

## Cliff Hanger – A Four Weak Walk On The Edge

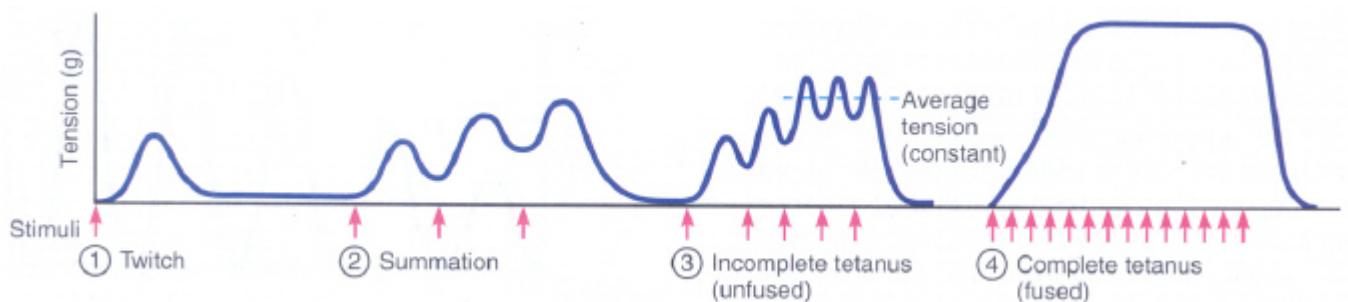
Researched and Composed by Jacob Wilson, BSc. (Hons), MSc. CSCS

### Abstract

One thousand feet in the air, with only two choices. You've battled through ruff terrain, and unending heat for one purpose, to view the world from a heightened standpoint. Only now you must face what the mind instinctively seeks to avoid: **The Edge**...Do you turn back, or press forward? If the answer is choice A, then I'd suggest [clicking here](#). Still with us? Excellent, because for the next thirty days you will walk that edge, only the cliff will be your body, and the edge will be the point to which you train each and every day. Sound intriguing? Want to know exactly what such an experience will entail? Read on.

### Tetany – Lets Fuse it!

There is a concept in the Physiological Sciences that we call Tetany. When viewed in graphical form, it appears like so:



The graph to which you have just been exposed is comprised of several stages. The first is an individual muscular contraction which appears on a desert isle, alone and unaided. That is-unlike those to follow, it is devoid of support. In the second and third aspect you are viewing what is called incomplete or Temporal Tetanus. This is defined as two or more muscular contractions spaced close enough in time so that part of their effects are combined to elicit a stronger force. Complete Tetanus is the ultimate form of contractile summation. This simply put, occurs when the contractions of a muscle fiber, or group of muscle fibers are so close in time that you can no longer distinguish between one contraction and another. The result? A peak in force so explosive that you would feel as if you could punch through a wall!

What I want you to notice is that the quality of each phase increased. The first was ok, in that the muscle produced some force, the second was better, as it increased

significantly, but the third phase was clearly at a level of unparalleled force production.

I have discussed this concept, because it is comparable in many ways, indeed perhaps directly to the single focal point in hypertrophy training. The dear, dear concept of Super-Compensation. As we know, the idea of training is one that is based on a stimulatory basis. It is a spark if you will. As an athlete, the goal is to enter your second home( the gym ) and expose your musculo-skeletal system to a threshold high enough to force a subsequent adaptation. That adaptation is based on a principle, or what some would call the actual Law of Specificity. A law which states that the human body will respond specifically to the stress it is exposed to. I.E. a cardiovascular session will yield highly adaptable responses to the heart( to increase stroke volume ), arteries( increased elasticity to store potential energy and therefore increase blood flow throughout the body ), the lungs, and gas exchange within skeletal muscles( a notion to be addressed clearly within this article ). Therefore if I inflict micro trauma in a muscle fiber, it will respond(if resources are available for repair ) by increasing its resistance to this trauma. Such adaptations will include a strengthening of the connective tissue which binds the muscle, the addition of myofibrils( the contractile units of a muscle cell) and much, much more. This of course is an extravagant way to state that the muscle will hypertrophy, or become enlarged if you will. In addition to this, the body will adapt via enhanced neural drive, by either recruiting more muscle fibers, or increasing the efficiency in which they work in unison ([click here](#) to better grasp nervous system adaptations).

In summary – Supercompensation is an adaptation which is specific to the body system taxed( be it cardiovascular, muscular, skeletal, respiratory, and even endocrine ), that, when complete, heightens, builds, or increases the body's ability to cope with that stress upon exposure to a similar bout.

The next factor, which must be addressed, is the zenith of this process, its pinnacle so to speak. As with muscular contraction, if one is to summate adaptations they must do so close enough in time to add their effects together. The can best be described by substituting the concept of tetanus, with adaptation rates.

Such a concept constitutes an extremely vital aspect of this sport. You, as a competitor need to time workouts so as to create a piggy backing effect. I say this, because your body is also subject to the law of reversals. This can be defined as- disuse leads to a retro-adaptation.

Once you have passed your peak, you will slowly revert to the level you had before the positive increase in size and strength. What then is the goal? I believe it is clear, and displayed above. How to attain this goal is another question. Lets continue

### **The Pinnacle of Super-Compensation**

Indeed there are several complications involved in mapping out ones battle plan in such an area. As has been discussed, specific adaptations occur in response to specific stimuli. In other sports, the line here is extremely clear, but it is a

combination of adaptations that leads to subsequent growth. Our focus is on stimulating escalation in red slow, red fast, and white fast twitch muscle fibers. This of course calls for a variety of repetitions, speeds and maximally taxed systems. The hypertrophy athlete must have extreme muscular endurance, strength and control at the same time. Therefore, the following workouts will encompass each of these areas.

When it all comes down to it however, this is a very brutal, and insanely taxing sport. It is a fact, that hardcore training leads to optimal gains, but it is also a fact that such stimuli call for a more complete recovery time. One of the most assured splits is one, which trains a body part every 5-7 days. This allows the athlete to train at high intensities, and summate training sessions. The following split however, will take this concept one step further. We are going to push the envelope so to speak. You see, a 5-7 day split will summate sessions, but in many ways that summation will be temporal, which overall is still outstanding, and I highly recommend this due to its clear efficiency. My goal however, within the next 30 days is to achieve complete summation, so that it is impossible to distinguish between compensatory bouts!

In order to accomplish this, we must break down the factors effecting recover into specific categories:

### **Category I - Amount of Micro Trauma Elicited Within A Training Session**

Muscular hypertrophy occurs when a specific region's level of protein synthesis exceeds its present rate of degradation. To be precise, your body must make more proteins( peptide bond amino acids together ) then it breaks down( proteins are broken down by a process called hydrolysis, H<sub>2</sub>O is added to break bonds between amino acids, thereby freeing them for other uses ). While it may seem contrary to the above statement, it is established that increased protein degradation actually stimulates its counter part to also increase.

Procedures which illustrate enhanced MPS, either directly(13) or indirectly show an increase in protein degradation. In the former, the rate of degradation is actually measured. In the latter it is accounted for by the fact that muscle growth, while it does occur, is not in direct correlation with increased protein synthesis. To illustrate this point, Kevin E. Yarasheski et al. in a study on hypertrophy showed that while muscle cross sectional area did increase significantly, had protein degradation not also increased, the net growth would have been substantially larger( 12 ).

In light of accompanying degradation, Millward et al. postulated, " *that increased rates of protein breakdown are a necessary accompaniment to muscle growth and may result from the way in which myofibrils proliferate ( 9 ).*" Indeed, it has been postulated and backed by several studies, that the greater the degradation the greater the super compensation rate ( 2, 3, 4, 6, 8, 9, 11, 12, 13, 15 )

**Note:** Proliferate - the term which Millward used is fancy Physiological way to say reproduce.

What then, or rather why do these two processes seem to be intimately linked? The answer lies in the infliction of micro trauma on an exercised muscle group. I can discuss scientific journal after scientific journal, and provide an in depth explanation for each of their findings on the spot. However, a more pragmatic solution is to simply select key journals and summarize the main points, which were found in them.

Summary – What I have done below is provide some deeper insight into the theory of why MPS( muscular protein synthesis ) is increased. I also summarize this further afterwards for a more concise understanding. Knowledge is power, which makes this process well worth it. To aspire to greatness, the mind must grow as well.

1. N. Stupka et al. in their study-*Cellular adaptation to repeated eccentric exercise-induced muscle damage*( 11 ) and P. M. Clarkson et al. in their study on *Exercise-induced muscle damage, repair, and adaptation in humans*( 12 ), both showed that high tension exercises induce muscular damage to muscle fibers. This, stimulates the cell to degrade damaged areas firstly and then mend these areas. This mending process is a direct reflection of protein synthesis. Therefore, micro trauma causes a cell to first break down certain proteins, which are damaged beyond repair, before the rebuilding process can occur. This highlights why degradation is a necessary process. Additionally it was discussed that eccentric exercise causes greater hypertrophy then concentric. This will be examined shortly.

2. Tibor Hortobágyi and company, in their study *Normal forces and myofibrillar disruption after repeated eccentric exercise*, tested subjects by working their knee extensors with pure eccentric contractions( 16 ). They found that myofibrillar disruption, or damage, caused firstly a decrease in immediate strength following the workout. However, during recovery, while degradation did increase, protein synthesis increased to a greater rate. Thus, the synthetic rate is the great supercompensatory champion. Furthermore, after the second bout, the participants not only gained strength, but they recovered much quicker then their first bout. Showing that the tension or stress caused by eccentric exercises caused micro trauma. By increasing myofibrils and strengthening connective tissue, they were able to better resist subsequent stress placed on the muscle group.

3. In a long term Study on Eccentric vs. Concentric exercise, Elizabeth J. Higbie et al showed that both concentric exercises and eccentric exercises increased muscular hypertrophy as an adaptation to resistance training. However, the latter showed more growth then the former.  
The question is why?

4. The general hypothesis is that Eccentric exercise inflicts more damage, and therefore elicits a greater adaptive response. M. N. Stupka et al. used an ingenious protocol to demonstrate this(14 ). Each participant in their study trained the triceps through overhead, one arm extensions. One arm was trained eccentrically, while

another concentrically. When a biopsy was taken, the eccentrically trained group showed 81.7 % damage of the fibers analyzed, while the concentric group displayed a 32 percent damage ratio( 14 ). When I say damage, I am speaking of Z-Band disruption, and sarcomere misalignmen. This data is extremely similar to other studies on muscular hypertrophy( 5, 12, 14, 16, ).

5. I will answer why this is the case in a moment. However, what I want to illustrate to you, is just how specific an adaptation can be. You see, it is not only region specific, but actually specific down to the level of the organelle( the components that run a cell ). You see, regional degradation causes absolutely amazing cellular responses! Both Stephen Welle et al. and A. Chesley et al( 3, 15 ), showed that ribosomes actually increased their regional specificity in response to areas being degraded. Let me clarify this. When a certain myofibril, which is a muscle cells contractile unit, experiences damage, which is directly linked with the break down or degradation process, the cellular machinery, responsible for protein synthesis increases the rate at which it synthesizes proteins in the areas, which need attention. In fact, Horne Z et al. stated that their results indicate that " increased association of ribosomes with the myofibrils occurs during muscular hypertrophy( 7 )."

Ribosomes are responsible for synthesizing proteins( discussed further in article ).

6. What then is the problem? Simply put, protein degradation, while it is necessary, is still opposite that of MPS. Therefore, we should minimize unnecessary degradation at all costs. In other words, this does not imply to starve yourself just so you start breaking down protein. But rather, to point out that it is a naturally occurring process that the cell goes through to degrade certain damaged proteins before building them to withstand greater thresholds. And to illustrate this fact, muscle fibers actually increase their ability to specifically degrade proteins, without breaking down others unnecessarily. An extremely intriguing reflection of this fact is found in the release of a polypeptide called Ubiquitin ( 11 ). This molecule has the innate ability to target a protein for destruction. If this were not the case, then unfavored degradation would take place more often. An enhancement in this area would heighten organization, and speed necessary, and complex degradation processes ( 11 ). An increase in speed in this area would allow the cell to repair itself completely that much faster.

7. I must make it clear that concentric training does lead to increased hypertrophy, and will be a vital tool. However, it is a fact that eccentric training will damage more myofibrils than concentric, and study after study has linked this to enhanced growth. There are several reasons why eccentric exercises can lead to a higher disruptive outcome. The first of which is centered on the actions being performed. A concentric movement is based on a shortening of the sarcomere units, while its counterpart involves lengthening. D. L. Morgan states that, "*There is general agreement that longer stretches cause more damage. In contrast, shortening over the same range of lengths does not cause any damage*( 5 )." Thus, while shortening exercises can damage the muscle via high tension on activated fibers( 10 ), eccentric can cause tension and damage to the muscle due to an over lengthening effect. And, I discussed this in last months article on non-uniform hypertrophy. Essentially, your muscle cells, much like your body have a skeleton( deemed cytoskeleton ) which protects them. Stretching the muscle fiber can disrupt this skeleton to a higher extent than concentric contractions( for more information on how this occurs [click here](#) ). To compound the above situation, eccentric contractions recruit a lower

number of motor units than concentric movements. N. Stupka et al. showed a 40 percent less recruitment of muscle fibers eccentrically, then concentrically. Yet, the former had the ability to handle a greater load( 11 ). S. Staron and company illustrated this perfectly, by showing that the average concentric strength on the cybex knee extension machine was 65 kg, while the average eccentric strength was 78 kg( 13 ). Eccentric training can therefore handle higher tensions, and distribute those damaging effects onto a smaller amount of fibers, thereby causing greater total disruption.

**8.** As stated, there is an elevated level of protein synthesis, which spurns growth. And it is specific to the region being worked. I.E. A. Chesley et al. had two groups train the biceps brachii( through weight lifting ) of one arm, while not applying the stimulus to the other. Group A's experimental arm's rate of MPS increased to a rate that was 50 percent higher than the control arm, while group B's escalated to an astounding 109 percent above its resting counterpart( 3 ). It is fascinating to note, that the adaptation of increased myofibril synthesis is not regulated to any one age group. Both Kevin E. Yarasheski et al. ( 8 ) and Debbie L Hasten et. al ( 4 ) placed men and women, at the latter ages of 76-92 on resistance training programs. These studies demonstrated increased muscular protein synthesis, enlarged cross sectional area and increased strength in the trained muscle groups. It has also been shown that MPS actually peaks. The athlete will want to keep these levels heightened. Seksi would sum this up nicely I believe by stating the following " Increased MPS = Increase Muscle Growth. "

**9.** However, disuse also plays a key role in the process. Which is why I discussed that one can lose their gains quickly in this sport, if time is not monitored properly. An extreme, but perfect example of this is displayed through the process of bed rest. Arny A. Ferrando et. al. tested the effects of bed rest on strength and protein synthesis( 2 ). In this study, one group of individuals adhered to strict bed rest for 15 days. They simultaneously had a second group endure the bed rest, with the exception of a resistance training session performed every other day for the knee extensors. Consequently, the strict group had a 46 percent decrease in protein synthesis in the knee extensors, while the training group maintained their starting synthetic rates( 2 ). This shows that a lack of muscular tension can and will lead to atrophy, while resistance training, which calls for high tension levels can maintain synthesis in even the most docile of situations.

## **Summary of The Summary**

What we found above leads us to some very basic conclusions. Firstly, the breakdown of proteins caused by resistance training, stimulates an increase in the rate at which protein is synthesized. The Studies which have shown an increase in degradation( break down of proteins ), have shown a subsequent and dramatic increase in protein synthesis( the building of proteins ),. It is thought that localized, and very specific protein breakdown, stimulates the definite area to drastically increase the rate at which it builds proteins, even 100 plus fold! This is backed by the fact, that ribosomes, which are the organelles or machinery in the actual cell which are responsible for making new proteins, actually increase their association, or

intimacy with the myofibrils that were worked, and this is directly linked with muscular growth( this shows why it is necessary to target all of your muscle fibers )! The body is amazingly designed to adapt, so as to only break down damaged proteins, and not unnecessarily lose needed muscle. It would be wise for the hypertrophy athlete to follow their body's role by eliminating unnecessary catabolism.

Increased synthesis of proteins is the key to muscle growth. This increase actually peaks after resistance training. Using the concept of summation, we will attempt to fuse together these peaks in successive training sessions. It is also demonstrated, and this fact can be referenced 1, 000 fold, that disuse leads to a decrease in MPS. This is the de-training effect. What must be understood is that bodybuilding is a vicious sport, which is designed for vicious athletes. In order to maintain consistent gains, one must continually strive for higher and higher levels. Adding two and two together, we can therefore conclude that if increased protein degradation is the key, that we should create as much as possible, each and every training session! While I love this concept, this is not going to work to your optimal benefit. Although for those of you who did conceive the idea I applaud you. Those are the guts which must be displayed by the Iron Warrior. As a study above indicated, a group, which was maximally taxed eccentrically, had a 50 percent greater ratio of muscular damage, then did a group trained with less intensity. It is quite obvious that the former will need a greater recovery period then the latter. And, unfortunately, our bodies can over train. Which means, that destructive workouts( in a good sense ) may be cycled up to. Actually, within the frame I am providing they will need to be cycled. This is due to the fact, that I am attempting to summate workouts in space, and I am attempting to do so with each individual body part found within your integral complex of muscle groups.

This therefore brings us to the following point – The more hardcore the workout, the higher the adaptation, but the greater the need to recover will be. And secondly, if this process is performed relentlessly, and one does not back off slightly( hey we are riding the edge here ), then waves can actually backfire. Meaning your body's systems, from the endocrine to the muscular will rebel. And finally, it is important to note, that a lighter training session is less prone to such overtraining jaunts. Additionally it takes less time to recover from! This, my friend is where the game plan is about to come into play! You see, if an athlete can use short and high wave cycles, then they can still summate workouts, without the downfall of overtaining. I will take this one step further however. I propose to actually build your workouts in a step like fashion, with each step representing a different phase of intensity, all climaxing to a maximal adaptation, while each median workout allows you to still progress to your climb to the top. We will get into this further on in the article. You see, I not only want to provide a workout, but I want to get the juices flowing. These concepts can also be applied to other programs that you will design in the future. This sport is all about pushing your limit. As Old School has stated, this is a war, and your enemy has the ultimate weapon. Homeostasis!

## **Category II – Size and Fiber Makeup**

There are three basic muscle fibers. Their characteristics can be broken down into two areas however. The first are red muscle cells. These are red for several reasons, three of which are most prominent:

1. Greater Vascularization – This is to say, that these cells have a greater supply of blood vessels, and thus a greater supply of blood, giving them a more red appearance.
2. Myoglobin – This is hemoglobins little brother, in that it is a smaller protein, but still carries Oxygen. Red fibers contain more of this protein carrier in their cytosol. As with hb, when myoglobin is bound to O<sub>2</sub>, it goes through an allosteric( shape changing ) reaction which gives it a pink-reddish hue.
3. It is richer in Mitochondria, which again gives it such a distinct color.

The second fiber which will be discussed are white cells. The reasons for their appearance are as follows:

1. Less Vascularization – Nuff said
2. Greater Glycogen Stores – Cellular Respiration is how we turn a molecule of glucose into several molecules of ATP. There are distinct stages within this cycle. The first is Glycolysis. This is a stage in which Oxygen is not needed to produce ATP. Hence it is an anaerobic( devoid of O<sub>2</sub> ) process. With less vascularization, these cells will depend highly on this phase of ATP production. Therefore, they must store a high amount of Glycogen. This is your muscles stored form of glucose( long chain of glucose molecules ). The color of this polysaccharide, as you may have already guessed is white.
3. Less Mitochondria

**The difference between the two?** Simply put, red fibers can produce more ATP and sustain longer activities than white can. White however, is an expert in Anaerobic activities and is therefore a specialist in any explosive, or strength type of movement, in which O<sub>2</sub> is simply not available. The downfall of course is that these fibers are extremely easy to fatigue.

The second factor, as I have discussed in the past is how quickly a muscle fiber can break down ATP. As you know, contraction of a muscle cell is based on two filaments. These are myosin and actin. Myosin breaks down ATP, and binds to Actin to create tension, or force against a certain resistance. Here is the plain fact of the matter. Myosin can never, ever, ever, bind to Actin while it is still bound to ATP. It must first break it down into ADP + a Phosphate. The quicker it can break down ATP, the quicker it can bind to actin. There are two basic kinds of

Myosin ATPase( any time you see use it is an enzyme, remember an enzyme speeds a chemical reaction, in this case that reaction is the breaking down of atp ). They are the so called fast and slow Myosin ATPase's. Fast twitch fibers contain the

former, while slow contain the latter. Its that simple.

This is where the three muscle fibers take their origins. The first is of course Type I – Red Slow Twitch. These are specialized at aerobic, endurance activities. The second is Type IIB – White Fast Twitch, which are extremely fatigue-able, but extremely large, and extremely strong!

And finally the third are Type IIA – Red Fast Twitch, which, as their name implies are intermediate.

Difference In Recovery – Consequently, the recovery rate of each fiber is in order. Slow recover quicker then fast, its that simple. Much of this is due to a greater blood flow. The greater vascularization allows for greater exchange of nutrients. This is actually very much under your control, and you can increase the amount of capillaries drastically to each muscle. To read more on this subject, I would refer you to the following article by [clicking here](#). If you induce capillarization( the creation of new capillaries ) then you can increase your recovery between workouts. This will be included in the workouts provided in this program. The point therefore is threefold.

1. Muscles with a higher ratio of fast twitch fibers tend to recover slower then predominantly slow muscle group. Therefore the hamstrings-a fast twitch dominated muscle group, will recover slower then the soleus which is commonly 98 percent slow twitch in makeup.
2. These factors can be manipulated, and will be.
3. Our goal is to individualize in this program. This means, I want each individual muscle group to ride the supercomensatory wave, in its optimal zone. Which means that you will work some muscle groups more frequently then others. Effectively giving you more bang for your buck ( those protein shakes are costly )!

### **Category III - Relative Size of The Muscle Being Worked**

The larger the muscle group, the more difficult recovery for it becomes. It is for this reason that many bodybuilders run smack dap into that dreaded wall-deemed the plateau. As each of your muscle group's enhance in size they are harder to maintain, much less increase in size.

Which again leads me to state that we must guard against such unnecessary pitfalls. You can do so by paying special care to add to your capillary networks and mitochondrial density. I linked to the former already, but here is a link to how to increase the latter-[click here](#). Once again the conclusions reached are:

1. Each athlete must increase both capillaries and mitochondria to support future growth

2. Larger muscle groups, by nature need more recovery time than their smaller counterparts. Therefore, the latter can be trained more frequently than the former.

There are several other factors effecting recovery, but I will take them into account throughout the game plan, a concept which is presented next.

### **Strategy And Game Plan For The Cliff Hanger Routine**

The strategy as discussed is to live on the edge, you are, for the next thirty days a virtual cliff hanger. However, if this is to be the case, you must adhere to strict guidelines. The key word within this program is regulation. You must regulate diet, sleeping patterns, and amenities to a T.

Lets begin however by discussing your split.

**Double Split Training** – This style of training is nothing short of sheer genius. In most sports it is known as a dreaded “Two A Day.” In the sport of bodybuilding it is known as double split training. The concept is based on several key aspects. Firstly, when training more frequently, which I confess will be the name of the game this program, one can focus more intensely on a particular bodypart, then if they were to cram two workouts into one session. The Austrian Oak put it this way:

“ In The Army, when I had trained six hours continuously, I found that I could never handle the kind of weight I wanted to use. But by splitting up my schedule, training arms and shoulder in the morning, resting for a few hours and eating at least two substantial six-course meals, then going back to train my legs, chest and abdominals in the evening, I discovered I had plenty of energy to handle a lot of poundage. It was like a whole new workout on a different day. I was rested, my energy was back, and my mind was ready for it.

At first, nobody paid much attention to this split routine, except to knock it. They thought I was stupid to train twice a day. They said I’d get over trained, that my muscles would start to deteriorate. I ignored them. I kept pushing myself and growing, and growing fast( 1 ). “

I fancy myself a historian of the sport; I study it, from its inception to the present day. If there is one constant, it is that being hardcore has always been questioned. I very much like Arnold’s response to his critiques-“ I ignored them. “ His result was continual growth, so continual in fact, that he ended out developing the greatest physique to ever grace the stage.

That is the essence of what the split to be used for this workout will be. To more thoroughly explain it however, I will give a few examples. Lets say that you work chest and triceps together in a particular workout. You would instead work pecs in the morning and tris at night. The advantage of this actually exceeds the increase in intensity. It is a fact, that intense workouts induce higher levels of anabolic hormones. For example, if you trained once a day you may get one extra burst of GH release. If you trained twice, you would double this! Another aspect is insulin sensitivity. Though athletes may gain fat on a bulk, much of this excess gain is due to a lowered insulin sensitivity in the evening hours. Meaning that more of your calories are likely to be stored as fat. After training, muscular insulin sensitivity is increased tremendously, and the metabolism as a whole is revved. Therefore an evening session will stoke the fire-that is your metabolic rate, when it would otherwise be going out. This leads to larger increases in muscle mass, lowered fat gain, increased hormone release, and more intense training sessions.

This method is not limited here however. When one is advanced, it becomes progressively difficult to stimulate a muscle to grow. One method that Old School has recommended is a two fold attack on a body part. For example, I may work my lower body with compound exercises in the morning, followed by isolation movements at night. I.E. squats and lunges in the morning and leg extensions and leg curls at night.

**Diet** – For this particular diet, I would recommend abc's nutritional check list. You can find this by [clicking here](#). Only I am going to institute some additions.

1. Protein Goal – I would like you to come as close as possible to intravenously feeding your body amino acids. Lets analyze a normal meal. When you reach the table and grab a piece of steak, it takes the body some time to break that macronutrient down to be used for its intended purpose. However, when drinking a whey protein shake, amino acids are provided relatively quickly. Therefore, an excellent method is to drink 20 grams of quick digesting whey before a meal to get some aminos absorbed across the GI tract. Then, immediately consume a slower digesting form such as cottage cheese, or some form of meat. You will therefore get a quick source, and a slow intravenous source of amino acids for growth and repair.

2. I would recommend utilizing Adam Knowlden's Sleep Stack. This can be found by [clicking here](#)

3. I would also state that his post workout meal is a must for optimal gains. [Click here](#) to read about his stack.

4. Seksi discussed the importance of Calcium last magazine, [click here](#) to follow his instructions.

5. I discuss basic supplements in the check list. However, Branched Chain Amino Acids are also excellent, and I will discuss within a sample schedule how to use them.

6. Depending on your goals, it is important to realize that the cleaner you eat, the less fat you will gain. Of course on high calorie diets to promote anabolism, there will be some unclean food in many cases, but as much as possible stick with low glycemic, extremely lean foods. You might spread these over 7-10 meals for maximum absorption.

Finally, stay tuned for some extremely innovative dieting programs in the future of Abc. We have plans to literally provide you with what we call- " The Anatomy of Nutrition. " And this will include in depth discussions on digestion, and also how to manipulate the endocrine and exocrine systems for maximal muscle growth.

## **Conclusion**

As a precursor to the training regimen, it was vital to cover each of these important concepts. They will no doubt be a vital guide throughout the following program. [Part two](#) of this series contains the ground work for the next 30-60 day regimen. A regimen that you will enjoy thoroughly.

Yours In Sport

Jacob Wilson [jwilson@abcbodybuilding.com](mailto:jwilson@abcbodybuilding.com)

President Abcbodybuilding / Hyperplasia Magazine

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