

Here's some tips that I've went to great pains to retrieve and compile. Originally I did this to basically aid myself (made a few copies for friends etc.... now everyone at my gym has one). I was tired of sifting through tons of useless info. (alot of fitness mags and books etc. are just worthless to varying degrees, from some I only retrieved a few descent lines). Anyhow, here it is; I hope that you guys can use the info. As productively as I had.

Note: All info. was quoted by so called professionals and should be safe to utilize. I have not implemented any of my own ideas or opinions; and in no way will be held responsible for negative results. You will of course forgive me for my spelling errors. I will try and upload this document monthly with new info.(feel free to redistribute, but, if you alter this document take credit for it).

1st uploaded on Jan.8/97

Good luck,
"Sinner"

FITNESS/(Tips)

Health Concious /(General)

- The more muscle on your body the greater your metabolic rate will be (the faster you'll burn fat and gain muscle). The more calories you burn, the less you'll have to reduce your fat intake.
- 6 small meals a day is better than 3 large ones. This lets your body utilize the nutrients and speeds up the metabolic rate.
- A high fat diet can do damage to your penis also (the walls of the arteries in your penis can become partially blocked reducing bloodflow and causing impotence, wearing polyester underwear can cause impotence also). A high fat meal can decrease testosterone levels by as much as 30% within 2 hrs. after the meal.
- Speed up metabolism = aerobics every other day, moderate calorie, high protein and low fat and sugar diet
- Foods that say they have no cholesterol may be loaded with staurated fat.
- Except for meat and Poultry there are no federal laws govering the words "Lite" and "Light" (ask for extra lean or fat reduced at the deli, when it comes to chicken light contains about a third the fat of dark).
- Products that list the first ingrediant as solid fats and oils are usually high in fat (IE mayonase, butter... ingrediants that contain large amounts of staurated fat include meat and poultry fat, butter, cream etc).
- Feet: If your feet seat use socks containing wicking fabrics, not absorbant socks (talc or constarch helps prevent blisters, the best cure for a blister however, is a layer of petroleum jelly); once you've gotten a blister use moleskin. Cowboy boots can put 2x as much stress on your heel as your used to.
- Studies show that the only way to endure heat is to work in it, the first sign of dehydration is fatigue (muscle strenght decreases). Other symptoms include: muscle aches, cramps, nausea, diarrhea, lack of concentration, tunnel vision etc.
- Sports that burn calories the quickest over a short period of time IE 40 min. (highest to lowest): Jogging, Scuba Diving, Stair Climbing, Basketball, Jumping Rope, Tennis, Volleyball, Boxing, Swimming, Cycling, Frisbee, Golf, Softball.
- Minor ills: The buring senstaion from alcohol on a wound is evidence of further damage or irritation to the tissue; if you can't keep anything down don't try, if vomiting persists after 6 hours call your

doctor. Don't put stuff in your ears (it can cause damage), use and over the counter eardrop to soften wax then wash it out with a bulb syringe. If your ill extra rest won't speed your recovery; long term bed rest causes bones to lose calcium, muscles to wither and bowels to shut down.

- Make sure your fitness goals are specific yet realistic, variety is powerful when the key is motivation
- When buying milk buy a paper carton rather than a plastic jug, the lights in groceries stores can cause the jugs to lose up to 90% of the vitamin "A"
- Sleep: make sure you get at least 4 hours (you need additional sleep but a wake break won't disrupt anything).
- The humid air of the bathroom can decrease the potency of your medications (don't have them in the med. cabinet).
- Everfresh bags can save your refrigerated veggies from a soggy mess (they last much longer).
- Store your soup cans in the fridge, that way the fat will rise to the top and you can scoop it off when you open it.
- Iron out wrinkles by using cream containing alpha-hydroxy acids (Eucerin Plus and Revlon Results or ask your dermatologist for stronger formulas) The labels will mention glycolic acids.
- Get lots of Zinc to keep up your sex drive (Eat chicken or fish twice a week).
- Wear a hat in the hot sun to prevent the hair cells from turning the pigments causing grey hair.
- Don't run in ankle weight under any condition, they can do severe damage to your knees over a period of time.
- Prepare yourself for the onslaught of fat by exercising the day before (muscles absorb the fat to replenish the amount burned off).
- If you've been a swilling and encounter a bad headache and stomach probs. (hangover) take honey, it'll help to metabolize the alcohol in your bloodstream (take with toast or crackers).
- Cuts: If refusing to seek medical or the proper attention for cuts don't let air do the trick (it won't heal any faster and will only leave it open to scar tissue). Instead wash the cut with soap and water, then slap on some antibiotic ointment or petroleum jelly; finally cover the wound with a sterile bandage (change the dressing every morning).
- Tan Tips: You should buy a lotion with an SPF of at least 15 (make sure the lotion has a moisturizer). Apply self tanners several hours before going out (adding a layer of sunscreen before going out isn't a bad idea either). Don't reapply self tanners until you've seen the final results, wait 30 minutes for the tanners to dry before dressing or going to bed (remember to wash your hands unless you want tanned palms).
- 12 Steps to a healthy diet: 1) Eliminate Junk Food and highly processed Foods, 2) Follow the 2/3, 1/3, low fat rule (65% carbs., 25% protein, 10% fat), 3) Eat Small Frequent Meals (don't skip a meal, you'll want more later... eat slowly and the brain will think it's full faster), 4) Eat Breakfast like a King, Lunch like a Prince and dinner like a Pauper (the metabolism is most active in the morning and slows drastically by the evening; digestion is the strongest at noon and a large meal may also be consumed here), 5) Select Foods that are high in fiber, 6) Separate Protein and Carbohydrate Feedings 7) Drink 8-10 Glasses of Water per day, 8) Include Aerobics of some form in your schedule, 9) Reduce Calories Gradually and in a Cyclical Fashion (to keep the metabolism off guard and responding, figure the average number of calories you want to diet down to; then stagger your actual daily intake above and below that number. IE 700 calories one day, 300; then 500 the third day... supplements become important when you cut calories and predispose yourself to nutritional deficiencies), 10) Weight training will increase Metabolism and Preserve Lean Body mass, 11) Train Earlier (this will increase your metabolic rate for the entire day), 12) Have a realistic game plan
- For a pickup in your training and endurance energy levels use Inosine.

- Carbs = sugars, once your blood sugar level drops you can forget about having a productive workout (some good carbs include grains, rice, pasta, yams, and whole grain breads).
- Salads: look for ones with under 2 grams of fat and under 300 milligrams of sodium
- Amino acids arginine and ornithine will help to reduce your body fat if you take them while weight training.
- you'll need to consume 2,500-3,000 calories more (a day) than what your body normally need in order to gain 1 pound of muscle if training faithfully.
- Protein should equal approx 0.8 grams per kilogram of bodyweight a day. Using more protein than you need will only convert it to fat (same as carbs or anything relative to your needs). The harder you train the more protein you'll need, for a positive nitrogen balance; which is a necessity in building muscle.
- Protein drinks can compensate for extra meals (IE one between breakfast and lunch). If you eat 6 meals a day you'll always have the protein and carbs your body needs.
- Enzymes that stimulate muscle glycogen from carbs last up to 90 min. after a workout. By consuming protein or carbs during this period you may speed up protein synthesis.
- You must burn 3,500 calories to burn 1 pound of fat.
- The subconscious does not know the difference between imagining a lift and actually doing one; if you can tap into this power there are no limits.
- Melatonin can be increased at night by exposure to bright light in the day, radiation such as red light also helps to speed up the metabolic process(turn down the lights after 9:00 pm to assist). Foods high in melatonin include bananas, tomatoes, oatmeal, ginger and sweet corn (taking pain relievers before bed such as aspirin, can cut melatonin by up to 75 %).
- Electrical muscle stimulation: the main use today is for recuperation, & for maintaining strength (muscle mass).
- Cortisol is the muscle destroying hormone, it is released during high periods of stress (glutamine helps to partially block the effects of cortisol).
- The slower your oxidative rate the higher proportion you'll need of carbs and less of protein and fat.
- Recipes: Mandy Tanny's "The Muscular Gourmet has more than 300 nutritious low calorie recipes (as well as numerous bodybuilding diet tips).
- Make sure to separate your carbs and protein meals or your body is not going to utilize all the foods efficiently.
- Protein/Carb meals will contain higher levels of amino acids than just one or the other (blood concentrations thereof will be higher).
- Some of the main/major risks of steroid use include: 1) an increase in bloodclotting factors (setting the stage for heart attacks and arterial blockage). 2) A decrease in the good (HDL) cholesterol in your blood stream (except with the usage of injectable testosterone, Winstrol is particularly bad). 3) Direct injury to heart cells. 4) Elevated blood levels. 5) Steroids decrease arginine which could lead to a coronary/artery spasm resulting in damaged heart muscle.
- Yohimbin or Yohimex is a drug (thumbs up) that can easily be regulated and controlled in the body with minimal or no side effects (may cause bloating). This drug is a good alternative to steroids and their side effects. Limit your intake of Yohimbin to 10 weeks at a time.

Supplements/Nutrition (Food)

- A high protein and fat diet has clicked for some body builders these days, such restrictions as were present a few years ago may not apply as readily (your body needs different foods in order to shock itself into growth; how will it burn fat if it's not getting any).

- For protein you need eat only egg whites (they provide almost all the essential amino acids and only derive 17% from fat), white meat of poultry and low fat fish. Eliminate whole milk egg yolks, cheese, pork and red meat, fat and sugar free yogurt, turkey
- For carbs. eat oatmeal, baked potatoes and yams, rice, corn, pasta, whole grain breads, cereal (grape nuts, oat bran or shredded wheat), beans and fresh or steamed vegetables, as well as dried fruits and nuts.
- Don't eat fried food, junk food, candy pop and processed foods. Don't use salad dressing, butter or margarine. Boil meat instead of frying.
- Substitute this for that: salad dressing = MCT (medium chain triglyceride, enhances metabolism)) oil and a bit of vinegar or lemon or combine red wine, vinegar, olive oil, lemon juice, ground pepper and honey; butter/margarine = MCT oil or CapTri; Jelly and Jam = sugar free fruit spread; chips = non fat tortilla; mayonase = plain fat free yogurt (seasoned with lemon and herbs), pizza = Fit n' free, mayo = lemon juice, pepper and hot pepper sauce or nonfat yogurt.
- Take a good vitamin mineral pak with amino acids and branched chain aminos.
- Fat burning agents: * Caffeine combined with aspirin (also add Dym. 25), * Dymetadine 25, Lipotropics (choline, inositol and methionine), GH enhancers before bed (elevates growth hormone levels), Clenbuterol (controlled sub.), kelp (5 to 10 tabs a day), Ephredine.
- Enhance metabolism: GH enhancers (arginine, ornithine), * GABA (Gamma AminoButyric Acid), * GHB (Gamma Hydroxy Butyrate).
- HDL Cholesterol is "good" cholesterol, LDL clogs your arteries (get the ratio checked). Vit. "E" stops the bad chemical changes in cholesterol that can lead to arterial blockage (too much however can have the opposite effect), also calcium helps in reducing bad cholesterol (LDL) (indulge skim milk, fortified orange juice, yogurt, salmon and green leafy veggies) it's also good in lowering blood pressure and preventing kidney stones.
- Vitamin E appears to neutralize free radicals in the artery wall that promote tumours and cause cancer (by up to 37%), Vit. E also blocks chemicals that can shut down the immune systems cell production and activity and cause toxic protein in the brain of Alzheimer's recipients.
- A low fat diet can not only keep you slim (try to score lower than 53 grams a day), but also help to ward off hypertension, heart attacks (try to include some potassium), cancer and diabetes. Eat lots of fruits whole grains, vegetables and starchy foods (a 20% fat diet is great). Try to include a lot of fiber it works wonders (oatmeal, whole wheat toast, fruit, veggies, beans, whole grain bread and pastas etc.). Consuming 25 grams of fiber a day delivers a 31% reduction in colon cancer risk. However eating too much fiber can cause problems; 15 grams a day should be sufficient. (Don't diet it'll cause your body to sense danger thus conserving fat and burning fewer calories).
- Antioxidants to look at: Vitamin A, C (orange juice, red bell peppers, strawberries and broccoli), E (wheat germ, olive oil and safflower oil.. E is also good for your knee joints), beta carotene (carrots, spinach sweet potatoes and cantaloupe) and selenium. Vitamin B6 has been shown to boost long term memory and maintaining a strong immune system (it is also a key agent in protein metabolism), zinc also plays a vital role in fighting off viruses - found in wheat germ and beef (B6 - baked potatoes, chicken breast, tuna bananas, skim milk, chick peas etc.) Vit. C, E and Beta Carotene protect against heart disease, cancer and elevated cholesterol as well.
- Rogaine is the only prescrip. that helps combat hair loss, ask your physician about combining it with Retin-A (for better results).
- Dandruff: use a shampoo that contains pyrithione zinc or selenium sulfide. Both cut down on the fungus population leading to dandruff. Even the best dandruff shampoos won't work if you rinse too quickly however. If the itching is severe try a hydrocortisone solution (this'll stop the itching and scratching that can lead to infection).
- Breath: chewing parsley can keep your breath fresh for up to 24 hrs.

- Good Eats: Complex Carbs (pasta, cereals, beans, veggies and fruits etc.) will pump up your energy levels (not your waist). Fiber (fruits, veggies, beans, grains etc.) act like a sponge for absorbing cholesterol and clearing it away.
- Power Punch: 1 cup frozen cantaloupe chunks, 1 cup frozen strawberries, 1 cup frozen peaches, 1 1/2 cups orange juice, 4 tablespoons wheat germ (fruits = vit. C; cantaloupe = beta carotene; wheat germ = vit. E).
- Studies have shown that Calcium interferes with the absorption of Sat. fat (declines in blood cholesterol - drink milk; calcium fortified milk will provide twice as much calcium as regular milk)
- * L-Glutamine: Glutamine may slow the rate of exercise induced muscle breakdown (catabolism), resulting in a net increase in protein synthesis (muscle anabolism). Glutamine should be taken throughout the day and separated from meals, the amino acids in food compete with glutamine weakening the effects.
- More than 200mg of Vitamin "C" per day gets filtered out by the kidneys.
- Beans: are a great source of fiber and nearly fat free sources of vitamin "B" and "A", potassium, calcium, iron and protein.
- By drinking coffee after a meal it may speed up your metabolism by burning calories.
- Vitamins and Minerals needed for your immune system: Vit. "C" is very beneficial to the immune system. should be a part of everyone's diet (excellent antioxidant). Zinc is also an essential cofactor of more than 100 enzymes. Also needed is vit. "B6". Vit. "E" is the most essential vitamin in stopping cholesterol and arterial blockage.
- Essential Amino's (not manufactured by the body): Histidine, Isoleucine, Leucine (triggers the release of growth hormone and insulin - defying the burning of muscles), *Lysine, Methionine, Phenylalanine, Threonine, Tryptophan, Valine; vitamin and mineral deficiencies can affect your ability to use amino acids.
- Protein is needed after a workout due to loss during (use any method IE supplements, the most basic form of supplements would be a high quality egg and milk based powder along with a good mineral and multi-vitamin pack, also try to include omega-3 fatty acids which will increase growth hormone release).
- * Tissue repair: L-leucine, L-isoleucine and L-valine; these are the amino acids your muscles are the hungriest for.
- Not bad junk: Banana bread, oatmeal cookies, carrot cake.
- Low fat: Hot dog = Ball park lite 33 (12 grams not lean but better than the regular 17; even better are turkey franks which have about 9 grams), Angel food cake = has no fat (any kind). Oatmeal cookies = Entenmann, chips = Louise's fat free potato chips (pretzels are better than chips). Daily; take multipacks of vitamins and minerals (include calcium, magnesium, chromium, zinc, b-complex, and vit. "C", Soy is also good kind)
- Many bran muffins are actually very high in fat, up to 12 grams of fat (almost as much as a hamburger).
- Medications such as aspirin and acetaminophen can make cold symptoms worse (causing inflammation, stuffiness and the lowering of antibodies).
- Chromium is required to produce a positive amount of insulin, it should be bound with niacin - (GTF): Glucose Tolerance Factor, (without GTF chromium muscles don't grow - don't produce insulin and engage the metabolic process) take 290 mcg + a day (Arginine and Lysine also stimulate insulin secretion). (Without sufficient amounts the system could shut down and muscle loss sets in, we also feel tired, and very hungry, take your amino acids and nutrients IE chromium, fresh fruits also release insulin). Eat regular meals at regular times or your insulin level will fluctuate; missing a meal is even worse, it can cause your rate to soar and thus store large amounts of bodyfat.

- The best cooking oil to use is olive oil (it is mostly made up of monounsaturated fats and can actually reduce cholesterol). Here are a few ideas on how it can be used: IE use on vegetables instead of butter or combine w/ vinegar to make a better salad dressing, on fish combine olive oil lemon juice and mix in fresh oregano and parsley (samoriglio), combine olive oil with some dried herbs including crushed black pepper and garlic.
- From nutrasweet comes a product called "Simplese" it simulates fat, will soothe the urge for it, and has tons less calories. Substitute butter, cream cheese, sour cream etc. with it. (look for this product at the health store, in many items it's already included).
- L-carnitine: has increased exercise duration, increases the use of bodyfat for fuel, it raises the metabolic process for some hours after a workout. (Note: DL Carnitine is toxic)
- Amino metabolism boosters (and growth hormone stimulators): L-arginine, L-tryptophan, L-orthinine and L-tyrosine. Boron will also indirectly effect fat metabolism (these supplements have to be taken in multigram amounts at least 2 hours apart from other protein foods to be effective).
- Fast foods (not so bad for breakfast), all under 500 calories and less than 30% fat: McDonald's - Hot cakes w/ butter and syrup, orange juice and a coffee (493 cal. & 16% fat); English muffin w/ butter (substitute the jelly for butter and the Eng. muffin should be the lowest fat breakfast you'll eat), orange juice, low fat milk (384 cal. & 23% fat). Their egg McMuffin (McDonald's) is also decent at only 37% fat.
- To compensate for high volume and heavy physical loads during our workouts we should take the vitamins thiamine, riboflavin and niacin (also ascorbic acid).
- Creatine: once stored in the muscles, creatine phosphate serves as a metabolic energizer in the muscle-contraction process. As a bodybuilder progresses through his set, his stores of ATP are depleted (which leads to muscle failure); creatine increases the stores and extend the period of resynthesis of ATP. Overall creatine will help to build mass and strength and may improve recovery rate, decreases fatigue and enhances protein synthesis.

Physical/Workouts

- Muscles will be in big need of repair after your workout, simple carbs should be consumed (a carb drink would be even better - IE A glycogen drink containing 50-70 grams of carbs would be great).
- Aerobics helps to speed up your metabolism and burn stored body fat.
- The best time to do Aerobics is first thing in the morning (before breakfast) or 3 hrs. after your last meal.
- Do each rep slowly and forcibly with concentration (20 good reps are better than 50 sloppy ones).
- When doing giant sets take no rest in between (1 min. in between each cycle).
- Take sets to failure (with a few loose reps or burns if desired).
- Never train your midsection with weights, it will only build and thicken your midsection.
- Abs: Do ab workouts about every other day, do vacuums several times a day, do reps slow and steady; train regularly, crunches only work the upper abs; each time you do leg raises you are strengthening the muscles that contribute to the pot belly (once fat levels are brought down low enough your hard work on your abs will start to show).
- Use compound exercises (more than 1 muscle) to build muscle efficiently.
- Muscles can adapt to a workout as soon as 4 workouts later, thus greatly slowing gains; to prevent this vary the way you lift weights (change or alter your workout), you should change it every 6-8 weeks.
- Prime your workouts: Burns - partial reps done at the end of your set which consist of lifting the weight only half way up. Pyramid system - Take what you may lift normally and do 10 reps,

continue to cut down the weight until even the lightest weight becomes a chore (you know you're doing it right if you're straining to lift the tiniest weight you can find). Supersets - combine two exercises in a single set, do one exercise then the next without rest (pause for 60 secs.) then repeat several times at least. The more you give your muscle to do the faster it responds. Try and keep muscle groups together. Pre-exhaust system

- Isolate the same muscle groups in your exercises to be performed consecutively (as with supersets). Super slow - The slower you lift a weight the more gains you'll achieve (new tests show that better gains may result in taking a longer period to raise the weight and shorter to lower it IE 10:4) however slowly lowering the weight also has great benefits.
- Weider Principles (cont'd): Burns - Moving the weight as far as you can over the strongest part of the range of motion 21's - Involves doing 7 reps through half the range of motion, immediately followed by seven through the entire range. - ISO Tension - simply calls for the flexing of each muscle as hard as possible (usually one at a time; most body builders do it at least once every other day).
- DON'T eat just before a workout!
- Mass: Performing exercises at slower speeds is still the most common method for adding mass, having a partner add resistance at the eccentric portion of the rep can be greatly beneficial. Only moving through a small range and concentrating on maximum intensity can also give you an incredible pump (partial reps).
- Deltoids: Presses work the anterior (front) deltoid, side lat raises work mainly the (side) lateral head; bent over lats work the posterior (rear) deltoid.
- Squats are the best exercise for packing size on your legs.
- To stimulate increases in muscular size, it's imperative that the athlete regularly attempt the momentarily impossible; if you can curl 100 lbs. for 10 reps and never attempt the 11th, your body has no reason to enlarge upon its existing size and strength.