Then, well I guess you could follow this program. Although I am not going to say that it is the healthiest diet in the world. The bottom line is to be creative and find out what works for you. This is the only way you will be successful at anything.

All right are you ready to continue on to my journal entries. I hope so. Now for those of you who don't quite want to look at my notes. Remember this, my notes consist of everything I ate .My entire workout regimen and most importantly. This manual is written as a manual to use as an outline. Therefore, all the little extra notes and VALUABLE INFORMATION that was not in my journal will appear randomly throughout this manual. In fact if you are not reading this manual all the way through, you would have missed this NOTE. So just be patient and read through it. When reading my journal notes you will see how I changed my diet and workout program to fit my personal needs. This is exactly what you should do. O.k. lets take a look at my next journal entry.

Train hard, got 10 weeks and 4 days.
Do It!

Meal 1 - 12 egg whites = approximately 40g. Of protein
Meal Replacement drink = 38g. Protein
2 scoops Whey protein = 32g. Protein
Approximately 110g. Total protein for Breakfast

Meals 2 - Meal Replacement drink 38g.
1 scoop whey protein 16g.
Total =54g.

Meal 3 – Meal Replacement drink 38g.
202g. total with meal 1 and 2

Meal 4 - Tuna = 37g.
8 egg whites 25g.
62g. total

Meal 5 - 62g. 326g. total with meal 1-5

Meal 6 - Meal Replacement drink and Whey = 54g.

As you can see you may be a little confused about this entry. The purpose of this entry was to establish how much protein I was consuming on a daily basis. The total I came up with from these figures was about 380 grams of protein. Some people may think I am crazy for consuming that much protein on a daily basis. The theory is this, I was not consuming that much carbohydrates on a daily basis therefore I made up for the loss of carbohydrate calories with protein calories. So in theory, calories are calories but carbohydrate calories are more likely to be stored as body fat.

What's the difference?

Now that I have revealed one of the key elements to, The Best kept weight loss secret? I am sure that some of you may be wondering how this program differs from some of the other low carbohydrate diets or reduced carbohydrate diets. Well, the only difference is I am personally trying to help you devise your nutritional regimen. Most programs will tell you exactly what to do. I do not want to do that, nobody wants to be told what to do. Therefore I am merely trying to help you devise a program that will work for you and that you create yourself. That way it is your program and only yours. Now, wouldn't you rather use a program that you developed and that you know works for you, than use someone else's that has been tested on a number of people that you don't even know?

Another key element of this program that may differ from others is this. Many programs that are similar to this usually want you to cut out carbohydrates completely. I do not agree with that and I am sure many of you would agree with me. So I will not ask you to do something that I wouldn't. You will not have to cut out carbohydrates completely to be successful at this program. Now that you are a little content knowing that you won't be giving up carbohydrates completely. Let's take a look at the next entry into my journal.

Thursday July 4, 1996

Cardio: went for 30 minute walk

Note: Still on it since June 10, Almost 4 weeks. Diet is now as follows.

Meal 1 - Meal Replacement drink "chocolate" with 12 egg whites (pancakes), 3 sweet Sugar substitute, 2 scoops whey protein.

Meal 2 - Meal Replacement drink "chocolate", with 1 scoop whey protein.

Trained Chest, Biceps, and Calves

Bench press 5 sets 135-250 lbs. x8 reps

Incline Hammer Strength Press 4 sets 90,180,270,180 lbs.

Incline Fly 4 sets 40,50,60,60 lb. dumbbells

Machine fly 4 sets 120,150,200,110 lbs.

Nautilus preacher curls 4 sets 50, 75, 100, 75 lbs.

Dumbbell curls 3 sets 45, 40, 40 lb. dumbbells

Concentration curls 3 sets 30 lb. dumbbells

Bodymaster Calf raise 4 sets 90,180,270,270 lbs.

Donkey calf raises 3 sets 300,400,400 lbs.

One leg calf raises 2 sets with body weight

Seated calf raise 3 sets 100 lbs.

Cardio: 30 minutes Stair Master

Meal 3 - Meal Replacement drink "chocolate"

Meal 4 - Can Tuna 8 egg whites, onions, and bean sprouts

Weight: Awesome 169 lbs., Right on it

An interesting discovery about this entry is it was the first entry into my journal since June, and it just so happen to fall on the 4th of July. I still managed to stay on track while everyone was having a good time. Yet I was still having the time of my life because I was in the best shape of my life. Like I said before, set a goal and follow through. You will thank yourself for it later. Another thing you may have noticed is my weight, I had lost 20 lbs. since I started the diet and it was only July. I still had plenty of time before the contest.

Even though I still had plenty of time before the contest, you still can never be too prepared. I continued with my game plan. Take a look at the next entry.

Saturday July 20, 1996

Have been dieting for about 6 weeks now, It's going very well. Used 3 on 1 off Schedule, 3 low carb days and 1 high carb day. Low consisting of Meat , Chicken , turkey , Tuna or eggs and Vegetables . On high day I have about 1 sweet potato with each meal.

Usual Eating plan

Meal 1 - 8 egg whites, 1 yolk, Can Tuna with bean sprouts or Meal Replacement (pancakes), coffee with 2 sugar substitute.

Meal 2 - Meal Replacement drink

Meal 3 - Tuna, Meat, Chicken, or Turkey with Vegetables

=Workout=

Meal 4 - Meal Replacement drink

Meal 5 - Same as Meal 3

Meal 6 - Meal Replacement drink

Meal 7 - Meal Replacement drink (occasionally)

Note: On high carb day add 1 sweet potato to every meal.
Today I ate as follows, trying to add a little more carbs on low day.

Cardio: Walked for 30 minutes in the morning

Meal 1- Meal Replacement drink , 12 egg whites , cinnamon , 4 sugar substitute ,= (Pancakes), and coffee with 2 sugar substitute .

Meal 2 - Meal Replacement drink, sweet potato

Meal 3 - 8 egg whites, Can tuna with veggies and liquid amino acids

Meal 4 - Meal Replacement drink

Meal 5 - 10 egg whites, BBQ beef (made amino style), Salad, bean sprouts, 4 pieces of Teriyaki Nori

Trained Hamstrings and Abdominals
Lying leg curl 4 sets 40-100 lbs.
Still leg dead lifts 4 sets 60-90 lbs.
Seated leg curl 3 sets 120,150,135
One leg standing leg curl 1 set 30 lbs.
Reverse crunch 3 sets
Incline sit up 3 sets
Machine crunch 3 sets

Cardio: Did 15 minutes treadmill, 15 minutes stationary bike before workout.

Note: 2nd day low Crabs, with sweet potato in morning, feel good “tighter”.

In this last entry you have seen how I incorporated carbohydrates into this type of diet. I followed a 3 on 1 off type of low carbohydrate diet. In this particular diet my only source of carbohydrates on the low carb day came from, the carbohydrates in the Meal Replacement drink and vegetables. Occasionally I'd have a sweet potato or another source of starchy carbohydrate in the morning. On my high carb day, I consumed carbs from the Meal Replacement drink, vegetables, as well as brown rice, and/or sweet potatoes.

The high carb day took place every fourth day. This fourth day principal which I personally used is not a rule. I consumed carbohydrates every fourth day because I felt my body responded well to it. You do not have to necessarily follow this regimen. In fact, you must find out what your body responds well to. Since we are all individuals everyone has an individual set point. You must find out what that is. Now I know you are looking for the answer here, and you may not want to take the time to figure out what your set point is. Look at it this way; you may be able to consume carbs every two days, while others may need to consume carbs every five days.

Depending on your own individual metabolism the amount of low carbohydrate days will vary. So, all you need to do is test it on yourself. Yes, it is this simple. Start your regimen with 2 low carb days and 1 high carb day. If after 2 weeks you feel you are not losing what you wanted. Then try 3 and 1, if that does not get you the results you want then try 4 and 1. The number of different regimens you could follow is endless. Never the less it is still important that you find out what your body will respond to. Like I said, everyone is an individual and you must design your nutritional program that way. The key here is to give your body a reason to tap into the fat stores. Cut off its preferred source of fuel for energy and it will have no other alternative than to create energy from another source **YOUR BODY FAT**.

Creative cooking 101

So, are you still with me on all of this? I hope so, because it does get much easier. Once you find out how your body responds to carbohydrates. You will find it much easier to choose the food which you want to eat. The first step to a good nutritional program is being aware of how your body works.

The next step is to manipulate your body so it burns body fat more efficiently.

You must also be creative with the food that you eat. There are not very many people, who like unseasoned, plain old chicken breast. So you must be creative in the way you prepare your meals. The easiest way to go off of your nutritional regimen is to continue to eat food that you hate. So stick to your program and get creative with your meals.

There are many different ways to prepare food in a low carbohydrate manner. That still is very tasty. In the next few pages from my journal, you will see what I did to make eating a little more enjoyable and tasty. Keep in mind that the type of food I prepared is what I personally enjoy eating. You must also prepare food that is tasteful to you. The simplest way to do this is to read labels. Yes, read the nutritional content labels on everything you plan on eating. Look at the carbohydrate content and decide weather or not you really want to consume it.

It is also important to take into account the sodium content. Many processed foods contain large amounts of sodium. Sodium tends to make you store excess water. That will make you feel bloated. An excess amount of sodium from salt sources may also contribute to high blood pressure. So be aware of what you are going to consume. You will be surprised how many tasty dishes you can create using healthy low carbohydrate, low sodium ingredients. Now let's take a look at some of my recipes from my journal.

Bar BQ Beef

1/4 cup Liquid Amino acids (You can find this in almost any health food store)

3/4 cup water

2-4 packets sugar substitute

1 tablespoon chopped garlic

1 tablespoon fresh ginger (minced or chopped)

1 green onion (chopped)

1 lb. teriyaki cut (sliced) Beef

Pour half cup of teriyaki sauce in shallow container. Place teriyaki beef in container. Pour remaining sauce into container and marinate for at least 8 hours.

Teriyaki Burgers

Teriyaki sauce (same as Bar BQ Beef Recipe)

2 lbs. ground beef

1 diced onion

4 diced mushrooms

Mix in bowl and pan fry or make as a meat loaf.

Teriyaki Chicken

Teriyaki sauce (same as Bar BQ Beef Recipe)

1 lb. Chicken breast

Marinate overnight or minimum 8 hours and broil or Bar B.Q.

Tuna with (Musubi style sauce)

1 can tuna

1/8 cup liquid amino acids

1/2 cup water

2 packets, sugar substitute

Cook tuna in pan with sauce until desired.

California Roll

Use Tuna with (Musubi style sauce) Recipe

2 cups Brown rice (cooked)

Sushi Nori

4-6 egg whites (fry with non stick spray)

Place brown rice in flat layer on Sushi Nori, add tuna and egg whites and roll into California Roll. Moisten Nori slightly to hold firm.

Protein pancakes

12 egg whites

1 Meal Replacement drink pack

1 tablespoon cinnamon

4 packets, sugar substitute

Blend and cook as pancakes

Peanut Almond Syrup

1 tbsp. Peanut butter

1 tbsp. Almond butter (can be found in most health food stores)

3 packets sugar substitute

¼ - ½ cup water (Hot tap water)

Mix hot water with peanut & almond butter with fork until desired consistency. Add sugar substitute & mix. Great with pancakes & waffles

Tuna Scram

1 Can tuna (in water)

9 egg whites

1 yolk (if desired)

Bean sprouts (as desired)

Onions diced (as desired)

Bell peppers
Mushrooms (optional)

Fry veggies in pan with not stick spray. Scramble eggs and mix in can of tuna. Pour tuna and eggs in pan and cook until desired.

Chicken Stir Fry

1 lb. Chicken
Japanese stir fry mix veggies
Musubi style sauce (see Tuna with Musubi style sauce recipe)
2 sheets Nori (dried seaweed)
Pepper

Cook veggies separate. Fry chicken breast in pan with Pam. Sprinkle pepper & half of Musubi sauce. Cook until tender then add veggies & Nori. Add the rest of Musubi sauce until evaporated & serve.

Peanut Butter Dressing (for Salads, Chicken or Steak)

1 tbsp. Peanut butter (use Natural peanut butter)
1 tbsp. Rice vinegar (usually found in the oriental section)
2 packets sugar substitute
3 – 4 tbsp. water

Mix all ingredients to your desired consistency

Protein Pudding

1 Meal Replacement drink pack (chocolate is very good)
6 oz. water
1 – 2 sugar substitute packs

Mix Meal Replacement drink with water & add sugar substitute until desired consistency, refrigerate 4 – 6 hours and serve.

Protein, Peanut Almond Pudding

1 Meal Replacement drink pack
8 oz. water
1 – 2 sugar substitute pack
1 tbsp. Almond butter, 1 tbsp. peanut butter

Mix all ingredients in blender or with hand blender, refrigerate 4 – 6 hours & serve.

There you have a few of my personal recipes from my journal. I love this type of food and used it through my entire diet on almost a daily basis. You too can create meals that are to your taste. This is the best way to ensure your success with your nutritional regimen.

Making adjustments

Now that I was getting closer to the contest date, I adjusted my regimen accordingly. Take a look and you will see.

Sunday July 21, 1998

Note: 4 weeks and 6 days until show time

Started cutting back cardio last week, doing cardio a little more by feel, was doing twice a day in morning and after workout. This past week I changed it to twice every other day. Before I drop too fast

Day off of training today

Meal 1 - Protein Pancakes, coffee, with 2 sugar substitute

Weight: 167 last week, goal is 165 lbs. by Wednesday the 24th

Meal 2 - Meal Replacement drink, sweet potato

Note: Eat carbs early in the day, feel tighter and harder.

Meal 3 - Can tuna (Musubi style sauce) with veggies

Cardio: Walked approximately 45 minutes

Meal 4 - Meal Replacement drink

Meal 5 - Teriyaki Chicken, veggies

Meal 6 - Can tuna, 8 egg whites, 1 yolk, Bean sprouts, with westersia sauce

In this entry into the journal, you can see how I made certain changes to my regimen. I made these changes simply because I was exceeding my goal and losing too much weight too fast. Keep in mind that I was preparing for a bodybuilding contest. Therefore I did not want to lose too much muscle size. Your goal may not be identical to mine. So, you must modify your regimen to fit your needs.

Whatever your needs may be, adjust your program accordingly. These principals can be used for, weight loss, gaining muscle, losing body fat, maintaining weight, you name it! It is all in how you adjust your carbohydrate intake and exercise program.

For weight loss and fat loss, you must watch your carbohydrate intake very closely. To reduce body fat and maintain maximum muscle mass, watch your carbs and consume a lot of protein. The protein will help you maintain the muscle, as well as build more. For pure muscle gains, all you would do is consume carbohydrates more frequently. If all you

want to do is maintain your weight, just stay aware of the role carbohydrates play on the body, and consume them randomly.

At this point you should have a pretty good idea, of what I was doing to reach my goal. Remember though, that you are an individual. Therefore your goal may not be to enter a bodybuilding contest, as I did. Although you may not be entering a bodybuilding contest, the concept is still the same. The concept of reducing starchy carbohydrate intake is the concept that I found worked for me. This is the same concept that has worked for many other bodybuilders, Fitness competitors and Entertainers. With that in mind I do believe the concept works, and I do believe you will find that it will work for you.

Many people have used this type of diet and had great success with it. Keep in mind though, that you may run across many people that do not agree with this type of diet concept. In fact your doctor may not even recommend that you follow such a diet. This diet has been around for many years now and still there are many doctors and dieticians that do not agree with it. I still disagree with their rationalization, because I have used it first hand, and IT WORKS.

Regardless of whether you plan on entering a bodybuilding contest or not, the concept is still the same, reduce your starchy carbohydrates! Now, make sure you don't start thinking that if you reduced your carbs a little and had great success with it, that you will be more successful if you eliminate it all together. Your body still needs some carbohydrates to function properly. So, find out how many you need and eliminate the rest.

In the next few entries into my journal, you will notice how I started keeping track of what days were low carbohydrate days and, what days were high carbohydrate days. Take a look.

Monday July 22, 1996

High Carb Day

Cardio: Went for walk approximately 30 minutes.

Meal 1 - Sweet potato, 8 egg whites, 1 yolk, Can Tuna , bean sprouts , coffee with 3 sugar substitute.

Meal 2 - Brown rice, Tuna with liquid aminos, nori, egg whites, bean sprouts (Made into a sushi style California roll)

Meal 3 - Sweet potato, Meal Replacement drink

Trained Shoulders, triceps , and Calves

Lateral raises 4 sets

Seated one arm lateral raises 2 sets

Hammer Strength presses 4 sets 90-180 lbs.

Upright rows 4 sets
One arm bent over cable lateral raises 3 sets
Tricep Pushdowns 4 sets 90-170 lbs.
One arm tricep extensions 3 sets 30 lb. dumbbells
Cable Kick backs 3 sets 40, 30, 30 lbs.
Donkey calf raises 4 sets 200-400 lbs.
One leg calf raises 3 sets with bodyweight
Seated calf raise 3 sets 95 lbs.

Meal 4 - Sweet potato, Meal Replacement drink

Cardio: Went for approximately 50 minute walk

Meal 5 - Steak with onions and 2 sweet potatoes

Pose

You can see that at this point I was doing things a little more by feel. I was getting to know my body and how it was working. I was also getting closer to the contest date and was trying to maintain my muscle size and strength. If you are not preparing for any type of event such as this you will be lucky you do not have to worry about trying to maintain muscle mass. Now, you can see how you may be able to benefit a great deal in the weight loss department, if losing muscle mass is not a concern. You can easily reduce your body fat faster than you ever thought possible.

Another thing you may have noticed in this entry is how I noted Pose. At this point in my personal regimen, I started practicing my posing in preparation for the contest. I would pose for approximately 20-30 minutes. This is another thing you will not have to worry about if you are not preparing for a bodybuilding event.

Tuesday July 23, 1996

Low Carb Day #1

Meal 1 - "light", tuna with amino sauce, egg whites and coffee.

Cardio: Walked, approximately 45 minutes

Meal 2 - Protein pancakes

Meal 3 - Meal Replacement drink

Meal 4 - Tuna and Egg whites with 1 yolk, Salad

Note: Tented house today, "on the go".

Trained Back and Calves

Lat pull downs wide 4 sets, 100,130,170,150 lbs.

T-bar rows 4 sets 70-175 lbs.

Cable rows 3 sets 10,180,165 lbs.

Straight arm pull downs 3 sets 70, 90, 100 lbs.

Dumbbell shrugs 3 sets 65, 75, 85 lbs.

Hyperextensions 2 sets to with bodyweight

Reverse crunch 3 sets

Incline sit up 2 sets

Cable crunch 3 sets

Cardio: 30 minutes Stair Climber

Meal 5 - Meal Replacement drink, coffee

Meal 6 - Egg whites, Tuna, Salad

Note: Felt good today in the Gym, went to the beach for about 4 hours & got a good tan.

Weight: Is good on track 165.5 lbs. today, goal is 165 lbs. by tomorrow, "Easy" 2nd low carb day tomorrow.

Meal 7 - Meal Replacement drink

Note: Do cardio tomorrow, train by feel, maybe take the day off and train Thurs, Fri., Sat. , Legs, Chest, Arms. Next week train Chest on Monday and light Shoulders.

Posed- Approximately 30 minutes

Wednesday July 24, 1996

Low Carb Day #2

Note: Woke up early approximately 9:30 a.m. at Hotel. Stress day lost too much weight.

Meal 1 - 12 egg whites, 2 yolks, can Tuna, bean sprout (chop suey mix), coffee with 2 sugar substitute.

Meal 2 - Meal Replacement drink, Steak with (chop suey mix)

Train Legs

10 minutes warm-up on stationary bike

Lying leg curl 4 sets 8-20 repetitions, superset with Leg extensions

Leg press 4 sets 10-30 repetitions, 270-720 lbs.

Stiff leg dead lift 3 sets 115-155 lbs.
Hack Squats 3 sets 10-20 repetitions
Superset Adductor machine with one leg standing leg curl , 3 sets

Cardio: 30 minutes stationary bike

Weight: 163.5 lbs., Bad but look good, weight too low

Meal 3 - Meal Replacement drink

Meal 4 - 2 Cans Tuna with liquid aminos, 2 sugar substitute, 1 sweet potato

Note: Added 1 sweet potato today, "ate it late" at 8:00 p.m. , still O.k.

Meal 5 - Meal Replacement drink

Meal 6 - 8 egg whites, 2 yolks

Approximate# of carbs = 130g. Total with potato "good"

Note: Do cardio in morning and eat cream of wheat

Good Day!

Thursday July 25, 1996

Low Carb Day #3

Note: Took day off

Cardio: 30 minute walk

Meal 1 - 8 egg whites , 2 yolk approximately 1-1/2 serving Cream of Wheat , coffee, 4 sugar substitute , mushrooms , and bean sprouts

Meal 2 - Meal Replacement drink

Meal 3 - Approximately 2 cans Tuna with liquid aminos, 2 sugar substitute, chop suey mix, Meal Replacement drink

Cardio: Went for 30 minute walk

Meal 4 - Meal Replacement drink

Pose

Meal 5 - 2 Chicken breast, Chop suey mix, mushrooms, diet ice tea

Note: Feel tight today, train Chest tomorrow and check weight, Got tan

Friday July 26,1996

High Carb Day

Cardio: Woke up early, went for 30 minute walk

Meal 1 - 1 Sweet potato, 12 egg whites, 2 yolks with bean sprouts and green onions, coffee with 2 sugar substitute

Meal 2 - Meal Replacement drink, 2 sweet potatoes

Meal 3 - 2 cans Tuna with liquid aminos, 1 sugar substitute, chop suey mix, brown rice

Trained Chest and Abdominal

Bench press 135,135,185,205,225,135 lbs.

Incline dumbbell press 65, 85, 85, lb. dumbbells

Machine Fly 3 sets 120, 50, 170, x 10 repetitions

Cable crossover 3 sets 40, 50, 50, x10 repetitions

Dips 3 sets with bodyweight

Reverse crunch 3 sets

Incline sit ups 2 sets

Machine crunch 3 sets

Pose-approximately 45 minutes

Cardio: 30 minutes, stationary bike on level 3

Meal 4 - Meal Replacement drink, sweet potato, diet ice tea

Note: Went to the Beach for approximately 3 hours, feel good today, look good, getting Ripped, Contest is 4 weeks from tomorrow, drop about 3-4 pounds and last week (drop water).

Meal 5 - 3 chicken breasts, 1 sweet potato

Note: Weight good, 163 lbs. today, look good

As you can see, I did make some adjustments along the way. When you compare the amount of food I consumed, when I started the diet (in the early entries), to the amount I

was consuming at this point in the diet. You can see there was a change in the total volume of food I would consume. You must also do this. When you find that you are exceeding your desired weight expectation, you must consume more food. If you find that you are not meeting your desired weight goal, you may want to cut back on the carbohydrates a little or the total food volume. Most importantly, and I cannot stress this enough. You must tailor your consumption to your individual needs. Everyone is different; therefore everyone must consume a different amount of food. , as well as a different amount of carbohydrates.

Keep your regimen yours and only yours.

How many pounds?

Yes, the question here is how many pounds? It is not, how many pounds did I want to lose? The question I would like to address here is how many pounds to lose? Well, honestly I cannot answer that question for you. Being that everyone has individual goals, I cannot possibly tell you how much weight you may want to lose. The only thing I can tell you is that, you should shoot for 1-2 lbs. a week. This is a reasonable goal.

There are many people who say I want to lose 50 lbs. by summer time, with 1 month to go before summer arrives. Now, this example would not be safe nor would it be realistic. So, the point I am addressing here is, 1-2 pounds a week. If you have goal what ever it may be, weather it is to lose 200 pounds or 10 pounds. You must break it down, yes break it down. Breakdown your goal into weeks, 1-2 pounds a week.

If your goal is to lose, 30 pounds you should shoot for at least 15 weeks to do this. The reason for this is, if you simply want to lose 30 pounds, and you have no idea how long it will take you, and have no idea when you will lose 30 pounds by. Well, you wouldn't have a goal. You need to have a specific date which to shoot for. By breaking it down into weeks, you now realize that you have 15 weeks to accomplish this task. With 15 weeks to reach your goal, your goal will start to become a reality. All you need to do now is reach your weekly goal of 2 pounds.

How hard can it be to lose 2 pounds a week? You may not agree, and think I may be a little arrogant for making a statement like that, but if you look at my journal. You can see how hard it was for me to slow my weight loss down to 2 pounds a week on this type of nutritional regimen. The point of having a small goal of 2 pounds a week was to make it attainable, and something to shoot for. By having this goal you have something to gauge your weekly results by.

For example, if you started your diet on Sunday and your goal was to lose 2 pounds in one week. You may exceed your goal and lose 3 pounds by Thursday, now think of how much more motivation you will have to continue your regimen. You are now 1 week closer to your goal and a little ahead too. Now look at it from another perspective. Let's say you lost only 1 pound by Wednesday. You now have a good gauge to follow, and will have that much more motivation, to cut back on the carbohydrates a little, or do some cardiovascular exercise. You will be much more eager to exercise and stay on track with your nutritional regimen, if you know that you only need to lose 1 more pound.

The biggest mistake people make is to set a goal with no direction. ***A goal with no direction merely becomes a wish.*** By setting your goal of 1-2 pounds a week, you will see progress every week. Seeing progress regularly is the key to keeping you on track with your regimen. Just think how much motivation you will have after 4 weeks, when you have already lost 8 pounds. Sure you may not think 8 pounds in 4 weeks is all that much, but how much does it add up to over a 4 month period. In 4 months you will lose at least 32 pounds, if you lose a minimum of 2 pounds a week.

There is also another brighter side to all of this. Just think you will have times when you lose three, four, or even 5 pounds in 1 week. All those extra pounds here and there will all add up. This is also where you can make adjustments in the amount of carbohydrates you consume. You may treat yourself to a little junk food if you know you are exceeding your goal. You will now be able to eat the food you enjoy and still achieve your desired level of fitness. Don't get carried away though.

The point is you must have a number of small goals that will lead you to your main objective, your desired weight, your desired level of fitness. Nobody would ever get anywhere without small goals. An Artist would never create a masterpiece in 1 day or a week. It is over a period of time that all the little work, and small steps taken pays off. You will thank yourself for it later.

Weekly goals are the key to your success with this program, or anything else for that matter. You must do this! I am sure you must know someone, who has told you time and time again, "I want to lose 20 pounds". Yet, they never seem to get the results. They continue to tell you over and over what they want to do, but never seem to be successful. The reason for their lack of success is they continue to make the statement of what they want to accomplish, but they never break it down. You must break it down, write it down on paper. Take the time to do this, Write down your answer to the following questions. You must do this! Once you have done this you will have a game plan to your success. You will now see exactly what you want to do, and how you will do it.

Questions for success

1. How many pounds do I want to lose?
 2. When will I lose it by?
- Divide the number of pounds you want to lose by 2, this is the number of weeks it should take you to lose the weight.
3. What am I going to do to accomplish this?
 4. What am I going to change in my lifestyle?
 5. Am I willing to make these changes in my lifestyle?
 6. How much time will I spend to obtain the results I want?
 7. Am I being realistic with what I want to achieve?
 8. What are my weekly goals?
 9. What are my daily goals?
 10. Am I ready to achieve these goals?

This is very important, you must do this! Without these answers, you do not have a plan that you can actually look at. You must be able to see exactly what you are going to do, to get the results you want.

Reps

What are Reps? Reps, is something you may hear about, a great deal in the Gym or outside from the Gym. It is a very well know word, when it comes to health, fitness and exercise. Rep, the abbreviation for the word repetition is also known as the number of times you perform an exercise consecutively.

You may have noticed that there are not many entries with the actual number of repetitions I performed for each set of each exercise. The reason for this is I don't quite believe in counting repetitions. I don't count the reps exactly, because it takes the focus off of the exercise being performed. To get the most benefit out of each exercise, I don't count the exact number of reps, by not counting the number of reps I am performing. I am much more focused on the task at hand, the exercise. The exercise is the most important part of the workout. With this type of no counting principal, I am able to concentrate more on the working muscles.

Concentrating on the muscles and the work it is performing is a large enough task when you are truly concentrating. By counting the number of reps you are performing, you will tend to concentrate less on the muscles and the way they are working. Focus on the muscles and how they are working and you will be surprised at the results you will get by truly concentrating on the muscles.

Although I don't count the exact number of reps I perform, I do follow a few general rules. The type of program I was following to get into contest condition, which was a program to become more defined. I performed most exercises generally in the 10-20 repetition range. This is the general number of repetitions you should perform if you are looking to lose weight or, tone up.

If you are looking more to gain muscle mass, you should follow a program consisting of 6-10 repetitions for each exercise. For bringing out more definition and building muscle mass simultaneously, I recommend a repetition range of 8-12. So whatever your goals may be there is a general rep range you should follow.

You may be wondering how I follow a particular rep range if I don't count reps. The answer is, once you have established the particular weight you can handle for an exercise in your desired rep range. You can now focus on performing the exercise with more concentration. You must establish the amount of weight you feel comfortable with while performing an exercise first in your desired rep range, then, and only then should you concentrate on the exercise at hand, without counting. Now let's get back to the journal.

Saturday July 27, 1996

Low Day #1

Meal 1 - Meal Replacement drink, coffee with 1 sugar substitute

Meal 2 - Protein pancakes

Cardio: Went hiking up Aiea loop trail, approximately 2 hours

Meal 3 - Meal Replacement drink

Note: Went to see a movie, had coffee with 4 sugar substitute

Meal 4 - 8 egg whites, 1 yolk, Can tuna with bean sprouts, green onions, and liquid aminos (Tuna Scram)

Trained Arms, Abdominals, calves
10 minutes warm-up, stationary bike
Crunches 3 sets
Knee Ins 3 sets
Reverse crunch 3 sets
Alternate dumbbell curls 6 sets 25,45, x10-15 reps
Nautilus curl 5 sets
Concentration curl 3 sets x12-15 reps
Tricep pushdowns 4 sets
One arm dumbbell extension 3 sets
Cable kickbacks 3 sets
Donkey calf raises 4 sets
Seated calf raises 3 sets
Calf press on leg press 2 sets

Weight: 163 lbs. good

Cardio: 30 minutes on stationary bike

Meal 5 - Meal Replacement drink

Meal 6 - Lau Lau leaves, 3 chicken breast, & diet ice tea

Note: Feel o.k., a little tired today

Time

Time is something that will vary from person to person in every aspect. How much time you put into your program will also vary. Knowing, that you are an individual, there are many factors that will come into play when creating an exercise and nutritional program. You must create a program that will best fit your needs, and time you have available.

The number one excuse I have heard, from people who are not satisfied with their body, is I don't have the time. Yes, this may be true to a certain degree. You may not have the amount of time, you wish you had, to dedicate to fitness, but I am sure you have time. If you have the time to read this, you have the time for fitness. It is more a question of, do I want to have the time. You should not tell yourself, I don't have the time. Instead ask yourself, do I want to have the time? If you truly want to have the time for fitness, you will make the time. It is more of a decision, then a dilemma.

The worse thing you can do to yourself is to rationalize that you don't have enough time. Yes, I understand that in this day and age, with the demands society puts on us. You may have a very busy schedule. Although you may have a busy schedule, are you any busier than the next person, who chooses to workout 2-3 times a week. You may or may not be. The main difference between, the person who is too busy, and the person who actually works out 2-3 times a week is; the person working out chooses to do so. Trust me on this! If you are truly determined to get the physique you want, you will do it. No matter how busy your schedule may be.

Here is an example of, no time and the decision to make time. "I once had a training partner, who would show up every day on time". "We would train for at least 2 hours 4-5 times a week". "Sometimes we would train at night, sometimes during the day". "Still it never failed, my partner would always show up, tired and over worked, or not". "You see, the amazing thing about this particular training partner, besides the fact that she was in terrific shape after only working out for less than a year". "This training partner I had, worked 3 jobs". "Not only did she have three jobs, she also went to school, FULL TIME". "So, aside from going to school full time and having three jobs", "She still found the time to work out". "The fact is she chose to do so". So believe me, when I tell you, it is more of a decision than a dilemma.

Make your decision; decide that you want to be in shape. Decide that you are going to work at it. Now, I don't mean that you must workout 4-5 times a week for 2 hours at a time. You can achieve a great level of fitness and maintain it, with only 2 days a week of actual exercise, although if you are preparing for a bodybuilding contest or a fitness competition I wouldn't recommend doing this.

Like anything else, you must tailor your exercise program, to your own personal needs and goals. How ever busy your schedule may be. You should still be able to make time for exercise. At least 2 days a week.

Whatever your goals may be, I'm sure you can find the time for fitness. Finding the time for fitness should not even be an issue. I don't think many people realize it, but fitness should be something that you just do. That's Wright you just do it. Many people look at fitness as a chore or as something to do. Fitness or should I say Health, is just like getting up in the morning and brushing your teeth, you just do it.

If you plan on being successful at Health and fitness you must change your view on it. If you want to stay healthy and in good shape, you just do it, just as you would take a

shower every day. ***Yes, you must look as fitness as something to be done, rather than something to do.*** If you wanted something to do, you could very well, just go and wash your car! If there is something to be done, more than likely you will, “just go and do it”. So stop looking at Health and fitness as some thing to do. Look at it as something you must do. If you plan on staying healthy, you must do it.

Now remember, you must create your program to your individuality. Know one else can or should dictate your exercise and nutritional regimen. In fact, the worse thing you could do is follow what I did to the very last detail. Many people would not even have the time, or give the time to a type of regimen that I followed, to prepare for the 1996 Hawaii Natural Bodybuilding championships. For that matter, many people probably wouldn't even want to enter a bodybuilding contest or an event similar to it.

Take into account the results I achieved with a program like this, and think of how it could apply to you. What techniques and principals can you use for yourself? Take a look at the journal.

Sunday July 28, 1996

Low Day #2

Note: August 3, 10:30 a.m., posing trunks

Cardio: 30-40 minute walk

Meal 1 - Protein Pancakes, coffee with 3 sugar substitute

Meal 2 - Meal Replacement drink

Note: No training today, feel tight

Meal 3 - 8 egg whites, 1 yolk, Can tuna with bean sprouts and westercia sauce
Coffee with 3 sugar substitute

Cardio: 30 minute walk

Meal 4 - Meal Replacement drink

Note: Eat Cream of wheat tomorrow morning

Meal 5 - 3/4 lb. Steak, string beans

Meal 6 - Meal Replacement drink

Monday July 29, 1996

Low Day #3

Cardio: 30 minute walk

Meal 1 - 2 servings Cream of Wheat with 2 sugar substitute , 10 egg whites , 2 yolks , mushrooms , green onions , coffee with 2 sugar substitute

Meal 2 - Meal Replacement drink

Trained Chest, Shoulders, and Abdominals

Flys (Low incline) 4 sets 10-25 reps

Incline Barbell press 3 sets 6-15 reps

Fly machine press 3 sets 10-20 reps

Cable crossovers 3 sets 10-20 reps, superset with Dips 3 sets 10-15 reps

Practiced Posing

One arm lateral raises 4 sets 10-20 reps

Smith machine press (behind the neck) 3 sets 10-20 reps

Rear delt machine 4 sets 10-20 reps

Reverse crunch 3 sets

Incline sit up 2 sets

Machine crunch 3 sets

Cardio: Stationary bike, 30 minutes

Weight: 162 lbs., o.k., eat more carbs i.e. Cream of wheat on low days in the morning.

Meal 3 - Meal Replacement drink

Meal 4 - 8-10 egg whites, 2 yolks, Can tuna, bean sprouts, and liquid aminos

Note: Felt good early in the day, but trained hard. Train Back tomorrow hard.

Meal 5 - Meal Replacement drink

Meal 6 - Steak, chop suey mix, mushrooms, liquid aminos

Meal 7 - Meal Replacement drink

Note: Approximate # of carbs today

4 Meal Replacement drinks=96g.

Cream of wheat=56g.

Bean sprout and chop suey mix=5g.

Sugar substitute=4g.

Total # today = approximately 165grams

Resistance Training

Yes, Resistance training! I'm not going to tell you to lift weights, exercise with dumbbells, barbells or machines. I am not going to even tell you to, join your nearest Health club or Fitness facility, but what I am going to tell you. Is the importance of resistance training while striving for a better and healthier body? I call it resistance training because that is exactly what it is.

Yes, Resistance training. Some people may refer to it as weight lifting, weight training, bodybuilding, lifting weights, whatever! It still comes down to one basic principal, resistance. However you do it the principal is still to, "use resistance".

Why is resistance training so important? Resistance training has been known to build muscles. So, whatever your goals may be there is a good reason for incorporating resistance training into your program. Resistance training can help you lose weight, tone up, and the greatest benefit of all, build muscle.

Building muscle does not necessarily mean you need to build muscle to its maximum capability. You do not need to have the desire to become Mr. Universe or, Mr. Olympia to incorporate resistance training into your program. You simply need to have the desire for a harder, healthier body.

How can Resistance training help you? If you are looking to lose weight or tone up, resistance training will contribute a great deal to your success. It will do this by building muscle.

Muscle has been known to burn much more calories than fat. So, by building more muscle, your body will naturally burn more calories. This in turn, will help you lose excess body fat and maintain a faster metabolism. By maintaining a faster metabolism your body will actually burn more calories while you are resting. It will even burn more calories while you sleep. Now, you can see how this can benefit just about anyone.

Resistance training can also help increase circulation, and strengthen bones. This may also contribute to a longer and healthier life. Now, you would have to be crazy not to want a healthier and more youthful body as you get older. This is why more and more people are getting started on some type of resistance training program everyday.

Many people have made an effort to make resistance training, much more complicated than it actually is. You do not necessarily need to join a Gym to get a good resistance workout. Nor do you need to buy tons of fancy exercise equipment. All you need to do is apply resistance to every major muscle group. You can do this many different ways. So be creative, you may surprise yourself what you can come up with to apply resistance to your muscles.

Weather it is resistance with weights, water, rubber bands, your bodyweight or anything else you can think of. You will still derive great benefits from resistance training.

Tuesday July 30, 1996

High Carb Day

Note: No cardio this morning

Meal 1 - 10 egg whites, 2 yolks, with mushrooms, chop suey mix (bean sprouts), 2 servings Cream of wheat , coffee with 4 sugar substitute.

Meal 2 - Meal Replacement drink, 2 small sweet potatoes

Meal 3 - 8 egg whites, 1 yolk, can tuna, bean sprouts, & 2 med. sweet potatoes

Trained Back, Abdominals and Calves

15 minutes, stationary bike

Wide lat pull downs 4 sets 10-20 reps

Reverse grip Barbell rows 3 sets 12 reps

Smith machine shrugs 4 sets 12-25 reps

Crunch 3 sets

Hyperextensions 3 sets

Seated Calf raises 3 sets 12-20 reps

Donkey Calf raises 3 sets 12-20 reps

Cardio: 30 minutes, stationary bike

Meal 4 - Meal Replacement drink

Meal 5 - Meal Replacement drink, 4 egg whites, spinach, bean sprout (chop suey mix), bell peppers, Teriyaki burgers (my recipe)

Note: Feel good today, everything is tight, trained hard and feel hard, "Ready".

Weight: 162 lbs.

Practice Posing

Wednesday July 31 ,1996

Low Day #1

Note: No cardio this morning, do it tomorrow.

Meal 1 - Meal Replacement drink

Meal 2 - 2 servings Cream of wheat, 10 egg whites, 2 yolks, with mushrooms, onions, coffee with 4 sugar substitutes

Meal 3 - 8 egg whites, 1 yolk, can tuna, bean sprouts, onions, & coffee with 2 sugar substitute, Meal Replacement drink.

Train Legs

15 minutes, stationary bike
Lying leg curl 4 sets 10-20 reps
Stiff leg deadlift 4 sets 10-20 reps
Leg press (with feet high) 3 sets 10-30 reps
Squat machine 4 sets 10-20 reps
One leg, Leg extensions 3 sets 10-15 reps
Adductor machine 3 sets 10-20 reps
Seated leg curl 2 sets 10-15 reps

Cardio: 30 minutes, stationary bike

Meal 4 - Meal Replacement drink

Meal 5 - Roast Turkey, salad, coffee

Note: Feel a little tomorrow today, but had awesome leg workout

Meal 6 - 12 egg whites, diet ice tea

Note: Too many Carbs, go back to 3 and 1 cycle? 4 and 1 next week

Thursday August 1, 1996

Low Day#2

Cardio: Woke up and went for 30 minute walk.

Meal 1 - 9 egg whites, 1 yolk, can tuna, bean sprouts, onions, wocestershire sauce, coffee, with 2 sugar substitute.

Meal 2 - Meal Replacement drink

Meal 3 - approximately 1/2 pound steak, with tomorrow, Meal Replacement drink, coffee, with 2 sugar substitute.

Trained Shoulders and Abdominals

10 minutes, stationary bike
Lateral raises 3 sets 10-15 reps
One arm lateral raises 3 sets 10-15 reps
Behind the neck press (smith machine) 3 sets 10-15 reps
Rear delt machine 4 sets 10-20 reps
Cable upright rows 3 sets 10-20 reps
Reverse crunch 3 sets
Crunch 3 sets

Cardio: 30 minutes, stair climber

Weight: 162 lbs. , good 22 days more.

Meal 4 - Meal Replacement drink

Meal 5 - 1 Can tuna, 11 egg whites, 1 yolk, bean sprouts, onions, liquid aminos

Meal 6 - Meal Replacement drink

Note: Feel good today follow same low carb program tomorrow.

Pose

How much is enough?

How much is enough? Well coming from a bodybuilders view. You can never have enough muscle, or be lean enough. Basically, I have never met a bodybuilder that was completely satisfied with their physique. This will happen to people when they are striving for a better body. The very reason this dilemma takes place is because they will view their body as always having room for improvement.

This typical situation can be good and bad. It is good in the sense that it may keep you motivated to achieve a better level of fitness. At the same time it can be bad, because you can get so caught up in trying to better your body that you can forget the most important reason you started, Health.

The real issue I am addressing here though is, how much is enough? Specifically, how much exercise is enough? How often should you incorporate resistance training into your weekly regimen? Well, the answer may surprise you. Some people may have thought of the answer to this question as being complicated. In actuality it is really quite simple. So what is the answer? The answer is there is No absolute correct amount of exercise for everyone. To give you a specific amount of exercise to do without taking into account, your age , gender, previous exercise experience, and your specific goals . This would be similar to a doctor giving a prescription without a diagnosis.

The answer like everything else comes down to one thing, “Individuality”. Yes, you are an individual. Treat yourself that way. If you do not consider yourself an individual, then you may go on, following everyone else’s exercise routine that comes along. You may find yourself getting results and you may find yourself feeling unsatisfied with the results you are getting. If you find yourself not getting the results you desire, consider incorporating your individuality into your regimen. Exercise routines are not engraved in stone.

When devising an exercise program consider what your primary goals may be. If your primary goal is to lose weight and tone up a little. You would derive much greater benefits from frequent cardiovascular exercise, i.e. aerobics, stair climbers, stationary bikes, treadmill etc. On a weight loss and toning program, you should perform less frequent resistance training and more cardiovascular exercise.

If your primary goal is to gain more muscle you should concentrate much more on the resistance training and a little less on the cardiovascular exercise. Doing too much cardiovascular exercise can lead to slower muscle gains for someone who desires quick muscle gains.

As much as I don’t believe there can be one specific formula or regimen for everyone out there, I do understand that many people need some sort of blue print to follow. So here are a few basic examples of how one might devise an effective program.

Example 1

Goal: Weight Loss

Resistance Training 2 – 3 x per week, 30 – 60 minutes

Cardiovascular exercise 5 – 7 x per week, 30 – 45 minutes

Example 2

Goal: Build Muscle

Resistance Training 3 – 5 x per week, 30 – 60 minutes

Cardiovascular exercise 3 – 5 x per week, 15 – 30 minutes

Example 3

Goal: Build/Maintain Muscle & Reduce body fat

Resistance Training 4 - 5 x per week, 30 - 90 minutes

Cardiovascular exercise 3 - 7 x per week, 15 - 30 minutes 1 - 2 x per day

As you can see these are just a few basic examples, as the possibilities are endless. Your program is greatly dependant on what your individual goal is. How much time you can afford on a weekly basis and your particular body type?

Cardio Required?

If you do not see the importance of cardio at this point through this journal you must be skipping through the journal entries. Cardio, an abbreviation for the word cardiovascular, is what many bodybuilders and fitness enthusiasts refer to when they are talking about cardiovascular exercise. Cardiovascular exercise is basically any type of exercise that increases the body's output of oxygen, (also known as aerobics) as well as increase the heart rate.

Cardiovascular exercise can be done in many different ways using many types of equipment, or no equipment at all. The possibilities for cardio exercise are endless. From walking around the block to the latest fad equipment you see on your TV's infomercials. You can find many activities that you could do to increase your body's heart rate and oxygen output, which is basically all you are trying to do. The most important thing is that you incorporate some type of cardio into your regimen.

Cardio is a VITAL part of your regimen. I cannot stress this enough, as insufficient cardio in a fitness program is probably the biggest reason many people fail to meet their fitness goals. Besides the fact that it helps condition the heart, lungs, & overall circulatory system, it also is largely responsible for accelerated weight loss/body fat reduction. Throughout the course of my pre contest preparation, I have done cardio as much as twice a day 7 days a week. I believe this is one of the biggest contributing factors to my success with this program.

Now remember you are an individual so you must tailor your cardiovascular portion of your program to meet your individual needs. Though I may have done cardio twice a day 7 days a week, it does not necessarily mean that is the correct amount for you. You may be someone with an extremely fast metabolism, so doing cardio twice a day might just make you wither away. On the other hand if you have constantly tried to lose weight or body fat using various programs, and have never been successful you may want to reconsider the amount of cardio you are doing.

You must remember to be creative with your cardio program. You may or may not be the type of person to jump on a Stair Master in a gym and stay on it for 30 minutes. So be creative and devise a program that you will enjoy sticking to. If you have no problem doing cardio in your favorite gym for 30 minutes fine. If not you may want to think of doing some type of outdoor activity to get your heart rate up. Just remember to be consistent with what you set out to do. If you are not sure what type of activity to incorporate into your program take a look at the list below for some ideas.

Aerobic Classes

Basketball

Boxing

Canoe paddling

Diving

Hiking

Golfing (If you walk the course you'll probably get more of a cardiovascular workout)

Jogging

Kick Boxing (many Fitness clubs now offer Cardio Kick Boxing classes)

Kayaking

Surfing
Tennis
Walking

Hopefully now you have an idea of how important cardio is and that you should incorporate it into your program somehow. So let's get back to few journal entries.

Friday August 2, 1996

Low Day # 3

Cardio: Woke & went for 30 min. walk

Meal 1 – Steak with Bell peppers, Onion, mushrooms, bean sprouts, liquid aminos, Meal Replacement drink, coffee, 2 sugar substitute

Note: Feel really hard, Train arms today & calves

Meal 2 – Meal Replacement drink

Meal 3 – 11 Egg whites, 1 yolk, 1 can tuna, bean sprouts, onions, liquid aminos, coffee, 2 sugar substitute

Trained Arms, Calves, & Abs

10 min. Treadmill

Alternate dumbbell curl 3 sets 10 – 15 reps, last set triple drop

Cable curl 3 sets 10 -20 reps, last set 2 drop sets

Concentration curl 3 sets 10 – 15 reps

Tricep Pushdown 4 sets 10 – 20 reps

One Arm tricep extension 3 sets 10 -15 reps

Cable Kickbacks 3 sets 10 -15 reps

Seated Calf raises 4 sets 12 -20 reps

Donkey calf raises 3 sets 10 -20 reps

Crunches 3 sets

Reverse Crunch 3 sets

Cable Crunch 3 sets

Cardio: 20 minutes Stationary Bike

Meal 4 – Meal Replacement drink

Practice Posing for 30 minutes

Meal 5 – Steak, Onions, bell peppers, bean sprouts, liquid aminos

Meal 6 – Meal Replacement drink, 7 egg whites, 2 turkey burgers, onions

Weight: good 162 lbs. 160 lbs. after workout

Note: Feel tight abs look good

Saturday August 3, 1996

High Carb Day

Note: Woke up early went to try posing trunks “good”, pick up next Saturday, \$45 for 3

Meal 1 – 2 Servings cream of wheat, 12 Egg whites, 2 yolks, coffee, 4 sugar substitutes

Cardio: Did 1 hour after appointment, 30 minutes Stair Master, 30 minutes stationary bike

Weight: 161.5 lbs. O.k. goal is 162 by Wednesday 8-7-96

Meal 2 – Meal Replacement drink

Meal 3 – Chicken Breast, Bell Peppers, brown rice, tossed salad

Meal 4 – Meal Replacement drink, cream of wheat (2 servings), 1 sweet potato, 2 sugar substitute

Meal 5 – Meal Replacement drink, Espresso with 3 sugar substitutes

Meal 6 – 10 Egg whites, 1 yolk, can tuna, bean sprouts, 2 sweet potato

Meal 7 – Meal Replacement drink

Meal 8 – 2 Turkey burgers, 8 egg whites, bean sprouts, bell peppers

Note: Feel full & hard today, staying tight, Getting tighter

Sunday August, 4, 1996

Low Day # 1

Meal 1 – 10 egg whites, 2 Turkey burgers, veggies, coffee, 2 sugar substitute, liquid aminos

Meal 2 – Meal Replacement drink

Meal 3 – 9 egg whites, 1 yolk, 1 can tuna, bean sprouts, onion, and liquid aminos

Cardio: Walked about 40 minutes “Makapu’u trail”

Meal 4 – Meal Replacement drink

Meal 5 – 8 egg whites, 2 Turkey burgers, veggies, liquid aminos

Note: Feel good & tight today, practiced posing about 30 minutes, only light cardio today.

Meal 6 – Protein pancakes, 6 egg whites, veggies, coffee, 2 sugar substitute

20 Days & Counting

This is the section all you bodybuilders have been waiting for. If you are getting ready for a fitness or bodybuilding contest, you will want to pay close attention to this section. It may be a little long and boring for those of you who are not seeking to get into competition shape, so feel free to skip through to the next section (**The Role Supplements Play**). Still you never know what bit of advice you might be missing out on. So use your own judgment.

What this section will contain is exactly what I did as I got closer to the competition day. Now I must remind you that this is straight from my journal. So please bear with me if there are certain things that you think require an explanation. I will do my best to elaborate on the subjects I feel need some special attention.

Monday August 5, 1996

Low Day # 2

Cardio: 30 minute walk

Meal 1 – 12 egg whites, 2 yolks, veggies, Meal Replacement drink, coffee, 2 sugar substitute

Meal 2 – Meal Replacement drink, Diet Ice tea

Note: Went to beach today tanned

Meal 3 – 9 egg whites, 1 yolk, 1 can tuna, veggies, & liquid aminos

Trained Chest & Abs

Dumbbell Bench Press 4 sets 10 – 20 reps

Flys 3 sets 10 – 15 reps & 1 drop set

Incline Hammer Strength 3 sets 8 – 12 reps & 2 drop sets

Superset Cable crossovers & Dips 3 sets 10 – 20 reps

Hanging Leg raise 3 sets

Machine crunch 3 sets

Cable side crunch 3 sets

Cardio: 30 minutes Stair Master

Weight: 160 lbs. O.k. Getting kind of light but getting more shredded

Meal 4 – Meal Replacement drink

Meal 5 – Ground beef (12% fat) “plenty”, 9 egg whites, veggies

Practice posing later

Meal 6 – Meal Replacement drink

Tuesday August 6, 1996

Low Day # 3

Cardio: Woke up went for 35 minute walk

Meal 1 – 2 Servings cream of wheat, Meal Replacement drink, 1 sugar substitute

Meal 2 – 8 egg white, 2 Turkey burgers, veggies, coffee, 2 sugar substitute

Meal 3 – 8 egg whites, 1 yolk, 1 can tuna, onions, liquid aminos, & meal Replacement drink

Trained Back, Calves, & Abs

T – Bar Rows 5 sets 10 – 20 reps

One arm Hammer Strength row 4 sets 10 -20 reps

Wide grip pulldown 4 sets 10 – 20 reps

Cable rows 3 sets 10 -15 reps

Smith machine shrugs 8 sets 10 -20 reps

Seated Calf raises 4 sets 10 -20 reps

Donkey calf raises 3 sets 10 -20 reps & 3 drop sets

45 degree calf raises 3 sets 10 -20 reps

Superset crunches & reverse crunches 3 sets

Hyperextensions 3 sets 12 – 25 reps

Cardio: 30 minutes stationary bike

Weight: 161 lbs. before workout, goal 161 – 162 lbs. by tomorrow, right on it

Meal 4 – Meal Replacement drink

Meal 5 – “Country Café”, Chicken breast, bell peppers, papaya salsa, tossed salad

Meal 6 – 2 Turkey burgers, 9 egg whites, veggies

Note: 17 days out, High carb tomorrow

Wednesday, August 7, 1996

High Carb Day

Cardio: 30 minute walk

Meal 1 – Meal Replacement drink, 8 egg whites, 2 Turkey burgers, veggies, coffee, 2 sugar substitute, 1 sweet potato

Meal 2 – Meal Replacement drink, 1 sweet potato

Meal 3 – 1 cup brown rice, 1 can tuna, 6 egg whites, veggies, liquid aminos

Trained Legs

Lying Leg Curl 4 sets 8 – 20 reps

Stiff leg deadlifts 4 sets 10 – 20 reps

Squat machine 4 sets 10 -25 reps

Leg Press 3 sets 10 -20 reps

Adductor Machine 3 sets 10 -20 reps

Leg extensions (one leg) 2 sets 12 reps each

Leg extensions 1 set to failure

One leg curls 3 sets 8 – 15 reps

Cardio: 30 minutes stationary bike

Weight: 162 lbs.

Posed for approximately 15 – 20 minutes

Meal 4 – 1 sweet potato

Meal 5 – Veggies, Chicken breast, liquid aminos, 1 sweet potato

Thursday, August 8, 1996

Low Day # 1

Cardio: Went for 30 minute walk

Meal 1 – Meal Replacement drink

Note: Bodybuilding is a hobby and a sport. It is a part of your life & lifestyle, not your life. Keep a balance in your life & do not let competition, diet etc, get in the way of your

everyday life and takeover your life. If you do you can lose things that are really important & a part of your life. Life is a learning process, if you cannot learn from your training experiences & challenges in your everyday life. You have already lost your competition.

Bodybuilding is not about winning. It is about being the best you can be physically, mentally, & spiritually. If you can be in the best shape of your life & be your best spiritually & mentally. Then you are a winner.

Meal 2 – Meal Replacement drink

Meal 3 – 2 Turkey burgers, veggies, 8 egg whites, coffee, 2 sugar substitute

Shoulders, Triceps, Abs

Machine Laterals 2 sets 10 – 20 reps

Laterals 4 sets 10 -20 reps & 4 drop sets

Machine Press 4 sets 8 – 20 reps

Cable upright rows 3 sets 10 -15 reps

Rear delt machine 4 sets 8 -20 reps & 1 drop set

Pushdowns 4 sets 10 -20 reps

One arm extension 3 sets 10 -15 reps

One arm reverse grip pushdowns 2 sets 12 reps each

Crunches 3 sets

Reverse crunches 3 sets

Cable crunch with twist 3 sets

Cardio: 35 minutes Stair Master

Weight: O.K. 161 lbs. keep carbs low

Meal 4 – Meal Replacement drink

Meal 5 – Meal Replacement drink with Crystal light, 9 egg whites, 1 yolk, veggies, 1 can tuna

Note: Good workout today feel pretty tight, train chest & biceps tomorrow

Friday, August 9, 1996

Low Day # 2

Note: Get back to tuna

Cardio: Woke up, went for 30 min. walk

Meal 1 – 1 Can tuna, 9 egg whites, 1 yolk, veggies, coffee, 2 sugar substitute, Meal Replacement drink, crystal light

Meal 2 – Meal Replacement drink

Meal 3 – 10 egg whites, 1 yolk, 1 can tuna, veggies, liquid aminos, coffee, 4 sugar substitute

Trained Chest, Biceps, Abs, & Calves

Alternate Dumbbell curls 4 sets 8 – 15 reps

Standing Cable curl 3 sets 8 – 15 reps

One arm machine curl 3 sets 10 -15 reps

Incline bench press 4 sets 8 – 15 reps

Incline fly 3 sets 10 – 20 reps & 1 drop set

Superset Cable crossover 3 sets 10 -15 reps,& Dips 3 sets 10 – 15 reps

Machine Fly 2 sets 10 -15 reps

Standing calf raises 4 sets 10 – 20 reps

Seated calf raise 3 sets 10 -20 reps

Toe raise (with bodyweight) 2 sets to failure

Machine crunch 4 sets

Knee Ins 3 sets

Weight: 158 lbs. after workout, probably lost water today

Cardio: 20 min. Stair Master, 10 min. Treadmill

Meal 4 – Meal Replacement drink

Meal 5 – Salad, Bar B Q beef

Meal 6 – Meal Replacement drink

Saturday, August 10, 1996

Low Day # 3

Meal 1 - 9 egg whites, Bar B Q beef, veggies, Meal Replacement drink, coffee, 2 sugar substitutes

Meal 2 – Meal Replacement drink

Cardio: Walked 50 min. on beach

Meal 3 – Meal Replacement drink

Note: Feel flat, but look dam hard

Meal 4 – Teri Chicken, Salad, veggies, diet ice tea

Pose: Practiced for about 30 min.

Note: No workout today tried only 5 meals today, stick to 6 meals

Meal 5 – 10 egg whites, 1 yolk, 1 ca tuna, veggies, 2 tbsp. salsa, Meal Replacement drink, Crystal light

Sunday, August 11, 1996

High Carb Day

Cardio: Went for walk 30 min.

Meal 1 – Meal Replacement drink with Crystal light, 9 egg whites, 2 Turkey burgers, veggies, coffee, 2 sugar substitute, 1 sweet potato

Meal 2 – Meal Replacement drink, 1 sweet potato

Meal 3 – 10 egg whites, 1 yolk, 1 can tuna, veggies, 1 sweet potato, liquid aminos

Note: Very vascular today, look full, but also to bloated

Meal 4 – 1 sweet potato, Meal Replacement drink with Crystal light

Cardio: Went for 30 min. walk

Meal 5 – Ahi Filet (cooked in Musubi style sauce), veggies, 2 sweet potato

Meal 6 – Meal Replacement drink wit Crystal light

Monday, August 12, 1996

Low Day # 1

Cardio: 30 min. walk

Meal 1 – Protein pancakes with 2 tbsp. Adams peanut butter, coffee, 2 sugar substitute

Meal 2 – Meal Replacement drink with Crystal light

Cardio: Went to Waimea Falls Park, & walked down hill casually 30 min.

Meal 3 – 10 egg whites, 1 yolk, 1 can tuna, liquid aminos

Trained Chest & Abs

Bench Press 4 sets 8 – 20 reps & 1 drop set

Incline fly 3 sets 10 – 15 reps

Incline Hammer Strength press 3 sets 8 – 15 reps

Machine fly 3 sets 10 – 20 reps

Cable crossover 3 sets 10 – 20 reps

Crunches 3 sets

Reverse crunch 3 sets

Cable Crunch 2 sets

Posed for 20 minutes

Meal 4 – Meal Replacement drink

Meal 5 – Chicken breast, 8 egg whites, veggies

Meal 6 – Meal Replacement drink with Crystal light, 1 sugar substitute

Weight: 159 lbs. before workout

Note: Fell O.k. today, but kind of sluggish

Tuesday, August 13, 1996

Low Day # 2

Cardio: 30 min. walk

Meal 1 – Protein pancakes with peanut butter, coffee, 2 sugar substitutes

Meal 2 – Meal Replacement drink

Meal 3 – 9 egg whites, 1 yolk, 1 can tuna, veggies, liquid aminos, coffee, 3 sugar substitute

Trained Back & Calves

Pulldowns 4 sets 10 – 15 reps

Barbell row 3 sets 10 – 15 reps

Reverse grip cable row 3 sets 10 – 15 reps & 2 drop sets

Straight arm pulldown 3 sets 10 – 15 reps

Shrugs 4 sets 10 – 20 reps

Donkey calf raises 4 sets 10 -20 reps

Seated calf raise 3 sets 10 – 20 reps
45 degree calf raise 3 sets 10 – 15 reps
Hyperextensions 3 sets 10 – 25 reps

Cardio: 30 min. Stair Master

Weight: 159 lbs. good, drop 5 more lbs. in 10 days, “go for it”

Meal 4 – Meal Replacement drink

Meal 5 – Steak, Salad with peanut butter dressing, Meal Replacement drink with Crystal light

Note: Cut sodium, cut out liquid aminos tomorrow

Sodium Restriction

In the last section you may have notice the last thing I logged was, “Note: Cut sodium, cut out liquid aminos tomorrow”. If you are not preparing for some type of physique competition there is no reason to do this. Let me repeat myself just in case you didn’t quite understand the last sentence. **IF YOU ARE NOT PREPARING FOR SOME TYPE OF PHYSIQUE COMPETITION THERE IS NO REASON FOR YOU TO CUT OUT THE SODIUM IN YOUR DIET.**

If you are preparing for a physique competition the role sodium plays the final 10 days prior to your competition is greatly responsible for determining whether you hit or miss your peak condition. If you have managed to stay on track through the rest of your pre contest regimen, and have reduced your body fat level substantially. The last thing you want to do the last week prior to your competition is ruin all your hard work by showing up at your competition bloated & holding too much water.

There are many ways to rid your body of excess water prior to a competition. Everything from using vitamin C as a mild diuretic, to using pharmaceuticals that can make you lose 10 lbs. of water over night. Still the most important thing to consider is the amount of sodium you are consuming in your diet.

Sodium is greatly responsible for how much water your body will hold, and the amount of water your body holds is greatly responsible for how much detail your body will display on stage. I have seen many approaches to manipulating your body into losing as much water as possible prior to a contest. In this section I am going to focus on what exactly I did in preparation for the 1996 Hawaii Natural Bodybuilding Championship. Follow along with the journal entries, and I’ll do my best to explain what I believe to be critical factors.

Wednesday August 14, 1996

Low Day # 3

Cardio: 35 min. walk

Meal 1 – Protein pancakes, 2 tbsp. peanut butter

Meal 2 – Meal Replacement drink with Crystal light

Meal 3 – 1 can tuna, 8 egg whites, 1 yolk, bean sprouts, grilled onions, Meal Replacement drink with Crystal light

Note: Cut out liquid aminos today & Fat Burners (Thermogenic supplements)

Just in case you are wondering what role supplements played in pre contest preparation? It will be addressed in more detail in the “The Role Supplements play” section. For now the key is, I cut out the liquid aminos which contain additional sodium. As well as cut out

Thermogenic (Fat burner) supplements. Some supplements may contain sodium, so I felt it was better to be safe than sorry.

Trained Shoulders & Abs

Lateral Raises 4 sets 10 -15 reps & 3 drop sets

Machine Press 3 sets 10 -15 reps

Cable upright row 3 sets 10 -15 reps

One arm cable lateral raises 2 sets 10 -15 reps

Rear delt machine 3 sets 10 -15 reps & 1 drop set

Reverse crunch 3 sets

Crunches 3 sets

Side crunch 2 sets

Pose for about 10 -15 min.

Cardio: 15 min. Stair Master

Weight: 159 lbs. after workout

Meal 4 – Meal Replacement drink

Meal 5 – Steak with mushrooms & onions, Salad with peanut butter dressing

Note: Go low carb tomorrow

Thursday August 15, 1996

Low Day # 4

Cardio: 30 min. walk

Meal 1 – Protein pancakes, 2 tbsp. peanut butter, coffee, 2 sugar substitute

Meal 2 – Meal Replacement drink

Meal 3 – Salad, 2 & ½ chicken breasts, peanut butter dressing, coffee, 4 sugar substitute

Trained Legs

Lying leg curl 4 sets 10 - 20 reps

Stiff leg deadlift 3 sets 10-20 reps

45 degree Squat Sled 4 sets 10 -25 reps

Horizontal leg press 3 sets 15 -25 reps

Leg extensions 2 sets 10-15 reps

Adductor machine 3 sets 10-25 reps

Seated leg curl 2 sets 10 -15 reps

Weight: 159 lbs.
Cardio: 30 min. Stair Master

Note: Feel really hard today

Meal 4 – Meal Replacement drink

Meal 5 – 2 Chicken breasts, peanut butter dressing, Salad

Meal 6 – Meal Replacement drink with Crystal light

Posed for about 30 minutes

4 Meal Replacement drinks 1040 Calories
12 Egg whites 120 Calories
6 Tbsp. Peanut butter 600 Calories
2 Chicken breasts 300 Calories

At this point I was just trying to get a rough estimate of how much calories I was consuming & how much I would need to consume to keep the body fat level low & get the body harder.

Friday August 16, 1996

High Carb Day

Cardio: 30 min. walk

Meal 1 – Protein pancakes, peanut butter, 1 sweet potato, coffee, 2 sugar substitute

Meal 2 – Meal Replacement drink, 1 sweet potato

Meal 3 – “Country Café”, Chicken breasts, bell peppers, brown rice, Salad, coffee, 3 sugar substitutes

Trained Arms, Abs, & Calves
10 min. stationary bike
Alternate dumbbell curl 3 sets 10-15 reps & 2 drop sets
Cable curl 3 sets 10 -15 reps
Concentration curl 3 sets 10 -15 reps
Pushdowns 4 sets 10 -20 reps
Rope cable extensions 3 sets 10 -15 reps
Cable kickbacks 3 sets 10 -15 reps

Donkey calf raises 3 sets 12 -20 reps
One leg calf raises 2 sets 10 -15 reps
Reverse crunch 3 sets
Cable crunch 3 sets
Side crunch 2 sets

Cardio: 30 min. Stair Master

Weight: 157 lbs. good 3 more lbs. in 7 days

Meal 4 – Meal Replacement drink

Meal 5 – 1 Chicken breast, peanut butter sauce, 1 sweet potato

Note: HARD & VASCULAR, GOT TO CARB DAY OF SHOW & MAYBE DAY BEFORE

Meal 6 – Meal Replacement drink with Crystal light

The Depletion Process

If you have noticed already, up until August 15, I was following a regimen of 3 days low carbs followed by 1 day of high carbs. On August 15 I started the depletion process. The depletion process is simply the process of depleting the body of glycogen or carbohydrates stored in the body. Though my 3 & 1 regimen had been working quite well, I thought it was necessary at this point to increase the number of low carb days.

With the contest in less than 10 days my goal was to deplete the body of carbohydrate stores as much as possible prior to loading back up on carbohydrates prior to the show. The process worked quite well as you can see by the last "Note" on the last page of the previous section.

In the next journal entry you'll notice that I continued my previous High carb day with a Semi high carb day to try & build up the carbohydrate stores prior to depleting it of carbohydrates for 5 days.

Saturday August 17, 1996

Semi High Carb Day (1/2 day high & 1/2 day low)

Cardio: 30 min. walk

Meal 1 – Meal Replacement drink, 8 egg whites, 1 yolk, 2 servings Cream of wheat, 2 sugar substitute, coffee, 2 sugar substitute

Note: No workout today only cardio

Meal 2 – Meal Replacement drink

Meal 3 – 1 Chicken breast, peanut butter dressing, bell pepper

Meal 4 – Meal Replacement drink with Crystal light

Cardio: 30 min. Stair Master

Meal 5 – 1 sweet potato, 1 chicken breast, peanut butter sauce, bell peppers

Note: Really tight today. Go low carb from Sunday until Thursday or Friday, Carb day before & morning of show

Pose for 20 – 30 minutes

Meal 6 – Meal Replacement drink, 2 tbsp. peanut butter

Sunday August 18, 1996

Low Day # 1

Cardio: 30 min. walk

Meal 1 – Meal Replacement drink, 2 tbsp. peanut butter, 10 egg whites, 1 yolk, onions, coffee, 2 sugar substitute

Meal 2 – Meal Replacement drink

Meal 3 – Steak, veggies, peanut butter sauce, coffee, 2 sugar substitute

Total body workout

Wide grip pulldown 3 sets 12 – 15 reps

Machine Chest Press 3 sets 12 – 15 reps

Lateral raise 3 sets 12 – 15 reps

Alternate dumbbell curl 2 sets 12 – 15 reps

Rope Pushdowns 2 sets 12 – 15 reps

Dumbbell Shrugs 2 sets 12 – 15 reps

Reverse crunch 1 set 15 reps

45 degree calf raise 2 sets 12 – 15 reps

Pose for about 30 minutes

Meal 4 – Meal Replacement drink

Meal 5 – 2 Turkey burgers, 10 egg whites, bell peppers, & salsa

Meal 6 – Meal Replacement drink with Crystal light

Meal 7 – 2 Turkey burgers, 1 egg

Weight: 154.7 lbs.

Dialing In

This is another section for those getting ready for a physique competition. That's right dialing as it is some times referred to among bodybuilders is basically the fine tuning process. This is the process of fine tuning your diet, training, supplementation, sodium intake, & water consumption, just to name a few. In this section I'll show you my exact checklist of things to do & things to get in preparation for the 1996 Hawaii Natural Bodybuilding Championship. For the individual getting ready for a competition this section is a critical one to review. This is where many of the little secrets are revealed. Take a look at my actual checklist below.

Checklist

1. No Tanning
2. No Cardio
3. Cut Carbs (we're talking about cutting them to a bare minimum)
4. Carb loading - Wednesday Carb at Dinner, Thursday increase carbs, Friday increase even more
5. Vitamin C – 1000 mg. increase everyday to 5000 mg. day before show
Saturday – Decrease vitamin C to 2000 mg.
6. Cut Sodium Thursday, Friday, Saturday, & switch to bottle water
7. Last day of training - Monday
8. Pump up body (no vigorous workout, just pump up the body & practice posing)
Tuesday & Wednesday
9. Cut water on Friday morning at 9:00 a.m.
10. Pro Tan, Hot Stuff, Pam

Things to buy

Vitamin C, 1000 mg. tablets

Pro Tan

Hot Stuff

Pam (yes that's right Pam cooking spray & don't get any flavored sprays)

So you've done all your homework, and you are in the final stages of your preparation prior to a competition. The checklist above is probably the final touches you need. In case some of you need an explanation on each item, I will do a brief summary of the checklist above.

- No Tanning – This is generally a rule if you do most of your tanning outdoors. If you use a tanning bed you can probably get away with tanning up until the day before the show. The reason for no tanning outdoors is if you have too much exposure to the sun you may get a sun burn. Not only will that make your appearance look unsightly on stage, but may cause you're body to hold more water than you'd like.
- No Cardio – If you noticed the last day I trained legs (specifically the thighs) was August 15. The secret here is your legs when pumped with blood tend to look a little smoother. So the simple solution is to stop training legs at least 1 week prior

- to your event. That means No leg training or Cardio. If you feel you still need to do more cardio due to your body fat being too high. “You are too late already”, so make sure you diet longer or more diligently for your next competition.
- Cut Carbs – All we are trying to do here is deplete the body as much as possible of carbohydrate/glycogen stores. So when you start loading up on the carbs a couple days prior to the competition you’ll have much more dramatic effects.
 - Carb loading – This process may require a little experimentation. Everybody is different. Generally you want to carb up gradually with at least 1 full day of complex carbohydrates, usually the day before your show. The carb loading process will help to fill out your depleted muscles to make your muscles look fuller.
 - Vitamin C – The idea behind starting with 1000 mg. vitamin C & increasing the dosage by 1000 mg. each day up to a total dosage of 5000 – 10000 mg. on the day prior to the contest is to:
 1. There are some who believe vitamin C acts as a mild diuretic, especially when consumed in excessive amounts. This will help the body rid itself of excess water.
 2. The high dosage of vitamin C will also help to keep your immunity system up, & protect you from coming down with something. The last thing you want is to get sick the last week prior to your competition.
 - Cut Sodium – When I mean cut sodium, “I MEAN CUT SODIUM”, that means reducing your sodium consumption to as close to zero as possible. This means switching to bottled water instead of tap water. Cleaning or washing your chicken breasts prior to boiling it, and pretty much eliminating everything that may contain sodium in your diet. I cut my sodium out on the Thursday before the contest on Saturday. This worked pretty well for me, but you may want to experiment with it.
 - Last day of training – The last week prior to a contest you should be relaxing while you are depleting the body. Besides your energy level being low due to the carbohydrate, sodium, & water restriction, you should already be in contest shape. All you need to do now is ring out the last few lbs. of water in your body & get on stage.
 - Pump up body – Prior to starting the water depletion process the only thing you should be doing in the gym is:
 1. Pumping up the body (Full body workout **excluding legs**)
 2. Practice posingAs soon as you’re done with your full body pump up workout, go straight to the aerobics room or any other room that has mirrors where you can practice & go through your mandatory poses as well as your posing routine.
 - Cut water – This means reducing your water intake to a bare minimum approximately 24 hours before your contest. I used a 1.5 liter bottle of water & sipped on it from Friday at 12:00 p.m. through the evening show of the contest on Saturday.
 - Pro Tan, Hot Stuff, & Pam – The final 3 ingredients in contest preparation.
 1. Pro Tan - These days there are many self tanners similar to Pro Tan, but still Pro Tan is a favorite among many bodybuilders & fitness competitors.

Whichever you use make sure you apply 1 – 2 coats the night before the competition & 1 more coat the morning of the contest. Make sure you give enough time for it to dry before the show.

2. Hot Stuff – This little secret helps bring out the Vascularity before you step foot onstage. Don't use this until you are back stage pumping up.
3. Pam – The final touch to show the detail you've worked so hard to display. I've seen people use all sorts of things to give their body a little shine. Still nothing works as well as a can of Pam. Just lightly spray it over your body after you've sprayed on the Hot stuff & you are pumped up ready to go on stage. Rub it into your body, & make sure not to overdo it. If you look to shinny, dab yourself a little to flatten out the shine a little.

The Role Supplements play

Supplements play a very important role in any weight loss, Bodybuilding or fitness program. Whatever your fitness goals may be, everyone should incorporate some type of Supplementation program. Now remember supplements are just that, “supplements”. They are a supplement to the normal food you are eating in your regimen. So don’t for one second think that you can replace nutritional food with pure supplements.

The role supplements play in any fitness program is primarily to contribute additional nutrients that one might be lacking in their everyday diet. To contribute additional nutrients & vitamins that we cannot possibly consume just through the foods that we eat, and to supply nutrients conveniently without stuffing loads of various foods down our throats. For example, most bodybuilders strive to consume a minimum of 1g.gram of protein per pound of bodyweight. Now for someone weighing 100 lbs. that may not sound very difficult, but for someone weighing 200 lbs. it is much more difficult.

If you’ve read through most of this journal/manual, you have probably noticed already that I consumed anywhere from 3 – 5 Meal Replacement drinks per day. I found that Meal Replacement drinks were a convenient and quick way for me to get the vitamins & nutrients the body needed as well as allow me to consume enough protein. I don’t know about you but I find it quite difficult to eat 6 wholesome meals per day. I just don’t have the time to cook & eat 6 actual meals a day. So I found Meal Replacements to be an essential part of my supplementation program.

Another very important supplement that I consumed on a daily basis that I did not log in the journal was Thermogenics. Yes the all time famous & controversial Ephedrine based fat burners. Now as much as Ephedrine has received bad press, & an enormous amount of attention in the media, I still believe it is one of the best supplements out there. The key to these little weight loss/fat loss wonders is to follow the recommended dosage. If you have done your research, you’ll find that many of the people experiencing problems or side effects from these supplements were over dosing on it. So don’t always believe everything you read or hear in the media. In my contest preparation I used it 3 times a day everyday up until the last couple of days before the show.

As much as there are essential supplements out there that everyone should incorporate into their program, there are also a lot of money wasters. So you make your decision on what you want to spend your hard earned money on, and what you think may be a waste of money. Below is a list of Supplements I believe are not a waste of money & that I have used or would use.

Supplements

1. Meal Replacement drinks
2. Whey Protein
3. Multi Vitamin
4. Thermogenics (Fat Burners) with Ephedrine, especially for *weight/fat loss*
5. Vanadyl Sulfate
6. Alpha-Lipoic Acid
7. Chromium
8. Branched Chain Amino Acids
9. Echinacea

10. L-Carnitine
11. L-Arginine
12. Tribulus
13. Creatine Monohydrate

Obviously we can't all afford to take all the supplements listed above. Even if you could/can afford it, I'm not so sure you want to be swallowing that many pills a day. So use your own judgment, do a little research, and decide which are the most beneficial for you to take.

To find the best deals on the supplements I do recommend, that don't waste your money stop by and visit www.naturalmusclehawaii.com

Monday August 19, 1996

Low Day # 2

Note: Cut out cardio already, lean if not lean enough I didn't diet long enough

Meal 1 – Protein pancakes, 2 tbsp. peanut butter, coffee, 2 sugar substitute

Meal 2 – Meal Replacement drink, Crystal light

Meal 3 – 2 Chicken breasts, peanut butter sauce

Full body workout

Machine Row 3 sets 12 – 15 reps

Incline Hammer Strength press 3 sets 12 – 15 reps

One arm dumbbell press 2 sets 12 – 15 reps

Later raises 1 set 12 – 15 reps

Cable upright row 2 sets 12 – 15 reps

Alternate dumbbell curl 2 sets 12 – 15 reps

One arm tricep extension 2 sets 12 – 15 reps

Knee Ins 2 sets 15 reps

Pose for 30 minutes

Meal 4 – Meal Replacement drink, 1 chicken breast, peanut butter sauce

Meal 5 – 2 Turkey burgers, 10 egg whites, salsa, coffee, 2 sugar substitute

Note: 4 more days till contest, feel very ready, “confident”, going to win

Plan: Stick to game plan, Saturday was last carb day (moderate carbs)

Go 4 days low carb, continue to Thursday evening when I will eat carbs again Thursday night.

Friday, cut out Meal Replacement drinks & eat chicken & sweet potato every 2 hours, for 6 meals.

5:00 a.m. Saturday morning eat 1 -2 boiled eggs, Filet minion, Sweet potato

7:00 a.m. Sweet potato

9:00 Pre judging, Ready

Meal 6 – Meal Replacement drink, 2 tbsp. peanut butter

Note: took 1000 mg. vitamin C

Tuesday, August 20, 1996

Low Day # 3

Meal 1 – Protein pancakes, Almond peanut butter syrup

Note: Going to cut out stimulants today (Fat Burners)

Meal 2 – Meal Replacement drink with Crystal light

Meal 3 – 3 Chicken breasts, peanut butter sauce

Pumped up upper body & posed for about 30 minutes

Meal 4 – Meal Replacement drink

Meal 5 – 2 Turkey burgers, salsa, 2 Ahi Fillet

Meal 6 – Meal Replacement drink, 2 tbsp. peanut butter

Weight: 156 lbs. w/shoes, approximately already at 154 lbs. to make weight

Note: Started creatine loading today 20 grams, also took 2000 mg. vitamin C

Wednesday August 21, 1996

Low Day # 4

3 more days until show time, switch to bottled water later today

Note: 3000 mg. vitamin C today

Meal 1 – Protein pancakes, peanut butter syrup

Meal 2 – Meal Replacement drink

Meal 3 – 2 Chicken breasts, vinegar sauce

Pumped upper body & Posed for 30 minutes

Meal 4 – Meal Replacement drink

Meal 5 – 2 Chicken breasts, peanut butter sauce

Meal 6 – Meal Replacement drink, 2 tbsp. peanut butter

Weight: 156 lbs. in gym, need to drop water intake Friday at 11:00 a.m., Cut out Meal Replacement drink also, & only 1 chicken breast & 1 sweet potato all day. GO FOR IT

Thursday August 22, 1996

Low Day # 5

Note: Switched to bottle water yesterday, Wednesday 1:00 p.m.

Meal 1 – Meal Replacement drink, 2 tbsp. peanut butter, 1 sugar substitute

Meal 2 – 10 egg whites, 2 yolks, cinnamon, 1 sugar substitute

Note: Took 4000 mg. vitamin C

Meal 3 – 2 Chicken breasts, vinegar sauce

Meal 4 – Meal Replacement drink

START CARBING UP

Meal 5 – 1 Sweet potato, 2 Ahi Fillets, vinegar sauce

Meal 6 – Meal Replacement drink, 2 tbsp. peanut butter, 1 sugar substitute, 1 sweet potato

Note: Feeling better

Friday, August 23, 1996

Last Day

CARB UP

Showtime tomorrow, Ready

Note: Just cut water about 12:00 p.m., sipping only

9:30 Meal 1 – Meal Replacement drink (pudding style) with 2 tbsp. crunchy peanut butter, 1000 mg. vitamin C, 5 g. creatine, 500 mg. L-Carnitine, 1 sweet potato

11:45 Meal 2 – 1 Chicken breast, 1 sweet potato, 1000 mg. vitamin C, 5 g. Creatine

Note: On schedule, mouth feels dry, stopped taking Meal Replacement drink, last one this morning, weigh in at 6:00 p.m.

2:00 Meal 3 – 1 sweet potato, Chicken breast, creatine, 1000 mg. vitamin C

4:30 Meal 4 – 1 sweet potato, Chicken breast, 1000 mg. vitamin C, creatine

6:30 Meal 5 – 1 sweet potato, 1 Chicken breast

Note: went to weigh in 151.24 lbs.

Awesome, still keeping water low all the way

9:30 Meal 6 – 1 sweet potato, chicken breast, 1000 mg. vitamin C, creatine

Meal 7 – Meal Replacement drink with 2 tbsp. peanut butter, (pudding style)

Painted Pro Tan

Saturday, August 24, 1996

THE DAY

Note: Woke up early to eat first meal, & put on Pro Tan

5:30 a.m. Meal 1 – Fillet Min ion, 1 egg, mushrooms, garlic (fried in SODIUM & LACTOSE FREE BUTTER), 1 sweet potato, 1000 mg. vitamin C, creatine

7:30 a.m. Meal 2 – ½ sweet potato

11:30 a.m. Meal 3 – Meal Replacement drink (pudding style) with 2 tbs. peanut butter

1:30 p.m. Meal 4 – Ahi Fillet, ½ cup brown rice

3:30 p.m. Meal 5 – Ahi Fillet, ½ cup brown rice

5:30 p.m. Meal 6 – ½ sweet potato

**FINISHED WON WEIGHT CLASS, GOOD BUT SHOULD HAVE TAKEN
OVERALL**

The key to your success

What is the key to your success? Well the answer is really quite simple. In fact if you have made it to this point, you already possess the qualities you need to be successful at your INDIVIDUAL program or anything for that matter. If you are still looking for the magic bullet or the exact program you must follow to attain your goals, well I am sorry to tell you, but you missed the whole message here.

The reality is there is no magic bullet, no magic pills, no superior workout program, and no get fit in a week program. Just as there is no get rich quick program out there. If you want something you must work for it. You must truly want it though, not just wish for it or have it in the back of your mind as something you wish you could have. Or wish you could attain. You must have a burning DESIRE to accomplish what you want. There is not much that one cannot accomplish when they have a burning desire to achieve something, but most importantly the desire must be present.

Once you have that burning desire you must make a commitment to yourself to set out to truly accomplish your GOAL, and follow through with incredible DETERMINATION. Yes that is a key to your success having incredible determination to achieve your goal. No matter what you hear or what you read, what people tell you or what others believe you can accomplish. When you set your goal and you are determined to accomplish it stay on track & stick to it. Make necessary adjustments, fine tune your program and continue to move forward. As long as you are moving closer to your goal you will eventually accomplish it. Believe you will accomplish it and continue you to strive for it.

The most important and probably the most difficult thing to do when you set out to accomplish a goal, is to DISCIPLINE yourself to do so. That's right self discipline is probably the most important aspect to your success at your fitness program or anything you set out to do. Whatever you must do to discipline yourself do it! Write your goals down, create your plan, and carry it around in your wallet if you need to. Put it on your refrigerator if you must, just to remind you of that desire you have to accomplish your goal. Anything you must do to stir up your desire, do it. The only person who can stop you from accomplishing what you desire is YOU! Remember these key words and do whatever it takes to keep them all working together.

DESIRE
DETERMINATION
DISCIPLINE

Get the exclusive Desire, Determination, Discipline T-Shirt at
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