

BODYBUILDING

FOR BEGINNERS
AND EXPERTS

The fastest way to get the perfect beach body with highly effective exercises and training tips.



incl.
WORKOUT PLANS

**NEW AGE
SPORTS**

BODYBUILDING FOR BEGINNERS AND EXPERTS

The fastest way to get the perfect beach body with
highly effective exercises and training tips

Aaron Levy

New Age Sports

Copyright © 2020 Aaron Levy

Author: Aaron Levy

Title:

Bodybuilding for Beginners and Experts

ISBN: 9798677291579

Address:

Aaron Levy

c/o AutorenServices.de

Birkenallee 24

36037 Fulda

Copyright © 2020 Aaron Levy

All rights reserved.

The work including all its parts is protected by copyright. Reproduction, microfilming, storage and processing in electronic media is not permitted without the publisher's consent.

CONTENTS

[Title Page](#)

[Copyright](#)

[Foreword](#)

[Before the training](#)

[Exercises](#)

[Chest Training](#)

[Triceps Training](#)

[Leg training](#)

[Abdominal training](#)

[Back training](#)

[Biceps Training](#)

[Nutrition](#)

[Supplements](#)

[Testosterone levels](#)

[An optimal and long-term way of nutrition for more muscle mass](#)

[Attitude](#)

[Workout Diary](#)

[Short summary](#)

[Disclaimer](#)

[Support our work](#)

FOREWORD

The quickest way to your dream figure is through a constructive plan. Not a perfect plan, because perfection is in my opinion "the transition from one optimal state to another (optimal state)". But as bodybuilders and aesthetes we naturally try everything to get as close as possible to perfection, we are constantly changing. The action is above knowledge, so the application of the exercises that trigger muscle growth is also in the first place.

The nourishment is the filing of the massive block, the unfinished statue of the image of Adonis, adapted according to today's ideas. The body already tells you what it needs to grow. But the body must be forced into the special idealistic form, the low-fat form. This is also possible and you do not have to study nutritional advice to start immediately. But in the beginning it is enough to do the right exercises in the right amount and intensity. Little by little you become a better sculptor of your own ideal. If the sculpting, the rough shaping of the marble block, are the exercises, then everything else is the blotting, the grinding. That is why this book deals intensively with the exercises, which are shown in illustrations and descriptions. Of course you will also find chapters on nutrition and supplements, because these topics are also very important.

But this book is not meant to be a stage for any hyped, artificial hipster-friendly supplements or extraordinary exercises, this is about what works, what is extremely effective and what is natural.

I will show you what really works, and you will always get my honest unfiltered opinion on any topic.

BEFORE THE TRAINING

The training plan

There is always a large, - and a small muscle group trained in one day. The best combinations here are e.g. chest and triceps, because during chest training the triceps are already strained anyway. During chest training the triceps are already prepared or warmed up for the following triceps training.

The same is true for the back and biceps training. When you train your back, you also strain your biceps. What also fits together perfectly is the abdominal workout after you have trained your legs.

One trains each muscle group at least once a week. Each muscle group needs enough time to regenerate. In addition, in the best case, you train each muscle group so intensively (without risking overtraining) that once a week is enough training for this muscle group. With every effective training, individual muscle fibres rupture. These are repaired by the body during the days off and become somewhat stronger or thicker than before. If you train too often, they have no time to regenerate. In the worst case, one even loses muscle mass.

If you want to do cardio, - or endurance training, then you should do it on the training days directly after the muscle training. Because then one burns fat most effectively. The cardio training should be reduced to units of maximum 30 minutes. In this way, the intake of protein after training is not delayed too much, the organism is not burdened unnecessarily and can concentrate on the regeneration of the muscles.

Either you do cardio only after muscle training or only during the days off.

Who decides to do cardio in the training-free days, should in the best case maximally 45 minutes sport drive and 2-3 times per week. You can swim, ride a bike, climb stairs or something similar. Cardio is important to prepare the heart for intensive muscle training, you burn fat and the shape changes for the better. In addition, new blood vessels are formed which ensure a better supply of nutrients and oxygen to the muscles. All in all, cardio or endurance training increases the performance of the organism and thus the muscles, which leads to more muscle mass.

Training plan - Variant 1

<i>Monday</i>	<i>back, biceps</i>
<i>Tuesday</i>	<i>free</i>
<i>Wednesday</i>	<i>legs, abs</i>
<i>Thursday</i>	<i>free</i>
<i>Friday</i>	<i>chest, triceps</i>
<i>Saturday</i>	<i>free</i>
<i>Sunday</i>	<i>free</i>

The advantage of this first option is that you have the weekend off. In addition, you always have fixed training days, - every training week is the same.

The second training plan is a variation of the first one where the leg training has less weight. For example, if you did not manage to do the chest training on Thursday, you can do it on Friday. Thus the leg training is shifted to the back. With a further postponement the leg training would even be cancelled completely, or it would not be done for another week. This makes sense for those for whom the leg training is less important. Of course I recommend not to miss any training and to train every muscle group.

With the third variant, you make better use of the week time. You train one day more in the week, although you have enough breaks between training days. So you train more effectively.

With the fourth training plan you even have up to five training days a week. But for those who find it too much leg training, one day of leg training a week could be replaced by a cardio or endurance training session.

I would recommend to start with the first variant first and only try out other variants over time.

It is very important to make a note of the training days to know exactly what you have to train next. Using a notepad is mandatory anyway if you want to build muscle mass as fast as possible, but more about this later in the section "Exercises".

Training plan - variant 2

<i>Monday</i>	<i>back, biceps</i>
<i>Tuesday</i>	<i>free</i>
<i>Wednesday</i>	<i>free</i>
<i>Thursday</i>	<i>chest, triceps</i>
<i>Friday</i>	<i>free</i>
<i>Saturday</i>	<i>legs, abs</i>
<i>Sunday</i>	<i>free</i>

Training plan - variant 3

<i>Monday</i>	<i>back, biceps</i>
<i>Tuesday</i>	<i>free</i>
<i>Wednesday</i>	<i>legs, abs</i>
<i>Thursday</i>	<i>free</i>
<i>Friday</i>	<i>chest, triceps</i>
<i>Saturday</i>	<i>free</i>
<i>Sunday</i>	<i>legs, abs</i>
<i>Next week</i>	
<i>Monday</i>	<i>free</i>
<i>Tuesday</i>	<i>back, biceps</i>
<i>Wednesday</i>	<i>free</i>
<i>Thursday</i>	<i>legs, abs</i>
<i>Friday</i>	<i>free</i>
<i>Saturday</i>	<i>chest, triceps</i>
<i>Sunday</i>	<i>legs, abs</i>
<i>Etc.</i>	

Training plan - variant 4

<i>Monday</i>	<i>back, biceps</i>
<i>Tuesday</i>	<i>free</i>
<i>Wednesday</i>	<i>legs, abs</i>
<i>Thursday</i>	<i>chest, triceps</i>
<i>Friday</i>	<i>free</i>
<i>Saturday</i>	<i>legs, abs</i>
<i>Sunday</i>	<i>back, biceps</i>
<i>Next week</i>	
<i>Monday</i>	<i>free</i>
<i>Tuesday</i>	<i>legs, abs</i>
<i>Wednesday</i>	<i>chest, triceps</i>
<i>Thursday</i>	<i>free</i>
<i>Friday</i>	<i>legs, abs</i>
<i>Saturday</i>	<i>Back, biceps</i>
<i>Sunday</i>	<i>free</i>
<i>Etc.</i>	

Training on an empty stomach

Before you start training you should not eat for two hours. The digestion is an additional burden for the body and we want to be in top shape when we start training. You should also avoid taking stimulants like caffeine before training, unless you are tired and know that you need to train. Caffeine is also a burden, especially if you take too much of it. If your physical condition is not optimal, you should postpone training until the next day. However, you should not postpone training twice in a row to avoid stagnating muscle growth. You have to adjust your life circumstances so that you are always fit when you start a training. If you are very tired or ill, then you should not train for the sole reason that you are unlikely to perform well or trigger growth impulses. But we need these to build up muscle mass. If the body is already stressed, e.g. by an illness, then we do even more damage to it if we train anyway. Because training is always stress for the body, especially the intensive muscle training that we are planning. The immune system must always be in the green zone when you start such intensive training. By a healthy way of life you can come very close to this ideal.

Music

Music should not be underestimated in training. It is definitely a strong stimulant and increases your own motivation, ability to suffer and endurance when you listen to energetic music. For some people it is rock, for others hip-hop or electro. The happy ones who train at home benefit the most. But of course there are also athletes who prefer to train in peace and quiet or who are tired of listening to the charts on the radio. To each his own.

Every training session is a big party for me, and a strong hard music is part of it. Try it out and listen to Bonecrusher, DMX, Hardcore, Metalstep or Deathcore. Maybe you will get a taste for it and you can use the power of this music.

Warm up

It is very important to always warm up before the actually difficult training sets (work sets). This is not necessarily done by stretching exercises, but you start with many reps and a small weight. For example, if I did 9 reps during the last chest training with 80 pounds, this time I try to do 10 reps with 80 pounds. Before this difficult set I have 2 easier ones. So you use a pyramid system. For example, I start with 30 pounds and 12 reps. After that I have 50 pounds with 10 reps. Finally the really important set that makes the muscles grow, with 80 pounds and as many reps as possible. Here you have to be careful, if you train alone, that you have enough strength to place the bar on the rack.

Light weights are used to prepare the muscles, tendons, ligaments and joints for the work sets. It is the least that one should do. If, to follow the above example, you were to start training at 80 kilos, your body would not be able to achieve its best performance right away. Besides, the risk of injury is very high.

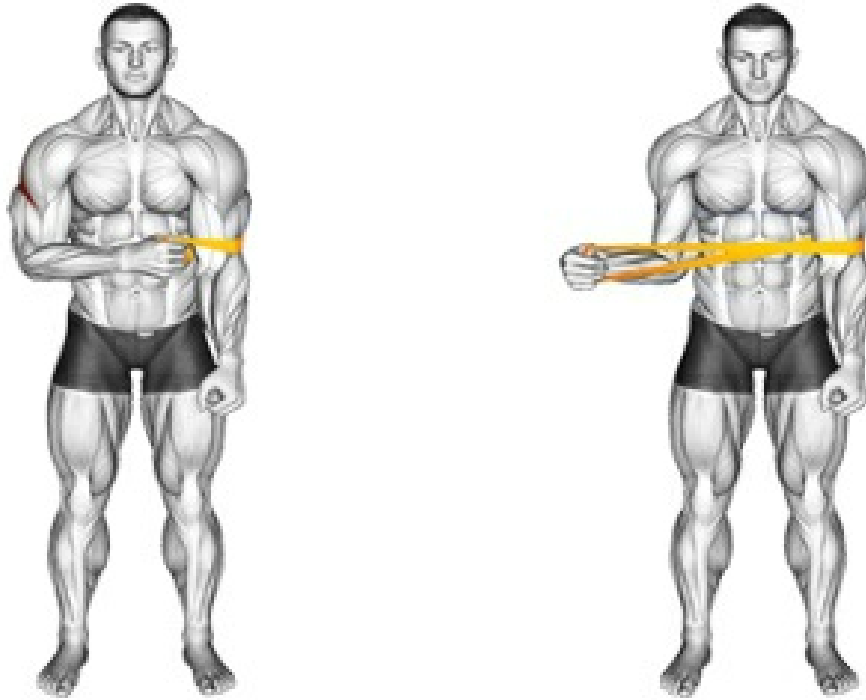
This kind of warming up can be called the 'special warming up'. It would be advisable to start with the 'general warming up' before. Here you take 5 to 10 minutes of time for cycling, running, climbing stairs or similar. The aim is to activate the cardiovascular system and increase the blood flow to the muscles, which leads to a better supply of oxygen and nutrients. Tendons, joints and ligaments also benefit from the general warming up. The intensity of the warm-up training should be light to maximum medium.

Warming up with the resistance band

Especially with shoulder pain it is important to warm up the shoulder really well before the muscle training. A very good tip is to warm up with resistance or fitness bands.

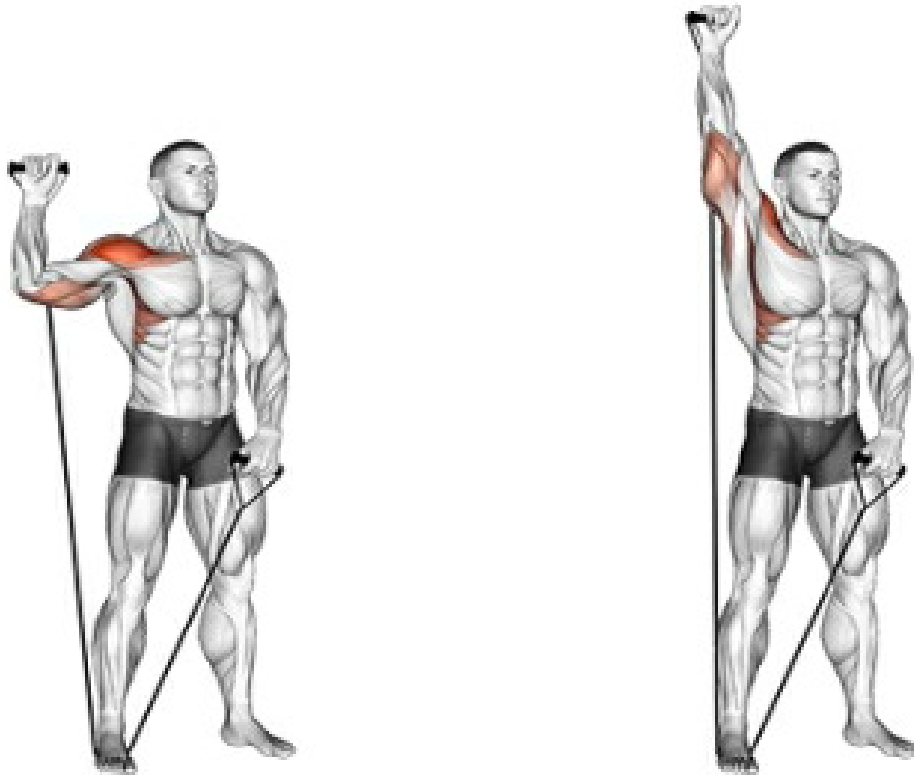
There are different types of resistance bands, whereby we select one with the lowest possible tensile force for the beginning. Below you can see two exercises to warm up the shoulder. In these exercises it is not important to work against a high resistance, but to do many reps and warm up the shoulder well. You should aim for 2 sets of 20 reps per exercise. Only if this should become too easy, you can afford to choose a resistance band with higher pulling power. At some point it happens that the shoulder recovers and becomes stronger because of these exercises. With these exercises you can feel even the slightest resistance if you have problems with your shoulder. And with time you can also notice that it gets better and better. But I don't say that you should do these exercises before the shoulder training, but before every training, except the leg training.

Shoulder - Rotation



During this exercise you must maintain a stable upright position. You grab the resistance band with one arm and rotate the shoulder from the inside to the outside, with the arm following this movement. The upper arm remains close to the body during the whole exercise. The resistance band can be attached to an object or to the resting arm. The angle of the arm to the body should not exceed 45° in the final position of the exercise.

Shoulder press with the resistance band



Stand shoulder width and upright. Fix one end of the strap with your right foot and take the other end in your right hand. In the starting position, your upper and lower arm are at 90° to each other and your shoulder is slightly pushed back. Now you push your right arm upwards, whereby your arm is almost stretched out in the final position. Then you change sides.

Number of reps

Since we want to build muscle mass, a repetition number of 8 - 10 reps is optimal for the work set. I recommend to do up to 10 reps in the work set with one weight and then to increase this number during the next training. So if I can do 10 reps with 80 pounds in bench press today (correctly performed, of course), then I will increase this to 85 pounds in the next training session. If you stay under 8 reps you are going in the direction of strength training. But if you do more than 10 reps, you go in the direction of muscle endurance. But in the first set it is okay to go up to 12 reps to guarantee a reasonable warm-up. A simple example of a training:

Bench press

Set 1: 12 reps with 30 pounds.

Set 2: 10 reps with 60 pounds.

Set 3: 8 reps with 90 pounds.

How many sets?

The formula is simple: Three sets per exercise, and three exercises (possibly plus-minus one exercise) per muscle group. If you feel with time and increasing experience that you need more impulses, i.e. more reps or sets, then you have to expand your training schedule. Everyone has to find that out for himself individually. But for the beginning you are already very well on your way with this program.

EXERCISES

List of exercises

CHEST TRAINING

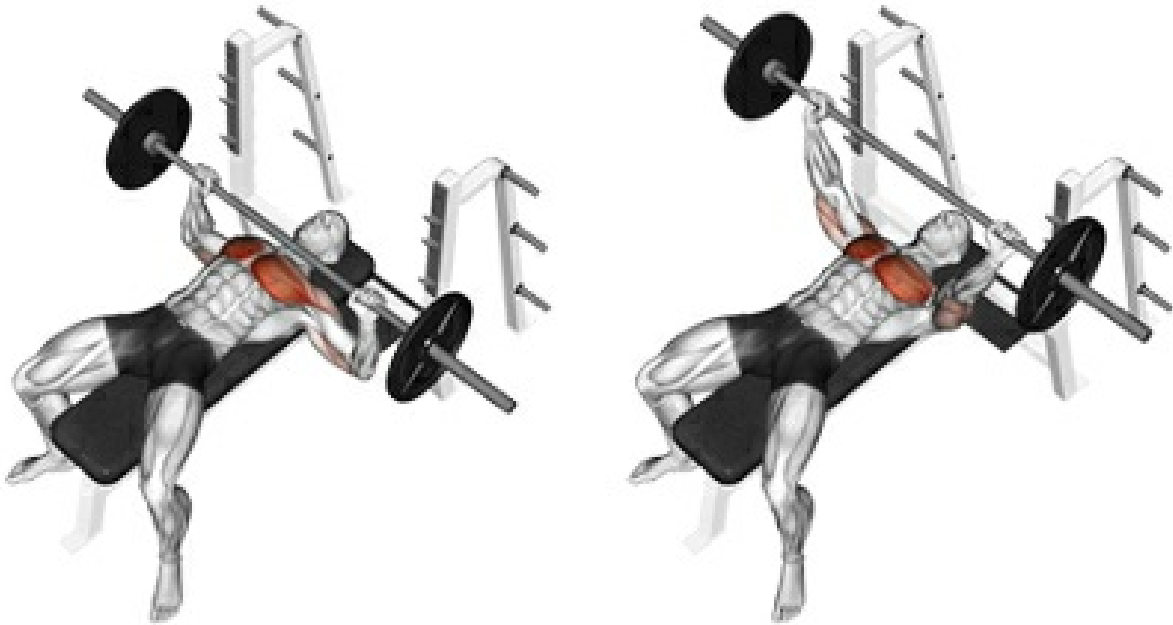
Our chest training starts with bench press on a flat bench. With this exercise, we mainly train the large chest muscle, mostly the large middle part of it.

By pressing the dumbbell on an incline bench, we specifically continue with the training of the upper part of the chest muscles.

With the Butterfly - exercise we get the last out of the chest muscles.

The lower part of the chest muscles does not need to be trained specifically. It is very unlikely that this area of an athlete, compared to the upper and middle area, is rather behind in its development.

Bench press

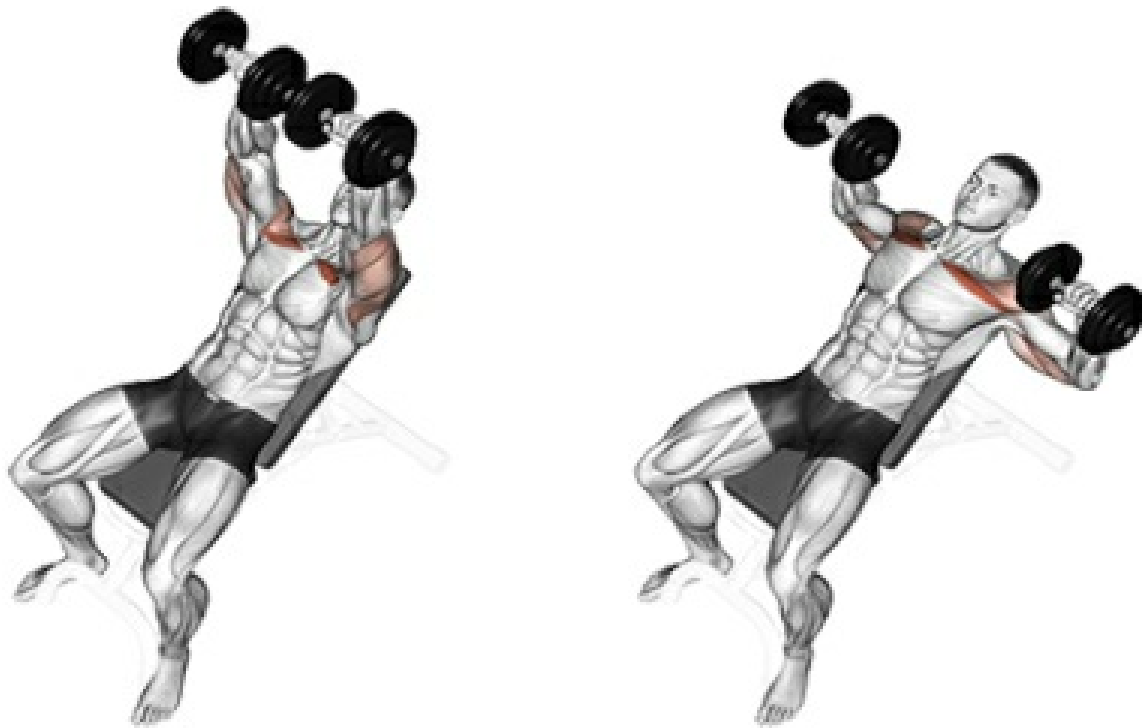


I recommend the "normal" bench press on the flat bench for chest training, no negative or incline bench press. The wider you grip the barbell, the more you train your chest and shoulders, the tighter - the more triceps. So you should find the middle. In the upper position, the arms should not be fully extended to protect the elbow joints. When you arrive in the lower position, your upper and lower arms should be at about 90 degrees to each other. You should also remember to form a slight hollow back and pull the shoulder blades backwards. When you lower the barbell, it should be approximately in line with the nipples, or one or two centimeters below them. The up and down movements should be carried out slowly and in a controlled manner to avoid injuries and to put the chest under optimal strain.

Bench press is the classic and a must-have in training. However, if you have problems with the execution, e.g. because of shoulder problems, you should either change the exercise a bit or integrate an alternative exercise into your training. Especially for taller athletes the angle between upper and lower arm in the lower phase of the movement is much smaller than for athletes of smaller stature. This puts more pressure on the shoulders. This can be remedied by not lowering the bar to the chest, but only deep enough so that

the upper and lower arms form a 90° angle. Alternatively, you can do a "crossover on the cable" and/or pay more attention to tight bench press during tricep training. Another good chest exercise which is easy on the shoulders can be the Butterfly, an exercise which is already a fixed part of our training plan. But you would have to choose between Crossover and Butterfly, because they basically have the same motion sequence and train the same muscles. For whom one or the other exercise is more gentle, you can only decide by trying it out. I will present the exercise "Crossover on the cable" below as the alternative to Butterfly on the machine.

Dumbbell press on the incline bench

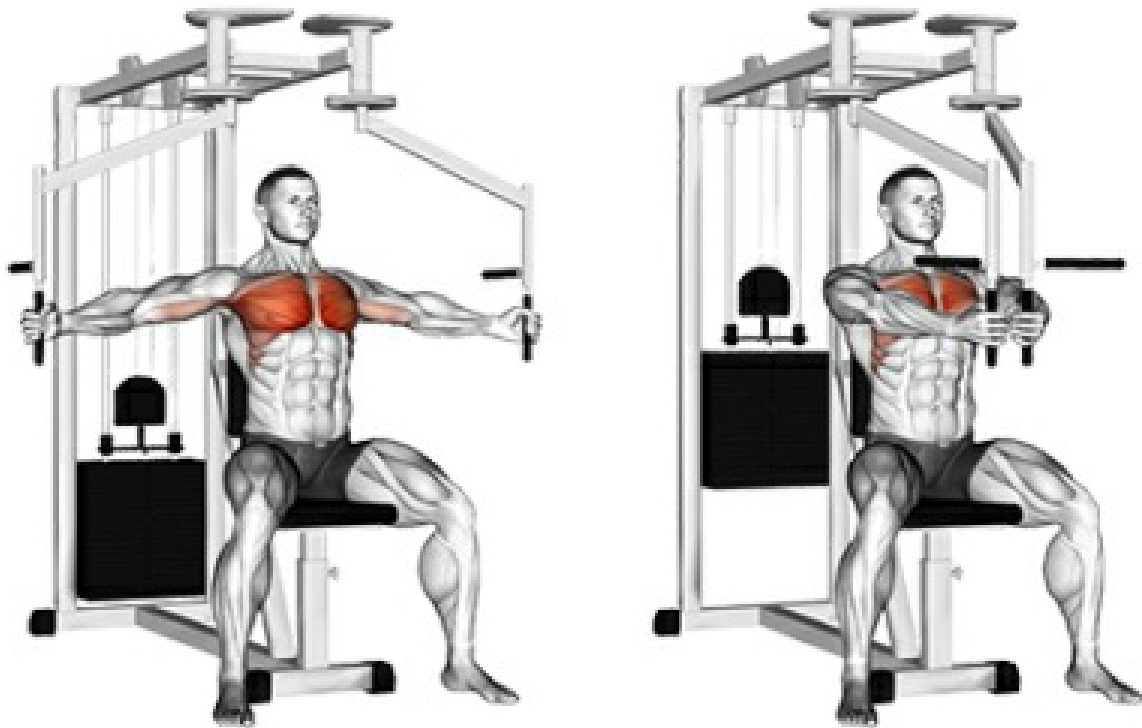


This exercise is designed to specifically train the upper part of the chest muscles and exhaust them after bench press.

Take a dumbbell in each hand and lie down on an incline bench at an angle of about 30°. If the angle is less than 30° (e.g. 15°), the middle and lower part of the chest muscles will be stressed more. If the angle is more than 30° (e.g. 45° is usual), more strain is placed on the upper shoulder muscles. The dumbbells must be brought to shoulder height, with the palms of the hands facing forward. Press the dumbbells upwards with both arms, with the forearms always pointing vertically upwards. Whether the two dumbbells touch each other at the highest point or can be hit against each other is a matter of taste.

Those who have shoulder trials should try the more shoulder-friendly version with neutral grip. In addition, you can take less weight and thus at least tire your chest. Afterwards you can get the rest out of your chest with butterfly and tight bench press.

Butterfly at the machine



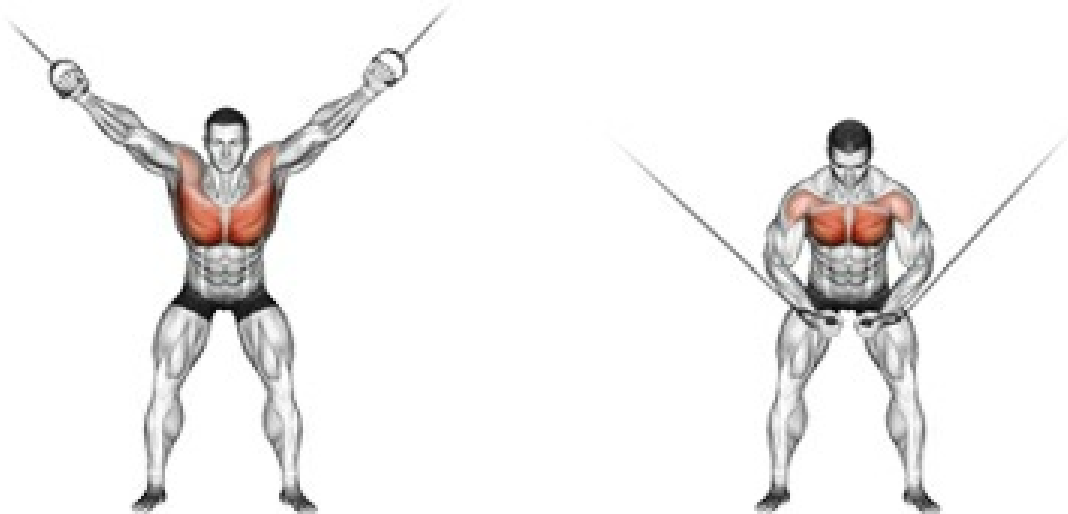
Sit on the seat cushion of the Butterfly machine and press the upper and lower part of your back against the backrest cushion. The seat should be adjusted in such a way that you now grasp both handlebars with your hands in a neutral grip position (palms pointing forward) and the outstretched arms run parallel to the floor and at chest level. However, the arms are not completely stretched, but slightly bent at the elbows. In this way, you protect your elbow joints. Now bring your hands together without jerking them in front and primarily use the strength of your chest muscles. Then slowly go back again until your arms are almost straight. It is also important to keep your weight in the air when going back.

Crossover (Butterfly) on the cable

(Alternative to Butterfly at the machine)

Grasp the handles attached to the high blocks of the cable pull towers in the neutral handle and stand in the middle between the two towers. Walk with one leg forward into a stem step. Tilt your upper body slightly forward, keeping your back straight and upright. Your arms are almost fully extended, but always keep a small bend in your elbow to protect the joint. Now, by rotating your shoulders, bring the grips on the almost outstretched arms together at chest level.

Then you let your arms slide to the sides again through a slow and controlled rotational movement of the shoulder. The exercise should be done slowly, in a controlled manner and exclusively through the rotational movement of the shoulder. You must not make a swing with your upper body.



TRICEPS TRAINING

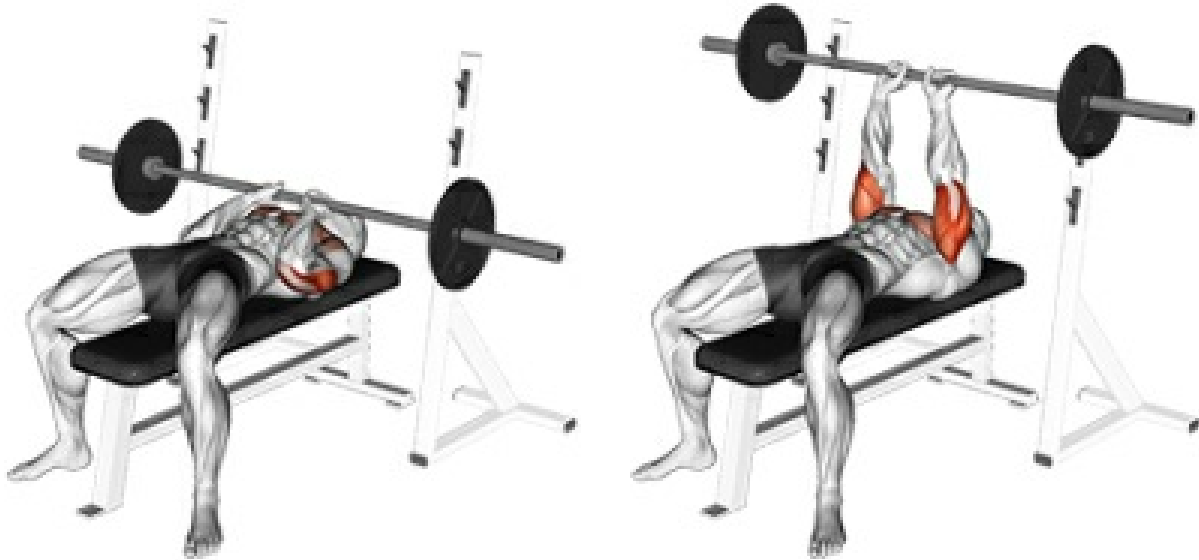
Our triceps training starts with a classic, the tight bench press. This exercise is a wonderful way to follow on from chest training. If the chest is not yet exhausted, this exercise can be an effective addition.

It continues with the dips and the Frenchpress.

The triceps should have been sufficiently worked on by Frenchpress at the latest. This exercise is as simple as it is effective, and you do not need to put much weight on the barbell.

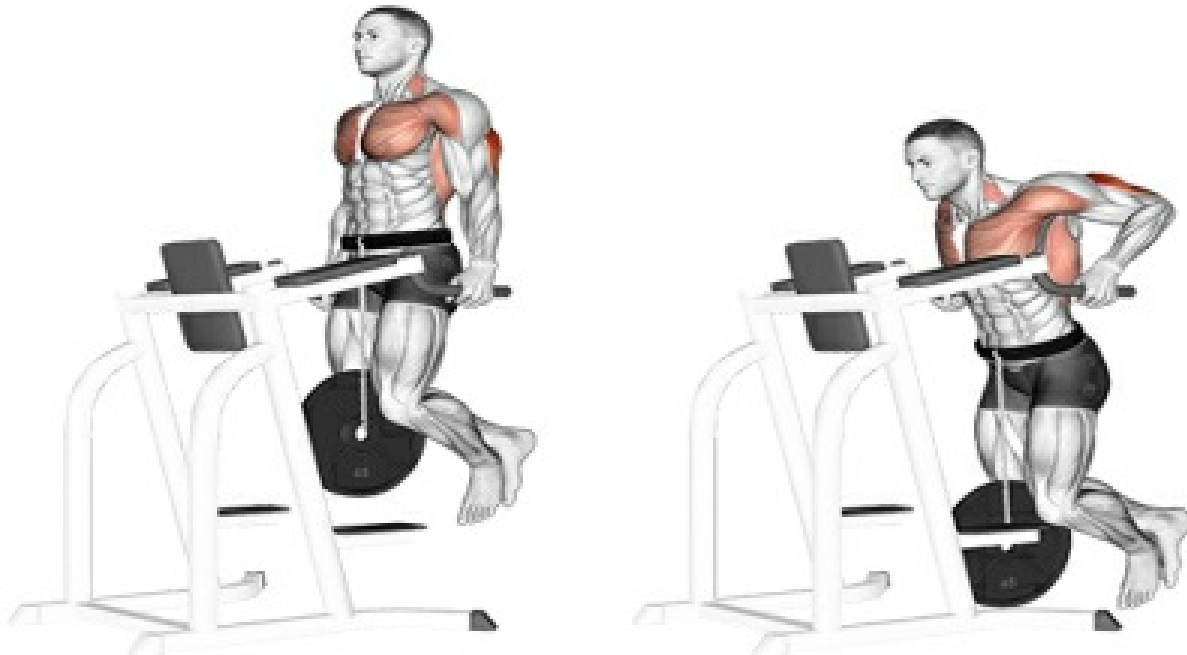
If you are still in an extremely good mood, you can also try triceps pushing on the cable pull. It is an exercise that is extremely fun.

Tight bench press



The execution of this exercise is similar to bench press, except that the distance between the two hands is less than shoulder width. The arms are kept close to the body when executing this exercise.

Dips with additional weight



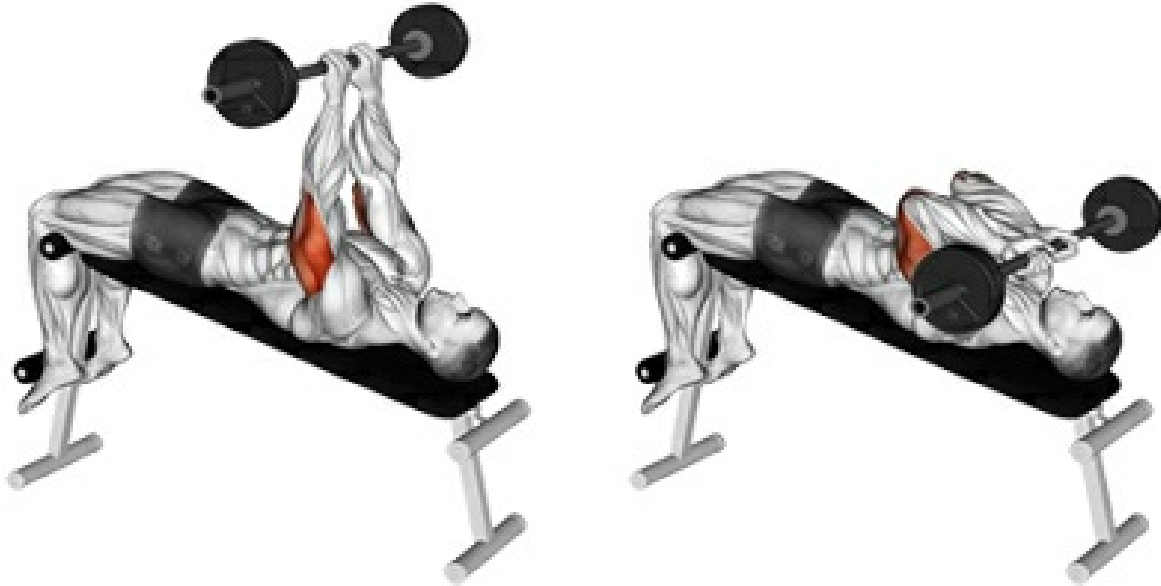
In the initial situation, the arms should be almost outstretched to protect the elbow joints. The upper body should be held upright, and the gaze should be directed forward. The legs should be stretched down as straight as possible. The elbows should be kept close to the body and to the back during the whole exercise. Lower yourself in a controlled manner until the upper and lower arms form an angle of 90° . However, everyone should know for themselves whether they fall below this angle, as the strain on the shoulders and elbows increases significantly. Afterwards you push yourself up again.

If you bend forward or move your elbows sideways when executing, you are more likely to train the chest area. Since we rather want to strain the triceps, this is rather suboptimal.

Those who find this exercise difficult because they cannot lift their own weight should first train on the dip machine.

Those who find the exercise too easy can hang additional weights with a dip belt or dip belt. But at least for the first set you should warm up without weights.

Frenchpress



This exercise is best performed with a curl bar. Grab a curl bar in the upper grip (palms pointing down) and lie down on a bench. The back forms a slight hollow back and the arms are stretched vertically upwards, forming a slight angle to protect the elbow joints. Now you lower your forearms (only) in a controlled manner, with the bar moving towards the head and at the end of the downward movement near the forehead. Now you push the bar back to the starting position in the same way. The only thing that moves are your forearms. The upper arms and the rest of the body do not move.

Triceps press on the cable pull

(alternative to Frenchpress)



Triceps pressing on the cable pull is performed on a cable pull with a straight or V-shaped rod.

Standing frontally in front of the cable pull, the rod is gripped shoulder-wide from above. The elbows are held as close to the body as possible and are not moved during the entire movement.

Stretch the arms in the elbow joint until just before the arms are fully extended to maintain muscle tension. Then lower the weight.

LEG TRAINING

Our leg training starts with a classic, the squats. This exercise is highly effective and so intensive that it contributes a large part to the body's testosterone production.

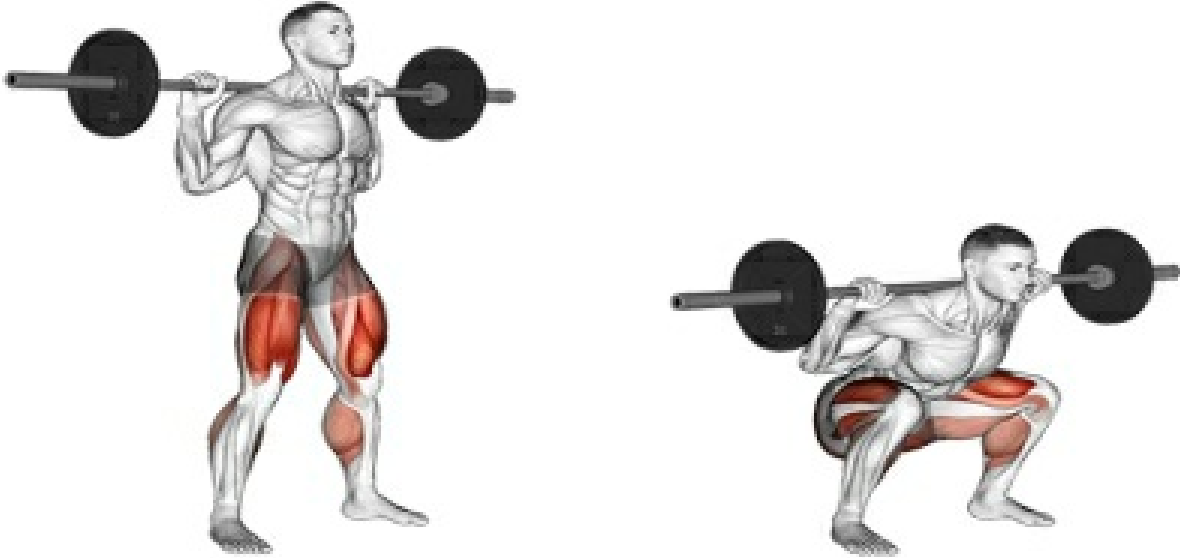
With the knee bends we train the quadriceps, leg biceps and the gluteus maximus, i.e. the gluteus muscle.

Afterwards we train separately the quadriceps with leg stretches and the leg biceps with leg curls.

Finally, the calf lifting is done to give the calves a growth impulse as well.

After this training you get to feel your legs, but that's the way it has to be. Your legs will be able to take it and gain muscle mass.

Squats



Before each leg workout, warm up for 10 to 15 minutes on a cross-trainer or treadmill, place yourself under the barbell bar and place it on the rear shoulder muscles or on the trapezius (neck) muscles. Grasp the bar significantly wider than shoulder width and push your elbows back. Lift the pole out of the holder with straight upper body and a slight hollow cross position in the lower back. Position your feet about shoulder width apart. Now you stand completely upright, your chest is pushed out to the front, your upper body is straight and your lower back always remains in the slight hollow-cross position. Your gaze is straight and your abdominal muscles are tense. Bend your legs slowly and in a controlled manner, your upper body is slightly tilted forward and your buttocks are pushed backwards.

During the downward movement, make sure that your knees are pointing in the same direction as your toes and that your knees are behind or at most at the same level as your toes. If your thighs are parallel to the ground, you have reached the end point of the downhill movement. Then stretch your legs upwards again with pressure over your heels. Always make sure that your lower back remains in its slightly hollow-cross position.

It is also possible to lower the thighs much lower so that they are below the knees in order to train the gluteal muscle. However, tall athletes with long thighs may experience balance problems. These can be prevented by placing a wedge, a board or two small weight plates under the heels.

I would like to emphasize once again that it is important to maintain a slight hollow cross position during the execution to protect the intervertebral discs.

As an alternative to the knee bends, you can also train on the leg press. When training on the leg press, you work the same muscle groups as with the squats.

Leg press (Alternative to squats)



Sit on the seat cushion of the leg press and lean your back against the backrest cushion. Place your feet about hip-wide on the foot plate provided. If the machine has grip pieces, you can gain additional stability by holding on to them.

Now release the safety catch and slowly and in a controlled manner bring the weight as close as possible to the upper body.

Then press the footplate back up over the heels of your legs. At the end of this movement, make sure that your legs are not fully extended, so as not to put unnecessary strain on your knee joints. Your feet should be positioned high enough on the footplate that the knee and tip of the foot form an imaginary line throughout the exercise.

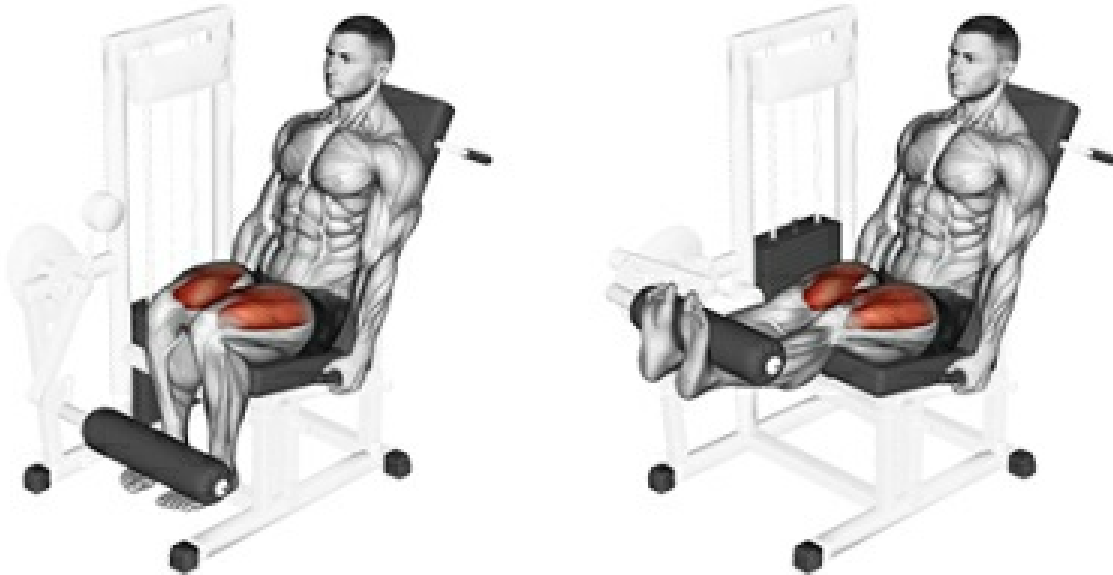
With the leg press, it is particularly important to ensure that the knees remain stable during the exercise. The toes and knees must point in the same direction. The knees must also not turn inwards or outwards. The correct distance between the feet is crucial to stabilize the knees.

There are different leg presses with different angles. But the most common one is the one with 45 degrees, and this is also shown in the illustration above. Of course you can also use other types of leg presses, the difference will not be so big in the design. But I strongly recommend to use the knee

bend for this exercise, because it is much more effective and the movement is more natural. The squats are more effective because the range of motion is greater and you have to support your own body weight. In addition, the lowering into a squatting position or the execution of a squatting bend is a natural movement.

It is much more effective to do this exercise after the knee bends in order to exhaust the muscles optimally. You do not need to move such high weights anymore.

Leg stretching on the machine



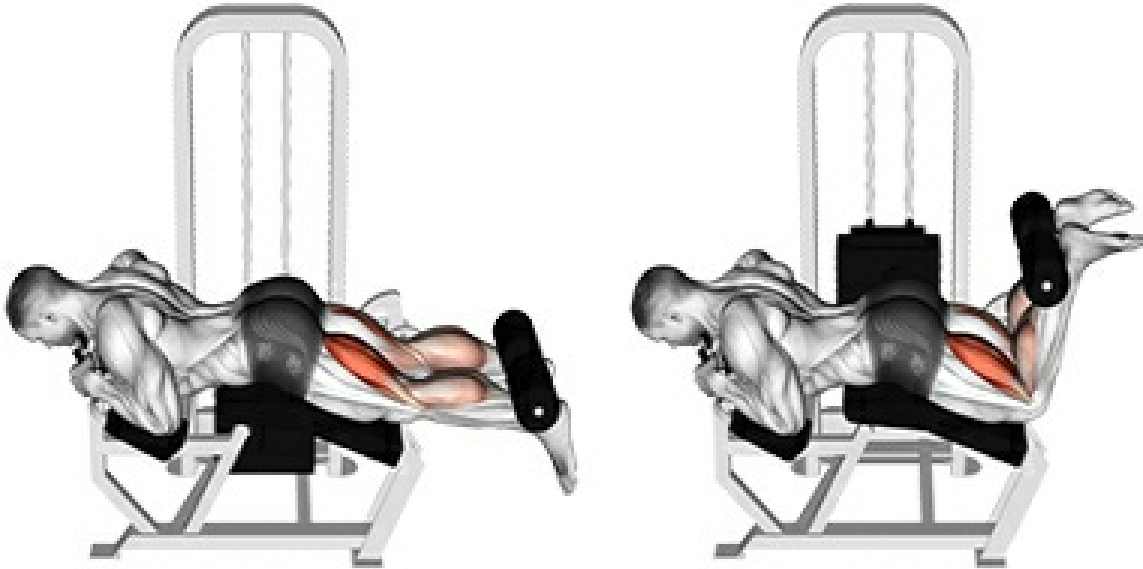
Sit down on the seat of the machine. Lean your (whole) back against the back support. Please note that your back should remain straight while performing the exercise. You should neither bend forward nor form a hollow back. Your knees should be level with the rotation axis of the machine. You may need to try something around and readjust the machine several times. A correct sitting position is especially important for this exercise. The foot roll should be placed between the shin and ankle bone. Furthermore, the machine should be adjusted so that your thighs are still completely resting on the seat. The head forms an extension of the spine to the back, the view is always straight forward.

Most of the machines have handles on the right and left side of the seat. Grip the two handle pieces with your hands. This gives your body additional stability. While performing the exercise, you should only move your lower legs, the rest of your body does not move. Now slowly move your lower legs upwards against the resistance of the weight. In the final position, your legs should not be fully extended. Make sure that your knees are always slightly bent. This way you can prevent any serious knee injuries.

Then lower your lower legs again. Please note that the weight must never be completely lowered when you reach the starting position. This happens only

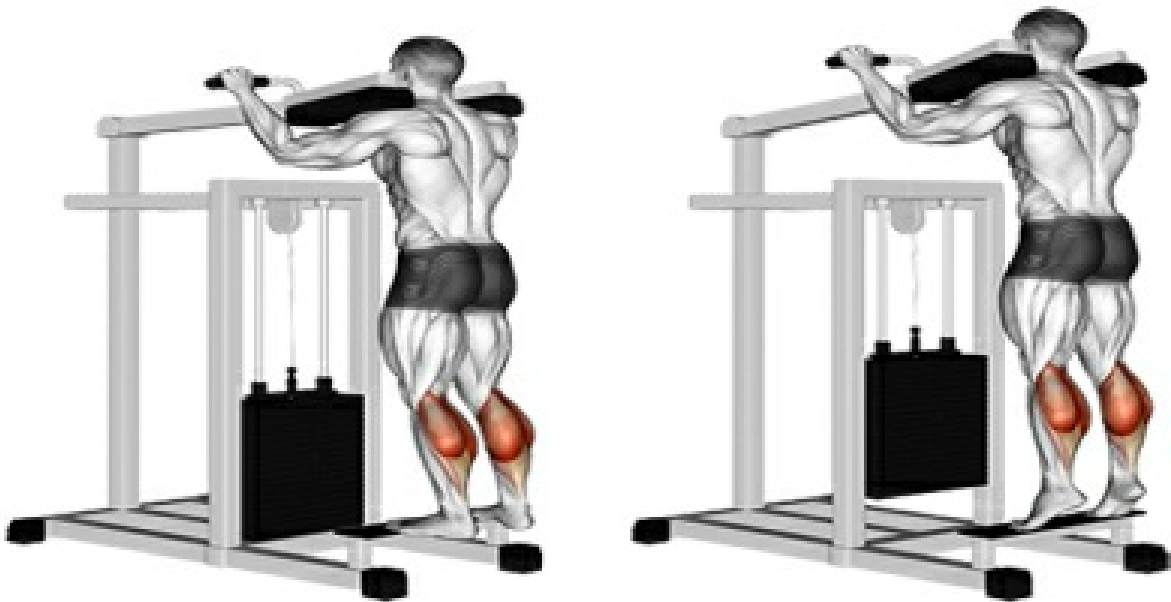
after the last repetition.

Leg curls lying



Lie on your stomach on the padding of the machine and place your lower legs under the leg padding provided. The padding should be between your calves and your Achilles heels. Your knee joints are at the same level as the swivel joint of the machine. Your upper body is straight and always in contact with the pad. To further stabilize your upper body, hold on to the handles, which are usually attached to the head end of the pad or underneath the pad, and push your lower legs over your heels as far as possible towards your thighs and buttocks. Make sure your upper body maintains contact with the pad. Then lower your lower legs backwards again slowly and in a controlled manner. At the end of the movement, you should take care not to stretch your legs completely to avoid putting unnecessary strain on your knees.

Standing calf lifting on the machine



Stand with the balls of your feet on the protrusion provided and position your shoulders under the padding. Extend your upper body, chest out to the front and form a slight hollow back in your lower back. When your upper body is just under the pad, your legs should be bent at the knee joint. Now slowly stretch your knees so that your legs are almost fully extended and your upper body is at the bottom of the shoulder pad. It is important not to stretch your knees completely, so that the knee joint is not strained unnecessarily. lift your heels up to the highest possible point by pressing the shoulder pad with your whole body upwards. Now lower your heels as far down as possible by slowly giving way to the weight on your shoulders over your calves.

ABDOMINAL TRAINING

Our abdominal training begins with the crunches on the machine. With this exercise we train the upper part of the abdominal muscles. Alternatively, we can also use the sit-ups on the negative bench to address the same muscles. With leg lifting, the abdominal training becomes complete, because here we train the lower part of the abdominal muscles. The abdominal training is not so extensive but that is not bad at all. Because the abdominal muscles are involved as auxiliary muscles to no small extent in every training. With these two,- to three exercises we give enough impulses for the growth of the abdominal muscles.

Crunches on the machine



Sit down in the unit and grasp the handlebars with your hands.
Curve your upper body so that your chest moves towards your lower body.
Your arms only guide the grips minimally, but you try to apply the actual force as much as possible with your stomach.
Then straighten up your upper body again by slowly giving way to the weight train backwards.

Sit-ups on the negative bench

(Alternative to crunches on the machine)



Lie down on the negative bench and fix your legs according to the bench's attachment possibilities. Your upper body lies completely straight on the downward sloping bench, your lower back is in a slight hollow cross position. Your upper body remains in this position during the entire exercise. Bend your arms and touch the right and left side of your head with your fingertips.

Now you start the exercise by raising your upper body by the strength of your abdominal muscles while breathing out. When the upper body forms a 90 degree angle to the thighs, you have reached the final position.

Then lower your upper body backwards again and breathe in at the same time. If you keep your upper body just above the pad at the end of the movement, i.e. do not put your shoulder blades on it, you will keep the muscle tension in your abdomen, which leads to better training results.

If you do not yet have strong abdominal muscles to perform this exercise correctly, you should first start with the "normal" sit-ups.

Leg lifting on the machine (Captain's Chair)



Press your back completely against the backrest padding, place your forearms on the arm pads. The two handles are enclosed for better grip. Keep your head upright and look ahead. The legs are almost extended, only a slight flexion of the knee joint is maintained. Pull the toes towards your shins so that they point slightly upwards. Tense your abdominal muscles and keep the tension in your legs even in the starting position. Do not just let them dangle loosely downwards.

Now lift your legs as far up as possible. Be careful not to work with swing. The movement should be controlled and performed slowly. When you reach the top, lower your legs back to the starting position.

Those who are not yet able to perform this exercise correctly should start with the easier form of this exercise. In this easier version, the upper and lower legs, in the upper position, are at a 90° angle to each other. The starting position is the same as when lifting the legs, the legs hang down in a controlled and almost straight way. The thighs are now raised until they are parallel to the floor, and the legs are lowered again after a short break.

BACK TRAINING

We start the back training with cross lifting, namely with the variant with stretched legs. This places the focus of the training on the back extensors. This is the lower part of the back muscles.

With barbell rowing we attack the whole remaining area of the back muscles. So the first two exercises are actually already sufficient to make the whole back grow.

A wonderful alternative to barbell rowing is rowing on a cable pull. This exercise uses the same muscles, and depending on which grip you choose, you either train more on width or more on depth of the latissimus. Here, the wider the grip - the more you train the width of the latissimus.

A good strategy would be to train with a tight grip on the cable pull and then a wide grip after the cross lift.

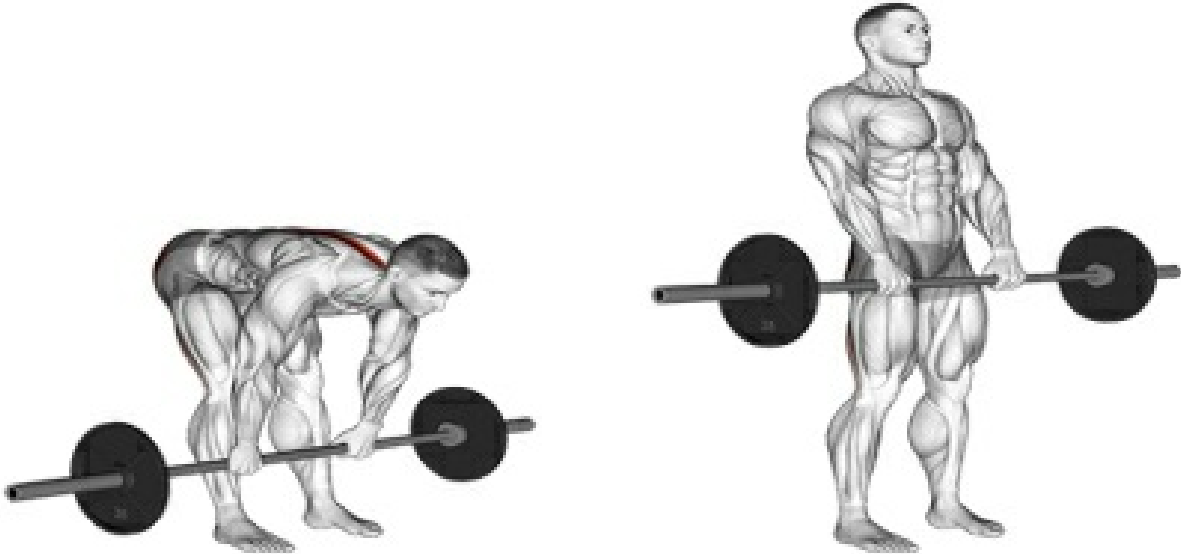
This in itself would be a complete full back training.

An alternative to rowing would be the pull-ups, the classic par excellence. With this exercise you train mainly the latissimus. The pull-ups do not replace rowing completely.

A tip would be to choose an exercise after the chin-ups, where you can train the back deltas and the trapezius muscle, e.g. with butterfly reverse on the apparatus.

With the one-armed dumbbell rudder we finish the back training and get the last reserves out of the back muscles.

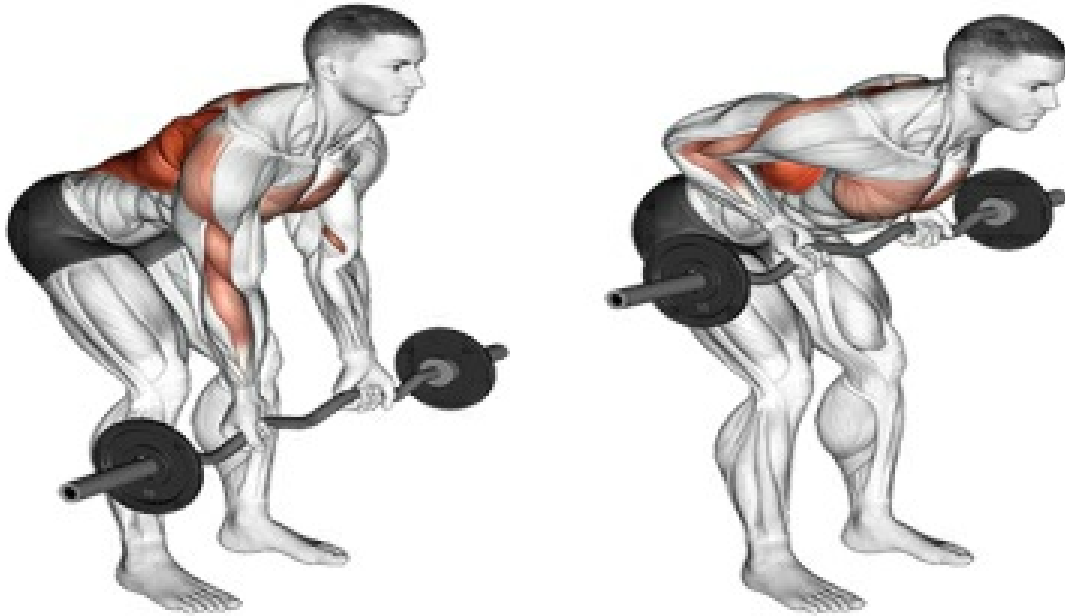
Deadlift with stretched legs



Stand in front of the barbell with your legs slightly straddled and grip the barbell with one hand in the upper grip and one hand in the lower grip. Your upper body is stretched out, your lower back forms a slight hollow back and your abdominal muscles are tense. Lift the barbell out of the holder or off the floor and straighten up. Your legs are not fully extended but have a slight kink in the knee joint. Now lower your straightened upper body over the hip joint forward until it is level with the floor.

The barbell bar, hanging from the extended arms, should be placed as close to your legs as possible; your buttocks should be pushed backwards during the downward movement. Then straighten your upper body above the hip joint by moving the barbell bar upwards again along your legs.

*bent over row with curl bar and
reverse handle*



Grab the curl bar from above and stand upright. Hold the barbell in front of your body with outstretched arms. Bend your knees and hips and with straight back forward until the bar is at knee level.

Pull the barbell along the thigh towards the abs. Keep your upper arms close to your body and keep your shoulders and back tensed. Lower the dumbbell in a controlled manner, keep your arms slightly flexed and repeat the process. You should let your shoulders pull down slightly as you lead them back. Optionally you can choose a wide or narrow underhand grip.

Cable row



Grab the narrow handle with both hands and sit on the flat bench attached to the pulling tower. Place your feet on the footrest and press them firmly against it to achieve the best possible fixation of your lower body. Your arms are almost fully extended, your gaze is straight, and your back is straight. Due to the shortness of the cable, your upper body is tilted forward. Now slowly straighten up your upper body in a controlled manner while your lower back remains in its original extension. Now your upper body is upright, your lower back is slightly arched, and your arms are almost fully extended. Now pull the handle backwards over the elbows at the level of the under bust. Make sure that the elbow joints are as close as possible to the upper body to ensure that the latissimus is optimally stressed. At the end of this movement, try to compress the shoulder blades as far back as possible. Afterwards you lead the grip again straight away from your body towards the pulling tower. At the end, the arms remain in the elbow joint with a slight bend. During this exercise, your entire upper body remains completely unchanged. Only the arms move, which are guided backwards over the elbows and then forward again.

wide pull-ups with extra weight

(Alternative to rowing)



Hang from the chin-up bar, but make sure that your arms are not fully extended and that you still have a slight bend in the elbow joint. Your back is straight and your legs are either straight or bent. Now pull yourself up. You have reached the final position of the upward movement when you reach the bar or an imaginary connecting line between the grips with the collarbone fibres of the chest or neck. Then slowly lower your body down again. At the end, your arms again have a slight bend in the elbow joint.

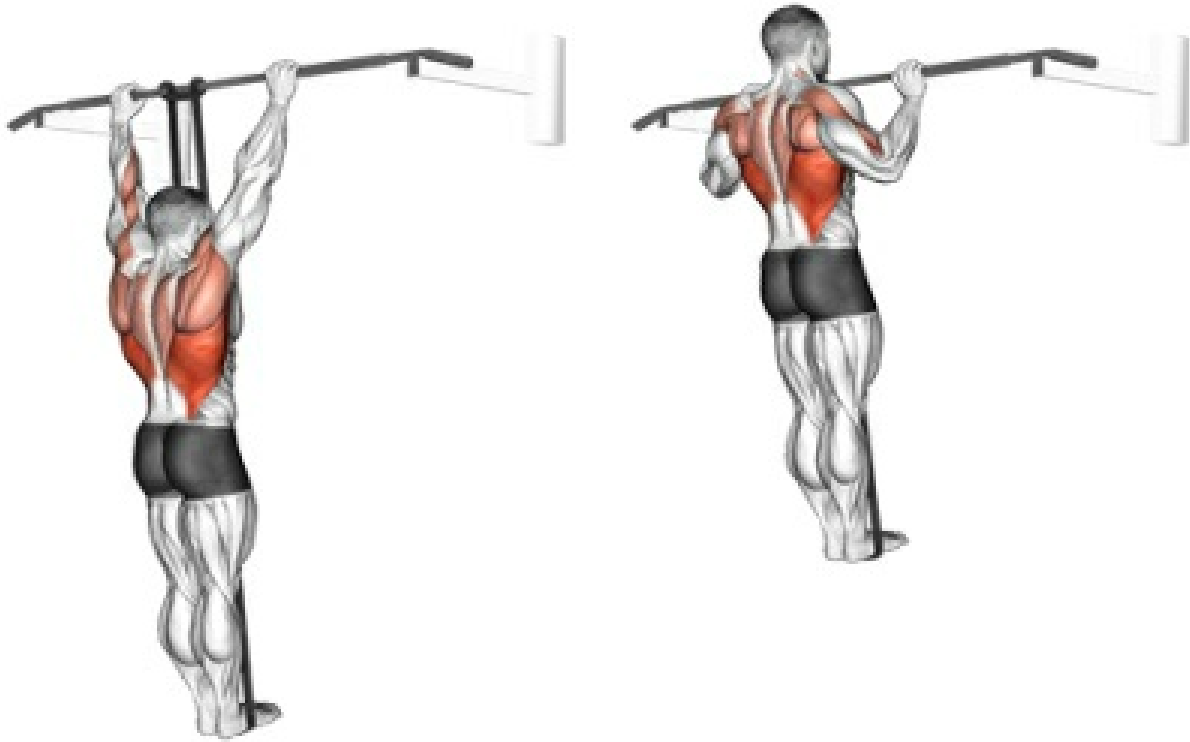
Before you start attaching weights, you should do 8 to 10 correctly performed pull-ups with your own body weight. Only then do you start attaching weights to yourself in 5 pound steps. So you start with 5 pounds and do 8 to 10 correctly performed chin-ups, then you increase to 10 pounds and so on.

If the normal pull-ups are too heavy for you, you should start with pull-ups on the machine or use resistance bands as support. See the following illustrations.

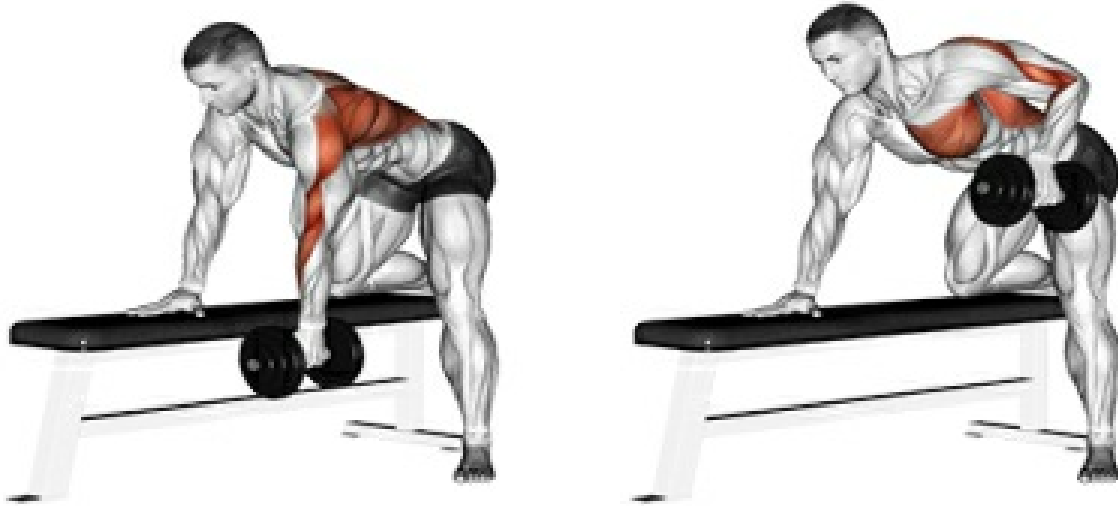
pull-up on the machine



Pull-ups with a resistance band as support



One-arm dumbbell row on the bench



The one-armed dumbbell rudder is the simpler version of bent rowing with a barbell or curl bar. With this exercise we once again specifically challenge the back muscles and get everything out. In this example we assume that you start with the left side.

Place your right knee and your right lower leg on the lower end of the flat bench.

Bend your upper body forward and support yourself with your right hand on the upper third of the bench. Your body must remain in a rigid and stable position during the execution and your back must be stretched out.

Now grab the dumbbell with your left arm and guide it down past the outside of the bench. You can do this vertically downwards or slightly forwards to stretch the wide back muscle optimally and achieve maximum movement amplitude.

Then pull the dumbbell with the latissimus upwards again. Concentrate on the movement of your elbow. It should be guided upwards as close to the body as possible. To put maximum strain on the muscle, the upper body can be turned slightly upwards in the upper position of the dumbbell. This way, the shoulder blades are pulled together further and the hood muscle is used effectively.

BICEPS TRAINING

We start our biceps training with the biceps curls with curl, - or SZ - bar. This bar is much more ergonomic and gentle on the wrists.

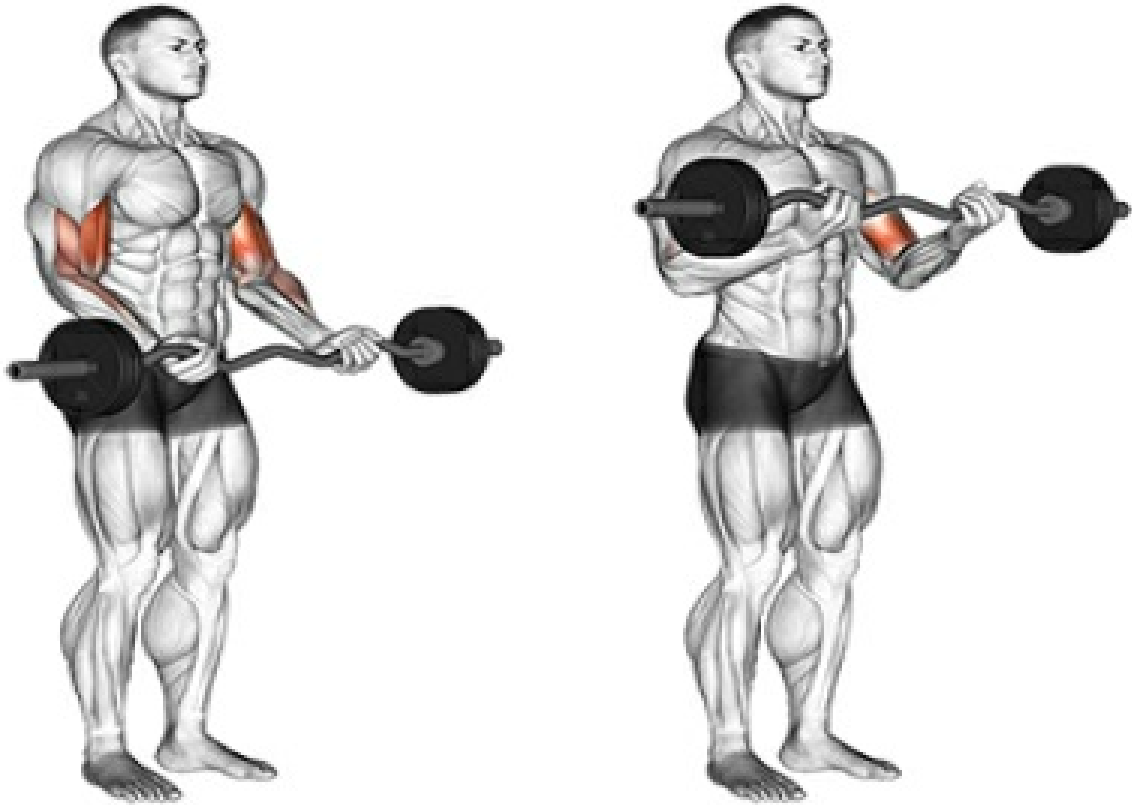
The biceps curls with the curl bar is the ultimate exercise, which can hardly be replaced.

However, if you prefer chin-ups, you can do tight chin-ups with underhand grip.

Subsequently, concentration curls or Scott curls are very suitable.

At the end of the bicep training, we do the hammer curls, where the focus of training is on the arm flexor (brachialis).

Biceps curls with curl bar

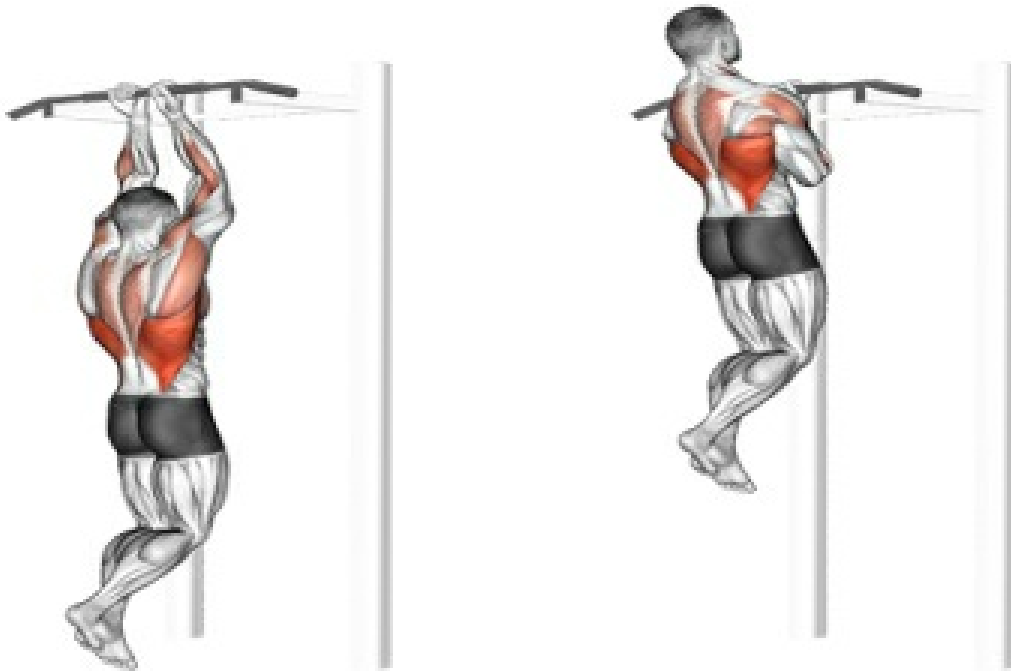


Biceps curls with curl bar are performed in a stable stand. Your abdominal muscles should be tensed, shoulders should be extended at the back and chest at the front. Hold the curl bar in front of your body with your arms almost outstretched. The upper body remains unmoved during the whole movement. Slowly and in a controlled manner you lift the bar using only the force of your upper arms and bend your forearms upwards to the maximum via the elbow joint.

Then return to the starting position without stretching your arms completely. Deflection, i.e. swinging through upper body movements, should be avoided during the bicep curl.

Tight pull-ups with underhand grip and additional weight

(Alternative exercise to biceps curls with curl bar)



The execution is the same as for the wide pull-ups, except that here the underhand grip is used and the hands are less than shoulder width apart. Before adding weights you should be able to do 8 to 10 correctly performed pull-ups with your own body weight. Only then you can start to do weights in 5 pound steps. So first you take 5 pounds and when you have done 8 to 10 correct chin-ups, you increase to 10 pounds and so on.

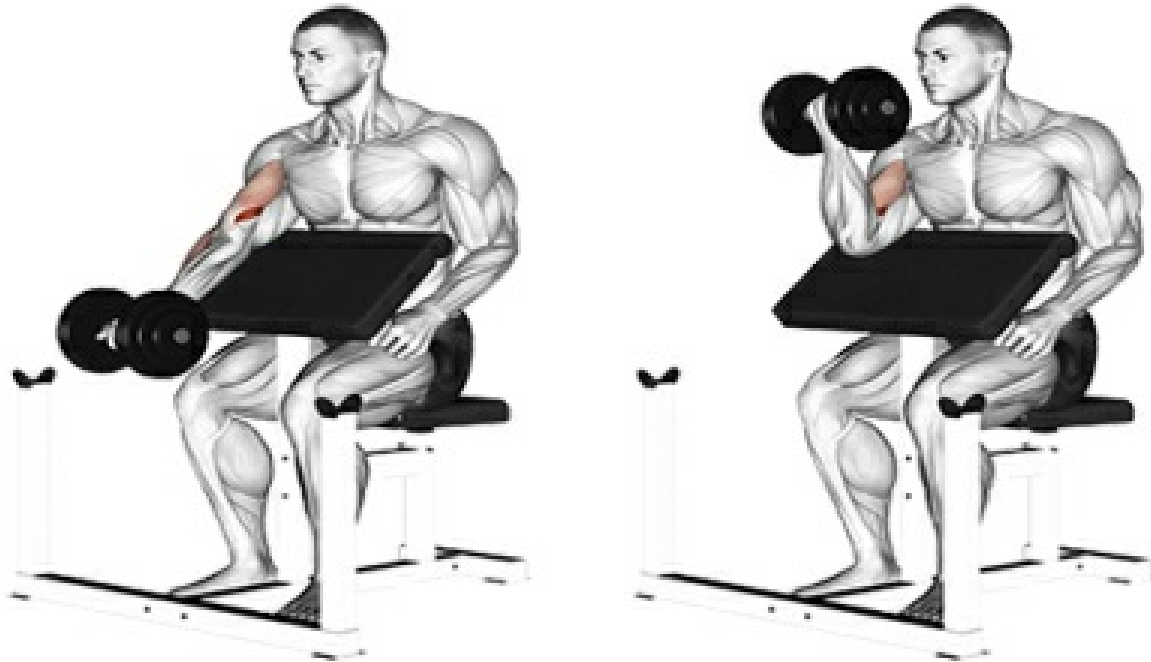
Concentration curls sitting



Sit on a flat bench or chair with your legs spread and your upper body slightly bent. Bend your arm as far up as possible without moving your upper arm or elbow. Return to the starting position in a slow and controlled movement without extending the arm completely.

One-arm Scott Curls

(Alternative to concentration curls)



Sit on the seat cushion of the Scott bench and position your legs in a firm stand, which you reach with your thighs and lower legs at right angles. Press your upper body against the padding provided. If the Scott bench does not have such a pad, press your chest against the upper edge of the arm pad which is tilted forward. On this your upper arm rests, which you want to train first. Your upper body is upright and your lower back is in a slight hollow back position.

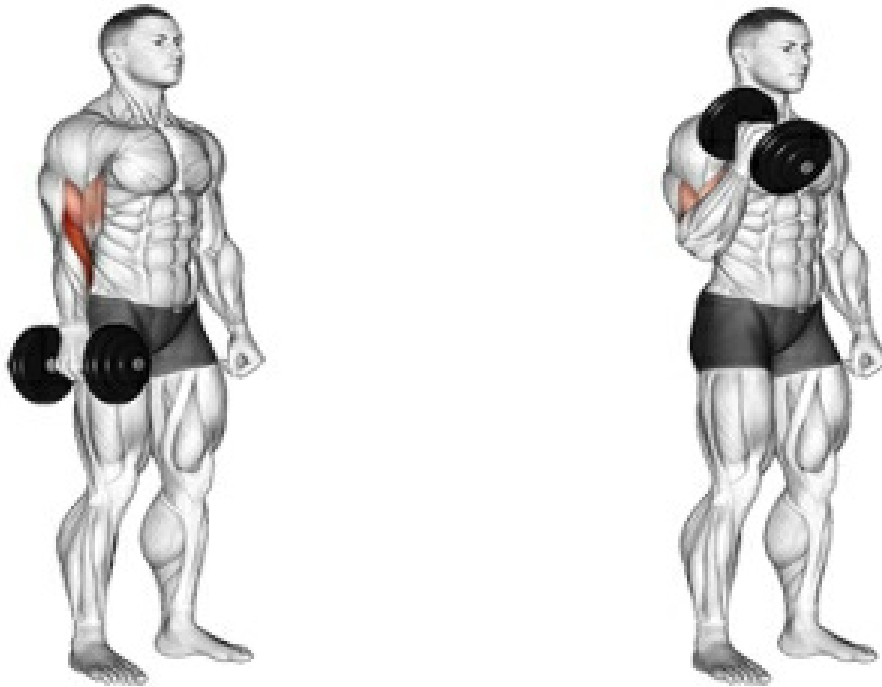
Also make sure that your arms are never fully extended, but that a small kink in the elbow protects the elbow joint.

Now bend your forearm over the elbow joint as far as possible towards your chest until the dumbbell bar is at the level of your neck or chin. Then slowly release the dumbbell again. In the end, do not forget to maintain a small kink in the elbow joint.

Attention: In contrast to the classic biceps curls, the muscle tension in the Scott curls is very high due to the inclined arm pad. To avoid injuries it is therefore very important to warm up the target muscles well during this

exercise.

Standing hammer curls



Grab two dumbbells and stand upright. Bend one forearm over the elbow joint as far as possible upwards, while your other arm with the dumbbell hangs down on the side of your body. Make sure that the arm hanging down is slightly bent and not straight. Lower your weight without extending your arm and repeat the movement with your other arm. Make sure that you only move your forearms and do not swing with your upper arms.

NUTRITION

The food we consume has at best a lot of protein. Protein is the stuff muscles are made of. The most suitable foods are meat, fish, dairy products (especially curd cheese), nuts, eggs, etc. You should always take a good look at the table of contents of the products to find your way around. Basically you can also eat "quite normally" if you consume protein powder in addition. Even if you are vegan, it is enough to take 30 grams of protein powder in the morning after getting up and in the evening before going to bed. But if you already eat a protein-rich diet, it is sufficient to take protein powder every time after training. If you want to be absolutely sure, take additional protein powder before going to bed.

The difficulty lies more in finding

a balance between the ratio of protein, fat and carbohydrates. You want to gain as much muscle mass as possible without putting on fat. Basically you can also gain muscle mass by following the Atkins diet. This means that you take in almost only protein and fat and hardly any carbohydrates. This way you have enough protein for muscle development and fat as an energy source for the body and you are forced to lose body fat. Sugar and carbohydrates are always involved to a large extent when you gain weight. It can happen very quickly that the carbohydrate stores become full and the excess carbohydrates are converted into body fat. But you certainly have more energy when you consume carbohydrates or sugar. And since we want to get everything out, a diet without carbohydrate intake is not optimal. It must also be said that the intake of carbohydrates, especially sugar, increases the insulin level. This counteracts the processes that break down muscles and improves regeneration. I do not recommend to do without carbohydrates or sugar completely and to adjust the amount of intake according to how fast one gains or loses fat mass.

In my opinion, the ideal way to build muscle is to eat what you want and to take protein powder after training and before bedtime. This is not even about how healthy it should be or how difficult it is to get the ideal weight. I am talking about an ideal, everyone is free to follow it or not. Just as there are different body types, there are also different ideal diets. Each one has to find its own balance. If you want to look muscular AND defined, you have to make sacrifices and change your diet in the long run.

As a small guide to a high-protein diet, you will find a table of high-protein foods on the following pages.

Animal food

Vegetable foods

Refined sugar

Getting back to the sugar. The refined sugar has a great influence on the fat content of the body. The problem is that most people today are addicted to sugar and many are not aware of it. Sugar is definitely a legal drug, because you consume much more of it than your body needs. I am not just talking about the sugar that comes in coffee or any other drink. Sugar comes in the form of ketchup, kellogs, beer, cola, energy drink etc. Carbohydrates are nothing more than sugar. With a little common sense you can improve your diet considerably. For example, if you know that you cannot keep your hands off sugar, you should at least stop buying sweets and refined sugar. If you no longer have such things in stock at home, you will get used to taking sugar every day and the addiction will subside or disappear completely. You have to make sacrifices and you have to be radical about your diet.

The natural and healthy alternative to refined sugar is fruit. Why not have a few dates or a banana with your coffee instead of sugar?

Try it. This tip also applies to hardgainers, because it is not only about putting on less fat than necessary. It is also about staying as healthy as possible, and refined sugar is something unnatural and the source of many diseases.

However, I strongly recommend not to use sweeteners as an alternative, which is much worse than refined sugar. The sweeteners are artificially produced, and it is not known exactly what the long-term consequences of taking them might be. In the industry there are no long-term studies to determine the side effects of food additives (e.g. aspartame = E951), the profit comes before the health of the "consumers".

Moreover, sweeteners lead to an even higher insulin fluctuation than sugar.

Whether stevia should be an alternative is also a question. In 1991 Stevia was banned in the USA because it is said to be mutagenic, but since 1995 the ban has been slowly being lifted. Stevia is also suspected to have a negative effect on fertility. At least laboratory tests have shown that Stevia has a very negative effect on the fertility of rats.

It is best to stick to foods that are of natural origin or to those to which the human body has "adapted" over millions of years of development.

Simple and complex carbohydrates

A distinction is made between simple and complex carbohydrates, the latter being considered healthy. Simple carbohydrates provide energy almost immediately, as these simple carbohydrates or simple sugars (or double sugars) pass very quickly through the intestines into the bloodstream. The problem is that the insulin in the body rises to transport the sugar into the cells, and when it drops, you can get ravenous appetite or a loss of energy occurs. Of course, you don't have this problem if you consume moderate amounts of sugar. With complex carbohydrates or multiple sugars (or multiple sugars), on the other hand, the digestive system has to work much harder to break down the long-chain carbohydrates and make them available as energy. This results in a constant, longer lasting supply of carbohydrates, which also keeps the insulin level constant. I would actually only recommend simple carbohydrates before training, e.g. in the form of dextrose. But also only if you know that your body's own carbohydrate stores are empty, you have not consumed enough carbohydrates and you feel weak. Intensive training consumes energy and this should be available to get the most out of your performance. In this case it can make sense to take simple carbohydrates in a targeted manner, otherwise you should focus on complex carbohydrates in the long term.

What exactly are simple and complex carbohydrates? See the table below for orientation.

Various forms of sugar

My Secret Recipe
"The curd mixture"

Curd cheese and oatmeal are a classic in bodybuilding cuisine, and over time I have developed my own recipe that I would like to share here.

Take low-fat curd and mix it with oat flakes, linseed, cocoa and milk. You have a snack with lots of protein and fibre, hardly any fat and complex carbohydrates. You can eat this "mixture" not only in the morning, but at any time of the day. According to taste you can, for example, cut a banana into slices, or add some sugar. Over time, everyone develops their own individual recipes anyway, depending on their own food requirements or taste.

Quantity specifications (example)

<i>Low-fat curd</i>	<i>125 grams</i>
<i>Oatmeal</i>	<i>50 grams</i>
<i>Linseed</i>	<i>5 grams</i>
<i>Cocoa</i>	<i>1/2 teaspoon</i>
<i>Milk</i>	<i>About 50 - 100 ml</i>

SUPPLEMENTS

With supplements you should be careful. The opinions about the supposedly positive effects of supplements have their source primarily with its producers. I am of the opinion that a balanced diet is sufficient for an athlete. But I will nevertheless present the most well-known supplements, as a positive effect on muscle building cannot be excluded with certainty. Supplements are especially interesting for those who do not have a balanced or unbalanced diet. If you decide to take supplements, it is best to buy products that are made in Germany. As long as you don't have a laboratory and are a chemist yourself, you can never be sure whether supplements actually contain the active ingredients we pay for or whether there is something else in them that can harm you. One should keep this probability as small as possible. You should find out about the manufacturers, visit their website, look at the reviews on the net and, as I said, buy German products, because where else are there more requirements than here in Germany.

Protein powder

The classic and most important supplement of all is protein powder. The protein powder helps you to provide enough protein for muscle building. There are also critical voices that say that you only build up a few grams of muscle mass per day anyway and that you already take in enough protein with your normal diet. So if you want to be on the safe side, you can take protein powder.

In any case, it is recommended to take about 30 grams at once. This is considered the ideal dosage and is definitely sufficient. Most of the protein containers you buy already have a dosage spoon with them, which usually has a capacity of 10 grams of powder. In case of doubt, take three well-heaped tablespoons of powder, which corresponds to approximately 30 grams. The powder is taken with water or milk, whereby one takes 300 to 500 ml of liquid as solution medium.

Creatine

One should be able to train longer and more intensively with creatine and the regeneration should be improved. However, the effect should only occur with every second person. I can definitely confirm that it leads to weight gain and water retention.

Zinc

Zinc is involved in protein and carbohydrate metabolism and testosterone production. Zinc also promotes regeneration and strengthens the immune system. And since the immune system of an athlete is attacked by training, a strong immune system is important.

You don't necessarily have to take zinc as a supplement, because you can also get enough of it through your diet. Zinc is found in relatively large quantities in pulses, meat, eggs, quinoa, nuts, cheese (Edam, Emmental), sunflower seeds and wholemeal products.

Magnesium

Magnesium prevents muscle cramps, promotes metabolic processes such as protein and carbohydrate metabolism and is responsible for energy production in the muscles.

Magnesium does not necessarily have to be taken as a supplement either, as it is present in sufficient amounts in various foods. Magnesium is found in relatively large amounts in cereals, nuts, legumes, fruit and vegetables. So if you do not eat a one-sided diet, you should be able to get enough of it from food.

TESTOSTERONE LEVELS

A higher testosterone level promotes regeneration and muscle growth. One should therefore try to maintain the highest possible level of testosterone in the body. There are various ways to increase testosterone levels, which I will present in the following.

Intensive training

There is of course the intensive muscle training. But this must not be too long. After two hours you should have finished the training.

Reduce abdominal girth

If you have a stomach circumference of more than 94 cm, you should work on reducing it. A large part of the abdominal fat is the so-called "visceral fatty tissue". This converts testosterone into the female hormone estradiol. This in turn increases the amount of fat deposited.

The sugar consumption should not be too high. One should not consume more than necessary, because the body's carbohydrate reserves become full at some point during the day, the excess is converted into fat and stored in the body.

Increase vitamin-D level

According to scientific studies, too low a vitamin D level can also lead to a reduction in testosterone levels. More sunlight or taking vitamin D tablets can help.

Healthy fats

The testosterone molecule consists biochemically of a fat formula. Healthy

fats are therefore important for the testosterone balance. I recommend eating nuts, e.g. peanuts, or using linseed oil for salads.

Avoid lack of sleep

When there is too little sleep, the testosterone level drops. So please make sure you get enough sleep.

Oatmeal

Oats contain avenacosides, which reduce the amount of sex hormone - binding - globulin in the blood, thereby increasing testosterone levels.

avoid alcohol

Bad news for alcohol connoisseurs, because alcohol is the absolute testosterone killer. I present here the results of various studies on alcohol and testosterone levels.

Alcohol is said to damage the Leydig interstitial cells in the connective tissue of the testicles and thus impair the release of testosterone. And these cells are the producers of the body's own testosterone (J. Pharmacol Exp Ther, 1977).

By influencing responsible enzymes, alcohol leads to an increased conversion of testosterone to estrogens. This increases fat storage in typically female problem zones.

Alcohol increases the amount of sex hormone-binding globulin in the blood. This globulin inhibits the effect of testosterone and sporting performance decreases.

Researchers assume that alcohol destroys the androgen receptors that bind testosterone in muscle cells. This prevents the synthesis of certain proteins. This is because although testosterone is in the bloodstream, there are fewer receptors and this blocks optimal muscle growth. In addition, the estradiol level is also increased by the alcohol. Estradiol is an oestrogen, which also interacts with the androgen receptors and leads to the typical effects of an oestrogen.

To recap: Alcohol is equal to less testosterone and more oestrons, thus less regeneration, muscle growth and libido and more fat storage and feminization.

"Alcohol is a chemical form of castration"

- Chung (American researcher, toxicology, 1990)

Plasticisers or phthalates

Phthalates are used to soften plastics. This chemical lowers testosterone levels in men, but also in women. Plasticizers can be found in toys, food packaging and plastic bottles, for example.

Another known harmful chemical is bisphenol-A (BPA), which also helps to reduce testosterone levels. BPA is a basic material for the production of the plastic polycarbonate. It is contained in everyday objects such as baby dummies, plastic dishes, tins and thermal paper (sales receipts).

Stress

When we are stressed, our organism releases the stress hormone cortisol. This is pretty much the counterpart of testosterone and bad for the immune system. One should therefore actively work on reducing the stress.

AN OPTIMAL AND LONG-
TERM WAY OF
NUTRITION FOR MORE
MUSCLE MASS

Take plenty of protein. That guarantees that you take in enough of it for muscle growth. Furthermore, the metabolism of protein costs the body much more energy than that of fat and carbohydrates (simple). This either helps you lose fat or keeps your fat percentage optimal.

You should eat less meat, but a good quality one. You can buy some from the farmer or the hunter nearby. With the meat from the shop you don't know what chemicals are in it, or what the animal has eaten. You can also buy chicken eggs and milk from the farmer, it is definitely worth considering.

Take only complex carbohydrates. This keeps your insulin level constant, which results in fewer insulin fluctuations and you experience a constant energy supply in the long term. It also costs the body much more energy to burn complex carbohydrates than simple carbohydrates. And that in turn keeps your body fat percentage in the optimal range. Eat whole grain products, fruit and vegetables as suppliers of carbohydrates and avoid refined sugars, soft drinks and the like.

Take good fat. Animal fat is considered unhealthy. These are of course difficult to avoid if you eat a lot of meat. But if you are already using fat for frying or cooking, use sunflower oil, not rapeseed oil, coconut oil or other waste. For a salad there is nothing better than linseed oil, but you can also use sunflower oil.

Look at the table of contents under food. Try to avoid foods where there are artificial chemical additives such as preservatives, colorants or similar. If nobody buys these chemical cocktails, the producers will not sell this garbage anymore. This is also called buying boycott, basically the last political decision tool of a "citizen".

ATTITUDE

It is very important that the training itself must be fun. I have been training for almost 2 decades and I have no intention of stopping. I can't imagine quitting at all. Training is not a burden for me. It is already a part of me. I have my own slogan "Until the training dies in me, I die in training", which indicates this connection between me and my sport. It is simply a lot of fun to discover and expand one's own capabilities. It is exciting to adapt the training plan again and again, even if you only change the sequence of events minimally and do not exchange exercises immediately. And you don't want to miss the nice optical side effect anymore. Who wants to have a figure like the one you had before you started training. If the training becomes a burden, then maybe you train too often in the week or you make too many sets in the exercises. You have to adapt the training load to your life circumstances. It's about keeping going and not stopping. If you can do one repetition per training, or one kilo more in one exercise, you are already better than last time. You have set a new record or your own record, and so you shimmy higher.

Of course there are lows, but that's part of it. Even if you shouldn't reach a new record during a training session, at least you have put a strain on your muscles and thus prevented stagnation. In addition, you have to say that even if you had the same performance several times during training units, muscle growth can still occur.

WORKOUT DIARY

It is extremely important to write down all relevant data from a training session. You write down which exercise you do, how many sets and reps and what weight you have achieved. It is also useful to write down the date, the day of the week and the time.

This way the training can be planned very well and you know exactly what you should train next and what you have to do to get ahead. A notepad is psychologically important, because you can follow your own development or so that you can determine a development. In addition, the anticipation for the next training increases, because you know what you can do better, or where you need to do a repetition or an extra pound to get ahead. Below you can see four different exemplary notepad entries that show how to write down training data. The first version is for beginners, who really note down everything and write it down. The second version is the shorter version.

The third, is the variant for professionals who only write something down when they have achieved a best performance in an exercise. At some point you already know by heart which exercises you can and must do and which performance you can achieve, but of course you still write down a new best performance. This alone has a psychologically important effect. And if you can't train for a while, you have your notes that record the best performances you want to achieve and exceed again.

In addition, you always write down all changes in training or diet, regardless of whether you have broken your own record or not. For example, when you start taking a new protein powder, or add a new exercise to your workout.

Diary entry
(version for beginners)

Notepad entry

(short version for beginners)

Notepad entry
(professional version)

SHORT SUMMARY

Either train on three fixed days a week, one day apart, and take two days off, or train every second day in a row. On a training day, either chest, triceps or back, biceps or legs, abdomen is trained. All these three groups have to be trained in a row, you do not do reps or discriminate one muscle group. The diet should be as high in protein and holistic as possible, not one-sided. We always take a supplement, always after training, the protein powder.

DISCLAIMER

The content of this e-book was checked and created with great care. However, no guarantee or warranty can be given for the completeness, correctness and topicality of the contents.

The content of this e-book represents the personal experience and opinion of the author and is for entertainment purposes only. The content should not be confused with medical advice. No legal responsibility or liability is assumed for damages caused by counterproductive exercise or by the reader's mistakes. Also no guarantee for success can be given. The author therefore assumes no responsibility for not achieving the goals described in the book.

SUPPORT OUR WORK

If you like this book, you can support our work with a small donation. To do this, send us an amount via PayPal that you think corresponds to the added value you have gained from this book.

PayPal address:

ep86@gmx.net