

# Questions and Answers

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## Introduction

I get a tremendous amount of emails everyday. I try and answer each one because I appreciate the time it takes someone to write me a letter. It's a great high for me to talk to someone about their progress, and it gives me a lot of insight into what works and what doesn't. So I've decided to feature a few of the questions I get each month in the current issue of Beyond Failure Magazine.

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## Get Growth In Your Pecs With This Rare Technique!

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**Question:** Dear Mr. Wilson

I've done some research on the chest so I can get more gains and I heard that the pec deck( fly machine ) can build a larger chest because it gives you a longer range of motion that normal dumbbell flys. The problem is that I work out at home and only have dumbbells, barbells and a bench. Am I stunting further growth by not using this? And is there a way to make up for not having a fly machine? I am really serious, about doing whatever it takes to get gains! Thank you very much!

**Answer:** As for your question, you are correct in assuming that working your chest in a fuller range of motion can create tremendous growth. You see the chest originates from points along your sternum and rib cage and inserts via a thick tendon to the humerus, or upper arm bone. The chest is responsible for pulling the humerus forward and across the midline of your chest. The longer you make this range of motion ( under resistance of course ) the greater your overall chest development will be.

The pec dec provides a tremendous range of motion, but I will share a secret that will allow an even greater range than this, and you can do it in your own home and get better gains than you would with the machine you lack!

**Instructions:** Get yourself a 2"x4" board, that's approximately 2 feet long. Now round the edges on one side of it with a rasp, place the flat part facedown ( lengthwise ) in the middle of your exercise bench, lie back on the board with your spine directly over it, then perform exaggerated range-of-motion flyes with a pair of dumbbells. Believe me, this may sound strange, but using a board under your back like this will stretch your pecs so much that you should probably start out with lighter dumbbells at first! For if you don't, you are going to be one extremely sore puppy the next day!

Good luck and keep me updated on your gains!

## I Can't Breathe!

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**Question:** Dear Jacob,

I want to get the most out of my weight lifting experience and I know breathing technique is important. My question is why is it so important and also how should I breathe during an exercise?

p.s. your site is the best there is in bodybuilding!

**Answer:** The main importance during an exercise is to **not hold your breath in!** However the concept or technique for breathing is not too difficult. You need to inhale on the eccentric( lowering of the weight ) portion of the repetition and exhale on the concentric( raising of the weight ) portion of the rep. You may have to think about this for a few workouts, but it will become second nature very quickly!

You also asked why its so important. A problem that most people don't consider when lifting heavy weights is that holding your breathe can actually make you pass out. You see, when you hold your breathe pressure gets built up between your neck and abdomen ( intrathoracic ) and prevents blood from flowing to your brain. Within a few seconds this lack of blood flow can lead to a black out, and when that happens serious injury may obviously result.

Do I need to paint the picture of what would happen if you were doing a one rep max on your bench and blacked out!? However, this is simple to avoid, simply exhale as you exert and no pressure will be built up.

## Get Huge Shoulders Without Presses!

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**Question:** Hello Jacob,

I would like to thank you for providing the best site by far on the internet today! Its helped me in more ways than you can know and its also helped my workout partner and several of my friends! My question is about my shoulders though. I cannot do any pressing movements for them because of a surgery that has stopped my ability to press overhead. However I can do any lateral movements and have even been cleared by my doctor to do them. My question is, can I still develop huge shoulders without overhead presses?

**Answer:** The deltoid's main function is to lift the arm. Begin to think of it not as one muscle, but as three! The anterior ( front delt ), medial ( side delt ), and the posterior ( rear delt ). When you design a routine simply select lateral movements that target each of these muscles separately. By doing this you will be able to still pack on just as much mass, as you could with presses. In fact, because people

neglect lateral movements so often, you may have an advantage over them, as you will prioritize them. Here is a workout to get you started!

medial head: I like to stress the medial head first, because it is my favorite aspect of the deltoid.

4 sets of [standing side lateral raises](#) supersetted with bent arm side laterals( description below ).  
( 10, 8, 6, 10 )

This is one of the best mass builders I've ever performed! You know how to perform side lateral raises. Once you reach failure in the targeted range of motion, bend your arms with the same dumbbells still in hand. You should look as if you were steering a wheel with both hands parallel to each other. In this position lift the dumbbells in the same lateral motion that you did before, the only difference is that your arms are bent. Now perform the same amount of reps that you did for the side lateral raises. This superset takes the utmost concentration and willpower as it will test your pain threshold 2 fold! I like to imagine myself as an artist and as the exercise intensifies I am carving a deep line into my side deltoid!

anterior and posterior deltoid

3 sets of [bent over rear delt raises](#) supersetted with 3 sets of [standing front lateral raises](#)( perform these alternating). ( 12, 10, 8 )

This is one of my all time favorite shoulder molders. You start by choosing a weight that you can perform bent over laterals for 12 repetitions. Following this you will stand straight up and perform 12 reps on each arm of standing alternate dumbbell laterals! This will create one of the most intense mind blowing pumps you've ever experienced! And you'll love every minute of it, once you see the results that culminate from this stimulus!

Follow that workout and you will gain mass as quickly as you ever thought possible!

## 12 Weeks To Burning Fat The Workout Re-Vamped!

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**Question:** I can't stand taking weekends off, and I've gotten great results from the 12 week program, but is there a way I can workout at least one day on the weekend as well? Thanks, by the way I've lost 15 pounds and am half way through!

**Answer:** 15 pounds! How fantastic is that!

The split you are using can easily be adapted. In fact I am glad you pointed this out, because I am going to add this to the article itself. The new split I would recommend would consist of the same workouts, just in a different order.

Monday: chest, shoulders, triceps

Tuesday: cardio, abs

Wednesday: back, biceps, forearms

Thursday: Quads, Hamstrings Calves  
Friday: off  
Saturday: Start the Cycle over

Its brutal, but it will allow you to pump iron more frequently and if your not a big fan of cardio then this is your split.

## Should I have a cut off time for Eating?

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**Question:** Hello Jacob,

Is there something special about not eating before you go to bed? Or having a cut off time, like at 6:00? I'm asking because a personal trainer at my gym said I'd get great results by simply stopping eating at 6:00.

**Answer:** I often wonder where people like this personal trainer became certified?? It is a myth. There's nothing magical about not eating before bed. If you follow the "don't eat after 6" adage, you are going to eat less calories for the day, all else being equal -- that is why it helps you lose weight. Simply take your calories into account everyday and you can accomplish this in a more scientific fashion. I eat almost right before bedtime. Remember, every time you eat your bodies temperature rises and you burn more calories, this is called thermogenesis. Which is just another reason to eat frequently. The key, however is to eat extremely complex carbs at night. In fact, while dieting I will often only eat leafy greens for my last 2-3 meals.

note: also take in mind that you will be fasting all night long. You do not want to pre-maturely start this horribly catabolic process.

## Inner Biceps and Stressed Forearms When Using Straight Bar

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**Question:** Dear Jacob,

I am not sure how to place extra stress on the inner biceps. Do I do closer grip curls or wider grip? Also I have absolutely no problem using the straight bar, but my friend after several sets of heavy barbell curls feels sharp pain in his forearms. I haven't had this problem, but would like to avoid it, any advice?

**Answer:** In order to target the inner biceps, you need to perform wide grip barbell curls.

As for your second question I would suggest two solutions.

**A.** I would suggest that he switches to a cambered/easy curl bar. This will take the unnatural stress off of his forearms. And after a month of this he may be able to return, but be mindful of the area.

**B.** I also understand the rush and power that the heavy barbell curl can create. I actually have a similar problem with stress. What I do is to warm up much longer so that my forearms are completely loosened up. In fact sometimes I may do a few sets of extremely light weight reverse and normal wrist curls to warm the area up better. What I will do is give you an example of what I might do to incorporate heavy barbell curls, without over stressing my forearms. In order to warm up I will pyramid up in this fashion

20 reps easy

12 reps semi easy

8 reps somewhat challenging

then I will get one rep with the weight I want to work with to get a feel for it.

Following this I collect my thoughts and get a triple drop set of barbell curls. This is quick and brutal and not long enough to stress out my forearms. It satisfies my biceps hunger for the cold steel of the straight barbell curl and keeps my forearms in perfect condition. Where as if I did endless sets it would definitely affect my forearms at this stage. Following this I will perform my normal biceps routine.

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