



WEEKLY MUSCLE BUILDING EXPERT *Interview Series*



Ryan Magin Interviews Vince DelMonte

RM: Guys, this is Ryan Magin with the CriticalBench.com [WMBEIS](#) and tonight's call, we're here with Vince DelMonte. Vince is pretty much...used to be a former skinny guy. He weighed about 149 pounds, and currently, I believe he put on about 50 pounds of muscle, if I'm correct, Vince, right?

VD: Right, man.

RM: He's an article writer for Men's Fitness magazine, Maximum Fitness magazine, all the big-time. So, without going all day about your bio, man, I guess we're just going to get this started. Once again, just thanks a lot for being on the call.

VD: Yeah, no problem, man, thanks for inviting me, by the way, and sorry guys that I'm running a tad later there. I was actually flying through multiple red signs to be here on time, and I was trying to build some more muscle. That's why I was late.

RM: Good stuff. Well, Vince, give us a little bit about your background, more or less on your story. How did you get started in lifting and what kind of started you on the path that you're on right now?

VD: Okay, for sure. My initial entry into the bodybuilding world wasn't until the age of 22. I'm 29 right now. I actually grew up in a long distance running family. My father was a runner and me and my two younger brothers both followed in his footsteps. So, I was pretty much as skinny as they come. I slap on ten years of competitive long distance running and triathlon, I had a really successful career in both, and you couldn't make my genetics any worse.

So, I even earned the nickname "Skinny Vinny" all through high school, all through university. The only way I kind of survived those days was my running. I kind of found my identity in my running. So, being pretty good at it, I was able to say, "Whatever. I'm a runner."

But, when my university career came to an end, I needed to get my life on the road. I was 22, had no money, had to figure out where the heck I wanted to work. I was living with my parents and I had just graduated with a kinesiology degree, which basically means like health sciences. So, I studied the body and that.

So, I always had this fascination with building muscle. And it began when I move into a house in my second year with eight dudes. No exaggeration, these guys were shredded. They were jacked, they were ripped. They were those dudes on campus that the girls checked-out. They were the guys that guys would always want to hang out with and be seen with. They were the guys at the clubs who were getting the most attention.

So, I kind of saw...they had decent personalities, but I mean, I always kind of associated their physiques with the confidence they had. And I kind of got a taste of that. But, I couldn't do anything about it because I was a runner at the time. So, I always said when university was over, I wanted to transfer all the efforts that I put into my running, and let's see what I can do in the gym. I just wanted to see how big I could get. I even had an interest in maybe competing one day. I figured, you know, if I transfer all the effort, the dedication, the commitment into the weights, I must be able to build some muscle.

So, what happened was I embarked onto a career as a personal trainer at the age of 22. And at the same time, my big problem was that I didn't look like a personal trainer. So, it wasn't exactly easy to sell my services.

So, I had two motivations and I said, "I'm going to have a six month transformation." I don't know why I picked six months. I just said, "I want to see how

much muscle I can build.” I took some before pictures. Six months later, I went, as you noted on the call there, Ryan, I went from 149 to 190 pounds.

So, I mean, I still wasn't the biggest guy in the gym, but I mean, considering who I was before, it was pretty dramatic. My mom thought I was on steroids. I came home one day and she told my... No joke. I couldn't find my protein powder. I'm like, "What the heck?" No one else in my family uses protein powder, and she says, "What is this stuff? What are you putting in your body? What are you doing to yourself?"

So, that was like the initial days and six months later, I went up to 190 and then slowly after that, I continued to grow. I got into fitness modeling and I did a couple of shows and started sharing my system with my clients at the gym. Young guys, older fellows, you name it, athletes, older ladies. I worked with everybody. Guys with okay genetics, guys with even worse genetics than me.

I started getting really crazy before and after pictures with a lot of my top clients. Not all of them did, but the action-takers, the ones who were really serious really started making some serious gains. Everyone started asking me, "Vince, what the heck are you doing with these guys?" Some people even suggested that I write a book. I had no interest in writing a book. I was happy making a couple of bucks an hour and working as a trainer. That was a good life for me.

But, I started thinking, maybe I should put this stuff into a book, and I did back in 2006 and I made this website. I threw it up on the website and two or three years later, it's one of the most...I believe my book is the most popular, most downloaded muscle building book on the internet, according to ClickBank.com. So, and that's where I'm at now.

Now, I teach this stuff. My entire business is via the internet. I don't work at a gym anymore. And I'm really passionate for the skinny guy, man. I know what it feels like. I'm really passionate for the hard gainer, anybody who naturally struggles to build muscle. Those are the guys that I really, really take a liking to and like helping. That's where I'm at now.

RM: That's cool, man. That's a killer story. Basically, just helping a few people out to now having the most popular product on ClickBank and helping all over the world. How many copies of your program have you sold and in how many countries?

VD: Last time I checked, I had over, I think, 124 different countries. There was over 25,000 customers. I actually don't know the official number, but there's a lot. I'm actually trying to figure that out. So, I mean, 80% of the people who order my stuff are from the US, and 20% are from like the UK, Australia, Canada, South Africa, New

Zealand. India is starting to get really popular because there are a lot of skinny guys in India.

RM: So, going on that a little bit, what are some of the biggest mistakes you see, like new trainees and people coming to the gym, as like the hard-gainer as they would call themselves. What are they making when they set out on the lifting program? What kind of mistakes and things you can easily tell, like, that guy's not going to go anywhere.

VD: For sure. I think one thing, I see a lot of guys just not... I mean, I don't see it. You can't really tell, but like you know this is happening. Most guys don't have a plan. They don't know why they're training is kind of just like...they're showing up, hoping the muscle is going to grow. They're lifting weights, they're there, they've got a couple of ideas in mind, but there's not a well thought-out plan. I'm not talking about a complicated plan, but there's just not a plan and they don't know what they're supposed to do that day. So, they're just kind of going through the motions. And when you're just going through the motions, you can't put a full-out intensity into the program. That's a cornerstone of muscle growth, outperforming your previous workout.

So, I think a big advantage I had was coming from a long distance running background, you probably are trying to think, what's the connection between running and bodybuilding? But, the big connection is that we trained in what I call the 'hurt box'. I mean, I used to go to workouts nervous. I remember sometimes throwing up before a workout because I just knew it was going to hurt so much, especially on a hard day.

So, I transfer that intensity into the gym. Keep wearing a stopwatch, keeping the rest periods honest, training alone. I just found that most guys I train with initially were holding me back and weren't serious. So, having a laser targeted focus and really going until... I use a little expression called 'go until you blow', within each set. So, there's a bit of a science there, too because another mistake is a lot of guys are doing marathon training sessions. The program that they might be trying to follow is like an hour, hour and a half long and you can't apply a full-out intensity to a longer workout. It's impossible. It's like trying to sprint a marathon. You just can't do it.

So, you have to create a workout that allows you to sprint, the equivalent of a sprint within each set. So, that was another mistake I've seen a lot of guys...too high of volume with too low of an intensity.

So, I flip that upside down and initially I was doing very low volume, but very high intensity. And that seemed to get me quicker results.

RM: Awesome. When you were coming from the long distance running background, was there a kind of a turning point that you would say. Because, you went from...it seemed like in six months. You trained for a while and you weren't gaining anything.

What do you think was the turning point for you to go from really skinny to putting on that weight so fast?

VD: I got to put this in perspective for everyone listening, because I am a unique case. Let's visualize two ends of a spectrum. On one end of the spectrum is me before I'd ever touched a weight. I was a long distance runner, running 60 to 70 miles a week. That's a massive amount of volume. So, I mean, I was probably living in a catabolic environment. My hormones were probably shot. I was probably only consuming maybe 2,500 to 3,000 calories a day. So, completely undernourished, living off of pasta, craft dinner. I don't think I ever ate any protein as a long distance runner. Maybe like once a week and never took any supplements and never had any real exposure to weight training. So, that's picture one.

Picture two is now, I dropped the cardio completely. I start bodybuilding for the very first time. So, my receptors are probably just absolutely ready to start growing. And I started eating properly. I started eating closer to 4,000 calories a day, started eating clean carbs like oatmeal, brown rice, potatoes. I started actually eating vegetables. I don't think I ever ate vegetables. I started eating lots of broccoli, cauliflower, lots of different kinds of greens. And then, I started eating more protein. I make a conscious effort to eat some eggs every day, a steak or chicken every day, some fish every day or tuna and some protein shakes.

So, just going from one extreme to the other is probably why I gained so much weight in such a short period of time. And then, my progress became a little more normal after that.

RM: Going on that, did you... Now, you come from more of the bodybuilding background, and I know some people listening, I'm sure, come from the strength training background. What do you believe is like a correlation between... Hello?

Hey, Vince, you still there? I got disconnected. Hello?

VD: Hey, Ryan, I got kicked-off there.

RM: I think we all got kicked-off there, because I definitely blanked there, too.

VD: Okay.

RM: We're back on. So, we'll keep rolling. Sorry about that folks listening to the call. Instant Teleseminar just kind of booted us off there. I'm not quite sure why.

VD: Make sure we get a free month from Instant Teleseminar next month.

RM: I know, right?

Back to what I was saying. You come from like opposite, the bodybuilding background. Do you feel there's a certain correlation with size and strength as in, you see a lot of guys training for strictly size. They don't necessarily put on the same... They kind of somewhat come to a halt as far as strength. Then, you have the guy who trains purely for strength, he looks all jacked-up and shredded. What's your take on that?

VD: Okay, that's a great question. I think... I know from personal experience that everything works. I've used pretty much every method in the book. Everything works, the question is, how long is it going to work for and does it make sense to incorporate this style of training based on your personality, what you've exposed your body to in the past, your genetics, your limb length, and maybe what time of the year it is, too. So, there's a lot of different factors that could determine which approach to take.

Now, again, both approaches work. So, for me, I definitely believe that everyone should have a dedicated phase to just focusing on gaining strength. Because, your body doesn't...gains muscle through multiple different ways. Metabolically you can increase the storage space that a muscle cell and hold fluid, like water and glycogen. That's one way to make your muscles appear bigger and larger.

Another way to actually make your muscles look bigger is to train on the neurological end of the continuum. Which basically means stimulating the nervous system. The nervous system is going to help you recruit more of your actual muscle fiber and that will create an opportunity to create actually new muscle.

And then, there's other ways to build your muscle from a hormonal standpoint. That's why bodybuilders take steroids. You can increase your muscle size through nutrition, certain supplementation, certain lifestyle. That also has a way.

So, strength training really, really is beneficial from a neural standpoint. So, it's going to really tap into your type II muscle fibers, which are the ones that have the greatest potential for growth. And basically, to keep it simple, I mean, the stronger you get, your muscle typically follows strength. So, the stronger your get, your body's going to be forced to have to build more muscle to adapt to the stress that you're exposing it to. Your body is designed to adapt to unaccustomed stress. So, that can come in a lot of different shapes or forms.

So, for example, my program, I cycle through those different phases. I'll have somebody spend a couple of weeks on the metabolic system and a couple of weeks on the neural system, a couple of weeks on the hormonal system. So, we're maximizing our muscle from multiple phases.

Most guys in the gym, to go back to mistakes, is a lot of guys are only focusing on training metabolically. So, they're just using bodybuilding style programs based on volume. So, they're stretch their muscles, they'll make them larger from increasing the storage space for fluid in their muscle cells. But, they're missing out on a huge other opportunity of growth. I think both phases should be cycled.

I mean, if you're an athlete, that's a completely different call and you're looking at a completely different method of training. You're probably going to end up doing more maybe strength kind of training. But, I definitely think skinny guys need to spend a huge phase of their program on just focusing on getting stronger, moving from the five pound end of the dumbbell rack all the way up to the 100 pound end of the dumbbell rack.

I guess the way to just prove this is, have you guys ever seen a skinny guy squatting three plates a side? Have you ever seen a skinny guy bent over rowing two plates a side? So, muscle will follow strength. So, you need both.

RM: Now, in your program, the "No Nonsense Muscle Building", do you go through certain phases like you talk about? Is it laid-out into sections where they would just follow like a four week strength phase and then a six week neuromuscular phase and then a little cardio phase? Is it laid-out in a format like that?

VD: Yes, very, very similar. They rotate through in different...a number of weeks. Longer than a week per phase, because typically it takes your body, I'd say, about four weeks to adapt. I mean, the secret is back to, again, one of your original questions, I mistakes that a lot of guys change their program too early. They just don't give it a chance to work.

So, a lot of guys... It's funny, some of the biggest guys in the gym have been following the same program for years, but they focus on getting better at it. So, their body is forced to continue to adapt. So, changing a program is probably one of the least important things that gets quite misunderstood in a lot of bodybuilding literature. The key thing is, your body is more sensitive to the rep ranges and the set ranges, the rest periods, those smaller variables are the ones that should be manipulated more often as opposed to the actual structure, the bigger picture of the program and the exercises you're doing.

RM: And for all the new people coming in on the call right now, if you haven't done so already, I threw together a little free report that you can get. It's on the call-in page. If you're actually calling in from a phone, it is MuscleGainingExperts.com/SyndicateofStrength.PDF. You still there Vince? Hello?

VD: Hey, hey. I was checking you book, man, that was really good.

RM: Yeah, that's kind of my... I wrote it up just kind of in the last few weeks just to really kind of...my experiences in the strength training world, where it comes from. Basically, starting off in a Bally's Fitness, and I actually got kicked-out when I started training, about a year in when I got serious about gaining size and strength. I dropped a 405 pound deadlift and I don't know why...they just didn't like me, I guess. Because, at that point they told me I was a disruption and they actually had me leave. But, the good thing was I got all my contacts.

VD: Well, gyms don't make money off of you, right? You know what you're doing. You're not spending \$7,000 a year on a personal trainer. So, you're not spending a whole bunch of money on the meal plans and their spinning classes and aerobic classes and buying the new clothes. They make money off of the brand new members who are using the outer thigh machine and the ellipticals, who aren't getting results and have to spend a lot of money on their assessment procedure.

I worked behind the scenes in the fitness industry and those big gyms, they know who their market is and they know that they start getting guys like you drop the heavy weights, you're going to scare away the members that are going to be paying all the money to keep those gyms growing. So, it all comes down to big business. So, you've got to find those private, hardcore gyms for guys like us.

RM: Yeah, and there are a few right now, but they're definitely starting to pop-up all over the place. They're definitely coming back. Going from there, with actually the fitness industry and basically they don't really want you to get in shape. They just want to keep taking your money. What's your opinion on the supplement industry today and the current trends and all the bodybuilding magazines. What's your take on that situation?

VD: Oh, man. Oh, man, don't get me started. Well, where should I start? I mean, I'll share my general philosophy, first off, in terms of supplementation. I mean, the first thing is is that supplements work about 10% of the time, and they work assuming everything else in place is at a threshold.

So, what I mean by that is you're doing all you can from a training standpoint, from a nutrition standpoint and from a lifestyle standpoint. Assuming you're doing everything you can, there certainly are certain supplements that will help you push through a plateau. Even from a mental standpoint, I won't lie, I've bought certain supplements and they kind of just give you a bit of motivation. You spend...you can spend anywhere from \$30 to \$150 on supplements. And just buying something can give you maybe extra motivation to train a little extra hard.

So, I mean, they do have indirect effects in that standpoint. But, I mean, the first question people need to ask themselves is, why am I taking this supplement? What

am I trying to get it to do that my diet, lifestyle and training can't do? For example, if you're not eating multiple servings of fish a week, then that's justification for a fish oil supplement. If you're not taking in any fruits or vegetables, that's justification for a multivitamin. If you're working loads of hours and you just can't find time to get in whole food, that's going to justify maybe some protein powder. You've got to ask why I'm a spending this money on what it is.

I mean, you can get into some crazy stuff, too. I mean, guys are taking test boosters and growth hormone stuff and NL2 boosters. I don't endorse any of that, those last three there. I guess most of those things, you know, if you want to improve your actual hormonal levels, just go to bed earlier. That's free and you'll feel better, too. Make sure you're not boozing it up on the weekends. Make sure you're not staying up until 3 or 4 in the morning.

Most of the things that supplements are selling you on are things that you can fix naturally through your lifestyle and through just courage to make good decisions and being around the right people. So, that's my original...that's my popular spiel on supplements. I just caution guys not to get carried away with a lot of the stuff that's in the magazines. The supplement industry is big, big business.

I've got guys who send me boxes of supplements all the time, literally in the mail. Like, just today I got this box of stuff from this dude who's like, "Vince, you got to check this out. It's going to be the next big thing." It's this... What the heck is it? I showed my girlfriend and she laughed. She said, "People actually buy this?" I'm like, "Are you kidding me? People buy this in barrels."

Ladies, sprinkle this stuff on their food. It's called Cheat. I can't remember the company name. I probably shouldn't say it. I'll probably get in trouble. They sprinkle this stuff on their food and it's supposed to destroy the calories. I really don't know. It's just crazy. So, they can eat any food they want and their body won't absorb the calories. I'm like saying to myself, you've got to be kidding me. He's like, "Oh, man, this stuff is amazing. I'll show you how to promote it and within a month you'll be making an extra \$30,000 a month."

It's all money. I mean, it really comes down to money. You've got to understand that most of these supplement companies are spending two to three dollars to make maximum, eight or nine bucks on most supplements that are on the shelf. They're charging the stores like GNC, all the private name brand stores, \$20 or \$30 to make them. And then, they're selling them to you for \$40, \$50, \$60. So, it's big, big business and a lot of companies put a lot of... They dust their products, meaning they just kind of sprinkle little bits of things in the product to have just a bit of an effect so that you continue to buy them.

But, again, supplements are short term solutions for long term problems. So, I really, really question their usage for most beginners and probably for most people listening, it's probably not the solution to the problem. A lot of people do supplements as one minute fixers. They're looking for a quick fix and it won't fix the long term problem. So, have I gone on enough about that?

RM: Yeah, I mean, I'm sure you can go all day. And especially even, you know, you can go further as far as seeing the stupid crap that people put out there as far as like the... I don't know if you've seen it, you're in Canada. Maybe you don't have it up there, but it's like the little ab thing that you sit on a chair and just swivel and that's supposed to give you abs. I don't know if you guys have seen that. I'm sure people listening have seen stuff like that on the infomercials before. But, stuff like that just makes you sick and you're just like, how are they doing that?

VD: Yeah, Ryan, you know what? I mean, the reality is, here's the sad thing. People do buy it, that's why people keep making it. And that's the sad thing. So, I mean, the only way you can really speak up now days is to vote with your credit card, vote with your cash. So, that's the only thing that really is going to make any difference.

I mean, I'll just tell you a quick, funny story. My girlfriend was telling me, she's a nurse, so one of her friends just lost a huge amount of weight. She lost like 100 pounds in the last year or so. All the ladies at work were like, "Oh, hey how did you do it? How did you do it?" And, "Did you take anything? Did you take anything?" She's like, "No, I didn't take anything." And then they're like, "Oh, did you exercise?" And she's like, "Yeah." All these ladies roll their eyes and go, "Uh."

RM: It's a mysterious thing to actually believe in a little bit of hard work. And as soon as you do it, it may be six months, eight months of working...strength on your part. People are like, it just feel off of you, like overnight.

VD: Yeah, I'll tell you how bad the marketing is these days. I mean, most companies are looking for ways to sell things. I mean, the way you sell a product is to basically tell people, "Take this pill and don't do anything. You don't have to change." People are looking for ways to tell people to eat Krispy Kreme doughnuts and still lose weight. You know? If you can find a product that tells people to do that, they'll buy it. Because, people don't want to change, they don't want hard work, they want to quick and fast. We're a medicated society and people...the majority...

You know, I'm guessing that most guys here on this call who are listening to a muscle building call, are not in that majority. But, I really, really want to encourage everyone to really stand out and separate yourselves from that piece of society that is just weak. And just...it's too bad. So, we've got to make a stand and educate people up there on how to do it naturally and with just hard work and consistency.

RM: Yeah, I had a call a little while back with...actually, a couple of them, with Mike Mahler and he went on a huge basically rant about testosterone levels and how testosterone levels are just horrible. And most people just never, you know, didn't even work out, just tried to get their hormone levels in check. All of a sudden, the weight started falling off and they were building muscle just from basic stuff. And to me, that was just kind of a little shocking. Because, I mean, people just eat like crap.

VD: Did Mike tell you his... I interviewed Mike a couple of years ago. Did he tell you his little system for guys to determine how to see if their testosterone levels are in check or not?

RM: He had a whole plan. He went on a certain tangent the whole call. So, I just kind of let him talk on that one.

VD: I've got to share this. I'm assume there's mostly guys on the call here. But, any ladies listening, you can find out if your boyfriend or husband is over training or undernourished from this little criteria. He basically said a healthy male wakes up with a hard-on at least 6-7 times a week. They've got optimal testosterone levels and he's probably taking in enough healthy fats and he's not over trained at all.

A guy who gets a hard-on only say four or five times a week is about average. But, he could use probably some work with his sleep habits and probably could get to bed a little earlier and probably has some stress in his life. You can probably get him more healthy fats like nuts, avocados, monosaturated fats, more olive oil, natural peanut butter, foods like that.

A male who doesn't get a hard-on at least 3-4 mornings a week should probably go to his doctor and find out if he's deficient. Or else, he's extremely over trained or has a lot of stress, maybe takes in way too much alcohol and had a really poor diet. So, there's a little self-check method you guys can start using tomorrow morning.

RM: That's a simple way. I'm a big fan of simplicity, for sure, and that's definitely a simple way to just know. So, that works out.

VD: Compliments of Mike Mahler.

RM: Yeah, he can talk for days about testosterone and hormone optimization. I think we have like three calls so far with him talking about that.

VD: Get him to tell you that over, because I might have not been completely clear on the system there. But, it's pretty close to what I just mentioned.

RM: All right. I think you did all right. Well, when you were experimenting and coming up and really starting to put on the weight, what exercises did you kind of go back to?

What was your best exercises or go-to exercises if you will, to put on the most size and strength?

VD: You know, to be honest, I was doing a lot of dumbbells. I was using a lot of compound movements, dumbbell shoulder presses, pull-ups, chin-ups, dips. I actually didn't do much deadlifting. I don't even think I knew how to deadlift in the first six months. I didn't start learning how to do that exercise until later on. I just focused on going heavy on everything I did, a lot of bent over rows, lots of dumbbell shoulder presses.

I didn't use a lot of variety on my exercises. I actually stuck to pretty much most of the same exercises, but I really just focused on messing around with the rep ranges and sets and hitting them. I'd be doing something like three sets of 15 with 30 seconds rest. Other days I'd be doing like six sets of six or ten sets of three. I'd really be messing around with the different weights and sets and rest periods.

So, always hitting my muscle fibers differently. I think that was probably one of the biggest indicators, one of the biggest techniques I applied that had one of the biggest impacts.

But in terms of exercises, man, nothing you don't see in your typical Men's Fitness or MuscleMag or Flex magazine. I was using all the basics, all the classic bread and butter exercises.

Now, I'm experimenting with some more fancy stuff, some more functional stuff. But, the initial six months was all your classic, bread and butter movements. Nothing fancy, probably nothing nobody doesn't know on this call.

RM: And from all that I've done, about 15 interviews so far, and it always seems to come back to the same ones. I just like to see. Sometimes people throw in a curveball and I'm like, "Really?" But, I definitely always like to get that answer out of people.

Going back more to your program a little bit, I mean, with as many as you've sold and I assume you've gotten a ton of testimonials. I mean, is there any that stand out in your mind as far as like, "Wow! I can't believe this guy (or girl) accomplished this much? I mean, just kind of some of the stories, maybe some of the positive things you've heard from people, just kind of changing their lives through following your stuff.

VD: Yeah, for sure. I'm just going on my website right now, scrolling through the page and see some pictures that stand out. I just wrapped-up another 12 week transformation contest, Ryan, and the voting actually starts in two weeks. If people want to go to my website, opt-in for the free newsletter. There's a free newsletter and they'll get my live emails, I call them broadcasts. So, they get set out in real time.

In about two weeks, the voting will start for a new batch of before and afters that just came in. And this was the most impressive batch to date. I had guys who gained 20 pounds of muscle in three months. I had a couple of older dudes in their 40's who had like amazing, amazing results. I was like blown away.

A lot of these guys sending in results are starting to look better than me, which is the whole idea of helping people. But, there are guys that are getting even better results. I had one fellow, Brian, I worked with him when I used to work at the gym. He gained 30 pounds of pure, clean mass in eight months. I actually got to watch him train, because he worked out at my gym using my program. This guy was... Man, he looked awesome. He stuck to the diet. His diet was really clean and almost perfect. Ten minutes of post-workout cardio, high intensity, and then the rest was just high intensity weight training.

I had one guy who overcame a near death experience and then he gained 20 kg of lean mass, a fellow from Australia. I just put him up on the site. Man, I could go on and on. Young guys, older guys, I have a 16 year old guy who gained like 45 pounds of muscle over a couple of months. He looks completely different.

Most guys gain around...anywhere up to about 20 pounds of mass in the first month. It's not pure muscle, but it is lean mass. Lean mass included glycogen and water weight. So, 20 pounds of lean mass is clean, lean muscle mass. So, it's not including body fat. So, that would be on the higher end.

I typically recommend these guys to get at least five pounds of clean weight each month. For most guys, more than five pounds a month, any more than five is probably going to be fat. And that's when you kind of start...that's like on average. But, as you'll see on the site, there's guy who have blown those numbers away. Most of it, I'm guessing, is because they really, really nailed the diet. The diet is really important.

RM: In your program, the "No Nonsense Muscle Building" would you say you have a fully laid-out diet or nutrition routine and supplement program that they follow?

VD: Oh, yeah. Oh, yeah. I include...what do I include, twelve, 84-day meal plans that range from 2,000 calories all the way up to 6,000 calories, 84-day meal plans. So, they've got 84 different days of meals. So, there is a lot of variety. It's literally 'eat this' in this amount at this time. And again, these are templates to follow. I mean, you can mix and match the meals. If there's a meal that you're just not into eating egg whites or whatever, you can have a protein shake or something instead.

So, you can customize the meal plans to yourself. But, you've got to get those calories in you and most importantly, you've got to have energy to train hard. I mean, if

you can't train hard, you can't out-perform your previous workout. So, it's like a cycle. It works together.

So, you've got to put the whole picture together. You'll definitely get partial results. You still get results not optimizing the meal plan the way I describe it. The closer you can follow it to 90% of the time, the better results you'll get.

So, your goal is to follow it, to be compliant, to adhere to the plan that's laid-out at least 90% of the time. So, if there's five meals a day times seven days a week, that's 35 meals in the week. So, I think 90% of 35 is about 30 meals or so. So, if you follow 30 of the 35 meals, you're going to get some pretty darn good results. The closer you can shoot to that standard, the better results you'll get. So, you're in completely control, man, that's the coolest part about this. You're in complete control.

RM: Definitely. And one of the things... I remember I was reading a John Berardi article and he was big on the 90% of the time. When you really break it down, five meals, for most people, I think their biggest stumbling point would be on the weekends when their buddies are out at Hooters and whatnot getting chicken wings. So, if you just plan... I mean, I just try to plan my cheat meals on like Friday and Saturday nights and it seems to always work out the best.

VD: Yeah, that's very smart. You've got to think through life, man, you can't just wing life. You've got to plan it. And if that's the case, yeah, I would plan a really hardcore work up between six and seven o'clock, seven and eight o'clock whatever, and if I knew I was going to have some extra wings or a couple of beers that night, I'd probably even throw down an extra 20-30 minutes of high intensity cardio to really, really squeeze out the glycogen so that when I do go and eat, I'll counteract those calories even more.

RM: Good stuff. Well, we've got about ten questions sent in through the website. So, I'll go ahead and if you want, I'll just fire away at some of these questions and we'll go from there.

VD: I'll try to give really short ones, so we can get through them all.

RM: All right, awesome. First off, "How do you begin smartly and progress smoothly with the use of bodyweight and minimal equipment in order to not over train/under recover?"

VD: Trial and error. You won't know until you actually do it. If you go back to your second workout and you can't do more than you did last workout, it's pretty simple. You might have done a tad bit more, but again, don't over think this. If you go to the gym and you're like, "Oh, man. I can't do more than last time." Just chalk it up and do what

you can. And then, investigate the last day. Maybe you didn't go to bed early enough or you missed a few meals. Then, you try to fix those problems.

Remember, training is an art. It's not a science. So, there's a component of learning and tweaking and adjusting, fine-tuning like anything else in life. It's not, I lay this out for you and you're going to get it perfect the first time.

So, start off lower on bodyweight exercises. So, it's always better...say you're doing chin-ups and the program is like four sets of ten and you don't think you can do that. Maybe just start off with like four sets of five. It's better to accomplish your goal than to do eight on your first set, then three and two on your last couple of sets. You'll be completely discouraged. So, it's always better to start off lower, scale up, than totally go crazy and then get discouraged.

RM: Good stuff. Next one we've got, he's been working out for two years without taking any unplanned days off, but is not getting the gains he believes he should have. What is the best diet program to get muscular and athletic?

VD: Well, so he's trying to gain some muscle. I mean, that's another call there, Ryan, for a whole hour to go over. Let's give him one practical tip. The first thing I want to find out is if he's eating every four hours, minimum. If he's not eating every four hours then I would focus this week on getting a Timex Ironman watch and putting the timer on with a beeper and then every four hours make sure to get a meal in. Let's nail that habit. One he nails that habit, he can email me through my website and we can chat about the next habit he works on.

RM: Good stuff. The next one is, how should he group his training split between his key lifts? He says currently he does some power lifts and feats of strength for optimum gains and recuperation. I have kind of diverse lifts on people that I reach and some of the guys are actually big into the Old Time Strongman stuff, so they do a lot of like the nail bending and things like that. So, it's kind of a good question for you there.

VD: I didn't understand the question.

RM: How should he group his training split between his key lifts between his powerlifting and his strength feats? So, I assume he's probably doing a lot of the big three: bench, squat and deadlift. And he's probably adding in I assume grip feats and stuff like that, maybe some Strongman training.

VD: Yeah, you know, I'd probably be more comfortable with him seeking out advice from a powerlifter. If he in fact is a powerlifter, I don't want to kid you, these guys heard at the start of the call. I compete in fitness model competitions. I'm a pretty body. I don't bend nails and I don't lift sandbags and I don't throw up logs and stuff. So, I would

definitely do some consulting with more of a powerlifting coach or Westside Barbell guys. I mean, that's their area of specialty.

But, powerlifting training is a whole other animal. I definitely know that's going to be the main priority, and there's probably going to be very little isolation exercises, if any, maybe just for maintenance at the end of those workouts. But, the bulk of that workout is going to be focused on those big three lifts and emphasizing a different lift probably each workout and different volume. I've seen some of those programs and they're really, really, really different.

RM: Yeah, they're definitely well thought. And for the people listening on the call, as long as they're on my list, I've got a couple more interviews coming up with some guys that can definitely answer that question for you.

VD: Yeah, I'd set them up with one of the other dudes with that question. They'd be able to better answer that.

RM: I have some coming up with Elliot Hulse, Zach Evanish and Smitty from the Diesel Crew. So, I'm sure we'll be able to get to that.

VD: Oh, yeah, those are three of my buddies, too. So, yeah, those guys will take care of those questions. I train with Zach. He's an animal. I'm meeting Elliot in a few weeks. Yeah, those guys are crazy.

RM: I actually train four days a week with Elliot. So, that's my training partner.

VD: Good. Tell him I said, "Hi."

RM: Will do. Next up comes from Greg. He asks, how does one stay consistent over time and in the long term, more of the mental aspect of things, following meals and just sticking to your programs? Any advice for that?

VD: Okay. Well, first you've got to know where you're going. If you don't know where you're going in life, any road will get you there. Have you guys heard that saying before?

RM: I have.

VD: So, you need to know where you're going and you need to have a deadline on that date. So, I'd probably recommend setting yourself up for...maybe entering a 12 week transformation. Do something different. Because, if you're having trouble staying motivated, you may want to...maybe you enter a four week challenge with a buddy. Put something at stake. What will hurt if you don't achieve your goal? Maybe fork out...treat your buddy to concert tickets or put some money up. Make it hurt. Maybe treat him to a really fancy dinner. Whatever.

Or, enter a show. Enter a bodybuilding or fitness show so that if you're to go up on stage, you know, the motivation is so great that you're going to embarrass yourself. You know you've got to get your act together. So, those are just examples. But, find something that will motivate you and ask yourself why you're doing this.

My motivation is to not lose credibility with my name. For example, I put out a six-pack product last year and months before I was getting ready to put this book out. I didn't have a full six pack. And I was like, what the heck? This isn't... I can't put my face on the cover of a book called, Your Six Pack Quest without a six pack. I can't put out bodybuilding information and put videos up on YouTube if I don't look like a guy who lifts weights.

So, I need... For myself, what's my personal motivation, because if I don't then my name is going to get ruined. People are going to run my name through the mud, and I don't want that. So, I found my motivation and I guess you have to keep asking why, why, why. Why are you doing this? Who are you trying to impress? What's the deep, underlying emotional reason that you really want to achieve your goal? And you have to remind yourself of that. You have to surround yourself with people who are going to support that goal. Find a buddy who's fitter than you, train with them for the next four weeks, get some results and things will happen.

As I started becoming more muscular, I started to find my identity in my physique. People started knowing me as 'the muscle guy'. So, you think one day I just want to stop working on my six pack and started eating cupcakes? No, people are going to like...what happened to Vince? I thought he was into fitness and stuff.

So, you kind of set yourself up for success by becoming somebody and then you'll be motivated and it will be easier to maintain that once you get there.

RM: Definitely. Solid advice there for sure. And that goes with anything, too, as far as... And it comes back to the first question as you need a plan and a place to go. It all kind of ties in together when you're looking at it as like the big picture, like where do I want to end up, not so much where I am now.

VD: Yes, good point, man.

RM: Next comes from Bill, and he says, "Please tell us how to design a proper program to gain lean muscle with your power and strength staying..." Let me reword this so it makes sense. "Please tell us how to design a proper program to gain lean muscle with power and strength as a secondary and an optimum nutrition plan to follow."

So, I assume he's more looking for kind of a sample program on gaining muscle, not so much worrying about power and strength, just kind of to look good, I would take it.

VD: You know what I'm going to do for some of these questions? I'm going to refer you to some resources. I mean, I provide a wide spectrum of information on the internet, whether you want to invest in the full program, which is a small financial investment, or if they want to just take advantage of all the free stuff I've got on the internet. By all means, it doesn't matter to me.

So, let's direct some of these guys to YouTube. There's a program called, if you go to YouTube and type in 'six week muscle gaining program'. They'll see a workout by me. It's the first one that comes up. It's got about 174,000 views. Click on that one. That's the full, six week muscle gaining program. Start with that one. That's your first workout to start with.

If you like that, if you need a new phase, then take a look at all the other workout videos I've put up on there. And again, if you want the complete system, then obviously read my entire website, find out if that's for you. It's definitely not for everybody. It's for serious guys who are really looking to gain some serious muscle. These aren't for slackers who miss workouts and slide into workouts late and slip out early. Definitely, definitely not for you, if that's you.

But, if you're really serious about gaining some lean muscle mass quickly, naturally, with less time, without drugs, without bogus supplements, then they're definitely a good candidate to read my website and see if that's what they're looking for.

Otherwise, I'd sent them to my blog as well, the VinceDelMonteFitness.com/blog. There's a lot of free information on there as well, including a lot of nutrition advice and meal plans as well. So, they can sample meal plans, they can check that out as well.

RM: Also, if they're watching this via the webcast, and I know we have about ten or so people on the phone lines actually right now, too, the webcast, if you're looking at the page, it took me a while, but Vince, I got you to do a \$19.95 trial off of your program as well, right now. So, if you're kind of hesitating, you can just try it out. Read the page, it gives you all the details of what's involved with that. But, that's a pretty cool offer I though you did for everybody, Vince.

VD: Oh, yeah, man. I totally forgot about that. Yeah. I put that up there because I know how skeptical people are on the internet. I've actually been scammed myself. I'm pretty gullible. That's probably the first problem. But, there's definitely a lot of scams on the internet. You've got to be careful where you put your credit card.

So, all my stuff is through ClickBank.com. They've been around for years. They process like literally, literally thousands of credit cards a year. They're a 3rd party processor, credit card processor and they're completely, 100% legit.

I have to be very careful who I do business with in terms of that kind of stuff, or else I'm going back to the gym to work. I don't want to do that. I like working from home. So, yeah.

The \$19.95 trial, absolutely no risk, check it out. if they don't like it, they can simply drop me an email. They don't even have to tell me why they don't want it. Heck, they can build 20 pounds of muscle in the first month and then return it, actually, the first 21 days, and then return it without even telling me why. I completely take 100% of the risk. So, if that appeals to somebody go for it.

RM: And also, on top of that, for those that are listening to the call and I'll shoot an email out to you, actually have I a pretty cool bonus I'm going to add in for those listening and those who want to purchase. It's actually a 30 minute audio I put together and obviously I like the audios. But, it's on how to do... Basically how I started after I got kicked-out of my Bally's gym membership and I didn't have any money. I was still in college and I had nothing, just bodyweight and made all the cool, funny sandbags and went to parks. It's pretty good audio, lots of good content on there for you guys. So, if you decide to purchase, shoot me an email and I'll definitely send you that link so you can download that MP3.

VD: How long is that on there for? Does that expire tonight, Ryan? Or, is that offer on-going?

RM: I'll give that probably until Friday at midnight. I'm going to send out a couple more emails to make sure people get a hold of the replay of this call. I know people, as busy as they are these days, can't always make the live version. But, I'd rather get them the information. So, I'd say Friday at midnight we'll do that. So, I'll send out a couple of emails for you guys that are listening.

I guess to wrap things up, man, is there anything else that you'd like to add? Maybe some common questions you see people asking you about your program that would make people not want to buy it or maybe some horror stories?

VD: I mean, they might get some... Their buddies are going to start asking what the heck you're taking. Girls are going to start checking you out more. You're going to have more confidence. I mean, if those are things you're not interested in, by all means, keep doing what you're doing. But, your mom might think you're taking drugs and throw away your protein powder, like mine did.

No, if they want to get to know me better, too, feel free to check me out on YouTube. I've got over 200 videos and they can...some people may not like me. They may not like my big nose, might want to learn from somebody else. By all means, I'm not offended at all. Take my free info and run with it, or check out the main site. Friend me up on Facebook. Actually, friend me up on my fan page. I've actually maxed out my friends, which is kind of funny. They have a 5,000 number limit.

RM: Yeah, I never understood that.

VD: Yeah, I don't know. I didn't even know about it. It's kind of funny. My like friends who don't know really about my website and stuff, they always ask me, "How the heck did you get all those friends?" I just tell them it's a lot of people who read my fitness stuff. So, yeah, you can join me on Facebook, check out what I do in my everyday life and all that. Feel free to shoot me a question that way, too, not a problem at all. If you have any questions before checking out my main stuff, so not a problem at all.

RM: Awesome. Once again, for anybody that came in last minute, there is a free report available for you guys that are on the call and it's on the webcast page and if you're on the phone, it's MuscleGainingExperts.com/SyndicateofStrength.PDF. If you've having a problem finding it, just shoot me an email. I send out quite a few of them. So, just reply to one and say, "Hey, man, give me the report." And I'll definitely shoot that over for you guys.

But, Vince, I guess this is going to wrap it up. Once again, I appreciate you taking the time to do this and I'm excited to be able to get you on the phone.

VD: Oh, anytime, man. Thanks for inviting me. I had a great time chatting with your guys..

RM: Awesome, man. Thanks a lot man. I'll see you.

Once again guys, thanks for stopping by. This is Ryan Magin with CriticalBenc.com. Talk to you guys soon.

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- With **no dangerous steroids...**
- With **no expensive supplements...**
- With **no long hours at the gym...**



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