

Saturday, July 26, 2003

No rest for the weary this Saturday as I will be training shoulders and traps in order to videotape my workout. I also will complete one Max-OT cardio session around noon, then go back to the gym for a 45 minute brisk walk in the afternoon. I also need to practice my posing, tape my posing practice (quarter turns, mandatory poses, 60 second individual routine, 90 second individual routine to music), take my assessment photos, update my website, tan, take a sauna, do the massive pile of laundry I have created this week, and other normal errands. I am also going to try to take some video footage of myself cooking and updating my website for my video, although right now my apartment is pretty much a wreck! I may have to wait until I have a chance to straighten up, at least a little.

Training: Shoulders	
Exercise	Sets / Reps / Weight
Standing Barbell Presses (In the Front)	2 x 4 at 150 lbs (after warmup)
Dumbbell Side Lateral Raises	2 x 6 @ 30 lbs (After 1 acclimation set)
Dumbbell Rear Lateral Raises	2 x 6 at 40 lbs
Training: Traps	
Deadlifts	1 x 10 @ 185 lbs, 1 x 10 @ 205 lbs (After 1 acclimation set)
Barbell Shrugs	2 x 6 @ 315 lbs (After 1 acclimation set at)
Cable Upright Rows	1 x 6 @ 250 lbs

Performing an intense Max-OT workout in a tired calorie-deprived state is hard enough. Adding in the hassle of videotaping that workout makes it even tougher! There is a lot to think about including getting the right angle, making sure the shot covers the entire exercise, but is not too far away, staying out of the way of others, and making sure that the camera is in record mode each set. I must do all of this in addition to trying to maintain strong focus on completing an intense and effective workout. As if I did not already have the utmost respect and admiration for [Skip LaCour](#), I REALLY appreciate all of the hard work he puts into his bodybuilding and fitness business. He has been videotaping all of his workouts during the majority of his contest preparation, and many time using TWO CAMERAS.

It may seem like a lot of extra work and hassle now, but I am very confident that I will be extremely glad that I decided to do this once it is over and I am able to create an AWESOME video.

Overall, my workout and my taping went very well. The gym was not very crowded since it was a Saturday so I was able to place the camera however I needed to. My strength was pretty good, my intensity was good, and my execution was good (Well, we will see about that once I watch the video!) One thing that videotaping yourself does is it forces you to pay close attention to how you are performing the movement, especially knowing that others are going to be watching it.

My glute was still pretty sore today. I performed a very light warm-up set on deadlifts and it felt sore but did not strain too bad. I decided the smartest and most effective thing to do for this workout would be to perform two sets of deadlifts at a much lighter weight than normal and

concentrate on using excellent form and execution. It would be insane to hurt myself at this point where I may not be able to pose properly and present all of the hard work I have done to the judges. I completed two sets of ten reps with 185 lbs on the first set and 205 lbs on the second set. My normal weight on deadlifts has been around 275-285 lbs staying in the 4-6 rep range.

My reps were very controlled and felt good. Although, I was not working to all-out failure today as I normally would on this exercise following the Max-OT principles, my two sets of deadlifts were definitely no walk in the park. I feel glad that I was able to work deadlifts into my workout in a safe and effective manner.

Cardio (Midday)	
Exercise	Time / Distance / Calories
Recumbent Bike (Apartment)	Time: 16 minutes, Distance: 6.4 , Calories: 317.4
Cardio (Evening)	
Exercise	Time / Distance / Calories
Treadmill (Fast Walking-4.3 speed/1.5 incline)	Time: 45 minutes, Distance: 3.31 , Calories: 343

Monday, July 28, 2003

Week 16 Nutrition and Supplementation Plan:

Meal #1 (6:00 AM)				
Item	Protein	Carbs	Fat	Calories
1 ALA 200	0	0	0	0
Multi Pro 32X-1 capsule	0	0	0	0
2 Proflex 750	0	0	0	0
GL3 L-Glutamine-10 grams	0	0	0	0
CLA1000-2 capsules	0	0	2	18
1/2 Scoop VP2	12	.5	0	50
Pre-Workout (7:00 AM)				
Item	Protein	Carbs	Fat	Calories
1 NAC 500	0	0	0	0
Vitamin C-1000mg	0	0	0	0
Vitamin E-400 I.U.	0	0	0	0
1 Beta Carotene-25,000 I.U	0	0	0	0
GL3 L-Glutamine- 10 grams	0	0	0	0
2 Dymetadrine Xtreme	0	0	0	0
1 teaspoon (5 grams) micronized creatine	0	0	0	0

1/2 Scoop VP2	12	.5	0	50
1/4 Serving DGC	0	11.5	0	46
Post-Workout (8:15 AM)				
Item	Protein	Carbs	Fat	Calories
1 ALA 200	0	0	0	0
1 NAC 500	0	0	0	0
Proflex 750-1 Capsule	0	0	0	0
Vitamin C-1000mg	0	0	0	0
Vitamin E-400 I.U.	0	0	0	0
1 Beta Carotene-25,000 I.U.	0	0	0	0
GL3 L-Glutamine-15 grams	0	0	0	0
1 Scoop VP2	24	.5	0	100
1 teaspoon (5 grams) micronized creatine	0	0	0	0
1/4 Serving DGC	0	11.5	0	46
Meal # 2 (8:45 AM)				
Item	Protein	Carbs	Fat	Calories
GL3 L-Glutamine-5 grams	0	0	0	0
1 Scoop VP2	24	.5	0	100
1/2 Serv. Cocoa Puffs	.5	10.5	.5	45
Meal # 3 (9:15 AM)				
Item	Protein	Carbs	Fat	Calories
Ny-Tro PRO-40	40	22	1.5	250
Meal # 4 (11:00 AM)				
Item	Protein	Carbs	Fat	Calories
GL3 L-Glutamine-5 grams	0	0	0	0
1 1/2 Cups Green Beans	3	12	0	60
1 Scoop VP2	24	.5	0	100
Meal # 5 (12:45 PM)				
Item	Protein	Carbs	Fat	Calories
1 Dymetadrine Xtreme	0	0	0	0
CLA1000-3 Capsules	0	0	3	27
3 Chicken Breast Tenderloins	28	0	1	120
Green Beans-6 Servings	8	29	0	150
Meal #6 (3:45 PM)				
Item	Protein	Carbs	Fat	Calories
GL3 L-Glutamine -5 grams	0	0	0	0

Vitamin C-1000 mg	0	0	0	0
1 Dymetadrine Xtreme	0	0	0	0
CLA1000-3 Capsules	0	0	3	27
1 1/2 Cups Green Beans	3	12	0	60
1/2 Ny-Tro Pro-40	20	11	1	125
Post-Cardio (5:45 PM)				
Item	Protein	Carbs	Fat	Calories
Vitamin C-1000mg	0	0	0	0
Vitamin E-400 I.U.	0	0	0	0
GL3 L-Glutamine-15 grams	0	0	0	0
Micronized Creatine- 5 grams	0	0	0	0
1/2 Scoop VP2	12	.5	0	50
Meal # 7 (6:45 PM)				
Item	Protein	Carbs	Fat	Calories
CLA1000- 2 Capsules	0	0	2	18
2 Chicken Breast Tenderloins	19	0	.5	80
Green Beans-5 servings	6	24	0	120
Meal # 8 (9:45 PM)				
Item	Protein	Carbs	Fat	Calories
1 ALA 200	0	0	0	0
Multi Pro 32X-1 capsule	0	0	0	0
Vitamin C-1000mg	0	0	0	0
Proflex 750-1 Capsule	0	0	0	0
GL3 L-Glutamine-5 Grams	0	0	0	0
CLA1000-2 Capsules	0	0	2	18
1/2 Ny-Tro PRO-40	20	11	.5	125
Before Bed (10:00 P.M.)				
Item	Protein	Carbs	Fat	Calories
GABA-5 grams	0	0	0	0
Meal # 9 (Approximately 2:00 A.M.)				
Item	Protein	Carbs	Fat	Calories
GL3 L-Glutamine-5 grams	0	0	0	0
1/2 Scoop VP2	12	.5	0	50
TOTALS	Protein	Carbs	Fat	Calories
	267.5	158	15	1840

I will continue to drink at least 3 gallons of water per day.

Goals:

Continue to Execute Increased Standards!!! Just 2 More Weeks to Improve!!!

- Create the proper environment to add quality lean muscle mass by training heavy and intense and following the Max-OT principles to a T.
- Follow new bodybuilding diet as outlined below 100% Monday-Friday paying close attention to the precise timing of my meals, especially during the post-workout 3 hour 'window'.
- Eat clean and on time every single day and take my supplements on time.
- Take a few minutes to go over workout in my mind in the morning before hitting the gym. Take a few minutes after my workouts to review what I did well and what I can improve on.
- Strive for excellent form and exercise execution on all exercises.
- Concentrate on creating a strong mind to muscle link.
- Apply Thiomucase to my skin twice daily.

Final 3 Weeks Increased Standards:

- Continue to Drink *At least* 3 gallons per day
- Get into OUTSTANDING training mindset EVERY MORNING before stepping foot in the gym.
- Continue to **increase** intensity and focus in the weightroom! There are now less than **2 weeks** until the Pacific USA Naturals Bodybuilding Competition!
- Put emphasis on directing overload to intended muscle group. Visualize the muscle development I want to achieve and "feel" the muscle work during every rep of every set. **Expect** to lift heavier weight than last week!
- Perform **12 intense** (Up from 11 last week) cardio sessions (Rotate 16 minute and 20 minute sessions every day + 5 16 minute midday Max-OT cardio sessions. Strive to beat previous distance/calories.
- Additionally, perform a 45 minute brisk walk on Saturday.
- Take and post assessment photos
- Practice mandatory poses, 60 second routine, and 90 second routine to music **Every Single Day** until the contest.
- Get great video footage of workouts for video creation after contest.
- Video Tape posing practice for 1) Self Improvement/Critique 2) Contest Preparation Video Creation
- Get music for 90 second individual routine on CDs-**I MUST DO THIS VERY EARLY THIS WEEK!!!**
- Take a 10 minute Sauna after morning weight training session **Every Day.**

- Have a passion for training and for life!
- Tan in the booth or in the sun **Every Day.**
- Keep Website Updated daily and make **OUTSTANDING and MOTIVATING** journal entries **EVERY DAY.**
- Continually demand more of myself and redefine what I am capable of in and outside of the weightroom.
- Make the most out of the opportunities that present themselves every day.
- Enjoy my contest journey. Keep a positive attitude.
- **DRIVE HARD ALL THE WAY TO THE END!!!**

Assessments:

WEEK OF 7/21/03:

- OUTSTANDING week of total contest preparation execution.
- I stuck to all of my Final Three Week Increased standards 100%!
- Continued to challenge myself by lifting heavy weight in the weightroom.
- Completed 11 intense cardio sessions. Intensity was very good at the beginning of the week and fell off a bit at the end of the week, although I pushed very hard every single session.
- Went for 45 minute walk on Treadmill on Saturday afternoon.
- Created and implemented new nutrition and supplementation plan
- Took weekly assessment photos
- Videotaped Back and Bicep, Shoulder and Traps, and Legs and Calves workout. Did a good job of taking good video footage without disrupting focus of workout too much.
- Good posing practice every day. Videotaped a lot of my posing practice and watched to see what I need to improve on.
- Took a 10 minute sauna everyday.
- Drank all water every day
- Tanned in sun or tanning bed everyday.
- Applied Thiomucase twice every day.
- Kept RussYeager.com website updated/Proofed website
- Sent weekly journal update and photos to Will at Bodybuilding.com.

Sunday, July 27, 2003

I have another change in my training schedule in order to make sure that I can video at least one workout for every bodypart. I will perform a Max-OT cardio session this morning and then train legs and calves at 3:00 P.M. I will video my weight training session today and then next Sunday I will video my Chest, Triceps, and ab workout, which will cover every bodypart.

Including today, I now have just 10 more days of intense weight training and cardiovascular training before the Pacific USA Naturals! I look at this as 10 days to improve. It is now or never! No regrets, no excuses, just balls to the wall for 10 more days!

Cardio

Exercise	Time / Distance / Calories
Recumbent Bike (Apartment)	Time: 16 minutes, Distance: 6.3 , Calories: 396.8

There are two ways to look at this morning's cardio session. On one hand, my numbers were down in terms of calories and distance, which is not a good thing. On the other hand, I had to work extremely hard just to produce the numbers I got! This felt like possibly the *most intense* and difficult cardio session yet of my entire 17 week contest preparation. I really believe that I had some physical limitations today as I used every mental strategy I have to reach my normal performance levels. Although I want to reach my highest levels of performance every cardio session, if I am pushing as hard as possible and come up short I still will produce some very effective, metabolism boosting workouts. I guess if I was able to reach my highest level of performance every time then maybe I would have to re evaluate how hard I was really pushing myself, right?

Training: Legs	
Exercise	Sets / Reps / Weight
Squats	1 x 5 at 235 lbs (After warmup), 1 x 6 @ 225 lbs
Leg Presses	2 x 6 at 545 lbs
Stiff-leg deadlifts	3 x 6 @ 185 lbs
Training: Calves	
Exercise	Sets / Reps / Weight
Standing Calf Raises	2 x 10 @ 395 lbs (after warm-up), 1 x 8 @ 395 lbs
Seated Calf Raises	2 x 9 @ 225 lbs

It is hard to believe that this was the last leg and calf workout I will perform until after the Pacific USA Naturals Bodybuilding Competition. I decided to drop my weight during this leg workout and concentrate on using very good control and form and working in the upper end of the 4-6 rep range. Being this close to my contest coupled with some strained glute muscles, I felt this was the smartest way to go. Now, although the weight I used was less than normal, this leg workout was no cake walk. I concentrated on a very good range of motion during all exercises while using good control.

I was happy with the way my final leg workout went and glad that I came away free of any further strains or pulls. I can see a very big improvement in my legs from last year when I competed in the AST World Championships. I feel that this is due to consistent Max-OT workouts centered around basic compound exercises like squats and stiff-leg deadlifts, as well as better adherence to proper nutrition during the entire year. Now, it is all about burning off the remaining bodyfat covering my legs in order to present all of my hard work on August 9th.

The videotaping went well. I'll tell you that going through the extra effort of videotaping my workouts at this point in my contest preparation is a real pain, but I know that I will be glad I took the time to do so when I am able to create my first training video!

Monday, July 28, 2003

After training on both Saturday and Sunday today's workout schedule will consist of two cardio sessions only. I will adjust my nutrition plan a little bit since I will not be consuming my post workout meals, but make sure to stay at or below my new daily calorie total of 1840.

I set up an appointment this morning to have some professional photographs taken. I wanted to take advantage of being in this good of shape and get it captured on film. One of my goals is to get into the bodybuilding and fitness magazines and perform fitness modeling and I will be able to create a very good collection of professional photos from today's shoot. I really enjoyed the whole experience and got some great shots. I will be posting some of these photos on my RussYeager.com website shortly.

Cardio (Morning)	
Exercise	Time / Distance / Calories
Stairmaster (Fatburner)	Time: 20 minutes, Distance: 2.69, Calories: 372

It was a change of pace performing an early morning cardio session on Monday. I pushed hard and tied my record for distance on this machine. Good start to the day and the week. I must keep the momentum going STRONG all week. This is it! No time to let up. I must push as hard as possible this week because it is my last chance to make improvements to my physique before stepping on stage for the very first time!

Cardio (Evening)	
Exercise	Time / Distance / Calories
Recumbent Bike (Apartment)	Time: 16 minutes, Distance: 6.4 , Calories: 417.2

I know I keep talking about the mental aspect of Max-OT cardio, but it is so true. I was really worn down and dreading my cardio session on the bike tonight. Plus, my legs felt like they had lead weights attached to them. However, I got my *mind* in the right state and told myself to just make this one session outstanding and I could worry about the remaining cardio sessions tomorrow.

This "one at a time" mental approach did the trick and I completed a great Max-OT cardio session with good performance numbers.

Tuesday, July 29, 2003

Today's workout schedule will consist of chest and tricep training in the morning and two 16 minute Max-OT cardio sessions on the bike. It is really interesting to experience the different mental, physical, and emotional "cycles" of the final weeks of contest preparation. One minute, I am feeling great and very confident in how my contest preparation is coming along. Then, the next minute I feel anxious, worn down, and like there is no way I am going to be where I want to be by next week. Last night, an extreme feeling of exhaustion came over me, both physically and mentally. I even started to question why I was putting myself through all of this. I could not believe that I was having these thoughts this late in the game. I mean, I have put in

over 15 weeks of hard work and I am almost to the finish line. Why would I ever consider stopping now?

When I feel like this I must just stay strong and ride out the storm because I know that I will be feeling strong, confident and ready to rock again after not to long. I already feel much better today and am ready to take on the challenges of today and improve as the opportunities present themselves.

Training: Chest	
Exercise	Sets / Reps / Weight
Flat Bench Press	1 x 4 at 245 lbs (after warmup), 1 x 4 @ 230 lbs
Incline Bench Press	2 x 4 @ 195 lbs
Incline Dumbbell Press	1 x 5 at 85 lbs
Training: Triceps	
Dumbbell Kickbacks	1x 6 @ 35 lbs (After 1 acclimation set @ 15 lbs)
Tricep Cable Pressdowns	1 x 6 @ 262.5, 1 x 4 @ 262.5
Lying Tricep Extensions	1 x 3 @ 125 lbs

I was dragging both physically and mentally this morning. I knew that I was going to have to get into a great mindset to pump out an effective chest and triceps workout. I felt better as a warmed up both my body and my mind on flat bench presses. My first couple of reps at 245 lbs on my first set of flat bench felt very good and then it was like I hit a wall. My spotter had to help me way to much on my 4th rep so I decided to move down in weight for my second set. Was I disappointed that I did not match my performance in weight from last week? Yes. Am I going to dwell on it and get depressed. No way. As long as I can *honestly* tell myself that I gave every set everything I had, then that is all I can ask of myself, and I feel that I did so during this morning's workout. My numbers were down a little on some exercises, especially chest, but I attacked every set with intensity, focus, and desire, while striving to use proper form and execution. As long as I keep doing these things to the best of my abilities then I will have no regrets. If I start to wonder if I am really pushing myself hard enough, *then* I will be disappointed in myself. I don't want to let them happen, not one bit. I have come too far and worked too hard to let up now. It's time to finish off strong!

Cardio (Midday)	
Exercise	Time / Distance / Calories
Recumbent Bike (Apartment)	Time: 16 minutes, Distance: 6.4 , Calories: 416.4

Very intense cardio effort! I actually was shouting out phrases to myself during my intense intervals today such as "Next week is too late", "Now or never", "No regrets", and "Striated Glutes." This kept me cranking hard and fast and I was actually surprised that I did not reach the 6.5 mile mark, but I was very close. And, no there was not anyone else in the workout room at my apartment, not that I really cared anyway ;).

Cardio (Evening)	
Exercise	Time / Distance / Calories

Recumbent Bike (Apartment)	Time: 16 minutes, Distance: 6.4 , Calories: 417.2
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I got in the right mindset again before my cardio session this afternoon. I would have to say that I had two outstanding cardio efforts today. That's right, I said *outstanding*...But if you want to achieve outstanding results then you must perform outstanding actions. I must keep it going ALL THE WAY until the end. I still have one week to improve and I plan to make the most of my time every single day.

Wednesday, July 30, 2003

As I am finding myself very tired during these last few weeks of contest preparation, I continually look for sources of motivation to get myself in the right mindset to attack my weight training and cardio sessions with all out intensity and focus. Well, I was very motivated and inspired after seeing the results of the NPC USA Bodybuilding Competition held in Las Vegas this past weekend. Jeff Willet, AST Sports Science sponsored athlete, who placed 15th in the Lighthweight division last year in his first attempt at the USAs, climbed all the way to grab 4th place this year in the same weight class! Jeff has definitely added some quality muscle over the last year and showed up completely shredded all over. This is an outstanding accomplishment considering the USAs are one the top Amateur Bodybuilding Competitions in the Country. The overall winner earns his pro card to compete in the the IFBB, which is the "big boys."

Skip LaCour, also an AST sponsored athlete, came in in amazing condition and took 10th out of 35 in the very tough Heavyweight division. Now, for those of you who are unfamiliar with the sport of bodybuilding, the USAs host the best of the best bodybuilders in the nation, not just the best natural bodybuilders in the nation (that contest is the Team Universe next weekend in New York). This makes the accomplishments of Jeff and Skip that much more impressive, being that both Jeff and Skip are lifetime drug-free bodybuilders. Now, neither one of these guys will harp on the fact that they are drug-free and they never make excuses about being at a disadvantage to those who are using "artificial assistance." Drug-free is simply the way they choose to train, and they are willing to go through the extra effort, dedication, consistency, discipline, and even pain to be able to compete at this level of competition. I think this attitude is one of the most admirable characteristics of both Jeff and Skip, and I have the utmost respect for both of them. These guys are the reason I am so big on AST and the Max-OT program. Jeff and Skip are both exceptional role models for anyone looking to enter the sport of bodybuilding or even if you just want to build some more muscle, lose a little bodyfat, or improve your current level of health and fitness.

My congratulations goes out to both Jeff and Skip and I wish them luck in the Team Universe on August 9th in New York!

Training: Back	
Exercise	Sets / Reps / Weight
Bent Over Barbell Rows	2 x 6 at 225 lbs (after warmup)
Lat Pulldowns (In Front)	1 x 5 @ 255 lbs (after 1 acclimation set at 165 lbs)
Seated Cable Rows (V-Bar)	1 x 6 at 255 lbs
Seated Cable Rows (Straight Bar Medium Grip)	1 x 6 @ 255 lbs
Training: Biceps	
Alternate Dumbbell Curls	2 x 5 (only completed 4 reps on left arm durina first

	set) @ 75 lbs (After 1 acclimation set @ 40 lbs)
Barbell Curls	2 x 5 @ 140 lbs

I had to fight off the urge of the mindset to "just make it through" the workout, and force myself to give maximum intensity and effort into overloading my back and biceps this morning. My mental strategies were successful and I got stronger both physically and mentally throughout my workout. I dropped just a bit in weight on a couple of back exercises because I feel my form and execution was not as good as it should have been last week. I was actually able to increase my weight and/or reps on several other exercises.

After completing five reps with my right arm on my first set of dumbbell curls, I could not hang onto the dumbbell in my left hand to complete another rep. On the second set I used my wrist straps to help with the grip and completed five reps on both arms. All in all, today's workout was very good. Today is another "three phase day" consisting of Max-OT cardio on the bike around 12:30 and then 20 minutes on the stairstepper tonight. Each workout is an opportunity to get more and more shredded!

Cardio (Midday)	
Exercise	Time / Distance / Calories
Recumbent Bike (Apartment)	Time: 16 minutes, Distance: 6.3 , Calories: 397.2

Every time I get on the bike now it is a battle of wills. Some sessions are tougher than others and this one was pretty rough. However, I feel that each time I refuse to let up at all and push as hard as possible until the 16 minutes are over, I am the winner. I also feel that my extra effort will show in the final "finished product" I am able to present next weekend in Anaheim. One more phase of the day to go.

Cardio (Evening)	
Exercise	Time / Distance / Calories
Stairstepper (fatburner)	Time: 20 minutes, Distance: 2.69 , Calories: 372

I am finding it difficult to do normal tasks during the day like stay awake, stand up, and drive (hey, I still have my sense of humor, although I am only partially joking). However, I am proud of the fact that I am mustering up enough strength and courage to attack each one of my workouts hard and with lots of intensity. I just keep telling myself how each intense cardio session is another opportunity to get leaner and that those opportunities are becoming less and less.

Thursday, July 31, 2003

Since I trained calves with legs on Sunday and I will be training abs tomorrow with shoulders and traps, and then forearms on Sunday with Chest and Triceps, today will consist of just two Max-OT cardio sessions on the bike. I have already knocked out one intense session and have one more to go tonight.

I am starting to see striations and veins all over my body that I never new existed, especially in the morning after not drinking water all night. This is very motivating and lets me know that I am still improving. I still have time to make even more progress and I must drive it home all the way until the end.

I am also getting more and more confident and comfortable with my posing. I am concentrating on nailing the mandatory poses since this is where bodybuilding competitions are won and lost. I am also working to improve the flow and "smoothness" of my individual routines. I am getting better and better but still can improve. It is hard to believe that 1 week from today I will be on a plane to LA! I must enjoy every single second of contest preparation that I have left so that I can make this journey an unforgettable experience that I can hold with me for the rest of my life!

Cardio (Morning)	
Exercise	Time / Distance / Calories
Recumbent Bike (Apartment)	Time: 16 minutes, Distance: 6.3, Calories: 397.4
Cardio (Evening)	
Exercise	Time / Distance / Calories
Recumbent Bike (Apartment)	Time: 16 minutes, Distance: 6.3 , Calories: 390.8

Friday, August 1, 2003

Today will be a "3 phase day" of workouts with shoulders, traps and abs this morning, Max-OT cardio on the bike at around 12:30 and 20 minutes of cardio on the stairstepper tonight.

My plan is to then perform a Max-OT cardio session on Saturday morning and a 45 minute walk Saturday afternoon. Then, I will train each of my bodyparts one more time (except for legs) starting Sunday with Chest, Triceps, abs, and forearms. Monday will be Back and Biceps, and I will finish things off with Shoulders and Traps on Tuesday.

Training: Shoulders	
Exercise	Sets / Reps / Weight
Standing Barbell Presses (In the Front)	1 x 4 at 150 lbs (after warmup), 1x 3 @ 150 lbs
Dumbbell Side Lateral Raises	2 x 6 @ 30 lbs (After 1 acclimation set at 15 lbs)
Dumbbell Rear Lateral Raises	2 x 6 at 40 lbs
Training: Traps	
Barbell Shrugs	2 x 6 @ 315 lbs (After 1 acclimation set at 225 lbs)
Cable Upright Rows	1 x 6 @ 250 lbs

I did not sleep very well last night at all. My metabolism is running so high right now that I stay hot during the night even though I keep my air conditioner around 60 degrees. Added to the fact that I am getting very anxious about my contest and also having to get up to go to the bathroom very frequently because I am drinking 3+ gallons of water per day, and it makes getting a sound night's sleep pretty difficult.

I was very tired this morning and really felt like crap (I can't think of any other way to put it!). However, even feeling so bad I managed to produce a heavy and intense workout. I caught myself looking ahead to all of the sets in my workout and then to all of my remaining workouts and cardio sessions of the contest, which is way to overwhelming in my current tired and calorie-deprived state. I kept reminding myself that all I needed to focus on was the ONE set right in front of me, and that was IT. If I attack each workout and each cardio session one at a time I will not only get through this, but my workouts will be much more effective and intense.

I failed to get 4 reps on my second set of standing military presses, but I am happy with my effort and the fact that I did not back down from the heavy weight lifted last week one bit. Side and rear laterals felt really good, as did shrugs and upright rows. I finished off the workout with some abdominal work. I thought about displaying an AMAZING midsection next weekend at the show while I cranked out my ab exercises. This workout is in the bank. Now, the ONLY thing I need to concern myself with is my midday cardio session on the bike. Everything else can wait and will come in time.

Cardio (Midday)	
Exercise	Time / Distance / Calories
Recumbent Bike (Apartment)	Time: 16 minutes, Distance: 6.3 , Calories: 400.8
Cardio (Evening)	
Exercise	Time / Distance / Calories
Stairstepper (fatburner)	Time: 20 minutes, Distance: , Calories:

*Evening Cardio results to be posted with Sunday's journal entry