

Big Kiwi

Muscle Building
Secrets Unleashed!



*Inside:
"The supplement that's delivering
better results than steroids"*



Introduction	1
GOALS AND MOTIVATION	8
Written by Craig Elliot http://www.Craig-Elliot.com	12
FOUR MOTIVATION APPLICATIONS	18
INTRODUCTION TO THE GYM FOR BEGINNERS *	21
<i>Have a protein drink with no carbs</i>	27
POST AND PRE WORKOUT	28
<u><i>So what do I eat before the gym ?</i></u>	28
<u><i>During My Workout</i></u>	29
<u><i>After the Gym</i></u>	30
PROTEIN FOR GROWTH	34
<u><i>Protein Digestability</i></u>	34
<u><i>Food Source</i></u> <u><i>Protein Digestibility (%)</i></u>	35
<u><i>What are Amino Acids ?</i></u>	36
<u><i>Essential vs. Non-essential Amino Acids</i></u>	37
<u><i>Why do Amino Acids matter ?</i></u>	38
<u><i>Back to Protein Quality</i></u>	39
<u><i>The Fat Content of Protein Foods</i></u>	41
WHAT TO LOOK FOR IN A SUPPLEMENT	48
<u><i>Protein Supplement:</i></u>	48
<u><i>Types of Protein:</i></u>	48
<u><i>First of all what on earth is creatine ?</i></u>	53
<u><i>So what does Creatine officially do ?</i></u>	54
<u><i>How Much Creatine Should I Take ?</i></u>	55
<u><i>How Will I Know For Sure ?</i></u>	55
MULTI-VITAMIN SUPPLEMENTS	59
<u><i>Nitric Oxide</i></u>	62
BASIC PERFORMANCE ENHANCING DRUGS	72
<u><i>Mild-Effecting Performance Enhancing Drugs</i></u>	72
<u><i>Basic Anabolic Steroids</i></u>	73
WEIGHT LOSS	75
GAINING MUSCLE MASS	77
<u><i>What I Do To Pack On Masses Of Muscle</i></u>	78
TRAINING	82
CONVICT TRAINING	84
<u><i>Chest</i></u>	84
<u><i>Back</i></u>	85
<u><i>Arms</i></u>	86
<u><i>Shoulders</i></u>	87
<u><i>Legs</i></u>	87
<u><i>Abdominals</i></u>	89
CONCLUSION	90

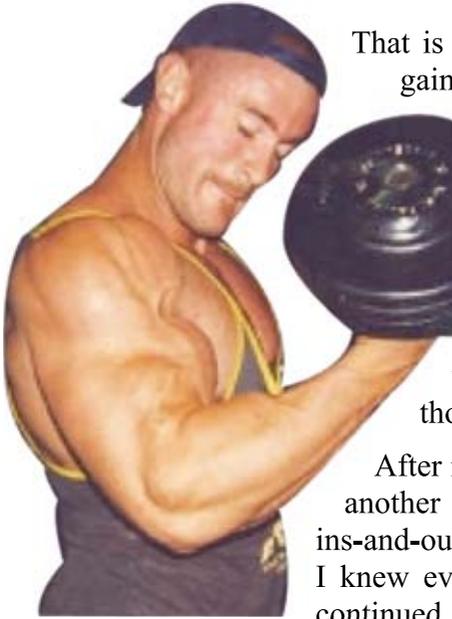
Introduction

My name is Justin Rys, a.k.a. “Big Kiwi”. I am a former Oceania, and a former Mr. Australasia. I have competed professionally against the best bodybuilders in the world, including Ronnie Coleman and Chris Cormier. I’m proud of my accomplishments, but the road to my success has been a long and difficult one. I would not have achieved my goals without my steadfast determination, motivation, and hard work. I was always a sportsman at school, and I played your typical sports like rugby and soccer. I also became a great sprinter. One day, as I was sprinting, I basically tore one of my quadriceps from the bone. The doctor concluded that my muscles were growing too fast for my tendons to keep up. As you can imagine, that put a fast stop to my sprinting career. Although I was good at athletics, I had never even thought about lifting weights until this point.



I didn’t know anything about supplements or weight training, but I started going to the gym for rehab and physical therapy. Being a sprinter, I had a lot of fast twitch muscle fibers that I thought would respond quite well to weight training.

So at seventeen years old, I started going to a gym called “Better Bodies” after school in my uniform. I really had no idea what I was doing, but I started lifting some weights and within the first three months I gained 20 kgs.



That is a ridiculous amount of weight gain for such a short period. People thought I was on steroids, but I didn't even know what those were at that stage !

I didn't know anything about muscle groups or body parts; I just thought I'd lift weights to heal my leg and get some veins to poke out because I thought that looked good.

After my first few months at the gym, another member tried to explain the ins-and-outs of weight training. Thinking I knew everything, I blew them off and continued to train the only way I knew how. After awhile, I decided it would be better to listen to someone who knew what they were talking about and I achieved even greater results.

After about five months of training I decided to talk to someone about competing in the Teenage Mr. Wellington bodybuilding show. I'll admit I was a bit nervous – being a little white boy, I thought it would be really hard for me to do well. However I did better than I thought I would: I weighed in at about two percent body fat and was absolutely shredded to the bone. People couldn't believe that I had only been training for a couple of months. I went on to compete in the Mr. New Zealand show and won Teenage Mr. New Zealand. I had so much fun running around in my underwear on stage that I thought this could be a good sport for me. It was

such a thrill to be in front of an audience and have people cheer for you. I went out there and had fun. From then on, I was hooked. I gave up all my other sports and concentrated on going to the gym for weight training. My parents and family all hated weight lifting, but it's what I was passionate about so I went at it one hundred percent. I don't like to do things by halves, so I just focused and did everything I could to reach the goals I set out for myself.

I decided that I wanted to take steroids after about a year of training. I thought steroids would help take me to the next level. I was able to find someone who sold them, and although steroids were more freely available in New Zealand at that time, they were still extremely expensive. Not having much money, I told my parents that I wanted to attend a personal training course and asked them to



lend me the money for my first lesson. I took that money, about \$500, and used it to do my first course of steroids. After that first course, I did another ten week long course of 250 mgs of testosterone per week. After about four weeks I had put on another 25 kgs to reach 112 kgs. People were absolutely amazed at the amount of weight that I was able to gain in such a short period of time. From then on, my goal was to achieve as much as I could for my training.

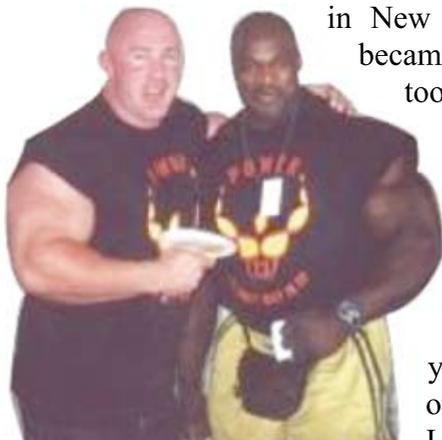
I eventually moved to the Gold Coast, and even though I still trained hard, I got caught up in the party lifestyle. As you know, partying doesn't mix very well with hard

training. I still grew in size, but between having no money for steroids and partying too hard, I didn't grow as well. I did win Mr. Gold Coast at twenty years old, and was competing at 105 kgs absolutely shredded to the bone. I also won Mr. Australasia during my time in the Gold Coast. I did enjoy my time in Australia, but although I was moving forward, I still wasn't where I wanted to be. I decided to come back to New Zealand and work towards becoming a professional bodybuilder. I wanted to stand up on stage with the best in the world.

Being a bodybuilder, you use a lot of supplements and performance enhancing drugs. This helped influence my leap into partying and I was exposed to an entirely different form of drugs, which I found very hard to say no to. I started getting caught up in taking party drugs like GHB and Ecstasy. I wanted to stop and concentrate on my training, but I didn't have the strong will I needed at that point. I did find that GHB was a great tool for weight training, and the best part was, it was totally legal in New Zealand at the time. GHB

became my ultimate bodybuilding tool; it was able to increase your strength, lower your recovery time, and give you an overall sense of wellbeing. It was also very easy to get and easy to use.

After training for many years I finally won the 1999 overall Mr. New Zealand title. I looked great and felt that I



thoroughly deserved my win – I was shredded, proportioned, and looked my best. Continuing on my path to stand on stage with the best in the world, I finally turned professional and started competing as a pro. I competed in the New Zealand Pro Show against the likes of Ronnie Coleman, Chris Cormier, and Marcus Ruhl. I also competed in Australia at the Australian Grand Prix. The top fifteen bodybuilders from the Olympia were at that show, so the Grand Prix was probably the hardest show of the year. Although I didn't place in the competition, I was still extremely proud of my accomplishment. I'd rather walk away empty handed after standing on stage with the best in the world, than compete against the worst and get a place. I really enjoyed my time in the pros. Not everything was fun and games though. I did see a lot of scary stuff and came to realize that the bodybuilding world has many deep, dark secrets. I did have fun with many of the professional bodybuilders as well. Chris Cormier is one of my good friends and we had a lot of fun times together.

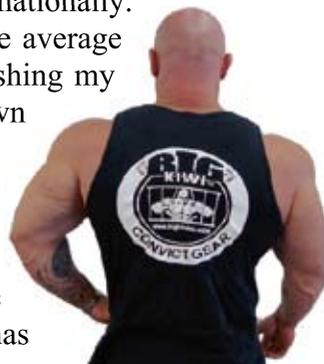
I never thought I'd go to prison, but I found myself there all the same. GHB had been legal to import and use for the past ten years, but the law changed: I got sentenced to ten-and-a-half years for importing GHB, a newly categorized Class B drug. I was classified as a high security prisoner, which put me in the same prison unit as murderers. I was unable to use any weights due to the security classification they placed on me. For a full year, the only weight training tools I had were lifting people and using objects like brooms, towels, and buckets. Unless you wanted to shrink to nothing, you had to

improvise. You had to do whatever you could to try and keep weight on and stop from shrinking. I starved in prison with the food they provided. We did get three meals a day, but it was all carbohydrates. I had to try and eat everyone else's food. That wasn't hard – I was big and ugly so they would always give it to me. I always expected prison to be a dangerous and dodgy place, but there were a lot of nice people in there. They were just people who made stupid mistakes.

Training in prison was definitely hard, and I don't recommend it. After about a year in prison, I was moved down in classification and was finally able to start working with some weights. We only had really light barbells and dumbbells so I still had to improvise. I'd have people stand on top of barbells or even hang from the end of a dumbbell. It was definitely dangerous, but luckily, everyone survived.

While I was in prison all I did was study subjects like business, drug and alcohol addiction, and marketing. I also started my own clothing brand, "Big Kiwi Convict Gear", which is sold nationally and internationally.

The line focuses on training gear for the average person who goes to the gym. After finishing my time in prison, I also founded my own gym, "Big Kiwi Convict Gear Training Studio", where I train people by using my own techniques. The basis of these techniques is what I want to talk to you about in this book. We've had fantastic results at the gym: One of my clients has gone from 240 kgs to 170 kgs ! I train many



females who want to lose body fat, as well as a lot of males (both young and old) who want to gain body weight and muscle mass. They all get good results by using the nutrition, training advice, and techniques we'll be talking about in this book. I know you'll get your best results if you follow these techniques as well. I don't want to see you spend thirteen or fourteen years making mistakes, like I did, to learn the correct way to train and what I'm going to teach you. I wrote this book to give people a basic understanding of weights, nutrition, and everything involved in weight training. There is such a general lack of knowledge that comes with training these days. So much money is spent on personal trainers and supplements, yet people still don't know exactly what works. I know my advice will be beneficial to you whether you're at a beginner, intermediate, or advanced level.

The best thing about weight training is you don't have to be a bodybuilder to get the benefits of it. Through my time at the gym I've met many different people from almost every sport, and weight training helps all of them: From rugby players and marathon runners to top jockeys and ballet dancers. Within the gym, it doesn't matter what you do as long as you know the proper nutrition, weight training techniques, and your goals. You can achieve everything you want. There are all types of people at the gym – the gym is the new meeting ground! You don't go out night clubbing to meet people anymore, you go to the gym. Want to go meet people, talk to people, and start a new life? Then let's get started.

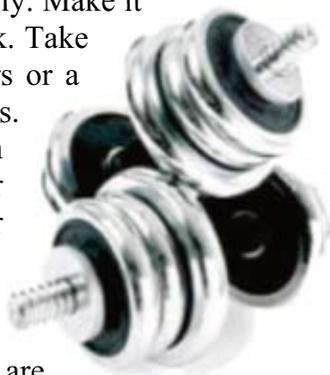
Goals and Motivation

There can be many different goals for going to the gym. Some people are there to lose weight, some to gain muscle, and some are there just to feel good about themselves. Then there are the people who go the gym just to pose and use it as a place to pick up men or women. You'll also find many athletes training for their particular sport.

The first step is to clarify what your goals are for training. There are many different types of training routines and nutritional plans that can help you achieve your goals. For example, if you want to lose weight, you should have a weight training regimen that will help you increase your lean muscle mass. You will also have cardio training to help you lose fat and a nutritional plan to keep you healthy. Other people may want to increase their muscle mass. They may not want to be as big and ugly as me, but they still want to go to the gym. In that case, you'll want a weight training oriented regimen with the appropriate nutritional plan for gaining mass. If this is your goal, cardio won't be such a priority in your routine. Your workouts will need to be tailored to your specific goals.

Before you step foot inside the gym, I highly recommend you familiarize yourself with your goals. Otherwise, you won't have any targets to strive for, or measure yourself against, and you'll get nowhere. Before you begin training, these goals need to be written down on paper.

Not only will this give you a strong foundation, but it will help you monitor your progress against your goals and change your workouts accordingly. Make it a habit to weigh yourself every week. Take body fat measurements with calipers or a set of scales to measure your progress. Nothing is more liberating than seeing yourself move towards your goals! If you don't monitor your progress then you can't remain flexible and change your routine if you need to. Remember, just because you have goals that are different from the person next to you doesn't mean you're wrong or you should stop going to the gym. You're going to the gym for your own personal reasons.



I'll admit that the gym can be an intimidating place. If you feel a little self-conscious at the beginning, remember that you'll soon be ripped and lean. You're at the gym to achieve your goals. People who go the gym are generally great people, but there are those rare occasions when someone may be rude to you. If someone makes an unflattering comment about you when you're first starting out, they're telling you something really important: ***They're a moron.***

Take note and don't interact with that person anymore. We all had to start out in the gym once upon a time, so leave these "holier than thou" people to themselves...everyone else does! These people won't feel good about themselves no matter how much they work out, so they try to make you feel bad about yourself.

Realize this and move on to achieving your goals. The majority of the people there will be more than happy to help you when you ask for it.

Mentally, you need to be strong and focused because it is so easy to start training for a week and then never go back. If you aren't a strong and focused person you'll find it hard to make your goals a reality. If I'm describing you, get a friend and work out together. You always hear someone talk about how ripped they were a few years ago. Don't be that person ! They live in the past about their body type but they obviously weren't strong enough to keep going. They didn't continue to achieve their goals, they just left them. To me, that's nothing more than a waste of money and time. I've found that putting a picture of what you want to look like creates a good mental image and serves as a reminder of what you're working towards. This mental image will keep you more motivated than just writing your goals on paper. Words are easily overlooked sometimes, whereas an image can give you a clear picture of where you want to go. Use that image to help you during the hard days.

Having individual goals for individual workouts is another way to help you reach your larger goals. For example, try to bench press a certain weight a certain number of times, or try to squat a certain weight. The aim is to keep you motivated. By achieving the smaller goals, you'll inspire yourself to continue towards shedding the weight you want to lose.

I find that rewarding myself for achieving certain goals is a good way to keep me motivated. Sometimes, I'll go

out and buy a new outfit. Picturing how great a new outfit will look on you is a great way to get that extra rep out when you're really struggling. Once you have achieved a certain weight, you can even go out for a meal. This helps me too sometimes when I'm under pressure. Giving yourself these little gifts is a great way to reward yourself for your hard work and keep yourself motivated.

Maintaining your mental focus at the gym is often a hard thing to do. If you aren't mentally focused, you won't achieve your goals. You'll likely work during the day, and by the time you get to the gym you're exhausted. If this sounds like you, I suggest finding a training partner to meet up with after work.

That way you're helping them and they're helping you. We all lose our focus at the gym sometimes, especially when we're by ourselves, but try to recognize it and get yourself back on track.



Four Ways to Focus Your Mind – and four practical applications to motivate you

Written by Craig Elliot <http://www.Craig-Elliot.com>

Your mind is a powerful tool that can be used to keep you focussed, motivated and energised – whether as an athlete improving your performance, or someone wanting to lose weight.

But first you have to make things clear to your brain. You must “programme” it to be on-side with your goals.



You must determine what you want, and then be clear on why you want it.

1. Get clear on what you want

This goes beyond traditional goal-setting. We need to take things to another level to properly engage your mind-body system.

First, recognise the subtle difference between “doing something” and “what doing will give you”.

Start with this question:

“How will you know when you are there?”

Think about what you will see, hear, feel and know when you have achieved the changes, experiences and

results you want. This forces you to go there in advance in your mind.

Begin with a brainstorm of all the things you want and pick out the most meaningful scenarios and experiences of being there – draw out the things that have the most meaning, emotion and energy. Choose scenarios that, when you think of them, make you well-up with emotion. Know that these are the things worth shooting for – the things that are going to move you and keep you on track no matter what.

Write it out as if it is real now. Write it like a movie or a great book that lures you into the story. Read it through morning and night. Make sure you are the main character in the story; seeing it through your eyes. When you read it out; do it in a “**say, visualise and feel**” fashion. You really have to feel the feelings of being there.

When you do this you create new cells of recognition, you begin to literally create new roads in your brain that will take you to your goal.

This is one of the most powerful things you can do. In all my experience with modern psychology, I have found nothing better to engage your system and create a more efficient and direct path to the behaviour and results you want.

2. Harness the WHY! Power

The next ingredient adds more power and energy to what you want.

When you look behind what really moves someone to do something and keep doing it, you'll find it's "why" power that drives "willpower".

Simply put; if you have enough reasons, and big enough reasons to do something, you will do it.

Here is a quick way I recommend to get in touch with what you could call the **real drivers** of your behaviour. It will take your motivation to another level.

Grab a piece of blank paper, at least A4 size.



Draw a circle at the bottom of the page and write your goal inside (e.g. to lose weight) Beside that write some of the things you need to do to achieve your goal.

Then begin asking why (losing weight) is important to you.

Then write what is important about (that) i.e. each of the things that come out of your initial question – then question that too and so on.

Write these in rising and fanning circles, so you move up the page with a new word or phrase in each bubble

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