



THE **NO BULL** GUIDE TO FITNESS

WHAT THE FITNESS INDUSTRY
DOESN'T WANT
YOU TO KNOW

THE PROVEN 7 STEP BLUEPRINT
TO YOUR PERFECT BODY

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INTRODUCTION

We are delighted that you are taking the time to download and read this guide. Out there in the fitness industry there is a lot of noise and a lot of competing information, so we are glad that you settled on this simple ebook.

At Raw Barrel we are determined to keep the fitness industry honest by removing all of the bull from our products, leaving you with what we believe is the honest truth. This is what inspired us to write this report, to expose some of the misinformation perpetrated by the bloggers, gurus, supplement companies and fitness magazines - finally giving you the knowledge you need to get the perfect body. This guide can be applied to men or women as there are plenty of overlaps. In fact it is the fitness industry that separates the genders in order to market to them more effectively.

You may disagree with a lot of what is in this guide and that's totally fine. There is always new data and research on everything fitness related, so you could argue that nothing is certain. We are simply highlighting the things that are known to be true right now, so that you know what can work for you today.

You may have already heard about a lot of this. In fact getting a great body is surprisingly simple, which is why the fitness industry has to make things more complicated, otherwise they wouldn't have anything to sell you. The hard bit is getting out there and working up a sweat.

As a small disclaimer you may find some uncertainty in some of what we will cover. There will be answers like 'you'll just have to try it' and 'everyone's different'

which are intentionally vague. The problem is that the fitness industry likes to make claims that sound like solid facts in order to assert their authority. When the reality is that we are still a little hazy on a lot of the details of our health. Of course this is not what you want to hear when researching fitness; you just want answers and simple ones too. Unfortunately there is no magic pill or routine that will transform your body overnight. What we plan to do here is to only outline the truth.

Our bodies are not naturally supposed to be hugely muscular or incredibly skinny. We have evolved to rely on tools rather than on our body strength, therefore your body is striving to conserve energy any way it can. This means it doesn't want you to exercise unless you have to and it doesn't want to be muscular unless you need to be to survive. Therefore you have to artificially provide your body with a reason to change your physique, which comes in the form of intense exercise. If you only perform a medium amount of exercise, your body won't change much.

For example, if you did one push up per hour for a week you wouldn't get great results, whereas if you performed 168 push ups in only one hour you can already imagine the ache the next day. Your body 'knows' that it could handle any moderate exercise again, so it has no reason to improve. Conversely, if your body was pushed to breaking point then it will naturally try to allocate resources to repair and improve your physique in order to prepare you for that level of effort again. Of course next time you'll make it even harder, and you'll just keep getting fitter, faster and stronger!

INTRODUCTION

In order to put your body past its natural limits you will need one thing: INTENSITY. And that will be a common theme in this guide. It is the only way to force your body to make changes to your fitness. This can be achieved through simple tricks, nutrition and psychology that this guide will cover. We will keep this short in order to make it more accessible and easier to follow, so we have condensed everything into 7 easy steps:

THE PROVEN 7 STEP BLUEPRINT TO YOUR PERFECT BODY

1. WHAT THE INDUSTRY DOESN'T WANT YOU TO KNOW



2. EVERYONE HAS A DIFFERENT BODY



3. ONLY CALORIES MAKE YOU FATTER



4. EAT WELL FOR ENERGY AND HEALTH



5. YOUR MIND IS THE KEY TO SUCCESS



6. BALANCE IS VITAL TO ALL ROUTINES



7. IT'S ABOUT KNOWING YOUR PRIORITIES





WHAT THE INDUSTRY DOESN'T WANT YOU TO KNOW

What the fitness industry doesn't want you to know is... *that it doesn't actually care if you get fit!* It doesn't seem to make sense does it? Why wouldn't they want us to get a great body? Well the real question is, why WOULD they want you to get fit? All they need is for you to keep coming back for more information and more products. That's it. They don't care if what they write about is misleading or untrue, just that you keep reading and buying.

Have you ever seen headlines like these?

'Try this program for a flat stomach in 4 weeks' or 'New wonder pill will make you skinny' 'Eat more blueberries for perfect skin'.

They are basically running out of things to talk about. A lot of the 'research' quoted in the magazines will be completely refuted by another article later on. Remember when it was fats that were bad and carbs that were good? Sometimes a book or article will be controversial simply to get noticed in such an oversaturated market. And then there are the people online, bloggers and enthusiasts who love nothing more than to preach their personal doctrine... but it doesn't necessarily mean they are right. A lot of valid research gets ignored as it's not very enticing to the reader. People want to hear things like 'Chocolate is actually good for you!' rather than, 'Just exercise regularly'.

All those pretty pictures, cool logos, images of huge guys and skinny girls are just to get you to associate the brands which they are promoting with that ideal. Then you spend all your time and money on the

products and less time on yourself. The real truth behind the 'perfect' bodies you see in the media is that clever photography and Photoshop go a long way. The men will be put under harsh light to bring out the muscle tone and be put on unsustainable extreme diets/routines leading up to the shoot. The woman on the other hand will be covered in makeup and grotesquely modified on Photoshop. I urge you to Google some of these Photoshop 'before and afters' to appreciate the modifications. And all those really, really big guys/girls are almost always on steroids (or similar). Don't let this dissuade you from getting a great body, it is possible to look great without filling yourself with a load of bull, it will just take a little longer. In fact once you know what to really prioritize, it will become much easier.

Don't let the idea of an 'ideal' body drive you to extreme exercise. Learn to be happy with your body, no matter how good or bad you might judge it to be. The only real concern you ought to have is for your health, not your just your looks! This will give you energy, longevity and happiness, rather than just large biceps.

The nuggets of true information are often hidden amongst the bull, but you can save yourself a lot of time and energy if you just follow along the basic steps rather than trawling through the misinformation. If you are looking to gain muscle, all you actually need to do is lift progressively heavier weights and consume enough nutrients to support muscle growth. And as someone looking to lose weight, all you need to do is burn off more calories than you consume. It really is as simple as that.



EVERYONE HAS A DIFFERENT BODY

The fitness industry wants to sell you the idea that the perfect body can be easily achieved and that all you need to do is keep subscribing/buying to get there. The good news is that it will be easier for some than others, but never impossible for everyone. Some people will naturally be able to lose weight or put on muscle more easily. But don't use bad genetics as an excuse for not keeping in shape. Anyone can get fit, even your grandma, it may just be a little bit harder for them. A common misconception is that if a girl lifts any weights she'll look like The Hulk. The same goes for men, only resembling The Hulk is what they want to achieve but they can't always quite get there. You can be limited by your genes, but don't let it dissuade you.

Put very simply, there are two types of muscle: Slow Twitch and Fast Twitch. Slow Twitch muscles give your body endurance whereas Fast Twitch give you power. Just look at the differences in physique between a sprinter and a marathon runner and you will see the different types in action. Everyone has a mix of these in different proportions, which influence your abilities with either weight training (Fast Twitch) or cardiovascular endurance (Slow Twitch). By training one type, you will increase its size and your ability. So if you are naturally good at running but not lifting weights, you will have more Slow Twitch muscles. By slowly introducing strength training, you will improve your Fast Twitch muscles and overcome what your body may be lacking.

A famous American Football player Hershel Walker is a great example of genes and individuality. He defies the rules of bodybuilding by only eating one modest meal a day, (a salad and soup for dinner) whereas most would require a huge calorie diet to sustain the amount of muscle he has (you'll have to look him up for a picture). In this extreme case, his

genes are exceptionally good at putting on muscle, but that's not the whole story. He also performs 1500 push ups, 3000 sit ups, 1500 pull ups, 1000 dips and 1000 squats EVERY DAY. This goes to show that you don't need a gym membership; all these exercises can be done at home! It's also his level of intensity that is providing success, not an elaborate regime or diet. Just good old sweat. The lessons here are that intensity is the most important aspect to a fitness regime and that everybody is different. One regime for one person could be another person's hell. You need to find out the fitness and nutrition plan that works for you and you can only find out by going out and giving it a go. Maybe you would prefer a cycle to a run, or perhaps yoga rather than dead lifts, or maybe even a vegan diet to the Atkins.

An increasingly common issue is that some people's bodies can be sensitive to is gluten (grains) and/or dairy products. So if you suspect this might be you too, it may be a good idea to try a month without them to see if there are any improvements in your health.

The best way to find out what kind of body you have is to measure and test your results when you exercise, and to monitor what you eat. The best way to keep track of exercise is to write down what you have performed and do a little more next time. This way you will always be improving and avoid a dreaded plateau in results. And if you are trying to lose or gain weight, you'll know exactly what effect the amount you are eating is having. Everyone is different and so you may not respond as well to cardio or weight training or dieting like others do. Or you could be much better. As tedious as it might sound, the best way to know how you are doing is to constantly check your progress and adjust accordingly.



ONLY CALORIES MAKE YOU FATTER

Many people are concerned with losing weight. It's unfortunate that there are so many cheap foods that are awful for us, yet so convenient and delicious! If your goal is to lose fat, the only thing you can do is eat less and exercise more. It's as simple as that. No kind of 'low fat' yogurt will help you. The reason some of the 'fad diets' work is that they allow you to cut back on calories by following a set of rules that makes them easy to stick to (but ultimately hard to keep up in the long term). For example, the 'Atkins Diet' cuts out the carbohydrates that are naturally calorific and promotes filling meat and fats instead; 'Weight Watchers' gives you a convenient system for counting calories and the 'FiveTwo' diet severely limits calories on two days a week. As unglamorous as it sounds, it's just simple math: calories in minus calories out.

NB - People often talk about 'ketosis' when going on a carbohydrate free diet where your insulin levels change and help burn fat in the absence of carbohydrates. There is actually mixed evidence to support this theory, so it may or may not work for you. The only thing that is certain is that proteins and fats fill you up more than carbohydrates, especially the refined 'white carbs'.

Simply reducing how much you eat will make a big difference, especially for someone averse to exercise. This is best done gradually rather than in extremes straight away, not only for your own sanity (and therefore ability to keep it up!), but also remember that your body wants to return to normal. It will therefore take a while for it to make permanent change without trying to revert back to your old self when given the chance. In fact I recommend not eating much less than normal, just combine eating more healthily with exercise.

Muscles are fantastic at burning calories to maintain themselves, which is why anyone looking to get big muscles should start eating a lot of (healthy) food. Anyone looking to lose weight would also benefit from building muscles as these will naturally burn calories later, which is simply done by lifting weights. Cardio is of course another great way to burn calories, so combine it with strength training to really boost your fat loss.

Losing fat is at odds to someone also trying to put on muscle because they need to eat a lot of calories to gain them, but they often want to lose fat to help their muscles get the 'defined' look. It is true that muscles under a lot of fat don't look nearly as defined as ones under very little. One way to achieve this is to do the well known 'cutting' and 'bulking' phases. Over a certain period you will eat lots and do less cardio to gain muscle, or 'bulk'. And the other time you will 'cut' by eating less and doing more cardio to help lose fat (and possibly a little muscle too). Just make sure you eat enough to fuel your workouts. If you are hungry in the gym, it will be harder to reach the intensity required because you won't have as much energy in your system.

Here are some very simple but useful tips of to make it easier to eat less calories:

- *Eat more slowly – your body takes time to feel 'full'*
- *Give yourself smaller portions to begin with on your plate; using a smaller plate helps.*
- *Protein and healthy fats fill you up very effectively, whereas carbs will make you hungry again sooner.*
- *Drink some water – it actually makes you feel full!*



EAT WELL FOR ENERGY AND HEALTH

People often find it confusing that you don't have to eat healthily to lose weight. The fact is, it just helps if you eat better as unhealthy foods are usually higher in calories. In fact a man named John Cisna ate only McDonalds for 6 months and actually LOST 56 pounds. All he did was to limit his calorie intake to 2000 calories a day (which meant eating very little from their menu in one day!).

What healthy food really does is give you more energy. Everyone can attest to this when they've had something like a huge pizza and wanted to go to sleep right away. As a general rule if something makes you tired after you've eaten it, that's your body's way of saying it's bad news.

The problem is there are constantly different sources claiming different things are either 'good' or 'bad' for you. What it boils down to is personal experience. Because everyone's body is different, some people will react better or worse to certain foods. This is why you need to test foods on yourself and listen to what your body says. If you find that a certain food makes you tired or disagrees with digestion, then it's probably a good thing to cut it out of your diet.

The golden rule is simply to avoid products with all the unpronounceable chemicals added. The next time you are about to buy a prepackaged meal or snack, just have a look at the ingredients. You may be surprised at the amount of strange chemicals and additives found listed. In fact, shocking as it might be, a lot of the additives found in common American snacks are illegal in many other countries. One good example of this is bromine, a chemical used to clean swimming pools, which can be found in New York flatbreads, bagels chips, Baja Burrito wraps and many more. The list of these banned substances is staggeringly long and I suggest you

read up on it the next time you are tempted with convenience foods. If there is an advert for it, it's most likely something you don't need to eat. You don't see adverts for cabbages! In the long term cutting back on processed junk food and focusing on fresh whole food instead will help to avoid illness in all its forms, you'll feel more awake, feel more motivated and have better skin. But most importantly this will give you more energy in the gym, which will allow you to reach the high intensity and therefore burn more fat and gain more muscle. What's not to like about that?

TOP TIPS:

- *If you really can't resist, let yourself have a small treat ONCE a day e.g. dessert or a bag of chips. Or one cheat meal a week.*
- *Preferably everything should be organic and free from pesticides etc. All these chemicals add up in the body in ways we don't even know yet, so they are best avoided.*
- *Make your healthy meals as delicious as possible, find your favourite things and use them often. It is incredibly important to look forward to a healthy meal rather than dread it, otherwise you won't keep up a healthy diet for long.*

Below is a rough introductory guide for each of the main food groups. But really the most important thing really is to avoid processed food and sugars.

PROTEIN

Limit: Bacon, sausages, burgers, cheese, flavored yogurt, processed meat.

Have some: Beef, lamb, pork, unflavored yogurt, milk.

Have a lot of: Chicken, turkey, eggs, fish

FRUIT & VEGETABLES

Have a lot of: Fresh vegetables and fruit





EAT WELL FOR ENERGY AND HEALTH

CARBOHYDRATES

Limit: *White pasta/noodles, white bread, any confectionery*

Have some: *Whole grain bread, potatoes, white rice, cous cous, oats, beans, brown bread, brown pasta*

Have a lot of: *Brown rice, quinoa, sweet potatoes*

FATS

Limit: *Vegetable oils, palm oil, sunflower oil, animal fats*

Have some: *Olive oil, coconut oil, nut oils*

Have a lot of: *Avocado, nuts, fish oils*

DRINKS

Limit: *Alcohol, soda, fruit juices, sports drinks, energy drinks*

Have some: *Coffee, tea, freshly made smoothies*

Have a lot of: *Water*

I also want to mention supplements, as many have been shown to be useless or even dangerous. Of course this doesn't stop the supplement companies from selling them. And don't forget the power of the placebo is very strong, they may very well be helping you, just not in the way that you think. As there are so many conflicting studies you'll ultimately have to either try them for yourself, or look into the more reputable studies to discover the truth.

This is why Raw Barrel offers a 'risk free lifetime money back guarantee' on all of our supplements. If you are not getting the results from our products then there is no reason that you should pay for it. Everyone is unique and will get different responses to supplementation.

There are three main supplements that have the most evidence to back them up and have become the staple for most fitness enthusiasts. So you can't really go wrong! These three are:

PROTEIN POWDER

Protein builds muscle, pure and simple. This much is true, it's just how much you need that is open to debate. Of course Protein Powder manufacturers will say you need supplementation three times a day, so you'll have to test it for yourself. Just remember that they are full of additional sugar and other fillers (otherwise they would taste horrible) so don't rely on them too heavily. They are only 'supplements' after all, a can of tuna would do the same, it just doesn't have the chocolaty convenience. Otherwise it is best to go for protein powders with as few additives as possible, such as our 100% pure whey protein on Amazon.com (<http://www.amazon.com/dp/B01HOR51ZK>)

CREATINE

Creatine Monohydrate has been repeatedly shown to help you lift more weight in the gym. It essentially gives you more ATP (Adenosine Triphosphate) that provides more energy for your muscles to play with, increasing your workout intensity and therefore helping muscle growth later on. Which is why less informed people think it's a 'steroid' and immediately judge it as dangerous. It may not be for everyone though as some people are 'non responders', but I recommend giving it a try for anyone looking to put on muscle, male or female. It's the perfect way to push your body to the limit and reach the intensity we discussed earlier. You can find our 100% pure creatine on Amazon.com (<http://www.amazon.com/dp/B00KWKRNIU>)

FISH OILS

Omega 3 supplements have been shown on many occasions to be incredibly beneficial to your overall health. However, if you regularly eat a lot of fish they are less essential. Try to make sure you are getting a good quality brand, if the pill smells 'funny' then they are very likely 'off'.



YOUR MIND IS THE KEY TO SUCCESS

One thing often overlooked by many parts of the fitness industry is the effect that your mind has on your body. A great example of this can be seen in people's posture. If you slouch you are likely to feel downbeat whereas forcing yourself to stand proud will naturally make you feel confident and strong. If you are unenthused before a workout, then your session will probably be a bad one, whereas if you are totally psyched up and feeling pumped then you are going to push yourself further. This can be used to great effect both inside and outside the gym to maximise the intensity of your workouts and the efficacy of your regime.

OUTSIDE THE GYM

Set Up a Routine

If you set a routine for yourself it's much easier to work out consistently. If you do something every morning for example, it will actually feel strange NOT doing it. This will stop you from making excuses and skipping out on valuable exercise. You won't be dragging your feet because you are thinking about the other things you could be doing, because you never do those things at that time of day. You'll naturally think, 'This is work-out time' and you will get out there and do it. No questions, no doubt and no excuses! This is also why a lot of people struggle to keep to diets. They fixate on what they 'can't have' and that they are 'on' a diet. People frame it as being temporary and unusual, which makes it impossible to stick to. This is the transition you will take:

1. 'I don't eat healthily'
2. 'I want to eat healthily'
3. 'I try to eat healthily'
4. 'I eat healthily'
5. 'I eat'

Eventually it will be so normal to eat healthily that it will become effortless to keep it up. It will be just

eating normally (step 5) rather than an attempt at changing your diet. If you can control your frame of mind to skip to the last step, then you will save a lot of the hardship of forcing yourself into a completely new dieting routine. A good way of doing this is by focusing on what you 'can eat' rather than what you 'can't'. You should be looking forward to your delicious healthy delights rather than dreading a boring salad.

Measure Your Success

As we mentioned before, knowing how well you are doing is the only way to know if what you are doing is right. It is also a great booster of confidence. When you can statistically see yourself improving, there is no denying your success to yourself. The reason this is important is that just looking in the mirror can be deceptive. You might not be able to 'feel' the results right away as it will be a gradual road to success. For example when you can see the results of lifting heavier weights, you know you are getting stronger! This is very motivating indeed and will keep you going on the right path. A good way to measure yourself is with a good quality scale that measures muscle and body fat. Remember, your overall weight is not an indicator of how fat or muscular you are, only the percentages are. You can then write down results in a notebook or on a computer spreadsheet. This also goes for how much you lift, how far you run and how well you eat too.

Getting In 'The Zone'

The more you want something, the more likely it is that you will make it happen. It may sound like a no brainer, (to the point where it's not even worth mentioning) but it is in fact probably the most important piece of advice in this guide. It is a technique that has been popularized by the self help system 'The Secret', that if you have a burning



YOUR MIND IS THE KEY TO SUCCESS

desire to do something and you will stop at nothing to get it, then you will consciously and unconsciously help yourself reach your goal. In fact it applies more directly to fitness than anything else. The more you want results, the harder you will push yourself and the more you will be willing to sacrifice eg. time, energy, tasty-but-unhealthy food. This is where the idealized images of the fitness industry can help to motivate you, in spite of often being deceptive. Make yourself want it, visualize your success and work harder than ever. You may feel silly at first, but try this: before you go to the gym, look yourself in the mirror slam your chest and shout 'Hell yeah!!'. Getting psyched up like that will seriously help your intensity!

INSIDE THE GYM

Visualization during exercises

There are few things you think during actual exercises that will help you reach a higher intensity. The most important of these is to feel powerful and strong as you push yourself. This kind of self confidence will help to hinder the nagging doubt in your head. Say something like 'yes' to yourself in your head can work in a similar way. As more specific examples, how about when running - imagine someone/something is chasing you to help drive you forward. For upper back exercises, try to imagine crushing a can between your shoulder blades. And for the bench/shoulder press, imagine pushing through the weights to the space behind them. Making noises during an exercise will also help to push yourself, even if you get some funny looks while you are doing it...

Having a buddy

Having someone with you when you work out will invariably make you work harder. This is what Personal Trainers are for, they are not there merely to give you routine and watch you do it. They are there to motivate you to push yourself by both

unconsciously pressurizing you and literally telling you. Of course many people can't afford a trainer, so it is always good to have a gym buddy to help, just remember to encourage each other to work harder. It also helps to have someone there to catch your heavy weights so that you can then push harder without the fear of hurting yourself.

Changing up your exercises and routines

When you get used to a routine it's easy to stagnate. You will stop pushing yourself and do the same old number of sets or the same old distance. If you change things up it keeps your mind and body guessing.

Of course there are thousands of things you could be doing, so have a look online and find some fun new things to add to your routine. But here are a couple of examples to start you off:

FOR STRENGTH TRAINING:

- *Pyramid training: Do a set with a light weight, then immediately perform a set with a slightly heavier one, then keep going higher and higher each set with no rest. You can also do the reverse of this and get lighter.*
- *Negative training: Instead of focusing on the main part of an exercise, focus on the reverse. For example on a pull up, jump to the top of the bar and slowly lower yourself to hang. For a bench press, you let a friend lift the bar to the top position and you then slowly lower it to your chest.*
- *Try classes like yoga, pilates and circuits. They are not just for women and are great for building strength.*

FOR CARDIO:

- *HIIT: Sprinting and then jogging for the desired lengths of time.*
- *Run up and down stairs.*
- *Try a new sport.*
- *Go and explore new areas of your neighborhood.*
- *Try a new music playlist.*



BALANCE IS VITAL TO ALL ROUTINES

Too much of anything is bad for you. Too much exercise, too much vitamin C and even too much water can all ultimately damage your health. The key to having a functioning healthy body is to avoid any extremes. Of course to become a gigantic muscle man or run a triathlon you have to go to extremes. Preparing your bodies for these will ultimately put a lot of strain on them, particularly your joints and heart, so just be aware of the risks of over exercising (But you'll certainly have a killer physique).

The best way to have a great healthy body is to do everything in moderation. But of course the trick is knowing where moderation ends and extremes begin. For example, some people consider going to the gym more than twice a week to be extreme, but what we are really talking about is that going twice a day is. Leave this level to the professional athletes! You could easily end up injuring yourself or tiring yourself out by working your body this much. In addition, doing too much of the same type of exercise can leave your body unbalanced that will ultimately hinder your goals. Too much cardiovascular exercise without any strength training will leave you relatively weak and lacking in power. This can lead to injury as your joints aren't properly supported. Whereas too much heavy lifting without any cardio will reduce your energy levels and endurance, which could actually inhibit your lifting performance and overall health.

A common issue with bodybuilding is that people focus too much on only a few of the muscle groups that they prefer. The cliché of course is the man in

the gym who spends half his time doing bicep curls and never exercising his legs (leading to a number of internet memes). Don't let this be you!

Whenever you exercise a large primary muscle, make sure you perform the same number of exercises for the other primary groups. Only then should you start thinking about doing the secondary smaller muscles.

These groups are roughly outlined below:

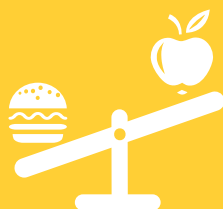
PRIMARY LARGE MUSCLES

Quadriceps/Glutes/Hamstrings, Chest, Shoulders, Upper Back/Lower Back

SECONDARY SMALLER MUSCLES:

Biceps, Triceps, Calves, Abdominals, Forearms

Ultimately you are best off focusing on the 5 main big exercises: Squat, Dead lift, Bench Press, Pull up and Shoulder Press. These work your largest muscles and are the bread and butter for a good routine. On the next page is a rough weekly routine of body parts you could be targeting. The idea is to hit every body part evenly every week, upper, middle and lower. Each week is listed in no particular order, so you may find it easier to break up muscle groups that overlap (e.g. Chest and Back) rather than performing them on consecutive days. The routine varies depending on how many days in a week you plan on doing strength training. Note that the number refers to the amount of exercises for that body part.



BALANCE IS VITAL TO ALL ROUTINES

1 DAY OF STRENGTH TRAINING A WEEK:

Total Body: 1xLegs, 1xLower Back, 1xChest, 1xUpper-Back, 1xFront Abs, 1xShoulders

2 DAYS OF STRENGTH TRAINING A WEEK:

Lower: 3xLegs, 1xLower Back, 2xFront Abs, 1xSide Abs

Upper: 2xChest, 2xUpperBack, 1xBiceps, 1xTriceps, 1xShoulders

3 DAYS OF STRENGTH TRAINING A WEEK:

Upper: 2xChest, 2xUpperBack, 1xBiceps, 1xTriceps

Lower: 4xLegs, 2xLower Back,

Arms and Core: 3xFront Abs, 2xSide Abs, 2xShoulders

4 DAYS OF STRENGTH TRAINING A WEEK:

Push: 3xChest, 2xTriceps, 2xShoulders

Lower: 4xLegs, 2xLower Back,

Pull: 4xUpperBack, 2xBiceps

Core: 3xFront Abs, 3xSide Abs

5 DAYS OF STRENGTH TRAINING A WEEK:

Chest: 6xChest

Lower: 6xLegs

Upper Back: 6xUpperBack

Core: 3xFront Abs, 2xSide Abs, 2xLower Back

Arms: 2xTriceps, 2xBiceps, 2xShoulders

Another thing to consider when keeping a healthy balance are your nutrients. As mentioned in the previous chapter, healthy foods are the way forward and making sure you get a wide variety of vitamins and minerals will help keep your energy up. It's easy to get into the habit of only eating the same old vegetables, so make a conscious effort to mix them up and try new recipes. A useful trick is try to make your meal as colorful as you can.

It has often been quoted that we need a large amount of water in the day, something like two liters. This is an almost uncomfortable amount to consume, and in fact, there is evidence to suggest that this is actually too much water to drink. Our body's can only absorb so much water in a given time, so what happens is we simply urinate out all the extra water. This in turn makes your pee clear. Once your pee is clear, it is a good indicator that you have reached an adequate amount of hydration. When you are dehydrated, your body simply stops you from urinating as much and makes your pee more concentrated. So if your urine is very dark or yellow, then you could probably do with bit of water. Either way, your health won't be too greatly affected by mild dehydration or over hydration. In fact by eating a healthy diet, you will consume a large portion of your water from just your food.

Salt is something that supplements most junk food (because it is delicious) but you don't need me to tell you that too much of it is a bad thing. If you are preparing all your own meals, a sprinkle of salt is the perfect amount. You only really have to worry about prepackaged meals and fast food when it comes to salt intake. Also remember to get a good amount of sleep. This will help your body repair and give you more energy for that killer intensity for your next workout. This is very important! You are not at your best when you're sleepy.



IT'S ABOUT KNOWING YOUR PRIORITIES

People often talk about how many calories you need, how much protein to eat and how many exact reps or sets to perform. None of this ultimately matters, if you push your body to the limit when exercising, you will force it to improve itself and this is the key to success. If you want to run further, you'll need to keep going when it's hardest. If you want to gain muscle, you need to get those last reps in. The '80/20 principle', that was popularized by the book by the same name, explains how that 80 percent of your results come from only 20 percent of your efforts. The implication of this is that to become more efficient, you need to know what the '20 percent' is so that you can focus on it and waste less time on the less useful '80 percent'. People can get stuck when they fixate on the arbitrary things sold to us by the fitness industry, which can mean worrying, misspent time and wasted money. These worries might include: Chicken or turkey? Should I split legs with chest? Do I rest for 1 minute or 30 seconds? It's these things that are ultimately part of the 80 percent. The 20 percent you need to focus on is simply consistently exercising and pushing yourself hard when you do.

When lifting weights, the exact number of reps you perform is arbitrary and could be holding you back. You need to get in the last important ones to push your muscles harder in order to promote growth. So for example, if you only ever aimed for 10 reps then you actually may have stopped short. You would have been able to do 12 or 15 but you stopped because you read somewhere that 10 reps was a good target. The number of reps isn't so important, just that you pushed yourself to failure! So always try to increase your weight or number of repetitions each time you do an exercise to ensure continuous growth.

When you reach your last few reps, make sure that you practice good form and do the exercise properly.

This will help to push the correct muscles and avoid injury that would stop you from exercising. If you have time, try to look up videos of how to do each of the main exercises or ask a friend or trainer to help give you feedback. Breathing at the right time during an exercise is also important. This helps to give your muscles more oxygen, so if you hold your breath, even though it may feel natural, you may feel faint and dizzy. Usually you should exhale as you push and inhale as you return. You will have to do this consciously at first, but it will soon happen naturally and your workouts will be more intense as a result. Some people worry that they are spending too much or too little time on a workout session, be it twenty minutes or an hour. However by keeping a high intensity you will probably find yourself struggling to do more than an hour!

Another common question for people trying to put on muscle is about how much protein should be consumed. A lot of the hype of this could be contributed to the fitness industry selling expensive powders, but it is true that protein aids muscle growth. You probably don't need to go crazy, just try to have a portion of protein in most meals. But everyone will respond differently so try a high protein diet and find out how much works for you. The same goes for calorie consumption, which could be argued to be more important for muscle growth. The more you eat the more you will gain (both fat and muscle), provided that it's good, clean healthy calories. This will also help to fuel your workouts and give you a great intensity. When it comes to eating healthily, the main thing you can do is to stop drinking too much alcohol and eating sugary snacks. Then you should be cutting back on as much processed food as you can. Remember, lot of the so called 'health' snacks like yogurt and granola bars are packed full of suspect additives and sugars, so don't be fooled by the advertising that they are especially healthy.

CONCLUSION

Thank you again for taking the time to read this guide, we hope you found it helpful. I wish you good luck with all your future health and fitness activities.

To sum things up, here are the key points you need to succeed in fitness:

- *Exercise to a high intensity by pushing yourself hard.*
- *Eat more and do strength training to put on muscle.*
- *Eat a little less and do both cardio and strength training in order to lose fat.*
- *Eat whole and unprocessed food as much as possible.*
- *Have a positive and empowering attitude to health and fitness.*
- *Focus on the steps above rather than sweating over the little stuff.*

What did you think about the guide? We would love to hear your thoughts, just email us at: info@rawbarrel.com and we would be happy to get back to you.

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Now get out there and do some exercise!

