

DoubleYourGains' 3-5 Strength Training Program

**How To Build Muscle, Burn Fat, And Increase
Your Performance With 1 Short, Simple, Yet
HIGHLY Effective (And Variable) Program**

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DoubleYourGains.com

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[Fast Gains](#)

DoubleYourGains' 3-5

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I regularly add new content to this eBook. [Click here](#) to get the latest version of DoubleYourGains' 3-5 Program.

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Disclaimer (and other legal stuff to keep me from getting sued!)

Unlike other sports, nobody is going to hit you when you start weight training (unless you're doing things like the single most annoying thing you can do in the gym)... so it's a pretty safe sport for you to get involved in.

In fact, in 99% of the cases, if you get hurt – it's YOUR fault!

You probably did something stupid like trying to lift too much weight, neglecting proper form to get more weight lifted, or doing ONLY the exercises you like... and building up muscle imbalances which led to injuries.

Thankfully, God made us pretty resilient creatures, so you should always be able to “fix yourself”... but the easiest thing to do is not hurt yourself in the first place.

So here's the best three tips I can give you:

1. Learn Proper Form. ALWAYS pay attention to your form and try to perfect it. “practice” having good form every single time you're in the gym.
2. Start light, and progress from there. If you have to use just the barbell to start, that's totally OK. You will look like more of a beginner trying to lift weights you're not ready for and injuring yourself in the progress... than you will bench pressing the bar.
3. Do the exercises you hate because you probably need to do them. You need to make sure you're not causing any muscle imbalances in your body by only doing the exercises you like (don't be on the those guys who ONLY benches and then wonders why his shoulders hurt and he looks like he's walking around in a bench shirt all day long).

I believe sincerely that if you apply the information in this ebook you'll greatly increase your strength... your athletic ability... build muscle and burn fat.

That being said, I am not a doctor. Ask for your doctor's advice before trying anything in this eBook. And I'm not responsible for anything you do in any way shape or form. By reading this ebook you agree to not hold me responsible for anything.

Thanks ☺

What's Your Goal?

The cool thing about the DoubleYourGains' 3-5 Program is that it's infinitely variable, and you can adjust it to suit your needs... and keep yourself from getting bored (like I do, with my "semi-serious" ADD).

Want To Get Strong But Not Get Big?

You can get it with the low volume, high tension version of this program.

Want To Build Muscle, Get Big AND Strong?

You can get it with the higher volume/high tension version of this program.

Want to Lose Fat?

You can get it by doing the standard DoubleYourGains' 3-5 Program... combined with the interval training I'll show you.

Want to Gain Weight?

Increase your volume on the DoubleYourGain's 3-5 Program... add in a few thousand calories per day with my nutritional recommendations... and you'll start packing on the weight.

ADD And Attention Deficit Approved!

Plus, this program is infinitely variable. You can do almost a different program every time you're in the gym, and still be seeing results. Being able to decide how you want to arrange your program to fit your goals and desires is what makes it so beneficial to basically everyone.

So pick your goal, and let's get started!

How This Book Is Organized

We'll start with strength, muscle building and performance:

I'll start with the basic ideas behind the DoubleYourGains' philosophy including strength training, the need for full body workouts, and then give you the program.

Then we'll talk about losing weight and fat burning:

I'll share with you why aerobics suck for fat loss, what works better and how to add them into your programs...

Then finally I'll wrap it up with a couple words on nutrition and show you a sample program I've used before to get the results I want.

[Strength Training 101 — Get Strong, Build Muscle, Lose Fat](#)

by Caleb Lee on August 21, 2008

Strength training and physical conditioning is one of the most respected and oldest disciplines around.

The approach is simple. Start where you are and gradually increase your strength. Strength is mainly a SKILL. So like any skill the more you practice it the better you become. Instead of thinking of your strength training days as “workouts” think of them as “practices” instead and you’ll make better gains.



Also, strength is mainly a function of your [Central Nervous System \(CNS\)](#). You’re basically teaching your central nervous system to contract your muscles harder, in effect “be stronger” to perform at higher and higher levels of strength (as you put them under this pressure through the process of [progressive overload](#)). Keep reading to discover more about strength training...

Strength Training - What is it?

Strength training is using exercise and physical conditioning to increase your strength. When it comes to what strength is there are 4 key types:

- **Absolute Strength.** This is how much strength you can display irrespective of anything else. Period, bottom line. Strongmen, powerlifters and heavy Olympic lifters are examples of this.
- **Relative Strength.** Is being strong, increasing your absolute strength but striving to keep a low bodyweight—basically increasing your strength without increasing your weight. So you are very strong “relative” to how much you weigh. Most athletes would benefit from focusing on this.
- **Speed Strength.** Also called “explosive strength” is the type of strength defined by “strength per unit of time” basically how fast or explosively you can display your strength. It’s needed in almost every sport and olympic lifters are generally the most explosively strong people around.
- **Strength Endurance.** Is the ability to be as strong as possible, as long as possible. You can be strong, but for how long? Can you lift a sub-maximal weight many times? Being able to do high reps on the bench press with your bodyweight... or 500 bodyweight squats is an example of strength endurance, athletes also need this.

Why you Should Strength Train.

Strength training will help you in virtually every area of your life. Here’s a partial list of the benefits.

- **Muscle Building.** Strength training [builds muscle](#) — basically your body will grow more muscle to adapt to the demands you place on it through strength training. It's a by-product of increasing your strength.
- **Fat Loss.** Muscle mass will burn more calories whether you're actively working out, sitting on the couch or sleeping. More muscle mass thus increases your metabolism, which leads to [fat loss](#). Men can get 10% body fat year round (six pack ab levels) by strength training and women can do the same (but at 15-20%).
- **Good for your health.** You'll not only strengthen your muscles, but also your:
 - strengthen your joints
 - get more bone strength
 - Get more endurance and stamina
 - increase your work capacity
 - Increase your testosterone levels
 - lower cholesterol and get good blood pressure.
 - get better sleep
 - etc
- **Builds Discipline.** Strength training builds discipline by teaching you to have a goal and continually work towards it. You achieve success over time—you can use this same principle to achieve anything else in life you want.

Strength Training Methods.

There's different ways to build strength, here's a couple:

- **Bodyweight Exercises.** Master your own bodyweight first. Pushups, pullups, situps, squats, etc are the best place to start. You move your body around in real life, so it makes sense to get good at moving it around during exercise.
- **Weight Training.** Using free weights, barbell training specifically. You can build a massive amount of strength, muscle and achieve great fat loss with just a simple Olympic Barbell and weights. Compound exercises like Squats, [Deadlifts](#), Presses, etc build the most strength the fastest.
- **Kettlebells.** Are a unique way to strength train because they're unique weights. It's basically a heavy weight off-center, it builds "off-balance" strength and is good for your stabilizer muscles this way. Also, you can get just two of these things and work out virtually your whole body (like barbells, they're ideal for home training).

How To Get Started Strength Training.

I recommend first starting with bodyweight exercises and moving on from there to weight training and kettlebell lifting. You need to train your basic movement "patterns" to get strong:

- A Push or Press
- A Pull or Row
- A Squat
- An Explosive Movement preferably involving the hips

That's it. Stick to these basics and you'll do well. You don't need thousands of isolation exercises like you read in bodybuilding magazines. You just need to stick to the basic movement patterns of your body and train yourself to get stronger doing them. Trust me, you'll be using compound exercises which will hit virtually every muscle in your body.

Bodyweight Strength Training.

Pick one of each type of the exercises and perform one set of as many reps as you can till failure to start. Train 5 days a week and two days off. I recommend Monday-Friday and take the weekends off.

- Pushes— Pushups, one-arm pushups, feet-elevated pushups, handstand pushups, etc
- Pulls— Pullups, chinups, horizontal row pullups, etc
- Squats — bodyweight squats, pistols (one-legged squats), deck squats
- Explosive — high jumps onto platforms, jump squats, star jumps, etc...

When you can do 100 pushups, 20 pullups, and 100 squats in the same workout you are ready to start lifting weights. You don't have to do these all non-stop, you could break it up like 20 pushups, 20 squats, 5 pullups, etc until you hit those numbers. Once you can do this workout, you'll be ready to lift weights (and you'll already be looking good and feeling healthy).

For your complete beginner's strength training program using your bodyweight check out [DoubleYourGains' Bodyweight Exercise Program](#).

Weight Training

Weight training is next. Use an olympic barbell and weights. Here's what to do: Pick one of each type of exercise. Train 3x per week, like Monday, Wednesday, Friday for example and take the rest of the days off. Do 3 sets of 5 reps. Focus on good form first.

- Pushes— Overhead Press, Bench Press, Incline Bench, etc
- Pulls— Weight Pullups & chinups, Bent over Rows, Deadlifts, etc
- Squats — Back squats, Front Squats, Overhead Squats, Deadlift, etc.
- Explosive — Power Clean, High Pulls, Clean and Press, etc...

Here's how you progress: Each weight training session add 5lbs. Do this for 3 sessions in a row, then go back 2 steps. This is called the "3 Steps Forward and Two Steps" back approach to cycling your training. Change up the different types of exercises you do to avoid boredom, but be sure to have one of each type in each training session.

For your complete beginner's strength training program check out [DoubleYourGains' 3-5 Strength Training Program](#).

Kettlebell Training:

Kettlebell training is a lot of fun. Pick one of each type of exercise and you can work anywhere from 3-5 days per week. Keep the rep range in the 3-5 and the sets 3-5.

- Pushes— Military Press, one-arm military press, clean and press, bottoms up press, etc
- Pulls— Pullups & Chinups with KB on your feet, High Pulls, Single leg deadlifts, etc
- Squats — Double and single KB Front Squats, Double and single KB Overhead Squats, etc.
- Explosive — Cleans, Snatches, Clean and Jerk, Clean and Press, etc...

Cycle this in the same manner as your weight training. But you'll probably stay with the same weight kettlebell. So you increase the reps. Start with 1 rep and add a rep every session for 3 sessions, then go back two reps on the fourth. The same "3 steps forward, 2 steps" back manner of cycling.

So there you have it, your quick, complete guide to strength training — get started today!

[7 reasons why you should do full body workouts for maximum muscle building](#)

by Caleb Lee on July 21, 2008

You want to build muscle fast... and... probably experience some fast weight loss right?

So the question is: Should you workout every day, hitting only a certain part of your body each day? The answer is NO!

You should do full body workouts for best results.

Even though, they're not that popular, here's 7 reasons why you should do full body workouts instead of the split routines you see in popular muscle rags:

1. **You'll lift more poundage:** full body workouts are best done with multi-joint exercises (like squats, [deadlifts](#), etc) which means you'll be lifting more weight per workout. More pounds on the bar (all things being equal)=more pounds of muscle on you.
2. **You'll get stronger:** the multi-joint exercises done with heavy weights make you stronger. Strength = muscle. More strength=more muscle.
3. **You'll stimulate muscle building hormones:** working out your whole body stimulates your [growth hormone](#), [testosterone](#), and [IGF-1](#) hormones more which leads to more muscle and less fat.
4. **You'll get done faster:** You can hit all your muscles in 60 minutes or less with multi-joint exercises and get out of the gym before your T levels drop (which happen not long after 60 minutes)
5. **You'll get more time to recover:** Recovery is when you actually build muscle. The idea is to get in, tear down some muscle tissue, stimulate your [CNS](#) and get out so your body can rebuild itself stronger and with better body composition than before. You only need to hit the gym about 3 times a week with a full body routine.
6. **You'll burn more fat:** because you're working your whole body out at once you're using more energy... more calories... and more fat stores for energy.
7. **You'll build more functional strength:** if you work your whole body out as a unit, you'll teach it to get stronger and better with all your muscles working together. Training your whole body together transfers more over to athletics and everyday life (because it's the way you actually use your body — you don't isolate any muscles in your every day life).

How often you should work out your whole body:

You can workout every single day if your main concern is strength training. Just keep the sets and reps low. (For example: Think 2 sets of 5 reps on Deadlifts, and the Overhead press).

But if you're trying to build muscle the best idea would be 3 times a week. Get in, work out hard, get out, eat, recover, and GROW.

What about Cardio?

You don't want to look like a powerlifter right? So you want to burn fat too. No problem.

If you move rapidly between multi-joint exercises (in circuit fashion, etc), then you'll get some cardio benefits too.

But that's another beautiful thing about only lifting weights 3x a week, you can do cardio on 2-3 other days and still have 1-2 days of rest.

Oh and...

Don't forget to SLEEP good!

Sleep is where you rebuild your muscles the most. Get good sleep. Most of us can't get 8 hours of sleep, I say get what you can during the night and try to fit a quick nap in sometime during the day as well.

So there you go, you have 7 reasons why you should do full body workouts for maximum muscle building and fast weight loss.

[How To Build Muscle — Your complete Guide](#)

by Caleb Lee on August 19, 2008

The worse thing you can do when you start trying to build muscle is to imitate what you see in muscle building and body building magazines. Don't try to do the stuff the pro bodybuilders do. You're just starting out and they are on lots of steroids (which means they can make gains on just about any program, even unhealthy ones).



If you're an average guy or gal you need to follow a basic, no-nonsense approach to get started building muscle fast. And you also need a guide to follow to make sure you don't overdo it in the beginning (which ultimately harms your progress).

With this in mind, keep reading to discover...

How to build muscle — ten tips to help you build muscle fast!

Here we go, the only “no-nonsense” guide you'll ever need:

1. Focus On Strength First — More strength will always equal more muscle. Plus, it's embarrassing to be really big and have no strength. Also, strength is the basis for every physical skill. If you're an athlete and you want more endurance, more speed, more agility, etc all these physical qualities will improve when you improve your strength.

- **Body Weight Training** – I recommend starting with bodyweight (BW) training first because you should master your own bodyweight before you try lifting more weights in the form of iron. Practice the basics: Pushups, Pullups, Dips, Squats, Pistols, Crunches, V-Situps, etc. Move on to harder versions of each move when those get easy. Also BW training is great for strengthening your tendons. DoubleYourGains' Bodyweight Exercise Program Works great.
- **Weight Training** — Weight training is great for building strength. And you don't need a lot of expensive equipment. An Olympic weightlifting bar set is all you need to start. You want to always make sure to lift with proper technique though. Make sure you start with an empty bar and work your way up from there. DoubleYourGains' 3-5 Program works well.
- **Kettlebell Training** – Is a great strength builder as well. You build strength at odd angles and you can do olympic lifting style moves like the snatch, clean and jerk, etc with much less training than with a barbell. You can get relatively good at these exercises fast. And if something goes wrong there is less weight to drop on yourself or the floor.

2. Always Use Free Weights — Avoid weight “machines” like the plague. The exercises which will make you strongest are performed with a barbell. Compound exercises like the squat, deadlift, bench press, and overhead press will do more for your strength levels and physique than anything else.

Here’s some other reasons to only lift with free weights (barbells specifically):

- **It’s Safer** — you’re not performing unnatural, assisted movements like with machines. Barbells and free weights build strength in the movements you need them in. You increase the strength of all your stabilizer muscles simultaneously too.
- **More Efficient** – Because you’re using more muscles (more stabilizers) to lift, press and pull barbells and other free weights — you build more muscle with less effort.
- **More Functional**–When you lift heavy objects off the floor... over your head and explosively you’re doing the same types of activities that you do in real life. Which means the strength you build in the gym will transfer over to every area of your life.
- **All-in-One** — You can do every exercise you can imagine to get stronger, build muscle, burn fat and get in great shape with just a barbell and weights. You don’t need a ton of weight training equipment to take up a lot of space (ideal for a home gym).
- **Kettlebells are like a whole gym** — in just a couple little iron balls. You need even less space for kettlebells which makes them ideal for the home gym or traveling.

3. Always Do Compound Exercises – you want to build strength and muscle throughout your whole body, so train it as one unit. The only exception to this is when you discover you have a muscle imbalance and then you need to do isolation exercises to strengthen the weak muscles and stretch the “too tight” muscles (otherwise injuries will occur). For example:

- For arms: Do not do tricep kick backs and lots of curls — do pullups, pushups, presses and snatches
- For legs: Do not do leg extensions and hamstring curls — do squats, kettlebell pistols and deadlifts
- For your chest: Do not do flies and pec deck — do bench press, overhead presses and dips, etc

4. Work Your Legs. Hard. — Squats and [Deadlifts](#) are full body exercises. Because of this they help put muscle on your whole body. (You can actually put muscle on your chest and arms by [working your legs](#)) Also, you don’t want to have “chicken legs” with a huge upper body. Give yourself something stable to stand on—strong legs.

You’ll look good once you can squat 1.5 times your bodyweight (it won’t take long!) and you can deadlift the same (or more likely 2 times).

5. Full Body Workouts are the rule – You need to do full body workouts. You don’t need to do isolation exercises. Why not get the best bang for your buck? Why not get maximum results in the gym for the least amount of time. Here’s [7 reasons why full body workouts are better](#) for muscle building and fat loss.

If you play any sports you'll be more athletic and perform better if you do full body workouts. Kettlebells are great full body tools as many of the exercises you do with them like snatches, clean and presses, etc work the entire body.

6. Recover as Hard as You Work Out — The more you overtrain the slower your progress will be. Also, the bigger your muscles, the more rest you need. You can actually [gain 30lbs of muscle by only working out a TOTAL of 4 hours](#) — the key is recovery. You muscles always grow OUT of the gym, not IN it. Here's what to focus on:

- **Rest.** You don't grow in the gym — get your three intense workouts in a week and get out. Rest when you're outside the gym. Meditation and Relaxing are good because they reduce stress and cortisol levels which help you build muscle and burn fat. Think quality, not quantity when it comes to how much time you spend in the gym.
- **Good Sleep.** Your body repairs itself when you sleep. Growth Hormone and Testosterone levels are increased during deep sleep. Get 8 hours of good sleep if possible. Deep sleep is more important than quantity though. If you can get a quick 20 minute nap in after working out that is great.
- **Eat Enough.** Your body needs [food](#) to fuel it and for recovery. Eat clean (more on that in a moment).
- **Drink Water.** I try for a gallon a day. Drink at least 2 cups at each meal. You need pure water to stay hydrated and it's great for a million other reasons too.

7. Eat Clean. You want muscle weight, not fat weight right? Eat clean. Anything that is in a box is BAD. Just accept it. Schedule in one "cheat day" per week so you don't go crazy trying to eat clean. Pig out on the foods you're trying to quit that are bad for you on that day, that way you will be sick of them and not want to eat them the rest of the week. It's hard to hit perfection, so aim to eat good 80% of the time. You need (in order of importance):

- **Protein:** Lean beef, chicken, eggs, whey protein and milk ...
- **Vegetables.** broccoli, tomatoes, spinach, etc ...
- **Fats.** Fish oil, Olive Oil, real butter, Nuts, etc ...
- **Fruits.** Bananas, apples, oranges, avocados, etc ...
- **Carbs.** Whole grain and brown, no starches except post workout

8. Supplement — Some people don't think you need supplements, I say our food supplies suck for nutrition. What should you take...

- Whey Protein — helps you get protein (more on that in a moment)...
- Fish oil — is the best supplement for absolutely everything health wise
- Superfood/Green drink — to get the vegetable/green goodness you need
- Multi-vitamin — to get all your vitamins AND minerals
- Enzyme formula — for faster recovery and boosting overall health
- [Creatine](#) — for building muscle fast and a ton of other health benefits.

9. Focus on Protein. It's said you need 1gram per pound of bodyweight to build muscle. I've never been able to do that consistently, and I still build muscle and burn fat, but I always focus

on protein (it's not a meal in my mind without protein). Also, protein has a higher [thermic effect](#) than other macronutrients so it's good for fat loss too. Here's good sources of protein:

- **Red Meat.** Ground round, steaks, deer, buffalo, ...
- **Poultry.** Chicken breast, whole chicken, turkey, duck, ...
- **Fish.** Tuna, salmon, flounder, etc ...
- **Whole Eggs.** (yes even the yolk.) Or do 80/20, 80 percent white, 20 percent yolk
- **Dairy.** Milk, cheese, yogurt, and whey protein...

10. Never Give Up — Don't get frustrated if you're not getting results right away. Stay positive, a positive mental attitude is a must. Focus on the basics, get stronger, make progress in small steps and before you know it you'll have come a long way. Subscribe to this site and visit often for more tips to help you.

Bodyweight Exercise Program To Build Muscle and Burn Fat

by Caleb Lee on September 2, 2008



If you want to build a starting level of strength... endurance... and lose fat, then this bodyweight program is for you. This is the bodyweight exercise program that I built much of my early strength, size and muscle “tone” on.

I believe everyone should master their own bodyweight first, before moving on to lifting weights, kettlebells or otherwise introducing “outside” resistance. Your own bodyweight is enough resistance to build an amazing level of muscle... and... it’s definitely enough to

chisel away at any extra fat.

Why This Program Works So Well

You will perform these exercises in a “ladder” format. That means you will start on the bottom “rung” of the ladder and “climb” your way up it... then... when you hit the top, you’ll “climb” down. Because there are 4 exercises done on each rung, you are getting a good rest period for each exercise...

Additionally, when you start to get fatigued, when you start to hit your “max” rung on the ladder, you start going down it, doing less reps per rung (set). Which means you can still keep good form and concentrate on doing the reps perfectly.

Meet The Best Bodyweight Exercises

- Pullups
- Squats
- Pushups
- Situps

In keeping with the Double Your Gains philosophy you have a pull movement (pullup), Push movement (pushup), a Squat movement (squats, duh) and an ab movement (situps). Everything you need for a fit and functional body!

The Bodyweight Exercise Program To Build Muscle and Burn Fat

Bodyweight Exercise Ladder

Rungs	Pullups	Squats	Pushups	Situps
1	1	5	3	5
2	2	10	6	10
3	3	15	9	15
4	4	20	12	20
5	5	25	15	25
6	6	30	18	30
7	7	35	21	35

How To Do The Program

Here's what you do: see the column heading "Rungs"? Think of each one as a "set". So on rung #1 you would do the prescribed number of reps for each exercise on that rung (the row that rung is on, go horizontally).

So on this program you would start on rung 1 and do 1 pullup, then 5 squats, 3 pushups, and 5 situps. No waiting or rest between the exercises, one after the other.

Then you go to rung 2 and go across... then 3 and so on until you get to rung 7 OR until you start to fatigue and you feel like you won't complete the next rung of the ladder. When this happens you're going to start going down the ladder. For example, if you get to rung 7 and feel like you just barely completed it, then you start going down it again, by going to rung 6, then 5, 4, 3, etc.

Try this bodyweight exercise program yourself to build more muscle burn more fat and build more strength endurance.

[DoubleYourGains 3-5 Beginner's Strength Training Program](#)

by Caleb Lee on September 10, 2008

The DoubleYourGains 3-5 Beginner Program is for anyone who wants to get strong, build muscle or lose fat. You could easily gain 5-10 pounds (if you're skinny), or lose 5-10 pounds (if you're overweight) using this program within a couple of weeks.

With this program you can achieve whatever your goals are:

- You can get strong without getting big — achieve high relative strength
- You can build muscle and get big and achieve high absolute strength
- You can get stronger for your favorite sport and perform better



But this is not just a beginner's program. If you've just done standard split routines (like you've read in muscle magazines) or other bodybuilding programs up until now and you haven't done exercises like the squat, [deadlift](#) or overhead press then you're going to see some great results with this program as well.

What You'll Get With The DoubleYourGains 2-5 Beginners Program

This weight lifting program takes 30 minutes, and you'll do it 3 times per week. You don't need to be at the gym every day in order to get the results that you want. In less than 4 weeks you'll become...

- **Stronger** — You'll start light (probably just the bar) and add weight every workout, the more weight you add the stronger you'll get...
- **Muscular** — The heavier weights you lift the more muscle you'll put on. More strength = more muscle...
- **Leaner** — You'll burn body fat as your body starts to reshape itself. Your body is put under stress with strength training and its response is to make you leaner to make things easier...
- **Healthier** — You'll increase testosterone, growth hormone, and decrease estrogen. Your joints will get stronger, you'll have better cardio, your bones will get stronger, etc...
- **Confident** — Hitting new Personal Records (PR's) almost every time you're in the gym... and... knowing you're strong (instead of just looking that way) will make you feel more self confident. And no one can take that away from you...

Why This Program Works So Well

What makes this program work is the focus on compound exercises and movement "patterns" which work your whole body.

You won't get bored because the workout exercises change almost every workout. You won't get bored in the gym because the reps and overall sets stay low. You can focus on correct technique because the reps and sets stay low.

This is a motivating plan because you'll be adding weight constantly and you'll see and feel your body become more strong... more muscular... and more lean.

What Equipment Do You Need?

The beauty of this program is it works with you, even if you're working with less equipment. At its very basic level, you would need just an Olympic Barbell.

But to get the full benefits of this program (and to be able to enjoy a greater workout variety) you should find a gym or build a home gym, with the following equipment:

- **Olympic Barbell** – 6 foot long, 45lbs and can hold serious weight...
- **Olympic Plates** — Weight plates that fit the barbell with increments as low as 2.5lbs (because some exercises will require smaller increments in weight)...
- **Power Rack** — Also called a “Squat Rack” and Squat Stands will work too. Definitely no smith machines or weights.
- **Standard Bench** – Basic bench or one you can put in the power rack. No machine counts.

The Exercises

The DoubleYourGains 3-5 Beginner Program includes 8 exercises. You'll do 3-5 of these every workout to hit all your muscles and build full body strength. (Click on the name of the exercise to learn how to do the exercise with correct technique).

- [Deadlift](#) – (squat and pull) A total body strength builder with an emphasis on the legs and pulling muscles.
- [Squat](#) – (Squat, duh) Squats work the whole body as well, with an emphasis on your legs.
- [Overhead Press](#) – (Push) A pressing movement (shoulders, upper chest, triceps) that works your whole body as well (abs, back, stabilizers)...
- [Bench Press](#) — (Push) Unfortunately, the most popular exercise in the gym — works your chest, triceps and front of your shoulders.
- [Barbell Bent Over Row](#) – (Pull) Works your pulling muscles (back and biceps)...
- [Pull-ups & Chin-ups](#) — (Pull) Pullups (palms facing away) and Chinups (palms facing you) work the pulling muscles and have crossover to real life...
- [Dips](#) – (press) Dips also work pressing muscles (chest, triceps) and force your body to stabilize itself

How To Do The Program:

Here are the simple rules (and why I call this the 3-5 method):

- 3-5 exercises (total for whole body)
- 3-5 Sets
- 3-5 Reps
- 3-5 minutes of rest

Here's what you do:

- **Select 3-5 exercises.** 1 Push move, 1 pull move, 1 squat move. (NOTE: Each practice MUST include a deadlift or squat).
- **Do 3-5 sets**
- **With 3-5 Minutes of Rest** (you may alternate (not superset) your exercises, ex: Deadlift rest 1 min — Overhead Press rest 1 min — back to deadlift, etc)

The DoubleYourGains 3-5 Beginner Program takes 30mins and is performed 3 times per week. Which days you train are up to you:

- Most people do Monday/Wednesday/Friday.
- You could also do Tuesday/Thursday/Saturday
- or Sunday/Tuesday/Thursday.

It doesn't matter as long as you practice 3 times a week and keep at least 1 day of rest between each practice

How To Choose Your Weight To Start With

If these exercises are new to you and you've never done them before then you need to first focus on good technique before you even think about using heavy weights.

- **Pull Ups/Chin-ups and Dips** — Use your body weight to start
- **Barbell Rows** — Use 65lbs (including the barbell) to start
- **Squat, Bench Press and Overhead Press** — Use just the barbell to start
- **Deadlift** — Use 95lbs (including the barbell) to start. Use small plates under the plates on the bar to get the correct starting height.

If you've done these exercises before and you have good technique then your first day in the gym you should do a warm up set or two (use the weights above as guidelines) and work up to a heavy single. This is called testing your "1 Rep Max" (1RM).

Then for each exercise you'll use 80-85% of your 1RM for the load.

How To Progress On This Program:

You will add weight every workout no matter how small, even if it's only 2.5lbs each session. Here's a quick guide to help you with adding weight by exercise.

- **Squats and Deadlifts** — Add 10lbs each practice until it gets hard and you don't think you can do at least 3 reps, then switch to adding 5lbs each practice.
- **Pull Ups, Chin Ups and Dips** — Use your body weight until you can do more than 10 on your first set, then add 5lbs per practice till it gets hard — then 2.5lbs after that.
- **Bench Press and Barbell Rows** — Increase by 5lbs each practice. If it's easy at first increase by 10lbs till it gets hard then back to 5lbs.
- **Overhead Press** — Increase by 5lbs each practice...

What To Do When You Can't Add Anymore Weight.

Eventually you'll hit a point where you can't keep adding weight. Most people stall on the overhead press first, then the bench press, then the squat and lastly the deadlift.

First, retry the weight for 2 more practices (total of 3 tries) because it might just be a bad day, lots of stress, etc...

If you really can't lift your target weight on your next two practices then you need to cut your volume for a week then continue on.

You basically will stay at the weight you're "stuck" at and reduce your volume for one week. Then come back to training with full volume and keep going from there.

Example: You are doing 3 sets of 5 for all your exercises and you are stalling. You will then do 3 sets of 2 with the same weight for a week. Then resume your training the next week doing 3 sets of 5 with the same weight and increase as usual for each workout from that point on.

Other Important Guidelines

Read my article: [Strength Training 101](#).

If your goal is to build muscle then read my guide: [How To Build Muscle](#) and keep the volume high, strive for 5x5 on your lifts.

If your goal is to get strong without gaining weight, then keep the overall sets and reps low. 3x3, 3x5, 5x3, are all set/rep schemes that work well

5 Reasons Why Aerobic Exercise SUCKS for fast weight loss

by Caleb Lee on July 23, 2008

Want to burn fat so you can show off more of those muscles you've been working so hard in the gym to achieve?

Of course you do! Unfortunately...

You're being LIED to when it comes to Aerobics for fat loss!

Here's six reasons why aerobic exercise sucks for weight loss...



1. **After 8 weeks you get no benefits.**

After 8 weeks or more of aerobics, all that training is counterproductive, there's no increase in VO2 max (aerobic capacity) and the weight loss benefits are minimal because basically, your body has already adapted.

2. **Aerobics kill your power and makes you slow:**

Steady state aerobics worsen your anaerobic, explosive, speed and power abilities... in short the more lower body aerobics you do (running, biking) the worse your vertical and leg power movements get... and the more upper body aerobics you do the worse your punching power, throws, etc get. If you're an athlete or like to be fast on the field or court (even if it's just on the weekends) aerobics isn't for you.

3. **Aerobics puts more increases free radicals**

Oxidation in the body forms free radicals. Free radicals suck, they make you age faster, hurt your muscles, hurt your immune system, basically nothing good about them. Anti-oxidants are important to battle free-radicals.

4. **Aerobic training increases adrenal stress**

Many people today suffer from adrenal burnout anyways from stress, overstimulation and busy lifestyles. The results? More fat gain. Not to mention: tiredness, fearfulness, allergies, frequent influenza, arthritis, anxiety, depression, reduced memory, and difficulties in concentrating, insomnia, and feeling worn-out all the time.

5. **Aerobics mess up your testosterone/cortisol ratio**

I shouldn't have to tell you this but more Testosterone means more muscle... more cortisol (a stress hormone) increases fat gain, muscle tissue breakdown, etc. Basically, you're killing your ability to gain lean muscle mass and burn fat when you do aerobics.

So STOP doing aerobics for weight loss!

What should you do instead? [Interval training for fat loss and a healthy heart.](#)

Should you ever do aerobics?

There are only two times you should ever do aerobics. Read my article: [Aerobic Exercise - The Only 2 Times You Should Do It](#) to discover when.

[How to lose weight fast in 12 minutes or less](#)

by Caleb Lee on July 24, 2008

You want to get ripped right? Yesterday, I explained [why aerobic training SUCKS for fat loss](#). Today I'm going to tell you what REALLY works, and what works fast.

It's really simple too — only two words, here they are...

Interval training!

Interval training is better for your health

Interval training is usually defined as hard-all out intervals (like sprinting) followed by brief, less intense intervals (like jogging). Work periods and rest periods vary depending on the protocol, but that's the idea. Get it? Intervals — now the name makes sense.



A marathon runner and a sprinter. Which one do you want to look more like?

Next you should know that intervals are the best for your health, here's why:

- **The famous tabata study:** Researchers found that guys who used the routine five days a week for six weeks improved their maximum aerobic capacity (a measure of your body's ability to consume oxygen—the more oxygen you can take in, the longer and harder you'll be able to run) by 14%. What's more, it also improved anaerobic capacity (which measures your speed endurance, or the duration you're able to sprint at full effort) by 28%. Basically you get better all around results with intervals versus steady-state aerobics.
- **Interval training can lower blood sugar by up to 40%.** To put it into perspective, the commonly prescribed drug *Metformin* does so by a paltry 19% while putting users at risk of obesity, if they can tolerate the constant vomiting and diarrhea!
- **Interval training makes your heart and lungs stronger** not just bigger. Marathon runners keel over after marathons (look it up) even though their heart and lungs get enlarged — they're more stressed. Sprinters get strong hearts. Sprinting is better for you
- **Interval training mimics life and is more functional endurance training.** You ever picked up a heavy box for a slow steady state over 60 minutes? Hell No! You have to pick up a heavy box quick... change a tire... chase a kid down snatch him up and yell at

him for running down the street. Everything you do in your every day life is anaerobic not aerobic. So Interval training is more functional

- **Sprinting increases [testosterone](#) while aerobics lowers it.** Although not a well designed study, Journal of Sports Sciences, Vol. 23, Issue 2, February 2005, pg. 187-188 (no abstract). Here they compare testosterone levels among different groups of males: Sprint Trained - 9.11 (ng/l), Endurance Trained - 7.05 (ng/l) and Sedentary - 8.19 (ng/l) Since this data is a cross-section, it does not establish cause-and-effect. In other words, it's possible that men with low testosterone self-select into endurance running, and men with high testosterone self-select into sprint running. However, this data is very suggestive that sprint training may increase testosterone in men. But logic plays a part here, since we know that staying in the gym longer than 45-60 minutes depletes T levels, it makes sense that long, steady-state aerobics would do the same.
- **Sprinting increase [Human Growth Hormone](#):** In a new study, researchers compared growth hormone levels in several ways - resting, after a 6 second cycle sprint, and after 30 second cycle sprint. The 6 second sprint method did move HGH some, but didn't come close to the body's potential to release this powerful hormone. The 30 second all-out effort sprint experiment increased HGH by 530% over resting baseline and 450% over the lesser intensity sprint. (A summary of this study can be seen at the [National Institutes of Health](#).)

Interval training is key to fast weight loss

Besides being VASTLY better for your health, Interval training burns more fat than aerobics too.

In fact, in the Tabata protocol mentioned above the Japanese scientists discovered that the people following the tabata protocol burned **9 TIMES MORE FAT than the group that exercised for an hour a day**. And your metabolism stays revved up and burns more fat for up to 48 hours after the Tabata protocol.

A simple 12 minute program to lose weight fast

Basically you pick an exercise, I like sprints, but you can do jumping rope, cycling, etc. You have work intervals (sprints) followed by rest intervals (jogging).

Here's a simple program to use progressivity in the right direction. In the 12-minute program below, you're going to focus on gradually increasing the challenge as you progress over 4 weeks.

To aid in this effort, and to make your body accept the proper signal to gear up your metabolism, this program also simultaneously decreases the duration of the exercise period. This has synergistic power that will surprise you.

Weeks	Warm-up	Set 1		Set 2		Set 3	
		Exertion	Recovery	Exertion	Recovery	Exertion	Recovery
1	3 min	6 min	3 min				
2	2 min	3 min	2 min	3 min	2 min		

3	2 min						
4	3 min	1 min	2 min	1 min	2 min	1 min	2 min

Notice the *progressive* feature of this workout. Over time, the **duration** of each exertion period *decreases*. You're going to be building up the intensity of your exertion intervals over the four weeks.

By week five you should be ready to do 1 min all out sprints, with a 1 minute recovery jog, for three sets, that's what I do now for fat loss 2-3 times a week. It works I'm ripped 😊

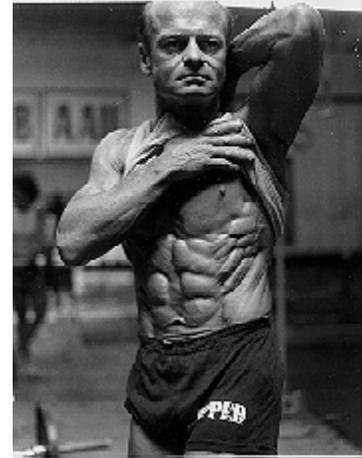
So stop doing aerobics now and instead do intervals to increase your health and burn more fat, faster than ever before.

[How To Get A Six Pack Abs](#)

by Caleb Lee on November 12, 2008

If you've ever wondered "How to get a six pack abs?" then this article was written just for you because I'm going to share with you the exact techniques I've been using to carve out my own six pack abs... without... spending hours upon hours doing crunches or running on a treadmill.

I must say, I'm not all the way to my goal of having a totally ripped six-pack yet (mostly because I want to look like the phenom Clarence Bass, aka Mr. Ripped, pictured in the photo)... but I'm going to show you what's been working for me over the past month.



The first thing I did, I must admit, was stop drinking a gallon of Guinness multiple times a week. Trust me, if you're doing this with any alcohol it's going to stunt your progress a little (and by a little—I mean a lot!). Next, I'm focusing on optimizing three things:

Strength Training For Exercise

I've shared before how the [secret to looking "Toned"](#) is strength training, and I practice what I preach. I follow a slight variation of the DoubleYourGains' 3-5 Program and focus on compound, fully body strength exercises.

Note: a friend of mine recently remarked how a VERY lean friend of ours, with a shredded midsection, felt "soft" when my friend poked him in the stomach. Why? He doesn't do a lot of heavy [deadlifts](#), [Squats](#) and [Overhead movements](#).

These exercises force your core to become rock-solid. Along with Rack Pulls and [planks](#), and [stomach vacuums](#) you're looking at the best ab exercises available (no crunches needed!)

Intermittent Fasting For Diet

I never could do the six meals a day thing. I always felt 1.) like I was bloated and too full all the time and 2.) that I was always preparing food to eat—a slave to my meals. Basically it sucked. And the truth is: eating [six meals a day to "rev up your metabolism" is a MYTH](#) anyways.

So I do intermittent fasting now. I follow basically the Warrior Diet program by Ori Hofmekler, with a 20 hour fast and 4 hr feeding window/give or take an hour or so each way, each day (I'm not real strict).

Note: I usually have my workouts around 4:30-5:00pm and I always have a quick recovery shake afterwards, that's the breaking of my fast... and then I don't eat again until my main meal usually around 7pm.

High Intensity Intervals For Cardio

I've talked a lot about how [intervals are great for fat loss](#) and it's true. I do lots of different intervals, tabata routines on the bicycle or rowing machine, 3 rounds of 1min work/1min rest sprints on the treadmill... and in the very near future I'm going to add a couple quick weight training intervals to my program.

If I do ANY steady state cardio it's 1.) when I'm too sore to workout and need the bloodflow to recover, NEVER more than 20 minutes (if that) or 2.) after my weight training or high intensity cardio — usually I don't though.

After I put on a little more weight and decided to REALLY shred up then I'll add in more steady-state cardio (consistently) after the intervals and weight training (as this is one of the [only 2 times to do aerobics](#) if you want to burn fat).

So there you have it — these three things are a great way to answer the eternal question: “How to get six pack abs” — Let me know if it helps.

[How To Lose Fat Not Muscle](#)

by Caleb Lee on December 1, 2008

If you're wondering how to **lose fat not muscle**, then you'll want to read this article because I'll share with you three tips to make sure you're burning the maximum amount of fat possible... without... sacrificing your hard earned muscle!

First you'll want to tell your body to "keep the muscle I have!" (maybe even give it the signal to build more), next you'll do a "special" form of cardio to burn more fat than regular cardio... and finally I'll give you some dietary guidelines to help you hang onto lean muscle while shedding the fat.



1. Strength Train To Save Your Muscle (and Build Some).

When you start to attempt to lose fat by way of dieting and increasing your activity levels, your body will want to drop some weight... what it drops (muscle or fat) depends on what types of stress you put on it.

Here's the deal: if you do strength training your body will get the hint that it needs to keep your muscle mass in order to adapt to the demands you put on it through strength training... and burn your fat instead.

This study proves it: [Effects of Resistance vs. Aerobic Training Combined With an 800 Calorie Liquid Diet on Lean Body Mass and Resting Metabolic Rate](#). It followed a group of men and women on a 800 calorie diet and only 80 grams of protein per day for 12 weeks. The group that did some form of strength training 3 times per week, did not lose any lean muscle mass.

So if you want to preserve the maximum amount of muscle mass while trying to lose fat, don't forget to keep up with your [strength training](#).

2. Do Interval Training NOT "regular" Cardio

A lot of people think of spending 45 minutes to an hour, or two, cycling, running on a treadmill, or some other such exercise when they think of "cardio". STOP IT!

You don't need to do that type of aerobic training to lose fat, because often you'll be telling your body to burn your muscle mass for fuel too. Just look at a marathon runner... and compare their physique to an olympic sprinter... which would you rather look like?

Do [interval training to lose fat](#) instead, and you'll also preserve that hard-earned muscle.

3. Eat Less...

Of course, you'll need to eat less total calories all day in order to lose fat. But here's the thing: if you're [eating clean like I recommend](#) you can actually feel like you're stuffing yourself and still be eating "low calorie".

Why? Because most clean food is not very calorie dense. You'd have to eat your weight in salads for example in order to gain fat. You'd have to eat a whole chicken almost to get too many protein calories.

If you eat the way I recommend, you'll be focusing on clean, organic foods which don't promote a high insulin response (low [GI index](#))... high in protein (with a corresponding high [Thermic effect](#) meaning your body will use more calories to digest them)... and finally, if you take up intermittent fasting — you can eat almost all you want in one sitting and still lose weight (because you're only eating for a few hours out of the day).

Cut out sodas, don't drink anything but water, coffee or tea and you'll effortlessly cut calories from your diet and start losing fat.

And if you follow the other two tips in this article it will be easy for you to *lose fat not muscle*.

[How to eat to build muscle and lose fat](#)

by Caleb Lee on July 14, 2008

Nutrition is AT LEAST as important as any exercise regime in a good bodybuilding program.

Your muscles need the proper nutrients if they are to grow and give you the body you want. Of course good nutrition is important for overall health, which is a nice bonus.

In this article I'm going to give you a quick guide to what foods and in what amounts you will need to grow new muscle and preserve the muscle you've already built...



How much and how often you should eat

The first step is to change your eating patterns — the size and frequency of your feedings. Instead of 2-3 big meals, you're going to eat more meals more frequently throughout the day (but the portions will be smaller).

The idea of this is to increase your metabolism. This will help you burn fat - in fact after four hours or so without food, your body switches into catabolic mode, where you begin to accumulate fat; a holdover from the days of being hunter/gatherers who literally didn't know where their next meal was coming from.

Instead, eat about every three hours (4-6 smaller meals a day).

What should I be eating?

Good question. Balance is the key when trying to build muscle. You want protein, carbs AND fat in every meal.

Getting all three at once helps your body make the most of each element and gives you sustained energy without "crashes". The ratio you should be aiming for is roughly 40% of carbs, 40% protein and 20% fat.

How many calories?

Are you thinking, "Waht about calories, don't those matter?"

What you should be looking for in terms of calories is an alternating pattern of low calories (about 2000 for men and 1200 for women) for two weeks followed by higher calories for two weeks (about 2500 for men and 1500 for women).

Doing your calorie intake like this will help you lose fat and build lean muscle mass — just what every bodybuilder desires. (You should send these numbers upwards somewhat if you are doing energy intensive training such as running.)

Ok, what can I eat then?

Are you now thinking, “OK, so what specifically are good things to eat while building muscle?”

You’ll want both simple and complex carbohydrates - while I don’t have enough room here to go into an entire nutrition plan, here are a few ideas:

- **Simple Carbs:** Fruit is your best bet for simple carbs; whatever fruit you like is fine here. As for complex Carbohydrates: Oatmeal, sweet potatoes, rice, broccoli, spinach
- **Proteins:** Eggs, tuna, skinless turkey or chicken, very lean beef.
- **Fats:** Stick with the healthy oils such as fish oils, olive oil, canola oil, and flaxseed oil, as well as (natural) peanut butter - this is also a good source of protein.
- **Last but not least, water** - get plenty of water to keep your system flushed of toxins and adequately hydrated.

If you follow everything in this article it will get you started on your way to a nutritious diet for lean muscle building.

[The “6 Meals A Day” Myth](#)

by Caleb Lee on September 16, 2008



Do you really need to eat 6-8 small meals to “keep your metabolism revved up” so you burn fat all day... and keep a steady stream of nutrients flowing to build lean muscle?

If you’ve been around the fitness scene for any amount of time, or have read any diet books or articles, you would think the answer to this one is an easy yes — but the truth is...

The “6-8 meals a day” Advice Is A Myth!

The advice is based on studies done around the [thermic effect of food](#) (TEF). You see, whenever you eat, your body uses about 10% of those calories (total) to provide energy just to digest the food...

When this was found out, people misinterpreted the research by saying “the more you eat (frequency) the more calories you’ll burn all day”... but this was a mistake because the math doesn’t work out.

- Six small meals of 300 calories (6×300) = 1800 calories total.
- Each meal you burn 10% of calories = 30 calories burned with each 300 cal meal
- Total cals burned due to TEF = 180

So compare that to a “normal” diet of 3 big meals:

- 3 Big Meals of 600 calories (3×600) = 1800 calories total.
- Each meal you burn 10% of calories = 60 calories burned with each 600 cal meal
- Total cals burned due to TEF = 180

So you see, if the calories are the same, it doesn’t matter how you break them up — you’re still burning the same amount of calories and affecting your metabolism the exact same way no matter how often you eat.

Will Eating More Often Lead To More Lean Muscle Gain?

The short answer is no. Eating protein constantly actually causes your body not to synthesize it as much. Eating more total calories WILL lead to building more muscle... but the meal frequency has little to do with it.

More important for lean muscle gain is the timing of your meals, specifically the post workout meal needs to be high quality to make sure you're getting good nutrients into your body when it needs them the most.

Will Eating Fewer Meals Lead To Muscle Loss?

Lots of guys who lift weights believe (and I used to) that not eating 6-8 meals per day will put your body into a "catabolic state". Which means because you're not eating a lot of food and keeping the levels of amino acids in your blood high... your body will use your muscle tissue as fat.

This is not true either... at least not to the extent that you've heard. Because even if you just eat one big meal per day, it can take up to 12 hours to digest— steadily releasing amino acids into your bloodstream the whole time.

When Should You Eat 6-8 Meals

In order to gain a LOT of weight — you need to increase your calorie consumption to gain weight and put on muscle, so if you're a big guy and you have to eat 5,000 calories a day to put on mass... it might be easier on your stomach and digestive system to consume 5,000 calories broken up into a bunch of smaller meals.

If you're using a ton of energy — If you're a high level athlete who burns a ton of energy like [Michael Phelps who eats up to 12,000 calories per DAY](#) and eats like an elephant. Also guys in the military in boot camp often eat as much as possible when they get the chance but still end up losing weight...

If you enjoy it — Some people might feel more satiated eating 6-8 smaller meals per day... "grazing" for their food intake. I'm not one of those people but more power to you if you are.

I think knowing this will certainly help you feel better in your quest for better fitness, I know I believed this myth for a LONG time because almost everyone recommends it.

What Do I Do Personally?

I do [intermittent fasting](#). And I LOVE it. I vary between a [warriordiet](#) style eating schedule (when I'm maintaining my weight) and the [leangains](#) eating style when I'm focusing on putting on muscle mass.

[Diet For Building Muscle - Add This Food Now](#)

by Caleb Lee on November 24, 2008

If you're looking to optimize your **diet for building muscle**, then you're going to want to read every word of this important article because I'm going to share with you one of the best muscle building foods there is...

Here's the deal when it comes to building muscle and your diet:

You need to eat a LOT!

In fact, you should strive to get at least 20 calories per pound of bodyweight. As an example, if you're 150 pounds you need to get 3,000 calories. Make sense?

And ideally, these extra calories should come from whole food sources, with as much protein, good fats, and carbohydrates as possible...

The Old School Solution For A Muscle Building Diet

Milk baby. Good ole' milk.

There's an old routine to put on serious muscle size called the "20 Rep Squat Routine" and it goes a little something like this:

- **Do 20 Reps of the Barbell Squat** — with a weight you could "normally" only do for 10 reps (you accomplish this by taking "breathers" in between reps, but with the bar still on your shoulders... and...
- **Drink a Gallon Of Milk A Day** — you accomplish this by drinking a gallon of milk each day IN ADDITION to your regular 3-6 meals per day!

As you might guess, that gives you a LOT of extra calories.

Why is Milk So Great?

Protein, Carbs and Fats — in the right amounts and the correct kind. You need fat to build muscle... you need protein to build muscle... and you need carbohydrates to build muscle.

- **Protein** - Milk contains whey AND casein protein, giving you fast and slow digesting proteins to fuel your muscle's regrowth and repair...
- **Carbs** - Milk has slowly digest carbohydrates, not simple sugars which are good for keeping your insulin levels in check...
- **Fats** - Milk has good fats in it, the kind that will help you build muscle...



What is WRONG with Milk?

This is the important part: you want to drink milk in as close to its natural form as possible! Which means what?

Well, today farmers do a couple of things to get their cows to produce more milk to make more profits.

- **Grain fed** - they feed their cows an unnatural diet of grains instead of grass, what this does is cause an imbalance in the amount of omega 6 fats VS omega 3 fats... while we need a good balance of the two, most modern people have far too much omega 6 fats (which a grain-fed diet adds to the fat of cows)...
- **Growth hormones** - ever wonder why 6 year old girls are having their periods and growing “big girl” boobs and butts at a young age? You see, to increase milk production farmers also put growth hormones into milk which (in simple terms) ends up being treated like the hormone estrogen in your body (jumpstarting puberty in little girls and turning you into a woman (even if you’re a man!))
- **Pasteurization kills stuff** - that’s actually good for you, it destroys enzymes, diminishes vitamin content, denatures fragile milk proteins, destroys vitamins C, B12 and B6, kills beneficial bacteria, promotes pathogens and is associated with allergies, increased tooth decay, colic in infants, growth problems in children, osteoporosis, arthritis, heart disease and cancer.

So What Kind Of Milk Should You Drink?

Ok, here’s the deal: consuming TOO much of ANYTHING for too long is never good for you. So I recommend when you’re really trying to build muscle, that’s the only time you drink a TON of milk per day.

Next, you definitely want to go organic because you’ll be able to avoid the added growth hormones, etc that come with regular milk. Organic Valley milk is available in most every grocery store (and most grocery stores have their own brands of organic milk too).

Then, if possible you want to try to get organic milk made from grass fed cows. This is harder to do, but I managed to find some at my local “health food store” and it even came in those old school style glass bottle containers (cool!)

The absolute BEST option would be to find a local farm that will allow you to buy raw milk from them. Go to rawmilk.com to find a place in your state. I haven’t done this yet, but I’m going to try to find one and I’ll report back on the results here.

Closing Thoughts

I want to gain a lot of muscle WITHOUT gaining a lot of fat. I’m only around 135 pounds (I’m a short guy, and gaining mass was never that important to me)... so I figure with the proper amount of regular meals, my intermittent fasting schedule, and my size and calorie

requirements... I only need to consume about a half gallon of organic milk (preferably grass fed, and I'll see if I can get "raw") for [building muscle](#) the way I want to and to put on the weight I want to put on.

That's still an extra 1,200 calories per day so I should be all good 😊 I'll let you know how it turns out, and I'll even provide you with the detailed eating schedule I followed to make it happen. So make sure you consider adding milk to your *diet for building muscle*.

Appendix #1:

Barbell Exercise Guide

[How To Deadlift With Proper Form](#)

by Caleb Lee on September 12, 2008

The deadlift is just about the best... but most underrated... movement if you want to build strength and gain muscle mass throughout your entire body. This exercise (like the [squat](#)) involves almost every muscle group in your entire body — that's why it's an integral part of [DoubleYourGains 3-5 program](#).



What is a Deadlift?

It's a simple exercise — take a loaded barbell and pick it up off the floor with your hands. It may be simple in concept but in performance and usage you want to make sure you are doing it correctly...

The video below is one of me performing a deadlift. Notice because I'm using 33lb weights on the bar, I put plates underneath so the bar is set at the proper height for the exercise (the height it would be if there were regular 45lb plates on the ends):

(Go to <http://doubleyourgains.com/how-to-deadlift-with-proper-form> to watch the video)

Types of Deadlifts

There are many types of deadlifts, here are just a few:

- **Sumo Deadlift** – feet are wide out in stance, hands are gripping the bar on the inside of the thighs, similar to the way a sumo wrestler would stand...
- **Romanian Deadlifts** – Feet point out, Back stays straight and legs are kept almost completely straight, there is a slight bend in the knees...
- **Straight Legged Deadlifts** – very similar to romanian deadlifts, but legs are more straight, usually done with very low weight for hamstring and lower back emphasis...
- **Health Lift** -- Pull starts at just below knee level, can use really heavy weights, also called “rack pulls”...

This article will focus on the most common, “regular” form of the deadlift. See the series of pictures below for an example of what a deadlift looks like step-by-step (click it to make it bigger):



Poundage is very important when doing deadlifts, but you should always keep proper form as your first priority. If you are trying to jump start your muscle growth, then try doing the Barbell deadlift for a few months. You will be amazed at the results!

You Gotta Learn To Grind

When doing a deadlift, you never want jerky movements while trying to get the bar off the floor. You have to learn how to grind (like [The Clipse](#) — sorry, I couldn't resist.)

A good key to a proper deadlifting form is to concentrate on lifting with only your legs at first. An excellent way to “see” this is by pushing your feet down and going right through the floor. This may sound a bit wacky, but it really works.

“Are Deadlifts safe for my back?”

Do not round your back when you are just starting your lift. This will place your back in a compromised position where it could get injured.

Timing is of utmost importance. After you get the bar approximately 6 inches above your knees, push your hips and chest forward as you pull your shoulders back. As you do this, you will also be locking your legs.

One thing deadlifts build is MAJOR back strength. They teach you to keep your lower back rigid and erect against a heavy load. This will carry over to real life and sports well when you have to lift something heavy off the floor.

This is also why deadlifts have a bad reputation: people injure themselves because they don't lift with proper form. When you round your back during a deadlift, this increases the risk of spinal disc injuries such as hernias. Use proper form when deadlifting. This article is designed to help you with your form.

Why you should deadlift

This exercise works your legs, back and forearms. Deadlifts do not develop your legs like Squats do; your hips start higher. That is a reason why you can substitute squats for deadlifts in case of knee injuries.

- **Whole Body Exercise** – the deadlift hits the majority of your muscles, especially the muscles involved with the squat and pulling motions (so it fulfills two movement patterns from the [DoubleYourGains' 3-5 program](#))
- **Back Strength** — Your back stays straight while the weight of the bar tries to bend it. Keeping your back rigid builds back strength.
- **Leg Strength** – Deadlift builds strength through your legs because they're the primary mover
- **Grip strength** – In order that it will not roll out of your hands, grip the barbell hard. This will build forearm and grip strength.

Before you deadlift

You need to know these things before you start deadlifting to get the most out of this exercise...

- **Bar height** – Bar should be mid shin level — the height it is with a 45lb plate on either side, if you can't lift 135lbs yet, then put weights under each side till it's the correct height. The photo below shows you how to set the weights up:



- **Barefoot/Lifting shoes** - Deadlift barefoot or wear flat soled shoes (like chuck taylors), avoid running shoes or crosstrainers
- **No straps** – Do not use straps for deadlifting. If your grip is weak, then deadlift more. Switch to a baseball grip and use strength.

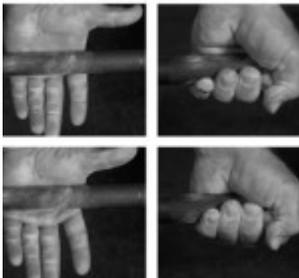
Preparing To Deadlift

So that you will get into a proper position, do not move the bar. Walk to the bar and position your feet correctly. Then grab the bar and deadlift.

- **Foot stance** – stance is slightly wider than shoulder width apart, similar to squat stance, bar should be over the middle of your feet (see the picture below)...



- **Bar position** – Bar should be up against your shins, no further than 4 inches from them...
- **Grip width** – Keep you width wide enough to clear your legs but not too wide, 20 inches is about right...
- **Gripping the bar** - grip the bar closer to your fingers instead of your palm to minimize callouses and increase grip strength (see the picture below)...



- **Straight arms** - - Keep your arms straight, flexing your triceps helps...
- **Baseball Grip** — For more grip strength, use a baseball grip/alternating grip like the picture below...



- **Chest up** – Keep you chest up to keep your back straight and keep it from rounding...
- **Look up and ahead** –keep your eyes slightly looking up (the picture below shows you the correct starting position)...



- **Mental Checklist** – You can use my [ten step mental checklist](#) each time before you deadlift to make sure you're doing all the above correctly.

How to do the first part of the lift (Concentric) - picking it up

Do this exercise by pushing up from the heels and bring your hips forward. If you deadlift correctly, you will feel the most stress in your upper back, hamstrings and glutes.

- **Maximum Tension** – Get it by breathing deep, holding your breath and flexing all your muscles from your toes touching the floor to gripping the bar as hard as you can.
- **Bar against the shins** - Pull the bar up in a straight line. The closer the barbell is to your shins, the better it will be. However, don't scrape your shins.
- **Shoulder blades over the bar** – These should be placed directly over the bar. Your hips will be at the correct height.



- **Push from the heels** – Here is a simple trick – curl your toes up. This will automatically put the weight on your heels.
- **Keep bar close to you** – During the whole exercise, keep the bar in contact with your entire body. The closer the bar, the less stress you will put on your lower back and the more weight you will be able to deadlift.



- **Squeeze your glutes/tighten your abs** - Bring your hips to a forward position by pushing from the heels and squeeze you glutes hard. This will prevent pulling with your lower back.
- **Lock the weight** - This exercise ends when your knees and hips are locked. There is no need to roll the shoulders or hyper-extend the lower back. See the picture below...



- **Keep It Crisp** — a proper deadlift is crisp and mechanical. (Once again, the [ten step mental checklist](#) for deadlifting will help here)

How To do the second part of the lift (eccentric) - lowering it.

Lose no time in bringing the weight down. Do it in a controlled manner. This is the rule: Unlock the hips first and then the knees.

- **Don't try to slow it down** – just go down WITH the weight, don't try to control it.
- **Chest up, look forward** – If you do not do both of these, it will make your back round. Keep your chest up, shoulders back and look forward at all times.
- **Bar close to you** - Keeping the bar in contact with your thighs, let the bar reach knee level. It will be friendlier on your back this way.
- **First the hips and then the knees** – Flex at your hips first to return the bar below knee level. Then bend the knees until the bar is back on the floor.
- **Reverse the lift** -- think of just going in reverse, it will help you.

Here's a great article by Mark Rippetoe called "[A New, Rather Long Analysis of The Deadlift](#)" (which is quite accurate) to help you out even more. And the video below is him giving some more pointers on deadlifting:

(Go to <http://doubleyourgains.com/how-to-deadlift-with-proper-form> to watch the video)

Start deadlifting today to get the results you want. Need a good program? Try the [DoubleYourGains' 3-5 Program](#) — the deadlift is a key part of this program and you'll discover the other exercises you should do with it as well.

[How To Squat With Proper Form](#)

by Caleb Lee on September 16, 2008



Next to the [deadlift](#), the squat is one of the most important exercises. It works nearly every major muscle group in your body... and is one of the exercises that will transform your physique the most.

If you're not squatting already, you need to start — it's an essential movement and you need to be doing it. The squat is a key part of the [DoubleYourGains' 3-5 Strength Training Program](#).

This article will give you everything you need to know to squat with proper technique...

What Is a Squat?

You simply place a barbell on your shoulders and bend through your knees until your hips come lower than parallel. When looking from a side position, you want your hip joint to come lower than your knee joint. Then come back up. There are many different ways to squat, here's just a few:

- **Bodyweight Squat** - No weights, Like the Hindu squat or heels flat squat...
- **Overhead squat** – Lock a barbell overhead and squat...
- **Olympic squat** – High bar position, close stance and deep “Ass to grass”...
- **Front squat** – Have the barbell resting on your front shoulders and squat...

This article will talk about the basic barbell back squat, otherwise known as “squat”. The video below is me doing a basic barbell squat:

(go to <http://doubleyourgains.com/how-to-squat> to watch the video)

Why You Should Squat

Every muscle in your body works when you squat. Your legs move the weight, your abs and lower back stabilize, your upper back remains tight, your arms squeeze the bar, etc. The squat is a full body exercise.

You can build an enormous level of strength and transform your body with nothing else but the squat (and some supporting upper body movements).



Take champion powerlifter Kara Bohigian. She weighs between 135-165lbs (depending on what weight class she's competing in) and here are her best lifts: 565 squat, 451 bench, 501 deadlift — That's a 1,422 total!

Why do I bring her up? 1. She is a total babe and 2. Here is what she says about how she trains for powerlifting:

“I never deadlift until the warm up room at a meet. I have a very unconventional training regimen but it's garnered favorable results thus far. I train as an Olympic lifter which involves completely raw, rock bottom front and back squats, power clean & jerks, snatches, clean pulls and snatch high pulls. Throw on a squat suit a few weeks out and I'm all set.”

She still deadlifts 501 pounds even though she never does this exercise in practice... and the majority of her training involves squats. Nuff' said. Here are some more reasons why you should squat:

- **Builds muscle** – Heavy weight training increases your muscle mass and optimizes your sex hormones...
- **Stronger Legs** – Squats strengthen your legs better than any other exercise, the benefits are too many to list but in most cases guys at the gym spend too much time on upper body exercises...
- **Hip mobility** – Squats help you build and maintain hip flexibility and mobility...
- **Knee stability** – As long as you squat with proper form you will strengthen (not harm) your knees...

How To Get Good Hip Mobility/Flexibility

You need good hip flexibility and mobility to squat correctly. You should do this simple squat exercise each day to build up the necessary flexibility and mobility — see the picture and directions for performing below...



- Stand with feet slightly wider than shoulder width apart

- Reach down and grab your toes, bending your knees as needed.
- Your chest should be pointed forward, knees out and toes curled (just like bottom position of a squat).
- Do 1-3 sets of 8-10 reps each day.

Equipment You'll Need

Of course you need an olympic barbell set with weight plates, but you need to have a squat rack, power rack or something to hold the barbell and keep you safe. You could clean and press a barbell overhead then lower it onto your back to squat, but you won't be able to do as much weight.

It's best to get a good squat rack or squat stands if you have 1.) a good spotter and 2.) a place you can safely drop your barbell if things go wrong (weight plates should be bumper plates in this case).

How To Unrack The Bar Safely

Set the bar in the power rack at about mid-chest level (if you can't get this exact spot, put the bar on the next spot down — go for a shorter height if you're not sure). Get your feet directly under the bar and squat till you're underneath it enough to put it on your back. Keep your eyes looking up towards the ceiling so your head stays up. Tighten everything and squat up to unrack the bar. Take one step back with one leg and another step back with the other leg and then squat (never do more than 3 steps — it's useless).

Before Your Squat

You will have to think about many things at first. By studying the tips below, begin with an empty barbell and focus on your technique.

- **Chest up** – keeps your back from rounding and keeps upper back tight...
- **Look slightly down**– look forward and slightly down to keep your back straight and neck in line (picture below shows proper starting position)...



- **Bar position** – The bar will rest on the muscles of your upper back (It should be just below the bone at the top of your shoulder blades)...
- **Grip width** – The more narrow your grip the tighter your upper back, if this is hard do shoulder dislocations...
- **Thumbless grip** – This keeps your wrists inline with your forearms and helps you focus on holding the bar down on your back...
- **Straight wrists** – keep your wrists straight, they shouldn't go forward or backward...
- **Tighten your upper back** – imagine your are pinching a quarter between your shoulder blades...
- **Elbows back** – this will protect your elbows from injuries... When you've completed the previous steps the bar will look like the picture below–its placement on your back):



- **Toes out** – Proper position is toes out at 30 degrees...
- **Weight on the heels** – Always push from your heels to activate the correct musculature, max strength and keep balance...

How To Do First Part Of Squat (Eccentric)

Now that you've unracked the bar correctly, and all of your muscles are tight, and you have this mass of weights sitting on your upper back... and now you are ready to squat.

- **Hips back** – You should always think of sitting back and down butt first like you would into a chair (see the picture below)...



- **Knees over toes** – Don't let your knees go over your toes in the bottom position...
- **No "knee knocking"** – don't let the knees buckle in...
- **At Least Parallel** – Your hip joint must come lower than your knee joint, get your spotter to help you (the three photos below show (from Left to Right) the bottom position of the squat, a parallel position, and the last one is a full "ass-to-grass" squat where the hamstrings are "resting" on the calves)...



How To Do The Second Part Of The Squat (Concentric)

You hip and other leg muscles will be tight at the bottom position of the squat. You want to keep that tightness and without relaxing "drive your heels through the floor" to return to a standing position. Here's some tips to help:

- **Squeeze Your Butt** - Squeeze your glutes as hard as you can while coming up...
- **Push through your heels** – lift your toes slightly if necessary and drive down through the floor with your heels...
- **Keep Your Eyes focused**– concentrate on a spot about 6 ft in front of you on the floor...
- **Keep our knees out** – Remember to never let your knees buckle in...
- **Push up With Your Hips** – Imagine pushing up with your hips and the form should take care of itself (see the picture below from Starting strength):

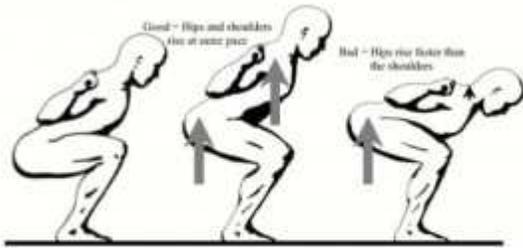


Figure 2-15. The back angle during the drive up from the bottom is critical to the correct use of the hips. The correct angle is produced when the bar is just below the spine of the scapula and directly vertical to the middle of the foot, the back is held tight in lumbar and thoracic extension, the knees are parallel to the correctly-placed feet, and the correct depth is reached, as discussed later.

Key Points To Remember

- You need to squat. Just do it.
- Squat below parallel.
- Always make sure that you keep your weight back and over your heels.
- You do not want your knees to extend past your toes.
- Keep your whole body tight.

Here's a video of Mark Rippetoe teaching more on how to squat:

(go to <http://doubleyourgains.com/how-to-squat> to watch the video)

Start squatting today to get the results you want. Need a good program? Try the [DoubleYourGains' 3-5 Program](#) — the squat is a key part of this program and you'll discover the other exercises you should do with it as well.

[How To Overhead Press With Proper Form](#)

by Caleb Lee on September 18, 2008

The Overhead Press is probably the best press/push movement you can do. Most people think of the bench press as the best upper body exercise but I'll share with you why it's not... why you should be overhead pressing... and exactly how to do the overhead press with correct technique in this article.

The overhead press is important enough that I made it one of the key exercises in the [DoubleYourGains' 3-5 Program](#)...



Overhead Press Is The “Original” Press



Most people don't know that up until 1972 the overhead press was in all the weightlifting competitions... but athletes arched their back so much to press more weight overhead that it eventually became too hard to judge if there was “excessive arching”... and it was replaced with the bench press. (The photo to the left is an example of this extreme back arch that got the overhead press taken out of competition).

In fact, I was talking with my dad the other day (in his mid fifties) and he was telling me “when I was growing up, everyone overhead pressed...” and he was correct. Sadly most guys today are just worried about “how much can I bench?”

In fact the Overhead Press is correctly named just “Press”. All other exercises such as bench presses, military presses, etc are all variations.

What Is An Overhead Press?

Very simply, you press a barbell from your front shoulders overhead until your elbows are locked. Your knees are locking during the entire lift with the feet at shoulder-width apart. There are quite a few variations of the Overhead Press — here's some:

- **Military Press** – Put your heels together like you're standing at attention in the military and press...
- **Side Press** - One armed overhead press...
- **Dumbbell Overhead Press** - Overhead press using dumbbells...
- **Jerk** – And olympic weightlifting press movement...
- **Push Press** – Using your legs to help press the weight overhead...

This article will focus on the standing overhead press with the feet at shoulder width level. The “regular” press.

Below is a video of Mark Rippetoe coaching some people on overhead pressing, you get to see a guy do a couple reps with perfect form:

(go to <http://doubleyourgains.com/how-to-overhead-press> to see the video)

Why Focus On The Standing Overhead Press?

This is one of the reasons why the overhead press is better than the bench press... because you're standing. Doing the Overhead Press in a standing position makes your "core" muscles — your abs, obliques, transverse abdominis, lower back and spinal stabilizers work harder in order to stabilize your body.

Plus, it's a much more functional movement meaning it carries over into real life and athletics much more easily. I like to use this general rule when it comes to exercising: "Stand On My Own Two Feet". Almost every time you have to use your strength or conditioning skills in real life you have to do it while standing, walking, moving, etc...

... There aren't many times where you have to use your strength while laying on your back or sitting in a chair—so I mimic this as much as possible in my training and strength practices.

Why You Should Overhead Press

Besides the reasons listed above here are a few more reasons why you should overhead press NOW:

- **Total Body Exercise** — Your whole body gets used like the [squat](#) and [deadlift](#). Your shoulders, chest and arms press the weight while your core muscles and legs stabilize your body...
- **Builds Muscle** — Because it works so many muscle groups, you [build more lean muscle mass](#) along with strength...
- **Builds Strength** — This is one of the best [strength training](#) movements to build raw pressing strength
- **Good For Your Shoulders** – Most guys have muscle imbalances from too much bench pressing. The bench works the front of the shoulders more... while the overhead press works all the shoulder heads equally. Muscle imbalances lead to injuries, so you should start overhead pressing now...
- **You Feel Cool** – While everyone else is doing bench presses you're picking a lot of weight off the ground and putting it up over your head 😁

Is Overhead Pressing Safe?

It may not seem like it at first, but it's actually safer than bench pressing. If something goes wrong you can always just drop the weight down to your shoulders and then put it on the floor. Or if something goes really wrong you can just get out from underneath it and drop the barbell.

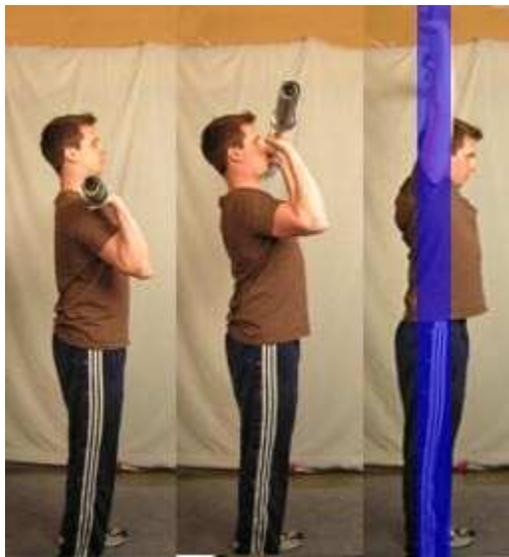
As long as you pay attention to the technique points in this guide and don't let your overhead presses look like the picture of that guy up above (with the extreme back arch) then overhead pressing is perfectly safe and you should do it.

You Need Shoulder Flexibility

To do this exercise correctly, you need a little bit of shoulder flexibility. I didn't think anyone would have problems with doing this exercise correctly and then I met one of my best friends who spent way too much time doing bench presses and realized other people might have this problem too.

At the mid point of the exercise when your arms are locking the weight overhead, there should be a straight line going from the bar, down through your scapula, down through the middle of your feet. Which means your head should be slightly forward and your shoulders behind your ears slightly.

Look at the picture below and see how there is a straight line down through the guy's body.



How do you increase your shoulder flexibility? Do shoulder dislocations with a broomstick, rope or band.

Before Your Press (Starting Point)

I usually power clean the bar to my shoulders or I just have it at the appropriate height on the power rack and get underneath it like getting read to front squat.

- **Feet Shoulder Width** –Keep your feet in this position for balance...
- **Grip width** – Hands are slightly wider than shoulders...



- **Grip With Thumb** – Bar sits in the base of your palm, thumb is used to grip the bar...
- **Chest Up** – Inhale deep and puff out your chest big...
- **Keep Elbows Forward** – Your elbows should be up in front of the barbell (if looking from the side)...
- **Look Straight Ahead** – Look forward the whole time (don't follow the bar with your eyes)...
- **Flex Your Glutes** – Squeeze your glutes hard together like you're pinching a coin between them to protect your back from excessive arching and increase your strength...
- **Squeeze The Bar** – To activate your CNS even more and recruit even more strength...

How To Do First Part (Concentric) Of Press

The goal is to press the bar straight overhead. Let me repeat: Straight overhead. There's a little problem here — your head is in the way, so you'll want to move that before it gets hit with the barbell 😊



- **Press Upward** – from the shoulders squeeze the bar and begin pressing it up...
- **Stay Tight** — Flex your abs, glutes and squeeze the bar hard as it gets harder to press it...
- **Move Your Head** – Keep looking forward while you quickly tilt your head back out of the way and continue pressing up...
- **Lean Your Upper Body Forward** - Once the bar hits about forehead level, lean into/under the bar as you continue pressing overhead...
- **Keep Your Head forward** – When it's locked out overhead your chin should be close to your chest...
- **Keep Everything Tight** – Squeeze the bar, keep your upper back tight, glutes tight, abs tight, and lock your elbows...

How To Do Second Part (Eccentric) Of Press

Now the bar is locked out overhead. Your elbows are locked and you feel like a stud, now you just have to get the bar down without killing yourself:

- **Breathe** – It's ok to let out a little air at the lockout. But don't let out all your air, you need to keep the pressure in your abdomine high for spine stability...
- **Stay Tight** – Make sure you're flexing those glutes, abs and you're squeezing the bar...
- **Lower It Under Control** – Don't let it come crashing down, but you don't need to fight the bar either, just lower it under control...
- **Touch Your Shoulders** – Bring it full range of motion (ROM) and let it touch your shoulders...
- **Reset Before your Next Rep** – Make sure the bar is high on your shoulders and your elbows are forward...

Key Points To Remember:

- **You Need To Overhead press** — just do it. If you can't do it correctly now because your shoulders aren't flexible enough then you DEFINITELY need to do it...
- **Keep Your Elbows Forward and Chest Out** – Don't forget to reposition yourself this way in between each rep...
- **Get Under The Bar** – Lean forward with your torso and make sure you get underneath the bar and your head is close to your chin...
- **Stay Tight** — It's of utmost importance to use all the max tension techniques you can. Breathe in to create intra-abdominal pressure... Squeeze your glutes... flex your abs... squeeze the bar and keep it all tight throughout each rep. You can let out a little air once you've locked the weight out overhead but keep your body tight, don't let any more than half the air out before you lower the bar.

So start overhead pressing today and watch your total body strength increase. Need a good program? Get on the [DoubleYourGains' 3-5 Beginner's Strength Training](#) Program. One of the key lifts is the overhead press and you'll discover all the other exercises you should do as well for a complete and balanced program.

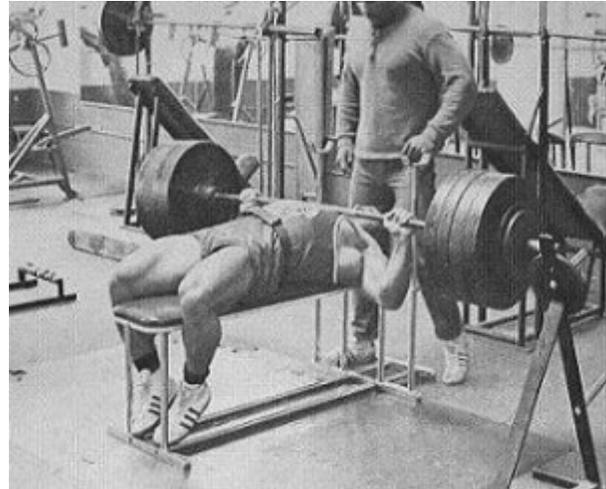
[How To Bench Press With Proper Form](#)

by Caleb Lee on December 2, 2008

The bench press is arguably one of the most popular exercises EVER... the first thing people ask you when they hear you workout is “how much ya bench?”

It's one of the best exercises to build upper body strength, that's why it's a key component of the [DoubleYourGains' 3-5 program](#).

But because it's overused so much, there are a lot of people who get injured doing this exercise... do it wrong... cheat while doing it (in an attempt to bump up their ego)... so this article will teach you how to bench properly and some tips to increase your bench press.



What is a Bench Press

You're going to lay down on your back on a bench inside a Power Rack or on any type of flat bench that holds a bar above you. You unrack the barbell, lower it to your chest and press the barbell back into place where you arms are fully extended and elbows locked. That's a bench press.

But there's lots of variations of the bench press, they all differ by varying how you hold the barbell, the bench angle/height, etc and all have a different effect on your muscles. Here's a couple variations of the bench press:

- **Decline Bench Press** - for lower chest, instead of a flat bench your feet are higher than your head (most guys like this one because they can bench more weight).
- **Incline Bench Press** - for upper chest and shoulders, bench is more upright, not flat.
- **Close Grip Bench Press** - for triceps, shoulder width or closer together grip.
- **Reverse Grip Bench Press** - for triceps - palms face you.
- **Floor Bench Press** - for triceps, do a bench press on the floor when you don't have a bench.

This article will talk about the basic, flat bench, Bench Press with a medium grip, the most basic version that builds overall strength throughout the most upper body muscles.

Why You Should Bench Press

Three good reasons:

- **Builds Strength** - You can press more weight with the bench press than the [overhead press](#), so it's good to include it along with the overhead press (NOTE: the bench is NOT a substitute for the overhead press!)
- **Builds Muscle** - More weight = more muscle, you can put on more muscle with the bench press to your upper body.
- **You'll have a good answer to "How much ya bench?"** when someone asks you 😊

Equipment You'll Need

You'll need A flat bench, a barbell and weights of course and a good spotter (preferably) You can just slide a bench into a power rack if you have those, or they make regular bench pressing stations at the gym (you can spot them because everyone and their brother will be there while the squat rack/power rack sits in the corner and collects dust... or there is some idiot doing 20lb barbell bicep curls in the power rack).

Important Safety Stuff

There's some things you need to know before you start benching:

- **Get a Spotter** - you'll need him especially for the first few times you bench.
- **Use Your Thumbs** - God gave you them for a reason, if it's uncomfortable, you'll get used to it — it's not as uncomfortable as 100's of pounds falling on your throat.
- **Start light** - I know you don't want to be the guy pressing just the bar at the gym, swallow your pride and do it. Tell people you tore your pec benching 500lbs the week before if you want, but start light and get your form perfect before you try piling on the weight. You look like more of a beginner pressing more weight than you can manage with BAD form than you do pressing light weights with proper form. Remember that.

Stop Looking Like An Ape (Muscle Imbalances)

You will look like an ape or a guy constantly walking around in a powerlifting bench press shirt if you do too much bench pressing and not enough overhead pressing, bent over rows, and pullups. As a general rule you should always be pulling more weight (both in volume and poundages) than you should be pressing.

Muscle imbalances lead to muscle injuries. You'll have bad posture throughout the day and it's just in general not a good thing. Do shoulder dislocations and other posture/soft tissue/mobility work to combat this.

Setting Up The Bench Press

The first step is getting yourself into a good position to bench from. The stronger this position the stronger you'll be and the more you'll bench.

- **Grip It** - you'll want to pinch the bar in your grip with your thumbs then follow with the rest of your fingers rotating in.
- **Medium Width** - Not too narrow, not too wide, about 22-28 inches from index finger to index finger.
- **Squeeze It** - the harder you squeeze the bar the more strength you'll have. Try to break the bar in half.
- **Tight Back** - Pull your shoulder blades together, puffing out your chest, stretching it and keeping your upper back tight.
- **Arch It** - Keep your butt on the bench, but it's ok to have an arch in your back as you puff out your chest
- **Breathe Deep** - Taking in a deep breath into your chest will help you puff it out, hold it for intrabdominal tension.
- **Eyes** - look at the ceiling directly above the bar, keep your eyes here.
- **Feet** - plant your feet on the GROUND (not the bench unless you have a bad back injury that the floor hurts).

Going Down (The Eccentric Phase)

With control:

- **Lower the bar** - keeping your eyes on the ceiling let the bar come down to your lower chest...
- **Focus** - on thinking, "get ready to press... get ready to press..." on the way down
- **Meet the bar** - with your chest on the way down, thinking of it this way will keep your upper back tight and chest out...
- **Touch your chest** - lightly, don't bounce it, contract and...

Pressing Up (The Concentric Phase)

- **Press** - push through the bar, towards the spot you're focusing your eyes on (the ceiling)
- **Hiss** - keep the air in your lungs, flexing your abs, you can let out a little air as you press by keeping your tongue on the roof of your mouth, teethe together and slowly letting out the air as a hiss...
- **Press slightly down** - instead of up, to protect your shoulders...

Key Points To Remember

- **Start light** - make sure you're not in a rush to add weight before you get the form right, that will get you injured
- **Don't JUST bench** - and ruin your posture and get muscle imbalances, that sucks.
- **Your head** - don't push it into the bench, you could injure your neck...
- **Get a handoff** - if possible from the racked position before you start benching so you can keep your shoulder blades pinched together, this will help if you've got shorter arms and can't keep the proper posture when unracking.

Also, you can read my article on 7 tips to [build a bigger chest with the bench press](#).

Here's some videos to help you:

Here's Mark Rippetoe with an intro to the bench press (pt.1): go to <http://doubleyourgains.com/how-to-bench-press> to see this video and all the rest...

Here's pt 2 of intro to the bench press:

Here's mark on setting up the bench press:

Here's mark on Grip Width and Arching:

Mark talking about your legs and feet:

Those videos should help you, go to <http://doubleyourgains.com/how-to-bench-press> to see them.

[How To Do Barbell Bent Over Rows With Proper Form](#)

by Caleb Lee on December 3, 2008

It's VERY important to have a strong back, the bent over barbell row is a great exercise to build your upper back strength... and a little lower back strength because it has to stabilize your body and hold you in position.

In fact, next to the [deadlift](#) and [pullup](#) the barbell bent over row is one of the best exercises for your back, bar none. It's a horizontal pulling motion as opposed to a vertical pulling motion like the pullup. Because it works so well as a back exercises, it's included in the [DoubleYourGains' 3-5 Program](#).



What is a Bent Over Row?

Just like the name sounds, you bend over at the waist and “row” (pull) a barbell to your lower chest/stomach. There are a couple different versions of this exercise, one variation has your hands reversed (palms facing forwards) which work the biceps more... but this article will deal with the “Basic” bent over row as it's the best for overall back, bicep, and pulling motion development.

The vid below is me doing a few bent over rows:

(go to <http://doubleyourgains.com/how-to-do-barbell-bent-over-rows-with-proper-form> to see the video)

Why You Should Do Bent Over Rows

Most guys do way too much horizontal pressing (bench press and bench press variations) and way too little of horizontal pulling motions. The bent over row will help you fix that problem. It's good for:

- **Building Back Strength** - being able to pull something to your chest is a useful skill, in combat sports you have to do pulling motions like this often...
- **Building Back Muscle** - most guys look like apes from too much benching and not enough pulling, the bent over row helps correct that, add muscle to your upper back and will actually help your other lifts (plus, a thick upper back looks great and chicks dig it!)

Don't Cheat

The bent over row is different and should look different than an upright row. Your torso should be almost completely parallel with the floor when you do bent over rows.

In fact, I hear Russian lifters recommend resting your head on a bench or table at waist height, and keeping it there throughout the whole set, so as to make sure you're never cheating and extending your hips too much to help get the weight up.

You won't be able to lift as much weight as you might think with the bent over row (especially when just starting out), but it's important to make sure you're not extending your hips and getting the rest of your body involved in the movement. The stricter the better with this exercise... and your back strength and development will reward you.

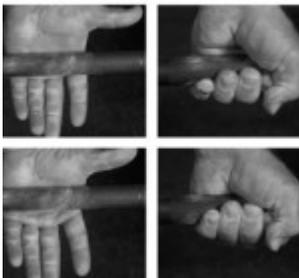
Setting Up the Bent Over Row

The setup for the bent over barbell row is VERY similar to the deadlift:

- **Foot stance** – stance is slightly wider than shoulder width apart, similar to squat stance, bar should be over the middle of your feet (see the picture below)...



- **Bar position** – Bar should be up against your shins, no further than 4 inches from them, your shoulder blades should be directly over the bar...
- **Grip width** – Keep you width wide enough to clear your legs but not too wide, 20 inches is about right...
- **Gripping the bar** - grip the bar closer to your fingers instead of your palm to minimize callouses and increase grip strength (see the picture below)...



- **Straight arms** - - Keep your arms straight, flexing your triceps helps...
- **Chest up** – Keep you chest up to keep your back straight and keep it from rounding...
- **Look up and ahead** –keep your eyes slightly looking up (the picture below shows you the correct starting position)...
- **Knees** –keep your knees almost straight, but not locked.
- Check the picture below for the proper starting position:



The Pull (concentric motion)

- **Breathe** - a deep breath, keeping your chest puffed out and hold it
- **Pull with your elbows** - it's easier to activate your back muscles when you think of pulling with your elbows instead of your arms (check the picture below)...



- **Hit your lower chest** - to your upper stomach with the bar, around your sternum...
- **Stay Bent Over** - Don't straighten up too much, although you'll have to extend your hips a tiny bit you shouldn't move much more vertical with your torso (check the picture below)...



Lowering The Weight (eccentric motion)

- **Your shoulder blades** - squeeze em' together, thinking of this might help you contract your back more...
- **Reverse** - the motion you just did...
- **Back to the floor** - with the barbell on each rep, just bring it all the way back down to the floor and get set for the next rep.
- **Breathe out** - then fill your lungs up with air again and continue...

[How To Do Pull Ups and Chin Ups With Proper Form](#)

by Caleb Lee on October 7, 2008

If you have ever wondered how to do a pull up or chin up with correct form... or what you can do to get better at pull ups and chin ups then this article was written just for you.

If you are looking to strengthen your upper body and gain muscle mass, then this exercise is for you because it is one of the best for your upper body. Lots of guys talk about how much they can bench... or go and try to yank down a bunch of weight on the lat pulldown machine, but most guys shy away from pull ups.



Pull ups and chin ups are very hard to do. You have to tell yourself that you are going to do it no matter how hard it is! Pull ups are a great way to build your “never quit!” attitude.

Because you are forced to lift your own body weight when you do a pull up or a chin up if you are just a beginner, chances are that you will not even be able to do one of these exercises. This article will show you how to do a pull-up or chin-up using the proper technique. It will also show you how to get stronger at doing them so that you will be able to do the weighted versions.

What is a pull up or chin up?

Simply hang on a bar (or anywhere you can get some grip with just your finger tips) with straight arms and then pull yourself up until your chin is up above the bar. The main difference in a pull up and a chin up is with the kind of grip you use.

- **A pull up** is when you have your palms facing away. This is much harder to do and does not work your biceps as much. (picture below shows pull up grip)



- A **chin up** is when your palms face you. This is much easier to do and it works your biceps more. (picture below shows chin up grip)



Here's a (non complete) list of other pullup types: Sternum pull ups, mixed grip pull ups, kipping pull ups, thumbless grip, palms facing each other, towel pull ups, thick bar pull ups, horizontal pull ups, etc. This article will deal with the basic pull up and chin up.

The video below shows me doing 1.) pull up 2.) a chin up then 3.) a sternum pull up (a pull up where you pull the bar to your sternum):

(go to <http://doubleyourgains.com/how-to-do-pull-ups-and-chin-ups> to see the video)

Why You Should Do Pull Ups and Chin Ups

The pull up is a major feature of the [DoubleYourGains 3-5 Program](#) because of the benefits it gives you:

- **Builds muscle** – The pull up is one of the best ways to pack muscle onto your back, shoulders and arms...
- **Sport strength** – Almost all sports require you to do a lot of pulling to play well, pull ups help in this regard...
- **Functional Strength** – The strength you build with pull ups will carryover to every area of your life and is a type of strength you might have to use one day (hanging off a building, climbing a wall, etc)...
- **Exercise Carryover** — Your pressing numbers will go up as you get better at pull ups...
- **Joint and Muscle Health** – Making sure you do as many pull ups as you do presses will ensure you don't have any muscle imbalances and you'll stay healthy...

What Equipment Do You Need?

A power rack with a pull up bar or a doorway pull up bar are your best bets. But basically anything you can hang from and straighten your arms will do for a pull up. The doorsill frame works and is great if you are a rock climber because you build finger strength at the same time. And you can hang from the actual door in a pinch if you need to. If you're so tall you would be standing when you hang from a doorway or door, then you can just bend your knees and hang.

“I’m Too Heavy To Do Pull Ups”

This is bullsh*t. You don’t weigh too much, you’re just not strong. You need to increase your relative strength (strength for your bodyweight). There are guys who are well over 200 pounds who can crank out pullups, even rock climbers over 200 who can do 1 FINGER pullups... stop making excuses and start doing pull ups...

What To Do If You Can’t Do 1 Pull Up

You never want to use those pull up machines that take some of the weight off of you. You want to learn to stabilize your body through space with your own muscles, so you need to do it with as little assistance as possible. Here’s some tips to help you...

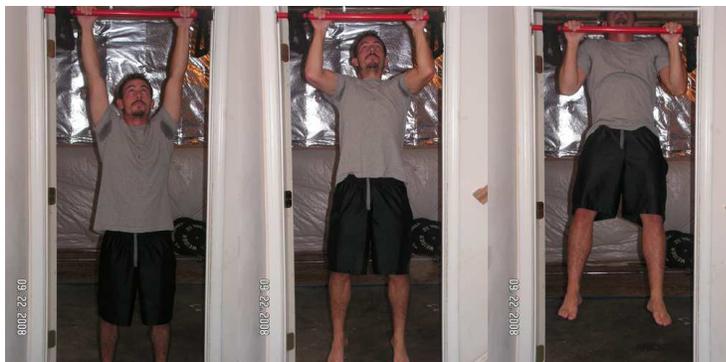
- **Jumping** – Grab the bar and then jump up with your legs to get your chin over the bar and then try to slowly lower yourself, you’ll feel this in no time...
- **Rubber band** – You wrap one of these around the bar and stick your foot in the other end and the flexing action assists you on pulling yourself up. They come in varying strengths, more strength for heavier people, less for lighter people...
- **Try Chin Ups** – Chin ups are a lot easier than pull ups, if you can do chin ups but no pull ups just alternate jumping pull ups with chin ups till you can do full pull ups and continue to alternate them...
- **Spotter Pull ups** – if you have access to a spotter they can help by grabbing your hips and slightly helping your pull ups by pushing you up...
- **Kipping pull up** – You can just swing your bodyweight forward to help you pull yourself up. Make sure once you can do these you switch over to strict pull ups as soon as possible...

If you’re just starting out and you can’t do even one pull up then within a month if you faithfully apply the techniques above, you’ll be doing good pull ups.

How To Do Pull ups and Chin Ups With Proper Technique

Each repetition starts from a dead hang with your elbows straight. Each rep ends with your chin clearing the bar, here’s some other keys to success...

- **Grip** – Like [deadlifts](#), grip the bar close to your finger to minimize callus formation...
- **Breathing** – Take a big breath and hold it before pulling yourself up...
- **Chest High** – Keep your shoulders back and lead with your chest up...
- **Eyes** – Look at your target, the bar...
- **Elbows to floor** – Imagine pulling your elbows down into the floor...
- **Get Your Butt Involved** – Bend your legs and cross your feet, actively flex your glutes at the same time to get them all involved, this tightens up your body and equals more strength!



How To Do Weighted Pull Ups

When you can do 10-15 reps with your bodyweight, you'll want to start adding weight. Here's how to do it:

- **Dumbbell between legs** – just clamp down on the handle of a dumbbell with your calves and ankles, it's great for your abs but gets tough to do this after about 40lbs though...
- **Kettlebell** - hook the handle of a kettlebell with your foot and switch feet on each rep, or each set...
- **Back pack** – Wear a back pack and put weights in it.
- **Chain and Belt** - Wear a belt and suspend plates from a chain attached to the belt. This is the one I most commonly used, it may be good for [spinal decompression](#) too...

Common Mistakes

Most people don't go high or low enough with each rep...

- **Not Starting Straight** – In between reps, some people don't fully lock out their arms so they're straight. This is bad, don't do this.
- **Shoulders Forward** – This is bad for your shoulder joints and why you shouldn't pull up to your back...
- **Using Momentum** – Unless you're doing kipping pullups you shouldn't be swinging your legs/hips forward...
- **Not Getting Your Chin Up**– You're not done pulling till your chin clears the bar, if you're just touching the bar to your head or nose, you're not going high enough...
- **Getting Loose** – Tension equals strength. To make pullups easier, grip the bar hard, flex your abs, bend your knees and cross your ankles as you flex your glutes and you'll be instantly stronger. Look at how a gymnast stays stiff as a board as they lift themselves on rings...

[How To Do Dips With Proper Form](#)

by Caleb Lee on December 4, 2008

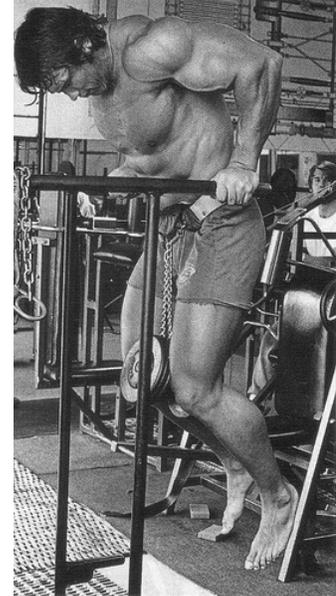
This article will teach you how to do dips. The dip is an important athletic movement, it's a vertical pressing motion and it works similar muscle groups as the pushup.

But the dip is actually better than the "old standby" pushup because you can more easily add weight to your body and you're actually moving your body through the air and you have to stabilize it.

The dip is a great strength building move and that's why it's part of the [DoubleYourGains' 3-5 Program](#).

What Is A Dip?

Put your hands on something parallel to each other, lower your body between those two things until your shoulder is slightly below parallel with your elbow and you've just performed a dip. There's lots of variations though:



- **Bar dips** - when you put your hands on two bars parallel to each other and dip in between (most gyms have something like this)
- **Chair dips** - turn around two chairs so the backs are facing each other, grab them by the top, one in each hand and dip in between (you'll have to bend your knees and make sure they're sturdy enough to hold you)
- **Ring dips** - like you see gymnasts do between two rings, extra hard because you have to stabilize your body more.
- **Bench dips** - you can use a chair or a bench, or anything flat, just put your hands behind you on the flat surface, feet out front and dip down. This can be hard on your shoulders, try the other variations first.

This article is going to focus on the basic parallel bar dips because that's the most common variation.

Why You Should Do Dips

It's important to be able to press your own bodyweight, control it and move it through space. And of course...

- **Build pressing strength** - in the same manner as [bench presses](#) and [overhead presses](#)...
- **Build muscle** - like you would with the other presses, plus you can easily add weight to yourself to make dips harder...

- **Shoulder health** - dips strengthen your shoulders in a different manner than bench presses, so if you injured your shoulders with benches, dips can be good rehab...

Setting Up The Dip

- **Grip** - grab the two bars tight, use your thumbs and squeeze them...
- **Torso** - you may not be able to lean forward much because it hurts your sternum or shoulders, if so keep your torso more upright...
- **Breathe** - take a deep breath and...
- **Chest** - puff it out like you would with [deadlifts](#), [squats](#) and other exercises...
- **Curl Your feet** - up towards your butt, this will activate your glutes and give you more strength (check...

Going Down (Eccentric Phase)

- **Let yourself down** - under control until you're..
- **Below Parallel** - with your shoulders being below your elbows just slightly (going too low will hurt, you'll quickly find out)...
- **Stay tight** - flex your abs, squeeze the bar, keep your feet to your butt and...

Going Up (Concentric Phase)...

- **Press down** - think of pressing your hands down through the bars your holding on to and your body will come up naturally...
- **Keep your chest up** - and your shoulders up...
- **Lock it out** - at the top with straight elbows, to make sure you're building connective strength in your joints...

What To Do If You Can't Do 1 Dip

You have to start somewhere, and for some it may be not even one rep. Here's what to do:

- **Partner** - get a spotter to either grab you by the waist, or legs and gently take some of the weight off
- **Rubber bands** - if you have rubber bands you can hang from the bars, and put your feet in them to take some of the weight off
- **Negatives** - jump yourself up to full lockout and then lower yourself slowly down to the bottom position. The key is slow, controlled movement and you'll build strength this way until you can do a full rep.

Try the ideas above and you'll be doing a good dip or two in less than a month.

Make Sure You Don't Do This

People screw up dips like they screw up squats and bench presses:

- **Parallel** - people don't go all the way down with their shoulders lower than their elbows. You gotta break parallel each rep.
- **Partials** - make sure you lockout your elbows at the top of every rep.

Video Examples:

I picked this video because this guy says he was 325 pounds. There's a lot of guys that say "I'm too big to do pullups or dips, so that's why I can't do 1... or as many as you". Whatever. Start doing dips, get strong like this guy:

(go to <http://doubleyourgains.com/how-to-do-dips-with-proper-form> to see the video)

And that's how you do dips.

3 Simple Steps To Superior Fitness and A Sample “Week In My Life” Fitness Program (For Strength, Building Muscle, and Getting Ripped!)

If you’ve been around the fitness scene for a while (or you’re just starting to “Get in shape”) then I’m sure you’ve found a truckload of information.

You’re suffering from information overload and to make matters worse a lot of what you’re hearing is conflicting information.

You’re probably wondering where to start (if you’re a beginner)... or... where to go next (if you’ve been around for a while).

It’s time to step back and take a look at the BROAD picture. It’s time to keep it simple.

Your Complete Guide To Getting Fit (And Staying That Way) By Keeping It SIMPLE!

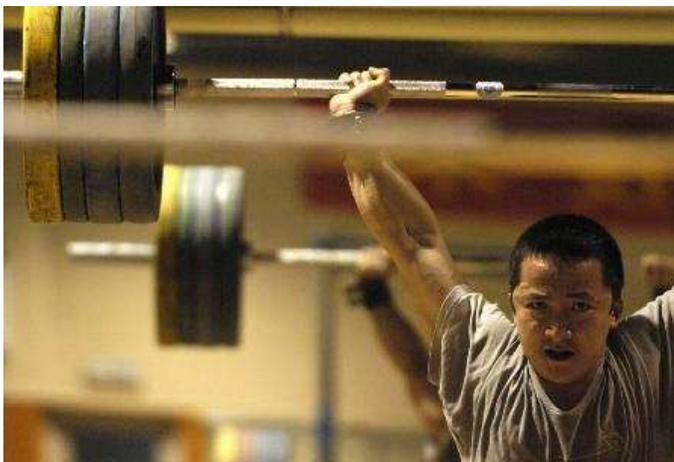
This is your “structure” or “model” you can put any new fitness information you learn into. In its most simplistic form, you need three things for fitness:

1. **Strength** – because strength is the basis of all other physical skills
2. **Cardio** – because you need a strong cardiovascular system and to lose fat
3. **Nutrition** – because you need to eat healthy and it helps you lose fat

So the question then becomes, “How can you maximize each of these areas to become a more “Fit” person?”...

... Glad you asked because that’s what the rest of this article is about!

How To Develop Strength



Training Like An Olympic athlete will give you strength, muscle and fat loss gains faster. Image credit: [dehwang](#)

You develop strength through resistance training. Resistance doesn't have to mean "weight lifting"—it can be any form of resistance. Your body doesn't know what you're using to provide resistance, it just knows "there is resistance"—so the "tool" you use for resistance doesn't matter, here are the most popular "tools":

1. Your Bodyweight
2. Barbells or dumbbells
3. Kettlebells and clubbells
4. Odd objects like Kegs, tires, sledgehammers, etc

There are many training methods to use these tools to get strong. But in order to build strength your sessions should focus on these things:

1. **CNS Training:** train your nervous to contract whatever musculature you now have harder to get more strength out of the current muscle you have.
2. **Sets, Reps and Rest:** anywhere from 3-5 sets and 3-5 reps. And 3-5 minutes of rest.
3. **Workout Frequency:** 2-3 times per week.

You only need simple exercises (simple, not necessarily easy!) to build strength. You should stick to compound exercises. Here is all you need each workout:

- **1 Push Movement:** Bench Press, Overhead Press, Military Press, Side Press, Clean & Press, pushups, one-arm pushups, etc...
- **1 Pull Movement:** Pullup/Chinup, Bent Over Row, Upright Row, Renegade Rows, Deadlift, etc...
- **1 Squat Movement:** Squats, Front Squats, Overhead Squat, Pistols, Deadlift, etc...
- **1 Hip/Hamstring Dominant or Explosive Movement:** Power Cleans, Kettlebell Swings, Snatches, clean & presses, jerks, explosive jumping, plyometrics, straight leg deadlifts, etc

As you can see some exercises fulfill two roles like deadlifts (squat and pull) and clean and presses (explosive and push). Which further reduces the amount of exercises you need, making building strength even simpler. So for each workout you would just pick 1 of each type of exercise (1 push, 1 pull, 1 squat, 1 explosive), mix them up for variety and keep them within the prescribed reps, sets and frequency.

That's about all there is to building strength!

How To Develop Your "Cardio"

There are two types of "cardiovascular" systems—aerobic and anaerobic—you'll need to develop both to get all around "Fitness".

Luckily, HIIT (High Intensity Interval Training) will do this for you! Plus, scientific studies prove you can burn up to nine times more fat with this method of training (as opposed to just slow, steady-state aerobic training by itself). Here's how to do it in the simplest form possible.

Pick an exercise for cardio: bicycling, running, high jumps, and skipping rope are all favorites of mine. You then do intervals of “work” which focus on intense effort and “rest” intervals which focus on recovery.

Your session can last as little as 4 minutes to as much as 20 minutes depending on intensity. Here's a couple quick examples:

- **Tabata Protocol:** 4 minutes of 20sec work, 10 secs rest.
- **10 Minute HIIT:** 10 minutes of 30 secs work, 1 min rest.

Do a 2-5 minutes of your chosen exercise lightly to warm up before the intervals and afterwards to cool down.

You will do this routine 2-3 times per week on days that you're not strength training. Or if you only want to work out 3 times per week (strength and cardio included) you can reduce the intensity of your interval training and do it after your strength sessions.

As a bonus, strength training combined with HIIT both help to create an optimal hormonal environment in your body... increasing testosterone, Growth hormone, IGF-1.... And reducing estrogen.

How To Have Good Nutrition

Nutrition will support your strength (and muscle building if that is your goal) and your fat loss gains. Nutrition comes down to three basic things:

1. **Eat Clean:** As much as possible eat whole foods. Avoid fast food. If it wasn't around 100 years ago, then don't eat it. Lean beef, poultry, fish, dairy, vegetables, fruits, etc. Go organic whenever possible.
2. **Calories In & Calories Out:** If you want to gain muscle—eat more calories. If you want to lose weight—eat less calories. If you want to maintain your weight—eat enough calories. It's that simple. Add or subtract calories in groups of 500 to make it easy, for example, if you want to gain lean muscle eat 500 calories more per day and adjust from there.
3. **Hydration:** When in doubt, drink some water. Every function in your body is dependent on water—make sure you're drinking a lot of it.

Think of nutrition in terms of a lifestyle instead of a “diet” and you will have long-term success. Your feeding frequency is totally up to you.

You can eat anywhere from 1 meal per day (Intermittent Fasting) to 6 meals per day (The “six small meals” advice). More important is that you follow the three guidelines above, and you can adjust your meal frequency to find out what works for you.

Also, perfection is not a good standard. Aim for 80-90% of perfection which means if you can eat the way you want (the way that’s going to support your fitness goals) 80-90% of the time then you’re doing fine. It’s ok to have fun, drink, eat fast food, or whatever your vice is once in a while just keep it to no more than 20% (max!) of the time and you’ll be fine.

What about supplements? I believe in supplements because our food sources simply aren’t as nutritional and good for you as they once were. A good multi-vitamin, fish oil and protein are almost necessities as far as supplements go. For optimum performance supplements like creatine can help... but... supplements are worthless if you’re not following the guidelines above. Focus on them first, and then think about supplements.

How To Use These Simple Rules To Get and Stay Fit For Life (A Sample “Week In My Life”):

Fitness doesn’t have to be hard as they tell you. So how would I put this all together. Here’s a typical week for me:

- **Monday:** Strength training 3-5 sets of 3-5 reps of Compound Lifts followed by some light HIIT. Supplements after working out and eat clean at night.
- **Tuesday:** Intense HIIT. Supplements after working out and eat clean at night.
- **Wednesday:** Strength training 3-5 sets of 3-5 reps of Compound Lifts followed by some light HIIT. Supplements after working out and eat clean at night.
- **Thursday:** Intense HIIT. Supplements after working out and eat clean at night.
- **Friday:** Strength training 3-5 sets of 3-5 reps of Compound Lifts followed by some light HIIT. Supplements after working out and eat clean at night, plus some alcohol.
- **Saturday:** Some “other” activity like walking or nothing at all. Eat clean but drink alcohol at night.
- **Sunday:** No exercise. Eat whatever. Maybe Alcohol.

Note: I like going to the gym every day, you could reduce this to just three days a week, but because I work from home, it’s a nice break every day to go to the gym and “get out of my head” for a little while. I also might have a morning or two of yoga a week if I make it.

Start Your Simple Fitness Steps Today!

If you're putting off "getting in shape" because you don't know where to start... the time will never be "perfect"... just jump in right now and use this article as your guide. Don't put it off any longer.

If you're struggling to make more gains... maybe you're stuck at a certain level... or you've hit a plateau, use this guide to get back to the basics and keep improving.

I believe no matter what your goals are you can apply my simple "fitness model" to your training and see results not only faster, but for longer too!

***About The Author:** Caleb Lee knows a lot about [strength training, building muscle, and losing fat](#) to build overall fitness and become a superior athlete. You can visit him and get more free info and reports at [DoubleYourGains.com](#).*

The End... Actually... It's Just The Beginning!

I sincerely hope you enjoyed the information in this ebook. You now have a better fitness education than 99% of the people out there who are exercising...

Here's what you ABSOLUTELY NEED to do next!

Apply the info you just learned.

That's it.

Start today. You can start on the bodyweight exercise program right away, no equipment needed and no excuses...

Then if you're trying to get ripped or get six pack abs you could go outside and do a couple of interval sprints... it'll take you 15 minutes total and is only one example of how you can take action RIGHT NOW to make your fitness goals become a reality!

I don't want you to be an "armchair expert" who only knows a lot, but doesn't actually go out and apply the information he has learned... NOPE!

I want you to actually GET the results you want from your fitness program, faster and more efficiently than ever before...

Use my information to help you, and you'll be way ahead of everyone else.

Go To My Website And Sign Up To Get More FREE Info From Me!

Next thing to do is go right now to DoubleYourGains.com and sign up to get more information from me (and you'll also get a download link to the latest version of this ebook, so you can make sure you always have the most recent information possible).

Wishing You The Best Of Success!

Caleb

P.S. Go to my website, sign up for more free info for me (and yes, I'll occasionally ask you to buy something if I sincerely believe it will help you meet your goals... duh ☺) and Let Me Hear From You!

I recently Got These two emails and it really made my day (I hope to get similar emails from you VERY soon!)

I Want YOUR Success Story!

I got this email on November 18th (here's a screen capture from my email account):

☆ from Tom <[redacted]@yahoo.com> [hide details](#) Nov 18 [Reply](#) ▼

to Caleb Lee <doubleyourgains@gmail.com>

date Tue, Nov 18, 2008 at 12:59 PM

subject Re: What's your biggest challenge when it comes to building muscle?

mailed-by yahoo.com

signed-by yahoo.com

Caleb,

Thanks for all your advice. Before I used to run 3-7 miles everyday and I always felt drained, exhausted, light headed, and tired. I used to spend a lot of time in the gym doing a lot of different lifts and not being able to lift more than I did the time before. Now, I do full body workouts and intervals. My workouts take half the time they used to. I lift a lot more, I've noticed huge gains in muscle size and strength, I never get light headed, and I have plenty of energy. THANK YOU SO MUCH!

My question is what do you recommend for working out abs?

Talk to you later,

Tom

Then just 14 days later, Tom sent me this email (another screen capture from my email account):

☆ from Tom <[redacted]4@yahoo.com> [hide details](#) Dec 2 (2 days ago) [Reply](#) ▼

to Caleb Lee <doubleyourgains@gmail.com>

date Tue, Dec 2, 2008 at 3:09 PM

mailed-by yahoo.com

signed-by yahoo.com

Caleb,

For the past two years, it's been my goal to bench 225. I've tried as hard as I could but could never get there. In just a month and a half of taking your advice I'm already there! And, guys at the gym have told me that they can see a big difference.

Seriously-THANK YOU!

Tom

You know what? I'm giving Tom all the praise in the world, because he TOOK ACTION and used the advice I gave him to greatly improve his life.

And what happened?

Tom made more progress in just a month and a half of using my advice... than he did in the past two years!

And there's no reason why you can't do the exact same thing too.

I look forward to hearing your success story!

Best,

Caleb Lee

DoubleYourGains.com

DoubleYourGains@gmail.com

What's Next For You?

Hopefully, you've gotten a LOT out of this ebook. I've covered a lot... invested a lot of time into giving you the basics on everything you could want to know about "getting in shape" in the fastest way possible...

If your goal is to get BIG, build muscle strength, build muscle size... then I suggest you take a look at MuscleBuildingMastermind.com.

In Muscle Building Mastermind you'll have seven of the world's top experts in building muscle size and strength take you by the hand and show you how to build more muscle. And you can't beat the price either – all for less than the cost of ONE personal training session with the "wannabe" personal trainer at your gym!

Here's something else..

My Jealously Guarded Secret For Getting FASTER Strength, Size and Weight Loss Gains!

If you already have a good program (like the one in this ebook)... and you want to supercharge your results, then you owe it to yourself to check out [Fast Gains](#).

It's the Bulgarian Muscle Growth Secret you've never heard of... but it has the potential to help you gain faster and more easily.

That's it from me... let me hear from you soon?

Caleb Lee

doubleyourgains@gmail.com

<http://DoubleYourGains.com>