

PVBM Healthfirst
presents
BUILDING LEAN MASS

The Key to Fat Burning & Sport Performance

In review of our previous lecture, a pound of muscle needs about 50 calories per day to survive, as opposed to only 2 calories for a pound of fat. If we could gain five pounds of muscle while losing five pounds of fat, we would still weigh the same. BUT, your body now needs an extra 250 calories per day of which, at rest, about 70% (175 calories) come from fat.

Because athletes use steroids to build lean mass, we must study the effect of muscular growth induced by steroids to determine a healthy alternative that works. Steroids are not only dangerous, but also illegal by law, and unfair in competition.

WHY DO ATHLETES USE STEROIDS?

According to *Michael Yessis, Ph.D.*, after reviewing documentation of Soviet practices, the reason is faster recovery time. In fact, according to this study, the Soviets believe that strength is NOT the main physical quality that athletes must possess. A close study reveals that a combination of strength and speed is the key to success. So how quickly you can exert your strength followed by how much strength you have, are the secrets to athletic performance. This is not only a matter of strength but is a direct result of flexibility enhancing power.

So back to recovery. On steroids the body recovers and/or heals itself after a heavy workout much faster. Because of this, you can do more work than a person not on steroids can. The key here is to teach the body to recover between sets, NOT REST! How much rest is appropriate? A good rule of thumb is 10 breaths for major body parts such as legs, chest, and back; and 5 breaths for smaller parts like the arms and shoulders. The need for the muscles to recover combined with this forced oxygenation has a very positive effect on reduced recovery time.

NOT SO FAST

Remember that muscles have memory and the body has an incredible ability to heal itself. On top of that, add former *Mr. Olympia Larry Scott's* promise, I can help anyone to a 20% strength gain during the same time period that they would have spent on a steroid cycle. His secret is FORM! How many athletes do you have who move tremendous weights through a very limited range of motion? You must use the proper lines of force (joint alignment) and the widest possible range of motion for every exercise.

IS THERE REALLY AN ALTERNATIVE TO STEROIDS? YES!

Simply stated, superset all exercises allowing for a minimum of rest between each set and demanding absolute perfect form. Begin the workout with free weights to build power, coordination, and explosiveness, then follow with machine weights for muscle isolation. The muscle thinks it is lifting 200 lbs. while the joints and ligaments know it is only 100 lbs. More importantly, more time is spent in the

burn zone where major progress is made. Using the example below, to build "Mass & Strength", you must raise the weight if you can make 8 reps and lower it if you can't make 6.

PLEASE USE THE FOLLOWING REPETITION GUIDELINE

TO BUILD RAW STRENGTH	SETS OF 3 - 5
TO BUILD MASS & STRENGTH	SETS OF 6 - 8
TO BUILD STRENGTH & ENDURANCE	SETS OF 8 - 10
TO BUILD ENDURANCE	SETS OF 10 – 15

You can teach the body to rest, or you can teach it to recover. The example to the left below represents three sets of an exercise with a two-minute rest between sets. The example on the right below represents the same number of sets with a five-breath rest. This approach will:

**Teach the body to re-oxygenate / recover more rapidly.*

**Fool the muscles into believing that the weight is much greater than it is, thus reducing the chance of injury associated with heavy lifting.*

**Spend more time in the all-important Zone Of Progress.*

THE BOTTOM LINE

More Work

Less Time Spent

More Progress

Fewer Injuries