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[Exercises](#)

[Nutrition/Supplements](#)

[Cardio Training](#)

[Programs](#)

[Miscellaneous](#)

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## 79 Fat Loss and Exercise Questions Answered!

**Plus!**



### **Do It With Your Dog!**

Your guide to exercising with your canine companion.



## Inside, you will find information that will help you:

Lose fat  
Improve your cardio training  
Eat better  
Learn exercise technique tricks

Build muscle  
Heal injuries  
Design your own training programs  
Use supplements effectively

Work on problem areas  
Judge exercise equipment  
Improve your posture  
And much, much more!

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(Contact Us and Newsletter Subscription boxes).

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## Who Are We?

We are BetterU, Inc., your **24-hour online personal trainer**. With more than 12 years of experience in the fitness field, we train everyone from the total beginner to the very advanced. [Click here](#) to find out more about us and how we can help you achieve your fitness goals.

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## What Can This E-Book Do For Me?

The purpose of this e-book is to bring you **top-quality information**. There is a lot of information out there with regards to fitness, fat loss, nutrition and weight training. Our aim is cut through the clutter and tell you what works and what doesn't in a straightforward, easy-to-understand fashion.

All of the questions in this e-book are **real questions asked by real people**. All of the answers are based on the latest scientific fitness training information available.

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## Can I Send This E-Book To My Friends?

Absolutely! In fact, we want you to **send this e-book to as many people as possible!** The more people who get rational, useful, results-oriented fitness information, the happier we are.

**There are three ways you can do this:**

1. Send them an e-mail with this e-book as an attachment.
2. Tell them to send an e-mail to the following address: [questions@fitstep.com](mailto:questions@fitstep.com). This address is an autoresponder address that will reply automatically with this book as an attachment.

3. Mail them this download link: <http://www.fitstep.com/freebooks/questions.exe>

---

## What Else Does BetterU, Inc. Have To Offer?

### Personal Training

Experience dramatic success and powerful results with our revolutionary training system!

Our philosophy is simple and is mirrored in this well-known quote.

*"Give a man a fish and he'll eat for a day.  
Teach him how to fish and he'll eat for a lifetime."*

We will train you so effectively that you don't need us anymore. We want to train ourselves right out of a job. By teaching you how to successfully train yourself as we help you reach your goals, we eliminate the need for you to rely on us for your fitness.

You will progressively learn everything you need to know to:

- Lose fat
- Increase muscle mass
- Improve cardiovascular fitness
- Increase flexibility
- Gain strength
- Much, much more!

[Click here](#) to learn more.

### The Amazing Fat Loss E-Book

How would you like to **know every dirty little secret and dirty little trick** there is to know about losing fat quickly, easily and permanently?

This e-book is packed with incredible fat loss information that even most personal trainers don't know!

In it you will learn:

- How to change your body's programming from fat storage to fat burning.
- Why the diet and fat loss pill industries are geared around making you fail.
- Exercises you can do at home that will boost your metabolism and build muscle mass so you burn fat all day long!
- How and why your body stores fat and how you can easily get rid of it.

And much, much more!

[Click here](#) for more information on how you can get in on these truly amazing fat loss secrets.



## **Sign up for BetterU News!**

**You deserve success.  
Find out how to achieve it now!**

Get powerful, innovative health, fitness, fat loss and training information delivered straight to your mailbox FREE!

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[Fat Loss](#) [Exercises](#) [Nutrition/Supplements](#)

[Cardio  
Training](#)

[Programs](#)

[Miscellaneous](#)



## About Us

### Who Are We?

We are your **24-hour personal trainer**. With more than 20 years of experience in the fitness field, we can train anyone from the total beginner to the very advanced.

### What Do We Do For You?

- Design **personalized training programs** based on you, your goals and your life.
- Teach you how to train yourself.
- Support you every step of the way so that you reach your goals.

### How Does It Work?

- You will be asked to fill out a detailed questionnaire about your goals, lifestyle, and daily schedule.
- We design a tailor-made program based on information you provide and your personal needs.



## Why Do We Do It?

- We want everyone to have the chance to **achieve their dreams** of a better, healthier, more perfect body.
- We are rewarded when you make meaningful, positive changes in your life.

## Where Do We Do It?

- We help you learn to train via the internet.
- In the comfort of your own home at your convenience.
- Wherever you want to be trained, that's where we'll train you!

## What Makes Us Different?

- We are dedicated to **working ourselves right out of a job** because we want you to have the knowledge to succeed for the rest of your life!
- We teach you how to train yourself!
- We teach you to understand what to do, how to do it, and why.
- We teach at the pace you set and are comfortable with.

## [Learn about our Personal Training Programs](#)

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## The Fat Loss Revolution

Do you want to lose fat?

Do you want to keep it off permanently?

**This revolutionary fat-loss information will change the way you lose fat FOREVER!**

If you're like most people, you're not really sure exactly how to go about peeling off those layers of accumulated fat. You know you should eat less. You know you should probably exercise too. You need to know exactly how to put everything together for maximum results!

**That's where I come in.**

My name is Nick Nilsson. I've been a certified Personal Trainer for 8 years and have a degree in Physical Education. The two most important things I've learned through all my education and training experience is that in order to succeed in fat loss, you need to **have the best possible information** and you need to **know how to apply it.**

**I've read all the books.**

**I've evaluated all the research.**

**I've filtered out all the garbage so you don't have to!**

What I'm proposing to you is simple and I'm really excited about it! I want to tell you everything I know

about fat loss. I want to tell it to you in way that will open your eyes and show you that fat loss is not nearly as complicated as everyone's been led to believe.

You deserve the best information you can get. **I have packed a book completely full of useful, effective information** that can help you dial in your fat loss strategy. It's everything I know about fat loss and I know A LOT! In it you'll find out things such as:

- Why humans are genetically predisposed to storing fat and how you can turn this to your advantage.
- How eating more can actually help you weigh less.
- When to exercise in order to burn 300% more fat.
- Simple nutritional tricks that can accelerate your fat loss. You'll be able to eat what you want and still lose fat once you know how to do it!
- Why eating too many low fat foods can actually hurt your fat loss progress.
- 13 ways to not diet and still lose fat.



**I'll teach you how to exercise for dramatic fat loss results.**

A fat loss plan that doesn't include some form of exercise leaves you ripe to regain all the lost weight once you complete it. Sometimes you gain back more than you started with! Any expert will tell you that **the key to permanent weight loss is exercise.**

But not all exercise is created equal when it comes to fat loss. In this book, you'll find out:

- Which types of exercises can cause you to burn calories for many hours AFTER you're done working out (some of the more popular types only burn calories during the workout, totally missing the boat on the real power of exercise for weight loss).
- Effective exercises you can do at home using ordinary household items such as milk jugs, soup cans, chairs, and more! You'll be amazed at how good a workout you can get using only furniture and groceries!
- How to most effectively incorporate cardiovascular training and resistance training together to achieve astonishing results.
- Complete exercise routines that you can take to the gym, packed with tips, tricks and techniques that can make everything you do up to 50% more effective. It's like having your own personal trainer with you whenever you exercise!

**Get the skinny on fat loss programs and diets.**





There are many big names in the diet industry: Slim Fast™, Weight Watchers™, Jenny Craig™, The Atkins Diet™, The Zone Diet™, Sugar Busters™, and more. They all have their strong points and weak points.

In this book you will **learn the insider secrets of why these programs work or why they don't** so you can take that knowledge and apply it to your own personal fat loss plan. All without paying an extra dime for it!

**Sound good? There's more.**

I'm going to let you in a little secret that will make your head spin. Whenever I train someone whose goal is losing fat, I always make them promise me that they will cheat on their diet. Why? In the pages of my book, I'll tell you exactly why, **in order to succeed in fat loss, you NEED to cheat**. The trick is knowing how and when to cheat in order to make it work for you, not against you.

## **Fat loss pills - do they work?**

You see the ads for fat burning pills everywhere you look. But do they work? As a matter of fact, **some of them work extremely well**, but some of them will send you running for the bathroom if you're not careful.

- Find out how and why some of these supplements actually do live up to their claims.
- See why what you don't know about the pills you take CAN hurt you.
- Learn how to use these supplements in the best possible way to maximize their effects and virtually peel fat from your body.
- You will learn why both the best and worst thing about these pills is that they do work. It's an incredible revelation that the diet pill industry doesn't want you to know about because this little secret guarantees continuous profit for them and continuous struggle for you.
- Deception and misinformation are common problems with the supplement industry. I will teach you how to judge for yourself whether a product is good or bad, whether or not it is worth your money to buy it. I will also reveal how disreputable companies can fool you into spending your hard-earned money. You will never get suckered again!

**The grocery store can be your friend!**

The hardest part about sticking to a healthy nutrition plan can be that trip to the grocery store. Everything is so nicely packaged and looks so good that it's hard to know what's good or bad. Even the packages themselves can fool you. I will help you empower yourself with knowledge so you **know exactly what you're doing when walking down the aisles.**

- Food that's 98% fat free can get most of it's calories from fat. You'll find out how that's possible and how food manufacturers get away with it. It's completely legal!
- Learn to see through the complexities of food marketing, packaging and labeling and find out what you are really buying. The answers might surprise you!
- You will find out that some of the best kept nutritional secrets are sitting right there on your store shelf!
- Ordering food at a restaurant can be just as troublesome and confusing as going to the store. I will show you how you can order healthy almost anywhere you go.



**It's all laid out for you.**

Besides teaching you everything you need to know about fat loss, I've also detailed a variety of **easy-to-follow fat loss plans for you** in order to take any guesswork out of it.

You can choose from multiple levels of commitment ranging from the starter level of gradually altering your habits all the way to a complete lifestyle change targeted towards rapid fat loss. There are many stages in between. All you need to do to get started is pick the right one for you!

**You can be the first to know about it!**

What I've told you about above is only scratching the surface of what is contained in this incredible book (I wish I'd had something like it when I was first starting out). I'm really excited to have the opportunity to bring it to you. There's just so much information out there, some of it good and some of it bad, that it can be hard to make sense of it all. I am here to help you make sense of it all!

This book has been such a long time in the making, I've become a bit of a perfectionist about it. I want to make sure everything is just right so you get the absolute best information for your time and money. Even though the book is not yet available, I wanted to make sure you got a chance to know about it, which is why I've come up with an idea and an incentive!

If you want to be the first to know when this book becomes available, all you need to do is fill in your e-mail address in the space provided. The moment the book is ready to go, you'll be the first to know!

As a special bonus, just by signing up to be notified, you will get a **special \$10 discount** on the purchase

price of this book! This is a limited-time offer, so be sure to sign up right now.

It costs you nothing to do it, your name will NOT be sold to any mailing lists and it does not obligate you to buy the book in any way.

**You've got nothing to lose so act now!**

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[Fat Loss](#) [Exercises](#) [Nutrition/Supplements](#)

[Cardio  
Training](#)

[Programs](#)

[Miscellaneous](#)



## Personal Training

By training with BetterU, Inc. you can:

Lose pounds of ugly fat...

Gain tight, toned muscle...

Improve your health...

Build your confidence...

**Build a better you!**



Our entire focus is to provide you with the **information you need** to get the **results you want** at a **price you can afford!**

At **BetterU, Inc.**, you can get **six months** of professional **Personal Training** for what some trainers charge

for **1 hour!**

If you participate in a sport and wish to improve your performance in that sport, we can also target your training program to that goal.

- Add distance to your golf drives.
- Add power to your softball swing.
- Run faster and play harder!
- Whatever your sport, we can train you for it.

---

### How can we do this so inexpensively?

The reason for this is simple: the Internet.

- With our extensive experience in the fitness field, we can give you the same level of service (more, in fact!) without ever meeting you face-to-face.
- Training online is faster and more convenient than going to a trainer in person and that makes it easier (and less expensive) for us to serve you better.



---

### Who are you?

When you sign up for personal training at **BetterU, Inc.** , we want to know who you are and what you want for yourself.

- You will be asked to fill in a questionnaire about yourself, stating your goals, current lifestyle, schedule and more!
- The more detailed your answers, the better we are able to make your program!

When your program is ready (generally 2-3 days, depending on the complexity of the program), it will be e-mailed straight to your e-mail box!

---

## Your initial program will consist of:

- A personalized exercise program designed around your questionnaire responses.
- Detailed exercise technique instruction filled with tips on how to improve the efficiency of your exercise.
- A personal nutrition strategy.
- Weight-training and cardiovascular-training information.
- Much, much more!



---

## As you train with us:

- Receive monthly **Further Education** updates, which teach you more about training and exercise by giving you information on selected topics such as fat loss, muscle building, supplementation, and more!
- Receive unlimited e-mail support from your **Personal Trainer** for the duration of your program.
- Participate in a monthly reassessment of your program to make sure you **meet your goals**.

**[Click Here to Train With Us Now!](#)**

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[Programs](#)

[Miscellaneous](#)



## Do It With Your Dog!

Man's best friend can also be man's best workout partner! You may not realize it now, but your dog can be your greatest ally in your quest to building a better and healthier you.

There are many reasons your dog makes a great workout partner just as there are many great forms of exercise you and your dog can participate in together.

---

### The top ten reasons your dog is a great workout partner:

1. He or she is never late for a workout session. Chances are good that your dog lives with you and has a reasonably clear schedule. He will be ready to go at the drop of a hat (or the clip of a leash!).
2. Your dog will never try to weasel out of exercising. How many workout partners have you had who actually want to go for a run in a blizzard?

**3.** Your dog doesn't care what you're wearing or how much tuna salad or garlic you just ate. You can exercise and have fun with your dog without ever feeling self-conscious.

**4.** The enthusiasm of your dog is contagious. If you've ever watched your dog run full tilt around a field with wild eyes, tongue flapping around and a look of unbridled joy on her face, it's time to join her! Your dog will love the company!

**5.** Dogs thrive on exercise, just like people. Regular exercise makes both dogs and people happier, healthier and stronger.

**6.** Dogs don't waste time talking. They don't want to stop and chat in the middle of an exercise session. They don't care who said what to whom. At most, they just want to know who peed on what and when.



**7.** A dog doesn't need to change into its exercise fur. They feature a multipurpose, all-weather coat that doesn't take 20 minutes to change into before they can start.

**8.** Dogs know the value of good, solid relaxation after exercise... and before exercise!

**9.** You don't need to buy the latest in fashionable exercise clothes, shoes, or equipment for your dog.

**10.** Running + dog + sudden rabbit sighting = TURBO BOOST!

---

### **Activities you can do with your dog:**

As you can see, a dog makes a great workout partner. Both of you (or all of you, if you have more than one dog) can reap tremendous benefits from regular exercise. Here are some ideas for exercises you can do with your dog:

**1. Walking**

**2. Jogging/Running**

**3. Cycling**

**4. Rollerblading**

**5. Cross-Country Skiing/Skijorring**

**6. Horsing Around**



## [7. Resistance Training](#)

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[Home](#) • [Fat Loss](#) • [Exercises](#) • [Nutrition/Supplements](#) • [Cardio Training Programs](#) • [Miscellaneous](#) • [About Us](#) • [Personal Training](#)  
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[Programs](#)

[Miscellaneous](#)



## Do It With Your Dog!

### 1. Walking

This is an easy one and the most suited to both you and your dog if you are new to exercising. Walking is a great low-impact, calorie-burning exercise as well as being the most convenient of all the various exercises we will discuss here.

Here are some ways to increase the effectiveness of walking for you and your dog:

- Strive to take your dog on longer walks as much as possible. You may not be able to do this during the work week or in the mornings or evenings but, as a rule, the further you walk your dog, the more calories you'll burn.
- Try to keep a fairly brisk pace. While a leisurely walk is still exercise, you will get better results by keeping up a faster pace (allowing for the occasional sniffing and bathroom breaks, of course).
- Go for the hills. Walking up hills will increase the workload, also increasing the intensity of the exercise, which will in turn help increase your results



Try to keep moving consistently. This can be difficult with a dog who is constantly stopping to sniff

everything. To remedy this, try using a long lead, such as 16 foot Flexi lead. This allows your dog to trail behind you somewhat to sniff things. As they get closer to the end of the lead, give them a signal such as a whistle or a tongue click to let them know that their time is running out and that they had better keep moving. It may take a few tugs to get them to learn this but they will learn it. Of course, some smells are extra special and require more attention!

[< - - Back](#)

[Next - - >](#)

---

[Home](#) • [Fat Loss](#) • [Exercises](#) • [Nutrition/Supplements](#) • [Cardio Training Programs](#) • [Miscellaneous](#) • [About Us](#) • [Personal Training](#)  
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[Programs](#)

[Miscellaneous](#)



## Do It With Your Dog!

### 2. Jogging/Running

Running or jogging with your dog is an excellent form of exercise. If you do wish to run with your dog, the most important thing you want to be aware of is your dog's safety. Here are a few safety tips that also apply to other forms of exercise, especially the more vigorous kinds:

- Don't run when it's hot or humid out. A dog with a thick fur coat, such as a Siberian Husky, can get overheated rapidly in hot or even warm weather under exercise conditions. Wait for cooler times of day such as early morning or later in the evening.
- Watch out for extremely cold weather. Northern breed dogs can handle extremely cold temperatures but dogs bred for milder conditions may have trouble.
- Make sure your dog gets plenty of water. Dogs lose a lot of water through panting. Proper hydration is essential to maintaining an optimum body temperature. A good trick to use if your dog is reluctant to drink is to pour some beef or chicken broth into the water. This is a technique Iditarod racers use to get their dogs to drink enough water.



- Always be aware of your surroundings. This includes other people, other dogs, small animals (important to be aware of if your dog has a high prey drive), and especially vehicles. If you are running alongside a road and your dog spots another dog on the other side and a car is coming, you need to be able to foresee any potential problems and be able to control your dog.



Though all you really need in order to run with your dog is a leash and a pair of shoes, one of the best ways to run with your dog is to use what is called a Skijoring belt (essentially a leash attached to a belt - it is pictured in the [cross-country skiing](#) section).

This belt is primarily used for cross-country skiing with your dogs but is easily adapted to running use. It allows you to run hands-free with the pull of your dog going into your midsection rather than your arms where it could throw you off balance.

If you choose to run using a regular lead, it is better to use a shorter lead such as a 6 foot cotton-web lead. A longer lead will allow your dog to roam too much rather than focusing on running straight ahead.

Harnesses are very useful for running as well. They allow the tension of the lead to go through your dog's chest and front shoulder area rather than through the neck, which makes far easier for them to run.

[< - - Back](#)

[Next - - >](#)

---

[Home](#) • [Fat Loss](#) • [Exercises](#) • [Nutrition/Supplements](#) • [Cardio Training Programs](#) • [Miscellaneous](#) • [About Us](#) • [Personal Training](#)  
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[Training](#)

[Programs](#)

[Miscellaneous](#)



## Do It With Your Dog!

### 3. Cycling



Riding a bicycle with your dog is a very enjoyable way to exercise with your dog.

The equipment you need to do this can be as simple as a leash and a bike, though there are other options that can enhance the experience for both of you.

If you choose to cycle with a leash in your hand, you should be sure your dog is used to consistent, straight-forward running otherwise you may find you have a furry anchor in your hand when the first good smell goes by.

This sudden stopping can obviously be dangerous for both you and your dog. As a caution, you should always wear a helmet when cycling.

A very good option for cycling is to use a device call the **Springer™**.

- It is essentially a spring coil that attaches to the frame of your bike and has a short lead on the other end where you attach your dog.
- It limits your dog's freedom of movement, keeping them on a straighter course while running, which is very useful for cycling.
- You can attach two dogs if you have two of these devices, placing one on either side of the bike.
- As the Springer™ limits your dog's movement and freedom, it is always a good idea to allow your dog a bathroom break before starting out.



For either of the previous cycling options, a harness is a very useful addition. As explained above, it will move the tension from the neck of the dog to the chest area.

[< - - Back](#)

[Next - - >](#)

---

[Home](#) • [Fat Loss](#) • [Exercises](#) • [Nutrition/Supplements](#) • [Cardio Training Programs](#) • [Miscellaneous](#) • [About Us](#) • [Personal Training](#)  
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[Cardio Training](#) [Programs](#) [Miscellaneous](#)



## Do It With Your Dog!

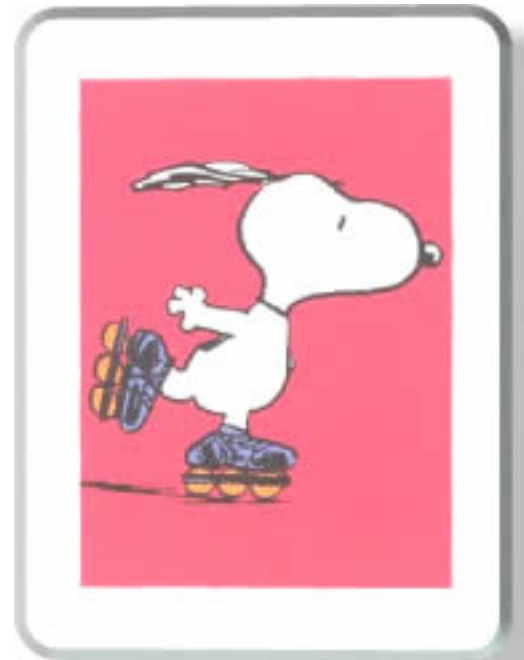
### 4. Rollerblading

Rollerblading with your dog can be a fun and challenging experience for both you and your furry companion.

This activity is best done by an experienced rollerblader. Naturally, the more experienced a blader you are, the more "active" of a dog you'll be able to handle. You may even be able to progress to blading with two dogs once you get good enough with one.

The best lead to use when rollerblading with your dog is the Flexi-type, retractable lead. Because it won't drag on the ground, it eliminates the risk of you or your dog tripping on it.

The potential for a slack lead is the reason a Skijoring belt or ordinary lead is not recommended for rollerblading with. If your dog slows down or stops suddenly, the line immediately goes slack and drops right in front of you, which can have disastrous results.



Your best friend when rollerblading with your dog (other than your dog, of course) is the lawn.

- Going into the grass is the best way to brake quickly and effectively.
- It is also a whole lot softer than pavement!
- Before you ever hook up your dog to go rollerblading, be sure to practice going from pavement to grass until you feel comfortable with it.
- Keep in mind that chances are good that when the time comes that you do need to actually go in



the grass, you'll have a dog pulling you fairly strongly ahead.

- Lean back a little more than usual when you go into the grass to keep from being thrown forward.

Before heading out, be sure to practice stopping and turning quickly.

- You will most likely have occasion to use those skills when skating with your dog.
- You should be proficient with basic rollerblading maneuvers before taking your canine on a skate.
- This is especially important if you plan on crossing any streets in your travel.
- If you are coming to an intersection and you can't stop or control your dog, you could be facing a serious problem.

Here are a few safety tips that you should keep in mind if you are thinking about trying out roller-dog-blading:

- Always skate under control and be acutely aware of what is going on around you. Things happen at a faster pace when you are on wheels and a little problem can turn into a big one in a hurry.
- Always be sure you have complete control of your dog. This is very important around areas where you may be near vehicle traffic.
- Skate at times and places where there is less likely to be other people around such as in the early morning. Pedestrians can be at risk if you don't have complete control of your dog. Announce which way you care coming around people if you come up from behind, e.g. "on your left." Reduce your speed substantially when you start to get near other people. It gives them time to react to you.
- Wear protective gear such as knee pads and a helmet.
- A harness is useful to avoid choking your dog in case you need to make sudden maneuvers.
- Always be aware that small animals may come out of nowhere at any time. If your dog goes for these, you need to be ready to deal with it quickly, e.g. get into the grass and brace yourself!

All else aside, rollerblading with your dog can be great fun. It gives both of you a chance to stretch your legs and gives your dog more freedom of movement than he or she would get with cycling or jogging.

[For an excellent article on rollerblading with your dog](#)

[Click Here!](#)

Note: you must be online to view the link.

[< - - Back](#)

[Next - - >](#)

---

[Home](#) • [Fat Loss](#) • [Exercises](#) • [Nutrition/Supplements](#) • [Cardio Training Programs](#) • [Miscellaneous](#) • [About Us](#) • [Personal Training](#)  
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[Programs](#)

[Miscellaneous](#)



## Do It With Your Dog!

### 5. Cross-Country Skiing/Skijoring

A great wintertime activity that can be shared by both you and your dog is cross-country skiing, also known as skijoring.

For this activity you will need a skijoring belt as pictured to the right (essentially a belt with a lead attached to it).

You should be reasonably comfortable on skis before hooking yourself up to a dog, especially if your dog has a tendency to wander around.

You should also be sure to warm up thoroughly, including some good stretches as an excited dog can pull your body in directions nature never intended!





Skiing with your dog can be an extremely enjoyable way to experience the outdoors. Cross-country skiing is also one of the best calorie-burning exercises out there because you use nearly all the major muscle groups in your body.

For more good information on Skijoring, visit:

[http://www.skijor.org/get\\_started.htm](http://www.skijor.org/get_started.htm)

<http://www.ptialaska.net/~skijor/>

<http://www.me.umn.edu/~curt/Skijoring/>

<http://www.sleddogcentral.com/skijoring.htm>

[< - - Back](#)

[Next - - >](#)

---

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## Do It With Your Dog!

### 6. Horsing Around

There's nothing a dog likes better than frolicking around. Most dogs just love to play and love it when you play with them.

Running around the backyard playing keep-away with a favorite toy or ball, chasing after it with your dog or letting your dog chase you around is great fun and is a great way to get some exercise. You may get into such great shape that your dog tires out before you do!

If your dog likes to chase a ball around, play soccer with him and some friends and/or family. Kick the ball around to each other as you run around and let him chase the ball around too!





There are probably many favorite games you already play with your dog. To get more exercise while you're playing, be sure to get involved with him while he's running around. Imagine your dogs surprise when you throw a ball for him to fetch and you get to it before he does!

Always remember, the safest place to play with your dog off-leash is in a fenced-in area or yard.

Your dog may seem to be completely fine off leash but all it takes is one moment of distraction at the wrong time, such as another dog or small animal, and your dog could be lost or severely injured or worse. Play smart!

[< - - Back](#)

[Next - - >](#)

---

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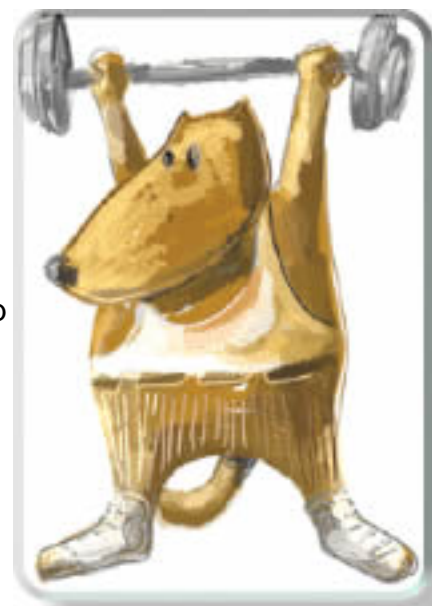


## Do It With Your Dog!

### 7. Resistance Training

You may be wondering, "How can I possibly do resistance training with my dog?" Well, here are a few exercises you can do with the aid of your faithful furry companion.

1. Leg raises - if you have a male dog, he's probably already shown you how to do this one.
2. Abdominal crunches with a paw on your forehead - laying down on the floor and grunting in pain can cause your dog to do it's own investigation to find out if you're all right. The scratch marks across your forehead are simply a byproduct of that concern.
3. Deadlifts - if your dog has any inkling that you're taking him to the vet or someplace else he doesn't want to go and you've had to scrape him up off the floor to get him in the car, you've just done a deadlift.
4. Pull-ups - this involves pulling up furniture, rugs, carpets, clothes, etc. to pick up all the fur that gets into the strangest of places.
5. Pushdowns - one for the overly-enthusiastic dinnertime beggar.
6. Lunges - when you're trying to grab her for a bath.



One final word of advice when doing resistance training with your dog is never yell out "Spot me!" if your

dog is not housetrained. It's a mistake you'll make only once.

[< - - Back](#)

[Next - - >](#)

---

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## Do It With Your Dog!

### Conclusion:

Your dog is made for exercise. He or she can be the greatest workout partner you've ever had. All it takes is a little imagination and effort and a lot of love.



### Useful Links to Fitstep.com:

[Cardiovascular Activities](#)

[Stretching](#)

[Exercises](#)

[Nutrition](#)

**Online Dog Gear Stores:**

Black Ice - <http://www.blackicedogsledding.com/>

Canvasbackpets - <http://www.canvasbackpets.com/>

Gear For Dogs - <http://www.gearfordogs.com/>

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---

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Home

Fat Loss Questions

Go!

What is one important thing people **neglect about fat loss**?

Go!

Recently I heard that there is no such thing as **target weight loss**. Is this true and if so what do you do about problem areas?

Go!

I want to lower my body fat % and have heard that the best way to do this is with a **combination of cardio and weight training**. Could you recommend me a sample program?

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Go!

Should I do **cardio or weights first** in order to lose fat?

Go!

**My arms are very flabby**, but at the same time sort of muscular. How can I reduce the fat without increasing the muscle too much?

Go!

They say that **cardio done first thing in the morning** is good as it targets only fat. Is this because the muscle reserves of carbohydrates are low to zero in the morning and therefore the cardio hits only the fat?

Go!

I have always been very active and exercise regularly (3-5 times/week). I know I have more muscle tone now, but I want to get my body fat down. If I eat less I have no energy to work out. I have also tried to increase the protein I eat by drinking a protein shake after I work out. In many woman's weight training magazines they suggest supplements like fat burners to get the "cut" look that I want. I feel like I work out a lot and eat very well and yet I still can't lose the layer of fat on my stomach that I want to.

**What do you think of fat burners?** I don't want to take anything dangerous or anything that will create health problems down the road! I just want to see better results than I see now. Any advice or suggestions would be appreciated.

Go!

I have **one major problem area: my thighs**, mainly in the back near the buttocks. I have the dimple effect happening. I was wondering what I have to do to get rid of these unsightly cottage cheese thighs.

Are there any specific things you could give me to do? I seem to carry most of my weight/body fat in my midsection and my thighs, but I lose from my gut faster than I do my thighs. Why is that? Any thoughts or suggestions would help greatly. Do I need more cardio? I do it 3 to 4 times per week already. Do I need to lift more weight with my legs? How do I make the dimples go away?

Go!

I recently heard that walking at **a fast walk burns more fat than jogging or running**. This does not make sense to me, but I wanted to check on it. What do you know about it?

Go!

I have been trying for 3+ years to **lose the spare tire around my waist**. I have a very fit body other than this area.

I went to a plastic surgeon a few months ago and he said that men cannot usually lose the fat in this area from exercise. He said he would remove about 3 pounds, as that is what I have extra . Is he truthful or do you think it is possible to lose this with exercise? I've tried running forever, but now I can't really run because of two knee injuries (biking is fine though). I just don't know if there is a workable combination of diet/aerobics/strength training to conquer this or if the laser is the only option.

I usually eat about 2000 calories a day. I'm a vegetarian. I eat lots of tuna and salmon and, with the protein shakes, take in about 75 grams of protein a day. I work out 30 min. on the bike at 60% intensity 3 times a week. I usually lift weights 3 days a week, though it has been 4 for the past month. I'm lightly active other times.

Go!

How much exercise would I have to do on a weekly basis in order to **lose 30 pounds**?

Go!

I have a **scale that measures body fat** via an electric pulse. What are your thoughts on those? Should I have measurements taken with calipers?

Go!

Can you **compare a handheld body fat calculator** (that sends a weak electrical current through your body to calculate body fat percentage) **to a person's Body Mass Index**? Are the two comparable at all?

If a person's body fat percentage is calculated with the hand held device (I believe it is called bio-impedance) and then their BMI is calculated using the formula, would you expect the two numbers to agree? If so, what are the similarities? And if not, what is the difference?

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[Miscellaneous](#)



**Question:**

What is one important thing people **neglect about fat loss**?

**Answer:**

One of the most important things people neglect about fat loss is to eat enough. Many people think the fastest road to fat loss is through eating very little. Quite the contrary!

Eating very little will simply slow down your metabolism and make it that much harder to lose weight/fat. Your body will go into starvation mode and try to conserve every bit of fat that it can. Fat is your body's main protection against starvation and your body will do whatever it can to hold onto that fat.

The way around this is to eat small, frequent meals throughout the day (5 to 6 a day). This essentially tricks your metabolism into believing that it is getting plenty to eat while you still lose fat.

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[exercise and fat loss](#)

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### Question:

Recently I heard that there is no such thing as **target weight loss**. Is this true and if so what do you do about problem areas?

### Answer:

What you've heard about there being no such thing as target weight loss is true. When your body mobilizes fat from your fat cells it does so on a whole-body basis, basically pulling fat from all over the place all at once.

Certain areas of your body are more willing to give up their fat stores while some areas are more stubborn about it and hold off as long as they can. In men, this is seen mostly in the abdominal area and in women, in the hip and thigh area.

You can certainly tone up the muscles in your problem areas. That will help a lot as far as improving them but the real payoff will come when your fat loss peels away the covering over those areas to reveal what you've worked for underneath! This is done through burning calories through exercise and watching what you eat.



For more information on  
exercises and fat loss

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and

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**Question:**

I want to lower my body fat % and have heard that the best way to do this is with a **combination of cardio and weight training**. Could you recommend me a sample program?

**Answer:**

You have heard right about a combination of cardio and weight training working the best for bodyfat loss.

A good workout for your purposes would be the following done 3 times per week:

Start with weight training then do your cardiovascular work after.

You should start with a few minutes of warm-up. For detailed information on warm-ups

[Click Here!](#)

Do one set each of the exercises found on this page:

[Click Here!](#)

When you have completed this, move on to your cardio work. Doing 15-20 minutes on the treadmill, stair machine, elliptical trainer, or bike will work. For more information on cardiovascular equipment

[Click Here!](#)

---

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### Question:

**I have saddle bags.** Not overly huge, mind you, but I'd like to find some exercises that target the outer hip area to slim them down a bit. Is there anything I could do that might help me?

### Answer:

The exercise that will target the outer thigh/saddle bag area is known as a Hip Abduction.

The basic exercise is very simple. To start with, lie down on the floor on your side as though lounging. Keeping your legs straight, raise your top leg up in the air using your hip. Your legs will look like a pair of scissors opening.

Do this exercise for high reps to tighten the area. If you wish to use resistance, hold a dumbbell on your thigh just above the knee as you are doing the exercise. You can also try wearing ankle weights or a rubber

If you have access to a gym, many have some sort of abduction training machines which essentially give you resistance in the outward scissor movement. This can be a seated machine or a standing machine. Essentially, any machine that gives you resistance in an outwards scissor movement will be effective for working the outer hip and thigh muscles.

Abduction machines should also be used for high reps (15+). Be aware with any resistance training that you won't be burning fat directly from the area you are working - you will be toning up the muscle underneath the fat.

With a dedicated fat-loss program, you will see the well-toned muscle underneath the fat after you burn it off!

For more information on  
exercises

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### Question:

Should I do **cardio or weights first** in order to lose fat?

### Answer:

I would recommend doing your weight training first when training for fat loss.

It is better to do your weight training first for several reasons:

1. You will be stronger and will get more out of your weights when they're done first. This means you will boost your metabolism and burn more calories throughout the day.
2. The weight training will get your body into fat-burning mode for your cardio so that when you do your cardio you will be burning more fat right away. Normally, if you start with cardio, it takes 15 - 20 minutes to get to the point where your body is burning primarily bodyfat instead of the food you've eaten during the day. This will make your cardio work much more effective than if it was done separately or first.

For more information on cardio training

[Click Here!](#)

For more information on weight training exercises

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### Question:

**My arms are very flabby**, but at the same time sort of muscular. How can I reduce the fat without increasing the muscle too much?

### Answer:

Reducing the fat in your arms is going to be a result of reducing the fat all over your body. When your body burns fat, it does so from all over your body at once rather than just at one bodypart regardless of how much you train it.

That being said, it is definitely possible to tone and tighten your arms by doing resistance exercises for them. You will be able to see the definition once you lose the fat that covers them up.

The muscles of the arms that you want to target are the biceps and triceps (on the front and back of the arms respectively) Try doing 3 sets of each of the following exercises three times a week for 15+ repetitions per set:

### **Biceps Curls and Bench Dips**

For instructions on how to do these exercises

[Click Here!](#)

Scroll down the page to biceps and triceps.

The high repetitions in the sets will not build muscle mass but will tighten up the muscles in your arms.



Losing the fat is going to be a result of cardiovascular exercise and nutrition. There is advice on cardio exercises on the same page as the arm exercises but you can also visit

[Click Here!](#)

For nutrition information

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[Miscellaneous](#)



### Question:

They say that **cardio done first thing in the morning** is good as it targets only fat. Is this because the muscle reserves of carbohydrates are low to zero in the morning and therefore the cardio hits only the fat?

### Answer:

You're right on the money about the reason for training in the morning.

When muscle glycogen is low and when your blood sugar is low is the best time to do fat-burning cardio. The time of day when both of these conditions are at their best is first thing in the morning before you eat anything. The ratio of fat to carbs burned tips a lot more in favor of fat under those conditions. It can be up to 300% more effective for fat burning!

Cardio does burn a small amount of protein (supplied by the muscles) for energy but the amount that protein contributes is negligible. Weight training can burn a small amount of protein for energy too. As long as you take in protein immediately after exercise, this won't affect you.

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[Miscellaneous](#)



### Question:

I have always been very active and exercise regularly (3-5 times/week). I know I have more muscle tone now, but I want to get my body fat down. If I eat less I have no energy to work out. I have also tried to increase the protein I eat by drinking a protein shake after I work out. In many woman's weight training magazines they suggest supplements like fat burners to get the "cut" look that I want. I feel like I work out a lot and eat very well and yet I still can't lose the layer of fat on my stomach that I want to.

**What do you think of fat burners?** I don't want to take anything dangerous or anything that will create health problems down the road! I just want to see better results than I see now. Any advice or suggestions would be appreciated.

### Answer:

When you talk about fat burners, I am assuming that you are referring to the popular ephedrine, caffeine and aspirin combination that is so prevalent these days.

The bottom line is that these products are effective for fat loss, though they do have side effects.

First off, be aware that ephedrine and caffeine in combination can cause side effects such as rapid pulse, increased blood pressure, nervousness, sleeplessness, and in extreme cases where people are especially sensitive to it, loss of memory and passing out. It may be better to try other supplements before using this combination (I actually don't recommend using it).

Some people are especially sensitive to the stimulating properties of ephedrine and can have a severe reaction to it. Some tolerate the combination quite well. If you do decide to take them, be sure not to take them any time near when you are planning to sleep, e.g. about 4 to 6 hours before, as you may not be able to.

I have never seen any evidence that these products create health problems down the road as long as

they are used responsibly (follow the directions on the bottle). I used to take them regularly myself but got tired of the side effects.

Also, be aware that it is possible to rely on them too much to achieve your goals. It almost fosters a sort of addiction when you use them and see results and feel energetic. When you aren't using them, you may not feel as energetic and you may not lose fat as quickly and this can be discouraging.

If you are just looking to burn off the last few pounds of fat to get cut, then the fat burners will certainly help, just be aware of the side effects and make an informed decision.

Other supplements such as L-carnitine (I like the liquid form from Twinlab) or Endurox are effective for improving fat usage. Take them about an hour before training. Citrimax (HCA) is an excess-carbohydrate blocking supplement that supports fat loss as well.

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on exercise

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### Question:

I have **one major problem area: my thighs**, mainly in the back near the buttocks. I have the dimple effect happening. I was wondering what I have to do to get rid of these unsightly cottage cheese thighs.

Are there any specific things you could give me to do? I seem to carry most of my weight/body fat in my midsection and my thighs, but I lose from my gut faster than I do my thighs. Why is that? Any thoughts or suggestions would help greatly. Do I need more cardio? I do it 3 to 4 times per week already. Do I need to lift more weight with my legs? How do I make the dimples go away?

### Answer:

Your problem with lower body fat buildup is typical one for women. It happens due to your hormones and body physiology. Basically your body is always trying to prepare itself for childbearing. Men have the same problem with abdominal fat (it's not for the childbearing reason, though, even if they may look pregnant!).

Losing the cottage cheese is going to be a matter of losing fat. There are exercises you can do to tone up the muscle underneath the area and help improve the appearance though. Once you lose the fat, you'll have nicely toned muscle to display.

It sounds like you are doing a good amount of cardio already. If you can, I would recommend trying interval training as a way to improve your fat loss.

To do this, you will essentially alternate between periods of high intensity and low intensity. For example, on the elliptical trainer (or other machine) start with a short warm-up, then set on a relatively high intensity that makes you work hard for 30 seconds to a minute. Then knock it back to the warm-up level for 30 seconds to a minute. Repeat this for 10 to 15 minutes.

This form of training will help boost your metabolism long after you're done, causing you to burn more

calories during the day..

---

For weight training, I would recommend exercises such as lunges, leg presses and leg curls.

For information on exercise technique for lunges

[Click Here!](#)

A word of caution about leg presses - always keep your lower back and hips in contact with the back pad. If you allow those parts to come up off the pad at the bottom of the rep you stand a very good chance of injuring your back.

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Here are some quick nutrition tips that can help you with fat loss:

- Increase your protein intake, e.g. eggs, lean meat, chicken, fish, etc. This helps to support your metabolism and muscle mass, which is essential for burning fat.
- Cut back on junk food. This will make a huge difference quickly. You don't have to totally eliminate it, just decrease it greatly.
- Don't eat anything before a workout. If you do, your body will burn what you just ate rather than fat.
- Eat about an hour after a workout. This allows your fat burning to continue until you eat. Don't wait much longer than that though, as you need food to recover. Stick to protein and low-fat foods.
- Try not to eat late at night. Your body won't have a chance to use those calories and will store them as fat.

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### Question:

I recently heard that walking at **a fast walk burns more fat than jogging or running**. This does not make sense to me, but I wanted to check on it. What do you know about it?

### Answer:

The answer to this question is both true and false. It all depends on how you look at it.

Walking can claim to burn more fat because, of the total percentage of calories that you burn while walking, most come from fat. This is true of all low-intensity exercise.

For example, say you walk for 60 minutes and burn 200 total calories. The percentage of fat burned for energy is between 60 - 80%, depending on a number of outside factors. We'll use the 80% for simplicity.

When you take 80% of 200 this means you've burned **160 fat calories**. Remember this number.

Now let's look at running/jogging. Of the total percentage of calories you burn running, around 30-50% generally comes from fat.

Using the same example as above, say you run for that same 60 minutes and burn 600 calories. Using the 50% number, you've just burned **300 fat calories** - 140 more than walking and in a shorter time.

The examples show the effect of perspective on the answer. Walking burns more fat as a percentage of total calories burned but running/jogging burns more fat calories when you look at the actual number of fat calories burned.

It basically all comes down to exercise intensity.

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### Question:

I have been trying for 3+ years to **lose the spare tire around my waist**. I have a very fit body other than this area.

I went to a plastic surgeon a few months ago and he said that men cannot usually lose the fat in this area from exercise. He said he would remove about 3 pounds, as that is what I have extra. Is he truthful or do you think it is possible to lose this with exercise? I've tried running forever, but now I can't really run because of two knee injuries (biking is fine though). I just don't know if there is a workable combination of diet/aerobics/strength training to conquer this or if the laser is the only option.

I usually eat about 2000 calories a day. I'm a vegetarian. I eat lots of tuna and salmon and, with the protein shakes, take in about 75 grams of protein a day. I work out 30 min. on the bike at 60% intensity 3 times a week. I usually lift weights 3 days a week, though it has been 4 for the past month. I'm lightly active other times.

### Answer:

I can understand your frustration. You are definitely not alone. I've worked with many men who have problems with that area.

Plastic surgery is definitely a last resort. There is much you can do to reduce your bodyfat and that spare-tire through nutrition and exercise. You're on the right track by doing weight training. That's going to really help your problem.

**First**, increase your protein intake. I'm assuming that you eat 75 grams total protein during the day, as you said. Since you are a vegetarian, I am also assuming that the majority of your diet is carbohydrates with fairly low fat.

Too many carbs can prevent your body from accessing fat stores. If your body can get all the energy it

needs from carbs, it will do that before dipping into bodyfat. This could be one of the reasons why you have that stubborn fat that won't go away. You've been exercising and cutting back on eating enough to lose most of it but your body doesn't have a reason to lose that last bit.

**Second**, continue with your weight training. Use it to maintain and build your muscle mass. You can find some good exercise advice if you

[Click Here!](#)

The abs, with one notable exception, don't develop outwards but generally just tighten up when you work. The exception, as I mentioned, are those side abs known as the obliques which lay directly under your love handles!

Stop doing any ab movements which target your sides, e.g. side bends and twisting crunches. Right now they will only serve to build up the muscle underneath the love handles, pushing them outwards.

**Third**, change your cardio training to interval training. Here is a brief explanation of how you can do it on the stationary bike, since your knees are injured:

- Do a good warm-up for 3 to 5 minutes.
- Now set the bike to a very high level and pedal as hard as you can for 30 seconds.
- Set it back to warm-up level and pedal easy for 30 seconds.
- Set to high and go hard for 30 seconds.
- Then reset it back to low.
- Repeat this cycle for 10 to 15 minutes.

This type of training is harder but you will not only burn more total fat this way but you will also boost your metabolism far longer after you're done.

**Fourth**, try this exercise. It targets the muscles directly underneath the love handle area. Regular side bends with weight will only build it up, making the area look larger.

### The Trunk Twist with a Twist

The traditional way of doing twists is basically useless. It can serve as a bit of a warm-up but does not work your sides. The twist can, however, be used to directly target the lateral obliques (love handle areas) without building them up. This will tighten them up and help reduce the size of your waist.

- Put a bar or stick across your shoulders with your hands over the top stretched out to the sides.
- Now twist your upper body around to the side.
- While you are twisting, keep your head facing straight forward.
- Look straight at yourself in the mirror and do not move your head while you twist your torso (for a little extra squeeze you may try to look as much as you can the opposite way).
- Try to squeeze the oblique area (your sides) at the height of the twist, contracting it hard. This will tighten the muscle without building it up, thus diminishing the appearance of your love handles.

- Do this exercise 4 to 5 times a week for 2 or 3 sets of 30+ repetitions.

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**Question:**

How much exercise would I have to do on a weekly basis in order to **lose 30 pounds**?

**Answer:**

Losing 30 pounds safely and permanently is going to take some time, especially since I'm assuming you want to lose 30 pounds of fat and not just 30 pounds of bodyweight.

I would say the time frame you are looking at should be around 4 months or so. This may not be as fast as you like but it will ensure that you are losing primarily fat and not muscle or water.

You are going to need to exercise at least 3 times per week for about 20 - 30 minutes per session in order to meet that goal. The key is to burn calories and watch what you eat.

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### Question:

I have a **scale that measures body fat** via an electric pulse. What are your thoughts on those? Should I have measurements taken with calipers?

### Answer:

I would take the results you see from your scale with a grain of salt.

These scales work by measuring the amount of electrical resistance in your body by passing a small current from one foot to the other. Muscle contains more water than fat and is a better electrical conductor.

The results can be easily skewed by how much water you've drunk and what you've eaten, e.g. foods with salt in them will decrease your readings. If you want to appear to drop bodyfat quickly on these scales, drink a lot of water and eat some bacon or ham.

That being said, these scales can be useful if you use them at the exact same time everyday. I would recommend first thing in the morning right after you wake up, before you put anything into your body. Just keep in mind that the results you are seeing are only an estimate based on the electrical resistance in your body, not necessarily bodyfat.

Skinfold calipers will give you a more accurate reading of bodyfat.



For several calculators you  
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### Question:

Can you **compare a handheld body fat calculator** (that sends a weak electrical current through your body to calculate body fat percentage) **to a person's Body Mass Index?** Are the two comparable at all?

If a person's body fat percentage is calculated with the hand held device (I believe it is called bio-impedance) and then their BMI is calculated using the formula, would you expect the two numbers to agree? If so, what are the similarities? And if not, what is the difference?

### Answer:

Your bodyfat percentage and Body Mass Index are actually two very different numbers that can have very little to do with each other depending on several factors.

Your body fat percentage (regardless of the source you get it from, be it the handheld bio-impedance electrical machine or through skinfold calipers) is a measure of how much fat you have on your body compared to lean mass in form of muscle, bone, organs, etc. For example, if you weigh 200 pounds at 10% bodyfat, you are carrying 20 pounds of fat on you.

Your Body Mass Index is a measure of weight compared to height. It actually has nothing to do with fat or muscle or anything like that!

Using our same example, a person who weighed 200 pounds at 10% bodyfat could be categorized as obese unless they were at least 6 foot 4!

Body Mass Index is a simple, quick gauge of your body based on the combined average data of the measurements of millions of people. It does not necessarily apply to an individual. Your bodyfat percentage is a far more useful number.

I would expect these two numbers to agree only if the person being tested were completely average,

which is hard to expect in the real world.

As an aside, the bio-impedance method of testing bodyfat may be convenient but it is not all that accurate. The readings can vary greatly during the course of a day and can be affected by how much water you have in you as well as what you've eaten during the day.

For best results, use it at the same time every day (preferable first thing in the morning before doing anything else). This will give you a standardized way to compare your results.

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Exercise Questions

Go!

I was wondering what types of exercises I can do to **lose inches off my thighs** without gaining a whole lot of muscle. I have muscular legs already, but I want to lose the fat around them. Do you have any diet tips or exercises to help me?

Go!

Could you please tell me **the best way to improve the trapezius** muscles? I have full access to a gym.

Go!

What are some good exercises that I could do to **get my butt firmer** but not lose the shape?

Go!

I have a **very small butt size** and I want to know how I can make it bigger. Do you have any exercises that will do that?

Go!

What are some lifts to **build the part of the tricep down by the elbow** (my triceps are really weak in that area)? Also, what are some exercises that build the outer part of the tricep?

Go!

What are the **best crunches** for the upper abs? What are the best crunches for the lower abs?

Go!

What is the main difference between **using an EZ curl bar and using a straight bar** for curls? Is one bar more effective for building the biceps? I like the feel of the curl bar but is it just as effective for building my biceps as a straight bar?

Go!

**What is a French Curl** and how do you do it?

Go!

I run 3 to 4 times a week about 3 miles each time. I have really good strength from the waist down. I am 53 years old and have noticed a very visible atrophy of my upper chest and shoulder muscles. My back is weak, and lifting strength is almost nil. I have a bench and free weights at home, but do not belong to a gym.

I want to **build definition back into my arms, chest and shoulders**, and I want to increase my back strength. Could you give me some pointers about what exercises to do?

Go!

I heard from my friend that **weight training exercises can be differentiated into 3 types** -- stamina building, power training and body shaping. Can you tell me the difference between the 3 types and elaborate a bit on the different exercises for the 3 types?

Go!

I want to **tone my muscles and not build bulk**. How many reps should I do? How many sets should I do? What exercises would help me achieve this? What exercises should I absolutely avoid?

Go!

I have a question about **maxing out**. I've heard that it's good and I've also heard that it's bad. If it's good, should I do that with all of my exercises like in arm curls, etc.? When should I do my maxing out and how often?

Go!

I was wondering **how big can one get without using a spotter**? I have my dad spot me when I do bench press and that's about it. I work to failure with every exercise but if I had a spotter, I would push myself farther until I wouldn't even be able to lift the weights. If I have a spotter will I gain more mass? It's hard to find someone to spot because I lift in my basement and I don't know anyone who lifts at least 3 times per week, so it looks like I am lifting by myself.

Go!

How can I **tone and tighten my inner thighs**? I use 2 lb ankle weights doing 3 sets of 8 of inner thigh abductions and 10 inner thigh squeezes for a count of 5. What else can I do to slim my inner thighs?

Go!

I've been doing a lot of crunches and sit-ups combined with aerobic exercise a few times a week for a few months, but I'm not seeing any results. I want to lose 30 pounds and get six-pack abs. Can you tell me **the correct way to do crunches effectively** because I think I may be doing them wrong?

Go!

I have a question about **how fast you should lift weights**. I heard it's good to lift both fast and slow. Can you give me advice about what pace I should go?

Go!

I am 21 years old and have been weight lifting for about a year. I wanted to know **how can I build pecs that pop out of my shirt**, just like the large, round chests in the muscle magazines.

Go!

Are upright rows a good exercise for building my deltoids and trapezius muscles? Also, I have read that upright rows will damage my rotator cuffs and put undue stress on my shoulder joints. Is this true or **are upright rows a safe exercise** to put in my shoulder workout? Do you think upright rows will hurt my shoulders?

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### Questions:

I was wondering what types of exercises I can do to **lose inches off my thighs** without gaining a whole lot of muscle. I have muscular legs already, but I want to lose the fat around them. Do you have any diet tips or exercises to help me?

### Answer:

The primary factor that influences whether an exercise builds muscle or not is the rep range that you use. Losing fat depends heavily on nutrition.

If you want to get stronger without gaining much muscle, use a range of between 1 to 3 reps where you reach muscular failure in that range. Alternatively, if you use a rep range of 15 or more reps per set, you will build muscular endurance and very little muscle mass.

You can combine both of these rep ranges into a workout while avoiding everything in the middle (between 4 - 15 reps).

Exercises such as squats, lunges, leg curls, stiff-legged deadlifts, leg extensions, and calf raises are all excellent for toning your legs.

For instructions on how to best do some of these exercises

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Cardiovascular training such as running is very good for keeping the thighs from gaining much muscle while still losing fat. Not too many runners have big legs but most have very lean legs. The same is true of cycling or the stair machine.

For more information on cardio activities and exercise equipment

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Here are some tips for targeting your nutrition for fat loss.

- Increase your protein intake, e.g. eggs, lean meat, chicken, fish, etc. This help to support your metabolism.
- Cut back on junk food. This will make a huge difference quickly. You don't have to totally eliminate it, just decrease it greatly.
- Don't eat anything before a workout. If you do, your body will burn what you just ate rather than fat.
- Eat about an hour after a workout. This allows your fat burning to continue until you eat. Don't wait much longer than that though, as you need food to recover. Stick to protein and low-fat foods.
- Try not to eat late at night. Your body won't have a chance to use those calories and will store them as fat.

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### Question:

Could you please tell me **the best way to improve the trapezius muscles**? I have full access to a gym.

### Answer:

Shrugs are one of the best ways to build traps, though there are other ways as well.

- Be sure to do your shrugs explosively. The traps respond best to powerful movements. Explode the weight up as high as you can.
- If you find your grip giving out when doing barbell or dumbbell shrugs, try using the hack squat machine or the standing calf raise machine. Set the pads on your shoulders and instead of squatting or doing a calf raise, do a shrug.
- To work the middle traps, do seated row shrugs. Sit on a seated row machine and instead of pulling the weight with your arms, shrug your shoulders backwards.
- To work the lower traps, do pulldown shrugs. Sit in a pulldown machine with your arms holding the bar overhead. Without bending your arms and with your body vertical, shrug the bar DOWN using your shoulders only.
- Other exercises that work the traps include power cleans, clean & press, and high pulls.

For more exercises for the traps and the rest of the body

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### Question:

What are some good exercises that I could do to **get my butt firmer** but not lose the shape?

### Answer:

There are many exercises you can do to get your butt/glutes firmer. You won't lose the shape when you do these exercises. As a matter of fact, you will improve it!

**1. Squats** - these can be done with or without weight. You can even use milk jugs full of water for resistance. Hold them at your sides and squat down until your thighs are parallel to the ground, then push back up. When first starting squats, hold onto a chair or railing in front of you and do high reps.

**2. Lunges** - this is one of the best exercises for firming up your rear end and can be done anywhere. For instructions on how to best do lunges

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**3. Step ups** - these are done using a bench or a chair. Simply step up onto the chair one leg at a time. Use something fairly low to the ground when you first start doing this exercise.

**4. Glute extensions** - this is done using an ankle harness and a low pulley in a gym. Stand facing the cable machine with the harness on your ankle and the harness attached to the low pulley. Use a fairly light weight to start with in order to get a feel for the movement. Keeping your leg stiff and knee very slightly bent, extend your leg back behind you, squeezing your glute as hard as you can.

**5. Butt Blaster** - this is a glute extension machine found in some gyms. You are basically pushing up with your foot against resistance while you are on all fours (three's actually, in this case). The movement itself

looks kind of like a horse kicking back and up.

**6. Glute push-ups** - lie flat on your back with your knees bent 90 degrees and your feet flat on the floor. Using your glutes, push your hips up towards the ceiling and squeeze hard. You are basically trying to straighten your body from your knees to your shoulders when doing this movement. You can add resistance by holding a small dumbbell or weight plate on your stomach.

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### Question:

I have a **very small butt size** and I want to know how I can make it bigger. Do you have any exercises that will do that?

### Answer:

There are a number of exercises you can do to make your butt bigger. Squats and lunges are great for building up the rear end. For some information on lunges and pictures of how to do them

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If you really want to build your butt up in a hurry, here is an exercise you can do at home. Be warned, you may have a hard time sitting down after doing it. Also, if you have sensitive knees be extremely careful with this one. Do this exercise only after you've done lunges for at least 3 to 4 weeks.

Get a solid chair or bench and place it in front of something sturdy that you can get a grip on. This may be a railing or a pole in your house. Personally, I like to loop a towel around something solid and hold onto the ends of the towel. This gives you a little more play when you are going up and down.

Stand on the chair on one leg and hold on tight.

Lower your body down as far down as you can go (almost touching your butt to your heels if you can) as though squatting down on one leg. You should feel a great stretch in your glute. Push yourself back up using your glute as much as possible. Pushing with your heel will help with this. Also, sticking your butt out while pushing back up will really maximize the effect.

Use your grip on the towel or other solid object to help yourself up as much as you need to. Don't overuse

your grip and arms as that will minimize the effect of the exercise. Pull yourself only as much as you need to.

Don't go to failure the first few times you do this exercise until you are used to the movement. Do this exercise three times a day - once first thing in the morning, once during the day and once just before you go to bed at night. Work to failure each time you do it (after the first few times, of course).

This exercise puts a lot of tension and stretch on the glutes - a magical combination that will help you increase your butt size!

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### Question:

What are some lifts to **build the part of the tricep down by the elbow** (my triceps are really weak in that area)? Also, what are some exercises that build the outer part of the tricep?

### Answer:

The best exercise I've found to build the part of the tricep down by the elbow is one that I call Bodyweight Tricep Extensions.

- It requires no equipment other than a solid place to put your hands.
- If you work out in a gym, the best place to do this is on a Smith machine.
- Set the bar to about 2 feet off the ground to start with.
- Place your feet about 3 feet from the bar then place your hands on the bar, with a palms down grip.
- Keep your knees slightly bent during this exercise and keep your body locked into position everywhere but the elbows.
- Now, bending only at the elbows, lower your body down so that your head ducks under the bar.
- The motion resembles an overhead barbell extension movement only you are moving your body around the bar instead of moving the bar around your body.
- Be sure to keep your elbows tucked in during the movement and don't bounce out of the bottom. You should feel a huge stretch at the bottom.
- Push yourself back up to the start position.
- To make this exercise harder, simply step back a little more. This makes your triceps work against more of your bodyweight.

-----

The outer part of the tricep can be built with flared-elbow pushdowns. Instead of keeping your elbows in tight to your body and bringing the bar around in an arc, point your elbows out to the sides (flare) and push the bar straight down and bring it straight up.



---

Here are some other exercises that work the lower part of the triceps:

**Tiger Bends:** do a close-grip push-up with your feet up on a bench, lower yourself down flat onto your forearms then push-up.

**French Curls:** overhead barbell extensions on an incline bench. Bring the bar down behind your head.

**Overhead Cable Extensions:** use a high pulley. Stand facing away from the cable in a lunge position. Extend the bar forward overhead. This is a similar movement to both the French Curl and the Bodyweight Extensions.

**Close Grip Presses to the Upper Chest:** instead of pressing to the mid-chest as usual, lower the bar higher up on your chest.

---

Here are some exercises that work the outer triceps:

**Flared-Elbow Pushdowns:** do a pushdown as you would normally do, except keep your elbows out wide to the sides while doing them.

**Reverse Grip One-Arm Pushdowns:** keep your palm facing forward throughout the movement. Try to rotate your hand towards the outside as you are pushing down.

**Flared-Elbow Close Grip Bench Press:** point your elbows out to the sides during the close grip bench press movement..

**Reverse-Grip Kickbacks:** done with a palms-down grip. Again, try to rotate your hand towards the outside.

**Bench Dips:** place your hands beside your glutes on the bench. Let your elbows go out wide a little ways. To make the exercise harder, have a partner push down on your shoulders.

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### Question:

**What is a French Curl** and how do you do it?

### Answer:

The French Curl is a lying tricep extension done on an incline bench. These can be done using an EZ curl bar, dumbbells, or a small straight bar.

- Lie back on an incline bench, holding the bar over your face at arms length.
- Next, bring your upper arms backwards so that they are at an angle.
- Lower the bar down behind your head and get a good stretch,
- Extend back up until your arms are straight. Keep your upper arms angled throughout the set.

This exercise targets the long head of the tricep that runs along the bottom of the arm.

- Be sure to keep your elbows tucked in. Letting them flare out to the sides reduces the effectiveness of the exercise.
- To get into position, the easiest way is to have somebody hand you the bar from behind. This is especially true when using heavy weights.
- Also, you can lift the bar up into position yourself.
- You can adjust the angle of the incline that you use, just keep in mind that the higher the incline, the less weight you will be able to use but the more stretch you will get on the triceps.

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### Question:

What are the **best crunches** for the upper abs? What are the best crunches for the lower abs?

### Answer:

The best crunch for the upper abs is the Abdominal Sit-up, even though it is a form of crunch. It is a sit-up movement that works the abs instead of the hip flexors. It will work all the muscles in your midsection in one exercise. The standard crunch only addresses part of the function of the abdominals. This exercise targets the flexed (arched back) range of motion of the abs.

- Lie on your back on the floor. Roll up a towel or mat and slip it underneath your lower back, just above the waistband (the size of the towel affects your body position during this movement - use a fairly large towel).
- Your knees should be bent about 90 degrees. Keep your feet close together and knees fairly wide apart. This prevents the hip flexors from having a direct line of pull, helping to minimize their involvement.
- Do not anchor your feet or have someone hold them down. This automatically activates the hip flexors. You will get the most out of this exercise by minimizing their involvement.
- The difficulty of this exercise depends on where you hold your hands. The hardest position is above your head at arms-length, then beside your head, then across your chest, then straight down between your legs or at your sides. Start with the easiest first then progress to the other positions as you get stronger.

### You are now ready to crunch.

- Keeping your torso straight and stiff, start the sit-up by tightening your lower abs.
- As you continue up, imagine trying to push your face up against the ceiling (think up, not around).

- When you reach about 25 to 30 degrees above horizontal, hold for a second and squeeze hard.
- Keep your back in contact with the towel at all times and always maintain tension in the abs.
- Lower yourself down slowly and under control. Do not just drop back to the ground. The negative portion of the crunch is extremely effective..

### **Incline ab sit-ups**

If you are a beginning trainer, this is a good starting variation of the Abdominal Sit-up.

- Set an incline board to a slight incline. If you don't have an incline board, you can use an adjustable incline bench, a decline bench, a Step platform with a riser under one of the ends or a flat bench with something under one end.
- Your head should be on the higher end.
- The execution is exactly the same. The only difference is that the tension is much less due to the leverage, allowing even people who are relatively weak in the abs to do the exercise.
- It is also a very good way for advanced trainers to do high reps with this exercise.

### **Lower ab raises**

The best crunch for the lower abs is this variation of the Ab Sit-up exercise that targets the lower abs.

- Start in the exact same body and towel position as the regular version as explained above.
- Place your hands beside the towel or beside your glutes.
- Now instead of lifting your torso up over the towel, raise your legs and pelvis up and over.
- Keep your feet together and your knees apart to minimize hip flexor recruitment.
- Suck in your gut to help isolate the lower abs.
- Your butt should come right up off the floor when your pelvis rolls up and over the towel.
- When you suck up your gut, imagine you are trying to suck your legs up to your chest through vacuum power alone, then rolling your pelvis over the towel.
- You can alternate between the sit-up style and leg raise style to hit your abs from both directions in one set.

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### Question:

What is the main difference between **using an EZ curl bar and using a straight bar** for curls? Is one bar more effective for building the biceps? I like the feel of the curl bar but is it just as effective for building my biceps as a straight bar?

### Answer:

The main difference between the EZ and the straight bar for curls is that with the EZ bar your hands are slightly pronated (thumbs are higher than pinkies), changing the pattern of activation of the upper arm muscles.

Essentially, what this means is that your biceps are getting a little less work and your brachialis muscle (which lies under the lower portion of the biceps) is getting slightly more work because of the angle of your hands. This makes the straight bar somewhat more effective for building your biceps. You can definitely still get a great biceps workout with an EZ bar though.

One very good thing about the EZ curl bar is that it is easier on the wrists than a straight bar. In fact, the EZ curl bar was actually designed for this purpose . It is good to mix the exercises up in your biceps routine so keep the EZ curls in.

The most effective position for your biceps is the straight bar with a narrow grip. This means gripping the bar on the rougher surface exactly where the center smooth part ends (should be just inside shoulder-width).



For more tips and tricks on  
how to do barbell curls

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### Question:

I run 3 to 4 times a week about 3 miles each time. I have really good strength from the waist down. I am 53 years old and have noticed a very visible atrophy of my upper chest and shoulder muscles. My back is weak, and lifting strength is almost nil. I have a bench and free weights at home, but do not belong to a gym.

I want to **build definition back into my arms, chest and shoulders**, and I want to increase my back strength. Could you give me some pointers about what exercises to do?

### Answer:

Glad to hear you are taking an interest in building up your upper body to match your lower body! Balance is extremely important in physical fitness and you're definitely on the right track!

There are many exercises you can do in your own home to start building yourself up. Some exercises I would suggest for you to do would be as follows:

**Chest:** push-ups, dumbbell bench press, barbell bench press (if you have a barbell)

**Arms:** dumbbell curls, bench dips

**Shoulders:** dumbbell laterals, dumbbell presses

**Back:** one arm dumbbell rows, standing rows

I would recommend you do 2 sets of one of the exercises for back, chest, shoulders and arms three times a week.

Back - 2 sets of rows

Chest - 2 sets of push-ups

Shoulders - 2 sets of presses

Arms - 2 sets of bench dips (do curls the next time)

A good way to arrange this would be to do this Monday, Wednesday and Friday.

For specific instructions on  
how do some of these  
exercises

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### Question:

I heard from my friend that **weight training exercises can be differentiated into 3 types** -- stamina building, power training and body shaping. Can you tell me the difference between the 3 types and elaborate a bit on the different exercises for the 3 types?

### Answer:

Personally, I wouldn't use those exact terms to describe the different types of weight training but I think I know what your friend is referring to with those descriptions.

---

#### Body shaping = isolation exercises

These are exercises that use basically only one joint or muscle. You are generally not able to use a lot of weight when doing them so they are more appropriate for shaping (this is not always true, however, as I'll explain later).

Examples include:

Dumbbell Flies, kickbacks, leg extensions, and concentration curls.

---

#### Stamina building = compound exercises

These are multi-joint exercises that use a lot of muscle mass and are more effective for building muscle and strength than isolation exercises. They use many muscles in combination, hence the name

"compound."

Examples include:

Squats, deadlifts, bench press, and rowing movements.

---

**Power training** is a good enough name for the last group.

These exercises use high speeds, fairly heavy weight and momentum. They build explosive power which is very useful in many sports. Though these exercises also fall into the compound exercise category, they are not done in the typical, slower fashion.

Examples include:

Power cleans, snatches, clean and press, high pulls.

---

After understanding about compound and isolation exercises, know that much of what results you get from an exercise is determined by the rep range and resistance that you are using in it.

For example, if you do 4-6 reps of dumbbell flies (reaching failure in that time and using a heavy weight), you will probably stimulate more muscle growth than by doing 20 reps of bench press.

Thus, if you are looking to gain primarily strength, operate in the 1-5 rep range. If you want to gain muscle, stay in the 6-12 rep range. If you are looking for muscular endurance or "body shaping", go to the 13+ rep range. Use exercises appropriate to your goals.

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### Question:

I want to **tone my muscles and not build bulk**. How many reps should I do? How many sets should I do? What exercises would help me achieve this? What exercises should I absolutely avoid?

### Answer:

Toning your muscles as opposed to building bulk in them will be mostly a matter of the rep range and amount of weight that you are using rather than which exercise you are using (with a few notable exceptions).

If you don't want to add muscle, keep your reps above 15 per set and rest only 30 to 60 seconds between sets. This targets muscular endurance rather than muscle growth. I would recommend 2 or 3 sets per exercise.

There are exercises that will add bulk even with high reps. These are squats and deadlifts. They use so much of the muscle mass in the body that they can induce muscle growth even with high rep sets. In fact, doing high-rep squats or deadlifts is a very good way to build muscle mass.

With those two exceptions, pretty much any exercise will fit the bill for toning so long as you keep the reps high.

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on exercise

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### Question:

I have a question about **maxing out**. I've heard that it's good and I've also heard that it's bad. If it's good, should I do that with all of my exercises like in arm curls, etc.? When should I do my maxing out and how often?

### Answer:

The answer to your question about maxing out is that it can be either good or bad, depending on your goals and/or training level.

I would not recommend it for you if you are a beginning trainer. Maxing out should be reserved for when you have more training experience under your belt, e.g. 6 months to a year. Without building yourself up to it through regular training, you can injure yourself trying to do a max rep, especially on the bench press.

Maxing out is appropriate for when you are trying to gain strength in your lifts. It teaches your muscles how to fire most efficiently to lift the most weight at once. Even then, I would never recommend maxing out every training session.

For information on other  
intensity techniques

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### Question:

I was wondering **how big can one get without using a spotter?** I have my dad spot me when I do bench press and that's about it. I work to failure with every exercise but if I had a spotter, I would push myself farther until I wouldn't even be able to lift the weights. If I have a spotter will I gain more mass? It's hard to find someone to spot because I lift in my basement and I don't know anyone who lifts at least 3 times per week, so it looks like I am lifting by myself.

### Answer:

Let me put it this way, I went from weighing 150 lbs to weighing as much as 228 lbs without using a spotter!

To be honest, I'm a firm believer in NOT using a spotter as much as possible. It is definitely good on the bench press though, because if you push it too hard you can get stuck under a bar (been there). If you ever do low reps with near max weight on the bench press, you should ALWAYS use a spotter.

Using a spotter can turn into a crutch quickly if you're not careful. It can also exhaust your muscles if you have someone do forced reps with you all the time, which will lead to overtraining and no results.

Strive to push yourself as hard as you can without a spotter but always use one if you need one. One of the best ways to lift without a spotter is to do all your barbell exercises inside a power rack. Set the pins to the lowest point in the movement so you can bail out without getting stuck.

To learn some some good mental tricks you can use to help push yourself on this page:

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If you want to learn more intensity techniques

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**Question:**

How can I **tone and tighten my inner thighs**? I use 2 lb ankle weights doing 3 sets of 8 of inner thigh abductions and 10 inner thigh squeezes for a count of 5. What else can I do to slim my inner thighs?

**Answer:**

One of the best exercises for tightening your thighs in general and your inner thighs specifically is the lunge.

To see information on how to best do lunges

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You may also wish to try side lunges to more directly target the inner thighs. Instead of stepping forward, step out wide to the side (about 2 feet or so). Lunge down to that side then push all the way back up. Make sure you keep your upper body as upright as you can during the movement.

I would recommend you keep doing your abductions as well. You may wish to increase the weights you are using. This will help you to see some progress.

For more information on  
weight training exercises

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### Question:

I've been doing a lot of crunches and sit-ups combined with aerobic exercise a few times a week for a few months, but I'm not seeing any results. I want to lose 30 pounds and get six-pack abs. Can you tell me **the correct way to do crunches effectively** because I think I may be doing them wrong?

### Answer:

Here is an explanation of how to do crunches for best results:

- Lie down flat on your back with your knees bent and your feet on the floor.
- Hold your hands wherever you feel comfortable (on your chest or beside your head - just be sure you don't pull on your head).
- The typical crunch is taught by instructing you to simply roll your upper torso forward, bringing your head towards your knees.
- This is fine to start with.
- To increase the effectiveness of the crunch movement, try push your chest and head up towards the ceiling pushing your lower back flat onto the floor. You can also think of it as trying to push your belly button into the floor.
- Your anatomy will automatically cause you to follow a crunching pattern yet trying to crunch up towards the ceiling will increase the tension on the abs greatly.
- Hold at the top of the movement for a second and squeeze hard.
- Do not lift up into a sit-up as this works the hip flexors and can strain your back.

For tips and tricks, as well  
as common errors seen  
with crunches

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### Question:

I have a question about **how fast you should lift weights**. I heard it's good to lift both fast and slow. Can you give me advice about what pace I should go?

### Answer:

The two different style of lifting speeds you mention each have their positives and negatives. Both fast and slow reps can be good and it is always wise to mix the speed up regularly.

When you lift fast, you should be moving the bar as quickly as you can without losing tension in the muscle. The heavier the weight, the slower the bar will go regardless of how fast you are trying to move it. The major downside of lifting fast is that sometimes too much momentum can come into play in an exercise This can reduce the tension in the muscle and decrease the benefits you get from it.

The theory behind slow training is that it removes all momentum from the exercise, keeping all the tension on the muscles. This is very true. There are several downsides to slow training. The first is that you won't be able to use as much weight on the lift. Second, slow training is not well suited to certain exercises such as power cleans, which rely a lot on momentum. Third, in real-world athletics, there are very few sports that use slow movements. Using slow training will not prepare you for those sports.

As far as lifting pace goes, do both. Try alternating pace with each lifting day, e.g. fast one day then slow the next. Be aware that they both work. It is up to you to find out which works better for you and which is more appropriate for your goals.

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### Question:

I am 21 years old and have been weight lifting for about a year. I wanted to know **how can I build pecs that pop out of my shirt**, just like the large, round chests in the muscle magazines.

### Answer:

Here is nice little routine that will build pecs quickly. This training style can be applied to incline, flat and decline work. Do the exercises in the order shown

- 1 set dumbbell flyes
- 2 sets bench press (barbell or dumbbell)
- 1 set crossovers or pec-deck

The flyes provide a stretch to get the muscles ready for the bench press, which provides the stimulus to build, which sets up the crossover, which provides the peak contraction to make sure all of your muscle fibers have been hit and contracted to the max.

This information is based on Ironman Magazine columnist Steve Holman's **Positions of Flexion** training. I would highly recommend this book as it contains excellent training programs.

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### Question:

Are upright rows a good exercise for building my deltoids and trapezius muscles? Also, I have read that upright rows will damage my rotator cuffs and put undue stress on my shoulder joints. Is this true or **are upright rows a safe exercise** to put in my shoulder workout? Do you think upright rows will hurt my shoulders?

### Answer:

Unfortunately with upright rows, it is not a question of IF you will hurt your shoulders but WHEN you will hurt your shoulders.

The position that your arms get placed in when doing the upright row causes what is called "impingement". Essentially this means that every time you raise the bar up, the bones in your shoulders pinch the tendons in your rotator cuff. This can cause instant pain in some people (myself included - I can't even do the movement without weight without hurting) but will inevitably lead to long-term degeneration of the structures of the shoulder joint.

I would stay far away from this movement. It can end your training career if you do it heavy and often.

Many people continue to do this exercise because, aside from the creeping shoulder joint injury problem, the exercise does work the shoulder and trapezius muscles strongly.

Stick to shoulder presses and various lateral raises for working the shoulders and shrugs for working the traps.

Other exercises you should watch out for are behind-the-neck barbell shoulder presses and behind-the-neck pulldowns. These two movements put tension on the shoulder joint in it's most vulnerable position. I would strongly recommend against doing these.

For more exercises for the  
shoulders and the  
rest of the body

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## Nutrition and Supplementation Questions

Go!

In one of your beginner Tips of the Week on the **4 hour window of opportunity**, you mention eating simple carbohydrates and protein. What are common examples of these food types that people might have in their homes normally and are good for them?

Go!

I'm an 18 year old male (5'10, 165 lbs). I really would like to gain more weight and muscle mass. I work out 2-3 days a week at school. I take a weight training class which is 1.5 hours long in the morning. I pretty much tire myself out during it.

I bought a protein powder that has 55 grams per serving. **How much protein should I take?** Should I take it on the days that I work out or everyday? Also, since my weight training class is 7:30 - 9:00 AM, should I take the protein shake before going to school or after coming home in the afternoon?

Go!

Do you know **how long caffeine and ephedrine stays in your system** after taking something like Xenadrine?

Go!

I recently started bodybuilding. **I want to use creatine but I am not sure it is healthy.** I know creatine is not a steroid so I don't think it's dangerous. Could you please tell me in detail what creatine is? Are there any side effects to using creatine? Does creatine cause problems with the heart?

Go!

I have an injury to my shoulder and it's **taking a long time to heal.** I was thinking of taking GABA. Are there any known problems with this supplement?

Go!

I have **heard that you shouldn't eat at night.** I work out late. Should I not eat after I work out? If a caloric deficit is what's necessary to lose fat, why does timing matter?

Go!

What should I eat on days when I don't work out or when I do cardio in the morning? I usually have whey in the morning with breakfast which is milk and Cheerios. In the evening I take whey with water. On the days I lift, I take whey with water and I also have a banana to boost the insulin response. Is my method okay or **should I always take whey with carbs for best results?** My goal is fat loss without losing muscle. I eat a lot of protein in the day.

Go!

**Is it worth taking protein powders on the 'off' days,** when I'm not in the gym? Is it worth taking protein powders if I know that I'm already getting "enough" protein through the foods that I eat normally? Or to put it another way, is it worth removing a meal in my usual diet in favor of a protein shake or protein replacement meal? What I usually do is tuck into a large tuna sandwich after a workout. This is adequate protein surely, isn't it?

Go!

There is no scientific research that says long term creatine use is bad. I know that the use of creatine is traditionally related to periods of high intensity training. And I know that the body can only hold so much creatine at one time. That's why there is so much debate over the loading phase.

My question is this, **"Does it matter if you ever stop taking creatine?"** I know you can't train at high levels all your life but does that mean you have to stop taking creatine?. It does so much good for the body and I can tell once I've quit taking it. It usually takes 2-3 weeks or so to leave the system but I like to know it's there if I need it. Should I stop completely or take another brand of creatine?

Go!

I'm thinking about taking supplements for weightlifting and I would like to know if it's smart to **use creatine and glutamine together?** Would that hurry things along or would it just be overkill to use both at the same time?

Go!

My husband has been training for a year now and a lot of people think he has got a nice shape and is doing well. But when they start to tell him what to eat I get a bit worried. I want him to be eating healthy without overdoing it on the bad stuff. I was wondering if you could give me a list **what sort of things he should be eating** which will help him with his weight training but also keep him healthy.





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### Question:

In your beginner Tips on the **4 hour window of opportunity** you mention eating simple carbs and protein. What are common examples of these food types that people might have in their homes normally and are good for them?

To read this tip [Click Here](#).

### Answer:

The four-hour window after a workout is the time when you will get more bang for your nutritional buck. You get increased absorption of nutrients and improved recovery if you eat the right foods.

Though anything with sugar as one of the main ingredients qualifies as a simple carb source, these are not always the healthiest foods to eat. A few common examples of healthy simple carbs include juices, fruits, and sports drinks. Examples of protein foods include milk, eggs, poultry, fish, meat, or soy products. Flavored yogurt is an excellent example of a post-workout snack. It contains simple carbs, protein and calcium all in one.

Meal replacement drinks (such as can be found at a nutrition store) are very useful for taking after a workout as foods in liquid form will be digested faster by the body and will be available to the muscles sooner. They contain good amounts of simple carbs and protein to help with recovery.

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### Question:

I'm an 18 year old male (5'10, 165 lbs). I really would like to gain more weight and muscle mass. I work out 2-3 days a week at school. I take a weight training class which is 1.5 hours long in the morning. I pretty much tire myself out during it.

I bought a protein powder that has 55 grams per serving. **How much protein should I take?** Should I take it on the days that I work out or everyday? Also, since my weight training class is 7:30 - 9:00 AM, should I take the protein shake before going to school or after coming home in the afternoon?

### Answer:

You're on the right track by taking a protein supplement, especially judging by how long your workouts are!

The first thing you need to know is that you'll get much better results by cutting back on your actual training time to no more than an hour (45 minutes is actually better).

I realize that your class is an hour and a half long but if you lift hard for that long, you're not going to get any results as your body will be too busy trying to recover from all that to build any muscle. Use the other time to warm-up, cool-down and stretch out.

---

The absolute best time for you take your protein is immediately after your workout. This is the time when your body is primed for muscle growth and will thrive on the extra protein you give it.

Take the full 55 g serving right after you work out. What I do is take an empty vitamin bottle (any bottle will do), put the serving in there dry and bring it with me. Right after the workout, I fill it with water and drink it.

The other best time to take protein is first thing in the morning, immediately upon waking. Your body has just been fasting for 8 hours and needs a kick start of protein. This will help wake you up too! Take a half-serving in the morning.

Finally, take another half-serving right before you go to sleep to have some protein available for nighttime muscle repair. Taking whey protein with some milk at this time will help slow the absorption of the whey into your body as milk protein is digested slower than whey. This will give your body a more constant trickle of protein for longer than if you just took the whey by itself.

Another trick that I like to use to pre-mix some protein (in water) before I go to sleep and leave it right beside my bed. If I happen to wake up in the middle of the night, I drink it to give my body a shot of protein. If I don't wake up, I'll just drink it in the morning.

You can take protein everyday but if you're on a budget, I would recommend taking it in the morning and after workouts only. This will give you the most bang for your buck.

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### Question:

Do you know **how long caffeine and ephedrine stays in your system** after taking something like Xenadrine?

### Answer:

Ephedrine has been used in Chinese herbal medicine for thousands of years. It is derived from the Ephedra plant.

Xenadrine (and other ephedrine-based fat burning supplements) are effective for fat loss. However, you should be aware that ephedrine and caffeine in combination can cause side effects such as rapid pulse rate, raised blood pressure, nervousness, sleeplessness, and in extreme cases where people are especially sensitive to it, loss of memory and passing out. It may be better to try other supplements before using this combination (I actually don't recommend using it).

How long caffeine and ephedrine stays in your system depends on a number of factors but generally the effects diminish after about 4 to 6 hours after taking it. The greatest factor that affects this is the dosage you take. The more you take, the longer it will take to decrease the effects.

Some people are especially sensitive to the stimulating properties of ephedrine and experience this for longer periods. Some tolerate the combination quite well. Be sure not to take them any time near when you are planning to sleep, e.g. about 4 to 6 hours before, as you may not be able to.

It is also generally accepted that the longer you take ephedrine, the more accustomed your body becomes to it and the faster the effects will diminish. Some people will always be sensitive to it and should definitely avoid it.

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### Question:

I recently started bodybuilding. **I want to use creatine but I am not sure it is healthy.** I know creatine is not a steroid so I don't think it's dangerous. Could you please tell me in detail what creatine is? Are there any side effects to using creatine? Does creatine cause problems with the heart?

### Answer:

Creatine is perfectly safe to use. It is already found in your body in large quantities in your muscles and organs as well as being present in many foods (mainly red meat) It is used in your body to give energy to your working muscles (including the heart!). If you didn't have creatine in your body, you would not be alive! By loading up on creatine, you are basically giving your body more available fuel for short-term, powerful muscle contractions such as in weight training.

Many stories in the news bash creatine and claim many side effects, such as dehydration and cramping. These claims have NEVER been demonstrated in controlled studies. The effects you will see from it are increase in body weight through water gain and increased strength.

Some people can have a hard time digesting powdered creatine and it may upset their stomach, but that is about the worst side effect you'll see from it. I've personally been taking creatine for about 6 years and have never had any ill effects.

Creatine is one supplement that you will notice significant results quickly and is completely safe.

---

The best way to take creatine to get results quickly is load. To do this simply take 5 grams (one teaspoon) four times a day for 5 days. It is best to take this with a high-glycemic carbohydrate (sugary carbohydrate) such as Tang (which I personally use). This will saturate your muscles with creatine.



After your loading phase, take one serving (5 grams) every day thereafter.

Be aware that the majority of the weight gain you experience when loading up on creatine is water weight. This water weight helps to increase strength by improving the leverage of the working muscles. Having more available fuel also helps increase muscular strength.

Creatine is a supplement that has been shown to be very safe effective in countless scientific studies and is DEFINITELY worth taking.

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### Question:

I have an injury to my shoulder and it's **taking a long time to heal**. I was thinking of taking GABA. Are there any known problems with this supplement?

### Answer:

There aren't any problems with taking GABA, which is the short name for Gamma Amino Butyric Acid but you may get better results using other supplements to help your injury.

You didn't specify if your injury was in the muscle, the joint, the bone or in the connective tissue but there are a number of supplements that will help with all of those.

**1. Vitamin C** - is a raw material for collagen, which is basically connective tissue. If your body isn't getting enough C, your injury won't heal well. Take at least 1,000 mg three times a day when trying to heal an injury.

**2. Glucosamine, Chondroitin and MSM** - these supplements are useful for joint injuries as they also provide the raw materials for rebuilding joints and connective tissue.

**3. Calcium** - this is the most important constructive element in your body. Ensure you are getting 1,000 to 1,500 mg per day. Calcium citrate or gluconate are two of the best sources. Make sure you take magnesium to balance the calcium in a two to one ratio (e.g. 1000 mg calcium - 500 mg magnesium).

**4. Gelatin** - this is raw material for the joints in it's most basic form. Several companies produce gelatin supplements but you can just buy a package of unflavored gelatin that is used for cooking and eat a packet a day mixed with any drink.

**5. Glutamine** - this is the most important amino acid in your body. It is essential to a great variety of processes and is very useful for recovery from training and injuries. Take 5 grams (1 teaspoon) of

glutamine powder in a serving.

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### Question:

I have **heard that you shouldn't eat at night**. I work out late. Should I not eat after I work out? If a caloric deficit is what's necessary to lose fat, why does timing matter?

### Answer:

For most people, eating at night is counterproductive to fat loss because their activity level decreases as the evening comes on. If they put in calories at that time their body won't have time to burn those calories and when that happens, the calories will be stored as fat.

Your metabolism naturally slows down over the course of the day. It is highest in the morning and lowest in the evening.

You work out late at night, therefore your activity level is MUCH higher at that time than the average person. I used to work out regularly any time between 9 and 11 p.m. and even when I was training for fat loss I would make sure to eat something afterwards. It is crucial for optimal recovery from training sessions.

It's all about activity level. By training late at night, you are using those calories that you take in. They aren't just sitting there.

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### Question:

What should I eat on days when I don't work out or when I do cardio in the morning? I usually have whey in the morning with breakfast which is milk and Cheerios. In the evening I take whey with water. On the days I lift, I take whey with water and I also have a banana to boost the insulin response. Is my method okay or **should I always take whey with carbs for best results**? My goal is fat loss without losing muscle. I eat a lot of protein in the day.

### Answer:

Having your whey in the morning with breakfast is a very good time to take it. I would definitely keep this up on non-training days as well as when you are doing cardio.

I am guessing that you do your cardio before breakfast. If you don't, I would recommend it as it is the most effective time to do cardio in order to burn fat. Be sure you fuel up with some protein after, just like you would with a weight workout. The breakfast you say you eat would work fine for this.

To answer your question about whey with carbs. No, you don't need to take whey with carbs. It will be utilized just the same in your body regardless of whether you take it with carbs or not.

I would still recommend that you take some whey protein during the day on non-training days. This is especially useful when you are dieting in order to help preserve muscle mass. Take it with just water to keep your insulin response low, however. The only time you really want an insulin response when you are dieting is after a workout to help get nutrients into the muscles.

The reason for this is that you don't burn fat while your insulin or blood sugar is high, you burn carbs. Keeping your insulin on even keel is the best way to lose fat.

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### Question:

**Is it worth taking protein powders on the 'off' days**, when I'm not in the gym? Is it worth taking protein powders if I know that I'm already getting "enough" protein through the foods that I eat normally? Or to put it another way, is it worth removing a meal in my usual diet in favor of a protein shake or protein replacement meal? What I usually do is tuck into a large tuna sandwich after a workout. This is adequate protein surely, isn't it?

### Answer:

Protein supplements are just what the name says: supplements. If you are getting enough protein in your meals then you wouldn't even need to take a protein supplement at all!

I know from experience that it is difficult to get enough quality protein during the day through eating alone. It is so much easier to drink it. If you are eating enough protein on non-training days, don't worry about taking a protein powder.

The tuna sandwich you eat after a workout can supply you with a good amount of protein so a supplement may not be necessary for you. The only things you need to be aware of in that case, however, are digestion time and protein quality. The protein in a tuna sandwich will take longer to get into your muscles than a protein drink due to a slower digestion time for the sandwich and the quality/usability of fish protein is less than that of whey protein, for example.

If you are on a budget, I would recommend only taking the protein powder directly after a workout and that's it. It will last a lot longer that way and you will still boost your recovery.

Another good way to get some protein after a workout is with skim milk powder. Milk protein is fairly good quality and is inexpensive. If you are lactose-intolerant, however, this will not work for you.



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### Question:

There is no scientific research that says long term creatine use is bad. I know that the use of creatine is traditionally related to periods of high intensity training. And I know that the body can only hold so much creatine at one time. That's why there is so much debate over the loading phase.

My question is this, "**Does it matter if you ever stop taking creatine?**" I know you can't train at high levels all your life but does that mean you have to stop taking creatine?. It does so much good for the body and I can tell once I've quit taking it. It usually takes 2-3 weeks or so to leave the system but I like to know it's there if I need it. Should I stop completely or take another brand of creatine?

### Answer:

When I first started taking creatine, I loaded up and stayed on it for almost 2 years straight! I never had any ill effects. What I did notice, however, is that the results I got from it leveled off after awhile.

As far as the strength you get from creatine goes, it is partly a result of water in the muscle improving the leverage of it. It is also partly because your muscles now have more fuel to power short-term muscle contractions. These are the temporary parts that you lose when you go off creatine (it actually takes about a month before muscle stores decline enough to notice a difference).

The permanent part of creatine use is the strength you get from training at a higher level caused by the increased water and increased fuel stores. This you don't lose when you go off creatine.

While you don't need to go off creatine at all, I personally got better results by cycling it on and off, taking advantage of the rapid weight gain that I got when I loaded up.

I would recommend staying on it for 2 to 3 months then taking 4 to 6 weeks off. You will probably get a bit of a decrease in strength but it will come back quickly. Reload again after this cooling-off phase and you will get another quick strength increase and weight gain.

Creatine brands doesn't really matter so much as long as it's a high-quality brand such as Twinlab, EAS, etc. to name a few.

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### Question:

I'm thinking about taking supplements for weightlifting and I would like to know if it's smart to **use creatine and glutamine together**? Would that hurry things along or would it just be overkill to use both at the same time?

### Answer:

Stacking (taking two or more supplements together) the two supplements you mentioned would not be overkill but would, in fact, give you much greater results that you could get taking them separately.

The creatine will help you build strength quickly while the glutamine will help you recover from your workouts. I have personally stacked creatine and glutamine together and have gotten great results. Both work in different ways and compliment each other nicely.

With a choice of supplements to take for mass gain, protein, creatine and glutamine stacked together would be my top 3.

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### Question:

My husband has been training for a year now and a lot of people think he has got a nice shape and is doing well. But when they start to tell him what to eat I get a bit worried. I want him to be eating healthy without overdoing it on the bad stuff. I was wondering if you could give me a list **what sort of things he should be eating** which will help him with his weight training but also keep him healthy.

### Answer:

Knowing what to eat can be the hardest part of weight training but it is also one of the most important parts. What you put in your gas tank will dramatically affect the performance of your car. The same is true for your body.

The basic rule of thumb that I go by is to try and eat foods that are closest to their natural state, i.e. as little processing as possible. This way you'll get the most nutritional value from your food as you can.

Whole grains, lean meats, fish, chicken, eggs, vegetables, fruits, beans, etc. are all good choices but this is certainly not a definitive list. This is not to say that he can never eat processed foods, just do so in moderation.

To make progress in weight training, he should focus on protein intake, especially after workouts. Immediately after training there is a "Four Hour Window of Opportunity". This is when your body is primed for rebuilding and improving. He should eat a lot of protein and good quality carbohydrates after training.

For more information on the Four Hour Window

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I personally like protein supplements (whey protein is the highest quality) as a way of getting enough quality protein during the day without eating too much fat.

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and nutrition

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How can I make my [spinning class more effective](#)? I spin 3 to 4 times a week and love it, but want to keep improving cardio-wise and fat-burning wise.



Go!

I have recently purchased a mountain bike to help me to lose weight and get fit. Recently, **whilst cycling I develop a pain in both my forearms**. I am wondering why this is?

I have the seat position high and the handlebars low and when I am cycling I lean forward. Am I right in thinking that I am placing too much weight on my wrists and that this is what causes the pain? To solve this problem should I raise the handlebars or is there something else I must do?

Go!

Do some people **react favorably to anaerobic exercise but not aerobic exercise**? If so why?

Go!

I know what anabolic and catabolic states are but I'm not sure **how doing cardio work would affect my muscle gains** due to the fact it induces a catabolic state but without stimulating muscle growth.

I need to know when I should do what, for example can I do both cardio training and weight training on the same day? What intensity and how long should I exercise for to burn fat but not muscle?

Go!

**What is the theory behind interval training**? I always do interval training as they say it is the best to lose fat. They say with interval training you burn fat all day. If there are carbs in the muscle wouldn't those burn? I am little confused about when fat burns and when muscle glycogen is burnt for energy.

Go!

I have recently begun using a stair machine. I have found that the front half of both feet and **all my toes fall asleep and go completely numb** after about 15 minutes! The shoes are new, the toe box seems adequately wide, and the shoes are very flexible. Any thoughts as to what the cause might be?

Go!

I have injured my tendon on the left side of my knee. I usually use the treadmill but have been told my injury can take up to six weeks to heal and that I shouldn't use the treadmill. I've been trying to come up with some other exercises that will **produce the same results as the treadmill**.

Do you think Tae Bo™ workouts, swimming, and lifting weights will produce the same results or do more for me? For the past couple of months I have used one of those elliptical machines, then I switched over to the treadmill and what a difference a treadmill makes.

Go!

I wanted to know if you think it's a good idea to **do aerobics on my off days**. I want to gain weight so I don't know if I should do that. If I do aerobics will that help build muscle or hurt when the muscles need rest?

Go!

I'm a 20 year old guy who would like to get rid of some fat. **I'm planning on taking up running**. How much should I run every week and how should I start up?

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### Question:

How can I make my **spinning class more effective**? I spin 3 to 4 times a week and love it, but want to keep improving cardio-wise and fat-burning wise.

### Answer:

Spinning is a great way to do cardio work on the stationary bike. Here are some recommendations for your goals.

#### Fat Burning:

1. Do your spinning class on a fasting state. What this means is that you should not eat or drink anything with calories in it for several hours before your class. The absolute best example of this is first thing in the morning. You can burn about 300% more fat if you do your cardio first thing in the morning before eating or drinking anything (except water). If your class is later in the day, be sure to have your closest meal before it at least 2 to 3 hours prior to the class or in at least enough time for it to be fully digested.

What the fasting state does for you is put you in a condition of low blood sugar. If your body doesn't have much blood sugar (carbohydrates) to fuel your exercise, it will dip into your fat stores much sooner. Be aware, however, that you may not feel as though you have as much energy to train when you first start doing this, especially if you are used to eating right before you train.

2. Do not eat anything right away after the spinning class. Your body will continue to burn fat after the class because you have cranked up your metabolism. Wait about an hour, then eat protein and carbs to help fuel your recovery.

#### Cardio:

1. Your frequency of classes is good. I wouldn't recommend going much over 3 to 4 times per week. This

gives your body a chance to recover. You didn't mention how long your classes were but another option towards increasing your endurance may be to get there a few minutes early and stay a few minutes late just doing some low-intensity pedaling.

2. Increasing the resistance on the bike, naturally, will make the workload harder and build leg strength as well.

3. Increasing your cadence (leg speed/r.p.m.'s) will also increase your workload.

4. I am assuming that your class consists of interval training where the resistance and speed is varied during the workout. One trick you may want to try at the very end of your workout is one all out sprint with everything you've got on a high resistance until you feel you can't go any more -- then do five more seconds. Not only has an all-out, lactic-acid building sprint like this been shown to increase growth hormone levels in your body, it will build up your wind and give you a good challenge. Keep track of how long that last sprint lasts and try to increase it's time each session you do it.

For more information on  
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and spinning

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### Question:

I have recently purchased a mountain bike to help me to lose weight and get fit. Recently, **whilst cycling I develop a pain in both my forearms**. I am wondering why this is?

I have the seat position high and the handlebars low and when I am cycling I lean forward. Am I right in thinking that I am placing too much weight on my wrists and that this is what causes the pain? To solve this problem should I raise the handlebars or is there something else I must do?

### Answer:

You are right on the money in thinking that you are placing too much weight on your forearms and wrists with the position you are in. Have the high seat and low handlebars means that you are leaning straight down on your forearms. It sounds like you are developing an overuse injury in them.

You may want to try lowering your seat a little and raising the handlebars so that you are in a more upright position when biking. This is less aerodynamic but it will help to alleviate the tension and stress on your forearms.

Another alternative you may wish to try is to use what are call "Tri-bars". You can get them at any good bike shop. If you've ever seen a triathlon or a bike race, they are the forearm rests that the cyclists use to remove all tension from the forearms and wrists. You simply lean forward and rest your forearms on the pads. This also has the advantage of putting you in a more aerodynamic position.

The only thing to be aware of when using Tri-bars is that you won't have as much control of the bike when using them. They shouldn't be used when you need to make quick turns. If you are mountain biking on trails, I wouldn't recommend that you use the Tri-bars.

You can also try doing some forearm strengthening exercises such as wrist curls or grip strength work. One of the easiest ways I've found for doing this is by squeezing a tennis ball repeatedly while you are

watching TV.

Combine the adjustment in your biking style with Tri-bars and forearm exercises and you should see a fairly rapid improvement in your condition.

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and other cardiovascular  
exercises

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### Question:

Do some people **react favorably to anaerobic exercise but not aerobic exercise**? If so why?

### Answer:

Some people do, in fact, react more favorably to the more short duration, high power anaerobic exercise (such as sprinting or weight training) as compared to longer duration, low power aerobic exercise (such as walking or jogging). The main reason for this is muscle fiber type.

There are two main types of fibers in your muscles.

**Slow Twitch:** These are also known as **Type I** muscle fibers. They are responsible for long-duration, low-intensity activity such as walking or any other aerobic activity.

**Fast Twitch:** These are known as **Type II** fibers (they are divided further into **Types IIA** and **IIB**). They are responsible for short-duration, high intensity activity. Type **IIB** fibers are built for explosive, very short-duration activity such as Olympic lifts. Type **IIA** fibers are designed for more moderate-duration, high-intensity work such as weight training.

---

The difference for the trainer is the ratio of slow twitch to fast twitch fibers. A marathon runner may have 80% slow twitch fibers in his or her legs and, therefore, be an amazing aerobic athlete.

An athlete such as a sprinter may have 80% fast twitch muscle fibers in his or her legs and be an amazing anaerobic athlete. This type of person would not react favorably to aerobic exercise due to the high percentage of fast twitch fibers in their legs. They would tire quickly because most of their muscle fibers are designed for short bursts and, most likely, would lose motivation rapidly.

For a quick test on  
how you can  
determine your muscle  
fiber type percentage

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### Question:

I know what anabolic and catabolic states are but I'm not sure **how doing cardio work would affect my muscle gains** due to the fact it induces a catabolic state but without stimulating muscle growth.

I need to know when I should do what, for example can I do both cardio training and weight training on the same day? What intensity and how long should I exercise for to burn fat but not muscle?

### Answer:

Since you already understand what catabolic and anabolic states are you're already one step ahead of the game. For those who don't know, **catabolic** is the term used to describe muscle breakdown.

**Anabolic** is used to describe the muscle building.

There are several effective ways to incorporate cardio work into a muscle-gaining program that will not derail your progress.

**1. Long and slow** - this is essentially easy cardio, for example going for an hour walk every night. The intensity of this exercise won't be sufficient to put you in a catabolic state but will burn calories to help with fat loss. This can be done at any time, regardless of when you do your weight training.

**2. Interval training** - this is my personal preference for cardio as not only does it rapidly improve your cardio fitness and improve your muscle power, it is actually more effective for fat loss! This type of training is best done as a separate session from your weight training.

Here is an example of how you can do interval training:

- All you need for this is an open field or track.
- Do this training 3 times a week.
- After a few minutes of light jogging to warm up start by sprinting as hard as you can for 30

seconds then walking for 30 seconds.

- Repeat this cycle 5 times.
- Be tough with yourself and use a stopwatch to keep yourself honest.

The next session you will increase your repetitions to 6 times through. Each session after that , add 1 more time through until you max out at 15 times. Any more than that and you will wear yourself down too much for your other training.

This type of training will not only burn more calories while you are doing it but will boost your metabolism long after you are done, which is the key to effective fat loss.

---

If possible, schedule your cardio training for a separate session from your weight training.

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cardiovascular fitness  
and training

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### Question:

**What is the theory behind interval training?** I always do interval training as they say it is the best to lose fat. They say with interval training you burn fat all day. If there are carbs in the muscle wouldn't those burn? I am little confused about when fat burns and when muscle glycogen is burnt for energy.

### Answer:

The theory behind interval training is as follows:

It is a myth that low intensity cardio training is best for fat loss just because more fat is burned for fuel as a percentage of the total calories burned.

When you exercise, you are always burning a combination of fat and carbohydrates (in the form of glycogen - the stored form of carbohydrates). This ratio varies depending on the type of training you do.

Low Intensity (L.I. for short) burns about 50% fat for fuel while High Intensity (H.I.) burns about 40%. This is not a big difference.

Say, for example, you burn 100 calories in 20 minutes of L.I. work compared to 160 calories in 10 minutes of HI work, you've still burned more total fat doing HI.

Low Intensity

100 calories x 50% = **50 calories**

High Intensity

160 calories x 40% = **64 calories**

High intensity training will also boost your metabolism long AFTER the workout is done due to the increased demand on your cardiovascular and muscular system. This does not happen with low intensity

training. This is the reason it is said that interval training burns fat all day. Your body will also be burning carbs at the same time, of course, but since your metabolism has been raised, you will be burning more fat too.

The basic idea when you're trying to lose fat is to create a caloric deficit. The type of training does not matter as much as creating that deficit. High Intensity training just creates the deficit more efficiently than Low Intensity training.

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### Question:

I have recently begun using a stair machine. I have found that the front half of both feet and **all my toes fall asleep and go completely numb** after about 15 minutes! The shoes are new, the toe box seems adequately wide, and the shoes are very flexible. Any thoughts as to what the cause might be?

### Answer:

Numbness in the toes and feet is a very common problem with the stair machine and the elliptical trainer. It is basically a lack of circulation from the constant pressure on the feet and has nothing to do with your shoes.

You know how your arms falls asleep if you lean on it for too long? The same thing is happening in your feet and toes. I've actually encountered this problem myself before.

There are a few solutions to this problem.

1. Take a quick break every 10 minutes or so just to shake out your feet and get circulation going again. Step off the machine to do this then jump right back on.
2. Lift your feet off the pedals every now and then while you are using the machine. A few steps off the pedals every few minutes should do the trick. To do this, when you are pushing down with the right foot, lift the left foot off and wiggle your foot around and vice versa.

This two methods should help you avoid the numbness in your feet completely.

For more information on  
stair machines and  
elliptical trainers

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### Question:

I have injured my tendon on the left side of my knee. I usually use the treadmill but have been told my injury can take up to six weeks to heal and that I shouldn't use the treadmill. I've been trying to come up with some other exercises that will **produce the same results as the treadmill**.

Do you think Tae Bo™ workouts, swimming, and lifting weights will produce the same results or do more for me? For the past couple of months I have used one of those elliptical machines, then I switched over to the treadmill and what a difference a treadmill makes.

### Answer:

The treadmill is definitely one of the better pieces of cardio equipment out there. It has actually been shown to burn the most calories out of all the different pieces of cardiovascular training equipment.

As far as replacements for the treadmill go, I have the following recommendations:

- **Stationary Bike** - The stationary bike is fairly easy on the knees but the only drawback is you won't be burning as many calories as the treadmill.
- **Elliptical Trainer** - The elliptical trainer is effective as long as it doesn't hurt your knee injury.
- **Tae Bo™** - I would definitely stay away from Tae Bo™ classes. They contain a lot of pivoting movements (such as when you plant your foot then twist your body around to throw punch) that can actually cause injury in healthy knees if you're not careful. With an injured knee, you would be taking a huge risk.
- **Swimming** - Swimming is great cardio exercise, just be careful with your kicking. DO NOT do the breaststroke as the kick places all the stress on the knees (especially the inner side). There are floats you can squeeze between your legs to do arms-only swimming.
- **Weight Training** - Weight training will help your weight loss efforts immensely and I would recommend it wholeheartedly.

For more information on weight training and cardiovascular exercises, go to the following pages:

**Cardiovascular  
Exercises:**

**Click Here!**

**Weight Training  
Exercises:**

**Click Here!**

Note: you must be online to view these links.

When your healing period is complete, you can return to using the treadmill, mixing in the other forms of cardio to prevent overuse of the joints and muscles on the treadmill (cross-training).

For more information on  
treadmills, including how to fix  
the biggest problem that  
treadmills have but nobody  
knows about

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### Question:

I wanted to know if you think it's a good idea to **do aerobics on my off days**. I want to gain weight so I don't know if I should do that. If I do aerobics will that help build muscle or hurt when the muscles need rest?

### Answer:

Doing some light aerobic work such as walking or cycling is not going to hinder your muscle gain goals. Doing too much aerobic work or going too hard during your aerobic work will, in fact, hinder your muscle gain.

There are several reasons for this. In order to gain muscle, you need to eat more calories than your body burns. If you do a lot of cardio work, you are burning a lot of calories that your body could be using to build muscle.

The other reason is that hard cardiovascular training can increase breakdown of the muscle tissue you already have without providing a reason for your body to build bigger muscles, as in weight training. By forcing your body to recover from hard cardio training, you essentially decrease the available resources your body has for building muscle.

I would recommend sticking to 2 days a week of light aerobic work for about 20 to 30 minutes per session. Use this as more of a cardiovascular maintenance type training rather than really trying to improve your fitness otherwise you may limit your muscle gain.

If you want to really improve your cardio, then you should focus your training on that. It is always easier to train towards one goal rather than two goals.

For more information on  
cardiovascular fitness  
and training

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### Question:

I'm a 20 year old guy who would like to get rid of some fat. **I'm planning on taking up running.** How much should I run every week and how should I start up?

### Answer:

Running is definitely good exercise. I would recommend that you start off slowly with it. Here are some tips on how to begin.

- Start by doing some low intensity interval running. Run the distance between two telephone poles then walk to the next one, run to the next, walk the next, etc.
- This type of interval training can also be done using time intervals, e.g. run for 3 minutes, walk for 1 minute.
- Begin with a fairly short distance. Don't try and do a marathon all at once because then you'll be too sore to do it again!
- Do this for the first few sessions until you get your lungs and legs used to running then gradually phase out the walking.
- When you can run a slow, steady pace for about 15 minutes straight, then you can start increasing the distance you are running each session. Increase gradually!
- I would start off with 2 or 3 sessions a week, making sure you have at least one day off in between.
- Also, make sure you have a good pair of running shoes. It can make a huge difference!

For more information  
on running

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Training Program Questions

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For a light workout, just to keep trim and healthy, what would be a **good half hour to 45 minute routine** that could be done using gym equipment?

Go!

**I need help getting rid of the excess weight** I am carrying as soon as possible. I am currently playing for my High School basketball team and the extra weight I am carrying is limiting my performance on the court. That has led me to become less competitive on the team despite my evident skills in the game.

I need to lose this weight in a positive manner and as soon as possible before I get cut from the team, my value on the team is degrading and I am unable to move as fast or jump as high as most of the other players.

Go!

I'm a 20 year old male and a beginner. I'm a hardgainer and have a fast metabolism. I heard that you can only build mass with heavy weights and that if you can do more than 12 reps you need to use more weight. **Can you please send me advice on starting out?**

Go!

I weigh about 120 lbs and have been doing the same exercise routine for about 2 months. It consists of doing 200 push-ups, running in place for 30 minutes and 200 sit-ups. I do this 6 times a week. How come I do not see any results? **Is there anything out there that can help me gain muscle?**

Go!

I am 18 years old, 6'4" tall, and I weigh 190 pounds. I would really like to **gain some weight and turn it into muscle mass**. What would you suggest to me? What should I eat, any supplements, workouts etc.

Go!

**How many days/hours of rest** should one have before working the same muscle group(s) again?

Go!

I have a nephew who turned 15 this month. He's 5' 11" and 140 lbs. He's on the freshman basketball team but feels that in order to make the varsity next year, he needs to build up his upper body. I've been lifting for the last 7 weeks. He likes my results and wants to lift weights with me. **Is weight training safe for him?**

He works out with Nautilus machines now but is not gaining mass. Can he move onto dumbbells and barbells safely? He'll be lifting with me, not with his peers where it might turn into a "who can lift the heaviest weight contest." Also, do you have suggestions on how he can build mass?

Go!

I'm 5'10" and only weigh 145 lbs. I eat well and a lot but I just can't seem to pack on any weight. I've turned to weight lifting to try to build muscle mass. My exercise schedule is **3 times a week for an hour and 45 minutes**. I target all the major muscle groups and end with cardio. Do you recommend I alter the program or should I be taking supplements along with my workout?



Go!

I know it's only 45 minutes a day, but I really don't have time to work out in the evenings and have time for the family and other interests so I opted for waking up at 5:30, finishing at 6:20, shower and onto work at 6:45. **Is working out in the morning as beneficial as working out later on?**

Also, with time so cramped, what is a good quick snack to have before and after, bearing in mind I only have about 5 minutes for each?



Go!

**Does it matter when during the day you do exercises?** What I want to know is are 4 sets of 15 squats more effective if done all in a row or just as effective if spread throughout the day, e.g. one set in the morning, one at lunch, and so on.

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**Question:**

For a light workout, just to keep trim and healthy, what would be **a good half hour to 45 minute routine** that could be done using gym equipment?

**Answer:**

A good workout for your purposes would be the following done 3 times per week:

Start with weight training then do your cardiovascular work after it.

Start with a few minutes of warm-up. For detailed information on warming-up

[Click Here!](#)

Do one set each of the exercises found on this page:

[Click Here!](#)

When you have completed this, move on to your cardio work. 15-20 minutes (or however much time you have left in your workout), on the treadmill, stair machine, elliptical trainer, or bike will work. For information on cardio machines

[Click Here!](#)



This should give you approximately 45 minutes of good exercise working all major bodyparts and helping you keep in good cardiovascular shape.

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### Question:

**I need help getting rid of the excess weight** I am carrying as soon as possible. I am currently playing for my High School basketball team and the extra weight I am carrying is limiting my performance on the court. That has led me to become less competitive on the team despite my evident skills in the game.

I need to lose this weight in a positive manner and as soon as possible before I get cut from the team, my value on the team is degrading and I am unable to move as fast or jump as high as most of the other players.

### Answer:

What we need to do is to give you a 3-pronged approach: cardiovascular training, weight training and nutrition.

### Cardiovascular Training

Since you are a basketball player, you'll benefit from high-intensity interval cardio training. This will not only help you burn fat but will boost your performance on the court. All you need for this is an open field or track.

- Do this training 3 times a week.
- Start by sprinting as hard as you can for 30 seconds then walking for 30 seconds.
- Repeat this 5 times.
- Be tough with yourself and use a stopwatch to keep yourself honest.
- The next session you will increase this to 6 times through.
- Each session after, add 1 more time through until you max out at 15 times.
- Any more than that and you will wear yourself down too much for your other training.

To make this training even more specific to basketball, I would recommend you move to shuttle runs

where, you are constantly changing direction while you are sprinting as fast as you can. This will help build your strength and movement skills as well.

---

## Weight Training

Your weight training should focus on exercises for your thigh, calves, chest, back and abs. These are the major muscle groups that need to be strengthened for basketball.

Have a look at the exercises for those bodyparts on this page:

[Click Here!](#)

Do 3 sets each of lunges, standing calf raises, bench presses, pulldowns and crunches 3 times per week. Use a weight that makes you reach muscular failure at about 8-12 repetitions per set.

---

## Nutrition

- Increase your protein intake, e.g. eggs, lean meat, chicken, fish, etc. This help to support your metabolism and muscle growth.
  - Cut back on junk food. This will make a huge difference quickly. You don't have to totally eliminate it, just decrease it greatly.
  - Don't eat anything before a workout. If you do, your body will burn what you just ate rather than fat.
  - Eat directly after a workout. Stick to protein and low-fat foods.
  - Try not to eat late at night. Your body won't have a chance to use those calories and will store them as fat.
  - Stick to natural-state, unprocessed foods as much as possible.
- 

By following this advice, you should start seeing results fairly rapidly.

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information

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### Question:

I'm a 20 year old male and a beginner. I'm a hardgainer and have a fast metabolism. I heard that you can only build mass with heavy weights and that if you can do more than 12 reps you need to use more weight. **Can you please send me advice on starting out?**

### Answer:

It is true what you've heard about needing to use heavy weights to build muscle mass. Heavy, however, is a very relative term. What is heavy to one person may be light to someone else.

Since you are a beginner and a hardgainer to boot, you should start by training 3 times a week with basic exercises for no more than 45 minutes per session. Work your whole body in each session.

Try to use a weight that you can only get between 6 to 10 reps with before muscle failure. As you have heard, more than 12 reps tends to build muscular endurance rather than muscle mass.

Do only 1 exercise per bodypart to ensure you aren't [overtraining](#) (hardgainers must be careful about that).

Do 3 sets for larger parts (thighs, chest, and back) and 2 sets for the other parts.

Basic exercises include squats, bench presses, barbell curls, pulldowns, chin-ups, rowing movements, pushdowns, dips, shoulder presses, and calf raises.

If you would like to see  
instructions for several  
of these exercises

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### Question:

I weigh about 120 lbs and have been doing the same exercise routine for about 2 months. It consists of doing 200 push-ups, running in place for 30 minutes and 200 sit-ups. I do this 6 times a week. How come I do not see any results? **Is there anything out there that can help me gain muscle?**

### Answer:

I can tell you exactly why you are not seeing results as far as gaining muscle goes. First of all, I would like to commend you on your dedication to exercise! You're obviously serious about getting into better shape.

If you are looking to gain muscle, the first thing you need to do is increase the resistance you are using. Doing high-rep training such as 200 push-ups a day is great for building muscular endurance but it won't build much muscle.

Training with weights is an excellent way to build muscle but if you don't have access to a gym or weights there is plenty you can do at home.

If you wish to see some examples of good muscle-building exercises

[Click Here!](#)

Here are some exercises you can do at home:

[Click Here!](#)

If you train at home, with push-ups as an example, try putting your feet up on a bench or chair and doing decline push-ups or have a partner push down on your back. There are many ways you can increase the resistance when doing bodyweight movements.

Secondly, you need to change what you are doing on a regular basis. If you do the same exercise routine over and over, your body will have no reason to adapt to what you are doing and will stay the same. Confuse your muscles by changing the exercises you use regularly (every 2 to 3 weeks or so).

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### Question:

I am 18 years old, 6'4" tall, and I weigh 190 pounds. I would really like to **gain some weight and turn it into muscle mass**. What would you suggest to me? What should I eat, any supplements, workouts etc.

### Answer:

There are two major factors that you need to focus on when you are trying to gain weight: training and nutrition.

To start with, I would recommend weight training three days a week doing 2 sets of each exercise listed on this page:

[Click Here!](#)

Be sure to use the proper form as described there as that can make a huge difference in how effective the exercise will be.

Use a weight that will only allow you to get 6 to 10 reps before muscular failure. When you can get more than 10 reps, increase the weight a little next time. Work at your weight training as this is the stimulus that will put the muscle on you.

Doing the exercises listed on the referred page as a total-body workout will stimulate the muscle growth process. Now you need to give your body the raw materials to work with.

---

As far as supplementation and nutrition goes, protein is what you need to focus on. A whey protein

supplement is a very good investment. Take a serving of this immediately after your workouts. Other good times include right after you wake up and right before you go to sleep.

Protein should be the focus of your nutrition too. Try to eat more in the form of eggs, lean meats, chicken, fish, etc. Your total caloric intake should be fairly high as well. You must give your body the energy and raw materials to build yourself up stronger!

Eat frequently throughout the day and try to eat healthy, non-processed foods as much as possible.

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### Question:

**How many days/hours of rest** should one have before working the same muscle group(s) again?

### Answer:

Basically, there are no hard and fast rules for rest, only guidelines. Requirements for rest depend on a few factors:

- **How big the part is:** for example, the biceps can be trained again sooner than the back as the back is larger and requires more recovery time.
- **The intensity of the training done for that part:** the harder a muscle has been worked, the longer it will take to recover.
- **The type of training done for the part:** negative training (where you only do the lowering phase of the movement) is more damaging to the muscle fibers and requires more recovery time than conventional training.
- **Level of the trainer:** an advanced trainer can generally recover faster than a beginning trainer. On the other hand, advanced trainers can often work their muscles much harder than a beginning trainer, resulting in an increased need for recovery.
- **Nutrition:** supplying the best raw materials for rebuilding the body can greatly speed recovery time.

Now that I've given you the factors, here is the practical upshot.

Recovery is very individual but your body can adapt to almost anything. I've had success with training the same bodypart twice a day, six days a week and I've also had success training bodyparts once a week.

Start conservatively by taking at least one day off between training that part then play with your rest time. You may find that you need more or less time between sessions to get good results.

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### Question:

I have a nephew who turned 15 this month. He's 5' 11" and 140 lbs. He's on the freshman basketball team but feels that in order to make the varsity next year, he needs to build up his upper body. I've been lifting for the last 7 weeks. He likes my results and wants to lift weights with me. **Is weight training safe for him?**

He works out with Nautilus machines now but is not gaining mass. Can he move onto dumbbells and barbells safely? He'll be lifting with me, not with his peers where it might turn into a "who can lift the heaviest weight contest." Also, do you have suggestions on how he can build mass?

### Answer:

That's an excellent question and it sounds like you're a very good role model for him.

As far as safety goes, it is perfectly safe for your nephew to train with weights.

Like you mentioned in your question, he should definitely not do lower reps and maximum lifts. Training with you and not his friends is a great step in the right direction. The reason he shouldn't do heavy lifting is that it could cause the growth plates in his bones to stop growing (not good for anybody, especially a basketball player).

I would recommend sticking with the 12 to 15 reps per set range rather than lower reps. This range will increase his muscle mass and help him build a base upon which he can work as he gets older.

As far as dumbbells and barbells go, I would actually recommend that he use those instead of machines. Using free weights will help develop his stabilizing and supporting muscles, increasing his functional, real-world strength. Machines will not. This type of strength will help him much more on the basketball court.

Pay close attention to his form to ensure he is doing everything with perfect form. No sloppiness should be allowed, especially at his age.

For examples on how to do some exercises

[Click Here!](#)

If he is trying to build muscle mass, I would recommend that he increase his protein and caloric intake as well as sticking to basic exercises that work the most muscle mass such as the bench press, squat, rowing, barbell curls, etc.

Also, if he is just beginning weight training, he will most likely notice strength increases rather than muscle mass increases for the first 4 -6 weeks. This is because the nervous system must first learn how to most efficiently do the exercises before the muscles can be worked hard enough to produce gains in muscle mass. Tell him to be patient and the muscle will come!

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### Question:

I'm 5'10" and only weigh 145 lbs. I eat well and a lot but I just can't seem to pack on any weight. I've turned to weight lifting to try to build muscle mass. My exercise schedule is **3 times a week for an hour and 45 minutes**. I target all the major muscle groups and end with cardio. Do you recommend I alter the program or should I be taking supplements along with my workout?

### Answer:

There are two major things that you're going to need to change to really start seeing results.

First, you're going to need to cut your training time down to about 45 minutes to an hour. The amount you're training is way too much to recover from effectively.

Stick to heavy, basic exercises in the 6 to 10 rep range. These include squats, deadlifts, bench presses, barbell curls, shoulder presses, pushdowns, bent-over rows, etc. Basically, do the really hard exercises.

You can get some information on how to best do these exercises if you

[Click Here!](#)

Second, doing cardio after your weights is killing any muscle gain you are getting from your workouts. Not only is it burning up calories that should be used for recovery but it delaying the recovery process itself, which is at it's peak immediately after working out.

Move cardio to another separate session or do light cardio at the beginning of your workouts. Also be sure to eat lots of protein and carbs immediately after your workouts. This is the time when your body is

primed for muscle growth so take advantage of it!

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### Question:

I know it's only 45 minutes a day, but I really don't have time to work out in the evenings and have time for the family and other interests so I opted for waking up at 5:30, finishing at 6:20, shower and onto work at 6:45. **Is working out in the morning as beneficial as working out later on?**

Also, with time so cramped, what is a good quick snack to have before and after, bearing in mind I only have about 5 minutes for each?

### Answer:

Working out in the early morning is just as beneficial as working out at any other time during the day. The only problem I could see with it is that it may take you a little longer to get your body warmed up after it's been inactive all night. In fact, if your goal is to lose fat, working out right after waking up and before eating anything can result in 300% greater fat loss!

If your goal is just maintaining health or increasing muscle mass, I would still not eat anything right before working out. Just drink a big glass of water. If you find you need something to help you get going, try a glass of juice.

You should concentrate your food intake on your post-workout time. This way instead of two 5 minute meals, you can maybe spend a little more time with preparing and eating something more substantial.

Meal replacement bars that you buy at a vitamin store are very good for snacks. They contain plenty of protein and nutrients. You can throw in a few pieces of fruit with that or maybe some yogurt and you've got yourself a quick, healthy snack in the morning.

I would recommend Myoplex, MetRx, and Mesotech bars. They are big names in the industry and you will get what you pay for.

You can also order them online. That's the route that I take. I find I can always get them cheaper that way. My favorite store is:



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### Question:

**Does it matter when during the day you do exercises?** What I want to know is are 4 sets of 15 squats more effective if done all in a row or just as effective if spread throughout the day, e.g. one set in the morning, one at lunch, and so on.

### Answer:

The answer to your question is that both are about as effective but for different reasons.

If you do 4 sets all at once, you fatigue the muscles more during that time, which will mean you won't be able to do as many reps on subsequent sets after the first one. Your muscles will get worked quite well though.

If you do sets spread throughout the day, you will boost your metabolism each time you exercise plus you will be able to get more reps each time you do a set because you will be more rested than if you did all your sets at once.

The real answer to your question is to do whatever system is the one you'll stick to. If it's more convenient to do it all at once, do that. If it works better for you to spread it out, do that.

The true key to your results will be in consistency of your exercising rather than when you actually do the exercises.

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**Why is it so bad to overtrain** and how do you know if you are overtraining?

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Do **electric abdominal training** machines/belts really work?

Go!

Can you recommend any **posture correcting exercises**? When I walk normally, I always tend to slouch and I would like to be able to stand up straight.

Go!

I was just curious to know if it is possible to achieve the **same results from a pure dumbbell workout** as it is with barbells. For example, are dumbbell flyes really equivalent to the bench press?

Go!

How can I **stay motivated to exercise**? I get bored of skipping rope sometimes. I don't have a treadmill and it is extremely cold outside. We still have snow and it's very windy most of the time.

Go!

I have big, muscular legs (both calves and thighs). I know the bulk of it is muscle, not fat because they are solid when you pinch the area. I want to become a flight stewardess but the airlines here are strict when it comes to physical appearance.

**Is there any way that my calf muscles and thigh muscles could be made smaller with training?** I know there are a lot of exercises for muscle-building, but I'd like to ask you for exercises for muscle-shrinking or any activity that can help reduce muscle mass.

Go!

Is it **safe to box with resistance bands or dumbbells** in your hands?

Go!

I'm playing baseball and looking to improve my performance. Can you recommend any lifting exercises to **help improve my swing**?

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### Question:

My husband needs some exercises to help ease his **lower back pain from golfing**. Any suggestions?

### Answer:

In my opinion both stretching and strengthening are in order. No need to hang him upside down from the porch just yet. I have a good strengthening exercise that you can do without any equipment if you are willing to help him out as resistance.

Here is how to do it:

Each sit on a chair facing in towards each other. Your kitchen chairs should work quite well for that. Have him hold his arms straight out towards you with elbows locked and clasp his hands together. It looks like the arm position for a bump in volleyball only the elbows are straight.

Your job is to push his arms to the side (alternating sides) while he resists. He should resist until he is facing almost directly to the side and feeling the stretch in his side abs and lower back.

At that point hold that position while he continues to resist then remove your hands in an instant and let him snap back to the center. This mimics the explosive movement of the golf swing. Repeat the same thing to the other side to balance the muscle groups.

Part of the problem with golfing is that you only swing from one side. This leads to a muscle imbalance which can lead to the pain you are talking about. By working both sides, you can correct that imbalance and reduce the pain.

Do between 5 to 7 reps on each side (alternating sides as you go) for 3 sets. Take about a minute rest between each set. This can be done 3 to 4 times a week, e.g. Mon, Wed, Fri and Sat or Sunday.

Try to increase resistance as he gets stronger with the movement.

Another very similar variation you can try is to make it a competition. Start in the exact same position. He will do everything he can to keep his arms pointing straight forward at you while you try your hardest to push his arms to the sides like above. Don't worry about resistance or getting the stretch or anything like that. The elastic force he will get from trying to keep his arms forward will work great. Use fast, sudden movements from either side without warning.

Naturally, don't start with this one. Let him develop some core strength for a few weeks before trying it.

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### Question:

**Why is it so bad to overtrain** and how do you know if you are overtraining?

### Answer:

Overtraining essentially means that you are giving your body more work than it can physically recover from and it will break itself down (lose muscle) rather than build itself up. Overtraining can easily kill any progress you are making in your training and even set you back.

Everyone is different as to how much training they can do before overtraining. Some people, who are known as "hardgainers" cannot tolerate much before slipping into overtraining. Hardgainers must be especially aware of the signs of overtraining. Some people, call them "muscle geniuses", can tolerate huge volumes of training and still get great results.

You will know if you are overtraining if you have one of more of the following symptoms:

- rapid resting heart rate (about ten beats per minute over your usual resting heart rate). Check this first thing in the morning after you wake up to get an accurate comparison.
- elevated blood pressure
- decreased desire to train
- decreased strength
- impaired immune system function (repeated or lasting illness)
- general tiredness
- decreased sex drive
- loss of appetite
- susceptibility to injuries

Factors that influence whether you may be experiencing overtraining include:

- how much sleep you're getting
- quality and quantity of nutrition (including supplements)
- quantity and intensity of training
- training level
- stress levels

To recover from overtraining, the best thing you can do is cut back on your training. You can also cease training for awhile, taking a layoff, just be sure you don't give up exercising completely, as can easily happen when you lose motivation through overtraining. Do about half of what you were doing before and reduce the intensity of the training that you are doing.

Some people are so overtrained that they must reduce or stop their training for several or more weeks.

If you have one of more of the above symptoms, do yourself a favor and reduce your load or take a short layoff. Your body will thank you for it.

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### Question:

I have heard that if you do certain kinds of exercises, you can **get a little taller**. Is that true? If yes, what are some of the exercises?

### Answer:

I think there is definitely merit to the theory that doing proper exercises can help you be taller (notice that I didn't say GROW taller). What I am talking about are things you can do to maximize the height you already have.

Poor posture is the number one reason people don't appear to be as tall as they could be. Exercises that help improve your posture will definitely help you be taller. As an example of this, think of a person who is 80 years old and hunched over. Their postural muscles are weak, so they appear to be shorter than they actually are. Standing up straight makes a big difference.

Remember when you were a kid and somebody was measuring how tall you were? Remember how you would always stand up as straight as you could and tried to be as tall as you could? You can mimic this today. Get someone to measure you in your normal body position then get them to measure you when you are trying to stand as tall as possible. You'll probably get a few more inches taller instantly!

Stretching is also critical for maximizing your height. Tight muscles will keep your body more compact and, therefore, shorter. This is especially true in the trunk and spinal muscles.

For more information on stretching

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Personally, I use an inversion bench (that you hang upside down on) and I can feel it stretching my spinal support muscles and relieving pressure on my spine.

Compacted spinal disks can limit your height as well. You can see this for yourself by measuring yourself first thing in the morning and last thing at night. Over the course of the day, your spinal disks have compacted and you will be a little shorter. This pressure relieves itself during the night and you are taller by morning!

Exercise programs that claim to increase your height are only maximizing the height you already have.

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### Question:

What is your opinion as to the comparability between **Bowflex™ and free weights**? I'm particularly interested in deep squats up to 250 lbs and want to know if Bowflex's squat attachment can give me as stimulating a squat workout as do free weights.

### Answer:

The Bowflex™ is a good quality home exercise machine that has many good features to it. You can do a reasonably good squat with this machine.

It does, however, have the following drawbacks:

**1. It locks you into a pattern of movement** - what this means is that you can only push straight up and down. It doesn't require you to balance the load, limiting its carryover to real-world strength. This locking can be an advantage if you have trouble balancing in squats though.

Locking you into the movement can also be detrimental to your knees as they will be pushing at angles to the resistance rather than directly against it. This can cause torque in the joints, which can lead to knee injuries. If you do use the Bowflex™, be sure to place your feet directly under the bar - don't set your feet forward at all.

**2. The resistance curve is different than a barbell squat** - the mechanics of the machine change the way resistance is applied to your body during the squat. In this case, it increases resistance as you push up towards the standing position while at the bottom of the movement there isn't as much resistance. While this more closely matches the strength curve of a squat (weaker at the bottom, stronger towards the top), it means that you will be using less resistance at the bottom, which is actually the most effective part of the squat.

Personally, I would choose the barbell squat over any form of machine squat but the Bowflex™ squat exercise can be effective when done safely and with intensity.

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### Question:

Do **electric abdominal training** machine/belts really work?

### Answer:

To answer that question, let's start with a little background information on what this equipment was originally designed for.

Electric ab stimulators were (and still are) used in medical rehab situations. They are designed to keep muscles from atrophying (wasting away) in situations where a limb must be immobilized. For example, if you broke your leg, the doctor could place an electrode on the muscle and use electricity to make it contract. This would provide a minimum level of stimulation, thus keeping the muscle active.

As far as building muscle, such as the ads on TV claim, this is not backed up by research. The level of electrical stimulation necessary to build up the abdominal muscles to what you see on TV would be extremely high, and thus very painful.

Many companies that sell these belts also claim that the belts help burn fat. In reality, the small muscle contractions produced by these belts burn about as many calories as the effort required to take the belt out of the box and put the batteries in.

If you read the fine print in these ads, you will also notice that the instructions for use also include a suggested exercise and nutrition plan. This, without a doubt, would be the true source of the results people get from this equipment.

But what about people you may know who have tried the belts and say that they feel something when they use it?

Let's put it this way... the belt does provide a small level of stimulation to the abdominal muscles. When a

person's abs are totally lacking any form of stimulation, any amount of stimulation has the potential to produce results. It is simply a matter of something is better than nothing (in this case, not a whole lot better, though).

A much better solution for working your abdominal muscles effectively is to do the unglamorous crunch exercise. It may not send electric shocks into your guts but it will get the job done. Crunches, even done properly and regularly, won't burn fat but they will definitely tighten up your abs.

Do electric ab stimulators work? In a nutshell, no. These companies are simply preying upon society's desire for results without effort. Don't be fooled by the hype.

For detailed instructions on  
how to do the crunch  
more efficiently

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### Question:

Can you recommend any **posture correcting exercises**? When I walk normally, I always tend to slouch and I would like to be able to stand up straight.

### Answer:

There are a lot of good exercises that you can do to help with your posture, most of them relating to the core (your midsection) and your back. These are the areas most people need to improve on and are the major cause of slouching posture.

For the back, I would recommend exercises such as hyperextensions, deadlifts, seated cable rows and bent-over rows.

The first two exercises will work on the strength of your lower back while the last two will work more on the upper and mid back.

The rowing movements should be done with a moderate weight, keeping your lower back arched and tight and concentrating on squeezing the shoulder blades together behind you at the contraction of the rep. This squeezing will help strengthen the muscles that pull your shoulders back, helping to correct the slouching.

Working your rear delts (located at the backs of the shoulders) can also help with bringing the shoulders back. Doing bent-over laterals will accomplish this.

---

Working your abdominals is very important as these are the muscles that help to support your spinal column and torso. If they are weak, your body will have a tendency to hump over and slouch because of lack of support.

The main exercise used to target the abdominals is the crunch. For information on how to do crunches more effectively go to:

[Click Here!](#)

The best exercise I would recommend for strengthening your postural midsection muscles, however, is the ***Side-To-Side Turn***.

Here are instructions on how to do it:

- Sit on a flat bench so your legs are perpendicular to the bench (not straddling it).
- Set a dumbbell on end right beside you on one side (start with a fairly light dumbbell until you get the movement down and get stronger at it).
- Take a a breath and hold it just before you do this movement.
- Make sure your legs stay pointing directly forward throughout the movement.
- Keeping your lower back arched, your abs tight and your chest high, turn to the side and pick up the dumbbell with two hands.
- Keeping the dumbbell in close to your body, turn 180 degrees to the other side and set the dumbbell down on end again, releasing the tension in your abs and releasing your breath.
- Repeat the action back to the other side for 6 to 8 reps. Do 2 or 3 sets of this.
- As you develop strength in this exercise, increase the weight of the dumbbell you are using.

This movement works the ***transverse abdominus*** muscles, which are your body's natural weight belt. It keeps your midsection tight and strong and is one of the best exercises for improving posture because of the increase in spinal support you get from improving the transverse abdominus muscles

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Remember, posture is not just a matter of strengthening muscles. It's also a matter of keeping tabs on your body position throughout the day and taking steps to correct it when you notice your posture is poor.

Since you've already noticed that you slouch when you walk, focus on not slouching when you walk. Even if it takes some effort at first, you will teach your body to maintain this position when you concentrate on doing it consistently.

Maintaining posture also applies to sitting in a chair. I'm sure everyone has been told to "sit up straight" at some point in their lives. By keeping an eye on how you sit, you can also teach yourself to always sit up straight.

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### Question:

I was just curious to know if it is possible to achieve the **same results from a pure dumbbell workout** as it is with barbells. For example, are dumbbell flyes really equivalent to the bench press?

### Answer:

To be honest, you can actually get a better workout with dumbbells than you can with barbells. Of course, some exercises are better than others as far as muscle building goes.

Using your example, the barbell bench press is actually a better mass building exercise than dumbbell flyes yet dumbbell bench presses, I find, are better than barbell bench presses.

The reason is that the dumbbells force you to stabilize the weight far more than barbells. This increases muscle activation, thus working more muscle mass therefore improving your results. This freedom of movement is the main advantage of the dumbbell.

Barbells have the advantage of stability, however, increasing the amount of weight you can use compared to dumbbell exercises with a similar movement, e.g. you can barbell bench more than you can dumbbell bench.

A good program will take advantage of both barbells and dumbbells, mixing them up to work all aspects of the muscle.

For more exercise tips

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### Question:

How can I **stay motivated to exercise**? I get bored of skipping rope sometimes. I don't have a treadmill and it is extremely cold outside. We still have snow and it's very windy most of the time.

### Answer:

It can be hard to stay motivated to exercise when the wind is blowing and it's cold outside. Skipping rope is good exercise but it can get monotonous.

I would recommend you try a circuit training routine. A circuit training routine is essentially a bunch of exercises that you do one after another without taking any rest in between exercises. It can be very effective for improving both cardiovascular conditioning and muscular strength.

To get exercise information

[Click Here!](#)

Do each exercise on that page for 30 seconds to a minute, moving from one straight into the next one. After you have completed all the exercises, rest for 1 minute. Repeat this cycle 2 to 3 times.

This will give you a good total-body conditioning and cardio workout plus it will help relieve the monotony of skipping rope all the time.

If you have access to weight training equipment, try some of the exercises on this page in your circuit routine:

[Click Here!](#)

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### Question:

I have big, muscular legs (both calves and thighs). I know the bulk of it is muscle, not fat because they are solid when you pinch the area. I want to become a flight stewardess but the airlines here are strict when it comes to physical appearance.

**Is there any way that my calf muscles and thigh muscles could be made smaller with training? I**

know there are a lot of exercises for muscle-building, but I'd like to ask you for exercises for muscle-shrinking or any activity that can help reduce muscle mass.

### Answer:

There certainly are ways of decreasing the size of your muscles through exercise.

The best way you can do it is by utilizing very high rep sets (50 - 100 reps per set). This type of training can be done with pretty much any exercise you choose.

For exercise technique information, go to

[Click Here!](#)

To properly explain the reasoning behind this training, you should first know that there are two basic types of muscle fibers: fast twitch and slow twitch. Fast twitch fibers are responsible for high-power, short-duration activity while slow twitch fibers are responsible for low-power, long-duration activity.

The basic idea behind this is to work the muscle fibers that are responsible for endurance activity (the slow twitch fibers). The fast twitch fibers are the ones that get bigger with training. From your description, I am guessing that you probably have a lot of fast twitch fibers.



The good thing is those fast twitch fibers can be converted into slow twitch (endurance) fibers with high rep training, such as I've recommended.

Another thing you may wish to try is decreasing your protein intake (such as meat, milk, eggs, etc.) somewhat. Your muscles require protein to rebuild and recover. By decreasing protein, you will force your body to eat up some of its own muscle tissue for this, further helping to reduce muscle size. This is especially important after a workout. Eat only carbohydrates such as grains, fruits, and vegetables after exercise.

Another option is to do the exercises then go for a jog. Running, coupled with the exercises and protein depletion, will help reduce muscle size.

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It does take a bit of time for the muscle fibers to change but it will happen if you stick to high rep training and lowered protein intake. How long it takes depends on how well you stick to your training but it will work.

You are not alone in wanting to diminish the size of your muscles. There are others out there!

Here is a simple test you can perform on yourself that will give you an idea of your muscle fiber composition. Do the test now and do it every two weeks or so after that.

- Find your one rep max for an isolation exercise for that muscle group. For example, if you want to test your quadriceps on your front thigh, do leg extensions, to test your hamstrings, do leg curls, and to test your calves, do standing calf raises.
- Find the weight that you can only do for 1 rep and remember that number.
- Take 80% of that weight and do as many reps as you can. Say your one rep max is 100 lbs. You would then use 80 pounds for the test.
- If you can do only 4 to 7 reps with that weight, you have mostly Fast Twitch fibers in that muscle.
- Around ten reps is the typical mix for a muscle.
- Doing 15 to 20 or more reps will be mostly slow twitch fibers.

I would guess that your legs will be in the low, 4 to 7 rep range. With proper training, the numbers should start climbing up as some of your fast twitch muscle fibers convert to slow twitch fibers.

If you don't have access to a gym, it will be difficult, if not impossible to find your 1 rep max for leg exercises.

One very rough way you can use to guess your fiber type composition is to do a high rep set and see how much your muscles burn. Since fast twitch fibers don't deal with lactic acid as well as slow twitch fibers, they will start to burn a lot faster (though this can also depend on how much you've trained your muscles). This is a very, very rough guide!.

The size of your muscles should be your main gauge as to whether the training is working for you or not, so use a good tape measure and measure your limbs on a weekly basis at the same time of day to control outside factors such as food and water intake (first thing in the morning is best).

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### Question:

Is it **safe to box with resistance bands or dumbbells** in your hands?

### Answer:

If you want to train for boxing with resistance, use the bands instead of dumbbells.

The problem is not with the resistance but with deceleration (slowing down) of the weight. When you box, you don't want to slow down your fist. If you hold a dumbbell, you will have to slow it down otherwise you will throw your shoulder out of the socket.

Resistance bands decelerate your hands for you because the resistance increases as you stretch them out. They actually work quite well for boxing training and I would highly recommend them for boxing training.

For more information on  
exercise and training

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### Question:

I'm playing baseball and looking to improve my performance. Can you recommend any lifting exercises to **help improve my swing?**

### Answer:

A good exercise for the baseball swing can be done with just a dumbbell and a bench.

- Set a dumbbell on end on the end of a bench then sit down beside it.
- Your legs should be perpendicular to the bench.
- Keeping your upper body vertical and knees pointing straight forward, turn to the side and grasp the dumbbell with both hands.
- Lift it off the bench then rotate to the other side and set it down on the other end of the bench.
- Repeat this from the other side.
- Keep your breath sucked in when doing this one but be sure you don't hold it too long.
- Use about 20 to 30 pounds to start with on this one.

This exercise works the transverse abdominus which is one of the major stabilizing muscles of the torso. Strengthening it will allow the power from your legs and midsection to be transferred strongly to your upper body and therefore your bat when you swing.

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