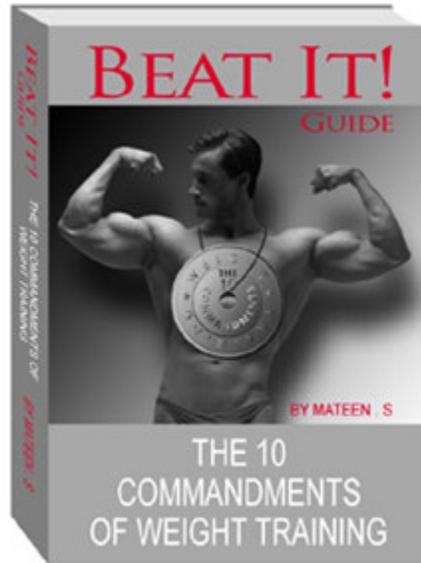


## Beat It Guide - The TEN Commandments of Weight Training.

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## **Weight Training Goals – Change your Body, Change your Life**

Got Weight Training Goals? Its time to get excited!

Weight Training is the absolute best way to Build Muscle, fasten your metabolism and get toned.

It is the highest sophisticated way to get and stay in shape. Need I go on?

Sports coaches around the world are seeing how Weight Training is the best way to get stronger and training with weights has become a part of daily routine for all players. Be it a professional Golfer like Tiger Woods or a Movie Star like Brad Pitt, training with weights has become a common norm. Remember it's the No. 1 athletic activity in the world!!!

From Schools to Rehabs Weight Training is picking up. But is everyone playing with the rules? I doubt.

**Very Important Note** – I have mentioned many Exercises by Body part in the Following pages. Kindly check the [Weight Training Exercises Database](#) at [ExerciseGoals.com](#) to learn the correct execution technique.

**The Amazing 80/20 rule in the Weight Training World.**  
How to save 10 Years solving the Weight Training Puzzle.

Have you seen people who train with weights year after year and yet they look the same. They are the most consistent to gym, work seemingly tirelessly day after day and amazing you with their consistency! They have near 100% Gym attendance and everyone at the gym knows them and how consistent they are. But have they really improved? Have they reached their Fitness goals yet? Only a handful will reply positively. But for many Weight Training is a big enigma and they keep wondering how the other guys got big and ripped.

I was one of them. My name was synonymous with the gym I trained at. I was consistent, considered innovative and yet I was not going anywhere. Raw power that's what I had but little muscle gains to show for.

Bodybuilding magazines were my best friends. I would eagerly wait for the next Muscle magazine issue so that I would incorporate the workouts shown into my training sessions. After all the big guys with ripped physiques are suggesting them! Or so I thought.

How wrong I was! I only wish someone would have cut through the hype and provide me with solid information, information that works and not some fancy ones, great to look exercises with little or no effectiveness.

And that's what the 80/20 Rule to Weight Training is all about.

It says that,

***"80% of your Training Results will be produced by the 20% of the Training activities you do well".***

In other words most of your results will come when you focus on the vital few Weight Training exercises and Training methods.

Also you cannot blame the Weight Training magazines for their ever changing exercises and workout tips. After all who would buy them if they gave you the same exercises and workouts? {That work by the way}.

I have learnt a lot from these magazines but I freely admit that they have confused me enough as well.

This Weight Training e-book is about the few vital training methods which will give you the maximum returns.

It discusses the best Training methods used by the best trainers ever lived and a few advanced techniques to help you build a workout routine sure to blast your muscles to new heights.

Remember, countless people have used these techniques to build a quality muscular physique and so can you.

Just try them and you will be raving the results. And make sure that you email me with your results.

This brings me to the Greatest Secret in the Bodybuilding/Fitness world...

## **The Great Secret in Bodybuilding and Weight Training World**

The great secret in Bodybuilding is that there are **No Secrets**. As in life there are only timeless Principles which have worked time and again.

Thank God that this great secret in the Fitness world cannot be bought or sold. But it can be deserved through a basic set of disciplines of daily exercise and proper nutrition.

If there was any secret {secret, as you may not know yet}, then it would be **Progressive Resistance**. Progressive Resistance is the only way our bodies grow. Get this concept, take it to the gym, improve on your lifts every workout and you have mastered the fundamental, the secret to weight training.

Now you will discover the “TEN Commandments of Weight Training” used by all who have built a quality physique the right way, naturally and without spending their entire life in the gym.

## **The TEN Commandments of Weight Training**

- Thou Shall Warm up & Stretch
- Thou Shall Breathe & Rest enough
- Thou Shall Train with Strict form
- Thou Shall keep workouts Short and Intense
- Thou Shall perform Compound exercises with Free Weights
- Thou Shall learn the Best Exercises
- Thou Shall Push Barriers - Advanced Training Tips
- Thou Shall Cycle Workouts
- Thou Shall Plan your Workout and Work your Plan
- Thou Shall learn from Experts
- Powering the Commandments - Weight Training Diet
- The Final Commandment - Thou Shall Stay Consistent.

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When you apply the Weight Training Tips mentioned here you will from day one begin a workout that will start to bring you results from the very first week. Also you will notice how many gym rats are still training in a highly insecure manner on the brink of an Injury. More importantly you can help these people with correct tips and your growing body will be a proof that they should listen to you or else be the same year after year.

Now is the time to learn the correct exercise methods or to unlearn the wrong ones. Now is the time to experience Weight Training in a way you never saw before.

For me Weight Training and Bodybuilding is a metaphor for Life. Bodybuilding has taught me more than any other thing I have ever experienced. And I want to give back to Bodybuilding all that I have learnt. This free ebook is my start. Hope you will find it useful. Now Jump in...Believe me the water is Just fine.

## **The First Commandment - Thou Shall Warm up & Stretch.**

### **Stretching**

Stretching and Flexibility training is one of the most neglected part of Weight Training. As soon as people get to the gym all they can see is weights. But what about getting your muscles, tendons and ligaments moving and prepare them for the upcoming assault?

Stretching is a very crucial part of your workout and it should be given a top priority. Ignore it at your own peril.

Why put up with Injuries, muscle soreness regularly when you can prevent them?

### **The Amazing Benefits of Stretching**

#### **Stretching,**

- Increases your range of motion

Tendons and ligaments are flexible structures and can shorten or stretch. Stretching helps them remain flexible and increase your range of motion.

- Helps you train safer

Ever seen people crying out in pain due to Muscle catches? Its very painful and contracted muscles are very liable for such attacks. Stretching helps prevent Injuries and staying Injury-free is the most part of your Weight Training Journey.

- Helps you train harder

Ever tried training the biceps with tired triceps? Whenever you try to train a muscle {Biceps here} against a muscle which is in contracted state {triceps here} you make the movement even more difficult.

Weight Training puts immense pressure on the Muscle-tendon-joint-ligament network. Stretching is an excellent way to relieve this pressure allowing you to train safely and harder.

Now that you know how much stretching means to a Weight Trainer its time to learn...

## **The Best Stretching Exercises.**

Here I will show you the Best Stretching exercises designed to give you whole body flexibility.

This section is divided in to 2 parts

1. General Stretching Exercises
2. Body Part Specific Exercises

### **1. General Stretching Exercises**

These exercises are to be performed before every exercise session.

Forward Bends, Side Bends, Lunges, Hamstring Stretches, Inner thigh stretches and Hanging Stretches are the best stretching exercises to get started on every workout.

The Execution techniques of these Stretching Exercises have been explained at the [Stretching Exercises Section](#) at ExerciseGoals.com

### **2. Body Part Specific Exercises**

These Stretching Exercises are to be performed in between workout sets. This allows your muscles to additionally stretch and expand the muscle sheath to accommodate the growing muscles.

Shoulder Stretches - Parallel Bar Dips

Back Stretches - Chin Ups

Chest Stretches - Parallel Bar dips are great for stretching chest.

Leg Stretches - Free Squats

Calf Stretches - Calf Raises

Arm stretches - Wrist Extensions and triceps extensions.

## **Stretching Techniques, timing, methods and intensity.**

### **When to Stretch?**

Stretch before you workout for 3 minutes, after your workout for 3 minutes and stretch the muscle group you are exercising in between sets.

### **The Stretching Technique**

Stretch after a light Cardio warm up. Perform treadmill or bicycle for 5 minutes and stretch.

Stretching requires slow, gentle movements. Avoid bouncing forceful moves as it will only hurt you. I have illustrated excellent Stretching Exercises by Body part below. Perform them before start of each weight training session for 30 - 60 secs each.

Example - Side Bends. When performing side bends, stretch to one side for 10-15 secs. Then relax that muscle group. Take a deep stretch and stretch again. 3-5 such repetitions and you move on to next stretch.

Always stretch and hold that position for 10-15 seconds. Also do not spend too much time and energy stretching.

**Conclusion** - Never miss Stretching. Even when you take a break from Weight Training {I suggest 1 week break every 12-16 weeks} perform these stretching exercises to avoid injuries and remain flexible.

### **Warming Up**

Warming Up using high repetition aerobics exercises is the best way to get your Lungs pumping more oxygen in to the bloodstream. As the heart rate picks up more blood and thereby oxygen reaches your Muscles warming them up and readying them for the upcoming heavy resistance training.

The high amount of Oxygen supplied to the muscles help eliminate the waste toxins produced as a result of Muscle metabolism during workouts.

Warming up prepares the body for demands of Heavy training and it's a must for every Weight Trainer to get full benefits from their workouts.

### **Warming Up Exercises**

I suggest a 3-5 Minute of Short Cardio session before Weight Training is all that is needed to warm your muscles and get them ready for lifting weights.

Best Exercises - Treadmill, Bicycle and Callisthenic exercises are a great way to get started. Rope skipping, High Knees and Jumping Lunges are also effective warm up exercises.

### **Low Weight Warm up Sets**

In order to get the specific Muscle warmed up and ready for those Heavy sets, it's crucial that you begin with 2 sets of light weight training using not more than 50% of your heavy set weights and perform high repetition as high as 15-20.

After these Warm Up sets your Body is ready for Heavy sets.

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### **Conclusion**

At last you have learned the best way to stretch, warm yourself up and get ready for a brutal workout.

Will you do what you have just learned? It takes only 5 -6 minutes to perform these exercises and can and will help you stay flexible, Injury free, and train smarter and harder.

Do heck with the people who say Bodybuilding makes you inflexible. Today Bodybuilders are more flexible than ever and this all coz we never miss Stretching and Warm Ups!!!

## **The Second Commandment -Thou Shall Breathe & Rest enough.**

### **Proper Breathing**

A Common question I get everyday in the gym - How do I breathe during an exercise?

The One Line Solution - "*Exhale while you exert*".

For Example - You are doing heavy Bench Press. Take a deep breath and then push the weight off the chest while exhaling. Now inhale on the way down. Simple. Exhale with effort.

Never hold your breath during any exercise. The diaphragm is involved in all resistance exercises as a breathing muscle and you may accidentally injure this vital muscle if you hold your breath.

### **Rest and Recuperation in Weight Training World**

This section on Rest & Recuperation is divided in to 3 parts.

- Resting between Sets
- Resting between Workouts and
- Taking Holidays without losing muscle.

#### **Resting Between Sets**

The very resistance effort in the gym builds up muscles with enormous amounts of toxins mainly Lactic Acid. Lactic Acid is a byproduct of Muscle breakdown and P-substance accumulates causing you pain and forcing you to rest.

But how much time will it take to get back and again punish my muscles?

The best time period is between 2-3 minutes. This time allows your body to flush the toxins, bring in new fresh blood and help you take a breath.

Resting longer than 3 minutes will cool your muscles, reduce concentration and increase the gym's time {this causes the muscle catabolic hormone Cortisol to be released in to the blood, not good news}.

### **Resting Between workouts**

The best to allow your Body part to recuperate from the last grueling workout is to give it a week's time. This means each body part to be trained once per week. And to build muscle this effort is sufficient provided your workouts are intense enough.

Keep your sports activities on days you are not working out. Sometimes {when you need a break from the gym} you can replace sports for weight training like going swimming {instead of those Barbell rows} on Back exercise days.

### **Holidays**

It is very essential that you take a 1 full week break every 12-16 weeks from Intense Weight Training workouts. This time will allow your body and mind to rest and you will often see faster results once you come back from a vacation.

A Different Scenario – Muscles on Holidays of their own!

When you come back from Holidays you see sometimes that your muscles have gone on holidays of their own. This does not happen if you take breaks not more than 2-3 times per year. If you take longer and more frequent breaks then you will lose muscle. Period.

I highly suggest that even on your vacations you perform 10-15 minutes of Stretching and Warm Ups everyday. It's a sure way to stay injury-free and get back in time to enhance your further Weight Training goals.

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## **The Third Commandment - Thou Shall Train with Strict form.**

Do you want to stay Injury-free? How about a little advice that can make all the difference? Train with Strict form and your results are assured.

Training using the absolute best form means that you lift weights through the longest range of motion, concentrating hard on contracting and isolating the target muscle group as much as possible.

Avoid as much as possible the use of muscles not targeted in the lift.

In other words choose a weight that ensures that the target muscles are responsible for lifting the weight and that you fail in the required repetition range.

### **The Amazing Feel factor**

In the beginning you may not be knowing the exact amount of weight you can lift and for how many reps. But in a week or two you will know your power and what is the weight you are capable of lifting. Make sure you jot it down in your Weight Training Journal.

### **Is there any room for Cheating?**

Cheating is an advanced training principle wherein the bodybuilder uses the stabilizing muscles to lift the last few reps of the set. Here although the main muscle is targeted, but the stabilizing muscles will help push it to a extra level. Also read the Commandment on Advanced Training Principle.

Performing your Workouts with the strictest of form possible will not only isolate the muscles better, it's also a great way to a safe weight training workout. Better results with prevention of Injuries - what great benefits!!! Go for it Tiger...

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## **The Fourth Commandment - Thou Shall keep workouts short and intense.**

Training length has been a constant debate in the Bodybuilding world and everyday I see new posts in the forums asking how long to train.

Remember one thing though - You are a Natural Bodybuilder and not a trainer on Juices. Your goal in the gym is to blast your Muscles to the maximum and this requires that you train with high Intensity.

Since you cannot maintain high intensity for more than 45-60 minutes the commandment says,

*“Short Intense bursts of training for less than 60 minutes is all that you need provided you are training with High Intensity and with as strict form as possible ”.*

## **Hormones and the training duration**

As you train beyond 60 minutes the natural testosterone level begins to fall and if this was not enough, a catabolic {opposite of anabolic} hormone called Cortisol begins to rise in the bloodstream.

## **Training Duration and Motivation**

Training for longer hours takes a lot of energy and in the end you will just want to go through the motions of the exercise without lifting to the max.

Follow this advice in conjunction to the commandment on rest and the best exercises and I assure you that your high intensity exercises will force your muscles to grow beyond imagination.

## **Total Number of Sets**

The total Number of Sets varies with muscle groups.

For Major Muscle Groups I suggest a total of 10-12 sets and for minor Muscle groups a total of 6-8 sets.

Major muscles – Shoulders, chest, back and Thighs

Minor muscles – Trapezius, biceps, triceps, forearms, calves, hamstrings and abdominals

### **Number of Repetitions per set**

For beginner bodybuilders I suggest a high rep sets so that they get a feel of the exercise and master the correct exercise techniques.

Beginners Rep Range – 10-12

For Muscle Building – 6-8

Remember the last set of every workout can be intense and a rep range of 2-4 with heavy weights is suggested.

### **Number of Sets per Exercise**

Performing high number of sets per exercise is boring. I have found that 3-4 sets per exercise and then moving on to another exercise as the best way to keep momentum going.

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## **The Fifth Commandment - Thou shall perform Compound exercises with free weights.**

Compound Exercises are those Exercises which require many individual muscles of the body to act synergistically and consequently they give the maximum benefits to the Weight Trainer.

### **Free Weights or Machines**

Free Weights provide with maximum testosterone production and helps isolate the muscle groups

Always perform exercise with Free Weights as they will give you the maximum benefits.

### **When to choose Machines**

If you are Injury prone or under rehabilitation then Machine weights are good choices to keep the movement under controlled motion.

### **Am I against Machines?**

Absolutely not! I cannot imagine my hamstrings to grow without Leg curls nor can I imagine a good chest without Pec decks. But whenever possible I prefer free weights over Machines.

In this Chapter I will talk to you about the absolute best 5 Compound exercises which should form the basis of your Mass gaining workouts. These 5 exercises will use almost every muscle in your body. Sometimes when I am short of time I hit the gym and perform these basic power moves and at the end will be raking in with the efforts these exercises demand.

### **The 5 Power moves are**

1. Bench Press
2. Shoulder Press
3. Chin Ups

4. Dead lifts and
5. Squats

The Execution Techniques have been extensively dealt with in the [Exercise Database](#) Section.

### **Bench Press**

Bench Press is the best Muscle Builder in the Chest, triceps and anterior deltoid region. This is a favorite of many bodybuilders and the Bench Press lift has become the benchmark as to how strong you are.

### **Shoulder Press**

Arnold Schwarzenegger calls it the Granddaddy of all shoulder exercises. It's an excellent exercise to train the entire shoulder girdle with emphasis on front and side deltoid region. Make it a part of all your upper body exercises and you will tear your shirts and bang doors.

### **Chin Ups**

Although it's an Upper Back exercise making a clean sweep of the lats it also works on the arms and forearms. The entire shoulder girdle is worked here and it's a great power lift.

### **Dead Lifts**

Sean Nalewanyj calls it the King of all Upper Body exercises and for good reason.

Dead Lifts make all other moves possible. Ever felt like working out with a sore back? It's impossible. Back is the core muscle group so essential to all other lifts and Dead lift is the best exercise to build a strong Lower back.

Primarily a Lower back exercise it also works on upper back, buttocks and legs.

### **Squats**

Thighs are one of the largest muscle groups releasing the maximum amount of Testosterone in the body during intense leg training.

If you cannot do Heavy squats then the seeds of a great body are not in you. Case closed.

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**Beginners do this mistake all the time. Instead of starting with a few basic exercises, they fall for all they hear. Instead of building raw muscle they concentrate the shape and finesse. Thankfully I can suggest you one name the fitness industry calls The Beginners Expert Marc David.**

**[Read here how David is creating results for Beginner Bodybuilders at an amazing pace.](#)**

## **The Sixth Commandment - Thou Shall learn the Best exercises**

Now its time to learn the Unbeatable Exercises!

These exercises are sure to explode your Muscles but don't let their simplicity fool you. These are not fancy exercises but they will bring you the largest amount of Muscle - guaranteed.

Don't ever perform any other exercise before them or to replace them.

These exercises are intense, crucial and undisputed best ones. They are matchless. Need I go on?

### **Building Chest Muscles**

1. Flat and Incline Bench Press
2. Dumbbell Flys or Peck-decks or Pullovers

### **Building Shoulder Muscles**

1. Shoulder Barbell Press
2. Lateral Raises

### **Building Back Muscles**

1. Chin-ups/ Lat Pull downs
2. Bent-over-barbell rows
3. Deadlifts

### **Building Leg Muscles**

1. Squats
2. Leg Curls
3. Calf Raises

## **Building Arms and Forearms**

1. Barbell Curls
2. Dumbbell Curls
3. Dips
4. Triceps Pull downs/ Triceps Extension
5. Wrist Curls

## **Building Abdominals**

1. Crunches
2. Reverse Crunches

The correct Execution Techniques are dealt with extensively in the [Weight Training Database](#) Section.

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## **The Seventh Commandment - Thou Shall Push All Barriers - Advanced training tips.**

You have been training hard, hitting the Gym regularly and have seen considerable improvement. Now you are ready for the Advanced Training Principles.

This Section is divided in to 2 parts.

First I will add some more exercises to the Basic Best ones to complete the Exercises and then I will show you the 3 absolute best Advanced Training methods.

### **Advanced Weight Training Exercises.**

These Exercises should always be your second choice ones and should be performed only after you do the Basic best ones.

#### **Building Chest Muscles.**

Decline Bench Press

Parallel Bar Dips

Cable Crossovers

#### **Building Shoulder Muscles**

Front Dumbbell Raises

Upright Rows

Bent over Lateral Raise

Building Back Muscles

Lat pull downs.

Seated rows, One Arm Dumbbell Rows and T-bar rows

Good mornings

### **Building Leg Muscles**

Leg Press

Front Squats

Barbell Lunges / Dumbbell Lunges

### **Building Arms and Forearms**

Incline Dumbbell Curls

Preacher Curls

Concentration Curls

### **Building Abdominals**

Leg Raises Exercises

Side Bends

### **Intensity - It can make all the Difference**

Intensity is a feel factor. You are the best Judge when it comes to dealing with the truth. Maybe you have been training very intense or so you think.

You can increase the Intensity by 3 ways

1. Increase the amount of weight you lift

2. Increase the number of reps or
3. Decrease the rest periods.

3 Advanced Principles to Increase the Intensity in your workouts and take your body to the next level.

1. Super sets
2. Partial Reps and
3. Forced Reps

### **1. Super Sets**

Super Sets is the name given to exercises which are done back-to-back without resting.

For example you can perform T bar rows and then without resting perform Cable Pull downs. Or Bench Press super-setting with Peck Decks.

It's an excellent way to hit the same body part harder giving you the ultimate Weight Training Experience.

### **2. Partial Reps**

Partial reps are half or nearly half reps which are done after exhaustion at the end of an exercise when you do not have the energy to complete full reps.

My favorite exercise is the Squats. As I lift very heavy weights during squats I find it difficult after 4-5 reps, I then do partial reps thereby recruiting those muscle fibers which are not yet fully tired.

### **3. Forced Reps**

This training method requires a training partner.

In this method at the end of an exercise when you are unable to lift the weight of your own, your training partner gives that extra push. I always find that I can do 2-3 extra reps with this technique giving me a killer workout.

Although there are many other Advanced Training methods, I have found these 3 to be the best ones and they receive my highest recommendation.

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**Do you dream of Exercises that will force the demon out of you and give you Killer workouts like you never had before? I sure do. And I will show you my secret weapon. His name is Nick Nilsson and I absolutely love the guy. He is a master innovator of new and effective exercises. I was blown away when I read his ebook – The Best Exercises you have never heard of.**

**[Just click here to find out 53 new innovative exercises to eliminate boredom, plateaus from your workouts and take your workouts to next level.](#)**

## **The Eighth Commandment - Thou Shall Cycle workouts.**

This Commandment is going to be small as it calls for Innovation on your Part. Cycling your workouts is a surefire way to avoid overtraining, eliminate boredom and hit the muscles in new angles for extra growth.

I have already given you the best exercises and the additional exercises. You can substitute the additional ones with the basic ones once in a while and create new workouts on your own.

Remember these **Cycling Workouts** Points.

- Take a full One week break every 12-16 weeks of heavy training.
- Cycle exercises, number of sets and rest periods as well.
- Change the sequence of exercises within limits.
- Incorporate one or more advanced training principles covered earlier.
- Do not make drastic changes to your workouts.
- Make small changes and stick with them as the body takes longer time to realize these changes.

There you are. These tips may sound simple but they have gems in them. Please do not underestimate them as I did and the mistakes turned out to be costly in both time and money.

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## **The Ninth Commandment - Thou Shall Plan your Workout and Work your Plan.**

*"The real Workout begins before you hit the gym".*

Do you want to make every workout a great workout? Then do not leave your workouts to chance.

By default your workouts are going to be sub-quality and you will be just going through the motions of exercise rather than creating a better, stronger body.

If you want to add quality Muscle mass then you must plan to have efficient and productive workouts on a consistent basis.

### **Workout Planning and Execution tips**

- Decide in advance the body part you are going to exercise.
- Decide in advance the exercises you are going to do.
- Decide in advance the amount of weight you are going to lift.  
Add 5-10 lbs on every major muscle group exercise and 2.5-5 lbs on minor muscle groups.
- Decide exactly your rest periods and during workouts stick to your plan.
- Evaluate your workout at the end of every session and not on Sundays when you measure your Body weight. A workout is a winner or loser and you can tell it as soon as you finish one.

Always workout by design and not by default! Take this advice to heart as in these small tips lies the secret that separates the Muscle Builders from the always-hopers apart.

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## **The Tenth Commandment - Thou Shall Learn from experts.**

Let me give you a shortcut to Success.

*"If you do what other Muscle Builders have done you will get their results and if you don't then nothing else can help you".*

This strategy of Learning is called Modeling. It is best way to avoid the mistakes, learnt the correct methods and save years in the gym and on the Kitchen table.

Every Weight Training challenge you might ever have been solved by people who today are known as experts in this field.

Maybe you have a problem with getting started, what about difficulty in staying focused? Or may be you just have tried enough number of times and are about to give up.

Never give up my friend as dreams never die and help is near.

I will share with you 2 such experts who have seen it all, done it all, learnt from their mistakes and more importantly have assembled a system to show you how to add massive muscle in record time. Don't take my word for it. Just read the testimonials and see their pictures for yourself.

[Note - There are dozens of so called experts and I want to save your time recommending you only the best ones.]

[Beginners Expert Marc David's Natural Bodybuilding Program](#)

[Muscle Building Expert Sean Nalewanyj's Muscle Gain Truth Program](#)

[Tom Venuto's Burn the Fat Feed the Muscle Program.](#)

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## **Marc David's Natural Bodybuilding Program**

There is one thing in life you don't want to make - costly mistakes. Mistakes that steal time, money and effort.

But unfortunately this is what many newbies make in the Weight Training world.

They hear and follow all the advice they get in the gym. They hear everyone who can blabber and years later regret for following their advice.

For a long time I was one of them. With the information I have provided in this ebook you are way ahead of the ignorant ones, but there is one thing I cannot provide – Personal Training and helping create a personal plan for your Weight Training Goals.

And this is where you may need help.

I suggest you get serious about your Training and Diet methods and learn from the Beginner's Expert Marc David.

Marc David will show you

- How to get started on your Weight Training journey
- How to avoid making costly Beginner mistakes
- Beginner essentials for Weight Training nutrition
- How to get six pack abs
- The truth about supplements
- And if this was not enough he throws in extra bonuses in the form of a quick start guide, progress reports, sample meal plans, competition guide and much more.

[Find out more about Marc David's Beginner's Bodybuilding Program here.](#)

## **Sean Nalewanyj's Muscle Gain Truth Program**

Sean Nalewanyj is a guy who is creating monsters out of Skinny guy. Once a pencil neck guy he added on 80 lbs of quality muscle mass and he is now showing you how he did it and more importantly how you can do it too.

His Program comprises of

- The Muscle Gain Truth original ebook
- 26 week workout plan and log book
- Video Exercise Database – COOL
- Muscle Building Video Series by Body part
- 3 months Personal training
- 3 months Membership and much more.

[Click here to read how Sean is changing lives of many Skinny Guys with his Muscle Gain Truth Program.](#)

## **Tom Venuto's Burn the Fat Feed the Muscle Program**

If you want to lose excess Body fat and get shredded then there is only one guy whom you should go to – Tom Venuto.

If you want to lose fat permanently without drugs and dieting then I highly suggest you read his new ebook Burn the Fat Feed the Muscle.

### **Important Features**

- The psychology of Losing weight
- The Best weight loss exercises
- The best weight loss diet secrets
- Special reports – Food that burn fat, foods that turn to fat

- Subscription to his newsletter and much more.

[Click here to read more about Tom Venuto's Burn the Fat Fed the Muscle program.](#)

## **Powering the Commandments - Weight Training Diet**

The Ten Commandments will be incomplete if I do not share with you the Number One reason people fail with their Weight Training Goals.

That's why I call it the Commandment that Powers all the other Commandments. It's the engine that fuels your workouts!

### **Muscle Building Diet Tips**

*1. Muscles require high quality nutrients supplied at short intervals to grow.*

Quality nutrition is indispensable to gain Muscle. If you have a negative Calorie deficit then you are wasting your time in the gym. It's absolutely crucial that you take eating seriously if you really want to build muscle.

*2. To Build Muscle you must eat, eat and then eat some more.*

The number 1 reason people call themselves hard gainers is that they simply do not eat enough. After an intense workout the body craves high quality nutrients to repair itself and get ready for next workout. This training and eating cycle will force your body to add muscle to deal with the upcoming intense training session.

I myself have been guilty of under eating. Follow this advice and it will save you a lot of frustration and time waste in the gym.

*3. Eat 5-6 meals everyday.*

More than 3 hours without food leads your body no option but to tear itself and use that energy for fuel. This is called Catabolism. It's the enemy to Muscle Building {Anabolism}.

Remember we talked about the Catabolic Effects of Cortisol in Weight Training Section? You have to get rid of the conventional practice of eating 3 large meals. Keep your Body in a state of positive nitrogen balance and it will grow beyond belief. Just try it.

4. *Eat at least 1 gram protein per pound of bodyweight*

This is the absolute best way to Build Quality Muscle mass and stay lean.

5. *Maximize the Muscle Building Process*

There are 3 important meals which will maximize your Muscle building process. They are the Breakfast, Post workout meal and Bedtime Meal.

There you are, ready to eat like a Man.

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## **Creating your personalized Muscle Building Nutrition Plan**

Will Brink is the best guy for Muscle Building Nutrition.

His Bodybuilding Revealed {Previously Muscle Building Nutrition} features,

- Creating your personalized Meal Plans
- Muscle Building Supplements myths and facts
- Weight Training by Charles Poliquin
- Online Diet Planner and Meal Planner
- Food Database – Really big.

[Click here to read more about Will Brink's Bodybuilding Revealed Program](#)

## **The Final Commandment - Thou Shall Stay Consistent**

Give me someone who is 80% correct with training and diet but 100% committed over someone 100% correct with diet and training and Inconsistent any day and I will prefer the committed one.

Do you want to know a real Weight Training secret? Here it is,

*"Diet and Train consistently over a long period of time, weeks and sometimes months to see considerable Muscle growth ".*

It all boils down to the twin qualities of Patience and Persistence.

Napoleon Hill wrote books on them, so did many great authors but it still remains the Number One reason people try and retry their goals only to start and fail again.

Anything worthwhile requires time. Remember Rome was not built in a day and neither will be your body. Give it some time, we all have heard only to forget it soon and get impatient. This is not for you. You are going to do all it takes to get the prized body you are going to deserve.

The best Weight Training Plans won't even make good wallpaper if the all important Action is not taken. You have been the way you are all your life and a few short weeks cannot change you completely. But a few weeks will fuel your new desire as you see your arms bulging, chest expanding and friends and family asking questions.

Yes a complete change is possible but do not hurry and give up in haste.

Changes will come and when they come you will never be the same again.

Get started, only engage and the mind grows heated; begin and the task will be completed.

## Share your Story

I have done my best in writing this ebook to help you get started on a unique journey that can be life changing. But no work is ever complete and I request that you [Contact me](#) and

Share your results, success stories and motivate others

Suggest how can I improve this free ebook in my next edition

Kudos/ Complaints if any.

To Your Success,

Mateen

[ExerciseGoals.com](http://ExerciseGoals.com)

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