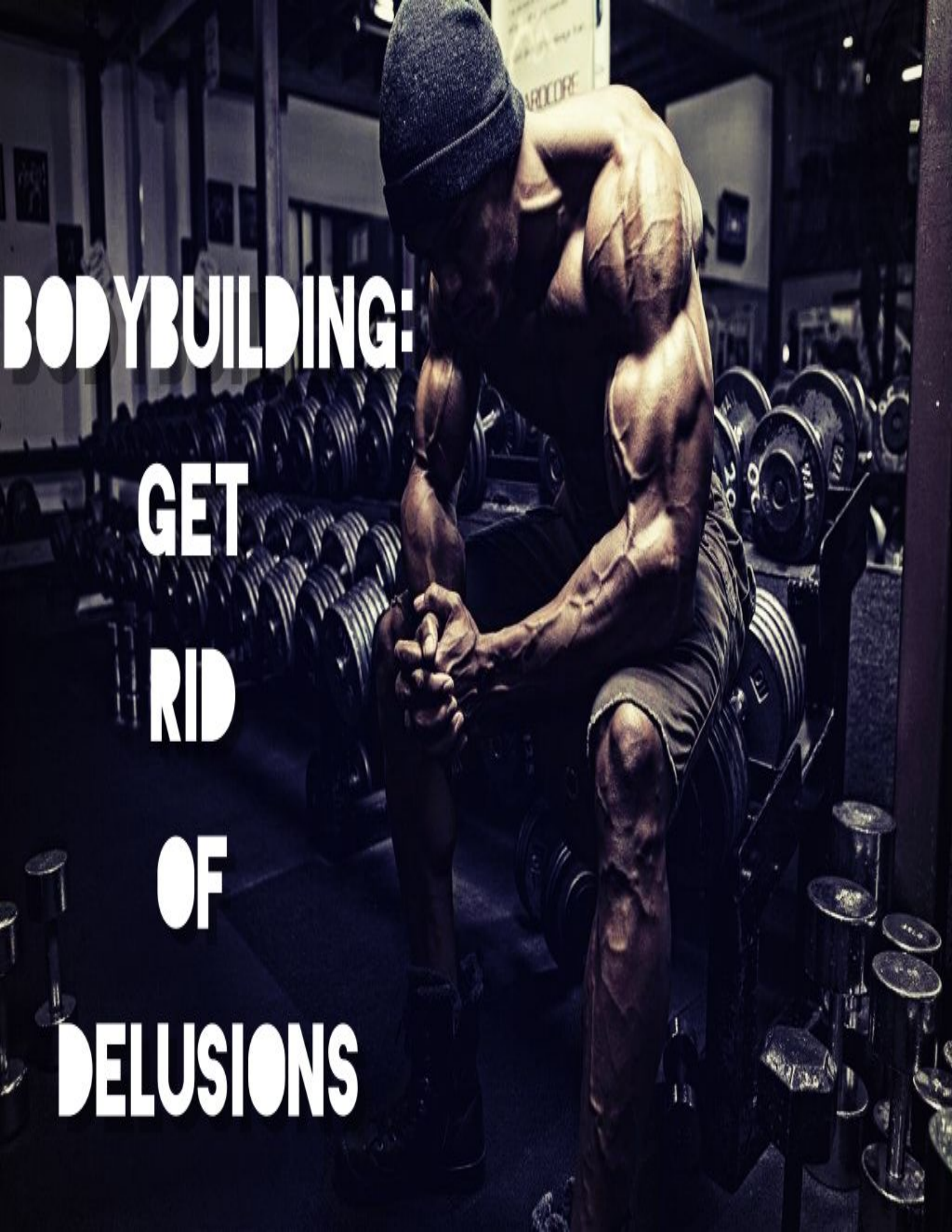
BODYBUILDING:
GET
RID
OF
DELUSIONS

Introduction.

Do you know what is the hardest part of training? Are you thinking of squatting with a barbell of 250 kg?

No. Not at all.

For most athletes, the hardest part is to start packing your bag to go to your workout.

Of course this sounds strange. Why does packing a bag suddenly become incredibly heavy, harder than a squat with 250 kilos on your back? Why does all the desire to go to training suddenly disappear?

If you have such a situation, it means that you did something wrong. You are not training properly. You did not correctly distribute the load in your training cycle, you did not correctly select the working weights and chose the wrong exercises.

Thanks to the abundance of colorful magazines, most of the newbies who come to the gym to get stronger and build muscle are not training properly. They do too many exercises, they do the wrong exercises, they do not gain weight correctly, they usually overtrain, and naturally do not get results.

Weeks, months, years of training, it's all wasted.

Why it happens?

Because there is a lot of Western literature for aspiring athletes. There are many magazines with bright covers that reprint mostly Western material that does not pursue the goals you want.

These magazines are concerned with one problem - sales and ROI. And you can understand them - it's just business. It is financially profitable for magazines to do two things: advertise the maximum number of simulators and convince the reader that by training on these simulators he will make fantastic progress.

So they kill two birds with one stone - they receive money for placing advertising materials and at the same time print what is for sale. Best selling is the freebie promise. This is how articles like "Huge Biceps in 6 Weeks" appear.

Or another striking example - an e-book on muscle building brings the author (Anthony Ellis, USA) 300 thousand dollars a year. What name has this book? "How I gained 15 kg of muscle in just 12 weeks without using steroids!"

By the way, in one of his interviews the author quite cynically admits that this name is just a marketing ploy. He just experimented with titles and the book with that title began to sell well. Do you think the author of the book, Anthony Ellis, is a major muscle builder? No, he has never done bodybuilding or powerlifting. An ordinary simple guy. I got carried away with fitness, and then I took and wrote a book on how to build muscle.

This is how people fall for the promise of a freebie. Hollyava's promise, as always, sells very well ...

A rare magazine or book will write that you need to work with heavy weights and break the annual training program into cycles. No, no one will buy such a magazine. People want everything at once, and it is desirable that it does not bother, with a minimum of effort. The ideal option is to become strong and build huge muscles in a couple of months without leaving the couch. This is not a joke - check out the ad for muscle stimulants.

Unfortunately, there is no freebie. Free cheese only in a mousetrap.

The situation is further complicated by the fact that in fitness centers and gyms it is rare to find a good strength trainer or weightlifter who knows how to at least squat correctly.

This is because real athletes rarely take aptitude tests and therefore cannot take up an instructor position. They, as a rule, do not have a diploma of special sports education, they most likely did not study pedagogy and psychology, are not erudite enough in matters of etiquette or foreign policy, or do not have a very presentable appearance.

And you can understand the owners of gyms and fitness centers. They need an instructor who can keep the conversation going on many topics; who will come to training not in a torn T-shirt, but in a branded tracksuit; who will not interrupt the beginner in mid-sentence, but will be ready to listen for hours to his nonsense, doubts and dreams.

Therefore, trainers in fitness centers and gyms are most often athletes who themselves are little versed in the correct methods of strength sports.

All this leads to the fact that, in general, gyms tend to move away from barbells and switch to exercise equipment. In some gyms, literally everything is done on simulators - squats, presses, deadlifts, etc.

There is another explanation for this - the barbell is more traumatic.

An inexperienced beginner might, for example, start shooting all the pancakes from only one side of the barbell. The bar will, of course, fall. Someone can get injured because of this, then the instructor will be dragged around the courts, and the administration of the hall will have to pay decent compensation.

There is no such problem with simulators - it is not at all easy to get injured on them.

Therefore, the physical education instructor will try to do what is safer - let it be better for you to work more on simulators and less on the barbell.

Of course, if you have a real coach from strength athletes working in your gym, then this is just a gift of fate. In such a hall, rods, platforms, racks will always be actively used. Such a coach will teach a young athlete safety when working with a barbell, tell you how to do basic exercises, knows that simulators are, first of all, a means for losing weight (for women or for drying), and not for pumping muscles.

But every now and then the colorful magazines that come out fill the heads of young guys with unnecessary information. They offer reprints from Western literature that do not intend to see the specifics of Russian strength training. They provide the standard and safest sets on the safest simulators.

And there is no work with a barbell at all.

And the point is that the main goal of Western magazines, one might say, is the opposite of your goal. You want to get strong and build muscle as quickly as possible. This can only be done with a barbell. They want to make money without being sued for a recommendation that suddenly leads someone to injury. Therefore, simulators are advertised as much as possible.

Naturally, there are more and more simulators, and there is less and less work with the most ordinary barbell.

As a result, such magazines do only harm, giving the impression that you need to train a lot and mainly on a variety of simulators. They write very little or not at all about working with the basic exercises. They don't even think about how to do a safe workout with a barbell.

This book will tell you about the real state of affairs.

It is impossible to train according to the methods recommended by most foreign authors, especially for beginners. In general, all of these techniques interfere more than help.

Young guys just don't understand that now all the strongest athletes live in Russia. At the World Championships, the Russian national powerlifting team is always the first in the number of gold, silver and bronze medals. The Ukrainian team is behind the Russian national team, "head to head", with a minimum margin, followed by the Poles, and the American team does not rise above the 4th place.

Russian athletes who come to the domestic competitions in the USA and Canada, even not of the highest level by our standards, meet practically no resistance, collect a rich harvest of medals and cash prizes.

Therefore, in our time, when the slogan "Russians are coming!" has already loomed a formidable shadow over the world powerlifting federations, if you want to progress, then you need to study exactly the Russian methods of strength training.

I also want to show one of such techniques in this book.

After reading this book, you will learn how to train most effectively, how to make the most of every minute of your time in the gym, how to build training cycles correctly, and how to avoid stagnation.

To do this, you just need to focus on the main thing, and the result will not be long in coming.

This is how Masters of Sports (MS) and Masters of Sports of International Class (MSMK) train.

Do you think they are strong because they have outstanding genetics or because they have injected a horse dose of anabolic steroids?

No. They just work with their heads, highlight the main thing and do not scatter 6-12 exercises per workout. They spend energy very sparingly. They are only busy with what is needed. Nothing extra.

However, the question of taking steroids requires additional clarification.

I know that many, after reading about MS and MSMK, will immediately say, "Yes, they are all chemists, what can be equal to them!"

Yes, it is terribly done from the thought of what power sports have reached ... If only a person says that he is a master of sports, then everyone automatically implies that he is a "chemist".

The fact that he is swinging according to an effective method does not even occur to anyone ...

Guys, you shouldn't have any illusions. If someone is engaged in a crazy, useless method, and he has no result, then this does not mean that a good method does not exist.

She exists.

How there are real MS and MSMK, which achieved their results, doing this "pure" method, without chemistry!

An excellent example of a "pure" MSMK in powerlifting is Pavel Sboev. He, practicing according to the system that I will describe to you in the chapter "Cycles", collected MSMK in two weight categories - 90kg and 100kg.

Once, having already retired from competitive sports (work, business, back injury at work), he came to the competitions of the Novosibirsk region as a spectator, he just wanted to bench press outside the standings, but he was persuaded to perform in all exercises. And he performed, took first place, did not reach the MSMK only 30 kg. His results at that performance were as follows (with a body weight of 89kg): squats - 295kg, bench press - 195kg, deadlift - 300kg.

Without any months of preliminary preparation! Without any eyeliner! And even more so without chemistry!

And all because if an athlete trains without chemistry, his results are stable. Over the years of training, he accustomed himself to work in cycles, and the body, getting used to the planned reductions and increases in the load, does not need any chemistry. Chemistry is needed only for rest and the fastest recovery. But if a good rest is provided every 2 months, then the need for chemistry simply disappears by itself.

By the way, Pavel Sboev's best competitive results are as follows: squats - 322.5 kg, bench press - 222.5 kg, deadlift - 325 kg. He was the winner of the Russian Championship three times in the 90 and 100 kg categories.

And to make it clearer how and why this book appeared, I'll tell you a little about how I came to this method.

I trained in powerlifting for 7-8 years. The result grew slowly from year to year. I slowly made a candidate for master of sports, but since they don't give a crust for this, I didn't pay much attention to it. A candidate for master of sports is not considered to be anything special in powerlifting. It's like a 9th grader at school - like a graduate, but in fact still study and study.

And now, when I was already a candidate for master of sports for about 2 years, it turned out that I did not train at all for a whole year - final exams at the institute, a diploma, candidate exams in graduate school, and much more that was necessary and unnecessary. The results fell, of course, nowhere below. Actually, they dropped to zero. And at that moment I learn that my friend, with whom we once began to train together, as a result of two years of efforts, has fulfilled the standard of a master of sports.

And I decided that I could too.

First of all, I sat down to my training diary for all the past years and began to look there for an answer to the question of why and when I had an increase in results.

You really do not know where you will find, where you will lose.

Analyzing the old records, I was only surprised how I, then still young, had enough sense to keep a training diary, where I wrote down all my

approaches, exercise times, my own weight and various observations.

These diaries have helped me tremendously.

By studying them, I was able to identify the most effective training principles and developed a program based on them.

After that, in early August, I came to the gym and bench pressed a barbell weighing 50 kg. Six months later, in January 1996, at the competitions in the Zone of Siberia and the Far East (Myski), the master of sports in powerlifting fulfilled the standard with the following results: bench press - 162.5 kg, squat - 240 kg, deadlift - 247.5 kg (category up to 75 kg).

The result of the candidate for master of sports (CCM) from the result of the master of sports (MS) is separated by the sum of triathlon by about 150 kilograms.

To gain such a big difference in just six months, and even from a state of complete detraining - this is really the result! But this only proves the effectiveness of the principles that I put in the basis of my training.

Chapter 1. Ten most common misconceptions.

Misconception # 1. Strength sports = anabolic steroids.

The first misconception that walks among not very experienced (and sometimes experienced) athletes is the statement that it is impossible to achieve great results without chemistry.

"Will means little here," they say. If you don't use chemistry, then "even average results are already a major achievement."

As a rule, these lies are told by those who themselves have not achieved anything. So they try to justify their own, to put it mildly, very poor results.

Judge for yourself - chemistry appeared on the sports arena only 40 years ago. The victorious procession of chemistry began in 1964, when at the Olympic Games in Tokyo at the weightlifting competition, "pure" Yuri Vlasov yielded first place to "chemically treated" Leonid Zhabotinsky, losing 2.5 kg due to a tactical error.

From that moment on, chemistry was confidently prescribed in the diet of first weightlifters, and then bodybuilders around the world.

But after all, the entire history of mankind before that, athletes did not use steroids. And what, weren't there strong and beautifully built people?

Take the same Yuri Vlasov.

It is unlikely that his results can be called small (he raised a headstock weighing 215.5 kg over his head), and his figure was not developed. He owns 28 world records. He is a four-time world champion, a man awarded the title of "The strongest man in the world." At the Roman Olympics, he was carried out of the competition hall in his arms, like an emperor.

In the 60s, Yuri Vlasov was the same iconic figure as Yuri Gagarin. He was known all over the world, statues were sculpted from his figure, he was considered the most ideal man, he was an idol for many boys of that time, including Arnold Schwarzenegger, who somehow miraculously got into Yuri Vlasov's locker room during the competition in Vienna, and this the event changed his life forever.

Yuri Vlasov himself had a similar case when, as a young man, he was lucky enough to talk to the legendary "Russian lion" Georg Gakkenschmidt - also a very famous Russian security officer all over the world, who squeezed 116 kg with one hand.

You can recall other athletes, some of them were naturally strong, for example, Ivan Poddubny, Ivan Zaikin and many others, and some became strong only thanks to their perseverance and perseverance, for example, "Russian Samson" Alexander Zass, Georg Gakkenshmidt and Evgeny Sandov ...

In general, the fate of Eugene Sandow (in England, where he lived most of his life, he was known as Eugene Sandow) is very impressive.

The weak and sickly young man decided to develop his body and for this he began to study medicine and work out with dumbbells. Several years passed and people started talking about him. Sandow began to be called a person with a figure with perfect proportions. With an increase of 174cm, he built up muscle mass up to 90kg.

In 1930, his book "Bodybuilding" was published in London, dedicated to the development of a proportional physique through exercise with resistance. This book formed the basis of modern bodybuilding and, therefore, it is the statuette with the image of Eugene Sandov that is awarded to the winners of the Mr. Olympia competition.

All of these athletes have never used steroids, but performed such strength tricks that even today's bodybuilding stars will seem impossible. For example, Evgeny Sandov could do a back somersault, holding 24kg kettlebells in his hands and accurately stand with his feet on the handkerchief from which he was jumping.

And which of the modern bodybuilding champions can bend the rail, as Ivan Zaikin did?

But maybe they will at least be able to repeat the achievements of 67-kilogram Alexander Ivanovich Zass, who showed and proved on himself that large muscles are not a sign of great strength.

He said: "A large biceps is not a criterion of strength, just as a large belly is a sign of good digestion. All strength lies in the tendons." He himself grew muscles only to have a "marketable appearance" for his performances in the circus. The sight of a puny man breaking chains with his hands and chest, bending thick rods on his knee, piercing two boards with a single blow of his fist with a nail was too unusual.

In the circus, it seemed like a setup.

Therefore, Alexander Zass was forced, at the request of the owner of the circus, to increase his muscle mass to 80 kg. The incredible strength that Alexander Zass developed in himself was tested in more than extreme conditions - during the 1st World War he was emaciated prisoner by the Austrians, was severely beaten, imprisoned in the basement of the fortress and chained to the wall. On the first night, he broke the chains, broke the bars and fled.

So no, those who say that the whole point is only in "chemistry" are wrong.

The opposite is true.

Only will and perseverance will determine the ending to which you come, and not steroids at all.

By the way, dropout trainers are very fond of talking about steroids. I visited many gyms and in only three or four gyms I saw really Coaches from a Capital Letter.

Unfortunately, in many cases, the trainers in the gyms are just physical education instructors.

As a rule, these are swimmers or skiers who graduated from a physical education college, who have very superficial knowledge in the field of strength training and muscle building. All their experience in this area is reduced to three times a week according to methods, read in varnished foreign magazines or seen in films such as "Pump Iron" (1975). To bench press 120kg for such a 90kg coach seems like a phenomenal success.

It's very bad if you have just such a coach in the gym. He can, of course, talk about white and red muscle fibers, tell you about metabolic acidosis as a factor in fatigue, and even show you some exercises to separate certain muscle fibers.

Be careful. Of course, all these buzzwords can hypnotize a newbie who first stepped into the gym.

But this is all tinsel. Such trainers do not know how to build a training process, do not know how to increase the load, how to move to high weights, and even cannot tell you how to perform the exercise correctly. The nuances of technology are not available to them.

The worst thing is that if something is not going well for you, you train incorrectly and as a result, you have driven yourself into a corner, such a coach has one piece of advice for all: "You have to eat methane." Methane among bodybuilders is called methandrostenalone - an anabolic steroid in the form of tablets.

So young guys begin to swallow packs of methane, they plant the liver and prostate, but this does not bring any effect. There is still no result.

In fact, with a poor coach, an inexperienced athlete is left alone with the barbell. And more often than not, this leads to overtraining. Weights build

up too quickly, "penetration" begins to the maximum, and, as a result, microtrauma, constant pain in ligaments and joints, apathy and unwillingness to go to the gym at all.

Therefore, if your trainer advised you to take some anabolic steroids for faster muscle growth, this is a reason to seriously think about his qualifications.

We must evaluate everything a little from the outside. If you are not preparing to compete in serious competitions at the level of a master of sports, then the advice to start taking steroids should be regarded unequivocally - this person is not an expert and all his advice should be either ignored or carefully weighed.

Honestly, even the appearance of the gym and the guys involved in it can tell you a lot about the qualifications of a coach.

The point is that if you want to get stronger and pump up well, then gyms usually have little to offer. They usually have very few normal barbells and a lot of unnecessary and expensive simulators. In general, I noticed this strange feature - the more expensive the simulator, the more useless it is.

The ideal gym for strength training and muscle building is a powerlifting or weightlifting gym that has deadlifts, normal wide squat and bench press racks, classic (Olympic) barbells with locks and lots of pancakes.

But fashionable modern gyms are usually packed with what is not needed, but what is vital for the rapid growth of mass and results is not there.

Of course, this whole pile of chromed iron exercise equipment looks nice in the gym, coupled with a European-style renovation, a solarium, a sauna and a couple of air conditioners. But all this has nothing to do with the rapid growth of strength and mass. Don't fall for this beauty! You need a modest hall where real guys work, seriously and without unnecessary frills.

Therefore, if you go into the gym and see a crossover there, near which there is a queue of skinny guys, then we can say unequivocally - the coach in this gym is useless and the only thing he is capable of is collecting money once a month. Because no crossovers, butterfly machines, or French one-handed dumbbell press can help you gain mass — these are exercises

to shape huge muscles and give them a more beautiful shape. Until you have huge muscles, doing all these exercises does not make any sense.

Misconception # 2. Strength sports are only for young people.

Only people who are very far from power sports can argue that "your age is the limiting factor".

"If you are over 35 years old, then you should not expect serious results from strength sports," they sometimes say.

This is a misconception, because in fact, in real life, the opposite is true.

Indeed, in gymnastics and 18 years is already old age, in figure skating - 25 years, and in football, hockey, tennis - 30-35 years.

But it is power sports, like no others, that are able to give veterans the opportunity to express themselves to the maximum. It is here that a person who does not start his body can show the highest results even at 60 - 80 years old!

And there are so many examples of this that they move from the category of something unusual to the category of everyday. The World Veteran Powerlifting Championships are held annually and the results shown by sports veterans of 60-80 years old can cause an attack of acute envy even among experienced young athletes.

In order not to be unfounded, I will give a few examples.

Vladimir Zhuravlev has been performing at the powerlifting championships of the Novosibirsk region in the category up to 60 kg for several decades. Now he is 64 years old, retired, a doctor by profession.

Since at the regional level there are no separate competitions for veterans, he acts on a general basis. And for several decades he was the first in his weight category, beating the guys who are 40 years younger than him. By the way, I note that Vladimir Zhuravlev is a master of sports in two power types - at the age of 17 he became a master of sports in weightlifting, and at 60 (!) He became a master of sports in powerlifting.

So who and what said there about age?

I am absolutely sure that Yuri Vlasov was right when he said that everyone can become a master of sports. Of course, they were referring to strength sports. There is not a word in this statement about age, gender, height or weight, or anything else. All this is completely irrelevant if there is a will. Everything depends on your will. If you want to become a master of sports, then you will. Even if you are 60 years old. Or 70 years old.

By the way, Yuri Petrovich Vlasov himself is already 70 years old, but he still practices the barbell and bench presses 170kg.

And what a long way to go - look at the most prestigious bodybuilding championship "Mr. Olympia". It is rare to see a young guy there, and all the main and most famous competitors are well over 30: most often they are mature men 33-37 years old.

How not to recall Albert Beckles, who first approached the bar at 35 years old, and at 53 years old won his first professional bodybuilding world championship and got to Olympia, where he immediately appeared in the top ten. And that was not the limit, at 62 he won the Niagara Falls professional bodybuilding tournament.

But these are all, of course, examples, which, although in plain sight, are bookish. What you see with your own eyes is much more impressive.

I recall the opinion of one bodybuilder who enthusiastically told on one of the forums: "Six months ago, a Daddy came to us at the age of 65-70. With a beard, blue woolen sweatpants with stripes, a checkered shirt tucked in, gym shoes on their legs ... Everything is as it should, in short. Comes to our platform. The guys are squatting. On the bar - 120 kg. He asked so politely, came up ... Everyone held their breath - ready to save their grandfather. I can already imagine how I will give him artificial respiration with his beard ... So he once, once and ... sat down! Yes, so deep! Yes, 5 times! And then another 150 kg for 3 times!

We then asked him what, they say, the secret ... And he was a simple Soviet athlete ... So, gentlemen, bodybuilders. "

Or here's another illustrative example.

Recently, Lydia Klimovna Bocharnikova, who turned 72 years old this year, has been participating in the competitions of the Volgograd region. She has

never played any sports before, 14 years ago she was widowed andthis sad event greatly undermined the woman's health, age-related diseases made themselves felt.

The Volgograd newspaper "Life" writes about what happened in the future (12.10.2005):

“Once, looking to visit her neighbors, Lydia Klimovna, as usual, began to complain about her poor condition - they say, it hurts, but here it hurts. she should go to the gym. ”Lydia Klimovna, without thinking twice, agreed.

- Then I had no idea to sign up for regular classes, - Bocharnikova now admits with a laugh. - Just let me, I think, I'll come and see how it is. And tell me who then, that I am seriously ill with "iron", I will participate in the regional championship, and even win, I would never have believed!

But, once grabbing the grooved bar of the bar, experiencing the intoxicating joy of overcoming her own weakness and feeling an unexpected surge of strength, seemingly irrevocably gone along with her youth, the pensioner with all her heart "stuck" to weightlifting.

The coach, with amazement watching the miraculous transformation of a neighbor who had recently complained of arthritis-sclerosis, took her training under personal control. And the successes were not long in coming. Now Lydia Klimovna Bocharnikova is a multiple winner of regional powerlifting competitions. Her letters and diplomas are dazzling, and the oldest "sportswoman" in the field takes only first and second places! For the victory in the next regional championship in powerlifting, which took place in May of this year, Lydia Klimovna was awarded a commemorative medal and a cash prize of seven thousand rubles.

- Say what you like, but still a good increase in pension, - the pensioner Bocharnikova jokes. - Although, to be honest, I don't need any money, no big results and titles from sports, because my main goal is health.

Ideal health, admits an amazing pensioner, whatever one may say - there is no need to wait from 72 years. But the fact remains - all age-related sores that hitherto plagued Lydia Klimovna disappeared without a trace, as if they did not exist at all. Bocharnikova is digging up her own garden now, as they say - light. And to throw the "Kamaz" sand, and cut the trees - all this for

Lydia Klimovna is now not a problem at all. And Bocharnikova, not limited to physical exercises alone, finds time for spiritual life - she sings in the local choir three times a week. So there is simply no time to once again complain about life, get bored and unstuck. And Lydia Klimovna herself admits that she feels just fine now. She is truly grateful to the sport that has so happily changed her life. "

So no need to nod at age. Age has nothing to do with it. The one who wants, he will achieve his goal, and who does not train properly, is tired and has lost motivation, he is looking for excuses.

Misconception No. 3. The load must be increased with the smallest pancakes.

Gradually increasing the load is an extremely important and correct principle of effective training.

But let's see how it is interpreted in foreign magazines and books for beginners.

And here's how: you need to add 0.25 kg in each exercise every couple of weeks, use small pancakes weighing a quarter of a kilogram for this. "For an amateur, this tactic is the most productive" - write such magazines.

Okay, let's do some math. Let's say you are a stubborn athlete, train all 52 weeks of the year and follow his recommendations to add, for example, squats 0.25 kg once every two weeks.

In total, you will gain 6 kg in squats in a year.

And what's this ?! The miracle of effective training? !!

Of course not, this is not correct, you cannot train like that. By following this "small pancake" recommendation you can never grow efficiently.

When small pancakes of 0.5 kg were constantly used in our hall and a queue formed on them, at first I could not understand what was the matter. It turned out that several young guys came to the section, who followed similar recommendations and constantly increased weight on the barbell with these smallest pancakes that we had.

After some explanations and demonstrations, the guys, of course, changed their minds. And it was after this incident that I decided to write this book. Because many young guys start practicing according to various stupid advice, and then, watching the weight of the barbell slowly grow, they quit training altogether.

Someone may say: okay, let's increase the weight not by 0.25 kg, but at least by 1 kg.

But this is not correct either.

The fact is that the usual error in the manufacture of pancakes for a barbell is 100-200g.

If you hang 4-6-8 pancakes on a bar, then the error in weight fluctuations can just reach 1 kg. Those. the error in making pancakes can "eat" your 1kg increase.

It is for these reasons that most experienced athletes rarely use pancakes of 0.25 kg, 0.5 kg, 1 kg - they are mainly used only in competitions.

And in training complexes, it is customary to increase the load with the help of pancakes of 2.5 - 5 kg.

Now imagine one newcomer who will try to fulfill the recommendation "using the smallest pancakes" read in the magazine, and the second newcomer, who was suggested by experienced guys that the weight of the pancakes should be increased by 2.5-5kg. The second one will progress 10-20 times faster!

In general, load buildup is done as follows.

As soon as you did some weight, for example, squatted with a weight of 70kg 5 sets of 8 times, then on the next workout you need to add + 5kg, i.e. put 75kg on a barbell and try to sit down with this weight 5 to 8. Let's say you may not succeed right away, but you will succeed

1 approach - 8 times,

2nd approach - 8 times,

3 approach - 8 times,

4 approach - 7 times,

5th approach - 6 times.

There is nothing wrong with the fact that it was not immediately possible to sit down 8 times all the time.

We just think that the weight of 70 kg is already a passed stage, now your goal is 75 kg. And your task is to sit with this new weight 5 to 8. And as soon as you have completed it, then at the very next workout you add another 5 kg, put 80 kg on the bar and try to sit them 5 to 8. And so on. With this approach to increasing the load, you will add not 6 kg, but 30-60 kg per year in each movement (here I am talking about the first years of training, when there is an active increase in results).

Misconception # 4. During a workout, you need to have time to do 5-12 exercises.

This is the most dangerous delusion.

Experienced athletes do the opposite - they exclude all auxiliary exercises and only engage in hard basic training.

But let's open any colorfully designed magazine and look at the "Complexes" section there. What will we see?

Typically - bench press, block deadlift, squats, bent over rows, dips, deadlifts, pull-ups, shrugs, block deadlifts, neck exercises, calf exercises, forearms, abs, and so on.

Those. we see how hard core exercises (bench press, squat, deadlift) are blurred by various auxiliary exercises.

As a result, it turns out that in the standard complex for a beginner, at least 8 exercises are given. And this is too much.

Because all these pulldowns, calf raises, dumbbell presses, crunches, and more are NOT basic exercises. It makes no sense for a beginner to make them - it is a waste of time and energy. The beginner should focus on the base and not be scattered over the secondary.

Remember the basic principle of strength training is "only hard basic exercises." These words deservedly should be written in large letters at the entrance to any gym. It was using this principle that many guys built up huge muscle mass and became champions in powerlifting and bodybuilding.

But there are only three hard basic exercises: squats, bench press and deadlift. All other exercises are auxiliary.

Therefore, in order to build impressive muscle mass and achieve success in sports, it is necessary and sufficient to do only these three exercises!

No biceps curls, block pulls, calf raises, bent over rows, etc. shouldn't be in your program! In any case, the first 1 - 2 years.

This is later, when you build up large volumes, you may want to correct the shape of the biceps or the anterior bundle of the deltoid muscles. But, until you have built up powerful muscle mass, doing other than basic exercises is not a rational waste of time.

This idea is so unusual for many athletes that I will repeat it again.

For dramatic muscle growth and results, you should only do three exercises: bench press, squat, deadlift.

Everything else will only be harmful. Performing unnecessary and unnecessary exercises, you take away those precious reserves of energy that could give you incredible leaps in basic exercises.

Why can we do with just three basic exercises? Yes, because these exercises load all the muscles of the body and make all other types of loads unnecessary.

Someone may doubt this, but think, when you perform deadlifts and lift a barbell weighing 250 kg, what a huge load falls not only on your back and legs, but also on your biceps, shoulders, trapezius muscles and even muscles of the neck. So, given serious deadlift training, all other exercises for these muscle groups will not be needed. The biceps, shoulders, trapezius muscles and neck will all grow from the deadlift.

When you squat with a 250kg barbell, think about the high abdominal pressure that the athlete has to withstand. An athlete taking such weights

simply cannot have a weak abs by definition - he will pump up during squat training.

If you bench press 150kg, then the muscles of the arms, chest and front bundles of the deltoid muscles will obviously be worked out so much that any jock - a bodybuilder will envy.

We must also add such a moment that in the bench press it is very important to learn how to remove the bar from the chest, including the latissimus dorsi. This will give the acceleration necessary at the beginning of the ascent. So it may seem like a paradox to some, but the bench press also develops the back, especially the latissimus dorsi.

But all these results of 250 kg in squats, 150 in the bench press and 250 kg in the deadlift are more than achievable! You just need to focus on these three exercises and do them year after year. And after all, everyone will agree that a person lifting such weights will look very pumped up, and not dystrophic.

Moreover, all famous bodybuilders started their careers this way. With hard basic workouts, they rocked huge muscles, and then with auxiliary exercises they gave these muscles relief.

Remember this, hard basic training comes first. And only having huge muscles can you move on to all these bent-over rows, French presses and dumbbell spreads.

And until you build impressive muscles and achieve significant results in these three basic exercises - forget about everything else. Anything else will only harm your growth and your progress.

Misconception # 5: Do the same thing three times a week.

This is another of the most common mistakes newbies make. For some reason, they usually choose a set of 6-10 exercises and do it without changing 3 times a week.

This is the most disastrous approach and the shortest path to stagnation.

Firstly, you only need to do the base, and secondly, the exercises should change, as well as

load during the week.

The most ideal would be to do squats and bench presses twice a week and deadlifts once a week.

The workouts during the week do not have to be the same, so the first time a week the bench press and squat are made "hard" and the second time "light".

A "hard" workout is a workout to the limit, and a "light" workout is the second workout of the week, a technique workout.

Deadlifts are only done once a week due to the fact that the muscles that work in the deadlift are the largest on the body and regenerate slower than all other muscles.

The sequence of exercises in training is the same as in competitions.

If you can train five days a week, then your weekly plan will look like this:

- Monday: "Heavy" squat.

- Tuesday: "Heavy" bench press.

- Wednesday: "Heavy" deadlift.

- Thursday: "Light" squat on technique.

- Friday: "Light" bench press on the technique.

With this schedule, your muscles will tense for the first three days of the week, but get enough rest in the afternoon.

If you do not have the opportunity to train five days a week, then you will have to work with two basic exercises in one workout. But whenever possible, try to never do two "hard" exercises on the same day.

For example, if you train 4 times a week, then you can build your schedule like this:

-Monday: "heavy" squat.

Tuesday: "heavy" bench press.

Wednesday: "heavy" deadlift.

-Friday: "light" squat on technique, "light" bench press on technique.

Four workouts a week is a great option used by most of the strength athletes I know. In it, "heavy" basic exercises are divorced by day, and the combination of "light" exercises does not strain the psyche.

It is quite possible to train three times a week. In this case, the following scheme is obtained:

- Monday: "heavy" squat.

- Wednesday: "heavy" bench press, "light" squat on the technique.

- Friday: "heavy" deadlift, "light" bench press on the technique.

If you train two days a week, then I think it is better to do this breakdown:

- Tuesday: "heavy" squat, "heavy" bench press

- Thursday: "heavy" deadlift, "light" bench press

Well, for fans of the Mike Mentzer system (workouts once a week), I will say that, in principle, you can train only once a week and do three heavy basic exercises during this workout. But it will be very difficult psychologically. Then, over time, you will hate this day of training and, perhaps, quit sports altogether. Therefore, I still recommend spreading a heavy load for several days and doing 3-4 workouts a week.

Misconception # 6: Doing 20 times per set will make fantastic progress.

This is not a very common misconception, but I want to discuss it nonetheless.

Among some foreign authors, a saying began to appear often that it was necessary to do squats and deadlifts 20 times per set. Allegedly, this will lead to an incredible increase in results.

This is partly true and therefore there is a trap for beginners here.

The fact is that 20 times per approach is effective only if the athlete gives all the best for this one approach, but does not cross the line of overtraining.

And this fine line is very difficult to grasp.

If you miss a little bit of training, then the effectiveness of the exercise drops sharply and we can assume that the training was wasted.

If you overtrain a little, then caring comrades will simply carry you out of the hall, pale, exhausted, emaciated and vomiting.

Adepts (fans) of squats 20 times per approach put buckets all over the hall so that they don't have to run far when they want to puke from overtraining after the approach. And it's not a joke.

Therefore, I do not advise any of the novice athletes to try this recommendation for themselves. 99% of you will develop a persistent aversion to squats and deadlifts.

I want to draw your attention to the fact that one of the now "fashionable" amateur bodybuilding gurus Stuart McRobert (author of the books "Think!", "Think-2", "Hands of a Titan", etc.) is especially active in insisting on these 20 one-time squats and deadlifts. .), whose books have been actively distributed over the past 8-10 years in Russia.

I propose to take a closer look at MacRobert himself and think about whether we can trust his advice.

Who is this "fashionable" guru, and what can he himself? What results did he achieve himself?

Let's take a look at this issue, because it is quite important. Agree, it's stupid to read a book, for example, on the craft of a bricklayer, written by a person who does not know how to lay out a brick wall of a garage.

Fortunately, the book Think! Gives better results from Stuart MacRobert. They are. Bench press - 120kg, squat - 160kg, and deadlift - 200kg. In total, this gives 120 + 160 + 200 = 480kg.

Unfortunately, the book does not indicate Stewart's own weight, but we can estimate it ourselves.

He writes that he has a height of 175 cm and, according to his method, has built up 25 kg of muscles. Thus, even if initially, with his height of 175 cm, he was a skinny 60-kilogram dystrophic, then having increased 25 kg of muscle he reached a mass of 60 + 25 = 85 kg. And most likely 90-95kg. But let's stop at a minimum of 85 kg.

So what does all this mean and why all these calculations and assumptions? This is necessary in order to translate the conversation into a more familiar plane of sports categories and titles. These are, of course, purely ours, Russian standards, but let's look at Stewart's results from this side. At least out of interest.

Below I give a table of standards for powerlifting for men (the sum of three exercises is indicated).

Weight categories	msmk	ms	kms	I	II	III	I jun.	II jun.
48.0	-	-	-	285.0	255.0	235.0	210.0	195.0
52.0	490.0	450.0	375.0	310.0	280.0	257.5	230.0	210.0
56.0	540.0	490.0	405.0	337.5	305.0	285.0	245.0	222.5
60.0	585.0	535.0	445.0	370.0	340.0	305.0	275.0	247.5
67.5	660.0	600.0	480.0	400.0	360.0	330.0	300.0	267.5
75.0	720.0	650.0	505.0	425.0	385.0	355.0	325.0	290.0
82.5	775.0	695.0	540.0	475.0	435.0	385.0	347.5	305.0
90.0	805.0	720.0	550.0	500.0	462.5	405.0	370.0	330.0
100.0	850.0	750.0	595.0	530.0	487.5	450.0	385.0	345.0
110.0	870.0	770.0	635.0	560.0	515.0	485.0	405.0	360.0
125.0	900.0	785.0	660.0	595.0	537.5	505.0	430.0	380.0
+125	925.0	810.0	710.0	615.0	555.0	520.0	462.5	400.0

The table shows that the results of the 85-kilogram Stewart (480 kg) do not even reach the 1st category. And this is the result of his at least 15 years of work. This is just amazingly small!

In my memory, no one has had such low results. For 15 years of work in the gym, the guys reached at least the CCM, and most often they became masters of sports. Without any "chemistry", only on diligence and perseverance.

So I would like to ask - is it possible to take seriously the advice of a person who for so many years of intense training has not been able to rise above the second category?

Surely you have a guy in the gym whose results correspond to the second category. Now imagine this guy has been training for 15 years.

And if such a guy writes a book about how he could swing his biceps up to 45cm (one of MacRobert's books is called "Hands of a Titan. 40, 42 ... 45cm!") Or how he could bench press 180kg (MacRobert's new book is called Bench Press 180kg!), how would you feel about that? Will you listen to him? Will you follow his advice?

Or do you laugh heartily, pat him on the shoulder and say: "Boy, first achieve something yourself, but for now go and work. The bar is waiting ..."?

MacRobert is such a guy - a second-rate player with 15 years of experience.

But as you understand, a person who has not been able to achieve success himself is unlikely to be able to help others with practical advice. He can only talk about how to do it not to be done, but how to do it - he cannot know.

So, in his books, MacRobert strongly recommends doing squats and deadlifts 20 times per set.

Meanwhile, MacRobert himself clearly did not achieve much success in the deadlift.

So it turns out that those who will do squats and deadlifts 20 times per set will just take their word for this second-rate guy and spend years of work on this completely insane recommendation. Moreover, this will not bring

any result 100%, except for one thing - hatred of this exhausting exercise. Don't go to grandma.

As for his advice to squat 20 times per set, Stewart argued that in this case, you can avoid knee injuries. I would argue that you can avoid knee injuries only if you perform each set of squats in bandages. Even warm-up approaches should be performed in bandages, then you will not be afraid of any injuries.

The recommendation to do deadlifts and squats 20 times per set is a savage recommendation. Anyone who tries to follow it will quit bodybuilding in a couple of months. At best, quit squatting and doing deadlifts. Because 20 times per set - this is the very overload, from which MacRobert himself warns everyone.

By the way, MacRobert's advice about doing 20 reps allows you to evaluate his level as a coach.

Here is what MacRobert says in the chapter "Set of Twenty Replays" (see "Think-2"):

"Start with a weight that you can lift forty times in a row, but stop at twenty. Add 2.5 kg per week until you feel you can only do 25 reps in a row. But again, you should not go to the limit, stop by 20. Then add 1.5 kg or a kilogram per week. "

Let's say you can sit at the limit with a 130 kg bar 20 times. Here's how MacRobert advises in this case to build a training schedule:

"Start with 112 kg. Squat 20 times, and the breaks should be long enough. Then for five weeks in a row, do the squat program just once a week, adding 2.5 kg weekly. In five weeks, you will be able to squat twenty times with 125 kg barbell.

This will, of course, be difficult, but it will not require extreme effort from you. You will physically and mentally adjust to difficulties and begin to enjoy overcoming them. When this happens, take out the small discs and start adding 1 kg each week. After five weeks, you will complete twenty squats with a 130-pound bar. Yes, of course, you will spend ten weeks picking up the weight that you could theoretically take right away, but then you will lay the foundation for further progress and will be ready to move

forward. After another five weeks, you have already mastered 135 kg, and this will not be the limit.

Five more weeks - and you will be able to do 20 squats with a weight of 140 kg, and again, some strength will remain in reserve. By doing a damn hard job, you won't be completely exhausted. And after another ten weeks of slow, but sure and safe advance, master the "magic" 150 kg. And this is an outstanding record for people with "weakly responsive" muscles! "

To summarize: So, we can initially make 130kg. But we start with 112kg. Then, for five weeks, we get to the weight of 125kg. And another 5 weeks to a weight of 130kg.

In total 10 weeks - ONLY FOR DOWNLOADING!

But 10 weeks is already a very tedious cycle, and we haven't even reached our working weight yet!

Further, (in spite of all my sports experience) MacRobert for some reason assures that the next 20 weeks the cycle will go smoothly on the rise and we will easily surpass the original 130kg, and immediately make (wow!) 150kg!

To be honest, it's not realistic. What MacRobert wrote here is just a hoax.

The first part of the cycle is too long, the second part of the cycle is very optimistic.

Another development of events is more realistic. The athlete, exercising for 7-8 weeks on weak weights, and knowing that he had not been working hard for 2 months, began to take time off from work and, in the end, gave up all sorts of squats.

But that's not why I started this conversation. I want to draw attention to the length of the cycle itself - MacRobert suggests that we do a 30-week cycle on squats.

Some inexperienced newcomer, a pious believer in the authority of MacRobert, may declare: "Well, what! MAC said, it means so like and NADA."

But an experienced athlete will think ...

Cycles are one of the hardest things to do in training. Cycles exist to train the entire body for periods of tension and recovery.

Cycles are needed in order to reach the peak on a planned basis, and then, as planned, to fully rest all the muscles.

What does it mean? This means that ALL basic exercises are done in ONE and the same cycle.

Physiologically, it is impossible to reach the peak on squats, and at the same time make a decline for deadlift or bench press - in this case, neither full growth of results, nor proper rest will be obtained.

No, a cycle is a cycle - all basic exercises are simultaneously brought to the peak, then on all basic exercises the planned decline is made SIMULTANEOUSLY - this is the basic law of cycling.

An experienced athlete, hearing MacRobert's recommendation to do 30-week squat cycles, will immediately think about how he will do a 30-week cycle, for example, on the bench press?

The 30 week bench press cycle is IMPOSSIBLE to do.

On the bench press, you can do 9-10 (maximum 12) weeks of continuous growth, but then, whatever one may say, you need to do a decline. The "chemists" can afford a cycle of more than 12 weeks, but they will not stand it for more than 16 weeks (and none of them will do that - why is it so senseless to "tear the veins").

So, what I draw for myself from the above passage is that MacRobert understands nothing about loops.

But cycles are the foundation of the training process. It is the wrong cycles or the absence of cycles that lead to stagnation in the growth of muscle mass and stagnation in the growth of results.

A coach can be a bad athlete himself, but if you are a real coach, then in order to write plans for young guys, you MUST understand the cycles.

From this I draw the second conclusion - MacRobert, if he is a coach, is a very, very mediocre, very inexperienced coach. To follow his advice in

terms of cycles (and this is the most important thing - strategy! - of the entire training process) is madness.

Every coach reading these lines, I think, will agree with me.

So how do you really swing?

We'll come back to questions about loops later, but beginners should start with options 5 through 8. Those. 5 working approaches are done with 8 lifts in each.

Please note that warm-up is not included in work sets. And I recommend doing at least 2-3 warm-up sets.

As the results grow and the technique is mastered, the athlete can gradually move to the option "5 to 5", along the way, having worked a little from "5 to 7" and "5 to 6".

At "5 to 5" you can stop and reach stagnation in the results.

As soon as there is stagnation, congratulations! This means you have grown out of a simple initial scheme and it's time to move on to cycles. And from that moment on, you begin to practice only within the framework of 8-12 weekly cycles. But we'll talk about this later.

Misconception # 7. Only 8 hours of sleep will restore your muscles.

The magazines often write about the importance of sleep and how eight hours of sleep will restore your muscles.

What can you say to this? Sleep is, of course, important, no doubt about it. A good deep sleep will help you get quality rest and recovery. In a dream, the body "recharges" its hormonal system, purifies the blood, creates new antibodies, produces growth hormone, etc. With chronic lack of sleep, the body cannot recover, and this will have a detrimental effect on muscle growth and strength.

This is all clear and not controversial.

But, nevertheless, this is not quite the correct recommendation. It is not the number of hours of sleep that matters, but the quality of sleep.

Many of us remember this situation: sometimes you sleep for a couple of hours and it seems that you have already slept, but sometimes on the contrary, you sleep for 8-10 hours, get up and walk like a plague and broken.

Why is this happening?

The fact is that sleep has a complex structure and consists of 5 stages.

The first two stages are the stages of falling asleep of consciousness. The subconscious mind at this moment continues to be awake.

The first stage of sleep is a state when we doze, often there are some torn visual images, the muscles begin to twitch slightly, getting rid of tensions.

The second stage of sleep - visual images disappear, body temperature decreases slightly, breathing becomes even.

It is only in the third and fourth stages of sleep that deep restorative sleep begins. During this period, it is difficult to wake us up, the body is completely relaxed, the nerve cells restore their potential.

The fifth stage is the phase of paradoxical sleep, which is characterized by increased activity of the body - the heart begins to beat faster, breathing becomes frequent, the pressure and body temperature rise, profuse sweating begins, the eyes under closed eyelids begin to make rapid movements in different directions.

If a person wakes up in this phase of sleep, he may be frightened - he is covered in sweat, his heart is pounding like a hare, his arms and legs are in good shape - what is happening to me? Am I sick of something? There is nothing to be afraid of - this is just the fifth stage of sleep - the paradoxical phase (it is also called the "rapid eye movement" phase).

We inherited this phase of paradoxical sleep from our distant ancestors, from that ancient time when a person was in danger at every step - at any moment a predator could appear out of the darkness. If a person slept relaxed throughout all 7-8 hours, he would not be able to quickly respond to danger, muscle tone during this time significantly decreases.

Nature came up with a way out of this situation and decided to carry out a kind of shake-up of the body every 1.5-2 hours so that the muscles do not

lose their tone and are ready to react quickly in case of danger.

Motorists understand the idea of nature well. Even if your car is in the garage for a whole year, a good driver will always start it up several times a year, so that the car is always ready, so that the metal does not rust and "stick together".

Ideally, all these five stages successively replace each other approximately every 90-110 minutes (this is the time of one sleep cycle): first the first stage, then the second, and so on until the stage of paradoxical sleep. Then this cycle is repeated from the beginning. As studies of physiologists have shown, approximately 55% of all sleep time is occupied by the first and second phases, 20% of the time is spent on the paradoxical phase, and only 25% falls on the third and fourth phases, which allow us to get enough sleep.

The figure shows that sleep reaches the fourth stage only in the first 3 hours - this is the strongest and most restorative sleep when we really rest.

After this time, there are only two breakthroughs in the third phase of sleep (at the 4th hour of sleep and closer to the 6th). That is, in principle, after 4 - 4.5 hours of sleep, it would be possible not to sleep, because the remaining time is not a dream, but mainly being in stages 1 and 2 of dreams, when the subconscious is awake. Staying in these phases brings neither rest nor recovery of the nerve cells in the brain.

This is where the reserve of free time lies. A person who learns to manage their sleep (get enough sleep in 3-5 hours of sleep) can increase their active day to 21-19 hours a day.

Perhaps someone will be interested in this topic, so I will cite one of the sleep management technologies (research by Academician of the Russian Academy of Medical Sciences A.M. Vein, head somnological center at the Department of Neurology FPPO MMA named after I.M. Sechenov, Moscow, 2003 RF Government Prize in Science and Technology for the development and implementation of technologies for the treatment and rehabilitation of patients with sleep disorders). The essence of this technology is to achieve as much stay as possible in the fourth stage of sleep. But since this phase occurs mainly in the first hour of sleep, then for this you will have to sleep 2 times a day.

First, a couple of notes on this sleep management technology.

First note - you will have to sleep only at the time of day when you sleep most effectively. This time for each is determined individually and can be on any part of the day. So - if it turns out that it is best for you to sleep at 12 in the afternoon, then be prepared for this.

The second remark - the night time, won from sleep, must be occupied with something, otherwise wakefulness will turn into torment. Therefore, you need to decide in advance what you will be doing 19-20 hours a day. There are people who quit studying with this system only because they had too much free time and did not know how to use it.

And now for more details.

The first step is to identify the times when you sleep most effectively.

To do this, you need to choose a couple of days when you can afford not to sleep more than a day when there will be no urgent and responsible matters. You wake up on this day as usual, let's say at 8 am. You live the day as usual, and we will start our research from 12 at night. From 12 at night we begin to listen to our own feelings. Gradually it turns out that you want to sleep in fits - sometimes there is no strength to keep your eyes open, but then suddenly after 20 minutes it becomes bearable again.

For all these observations, a diary is started where you honestly write down the time at which you begin to want to sleep, the duration of the attack of the desire to go to sleep and an assessment of the strength of each attack on a three-point scale (1 - you want to sleep, 2 - you really want to sleep, 3 - you want to sleep unbearably).

The experiment should continue until 12 am the next day, i.e. exactly one day. The next day, with a fresh mind, carefully study the statistics obtained.

It should turn out that the attacks of craving for sleep were repeated every few hours, and usually they appear either with almost the same interval, or in turn with one long and one short interval.

Of all the registered attacks, it is necessary to first identify the most long-lasting ones, and then the 2 strongest of them, i.e. those in which there were

especially sleepy phases.

So, it turned out 2 periods of time in which I really want to sleep. In principle, these moments can be at completely different times, but usually one is somewhere between 1 am and 6 am, and the other is somewhere in the afternoon.

You can make your nights sleep longer and your daytime sleep shorter.

For example, if you have this phase of an irresistible urge to sleep at 5 am and another at 1 pm, then your sleep schedule will be as follows.

At 5 am you go to bed and set the alarm clock so that it rings in 2 - 2.5 hours. During this sleep time, as can be seen from the graph (remember Fig. 1.1), you will stay in the fourth stage of sleep as much as those who sleep 8-10 hours a day, and you will fully rest.

At 13, you need to lie down and sleep even less - just one hour. As a result, you will only get 3-3.5 hours of sleep per day, but you will stay in the fourth phase of sleep even more than an ordinary person will stay in 8 hours of sleep.

Accuracy is of great importance in this system. If you miss the right moment and do not fall asleep during the first 15 minutes of your "sleep phase", then the desired rest will not come, and you will either sleep for 4 hours, ignoring all the alarms in the world, or wake up completely broken at the appointed time.

And here's what else the creators of the system note - it is important that you have at least three hours of rest during the day. This refers to something like sitting with a book for tea or other types of relaxation, i.e. at least 3 hours without physical and mental stress. Moreover, this time should be somewhere in the afternoon - between 10 am and 10 pm.

And one more important point: when you wake up, you need to convince yourself that you want to sleep only by inertia, and in fact the body no longer needs sleep. However, you are already familiar with the stages of sleep and understand that this is true. 5 minutes after you get up, you no longer feel sleepy.

It must also be added to this that with the first experiment, you can overshoot over time. If you think going to bed 15 minutes later would be smarter, listen to yourself and try it. If it seems that something is wrong with the whole timetable for falling asleep, then do the experiment to determine your time to fall asleep again and check the results.

This is the sleep management method.

However, if you want to shorten the sleep time, but do not want to conduct any experiments, strictly monitor the time, etc., then this method has a simpler analogue - it is enough to sleep 4 - 4.5 hours a day at a time, with This should go to bed at 4.30 - 5.00 in the morning and sleep until 9.00 in the morning. This sleep time is chosen because most people have the peak of their nighttime desire to sleep.

This sleep management method can help those who are sorely short of time not only for the gym, but also for study, family, and work.

Well, if you have enough time for everything, then you don't have to think about different ways of managing your sleep, but sleep 8 hours a day, as foreign magazines advise us.

But sleep is by no means the only method of muscle recovery.

And this is another misconception of novice athletes - they usually completely forget about stretching.

But it is the stretching of tired, worked muscles that will allow you to fully relax your muscles and give them the necessary rest. And I want to dwell on stretch marks in more detail.

Stretching greatly relaxes the muscles, so it should not be done either before or during exercise.

Stretching is done only at the very end of the workout.

The benefits of stretch marks are enormous. Stretching can increase your result by 10%. This is a lot. Imagine, two guys come out on the platform, they train the same way, but one does the stretching of the pectoral muscles after training, and the other does not. As a result, one bench press 200 kg, which is a regional record, and the second was able to shake 220 kg, which is a world record. That 10% difference can make a person a champion. You

should not rush with this reserve, especially since it takes very little time - just a couple of minutes. You just need not to be lazy.

The point is, when you lift weights, the muscles contract. And after training, the muscles remain compressed for a while. The subsequent restoration of muscle length is called rest. Until the muscle regains its length, it has not rested. Therefore, those who do not stretch their muscles, themselves delay the recovery process and inhibit the growth of results.

Plus, stretching prevents muscle stiffness. What happens if an athlete trains from year to year, but neglects stretching? Over the years, the muscles of the security officer remember their shortened length, get used to it. But the fact is that muscle contraction and relaxation are two sides of the same coin. As far as the muscle can stretch, so much it can then contract. So if a muscle has forgotten how to lengthen, it will contract worse. And this is already a stagnation of power results.

Therefore, after hard training, it is imperative to stretch the muscles. After squats, you need to stretch the quadriceps muscle of the thigh, after the bench press - the muscles of the chest, after the deadlift - the muscles of the back.

The stretch is done STATICALLY without any swaying or jerking.

You need to take a pose, slowly stretch the muscle to the limit and freeze in this position for about 1 minute. Stretching to the limit means until you feel a slight pain and in this position you need to stop.

Since we have already decided that we will do only three exercises, then in our arsenal there should be at least three types of stretching.

The first type of stretching - stretching the quadriceps muscles of the thigh after squats - performed either on the floor or on a bench (Figure 1.2).

Stand near the bench, put your right knee on it and grab your foot with your right hand. Slide your right knee back a little, feel the quadriceps thigh muscles tighten. Get the maximum tension you can tolerate and freeze in this position for a count of 60.

After this exercise, you will really feel the stretch of the quadriceps. This is an especially good exercise for those who have to sit all day. In such

people, the hips become, as it were, constrained. This exercise develops the thigh muscles.

Figure 1.2. Stretching the quadriceps muscle after squats.

The second type of stretching - stretching the pectoral muscles after the bench press (Figure 1.3).

Stand near the bar, standing on the racks, turn your back to it. Put your hands on a barbell, stretch, feel the pectoral muscles stretch. The moment you feel that your chest muscles are stretched as much as possible, freeze and count to 60. The same can be done not only near the bar, but also in the doorway, resting your hands on the door frames.

Figure 1.3. Stretching the pectoral muscles after the bench press.

The third type of stretching- stretching the muscles of the lower back after the deadlift (Fig. 1.4 - 1.6). I note right away that these stretches are very useful to do even when the lower back hurts.

Exercise 1. "We walk on the shoulder blades."

Lie on your back on the floor. The knees are bent. Those. just lie quietly on the floor with your head slightly raised. Now, trying to leave the pelvis in place, you begin to sort out in turn with your shoulder blades and, as it were, "go" forward with them. Those. it turns out that the pelvis remains in place, and the shoulders move away from it. When moving, the spine begins to stretch slowly (Figure 1.4).

When the spine is stretched - freeze and calmly, relaxedly lie in this position (you can put your hands under your head).

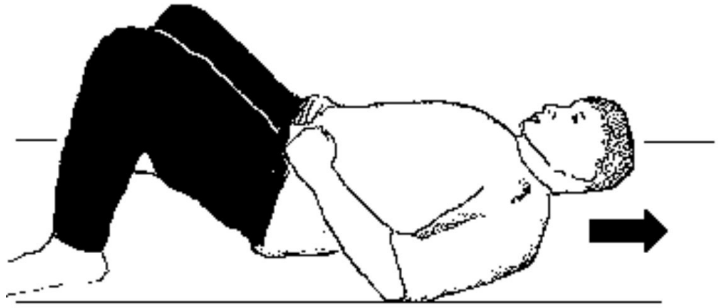

Figure 1.4. "We walk on shoulder blades."

Exercise 2. "Crosshair".

Lie on your back on the floor. The left leg is straightened, the right leg is bent at the knee, the hands are on the floor and spread apart. Turn your pelvis to the left and try to reach the floor behind your left leg with your right knee. It turns out a kind of twisting of the pelvis.

The task is to achieve simultaneously touching the floor with the right knee, which is retracted to the left, and the right hand, which is retracted to the right (Figure 1.5). In this position, lie down and relax. Do the same in the other direction.

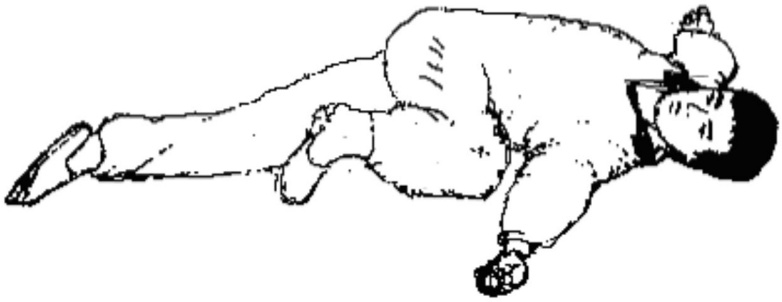

Figure 1.5. "Crosshair"

Exercise "Crosshair" is desirable to perform with a parterre. This is how it might look:

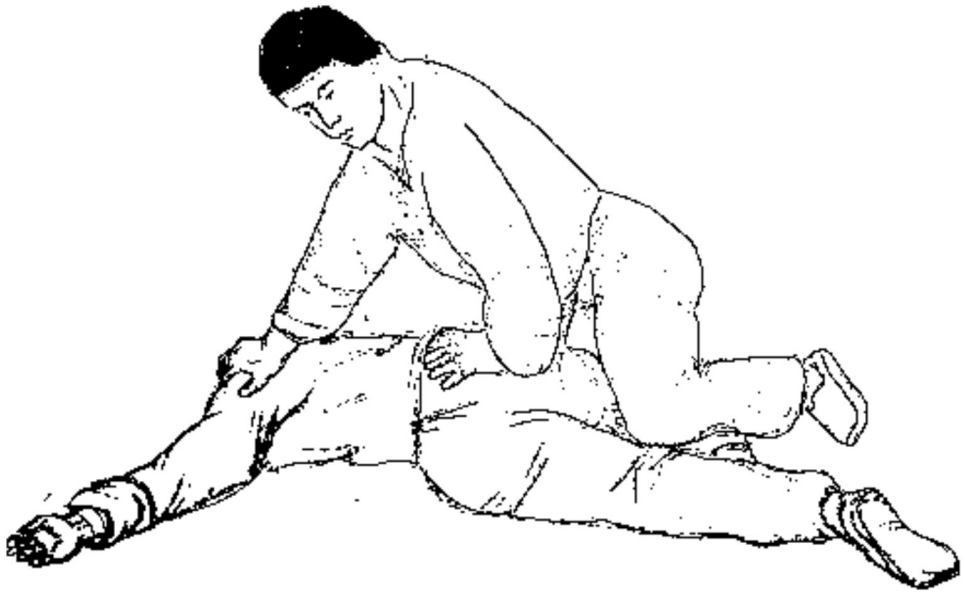

Figure 1.6. Crosshair with the help of a partner.

So,after training, be sure to stretch the muscles that worked hard. Do not be lazy, you need to approach the recovery process with all possible responsibility. Remember that in the gym, muscles are destroyed, and they grow only during rest. And our task is to make this rest for the muscles complete.

Misconception # 8: Most people grow very poorly.

Some Western authors divide athletes according to the level of "responsiveness" of muscles, i.e. by the ability of muscles to respond with growth to physical activity.

The least "responsiveness", in their opinion, is characteristic of people who have poor health from birth, or have one or even several hereditary diseases. The general ill-being of the body almost does not allow them to build up strength and muscle mass (precisely almost, because with proper training progress is still possible). Such people from the total number of trainees, they believe, are less than 5%.

The most "responsive" are the lucky owners of successful genetics. These "super-responsive" darlings of fate - in the truest sense of the word -

account for less than 1% of all those exercising in gyms.

In the back of the head "super-responsive" breathe "just responsive". They can easily achieve very serious results, but in principle they are not capable of higher achievements. Nevertheless, some Western authors believe, they will compete on equal terms with the "super-responsive" if they undertake to pump themselves with steroids. There are not so few "simply responsive" in the world - up to 10% of all trainees.

The above three categories together account for about 15% of all trainees.

The remaining 85% are hard gainers, ie hard gainers. those who gain muscle mass with great difficulty and have very little strength result, i.e. increases in each basic exercise (squats, bench press, deadlift) no more than 5-15 kg per year.

Those. many Western authors assure us that in the vast majority of people (85%), muscle mass grows very poorly.

What conclusion does this reasoning lead to? There is only one conclusion - if you do not have muscle growth, then you do not need to worry about this, you do not need to think about how to improve the training method, you still will not really achieve anything, because most likely you are not a genetic monster.

I must say that this sounds very pessimistic.

But in reality, of course, everything is not so.

Even these percentages themselves raise big questions for me. Just because from my own experience I can clearly say that all beginners are building up, as a rule, 30-60 kg per year in each exercise. That is, what they write about in the West and the reality that has developed in Russia and which I see with my own eyes are two big differences.

Moreover, I do not think that there is an error in statistics. It is possible that in the West and in America this is so, and indeed 85% of people who train in gyms progress very slowly. But with us everything is different.

And I can guess what it is connected with. In my opinion, this has to do with issues, even more outlook than sports.

For example, I have heard the opinion of coaches working in the United States and teaching American martial arts. They talked about how Americans practice martial arts.

The key word here is "engage". Occupy themselves. Those. it's just an easy use of free time.

They dress up in a kimono, tie it with a purchased red or black belt (in some federations they give belts, as they say, for seniority, regardless of your actual results. You go to the section for a year - get a yellow belt, three years - green, five years - red etc.) and "practice" for an hour or two in a special room on soft mats a couple of times a week, performing various kata (sets of formal exercises).

After all, the federation, to which they pay money, must guarantee the complete safety of those involved, since any injury is fraught with big lawsuits. And so that there are no injuries, it is advisable to exclude sparring from the training program, any contact of opponents, maybe even jumping technique to some will not seem very safe to some.

But it is clear that by "doing" in this way, people are simply wasting time on what they do not need. They will do just fine without the "martial arts".

But the same is the case with power sports, including bodybuilding. Anyway with any other sport. They are ready to exercise only to maintain health, nothing more. They just will not plow and resist. They will plow and resist only if money is paid for it. They are not sports fans, they are money fans.

Remember in the movie "Brother-2" the phrase: "Here, in general, everything is just like that, except for money." And this is not an exaggeration. That is why immigrants from Russia who come to America cannot find a suitable American girlfriend. Our boyfriend is simply shocked by their first question: "Tell me how much money you have in your account, because I don't want to just waste my time."

I was somehow struck by the fact that Heidegger, the most famous Western philosopher, recognized by many as the greatest thinker of the twentieth century, who left a work of fifty volumes, admitted in his declining years: "Only once or twice in 30-35 years of my teaching did I speak about what

really excites me. " That is, even the largest philosophers there think only by order and speak only on those topics for which you can get money.

Actually, Pushkin wrote about this peculiarity of the Americans: “It prevents me from admiring this country, which is now customary to be enchanted by the fact that it is too forgotten there that man does not live by bread alone.” Sounds very modern.

We are still too ingenuous to understand this. To understand that they are really ready to plow only for money. Therefore, really strong guys in the West either go to the professionals, where they start to make money, or they just do it "to keep fit", without stress. And iron is a sport where there will be no result without tension. So Western authors have to come up with such a word as "weakly responsive". Although, it would be more accurate to call them just athletes who go to the gym to warm up a little.

Our situation is exactly the opposite. The guys are progressing very quickly. And primarily because there are many real sports fans. Here, a guy who works in the market as a meat cutter can be the champion of Russia in bench press. They cannot have this, the mentality is different.

I am not saying that this is good or bad. We consider them too pragmatic, they consider us unadapted to life. There is a part of the truth in both positions, so our task is simply to realize that such a difference in worldview really exists and cannot be ignored.

In conclusion, I want to highlight the psychological aspect of the term "weak responsive" and emphasize its negative impact on the beginner athlete.

And here we have to touch on some issues psychology.

The fact is that the result we will come to depends very much on how we call our SELF.

I am the head of the body weight correction center and therefore I receive a lot of letters from people who want to lose weight. Letters often come, which contain approximately the following words: "I will probably never lose weight", "I have tried everything and do not believe in anything", "I am so tired of being fat, but this is probably fate." Opposite letters: "I am very thin, it looks just awful, but I no longer believe that I can gain weight."

In all such letters, hopelessness is read between the lines.

Those. people appreciated their present state, and recorded it in the brain, hung a label on themselves: "I am fat, I am scary, I am ugly, and nothing can be done about it ..."

This is how the Self-Name comes in.

It is very important to call yourself correctly, because a person is what he says about himself and how he calls himself.

I would like to demonstrate my idea using the example of the influence of the Chinese authorities on American prisoners of war.

During the Korean War Many captured American soldiers (ardent champions of democracy and opponents of communism) ended up in prisoner-of-war camps set up by the Chinese communists.

The Chinese treated the prisoners differently from their allies, the North Koreans, and did not use harsh punishment and abuse to achieve obedience. Deliberately avoiding the appearance of atrocity, the Chinese used psychology to make American soldiers more obedient and loyal.

For example, the Chinese, without any coercion, were able to get Americans to denounce each other and to publicly make anti-American statements, in striking contrast to the behavior of American prisoners of war during World War II.

This is how it was achieved. Prisoners were often asked to make anti-American and pro-communist statements so mild that these statements seemed irrelevant ("The United States is imperfect," "There is no unemployment in socialist countries").

However, such statements had great consequences.

A person who has just agreed that the United States is not perfect may be asked why he thinks it is.

Then he can be asked to make a list of "problems of American society" and subscribe to it. Then he can be asked to introduce this list of other prisoners. Later, this person can be invited to write an essay on this topic.

The Chinese could then use the name and essay of such a soldier in anti-American radio programs, which were broadcast not only to the entire camp, but also to other POW camps in North Korea, as well as to the South Korean territories occupied by the Americans. Suddenly, an innocent soldier turned out to be a "pro-communist" in the eyes of other prisoners of war - his fellow soldiers.

But man is built in such a way that he is inclined to justify his voluntary actions. Therefore, this soldier, knowing that he wrote the ill-fated essay without much coercion, changed his idea of himself, his values and his worldview. He began to think that communism was really not so bad.

As a result, a prisoner of war who is known as a "pro-communist" really becomes a pro-communist.

It is important to understand that the main goal of the Chinese was not to obtain information from prisoners. The Chinese sought to cultivate American soldiers ideologically, to change their positions, their perception of themselves, their views on the political system of their country, its role in the war, as well as on communism. And they were very good at it.

Dr. Henry Segal, head of neuropsychiatric research, notes that the war-related beliefs of American soldiers held captive by the Chinese have undergone significant changes. Most of these people returned to the United States pro-communist, saying that "although communism will not work in America, it is a good thing for Asia" (Segal, 1954).

All this is the action of one of the laws of the psyche: as we begin to call ourselves, this is how we begin to become, such actions and to perform.

Self-Name is one of the most powerful means of influencing oneself, one of the main means of psychotherapy.

And this was understood by many religions of the world, trying to achieve the elimination of the basic fear of man - the fear of death by changing his Self-Name.

Let's take a closer look at religions from this point of view.

The main task of any religion is to overcome the main human fear - the fear of death.

There are two ways to eliminate the fear of death.

The first path is the path that can be termed as "gradual controlled withdrawal from life." Man himself gradually extinguishes the spark of life in himself, he himself, step by step, erases himself from the fabric of being. He himself stops breathing, he stops acting, he stops the flow of his consciousness. This is the path of Buddhism.

This is the elimination of the fear of death through the elimination of what may be afraid of this death, i.e. through the elimination of life and the person himself.

To extinguish the flow of life, to stop the wheel of samsara - the tiresome wheel of rebirth and agony, "intense self-denial is required" (Konze E. "Buddhist Meditation: Pious Exercises, Mindfulness, Trance, Wisdom", 1993).

In Buddhism, there is the concept of "skandha" - a group of particles of the stream of consciousness, which, according to the beliefs of Buddhists, can stick to the objects of the world (samsara). It is the "skandhas" that form the human self and, therefore, prevent true selflessness.

The main task of a Buddhist is to extinguish all "skandhas".

"There are only skandhas that remain for a short time, and there is nothing but them. The disappearance of skandhas is called death. A vigilant gaze extinguishes them. So the brilliance of a diamond is extinguished when its edges are cut off." Those. to the gods.

And it is here that one can see the enormous significance of the Self-Name.

ALL RELIGIONSused to bring a person closer to God ONE AND THE SAME WAY - a way of self-identification with God, i.e. changing your Self-Name!

In Ancient Mesopotamia, man strove to merge with Heaven and Earth. "I am Heaven, you cannot touch me! I am the Earth, you cannot enchant me" - the man exhorted, trying to add invulnerability of heaven and earth to himself.

In ancient Egypt, it was believed that a person, at the time of death, could be born in the other world as a god. For this, the Egyptian, during his lifetime, read the texts, identifying himself with the god in whom he wanted to be reincarnated. All these texts are collected in the so-called "Book of the Dead".

Modern religions also use Self-Name. Islamic Sufis use the technique of concentration "dhikr" - ie. concentration on the name of God.

The name of God is repeated at first aloud, and then silently, ideally, continuously, throughout life.

The same practice - constant, continuous mental appeal to the name of God - we see in the Jews ("kavvanah" - "sticking to the thought"). The purpose of this practice is to constantly remind yourself of God and his love. Over time, such a degree of inseparable mental connection with God is achieved that a person begins to feel himself part of God. The person feels deified. The fear of death goes away.

But the most significant case is, of course, Christianity.

Let's open the New Call and try to understand - what worried Jesus Christ the most? What is the main thing in the preaching of Jesus Christ?

To understand a person means to understand what is most important in a person. For example, we pick up a volume of Pushkin's poems and ask ourselves the question: what did this man live and what did he write about?

The answer is not difficult to get. Let us mentally sort Pushkin's poems into folders: "Poems about Friendship", "Poems about Nature", "Poems about Love", "Poems about Freedom", "Poems about Religion", etc. After that, it is enough to compare the volumes of these folders. The folder that turns out to be the most voluminous and at the same time will include works of different years of Pushkin's life, that folder will determine the question that worried Pushkin most of all, and will show what is most important for him. In the case of A.S. Pushkin, this, of course, will be love lyrics.

If you do the same experiment with the New Testament, write out all the sayings of Jesus Christ and sort them into folders - "On Love", "On Tolerance", "On Judgment", "On the Pharisees", etc., then what topic will appear main?

To the surprise of many, this will not be a call for love and forgiveness. To the horror of modern moralists, the word "conscience" is never even used in the sermons and parables of Jesus Christ.

The main theme of Christ's sermons is HIMSELF.

"I am the bread of life", "I am the light of the world", "Believe in God and believe in Me" ...

We can safely say that appeals to love and purity, the fulfillment of laws, rules - all this does not really excite Christ. The only thing that worries him is how people relate to him. Christ asks His disciples not about what people think about His sermons, but about "whom people consider Me for" (Matthew 16:13).

This position of Christ, His faith in His divinity, makes Christianity stand out from all teachings. The founders of other teachings acted not as an object of faith, but as mediators. The personalities of Buddha, Magomed or Moses were not the content of faith. Their teaching exists separately from themselves. Christianity does not exist apart from Christ.

Why did I start all this conversation...

I want the reader of these lines to understand how important (literally LIFE IMPORTANT) it is to name yourself correctly.

Christ quite sincerely called himself God. And Christ saw His main task in convincing His listeners of this.

And now for 2 thousand years the power of this sincerity excites people - the power of the Self-Name turned out to be very great.

For several thousand years, religious seekers, by repeating the name of their god, have achieved the feeling of their own deification - they get rid of all their fears.

And here is an example from my personal life. When I was a teenager and I was in grade 3 or 4, I accidentally saw an interview with Yuri Vlasov on television. During the interview, he said one phrase: "Anyone can become a master of sports."

Yes, EVERYONE. I was terribly surprised by these words.

To explain what had such an effect on me in these words, imagine a short, puny guy with horn-rimmed glasses at –4 diopters. Reaching the title of "Master of Sports" seemed as impossible as becoming an astronaut. To me then, any teenager who pulls up 15 times seemed to be a strong man. And now, the recognized genius of sports says that anyone can become a master of sports.

This means that I too can become one.

After this phrase, I stopped being a skinny bespectacled man. Outwardly, of course, nothing has changed, but in my soul I instantly became different. I found out that I am a Master of Sports.

Since then, sport has become a part of my life, and much later I really got the master of sports crust, but that was no longer so important.

This is how the power of Self-Name manifests itself - at the age of 9-10, I called myself "Master of Sports" for no reason at all, and these words formed the basis of my faith in my own strength, first in sports, then in life. And it turned out that everything is achievable! I would really like, dear reader, for you to be imbued with this idea. Everything is achievable!

But the power of Self-Name can act not only for good, but also for harm.

There are known experiments of psychologists, when five people in turn approached a perfectly healthy person, each of whom asked: "What happened to you? You look very bad. You are not sick?" After that, a perfectly healthy person began to feel sick.

It was the power of Self-Name that also worked. The man was called "sick", he agreed with this and began to call himself that.

Therefore, be extremely scrupulous about Self-Naming.

Do not use in relation to yourself epithets that carry a negative load - "weakly responsive", incapable, unsuccessful, ugly, scary, sick, fool, stupid, etc. It works like self-hypnosis and is very harmful.

If in relation to you someone will use such epithets - accidentally or with intent - skip these epithets by yourself, without being offended and not attaching importance to them.

Don't say that to your children. Children believe you, and such word names can have a very negative impact on their fate.

Takeaway: If you want to achieve results, then never call yourself "weak responsive". Call yourself "Master of Sports"!

Misconception # 9. I swing for myself, why should I participate in competitions ...

This is a common misconception for novice athletes.

In the meantime, competition is the only way to get the most out of bodybuilding, and indeed any strength sport.

The fact is that bodybuilders participating in competitions have one important advantage over those who "just swing." The need to reach peak shape on a specific day makes such a bodybuilder plan life literally by the hour.

Without this kind of clear reference points in time, it is natural for a person to show complacency and laxity. As a result, the athlete takes many years to do what would be achievable in just six months if the athlete had a tight schedule.

Specific deadlines are important in any field of activity.

The student prepares for the dictation, the student prepares for the session, the work of the manager is evaluated daily by the superiors. If there are no dictations, sessions and daily reports to the management, then there will be no control. There will be no control, there will be no process.

The student, if not asked by the teacher, will stop learning. A student who does not prepare for sessions has no incentive to educate himself. A manager who is not accountable for his work will sit at the computer for days, play games or surf the Internet.

There is no process without control.

And this applies to all spheres of activity, including power sports.

A specific goal and specific time frame is the best mobilizing incentive. Without this incentive, you will never get close to your "ceiling". Month after month will go to waste with no visible improvement.

So, set a clear goal for yourself, develop a plan for moving towards it, concentrate on its implementation and step by step move towards the set milestones.

Participation in competitions can be such a simple and clear goal.

But there is one big BUT ...

If you are a beginner, then you will not be able to compete in bodybuilding - you will look like a chicken there.

But you are quite capable of performing in powerlifting competitions.

After all, it is obvious that there is a direct connection between muscles and strength, any increase in mass leads to an increase in strength. Another thing is that strength depends not only on mass, it can be developed without increasing mass, but this will already depend on training methods.

And it would be quite fair to say that if your strength does not grow, then the mass does not grow, no matter how hard you train.

As much as you would like to change this, but the only barometer of success in bodybuilding is the steady increase in strength, expressed in specific kilograms of the barbell lifted, and not at all a sea of senselessly shed sweat. Bodybuilding is still a power sport, do not forget about it.

But if we are talking about the urgent need to use heavy basic training in our program, then let's use heavy weights not only to stimulate muscle growth, but also to mobilize the psyche, because the prospect of participating in competitions will be a very powerful stimulating factor.

Provided you participate in any competitions (if you are not ready to perform in bodybuilding, then, as I said, start performing in powerlifting), you will be able to build up much larger muscle volumes in one coming year than you have increased over the previous several years of "amorphous" training ...

And do not think that if you do not use chemistry, then nothing will shine for you at competitions. It is not true. The truth is that the regional level lifters use virtually no steroids. I, speaking clean at regional powerlifting competitions, was always in the top three winners, and from time to time the first.

You may or may not believe it, but the fact that all athletes use "chemistry" to achieve excellent results is just a myth, which, as I said, is often justified by many for their own small results.

I, speaking "clean", from time to time took first places in regional competitions.

My friend, master of sports of international class, Pavel Sboev, from year to year, took first places in the competitions of the Novosibirsk region, also performing at the same time "clean".

Because, as he likes to say - "it is not the muscles that lift, it raises the head." Strength sports is, first of all, a duel of correct training methods. And very often a "pure" athlete, practicing according to the correct method, easily bypasses "chemists" who train incorrectly.

Now I would very much like to convey to you one important thought.

The goals that most "jocks" set themselves are very vague and amorphous. They say they want to "just pump" or "have big muscles" or "get strong."

These are not goals - they are a way to waste time. These goals mean nothing, they are not specific and do not provide sufficient motivation.

Basically, these guys train without a goal.

And that's the problem. This is problem number ONE!

The problem with most "jocks" is that they lack goals. Usually guys often do not really know why they are training, for what purpose.

No, of course, they have a certain ideal in their heads, and they don't mind looking like Dorian Yates or Lee Haney. But the reality, reflected in the mirror, is so far from their ideal that the dream seems simply not profitable. They give up almost without starting.

They can work hard for several months, but then, seeing how much they still have left to the ideal, they just despair and give up training.

They set themselves too general a goal and lost their bearings. Essentially, they trained without a goal and wasted time and energy.

Meanwhile, training is much easier when the goal is specific and expressed in kilograms. And if you are also spurred on by a well-defined schedule of competitions, in which you want to at least not embarrass yourself, then the goal becomes convex and tangible.

Without a goal that you are working for, you will not put in the effort it takes to ever be successful. Without motivation, you will not train with sufficient intensity, and you will not train consistently long enough to achieve any measurable success.

There is another reason why I recommend you to compete. This reason is purely psychological. And it is precisely because of her that I believe that every boy should play sports in his youth and take part in competitions. By and large, it doesn't even matter what kind of sport to do. It is important to participate in competitions.

Agree that in modern life, neither speed, nor strength, nor dexterity play any important role. In modern life, psychological and emotional stability is important.

Therefore, the most useful thing that sports gives is the ability to overcome your fear. Now it is much more important than speed, strength, dexterity. Since competition is the main cause of fear, it is very important that novice athletes compete at any level at least twice a year.

This is a kind of vaccination for life. Just as vaccine instills resistance to smallpox, competition instills resistance to fear.

And finally, I will give one letter confirming my thought: “Regarding the recommendations to regularly participate in competitions, I completely agree. That’s how it was for me. pruha went after I began to regularly perform at competitions and, accordingly, prepare for them.The rate of progress is clearly not 10-15 kilograms per year.For the first year of competitive training, I added 50 kilograms in the squat, 30 kilograms in the

bench press and 15 kg in But I am far from a beginner and the initial results were not small. Yuri "

Misconception # 10. I'm a bodybuilder!

Blessed are those who jump, for they jump.

Many novice athletes consider themselves bodybuilders, but they tell me that my method is for powerlifters. That these are completely different things: for some, the goal is to build muscles, for others - to become strong.

Okay, let's talk about this in more detail.

The point is, novice athletes are not bodybuilders. There is no need to entertain illusions.

A bodybuilder is a person who is engaged in bodybuilding and is ready to compete in bodybuilding competitions. Bodybuilders read W. Phillips' monograph "Anabolic Steroids", learn postures in front of a mirror and study the "Russian cycle" techniques from the books of Verkhoshansky or Louis Simmons.

Therefore, 90% of people who come to the gym just to swing "for health" are not bodybuilders.

They are athletes.

They do not have a solid goal, they have no competition schedules, they are in no hurry to increase the weight on the bar and therefore do not have much results. They train "amorphously" and relaxed year after year.

These are certainly not bodybuilders. These are BEGINNERS, even if the experience of visiting the gym has exceeded 3-5 years.

It is for this audience that I am writing this book - for beginners, for beginner athletes.

I am writing about what you need to do when you come to the gym, why you shouldn't jump from complex to complex from year to year, and how to get the maximum result in a minimum of time.

Everything is very simple and logical. Anyone who approaches their workouts correctly can become strong and powerful.

Indeed, at the first stage of training, in the first few years, it does not matter at all who you want to become later - a bodybuilder or a powerlifter. At this stage, it is important to simply build large muscles using the right technique. Big muscles are needed in any strength competition, even in "pose", even in powerlifting. And big muscles will grow very quickly if you only do basic exercises, and discard everything else, than to protect the muscles from overtraining.

A beginner athlete just needs to focus on the BASE. And the base is squats, bench press, deadlift.

Therefore, a little later I will tell you about how to plan your first workouts, how to build up the load, and how to move on to the most important thing - the heart of strength sports - cycles.

And only after having mastered all this and having built up huge muscles, you may want to add to your schedule some exercises to shape muscles - push-ups on the uneven bars, standing pull to the chin, bench press at an angle of 45 degrees, etc.

But at the first stage, all this is unnecessary. For the first few years, you should be dedicated to just basing and pumping up huge muscles. And every champion has gone this way - everyone who has achieved something in a strength sport devoted the first few years only to basic exercises.

For a beginner, everything should be simple - three basic exercises and that's it.

Dot.

That's the whole exercise selection. Anything else will only slow down progress, confuse and distract.

Gradually mastering these three basic exercises, a beginner becomes a real athlete, he chooses his sport - bodybuilding or powerlifting, he begins to strive for some goal. Specific and well-defined goals allow you to grow immeasurably faster. What is achieved in a few years with ordinary "aimless" training is now possible to achieve in six months.

At first, a beginner athlete should be given a simple but reliable complex that guarantees a result. This is exactly what I suggest for every aspiring athlete - you need to focus on hard, basic training with just three exercises.

And there is absolutely no difference what your ultimate goal is - big muscles or great strength, you need to start from the base, with three exercises that will give both strength and muscles.

After doing one or two basic exercises per workout, stretching out and taking a shower, you should leave the gym with a sense of accomplishment.

Chapter 2. Ten principles of effective training.

You can't pull fish out of the food without hard work,
and without food you can't pull out a fish even with difficulty.

I will no longer list the misconceptions that descend on the head of a novice athlete from the page of colorful magazines, but simply state my training methodology. A technique that boils down to ten points and which allowed me in an unusually short time, in just six months of plowing, to achieve the title of master of sports.

Briefly speaking about the principles that formed the basis of my training, then their essence can be expressed in one phrase "nothing more"!

This provides tremendous savings in time and effort, while at the same time dramatic increase in results. These are the principles I'm going to tell you about. Do not be surprised if I repeat in part what I said in the first chapter. In this case, just make sure you get it right.

By the way, there is nothing new in this technique. As it turned out, many literate athletes train in this way.

The first principle. In training, it is enough to do only basic exercises. Everything else is only harmful.

This is the main and main principle around which any training program can be built.

It took me almost 10 years of training to realize this principle!

But what progress was made when I began to purposefully apply it in training! And what is most surprising, all the athletes who trained next to me considered me a freeloader. They plowed in the gym for days, and I, having quickly done one basic exercise, went to stretch and wash in the shower. But they did not have results, and they were very impressive for me!

The essence of the principle is simple.

There are not many basic exercises, for the sake of simplicity we will assume that there are only three of them: squat with a barbell on the shoulders, bench press and deadlift.

So: you need to do one basic exercise at each workout and then leave the gym.

Attention! Not two or three. Most effective is ONE exercise PER workout! Don't be greedy.

Why are these exercises chosen as the main and only ones?

First, these exercises target the largest muscle groups. Squatting works your legs, back, and a bunch of small muscles to maintain balance. The bench press works the chest, biceps, triceps and lats, shoulders, and abs. The deadlift works the back, buttocks, legs, biceps, shoulders, abs, trapezius muscles, muscles of the neck and forearms.

That is, when performing these three exercises, all the muscles of the body are involved.

Secondly, these exercises will need to be performed in competition.

It would seem that all this is so simple and understandable. But, nevertheless, 99% of athletes do not do this. They come into the gym and start pumping their biceps, doing French press, isolated exercises for the neck or lower leg, etc. In short, they are ineptly killing time that should be devoted to basic exercises.

This reminds me of the situation with learning English. What do you need to do to learn to read English fluently? Distinguish between past and future tense, have a dictionary at hand, take an English book and read. This is the best recipe, the cheapest recipe, and the most effective recipe. There is no need to study the intricacies of grammar or memorize thousands of words beforehand - all this will come by itself. There is no need to spend money on a tutor, it will give nothing at all.

I did just that - I took an English book and tried to read. The only condition is that I chose books that interest me. In order not to want to leave on the second page. And I tried to translate. At first, in one hour, I translated only a

few lines. But very soon I began to translate half a page in an hour. Then two pages ... After 2 - 3 months, for the exam (candidate minimum in English), I could already calmly and fluently read English texts. And although I read fiction books and passed the technical English exam, translation on the exam did not cause any problems - I did it quickly and clearly.

So it is in any kind of activity. To learn how to lay a brick, you need to look in a textbook for a couple of types of masonry, take a brick, prepare a mortar and try to lay a wall.

To learn how to ride a bike, you have to get behind the wheel, step on the pedals and try to ride.

So it is in sports - you need to remove the unnecessary and do only what is needed. If you remove all the nonsense and focus on the main thing, the result will amaze not only those around you, but also yourself.

Therefore, if you are doing powerlifting and are going to perform in competitions, that is, squat, bench press and do deadlift, then this is exactly what you need to do in training - squat, bench, and deadlift. And nothing more.

If you are just going to pump up properly, then you still cannot do without this fundamental training. Therefore, in this case, it makes sense to focus only on these basic exercises.

Of course, this contradicts everything that is written in thick magazines with photographs of bodybuilders. But this is exactly the case. You only need to do basic exercises.

You don't need cumbersome plans of 10-15 exercises per workout, you don't need all those calf raises, wide-grip pulls, French presses, and much more. All this only takes time and energy and distracts from achieving the main goal - to dramatically increase the results in basic exercises.

And don't worry about the figure. These three exercises will give you such powerful muscles that any quality will turn green with envy. There will be no one-sidedness in muscle development simply because all muscle groups are involved in these exercises.

After all, if you think about it, then all exercises that are considered non-basic are isolated. What does it mean? That these exercises are aimed primarily at the design of a particular muscle group. That is, first of all, you need to build up a large muscle volume, and only then shape this huge muscle with isolated exercises.

But this is only necessary for those who compete in major bodybuilding competitions. And that's why all of these isolated exercises are featured in thick bodybuilding magazines. Indeed, athletes of the highest level have already pumped up huge volumes with the help of basic exercises and are beginning to shape muscles with these isolated exercises for participation in competitions.

The rest of these exercises are not needed, firstly, because they do not have this largest muscle mass, and, secondly, they do not need to prepare for competitions and dry out so that each muscle fiber stands out clearly.

When you give up secondary, non-basic exercises, you will feel that you do not have enough load. You will leave the hall completely fresh. These are the forces that need to be directed specifically to increasing the load in basic exercises. This reserve will allow you to "shoot"!

And don't think that you can quickly complete one exercise and leave the gym. This will be possible only at first, until you come to serious weights. And experienced athletes can perform, for example, only squats for 2 hours. The break between sets sometimes reaches 20-30 minutes. This is because it is very difficult to pull yourself together in front of a real approach with near-limit weight. But this, of course, I am already talking about the heavyweights. I have an average break between sets - 5 minutes rarely 7-10 minutes. And so, you can calculate, if you perform 3-4 warm-up approaches, then 5 working approaches, then it can take on average 1 hour per exercise.

I think this is a clear sign - if you do the exercise in 10-15 minutes, then you are clearly free, the weight on your barbell is clearly less than what you could lift. With real stress, you wouldn't be able to recover so quickly between sets.

In general, only focus on basic movements. Devote most of your training time to them. Throw out all "detailed" exercises from your program. From

flexion - extension of the legs, the muscles of your thighs will not become larger, as well as the muscles of the chest from the information of the arms in the simulator.

Note that it is generally not possible to develop any one part of your body without affecting the entire body. For example, to increase your bicep size by 5 cm, you will need to gain at least 15 kg of total lean body mass. As paradoxical as it may sound, you cannot build big arms by doing only arm exercises.

All the muscles should grow, and for this, the largest muscles of the body should be loaded first of all - the legs, buttocks and back. These muscles account for more than 2/3 of the total lean body mass. All other muscles - the shoulder girdle, pectoral muscles, abs and arms make up no more than a third, so they should be given no more than a third of the training time. So it turns out that if your goal is to have a beautiful pumped-up body, then heavy basic exercises for the muscles of the legs and back - squats and deadlifts - lead to your goal.

But go to any gym and see what the vast majority of guys are up to. Squat racks are almost always empty. There is no deadlift platform at all. But surely there is a queue for a barbell for isolated pumping of the biceps, narrow racks on which someone strenuously performs the French bench press, someone puffs on crossovers, naively believing that this is how you can pump up your chest.

Occasionally, someone will perform bends with a barbell over their shoulders and slightly shake their legs on the machine. So they swing for years. Some come, others leave without getting any result. And this mill is spinning, bringing unheard-of profits to someone, but only disappointments to someone.

The strangest thing is that there are guys who "plow" for real, with all diligence. For them, every workout is like the limit of strength. Each time they leave the hall completely "killed".

But the effectiveness of training is not measured by sweat, but by the result.

If in a month or a month and a half you have not added a single kilogram in strength indicators, then you are standing still!

And it would be high time to ask yourself - am I doing this? If there is no result, then you need to change the program. It's obvious.

But for some reason, most jocks do not see this, they go to the gym from month to month, do the same complexes of 5-15 exercises per workout, exhaust themselves until it gets dark in their eyes and think that everything is going right. And somehow they don't pay attention to the fact that there is no result.

An enchanted run in place. And only by giving up everything superfluous and moving on to basic exercises can you break out of this circle.

"All efforts to increase the weight of the bar" - this is the slogan that should be guided by every athlete, no matter who he is - a bodybuilder or strength enforcer. Only this slogan will lead you to a guaranteed result.

On the topic of basic exercises, I want to make one additional explanation. People often ask me if it is possible to do push-ups from the uneven bars, pull up, do a bench press, etc.

Can.

But with the condition that you now call these exercises basic and only they will be performed in training.

Those. there should be no more than 3 total exercises in your weekly training cycle (rarely 4). I recommend the following Golden Three: Squat, Bench Press, Deadlift.

But if you cannot squat, then it is quite possible to do leg press instead of squats.

If you cannot bench press, then you can do push-ups on the uneven bars with a weight on the belt.

Instead of deadlifts, you can do either bends with a barbell on the shoulders, or pull-ups with weights on the belt.

But the principle itself does not change from this - as soon as you have chosen your 3 basic exercises, then do only them, increase the result only in them, do not get distracted, and the progress will surprise both you and those around you.

The second principle. Squats and bench presses are done twice a week. Deadlifts are done once a week.

This is an important rule of thumb to avoid overtraining. Of course, strange, but it is a fact that most athletes who really train at full strength often train too much and too often. As a result, the quality of training stubbornly does not translate into the number of muscles. Let's talk about how to avoid this.

As I said, the squat and bench press, although they are done twice a week, should not repeat the workouts. The workout, strong at the beginning of the week, when you are still fresh and rested from the weekend, should be drastically reduced by the end of the week, when you are already tired and you just need to warm up better.

Therefore, the first time a week the bench press and squat are made "heavy" and the second time "light".

Let's assume that "hard" workout is a workout aimed at improving results and performed to the limit of possibilities, and "light" workout is the second workout per week - technique workout, warm-up with a weight of 80% of the "hard" workout.

The deadlift is done only once, as the muscles it uses are the largest on the body and are slower to recover.

The sequence of exercises in training is the same as in competitions. This is logical, because if you perform in competitions, such a familiar sequence will save you a lot of energy and correctly calculate your strengths, for example, at least, you will already know that you cannot give all your best on squats, because there is still a powerful load on back in the form of a deadlift.

Therefore, if you adhere to the first rule and do only one exercise per workout, then a good workout schedule would be five workouts per week:

- Monday: "Heavy" squat.
- Tuesday: "Heavy" bench press.
- Wednesday: "Heavy" deadlift.

- Thursday: "Light" squat on technique.
- Friday: "Light" bench press on the technique.

Don't be afraid of this phrase "five workouts a week". Performing one exercise in the first three days, then 4 days just warm up, i.e. you will have sufficient rest in the second half of the week. It was by doing this that I began to progress rapidly.

If you do not have the opportunity to train five days a week, then you will have to work with two basic exercises in one workout.

But even in this case, you should in every possible way avoid performing two "heavy" exercises in one day. In this case, it would be logical to combine "light" exercises and do in one day:

-Monday: "heavy" squat.
Tuesday: "heavy" bench press.
Wednesday: "heavy" deadlift.
-Friday: "light" squat on technique, "light" bench press on technique.

If you can only train 3 times a week, then the training schedule will have to be done like this:

- Monday: "heavy" squat.
- Wednesday: "heavy" bench press, "light" squat on the technique.
- Friday: "heavy" deadlift, "light" bench press on the technique.

If you train two days a week, then I think it is better to do this breakdown:

- Tuesday: "heavy" squat, "heavy" bench press
- Thursday: "heavy" deadlift, "light" bench press

Basically, if you like, do all the basic exercises on one day and only train once a week. This will also give a result, but much weaker than if you train more often. If it makes sense to train once a week, then only for those who recover for a very long time, i.e. heavyweights. But, in my opinion, even for them it is more preferable to train 4 times a week and do only one exercise at each workout.

I want to draw special attention to those who are just starting to go to the gym.

A beginner should not immediately introduce deadlift into his complex.

You need at least one month to fully train on the squat before approaching the deadlift. By working with squats, you strengthen not only your legs, but also your back. Squatting for at least a month is a prerequisite for the deadlift program.

Therefore, the first month you can train according to the following scheme:

- Monday: "heavy" squat.
- Wednesday: "heavy" bench press.
- Friday: "light" squat on the technique, "light" bench press on the technique.

And only a month after classes according to such a simplified scheme, you can go to any of the above programs.

Principle three. "Heavy" basic workouts are done according to the rule of 5 sets of 5-8 times. "Light" are done with a weight of 80% of the "heavy" according to the rule of 5 sets of 4 times.

Of course, you need to start from "5 to 8", and then smoothly move to "5 to 5".

Eight repetitions work out the trajectory of lifting the bar, technique, stability. As you gain experience and gain confidence, you should move on to more serious weights, and for this you need to reduce the number of lifts, i.e. go to "5 to 5".

The "5 through 8" (and "5 through 5") rule is very handy in the first step. It clearly shows when to increase the weight of the barbell: as soon as you were able to do exercises 5 to 8, the next workout you need to increase the weight of the bar by 5 kg. And try again to do 5 to 8.

For example, you bench pressed 100 kg for 5 sets of 8 times.

Once you have done this, you need to put a big bold point on the 100 kg weight.

This weight has already been overcome and we must go forward. After a week, on the next "hard" workout, you increase the weight to 105 kg. And you try to squeeze it 5 to 8.

Most likely, you will not succeed right away, but it will turn out, for example, the following:

1st approach - 8 times,
2nd approach - 8 times,
3rd approach - 7 times,
4th approach - 6 times,
5th approach - 6 times.

Well, there is work to do. Now your task for the next workout is to squeeze this weight (105 kg) 5 sets of 8 times.

As soon as you do this, then you do not return to this weight and go on to the next weight - 110 kg. And so about 3-4 months of non-stop effort.

The result will be amazing. The mere fact that you will not repeat exercises with the same weight from workout to workout will already allow you to make a significant leap forward.

When I tell this training method, athletes often ask - so practically every approach should be done to "failure"? to complete exhaustion?

NO.

There should be no approaches to "failure" at all. If you feel that you cannot do the next lift of the bar, then just put it on the racks and do not even try!

Better to save energy for the next set than trying to pull this one out. No "bounces". And how can you imagine a "refusal" in squats, for example? Is it like when you drop the barbell every time?

Therefore, my opinion is. Of course, you must be insured. But if the belayer's hand touched the barbell bar, it means that you made a mistake - this lift does not count. You overworked, did not calculate your strength. Do not allow anyone other than you to touch the barbell. Therefore, if you feel that you cannot master the next rise, feel free to put the barbell on the racks.

I would like to highlight one point. This rule of work - "5 to 8", of course, will, as the weight of the bar grows, slowly flow first into "5po7", then into "5po6" and finally into "5po5".

For example, you have bench pressed 120kg 5po8, but you have not been able to bench 125kg all five sets of 8 times for several workouts. In this case, you simply go to "5-7" and press 125kg in a "5-7" pattern.

Then, over time, you reach the maximum in "5po7" and in no way, let's say you cannot bench 130kg. Well, go to "5po6" and conquer this weight.

And so, lifting the barbell and reducing the number of repetitions, you reach the point where you can not do the planned weight in the "5-5" program.

As soon as you get stuck on this figure and can't go further, it's time to switch to cycles.

You will need to learn to work with cycles and accustom your body to cycles. You need to teach your body to be weak or strong. This is the golden rule that will help you to avoid stagnant results once and for all. And if you decide to participate in competitions, then this is generally nothing more important than entering the peak of your maximum in time and showing the best result. This is what an athlete should cultivate in himself.

We will consider later how to make up 9-12 week cycles based on our results within the framework of the "5po5" system.

Principle four. No "penetrations"!

Very often novice athletes do the so-called "penetrations" - climbs to the maximum. That is, they try to lift the maximum weight at a time.

So, there should not be any climbs to the maximum! Competitions are used for these purposes.

Such lifts, firstly, are harmful from the point of view of training - by doing the approaches to the maximum, you, as it were, skip the "hard" workout.

Secondly, it is very traumatic. It is because of such frequent and thoughtless passages that athletes have to heal muscle micro-tears for six months.

Can you imagine how insulting an athlete works to the point of exhaustion, but suddenly the thought comes to his mind, "let me make a penetration, figure out what I can do to the maximum."

And he does.

And after that, he has pain in the pectoral muscle. And it doesn't seem to hurt very much, but you can't press lying down - the pain after that becomes stronger and stronger. You have to take a break for 3-4 months in training in order to heal the muscle.

Why do you need these problems? It is better to decide for yourself once and for all - all passages - at the competition. Well, a couple of competitions a year will fully show your real level.

By the way, there is an easy way to roughly estimate your maximum. You need the weight that you do 5-5 multiplied by a factor of 1.2. For example, you have shaken a barbell with a weight of 100 kg for 5 sets of 5 times. This means that you are ready to press a barbell with a weight of 100 x 1.2 = 120 kg for 1 time. Of course, perhaps you will shake a little more than 120 kg, but you will definitely shake 120 kg.

Personally, I put safety first. If I know that penetrations are dangerous, then I simply do not do them. After all, in the end, the whole result of my many years of training depends only on whether I can perform hard basic exercises. But if I am injured, then, most likely, I will not be able to do basic exercises at all.

Competitions are much less dangerous. An athlete prepares for competitions for many months, is brought up, changes the load in a special way. At competitions, he, as a rule, uses equipment, and the very spirit of competition makes the heart beat faster, adrenaline, adrenal hormones are released. All this makes the athlete more ready for maximum weights.

None of this happens during penetrations. As a rule, everything happens spontaneously - just a not very disciplined athlete "suddenly wanted to go to the maximum."

But the ligaments are not yet strong and are not ready for such weights, hence the hardest ligament ruptures that cannot be completely healed. All of this is so dangerous that it is the main reason why even "stars" leave the sport. Injury is what fatally plagues impatient athletes.

This is how strength sports works - most often it is injuries that set the limit for training. And it doesn't matter who you are: a pro or an ordinary amateur. Think for yourself, is it possible to do deadlifts with a solid weight if the lower back is injured? How to bench press if your shoulder hurts unbearably?

So taking care of your health is the foundation of your success in any strength sport. All the hardest exercises are at the same time the most effective. But if you dramatically increase the load on these exercises and get injured, then you can simply forget about any progress for many months.

In general, take care of yourself, do not make penetrations. And if suddenly your friend comes up to you in the hall and says: "Well, let's hack to death in the bench press today, who is more!", Then have the mind to refuse him and wait for the competition.

The fifth principle. Before and After: warm up and cool down.

Trust us - and you will expand as you heat up!

Warm up.

Take the time to warm up before tough basic workouts. Before the bench press, at least 2 warm-up sets should be performed, before the squat and deadlift - at least 3 warm-up sets. If the athlete lifts a large enough weight, then during warm-up, the difference in kilograms on the barbell between sets is approximately 15-20 kg. For example, an athlete has a plan to shake 100 kg 5 to 5. Then his warm-up will be as follows:

1st warm-up approach - 20 kg for 20 times,
2nd warm-up approach - 40 kg for 10 times,
3rd warm-up approach - 60 kg for 5 times,
4th warm-up approach - 80 kg for 4 times,

and only then does he make 100 kg 5 by 5.

If you are going to work with a lot of weight, then in this case the number of warm-up sets increases. For example, I want to bench press 140 kg according to the 5 to 5 principle. The warm-up will look like this:

1st warm-up approach - 20 kg for 20 times,
2nd warm-up approach - 50 kg 10 times,
3rd warm-up approach - 80 kg for 5 times,
4th warm-up approach - 100 kg for 5 times,
5th warm-up approach - 120 kg for 4 times,
and only then we do 5 approaches 5 times with a weight of 140 kg.

Of course, the training time increases, but we agreed that we highlight the main thing and do not waste time on all sorts of unnecessary exercises such as lifting biceps, bending through the goat and sitting wiring.

A long warm-up will save you many injuries.

But, even such a big warm-up is not enough. When you get closer to your maximum weight, you will have to use special warming ointments to warm up.

I use Apizartron bee venom ointment. Before each approach, I rub her muscles, which will now work, and only then I smear my hands with magnesium (or chalk) so that they do not slip, and go on the approach. The number of injuries has dropped dramatically.

Rather, I must say that the injuries disappeared altogether. Moreover, the burning sensation in the muscles caused by this ointment allows you to mobilize, tune in. And this is very important when working to the limit. True, after a workout, a not very pleasant surprise will await you in the shower - washing a place smeared with this ointment with hot water is not very comfortable.

Also, by resting between sets, keep yourself cool. Put on a warm tracksuit, don't sit in one place, walk, move in some way.

When you work to the limit, you begin to understand the importance of these little things - warm clothes, ointment, good muscle warming. Any deviation from these simple rules can lead to injury.

Hitch.

By hitch, I mean a little differently from what is usually understood by this word. I mean by this word the correct psychological attitude, which is simply necessary at the moment when you finish training.

Perhaps you have never thought about this, but this is exactly the reason why 99% of young people who come to the gym give up training. This is exactly the wasp that can kill an elephant with a bite in the heart.

Therefore, treat this point with emphasis carefully. Why it is so important I will now try to tell you.

Training is always stress. This is sweat, this is work, this is overcoming. And then one day a moment arises when you begin to realize that you have long been forcing yourself to pack up a gym bag and go to workout. You convince yourself, persuade, you repeat to yourself: "Yes, this is unpleasant, but it is necessary, it will be beneficial." A struggle begins with oneself. And this struggle, this self-torture in 99% of cases will end with the fact that sooner or later you quit training.

And it will be right. Because you cannot force yourself, the body and psyche simply cannot stand it. Yes, for a while you will be able to go to this hard labor, but over time, no amount of willpower will help you take a gym bag and go to workout.

You can't go to training with "I don't want" and "I can't"!

You can't step over yourself!

So what if you've come to this point and you really don't want to go to workout? What, throw everything ?!

Of course not.

It's just that you've been training all this time and forgot about such a simple thing as a hitch after training.

Cooling down is the state of pleasant relaxation that comes over you after exercise. You just need to focus on this pleasant fatigue, soak up it.

For example, when you stretch after a workout, do it with pleasure, with the feeling of a cat stretching in the sun. Or, when you stand in the shower and wash off the salty sweat of your workout, then let your psyche completely relax and enjoy. Forget about bad approaches or incomplete plans. Let it all remain outside your consciousness at that moment. You just need to relax and enjoy the warm jets of water that run over your head, over your shoulders, over your torso.

Cool down is a state of pleasure and happiness that you must evoke in yourself at the end of your workout. If it is not there, then it is necessary to call it artificially.

And every time you have to leave the hall in a state of complete happiness.

Only this will allow you to overcome the antipathy to training that you may already have. After all, we cannot experience any negative emotions for those activities that bring us pleasure.

And this rule works, especially on hard training days. For example, I actually sometimes went to the gym just because I remembered how pleasant it would be to relax tired muscles under the shower after a workout. And what a special feeling it is. Therefore, memorize all the pleasant sensations that you experience in the gym and focus on them - this can then be very useful in the fight against laziness. However, the questions of psychology are quite complex and I want to devote a separate chapter to them, where we will understand how our brain works and how you can learn to use it effectively.

Sixth principle. Rest your muscles.

You do not sleep all day, do not eat all night - of course, you get tired.

Rest is just as important a part of your workout as exertion. Perhaps even more important. Muscles are destroyed during exercise. During rest, they grow. And our primary task is to make the rest complete. Your muscle size is even more dependent on the quality of rest than on the quality of the training load.

A good rest consists of three important components - sleep, muscle stretching, muscle warming. Let's talk about each of these points.

Sleep.

The first and foremost sign of good sleep is self-awakening. Sleep will be full only if it was not interrupted by anyone or anything. Many people know this or intuitively feel it, but nevertheless jump up every morning at the alarm clock, interrupting their recovery from communication with iron. This must be avoided with all our might. Sleep should be one of the highest on your list of priorities.

How to sleep more and wake up on your own? Fortunately, nothing seems to be difficult in this. You just have to go to bed early. But this is where the true test of your desires begins. If the temptation to watch a movie or read a book is too great, then you need to remind yourself that both the film and the book are not as important as training and full recovery.

If you are not using sleep management techniques, then eight hours of sleep every night should be law for you. As soon as you feel sleepy, as soon as you notice that you are suppressing yawning, listen to yourself and go to bed.

A full, intense workout requires you to be much more anxious about sleep than people usually allow. You shouldn't neglect those nuggets of relaxation that everyone else usually neglects.

Stretching the muscles at the end of the workout.

A little higher, in the first chapter, I already said that at the end of each workout, you need to stretch the muscles that have worked hard. There were also exercises for stretching the muscles of the chest, lower back and quadriceps muscle of the thigh, so I will not repeat now.

To what I said earlier, I will add only one point - it happens that not only the muscles of the thigh, muscles of the chest and back get tired, but also other muscles. These are primarily triceps, biceps, latissimus dorsi, calf muscles.

For the fastest recovery, these muscles also need to be stretched. Here's how to do it.

Stretching the latissimus dorsi is done either near the barbell rack, or near the wall bar (Figure 2.1). You need to cross your legs and hang on the barbell or the bar of the wall bar and feel how the latissimus dorsi muscle is stretching. In this position, you need to freeze for 60 seconds.

Stretching the calf muscles is very simple - step with your toes on an elevation and fall down the heel (Figure 2.2).

The biceps should be stretched near the wall or doorframe - put your hand on the jamb from the side of the thumb and stretch the biceps (Figure 2.3).

The triceps are also stretched against the wall. To do this, you need to raise your hand and rest your elbow on the wall. Moving down a little, you need to stretch the triceps and freeze in this position (Figure 2.4).

Figure: 2.1. Stretching the latissimus dorsi.

Figure: 2.2. Stretching the calf muscles.

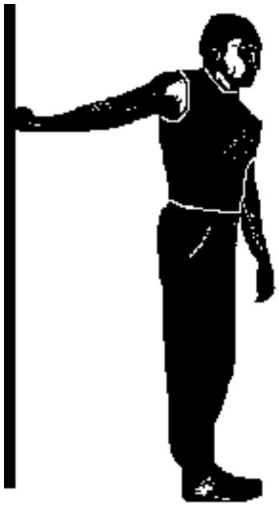

Figure: 2.3. Biceps stretch.

Figure: 2.4. Triceps stretch.

Warming up muscles after exercise.

Of course, I'm talking primarily about the Russian bath. The bath, as a means of restoring the security forces, was widely used in the USSR national weightlifting team. Probably it is not necessary to remind that the weightlifters of the USSR were always the first in the international arena for many decades. Their experience is also very valuable because each recommendation for the athletes of our national team was given only after a comprehensive scientific substantiation. Therefore, all serious athletes can be recommended to visit a Russian bath at least once a week.

However, I note that the bath should not be used before heavy workouts, and even more so, before the very competitions (in order to reduce weight) - the bath is very relaxing.

The bath is a unique remedy for health improvement. In the bath, blood circulation and metabolism are powerfully activated. By the way, I note that those who want to lose weight should come to the bathhouse hungry, and those who want to gain weight, on the contrary, should have a little snack about 1 hour before the bath.

The bath is incredibly useful for joint diseases, especially deforming arthritis. Warmth, whipping with a broom, redistribution of blood and lymph in the body contribute to the flow of oxygen and nutrients, which enhances the recovery processes in joints and bone tissue.

In addition, 0.5-1.5 liters of sweat is released through the pores of the heated skin, and together with it, salts, lactic acid, urea and other decomposition products of organic substances are removed. This greatly facilitates the work of the kidneys.

The bath is contraindicated for epilepsy, pulmonary tuberculosis, neoplasms, heart failure, angina pectoris. It is forbidden to use the bathhouse in the acute stage of illness. The bath is not recommended for children under 3 years old and pregnant women.

I will briefly talk about what and how to do in the bath.

1. Before entering the steam room, soak a broom in cold water, it is best to put on some kind of woolen hat on your head, and light slippers on your feet.

2. First run - warming up. First, sit for 2-3 minutes below, and only then move upstairs. The warm-up time on the first run is 5-10 minutes, and for beginners it will be better for 3 minutes.

In general, the rule is this - sit while you are pleased, do not look at anyone and think "I will leave only after that guy leaves the steam room", do not try to sit out someone. So you can spoil the whole effect of the bath procedure and instead of benefit, get only harm.

3. We leave, relax, enjoy the cool air.

4. Let's take a steam bath. We put the broom in hot water, or give in a steam and hold the broom near this steam so that it warms up. First you need to hover the body (trunk), then the arms and legs.

I do not advise making more than 3 - 4 visits to the steam room, the total time spent in the steam room should not be more than 15-25 minutes.

The optimum temperature in the steam room is 60-70 degrees Celsius, in the sauna - no more than 90 degrees. Higher temperatures will burn the larynx and increase the risk of throat cancer.

It is strictly forbidden to drink alcoholic beverages in the bathhouse. Always remember that in this way many objectionable officials and even emperors were sent to the next world - they soared in the bathhouse, and then offered to drink. The heart cannot withstand such a load.

Better to drink juice, herbal tea, or mineral water.

It is ideal to visit the bathhouse once a week. A less frequent visit reduces efficiency, and more often is justified only for a very short period, because leads to a large loss of trace elements in sweat.

Very often, the bath is used as a weight loss tool. Usually experienced athletes use this tool. For one session in the bath, as a rule, approximately 2 kg of weight is lost. In order to achieve this effect, you need to stimulate profuse sweating, usually for this they resort to one of two methods - rub the body with either honey and salt, or 76-degree alcohol.

The salt is mixed with honey and this mixture, like petroleum jelly, is rubbed on a dry body even before the bath, and only then they enter the steam room.

Rubbing alcohol is already rubbed on the bath shelf, otherwise you can burn the body, and in a humid and hot steam room, rubbing with alcohol is painless.

Both of these products induce profuse perspiration, which continues after leaving the steam room. And that is why you cannot cool down after the steam room, as this will stop sweating. This means that if you want to lose weight, you have to endure, and not jump into the pool and do not run into the shower. You can't cool down!

You can only pour yourself over with hot (better also salted) water. Then you have to go to the dressing room (dressing room), there, wrap yourself in a sheet, warm robe or blanket and sit (or better to lie) and sweat. It is necessary to wait until the sweating ends, which is about 30 minutes.

You can't drink too much - just one sip of water or a slice of lemon.

When 30 minutes have passed and the sweating has stopped, you can go under a warm shower to wash off the sweat and salt. Then you have to wipe yourself dry and go to steam again.

And so several times. With each entry into the bath, less and less sweat is released - that's when you can drink half a glass of water to increase sweating.

I also note such a thing - the thicker the fat, the more you need to work with a broom - the fat has a low thermal conductivity and if there is a lot of fat, then it should be warmed up as much as possible with a broom or massage.

By the way, you can't sit in the steam room for a long time - it's an illusion that the more you sit, the more fat will be "melted". It is necessary to make a series of short, 8 minutes each, visits and sweat as long as possible between them in the dressing room.

If you do not need to drive weight, then you need to steam a little differently - you must definitely include cold procedures, that is, dousing with cold water, a cold shower or swimming in a pool with cold water. This

will significantly boost and strengthen your immune system. You will completely forget about colds.

The scheme of cold procedures is as follows: hot - cold - hot. Those. any cold procedure must be finished with hot heating.

This is due to the following. When the cell cools quickly, in order to maintain its own temperature at the required level, the cell is forced to quickly burn a large amount of intracellular sugar.

A large number of metabolic products are formed. And since the vessels are compressed from the cold, their outflow is difficult. Therefore, in order to facilitate the removal of decay products from the cell, it is necessary to reheat the body.

This means that after dousing with ice water, you have to go to the steam room to warm up again. Let me remind you again - always end a cold douche with a hot one.

If you want to temper your body, then do not deviate from this scheme (hot-cold-hot).

Unfortunately, some "walruses" forget about this and as a result receive more harm than good from hardening.

For several years, many people have taken a great interest in "winter swimming", and even now there are still many who like to plunge into ice water.

It is believed that "walruses" train the body's ability to resist cold. They really feel good, vigorous and energetic - especially at the beginning of their "walrus career", when their dives in water are very short-lived. But when they have been swimming for ten years, their behavior changes in a strange way - it is considered an honor for "walruses" to sit in the water for as long as possible, up to 15 minutes. And the more experience of "winter swimming", the longer the "walrus" should sit in the water.

This leads to the fact that in a healthy and strong person, a strange peculiarity begins to appear more and more often: he can catch a cold from, say, leaving the house without a hat, or even just from any draft.

And all this is completely natural.

After all, what is immunity? It is the ability to resist disease.

This mainly happens with the help of immune cells, which "catch" and destroy harmful bacteria. When immune cells move around the body intensively, resistance to bacteria (and therefore disease) is quick and effective. And if - slowly, then we get sick.

The "walrus", which in January sits for 10 minutes in an ice hole, and in March, straining every particle of the body, swims in the river, skillfully maneuvering between pieces of ice, immune cells "die" and completely forget about their duties, become incapacitated.

The same cannot be said about pathogens. The latter feel great and, as if nothing had happened, breed with the same speed.

In other words, if a person "body and soul" is not afraid of the cold, this has nothing to do with his immunity. Each long stay in the cold naturally reduces immunity.

Therefore, any hardening should be carried out according to the time-tested scheme: hot - cold - hot.

And now I will name the main law of hardening.

The main law of hardening is that you need to harden by heating, not cooling!

This may sound paradoxical and not very familiar, but let's think for ourselves.

First, we must remember that immunity is increased primarily by heating. The hotter the inner surface of the body, the more active immune cells - hunters for bacteria - begin to act. That is why an increase in body temperature during diseases leads to recovery - this is a protective reaction of the body to a disease, as a result of which the activity of immune cells increases.

And, secondly, you can warm up both with the help of heat and with the help of cold.

Let's see how best to do this.

The first entry into the bath is warming up the body with the help of heat. This is the first heating.

If you then dive into a pool of ice water, or overturn a bucket of cold water on yourself, the surface of the body immediately warms up.

That is, SHORT-TERM cooling is the same HEATING. This is precisely the meaning of cold hardening. This is the second heating.

And then again you need to warm up in the steam room, then, after a cold douche, the skin will simply glow.

And this third heating will be the most powerful, exceeding the first two in efficiency.

Performing warming up according to the hot-cold-hot scheme, you can bring your immunity to unattainable heights.

Finally, I would like to talk a little about the use of the bath in traditional medicine, or rather, how the bath can be used to restore cells in diseased organs.

For example, using a bath you can restore the kidneys. If a person's kidney cells have died, for example, due to frostbite or improper nutrition, then the remaining kidney cells cannot provide blood homeostasis. A person begins to suffer from high blood pressure, headaches, heart interruptions begin. Part of the excretory functions is forced to take over the skin, as a result, a person begins to sweat profusely and excessively.

So, with the help of a bath, you can increase the cell volume in the kidneys. To do this, an hour before visiting the steam room or Finnish bath, you need to eat 50-100 grams of cooked animal kidney. In the steam room, it is necessary to stimulate profuse sweating, for example, wipe the skin with diaphoretic tea from wild rosemary or alcohol.

Diaphoretic tea is prepared as follows: boil one tablespoon of wild rosemary roots or two tablespoons of birch leaves in a glass of water for 1-3 minutes. Linden or elder flowers can also be used for this purpose.

The fact is that with good sweating of the skin, the kidneys partially rest and quickly increase their cell volume, since the blood contains a sufficient amount of nutrients for the kidneys.

From the above it follows that excessive sweating is cured through an even more severe diaphoretic procedure. It is as if a wedge is knocked out with a wedge, but in this example, heavy sweating is eliminated by increased sweating. In fact, by sweating heavily, we get the kidneys free from work and let them grow a little in rest mode. If such procedures are carried out every week, then soon the kidneys will grow to such a size that the above symptoms will disappear, which means that the kidneys have fully recovered.

In addition to what has been said, I note that in this case, it is undesirable to use a shower for washing the body or a cold pool in the bath, as this loses the property of sweating. The shower can only be used before the end of sweatshops. While sweating, you can use a birch broom, but you cannot cool down quickly, as the absorption of dirty elements on the skin may occur.

With the help of a bath, cells can be built up in the liver. For example, with cirrhosis of the liver, the cells are reborn and actually become incapacitated. To build up the lost colonies of liver cells, you need to use the bath. The sequence of actions should be as follows. An hour before visiting the steam room, you need to eat 50-100g of boiled animal liver, in order to introduce into the body in sufficient quantities the trace elements necessary for liver growth.

Further, with the help of a bath and diaphoretic teas, strong sweating of the skin is achieved. After you stop sweating, your skin will absorb whatever is on its surface. If at this moment the skin is wiped off with milk serum mixed with chalk or fish oil (you can also rub it with just peeled herring), then all the substances on the skin will be immediately absorbed. In this case, the liver partially rests, and the body no longer feeds through the liver, but through the skin. This procedure allows you to build up liver cell tissue. After the procedure for feeding the body through the skin, it should be washed or wiped off with vinegar.

In the baths, you can also treat heart disease - shortness of breath, heart palpitations. If a person suffers from the fact that it is difficult for him to climb stairs, uphill or just a small hill, it is difficult to physically work or engage in sports exercises, then with the help of a bath all this can be

corrected with the help of procedures aimed at increasing the power of the heart.

An hour before visiting the bath, you need to eat 50-100 g of a boiled animal heart. 15 minutes before entering the steam room, they drink hearty kvass, which is prepared like this.

They take 3 liters of water (you can take tap water and not boiled water), 1 glass of a gray jaundice plant, or adonis, or lily of the valley, foxglove, strophanthus, sage, buy, add one glass of sugar, 1 teaspoon of sour cream. Everything wanders for at least 2 weeks in a warm room (you can near a heating battery). A single dose of kvass is about 0.5 cups.

After the steam procedure, it is necessary to massage the body in order to improve the blood supply to the organs and limbs. During the massage, the heart is partially resting, since the masseur takes on a large load on the movement of blood. The presence of trace elements from a small portion of the animal's heart helps the rapid growth of heart tissue. Ten to twenty such procedures will significantly improve cardiac activity. In practice, it is possible to achieve that the above cardiac disorders will be completely eliminated, regardless of age.

However, it is highly desirable that, in addition to bath procedures, a person begins to use bitterness daily, for example, every day to eat 0.1 g of crushed jaundice herb. Bitterness stimulates the pancreas to produce insulin, which, by breaking down complex fats and sugars, provides nutrition to the heart.

Principle Seven. Isometric exercises.

Isometric exercises are a very interesting and incredibly effective method of strength training.

The essence of the training is that the muscles tense, but at the same time remain motionless, i.e. do not stretch. Instead of lifting weights, you have to overcome resistance, which, in principle, cannot be overcome.

Another great thing about isometric workouts is that they do not require a lot of time - it will take you 5-10 minutes maximum.

However, the positive changes - first of all, the increase in strength - achieved as a result of isometric exercises, last longer than with prolonged dynamic training.

The basic principles for performing isometric exercises are as follows:

- perform each exercise with maximum tension,

- make an effort after inhaling, exhaling, and do not hold your breath during the exercise, breathe rhythmically, inhale for 6 seconds, exhale for 6 seconds, without pauses and holding your breath,

- each effort should last no more than 6 seconds, and for a start, 2 seconds of maximum tension will be enough,

- between efforts, pause for about 10 - 30 seconds,

- try to strain your muscles and build power smoothly, release the load smoothly too,

- resistance to your efforts should be so great that it deliberately excludes the possibility of any movement,

- static exercises are most effective to do 5 times a week, leaving 2 days for rest,

- there should be not a lot of static exercises - no more than 6,

- each exercise is best done in the same way as usual exercises: 5 sets of 5-8 times, i.e. in one approach, 5 - 8 six-second efforts are made with pauses of 10 - 30 seconds between them, then a short 30 second rest follows, after the rest there is a second cycle (approach) of 5-8 efforts, and so on,

- the first month it is enough to do only 2 static exercises, then every month you need to add 1 exercise and gradually bring them to 6 exercises.

Attention! Isometric exercises can increase pressure slightly.

Isometric gymnastics exercises for security officials.

These exercises are very effective when you include them in the overall complex. Especially during the period when you are "stuck" on a certain

weight and cannot "break" it. There is nothing special about these exercises - you are simply trying to perform the same movements as usual (squats, bench press, deadlift), but with a load that cannot be lifted.

To work out the static load when squatting, it is best to use special racks, they are also called a power frame, which will not allow you to drop the barbell (Figure 2.5).

In similar power racks, you can do bench press (Figure 2.6). You can change the height of the racks and thus work out the tension of various muscles. But for the bench press, you can try another exercise to create static tension and develop strength. You can use a weightlifting belt, fasten it on your chest, thread an iron bar or an empty bar in front and try to press it from yourself with all your might (Figure 2.7).

Deadlift exercises can be performed statically or from power racks, the barbell bar should lie down just below the knees, or perform deadlift from skirting boards (high rubberized stands).

Let me remind you that in all these exercises, the weight of the bar should be so large that you cannot even tear it off the racks.

Note that you can work out as soon as the position of the barbell lift trajectory, at which the lift slows down and freezes (ie, "dead point"), and sequentially break the entire barbell lift trajectory into 3-5 sections and work them out in turn.

Figure 2.5. Static squat in power racks.

Figure 2.6. Static bench press in power racks.

Figure 2.7. Static bench press using a weightlifting belt and an iron bar.

Principle eight. Supplements and Nutrition.

When you come to the gym, then everyone around only says that about nutrition - amino acids, protein complexes, creatine, etc. things. Over time,

it starts to become paranoid. Young guys with burning eyes are running around the city, looking for where to buy cheaper protein supplements.

But it's funny to watch when an athlete who has been using such supplements for a whole year and who has stopped buying them due to a lack of money, is surprised to notice that nothing has changed. His results continue to grow, his weight does not drop a single gram, and he feels just as good and cheerful as before when he took supplements that eat up a significant part of his budget.

And then a seditious thought creeps into his head: "Maybe all these money was wasted in vain? Maybe the supplements are not so necessary?"

Here I should note that modern dietetics involves the use of at least 100 grams of protein per day - this is necessary at least for health purposes.

Therefore, protein complexes, most likely, you will still need, but you need to use them correctly!

1. How to use protein shakes.

This is a very important point that most athletes don't even think about.

I'll start with the background.

In the practice of Soviet radiologists (prof. VD Lindenbraten, 1969) there was such a case. It was necessary to achieve the retention of barium porridge in the stomach for the time required for the retrogenological study. But it turned out that if the porridge is given without preheating (immediately from the refrigerator), then the porridge leaves the stomach faster than the radiologists had time to adjust their then (1969), not so perfect equipment.

Radiologists became interested in this fact, conducted experiments and found out that if you drink food with cold drinks (for example, Pepsi-Cola with ice), the time the food stays in the stomach is reduced from 4-5 hours to 20 minutes.

This is, firstly, a direct path to obesity, since it is impossible to get enough of such food and the feeling of hunger comes very quickly. Secondly, this is

how putrefactive processes begin in the intestines, because there was no normal digestion, as such.

Incidentally, this is the path on which McDonald's made a lot of money.

Washing down food (sandwiches, hamburgers, hot dogs) with ice-cold drinks, a person can never eat up fast food, which means he will come to have a snack again and again. At the same time, for hot drinks - tea, coffee, either a rather high price is set, or they are not included in complex sets, or they are simply not advertised. But the ice-cold "Coca-Cola", or is relatively cheap, or aggressively imposed by bright posters and colors.

But this applies not only to "Coca-Cola", all cold drinks leave the stomach very quickly. Therefore, attention (!), If you drink a cold protein cocktail, then it will not be fully processed in the stomach, proteins will not be broken down into amino acids. Such a cocktail will quickly leave the stomach, and the entire protein component will simply rot in the intestines. You will not only waste your money, but instead of benefit, you will receive harm in the form of intestinal inflammatory diseases (colitis, enteritis) and dysbiosis.

So, do not take protein shakes cold from the refrigerator. Take them warm, at least at room temperature, and even better, slightly warm them.

The second remark concerns the amino acid composition of the mixtures taken. Among all the amino acids, I want to highlight only one as vital not only for building muscle, but also for health.

2. Arginine.

Nitric oxide (NO) and arginine have been the subject of numerous scientific studies by biologists over the past 10 years. And these studies are producing very impressive results.

For the general public, this topic was first identified in 1992, when Science magazine named nitric oxide (NO) the molecule of the year. Another 6 years passed, and scientists who played a special role in its study received a well-deserved award - three scientists from the USA, R.F. Furchgott, L.J. Ignarro and F. Murad were awarded the 1998 Nobel Prize in Physiology

and Medicine for the discovery of the role of "nitric oxide as a signaling molecule in the cardiovascular system."

The nitric oxide molecule has proven to be a versatile biological agent.

Twenty years ago, the very formulation of the question of the universal biological role of nitric oxide seemed wild: nitric oxide is the strongest industrial pollutant, it was considered exclusively from the point of view of harm to all living things, the oxidation of nitrogen oxide in the atmosphere turns into acid rain. Its huge amount, contained in tobacco smoke, forms carcinogenic substances.

It all started back in 1980, when Dr. F. Ferchgott, professor of pharmacology at the State University of New York (Brooklyn), conducted research on the contractile effect of drugs on blood vessels. In one of the experiments, due to the carelessness of a young employee, the usual experimental scheme was disrupted, and when a drug (acetylcholine) was added instead of the expected contraction, an extremely strong relaxation of the vessels suddenly began.

They became interested in the discovery of a mysterious factor that relaxes blood vessels.

Earlier, Dr. F. Murad (Head of the Department of Integrative Biology, School of Medicine, University of Texas, Houston), studied the mechanism of action of nitroglycerin and found that nitrates promote the release of nitric oxide, which relaxes smooth muscle cells, leading to vasodilation.

Dr. L. Ignarro (Professor of Pharmacology, School of Medicine, University of California, Los Angeles), as a result of a series of studies, came to the conclusion in 1986 that the above two experiments are essentially talking about the same thing, and the mysterious factor that relaxes the vessels is and there is nitric oxide.

Scientific research has proven the crucial role that nitric oxide plays in fundamental biological processes such as the regulation of blood pressure, immunity, and central nervous system activity.

Further active study of nitric oxide (NO) led to unexpected statements: "Science of the XXI century - the biology of nitric oxide!"

Molecular biologists have literally pounced on nitric oxide. About four thousand articles a year are devoted to the biological role of NO. Now it is already quite obvious that this is not only a universal regulator of vital processes, but also an important element of the immune system. Today, it is difficult to find metabolic processes to which nitric oxide is not related.

But where does nitric oxide come from in the body?

In 1987, it was discovered that nitric oxide is formed by the oxidation of the amino acid L-arginine.

The amino acid L-arginine is the main supplier of NO, without which normal human activity is unthinkable.

If there is little NO in the body, the main reason for this is a decrease in the availability of L-arginine stores.

Here are the results of some research.

Hypertension...

It has been established that a chronic lack of nitric oxide (i.e., and L-arginine) in the body leads to the development of arterial hypertension. Therefore, now L-arginine is used in the prevention and treatment of hypertension. In doses of 2-3 grams per day, L-Arginine helps to reduce the tension of the smooth muscles of the arteries, thereby reducing the lower diastolic blood pressure. In addition, L-Arginine is used to prevent atherosclerosis. It prevents the formation of blood clots and the adhesion of these clots to the inner wall of the arteries - thereby reducing the risk of blood clots and atherosclerotic plaques.

*Intestinal tract**...***

A long-known disease, diffuse esophageal spasm is caused by a spasm of its smooth muscles. The disease is also based on a deficiency of NO (i.e., and L-arginine) (Konturek S., Konturek P., 1995).

It is possible that the malfunctioning of the duodenal valve (and therefore stomach ulcers) is also based on an insufficient amount of NO (i.e., L-arginine), as a result of which this valve loses its ability to function normally.

Immunity

Quite a long time ago, and completely independently of the future Nobel laureates, scientists studied how macrophages, the cells responsible for maintaining immunity, work. In the 1970s, it was discovered that the activity of macrophages is associated with the accumulation of nitrite and nitrate in the extracellular environment. The nature of cellular immunity began to be revealed, the way in which macrophages kill target cells (bacteria, malignant cells). In 1983, scientists found out that nitric oxide is one of the tools of macrophages. Large amounts of nitric oxide can kill bacteria.

Those. the more nitric oxide (i.e. L-arginine) in the body, the better the immunity. Nitric oxide deficiency leads to a weakening of the immune system.

Memory and psyche

Based on data on the role of nitric oxide in the vascular system, in 1988 the British researcher Gerswaite found that nitric oxide is absolutely necessary for the formation of long-term memory, which underlies all thinking. It was found that L-arginine helps to improve mood, makes a person more active, proactive and resilient, bringing a certain quality of mental energy into human behavior.

The development of this direction led to the creation of Viagra - an effective remedy for impotence.

Adaptation

In 1998, the work of Prof. N.P. Aimashev "Anti-stress effect of adaptation to physical activity: the role of nitric oxide" was published.

The essence of the experiments is as follows.

The rats were brought to stress by immersing them in water up to their necks. As a result of stress, gastric ulcers developed quite quickly. The rats were pulled out of the water and the area of the ulcerative lesion was measured.

The second group of rats was also brought to stress, but they were given drugs that increase the content of nitric oxide (NO donors) in the body. The

introduction of NO donors during the experiment led to a 3-fold decrease in the area of ulcers compared to the control group.

The third group of rats was brought to stress, but they were given drugs that lower the content of NO (NO trap) in the body. The introduction of traps No increased the area of ulcers by 41% compared with the control group.

So, we see the exceptional importance of nitric oxide (i.e., and L-arginine) for the body. The lack of this active ingredient leads to numerous problems.

Those. Ensuring a daily, uninterrupted supply of the amino acid L-arginine is essential for a complete supply of nitrogen oxide (NO) to the body.

Arginine is one of twenty amino acids that are involved in the formation of proteins.

Arginine is an essential amino acid for children (non-essential for adults), i.e. the child's body itself cannot create such an amino acid, but must receive it from food.

Physicians and athletes have long known that Arginine promotes the production of growth hormone. Therefore, it makes sense for undersized young men to drink arginine - if the time has not yet been lost, then it may be possible to grow up a little.

Here is what Ronald Klaz, MD, Founder and President of the American Academy of Anti-Aging, writes about arginine and growth hormone in his book Growth Hormone Research:

"Effects on growth hormone (GH)

There is no doubt that arginine induces the secretion of growth hormone.

A 15-30 gram intravenous infusion of arginine is used as a standard endocrinological test to induce the pituitary gland to release growth hormone.

Dirk Pearson and Sandy Shaw recommended arginine and ornithine as GH releasers in their first book Life Extension: A Practical Scientific Approach, making these amino acids the top-selling nutritional supplement and swept off the shelves faster than Thanksgiving cranberry sauce.

Shaw took 10 grams of arginine per day on an empty stomach as a GH release to speed up healing after a broken leg. About forty-five minutes to an hour after taking the arginine, she rocked her abs on her back for three minutes. With this regimen, she lost 11.3 kg of fat and gained 2.3 kg of muscle in six weeks.

Many clinical studies examining various doses of arginine, as well as its combination with lysine, have shown a wide range of effects on growth hormone from none to a stunning synergistic surge of GH.

In one 1980 study by Matieni, even 200 mg was enough to cause a significant increase in GH production.

Another study from Ohio State University of Kent showed a decrease in growth hormone response to arginine in 30-34-year-olds compared with 18-21-year-olds. In these age groups, people with low body fat and high aerobic capacity had the highest GH response. The doses used during the experiment were 0.04 g per kilogram of human body weight, 0.16 g and 0.28 g per kilogram, i.e. about 3, 12 and 21 g, respectively, for a 75 kg person. The most effective was the average dose; the highest dose caused diarrhea and the lowest growth hormone response.

Arginine works even in old age. A study from the University of Turin, Italy found that even though 70-year-olds had a much lower response to arginine than children and young adults, the supplement still tripled blood GH levels compared to the average. for this age!

Arginine also helps to improve athletic performance, as, along with glycine, it is one of the main ingredients from which creatine is produced in the liver. Creatine monohydrate supplementation is very popular with bodybuilders because it increases the levels of high-energy creatine phosphate needed for strength training in muscle and nerve cells. So with arginine, you kill two birds with one stone: increase the level of growth hormone and get raw materials for your cell batteries.

Operating principle

Arginine appears to stimulate GH by blocking the secretion of the growth hormone inhibitor somatostatin. It also significantly increases the effectiveness of HGH releasing when the two are taken together.

Anti-aging effect

Arginine's positive effects are said to include improved fat burning and muscle building, likely through stimulating growth hormone, enhancing thymus activity, strengthening immunity, fighting cancer, accelerating the healing of burns and other wounds, protecting the liver and detoxification, and improving male fertility (almost all the work of the GR). It also restores sexual function in impotent men. In a 1994 study by Dr. A. V. Zorn-otti and Dr. E. F. Lizz of the Department of Urology and Surgery at New York University School of Medicine, six out of fifteen men took 2,800 mg of arginine daily for two weeks improved their sexual function, in particular erection, and among men taking placebo, there were none. Researchers believe

Clinical application

Arginine supplements should be effective in raising growth hormone levels, especially in people under the age of fifty. It can also be taken in combination with other amino acids such as ornithine, lysine and glutamine.

Dosage

2-5 grams on an empty stomach one hour before exercise and before bed. "

Of course, arginine is not a panacea.

But the long list of diseases that are caused by NO deficiency, and hence, possibly, insufficient intake of arginine with food, is really impressive.

But we are primarily interested in the fact that L-Arginine is able to increase muscle and reduce body fat, ultimately making the figure more proportional, is used in the prevention and treatment of arthritis and connective tissue diseases, increases the rate of overgrowing of damaged tissues - wounds, tendon stretching, bone fractures, used in the prevention and treatment of arthritis and connective tissue diseases.

However, ATTENTION!

L-Arginine is contraindicated in case of active manifestation of the herpes virus disease. L-Arginine is not recommended for pregnant or lactating women.

L-Arginine is not indicated for schizophrenia.

The daily requirement for arginine is 6.1 g (data from the State Sanitary and Epidemiological Standards of the Russian Federation).

And, finally, I will give the arginine content (in grams) in some products (per 100 g of product):

Walnut - 2.52
Sesame Seed - 3.326
Pine nut - 3.570
Almonds - 2.492
Peanuts - 3.506
Pumpkin Seeds - 3.978
Snails - 2,470
Shrimp - 1,776 Crabs - 1,600

Liver - 1.256
Domestic duck - 0.770
Pork bacon - 0.528
Ground beef - 1.194
Beef Fillet Steak - 1.151 Chicken Leg - 0.818 Ham, without shell - 1.138

Chicken breast - 1.033
Pig's leg - 1.218
Chicken, dark meat - 1.211 Chicken, light meat - 1.397

Bacon - 1.123 Wild pheasant - 1.412 Pork - 0.735

Anchovies - 1.730 White fish - 1.142 Tuna - 1.769 Cod - 1.065 Flounder - 1.128 Shark - 1.258 Carp - 1.067 Herring - 1.075

Salmon - 1.176 Eel - 1.103

Cottage cheese, not fat (2%) - 0.623 Cottage cheese, fat-free - 0.786

Why, of all amino acids, do I primarily isolate arginine? Only because this is the most functional amino acid and its intake will lead not only to a set of muscle mass, but also to a sharp increase in the level of health, because it is from arginine that the universal signaling molecule NO is produced.

The rest of the amino acids you can drink or not drink, but it is just vital for us to fully provide ourselves with arginine.

3. Folk remedies.

But, nevertheless, on condition of good nutrition, no special protein supplements are needed. Even 30 years ago, Yuri Vlasov wrote in one of his books that the only thing that in supplements somehow affects the growth of his muscles and results is vitamins. The same vitamins that we get in fresh vegetables and fruits, in fermented foods and kvass.

Those. on condition of high-grade protein nutrition and intake of fresh vegetables and fruits, there is no need for special supplements.

My friend, a bodybuilding coach, has tested this simple rule for himself. It so happened that after several years of hard training, after performing and victories in bodybuilding competitions, he was forced to leave for the village for several years. The first year was spent on arranging and setting up a farm. All this year, he did not have time for training, and as a result, he lost all his muscular shape, lost 15 kg. But, life began to improve and he again took up the barbell. Within six months, he completely restored his entire original shape. Those 15 kg of pure muscle mass, which he was given in the city very hard, using steroids, in the fresh country air, milk, natural products and natural vitamins, he gained in just six months. That is, natural nutrition in natural conditions, gives an effect comparable to that of anabolic steroids! And no harm to health.

Of course, there are many natural products. But first of all, I would recommend all security officials to include pine nuts in their diet.

Pine nut is a truly unique natural product. It contains 17% proteins, consisting of 19 amino acids, 70% of which are irreplaceable and conditionally irreplaceable. These figures indicate a very high biological value of pine nut proteins. In addition, the protein of pine nuts, in contrast to proteins of other products, contains an increased content of lysine (up to 12.4 g / 100 g of protein), methionine (up to 5.6 g / 100 g of protein) and tryptophan (3.4 g / 100 g of protein) - the most deficient amino acids. In addition, the composition of nut kernels includes proteins related to albumin, globulins, glutelins and prolamins. Vitamins contained in pine nuts contribute to the growth of the human body. Nuts contain vitamin A - the growth and development vitamin. Pine nuts are valuable carriers of fat-breaking vitamins E, G. In addition, an amino acid predominates in the core protein, very important for the development of a growing organism, - arginine (up to 21g / 100g of protein), which, although it belongs to replaceable in the diet of an adult, is included in the category of irreplaceable in baby food. By the content of phosphatide phosphorus - the very phosphorus without which muscles will not function normally and bones will develop - pine nuts surpass all other nuts, as well as oil seeds. In addition, pine nuts are a rich source of iodine, which is important, especially for the population of Siberia and the North. without which muscles will not function normally and bones will develop - pine nuts are superior to all other nuts, as well as oil seeds. In addition, pine nuts are a rich source of iodine, which is important, especially for the population of Siberia and the North. without which muscles will not function normally and bones will develop - pine nuts are superior to all other nuts, as well as oil seeds. In addition, pine nuts are a rich source of iodine, which is important, especially for the population of Siberia and the North.

Pine nut, like everything else in the cedar, has a high phytoncidity. A hectare of cedar forest releases over 30 kg of volatile organic substances per day, which have tremendous bactericidal power. According to researchers, this amount of phytoncides is enough to neutralize all pathogenic microbes in a big city. Berries and plants growing in pine nuts are richer in vitamins and provitamins than those growing in other forests. This is due to the fact that phytoncides actively promote the formation of vitamins and other

biologically active substances in plants and fruits. Phytoncides not only disinfect, kill pathogens, but also have a beneficial effect on the reproduction of those microorganisms that fight pathogens. Scientists cite data showing that in cedar forests the air is practically sterile - 200-300 bacterial cells in 1 cubic meter. Whereas according to medical standards, even for operating rooms, 1 cubic meter is allowed. air 500-1000 non-pathogenic microbes.

If you eat 100 g of pine nuts, then this will be enough to meet the daily requirement of an adult for amino acids and important trace elements, such as copper (activator of protein synthesis, tones the liver, spleen and lymphatic system, reduces obesity), cobalt (takes part in the processes of hematopoiesis , in the breakdown of fat and carbohydrate metabolism), manganese (necessary for the normal activity of the gonads and the muscular apparatus), zinc (participates in the construction of proteins and synthesis of hormones, regulates the concentration of vitamins in the plasma).

If you eat a handful of nuts every day, you can significantly increase immunity, increase the longevity of the body, avoid vascular sclerosis and high blood pressure, as well as restore and preserve male strength and potency until old age.

Pine nut kernels can be crushed in a mortar, poured over with a little water and you can get a delicious cedar milk that you can drink after training.

Thus, my first nutritional recommendation is to consume at least a handful (50 grams) of pine nut kernels daily.

The second product that I highly recommend you is natural honey.

Honey is a primordially Russian product that is included in many traditional dishes of Russian national cuisine. It was exported back in the 15th-16th centuries and brought Russia considerable income. We managed to preserve our traditions and achievements in this area due to the fact that the recessions in agricultural production did not concern it much - after all, most of the hives were always in the hands of private owners. There are also many large beekeeping farms in our country, especially in Bashkiria, the Urals and Siberia. And if now all over the world there is one bee colony

per 1,000 people, then in Russia - only 25. At the same time, we use only a small part of the opportunities that nature gives us - only 5-10% of nectar.

Honey is a food product with pronounced therapeutic, dietary and preventive properties. If we truly appreciated the amazing properties of honey, we could avoid many health problems. But, as a rule, we remember about its existence only when we get sick. Meanwhile, the Japanese, for example, have made it a rule to give out a spoonful of honey every day to all schoolchildren from seven to fourteen years old - free of charge. Honey is not a product of Japanese traditional cuisine, but here they believe that the daily use of honey is good for everyone, and for children it is simply necessary.

Since ancient times, beekeeping products have been used by humans to ensure health and build strength and endurance. In ancient Greece, athletes before the Olympic Games switched to enhanced honey nutrition. It is widely known that only the transition to honey nutrition allowed divers in England to descend to a depth of 103 meters in order to raise the passenger ship Lusitania, sunk during the First World War, with a cargo of gold on board. To increase their strength endurance, the divers ate 700 g of honey every day.

Apitherapy (medotherapy) techniques are widely recommended for the introduction of athletes in any kind of sports into the training regimen, but especially in those cases where a high reaction rate and fine coordination of movements are required - boxing, wrestling, tennis, gymnastics, weightlifting. Honey is very useful in those sports where high speed of information processing is required - football, basketball, hockey, volleyball, chess and long loads - skiing, skating, athletics, swimming and technical sports. In the USSR, astronauts were also advised to switch to a honey diet.

Honey is best consumed throughout life, then you will protect yourself from many surprises and diseases. Once the emperor Augustus asked the 100-year-old Polly Rumiliy about the reason for longevity. "Lutus mulso, foris oleo" ("Inside - honey drink, outside - butter") - answered the elder.

Honey is formed by careful processing of nectar and nectar-like substances by the bee family. In order to get 100 g of honey, bees must fly around and visit a million flowers, covering a distance of 450,000 kilometers. In the goiter of bees, the nectar is saturated with enzymes produced in the special

glands of the bees, which are essential in converting nectar into honey. At the same time, it is enriched with lipids and organic acids. In the honeycomb, the nectar is further processed, converted into honey and stored. After filling with honey, the cells are closed (sealed) with wax caps to protect against moisture and clogging.

Honey contains almost all trace elements and is similar in composition to human blood plasma.

The composition of honey contains the most important enzymes: diastase, amylase, catalase, phosphatase.

Due to the content of phytoncides, honey has a bactericidal effect. It contains vitamins B1, riboflavin, pyridoxine, pantothenic acid, nicotinic acid, biotin, folic acid, and ascorbic acid (vitamin C).

When studying the role of honey in the prevention of cardiovascular diseases, it was noted that it improves the rheological properties of blood (reduces viscosity), lipid metabolism, stabilizes blood pressure, and increases efficiency. Natural antibiotics are also found in honey, which determines its importance in the fight against pathogenic microflora.

The protein composition of honey is peculiar: the content of proteins is 0.5 - 15%, amino acids - 0.6 - 500 mg per 100 g of honey.

How to use honey. First, it is recommended to drink a glass of honey water at night. Put 1 tablespoon of honey in 1 glass of warm water and stir. Water should not be warmer than body temperature, otherwise honey will lose its properties.

Secondly, especially for athletes, it is recommended to use a tincture of honey with aloe on red wine: rinse the aloe leaves, grind and squeeze the juice, then mix 150 g of aloe juice with 250 g of honey and 350 g of red wine (best of all Cahors). Insist the resulting mixture for 6-7 days in a cool dark place (at a temperature not exceeding 10 degrees Celsius). Take one spoon 3 times a day for 30 minutes. before meals.

Since finding good, high-quality honey is, frankly, problematic, it will be very good if you find a beekeeper who inspires your trust and become his regular customer. It is best if there are many bee colonies in his farm: from 30 to 60. Such beekeepers take care of the harvest and from time to time

transport the apiary to different places - it happens that during the summer they repeatedly move to ensure the bees have a good honey harvest. An experienced beekeeper will definitely take into account the ecological situation in the place where he will locate his apiary, and will settle away from highways and industrial facilities. Then you don't have to worry about the quality of honey.

Let me remind you once again that you cannot boil honey or dilute it with boiling water - it loses all its beneficial properties.

My third recommendation will concern the use of kvass.

Kvass has a very interesting effect for us - it accelerates recovery after heavy physical exertion. Kvass is unique in that it is obtained by processing herbs by microorganisms. That is, the same thing happens as in our large intestine - bacteria, absorbing fiber, release vitamins. Human symbiosis and bacteria make kvass the best vitamin drink, extremely cheap and effective. Therefore, I strongly recommend putting kvass.

They put kvass on anything. They even put kvass on watermelon peels, or beets, or poplar leaves. They also put kvass on "forty herbs" - when they mix everything that grows on the earth, everything that falls on the eye - herbs, plant roots, chopped vegetables. Then they fill it all with water in a tub, pour sugar (or honey), throw in yeast (or sour cream) and ferment for several days.

By the way, I will mention one more thing. We have all heard about what a Russian prison and a zone is. The reality is that our prisons are not aimed at re-educating people, but primarily at destroying them. On average, 1 prisoner per week dies in each zone. Death, of course, can be violent, but much more often it occurs from exhaustion, lack of vitamins and diseases, especially tuberculosis. And tuberculosis is such a disease - you won't die in the zone, you will die when you go out. Unless, of course, you take yourself on a tightrope and begin to rebuild yourself for real (but there are few such stubborn ones).

Convicts are beaten people and use the slightest opportunity to stay healthy. The most experienced convicts secretly make kvass and, thanks to them, maintain health. A spoonful of sugar and a piece of bread are given to them every day, a jar can be found and buried in the ground so that no one will

report to the authorities. 10 days and the kvass is ready. If there is no bread, then they put kvass on the bark of trees, especially on the bark of an aspen. Kvass does not allow you to get sick and retains strength.

If people, even in captivity, find an opportunity to put kvass (I emphasize that secretly from the authorities, who breaks these cans, if they find them), then what prevents us from putting them here, at large?

By the way, since we are talking about kvass, I will mention one more important property of kvass.

You can often hear the question of how to wean a husband from alcohol if he does not consider himself an alcoholic.

Indeed, the problem of alcoholism is very acute and many families would like to imperceptibly, let's say, "correct" the behavior of their loved ones.

And there is such a method, as well as with smoking.

First, a few words about smoking, and then, by analogy, let's move on to alcohol.

It has been noticed that even the most inveterate smokers, starting to work on tobacco plantations, stop smoking. The thing is that the air of tobacco plantations contains volatile nicotine alkaloids, and this is quite enough for the lungs of a smoker to assimilate. A plantation worker uses nicotine without smoking. But at the same time, he weaned from the cigarette in his mouth. This principle was widely used in the past to discourage people from smoking. Moreover, to do it so that he himself does not even notice anything. To do this, it is enough to grow a tobacco plant where the smoker is constantly (in the apartment and at work). When a plant becomes an adult, it emits nicotine alkaloids so strongly that these vapors even from two bushes of the plant are enough to make the craving for a cigarette weaken. After two to three weeks of finding a smoker in the house, where the tobacco plant grows, it completely quit smoking. Then, painlessly for the smoker, you can throw out the plant from the house. I will emphasize that this method is especially good because it is not even necessary to warn a person about something, you can do it all without his knowledge.

Those. assimilation of small doses of nicotine through the air, discourages any desire to smoke. But the same is true for alcohol.

What contains small doses of alcohol that are safe for health, but relieve the desire to drink something stronger? Of course, kvass. Kvass is a product of unfinished fermentation and a very small proportion of alcohol is still present in it (up to 0.5%). Constantly using kvass (or giving it to your household), you thereby remove any craving for alcohol. By the way, they knew about this from very ancient times and in Russia they always weaned them off strong drinks with the help of kvass. Therefore, it is enough to give constantly to your household kvass and the desire to drink will gradually disappear.

I will immediately cite several recipes for kvass that do not require a special leaven.

The simplest bread kvass. Take rye crackers (you can dry in the oven) 100 g, 100 g sugar, 4 g yeast, 3 liters of water. Stir, cover with gauze and leave for 1-2 days.

Bread kvass from lemons is made in the same way, but you also need to add finely chopped lemon (or 0.5 hour of a spoonful of lemon juice) and 1/3 cup of raisins.

Raspberry kvass is made like this. Take 0.5 kg of fresh raspberries, wash and grind it with 0.6 cups of granulated sugar. Cover with water (2.5 liters) and bring to a boil. Remove from heat and cool to 20-30 degrees Celsius. After cooling, add 10 g of baker's yeast, citric acid to taste. Insist 1-2 days.

Carrot kvass. Grate 1 kg of carrots, pour 2 liters of warm boiled water, add 0.25 kg of granulated sugar, 25 g of yeast, 1 slice of black bread, stir and leave for 1-2 days.

Kvass on beets. We take 1 kg of raw beets, wash them, peel them, rinse them, cut them into thin slices or pass them through a coarse grater. Then we put it in a 3 liter jar. Pour 0.5 cups of sugar, pour 2.5 liters of water, throw in a pinch of salt and put a crust of rye bread (100g). Insist 5 days. This is kvass specially for weight loss.

All kvass must be tightly covered with gauze so that wine midges do not start.

These kvasses, unlike medicinal ones, can be drunk as much as you like. The only condition is that drinking kvass is preferable before or during

meals. Kvass has an acidic reaction and if you drink it after a meal, it can cause heartburn.

I will touch upon the topic of medicinal kvass a little, especially since there are kvass specially designed for athletes. All these kvass are not only tasty, but also healthy.

Kvass is made from herbs like this. Pour 1 glass of sugar into a 3-liter jar, pour water from the tap (about 2.5 liters), put 1 teaspoon of sour cream there and mix it all. Sour cream is best taken from the village, real. It contains a large number of healthy milk bacteria.

Then take 1 glass of grass, wrap it in cheesecloth, tie it and immerse it on the bottom (I do it with the help of a long thin glass, I also press this bag with it so that it does not float) of this 3-liter jar.

Kvass is infused for at least 2 weeks. Kvass can be stirred periodically, just keep in mind that the bag of grass should not float to the surface. If he surfaced, he must be drowned again. Kvass should be drunk once a day, 0.5 cups 20-30 minutes before meals. After drinking a little, add water and add sugar (1-2 tablespoons per glass of water).

I usually use sage kvass. In general, kvass from sage, gray jaundice, adonis, lily of the valley, foxglove, strophanthus, kupena - for the cardiovascular system, so for all people involved in heavy physical work, as well as all athletes, I would recommend this particular kvass. In addition, this kvass cleanses blood vessels.

Kvass from elecampane, violet tricolor, eucalyptus, pine needles - treats diseases of the gastrointestinal tract.

Chestnut kvass treats diseases of the endocrine system, improves immunity and helps with flu.

I think that you have understood the basic principle, therefore, if such a desire arises, you can easily select the necessary medicinal plant for yourself. If you are healthy, then I would advise you to put kvass on sage.

By the way, since I touched on the issue of quitting smoking in this chapter, I can recommend another easy way to quit smoking. The method has been tested, it works.

The method is purely psychological, does not contain any prohibitions and is based on the negative reinforcement of smoking.

The method consists of two stages.

The first stage - we smoke as much as we want, but we don't inhale the smoke into our lungs, i.e. we do not smoke "in a puff", we just drive the smoke in the mouth.

The second stage - we switch to nasty cigarettes / cigarettes and continue to drive smoke in our mouth.

How it looks in practice (real example). A young man, smoked from 17 to 32 years old. Smokes 30 cigarettes a day.

The first stage - smoking without inhaling smoke into the lungs - mastered for 1 month. He still smoked 30 cigarettes a day.

After a month of such smoking I switched to "Prima", smoked as before, not breathing smoke into my lungs, but driving it down my mouth. Immediately, the number of smoked cigarettes per day and the number of puffs dropped automatically.

"Prima" left a terribly disgusting feeling in my mouth, it was disgusting (this is negative reinforcement), so after 10 days this young man calmly and without regret quit smoking altogether.

5 years have passed, he still does not smoke and he has no desire.

Here's a simple way to quit smoking without inhibitions and violence against yourself. The main condition for this method to work is to prevent yourself from inhaling smoke into your lungs.

4. Vitamins

In our daily life, we are constantly wasting our reserves of vitamins and minerals. They are spent especially quickly in cases of prolonged fasting, infections, nervous strain, smoking and alcoholism.

Urban life alone does not provide adequate replenishment of vitamins.

It is especially hard for the brain, which is the hormonal conductor of the whole organism.

Therefore, there is nothing wrong with buying vitamins at the pharmacy, but I want to add some comments.

First of all, I advise you to use those vitamins that are aimed primarily at restoring brain activity.

Secondly, it is desirable that these vitamin preparations were in an enteric coating. In this case, you can be sure that they will be assimilated by the body well and in the required volumes. An example of such a drug is "Neuromultivit", which is often recommended to restore a depleted nervous system.

Thirdly, manufacturers of vitamins go further and in some preparations provide for the possibility of direct penetration of vitamins or their "chemical precursors" (substances from which the body will synthesize vitamins) directly into the brain. And this must be said not very simply, taking into account the complex system of chemical protection of the brain. The drug that copes with this task is Enerion.

These are the recommendations.

Principle nine. Assistance exercises.

Unrestrained variety
leads to indigestion and diarrhea.

When an athlete begins to compete or when the weight of the barbell with which he works approaches its maximum for him, then, as they are called, "problems of large weights" may appear.

These problems usually arise when an athlete is working on a bench press with a barbell equal to about two of his masses, and in squats and deadlifts, with a barbell equal to three of his masses.

On the squat, it is "under-sitting".

On the bench press, this is a skewed barbell.

On the deadlift - the bar slips out of the hands.

With regard to the "underdog", there is only one recommendation - to squat on the technique. For this there are days of "light" workouts, and these days it is necessary to work out the technique.

Distortions during the bench press arise for many reasons - it may just be an athlete's lack of training, it may be weakness of the back (the back is scattering around the bench), maybe the shoulder blades are parted. But the most common reason is that one hand is weaker, the other is stronger.

Sometimes in such cases it is recommended to do auxiliary exercises (they are also called "utility") for biceps, triceps (French press), do bench press with one (weak) hand, pull up with weight on the belt to strengthen the lats. We've tried it all. This has no effect.

The skew of the barbell during the bench press can only be eliminated by working on the technique, and in the case of a weak hand, moving the strong hand closer to the center of the bar (by 1-2 fingers), and the weak hand closer to the pancake.

The only auxiliary exercise I recommend is grip work.

An auxiliary exercise for developing the grip when performing the deadlift is the pull from the plinths with hold.

When doing deadlifts with a lot of weight, the hand may not withstand such a heavy load and unclench. To develop the holding force of the hands, an auxiliary exercise is done - traction from the plinths with holding (Figure 2.8). It is advisable to hold holdings with a direct grip, so the grip strength will be worked out most optimally. There is no need to be afraid of the load on the spine - with a direct grip you will lift, at best, 60-70% of the weight that you lift with a different grip.

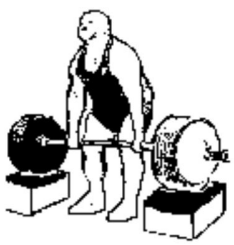

Figure 2.8. Deadlift from plinths with retention.

Plinths are wooden cubes, usually upholstered with rubber. The size of the plinths is approximately 40cm by 40cm by 40cm.

I recommend doing the hold on the same day as the deadlift. After you've done the "heavy" deadlift, you place the barbell on the skirting boards and reduce the barbell weight by 30-40%. After that, you approach the barbell, take it with a straight grip, lift the barbell and try to hold it as long as possible, for example, 20-30 seconds. Then lower the bar back onto the skirting boards. This is one approach. There are 2-3 such approaches.

This auxiliary exercise is very useful when moving to serious weights. I think that, over time, you will not do without it.

However, the brushes can be strengthened in other ways - hanging on a crossbar with a weight suspended from the belt, holding rubber pancakes with your fingers.

The main thing is that the load is static. Dynamic loading will only relax your hands and make them weaker.

And on the forum of powerlifters) they told the following case and a way to strengthen the grip:

"I'll tell you an entertaining story. Once in my childhood I went with a friend to buy something around the house. At the market we stopped at some trade stall (they sold all kinds of trash around the house - hammers, saws, etc.).

It so happened that a small skirmish ensued between my friend and the seller. A friend of mine took the pliers from the counter and, squeezing the handles with one hand, broke them, then took others, again with the same success.

Well, he said, like, "you are mud @ k and the instrument is u cha mud @ tskiy." The seller was very happy that this is how it ended, and not otherwise.

And now I'll tell you how he strengthened the grip ...

Firstly, only in statics did it. First, he took a small block of soft wood, crumpled, crushed for about six months. Then he took harder rocks, crumpled again. And in the end he took a brick and actually crumbled it with his fingers. All this is real and I saw it with my own eyes. I saw even when he injected a beer bottle in one hand without straining. "

So, if you follow these recommendations, then you will not have problems with grip.

I want to emphasize that all auxiliary exercises (auxiliary) are added to the basic exercises only when really necessary.

Those. if a person is healthy, then he should start with basic exercises, then for several months (or years) do only these exercises, and then, along the way, look at what and where can be corrected, and what auxiliary exercises to enter into the training schedule.

It's another matter if a person initially has a problem, for example, severe scoliosis. In this case, of course, you must first of all solve the problem of scoliosis, and only then increase the weight in basic exercises.

That is, I would like to emphasize once again that the entire utility room is strictly necessary. The choice of auxiliary exercises (utility room) is determined not by the desire or unwillingness of the athlete, but by an urgent need.

The main mistake most athletes make is that they DO NOT do this.

Most athletes do the back room UNNECESSARY, which hinders their progress.

I will try to explain why it is important to keep the amount of exercise to a minimum and restrict ourselves mainly to basic exercises, and for this I propose to look at this problem from the point of view of physiology.

I'll start with an important quote from the Popular Medical Encyclopedia:

"The capacity of the circulatory system (arteries, veins, capillaries) is much greater than the total blood volume in the body."

You may be surprised, but, contrary to popular belief, blood does not fill our circulatory system to the brim, and with more or less constancy is only

in some part of the body, leaving a significant portion of the vascular system EMPTY.

This fact is remarkable, meaningful and new not only for a person far from medicine, but, as a rule, for some professional doctors. Which, of course, "passed" it during their studies, but forgot it as unnecessary.

And, nevertheless, this fact is indisputable, and the history of the mummification of Mao Tse-tung can serve as a clear illustration of it.

When the Chinese leader died, his associates decided to mummify the body. This kind of tradition was absent in the Chinese funerary culture, and the authorities did not dare to seek help from the Soviet revisionists, and the doctors were ordered to make do with their own strength and experience.

As the doctor who participated in this adventure said, the Chinese took the path of least resistance and simply, pumping blood out of the body, began to pump formalin in its place, logically assuming that the volume of the circulatory system itself would limit the amount of preservative injected.

Imagine the horror of the inexperienced mummifiers when, in front of their eyes, Mao's corpse began to inflate, taking the shape of a ball.

Leaving all the procedures, they agreed to hide the incident, giving time to solve the problem. This conclusion turned out to be wise, for two weeks the leader's corpse was sweating with formalin, and finally, the body returned to its original size and appearance.

In this regard, it should be said that happiness was on the side of the Chinese doctors to a much greater extent than they expected. If they persisted in their desire to fill Mao's circulatory system with formalin, it would be difficult to vouch for their mental health.

The fact. that the length of the human circulatory system is 100,000 kilometers (!).

Nobel laureate in medicine, Dr. Alexis Carrel (USA), estimated that 200,000 liters of blood would be required to completely fill the circulatory system, i.e. 2 liters of blood per kilometer, while our body has only 5-7 liters!

Thus, in the case of the persistence of the Chinese mummifiers, they would hardly be able to finish their experiment, because there would not be 200 thousand in all of Beijing. liters of formalin (more than three railway tanks), but if it did, so much the worse for the experimenters - the body of the beloved leader of the Chinese people would take on such an appearance that the death penalty would seem to doctors not the greatest punishment for them.

Several instructive conclusions can be drawn from this non-trivial story.

First, if our vascular system was filled to the brim, then we would look like balls with a volume and weight of more than three cisterns.

Second, judging by the sweat that was expelled by Mao's corpse, even a slight excess of the fluid rate is unacceptable for the physiology of a dead organism, not to mention a living organism.

Third, the incompleteness of the system has its own reason: if, as we know, there are circumstances that require a special blood flow to the organs, then it also needs to flow somewhere, it needs voids for a possible retreat.

The human body is a desert, but a desert that does not have earthly equivalents in terms of dehydration.

A tiny drop of blood hovers over kilometers of human inner desert, worn from end to end for the sole purpose of preventing the desert from becoming completely sterile.

And for several decades she has been able to do it - that's the trick.

However, there is nothing particularly good in the desert of the vascular system. Obviously, without nutrition and oxygen brought by blood to the organs, they quickly age and die.

Constantly blood runs only in a triangle: lungs - heart - liver. Judging by the size of the vessels, one can imagine the geography of places visited by blood with more or less constancy: “The caliber of the arteries and veins of the organs is in direct proportion to the functional purpose of the organs. small size, supplied with large arteries, as they are characterized by intense function. The same applies to some muscle groups. "

Intensive blood flow to other organs can be caused artificially: having dinner, you can drive blood to the stomach, cooling the body surface, or vice versa, heating in a bath can increase blood flow in the skin, etc.

However, not all organs are amenable to such direct provocation and, judging by the size of the vessels, not all of them are constantly and automatically supplied with blood.

Reasoning purely logically, and knowing that the volume of blood is always much less than the volume of the circulatory system, it would be natural to assume that the least amount of blood enters the organs and departments that are the most distant from the heart, on the periphery.

Simply put, what is supplied with capillaries suffers primarily from a lack of blood.

Remoteness from the heart is not the only problem with capillary blood supply.

Even worse, between the arteries and capillaries there are arterioles, “taps of the circulatory system,” free to let or not let blood into the capillaries. That is, not only is it difficult for blood to get into the capillaries by gravity due to their remoteness from the pumping station, but generally get there without a special permission, an order given by the body.

The capillaries of the brain do not have arterioles, but they have their own neurohumoral system of blood flow regulation. By the way, this is precisely why it is impossible to achieve self-flow by simple yoga standing on the head, and with it, solving the problems of blood supply to the brain.

It's a pity. The capillary system of the brain is extremely ramified. Moreover, the more important the part of the brain, the stronger the branching. For example, in 1 cubic meter. mm. white matter of the brain contains only 220 capillaries, whereas in one cube. mm. gray - 1000. The capillary networks of the hypothalamus and pituitary gland are extremely dense. That part of the pituitary gland, which is responsible for the production of a very important hormone of joy - endorphin - is not equipped with nerve endings (they stop just at the border of this area of the pituitary gland), but at the same time, it is from this border that the capillary network of the pituitary gland begins to branch rapidly (i.e., stimulate the production

of endorphin through the neural network is impossible, this can only be done through the capillary blood supply system).

Summarizing what has been said, it remains to state that the question of normal nutrition of the most important parts of the brain is a capillary question, i.e. "in the opinion" of human blood supply is a tertiary question and depends on the whims of the organism giving a special order.

In general, the circulatory system has a lot of problems with the head.

Straightening the person and switching to upright posture only added to her trouble. Having straightened up, the human body could not count on gravity, had to pump blood into the brain under pressure and create a special mechanism to control this pressure.

Well, now let's summarize some of the results.

So:

1. The volume of blood is always much less than the volume of the circulatory system, so a significant part of it is constantly empty, forcing various organs of the body and their departments to constantly starve and age early.

2. Throughout a person's life, there is an incessant competition for blood inside his body. Those parts of the body that feed on capillaries, including the brain, suffer more than others in this struggle.

Now let's get back to the question of training and remember that training is accompanied by increased blood flow in the muscle area.

The main vital resource of blood is concentrated near the working muscles and leaves other organs without their service.

Let us recall what a tired person experiences after training: no thoughts, no emotions either, you don't want to talk or move, breathe heavily, your eyes are dull and motionless.

And all because the blood has gone to the muscles, and the gaze is dull, motionless - for the same reason - the blood left even the eye muscles.

Thoughts and emotions disappear - the mind (cerebral cortex) and the pituitary gland also remained bloodless and therefore slow down their work.

Let me remind you once again about this amazing fact of our physiology: the length of the circulatory system is 100,000 kilometers, for its full and simultaneous irrigation 200,000 liters of blood are required, while we have only 5 liters of it, i.e. roughly speaking, the human circulatory system is filled to 1/40 000 of its potential volume.

Therefore, the history of the life of our body is a history of fierce competition between different organs for this meager resource. It is easy to draw a banal and eternally original conclusion from this expressive fact: the one who does not do two things at the same time lives longer and more fruitfully. If you have a meager resource of something (in this case, blood), then it is more expedient to focus it mainly on one important area.

That is why it is important to distribute the load in such a way as to use this most valuable resource as efficiently as possible.

Always focus your entire resource on the essentials!

Only hard, basic training is the basic law of proper training.

Performing isolated exercises (working in isolation for triceps, biceps, lats, etc.), we deprive large muscle groups of blood flow and thereby prevent them from growing. By performing isolated exercises, we thereby inhibit our growth in basic exercises. But it is the basic exercises that give the main gains in strength and muscle mass - so why should we slow down our own growth? Why take away from the main muscles what they lack for recovery and growth - oxygen and energy (i.e. blood)?

Therefore, be very attentive to any auxiliary exercises - pick carefully only those of them that are vital for solving a specific problem. Ruthlessly exclude all other auxiliary and isolated exercises from your training schedule, otherwise, giving energy and nutrition (i.e. blood) to them, you deprive this most valuable resource of those muscles that are responsible for strength and body weight.

Only by focusing on basic exercises can you make the most of your resource and quickly achieve outstanding results, both in increasing muscle strength and in muscle mass growth.

Tenth principle. You cannot skip workouts.

Don't put off until tomorrow what you put off yesterday for today.

This rule is, of course, the most important.

If you make a list of the reasons that prevent the rapid growth of your results and muscles, then in the first place, by a large margin, will be the queen of all sports failures - skipping workouts.

Twenty years in sports, the experience of coaching, the experience of my fellow athletes allow me to draw an unambiguous conclusion - the only important condition for achieving great success in muscle building and achieving powerful strength results is a constant consistency, both in training and in diet.

Actually, this is understandable. You can talk for hours about various training methods, the number of approaches, methods of fastest recovery, etc., but the simple truth in this matter is that if you do not go to the gym, you will not train hard and regularly, all other things do not make sense at all. Training without skipping is the foundation on which all other training principles rest. This is the basis and there is no other way.

You can often hear that everything is determined by genetics, steroids, pharmacology. That alone makes a champion out of a man. This is a huge lie, which is told only to justify your laziness. Each champion becomes a champion only through his work, through his discipline and consistency in everything related to training.

If anything, it's just a matter of priorities. What matters most to you should always come first.

The champion does not fall from heaven. This is always the most common gym worker. And his whole secret is only that he will always come to the gym and train there, whatever happens. It doesn't matter what happens in their life - quarrels, stress, diplomas, work, etc. - they always find time to train.

I remember interviews with Yuri Vlasov (world champion in weightlifting) and Alexander Karelin (world champion in classic wrestling) on this topic.

And although the interviews of these two great athletes are separated by an interval of 30 years, they have striking similarities.

Both of them said that the first thing they do when they come to some city for a competition or training camp is to find a weightlifting (or wrestling) gym and train. Even if they spent ten hours on the plane flying from Russia to Australia, it doesn't matter. It doesn't matter how tired and exhausted they feel, it doesn't matter. They always find a gym and train - often even before they check into a hotel.

And this rule quite accurately determines the degree of commitment to your work. And there are no exceptions - all champions do the same. They train constantly, year after year, ten, twenty, forty years!

Do you think it's just that, nice words? No, not words.

Well-known bodybuilding champions like Albert Beckles and Bill Pearl have actually been training regularly and consistently for forty years.

I somehow came across an article about Bill Pearl's workout regimen. He gets up every morning at three o'clock for a two-hour workout, six or seven days a week, and he has been doing this since the fifties, despite travel, illness, funerals, weddings, social and business meetings, etc. A couple of years ago at the Arnold Classic competition he was asked a tricky question: "Bill, how many training sessions have you missed in the past thirty-five years?" Bill thought for a second, scratched his head and replied, "Well, I think three or four workouts in thirty-five years. I'm sure not more."

There is something to think about, right? Bill Pearl, who has won four Mr. Universe titles, says he missed just four workouts in thirty-five years. Most young athletes skip the same amount of workouts in just one month.

Bill is now sixty years old, but he looks great and works as a trainer in his own gym.

I have already mentioned such a unique athlete as Albert Beckles. At 63, he was in the top twenty in the Mr. Olympia competition. The thirty-five-year-old athletes who opposed him in that competition lived in the world for fewer years than he devoted to training.

Of course, all these years, he has not done the same set of exercises. Of course, there were days when he felt out of shape, suffered an injury or illness. But this only meant that he had to reduce the intensity of training, reduce the load or change the complex. But all this did not serve as a reason for him to skip training. Any, even the easiest workout is still much better than no workout.

People like Yuri Vlasov, Alexander Karelin, Bill Pearl, Albert Beckles and many other worthy champions have made sport their lifestyle. They don't go to the gym 3 times a week to "pump up a little". They were the most ordinary people, the most ordinary guys, but they set a goal for themselves and systematically, year after year they went to it, subordinating everything in their life to achieving this goal. They are not in a hurry, not in a hurry, they know that they have their whole life at their disposal, so they do not expect quick results.

By the way, a lot of young guys who come to the gym want to jump over this everyday sports work. They buy Winstrol ampoules, inject themselves secretly from the coach and think that this will make them powerful athletes. Of course not. By itself, anabolic does not mean anything. Anabolic, without daily "plowing" in the hall, does not matter. But daily training without anabolic steroids will give you beautiful powerful muscles. Actually, no tricks, no complexes, no press shirts and other uniforms are meaningful without daily “plowing” in the gym.

But no fewer young guys who come to the gym with glowing eyes rush to all kinds of simulators, do 12-20 exercises per workout, eventually overtrain and burn out physically and mentally very quickly. And they leave the hall forever, deeply disappointed.

And remember how many guys train hard, pushing hard to pump up their muscles. They only last for a few weeks or a couple of months, and then when they lose patience and enthusiasm dried up, they stop training. For several months they do not even look into the hall.

But, somehow, once again looking at themselves in the mirror, they are saddened to realize that they have completely lost all their sports form. They pack up their bag and reappear in the gym, again begin to train furiously for several weeks or months, only to then interrupt the training again. And this repeats itself from month to month, from year to year, often

for many years. And suddenly they notice that ten years have passed, and they have not advanced in their results beyond what they had at the very beginning.

It is like a pointless marking time - a step forward, a step back. Every time they interrupt their training, they lose what they have gained in a few weeks of intense training. And every time they have to start from scratch.

Meanwhile, if they trained less intensively, but more meaningfully, focused on their level of training and development, then there would be no such failure. Strength sports and big muscles are not a rush sport. Everything is done in a verified, measured way, slowly. No overload and overtraining.

We must force ourselves not to rush. We must learn to restrain ourselves.

It may sound strange to some, but in strength sports it is much better to undertrain than overtrain. Of course, undertraining and light loads lead to slow progress, and therefore this should also be avoided. But constant overload is generally a direct path to losing the desire to train, a direct path from the gym.

Therefore, although you cannot skip workouts, you do not need to overload yourself.

Do you feel like progress is too slow? But he is. Look back and appreciate the impartial path you have traveled. You have something to respect yourself for. You are slowly but surely moving forward. And any power sport is characterized by the fact that sooner or later the turtle will overtake the hare. The quieter you go, the further you'll get.

Are you sick, hurt, or just a bad mood? Take off the load, load other muscles, but there should not be unplanned breaks in your workouts under any circumstances.

This should become an axiom for you - you cannot skip workouts. It is for this that everyone is so respected by the security officials - for their discipline, determination and attitude - qualities that inevitably come during hard training with iron. Without these qualities, you cannot achieve anything in strength sports.

This simple rule will inevitably lead you to the idea that your training should be your first priority, the one for which you can postpone all other things for later.

Yes, we live at the beginning of the 21st century. Yes, we are always running somewhere, in a hurry, late. This endless cycle is sucking in and it seems that there is no time to even have a snack on the go, let alone break out for a workout. The bewilderment arises - how do others manage not to let them pass? Where do they find time?

I already mentioned Bill Pearl, who has missed only a few workouts in 35 years. Let's turn to his experience in this regard.

Many years ago, Bill Pearl decided that training was very important. He had a specific goal that he wanted to achieve - to win the title of "Mr. Universe" - and he knew that the only way he could achieve this goal was to train regularly. The title of "Mr. Universe" and the need to constantly be in good shape were so important to Bill that he made them the primary value of his life. Yes, there are only twenty-four hours in a day, and Bill was married, he had his own business, where he worked all day, and was a very busy person. But Bill knew he had to set aside time every day for training. He decided that the first two hours of every day belonged to him - for training. So he got up at five in the morning and trained for two hours. Then he had breakfast, and his usual day began. He later discovered

Bill hasn't abandoned his wife. He has not abandoned his business. He did not use travel, business or personal affairs as excuses to skip workouts. Instead, he said that the first two hours of every day were his for exercising, and that left him twenty-two hours for sleep, work and play.

Bill usually goes to bed at nine o'clock at night. He doesn't watch much TV and rarely leaves home late at night. His primary value is training, so he arranges his life around his training instead of adapting training to his life. In this way, he never had to worry about where he would get his training time from.

After over forty years of training, getting up early has become a habit, a way of life for Bill. He does not imagine how he could live differently.

No, I'm not suggesting that you get up at three in the morning and train every day, but if you are serious about reaching certain goals, I suggest that you, like Bill Pearl, give your workout priority.

Set aside two or three hours 3-5 times a week that belong only to you to exercise (this includes the time it takes to get to the gym and return, shower, etc.) and nothing else for what.

That still leaves you twenty-one or twenty-two hours a day to work, sleep, eat, and socialize. If you give yourself time to train, you will always have it. If you don't make time for yourself to exercise, you will always find some other things to do during this time.

In general, believe in yourself and you will achieve everything. Doubt and you will fail, so be determined, persistent, and don't give up.

Chapter 3. Technique.

3.1. Squats.

The squat is the first exercise a must-have for a beginner. It involves the largest muscles that a person has: the quadriceps muscle of the thigh, the adductors of the thigh, buttocks, and the extensors of the back. It is these muscles that make up 2/3 of the entire muscle mass, the first external impression, the general impression of mass and power, will depend on their type and size. Therefore, whenever you go into a new gym and assess whether it is worth practicing, the first thing to do is look at the presence of squat racks. If there are no such racks, then feel free to turn around and leave.

Briefly describe the squats, they look very simple from the side. You go to the racks, remove the barbell from the racks and place it on your shoulders, take a couple of steps back, squat to the desired depth, stand up and put the bar back on the racks.

It seems to be nothing complicated. In fact, this exercise is fraught with many nuances, which I want to tell you about.

Boom position

I have often seen beginners place the barbell around their neck (Figure 3.1). It is not right.

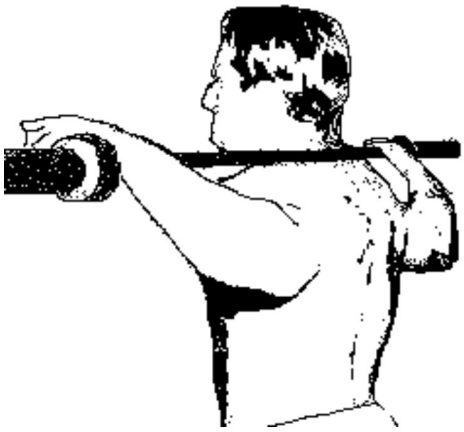

Figure 3.1. The bar is too high.

Firstly, it hurts, so the guys are forced to either wrap the barbell with a thick towel, or put a thick piece of foam rubber under it. Actually, this pain is one of the reasons why beginners do not like this exercise.

By the way, remember a simple rule for the future. If during the exercise you experience pain, then you are doing the exercise incorrectly. In this case, consult with more experienced guys and find out the secrets of the technique from them.

The second reason why you shouldn't put the barbell so high is more pragmatic. The higher the bar is, the greater the amplitude to which it will have to be raised. In this case, these 4 -5 cm may seem like a trifle to someone, but when you have a barbell weighing 200-250 kg on your shoulders, you will change your mind.

And thirdly, the more we engage the muscles in the work, the more weight of the bar we will lift. That is why it is still worth releasing the barbell from the shoulders a little down to the back. In this case, you can shift a fairly large part of the weight of the barbell from your feet to your back.

Therefore, place the barbell as low as possible, provided you can hold the barbell with confidence. Usually the bar is placed about 4 cm below the top

of the deltoids - the back of the delta and the middle of the trapezium, just above the back deltoids (Figure 3.2).

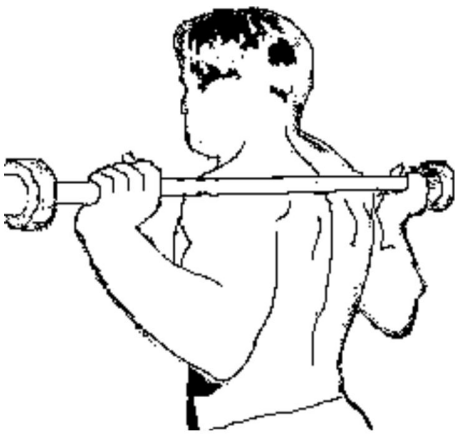

Figure 3.2. The bar rests on the back of the deltoids.

It is in this position that the bar moves along the optimal trajectory. Of course, very rarely, but there are people who find it easier to squat with a high barbell, but for most it is not easy. A low barbell is much easier to control.

position of the rod on the racks

Always try to keep the barbell on racks for your height and do not take many steps when you remove the bar from the racks. In principle, this is understandable, the less energy you spend on preparing for squats, the more you will have left to complete the exercise itself. Moreover, it is worth taking care of this if you do not have partners who will help you put the bar back. After squatting with a decent weight, you are unlikely to be as easy to walk with her. In addition, when squatting, the bar usually moves a little and therefore it is better to make the racks a little smaller than a little larger.

Hand position

The position of the hands, as it sounds not paradoxical, largely determines the success of squats. The barbell is usually held with the wrist bent. But I advise you to try to hold it with a priming brush, so it is better pressed against the back and remains rigidly fixed throughout the entire exercise (Figure 3.3). Moreover, the forearms in this position cannot be injured, even theoretically - this position of the hands is the safest, but requires some flexibility.

Figure: 3.3. The bar is held with a straight brush.

But, if you do not have enough chest stretch, then you have to hold the barbell with your wrist bent. In this case, it is imperative to wrap bandages around the hand, they are also called wristbands, otherwise you can pull the muscles of the forearm (Figure 3.4). And with stretched muscles, you won't be able to squat at all. The standard length of the wristbands is 50 cm.

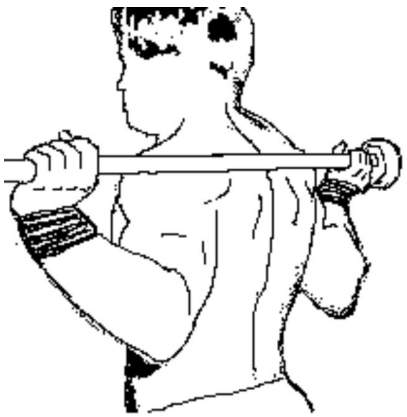

Figure: 3.4. The bar is held by a bent hand.

In addition, I advise you to grip as narrow as possible, protrude your elbows back and bring your shoulder blades together. Pulling the shoulder blades together will create a layer of tense muscles on the upper back and above the shoulder blades, on which you need to put the barbell. The narrower the grip, the more synergistic muscles (stabilizing muscles) of the upper body are connected. Traps, rhomboid muscles, latissimus dorsi, etc. are connected. A wide grip is usually used by people who have problems with flexibility or wrists. When the arms are wide apart, control of the bar is impaired.

Legs position

The position of your feet is an area of purely your addictions. Of course, the wider the stance is, the more muscle will be involved, hence the more the weight of the bar will be lifted. I find the most ideal squat, which resembles the position of the legs of a frog (Figure 3.5).

Figure: 3.5. Wide leg squats.

But it is not always possible to achieve such a wide stance of the legs, and there are people who squat with a narrower stance of the legs (Fig. 3.6).

Figure 3.6. Squats with a medium stance.

Therefore, I advise you to start with squats with feet shoulder-width apart, and then choose a position in which it is more convenient for you to work, without losing results. By the way, search for a suitable leg position with a barbell weighing no more than 50% of the maximum.

The socks should be 45 degrees apart. This allows for a more even weight distribution and gives a better base. When squatting, 75% of your weight should be on your heels.

In order to still choose for the athlete or from the outside to evaluate the athlete's best foot setting, you can use the following method. If you look at the squatting athlete in full face, then in the lower position of the gray, the shin should be perpendicular to the floor. This arrangement provides several advantages: during squats, your legs do not slip on the platform, which is very important in competitions; the risk of injury decreases (the load on the knees is directed vertically downward, which corresponds to the natural load); the effectiveness of squats increases, because the effort is directed vertically downward.

In addition, the wide stance "connects" the maximum number of muscles to work, except for the quadriceps muscle of the thigh. This is primarily the hamstring and adductor longus, as well as some of the smaller muscles.

Due to the wide stance of the legs and the range of motion will be somewhat smaller, therefore, it becomes easier to lift the bar.

But you don't need to put your legs too wide - this is fraught with serious injuries to the knees and groin.

And there is one general rule - whichever position of your legs you choose, while squatting, you need to turn the socks so that the line of motion of the knee joint coincides with the line of setting the feet.

Footwear

They usually squat in special shoes - weightlifting shoes. Weightlifting shoes are stiff, leather shoes that lace up tightly along their entire length and have a stiff sole and a small, hard heel (about 2 cm). If there are none, then use any hard-soled shoes. Regular sneakers will not work - they are too soft and poorly supporting the instep. By the way, remember that high-heeled shoes insulate the quadriceps and therefore reduce optimal strength development.

Speed

The speed of lowering and lifting depends on the physique, the experience of the athlete and the weight of the bar. In general, the heavier the barbell, the slower the movement is performed - this allows weight control throughout the movement. Experienced athletes use the "bounce". This means that in the lowest phase of the squat, the athlete absorbs a little due to the bandages. It helps you lift more serious weights.

Depth

It is suggested to squat a little deeper than parallel (a position in which the top of the thigh - at the hip joint - just below the top of the knee). Sinking lower, you expose your knees to completely unnecessary overload. Therefore, I do not recommend squatting below parallel level.

The depth of the gray is a stumbling block in the exercise. This is a key point in squatting, as it is clear to everyone that the lower the squat, the less weight can be lifted. Therefore, in this matter, the refereeing at competitions is quite tough.

Figure 3.7. Depth of squats.

Belt

The weightlifting belt is designed to protect the lower back. It is best when the belt is as wide at the front as at the back. I try to use the belt in all approaches, regardless of the level of load.

The belt should be worn as close to the pelvis as possible and try to tighten it sufficiently. This allows the abdominal muscles to create sufficient

pressure to keep the spine in the correct position.

If the belt is normal, that is, narrow in front, wide in back, then it makes sense to turn it wide side forward. Firstly, the wide part in front holds the abs much better, which partially reduces the internal pressure in the body. Secondly, when the athlete leans forward while squatting, it is the front of the belt that prevents the back from bending and supports the torso. Therefore, the wider the belt in front is, the better it will hold the back.

Bandages

I advise you to try to squat always with bandages. Wrap bandages around your knees, regardless of whether they are warm-up sets or work. This simple rule will save your knees.

Bandages can be either special for powerlifting, or regular elastic, purchased at the pharmacy. The length of each bandage should not exceed 2 meters.

The bandages must be tight. To do this, fully straighten your leg as soon as possible, pull the toe towards you, the heel away from you. If you wrap a bent leg, there will be no required tightness. Wrap like this: first wrap the place under the knee, and slowly, rising up in a herringbone, wrap the knee. Above the knee, you also need to make one circle (or more, if the bandage is enough) and fasten the bandage

I highly recommend - never sit down without bandages at the end of a warm-up and on work approaches!

Even squats with medium weights in warm-up sets should be done in bandages.

Since the bandages should be tightened as tightly as possible, it will hurt at first. It will hurt to squat, it will hurt to go to the barbell, it will hurt even just to stand. Your gait will be like a compass. This is normal. Gradually, the skin and knees will get used, and only small bruises will remind you of squats.

By the way, don't forget to take off the bandages right after the approach. Do not use them around the hall when you are resting between sets!

The pain from bandages also has a positive meaning - it mobilizes. The athlete becomes angrier, thinks less about the weight of the barbell, wants to complete the set faster and as a result lifts more.

Bandages are not only essential for safety, they also allow you to squat heavier by adding springy support at the bottom of the movement. Heavy weight training stimulates more muscle growth, which in turn leads to new personal records.

There are many different brands of knee bandages, experiment and find what works best for you.

Do not throw away old bandages that are already poorly gripped and poorly stretched, but use them for warm-up approaches.

Squat suit.

I am often asked whether it is imperative to buy special powerlifting equipment, including a squat suit. My opinion is that it is possible and necessary to reach the level of a master of sports without equipment at all (I do not consider bandages as equipment). But when moving to serious weights, in the event that you decide to compete in serious competitions at the level of the Russian championship, such a suit will be simply necessary. They not only provide safety, but also allow you to train with heavier weights, supporting your hips and glutes. There are many brands of squat suits. Find the one that suits you.

But there is one significant nuance here. If you decide to perform in a suit, then you should always use this suit in your work training. I have witnessed many failures, even in serious competitions, when experienced athletes,

who practically did not use equipment in their daily training, wore it in competitions and lost.

The fact is that the costume changes the technique, you have to adjust to it, you have to get used to it. Therefore, if you have a suit, then you will have to do all training squats only in it. Otherwise there will be no sense, but only harm.

But here, too, everything is not so simple. The point is that you will not wear this suit yourself. You need the help of one or two partners who will dress it for you. Thus, you can no longer come to the gym any time you want, you must come to the gym when your partners train there. It turns out what is called "training in a team". A person who has not reached the level of a master of sports does not need to train in a team, therefore it makes no sense to buy equipment for him.

Well, for the most experienced, I would advise having not one such squat suit, but two or three. One is somewhat free, the other is just in size, and the third, competitive, is 1-2 sizes smaller. As with bandages, the suit should get tighter with increasing weight. So, use a loose suit for training when you are doing multiple reps, and a tight suit for your hardest workouts and competitions. The straps of the suit do not need to be pulled up unless you are going for the maximum weight in one rep.

Always check your suit for damage. Do not squat in a suit that can tear, as at the time of the break, all additional support disappears, and, as a result, weight control is lost. Do not risk it as it can result in injury, injury is not worth the price of a new suit.

Magnesia

Many experienced athletes use magnesium (magnesium carbonate) for heavy squats. Usually magnesium is applied to the arms and shoulders to prevent the bar from sliding. Instead of chalk, you can use regular chalk and carry a piece of chalk with you in your training bag at all times.

I hope you understand that not everything is as simple as it seems to an inexperienced look from the outside. Each error in movement, each incorrectly executed little thing is minus a few kilograms. Therefore, we

must learn to do everything technically correctly. How do you feel you are doing the exercise correctly or not?

Exercise done correctly creates a feeling of comfort throughout the body! Each movement follows the most natural trajectory and flows beautifully like a river.

Do you see how an experienced athlete squats? It would seem, what could be attractive about this exercise ?! Nevertheless, his every movement is beautiful! Not a single superfluous and fussy movement, I work all muscles as a whole, every moment of movement is saturated with stability and strength!

This beauty is the answer - if you do the exercise beautifully, then you have caught the correct technique, if not, then you have not yet caught it.

ous tips

Try not to squat with a naked torso or in a sweat-damp tank top. This greatly reduces the stability of the bar on the back and will interfere with the exercise. If you still have to do this, then apply chalk on the back or shirt in the place where the bar will be located. The bar will slide off your back less.

Protect your knees with more than just bandages. It is common to see inexperienced athletes place thin pancakes or boards under their heels when squatting. Moreover, if you ask them why they are doing this, they will not even be able to answer intelligibly. They just saw it somewhere. And indeed, some athletes who have poor stretching do sometimes do this. Meanwhile, this transfer of the weight of the body slightly forward will load the knees more. Therefore, it will be much more rational, instead of overloading your knees, to stretch your Achilles tendons, adductors of the thigh and buttocks muscles. With flexible and well-stretched muscles, you can maintain balance without resorting to a bar under your heels.

Gently and gradually increase the flexibility of your shoulder and pectoral muscles for a more comfortable and firm grip on the bar. I would still advise holding the bar as shown in Figure 3.3., And not on bent hands (Figure 3.4). But you will be able to achieve this only if you stretch the muscles of the shoulder girdle.

When you have removed the bar from the racks, have taken the starting position and are ready to squat, do not make any unnecessary movements, especially with your head. Do not look down or to the side. When turning the head, there is a slight tilt of the bar, which threatens with loss of trajectory and injury.

Sometimes some coaches use a low bench. The athlete should squat with a barbell on his shoulders and at the lowest point sit down or touch this bench with his buttocks. At the same time, the bench is selected such a height that the athlete descends to the desired depth. This trains the correct technique and sets the depth of the squats.

I recommend not using this method. Squatting before touching the bench is dangerous - it will compress your spine. If you want to set the depth, then

you can squat in special racks, where the stops will prevent your barbell from dropping below a certain level. Of course, these limiters must be pre-installed at a suitable height for you. But it will be much easier if your partner or trainer observes your side squats and comments on your technique.

If you have back pain, severe curvature of the spine, or other back problems, then consult a good manualist or sports doctor about whether you can even squat with a barbell. And if your lower back hurts, especially after an intense deadlift or other hard work, then it is better to take care of yourself a little and wait a few days. Let your back rest.

One of the most common squatting mistakes is bringing the knees inward (Figure 3.8).

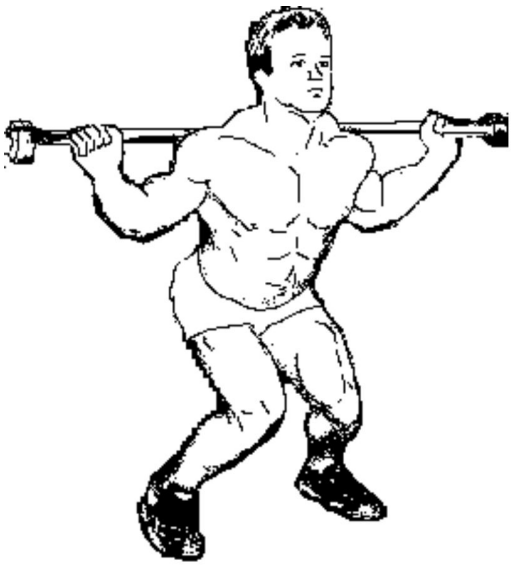

Figure: 3.8. Bringing the knees inward is the most common mistake.

This happens for two reasons: either the athlete does not part the socks 45 degrees, or has insufficiently flexible adductor thigh muscles. In this case,

check the position of your feet or start periodically doing stretching exercises.

Squat safety.

Take the time to double-check the weight on the bar.

The fretboard must be properly loaded i.e. disks are installed in the same sequence.

Make sure the "locks" are secured to the rod. This will prevent the discs from moving or slipping off the bar during the exercise.

Remove the barbell from the racks smoothly, without sudden movements.

Do not lift your pelvis too quickly when you get out of dead center, otherwise you will drop the barbell.

Never let your upper torso lean too far forward, this will strain your back and abs.

Do not allow your back to round to the point that it constricts your ribcage.

Only do squats with a belt.

3.2. Bench press.

If you stay in the gym for a long time, you will notice an interesting feature - beginners bypass squat racks and deadlift platforms and rush to press racks.

Everyone loves the bench press. Therefore, outsiders will likely never ask you how much you pull or squat. But they will definitely ask how much you bench press.

If you briefly describe the bench press, you get the following: in the starting position, the athlete lies on a horizontal bench and holds the barbell over his chest with outstretched arms. The barbell must be lowered to the chest, and then returned to its original position. You can take the barbell off the racks, as well as put it on the racks, with the help of a partner.

This exercise is very popular. It is the main one for pumping the pectoral muscles, the anterior bundle of the deltoid muscles, and the triceps. You may be surprised, but in this exercise the latissimus dorsi, biceps, buttocks and quadriceps muscle of the thigh are working very actively. Of course, you need to learn how to include such a large number of muscles in the work, and that's what I wanted to talk to you about a little.

Grip width, elbow position.

The width of the grip affects the lift of the bar, and the wider the grip, the less distance the bar travels. Of course, this allows for much heavier weights to be lifted than the narrow grip bench press. So always try to go wide enough.

But the grip width has a significant impact on which muscle groups will participate in the lift.

If the elbows are pressed against the body during the bench press, then the deltas and triceps are maximally loaded. If the elbows are maximally divorced, then the pectoral muscles are loaded. Since at the time of removing the bar from the chest (the lower part of the trajectory), the maximum load falls on the pectoral muscles, the optimal position of the

elbows will be such that the angle between the body and the elbow set aside will be about 75 degrees.

By the way, this angle will allow you to more fully include the latissimus back muscles in the bench press process. If you read the atlas of anatomy, you will see that the main function of the latissimus dorsi is to bring the shoulder to the torso. Therefore, the smaller the angle between the shoulder and the body, the less the lats will work. The more the elbows are apart, the more this will allow you to use the latissimus dorsi in the press. Moreover, it will be ideal at the time of lowering the barbell to the chest, BREAD the elbows to the sides, and when starting the upward movement, bring them to the body by contraction of the lats.

In addition, in my opinion, it is important to position your hands in such a way that at the moment of the most powerful effort the forearms are perpendicular to the bar.

This will allow all the applied force to be directed to the lift of the bar. After all, if we recall physics, if we direct the force a little at an angle to the bar's bar, then the force vector will split into two components: one goes to lift the bar up, and the second along the bar axis. Those. part of the strength in this case is simply wasted. By the way, if your palm slides along the axis of the bar in the direction of the pancakes during the bench press, this means that your forearm is not perpendicular to the bar, and you spend part of your strength not on lifting the weight, but on moving your palm along the bar.

Based on all of this, I recommend using a medium grip and positioning your arms so that your forearms are perpendicular to the bar (Fig. 3.9).

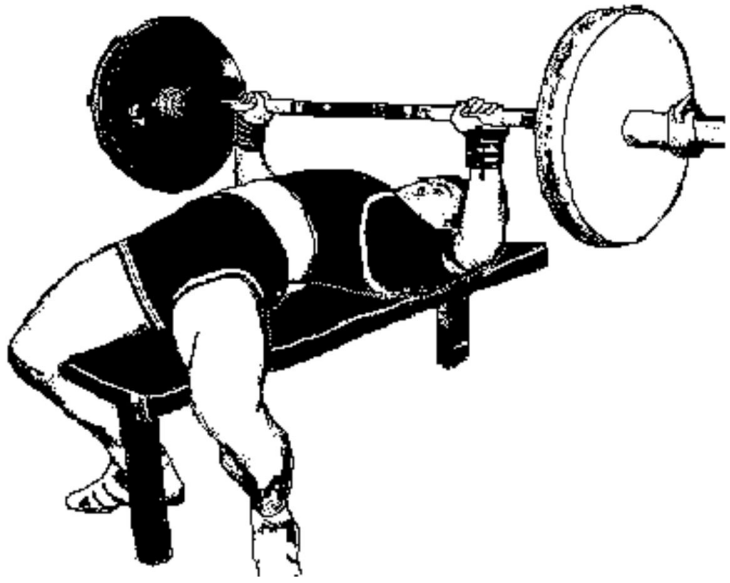

Figure: 3.9. The forearms are perpendicular to the bar.

But that's not all.

Body position.

The body on the bench should be positioned so that the eyes are directly under the bar of the bar, which is on the racks. In this case, you are not lying too far from the bar and it will be easy for you to pick up and place the bar on the racks. And at the same time, you are lying far enough away from the racks so that you will not touch them when you move the bar up.

Back deflection.

Back deflection is very important. And you may have noticed that not very experienced athletes, when they cannot shake the barbell, stand on the bridge, tear their buttocks off the bench. And it really helps, the weight gives in.

Therefore, our task is to stand on the bridge even before performing the exercise. But you have to stand not as experienced athletes do, but according to the rules. The buttocks cannot be torn off the bench. Therefore, you stand on the bridge, stand firmly and steadily on your feet, and only

touch the bench with your buttocks, that is, the buttocks do not act as a fulcrum. There are only three fulcrum points - two feet, which stand firmly on the floor and flattened shoulder blades, which rest on the bench.

I will emphasize this important point once again - you are not lying on the bench, you are standing on your feet. The buttock just touches the bench (Figure 3.10).

Figure 3.10. Bench press with back arch ("bridge").

That is why all kinds of leg movements during the bench press are not allowed. These movements simply show that you are not standing firm enough.

Of course, such a phenomenal back arch (bridge) as shown in Figure 3.10 is not achievable without serious work on the flexibility of the spine. Therefore, the development of flexibility must be given meaningful and important importance.

Let's take a look at what back deflection gives.

First, the range of motion is significantly reduced. Due to this, experienced athletes can lift much more weights than without deflection. And the more flexibility of the spine, the less the amplitude of the barbell movement, the

more weight the athlete can squeeze out. But make sure that at the most difficult moment of the bench press, your buttock does not come off the bench. The head, shoulders and buttocks should be pressed against the bench throughout the entire exercise.

Secondly, a lot of additional muscles are included. And above all, these are the latissimus dorsi. The latissimus dorsi begin to help at the most difficult moment - when the bar is removed from the chest. Of course, the latissimus dorsi muscles are involved only indirectly, but due to their strength and power, the load on other, directly working muscles is significantly reduced. This, in turn, allows you to lift more weight.

In addition, the muscles of the legs and back are tense in this position. As I have already emphasized, in general, the athlete seems to stand on his feet and shoulders, only touching the bench with his buttocks. This provides, firstly, significant stability of the athlete, and secondly, it allows you to push the barbell slightly with your chest, which, of course, will affect the final result.

Well, the third advantage that the back deflection gives in the bench press is determined by the following circumstance. The pectoral muscles are divided into 3 parts: the upper, middle and lower bundle. Moreover, the upper bundle is the weakest, the middle one is slightly stronger and the lower one is the strongest. Therefore, the number one task when performing the bench press is to include in the work exactly the lower, most powerful beam. Just press, standing on the "bridge" and allows you to do it.

If you add up all these benefits, it turns out that the bench press with a deflection can bring you a gain of 10-20 kg compared to a bench press without deflection.

This value is very serious and I would advise you to master the "bridge" bench press technique.

Just do not bend your back too much at once - there may be a back injury. Make a bridge first that suits your flexibility, that is comfortable. Let it be quite small, but it will be. Increase the deflection gradually, from month to month. Then in a couple of years you will have an amazing deflection, as shown in Figure 3.10.

The deflection of the back is also associated with the requirement to bring the shoulder blades together and spread the shoulders back as much as possible.

Attention!This is the most common mistake young athletes make. 90% of the guys who come to the gym do not press correctly - they do not bring their shoulder blades together and therefore their shoulders are turned forward, not back. In this position, it is simply impossible to shake correctly.

Therefore, in order not to repeat other people's mistakes, always, lying down on the bench for the press, make sure that the shoulder blades are maximally reduced!

Leg position.

As I already said, any, even subtle, movement of the feet during the bench press indicates that you are not standing correctly. This is essentially a violation of correct technique. It is necessary to ensure that the legs are firmly with the whole foot on the floor under the athlete, as far as possible from each other, this helps to get a solid foundation and to make an explosive start of the movement.

If your height is not enough to fully rest your feet on the floor, you need to build a platform to support your feet. The platform can be built from pancakes or special rubber skirting boards. Just be sure to check if it slips off during the bench press.

Hand position.

The position of the hands during the bench press is a very important question. There are two grips. Figure 3.11 shows both of them. The first, under the letter A, is an open grip, it is also called "monkey grip", the thumb is behind the bar. The second, under the letter B - a closed grip, the thumb wraps around the bar in front.

Of course, world records were set by both grips, but still these grips differ significantly in terms of safety.

An open grip is extremely dangerous. Extremely!

I have seen more than once how at the end of a workout, in athletes performing an open-grip bench press, the bar slides off a wet palm and falls on the chest, neck or even head. The thing is that in an open grip the bar is not secured with a thumb and can freely fall out of sweaty hands with some awkward movement or interception.

Therefore, if you do not have an injury, then always use a closed grip, as in figure B. Safety is paramount. And if you are used to an open grip, do not waste time and retrain. It will not take much time, but it will hedge against unpleasant and even catastrophic surprises.

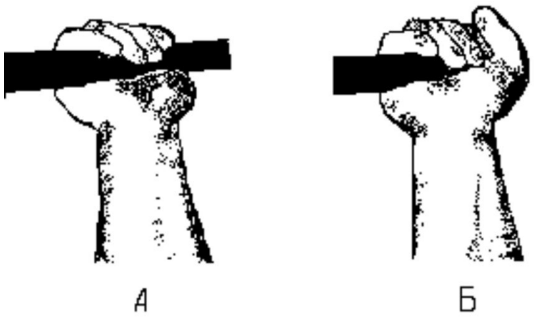

Figure 3.11. A - open grip (wrong), B - closed grip (correct).

Boom position.

The press starts from an upright position with arms extended. Lower the barbell to the area of the lower pectoral muscles or the area of the solar plexus (Figure 3.12). In this position, fix the barbell, hold for a second and squeeze the barbell upward with an explosive movement.

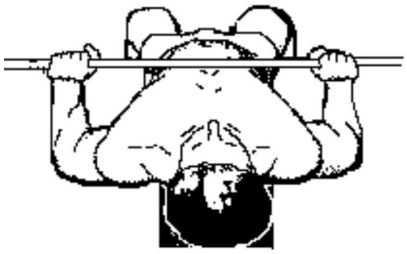

Figure 3.12. The barbell should be lowered to the level of the solar plexus.

As you arch your back, this trajectory is shortened significantly. Setting the correct trajectory for this movement is a painstaking process. In general, you should move the bar along the path that feels the most natural to you. It will take several weeks to set the trajectory.

Here I would like to draw your attention to one very common mistake. Do not lower the bar too close to the neck (Figure 3.13). Firstly, it will not allow you to engage the most powerful chest muscles, and, secondly, it increases the risk of injury of the exercise. Many athletes have injured their shoulders by doing this.

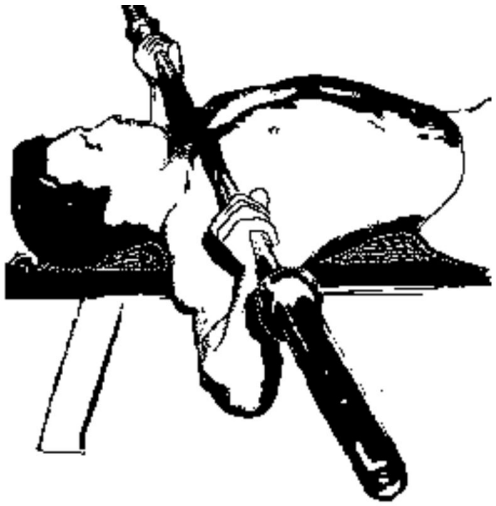

Figure: 3.13. The bar is lowered too close to the neck - this is a mistake.

Bandages.

If you are working with serious weights, then I advise you to wrap your wrists in tight bandages (sometimes called wrist bands). Wristbands reduce the likelihood of injury to the hands and simply relieve pain in the wrists. I already talked about wristbands when considering squatting techniques. I want to draw your attention to the fact that squats and bench press use the same wristbands.

Belt.

It is better to use a weightlifting belt in the bench press, but turn it wide side forward and narrow back so that it does not interfere with bending during the press. In all fairness, the bench press has more psychological value than any other. In general, this is a separate feature of any rigid equipment, including wristbands, bench press, squat bandages, etc.

The point is this. When you put on a hard belt, bandages are tightly wound around your wrists, perhaps even your head is tightly tied with a small strip of elastic bandage - all this is very tonic. It is customizable. It invigorates in much the same way as the smell of ammonia. And this is very important. The iron should not be approached relaxed and soft. Only a tough-minded athlete will lift a heavy barbell. And I advise you to use every opportunity, detail or method that helps you to tune in.

Bench press shirt.

I have already explained my attitude to equipment. Equipment, of course, is needed. But it is needed only by experienced athletes performing in serious competitions. Using equipment below the title of master of sports, in my opinion, is a waste of time, effort and money. Because at this level, you must first of all care about the base, about sets for the number and think very little about the maximum weights. And only after going into the

category of masters, it makes sense to think about purchasing a bench press shirt, and maybe several.

A bench press shirt works in the same way as a squat suit in that it adds extra support to help the muscles move weight. The bench press jersey looks like a regular jersey, but made of very strong and elastic fabric. The fabric used for the bench shirt is exactly the same as for the squat suit. This shirt has one feature - in the area of the pectoral muscles, it is strongly narrowed. As a result, when an athlete puts on this jersey, it fits the body very tightly and strongly moves the shoulders forward. Actually, you are unlikely to be able to put on this shirt yourself. You cannot do without the help of partners.

When an athlete presses in such a shirt, the elastic material takes on a significant load. It stretches when lowering and, contracting, helps the athlete to "lift" the bar from the chest. That is, the T-shirt is a kind of shock absorber that reduces the load on the muscles, ligaments of the chest and shoulders. This fact allows you to lift more weight in the bench press. Well, if you can work with large weights, then by doing so, you will stimulate more muscle growth, since muscle strength and volume are related and dependent on each other.

Bench shirts vary in thickness. Of course, the thicker it is, the more support. Start wearing a slightly loose jersey when doing sets of five reps, then gradually move on to a competition one. The competition jersey should not only be thicker, but also smaller by a size or two. It will be inconvenient, but the result is worth it. Experiment with different brands and styles and find what you need.

Here's a standard warning: don't wear damaged gear (even with slightly diverging seams). Sooner or later, it will burst when you lower the barbell to your chest, and you will lose control of your weight, which is likely to result in injury.

This situation can be avoided by timely updating equipment.

And it is not just words. At competitions, you can sometimes see such a picture, an athlete removes the barbell from the racks, releases it onto his chest and at the moment of maximum tension, the shirt suddenly bursts at

the seam. In this critical situation, it only helps that on each side of the bar there are always assistants who insure you.

Therefore, the jersey, of course, reduces the number of injuries and allows you to set new records, but the jersey must be well-fitted and not damaged. Only in this case, its use is safe and makes sense.

Magnesia

Use chalk to keep your hands dry throughout the exercise. When you use chalk on your hands, do not forget to treat your thumbs on all sides.

Apply chalk to not only your hands, but also your bench and shirt. This will prevent your body from sliding on the bench and you will be more confident in holding the bridge. If you do not do this, then at the end of the exercise you can "get off the bridge", i.e. do not keep a good arch of the back and straighten under the influence of weight.

Also, try not to bench press with a bare torso whenever possible. If this is not possible, then apply magnesium to the shoulders and back as well.

cellaneous Tips

Do your best to improve your grip and grip on the bar. Not only smear your palms with chalk, but also keep the neck notch clean. This will keep your hands from sliding to the edges of the bar during the set.

It is strictly forbidden to move your head, raise your head or turn your head while lifting or lowering the barbell. If you do this, then the bar will lead a little. It is especially dangerous to look to the side or squint your eyes - in this case, the barbell can tilt to one edge, and you "lose" the amplitude and, possibly, get injured.

Before removing the bar from the uprights, make sure that the bar rests symmetrically on the uprights and that the distance between the plates and the uprights is the same on both sides. If you notice that the bar is slightly shifted to the side - do not be lazy, stand up and straighten it. It is better to do this before starting the approach than to figure out how much you need to move your hands to get a better grip on the bar.

Try to have someone back up you. Without such a safety net, you will be afraid to give your best in training and will progress slowly. Therefore, be sure to make sure that when you bench press, someone is standing nearby. If, nevertheless, you could not lift the barbell, but there was no one nearby and you were "crushed", then do not be alarmed, there is nothing to worry about. Roll the barbell across the chest, over the abdominal muscles to the lower abdomen. And then calmly lift your torso, grab the barbell and, holding it in your hands, stand up.

Bench press safety.

Take the time to double-check the weight on the bar.

The fretboard must be properly loaded i.e. disks are installed in the same sequence.

Make sure the "locks" are secured to the rod. This will prevent the discs from moving or slipping off the bar during the exercise.

Spread your hands well with chalk to prevent your hands from sliding over the bar.

Dismantle the bar simultaneously and, most importantly, evenly with your partner. Otherwise, if he gives you a barbell with relaxed hands, you may not be able to hold it!

3.3. Deadlift.

The deadlift is the most productive exercise possible. It is by performing deadlifts that athletes build up huge muscle mass. When performing the deadlift, the following muscles are primarily involved: the extensors of the back, buttocks, quadriceps and biceps femoris, latissimus dorsi, trapezium, forearms and biceps. Those. almost 3/4 of all muscle mass will actively work in this exercise.

But, as I said, you can't start deadlift right away. A beginner athlete should work on the back indirectly through squats for at least 1 month. And only after 1-1.5 months of squats can you include deadlifts in your complex.

Outwardly, it is easy to describe the exercise: the bar lies on the platform, you approach it, bend over, take the bar with your hands and straighten, lifting the bar off the floor and holding it in your hands. Everything seems to be very simple. But in reality, this exercise requires much closer attention than it seems at first glance.

Now there are two types of traction - "classic" (Figure 3.14) (it is also called "weightlifting") and "sumo" (Figure 3.15) (it is called "lift").

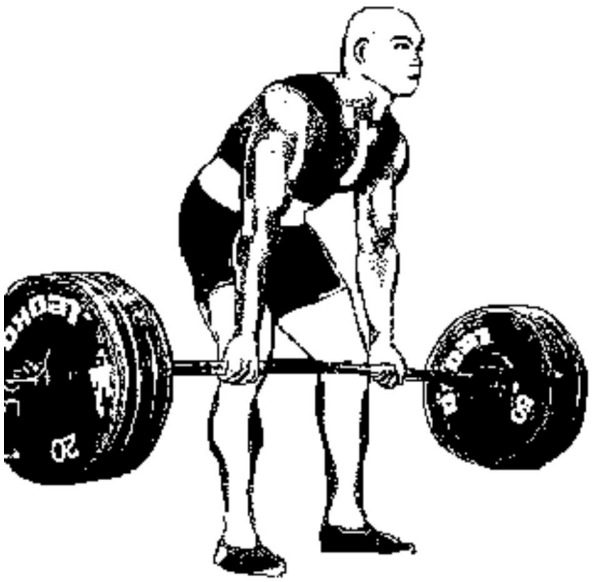

Figure: 3.14. Deadlift "classic" style.

Both of these styles are popular, quite effective and differ only in the position of the legs. World records have been set by both styles, although, to be honest, it seems to me that the "sumo" style is more suitable for most athletes.

You should try both styles and choose the one that works best for you.

eral Provisions

Let's first look at the "classic" deadlift (Figure 3.14), as it was the first to emerge and was widely used in weightlifting.

Figure: 3.15. Sumo pull.

Traction "classic" style is characterized by the fact that the legs are set slightly narrower than the shoulders, feet parallel to each other. Hands are on the outside of the legs - shoulder-width apart or slightly wider. Pay attention to how the athlete holds the barbell - with a different grip. Those. one hand holds the bar with a straight grip, the other with a reverse - this way you can hold a much heavier weight than just a straight grip. However, I do not advise you to constantly use such a grip in training, it should be used mainly in competitions. And in training, it is more rational to use a straight grip and straps.

You can't get too close to the bar, but you can't get too far either. If, when lifting, you feel that the bar rests against the shins, then this means that you are standing too close to the bar.

If, on the contrary, you stand too far from the bar, then during the lift, it will deviate from the legs, thereby placing a dangerous high load on the lower back, it will lead you forward and, most likely, you will throw the barbell.

You need to stand so that the bar slides over your legs while lifting the bar. Find a position with your legs where the bar will lightly touch your shins when your legs are bent and you are in the bottom position (fig. 3.16).

Figure: 3.16. Start position.

The technique of "lifting" the bar - lifting off the platform - may differ depending on which of the muscles you have is stronger - the muscles of the legs or muscles of the back. The rule is simple - that the higher the athlete lifts the pelvis in the starting position, the greater the load falls on his back, but he will be removed from his feet (this is called "back thrust"). Conversely, the lower he sits down, the greater the load will fall on his legs, but the back will be unloaded (this is called "leg thrust").

Moreover, there is a small nuance already in the final phase of the ascent - at the moment of fixation. In the back pull, it will be easier to pull the barbell off the platform and reach the knees than to fix it at the top. In the deadlift with "legs" the fixation will be somewhat easier, because the back is initially more vertical. However, here it is very inconvenient to "remove" the bar from the platform.

As practice shows, if you pull in the style of sumo, then you will repeatedly peel off the skin on your legs until you learn how to properly lift the barbell from the platform.

A very important point is the speed of the movement. In no case are sharp jerks allowed. In the deadlift, the movement should be done slowly and evenly. Especially the eat (separation from the platform) should be smooth and slow. Only this will ensure the correct trajectory of lifting the barbell.

If you do try to pull the barbell off the platform, you will be surprised to notice that this push will bend your back and raise your pelvis. As a result, you will be able to lift the barbell just a few centimeters, and then throw.

One should try to accelerate the barbell not at the moment of separation from the platform, but in the middle part of the trajectory, when the barbell has already gone up.

A feature of the sumo pull is a wide stance. This style of traction is also called the lift style, because it appeared and became widely used in powerlifting. The fact is that a wide stance of the legs allows you to reduce the range of motion and connect the largest number of muscles to work. The wider the legs are, the lower the height the athlete must lift the barbell.

Since the legs are wide apart, the position of the hands also changes - the barbell must be taken narrower than in the "classic" style, between the knees.

But there are two important points to keep in mind. With your feet wide apart, there may be a point where the friction between the sole of your shoe and the platform becomes less than the vertical load and your feet begin to move apart. The situation is very unpleasant and dangerous. The second feature is that wide leg spacing will place higher demands on the flexibility of the hip joint.

Therefore, do not try to put your feet too wide, increase the width gradually, bringing it to an optimal level.

The optimal leg width is the position of the legs when the shins are perpendicular to the bar.

In this case, the entire force of the athlete (his force vector) is directed strictly upward and is not wasted on the lateral components (Figure 3.17).

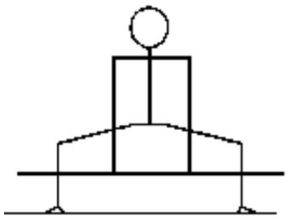

Figure: 3.17. Schematic representation of the optimal position of the legs (the legs are perpendicular to the barbell bar).

And one important point that will allow you to control the correctness of the technique in the "sumo" style - if your barbell does not touch your shins when lifting, and if your shins are not stripped in blood at first, then you are lifting the barbell incorrectly, too far away from you. In this case, you need to keep it closer so that the graph slides along the lower leg, touching it and peeling the skin. But do not be afraid of this - the skin will gradually overgrow.

ɔment

I want to note right away that the result in the deadlift, unlike other exercises, is least of all dependent on equipment, so the vast majority of athletes do without any equipment. And, although some athletes wear a squat suit or wrap a bandage over their knees, as in squats, this usually does not bring much benefit.

The only thing I would like to draw attention to is the shoes.

Shoes should be short-heeled and not slippery. This, firstly, allows you not to lift the barbell by extra centimeters, and secondly, it allows you to better maintain balance. Usually wrestling shoes are used for this, less often gym shoes or sneakers. If there are no special shoes, then I advise you to do deadlifts during training in general barefoot or in socks.

Well, the standard recommendation for all heavy exercises is to put on a weightlifting belt before each approach.

Straps.

The straps are used to keep the hand from sliding off the bar and to hold the bar securely. Sometimes athletes neglect the straps and complete all training sets without them, just using a raspberry grip. As a rule, they argue that they want their brushes to swing, or that everything would be like in a competition.

It is not right.

Firstly, the brushes must be swung separately and then only if such a need really arises, and, secondly, in competitions you do only one lift, and in training up to 10 lifts in one approach. In this case, the hand begins to slide and you are already concentrating on the hands, and you only think about how the bar would not slip out, instead of properly working out the back muscles.

Those. I strongly recommend distinguishing between - as they say "flies separately, cutlets separately" - the load on the back and the load on the forearms. By mixing them in one exercise, you will significantly under-work your back.

Any experienced trainer knows that if you break an athlete's training program into components and allocate separate time for each skill to train this skill, then the training is accelerated MUCH TIMES. An athlete who has mastered each skill in turn can achieve the same results in a month as an athlete who tries to master all skills at once achieves in a year!

Therefore, always do the deadlift with the straps, use the straps in all training sets. The straps will allow you to focus on your back instead of thinking about your hands, and this will allow you to achieve rapid growth in results. Use the straps and your progress will be greatly accelerated.

And, if necessary, swing the brushes separately (see the section on auxiliary exercises).

The straps can be made independently from any leather belt. Their length is about 60 cm, and the width is about 3 cm. The width can be made smaller, but not less than 2 cm, otherwise they will strongly cut into the hand.

How to use the straps is shown in Figure 3.18.

Figure: 3.18. Fixing the hand on the barbell with the help of straps.

Various tips.

If you have back pain, severe curvature of the spine, or other back problems, check with a good manualist or sports doctor about whether you can even do deadlifts.

Before each set, apply chalk or chalk to your hands to help you hold the bar more confidently.

Always wear locks on the barbell when doing deadlifts. Actually, locks should always be worn in general. I don’t do a single approach without locks. This is to avoid worrying about pancakes slipping off the bar. At the moment of lifting, such thoughts should not distract your attention and throw off your mood.

Both during the lifting and during the lowering of the barbell, you cannot transfer body weight to the socks. This will be a mistake. In this case, the

bar will go forward from the feet and you may be injured.

Don't do bounced pulls off the floor. By doing this, you greatly facilitate your work and pass at speed the critical point of removing the bar from the platform. The meaning of such training disappears. In addition, "battering" can cause the pancakes on one side of the bar to bounce off the floor faster than on the other side. This will lead to the loss of your control over the bar, to asymmetrical lifting of weight, to uneven load on the body. And this is fraught with serious spinal injuries.

Never twist your head when lowering or raising the barbell - the barbell may tilt slightly to the side, lead you to the side and you could be injured.

If you feel that you cannot raise the barbell, do not drop it under any circumstances. Release her onto the platform, as smoothly as possible, so that the load from the back does not go away abruptly either, but gradually. Abrupt release of the load can seriously injure the muscles of the back, elbows or shoulders. Moreover, it is even possible that at first you will not feel anything, but this will manifest itself after a couple of days.

Never do repetitions to failure. Never do forced or negative reps. In an exercise as serious as the deadlift, these experiments are not appropriate.

Do not do deadlifts if your lower back muscles are still quite aching after your last workout or even normal hard physical labor. Take a day or two rest, wait for the muscle pain to go away.

It so happens that on large weights pressure jumps strongly after the athlete leaves the bar after performing the exercise. In this case, before performing the exercise, it makes sense to tighten the elastic bandage on the head tightly. The pressure drops will be less acute.

To get yourself together before the next approach and tone the muscles, you can use ammonia. In general, ammonia should always be in your gym bag along with a warming ointment, a towel, and a gym uniform.

Chapter 4. Loops.

So we get to the fun part of the training process - cycle planning.

Ideally, you should start the cycles after you have reached the limit, training in a slowly increasing system, i.e. gradually increased the weight of the bar, but decreased the number of times in the approach from "5po8" to "5po5". On "5po5" you stalled and for 2-3 weeks tried to conquer the next weight, but could not.

Those. you have reached the limit and stopped at a weight that you can't seem to give. The classic state of stagnation.

This is the best moment to switch to cycles.

Because you know your limit when working within the "5po5" program, and based on this figure, you can build the simplest cycle.

Let's see this with an example.

Letter: "Your 5x5 training system is very effective.

Since I began to train on it, I have forgotten what a negative subconscious attitude towards the gym is, when at one time I plowed myself out to exhaustion due to which the conflict between consciousness and subconsciousness increased.

I used to conquer myself by going to the gym.

Now I go to training with great pleasure and not only that! My results are not particularly different from my colleagues in my weight category, my age, who train to exhaustion, performing 5 to 8 exercises per workout.

However, they have a question as to how, they say, I manage to go with them on an equal footing, while "filonya" in full program and giving training a maximum of a little over an hour, or even less!

Starting, for example, from mid-July 2005 with bench press: 75kg, 5x5, squat 80kg 5x5, deadlift 90kg 5x5, by mid-September 2005 I pressed 105 kg 5x5, squatted 140kg 5x5, lifted 145kg 5x5!

I think this is a fairly good result, in just two months, but without chemistry, but not especially overworking and not wasting time on a lot of unnecessary exercises.

Those. I do ONLY basic exercises. Sometimes, at will, I add some nonsense to one exercise. Therefore, there are questions on this topic:

- How to break through the "dead" point in exercises? For example, I get stuck on a 110kg bench press three times in five sets. And for three weeks already I can not "break through" this weight so as to work 5x5? I read that it is necessary to start anew "circle" 5x5, but when does this moment come when you need unloading?

- When the results reach high weights (160-170 in the squat, 120-125 in the bench, 170-180 in the deadlift), is it really necessary to strive for such weights to go 5x5?

Thanks in advance. John. "

Here is a very characteristic letter.

We will briefly talk about conflicts between consciousness and subconsciousness in the next chapter, and now we will consider Kostya's main problem - stagnation.

So how do you get past stagnant results? There is only one answer - it's time to switch to cycles. By practicing in cycles, you will get rid of this problem forever.

As we can see, Kostya purposefully trained according to the 5po5 scheme for two months, during this time he significantly improved the result, but now he has come to the limit and has not been able to break through 110kg in the bench press for three weeks.

This is the moment when you need to switch to cycles.

Working in cycles is characterized by the fact that everything needs to be planned. No deviation from the plan is allowed.

It is clear from the letter that Kostya's results, which he confidently do in the framework of the "5po5" program, are as follows: bench press - 105kg 5x5, squats 140kg 5x5, deadlift 145kg 5x5.

We will build on these results.

A few words about the cycle length. I usually recommend training in cycles of 9-12 weeks. Cycles of 14 weeks are perfectly acceptable (but not very desirable). I do not recommend doing cycles longer than 14 weeks.

The standard option I recommend is a 10 week cycle.

Cycles are simple, two-stage and three-stage.

By the way, I will immediately note that the training plans that I will now give for the cycles are a plan for the load during "hard" days. We do not change the "light" days and continue to use them as a warm-up and for practicing technique. On "light" days we train with a weight of about 55-65% of the maximum.

1. Simple cycle.

Let's start with a simple cycle - a cycle when the number of approaches and lifts during the cycle does not change, i.e. as you did 5 to 5, and continue to do, only the weight of the bar changes.

Let's build a simple 10-week cycle based on Kostya's results with an exit to the current level on the 7th week.

First, let's build a squat loop.

Kostya is now squatting 140kg 5-5.

We plan to make 147.5kg 5x5 in 10 weeks (i.e. a little over 2 months).

We will add 2.5 kg weekly.

Therefore, the squat cycle will be like this:

1 week - 125kg - 5 to 5.
2 week - 127.5 kg - 5 to 5.
3 week - 130kg - 5 to 5.
4 weeks - 132.5kg - 5 to 5.
5 week - 135kg - 5 to 5.
6 week - 137.5 kg - 5 to 5.
7 week - 140kg - 5 to 5. - LEAVE TO CURRENT LEVEL
8 week - 142.5 kg - 5 to 5.

Week 9 - 145kg - 5 x 4-5.
10 week - 147.5 kg - 5 to 4-5.

That's it, the cycle is over.

One remark should be made - the last 1-2 weeks of the cycle (i.e. the 9th and 10th weeks), if you cannot fully do 5 approaches 5 times, then go to 5 approaches 4 times.

After the end of the cycle, you need to throw off the load, but add 5 kg to the initial weight of the bar and start the cycle again. Those. the next 10 week cycle will be like this:

1 week - 130kg - 5 to 5.
2 week - 132.5kg - 5 to 5.
3 week - 135kg - 5 to 5.
...
9 week - 150kg - 5 to 5.
10 week - 152.5 kg - 5 to 5.

As you can imagine, the purpose of the cycles is to accustom the body to rest and stress periods. Therefore, cycles for all basic exercises are done simultaneously. At the same time, we plan the rise in all basic exercises, at the same time we plan the decline in all basic exercises.

If we try to plan a lift on squats, and at the same time a decline, for example, on deadlifts or squats, then the main task of the cycle will not be completed - we will not really rest, and really will not be able to give our best.

Therefore, it is important to always combine all the cycles.

Those. along with the 10 week squat cycle, we are planning the exact same 10 week bench press and deadlift cycles.

Kostya is now doing bench press 105kg 5 to 5.

This means that the cycle for the bench will be like this:

1 week - 90kg - 5 to 5.
2 week - 92.5kg - 5 to 5.
3 week - 95kg - 5 to 5.

4 week - 97.5 kg - 5 to 5.
5 week - 100kg - 5 to 5.
6 week - 102.5kg - 5 to 5.
7 week - 105kg - 5 to 5. - LEAVE TO THE CURRENT LEVEL
8 week - 107.5 kg - 5 to 5.
9 week - 110kg - 5 to 5.
10 week - 112.5 kg - 5 to 5.

That's it, the cycle is over.

In order to start a new cycle, we take off the load, add 5kg to the initial weight of the bar, and start the cycle from 95kg.

Kostya is now pulling 145kg 5x5.

Therefore, the 10 week deadlift cycle would be:

1 week - 130kg - 5 to 5.
2 week - 132.5kg - 5 to 5.
3 week - 135kg - 5 to 5.
4 weeks - 137.5 kg - 5 to 5.
5 week - 140kg - 5 to 5.
6 week - 142.5 kg - 5 to 5.
7 week - 145kg - 5 to 5. - LEAVE TO CURRENT LEVEL
8 week - 147.5 kg - 5 to 5.
9 week - 150kg - 5 to 5.
10 week - 152.5 kg - 5 to 5.

Let me remind you again. All cycles must be done simultaneously - this is the main law of cycling.

Physiologically, it is impossible to reach peak squats and do a slump for deadlifts or bench press at the same time.

Even if you are a clean bench press and seriously perform only one bench press, and you do all the other exercises to maintain your shape, not particularly resting, then in this case it is necessary at the time when you planned a decline on the bench press, reduce the load in other exercises ...

I think that you learned from this example how to build simple loops.

By the way, I will note that the same applies to work within the framework of 5-8.

If you have reached the limit of 5po8, then you can not go to 5po7, but build, by analogy with the above example, your 10-week cycle, continuing to practice 5po8. Such a load will stimulate the growth of muscle volumes more than the work of 5-5.

2. Three-stage cycle.

I recommend switching to this cycle when the weight on your barbell is already heavy enough.

Remember the question from Kostya's letter: "When the results reach high weights (160-170 in the squat, 120-125 in the bench, 170-180 in the deadlift), is it really necessary to strive to go 5x5 for such weights?"

The answer is that you can continue to work in a simple cycle, i.e. within the framework of the "5x5" program, but you can also go to a three-stage cycle, when as the barbell grows, we change the number of lifts and approaches.

To illustrate, let's again take Kostya's example and his results: bench press - 105kg 5x5, squats 140kg 5x5, deadlift 145kg 5x5.

But to build more complex cycles (three-stage and two-stage), you need to build on the maximum result in each movement.

To do this, there is absolutely no need to make a sinking or arrange a competition, it is enough to use an approximate formula and multiply the weight that you make 5 by 5 by a factor of 1.2.

In Kostya's case: since he bench pressed 5 sets of 5 times a barbell weighing 105 kg, it means that he is ready to press a barbell weighing 105 x 1.2 = 126 kg for 1 time. His 140kg 5x5 squats indicate that his muscles are ready to lift 140 x 1.2 = 168kg, and the result in the 145kg 5x5 deadlift shows that he will master 145 x 1.2 = 174kg at a time.

Rounding off these figures with an accuracy of 2.5 kg, we get the maximum indicators of Kostya at the moment:

bench press - 125kg,

squats - 167.5 kg,
deadlift - 175kg.

So, we will plan that at the end of the cycle Kostya should achieve these maximum results.

The essence of the three-step cycle is that for the first part of the course (for example, the first 4 weeks), you do the exercises, doing the 5-5 program. Weight gains 2.5 kg every week

After 4 weeks, you add 5 kg, but go to the 4-4 system. For the next 3 weeks, you do 4-4, just as before, gaining 2.5 kg every week.

After 3 weeks, you are already adding 7.5 kg to the barbell weight, but from the "4po4" program, go to the "6-4-2-1" program. Those. you will still do four approaches, but in the first approach you put the weight that you can do 6 times, in the second approach you put the weight that you do 4 times, in the third - 2 times, and on one time you do that weight, which is now indicated according to the plan. Those. 1 time is not a penetration! This is the target weight and is less than your maximum. In this third stage, the bar step will be 5kg.

So far, it may not be very clear, but now I will write everything down with an example, and everything will become clear.

It is more convenient to schedule a three-stage cycle from the maximum.

So, Kostya's goal is to bench press 125kg 1 time in 10 weeks. We paint the cycle from the end:

----- end of cycle
10 week - 125 kg
9 week - 120kg
8 week - 115kg
----- 3rd part of the cycle - go to "6-4-2-1" (+ 7.5kg to the weight of the bar)
7 week - 107.5kg
6 week - 105kg
5 week - 102.5kg
----- 2nd part of the cycle - go to "4po4" (+ 5kg to the weight of the bar)
4 week - 97.5kg
3 week - 95kg

2 week - 92.5kg
1 week - 90kg
----- 1 part of the cycle - start with "5po5"

Look at this plan. Most likely you do not have any questions about the first two parts of the cycle, where we work "5po5" and "4po4".

Only the last part of the cycle - the work "6-4-2-1", requires clarification.

So, suppose that Kostya finished the 7th week and pressed 107.5kg 4 sets of 4 times.

At week 8, his workout (plan - 115kg) will be like this:

after 2-3 warm-up approaches, he puts a weight on the barbell, for example, 95 kg and does it 6 times. Then he bets 105kg and does it 4 times, then he puts 110kg and does it 2 times. And the planned weight for the 8th week - 115 kg - he does for 1 time. This weight is not maximum, so Kostya lifts it without difficulty.

At week 9, his workout (plan - 120kg) can be like this:

2-3 warm-up approaches, then bench press barbells weighing 95 kg for 6 times, then 105 kg for 4 times, 112.5 kg does 2 times, and the week plan - 120 kg - does 1 time. The last approach already requires insurance.

In the last week of the cycle - week 10 - Kostya's training (plan - 125kg) can be as follows: 2-3 warm-up approaches, then bench press barbells weighing 95kg for 6 times, then 105kg for 4 times, 115 kg does for 2 times, and the week plan - 125kg - does it for 1 time. Since this is a weight close to the maximum, compulsory insurance is required.

That's it, the 10-week cycle is over.

Next, you need to throw off the load and add 5 kg to the initial weight and start the next cycle:

10 week - 130 kg
9 week - 125kg
8 week - 120kg
------ 3rd part of the cycle - go to "6-4-2-1"
7 week - 112.5kg

6 week - 110kg
5 week - 107.5kg
------ 2nd part of the cycle - go to "4po4"
4 week - 102.5kg
3 week - 100kg
2 week - 97.5kg
1 week - 95kg
----- 1 part of the cycle - start with "5po5"

I think you already understand the principle.

Let me remind you that in a similar way, you will need to write 10-week cycles for squats and deadlifts, and do all these cycles at the same time.

By the way, to make it easier for you to calculate your workouts, I will give this scheme as a percentage of the planned maximum:

----- 1 part of the cycle - we work "5po5"
1 week - 72%
2 week - 74%
3 week - 76%
4 week - 78%
----- 2nd part of the cycle - go to "4po4"
5 week - 82%
6 week - 84%
7 week - 86%
----- 3rd part of the cycle - go to "6-4-2-1"
8 week - in the last approach we do 92%
Week 9 - in the last approach we do 96%
10 week - in the last approach we do 100%

For more experienced athletes, I want to make one comment - all previous calculations were carried out from the maximum performed without equipment.
If you use equipment (bench press jerseys, squat and deadlift suits), then in this case two maximum weights can be distinguished: MAX_1 - performed without equipment MAX_2 - performed with equipment The first 2 parts of the cycle are calculated from MAX_1, but starting from On the 8th week, we switch to the use of equipment and, therefore, we calculate the 3rd part

of the cycle from MAX_2. Or, if expressed as a percentage ----- 1 part of the cycle - we work "5 to 5" 1 week - 72% of MAX_1 2 week - 74% of MAX_1 3 week - 76% of MAX_1 4 week - 78% of MAX_1 --- --2 part of the cycle - go to "4po4" 5 week - 82% of MAX_1 6 week - 84% of MAX_1 7 week - 86% of MAX_1 ----- 3rd part of the cycle - go to "6-4-2- 1"

3. Two-stage cycle.

A two-stage cycle is already aerobatics. By training on this cycle, you can achieve very high results in powerlifting.

A two-stage cycle is obtained from a three-stage cycle by removing the intermediate phase - the phase when the athlete worked "4po4".

Those. the two-stage cycle is divided into only two periods - 5 weeks of operation in the "5po5" mode and 5 weeks of operation in the "6-4-2-1" mode.

I will not describe this cycle in detail, because the experience of training in a three-stage cycle will give you the necessary skill, and you can easily write everything yourself.

Cycling is a viable alternative to steroids.

I have already cited the results of my friend, master of sports of international class Pavel Sboev, who, "pure", without taking anabolic steroids, only using this two-stage cycle, won regional championships, even when he had already retired from periodic participation in competitions (see "Introduction") ...

I am sure there will be many skeptics who will say that such results cannot be achieved by "pure" ones.

I can only answer them one thing - you just need to train correctly.

Of course, exercising according to some crazy method, you can gobble up a kilogram of "methane" and inject a liter of "Winstrol" into yourself, but you won't get the result. And I have met such guys who did just that, and did not achieve anything. Because "chemistry" itself, without proper training, is firing a cannon at sparrows - you have to inject a lot of steroids, and this gives very, very little effect.

However, there are even more guys who have never tried "chemistry" in their lives, but at the same time they are firmly convinced that nothing can be achieved without steroids.

What do you think, when I tell them about the basic exercises and the results that can be achieved by using the cycles correctly, what is their first reaction? They say: "Okay, don't push us. Tell me honestly, how much" methane "did you eat?"

Their own experience, measured by years (!) Of incorrect training, does not allow them to think that there are some more effective methods of pumping. And that "chemistry" is by no means a prerequisite for rapid muscle growth and results.

While training according to the correct cyclic scheme, you can not resort to anabolic steroids at all, and achieve impressive results, for example, reach the level of an international master of sports

Try it and you will see for yourself that it all works, and the result grows by 30-60 kg per year in each exercise.

Having started practicing this technique, you may also find yourself in a paradoxical situation that I am used to dealing with - you will be doing "clean", but your gym colleagues, watching your irrepressible progress, will not believe you and will try to find out the name of those steroids, which they think you should use.

Of course, if you do not use steroids, then your growth will be somewhat slower than that of the "chemist". But your growth will be more stable and long-term. Your strength will not evaporate over time, as it evaporates in an athlete who has made his results on steroids.

For example, my friend Pavel Sboev, whose results I have cited earlier, went into business and was forced to practically give up training. He spent a lot of time on business trips, and even got a back injury. But one day he happened to be at the City Day in Novosibirsk, where various contests and competitions were held on the occasion of the holiday, including bench press competitions - to take out bench press racks and a barbell right to the city square, and everyone was invited to participate. In general, he was persuaded to speak. He was like in trousers and a sleeveless jacket, almost without a warm-up, bench pressed 200kg! And then the second competition was followed - to reap a barbell weighing 100 kg. He shook it 29 times.

This is what sports without steroids gives - the stability of the results. I emphasize once again - at this time he did not train for whole weeks, and sometimes even months, and his results, nevertheless, did not fall.

And even though he once spent more time achieving his results than guys who use steroids, now his strength indicators remain at the same high level, even if he does not train at all for some reason for a long time.

Chapter 5. How to adjust the head.

"They don't raise their muscles, they raise their heads" - this is the truth of the iron sport.

For most athletes, the head does not help, but interferes with lifting.

What the human muscles are ready for is well shown by experiments with chimpanzees.

According to his anthropometric characteristics (weight, height), a person occupies an intermediate position between a chimpanzee (on average, 150 cm, weight 50 kg) and a gorilla (on average, height 180 cm, weight 250 kg).

Chimpanzees are our closest evolutionary relative. Chimpanzees and humans descended from a common ancestor, the separation of these species occurred somewhere between 4 and 4.5 million years ago.

I want to emphasize that physiologically, humans and chimpanzees are very similar, to the point that the blood from chimpanzees has all the same blood types and is sometimes transfused into humans.

From this point of view, it will be very interesting to know what strength indicators the chimpanzees achieve.

So that's it. An adult 50 kg male chimpanzee squeezes 330 kg on a hand dynamometer. The angry 45-kg female squeezed 504 kg with both hands.

Those. chimpanzees, with all their small mass and similarity to humans, are literally inhumanly strong!

On average, a female chimpanzee is 3.6 times stronger than an average male human, although humans are far ahead of chimpanzees in terms of muscle mass.

This is very expressive data, because it also shows the capabilities of our own muscles, because humans and chimpanzees are anatomically almost the same.

There is only one difference - a person has a more developed brain, which can help him, or even hinder him - fill him with fears, anxiety, neuroses.

How to make the head start to help the athlete, and not interfere?

How to make sure that the desire to go to training does not disappear? How to make sure you are not afraid of large weights? How to make sure not to "burn out" before the competition? What is the best way to tune in before the approach? How do you help me recover from a hard workout? You have come to a new unfamiliar hall, how to find a common language with the old-timers of this hall?

All these are the questions, the answers to which will determine the final level of the athlete, the result to which he will come.

Let's try to find answers to all these questions.

But these are not questions of training equipment, equipment, steroids, protein shakes.

These are questions of psychology!

It would seem that such an outwardly wait-and-see question - why does the athlete actually give up training?

After all, he understands that sport is very good for health. But all the same, contrary to the arguments of reason, he throws. So why didn't sport become a habit for him? What should be done to make the workout habitual and enjoyable?

To understand this and other critical issues, we need some knowledge about how our brain works. We need to learn the basic provisions of such a science as psychology and draw certain conclusions for ourselves. When explaining the phenomena occurring in our head, I will rely on the modern model of psychology proposed by the brilliant popularizer of science, psychotherapist, head of the St. Petersburg Psychotherapeutic Center Andrei Vladimirovich Kurpatov.

You will be surprised, but all the most important discoveries in the field of psychology were made by Russian scientists. The contribution and authority of our scientists (I.M.Sechenov, I.P. Pavlov, A.A. Ukhtomsky, L.S.Vygotsky, P.K. Anokhin, etc.) in this area is so great that the main psychotherapist of Russia is traditionally he is also the President of the European Psychotherapeutic Association.

It is with this contribution of our compatriots that it will be necessary to understand, because at the heart of sports failures, despondency, thoughts about the meaninglessness of training, fear of competition, fear of heavy weights, alcoholism, etc. lies ignorance of the mechanisms of the brain.

I will briefly list the three fundamental mechanisms of the brain:

1. We are a set of dynamically changing habits (I.P. Pavlov).

2. Habits function according to the dominant principle (A.A. Ukhtomsky).

3. Habits are located in the subconscious and direct the work of consciousness (L. S. Vygodsky).

Do not be confused by the seeming incomprehensibility of what has been written - we will deal with all this very soon, and you will see deep meaning in these phrases.

Habits.

Ivan Petrovich Pavlov did the following experiment: he put the dog in a special machine and gave it food. At the sight of food, the dog showed an unconditioned reflex - saliva began to be released.

Then he began to combine the serving of food with some absolutely neutral stimulus - turning on the light bulb. After some time, the dog developed a conditional connection between turning on the light bulb and serving food. This previously neutral stimulus - turning on the light bulb - began to be perceived by the dog as an indispensable condition for feeding. And even if the light is on and food is not being served, the dog will still salivate.

Formed what in the school curriculum of biology is called a "conditioned reflex", I.P. Pavlov himself and, after him, psychologists call a "dynamic stereotype", and an ordinary person considers it a habit.

These "dynamic stereotypes" can be quite different. Pavlov's students injected the dogs with substances that increase the pressure and at the same time rang the bell. After a while, only the sound of the bell increased the pressure in the dog.

Other experiments were carried out according to the same scheme, during which an increased heart rate, vasospasm, and many other changes in the activity of internal organs were caused in a dog by an external stimulus.

Then the experiments were complicated. I.P. Pavlov first pricked the dog with a needle, and then gave it food. And if at first the dog reacted to the injection as usual - it grinned and growled, then its behavior changed dramatically - in response to the injection, it began to wag its tail and saliva came out. It turned out that even pain can be made pleasant if it is reinforced positively.

Actually, there is nothing surprising here, tk. people learned to use this property ten thousand years ago, when they first began to tame animals with a carrot and stick.

Animal training is a manifestation of the "dynamic stereotype", when, following the performance of some completely neutral and unnecessary action for the animal, the animal receives reinforcement in the form of food.

The same mechanism works in the human psyche, only here it is called not "training", but "education" and "development of skills and habits."

Any habit does not arise by itself, but is the result of positive or negative reinforcement.

How this happens is shown in his experiments devoid of any humanity by the founder of behaviorism, the American psychologist D.B. Watson.

11-month-old boy Albert loved to play with his white fluffy rat. Dr. Watson decided to wean him from this.

He knew that children are afraid of strong and harsh sounds, so one day, as soon as Albert reached for his white rat, he struck the gong. The boy flinched at the sharp and loud sound of the gong, pulled his hand back and began to cry.

When Albert calmed down and was already playing other games, Watson slipped him this white rat a second time. The boy reached out to her, but after the gong sounded again, he was again frightened, withdrew his hand and again wept in horror.

After a while, when Albert calmed down, Watson planted a white rat on him for the third time. But it was no longer necessary to beat the gong - the boy screamed out of fear and cried loudly only at the sight of the white rat, with which he had just played calmly yesterday.

So the boy formed a "dynamic stereotype" for the white rat, which gradually, as Albert grew older, grew into something more. Later, he began to feel fear in relation to any objects similar to a white rat: he became afraid of dogs, cats, rabbits, fur coats, the beard of Santa Claus, etc.

All our habits are formed according to a similar scenario - either positive, but more often negative reinforcement.

Moreover, in relation to a person, not only food or external sounds act as a reinforcement, but also psychological influence - affection, praise, humiliation, insult, etc. - everything that evokes some emotions.

For example, when the whole audience applauds an actor, this is such a powerful positive reinforcement that now he can no longer imagine his life outside the stage.

For many athletes, the award ceremony is becoming the dearest memory. The flag of the country is raised in their honor, the anthem is played, thousands of people look at them with admiration.

Praise, medals, awards ceremonies, and other forms of group recognition are excellent reinforcements that are used not only in sports but also in commerce. For example, the director of a firm that specialized in sales, wanting to reward his "team" for a good year, rented a football stadium; threw a big party for employees, senior administrators and their families; he arranged for the best sellers to run out onto the pitch through the players' tunnel, and their names flashed on the scoreboard to the applause of everyone present. Sellers received powerful positive reinforcement, which boosted sales. Actually, the Soviet government did the same, encouraging the activists of the Stakhanov movement.

So, habits ("dynamic stereotypes" as psychologists call them) are formed with the help of reinforcements.

But after the habit is formed, it does not want to change. Any change in habit leads to stress. But any return to the usual way of life is accompanied

by a feeling of comfort and security.

The simplest example: a newborn child is accustomed to perceive the beating of the mother's heart in the womb. If a tape recorder is placed in the room where newborn children are, on which measured sounds are recorded that simulate a heartbeat, then the children become much calmer than children in ordinary wards. They put on weight faster and cry less.

The habit of always striving to preserve what is - and this is its first and direct duty. This is its natural purpose.

A habit is just a once-tested stereotypical action that did not lead to any unpleasant surprises and is only therefore remembered by the brain as a safe form of behavior.

Habit is a manifestation of the self-preservation instinct. Therefore, no matter what happens, a person always strives to realize the stereotype of behavior tested by experience.

That is why, in the treatment of most psychosomatic diseases, doctors insist on observing the daily regimen.

The brain loves to work on a schedule: eat on a schedule, sleep on a schedule, get a load on a schedule. The schedule makes our brain comfortable. A habit arises, conditioned reflexes are developed in the body: every day at a certain time saliva begins to be released, at a certain time the muscles tone up, at a certain time to go to bed.

The life of such a person will be maximally protected from stress, and it is in order to achieve such a clear schedule that people with various psychosomatic diseases are often admitted to the hospital - for the period of treatment of serious diseases, such assistance to the body will be extremely timely and valuable.

Let's make the first conclusion: since habit and routine are so important for the body, then it is advisable to train at the same time to get the best results.

Habit is what keeps us from the frightening unknown.

Any other options for action that are not tested by experience, no matter how good they are from the point of view of the mind, cause a feeling of

anxiety.

That is why it is so difficult to get rid of bad habits. The mind understands that smoking, alcohol, overeating is bad and has the most negative consequences, but the self-preservation instinct in the form of a habit is trying with all its might to preserve this familiar, familiar, well-known behavior.

So, our brain (subconsciousness) reacts negatively to any unusual change - be it positive or negative - in the same way.

This property of the brain, by the way, has been well studied in dogs.

The dog, as a reward for the successful completion of the tasks, was given complementary foods in the form of crackers. The dog is used to such complementary foods. But once experimenters gave complementary foods in the form of a piece of fresh meat (a real dog delicacy). The dog, running up to the bowl and finding there a piece of meat instead of crackers, did not rush at it at all, but, on the contrary, fell into terrible anxiety, refused meat and stopped following the commands learned earlier.

The biggest problem is that the self-preservation instinct is not interested in what is better and what is worse. His main goal is to leave everything as it was. Any deviation from the usual stereotype of behavior causes unconscious anxiety and inner tension.

Therefore, the stress of moving to a new spacious apartment is about as great as the stress of losing your job.

And the stress of a wedding is even greater than the stress of divorce. And all because marriage destroys most of the previously existing stereotypes of behavior - the rhythm of life, and often the place of residence itself, changes, habits and relationships with friends are adjusted. All of these changes create stress.

The strength of stress caused by a violation of the usual way of life in relative units (according to A.V. Kurpatov).

Stressful event		Points
1.	Death of a spouse	87
2.	Getting married	77

3.	Divorce	76
4.	Pregnancy	68
five.	Serious illness, injury	65
6.	Job loss	62
7.	Breaking a strong bond	60
8.	Borrowing money, lending	52
nine.	Admission to study	50
ten.	Change of profession, work	50
eleven.	The arrival of a new family member	50
12.	Changing personal habits	45
thirteen.	Changes in working conditions	43
fourteen.	Moving to another apartment	42
fifteen.	Dismissal of a spouse from work	41
sixteen.	Change in the way of leisure	37
17.	Change in religious practice	36
eighteen.	Sleep change	34
19.	Personal finance change	33
20.	Entertaining trip	33

The fact that the self-preservation instinct reacts in this way to any new situation is, of course, not accidental. This mechanism hides the need formed by evolution for the maximum mobilization of all the forces of the organism in the event of the slightest change in the environment. It was necessary for survival.

That is why the instinct of self-preservation reacts with stress to any new situation. The psyche begins to worry: "What happened? What are the changes connected with? Is there a catch somewhere? Has some kind of trouble happened?"

This is a completely justified and protective function of the brain - it signals anxiety about any changes in the external world, because in the nature we are from, any such change may be a sign of some real threat.

If the beast is faced with some kind of change in the situation, then he strains to investigate the whole situation and make sure that there is no threat - suddenly these changes were not without reason!

The human body reacts in the same way - it responds to any new situation with stress. And stress has one task - to mobilize the body in order to meet the "enemy" fully armed.

The first step is to involuntarily tense the muscles. But tense muscles need more nutrients and oxygen, in addition, tense muscles are much harder than relaxed ones and it is much more difficult to drive blood into them.

Therefore, simultaneously with muscle tension, the heart rate rises, breathing quickens, and blood pressure rises. As a result of these actions, the muscles will receive the required amount of oxygen and nutrients, which will be pumped into the muscles under high pressure.

But that's not all - tense muscles release a lot of energy, and if it is not removed, the body can get an internal heat stroke. To prevent this, sweating will increase, which will cool the working muscles.

I want to emphasize this fact: such a stressful state arises regardless of the "sign" of the change - positive changes in the same way cause internal tension, increase muscle tone and pressure. The best endeavors will bump into this wall of confusion on the part of the instinct of self-preservation - if we decide to run in the morning, if we try to quit smoking, if we take a new, more attractive job. All these are new states. All this is stress.

And there is only one way to calm the instinct of self-preservation in the event of a new situation - positive reinforcement.

If this is not done, then, whatever the reasoning in favor of new changes, the body will react even to the most positive change in the situation with internal anxiety and try to avoid it.

Let's draw the second important conclusion: in order for training to become a habit, in order for it not to cause negative emotions, you need to positively reinforce yourself with something immediately after training.

Anything that leads to pleasant emotions will work as positive reinforcement. And each athlete intuitively looks for ways for himself - someone goes to the shower, someone goes to the massage table, someone drinks a sweet protein cocktail, etc.

It doesn't matter how you positively reinforce yourself after a workout, as long as it creates a feeling of joy.

And, of course, the timeliness of positive reinforcement comes first. It must be done immediately after the event you need.

Once again, time is very important in this case. To form a stable connection in the brain (dynamic stereotype), we need to encourage ourselves immediately after the event we need.

We are always usually late, wanting to say something pleasant. But you must admit that the phrase "Look, honey, you looked great last night" - sounds quite different from the same phrase said at the right time.

In order to reward yourself, you need to make a list of everything that brings you pleasure: a massage, a warm shower, delicious drinks, a nice book, beautiful music, and much more. Each person will have their own list. For example, my friend loves coffee very much, but drinks only one cup a day and only in the morning, and then denies herself this pleasure throughout the day. But the next morning, she again enjoys this cup of coffee. Search, you probably have similar personal sources of pleasure.

Thus, we have a list of pleasures. Now our task is to make sure that right after the end of the workout, you immediately give yourself pleasure. To do this, use any item on your list of pleasures.

We must strive with all our might to establish this stable connection in our subconscious mind between training and positive emotions. This is precisely the key to success.

Dominant

Once Aleksey Alekseevich Ukhtomsky conducted an experiment with a dog to study reflexes - he studied the speed of the animal's reaction to electrical stimulation. To do this, he placed the dog in a special "machine" and tightened it with straps.

The forepaws of the dog were on a metal plate, to which A.A. Ukhtomsky applied a small voltage of electric current with a switch. At the moment the

current was applied, the dog pulled back its paws, and the speed of its reaction to the electric shock was recorded and recorded.

There have already been many voltage supplies to the metal plate, when suddenly the dog did not react to the next shock. A.A. Ukhtomsky doubted whether there was a current in the circuit and pressed the button a couple of times. The dog still didn’t react to the electric shocks, but it took a typical bowel movement posture and put on a whole bunch of dog poop.

After that, she again began to properly respond to electric shocks.

So the most important principle of the brain was discovered, which Aleksei Alekseevich called "dominant".

The dominant is that something most important is released in the brain, the most important reaction of the current moment, and everything secondary is inhibited and ignored.

The dog experiences electric shocks on itself, which cause a defensive reaction - it jerks back its paws and grins. Those. in the dog's brain, one focus of excitation was activated - the center of defense.

But in the depths of her brain, a new focus of excitement began to mature - the center of defecation. At some point, the new focus of arousal displaced the old one, and the dog stopped responding altogether to electric shocks - its center of defense was completely suppressed by the center of defecation.

Moreover, all the energy of the center of defense was redirected to the new dominant focus of arousal - the center of defecation. This, in fact, is the basic concept of a dominant - a focus of excitation that has won the competitive struggle captures almost all the resources of the brain (Figure 5.1).

The dominant is another manifestation of the instinct of self-preservation and also helped our distant ancestors to survive in the wild.

The principle of the dominant does not allow the brain to have a multitude of equal foci of excitation, it transfers all the brain's energy to the execution of only the most important task at the moment.

The dominant allows you to concentrate on one thing, suppressing and ignoring everything else. If you have a strong desire to eat, then you will

only think about food. But if at this moment a fire suddenly starts, the focus of excitement will move, and you will forget about food, but you will have the strength to run, taking your feet away from the fire. Moreover, the dominant focus of excitation not only suppresses other centers, but also takes their energy. Roughly speaking, the more you wanted to eat earlier, the more you will now run from the fire.

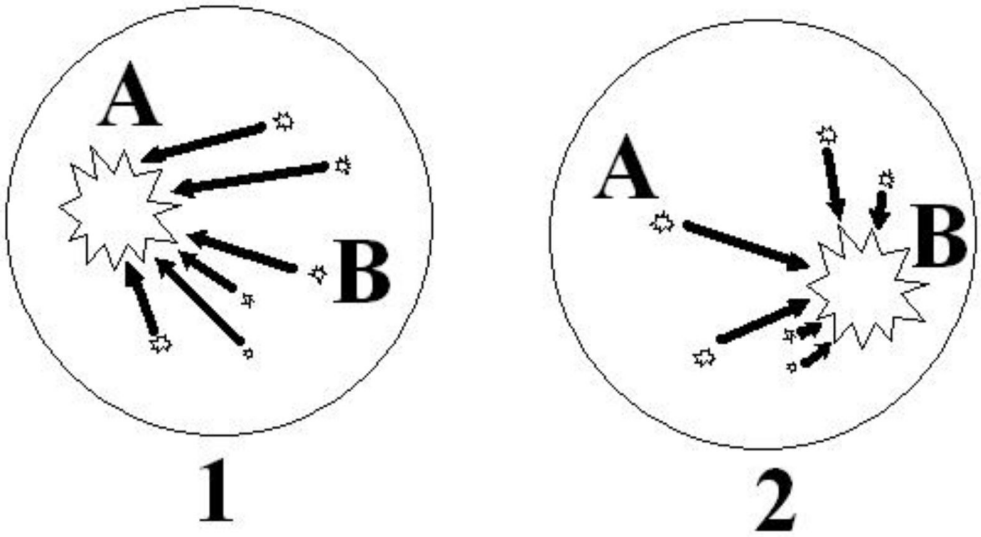

Figure: 5.1. Change in the dominant in the dog's brain (A - defense center, B - defecation center).
1 - center of defense is excited
2 - the center of defecation is excited.

But if an animal has not so many dominants (i.e. needs) - to feed, avoid danger, mate, then a person has an insane amount of needs. Here are physiological needs (hunger, thirst, sexual desire, the need for warmth, light), and the need for security, and the need for love (to be in a group, not to feel lonely), and the need for respect, and the need to explore (thirst for knowledge), aesthetic needs (craving for beauty and order), the need for self-realization, etc.

Each of these biological, social, spiritual, etc. needs can become a dominant need. By itself, the number of these needs is not so scary. The more terrible thing is that most of these needs are an illusion and under no circumstances can they be brought to their logical conclusion.

For example, it is impossible to bring to its logical conclusion the desire to be the smartest, richest, most famous. But meanwhile, these absolutely unreal fantasies of becoming "the most-most" very often become the cornerstone, and all the forces of the brain, according to the principle of the dominant, are set to fulfill this unrealizable illusion.

You won't earn all the money, but a person who has already formed this dominant does not leave his workplace, forgets his family and becomes a workaholic.

You don't win in a casino, but a person, captured by the idea of beating a casino, comes there again and again, and over and over again loses and loses his money, becomes a "gambling addict". He is obsessed with this idea. He develops "his systems", begins to believe in "true omens". To all reasonable arguments, he replies: "But others are winning!" or "Yes, I understand everything, but I just want to win back ...". An excited dominant has taken over a person and can lead to collapse all his life.

The guy, trying to get rid of the girl in love with him, hinted to her that she was somewhat overweight. After that, she, captured by the dominant, goes on a cruel diet, practically stops eating, and if she eats, then two fingers in her mouth and flushes everything down the toilet. The girl gradually turns into a bony dystrophic woman. But she can no longer stop, she perceives every swallowed piece as poison, and a couple of eaten spoons of soup cause "heaviness in the stomach" and are perceived by her as gluttony. This dominant has no logical end, if a person is not urgently sent to a psychotherapist, then most often such a pursuit of beauty turns into death from exhaustion. Moreover, this situation is by no means rare, for example, in the UK every yearmore than 18,000 young English women aged 16 to 35 die from exhaustion caused by rigid diets (doctors call this disease "anorexia nervosa").

The dominant ceases to operate in only two cases: if it is satisfied (they wanted to eat, they ate), or if it is supplanted by another more powerful dominant (they wanted to eat, but had a row with the boss, and the appetite disappeared).

Hence, it is clear how terrible the dominants are, which cannot have their logical end. It is impossible to stop them naturally (to satisfy), and it is not always possible to find a more powerful dominant. So people sometimes

live, directing all their forces to the goal-passion, which simply cannot be achieved, and plunging into the most severe neurosis.And since any person is controlled primarily by emotions, then, as a rule, he himself cannot assess the catastrophic nature of his condition.

Dominants have one more feature. A person begins to look at the world through their prism.

"The human world is such, what are its dominants" - such an important conclusion was made by A.A. Ukhtomsky.

What does it mean? This means that we consider the people around us and our relationship with them not objectively, but based on our dominants. If you are "turned" on prestige, then you will evaluate the other person primarily by the clothes he is wearing. If you think that everyone wants to offend you, then you will see in every act of other people a desire to offend you. If you consider yourself ugly, then you will consider this the general opinion and will not believe other people if they say the opposite.

We see the world as our dominants are. And in this sense, the world is fair. He treats us the same way we treat ourselves and him.

We look for the traits in the other person that we expect to find. And we expect to find first of all that which is inherent in ourselves. As a result, we tend to attribute our own traits to another stranger.

This is how it manifests itself in experiments. A group of people was asked to give a psychological description of their interlocutor, while they did not even suspect that according to the design of the experiment, they themselves, and not their interlocutor, were subjects. Each of them, defining the interlocutor, attributed his own features to him. The one who was greedy could not believe in unselfishness, the one who was kind by nature ascribed to the interlocutor the ability to empathize. People see their own traits in a complete stranger.

The dominants of professional activity impose a very strong influence on a person's worldview. Look at a sociologist - everywhere he sees social processes, a doctor sees diseases everywhere and even where he is not asked to. A teacher is a person accustomed to teaching and revealing

ignorance, therefore he sees the whole world as uneducated and in need of teaching.

We are looking in the outside world for what we are used to looking for, what our brain is tuned to!

Let's draw a third conclusion: if we want to achieve something in strength training, we must use all the energy of the brain and arouse a dominant in it. Arouse a furious desire to achieve some clear definite result, for example, to shake 200kg, pump up biceps 45cm, fulfill the standard of a master of sports, etc.

If we excite such a dominant, that in this case our brain will itself seek out in the surrounding world for any opportunities to achieve this goal. You will snatch from the flow of information around you only that which will facilitate the fulfillment of your desire.

Consciousness and subconsciousness.

The greatest contribution to the science of the brain and the relationship between our consciousness and what it is not aware of (you can call it subconsciousness, unconscious, unconscious, subcortex, etc.) was made by the Russian scientist Lev Semyonovich Vygotsky.

He voiced an important formula: a person's behavior is determined by his subconscious.

Our brain consists of two unequal and different parts: the large brain and the cerebral cortex. The large brain occupies 4/5 of the total volume of the brain, consists of two hemispheres and is built mainly of white matter. From above, this large brain is covered with a thin layer (2-5 mm) of gray matter, which is called the cerebral cortex.

In general, it is customary to call the cerebral cortex - the cortex, and the large brain itself - the subcortex. The cerebral cortex is a relatively small in volume and the youngest formation that arose about 60 thousand years ago. The age and volume of the subcortex is much larger, it arose several million years ago and its volume exceeds the volume of the crust by 5-10 times.

What we call "consciousness" is located in the cerebral cortex, and in the subcortex is what we call the subconscious (unconscious, unconscious, etc.). Therefore, further in the text, I will sometimes use the following pairs of words as synonyms: "consciousness" and "bark"; "subconsciousness" and "subcortex".

The subcortex is what governs a person's life, it is there that all our habits (dynamic stereotypes) are located and the centers of excitement (dominants) ripen.

The subcortex was formed millions of years ago and its only function is to ensure the survival of the organism at any time and in any place. All activity of the subcortex (subconsciousness) is determined by the instinct of self-preservation, which forces a person to act in accordance with his emotions, instincts and needs.

Consciousness (cerebral cortex), as a younger part of the brain, always adjusts to those vague sensations that live in the subconscious (subcortex). The only problem is that the consciousness cannot always correctly understand those vague sensations that the subconscious mind conveys to it.

Consciousness (mind, logic) plays the role of a puppet in the hands of the subconscious.

If a focus of excitement has arisen in the subcortex or a dynamic stereotype has triggered, then all our thoughts at that moment will serve not common sense, but the work of our subcortex.

Our consciousness is an extremely biased thing and interprets any external events only as beneficial to the subconscious.

For example, let's take the mind of a player who starts gambling and wants to get rich on it.

Every reasonable person should understand that there are people whose statements affect the results of trading on exchanges, and there are people who want to guess up or down the stock quotes from the statements of the first. It is clear that the first (influencing) - get richer, and due to the fact that the second (guessing) - poorer. With a reasonable approach, it would be logical to ask yourself - "can I influence the course of trading on the stock

exchange?" If "no", then the conclusion is clear - I cannot gamble on the stock exchange, this is financial suicide.

But, the player's mind, excited by the dominant of the win, thinks about something completely different - he is looking for "his system". He is ready to read special literature for days and to develop more and more new versions of "his system", which will allow him to always win. Consciousness is completely subordinated to the subconscious and in every possible way justifies it.

That is why they say that common sense and intelligence mean very little in our life, and our behavior is determined mainly by emotions.

American psychologists conducted an interesting experiment, the results of which stunned the entire US public.

In the Bible there is a parable about the "good Samaritan" (Luke 10: 30-35), the essence of which is as follows: one Jew was attacked by robbers, robbed and severely beaten. Two priests passed by this man, but none of them helped him. A Samaritan was passing by (a descendant of immigrants from Assyria, traditionally in opposition to the Jews), stopped, put the man on his donkey, drove to the hotel and took care of him. The meaning of the parable is that the Samaritan turned out to be more merciful and closer to God than the priests.

Psychological scholars told a student at the Priston Theological Seminary: "You are about to deliver a sermon on the Good Samaritan, but hurry up, you are late, your listeners have been waiting for a long time."

On the way to the place where the sermon was supposed to be read, a man (this was a specially trained actor) walked to a meeting with the seminarian, who suddenly clutched at his heart, fell to the ground, began to moan and cough loudly.

The experiment was conducted many times with different students, but the scientists were amazed at the students' reaction.

90% of the seminarians, almost priests already going to preach a sermon on the "Good Samaritan", did not stop to help a person in need of help!

Why did they pass by? Of course, each of them then had a ready answer to this question. They said that they were not competent in providing medical care, that they were late, that people were waiting for them, and it was indecent to keep them waiting ... As we understand, an excuse was immediately found.

The conclusion of the researchers was unambiguous: a person's behavior is determined not by what constitutes his views and worldview, but by emotions, fears and desires, i.e. a set of his activated habits and dominants.

A person acts as the subconsciousness requires of him (his habits and dominants), and the person's consciousness is not concerned with objectively looking at the situation, but with how to justify the behavior logically. Consciousness always strives to prove to us that we did the right thing.

Emotions set goals for a person!

This phrase must be nailed with iron nails above the entrance to each house. Everyone should know about this, know that only through emotions can we control ourselves and influence others.

Consciousness (mind, logic) is completely subordinated to the subconscious... And this is the law of the brain, which lives by its own rules, which have nothing to do with morality and ethics.

Do you want to lift a lot? Don't want to be afraid of heavy weight or competition? Do you want to be respected by others?

Only by learning to control your subconscious mind, you will achieve these goals.

So,If we briefly summarize the basic principles of the brain, we can say the following: habits and desires constantly live in our subconscious (subcortex), and they are activated according to the principle - "everything to some, nothing to others" (the principle of dominant). These habits and desires live and are realized in the form of vague sensations and emotions. Consciousness perceives these emotions and tries to justify them.

This is also confirmed by physiological data.

As I said before, our brain consists of two hemispheres - the right and the left. On each of these hemispheres there is a layer of gray matter - the cortex - the receptacle of our consciousness. The cortex of these hemispheres, although outwardly and similar to each other, but perform different functions, therefore, we can assume that our consciousness consists of two parts.

One part of our consciousness is in the cortex of the right hemisphere, and it uses images and is called "figurative consciousness." The second part is located in the cortex of the left hemisphere and uses words, and therefore is called "verbal consciousness". The first consciousness thinks with pictures, the second - builds verbal (logical) inferences.

In the course of brain research, it turned out that first a person perceives information with the right (figurative) hemisphere, and only then the left (verbal) hemisphere comes into play, which performs logical analysis and makes a decision. Thus, two independent people live in us: the first is an impressionable artist, the second is a boring mathematician.

At the same time, the figurative part of the brain (the artist) is the first to receive information, build his own image of the situation and color it emotionally. The second part of the brain (mathematician) is added later and does not fundamentally change anything - it only justifies and enhances the picture that the artist has. If the artist evaluated the received information positively, then the mathematician will only strengthen the positive. If the artist assessed it negatively, then the mathematician will strengthen the negative.

Those. after the right hemisphere has perceived the information and made a "first impression" about it, after that the left hemisphere is no longer occupied with thinking about whether this first impression is correct or not, and how much it corresponds to reality, but with proving why is it correct.

Do you understand what's the matter? If the information does not evoke any emotions, then it is calmly transmitted to the left hemisphere. It's okay. Logic begins to analyze this information.

But if the information evokes emotion, then this information is transmitted to the left (logical) hemisphere, which is already emotionally colored!

As a result, the left hemisphere, already tuned by the right hemisphere, begins to seek logical justifications for these emotions.

And then there is a substitution of concepts.

If the information touches a person emotionally, then the person stops looking for logic in the information, but begins to look for logic in his emotions, an explanation of his emotions. Those. begins to justify his emotions.

This is how smart people seem to be hooked by scammers.

Why among those who bought MMM shares were 76% of people with higher education?

Why do people with higher education go to sorcerers and psychics?

Why do people with secondary education go to water the flowers at their dachas and occasionally go to church, while people with higher education go to meetings of the Roerichs, study the works of Blavatsky, attend levitation courses or "opening the third eye"?

Because they trained their logic for a long time.

And now this logic is able to explain any manifestation of emotion.

Do you understand what the danger of higher education is?

The fact is that if, simultaneously with the development of logic, you do not engage in the education of your emotions, then you can easily be deceived.

It is enough just to arouse an emotion, and then your trained brain will prove everything to itself.

And there are many examples of this.

So, everything is determined by the first emotion, and logic is only just adjusting to it. Emotions pave the way for thinking, and logical constructions move only within these predetermined frames.

Therefore, the higher your education level, the more closely you must monitor your emotions. If you don't, then expect trouble ...

I will give a simple and familiar example - your child did not return home on time after school. A situation of uncertainty is always perceived by the subconscious as alarming. Thus, your right brain hemisphere will record the fact that your child is delayed as alarming.

Then the left hemisphere turns on and instead of reasonably approaching the situation, it begins to wind up this anxiety and "calculate" which hospitals and morgues should be called, what to say to the police, etc.

Now the situation is already perceived as a "monstrous danger." The body is mobilized, you are ready to jump up and run to save your child. The sympathetic part of the nervous system is excited: muscle tone increases, and spasms occur in some places, which leads to headaches and osteochondrosis, pressure surges, palpitations, pain in the heart, asthma attacks, etc.

At the same time, the parasympathetic part of the nervous system is suppressed, which leads to relaxation of the muscles of the digestive tract - intestinal peristalsis is weakened, i.e. colitis, constipation, dysbiosis occur.

And in the end, it turns out that your child just went to a friend and forgot to call and warn that he will be late. And we have already inflated the tragedy to universal proportions and significantly damaged our health. And all because our mind began with all its might to justify our first emotion.

Subconscious.

After we got acquainted with the youngest part of our brain - consciousness - it's time to move on to what drives this consciousness - to the subconscious.

Psychologists do not like this word; they prefer the word "unconscious". But my language does not dare to call an adjective the true master of our behavior and, in the end, of our life.

The subconscious is a quiet, inconspicuous cardinal who has all the power and enjoys it widely.

Consciousness is an outwardly spectacular dressed-up king who, however, does not decide anything and does not control anything.

Therefore, I will use this older word - "subconscious".

The main function of the subconscious is survival in any conditions. The subconscious is the instinct of self-preservation and everything in it is subordinated to survival.

To this end, nature went to an ingenious decision - it combined three control functions into one whole in our subconscious:

- control of body muscles,
- control of somatic functions (functions of the work of internal organs, hormonal system),
- control of consciousness through mental experiences (emotions).

That is, what we usually consider as independent from each other components of the body (body muscles, the state of internal organs, emotions) is actually a tightly welded single mechanism of survival. Any change in one of these components entails a change in the rest.

This is how it goes.

Imagine a man walking along a forest path. He recently had a snack, and now he is walking and dreaming of a girl he likes. Romantic mood, birdsong, breeze in the trees, and suddenly he sees a tiger ready to jump.

The task of the subconscious in this critical situation is to ensure human survival. And here's what it does for this:

A) Muscle control. When a danger arises, the muscles of the body automatically tense, freeze.

B) Management of internal organs. The sympathetic part of the nervous system is activated, which begins to control the internal organs in a stress mode: the heart rate increases, blood pressure rises, breathing becomes shallow and frequent, and sweating increases. All this will lead to the fact that the nutrients they need will be pumped into the tense muscles, the decay products will be removed from them, the muscles will be thermoregulated by removing heat in the form of sweat.

At the same time, the parasympathetic division of the nervous system, which controls our rest, rest and digestion, is inhibited. At the moment of danger, digestion is not necessary, therefore, there is a sharp inhibition of

everything related to digestion: saliva ceases to be secreted, the mobility and tone of the gastrointestinal tract decreases, all sphincters (passage valves) close.

C) Control of consciousness. A strong emotion of danger arises, which completely sweeps out of consciousness all thoughts about the beauty of the surrounding nature and secret dreams of meeting a beloved. Consciousness, with the help of this emotion, is abruptly switched to the search for a way out of this situation.

As a result of the simultaneous impact of all these points, a person takes all possible measures for his survival, for example, jumps up sharply and hangs on a branch of the nearest tree.

All this acts immediately, instantly, in one complex, not only in times of danger, but always, at any moment of our life.

All these three components (muscles, internal organs, emotions) are welded together and work only at the same time.

Any emotion leads to corresponding changes in the subconscious. This inevitably leads to some changes in muscle tone (some muscles tense, others relax) and some changes in the work of internal organs. Example: a saleswoman in a store got nasty. The emotion of anger flared up, the muscles tensed, the hormones of the adrenal cortex were released, as a result, the whole work of the internal organs changed.

Any change in the work of internal organs leads to changes in the subconscious. This inevitably leads to some changes in muscle tone (some muscles tense, others relax) and some emotions arise. Emotions will determine the train of thought in our mind. Example: we feel discomfort in the stomach area (gastritis). As a result, an emotion of irritation arises, we cannot think about anything, everything seems bad, we look for (and find) the bad side everywhere, the muscles are toned.

Any muscle tension will also lead to corresponding changes in the subconscious. The subconscious mind will change the work of internal organs, and create an emotion appropriate to the occasion. Emotion will determine the train of thought in our mind. Example: We relaxed the muscles of the body and forehead, but tightened the muscles of the mouth

and faked a smile. The sympathetic part of the nervous system calms down, the sphincters relax, digestion is activated, a positive emotion arises, thoughts become light, everything seems to be within our power.

Our subconscious mind is a three-headed dragon, and as soon as we touch only one of its heads, all three simultaneously turn and look at us. And in order to tame this dragon, we need, first of all, to understand him, we need to master his speech and try to translate into the language what he wants to tell us.

Emotions are the language of the subconscious. Emotion is a reflection of the state of the subconscious. If we now feel like a well-fed playful friendly dog, ready to wag his tail, then our subconscious minds, which create these positive emotions, are completely satisfied with the current state of affairs - the state of muscles and the function of internal organs does not raise questions.

If we are gloomy and irritable, we rush at oncoming and transversal like an evil chain dog, then this subconscious of ours is disturbed by something and thus manifests itself.

So, all three components of the subconscious (muscles, internal organs, emotions) always work synchronously and depend on each other.

Therefore, we draw the fourth important conclusion: we can control the subconsciousness through any of these components - through muscles, internal organs (i.e., through breathing), through emotions (self-hypnosis).

So the time has come when we can answer all those questions that we asked ourselves at the beginning of the chapter.

Question 1: how to tune in to the approach and give all the best?

To tune in to an approach, you need to convince yourself that we are in a state of danger. In this case, the subconscious mind mobilizes all resources.

Method 1: Through the muscles.

Static, but not very much, we strain the muscles of the arms, chest and torso, buttocks and legs, clench our fists and freeze.

The tension in the muscles is reflected in the subcortex, i.e. in the subconscious there is a persistent focus of excitement. In other words, tense muscles send information to the brain that they are tense. The subconscious mind deciphers this unambiguously - since the muscles are tense, it means that we are either in a state of defense or in a state of attack.

All resources are instantly mobilized - emotions change, adrenaline and anxiety hormones - corticosteroids are released, the work of internal organs goes into danger mode.

The whole body is toned.

So: just before the approach, you must statically, but not at full strength, strain the muscles of your body.

Method 2: Through the internal organs.

When an animal is afraid, it tries to hide - after inhaling, breathing is delayed, and then it becomes superficial and fast.

A person has exactly the same reaction - at the moment of danger, there is a holding of breath.

This is how it is all organized in terms of physiology.

The autonomic nervous system consists of two divisions - the sympathetic and the parasympathetic. The sympathetic department is responsible for stress and active work and is included in moments of danger, active wakefulness or when doing physical education and sports.

The parasympathetic department is responsible for rest and digestion and is included in moments of relaxation and calmness.

These two parts of the nervous system are closely related to respiration.

The emphasis on inhalation (prolonged inhalation or pause after inhalation) activates the sympathetic part of the nervous system. This is exactly how swimmers breathe - before diving, they gain air into their lungs, then dive

and begin to actively work with their arms and legs. Those. at the moment when the swimmer dives under the water, he pauses on inhalation (i.e., holding the breath comes after inhaling). Actually, we do all the hard work at the moment of holding our breath after inhaling.

The emphasis on inhalation is actively used in our daily life. This is how they chop wood, this is how meat cutters do, this is how wrestlers breathe before going to a duel - they breathe in air noisily and exhale quickly, as if pumping themselves with energy. The "walruses" breathe in the same way before plunging into the ice-hole - such breathing helps them decide to plunge into the ice-cold water.

The emphasis on inhalation fills a person with energy, his sympathetic system is excited, a feeling of cheerfulness and activity comes.

So: just before the approach, you should inflate your nostrils and take a long breath or pause after inhalation.

However, there is another way to stimulate the sympathetic nervous system through breathing. During normal breathing, we actively inhale, and exhalation is more passive, as if by itself. We need to do the opposite. The inhalation should be slightly deep, but almost normal, and the exhalation should be sharp and noisy. Straighten your back, bring your shoulders slightly forward and take a calm 3-second breath, and then exhale with force for 6 seconds. Tightening the muscles in your tongue and throat will allow you to create the necessary resistance to the air that should be exhaled through the nose. Simultaneously with exhalation, contract the muscles of the arms, chest and abdomen. More than 5-6 breaths should not be done in this way.

By the way, I will note one nuance associated with the parasympathetic department. The parasympathetic nervous system is responsible not only for rest, but also for digestion.

Therefore, if you eat or drink before or during training, then the parasympathetic division of the nervous system regards this as the fact that moments of rest and calmness have come, you can have a snack. Accordingly, the sympathetic part of the nervous system receives the command to relax - the muscles lose their tone, activity disappears, breathing calms down, you just want to lie down.

As a result, the effectiveness of your workout is significantly reduced, you will be too relaxed and hardly able to give all your best. Therefore, it is not recommended to drink and eat before and during training. Only after training.

And one more remark. One of the founders of American psychology, William James, noticed that a person squeezes a dynamometer harder if a red light turns on at the moment when an effort is applied. Moreover, only red color led to this result.

James theorized that these results could be explained by the fact that red light is associated with danger, because red is the color of blood. Therefore, use this property of the psyche and do not forget to look at something red before approaching. This will lead to even more arousal of your subconscious. This means you will lift more serious weight.

Method 3. Through emotions.

Many athletes wind themselves up through emotions. They ask their partners to hit them on the ears, hit them with all their strength on the back, on the cheeks. The blows evoke feelings of rage. They swear, shout, growl, they rush in front of the platform, the enraged jump out onto it and, maintaining this emotional mood of danger and struggle, raise the maximum weight of the barbell for themselves.

All this, of course, can be done more quietly, without the participation of teammates, blows to the head and a loud roar. For example, think about what makes you angry? Remember some injustice.

If you are a patriot, remember that for the Motherland, whose honor you are defending in one way or another, your grandfathers died.

One of the psychologists I know, Aleksey Ivakin, with one of the groups of search engines sometimes travels to the Novgorod region to the places of the battles of the Volkhov front in 1941-1944. He says that the missing soldiers and commanders of the Red Army are still lying in neutral zones, in swamps, forests and rivers. Their children and grandchildren are still looking for their dead for the Motherland, but not for their buried fathers and grandfathers.

Once they found our fighter. In his left hand he had a grenade without a fuse, in his right - a wooden stick, to which a bayonet was attached. He did not reach the German trenches for about a hundred meters. The entire battalion - 300 men - did not even reach it. They were all shot at point-blank from machine guns.

He fled and knew that he was about to die. He will die for the Motherland without killing a single enemy. He knew it. But he ran.

He had no detachment behind him - there was a river behind him.

Unfortunately, he had neither documents nor a medallion. He remained the Unknown Soldier.

And compare yourself with Him. Are you ready to be a Soldier of the Motherland too? Are you ready to tear Her enemies with your bare hands, if need be? Was this Unknown Soldier your grandfather?

So: just before approaching, you must induce a fit of rage.

And a note - of course, all these methods are best done at the same time.

Question 2: how to fully relax?

It is known that muscles break down during exercise and grow during rest.

Therefore, our task is to make your vacation as efficient as possible. And you need to start resting immediately after training.

Let's use the same scheme of subconscious control - through muscles, breathing and emotions.

Method 1. Relax your muscles.

There are several ways people are used to relieving chronic muscle tension through massage, sauna, and exercise.

All this, of course, is very good, but, unfortunately, massage and sauna give only a short-term effect. Sports activities do not lead to relaxation, but to muscle overwork.

To get rid of muscle blocks and relax muscles, you need to perform a special exercise "relaxation through tension".

The fact is that our muscles are not able to withstand excessive, super-strong stress. In this situation, a defense mechanism is triggered to prevent the muscle from tearing, and the muscles of the body relax completely and spontaneously. Those. the only thing left is to create an intense, short-term, excessive tension of all muscles of the body.

For this we can use the "relaxation through tension" method of a psychotherapist (fig.5.2).

At the first stage, we train all the muscles in turn.

Hand muscle tension - clench your fingers into a fist with all your strength.

Forearm muscle tension - bend the wrists to the maximum.

Tightening the muscles of the shoulder and shoulder girdle - spread your arms to the sides at shoulder level and bend them at the elbows (both elbows and shoulders should be in line).

Tension of the muscles of the shoulder blades - bring the shoulder blades together and from this position pull to the bottom, bending in the lower back.

Tension of the facial muscles - frown your eyebrows, close your eyes and bring them to the bridge of the nose, wrinkle your nose, clench your jaws and spread the corners of your mouth to the sides.

Neck muscles tension - imagine that you are resting your forehead against a wall, but you cannot move it, so you will achieve that the neck muscles are tense, but the head remains motionless.

Abdominal Tension - Pull in your abdomen as much as possible and tighten your abdominal muscles.

Tightening the muscles of the buttocks - sit on a hard surface, tighten the buttocks - the body will rise slightly.

Tension of the muscles of the perineum - while tightening the muscles of the abdominal and buttocks, pull the perineum into you.

Thigh muscle tension - From a seated position, stretch your legs forward at a right angle.

Tension of the calf muscles - push the feet towards you and slightly towards the center.

Tightening the muscles of the foot - bend your toes.

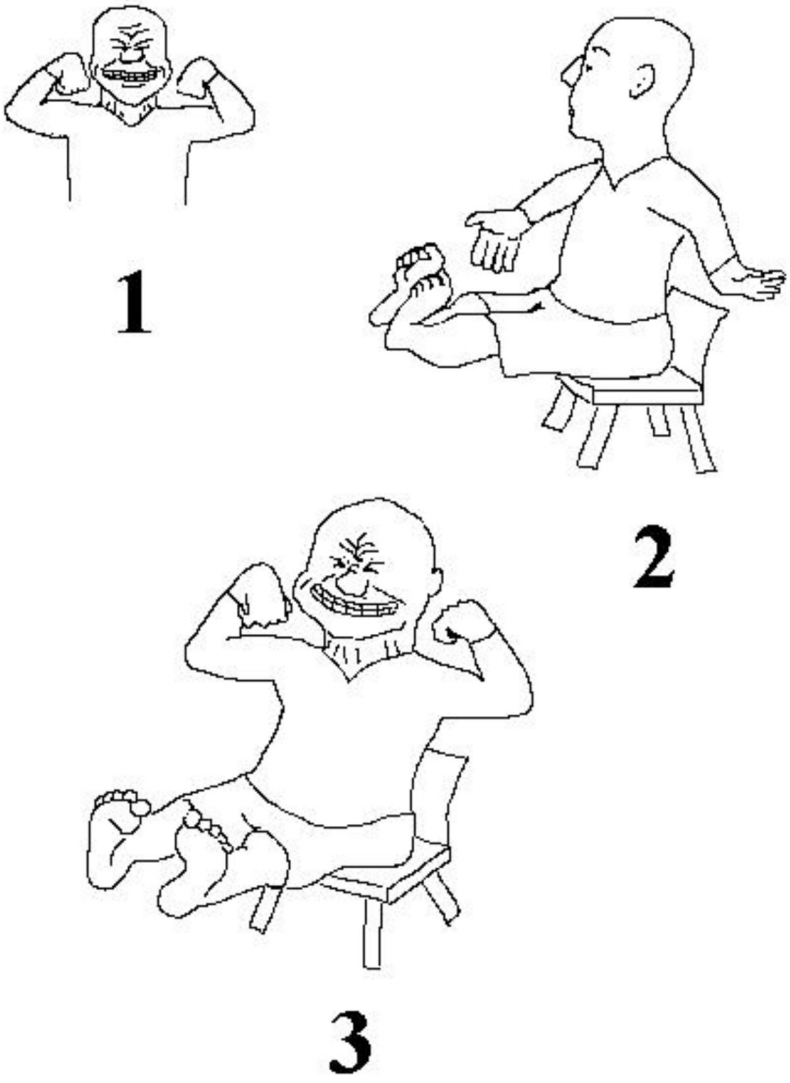

Figure 5.2. Relaxation through tension.
1 - muscle tension in the upper body
2 - muscle tension in the lower body
3 - simultaneous tension of all muscles

This exercise is taught in three stages.

At the first stage, you learn to strain the upper body, at the second stage, the lower body, and only at the third stage do you combine and strain all the muscles of the body at the same time.

After you learn how to do each of these exercises separately - do them all together, trying to simultaneously create maximum tension in all muscles.

Count to 10 in your mind, trying to increase and increase the tension for each count.

On the count of ten, relax sharply and breathe out deeply. Relax for a minute, concentrating on the feeling of relaxation that arises in the body.

It was at this moment that we came to the most important thing - rest and relaxation. It is at this moment that muscle blocks leave, negative emotions evaporate, and an unprecedented peace and harmony reigns in the soul.

Repeat the exercise at least 7-10 times a day until you learn to relax voluntarily at any time, quickly and without preliminary muscle tension. This usually takes 5-10 days of classes.

Remember, tension is just a prelude to your main goal - relaxation. We strained not in order to strain, but in order to relax after that.

Now you have come a long way and have every right to rest. So take advantage of this right one hundred percent! After full tension, relax, lie down and feel a pleasant warmth spreading over your body. You know how pleasant it is to rest after exhausting work? This is bliss compared to rest after idleness - right? ..

So rest, feel complete relaxation. Go to the land of true pleasure, do not resist this movement.

But it's not enough just to learn how to relax. It is necessary to remember this state of rest and be able to voluntarily, at will, enter this pleasant and unconditionally useful state of physical relaxation.

Once you master this exercise and learn how to induce relaxation of all muscles without pre-tension, then start using this relaxation at the end of each workout in order to achieve faster muscle recovery.

Contraindications to exercise: infectious diseases, pregnancy, in cases where physical activity is prohibited by the doctor. Monitor blood pressure in old age.

Method 2. Through breathing.

As I already noted, the autonomic nervous system consists of two divisions - sympathetic and parasympathetic. The parasympathetic department is responsible for rest and digestion and is included in moments of relaxation and tranquility.

The parasympathetic nervous system is activated with an emphasis on exhalation(prolonged exhalation or pause after exhalation). Those. deep exhalation calms, relieves tension, relaxes. This is how a sleeping person breathes - a quick inhalation and a long exhalation, sometimes long pauses after exhalation. Such breathing is good to put yourself to sleep for those who suffer from insomnia.

Those. in order to relax the muscles, you need to concentrate on exhaling and lengthen the expiration time.

Here's how to do it. We begin to breathe according to the scheme: inhale - exhale - pause.

The first cycle of inhalation and exhalation will be as follows: inhale 5 seconds, exhale 5 seconds, pause 5 seconds.

On the second cycle, due to the pause, we increase the expiration time: inhale 5 seconds, exhale 6 seconds, pause 4 seconds.

On the third cycle, we further increase the expiration time: inhale 5 seconds, exhale 7 seconds, pause 3 seconds.

So we reach the state where after 5 seconds of inhalation, 10 seconds of exhalation immediately occurs. After breathing in this mode for a couple of minutes, you can completely calm down. The tension will go away, the muscles will relax.

In general, to completely calm the nervous system, it is enough to make only 50-60 respiratory movements (i.e., inhalation-exhalation) with an emphasis on exhalation.

Method 3. Through emotions.

There is such a law of the human psyche - a person can keep his attention simultaneously on three dynamic objects. And at that moment, when there are just three of these objects, then there comes an inner tranquility.

This is a very important law of the psyche, and we must learn to use it for relaxation purposes.

You have probably noticed that it is pleasant to look at the fire, pouring water, the breeze in the crown of trees, floating fish in the aquarium. This is precisely the manifestation of the fact that, observing three dynamic processes (tongues of flame, rolling waves, leaves of trees, fish), the human brain is completely occupied and there are simply no resources left for any other mental action. It is from this that a person relaxes, plunges into a calm, peaceful state.

If you want to relax your muscles and fully restore them, engage your brain in observing three dynamic (i.e., changing over time) objects.

I will suggest one of the ways that will be useful not only for relaxation, but also for your posture.

Rule one- focus on the crown. All attention is focused on pulling the crown up. Imagine that a thread is attached to your crown and the crown is pulled up by this thread. At this point, you can slightly tense your neck muscles, creating a stretching effect.

This condition is very important because allows you to keep the spine straight, preventing it from sinking down, and ensures the correct position of the back and neck. It would be nice to imagine that a load is tied to the tailbone, which pulls the spine in the other direction - to the center of the earth.

Gradually, this state of a stretched spine will become familiar and easy for you.

To maintain this feeling in the fluidity of life, you need all the daily movements at the moment when you get up from an armchair, sofa, chair, etc. - start with a mental movement of the crown. Then connect the muscles

of the neck, which give a real feeling of stretching, and only then does the physical lifting of the crown and lifting the whole body follow.

Second rule - do not constrain the pelvis, let the pelvis move.

If you look at people, they usually fix the pelvis in two extreme positions:

- men, as a rule, push the pelvis forward (due to this, the back slumps over) - the pose resembles the one that a child takes when he is beaten on the buttocks with a belt,

- women, on the contrary, more often, give the pelvis back (due to this, a strong deflection forms in the lower back) - the pose resembles the one that a girl takes when they begin to pester her in a dark entrance, and she, removing the pelvis back, shies away in fright.

Actually, the pelvis doesn't have to be fixed.

The pelvis must constantly move forward - backward, depending on the breathing.

On exhalation - the pelvis moves slightly forward, on inhalation - slightly backward. If you take a close look at your body, you will feel this slight movement.

Combining these two rules and we get the following:

So, when you go somewhere, stand or sit somewhere, then:

a) imagine that your crown is suspended by a string from the ceiling,

b) watch the breath,

c) depending on breathing (from breathing, not from the pace of the step!), allow the pelvis to make small movements (on exhalation - forward, on inhalation - back).

Thus, if you direct attention to these three dynamic objects (crown, breath, pelvic micromovements), then the person relaxes. At the same time, such work to calm the psyche will lead to the correction of posture.

By the way, you may not have thought about it yet, but correct posture is incredibly important when exercising with iron, because correct posture brings your body into a state of balance and eliminates unnecessary tension.

Poor posture, stiff and twisted posture compresses nerve fibers, part of the arteries and veins, as a result, the supply of your internal organs and muscles with oxygen and blood is significantly impaired. Pain in the base of the back, dorsum of the thighs, ankles, left or right knee is often caused by unbalanced posture. In addition, the muscles on the left or right side of the body work much more and very unevenly to keep the body in an unnatural position. Poor posture is a major cause of lower back injuries. Therefore, since you have chosen this sport, then do not be lazy and take care of your posture, so you will avoid many health problems.

Question 3. How to stop being afraid of competitions or heavy weights?

Everything related to fears can be combined into one point, because The source of all fears is the same - exuberant fantasy and an attempt to look into the future.

First, I'll tell you about two experiments.

The first experiment was carried out by V.V. Pashutin, a famous Russian physiologist of the 19th century. He put the dog in a ventilated box, where there are no external stimuli: there is no light, no sounds and smells from the outside world penetrate there. How do you think the dog behaved? Did she bite? Scratching the side of the drawer? Howling with despair? No, she first sniffed at the new kennel, then calmly lay down and fell asleep.

A second experiment, similar to the first, was performed in the 1950s in the United States, but this time on human volunteers. People did not go to bed, they gradually came into strong excitement, bordering on madness, they banged their heads against the walls, screamed, tried to escape from the black box.

Why did the dog just lay down and fall asleep, while people, on the contrary, began to behave extremely aggressively?

Because the dog does not invent fears for himself.

Only people are capable, being in a completely safe warm place, well-fed, and not feeling the need for anything, invent a bad future for themselves.

People, getting into this box, began to think: "Wouldn't I suffocate here?", "What if they don't have time to feed me?", "What if a war starts and they forget about me?" These thoughts began to drive them crazy.

So what is fear?

Fear is always a forecast. Fear is always an attempt to look into the future.

We look into our future and try to discern possible threats there. But, a person is so arranged that everything unknown makes him alarmed, therefore, any glimpse into the future is accompanied by negative emotions and anxiety.

So, we only worry because we think we know our future. But we cannot know him. Knowing the future is an illusion. It is not given to us to predict future events. We just assume them with some probability. And with a reasonable approach, one should start by calculating the probability of the occurrence of this event, and only then draw some conclusions.

So what to do.

At the first stage, it is necessary to pay attention to the very fact of anxiety or fear. As a rule, people gripped by anxiety are completely focused on the source of fear, and the very fact that they are gripped by fear is ignored.

Therefore, the first thing we need to do in such a situation is to admit to ourselves: "I am afraid, I am gripped by fear."

Fear is real and sometimes illusory. How do they differ from each other?

We feel real fear in moments of real danger. But at this moment you need to act and fear plays a positive role - it allows you to mobilize all forces.

Illusory fear differs from real fear in that we may think "I am afraid."

In the case of real fear, such a thought does not arise, because we are exclusively occupied with the object of real danger.

So, the very thought: "I am seized by fear, I am afraid" clearly indicates that this fear is illusory. It doesn't exist in real life. It only exists in our brain.

It's just a habit - a habit of being afraid of that particular thing.

Attention! Again, fear is just a HABIT.

And what a habit is and how they arise - we already know: habits (conditioned reflexes) arise through positive reinforcement.

Yes, exactly so, do not be surprised - and in the case of fear, everything is the same. The brain always works the same way.

What is positive reinforcement for fear?

Flight reaction.

By running away from what we fear, we receive powerful positive reinforcement and thereby reinforce the fear. Fear turns into neurosis.

Therefore, being afraid, do not run away from your fear! Otherwise, you will run from him to infinity, maybe your whole life.

It is no coincidence that a good fellow is warned in Russian fairy tales: if you are frightened, do not run, but if you run, you will lose your head.

Flight = fear.

Fear = flight.

All our fears are created by our own attempts to flee.

Therefore, in order to destroy fear, you need to destroy its basis - an attempt to escape from it.

It will be difficult at first, but not as scary as before.

First and foremost is preparation.

We have already said that there is a single control mechanism in the subconscious: muscles, the work of internal organs and emotions.

Fear is an emotion. If we want to prevent the emergence of fear, we need to block the work of the other two components - muscles (through relaxation) and internal organs (through breathing).

First action: we relax the muscles.

Any stress, danger, fear, cause muscle contraction, so our task is to relax them.

Muscles can be relaxed very easily with excess tension. At the moment of excessive superstrong tension, a mechanism that protects against injuries is activated, and the muscles spontaneously and completely relax. As the saying goes, "they knock out a wedge by a wedge". I have already said how to do this. We cause the maximum tension of all muscles, and then we sharply relax.

Action two: Start breathing calmly.

Breathe according to the scheme with an emphasis on exhalation, starting with inhalation (5 seconds) - slow exhalation (5 seconds) - pause (5 seconds) and gradually moving on to the scheme: inhale (5 seconds), exhale (10 seconds).

Experience total relaxation and tranquility.

Third action. Direct your attention to the outside world, not to the inside of your head. Go to bed, relax and listen to the surrounding sounds, feel how the blanket touches your body, look at the surrounding objects. Explore the outside world. Switch to it.

So, we have removed the somatic components of fear and prepared for the most important thing.

Now we have to get into a scary situation and try to get scared as much as possible!

We must rid our fear of the positive reinforcement we gave it in the form of flight. We must go to meet him.

I would like to emphasize - until you have brought your body into a relaxed and calm state, until then you CANNOT enter a frightening situation!

But, as soon as the nerves are in order, so it is possible in the "hell".

Of course it will take courage.

On the one hand, the danger threatening you is illusory, invented, but on the other, the fear is real.

Therefore, you will need to be honest with yourself and act against the desire to flee.

Be honest in the sense that it is clear that there is no future yet. Fear is always a thought about the future, in your case it is just a fantasy about a future that does not exist.

We must be honest with ourselves - we cannot know the future. What can we know about our future? What will happen tomorrow, the day after tomorrow, in six months, a year?

Nobody knows that. The future is unknown. And any of our predictions that we supposedly believe that we know what this future will be like is a lie to ourselves.

Now the hardest part.

Begin to invoke your fear as strongly as possible.

You are afraid of competition. Perfectly. Think: "I will not be afraid, but on the contrary, I will very passionately desire this! I want to go to all competitions in a row!"

With this simple appeal of your fear, you stop reinforcing it, stop running from it.

You say: "Oh, brother Fear! It's been a long time since we saw you! We were longing for you! Come in, come in. What do we have there today? Competitions? Big weight? What problems! Very good. Bring it here. We need it! Yes, more, more! "

You cannot be afraid of what you want, and therefore, as soon as you say so, as soon as you demand to summon the object of your fear to yourself, it will immediately become clear that this is not so simple. Fear does not come when you call it.

According to this scheme, you can get rid of any kind of fear.

If the first times are a little scary, but after just a couple of attempts, you get the feeling that you can completely control the fear. And after 4 attempts, the fear goes away forever. Checked.

Question 4. How can you be respected and appreciated?

Beginners, as a rule, do not feel very comfortable in the gym. They don't know anyone, and no one knows them. How do you make people respect you? How to earn the trust of more experienced guys? How to make yourself your own?

In other words, how to make sure that you do not remain lonely among other people studying in the gym?

Let's take a look at this critical issue.

So, we already know that a person's behavior is determined not by what constitutes his views and worldview, but by emotions, fears and desires, i.e. a set of his activated habits (dominants). Those. we do not act as reason tells us, but as emotions tell us. Reason is nothing compared to feelings.

But emotions are the language in which the subconscious communicates with us. In other words, a person acts as the subconscious demands of him (his habits and dominants). In this case, the consciousness (mind) of a person is not concerned with objectively looking at the situation, but with how to justify our behavior more logically. Consciousness always strives to prove to us that we did the right thing.

Our thoughts are determined by sensations and emotions. If we are sad, then we will look for (and find) the bad side in everything, i.e. we will be pessimistic. If we are happy, then the thoughts will be opposite - optimistic and positive.

Any need that has arisen in the subconscious will turn the course of our thoughts in the direction necessary for the subconscious. If we feel hungry, then we begin to think about where to eat. If we feel thirsty, then we begin to think about what to drink.

But we also feel the need for communication.

And here I want to draw your attention to one thing: the information coming from the subconscious to the consciousness is greatly distorted, since consciousness and subconsciousness speak different languages.

Consciousness operates with signs (i.e. words), and subconsciousness - with sensations and emotions.

Emotions are translated into the language of words very approximately. The word "love" and the feeling of love are not the same thing at all.

This is the essence of the conflict between consciousness and subconsciousness: the mind does not always understand what command feelings are giving it.

Let's look at how this conflict manifests itself through loneliness.

Man is a social being. Ever since his infancy, he was used to experiencing the joy of communicating with other people - they fed and watered him, bathed and cradled him. The conditioned reflex of craving for communication, developed by thousands of positive reinforcements, firmly sits in the subconscious.

So, the subconscious requires a person to be in a group and seek communication. This feeling is transferred to the level of consciousness, and we begin to seek communication with other people.

But consciousness brings one small touch into our thirst for communication, which spoils the whole thing - we begin to look not just for communication, but for an IDEAL communication, an IDEAL friend, an IDEAL person. After that, life turns into a drama.

There is always something missing in a real person, and that's okay.

But we, in search of perfection, cannot accept this in any way.

For example, you get to know a person, but he does not seem neat to you. This starts to annoy you terribly. "How can he not see this !? The shirt is constantly wrinkled, the hair is not combed, the room is always a mess! He is not so neat!" - you think about him.

The fact that at the same time they are smart, honest, kind, reliable - all this you do not notice. You fixate only on the factor that annoys you - not accuracy - and you begin to push this person away from you.

As a result, you lose him, and with him you also lost his intelligence, honesty, kindness and reliability.

By demanding from a person what is not in him, you have lost the opportunity to receive what is in him!

Let's say, then you meet a person who seems to you to be a model of accuracy, but without the advantages listed above. And only at this moment you understand that accuracy itself, without everything else, you absolutely do not need.

Always like this. Someone is not neat, but reliable, another is kind, but not bright, the third is bright, but deceitful, etc.

If you were not chasing an ideal, you could get from these people what they have, and they would be grateful to you for it, as they would be in demand. But your consciousness is looking for an ideal person, and in each of them something is missing.

There is no perfect person. So a person lives alone, refusing to communicate with imperfect people.

Why does it not occur to us to take what is, and not seek what is not?

Why are we looking for flaws in others? Why do we not understand that this is precisely the source of conflicts, quarrels and loneliness?

Indeed, the best is the enemy of the good.

In other people there is always something for which they can be appreciated and that they are ready to give - intelligence, benevolence, knowledge, experience.

Paradox! People are ready to give, but few take!

People want to share, they want to feel their relevance, they want to be welcome. But everyone is busy looking for the "ideal person" and therefore does not want to take a closer look at someone who is not ideal.

Take in a person what you can take, and do not look for in him that which is not in him. Remember that when you take - you give, you demand, and therefore a person feels needed - both you and he feel the joy of communication.

Look in a person for something that pleases you, if you do not do this, then Loneliness will overtake you.

Loneliness is a conflict between the subconscious, which wants to live in a team, and the consciousness that is looking for ideal relationships.

If nothing is done, then this conflict, like all conflicts of consciousness and subconsciousness, will end in neurosis in favor of the subconscious. As a rule, this is a psychosomatic illness, with which we try to attract attention to ourselves, to cause someone's participation and care.

What to do in this situation to avoid such a sad fate?

Usually, conflicts between consciousness and subconsciousness can be resolved either in favor of the subconscious or in favor of consciousness. But in this case, what the consciousness wants - the search for an "ideal person" - is an illusion, it does not exist in nature.

Therefore, there is only one way out of this conflict - it is necessary to abandon the search for an "ideal person".

Let's talk about this in more detail.

So, man is a social being.

We need to be loved and must love ourselves. But what is it? How do we understand that we are loved?

If we feel that a person rejoices in us, is looking for communication with us, then in response we begin to look for communication with him, since this also gives us joy.

Without this joy, our relationships with other people go wrong, and we begin to experience loneliness. But a person who knows how to enjoy someone else's joy, who knows how to evoke this joy, will never feel lonely.

Therefore, the most important rule to avoid loneliness, family problems and divorce is to make us happy.

Read it carefully! Not to make us happy, but to make us happy!

These are opposite things - one thing when we demand to be pleased, given gifts, please, and quite another when we start thinking about how to make a person happy to see us. The first is the requirement to understand us, the second is an attempt to understand the other.

Joy is the binding solution that unites us with other people.

It is pleasant both to the one who rejoices and to the one who sees this joy.

This is why they love pets - they meet you every time with sincere joy.

But if your loved ones, your acquaintances or partners in the gym do not react with sincere joy to your appearance in the apartment, in the locker room, in the gym, then this is a reason to think very seriously about what YOU are doing wrong.

Look around - every person near you is a storehouse of your happiness. If he rejoices in you, then you will be pleased - this is the law of our biology, this is natural.

But we do not see all this and do not think that it is precisely relationships with other people that will allow us to multiply the size of our joy.

But what are we doing for this? What have you done today to make a loved one or your friend happy with you? Nothing, I'm afraid.

And there is one nuance that I want to highlight: if we are happy, then we are happy in return.

Those. it is enough for at least one of you to start rejoicing in the merits of the other, and the second will immediately start rejoicing with you!

As soon as you start living by the new rules, all the people around you immediately begin to live by the new rules!

And if you are already ready for these changes, then now you are missing only one thing - experience. The experience of understanding another. And the experience of understanding comes only during conversations.

We usually don't talk a lot. We hope that our interlocutor will guess everything anyway.

No, he won't.

For clarity, I will show this using the example of family relationships.

So, you need to clearly and directly say what you want. If a woman is sitting, and a man is busy with his own business, but she wants attention, only some five minutes, and at this very moment, how does she usually act?

She approaches him and stands above her soul, asks something, trying to make contact with him. But all to no avail - he is busy with business and shortly replies: "Now is not the time." Discouraged by such an answer, making a mournful face (he did not guess about her wishes!), She departs.

But she can do more wisely. She can say directly what she wants from him: "Dear! It is vitally important for me to distract you from your business. Just five minutes and that's it! That's for sure! I really need it, give me only five minutes, please!"

After this approach, success is guaranteed.

Let's imagine the opposite situation - a man suddenly wanted his wife to be with him. I just stayed and just kept quiet. How does he usually do it? He approaches and sits down next to her, but at the same time does not tell her anything about his desire. The wife sees that such a situation has stood out and begins to spread her sore - the tap is leaking, the son smells of smoke, the friend asks for a loan of a couple of thousand rubles. He frowns, trying to show his wife that all this is not at the right time, but she does not understand him and begins to take offense.

But if he directly said: "Honey, I want you to just stay with me and be silent. Let's sit for a while, and then, a little later, you will tell me everything." The effect would be very different.

Therefore, it is very important to clearly and clearly explain to our loved ones what we want from them. You don't need to make them guess, because guessing about something is simply impossible.

For example, a husband has already seen world sorrow on his wife's face for the fourth day. How can he guess that she has been walking past a clothing store for 4 days and looks at the dress she liked and sighs: "Still hanging ..."

A man looks at his wife and thinks: "I probably am doing something wrong." But he does not receive an answer - his wife is silent, like a partisan, and the whole situation begins to anger him.

However, even if she confesses, the man will not believe her - "How is that ?! And this is such a tragedy because of some dress? You have a full wardrobe of these dresses!" After that, if he gives her money for this dress,

then with such an expression on his face and with such accompanying comments that she herself will not be happy with this dress.

But if she tried to tell him about what this dress means to her, then the situation could turn 180 degrees. For example, she might say, "Darling, do you like to watch football? You have been waiting for the final match for a week, you cannot think of anything else." "Yes," he will confirm.

"Do you like to drink beer with your friends, discuss this match?"

"Yes, of course" - the husband again agrees.

"So imagine that buying a dress for me is the same as watching the Cup final for you, and then coming to work in it - the same as sitting with friends and drinking beer for you."

After such clarification, I am sure that the dress will be purchased without any questions.

The secret of success is that you need to convey your desires to your spouse in the most understandable form.

Based on the above, we will draw some conclusions.

We all want to live happily and experience joy.

Most of us believe that there is only one way to make ourselves happy: to get the other person to follow your interests.

I would like to draw your attention to the fact that there is another, more rational way: to change yourself so as to bring joy to others. In return, they will rejoice at us and please us with this.

Most people take the first path because it seems short. But it only seems short, in fact it is an endless run in a circle - a path of mutual claims, accusations and quarrels.

The second path will lead you to your goal much faster, because it is based on the physiological laws of the brain, which are called "positive reinforcement."

Positive reinforcement means that any worthy behavior is instantly reinforced, and any unwanted behavior is ignored.

Now let's imagine that we decided to react to the people around us only kindly, not to be irritated and not to judge. In this case, any of their benevolent attitude towards us will automatically be supported by our benevolent attitude, any negative attitude towards us will be automatically ignored.

Goodwill is the only reliable means of influencing the people around you!

If you are always benevolent, then you force people to play only one game with you - benevolence, any negative attitude towards you stops receiving reinforcement and gradually disappears.

Goodwill towards other people is a direct and fast road to your own happiness.

When you stop judging a person, you start to ignore his shortcomings and appreciate his merits, he will feel his relevance, feel needed. This is such a powerful reinforcement that one of your looks will cause him a feeling of delight, which means that you will receive your portion of demand and joy.

By saving yourself from loneliness, you are saving others from loneliness.

And a person who saves others from loneliness is valued worth his weight in gold - he will always be surrounded by the most tender care and the most sincere respect.

What is needed for this? Just be kind.

At first, of course, it will be difficult. But gradually, you will receive feedback - positive emotions from other people in response to your goodwill. As a result, the habit of being benevolent will forever take hold in your subconscious mind and become a conditioned reflex. And this means that you will forever get rid of loneliness and with your own hands make yourself happy and in demand.

In general, work with the psyche, conflicts between consciousness and subconsciousness are very interesting and important topics. I will definitely develop this topic in my other books devoted to working with the psyche, but for now we will return to sports training.

Chapter 6. If there is no progress.

The possibilities of medicine are endless!
Patient options are limited.

Sometimes it happens that despite all the efforts, there is no progress. The mass does not grow, the result stands still. Nothing helps - not clever load and recovery schemes, not protein complexes, amino acids or creatine capsules. All this has absolutely no effect.

This is a fairly rare case, but it needs to be considered for completeness.

If you notice such a situation in yourself, then it's time to go get tested for parasites.

Perhaps you overexert yourself and, as a result, have overly weakened your immunity. And this, in turn, led to giardiasis or opisthorchiasis - the most frequent companions of weakening of the immune system.

To avoid such problems, I recommend performing a daily choleretic procedure, or, as the representatives of alternative medicine would put it, daily liver cleansing.

"Liver cleansing" for every day.

All "liver cleansing" offered by folk healers (Y. Andreev, G. Malakhov, N. Semenova, E. Shchadilov and many others) are reduced to the usual emptying of the gallbladder. Thus, if we do not allow our bile to stagnate and periodically use choleretic agents, then we can with a clear conscience consider that the liver cleansing has been completed. Moreover, such cleaning can and should be done every day, preferably in the morning, when a lot of bile has accumulated during the night.

I will offer two ways for this, and you yourself choose which one you like.

The first method is 1 teaspoon of vegetable oil in the morning.

The first way is to drink 1 teaspoon of vegetable oil in the morning on an empty stomach. Oil can be anything - cedar sunflower, pumpkin, linseed, etc. This is only a matter of your taste. I recommend starting with pumpkin seed oil (sold in pharmacies as "Tykveol"). it is simultaneously curative for many inflammatory diseases of the intestine (colitis, enteritis, gastritis),

liver (hepatitis, cirrhosis) and gallbladder (dyskinesia, cholecystitis). In addition, intestinal parasites are afraid of the pumpkin smell.

You can drink vegetable oil for a long time - all your life. The ideal is to make the oil intake a daily morning routine.

For example, a doctor I know has been drinking a spoonful of oil every morning for 3 years. His health has improved significantly. During these 3 years he never got sick, his bones stopped creaking, he began to get enough sleep, his stools returned to normal, the skin of his body and face became smooth (even though he was already over 40), his hair was thick, without signs of gray hair. And it's all about the usual choleretic effect of the oil.

I myself only drink "Tykveol" - it has a very pleasant taste, so there are no unpleasant sensations, as it was in childhood, when we were given a spoonful of fish oil.

Drinking oil for 1 hour. spoon every morning on an empty stomach, 40-60 minutes before meals, you will forget what biliary dyskinesia is and you will never have cholelithiasis.

The second way is butter coffee.

The second method of daily liver cleaning was proposed by the candidate of biological sciences, vice-rector of the St. Petersburg National Institute of Health R.S. Minvaleev. The method is simple and trouble-free, just like a spoonful of oil on an empty stomach in the morning, but for many it will seem much more pleasant:

1) right from the early morning, preferably at sunrise, you make yourself a cup of ground coffee. Coffee, like any burnt product, is a very good choleretic agent;

2) you drink it without sugar (as is customary in Europe);

3) seize it all with butter on the tip of a knife.

That's all. In about an hour or two, you can actually have breakfast (lunch). The procedure is extremely simple, but extremely effective. This is how millions of happy Mediterranean people greet the morning in the Mediterranean, characterized by an extremely low level of not only cardiovascular diseases, but also gallstone disease.

It would be good to introduce such daily routines into your life as a simple and healthy habit.

By the way, the fight against bile stagnation is precisely the antiparasitic protection of the liver. The stagnation of bile just leads to the fact that limblia or opisthorchis start in the gallbladder. Doctors are already so accustomed to this fact that when examining the liver by ultrasound, if any stagnation of bile (biliary dyskinesia) is detected, the doctor makes a preliminary diagnosis - "suspicion of giardiasis".

If, nevertheless, giardiasis or opisthorchiasis is detected, then urgent action is necessary.

Modern medicine offers many antiparasitic agents, but they all have a serious drawback - they are very toxic. They are toxic to such an extent that even a single course of using such drugs leads to a lifelong increase in liver size!

There is a much milder way of etching parasites. I live in the region of Western Siberia, near Novosibirsk. And, perhaps, few people know, but we - in the Ob river basin - have the world's largest focus of opisthorchiasis (helminth, lives in the liver). Almost all river fish of carp breeds (and this is 90% of all fish) are infected with opisthorchiasis. This is just a scourge for the local population, especially for fishermen and their families. We can say with confidence that life in such conditions would be simply impossible if our ancestors living in these places did not find a way to combat opisthorchiasis.

And this popular way of etching parasites from the liver is linden or aspen ash. As it turned out, linden (aspen) ash acts on all liver parasites - opisthorchis, lamblia, toxacarosis, etc.

How to make linden ash. Find a place where a linden tree grows. Cut several branches off the linden tree with an ax. Bring the branches home, dry them in the oven and burn them. As a result, you will get linden ash (all coals from the ash must be removed). You will need 14 teaspoons of linden ash in total.

Linden ash does not have such a destructive effect as modern antiparasitic drugs. It works very gently and can be applied 2-3 times a year.

Moreover, I believe that all residents of the Ob, Irtysh, Volga and Kama river basins should drink linden ash at least once a year. Click it and use it. Don't be lazy, health is more expensive.

Method of using linden ash.

The first three days, in the morning and in the evening, eat one teaspoon of linden ash and drink 0.5 cups of warm milk. On the fourth day, take 1 teaspoon of ash and 0.5 glass of warm milk in the morning only.

I would like to emphasize that you cannot drink ash with water - it can burn your mouth, because it is alkali. If you have a milk intolerance, then use any fermented milk product.

ATTENTION! On the days of taking ash, you should not eat anything sweet. Nothing at all - no honey, no gingerbread, no sweet fruit.

From the evening of the fourth day, you need to start drinking a tincture of a lingonberry leaf: 1 tablespoon of a lingonberry leaf in a glass of boiling water, take 0.5 glasses 30 minutes before meals 2-3 times a day. Lingonberry leaves should be drunk within 2 weeks.

On the days of taking lingonberries, you can already eat sweets.

As soon as the lingonberry leaf has been drunk, we begin the second exactly the same cycle: again we take 7 teaspoons of ash for 4 days and again we drink the lingonberry leaf for 2 weeks.

This treatment can be repeated after 4 to 6 months.

In total, for the entire course of cleaning from parasites, 14 teaspoons of linden ash are required per person.

Lingonberries in total need 150 g (if you use it 2 times a day) or 200 g (if you drink it 3 times a day). Lingonberries are freely sold in pharmacies, so the question of where to find them usually does not arise.

If linden does not grow in your area, then it can be replaced with aspen. Aspen ash has exactly the same effect, it is used in exactly the same dosage.

If lingonberry does not grow in your area and you cannot find it at the pharmacy, then it can be replaced with such a garden plant as rhubarb.

I want to make one remark: if you have not found giardiasis and opisthorchiasis, then, of course, you do not need to take ash.

Chapter 7. The use of anabolic steroids.

If you don't want it in a bad way, it will be worse in a good way.

The book about pumping muscles will not be complete if I do not touch on the issues of using anabolic steroids in it.

Yes, now in our time, all athletes of the highest level are on "chemistry" and take anabolic steroids. And to deny the obvious is stupid and ridiculous.

But on the other hand, the importance of "chemistry" is greatly exaggerated. An athlete who trains wisely can progress from year to year without "chemistry".

Personally, I am CONVINCED that, firstly, you can do without steroids, and, secondly, if you are already ready to take chemistry, then it makes sense to take it not earlier than you reach the level of candidate master of sports (CCM). Taking it earlier is just a senseless and stupid destruction of your body. Even if you are ready to sit on chemistry, then you will not get any special effect at this level. Just kill your liver and hormonal system. The second is especially dangerous.

The fact is that novice athletes have enough hormones of their own to increase their performance. If you start taking steroids during this period, then the body will simply stop producing its own hormones, otherwise you will get an excess of them. It is known that an unused organ atrophies, so if you take steroids for a long time, this can lead to the fact that the body will forever lose the ability to produce its own hormones.

It is justified to take hormones only when the reserves of one's own body are already approaching the limit. And this is possible only after several years of intense training. Only then, taking a small dose of hormonal drugs will not lead to the cessation of the production of your own male hormone - testosterone - and can give a sharp jump in results without causing harm to the body.

Those. first you need to get "clean" to the level of the CCM, and only after that you can think about the possibility of using chemistry.

If you decide to become a master of sports, then chemistry may be needed only in one case - if you are in an excessive hurry.

Chemistry does nothing more than speed up the recovery process.

An athlete taking chemotherapy will progress faster only due to the fact that he will recover faster.

But if a "clean" athlete has correctly planned his cycles of stress (tension and relaxation), if he gets enough sleep, stretches, uses psychotherapy techniques, then he will recover quickly, without any chemistry.

And this is still a very big question - who will progress faster - a "chemist" who does not follow his regime and his psyche, or a "straight" who does everything right.

At the moment, my opinion is that if you do everything correctly, then "chemistry" is completely unnecessary in principle. If you do everything correctly, then in the worst case you will do everything the same as the chemist, but a little later.

But, nevertheless, for the most leisurely, I will write about the safest use of "chemistry".

So, the CCM must be done "clean" anyway. And if you could not get the CCM clean, then you are either lazy or training incorrectly. In either case, "chemistry" will not help you.

In our gym, we once trained two young boys of sixteen kilograms, 70 each. And once the people noticed that they always go to the shower together and then after them in the back room, where the gymnastic mat lay, a large wet spot remained on this mat. Well, what could we think? They decided that they were homosexuals. What to do, it is necessary to expel from the hall - why do we need such "advertising" and such "athletes" ...

I'm going to talk. It turned out that they inject themselves with Winstrol after each workout. There is an anabolic steroid drug. "So what," I ask. - "Is there a result?". "There is," they answer. One of them shook 65 instead of 60, the other 70 instead of 65. Well, where are the brains, eh?

Yes, you go to the gym for only a month, you still have not set the barbell trajectory properly, you are still chattering under the barbell in different

directions. You would have reaped these kilograms in a couple of weeks, why ruin yourself?

I never cease to be surprised when I see human stupidity. You probably won't get used to this ...

Therefore, the rule of the safest chemistry is as follows. You fulfill the standard of a candidate for master of sports, then at the peak of the form you plow for a couple of months, and when you understand that the results are stubborn (the body's limit has come), then you do not end the cycle, but start the chemistry course with minimal doses and continue the cycle.

Only in this case, the minimum doses of chemistry will have a significant effect. Only in this case, anabolic drugs will be relatively harmless to the body.

In Russia, we have an amazing disregard for health issues. Athletes, as a rule, do not think about the future at all. For example, it is considered normal to exceed the therapeutic dose by several times. Tablets, which need to be drunk in 2 - 3 pieces, are drunk in handfuls. Pour into the palm of your hand, as much as it will fit, and into your mouth. When I saw this, my eyes stopped, as they say. I thought that the guy decided to commit suicide with the help of anabolic steroids. But it turned out that smaller doses no longer work on him. A stunning lack of logic. Instead of stopping and thinking - "maybe I'm doing something wrong" - continues to increase the dose ...

It is clear that after such a mockery, the liver rots and falls apart. And you can forget about your own hormones forever.

Why is this done? Yes, simply because they train incorrectly, and begin to use chemistry not at their peak, but to get in shape. Of course, during this period, chemistry practically does not work, so they swallow horse doses. The result, of course, will be in this case too, but, firstly, the result will be significantly less than when taken at the peak of the form, and secondly, at what cost! ...

By the way, I must warn you that each organism has its own reaction to chemistry. Even the smallest dose can have a completely unexpected reaction:

- Nipples may start to grow. They will become as bulging as a ten-year-old teenage girl.

- Problems with potency may begin.

- The skin can become covered with acne from the fact that a dirty liver does not have time to cleanse the blood.

- Hair may begin to fall out on the head and an early bald spot may appear.

It is impossible to predict the reaction of your body in advance. Maybe you're lucky and there won't be any side effects. Or maybe not lucky ...

But, most likely, you yourself know all this.

I myself am a supporter of pure sports. Sports for yourself and for your health. It is safer, quieter and more reliable.

I saw a lot of cases when a "chemist" quits training, and if he used to bench press lying down, for example, 160 kg, then in just a couple of years he was pressing only 80 kg. That is, a little more than a person who has never studied at all.

For an athlete who has never taken steroids, of course, the results also fall, but not so much. And even such an athlete at the peak of his form was stinging 160 kg, then after two years of complete absence of training he will shake 130 kg - that's for sure.

Therefore, I never advise anyone to sit down for chemistry - it is better to move a little more slowly, but the results will then persist for a very long time.

But if you do decide to start chemotherapy, then you should know that you need to start a chemistry course and finish it smoothly. That is, gradually increase and decrease the dosage of drugs.

Attention, very important!

Even if you start having side effects, which I wrote about above, you cannot abruptly cancel the course of hormonal drugs!

It is necessary to reduce the dosage gradually, as otherwise it will only get worse. Withdrawal syndrome is called. The body has already lost the habit

of producing its hormones and then you stop injecting them in tablets. It turns out that neither our own nor other people's hormones are in the body. The condition can become very serious.

If he speaks specifically about chemistry courses, then they are different for different drugs.

I will give, as an example, a course on the most famous novice strength training drug - methandrostenalone. The people are just "methane".

So, you already have the title of CCM, and you want to get close to the master of sports. Be at your peak and plow 4-5 times a week. But the results have stopped growing or are growing very slowly. This means that you are at the peak of your form and have come close to your limit.

Only in this case will this scheme work! In other cases, it will not give an effect, since the dose of the drug that I propose is minimal. That is, I repeat, this dose does not inhibit the body's own hormone production, but simply supports the body during a difficult period.

10 weeks before the competition, start taking methane, 1 tablet a day. Place the tablet under the tongue and dissolve. There are blood vessels under the tongue. When the tablet dissolves under the tongue, the drug enters the bloodstream bypassing the entire gastrointestinal tract and liver.

1 week - 1 tablet per day
2 and 3 weeks - 2 tablets per day
4 and 5 weeks - 3 tablets per day
5, 6, 7, 8, 9 weeks - 4 tablets per day
The competition takes place on the 10th week, so you can already start to reduce the dose from the beginning of the 10th week, that is
10, 11 weeks - 3 tablets per day
12 and 13 weeks - 2 tablets per day
14 weeks - 1 tablet per day

This course seems to me the least safe and very effective under the conditions that I indicated above.

Attention! You need to take 1-2 tablets at a time, no more.

Even safer and, in the opinion of many athletes, a similar course is also effective, but with taking pills not every day, but every other day (you drink a day, you don't drink a day), or in cycles 2 after 2 (you drink two days, two days off). In these cases, the dosage by week remains the same, but the total amount of the drug taken is halved with the same effect.

But all the same, before deciding on a course of chemistry, weigh three times - is it worth it.

I have seen guys in a state of horror when their nipples began to grow on their chest. You don't go to the shower after training, you don't sunbathe on the beach - it's a shame to undress in front of others, and it's scary, what if it's such a shame forever.

The state is not pleasant.

We ran to the doctors, sincerely repented. But doctors understand that if you suddenly quit the course of steroids, then the consequences can be much more serious. So the guys had to force themselves to drink these already hated anabolic steroids and smoothly get off the course.

None of them tried steroids a second time after such stress. Although over time, the nipples became normal. But what is most interesting is that the results that these guys did on steroids were achieved over time without any use of them. This proves once again that it is not muscles that are lifted, but the head is raised.

So think, think and think again.

Successful training!

Instead of a conclusion (theoretical explanation).

Not everyone wants to go into the jungle of physiology and biochemistry, so I decided to put the theoretical section at the very end of the book.

So, in the previous chapters, for hundreds of pages, I wrote about how to exercise and rest. Now I want to explain why everything should be done this way and not otherwise.

And for this we will have to consider some issues related to the structure of muscles and the biochemistry of muscle contraction.

The muscle consists of three parts: tendon, muscle belly, tendon.

The muscle belly is made up of several thousand muscle fibers.

Muscle fiber consists of about two thousand myofibrils (Fig. 1), each of which is surrounded by a membrane - a sarcolemma.

Myofibrils are the main contractile elements of muscles. Contraction occurs due to the fact that they have the ability to reduce their length when a nerve impulse arrives, thereby tightening the muscle fiber.

Under the microscope, it can be seen that the myofibril consists of alternating dark (myosin) and light stripes (actin filaments). With the contraction of the myofibril, the light areas decrease their length and, with complete contraction, disappear altogether.

Those. the myofibril device is somewhat reminiscent of a telescopic antenna device - in a fully extended state the muscle is relaxed, in a folded state - the muscle is tense.

The contraction process occurs due to the entry of light thin filaments of actin between thick filaments of myosin.

The sliding of the actin filaments along the myosin filaments occurs due to the presence of lateral branches of the myosin filaments, called bridges. These bridges play the role of a kind of oars, pushing off which myosin and

actin move relative to each other, as a boat moves along the surface of the water (Fig. 2).

Actually, as it becomes clear from this brief overview, muscle contraction is reduced to the movements of the mezine bridges.

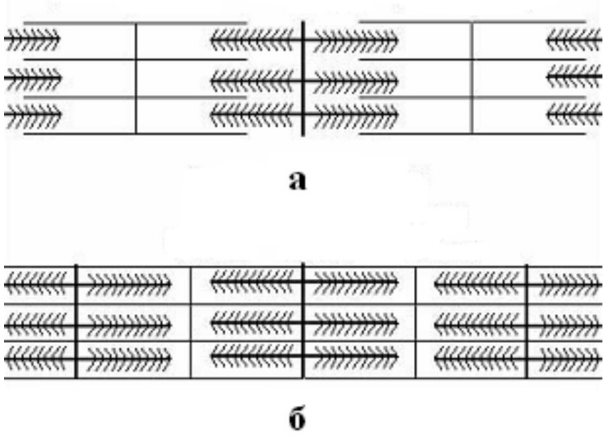

Fig. 2. Contraction of myofibrils: a) - before contraction, b) - after contraction.

Muscle contraction is controlled by motoneurons - nerve cells, the nucleus of which lies in the spinal cord, from the spinal cord to the muscle there is a long branch - an axon (length up to 1 m). Near the muscle, the axon branches into many branches, each of which is connected to a separate muscle fiber. Thus, one motoneuron is responsible for the work of a whole group of muscle fibers, which, thanks to such a nervous organization, works as a whole.

When an excitatory signal arrives from the central nervous system (central nervous system) to a motor neuron located in the spinal cord, the motor neuron generates a series of impulses directed along the axon to the muscle fibers.

The stronger the signal acting on the motor neuron, the higher the frequency of the impulse generated by the motor neuron - from a small starting frequency (4-5 Hz) to the maximum possible frequency for a given motor neuron (50 Hz or more).

Motor neurons have different thresholds of excitability, therefore motor neurons are divided into slow and fast. Slow motor neurons, as a rule, have a low threshold of excitability, while fast ones have a high one. In addition, fast motoneurons are capable of generating a much higher frequency pulse.

Muscle fibers, like the motor neurons that control them, are also divided into fast and slow.

The contraction of both fast and slow muscle fibers is carried out according to the same mechanism, which we have already discussed a little above - the movement of the mezine bridge.

Naturally, energy is required to move the bridge.

ATP molecule is a universal source of energy in a living organism. Under the action of a special enzyme (ATPase), ATP is hydrolyzed and converted into ADP, while energy is released, which is used to move the mezine bridge.

But the initial supply of ATP molecules in the muscle is limited, therefore, when the muscle works, constant replenishment of energy reserves is required (i.e., ATP resynthesis).

Muscle has three sources of energy reproduction: breakdown of creatine phosphate; glycolysis; oxygen oxidation.

Breakdown of creatine phosphate.

Creatine phosphate has the ability to detach a phosphate group and convert to creatine, attaching a phosphate group to ADP, which is converted to ATP.

ADP + creatine phosphate = ATP + creatine

This reaction is called the Loman reaction. The reserves of creatine phosphate in the fiber are not large, so it is used as an energy source only at the initial stage of muscle work - in the first few seconds.

After the reserves of creatine phosphate are depleted by about 1/3, the rate of this reaction will decrease, and this will cause the inclusion of other processes of ATP resynthesis - glycolysis and oxygen oxidation. At the end of the muscle work, the Loman reaction goes in the opposite direction, and the reserves of creatine phosphate are restored within a few minutes.

The breakdown of creatine phosphate plays a major role in the energy supply of short-term exercises of maximum power - running for short distances, jumping, throwing, weightlifting and strength exercises, lasting up to 20-30 seconds.

Glycolysis.

Glycolysis is the process of breakdown of one glucose molecule ($C_6H_{12}O_6$) into two molecules of lactic acid ($C_3H_6O_3$) with the release of energy sufficient to "charge" two ATP molecules.

$C_6H_{12}O_6$ (glucose) + $2H_3PO_4$ + 2ADP = $2C_3H_6O_3$ (milk to-that) + 2ATP + $2H_2O$.

Glycolysis proceeds without oxygen consumption (such processes are called anaerobic).

But there are two important points to make:

a) about half of all the energy released in this process is converted into heat and cannot be used for muscle work. At the same time, the muscle temperature rises to 41-42 degrees Celsius,

b) the energy effect of glycolysis is not great and is only 2 ATP molecules out of 1 glucose molecule.

Glycolysis plays an important role in the energy supply of exercise, the duration of which ranges from 30 seconds to 150 seconds. These include middle-distance running, swimming 100-200m, cycling, long acceleration.

Oxygen oxidation.

It takes more time to fully activate the oxygen oxidation of glucose. The oxidation rate becomes maximum only after 1.5-2 minutes of muscle work, this effect is widely known as the "second wind".

The breakdown of glucose in the presence of oxygen is complex. This is a multi-stage process that includes the Krebs cycle and many other transformations, but the total result can be expressed as follows:

$C_6H_{12}O_6$ (glucose) + $6O_2$ + 38ADP + $38H_3PO_4$ = $6CO_2$ + $44H_2O$ + 38ATP

Those. the breakdown of glucose along the oxygen (aerobic) pathway gives as a result 38 ATP molecules from each glucose molecule. That is, oxygen oxidation is energetically 19 times more efficient than oxygen-free glycolysis. But you have to pay for everything - in this case, the price for greater efficiency is the delay in the process. The production of ATP molecules during oxygen oxidation is possible only in mitochondria, and there ATP is inaccessible to ATPases that are in the intracellular fluid - the inner mitochondrial membrane is impermeable to charged nucleotides. Therefore, ATP from mitochondria is delivered to the extracellular fluid in a rather complex way, using various enzymes, which in general significantly slows down the process of obtaining energy.

For completeness, I will also mention the last pathway of ATP resynthesis - the myokinase reaction. In the case of significant fatigue, when the possibilities of other ways of obtaining have already been exhausted, and a lot of ADP has accumulated in the muscles, then from 2 ADP molecules using the enzyme myokinase, it is possible to obtain 1 ATP molecule:

ADP + ADP = ATP + AMP.

But this reaction can be considered as an "emergency" mechanism, which is not very effective and therefore the body very rarely resorts to it and only as a last resort.

So, there are several ways to get ATP molecules. Further, ATP, with the help of calcium cations and ATPase, "charges" myosin with energy, which is used to adhere to actin and to advance the actin filament one "step".

And there is one important feature here.

Myosin can have different (greater or lesser) ATPase activity, therefore, in general, different types of myosin are isolated - fast myosin is characterized by high ATPase activity, slow myosin is characterized by a lower ATPase activity.

Actually, therefore, the rate of contraction of the muscle fiber is determined by the type of myosin. Fibers with high ATPase activity are usually called fast fibers, fibers characterized by low ATPase activity - slow fibers.

Fast fibers require a high rate of ATP production, which only glycolysis can provide, since, unlike oxidation, it does not require time to deliver oxygen

to the mitochondria and deliver energy from them to the intracellular fluid.

Therefore, fast fibers (also called white fibers) prefer the glycolytic pathway of ATP production. For the high rate of energy production, white fibers pay with quick fatigue, since glycolysis leads to the formation of lactic acid, the accumulation of which causes muscle fatigue and ultimately stops its work.

Slow fibers do not require such a rapid replenishment of ATP reserves and use an oxidation pathway to meet energy requirements. Slow fibers are also called red fibers. These fibers are surrounded by a mass of capillaries, which are necessary for the delivery of large amounts of oxygen through the blood. The energy of red fibers is obtained by oxidation of carbohydrates and fatty acids in the mitochondria. Slow fibers are low fatigue and are able to maintain relatively low but sustained tension.

So, we briefly familiarized ourselves with the structure and energy supply of muscles, but it remains for us to find out what happens to the muscles during training.

Microscopic studies show that as a result of training in a number of muscle fibers, the ordered arrangement of myofibrils is disrupted, mitochondrial disintegration is observed, and the level of leukocytes in the blood rises, as in trauma or infectious inflammation (Morozov V.I., Sterling M.D. et al.).

The destruction of the internal structure of the muscle fiber during training (i.e. microtrauma) leads to the appearance of scraps of protein molecules in the fiber. The immune system perceives protein scraps as a foreign protein, immediately activates and tries to destroy them.

So, in training, we destroy our muscle fibers and waste ATP stores.

But we don't go to the gym to use up energy and get micro-injuries. We walk to build muscle and get stronger.

This becomes possible only due to such a phenomenon as supercompensation (overrecovery). Supercompensation is manifested in the fact that at a strictly defined moment of rest after training, the level of energy and plastic substances exceeds the initial pre-working level.

The supercompensation law is valid for all biological compounds and structures, which are consumed to some extent during muscle activity. These include: creatine phosphate, structural and enzymatic proteins, phospholipids, cellular organelles (mitochondria, lysosomes).

As it becomes clear from the graph, the supercompensation phase lasts a fairly short time. Gradually, the level of energy substances returns to normal and the training effect disappears.

Moreover, if you carry out the next workout before the onset of the supercompensation phase (Fig. 4, a), this will only lead to exhaustion and overtraining.

If you carry out the next training after the supercompensation phase (Fig. 4, b), then the traces of the previous work will already be smoothed out and the training will not bring the expected result - an increase in muscle mass and strength.

So, from the above it is clear that training should be carried out in the supercompensation phase.

But here we are faced with a difficult problem.

The point is that compounds and structures that are consumed or destroyed during training have different recovery times and supercompensation!

The supercompensation phase of creatine phosphate is achieved after a few minutes of rest after exercise.

The phase of supercompensation of glycogen content in muscles begins 2-3 days after training, and by this time the level of creatine phosphate has already entered the phase of lost supercompensation.

But for the restoration of the protein structures of cells destroyed during training, it may take an even longer period of time (up to 7-12 days), during which the level of glycogen in the muscles will return to the initial level.

Therefore, it is necessary first of all to decide which of these parameters is most important in terms of building strength and muscle mass, and which of them can be neglected.

Obviously, the first parameter that you need to focus on during training is the level of creatine phosphate - after all, it is they who provide muscle strength.

From here we can deduce the first rule of training: the execution of each working approach should not last more than 30 seconds.

If the load continues for more than 30 seconds, then the muscles switch to the use of glycogen, and lactic acid quickly accumulates in them.

Let me remind you that the level of creatine phosphate in the muscle is restored within a few minutes, but lactic acid, which reduces the contraction power, is completely removed from the muscle only for a few hours after training, so it is not advisable to allow the muscles to switch to glycogen use.

Training on the system of 5 sets of 5 times (5x5) just fits perfectly into this rule. In this case, the exercise lasts no more than 25-30 seconds, i.e. creatine phosphate is consumed, a little lactic acid is formed and it has time to be excreted in 5-10 minutes (for large muscles in 10-20 minutes).

But, even after 10-20 minutes of rest, lactic acid is not completely removed from the muscle (it takes several hours for the complete withdrawal of lactic acid), therefore, the developed power of muscle contraction in each subsequent approach will be slightly lower than in the previous one.

In addition, one should not forget that the strength developed by the muscle fiber and the rate of its contraction depends on the saturation of the ATP fiber. Since muscle contraction is not instantaneous and lasts for some time even with single repetitions, the result of the exercise also depends on the muscle's ability to instantly restore the level of ATP, that is, on the concentration of creatine phosphate and creatine kinase in the fiber.

The content of creatine phosphate in the muscles of athletes is 1.5-2 times higher than that of untrained people, respectively, this muscle quality lends itself to training.

This is achieved by the fact that every next approach experienced strength athletes do at the moment of supercompensation of creatine phosphate, i.e. after 4-10 minutes of rest. Such a load allows you to achieve a noticeable increase in the concentration of creatine phosphate in the muscles. True,

after a few hours, the concentration of creatine phosphate decreases significantly, but some excess of the initial level persists for up to 1-2 weeks. Therefore, in order not to lose strength results, it is important to train regularly.

As for the number of approaches, as it turned out, the turning point in the developed power occurs on average after the 5th - 6th approach in the exercise, and it is this number of approaches for training one muscle group that should be considered optimal for the purposes of maximum muscle building. mass and strength.

By the way, now it becomes clear why I disapprove of doing squats and deadlifts 20 times per set - in this case, the muscles switch to energy supply due to glycolysis, the level of lactic acid in the muscle rises sharply, which ultimately prevents the development of a high the power of the exercise. The result is not training, but vain torment (20 times per set is really painful).

The second rule of training: only basic exercises.

Heavy training, based on stimulating muscle growth by first destroying them, requires tension in the body's recovery functions. But the body has very limited plastic and energy resources and cannot divide them between all muscles. If you do not use additional "restorers" (ie anabolic steroids) during heavy training, then it would be wise to opt for a few large muscle groups and basic exercises, and not spray your strength on the entire spectrum of existing movements.

The third rule of training: every next training session should be performed in the supercompensation phase.

Since we practice training aimed at breaking down muscle fibers, then "hard" training for each muscle group should be done once every 7 days. Only in this case we will have a confident growth of muscle mass.

But in order not to lose the painstakingly increased level of creatine phosphate during training, I advise you to do two workouts per week for squats and bench press, but the second workout should not lead to the destruction of muscle fibers! Those. it should be either "light" (speed-strength training for techniques with not very heavy weight, perform

exercises at an explosive pace), or isometric (tension no more than 5-6 seconds) - only in this case, muscle fibers will not collapse, but This means that the second workout will not lead to a disruption in the recovery phase of muscle protein structures. But in turn, even such a light (or isometric) training will lead to an increase in the concentration of creatine phosphate in the muscle fiber. Those. we can safely say that the second workout per week is needed precisely for

Young athletes often take any set of 5-10 exercises and do it 3 times a week without change. You need to be clearly aware that this is the shortest path to exhaustion and overtraining. Muscles will be constantly in a state of chronic fatigue, after a short period of initial growth in strength and muscle mass, inevitable stagnation will ensue, and then exhaustion.

The fourth rule of training: as the growth of results slows down, switch to 9-12 weekly cycles.

The reason for the growth of the functional capabilities of muscles and, in particular, the growth of muscle mass is a variety of adaptive processes. During training, we shift the internal balance of the environment, after which mechanisms are triggered that seek to restore the lost balance. But gradually, these same adaptive processes lead to a decrease in the reaction of the internal environment in response to the load, and, ultimately, to a halt in training progress, i.e. to a state called "training plateau". In order to avoid muscle "getting used" to the load and to achieve constant progress in training, it is necessary to let the body wean from the load, ie. drastically reduce the weight of the bar and give the muscles rest. We must step back and then start a new offensive to the maximum weight.

The fifth rule of training: at the end of the workout, stretch the muscles that have worked.

We remember that the myofibril consists of alternating dark (myosin) and light stripes (actin filament). In physiology, it is customary to call a whole white stripe (actin thread) with two halves of black stripes on the sides (myosin) as a sarcomere.

Figure 5 shows the dependence of muscle strength on the amount of stretch (on the length of the sarcomere).

A fully rested muscle has maximum strength, while the sarcomere length is optimal - 2.2 microns.

During training, the length of the sarcomere decreases, it is felt as muscle stiffness. The strength of the muscle, as can be seen from Fig. 5, while the same decreases.

After training, the muscles remain compressed for a while.

To speed up the recovery process at the end of the workout, it is imperative to stretch the worked muscles - in this case, the sarcomere length will quickly return to normal and the muscles will again be able to develop maximum strength.

But, as can be seen from Fig. 5, excessive stretching leads to a drop in strength - when the sarcomere is stretched to 3.6 μm, the muscle strength is zero. This is why you shouldn't stretch before workouts or during workouts between exercises - this will negatively affect muscle strength. You only need to stretch strictly at the end of the workout.