

Advanced High intensity Muscle gain system in only 15 minutes per day!

We teach our clients an easier and very advanced system of training that takes only 15 minutes of weight training yet its equal to the typical 1 ½ hour session. Why is it that most trainers don't share this revolutionary system with you?

Honestly, I don't know although I guess it might affect the amount they could charge you per session or they may have ignored or not read the recent studies showing that one set per body part has proven to be as effective as multiple sets in 28 out of 30 studies reported in sports medicine journals.

Our system also employs rarely used or the often misunderstood method of "Forced negative repetitions". A system I discovered in an obscure journal over twenty years ago. It is based on the principle described by Arthur Jones, inventor of Nautilus, who said that we are 20 to 40% stronger on the lengthen or eccentric contraction then we are on the shortening phase or concentric contraction. The set proceeds as follows: Lift the weight up and be sure your joints feel right, Now on the second

repetition, during the lengthen phase is where you have your training partner push the weight down as you fight the weight on the downward direction. For example, while you are letting the weight descend downward during bench press you are to fight the weight and added resistance placed by your partner pushing down on the bar while you fight it with all your strength slowly allowing the bar to descend.

Immediately and without rest your partner helps you lift the weight back up (just enough to allow smooth continues movement) to the starting position again, where upon you fight it down again as he pushes down.

We often combine these negative forced reps with pre-exhaustion (isolate on a smaller muscle group by performing exercise on a smaller muscle group such as pec flies, followed by the compound muscles, such as chest bench press without rest between the exercise. I might actually have the dumbbells under the bench set at the bench press so that I can perform the set of butterfly's while my partner guides me through the set for 8 reps then immediately

without rest do the bench press movement for another 4 to 8 reps while my partner is adding negative and forced reps.

Forced reps is where your partner feels you getting weak as you are shortening or performing the concentric contraction and assists you slightly lifting the weight with you as be sure you complete the movement beyond momentary muscular failure.

This assistance is needed because you will find you have more strength left to continue with assisted negative and forced reps to the point where you reach complete temporary muscular failure; first in the positive direction-shortening concentric and last the eccentric lengthen contraction.

When you use forced reps and forced negative reps you rarely will have anything left for that exercise or muscle group after one or two sets. If you do a second set, you could, to make it easier on your partner, lessen the weight with the next set using a principle called pyramiding down or up.

Pyramiding down in weight is done because you are already fatigued in that muscle and it shouldn't take much to finish and reach the level of fatigue that you

are seeking. Pyramiding up is done when you feel really strong and the previous weight used felt too light and you increase the weight with each set while decreasing the number of reps.

The advantage of adding forced negatives with forced reps and pre-exhaustion method is it will hit 100% of all the muscle fibers being worked. The body normally only engages about 20 to 50% of the muscle fibers to perform the exercise.

This reduced engagement of muscle fibers is a normal adaptation to allow the muscle to not get fatigued and to continue to rest fibers while other fibers work. With our system we trick the muscle so it can't rest, and it will be forced to use all the muscle fibers with every set, and to grow stronger rapidly.

The caution here is to realize that you will be pushing the muscles much harder than usual training and that the tendons (connection of the muscle to the bone) need time to get stronger. It often takes tendons more time to catch up to the growing strength of the muscles, so some soreness may be experienced at the site of the muscle tie in.

This type of intense training is for advanced athletes or for intense people who like the quick intense feel of the power and burn. I have had 50 to 60 year old women who never trained a day in their life get the biggest thrill using this system and I've had world class athletes comment in amazement how intense the system is and they have never experienced anything like it.

The workout lasts only 15 to 20 minutes (with two partners training up to 30 to 40 minutes) it is psychologically easier to give 100% effort and not waste all your body energy in the gym.

You know you can be done in one or two sets per exercise with about two to four exercises for different angles for the muscle group being worked. You will see and feel results in 30 to 60 days.

If you train daily with this fast system you will notice any stiffness or soreness goes away almost completely after about one or two weeks of training.

This system is so effective it allows you to reduce to training only one or two body parts per session thus getting you out of the gym in 10 to 15 minutes (two partners 20 to 30 minutes). The entire body would still be trained up to two times a week (Chest,

shoulders) (Triceps, biceps) (Back, abs) (Legs).

My friend, Skip LaCour 1995 Natural Mr. Universe trained only one body part a day to win his title. He believed he could go into the gym fresh and hit the highest intensity focused on that one muscle group. Later Skip found he easily recovered and I advised him he could train another body part later in the day and still progress without over-training. He did two sessions a day for a while, yet the last time I spoke with him at the Mr. Olympiad contest November 2000 he typically trains just one body part per day with great results.

If you are training every other day it is ok to combine (chest, triceps, shoulders) (Back, biceps) (legs, abs).

If you train only twice a week combine all upper body –push and pull in the following order with biggest muscle down to the smallest muscle groups (back, chest, triceps, biceps, legs, abs). For example, Legs are a big muscle group, so your workouts may start with legs then go to upper body.

Priority training allows you to work your weakest muscle groups first while you are fresh to get the

most intensity and help those weaker muscle groups caught up to your stronger muscle groups.

One of my training partners, Brian Sutton has been using high intensity systems as I have for over 20 years. In the recent masters competition (2000) over the age of 40, he placed 3rd in a top bodybuilding event and his girl friend, Nancy placed first in the female division.

Dorian Yates, the great British Olympian, uses high intensity training; he won more Mr. Olympians (8) than any one in history including Arnold. Dorian is considered by many to be the most massive, best built body builder of all time. Dorian learned from Mike Mentzer, my training partners mentor.

Now granted, these body builders use synthetic chemicals to get big as virtually all the top bodybuilders and strength athletes (football, track etc.).

In speaking with the legendary Bill Pearl, former Mr. Universe, now at the age of 70, he said that athletes want to start following more natural methods using natural hormones instead of the synthetic ones used in the past.

Some men and women worry about getting too muscular or big with our system, yet this will not happen unless you are genetic phenomena or you take synthetic injectable steroids (which we are opposed to). You will never get grotesquely huge. Yet, you can reach your own personal genetic potential for firmness, beauty and strength with this 15-minute high intensity system.

Unfortunately most teach old outdated systems for training. There is a tendency with most high rep training systems to pace yourself, because you know you will be in the gym for at least one or two hours (with two partners even longer!). This is the typical three to ten hours a- week wasted in weight training.

I have found as we get older that excessively long training sessions or very high repetitions at each session can put a person at greater risk for joint injury. The reason is that people start to cheat or develop poor form when lifting when they get tired with progressive reps or as the long workout continues.

Our system is so quick that you can maintain total mental focus and correct form during your sets without risk of injury. I have

never been injured in over 25 years of using this system.

I have been injured using long set, long workout routines advocated by Bill Phillips and others. In these long drawn out routines you often put out less intensity (under 20% overall effort), while your body is showing such slow progress, most people get discouraged or get injured after about a month or two and give up completely.

If you like the social aspect of going to the gym for hours every week then my rapid system may not be your cup of tea (as my British friends say).

Our system takes only about one hour to one and a half -hours a week for training with weights. You will have more time to add some aerobics: (biking, roller-blading or dancing) a couple hours a week. Your total workout per week can be reduced to 3 ½ hours as compared to nearly 8 hours a week on their system.

Our high intensity system leaves you time for a life outside of the gym, How would you like to look and feel in great shape while spending half as much time in the gym!