

Yumon's Diet and Training Regiment

SUPPLEMENTATION

Finances do not allow me to supplement as regularly and consistently as I would like. Still, however, when I do supplement, I usually stick to the basics, i.e. whey protein, multi vitamins/minerals, amino acids, etc...Nothing fancy.

DIET

Pre-Contest mode

My diet does not change much when I am transitioning from the off-season to contest preparation. All I do is remove the sugars and fats from my diet.

Off-season (bulking)

I do not diet during the off-season. My fast metabolism allows me to eat what I want year round' and still stay lean.

TRAINING PROGRAM

Pre-Contest (within 10 weeks of a contest)

Split:

Monday – Chest & Triceps
Tuesday – Shoulders & Traps
Wednesday – Off
Thursday – Lower Body (Excluding Calves)
Friday – Back, Biceps & Calves
Saturday – Off
Sunday - Off

Note: During Contest Preparation, all workouts are followed by 30 – 60 minutes of cardio.

Workouts

I engage in competitive power lifting during the bodybuilding off-season. The following is a sample push, pull, lower body (power lifting) split...

Monday

Strength Training for Back, Power lifting (Pulling Muscles) Routine...

Primary Exercise

Dead lifts: A sequence of progressively heavier warm-up and prep sets are followed by a max effort (initially un-attempted) lift; i.e. a peaking set

Assistance Exercises

Bent Rows (overhand Grip): 3 or 4 sets with progressively heavier weight

Lat Pull downs: About 3 powerful sets with the repetitions ranging between 4-8

Auxiliary Exercises:

Barbell Shrugs, Barbell Curls

Wednesday:

Strength Training for Legs...

Basic Squats: A sequence of progressively heavier warm-up and prep sets are followed by a max effort (initially unattempted) lift; i.e. a peaking set

Assistance Exercises

Front Squats:
2 or 3 sets with progressively heavier weight

Zercher Squats: 2 or 3 sets with progressively heavier weight

Auxiliary Exercises (Not Necessary):

Leg Extensions, Hamstring Curls, Calf Raises

Note: The leg press can also assist in strength training for legs. It is, however, not a necessary exercise.

Friday

Primary Exercise

Flat Bench: A sequence of progressively heavier warm-up and prep sets are followed by a max effort (initially unattempted) lift; i.e. a peaking set

Assistance Exercises

Incline Bench:
3 or 4 sets with progressively heavier weight

Overhead Presses:
3 or 4 sets with progressively heavier weight

Auxiliary Exercises:

Seated Side Laterals (Dumbbells): between 3&4 sets Skull Crushers: between 3-6 sets.