

The Ten Commandments of Body Building

Researched and Composed by Adam "Old School" Knowlden

1. Thou shall train with the utmost intensity.

We've all heard the phrase "work smarter, not harder." The bodybuilder thinks just the opposite, "Train smarter AND harder."

If you want to be freaky you have to approach each workout as a test to push yourself out of the comfort zone. And have the determination to get as much muscular stress as possible into your workout. Reach for new heights with each workout and don't be satisfied with 2nd best.

Perhaps you aren't going to be the next Mr. Olympia. And maybe others around you progress faster. A true warrior won't use others as an excuse! Or for that matter make excuses at all! A true warrior will strive to be the best they can be! Never just go through the motions. This is the main philosophy behind shock techniques. By constantly cycling your shocks and changing your workouts around, your brain will never be able to adapt to your workouts, and as a result you will have to increase your intensity to keep up with your routines! Destroy the weights and wreak havoc on your muscular system!

2. Thou shall stay Consistent.

You can't make continuous improvement by training and dieting in spurts. Unless you're sick or injured, there's no excuse not to go to the gym.

I've heard them all from, "I'm just too busy" to "It's just too hard with my schedule", blah, blah, blah. If you really want to you can make the time. And that's the key to being a champion in anything...**you really have to want it!** Bodybuilding is a difficult sport. You have to have the desire! You just have to plan and organize your time better.

Make up a routine and stick to it! Of course breaks are good, but they should be pre-planned and never longer than two weeks.

3. Thou shall eat often.

You need a consistent supply of nutrients to achieve maximum growth. Eat a meal every 2-3 hours. I know it can be tough, but you have to pre-plan your meals if you live a hectic lifestyle. I understand how tough this can be. I recently graduated, but I understand the "working over-time, going to school full-time" life style. I find the easiest thing to do is on your off day, bake a whole bunch of chicken breasts and sweet potatoes. This way if worse comes to worse and you're in a huge hurry you always have a body building meal for on the go. Remember your muscles grow at the dinner table and in the sack, not in they gym. Food is the most anabolic compound on the planet. Don't cut your gains short by lacking in this area! Protein is the #1 friend of the body builder. Protein builds muscle, and keeping it readily available for your body at all times is crucial for consistent gains. It's what builds muscle during a bulk, and spares it during a cut or maintenance cycle. Aim to get 20-40 grams of protein with each small meal, or at least get one gram of protein per pound of bodyweight per day. If you are bulking I'd recommend 1.5 to 2 grams of protein per pound of bodyweight!

4. Remember to Sleep and keep it Sacred.

When you are asleep, growth hormone is released and this is when a lot of the muscle recovery takes place. A lot of people have the working out and nutrition aspects right but severely lack in the sleep department. If you are getting insufficient amounts of sleep, you're depriving your body of its best chance to grow. To avoid this, make sure to get at least 8, preferably 9 hours of sleep every night. Lack of sleep can quickly lead to overtraining. I've experienced this myself several times. You bust your ass in the gym all week and run on 4 or 5 hours of sleep a night. This is terrible on the body. You can't expect to demolish your body, then not give it the chance to re-heal! This can often make you sick and sluggish. Sure, your muscles grow during the day when you rest, but the majority of growth happens during REM sleep, which only occurs during deep sleep. Another important thing about sleep is when its over and you wake up! When you've been asleep for 8 hours, you haven't eaten anything and you are in a severe state of catabolism (anti-growth). This means your body is really low on amino acids and carbohydrates. This is a huge no-no if you expect to get any results from your workouts.

The best way to smash the starvation of your muscles is to have a big breakfast as soon as possible when you wake up. Even if you like to get ready and get things done around the house before eating breakfast you should at least have a protein shake as soon as you wake up. Make it a habit! I too am one of those that can't eat as soon as I wake up, but shoveling down a quick shake is no big deal, and can aid

in restoring your anabolic state big time! Also, if you work out early, I'd recommend getting a lot of carbs with your breakfast for workout fuel.

5. You shall have no other liquids before me....Drink water!

Staying hydrated is important for everything from digestion to endurance. Don't expect to eat 2 grams of protein per day and go skimpy on the water. If so you're flushing your protein down the drain...literally! The bottom line is that your body depends on water to remain in top condition. Just like a car needs gasoline. As soon as you get dehydrated you're weaker, less mentally alert, and in general in less than perfect condition.

Water = Anabolic state! Aim for a gallon per day! Of course more is better!

6. Thou shall Stretch.

By taking stretching seriously you can maintain and improve your flexibility. In addition to getting better blood flow (which gives better pumps) and decreasing the risk of injury, your flexibility will help your workout form as well. It will also let you get a fuller range of motion which can lead to more muscle growth! Tom Platz was infamous for this and was more flexible than most Olympic gymnasts! I recommend stretching before, after, and in-between sets! A body builder should never just be sitting there looking off into space while in the gym! Also utilize the fascia stretching program Jacob describes in his article about muscle memory! The results of this are nothing short of a miracle!

7. Thou shall not use supplements in vain.

Supplements like creatine, multi-vitamins, chromium and glutamine are great! But you can never depend on supplements alone to carry you forward in this sport. In other words, don't use them as an excuse for a lacking diet. Supplements should be just that. Just supplements to a balanced diet. Supplement with whey and casein, but don't expect it to bail you out if your diet is lacking in solid protein sources. You need a variety of protein sources in your diet such as beef, chicken, steak, salmon, and tuna. Just like with your workouts, switch your protein sources around for optimum growth!

8. Thou shall not ignore cardio.

Cardio increases your overall cardiovascular state, which is crucial in compound exercises such as squats, pull-ups and dead lifts. If your lungs can't process enough air, you'll be exhausted by oxygen depletion, not muscular failure, by the end of your set. Your heart is the strongest muscle in the body, train it as such. Cardio sessions WILL increase your stamina in the weight room. Nothing looks more ridiculous than a 200 lb. body builder who gets winded after he walks or jogs for five minutes. (Except maybe a 200lb. body builder with a huge upper body and chicken legs.) Try to get at least 2-3 cardio sessions per week. During a bulk, the idea is to save energy for growth, but you still need some cardio. Other wise when cutting time comes around you dread it and you have a hard time getting in 10 minutes worth. During a bulk I aim for around 2, 20 minute sessions per week. This can also keep body fat levels in check during a bulk! As for cutting I may include 3-4 sessions a week when I am trying to get really ripped. Again, just like your weight lifting routines, change your forms of cardio around. This week walk fast on a treadmill, next week use a stationary bike, next week swim, the next week run outside. This can actually shock your body into new levels of ripptitude!

9. Thou shall continue to obtain knowledge.

Learn as much as you can about body building! Read books, articles, and essays about body building, the muscular system, human biology, etc.

Observe in the gym, talk to more experienced lifters! There is always more to learn!

Use positive thinking to keep things enjoyable and new. Test and try new things.

If you get bored easily switch your routines around on a regular basis, or try a new exercise or shocking principle.

Remember body building is supposed to be fun!

10. Thou shall have no other exercises before me!

Of course.....**SQUAT!**

Squats are perhaps the kings of all exercises. Not only does it build superior muscular and cardiovascular strength and stamina, but it releases an insane amount of growth hormone in the body! Not to mention it will increase bone density, mental toughness, and produce legs that will blow the competition away!

Don't be a poseur!

Keep these commandments sacred and you will prosper!

O.S.