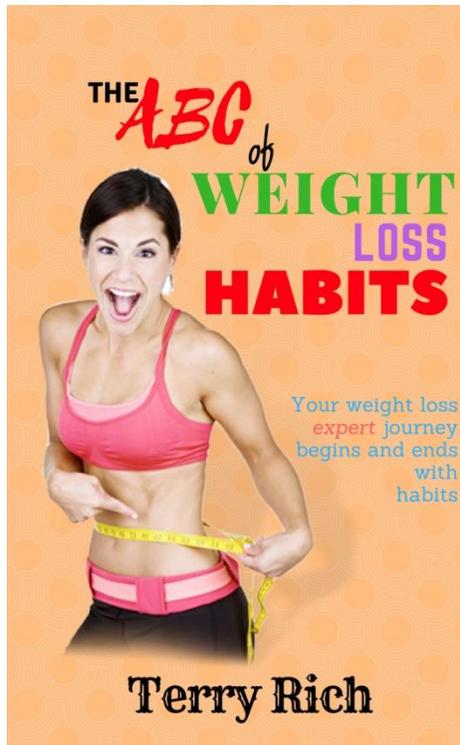


**Also by the author**



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**FITNESS**  
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**EXERCISE**  
**MASTERY**

DEMYSTIFYING PRACTICAL TIPS FOR GENERAL  
FITNESS AND A HEALTHY BODYBUILDING  
PROCESS

**TERRY RICH**

## **Author's Note**

Even though this book - **Fitness and Exercise Mastery** - encompasses everything about sustaining a healthy bodybuilding process, if you wish to take it further and have rapid results, here are some of my recommendations to take your journey further.

[15-Second Trick for a Pain-Free Workout](#)

[Outstanding Tricks to Stop Knee Soreness](#)

[3 Steps to Mental Toughness Revealed](#)

[Stamp Out Back Pain](#)

[Don't Pump Iron...Become Iron!](#)

[Body-Weight BEAST Challenge Workout](#)

[New Fat-Shrinking Rules](#)

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## **Table of Contents**

Also by the Author

Title Page

Author's Note

Copyright Page

Preface - An Unbeaten Bodybuilding Journey

1 - Regaining Competitive Edge in Your Workouts

2 - Various Ways Strength Can Improve Your Life

3 - How to Fix Your Back Pain without Appointments, Medications, or Surgery

4 - Escape a Major Blowout and Fix Your Knees!

5 - Suppress the Fear and Self-Limiting Beliefs with Bodybuilding

6 - Basic Exercises and Reflexes to Fix Shoulder Pains

Conclusion

# Preface

## An Unbeaten Bodybuilding Journey

CHANGING YOUR BODY, CHANGING your lifestyle, feeling good is not because of a sudden, spontaneous decision. It is an approach that applies to a long term. These are daily choices, repeated actions that always make you go a little further towards your goal. Succeeding in bodybuilding, fitness or sport generally requires greater involvement and effort.

This is the most important factor and the one that will really determine your achievements. Being thorough with your bodybuilding program for a few weeks, then relax is difficult.

Everything lies in regularity. The logic is the same in all sports and even more in bodybuilding. It is the repetition of efforts, weeks after weeks, month after month which will bring results.

Only your determination and focus can reward you. Thus, it is useless to start by jumping around and trying to do everything at the same time. Start at your own pace, take your time and slowly increase the level of difficulty and the frequency of training. Too often we see people registering in gyms, showing a strong motivation for the first 2 months of training every day. Then 80% of them disappear and only the most regular persist. Be among them, start at your own pace, no need to do too much. But persists!

It's about doing the right things according to your level and abilities. We do not start by copying the program of the most muscular boy in his gym. It is good to be certain that the program will suit you and will not be far too intense for you. Not only will this limit your results, but eventually lead to overstraining and increase the risk of injury.

If you are a beginner in bodybuilding, start with a beginner program. There are many that are detailed on the web. Some of these programs are based on basic movements, controlled progression and intensity adapted to your needs and capacity.

Then, the course of patience! No need to look at yourself in the mirror after your first session. Hey, your body has not changed! Let the nature take its course! Try to take pleasure during your workouts, try to progress, to always do a little better, to have a good technique on the exercises, to feed yourself well, to be patient and you will have the results you hope for!

Nothing good can be done in a hurry and it is especially true for the practice of fitness and bodybuilding. The results you deserve will come with time as your body matures, develops, deconstructs, and then recovers. It's a long process and patience is the key word!

It is no longer a matter of talking about being physically fit or having a nice body. To succeed in bodybuilding requires total self-denial. Your entire lifestyle must be turned towards your goal. Here we come to a far more extreme vision with a true sense of sacrifice. Nothing should hinder your quest for success.

If you are not ready to endure training sessions, pain, sweat, fatigue, determination, and focus, then bodybuilding programs are not made for you. The boxer who does not train intensively every day has no chance against the one who gives everything to training. All efforts are important and we must be able to put aside our moods and our desires to simply do the necessary work.

# 1

## Regaining Competitive Edge in Your Workouts

It takes a lot of time, effort and a well-structured training plan to get good muscle. It is only if you train with a "plan" will you gain muscle mass in the long term. A training plan to achieve the goal of gaining muscle mass is based mainly on strength training, in which basic exercises and isolation exercises are the main element. The goal is to encourage muscle growth by subjecting it to continuous stimulation.

## FUNDAMENTALS OF THE TRAINING PLAN TO GAIN MUSCLE MASS

A training plan to gain muscle mass poses different demands to athletes. In principle, it is based on basic exercises in which weights gradually increase. Short training series is important to maintain intensity. However, the training plan also includes sufficient regeneration phases to allow the formation of new muscle tissue.

- Characteristics of a training plan to gain muscle mass:
- Strength training to increase the musculature
- Attention in basic exercises
- Isolation exercises as a complement

## FREQUENCY OF TRAINING

If you want to increase your muscles effectively and sustainably, you do not have to go running to the gym every day, as they say. Less is more! With a 3 or a maximum of 4 training sessions per week and with the right training plan, you can give your muscles the necessary growth stimulus.

In addition, muscle growth (hypertrophy) occurs anyway in the resting phases. It is when the muscular tissue recovers from the effort and the cross section of the muscle increases as a process of adaptation to the increasing load of the training (more weight, new stimuli, etc.) In other words, if you train extremely, you risk stagnating and suffering from symptoms of over-training, such as a loss of strength and a feeling of premature fatigue.

A classic effect would be, for example, to train chest and triceps or back and biceps on separate days. For a training frequency of three to four sessions per week, a triple or quad split is good.

## DURATION OF TRAINING

The sessions of your training plan to gain muscle mass should last, as a rule, between 60 and 90 minute maximum. If you train too long, your muscle tissue will be exposed to hormonal stress by the secretion of cortisol. When you do not gain muscle mass in the long term, this hormone is one of the most frequent causes. If you go over the recommended training time, you can boost even the processes of muscle loss.

Important points about the duration of training in a training plan to gain muscle mass:

- Max. 60-90 minutes per session
- Too long a training has a catabolic effect

## SELECTION OF EXERCISES

A training plan to gain muscle mass should base your basic exercise structure on these 4 essentials. By this we mean basic exercises like the bench press, the dead lift, the squats and the shoulder press. Since in these basic exercises the whole muscles intervene, a great secretion of testosterone takes place. This hormone, along with insulin, plays an essential role when it comes to gaining muscle mass.

Approximately two-thirds of the training sessions to gain muscle mass should be used in basic exercises or free-weights exercises. The remaining third can be devoted to isolation exercises and intensity techniques.

With the help of isolation exercises, specific stimuli can be applied to encourage growth and gain muscle mass, consciously overloading the muscles and exhausting it until muscle failure. This places a huge burden on the central nervous system. The muscle reacts, adapting and increasing its cross section, which "gains strength" for the next training session.

Important points about the selection of exercises of the training plan to gain muscle mass:

- Attention in basic exercises (two thirds)
- Isolation exercises to complement (one third)

## VOLUME AND INTENSITY OF TRAINING

Unlike the traditional routine for gaining mass, which requires maximum strength training (with a number of repetitions between 3 and 5), in the training plan to gain muscle mass you train in the so-called area of hypertrophy (with between 8 and 12 repetitions). The volume of training and the amount of series is to do it in comparison with the routines to gain weight and for weight loss are clearly superior.

First, 1-2 warm-up sets are always performed for each exercise with little weight and 15-20 repetitions. In this case, the main thing is the increase in the blood supply of all the relevant muscle fibers

and the practice of the technique for the subsequent loading phase. The training to gain muscle mass is in the mid range of repetitions and the intensity is the important thing.

Following the warm-up phase, the weight is chosen with which three to four sets of 8-12 repetitions each will be made. The weight should be chosen so that a clean execution of each one of the exercises can be carried out and, at the same time, supports a good stimulus for the growth. As for the orientation, you have to be able to carry out the last repetition of the last series without needing help.

Important points about the volume and intensity of the training plan to gain muscle mass:

- 4-6 exercises per muscle group
- 1-2 warming series before each exercise
- 3-4 work series
- 8-12 repetitions

## PAUSE TIME

In the training plan to gain muscle mass, optimal pause times between work series are between 60 to 90 seconds. This lapse of time is sufficient to allow the muscles to recover before resuming the active application of stimuli in the next series of work.

In addition, a rest day should always be planned between two days of training to allow regeneration. Thus, the training model - pause - training - pause - training - training - pause (quad split) can be followed.

## TIPS FOR THE TRAINING PLAN TO GAIN MUSCLE MASS

### Keep a Training Diary

It is very useful for most people who train to gain muscle mass to keep a training diary. In it you can register the number of series, the weights used and the "sensations" that you have during the training. With the training diary, the progression (permanent strength increase) can be observed very well and sporadic adjustments can be made in the training plan.

### ADDITIONAL SPORTS NUTRITION

With a well-structured training plan, you are already halfway towards your goal of gaining muscle mass. In addition, the intelligent use of sports nutrition will bring you even closer to the goal of training.

### **RECOMMENDATION**

[Body-Weight BEAST Challenge Workout](#)

# 2

## Various Ways Strength Can Improve Your Life

You think bodybuilding is only used to make big muscles? That all those who lift the weights are fans of fluff on the beach this summer? Think again! Bodybuilding has many benefits you cannot imagine if you want to take care of your health!

In addition to improving muscle strength, bodybuilding brings many benefits to the whole body. It has long been thought that cardio alone is good for heart health. However, studies have shown that bodybuilding can reduce blood pressure and bad blood fat (cholesterol, triglycerides). Also, by doing muscle exercises, the

heart works and gains strength. Each of our efforts during the day becomes less difficult. Bodybuilding helps keep our heart healthy longer, besides lowering the risk of cardiovascular disease such as atherosclerosis or heart attack.

Osteoporosis is a pathology manifested by excessive fragility of the skeleton, due to a decrease and alteration of bone mass. When bodybuilding is combined with a balanced diet, this activity becomes a preponderant prevention element to fight against osteoporosis. When the muscles contract, they exert traction on the bones to which they are attached. This solicitation causes the bone to strengthen by calcium accumulation. Measurements of bone densitometry carried out in women having started bodybuilding over 50 years show a decrease and a stabilization of osteoporosis.

## Healthy Bones

Osteoporosis involves loss of bone mass and greater fragility of the bones. It affects one in four women and one in eight men after age 50. Muscle exercises cause significant stress on the bones, which causes them to solidify over training. A good way to prevent osteoporosis is to combine a balanced diet with muscle and/or cardiovascular exercises like walking, jogging, tennis, etc.

## Bodybuilding Improves Your Figure

Weight training endurance such as running have many benefits for the body (especially from a cardiac point of view), but they do not strengthen all the muscles of the body, such as the abdominals or arms. A loss of strength in the abdominal strap is because of a prolonged use of the back muscles on a daily basis. This abnormal

training of the back muscles can lead to pain, igniting discomfort. Bodybuilding therefore makes it possible to develop and merge a large majority of the body's muscles in a targeted manner.

## Prevents Back Pain

Do you know that most back pains are also muscle pain? The strengthening of the back muscles, thus allows the prevention and reduction of the famous "back pain", a real chronic disease in the recent years. The more back muscles are toned, the longer the spinal column is secured. In addition, the muscle development of the abdominals and lumbar muscles, which play a preponderant role in the balance of the pelvis, effectively prevents back pain.

A well-adapted and well-executed weight training program helps prevent or treat back pain. About 80% of people experience low back pain during their lifetime. Strength training strengthens the back muscles and improves posture control. The back is better supported. Our spine is more stable and our movements are better executed during our daily activities.

Abdominal bodybuilding: Are you a woman and you are afraid of becoming a bodybuilder with oversized muscles? The development of muscles is more complicated to get in women. It requires training and a special diet. The practice of bodybuilding will not give ladies big muscles. On the contrary, they will tone and refine their shape!

The great part for men is that regular practice of bodybuilding will allow you, among other things, to develop your chest, to have a

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