



The "*Tell It Like It Is*" Fitness Newsletter!

The LeBrun Fitness Report

*Issue 2. Volume
1 July, 2005*

From Shawn LeBrun, Portland, ME
Monday Morning,

Dear Friend,

This Will Change Your Life

Please read this issue closely because it's going to show you the secret to having the body you want... the physique you truly desire.

Actually, this newsletter will show you how to get EVERYTHING you could ever want in your life. There are no limitations on what you're capable of achieving in life and I'm going to show you why.

Like we talked about in the last newsletter, you first need to know EXACTLY what it is you want in life. In all areas, not just fitness.

You must decide fully, and in black and white, what you want to have, be, or do. It has to be crystal clear. Without clear, well-defined goals, long-lasting success in any area of life is impossible.

For example, you wouldn't say "I want to lose weight". You have to say "I will lose 20 pounds in the next month." There's a big difference between those 2 goals. One has a deadline, which is important. Again, goals must be specific and must have deadlines.

I can tell you from personal experience, the process you're going to learn right now will change your life. It will bring you everything you want. Money, cars, a house, a life partner, confidence, incredible fitness, and more.

In life, you only get what you ask for, so start asking for more. The truth is, you're probably only living up to about 10% of your potential right now.

Follow this process and your life will start to change overnight.

Let's begin.

Step 1:

Take out some paper and make these headings, each one on a different sheet.

Health (Physique)

Career

Finances

Spiritual

Family

Personal Relationships

Self Improvement

Character

This is just a sample list. You can write down something similar, as long as it relates to most of the major areas of your life.

Now, under each of these headings, write down **exactly** what it is you want to achieve with each... **exactly**. Next to it, write down when you want to achieve it by. Again, be absolutely specific.

Here are some examples.

Under health, you could say "I will have six pack abs by September 2005". I will be a size 6 by August. I will have 21 inch biceps by 8 weeks. I will gain 15 pounds of muscle in 8 weeks.

Under finances, you could say "I will make \$100,000 this year." Or "I will have \$25,000 in the stock market in the next 8 weeks"

Career: 'I will be promoted to manager of my department by October 2005.'

For personal relationships, you can write "I will be more passionate and caring in my relationship, starting today." Or "I will make more time for my kids right now. No more working 60 hours a week, I want to spend 2 hours a day with my children".

Can you see what I did? Not only did I make each goal specific, with a deadline, but I also put it in the present tense, like it's already starting to happen.

Instead of saying "I want" you need to say "I will". Putting your goal in the present tense no longer makes it a wish, but rather something that's going to happen in the near future.

Most peoples' goals are "I want to lose weight" or "I want to gain muscle". These are

just not specific enough for them to be drawn into your life. The more specific you are with your goals, the more likely you are in getting what you want.

And I'm not talking just material things, but rather qualities you want to have and certain attributes you find yourself being drawn to. Maybe you want to be more confident. Or more loving and compassionate. Maybe you want to be a good leader.

Your goals should not just be material things. Those come and go, but who you strive to become stays with you forever.

Each goal must be something you **really, really want**. Or else you will not work hard enough to achieve it.

After you're done making a list of your goals, go through them again and cross out the ones that aren't really that important to you. You want to have burning desires on that list. Things that would make your life happier and more fulfilled.

Hey, if you want a shiny, new red Mercedes convertible, write it down. Write down the year, the type of Mercedes, and when you want it by.

Again, there's nothing you can't have. You only get what you ask for.

Step 2:

Here's an important point: You need to read that list both morning (when you wake up) and at night (before going to sleep) When you read the list, visualize it completely. Imagine that you have already achieved the goal and try to "feel" what it's like.

The step of visualizing each goal is so important. It crystallizes, in your subconscious, exactly what it is you want drawn to you.

Once you become aware of it consciously and start to visualize it more often, you're sending signals to your subconscious to have it start working towards drawing this goal into your life.

Here's a real-life example.

Say you want a new car. Write down, exactly what kind of car you want. Say it's a silver 2004 BMW, 4-door. Picture the car in your mind. Touch the steering wheel. Imagine what it would feel like being behind the wheel of that car.

Now, what's going to happen after you start thinking about that car is, you're going to start seeing silver BMW's everywhere you look when you drive.

But they were there all along. You're just now consciously aware of them. You've started the process of bringing that car into your life.

I just personally did this in my own life. 30 days ago, I started visualizing having a nice new Mitsubishi Eclipse sports car. And I wanted it fast.

I started seeing Eclipses everywhere on the road. 15 days after I set that goal, I drove past a dealership that had an incredibly sharp, blue Mitsubishi parked out front.

I went in, found out the owner was moving out of town and needed to sell the car fast. And was willing to let it go for about half of what it was worth.

I drove away in a beautiful Eclipse, right then and there. Just 15 days prior, I had set it as a goal.

Let me wrap this up by showing you how you can use this process to get the body you've always wanted.

You need to take these 4 steps:

1. Determine what it is you want, in all areas of your life. You need to be **as specific as possible**, right down to the color, the size, smell, shape, kind, make, etc. Do you want more money, a better job, a life partner, better sex? Whatever you want, you can have. But you first have to identify it and write it down.
2. Write down when you want to achieve it by. This is extremely important because it puts the mysterious forces of the universe to work, by beginning to bring this goal into your life. Once you have a deadline, you begin to think about your goal continuously.
3. Read and study anything you feel will help you achieve your goal. Read a fitness book, a muscle magazine, study a course. Whatever you feel that you need to learn to achieve your goal, take action and do it. This is usually the step that separates winners from losers. Winners are willing to do what losers only think about doing.
4. Visualize and perform. This is where the rubber meets the road. Visualize what it is you want and how it will feel when you achieve it. Then get moving towards bringing it into your life. Read your list aloud, think about how you're going to accomplish it, make a plan to accomplish it, and then follow that plan.

If you take these steps in your life, I can assure you that everything you ever wanted in your life will begin to happen. I promise you.

There should be NO self-limitation that holds you back from having what you want. If you can think of it, you can have it.

Weight Training 101

Got your workout routine in front of you?

Good. Now throw it out the window. Well, maybe not literally, but here's what I mean.

It's not that important to follow a workout program too strictly. It's more important to go on how **you feel** instead. Learning to gauge your body and its recovery process is one of the fastest ways to prevent overtraining and to boost your strength and muscle gains.

By adhering too strictly to a workout routine, you don't take into consideration the day-to-day demands that are placed on your body. And that can lead to drastic overtraining.

If you find yourself more tired than usual, chances are, you're not recovered from your last workout. You need to test and track how you feel, day to day, before stepping into the gym. If you workout when you're too tired or too sore, you're not going to use max intensity or be able to lift max weight.

You're better off resting another day. Any time you train without max intensity or

weight, you're wasting time and energy.

You want to try and give yourself 2 full days of rest each week to ensure recovery, but some weeks, you may need more. Again, go on how you feel.

Don't be afraid to take more time off, if you need it.

One of the best ways to keep making gains and avoid overtraining is to train only when you're 100%. I know one school of thought is "no pain, no gain", but that simply shouldn't be the case.

Ask yourself these questions:

Are you feeling more tired and sluggish, in or out of the gym?

Do you find yourself not looking forward to your workouts now?

Are you more sore than usual?

Are the weights you're lifting not going up? Are they staying about the same?

If you answered "Yes" to 2 or more of these, chances are, you're on the verge of overtraining or could be overtraining now.

This is why it's important to train when you feel best, not just because your routine tells you it's time to be in the gym.

I've been going with this "train as you go" philosophy for the past couple of years and I've made more strength and muscle gains than I have in the past 10 previous years combined.

Some weeks, I only train twice per week, other times I train 3 or 4 times per week. But the point is, I train only when I feel absolutely best. When I feel I can go in there and have a tremendous workout and lift max weight with max intensity.

Stop following your workout routine and start following your body. You're working out to feel good, not to feel sore and tired all the time.

Now, I know this goes against normal "thinking" that says it's best to stick with a certain routine. Well, I'm telling you it isn't. I've learned from my own trial and error, as well as clients, that training when you're fully recovered and at 100% is vital. And if you're sore or too tired to lift with max weight and intensity, you're wasting your time in the gym because no progress will be made.

You're much better off resting another day or 2 and then hitting the gym. And if it's 2 weeks before you train the chest and back again, so be it.

You need to learn that gaining muscle is not an exact art. It's simply overloading the muscles, feeding them properly, and then allowing them to rest, recover, and grow.

If any of those 3 important areas are compromised, results will be limited.

Think of it this way: Say you want a nice tan, so you look good at your friends' wedding.

So, you make appointments at the salon to tan on Monday, Wednesday, and Friday.

Now, say that you burn badly on Monday, for whatever reason. Maybe you're so fair skinned that even just 10 minutes in the booth was too much.

Are you going to go tanning again on Wednesday, when you're still burned, even though you have an appointment? Of course not. That would further burn and damage your skin.

You'd wait until you're fully healed before going back in the booth.

Well, the same thing should be done when weight training. You need to be fully healed before weight lifting again or else you're just going to cause more harm than good.

Nutrition 101

Okay, I get a ton of emails each week about supplements. And here's what I tell everyone.

Forget about them. If you eat a well balanced meal consisting of high protein, moderate carbs, and low fat, you do not need supplements.

Because if you don't train right and eat healthy, all the supplements in the world will still not help you get to your full genetic potential.

But if you do train like I've taught you (and will continue to teach you in this newsletter) and if you eat well, then there are 3 supplements that I think will help blast your results through the roof.

They are creatine, glutamine, and whey protein. These are the only 3 supplements I use. And I've been able to gain over 30 pounds of lean muscle over the past 2 years, while staying pretty lean.

Here's what I've found personally works best for me as well as tracking clients progress using these 3 supplements (which, by the way, are about the only 3 I recommend to clients as well).

Creatine

If you're interested in gaining lean muscle mass and strength, then creatine is one of the best (and least expensive) supplements you can take.

I remember my first time using creatine. I didn't even know what it was or how it tasted. So I bought a canister of it and proceeded to wolf down about 2 tablespoons of it. Dry.

I thought I was eating dirt. Then I decided to read the container and realized you were supposed to mix it with a liquid.

Well, 2 weeks later, I had gained almost 15 pounds in lean body weight and my bench press had gone up by over 30 pounds.

I was in the police academy at the time and found that my time running the mile (which we had to do every morning for our workout) decreased by almost a minute.

Creatine, if used right, is powerful stuff. And completely safe. It's a natural amino acid.

Glutamine

Glutamine is an amino acid that's found in beans, meats, fish, poultry, and dairy products. Glutamine can minimize the breakdown of muscle tissue and improve protein metabolism. It can also help prevent overtraining because it assists in the recovery process.

Studies have also shown glutamine to be a cell volumizer. So it helps the muscle cells attract and hold water, making them bigger.

This is how muscles can become bigger when on glutamine. Both by increasing the cell volume as well as minimizing muscle breakdown.

Definitely take glutamine right before bed.

This is where the overwhelming research shows the value of glutamine raising Growth Hormone levels significantly by taking 5 grams before bed.

Also, another great time is upon waking, when your muscles have been without significant nutrition for up to 6-8 hours.

Another good time for glutamine is about a half hour or hour after working out. This helps in the recovery/recuperation process from demanding workouts.

Protein

The best times to take ANY protein drink or protein supplements are as follows. I've listed them in order of importance, so start at the top of the list and work down.

1. Most important time---right after a workout.

Your muscles are like a sponge and need instant nutrition for muscle recovery and growth.

2. Right before bed.

You're about to sleep for 6 to 8 hours. That's a long time without protein.

Could you imagine going throughout your day (when awake) not eating 6 to 8 hours?

3. Right upon waking.

Same thing, you've just gone 6 to 8 hours without proper nutrition. Your body needs protein quick.

4. Half hour before a workout.

This sets up the "anabolic window" before your workout and provides your muscles with adequate nutrition so that the effects of weight training (weight training breaks down muscle--called catabolic) are not as severe.

These are the best times for protein.

If you can afford 4 servings, you'll really notice the difference in muscle gains and fat loss.

I hope this article helped shed some light on when to take the 3 most important supplements for gaining mass and strength:

Here's what I personally do, each and every day, to ensure I get the best use out of these 3 supplements.

What I do is take a creatine/glutamine/juice/protein drink about a half hour before a workout and than another shake right after.

This "bracketing" technique helps set up an anabolic (muscle-building) state for your muscles and helps prevent muscle breakdown from a workout (catabolism).

Other than these 2 opportune times, I also take one when I wake up in the morning and also before I go to bed.

I usually recommend 25 to 30 grams of creatine on a loading phase and 10-20 grams a day on a maintenance phase. 20 grams of glutamine a day is enough to get the benefits.

Doing this one simple technique has allowed me to gain over 30 pounds of lean muscle mass in the past 2 years. Do it and grow!

Cardio 101

Here's the best form of cardio I've done. It's incredibly effective at burning body fat, but unlike "normal" cardio, it may actually create an anabolic effect on muscle tissue. That means, when you do cardio, you may actually create enough stress and intensity to grow muscle.

Most cardio sessions break down muscle tissue to use as fuel during cardio. This method eliminates that problem and can actually help you gain muscle. It will dramatically boost your metabolism and will keep your metabolic rate elevated longer for a sustained fat burning effect.

I use ultra-high intensity cardio performed in 15-minute sessions and performed progressively from session to session. What this means, and it's very important, is that each proceeding cardio session should be more intense than the one before. In other words, you should expend more energy during every new 15-minute session.

Most all machines come with numerous program settings that provide varying resistance levels throughout the cardio session. The one you need to choose is called "Interval." This is a setting programmed for progressively increasing resistance levels with each one followed by an equal length lower resistance level throughout the duration of the cardio session.

I have found this interval setting to be important for overall intensity. In other words, you can generate greater intensity and achieve a higher overall energy output on the "interval" setting than on a steady resistance setting.

Here's what to do first with this new approach to cardio. You need to establish an initial baseline.

Perform a 15-minute cardio session at a little bit higher than your normal cardio intensity level. After you do this, you need to record your calories burned and distance traveled. They're used for references to guide you to "always increasing intensity levels."

The next time you go and do cardio, you should travel further distances and record higher calorie readouts with each new session. Beating your previous distance is a must. Increasing your intensity levels each cardio session continuously drives your metabolism higher.

Shorter cardio sessions lead to greater cardio intensity and greater increases in metabolic rate. Mentally, 15 minutes of cardio is easier to put forth maximum intensity than cardio of longer duration. It will also maximize your metabolic rate without tapping into lean muscle tissue for energy.

Again, this ultra high intensity cardio can be performed on a Recumbent Bike, Stair Climber, or any device that allows for maximum intensity to be exerted safely and without the need for excessive balance or skill. If you can't perform your cardio with maximum intensity without the possibility of falling off, tripping, etc. then it's the wrong type of machine.

Within about 2 to 3 weeks of this intensity progression, you'll increase your metabolic rate and fat burning response far in excess of conventional cardio training.

When doing cardio, the primary energy source your body uses is glycogen. Your body uses very little fat stores for energy during cardio. Even if you haven't eaten food for several hours your body still uses glycogen as its primary energy source. So, you are not actually burning fat while you're doing cardio.

The fat-burning benefit you get from cardio is its effect on your resting metabolic rate. Your resting metabolic rate is the amount of energy your body expends when you are not exerting yourself, at rest. Cardio training has an elevating effect on your body's resting metabolic rate.

When you increase your resting metabolic rate, you increase your body's overall fat burning capabilities - you make your body much more efficient at burning body fat.

The problem with long duration, low intensity cardio is that it has minimum impact on increasing your resting metabolic rate. However, long duration, low intensity cardio will deplete glycogen stores. When this happens, you'll start using lean muscle for your energy needs. Yes, it's true:

Long duration cardio will break down muscle tissue.

A good real-world example of this in effect is to look at sprinters and long distance runners. Sprinters are very lean and extremely muscular. Long distance runners are lanky, frail, with little muscle yet possess higher body fat levels than the sprinters.

Sprinters train with short bursts of maximum intensity - whereas long distance runners train with lower intensity for longer periods of time.

Are You In A Plateau?

Your workouts should be very demanding and very intense. With this intensity comes the need to rest to allow your muscles to fully recuperate from the demand you've placed on them.

Muscle growth is achieved by progressively overloading the muscles and forcing them to adapt by adding new muscle to handle future demands. However, if you never allow your muscles to fully recuperate, they won't be able to handle any new demands placed upon them. What that means, is, they will not be able to continue growing and getting stronger.

They will start getting weaker from less rest. That is how plateaus happen. We are going to take necessary steps to combat this problem. We are going to systematically wipe out long-lasting plateaus, forever. We do this by training smarter, not just harder.

Proper rest and recovery from working out is so important, it literally is the deciding force behind results and no results. We need an in-depth look as to how to fully recuperate and ensure max recovery.

Steps to avoid over training and hitting a plateau.

- **Keep workouts short and sweet.** Your weight training should be just that, training with weights. Not mixing cardio with it. Workouts do not need to be long to be effective, in fact, if they are too long, they are counter-productive.

The goal of weight training is to go into the gym and stimulate muscle growth, not to annihilate the muscles. By stimulating them with progressive overload, you are forcing them to respond and adapt to this progressive overload. Anything more is overtraining.

- **Do not try to "burn fat" while weight training.** Do not make your workouts longer thinking that more time equals more results. Keep your weight training brief and focused.

Complete your workout in less than 45 minutes. This short time period will ensure you do not over do it, it will ensure intensity. It's much easier to focus for 30-45 minutes than it is an hour.

So keep workouts quick and intense. No total body workout. Choose one or two muscle groups, train them well, and leave under 45 minutes.

- **Keep a lower rep range.** If you can lift a weight more than six times on the last set or two of an exercise, the weight's too light and isn't producing overload for your muscles.

However, if you cannot get at least three or four, the weight is too heavy and you may not be benefiting from it. Keep your range between four and six reps give or take a rep.

This low range will ensure max overload and increased intensity. Four to six reps will get the job done efficiently and more effectively than higher reps with lower weight.

Remember, overload (weight) builds muscle, not reps. Keeping reps low ensures more overload and it is also easier to intensely focus on four to six reps than it is for more than ten.

- **Keep a low number of sets.** Remember that weight training is no marathon. You only need

one to two heavy sets of an exercise to stimulate muscle growth. Less may not be enough stimulation and more may lead to over training. If you feel that you did not work a muscle sufficiently after your two heavy sets, I question the amount of weight or your intensity on those sets.

You should feel as though you probably couldn't do another set as effectively as your last one. Remember, it's not the quantity of sets that matter, it's the quality.

You'll achieve better results with two intense, hard-working sets than would you with three or four less-intense sets. Believe me, there's a very fine line between doing too many sets and not enough. The line seems to be around one to two heavy sets.

- **Rest enough between your sets.** Rest at least a minute between your warm-up sets and at least two minutes between your heavy sets. You need to recuperate enough to handle the demand the next set is going to place upon your muscles. You cannot expend maximum energy on an exercise if you're still tired from your last set. You won't be able to lift as much weight or as many reps if you are not rested enough.

There isn't a set amount of time to rest, just feel rested enough so that you can meet or exceed the efforts of your previous set.

- **Get adequate rest before working the same muscle group again.** Heavy and intense weight training produces fiber damage to the muscles. It's this damage and rebuilding which causes muscles to get bigger and stronger. Without proper rest between workouts of the same muscle group, you will not recover sufficiently to handle placing more overload on that muscle group.

Again, if your muscles cannot handle the overload, your results will not be as good. You should wait at least five to seven days between working the same muscle group.

If you train biceps on Monday, wait until the following Monday to ensure they are rested enough. Training them too soon again may create overtraining.

They'll also get worked while performing other exercises, so they're not fully resting all week.

Like we talked about above, one of the most important things you can do for yourself is to start "listening" to how your body feels. Learn to gauge your recovery time and start training more on how you feel rather than on a schedule set in stone.

For example, if you train your biceps Monday and then come next Monday, for whatever reason, they are still aching sore, give them another day's rest.

Do you truly feel you will be able to lift with maximum overload and intensity with overly sore biceps? You are lifting for progress, not just for the act of lifting some weight. If a muscle group is still very sore, there is still some fiber damage creating that soreness that needs to heal. Training with sore muscles is like trying to shovel your way out of a hole. You get nowhere.

Taking an extra day off to rest will ensure the next day's workout produce results. If increasing muscle strength and size is a goal, you need to create an environment where they are able to

perform at their maximum, not when they are sore.

· **Take a week break after two months of training.** After every two months of intense, solid training, take an entire week off from weight training and cardio. Two months of constant training likely will take a toll on your muscles' ability to recover. You must allow them to recover by having them take a break.

Don't allow the alleged psychological barrier of taking a week off stand in your way. You may be thinking you will lose ground by taking time off, but nothing can be further from the truth.

· **Do not over do your cardio workout.** Keep your cardio at three to four sessions per week, 15-20 minutes a session.

Too many cardio days or too long of a cardio session negatively impacts our muscle-building efforts. Cardio actually reduces the body's production of testosterone, the main hormone responsible for building lean muscle. Too much cardio will cause you to be sore more often.

Again, learn to listen to your body. This week will allow your body to rest and heal and come back stronger and more energetic. You'll be more focused and intense. During this week off, continue proper nutrition for it is during this week that you need to ensure your muscles are getting fed properly.

This week off is where much of your muscle growth takes place. You are letting your body recover from the previous cumulative weeks of working out and it is time for them to recharge. I was skeptical about taking a week off the first time I tried it. When I came back to the gym after the week off, I was more energetic and stronger. My bench press increased by over five pounds my first day back. I am no longer a skeptic.

These are a few tips you can use to avoid hitting a plateau. If you feel that you're overtraining now (tired, sore, sluggish, weights not going up) then immediately take a week off from training. After that, use the tips above from now on and I promise the days of overtraining will be long gone.

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