

HAPPINESS is a Fit Body

Are you in shape?

Do it for Health

Steve



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The Seven Sacred Rules for Packing on Muscle Weight You Should Never Break

These rules were featured in Iron man Magazine, December 1995 issue.

Eat at least five times a day, every two to three hours. You must keep your system saturated with amino acids and glycogen from protein and carb sources, respectively, if you want to push muscle growth to abnormal levels. You never know when your body will need these precious nutrients. What's more, not eating every few hours can cause the starvation mechanism to kick in, which signals your body to begin consuming its own muscle tissue.

Center your bodybuilding program around the big compound movements, such as squats and presses. You should strive for maximum efficiency of effort, or to work as many muscle groups as possible with as few sets as possible. Squats, for example, train not only your quads but also your lower back and glutes, so direct work for the muscles that assist during the squat should be minimal. This leaves more of your recovery ability to help in the growth process when you're out of the gym.

Don't do more than 30 all-out work sets at any workout, and less is usually better. Overtraining is the number one reason most bodybuilders can't pack on muscle weight.

Don't train more than two days in a row. Your muscles aren't the only things that have to recover after a heavy workout; your entire nervous system needs a rest too.

Have a protein drink immediately after every training session. Research indicates that boosting insulin levels right after an intense workout promotes muscle protein synthesis, which leads to faster growth.

Downshift your intensity for two weeks. This lets you recuperate fully and in many cases promotes a new growth spurt. Keep your cruise control on. Try to keep your cool during the day no matter what. Getting overly excited can stress you out and cause excessive energy burn, energy your body could be using to fuel extraordinary muscle growth.

Exercise for Arms

Arms are the classic showpieces of strength weight trainers. Like a well-developed chest, they are visible proof of the work you put in at the gym - although for women, the result will not be a bulky masculine look.

Developing your arm strength will help your performance in many sports. Elbow flexion (bending) and the muscles involved are important when playing forehand strokes in tennis and squash, shooting in hockey, playing a long shot in golf, pulling the body upwards in climbing, grabbing an opponent in rugby and the martial arts, and pushing movements in gymnastics.

The triceps are also involved in numerous upper-body actions, including: **Overhead hitting and throwing movements - e.g. the tennis serve, volleyball spike and basketball shot**

Pushing actions - e.g. the shot-put, the chest pass in netball and basketball throwing a punch in boxing and in the martial arts. One common mistake is to train only the biceps, thinking this will produce stronger and bigger arms. However, the triceps make up the largest part of the arm muscles so it is important to devote equal time and effort to triceps training. Many people also use weights that are too heavy in their quest for bigger arms, sacrificing good technique and gaining only minimal results.

Exercises for your Arm Workouts.

Barbell Curl.

Incline Dumbbell Curl.

Bench Dip.

Preacher Curl.

Concentration Curl.

Lying Triceps Extension.

Dumbbell Curl.

Triceps Push-down.

Triceps Kickback.

"The 3rd Annual Lion Heart Sunshine State Raw"

2011 APA / Lion Heart Push Pull Meet

Saturday, May 7, 2011, 11:00 am (Waiting for day).

Raw (no special gear).

Weigh-ins: Friday 6:00PM until 7:00PM or Saturday 8:30AM until 10:00AM
(Lifting starts at 11:00AM)

Sanctioned by the **American Powerlifting Association (APA)**.

Competition is for:
Bench Press,
Dead Lift or
both.
Even all three.