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THE BIG BOOK OF BODYBUILDING

BY

John Hill And Conan Stevens

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j) About The Authors

The two authors of this book, John Hill and Conan Stevens are from the same home town of Newcastle in Australia. Both the same age, they have been friends since meeting at Charlestown Gym while working out when they were both still in High School in the late 1980's. Having now known each other for almost 20 years, they are both as keen on bodybuilding and fitness as they were when they started all those years ago. Over the last 20 years, between them they have amassed an encyclopaedia worth of training and nutrition knowledge that they will be sharing in this comprehensive fitness, exercise and dieting guide.

John is a 247 pound 6 foot tall bodybuilder with a long history as a personal trainer and motivator. In the beginning of 2005 John moved to Bangkok Thailand to take up a position as a Fitness Manager and personal trainer at one of Bangkok's biggest international sports clubs where he still currently works. After about 6 months living and working in Bangkok John landed a role in a Thai action movie as a burly bodyguard. The producers of the film told him they were having great difficulty finding another big muscular foreigner to fill another role, it was at this stage he asked them whether a 7 foot 320 pound giant would be big enough and of course they became very excited but assumed with a laugh that he was joking. He wasn't.

Conan Stevens the massive 7 foot bodybuilder, ex professional wrestler and actor from down under arrived in Bangkok in the second half of 2005 to join his mate John in the filming of the big budget Thai action movie. Conan managed to secure several other lucrative jobs within the Thai film and television community and is still residing in Bangkok today while currently working on a number of upcoming International film projects, including writing his own scripts – one of which has already been made into the action/comedy movie Bangkok Adrenaline.

Although both very busy with work and maintaining their respective blogs. Conan runs www.conanstevens.com and John manages www.universeofsuccess.com, they have decided to put their extensive knowledge of training and nutrition into an easily digestible bodybuilding and fitness manual that is suitable for individuals who have never before exercised or those who have already been exercising but now want to get serious and need a little help and direction with some definite practical advice on what works by those who have done it all before with great results.

No matter what your current level of fitness is, you can expect with a little bit of hard work, some discipline combined with John and Conan's expert advice to see noticeable results sooner than you think.

For those of you who love to eat, Conan and John like to eat anything and everything in moderation of course, you will still be able to eat all your favourite foods every week on their specially designed, proven and tested diet plans for losing weight, gaining muscle fast and everything in between. You will see pictures of Conan and John perform all the exercises they currently use today with detailed explanations on correct techniques to keep their bodies lean, muscular and injury free.

This book is designed as an all round health and fitness guide specifically intended to help those looking to lose weight safely and without sacrificing the joy of eating. This guide will also benefit those looking to make quality muscle gains in the shortest possible time through correct training programs and a healthy consistent eating plan. John and Conan advise all readers to have a general health check with their local doctor before embarking on any new exercise program, but look at your doctors bodyshape and fitness levels before you take any exercise/diet recommendations as gospel, BUT DO heed any health warnings he may have.

Also it is important to remember YOU are responsible for what you do in the gym, if YOU throw the weight around, use incorrect form or unsafe training practises then YOU are liable for your injuries, not us and not your local gym. Train hard but train safe.

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ii) Introduction

The purpose of this book is to take you through the entire process of transforming your body from the way it is now into the way you want it to be in an easy to understand, step by step fashion. It does not matter whether you have any experience in working out or you are an absolute beginner, this book will show you the way to build and maintain a healthy muscular body without wasting valuable time and money.

Most people seem to think that when it comes to working out and building a muscular body that more is better. When it comes to losing weight the average person usually thinks you need to simply eat less to lose weight. In this book we will turn both those ideas upside down and show you how training more is not better and by eating less you will not necessarily lose weight, in fact many people who begin training properly can actually eat more food than before and lose fat at a much faster rate.

Both John and Conan have been training for 21 years each and have learned through trial and error, the fastest and most effective ways to build muscle and keep it, as well as what works for losing fat and keeping it off yet still be able to enjoy your favourite foods. This all round training, fitness and diet guide covers every aspect of bodybuilding for men and women and has comprehensive up to date information of eating to gain muscle or to lose fat in the fastest and safest ways possible.

One of the biggest hurdles new fitness enthusiasts and bodybuilders need to overcome is maintaining a high level of motivation to stay on target to reach their weight training and fitness goals. In this book we will address the issues of motivation and present ideas to not only keep you motivated but keep you focused on your training goals with an easy to follow plan.

By using tried and tested mental techniques Conan and John will explain clearly how they continue to keep their bodies muscular and in shape all year round using the power of the mind. The body and the mind cannot be separated and as you begin to understand this concept you will see how you can use your mind as a tool to help transform your body when you are away from the gym and resting in your own comfortable environment.

Both John and Conan live the bodybuilding and fitness lifestyle and have done so their entire adult lives and find great pleasure in helping others to achieve their dream bodies just as they have learned from numerous bodybuilding and fitness trainers over the last 20 years. Not only can working out change your body, a lifelong fitness journey has the added benefit of transforming your entire life since the advantages of a regular fitness regime can never be overstated.

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Part 1 - Muscle Movement

Before we started writing this book we decided we not only needed to keep the information original and easy to follow but we noticed that many other training manuals did not actually explain how the muscles move. So we wondered how would an absolute beginner truly be able to understand how to workout and perform the exercises properly if they didn't first have a complete understanding of how each muscle worked. It is only by feeling the muscles as they move and contract that you will understand and know if you are performing the exercises correctly. By clearly feeling the pump in a particular muscle you will instantly be able to identify with the proper movement of that muscle.

In part one we will explain in fine detail how each and every primary muscle group functions. This way once you get to the training stages of this book you will have a thorough understanding of how your muscles move and how they work together when performing an exercise.

Over the years one of the biggest problems we have noticed with beginner trainers is that they often perform an exercise incorrectly and if someone does not correct their improper form they continue to train without properly working the muscle to its potential and this leads to a lack of progress and usually a loss of motivation. Eventually, most people who see little or no training progress get disheartened and give up.

For this reason we want everyone who reads this book to get clear on how the muscles work from the beginning and ultimately this will lead to an immediate improvement in the body. By concentrating on moving the muscles rather than on moving the weight you will get a better workout, you will get more feeling, use the muscle more, get more blood through the muscle and ultimately grow the muscle better. Keep this in mind as you train, concentrate to move the muscle, not the weight.

This is especially true on days when you train 'light', you hold a weight while you flex the muscle up and down with the movement. Your entire focus is on flexing the muscle, this is easiest seen in concentration curls. Light weights can be used with dramatic results but you need to know how the muscles move.

Nothing else is quite as motivating as seeing results from your training and with an appreciation of how your muscles move you will be able to start moving towards your ideal body from day one with confidence.

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Part 2 - Transforming The Body And Mind

In part two of the book we will look at how training can change not only your physical body but can transform your entire life. We will also take a look at how you can use your mind as the greatest weapon of all to achieve a healthy body and live a successful life.

This section will take you step by step in the direction of transforming the mind and where the mind goes, the body always follows.

Conan Says: I have seen many people change as they become more comfortable with their body, as they build what would be their ideal they gain self confidence, they gain self esteem and they feel successful in this aspect of their life. These feelings travel with them outside of the gym and bring benefits into other facets of their life too. I know this from personal experience, if it was not for the confidence that the gym has given me then I would not be the successful International actor that I am today.

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Good Fats Versus Bad Fats

The bottom line is we all need a certain amount of fat in our diet to remain healthy, we could not live without at least some fat in our foods. Eating fats allows our nerves and cells to function properly and aids in nutrient absorption. Where the problem lies for many people is in the consumption of too much fat which not only leads to weight gain in the form of fat, not muscle, eating an excess of fat can cause a number health problems from heart disease to certain types of cancer. So what we ideally want to achieve in regards to eating fat and remaining healthy and in good physical shape is eat fats only in moderation and replace the bad fats with good fats.

Trans fatty acids are a type of bad fat that has was originally manufactured in a laboratory to add flavour to food as well as work like a preservative to prolong the shelf life of certain foods like pre-packaged foods and commercial products like chips and French fries. A lot of the fat you eat from a fast food restaurant may contain a high degree of trans fatty acids and these fats have no nutritional value.

Additionally the US FDA has issued a health warning that states that NO level of trans fatty acid is safe in a persons diet – that is a pretty big warning. Add onto that a study published in New Scientist magazine that fed monkeys two diets one a normal controlled diet, the other the same diet but with the natural fats replaced with Trans Fats. Even on a calorie deficit diet (you lose weight as you spend more energy then you eat) the monkeys eating the Trans Fats increased in bodyfat levels while the control group lost fat. On top of that the monkeys eating the Trans Fats that got fatter put on a “disproportionate level” of internal fat – i.e. The fats that cover your internal organs giving you all the health related problems plus giving you that pot belly effect.

Don't eat Trans Fats – the most common source is from manufactured foods and margarine. Other fats may be bad.... these are evil.

Saturated fats are fats you almost cannot avoid and this is OK but only in moderation. Saturated fats are a bad fat since overeating them will make you fat, period. You will mainly find saturated fats in animal products like beef, the skin on chicken, dairy products like cheese and full cream milk as well as certain types of seafood like prawns and lobster, and in egg yolks. So as you can see, these are the high protein foods that are ideal for the bodybuilder or weight trainer so it is vitally important to eat lean servings of these foods. For example if you are eating a steak, eat a lean cut without the side strip of fat, take the skin off chicken and eat only a small portion of the egg yolk and eat all the egg whites.

Mono unsaturated fats are considered good fats since they come from all natural sources like olive oil, canola and nuts. These fats aid in the digestion of food and have been shown to lower what is called bad cholesterol and increase levels of good cholesterol within the body.

Polyunsaturated fats are another good fat since they also work towards lowering the total cholesterol in the body. You may have heard about Omega 3 fatty acids before, well this is the fat to eat to supply the body with Omega 3. Many types of fish and sunflower oils contain this good fat.

The easiest way to avoid eating saturated fats and trans fatty acids is to be aware of what types of fat are in the foods you are eating and only eat lean servings of beef, take the skin off the chicken before you cook it or leave the skin or obvious fatty pieces when eating animal products in a restaurant. It is OK to eat the occasional burger but you already know that junk food in excess will never help you achieve the body you want. When shopping, read the labels to see if the foods you are buying have trans, or saturated fats in the ingredients and avoid those foods. Instead buy foods that have mono or polyunsaturated fats. Buy only low fat dairy products and get used to the flavour of skim milk and give up the full fat milk, it will only make you fat.

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Part 3 – The Exercises

Triceps

Conan says: Triceps are 2/3 of the mass of your arms – train them seriously. I see so many guys train their Biceps and have these big bulges in the front of their arms then in the back.... nothing. It looks stupid. Train your Triceps at least as seriously as your Biceps.

The good news is that it does not take much to build big Triceps, often I just train them on Chest day when they are already ½ worked – another 6 to 9 good sets on top of the chest workout is all that is needed to develop your Triceps.

For building your Triceps you really need to do the compound movements, the mass builders, 12 sets on Cable Pushdown will not build your Triceps, no matter how hard you think you are doing them.

John says: Since most people don't use their triceps very much in their daily lives, when you first start to train them they will get very sore for days after but keep at, the soreness will subside in time as your body adjusts to the training and most people find their triceps grow quickly through hard work and consistency. The triceps are also a very impressive muscle to have once they are developed.

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Lying Tricep Extensions (Skull crushers)

Targets: Triceps

This is one of the better Tricep exercises available. To do this exercise it is often more practical to use an E-Z bar, although a regular straight bar will do.

Laying on a flat, or decline bench. Hold the bar loaded with weights directly up over your head and lower down to your forehead. If you are uncomfortable with this, as many beginners are, then lay with your head hanging over the bench and bring the bar down to where your forehead would be if your neck was straight, alternatively you can bring the weight down to the top of your head.

Anyway you do this use a weight you can control or you might find yourself with an overweight, out of control bar smashing into your face – Be sensible.

Tricep Extensions Start Position



Tricep Extensions Bottom Position



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Close Grip Bench Press

Targets: Triceps

Using either an E-Z bar or a straight bar get a close grip and then bench the weight with your elbows out, as you fail you can bring your elbows back in and get out some more reps.

Close Grip Benchpress Start Position



Close Grip Benchpress Bottom Position



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Reverse Grip Bench Press

Targets: Triceps

Bench like normal, just use a reverse grip. Focus on a good lock out at the top, try to concentrate on your Triceps during your reps. You will feel your Chest quite easily, but concentrate on getting those Triceps blasted.

Reverse Grip Benchpress Start Position



Reverse Grip Benchpress Bottom Position



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Dips With Body Forward

Targets: Triceps

Dips, again. Good for Chest with the legs held forward, good for Triceps with the body held forward and your legs back. See photos for correct body position.

Since this is a body weight exercise it can be quite difficult the first few times you do this exercise, don't worry that is good – it means your body can adapt (grow) quickly to compensate.

Dips For Triceps Start Position



Dips For Triceps Bottom Position



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Tricep Dips On Flat Benches

Targets: Triceps

Good when you start out, these are easier than dipping on Parallel Bars.

Sit on one bench, gripping the edge, place your feet on a Flat Bench parallel to the one you are sitting on and a comfortable distance away. Then lower your body to the ground and back up.

Experiment with hand positions to find what you like.

Flat Bench Tricep Dips Start Position



Flat Bench Tricep Dips Bottom Position



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Machine Extensions

Targets: Triceps

John says: Stick with the close grip bench presses and skull crushers to build mass in the triceps and then choose a different tricep machine each week to mix up your training a bit and keep your workouts fun.

Conan says: Again with so many machines available it is hard to say what to do – except keep away for your primary exercises. In my experience in 21 years of training I think I have found one (1) Tricep machine that I liked and used continually.

Stick with your Barbell exercises for Triceps for maximum growth, but by all means experiment with machines for your finishing (pump) sets.

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French Press Cable And Dumbbell, Seated Or Standing

Targets: Triceps

Conan Says: I like Seated Cable French Press, unfortunately when you get stronger it becomes impractical to use, take advantage of it when you start out. I have tried Dumbbell French Press religiously in the past, I never felt I was getting much out of them. Still if one side is weaker you can do a few extra sets to work that side a little more to force it to catch up.

John says: I don't use these exercises ever, I rotate my workouts using a mixture of the basic triceps exercises for mass and finish off with a machine or some tricep pushdowns. You will find what you like and what works for you as you gain experience.

French Press Seated Cable Start Position



French Press Seated Cable Top Position



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French Press continued...

Standing Dumbbell French Press Start Position



High Pulley French Press Start Position



These can also be done one handed alternating hands each set.

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French Press continued...

High Pulley French Press Start Position



High Pulley French Press End Position



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Pushdowns, Wide Grip, Narrow Grip, Reverse Grip

Targets: Triceps

Conan Says: During one period of extreme laziness and lack of knowledge I did 12 sets of various pushdowns after training Chest as my Tricep workout. 3 months of this saw no gains at all. Still to this day I do not feel that pushdowns are not a serious exercise for mass.

Though I do often use them at the end of a workout to rep out sets of 15 – 20 to get some extra pump, especially when my next appointment is with a new movie Producer.

Wide Grip

Narrow Grip

Reverse Grip

One Handed: All the above types can be done on hand at a time for added focus, I rarely do it as I am just going for a quick pump before I head off.

Tricep Pushdowns Start Position



Tricep Pushdowns Bottom Position



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Tricep Pushdowns continued...

Reverse Grip Tricep Pushdowns Start Position



Reverse Grip Tricep Pushdowns Bottom Position



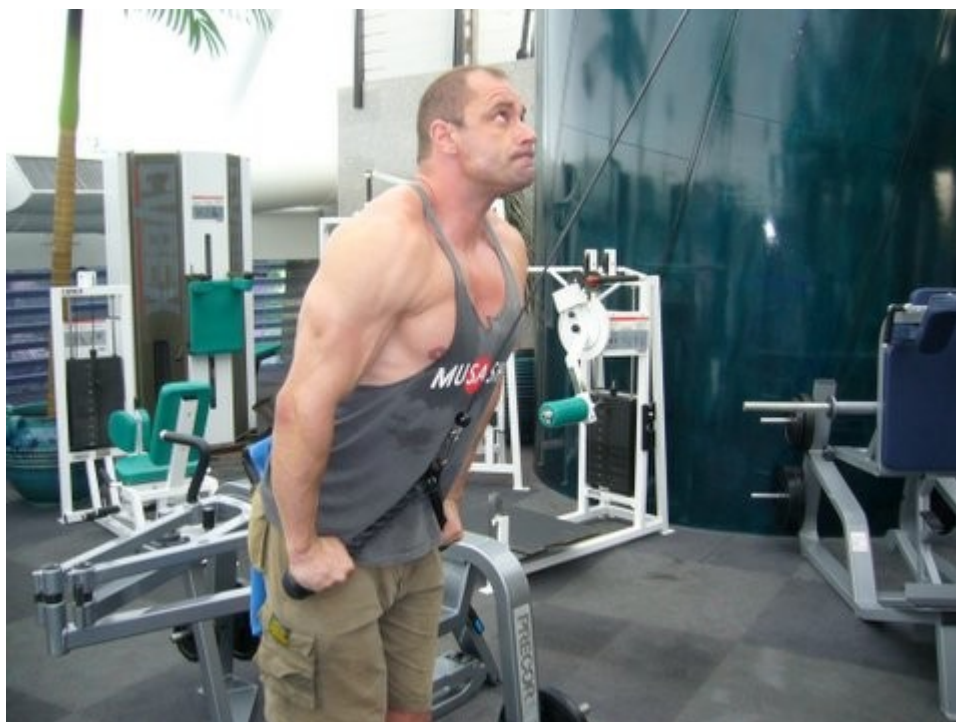
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Tricep Pushdowns continued...

Rope Tricep Pushdowns Start Position



Rope Tricep Pushdowns Bottom Position



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Kick Backs

Targets: A little bit of Tricep

This exercise will not build big triceps but is OK if you work out at home with limited equipment or just want to pump some blood into the triceps.

Conan Says: If you have time to do these then you have time to do something that works, leave these to the aerobics girls if you can help it. Saying that I have done these before when I was on holiday with heavy wooden chairs as there was no gym on the island.

Time Wasting Exercise Start Position



Time Wasting Exercise Top Position



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In Summary

Since you have made the effort to buy and read this bodybuilding and fitness guide it is now up to you to incorporate what you have learned into your daily life. If you are young bodybuilder full of drive and enthusiasm we wish you a lifetime of success. Just remember to train safely and train smart by using the right amount of weight for your level of development, train your body, not your ego but no doubt both will probably grow once you build the body of your dreams. Bodybuilding was certainly the catalyst that changed both our lives for the better and we still find benefit by living a healthy lifestyle in every area of our personal and professional lives every day.

If your goal is to lose bodyfat while you begin to increase your strength, there is no better time to start than right now. It might seem a little intimidating to join a gym and start training in front of a bunch of strangers, especially if you have never done it before but it will make you a better and stronger person in every other area of your life as it has done for both of us. Most gyms are full of positive and motivated people who love to help if they can, the lazy people are at home watching TV or out drinking in bars so you might be pleasantly surprised at just how rewarding an experience it is to be a gym regular.

For those of you who are looking to build your self confidence you are definitely moving in the right direction by starting a training program. Nothing will do more to build your self esteem or give you the confidence you deserve to enjoy than a regular fitness program. It is not only a healthy pursuit for your body and mind but by joining a gym and improving your body you get the chance to meet like minded people like yourself. The gym also happens to be one of the best places you will ever go to meet new friends or a potential partner.

We can say with confidence that your decision to embark on a new training program might just be the best decision you have ever made. Millions and millions of people around the world work out every day in one form or another and enjoy a better quality of life as a result. Regular exercising will change your life and is the best investment you will ever make.