



The Beginner's Guide to Fitness and Bodybuilding



What Every Beginner Should Know But Probably Doesn't

By Marc David

Visit the discussion forum at:

<http://www.discussbodybuilding.com>

Visit the fitness depot at:

<http://www.freedomfly.net>

Contact Marc at:

mrcd@freedomfly.net

I'm interested in your feedback and comments!

Copyright © 2004 Marc David

Disclaimer

Every effort has been made to ensure that this manual is free from error or problems. Though I've worked long and hard to provide accurate information, I can't take any responsibility for loss or action to any individual or corporation, acting, or not acting, as a result of the material presented here. Some links and information in this manual may change. Some images copyright

www.arttoday.com

All Rights Reserved

All rights reserved worldwide. No part of this publication may be reproduced without express written permission from the publisher.

eBook Notes

This copy is Revision 1.0, completed November 6, 2004

Medical Disclaimer

This guide is for educational and informative purposes only and is not intended as medical or professional advice. Always consult your doctor before making any changes to your diet or nutrition program. The use of diet and nutrition to control metabolic disorders and disease is a very complicated science, and is not the purpose of this eBook. The purpose of this guide is to help healthy people reach their cosmetic fitness goals by educating them on certain frequently asked questions about fitness and bodybuilding.

No health claims are made for this eBook. These nutrition and exercise programs will not help cure, heal, or correct any illness, metabolic disorder, or medical condition. The author is not a medical doctor, registered dietitian, or clinical nutritionist.

If you have diabetes, chronic hypertension, high blood cholesterol, cardiovascular disease, or any other medical condition or metabolic disorder requiring special nutritional considerations, we suggest you consult a health care professional with a clinical nutrition background (MD, RD, or CCN) for your special nutrition program.

Your nutrition plan will not be effective by itself. You must combine a good diet with an appropriate exercise program for optimal results. If you have been sedentary and are unaccustomed to vigorous exercise, you should obtain your physician's clearance before beginning an exercise program.

The American College of Sports Medicine (ACSM) recommends those apparently healthy individuals who are male and over 40 or female and over 50 to have both a physical exam and a diagnostic exercise test prior to starting a vigorous exercise program. A diagnostic exercise test and physical examination is also recommended in individuals of any age who exhibit two or more of the

major coronary risk factors (smoking, family history of heart disease, elevated blood cholesterol, elevated blood pressure, and diabetes). Any individual with a known history of heart disease or other heart problems should be required to have a medical evaluation including a graded exercise test before engaging in strenuous physical activity.

The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any of the information contained in this manual. The user assumes all risk for any injury, loss or damage caused or alleged to be caused, directly or indirectly by using any information described in this course.

Table of Contents

Table of Contents	5
<i>How to Use this eBook</i>	<i>Error! Bookmark not defined.</i>
How to Use your new eBook	Error! Bookmark not defined.
Navigation Features	Error! Bookmark not defined.
Viewing Features	Error! Bookmark not defined.
Print Features	Error! Bookmark not defined.
Links to the Web	Error! Bookmark not defined.
<i>Preface and Dedication</i>	9
What's Important to You?	9
What Can You Really Change?	Error! Bookmark not defined.
Getting Started with Bodybuilding	Error! Bookmark not defined.
Bodybuilding on a Budget	11
Is it important to workout every muscle group?	Error! Bookmark not defined.
Is bodybuilding healthy? Will it improve my lifestyle or hurt it?	Error! Bookmark not defined.
How do I keep myself motivated to reach my goals?	Error! Bookmark not defined.
Basics of Gym Etiquette	Error! Bookmark not defined.
<i>Your Nutrition</i>	12
What will I learn about Nutrition in this book?	12
RDA	Error! Bookmark not defined.
Types of Diets:	Error! Bookmark not defined.
Nutritional Fundamentals:	Error! Bookmark not defined.
Two Sources for some advanced body manipulation	Error! Bookmark not defined.
What are good sources of protein? Carbohydrates? Fats?	Error! Bookmark not defined.
What is Burn the Fat, Feed the Muscle?	13
Can I get rid of fat in a certain area by spot reducing?	Error! Bookmark not defined.
How can I measure my progress?	Error! Bookmark not defined.
How can I get rid of the gut or fat around a particular area (love handles)?	Error! Bookmark not defined.

What good are fish oil and flax oil? _____ **Error! Bookmark not defined.**

What is a good baseline fat burning, muscle-feeding menu? ___ **Error! Bookmark not defined.**

What about Atkins and other low carb diets? _____ **Error! Bookmark not defined.**

What is ketosis? _____ **Error! Bookmark not defined.**

How much water should I be drinking per day? _____ **Error! Bookmark not defined.**

How do I put on lean muscle mass and will I gain fat? **Error! Bookmark not defined.**

What is a simple homemade weight gainer shake? ___ **Error! Bookmark not defined.**

How much protein do I need a day? _____ **Error! Bookmark not defined.**

Can the body absorb more than 30g of protein per meal? _____ **Error! Bookmark not defined.**

Can taking too much protein be harmful? _____ **Error! Bookmark not defined.**

How many meals should I eat per day? _____ **Error! Bookmark not defined.**

Is there a method to keep my muscle but really get rid of fat quickly in 30 days? **Error! Bookmark not defined.**

Two Sources for some advanced body manipulation ___ **Error! Bookmark not defined.**

How do I calculate my calorie needs? (With serious competition info) _____ **Error! Bookmark not defined.**

How can I retain muscle but reduce my body fat? _____ **Error! Bookmark not defined.**

Can you put on muscle and lose fat at the same time? **Error! Bookmark not defined.**

If I'm going to "bulk" can you give me suggestions on what I need to do? Is there a bulking guide? _____ **Error! Bookmark not defined.**

I'm an ectomorph and I have trouble gaining weight, how can I bulk? _____ **Error! Bookmark not defined.**

Sports Supplements _____ *Error! Bookmark not defined.*

How does a supplement become a supplement? _____ **Error! Bookmark not defined.**

Who has the responsibility for ensuring that a dietary supplement is safe? _____ **Error! Bookmark not defined.**

How can you cut thru the hype and marketing? _____ **Error! Bookmark not defined.**

What are some of the basic foundational supplements that are recommended? ___ **Error! Bookmark not defined.**

Basic Supplementation: _____ **Error! Bookmark not defined.**

When do you go beyond the basics? _____ **Error! Bookmark not defined.**

Some popular supplements _____ **Error! Bookmark not defined.**

What supplements should I take to achieve my goals? **Error! Bookmark not defined.**

Recommended Supplements: _____ **Error! Bookmark not defined.**

Does NO2 work? _____ **Error! Bookmark not defined.**

Can a weight gainer make you fat? _____ **Error! Bookmark not defined.**

Creatine F.A.Q _____ **Error! Bookmark not defined.**

Should teens take Creatine? (18 and under) _____ **Error! Bookmark not defined.**

Is Creatine a Steroid? _____ **Error! Bookmark not defined.**

What's the difference between creatine monohydrate and products like V12 and Swole? _____ **Error! Bookmark not defined.**

Can I make my own creatine transport system? _____ **Error! Bookmark not defined.**

Pro-Hormones, Not Just Another Supplement _____ **Error! Bookmark not defined.**

What are pro-hormones? _____ **Error! Bookmark not defined.**

I'm under 18; do you think pro-hormones are for me? _____ **Error! Bookmark not defined.**

How long does a pro-hormone cycle last? _____ **Error! Bookmark not defined.**

What is a popular stack? _____ **Error! Bookmark not defined.**

Where can I find more information on Pro-Hormones? _____ **Error! Bookmark not defined.**

Training _____ *Error! Bookmark not defined.*

Some popular training programs _____ **Error! Bookmark not defined.**

Ectomorph _____ **Error! Bookmark not defined.**

Endomorph _____ **Error! Bookmark not defined.**

Mesomorph _____ **Error! Bookmark not defined.**

Combinations _____ **Error! Bookmark not defined.**

What is Max-OT? _____ **Error! Bookmark not defined.**

What is German volume training? _____ **Error! Bookmark not defined.**

How Can I Increase My Bench Press? _____ **Error! Bookmark not defined.**

What is a good program for a beginner? _____ **Error! Bookmark not defined.**

Just how important is a training partner? _____ **Error! Bookmark not defined.**

What is the right way to do a particular exercise? _____ **Error! Bookmark not defined.**

Abdominal Training –“Abs” _____ **Error! Bookmark not defined.**

What are some good body weight only exercises I can do when I'm traveling? _____ **Error! Bookmark not defined.**

Women's weightlifting _____ **Error! Bookmark not defined.**

Won't weightlifting make me bulky? _____ **Error! Bookmark not defined.**

Can I work out when pregnant? _____ **Error! Bookmark not defined.**

Don't I just want to tone? _____ **Error! Bookmark not defined.**

How should my workouts be different if I'm 40+? ___ **Error! Bookmark not defined.**

Over the hill at forty years of age? Only if you choose to be! ___ **Error! Bookmark not defined.**

What are some good dumbbell exercises? _____ **Error! Bookmark not defined.**

Should I use unequally weighted dumbbells to be able to complete the exercise with the failure occurring at the same time? _____ **Error! Bookmark not defined.**

What is HIT? _____ **Error! Bookmark not defined.**

What is HIIT? _____ **Error! Bookmark not defined.**

What are some classic overtraining symptoms? _____ **Error! Bookmark not defined.**

Should I really take a break every now and again? ___ **Error! Bookmark not defined.**

How often should I work out a body part? _____ **Error! Bookmark not defined.**

Do heavy reps build muscle and light reps burn fat and tone? ___ **Error! Bookmark not defined.**

How do I get a 6-pack? _____ **Error! Bookmark not defined.**

Are there any tips and techniques to training? _____ **Error! Bookmark not defined.**

What is the most efficient workout routine so I get growth but plenty of recovery?
_____ **Error! Bookmark not defined.**

Should I workout differently if I'm an ectomorph or an endomorph? **Error! Bookmark not defined.**

How important is the mental aspect of training? _____ **Error! Bookmark not defined.**

Additional Fitness Resources _____ *Error! Bookmark not defined.*

Is there someplace I can find unbiased information on a particular supplement? **Error! Bookmark not defined.**

Are there any online sites to track my diet and/or track my workouts? _____ **Error! Bookmark not defined.**

Where can I learn a lot more about nutrition? _____ **Error! Bookmark not defined.**

Are there really any Trainer's Secrets? _____ **Error! Bookmark not defined.**

Where can I find more information on protein? _____ **Error! Bookmark not defined.**

Conclusion _____ *Error! Bookmark not defined.*

What Do You Think? _____ **Error! Bookmark not defined.**

About the Author _____ 17

Affiliate Program _____ **Error! Bookmark not defined.**

Members and Authors: _____ **Error! Bookmark not defined.**

Glossary _____ *Error! Bookmark not defined.*

Preface and Dedication

What's Important to You?



When people start their fitness quests, it seems like there are so many possible routes for them to take. Confusion sets in as they realize there are so many options. Which path should they take? Keeping in mind the heading of this section, it's **what's important to you**. And since asking the question recently in various forums, newsletters and personal messages, the most important things to you are outlined below.

These are some of the very best posts, articles and questions I found in the various categories of bodybuilding. While it does not cover every aspect of the sport, it covers the major areas of concern. There's certainly some great information contained in these sections that will really help you get things figured out for you. The purpose of the compilation is to save you time and hours of research. The information contained in these pages encompasses a sixteen-year journey of experiences and a considerable amount of searching and researching on the Internet. By simply having this in front of you or printed out, you will be privy to some of the best places to continue your understanding of bodybuilding and fitness.

Why did I put this together? There are a few reasons for doing such. First, I really wanted to capture the talent on Discussbodybuilding in a quick, searchable format. As more and more posts become available, new sections to this guide will be added or new posts will be added to existing sections. Second, when a new member or guest visits Discussbodybuilding, I want them to get what they really want. Information. Quickly. Information that either answers their questions or gets them thinking in the right direction and challenges them to discuss the topics further. The experiences I've had the last 16 years in this

sport I believe can be put down in an electronic format and help out others who need to find their way.

Bodybuilding has many meanings. And depending on your goals, it might mean something else to you. However, this guide should be a great starting point for those new to the sport or for those of you who are in need of some information in a particular section.

I hope this guide provides you with some good information in which to begin your journey. After all, it's what's important to you.

Best wishes,

A handwritten signature in black ink that reads "Marc David". The signature is written in a cursive, flowing style.

Marc David

Bodybuilding on a Budget

While I don't want to give away this secret as I'd be going down the path of Tom Venuto and telling it like it is, after 16 years of bodybuilding the single biggest difference in my muscle composition came from not the magic pills or powders



but from the fridge that I never really bothered with at my house growing up. Yes it's true. You can body build successfully as a natural lifter for under \$35 in supplements a month. How?

Get yourself a good whey protein. Get yourself a good multi-vitamin. Spend the rest of the money on high quality foods and prepare them at home. If you are unsure of these foods, you might consider spending the \$40 you would have used for NO2 on something like [Burn the Fat, Feed the Muscle](#). That book alone will probably put 5-10lbs of muscle on you in 3 months if you follow it religiously. And it's perfect for losing fat as well as maintaining the muscle.

Really, most people look for that 3% (supplements) but the other 97% (diet, training), which are free, are nowhere near perfection. By working on the 97% you will see far better gains. Once you have diet and training correct, the 3% from supplements will make a massive difference in your life. Heck, if you are a great cook, you can usually get away with one protein shake after your training session and get the rest of your protein requirements from lean protein sources called real food. **The sport of bodybuilding does not have to be expensive.**

SIDEBAR

Most people really don't believe this part. They think that you have to spend a fair amount of money on supplements a month and that simply isn't true. You will, however, end up spending a fair amount on groceries! As you get more advanced and try various products, this may change. But the beginner should not worry about this. Go with the basics and get started right.

Your Nutrition

When it comes to nutrition, it seems like just about everybody is confused. It's such a daunting task, almost like writing a book. Where do you start? How do you find out the basics? What are the nutritional fundamentals? Are there a lot of them? Shouldn't we just all know this somehow? Really there are no secrets here. This section is the 80% that you should know but probably don't.

It wasn't until my late thirties that I finally figured out just how important this nutrition aspect really was to my training. Ever since I was sixteen years old, I would mix bad tasting and even worse mixing protein powders in hopes of packing some muscle on. I'd be overjoyed when I would weigh an extra five pounds three weeks later.

Looking back, I knew nothing about nutrition. And I didn't really sit down to figure it out. I went straight for the 3% when I should have been focusing on the 97%, which is diet and training. While I was mixing those shakes at the sink, right behind me was a fridge full of food. And yet I drove downtown to the local GNC rather than figure out how to cook a chicken breast. Let's end this tale and hope that those who read this can start off right.

What will I learn about Nutrition in this book?

It would be a misnomer if I lead you to believe this book was all about nutrition. It's not. There's another book that tells you the 80% of what you need to know.

The exact meal plans and when to eat, different methods of cardio and how proteins and carbohydrates interact with your body. It's called [Burn the Fat, Feed the Muscle](#) and it's by Tom Venuto. You can either find out more from his site or read a really in-depth review. Moving on, there are still some basics about nutrition you should understand.

What is Burn the Fat, Feed the Muscle?

A Review of Burn the Fat, Feed the Muscle

By Marc David

www.freedomfly.net

Disclaimer

Yes, I bought it. It wasn't given to me. Yes, I've been reading it and I did print it out. I was not paid to review this. I'm not affiliated with Tom's book or site in any way. This is my own review of the book.

Over the course of the last few months, I've become 80% more educated on the aspects of nutrition and which foods that burn fat are available to me. This fat burn concept didn't just come to me. Nor did I search countless Google sites to find it. I happened upon the Burn the Fat, Feed the Muscle e-book written by Tom Venuto. With this 357-page book, I didn't get any secrets revealed. Nor was there something that nobody knew and I happened to be a very lucky person to have this in my possession. What I did get was the 80% of nutrition that we think we all "just know" via common sense. If it's so common, why is the weight loss industry in the billions of dollars a year for the newest, hottest, fat burn products? Because the simple fact is, we should know but we don't know.

Burn the Fat, Feed the Muscle is a pretty simple concept. You eat the right food combinations, your body becomes more thermogenic, more calories are burned and you keep the muscle but you start to burn off the fat. It's a simple concept, really. However, most individuals don't know which foods or why such foods would be important. They are uncertain of what types of food burn fat and what

quantities they need. While the rest of the world is looking for the magic pill or the right powder or the latest ab belt, this 357-page e-book on Burn the Fat, Feed the Muscle will be your reference guide for life. This book is something you read, print out, bind, and keep on your shelf.

Tom shows us the best way to burn fat is by eating more, eating more frequently and eating the right combinations of food that burn fat. In his 357 pages, it's very clear and it's a no b.s. approach to learning about nutrition. Some of the concepts and impressions I received when reading this e-book were:

- ❖ Burn the Fat, Feed the Muscle is truthful, unbiased and objective.
- ❖ Burn the Fat, Feed the Muscle is not a very low calorie or starvation diet.
- ❖ Burn the Fat, Feed the Muscle is not just a nutrition program; it merges nutrition with exercise—a combination essential for permanent fat loss.
- ❖ Burn the Fat, Feed the Muscle is not a generic “one-size-fits-all” program - it's individualized for your goals and your body type.
- ❖ Burn the Fat, Feed the Muscle is based on real food you can find right in your local supermarket - no supplements or shakes are required.
- ❖ Burn the Fat, Feed the Muscle is based on real world results.

What Tom says?

“Burn the Fat, Feed the Muscle” (BFFM) is a 337-page fat-burning success manual in e-book format jam-packed cover to cover with all the fat destroying methods previously known by only a small handful of the worlds best fitness models and bodybuilders. This program contains all the information you'll ever

need to help you shed body fat permanently without muscle loss and without using drugs or unnecessary supplements.”

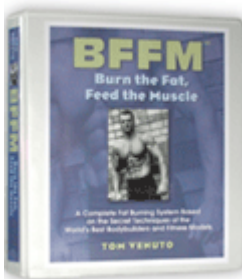
As I went through the various chapters, I learned about the essential fats, how to calculate the calories I needed to gain weight slowly (muscle) or lose weight (burn the fat). There were chapters on protein, carbohydrates, and how to make my cardio sessions more efficient. It's all laid out very clearly. As the author claims, Burn the Fat is simple... But it's not a simple program. Meaning, the text is clear, the concepts are easy, it's a fun and easy read but making a lifestyle change takes commitment and motivation. The best way to burn fat is clearly laid out and documented in this e-book. The path is very easy to follow. But it is up to the reader to follow it.

Fat Burn. It's what everybody ultimately wants to know. If you are trying to lose weight, you'll want to burn the fat but keep that precious muscle. Many times people just want to drop pounds. They lose water, fat and muscle. Tom doesn't confuse the two terms. **Losing weight and burning fat are not the same concepts.** If you are competitive athlete who needs to shed the extra pounds from a bulk diet, this book is for you. If you are in high school, eating three times a day, wanting to gain weight for football season and looking for supplements, this book is for you. If you want to maintain the muscle and burn the fat, this book is for you.

After running a bodybuilding website called Discussbodybuilding.com, the number one mistake I see people making (because I made it myself at 16) is a diet that is improper for their goals and looking for a supplement to make it work. There's no need to spend any more than this book and whatever your grocery bill might be. Stop looking past the fridge to the latest hype in powders and pills. The entire industry has you fooled if you do. If you get your diet correct, supplements will work for you. If not, you are wasting your money when the foundation is cracked.

How does the body burn fat? In a nutshell, by eating the foods that make your body expend more energy burning them, you are raising your metabolic rate. By raising your rate, you are burning up more calories. By burning up more calories, you can put yourself in a calorie deficit (just a small one). By doing this, you burn fat, but you preserve the muscle. Many weight loss programs focus on shedding pounds. **So you lose fat, you lose water and you lose muscle**- Very inefficient. And you end up literally starving and falling off the diet because your will power isn't strong enough. If you simply followed this plan, you would lose weight at a reasonable pace without making any drastic changes, while feeling so great that it won't feel as if you are making a giant sacrifice.

The best ways to burn fat are simply contained in the chapters of this 357-page e-book called [Burn the Fat, Feed the Muscle](#). There are no secrets revealed. It's a clear, concise, guideline that will help you create the eating plan you need to reach your goals. This book isn't about hype. It's not about b.s. It's honest, clearly written and a wonderful resource about nutrition that nobody really teaches you. You should know the basics of nutrition. And you shouldn't need a science degree to understand this. Tom writes this book for us. If you are looking to burn fat and feed muscle, this is an excellent book that I highly recommend.



[Burn the Fat, Feed the Muscle \(BFFM\)](#)

About the Author



I was very much going to write this section in the 3rd person. But after careful consideration and the fact the whole eBook has flowed so well, it seemed very out of place. So excuse me for committing what I'm sure is to be some sort of writer's flaw when I type these words.

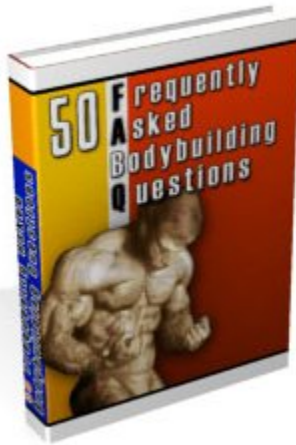
Always being the classic ectomorph and starting this journey without the Internet, my only real sources of information were fitness magazines and whatever else I was told. I stumbled around, trying many programs, trying various potions and pills in hopes maybe I would make some gains. Committing the sin of not tracking my workouts or having a plan was something I did daily and for many years. I simply did not know. I would have been the biggest benefactor from my own eBook.

Over the last 16 years, I've documented and remembered what it was like to be a beginner. I've surfed hundreds of sites. I've talked to many people. And I've tried many programs. I've committed many of the errors of a beginner and probably still do.

Recently, I've become an administrator and founder (partnered with Supplements101) of Discussbodybuilding.com, a new forum dedicated to help first timers who need to get on the right path to learning. My fitness site, Freedomfly.net has become a great place for general fitness compilations and collections to works that benefit anybody on a fitness quest. And I've now written my first eBook on fitness and bodybuilding from a 'person who's been there, done that' but who's always been a beginner. My single greatest hope is to just help one person get started the right way as quickly as possible.

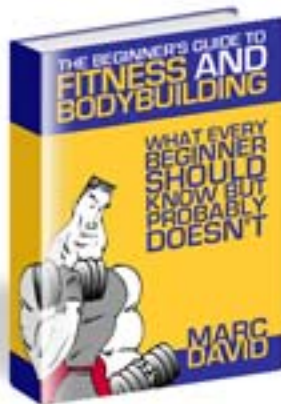
Ready to Order?

ORDER TODAY and you'll also receive the following FREE bonus



BONUS #1: 50 Frequently Asked Bodybuilding Questions. When you run a major bodybuilding forum like Robert DiMaggio does at IronMagazine.com, you are going to get some questions. With over 7000 members, Robert's seen some of the most frequently asked questions when it comes to bodybuilding and fitness. This 70 page guide should be another Infoproduct itself. These 50 questions are very popular and fully answered. This addition alone is worth another \$19.99. But it is yours FREE, with the purchase of the Beginner's Guide to Fitness and Bodybuilding.

Here's What You Need to Do..



1. The first thing you need to do is make sure you know your goals and that you are committed to doing everything possible to learn more and understand that your goals are unique.
2. Now simply order with your credit card over our secure server provided by Clickbank. Remember if you get the download you will need a free copy of [Acrobat Reader](#) to view the PDF file.

The Beginner's Guide to Fitness and Bodybuilding - Download as a PDF

Price: \$19.99

Click Here to Place Your Order



Sincerely,

Marc David

mrcd@freedomfly.net

P.S. If you order today you will be added to a special customer list. Any additions to the e-book, updates, or new bonus items will be announced to this list. You will be able to download them as if they were available when you purchased. Think of this as a one time purchase but a **LIFETIME** of upgrades.

P.S.S. This e-book is the 80% basic fundamentals we are all told we should know, but we don't. It's put into this book to save you time and hours of research.