

# **Getting Ripped to the Bone ~ Natural Bodybuilding Tips and Diets Toward Having The Body of A Greek God or Goddess..**



**by Terry D. Clark**

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## **INTRODUCTION**

Ever since the fitness craze in the 1980's, we have become a nation increasingly aware of our health and physique. Millions of dollars are spent every year in the quest for a perfect body. Gyms are big business, personal trainers are making a tidy living helping people stay fit, and body building supplements are at an all-time level of performance.

In actuality, the sport of body building has been around for quite some time. In the late 19th century, the man known as the "father of bodybuilding", Eugen Sandow was credited with inventing the sport by inviting people to view his body in muscle display performances.

Sandow built a stage performance around displays of strength and agility as well as showing off a "Grecian" physique which was considered the ultimate body. He became so successful, he created several businesses around his fame and was among the first people to market body building products bearing his name. As he became more popular, he was credited with the invention of the first exercise equipment marketed to the masses.

Sandow was also credited with beginning the first body building contest called "The Great Competition" held in London. This competition was the basis for many others to follow including the Mr. Olympia competition that remains the most popular body building contest to date.

When World War II broke out, men in the country were inspired to become bigger in their physique, stronger, and more aggressive in their behavior. Training techniques were improved, nutrition was focused on more than ever, and body building equipment evolved into effective means for working muscles in ways never thought of before.

It was also around this time that many body building organizations came into being including the Amateur Athletic Union and the International Federation of Body Building. In 1970, body building was taken to a new level when the film "Pumping Iron" was released starring Austrian newcomer Arnold Schwarzenegger.

**Through the years, body building has just grown in popularity becoming almost an obsession for many people. Women have started to take an interest in honing their bodies, and the sport has evolved into a real competitive arena.**

**If you've always wanted to learn about how to build your body to that "Grecian Ideal" envisioned by Eugen Sandow, there can be a lot to learn. This book will guide you through some of the basics to get you started. Of course, nothing will compare to actually getting to the gym and lifting those weights, but you'll need some information first.**

**That's why we're here. We want to reveal body building secrets to YOU.**

## **WEIGHT TRAINING**

**Body building is the process of developing muscle fibers through various techniques. It is achieved through muscle conditioning, weight training, increased caloric intake, and rest. Workouts are designed to focus on certain muscle categories, and foods are consumed with the intention to build the body's metabolism and increase mass.**

**This section will focus on weight training for body builders. Weight training develops both strength as well as the size of skeletal muscles. It uses the force of gravity to oppose the force generated by muscles through contraction. Weight training uses a variety of specialized equipment designed to target specific muscle groups and movements.**

**Some people refer to weight training as strength training. While they are not exactly the same, they are both similar to each other. Strength**

**training focuses on increasing muscular strength and size. Weight training is one type of strength training using weights as the primary force to build muscle mass.**

**The basic principles of weight training are pretty much the same as those of strength training. It involves a manipulation of the numbers of reps, sets, tempo, exercise types, and weight moved to cause desired increases in strength, endurance, size, or shape.**

**The specific combination of reps, sets, exercises, and weight depends upon the desires of the body builder. Sets with fewer reps can be performed with heavier weights but have a reduced impact on endurance.**

**Equipment used in weight training include barbells, dumbbells, pulleys, and stacks in the form of weight machines or the body's own weight as in push-ups and chin-ups. Different weights will give different types of resistance.**

**Weight training also focuses on form performing the movements with the appropriate muscle groups and not transferring the weight to different body parts in order to move great weight. If you don't use good form in weight training, you risk muscle injury which could hinder your progress.**

**Another form of weight training is resistance training. Resistance training involves the use of elastic or hydraulic resistance to contraction rather than gravity. When your muscles are resisting a weight, the overall tone of that muscle will grow over time.**

**If you are a beginner at weight training, you should not just "jump right in". You need to build up your strength and over-working your muscles can cause more harm than good. Some of your muscles might be naturally stronger than others. Building up slowly allows muscles to develop appropriate strengths relative to each other.**

**Most gyms offer the services of a personal trainer that comes with the membership fee. These trainers can suggest specific workouts for you to begin with. If you want to undertake it yourself, we can make a few suggestions on routines that can help you build muscle and get on the way to a great body.**

**First, we'll define some common exercise for clarification.**

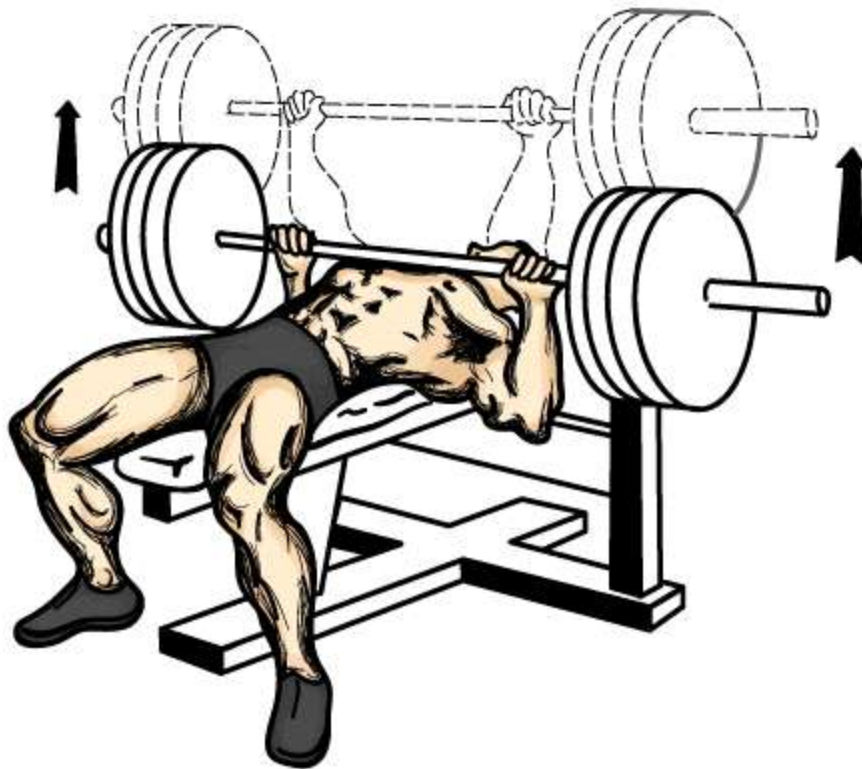
## **EXERCISES**

**You may not be familiar with some of the terminology used in body building. Along the same line, you should know what certain exercises are and how to safely perform them. There are all sorts of exercises you can perform – so many, in fact, space prevents us from listing all of them. However, learning the basics can be a great help.**

### **Dumbbell Bench Press**

**Sit on the edge of a flat bench with the dumbbells resting on your knees. In one smooth motion, roll onto your back and bring the dumbbells up to a position slightly outside and above your shoulders. Your palms should be facing forwards.**

**Bend your elbows at a ninety-degree angle with your upper arms parallel to the ground. Press the weights up over your chest in a triangular motion until they meet above the center line of your body. As you lift, concentrate on keeping the weights balanced and under control. Follow the same path downward.**

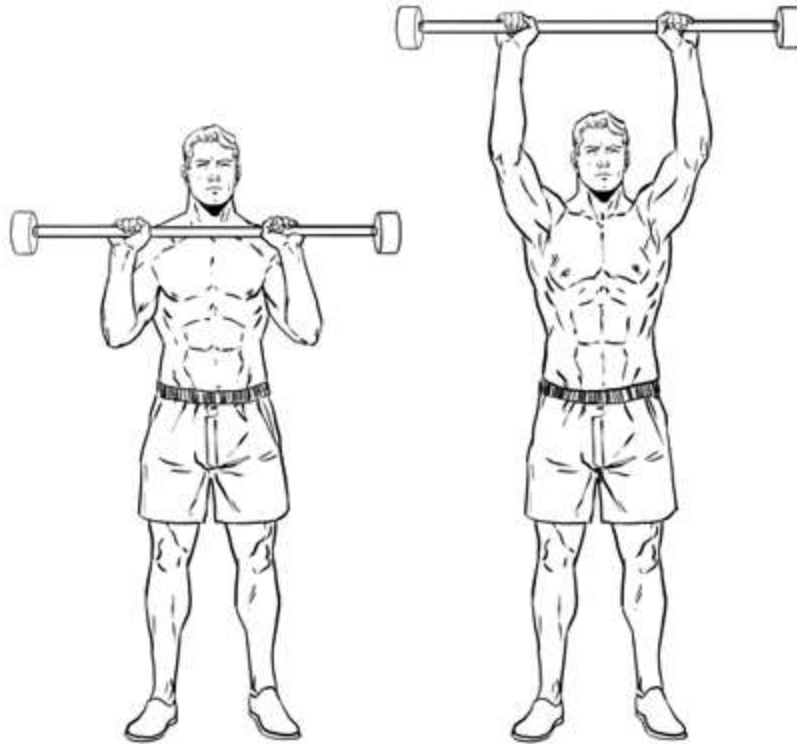


### **Standing Military Press**

For this exercise, you will use a barbell. Stand with your legs about shoulder width apart and lift the barbell to your chest. Lock your legs and hips and keep your elbows in slightly under the bar. Press the bar to arm's length over your head.

Lower the bell to your upper chest or your chin depending on which is more comfortable for you. This exercise can also be performed with dumbbells or seated on a weight bench.

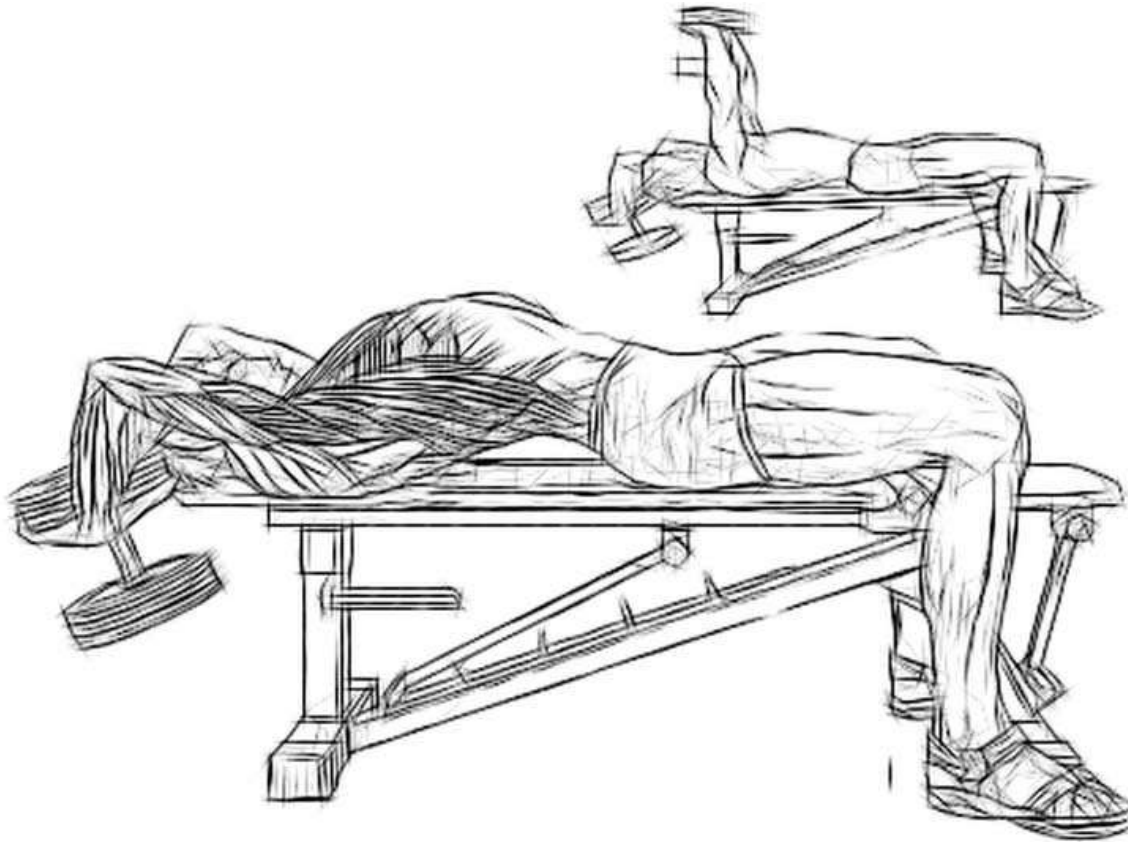




### **Lying Tricep Push**

**Sit on a flat bench holding a curl bar with an overhand grip. Lie back so that the top of your head is even with the end of the weight bench. As you are lying back, extend your arms over your head so that the bar is directly over your eyes. Keep your elbows tight and your upper arms stationary throughout the exercise.**

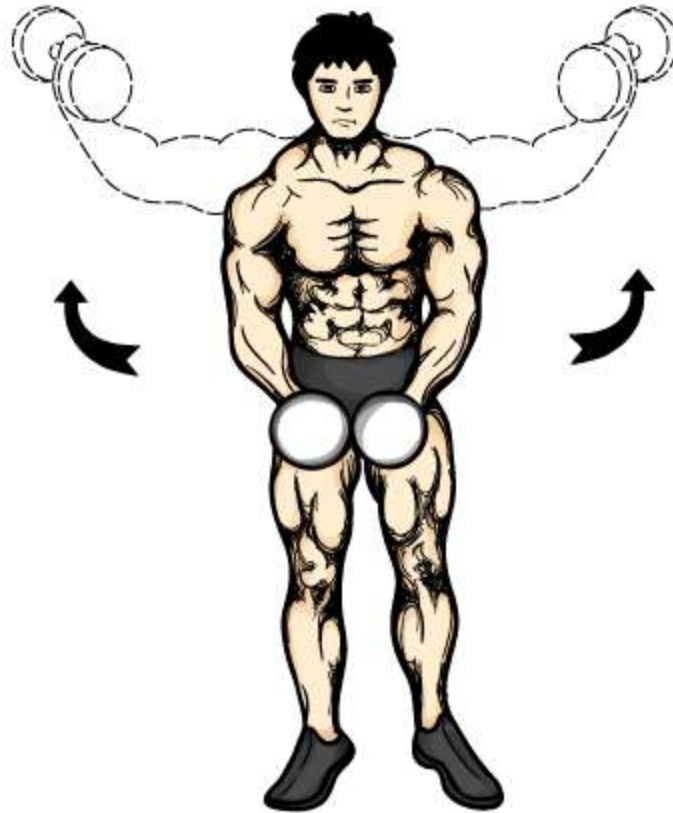
**The biggest key to this exercise is keeping your upper arms in a fixed position. Slowly lower the bar until it almost touches your forehead. Press the bar back up in a slow, sweeping arc-like motion. At the finish, lock your elbows completely.**



### **Side Lateral Dumbbell Raise**

**Stand upright with your feet shoulder width apart and your arms at your side. Hold a dumbbell in each hand with your palms turned toward your body. Keep your arms straight and lift the weights out and up to the sides until they are slightly higher than shoulder level. Then slowly lower them back down to your side again.**

**Keep your palms turned downward as you lift the dumbbells so that your shoulders rather than your biceps do the work. Make sure you are lifting the dumbbells up rather than swinging them up. Don't lean forward while doing this either or you risk injury to your back.**



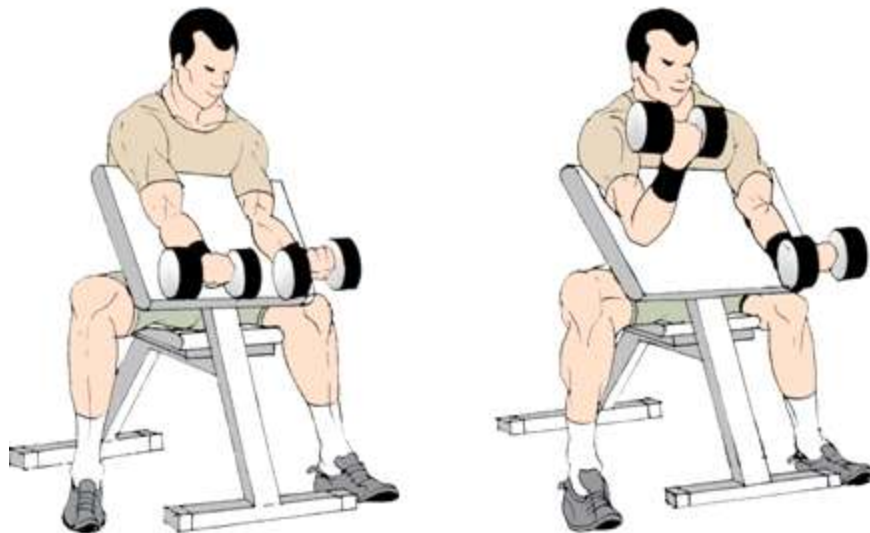
### **Preacher Curls**

**This exercise is best done with a special preacher curl bench, but you can do this without it with a little modification. Sit at the end of the weight bench, and place something such as a firm pillow or a few pillows under your armpits on your lap. Hold the curl bar in your hands with palms facing upward. Don't hunch over the pillow, sit as straight as you can.**

**Using a shoulder width grip, grasp the bar in both hands. Curl the bar**

upward in an arc. Be careful not to swing or rock to get the bar moving. You need to be using your muscles to lift the weight, not momentum. The goal of this exercise is to work the biceps.

Bring the bar up to your chin keeping in mind that the resistance is greatest during the beginning of the lift. Lower the bar slowly working the muscle on the way down as well. You can also do this with dumbbells or work one arm at a time.



### **Seated Dumbbell Curl**

Sit at the end of a bench with your feet firmly on the floor. Keep your back straight and your head up. Start with the dumbbells at arm's length with your palms facing in. Curl the weight up and twist your wrist once they pass your thighs. Squeeze your biceps at the top and then slowly lower the weight.

Do not swing the dumbbells down; lower them as you are working those muscles! You can do this standing, but the seated position

**prevents bad form.**



### **One-Arm Dumbbell Row**

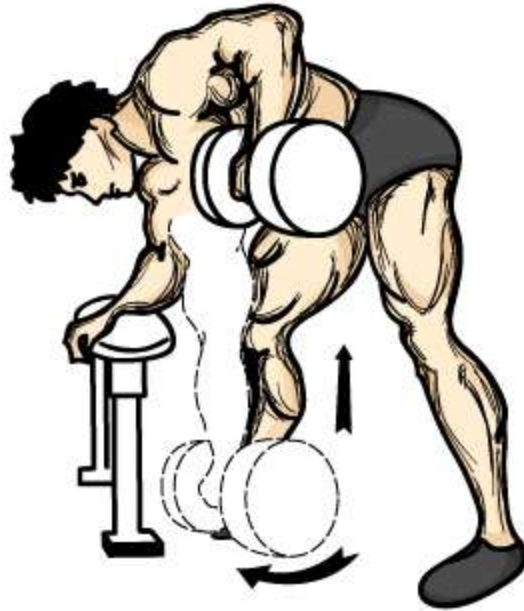
**Start with your right foot flat on the floor and your left knee resting on a flat bench. Lean forward so that you're supporting the weight of your upper body with your left arm on the bench. Your back should be flat and almost parallel with the floor.**

**Reach down and pick up a dumbbell with your right hand. Your left arm should be locked at the elbow so it will support the weight of your upper body.**

**Before starting, look straight ahead instead of at the floor so you can keep your back straight. Tighten your abs to keep your body from turning to the side as you lift the dumbbell. Concentrate on pulling your elbow back as far as it can go. The dumbbell should end up roughly parallel with your torso.**

**After you've rowed the dumbbell up as far as you can slowly lower it**

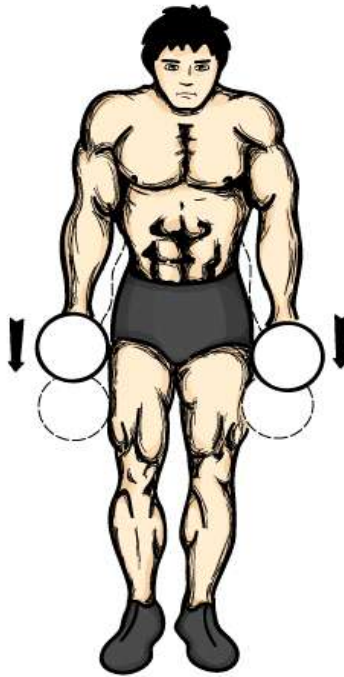
back to the starting position. Switch arms after one set.



### Dumbbell Shrugs

Stand straight up with your feet at shoulder width. Hold two dumbbells with your arms hanging at your sides. Droop your shoulders down as far as possible. Raise your shoulders up as far as you can go then slowly return to the starting position.

You can also rotate your shoulders by going up in a circular motion from front to back and then back down again. This can also be done holding a barbell.



### **Standing Calf Raises**

**This can be done with a specific machine found in a gym, or adapted for use without the machine. Stand up against a wall with your body facing the wall and your palms down on the wall and your feet flat on the floor.**

**Keep your body straight and slowly lift up your heels until you are standing on the tips of your toes. Hold the contraction briefly then slowly return to the starting position with your feet flat on the floor.**



### Crunches

Lie flat on your back with your feet flat on the ground, or resting on a bench with your knees bent at a 90 degree angle. If you are resting your feet on a bench, place them three to four inches apart and point your toes inward so they touch.

Place your hands lightly on either side of your head keeping your elbows in. Don't lock your fingers behind your head! Push the small of your back down in the floor to isolate your abdominal muscles. Begin to roll your shoulders off the floor.



**Continue to push down as hard as you can with your lower back. Your shoulders should come up off the floor only about four inches, and your lower back should remain on the floor. Focus on slow, controlled movement - don't cheat yourself by using momentum!**



### **Dumbbell Hammer Curls**

**With a dumbbell in each hand, stand with your arms hanging at your sides, and palms are facing each other. Keep your elbows locked into your sides. Your upper body and elbows should remain in the same place during the whole lift.**

**Keep your palms facing each other, curl the weight in your right hand up in a semi-circle toward your right shoulder. Squeeze the biceps hard at the top of the lift and then slowly lower. Do not turn your wrists during this lift! You can also do one arm at a time and/or alternate.**

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