



# Training & Nutrition Insider

## Secrets for a Lean-Body

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## 1.0 INTRODUCTION

I hope you enjoy your copy of *Training & Nutrition Insider Secrets for a Lean-Body*. Please feel free to email this e-book to any of your friends, family, or co-workers that you think would enjoy these topics. They will surely be thrilled that you shared all of this information with them!

Inside this e-book, you're going to find various powerful strategies to make your training and nutrition program more exciting and result producing. You'll find out the truth about cardio. You'll discover some extremely effective strength training exercises, tips, and strategies. You'll even discover some new training styles that have emerged in recent years as well as some fresh ideas you've probably never thought of before. I'll also give you some great healthy meal ideas and unbiased nutritional strategies...none of that low-carb or low-fat gimmicky crap! I'm also NOT going to give you any of the same old BS that you've heard from mainstream health professionals about how you need to do endless hours of boring cardio routines, and eat nothing but bland meals like tuna and rice, or plain grilled chicken with broccoli in order to get in great shape. HELL NO!

Instead, I'm going to show you that you can enjoy life to the fullest while simultaneously building the body of your dreams and increasing your energy so that you feel like a million bucks every single day. Not only that, but you'll be able to perform like never before...whether it's performing physical tasks at home, dominating the competition on the playing field, or even performing in the bedroom! Yes, these are all just the start of some of the benefits of striving to achieve your own peak fitness.

Aside from the fact that you can take action now and improve how you look, feel, and perform, one of the most important aspects of taking responsibility for your own fitness is that you'll live a longer, happier life and reduce your risk of degenerative diseases. In all seriousness, the health condition of the majority of people in developed nations has deteriorated to such an extent that it has literally

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become a crisis. In the US, experts estimate that approximately 70% of the adult population is currently overweight or obese. That means that if you are a lean and healthy individual, you are a minority! It has literally become the norm for most people to be out of shape, overweight, and ridden with degenerative diseases like type-II diabetes, heart disease, and cancer. That's pretty sad. With as fast as obesity rates are increasing, if things don't change soon, we could very likely see 9 out of every 10 people as overweight or obese in another decade or two.

Something needs to give. People need to start taking responsibility for their own health and fitness and that of their families. Nobody else is going to do it. The billion dollar food manufacturing companies sure aren't going to do it. All they want to do is make huge profits by selling you cheap junk food, heavily refined and processed full of chemicals that are causing a cellular disaster within your body. The billion dollar pharmaceutical companies sure aren't going to look out for your health either. Hell, they want you to be sicker than ever, so that you'll have to buy more of their medicines. And the rich supplement companies won't look out for your health either. They love the fact that people are getting fatter all the time, so that they can persuade you with fancy marketing into thinking that there's a quick-fix solution and all you have to do is spend lots of money on some of their pills and you'll magically be lean and mean without changing anything else in your life.

It's pretty simple as to why the world is becoming a fatter place at an astonishing rate. For one, the population has become increasingly more sedentary over the years. Kids no longer spend most of their time running around and playing games outside. Now, they spend more time inside playing video games or surfing the web on the computer. Adults do less manual labor than ever before. Technology allows us to be lazier than ever and perform as little movement as we want on a daily basis. This simply means that we must intentionally add extra movement to our daily lives in this day and age where we're not required to do much movement any more. My thinking is...why does it have to be a chore to add movement to your daily life? It should be the opposite...you should be active because you enjoy it! For example, if you're not the least bit interested in weight training, then find

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something you do like such as swimming, rock climbing, mountain biking, or competitive sports, and enjoy it on a regular basis.

Another reason the world is becoming fatter is that our food supply has become more heavily processed, refined, filled with chemicals, and modified from its natural state over the years. Everybody thinks that they don't have time in this fast-paced world to prepare their own meals anymore, so they grab quick junk foods from corner stores, fast food joints, and restaurants. This habit makes it that much harder to stay healthy and lean, because THEY aren't looking out for your health. Only YOU can do that!

The solution is easy! First, we need to make smart whole food decisions, and prepare our own meals. Second, we need to get out and move. Our bodies are meant to move and be active on a regular basis. That's the simplest way to look at it. Now let's get down to some of the insider secrets from a fitness junkie on how you can get top notch results out of both your training and your nutrition programs.

This E-book will provide you with tons of ideas to take your workouts to a whole new level and to open your mind with respect to your diet. After you read this E-book, if you want to really step it up and discover the entire system that I've created, that 10's of thousands of people all over the world are using now for developing a lean, rock hard body, check out my [\*\*Truth about Six Pack Abs\*\*](#) program. This program is fully comprehensive with everything you need to know if you're serious about your body. *The Truth about Six Pack Abs* program is not just about doing abs exercises. It's about smart full-body training and nutrition strategies for reducing your body fat to levels so that you can finally see your abs, and bring out eye-catching muscle tone throughout your entire body.

On another note, if you haven't signed up yet for my FREE **Lean Body Fitness Secrets Ezine**, what are you waiting for? I'll send you a brand new E-zine every couple weeks giving you all kinds of hard-body tips and strategies that you can go out and use right away to get better results and achieve the body that you're

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looking for. As thanks for signing up, I will give you instant access to **several free bonuses** that I think you'll like. First, I'll give you your own personalized metabolic rate calculator that will take into account all of your personal characteristics and calculate your approximate calorie requirements for whether you want to lose weight, gain weight, or maintain. Second, I'll give you free access to five of my own secret hard-body workout routines. I guarantee these routines will take your workouts to a new level of intensity and are way different than anything you've ever tried before! [Sign up now](#) if you're not already a member. Go to the 'free fat loss report' tab at the top of the page.

Before we get into the meat of this, let me give you a little more info about myself so that you can get to know me a little better. My name is Mike Geary and I'm a nationally Certified Personal Trainer and Certified Nutrition Specialist. I'm the owner of TruthAboutAbs.com & BusyManFitness.com and have authored the internationally selling book *The Truth about Six Pack Abs*, with 10's of thousands of readers in over 100 countries world-wide. I'm also contributing writer for Muscle & Fitness Hers Magazine, a "Platinum Expert Author" by Ezinearticles.com, and have had my fitness articles published on over 1000 fitness related websites around the world. Just so you know that I'm a real person, here's a couple pics of me performing 2 of my favorite & most challenging drills...the overhead squat and the deadlift.



Alright, enough about me...now let's get to some good material!



## 2.0 TRAINING STRATEGIES



## 2.1 Bad Cardio vs. Good Cardio

It is common to hear fitness professionals and medical doctors prescribe low to moderate intensity aerobic training (cardio) to people who are trying to prevent heart disease or lose weight. Most often, the recommendations constitute something along the lines of “perform 30-60 minutes of steady pace cardio 3-5 times per week maintaining your heart rate at a moderate level”. Before you just give in to this popular belief and become the “hamster on the wheel” doing endless hours of boring cardio, I’d like you to consider some recent scientific research that indicates that steady pace endurance cardio work may not be all it’s cracked up to be.

First, realize that our bodies are designed to perform physical activity in bursts of exertion followed by recovery, or stop-and-go movement instead of steady state movement. Recent research is suggesting that physical variability is one of the most important aspects to consider in your training. This tendency can be seen throughout nature as animals almost always demonstrate stop-and-go motion instead of steady state motion. In fact, humans are the only creatures in nature that attempt to do “endurance” type physical activities. Most competitive sports (with the exception of endurance running or cycling) are also based on stop-and-go movement or short bursts of exertion followed by recovery. To examine an example of the different effects of endurance or steady state training versus stop-and-go training, consider the physiques of marathoners versus sprinters. Most sprinters carry a physique that is very lean, muscular, and powerful looking, while the typical dedicated marathoner is more often emaciated and sickly looking. Now which would you rather resemble?

Another factor to keep in mind regarding the benefits of physical variability is the internal effect of various forms of exercise on our body. Scientists have known that excessive steady state endurance exercise (different for everyone, but sometimes defined as greater than 60 minutes per session most days of the week) increases free radical production in the body, can degenerate joints, reduces immune



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function, causes muscle wasting, and can cause a pro-inflammatory response in the body that can potentially lead to chronic diseases. On the other hand, highly variable cyclic training has been linked to increased anti-oxidant production in the body and an anti-inflammatory response, a more efficient nitric oxide response (which can encourage a healthy cardiovascular system), and an increased metabolic rate response (which can assist with weight loss). Furthermore, steady state endurance training only trains the heart at one specific heart rate range and doesn't train it to respond to various every day stressors. On the other hand, highly variable cyclic training teaches the heart to respond to and recover from a variety of demands making it less likely to fail when you need it. Think about it this way -- Exercise that trains your heart to rapidly increase and rapidly decrease will make your heart more capable of handling everyday stress. Stress can cause your blood pressure and heart rate to increase rapidly. Steady state jogging and other endurance training does not train your heart to be able to handle rapid changes in heart rate or blood pressure. Steady state exercise only trains the heart at one specific heart rate, so you don't get the benefit of training your entire heart rate range.

The important aspect of variable cyclic training that makes it superior over steady state cardio is the recovery period in between bursts of exertion. That recovery period is crucially important for the body to elicit a healthy response to an exercise stimulus. Another benefit of variable cyclic training is that it is much more interesting and has lower drop-out rates than long boring steady state cardio programs.

To summarize, some of the potential benefits of variable cyclic training compared to steady state endurance training are as follows: improved cardiovascular health, increased anti-oxidant protection, improved immune function, reduced risk for joint wear and tear, reduced muscle wasting, increased residual metabolic rate following exercise, and an increased capacity for the heart to handle life's every day stressors. There are many ways you can reap the benefits of stop-and-go or variable intensity physical training. One of the absolute most effective forms of

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variable intensity training to really reduce body fat and bring out serious muscular definition is performing wind sprints or hill sprints. Also, most competitive sports such as football, basketball, racquetball, tennis, hockey, etc. are naturally comprised of highly variable stop-and-go motion. In addition, weight training naturally incorporates short bursts of exertion followed by recovery periods. High intensity interval training (varying between high and low intensity intervals on any piece of cardio equipment) is yet another training method that utilizes exertion and recovery periods. For example, an interval training session on the treadmill could look something like this:

- Warm-up for 3-4 minutes at a fast walk or light jog
- Interval 1 - run at 8.0 mi/hr for 1 minute
- Interval 2 - walk at 4.0 mi/hr for 1.5 minutes
- Interval 3 - run at 10.0 mi/hr for 1 minute
- Interval 4 - walk at 4.0 mi/hr for 1.5 minutes

Repeat those 4 intervals 4 times for a very intense 20-minute workout.

The take-away message from this section is to try to train your body at highly variable intensity rates for the majority of your workouts to get the most beneficial response in terms of heart health, fat loss, and muscle maintenance.

## 2.2 Body Part Isolation vs. Complex Movements in Strength Training

Working as a fitness professional, there is one type of question I get all the time that shows that many people are missing the big picture regarding the benefits of strength training. This popular question usually goes something like this:

“What exercise can I do to isolate my \_\_\_\_\_ (insert your muscle of choice – abs, quads, biceps, triceps, etc)?”

It doesn't matter which muscle someone is asking about, they always seem to be asking how to 'isolate' it. My first response to this question is always – “Why in the world would you want to isolate it?”

The first thing I try to teach my clients is that the body does not work well in muscle isolation. Rather, it works better in movements along a kinetic chain; that is, large portions of the body assist other portions of the body in completing a complex movement. In fact, there really is no such thing as true muscle isolation. There is almost always a nearby muscle group that will assist in some way with whatever movement you are doing. However, this article compares attempting to 'isolate' body parts via single-joint exercises to the much more effective strategy of performing multi-joint complex movements.

When you attempt to 'isolate' muscles by performing single-joint exercises, you are actually creating a body that is non-functional and will be more prone to injury. Essentially, you are creating a body that is a compilation of body parts, instead of a powerful, functional unit that works together.

Now if you really want to end up hobbling around in a body bandaged up with joint problems, tendonitis, and excess body fat, then by all means, continue trying to 'isolate' body parts. On the other hand, if you would rather have a lean, muscular, injury-free, functional body that works as a complete powerful unit to perform complex movements (in athletics or even everyday tasks), then you need to shift

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your focus away from muscle isolation. Believe me, focusing on how well your body functions will give you the side effect of a body that looks even better than it would have if you focused on muscle isolation. For example, take a look at the physiques of any NFL running backs, wide receivers, or even world class sprinters. Trust me when I say that these guys pretty much NEVER train for muscle isolation (their strength coaches wouldn't be crazy enough to let them), yet they are absolutely ripped to shreds!

Another benefit to moving away from the 'muscle isolation' mindset to a more 'complex movement' mindset is that you will find it much easier to lose body fat. The reason is that by focusing more on multi-joint complex movements as opposed to single-joint muscle isolation, you not only burn a lot more calories during each workout, but you also increase your metabolic rate, and stimulate production of more fat burning and muscle building hormones like growth hormone and testosterone.

Let's look at an example. The machine leg extension is a single joint exercise that works mainly the quadriceps, can potentially cause knee joint instability in the long run, and doesn't even burn that many calories. On the other hand, exercises like squats, lunges, step-ups, and deadlifts are all multi-joint complex movements that work hundreds of muscles in the body (including the quadriceps) as a functional unit, create more stable and strong joints in the long run (when done properly), and also burn massive quantities of calories compared to the single-joint exercises.

### 2.3 Tired of the Same Old 3 Sets of 10? So is Your Body! Discover How to Manipulate Training Variables

Everyone will inadvertently hit a frustrating plateau in their training at one time or another. You're cruising along for a while, gaining strength, losing fat, looking better, and then all of the sudden it hits. Suddenly, you find yourself even weaker than before on your lifts, or you find that you've gained back a couple of pounds. It happens to everyone. Most of the time, these plateaus occur because people rarely change their training variables over time. Many people stick to the same types of exercises for the same basic sets and reps and rest periods with the same boring cardio routine. Well, I hope to open your mind and bring some creativity to your workouts with this section!

There are many ways that you can strategically modify your training variables to assure that you maximize your fat loss and/or muscle building response to exercise. Most people only think about changing their sets and reps performed, if they even think about changing their routine at all. However, other variables that can dramatically affect your results are changing the order of exercises (sequence), exercise grouping (super-setting, circuit training, tri-sets, etc.), exercise type (multi-joint or single joint, free-weight or machine based), the number of exercises per workout, the amount of resistance, the time under tension, the base of stability (standing, seated, on stability ball, one-legged, etc.), the volume of work (sets x reps x distance moved), rest periods between sets, repetition speed, range of motion, exercise angle (inclined, flat, declined, bent over, upright, etc), training duration per workout, and training frequency per week. Sounds like a lot of different training aspects to consider in order to achieve the best results from your workouts, doesn't it? Well, that's where a knowledgeable personal trainer can make sense of all of this for you to make sure that your training doesn't get stale. Below are a few examples to get your mind working to come up with more creative and result producing workouts.

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Most people stick to workouts where they do something along the lines of 3 sets of 10-12 reps per exercise, with 2-3 minutes rest between sets. Boooooorrrring!!!! Here are a few examples of different methods to spice up your routine.

- Try 10 sets of 3, with only 20 seconds rest between sets.
- Try using a fairly heavy weight and complete 6 sets of 6 reps, doing a 3 minute treadmill sprint between each weight lifting set.
- Try using a near maximum weight and do 10 sets of 1 rep, with only 30 seconds rest between sets.
- Try using a lighter than normal weight and do 1 set of 50 reps for each exercise
- Try a workout based on only one full body exercise, such as barbell clean & presses or dumbbell squat & presses, and do nothing but that exercise for an intense 20 minutes.
- Try a workout based on all bodyweight exercises such as pushups, pull-ups, chin-ups, dips, bodyweight squats, lunges, up and down stairs, etc.
- Try a circuit of 12 different exercises covering the entire body without any rest between exercises.
- Try that same 12 exercise circuit on your subsequent workout, but do the entire circuit in the reverse order.
- Try your usual exercises at a faster repetition speed on one workout and then at a super-slow speed on your next workout.
- Try completing six 30 minute workouts one week, followed by three 1-hr workouts the next week. This will keep your body guessing.
- Try doing drop sets of all of your exercises, where you drop the weight between each set and keep doing repetitions without any rest until complete muscular fatigue (usually about 5-6 sets in a row).

There are many more ways to continue to change your training variables. This was just a taste of your possibilities. Be creative and get results!

## 2.4 Your Workouts Need Both Consistency and Variability for Max Results

In the last chapter, I spoke about the fact that you must alter your training variables that make up your workouts if you want to continuously get good results, whether it is losing weight, building muscle, or toning up.

While changing your training variables is an integral part of the success of your training program, your workouts shouldn't be drastically different every single time. If you are all over the place on each workout and never try to repeat and improve on specific exercises for specific set and rep schemes with specific rest intervals, then your body has no basis to improve on its current condition. The best way to structure your workouts to get the best results is to be consistent and try to continually improve on a specific training method for a specific time period. A time period of 4-8 weeks usually works best as your body will adapt to the specific training method and progress will slow after this amount of time.

At this point, it is time to change around some of your training variables as I described in the "exercise variables" article, and then stay consistent with your new training program for another 4-8 weeks. To refresh, some of these variables are the numbers of sets and reps of exercises, the order of exercises (sequence), exercise grouping (super-setting, circuit training, tri-sets, etc.), exercise type (multi-joint or single joint, free-weight or machine based), the number of exercises per workout, the amount of resistance, the time under tension, the base of stability (standing, seated, on stability ball, one-legged, etc.), the volume of work (sets x reps x distance moved), rest periods between sets, repetition speed, range of motion, exercise angle (inclined, flat, declined, bent over, upright, etc), training duration per workout, training frequency per week, etc.

For example, let's say you are training with a program where you are doing 10 sets of 3 reps for 6 different exercises grouped together in pairs (done as supersets) with 30 seconds rest between each superset and no rest between the 2 exercises

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within the superset. If you are smart, I'm sure you are tracking your progress with a notepad (weights used, sets, and reps) to see how you are progressing over time. Let's say that after about 6 weeks, you find that you are no longer improving with that program. Well, now it is time to change up your variables, and start a new program.

This time you might choose a classic 5 sets of 5 reps routine, but you group your exercises in tri-sets (three exercises performed back to back to back, and then repeated for the number of sets). This time you decide to perform the exercises in the tri-set with no rest between them, and then recover for 2 minutes in between each tri-set to fully recoup your strength levels.

There you have it...a couple examples of how to incorporate both consistency and variability into your training programs to maximize your results. Want to take the guess work out of all of this? Pick up a copy of my e-book today at [Truth about Six Pack Abs](#) and try the scientifically designed programs already illustrated within, and start getting rid of your stubborn belly fat now.



## 2.5 The Ultimate Hard-Body Exercise

As you may have already discovered, the squat is at the top of the heap (along with deadlifts) as one of the most effective overall exercises for stimulating body composition changes (muscle gain and fat loss). This is because exercises like squats and deadlifts use more muscle groups under a heavy load than almost any other weight bearing exercises known to man. Hence, these exercises stimulate the greatest hormonal responses (growth hormone, testosterone, etc.) of all exercises. In fact, university research studies have even proven that inclusion of squats into a training program increases upper body development, in addition to lower body development, even though upper body specific joint movements are not performed during the squat. Whether your goal is gaining muscle mass, losing body fat, building a strong and functional body, or improving athletic performance, the basic squat and deadlift (and their variations) are the ultimate solution. If you don't believe me that squats and deadlifts are THE basis for a lean and powerful body, then go ahead and join all of the other overweight people pumping away mindlessly for hours on boring cardio equipment. You won't find long boring cardio in any of my programs!

Squats can be done simply with your bodyweight or with any free weighted objects for extra resistance such as barbells, dumbbells, [kettlebells](#), [sandbags](#), etc. Squats should only be done with free weights – NEVER with a Smith machine or any other squat machines! Machines do not allow your body to follow natural, biomechanically-correct movement paths. You also perform less work because the machine stabilizes the weight for you. Therefore, you get weaker results!

The type of squat that people are most familiar with is the barbell back squat where the bar is resting on the trapezius muscles of the upper back. Many professional strength coaches believe that front squats (where the bar rests on the shoulders in front of the head) and overhead squats (where the bar is locked out in a snatch grip overhead throughout the squat) are more functional to athletic performance than back squats with less risk of lower back injury. I feel that a combination of all

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