

[Smart Training]

For everything there's a season – an old saying that has real meaning today. A few months before the summer swimming suit season, it's time to cut and show off those abs. During the fall, it's the season to pack on muscle. And new research discoveries show how to increase your body's "natural steroids" to **increase muscle size fast.**

how to sprint your way to muscle and lower body fat



SPRING is the ideal time for trimming the physique for summer days when the body is more visible. Fall, on the other hand, is an ideal time for putting on a little more muscle. Adding more muscle to your physique will help you burn off fat more readily in addition to having an easier time trimming down next spring. It is a nice cycle to get into and the key is specific training to boost your muscle size. That's what you are after – more muscle, not just size.

Researchers seeking new ways to improve sports performance call this type of seasonal training "periodization." And there have been many research studies performed attempting to find the best way to train. A "periodized" training plan works best. So walk away from your regular workout for 30 days, shock your muscles, and follow this periodized training plan to pack on some extra muscle this fall.

accelerate muscle building with "natural steroids"

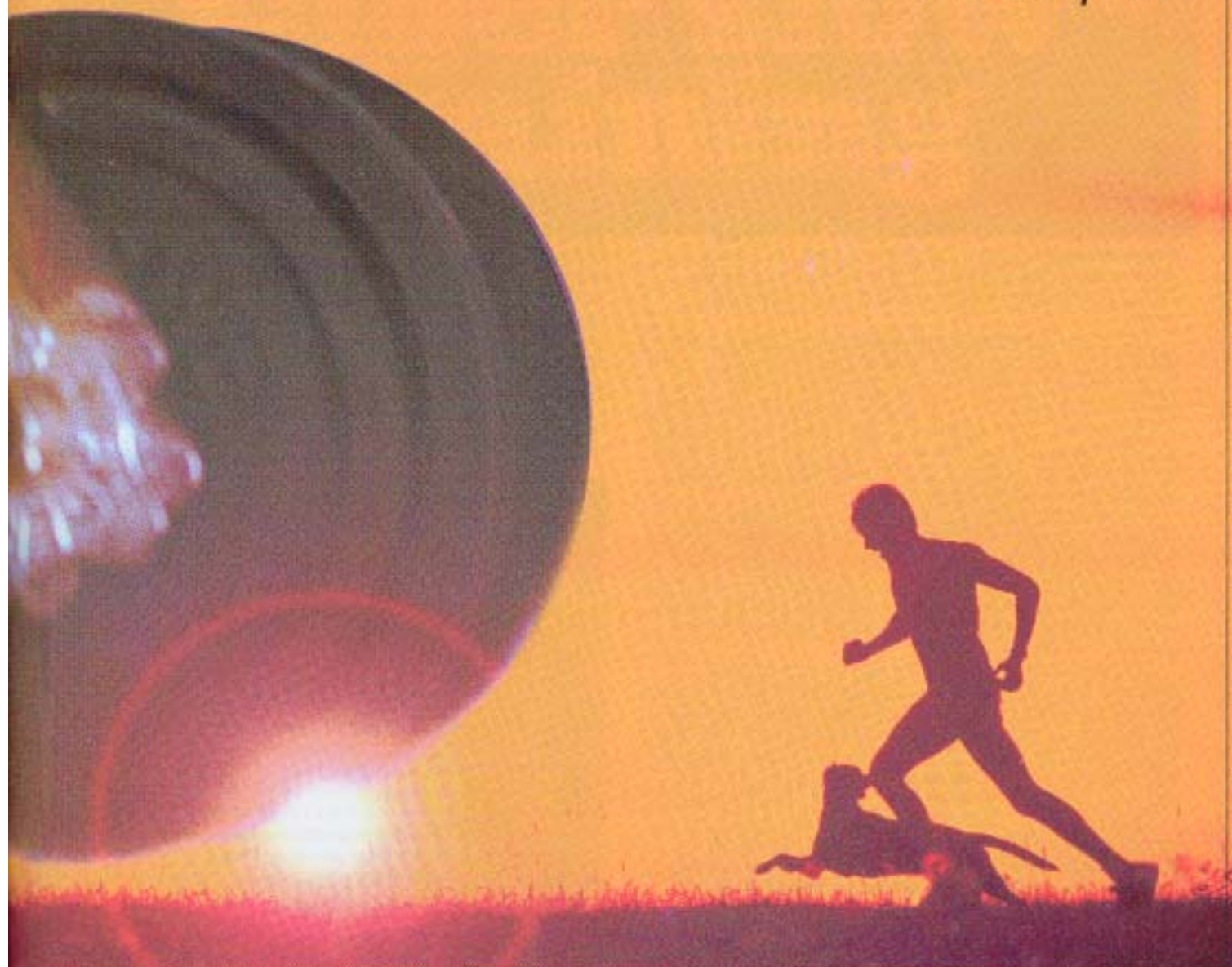
There's a lot of information floating around about steroids without a lot of understanding about what steroids actually do to the body that causes the gains in muscle size. Most everyone knows that steroids essentially increase the amount of testosterone in the body. But most don't know that the gains from steroids aren't simply from increasing this hormone, the gains from steroids are derived from the fact that testosterone increases the synthesis of protein.

Protein synthesis is the way protein is utilized by the body. Steroids speed up this process, along with creating risks for some very serious side-effects. New research discoveries show that there are several natural ways to significantly increase the synthesis of protein without steroids.

two pieces to the muscle gain puzzle

In a landmark new study, researchers at the Department of Kinesiology at the University of Texas discovered that in rats, strength training in combination with increasing growth hormone will provide

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and Phil Campbell*



significantly more gains than with strength training alone. We're not so sure how they got the rats in this study to do chin ups, but the researchers did get the rats to exercise large muscle groups during the study by climbing stairs with weights tied to their tails (kinda like human dumbbell belt squats).

The rats trained every third day for eight weeks with large muscle group targeted training, and the rats experienced a 23.3 percent increase in muscle mass.

Here's the exciting new discovery. By increasing growth hormone in combination with the large muscle group training, the rats increased muscle size by 31.8 percent. That's an increase of 8 percent more than strength training alone during the same period of time (Viral expression of insulin-like growth factor-I enhances muscle hypertrophy in resistance-trained rats).

Like the case with steroids, some will unfortunately seek to increase growth hormone in the body by injecting it for the potential muscle gain offered by this study. This is a mistake! In their attempts to discover methods to test athletes for the illegal use of growth hormone injections during the 2004 Olympics, researchers discovered that injecting growth hormone will make the pituitary gland quit producing this wonderful fitness improving, muscle-building hormone for four straight days. This simply means that someone injecting growth hormone is teaching their pituitary gland to quit producing this hormone naturally. Granted, there can be some short range gains, but the risks are not worth it, especially when there is a natural way to increase growth hormone.

The best form of growth hormone is produced by the body itself. Anaerobic exercise, the short, quick burst, sprinting types of exercise does the trick. These new studies paint the picture of how to program your training plan for the fall, if you want to accelerate muscle building, here's the key - use large muscle group targeted weight training in combination with anaerobic sprinting types of exercise to increase your body's natural muscle-building hormones.

puzzle piece #1 anaerobic training

Anaerobic exercise is not in opposition to cardio. It is cardio plus high intensity. Anaerobic sprinting is just really fast cardio performed in short bursts with an active recovery between the sprints.

Take a look at the difference between Olympic sprinters versus Olympic long distance runners. Sprinters perform anaerobic sprinting and they end up with lots of muscle and low bodyfat. Olympic marathoners, training with tons of cardio, end up with low bodyfat and low muscle. So it's important to examine your training goals. If you want the muscled-up, lean and mean sprinter's body, well, do what sprinters do - anaerobic sprinting exercise supplemented with large muscle group targeted weight training.

The anaerobic training recommended to increase exercise-induced growth hormone in Phil Campbell's book, *Ready Set Go Synergy Fitness* is the Sprint 8 Workout. It can be performed in many different ways - running, swimming, cycling, XC skiing, even power walking. If your favorite cardio machine - stepper, elliptical, cycle, or treadmill - will get you out of breath by pumping hard and fast, it will get the job done!

The basic workout is running the Sprint 8 Workout. And remember to begin with just two sprints on the first day and slowly add one per workout until you get up to eight sprints. After a ten-minute warm up that includes some 30-second stretch-hold positions to loosen the hip-flexors, hamstrings and Achilles, begin the first of eight 60-meter (70 yards) sprints. Mark off 70 yards of a 100 yard football field. It can be on a track, or mailbox to mailbox.

Sprinting doesn't mean running all out. It means running hard enough to get you really winded on each sprint. The first sprint should be at 30 percent speed (a little faster than jogging). During the sprint, progressively move to 50 percent speed/intensity. It's

important to spend at least 10 yards slowing down (to avoid injury).

On the second sprint, start at 35 percent and progressively move to 55 percent speed. After each sprint, walk back to the starting line. Don't jog back. Walk, so you can recover and put more intensity into the next sprint. Spend at least 1.5 minutes, but no more than 2 minutes walking and recovering between each sprint because this will allow for greater contractile intensity and a greater consequent recruitment of motor units in the following sprint.

whatever you do, don't start out hard!

Don't start with a hard, all-out sprint. It takes at least eight weeks of progressively building your fast-twitch muscle fiber. Anaerobic exercise is clearly the most productive. But it's also the most dangerous. Hamstring pulls are a primary target. Anyone with a heart condition or medical problem should get physician clearance before performing anaerobic exercise. Even young athletes should progressively ease into sprinting workouts.

The main point is to find an exercise where you can get really winded eight times in a 20-minute period. And make a note of this: if you're not really winded and can go much more than 30 seconds, the intensity level is not high enough and needs to be increased or you may miss the anaerobic threshold.

sprinting at the gym

The Sprint 8 Workout can be performed on just about all types of cardio machines. The recumbent cycle is a favorite for those with bad knees and back problems.

When you ride something that supports body weight, it typically lessens intensity. You'll need to ride just a little longer than if you were running. For example; Peddling 20 to 30 seconds on a recumbent bike is equal to running 70 yards in sprints in 8 to 12 seconds.

puzzle piece #2 large muscle group targeted training

To ensure your gains are muscle, use a targeted training approach. Specifically, target the legs and back. These two regions comprise the largest muscle groups in the body and if you put on some muscle there, your overall body will benefit as well. Chris Aceto points out that the best exercises are those that allow you to move the greatest amount of weight. Focus on your back and leg with exercises that let you load up the intensity.

A program that targets the muscles for increased size doesn't have to take up a lot of time. Here is a program that can be performed as little as once a week to spur new muscle size gains. ➔

fall muscle workout

- 3 sets of squats, 3 sets of leg presses
- 3 sets of chin-ups, 3 sets of bent rowing
- Super set dumbbell pullovers (4-5 sets) with squats and leg press

In addition to targeting the legs, this workout includes the dumbbell pullover, a unique exercise that really works the chest for a little more size. Arnold Schwarzenegger favors this move and reveals "this is a fantastic exercise for increasing your chest measurement." When performing the dumbbell pullover, lie across a bench at a cross angle, with only the upper back in contact with the bench. Keep the hips low throughout exercise. Lower the dumbbell until it is in line with the head, and keep the chest expanded even after exhaling. Focus on a deep inhale on the down stroke of the movement. Arnold suggests using 5 sets of 15 repetitions.