Gain a Pound of Muscle Every Week

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By: Adam Campbell

Maybe you’ve had sand kicked in your face. Maybe you’ve lost one too many attainable
to beefier guys. Or maybe you’ve read so much about weight loss that actually
admitting you want to gain weight is a societal taboo. Whatever the reason, you want to
bulk up. Now.

But forget about your alleged high-revving metabolism, says Doug Kalman, R.D., director of
nutrition at Miami Research Associates. “Most lean men who can’t gain muscle weight are
simply eating and exercising the wrong way,” he says.

Here’s your fix: Follow these 10 principles to pack on as much as a pound of muscle each
week.

Maximize Muscle Building

The more protein your body stores—in a process called protein synthesis—the larger your
muscles grow. But your body is constantly draining its protein reserves for other
uses—making hormones, for instance. The result is less protein available for muscle
building. To counteract that, you need to “build and store new proteins faster than your
body breaks down old proteins,” says Michael Houston, Ph.D., a professor of nutrition at
Virginia Tech University.

Eat Meat

Shoot for about 1 gram of protein per pound of body weight, which is roughly the
maximum amount your body can use in a day, according to a landmark study in the
Journal of Applied Physiology. (For example, a 160-pound man should consume 160 grams
of protein a day—the amount he’d get from an 8-ounce chicken breast, 1 cup of cottage
cheese, a roast-beef sandwich, two eggs, a glass of milk, and 2 ounces of peanuts.) Split the
rest of your daily calories equally between carbohydrates and fats.

Eat More

In addition to adequate protein, you need more calories. Use the following formula to
calculate the number you need to take in daily to gain 1 pound a week. (Give yourself 2
weeks for results to show up on the bathroom scale. If you haven’t gained by then, increase
your calories by 500 a day.)

A. Your weight in pounds.
B. Multiply A by 12 to get your basic calorie needs.
C. Multiply B by 1.6 to estimate your resting metabolic rate (calorie burn without factoring in exercise).
D. Strength training: Multiply the number of minutes you lift weights per week by 5.
E. Aerobic training: Multiply the number of minutes per week that you run, cycle, and play sports by 8.
F. Add D and E, and divide by 7.
G. Add C and F to get your daily calorie needs.
H. Add 500 to G. This is your estimated daily calorie needs to gain 1 pound a week.

Work Your Biggest Muscles

If you’re a beginner, just about any workout will be intense enough to increase protein synthesis. But if you’ve been lifting for a while, you’ll build the most muscle quickest if you focus on the large muscle groups, like the chest, back, and legs. Add squats, deadlifts, pullups, bent-over rows, bench presses, dips, and military presses to your workout. Do two or three sets of eight to 12 repetitions, with about 60 seconds’ rest between sets.

Have a Stiff Drink

A 2001 study at the University of Texas found that lifters who drank a shake containing amino acids and carbohydrates before working out increased their protein synthesis more than lifters who drank the same shake after exercising. The shake contained 6 grams of essential amino acids—the muscle-building blocks of protein—and 35 grams of carbohydrates.

“Since exercise increases bloodflow to your working tissues, drinking a carbohydrate-protein mixture before your workout may lead to greater uptake of the amino acids in your muscles,” says Kevin Tipton, Ph.D., an exercise and nutrition researcher at the University of Texas in Galveston.

For your shake, you’ll need about 10 to 20 grams of protein—usually about one scoop of a whey-protein powder. Can’t stomach protein drinks? You can get the same nutrients from a sandwich made with 4 ounces of deli turkey and a slice of American cheese on whole wheat bread.

But a drink is better. “Liquid meals are absorbed faster,” says Kalman. So tough it out. Drink one 30 to 60 minutes before your workout.

Lift Every Other Day

Do a full-body workout followed by a day of rest. Studies show that a challenging weight workout increases protein synthesis for up to 48 hours immediately after your exercise session. “Your muscles grow when you’re resting, not when you’re working out,” says Michael Mejia, C.S.C.S., Men’s Health exercise advisor and a former skinny guy who packed on 40 pounds of muscle using this very program.

Down Carbs After Your Workout

Research shows that you’ll rebuild muscle faster on your rest days if you feed your body carbohydrates. “Post-workout meals with carbs increase your insulin levels,” which, in turn, slows the rate of protein breakdown, says Kalman. Have a banana, a sports drink, a peanut-butter sandwich.
Eat Every 3 Hours

“If you don’t eat often enough, you can limit the rate at which your body builds new proteins,” says Houston. Take the number of calories you need in a day and divide by six. That’s roughly the number you should eat at each meal. Make sure you consume some protein—around 20 grams—every 3 hours.

Make One Snack Ice Cream

Have a bowl of ice cream (any kind) 2 hours after your workout. According to a study in the *American Journal of Clinical Nutrition*, this snack triggers a surge of insulin better than most foods do. And that’ll put a damper on post-workout protein breakdown.

Have Some Milk Before Bed

Eat a combination of carbohydrates and protein 30 minutes before you go to bed. The calories are more likely to stick with you during sleep and reduce protein breakdown in your muscles, says Kalman. Try a cup of raisin bran with a cup of skim milk or a cup of cottage cheese and a small bowl of fruit. Eat again as soon as you wake up. “The more diligent you are, the better results you’ll get,” says Kalman.

7 Ways to Never Have a Heart Attack

By: Ted Spiker

Gamblers, weathermen, and Dionne Warwick aren’t the only people who try to make a living predicting the future. Doctors do, too. Just as a gambler might gather stats like Sammy Sosa’s slugging percentage on Thursday games at home when the wind is less than 15 mph, a doctor gathers vital information to try to determine the odds on your health.

For years, physicians focused on basic measures, such as blood pressure, weight, and cholesterol. But recently, more and more studies have shown that there’s a new MVP (most valuable predictor) when it comes to forecasting heart disease. It’s a substance that sounds like a grunge-rock band: C-reactive protein (CRP).

Though it was discovered in 1930, only in the past several years has CRP been shown to be important. Doctors now know that CRP helps measure chronic inflammation and the overall health of your arteries. The higher your CRP level, the more at risk you may be for heart disease—even if your other indicators look normal.
"Half of all heart attacks and strokes in the United States each year occur among people with essentially normal cholesterol levels," says Paul Ridker, M.D., a professor of medicine at Harvard medical school. “There’s more to heart disease than just lipids. In addition to the problem of cholesterol, there’s the problem of the immune system or the inflammation response.”

A heart attack occurs when plaque ruptures inside your blood vessels. But that rupturing hinges not just on how much plaque you have but also on the degree of inflammation, Dr. Ridker says. Your level of CRP—measured by a simple blood test—helps detect this condition so you can predict whether you're in danger of cardiovascular disease and stroke. “You can be at quite a high risk of both despite having normal cholesterol,” Dr. Ridker says. “Even people with low cholesterol but high CRP are at high risk.”

Luckily, just as you can with cholesterol and body fat, you can take steps to shrink your CRP. “If you have your CRP measured in your 20s and 30s, you can prevent heart disease and strokes in your 50s and 60s,” Dr. Ridker says. Aside from drugs such as statins, lifestyle changes are the best way to whittle down your CRP and, more important, snuff the flames before they snuff you.

### Pop a Multivitamin

A grande cappuccino isn’t the only thing you’d better slug down before you go to work. A study in the American Journal of Medicine showed that people who popped a multivitamin each morning for 6 months decreased their CRP by 0.7 milligrams per liter (mg/l). And a University of California at Berkeley study found that people who took 500 mg of vitamin C saw a 24 percent drop in CRP after just 2 months.

Arch Mainous, Ph.D., a professor of family medicine at the Medical University of South Carolina, says CRP levels are connected to the amount of stress caused by free radicals in your body. “Vitamins C and E decrease the oxidative stress,” he says.

Take 500 mg of a vitamin C supplement, or a multivitamin like GNC Men's Mega Men, which contains one of the highest levels of vitamin C (300 mg) in a multi. Another way to swallow more C: cherries.

In a small study published in the Journal of Nutrition, people who ate two daily servings of cherries lowered their CRP by 16 percent.

### Trust Your Greek Friends

Whether for your car, your uncle's hair, or your arteries, the right kind of oil can make everything run smoothly. A recent study at the University of Athens in Greece found that people who most closely followed a Mediterranean diet—one rich in olive oil—had CRP numbers 20 percent lower than those of their less oily brethren.

“We believe olive oil helps turn off the gene that makes the pro-inflammatory molecules that attach to your arteries,” says Michael Roizen, M.D., a professor of medicine at SUNY Upstate Medical University and author of Real Age: Are You As Young As You Can Be?

Dr. Roizen suggests taking in 25 percent of your daily calories from monounsaturated fats, with an emphasis on olive oil as the source. One way to sneak it in: breakfast. Take a tablespoon of olive oil and mix in the spice of your choice—oregano if you like Italian food, red pepper if you like things spicy—then spread it on your toast, bagel, or English muffin. Or use it instead of butter when you're cooking eggs.

### Floss Like a Fiend

There’s a price to pay for a dirty mouth. One study in the Journal of Periodontology shows
that the inflammatory effects of periodontal disease also cause inflammation of your arteries; signs of disease in multiple spots in your mouth can hike CRP by 14 percent.

“The bacteria that cause gum disease, we think, set up an immune reaction that attacks your arteries,” Dr. Roizen says. Floss daily, and make regular dentist appointments so hygienists can remove plaque.

Note: If you can’t stand flossing, at least rinse nightly with Listerine or a store-brand equivalent containing thymol, eucalyptol, menthol, and methyl salicylate. Recent research shows that this swish-and-spit protocol can be just as effective as flossing at fighting gum disease.

Build a Salmon Burger

Yet another bullet point to add to fish oil’s already impressive resume: “Lowers CRP.”

In a new Harvard study, people who consumed the most omega-3 fatty acids (1.6 grams per day) had 29 percent lower CRP readings than those who ate the least. “Omega-3 fatty acids may decrease hydrogen peroxide, which plays an important role in the inflammatory process,” says study author Esther Lopez-Garcia, Ph.D.

Good sources of omega-3s include flaxseed, walnuts, sardines, tuna, and, of course, salmon. And though wild salmon is tops for taste, the canned kind is better at lowering CRP. “Canned salmon is packed in vegetable oils that also contain omega-3s,” says Lopez-Garcia.

Here’s how to get your health on a roll: Drain the liquid from a 6-ounce can of pink salmon and dump the fish into a bowl. Mix well with one Egglands Best egg (fortified with 150 mg omega-3s), 1/4 cup of diced red onion, and a tablespoon of bread crumbs. Form into two patties and dredge in additional bread crumbs. Bake at 350 degrees for about 20 minutes. Slip the patties inside whole-wheat buns.

Cut the Fuel Supply

We already know what kind of damage fat can do—both to your body and to subway turnstiles. Losing that fat by cutting calories is an important way to put the squeeze on CRP.

In a Wake Forest University study, those who cut calories and lost weight reduced their CRP by 6 percent over an 18-month period, says study author Barbara Nicklas, Ph.D. She speculates that the body reduces inflammation because it’s not being stoked with excess calories.

Nicklas says that firing up your metabolism with interval training can also help decrease inflammation.

Try this track workout: After warming up, run a quarter of the way around a track (about 100 meters) at close to sprint pace. Rest until you recover, then run 200 meters as fast as you can at a near-sprint pace. Rest, then do 300 meters. Rest, then do 400 meters. Now come back down the ladder—300 meters then rest, 200 then rest, and finally 100 meters.

Eat Fiber, Fiber, and More Fiber!

Leave the Froot Loops for the kids and reach for the All-Bran. In a study published in the Journal of Nutrition, the odds of having high levels of CRP dropped by 40 percent for those people who had the most fiber during the day.

Possible reasons include fiber’s impact on insulin and its ability to bring down cholesterol.
and blood pressure. “It’s also possible that fiber may have an independent effect through other processes,” says study author Umed Ajani, M.D.

Whatever the reason, consume your recommended 20-plus grams (g) of fiber with the ABC method: Each day, eat an apple (3 g), two slices of whole-grain bread (4 g), and a large bowl of fiber-rich cereal such as All-Bran (13 g).

Go Out with the Guys

Catch Monday Night Football together and the social interaction may help you beat another CRP booster: depression.

According to a Johns Hopkins University study, men who were depressed had a 64 percent chance of having higher levels of CRP, and a new Duke study showed that people with moderate symptoms of depression had two times higher CRP numbers than their light-hearted counterparts. The causes aren't clear, but depression may boost norepinephrine, a stress hormone that triggers chronic inflammation.

Bonus: Down a beer with the boys and you may lower your CRP even further, according to a study published in the journal *Atherosclerosis.*

7 Ab Exercises That Actually Work

By Steven Morris

If you're a regular reader of Testosterone — meaning you actually read the articles every day and don't just skim down to the Vixen du Jour — you likely know that the whole "core" training concept is pure marketing hype.

Think about it: In the golden days of Muscle Beach and the Venice boardwalk, guys trained their midsections with sit-ups, crunches, and various lifting movements, and they probably had much stronger abs than most people walking around today.

Still, core training is an easy sell: After a few crunches, you can feel the “burn.” Too bad that's lactic acid you're feeling, not progress!

Here's an analogy: suppose you walked into an 8 x 8 foot room filled with a million mosquitoes, armed with only a pair of fly swatters. After 10 minutes, you'd probably have torched a few hundred thousand of the bloodsuckers and built up one heck of a triceps pump. But how effective would such a “workout” be if your goal was to build up your triceps? Well, that's doing about as much for your arms as nouveau core training is for your abs.

Now it's definitely important for just about everyone to work his or her midsections. The benefits are overwhelming: improved posture, more stable midsection, better movement, and eliminating lower back pain. However, this can be accomplished in five to ten minutes per workout, with a few simple, non-retarded exercises.

Below are seven such movements. They're all guaranteed to improve your looks, your lifts, and your lower back health — without leaving you looking like the latest infomercial victim.

1. Standing Cable Crunch

As athletes we perform standing up, so why do so many magazines only recommend exercises performed while lying down? They'll usually say that this is done in some half-ass
attempt to “isolate” the abs. This explanation is a) wrong, and b) retarded. First, the abs don’t need to be isolated. They function as a stabilizer in most athletic functions. Second, trying to take the hip flexors out of all ab training movements is asking for trouble. Sure, if you’re after only aesthetics, then isolating is a good idea at times — but always isolating can be problematic to long-term health. The hip flexors and abs were designed to work together, so they should be trained together most of the time!
The Standing Cable Crunch is a perfect exercise to involve the abs in a dynamic fashion while standing.

The Setup
Simply attach a rope or strap to a high pulley station, walk out a step or so, and bend forward in a forceful but controlled manner. Return to the top slowly, flex, and explode down. You can change up the attachments and foot placements to change the exercise. Do 3 to 5 sets of 5-10 reps. Yes, that’s a far cry from the 500-rep nonsense the core training divas talk about. There’s a reason for this: the abs are muscles — so train them like muscles! Don’t be afraid to put some weight on the stack.

2. Full Contact Twist
I learned about this exercise years back from Pavel Tsatsouline. It’s an excellent movement for the obliques and abs. Forget standing on a Swiss ball; the FCT is functional ab training! I’ve found that this exercise not only strengthens the abs but also helps with the ability to “pop” the hips. Both seasoned MMA fighters and weekend warriors who like to throw the occasional drunken punch at closing time will find this exercise helpful.

The Setup
Load one side of a barbell and stick the unloaded end in a corner or the corner of your rack. Stand to the left of the bar, facing it; the bar is perpendicular to your feet at this point. Grab the bar’s sleeve and tighten your body, pivot and turn the bar until you almost face the corner. Keep your elbows locked throughout. When you reach the other side, reverse motion.
- Keep your abs tight the entire time and lift slowly and smoothly. Do not jerk or speed through this lift!
- Don’t twist your back while doing the FCT; it should be a smooth motion. Lower under control then flex and rotate back to the other side.
Again, 3 to 5 sets x 5 – 10 reps seems to work best. Add weight slowly; the majority of form problems I’ve seen have resulted from adding too much weight too quickly.

3. Bench-Press Sit-Up
This is a great movement to really overload your abs; don’t be afraid to go heavy on this one. This is the type of movement that’ll pay huge dividends when it comes time to attempt a max squat or deadlift because you’re exposing your abs to way more weight than you ever could with a simple crunch, or even weighted crunches.

The Setup
Simply set up as you would in a floor press or on a bench as in a bench press. Keep the bar locked out at arms’ length and do a crunch. Don’t let the arms drift back or forward. Concentrate on keeping the bar locked-in and flexing the hell out of your abs.
- Use dumbbells or kettlebells to crank up the intensity and place a different stress on the muscles.
- Try using one dumbbell or Kettlebell at a time to further increase intensity.
- Hold the top position for a second before returning to the starting position. Do 3 sets of 6, but really load up the bar and go heavy!

4. Suitcase Deadlift
Let’s not forget the obliques. The average side bend just doesn’t cut it when it comes to building a truly strong midsection. For anyone who wants to deadlift or squat real weights, the obliques must be strong.
The Suitcase Deadlift is old school and brutal. I've seen some very strong people humbled the first time they've tried this exercise.

The Setup
This movement is best done off the floor, but if you're having trouble, you can set the bar at about mid-shin level in the rack.

Stand to the side of the bar. Bend and set yourself in the same position you would to deadlift (back flat, chest up) and pick it up just as you would a suitcase. You can also use a Farmer's Walk bar if you have access to them.

Keep your abs flexed and your lower back tight throughout the movement. If you start twisting, stop and take some weight off the bar.

Three to 4 sets of 5 reps is sufficient with this toughie!

5. Pitch Fork Lift
Most of you have probably never done this lift before. The Pitch Fork Lift (sometimes called the Shovel Lift) comes from Steve Justa, author of *Rock, Iron, Steel*, and is true functional training. It works the obliques as hard as any other movement I've ever come across.

If you've been having trouble with falling forward in the squat or haven't been able to properly push out against your belt when squatting or deadlifting, this movement will push your personal records to new heights.

The Setup
This one's easy to set up and perform. Load one end of an Olympic bar. Now, grab the unloaded end with one hand and place the other hand at about the midpoint of the bar. Bend the knees and sideways at the hip and lift the loaded end of the bar, just as you would when shoveling dirt. You can make the movement much harder by then turning a bit to the side, as if “dumping” the dirt out of the shovel.

Return to the starting point and repeat. It will help if you lockout your arm farthest from the loaded end and “press” it down, levering the weight up.

Keep the reps under 6, and go for 3 to 5 sets.

6. Dragon Flags
Pavel re-popularized this movement in *Bullet Proof Abs*, but anyone who loves training movies fell in love with this exercise in Rocky IV.

This is an advanced exercise and you must already have very strong abs and great body control to do these properly.

The Setup
Lie down on a bench and grab it hard at head level (if your grip slips, you fall). Then, roll your body up so that your lats are pointing straight out at almost 90 degrees. Slowly lower yourself to about 45 degrees, then down as far as you can without touching the bench.

Use your abs to pull your legs back up to above 45 degrees. At first, you may need to start dropping to just below the starting position until you feel strong enough to go all the way down.

• Keep your body tight and straight
• Hold on to that bench!

7. The Ab Wheel – Standing
The ab wheel is one of the original darlings of the infomercial scene, which is too bad since it's also one of the most kick-ass movements you can do.

The trick is, you have to do it properly: Simply rocking back and forth on your knees while holding a wheel will do about as much for your abs as a Thighmaster does for your quads. Using an ab wheel properly is simple: Kneel down, roll out with the wheel, then pull yourself back up using your abs; don’t jackknife the hips. Your hips should “tuck” a bit (the end position should look like a scared cat).

There’s a big problem with the ab wheel that some of you seasoned guys can relate to: It's just too easy for anyone who's even moderately strong. Sure, you could run the reps way up, but who wants to count that high?
Here's the solution: use the ab wheel while standing. This variation is much harder and you need to have good body control and a strong back.

The Setup
Perform the exercise just as you would its kneeling variation, but standing up. When you reverse motion, your feet will act as “hooks” and pull you back to the top. Start with low reps until you feel confident. Sets of 10 would be pretty damn strong, so shoot for that.

Bonus: Rack Pulls
Rack Pulls aren't your traditional ab exercise — they're designed to hit the hams and back hard, along with helping improve your deadlift. But, as anyone who's ever tried them will know, your abdominals will take a beating if you're using heavy weight. Otherwise, you'll fall forward and lose the lift.

The Setup
Set up a bar at knee height (or just above or below the knee) in the rack; load it up, and deadlift it. This should be done as a heavy leg exercise with the benefit of hitting the abs, rather than as a direct abdominal movement. Keep the reps low, 1 to 3 and the sets from 5 to 8.

Putting It All Together
If you compete in any sports or do any kind of powerlifting or Olympic lifting, I suggest training the abs three to five times per week. If you're training to look good, three times should be enough, but you can never really do too much ab work. Just add one exercise to the end of your training sessions several times per week and you'll notice a huge improvement in both performance and looks!
And, if you call in the next 30 minutes, we’ll email you another free article, Tight Taut Tushy in Just Two Minutes a Week! But you must call now, or — Sorry.

Steven Morris is a personal trainer and strength coach in the Philadelphia and South Jersey areas, and owner of UWA Fitness.

Old-school athletes at Muscle Beach didn’t require infomercial gadgets to build their abs.

The Dragon Flag: Yelling “Drago!” between reps enhances the exercise's effectiveness.
Thick, lean abs put the finishing touches on a great physique.

Farmer's Walks- Forgotten ab builder?

Rack pulls will lay a whuppin' on your core that $19.95 infomercial gadget could never match.
Unconventional Workout: Shoulders

Posted on October 5, 2010 by EdR

by Nick Tumminello

Readers often ask how I come up with some of my creative (crazy?) exercise variations. The answer is, it really boils down to necessity — I see a need for something, so I find a way to fill the need; if there's not something currently available, I design something that works. It's that simple!

That said, I don't wake up in the morning and ask myself, “How can I reinvent the wheel today?” But if the usual stuff stops working or just gets boring, it's my job to find some not-so-usual stuff that will get things moving again. Doing this makes training much more interesting, fun, and much more productive.

Which brings me to one of my favorite body parts to train: shoulders. Use some of these Unconventional Shoulder Training exercises to add variety to your training and spark some new growth!

You're Training Shoulders Too Often!

If you're an aspiring bodybuilder or weekend warrior, you're likely following a traditional bodybuilding split that looks similar to this:
Day 1 — Chest & Triceps
Day 2 — Back & Biceps
Day 3 — Shoulders & Abs
Day 4 — Legs (optional)
Day 5 — Pre-nightclub Arms, Abs, Tanning, and Waxing

First things first: This kind of programming absolutely sucks, from both a shoulder health and long-term training perspective.

Think of it this way: Anytime your arms move in an exercise, you're stressing the muscles of the shoulder. So, chest day is actually chest and shoulders (and triceps) day; back day is really back and shoulders (and biceps) day. Then, after your shoulders have been pounded with heavy, repetitive loads for two days in a row, you go and perform a shoulder-focused training day.

That's three days out of four in which the shoulders are being loaded. With that lack of recovery, it only makes sense that your shoulders will eventually become overworked, break down, get weaker, and possibly become injured.

But here's the rub: If your goal is to increase the size of your shoulders, especially if they're a physique weak-point, you actually do need to train them more often, to a point. Later in this article I'll provide some sample shoulder training splits that are smart, safe, and effective at building bigger, stronger shoulders, without the risk of injury and potential overuse issues.

Overhead Pressing — Performance U Style

My first training priority, before getting folks bigger, stronger, and leaner, is NOT to injury anyone during the workout. In order to ensure safety and prevent injury, we compare the risk versus the reward of every exercise.

With that in mind, we predominantly use a neutral shoulder position (palms facing each other) when performing overhead pressing exercises, as opposed to the traditional pronated (internally rotated, palms facing the mirror) hand position.

That's not to say we never use the parallel grip when pressing; it's simply that we feel the neutral grip is safer on the shoulder because it allows you to maintain the most sub-acromial space, which places the least amount of impingement stress on the shoulder.

Using exercises that are easy on the joints but still place maximal stress on muscle is the premise behind all the exercises and techniques in my Joint Friendly Strength Training DVD.

Here are my three favorite ways of incorporating the neutral grip into the overhead press:
• Parallel Shoulder Press (see right)
• Reverse Arnold Press (see right)
• Kettlebell Press or Push Press (see right)

The Unconventional Shoulder Exercises

Here's a list of some of what I consider to be the best shoulder-training exercises that most people aren't doing:

The Shoulder-to-Shoulder Press

The idea for developing this exercise came to me about 10 years ago while sitting on the beach in Ocean City, Maryland. I watched a few surfers carrying their boards by holding it up on one shoulder, and as one shoulder got tired, they switched to the other side. Seeing this, I thought, “Now that's a great functional shoulder exercise.” Since then, it's been one of my favorite shoulder pressing movements.

The added benefits to the shoulder-to-shoulder press are:
• It allows you to maintain a neutral shoulder position.
• It trains the lateral aspects of the core due to the offset load.

As the video on the right demonstrates, the shoulder-to-shoulder press can be done using a dumbbell, kettlebell, or heavy sand-filled medicine ball.

Angled Barbell Press and Catch

This movement, as shown in the video on the right, is simply a faster, more explosive version of the angled barbell press featured in my Apex Predator Workout.
This exercise is fun to do and a favorite of my football players and MMA fighters.

Kettlebell Bottoms Up Press
If you're looking for a great combination shoulder strength / shoulder stabilization exercise, the kettlebell bottom up press, as shown in the video on the right, is just what the physique doctor ordered!

Dumbbell Upper Cuts
This is one of my all time favorite hybrid overhead-pressing variations. I got this move from my long time friend and mentor, Coach JC Santana. Check out the video on the right for a demonstration.

Push Back Push Ups
This is a series of progressions I developed after reading Martin Rooney's book *Warrior Workouts*. The Push Back Push Up series forces the shoulders to work hard to drive your body back using a natural arc/push angle. Check out the videos on the right for a demonstration.

Reverse Burpee
I developed the reverse burpee as an explosive variation of the push back push up, and it's much tougher than it looks. It's also very popular among my grappling athletes because it gives them the power they need to create space (push their opponent) in the top position from the ground. Check out the video on the right for a demonstration.

Iso/Dynamic Shoulder Raises
Here's a version of shoulder raises that I developed based on some shoulder rehab techniques that I learned from renowned physical therapist Kevin Wilk. This simple modification makes the exercise significantly more effective for several reasons:
• The isometric performed on one side eliminates any swinging and/or cheating.
• Because one side is moving while the other isn’t, you create more core muscle activation to maintain posture and control due to the offset load.
• It allows you to incorporate and reap the benefits of both isometric and dynamic training into one comprehensive exercise.

You can use this Iso/Dynamic shoulder training technique for:
Front Shoulder Raises
Lateral Shoulder Raises
Rear Delt Flys (aka Ts)
Corrective work like Ys and Ls
Check out the video on the right for a demonstration.

Dumbbell & Band Shoulder Raises
Here's another great way to instantly make your shoulder raises (both front and side) more efficient and effective: Simply hold a lightweight resistance band handle and a dumbbell at the same time. The band allows you to begin the exercise with tension, as opposed to just holding the dumbbells where you’d have almost zero tension when the dumbbells were by your sides. As you raise your arms away from your body, the mechanical advantage of the bands increases while it decreases on the dumbbell. This creates a sort of “accommodating resistance” effect which causes your shoulders to work harder through the entire range of motion, not just at the top of the movement (when your arms are at 90-degrees with your torso).

All that technical talk aside, it’s a shoulder blaster!

Putting It All Together: The Unconventional Shoulder Workouts
Having a bunch of exercises is pretty useless if you don’t know how to structure them
together into an effective workout. Here are three great shoulder workouts using these unconventional shoulder exercises.

Each workout is designed to be done on an upper-body training day, along with more traditional lifts. I'll provide sample training splits in the next section.

**Workout 1 — Shoulder Power**

Here’s a sample dynamic effort (power) emphasis shoulder workout for someone looking to increase motor unit recruitment, power, and explosiveness of their shoulders. This routine is great for combat athletes (boxers, MMA, wrestling, etc.).

1) Barbell Push Press 5 x 4-5
2) Angled Barbell Press & Catch 4 x 4-6 each arm
3) Dumbbell Upper Cuts 4 x 8-10 each arm

**Workout 2 — Shoulder Complexes**

This shoulder workout consists of two shoulder dominant complexes, each composed of medium loads performed at a high volume. That means they'll give you a serious pump and leave you breathing hard!

If you're looking to increase muscle endurance or add a metabolic component to your shoulder workout, this routine is right on!

1) Barbell Shoulder Dominant Complex x 5 sets
   A1) Upright Rows x 10-12
   A2) Overhead Shoulder Press x 10-12
   A3) Upper-Body Dominant Snatch x 5-6
   Rest 1-2 minutes between complexes

2) Dumbbell Press with Farmers Walk Complex
   B1) Perform 6-8 Overhead Shoulder Presses
   B2) Walk 25-40 yards holding the dumbbells overhead
   B3) Perform 4-6 Push Presses
   B4) Walk 25-40 yards holding the dumbbells overhead

**Workout Notes**

- When performing upright rows, use a wider grip and pull the bar into your chest, similar to a row. Doing this instead of using a close grip and driving your elbows toward the sky, as in the traditional upright row, is much safer on your shoulders.
- When using a barbell to perform overhead presses, you're unable to use the neutral shoulder/hand grip I mentioned earlier. With that in mind, it's recommended you only use this workout if you have no history of shoulder problems and possess optimal shoulder and thoracic spine mobility.
- When performing the upper-body dominant snatch, minimize hip drive and the use of your lower body. To all you Olympic lifting purists, this is NOT an Olympic lift — it's simply a hybrid of an Oly lift, used to help you crank out a few extra reps to continuously overload the shoulders.
- If you're unable to maintain holding the dumbbells overhead due to fatigue on the DB Press with Farmers Walk complex, I recommend you carry the 'bells in the racked position instead. This will allow you to still finish the set and still get some good quality work done without stopping the set entirely.

**Workout 3 —Shoulder Hypertrophy**

This is more of a bodybuilding, hypertrophy-emphasis workout using unconventional methods.

1) Reverse Arnold Shoulder Press 4 x 8-10
2) Iso/Dynamic Shoulder Front Raises 3 x 10+10*
3) Iso/Dynamic Shoulder Lateral Raises 3 x 10+10
4) Push Back Push Ups 2 x AMRAP (As many reps as possible)

Rest 60-90 seconds between sets.
Workout Notes:
On both iso/dynamic exercises (front & lateral raises), perform two cycles of 10 reps each side.

Example:
Right side: 10 x dynamic reps while left holds
Left side: 10 x dynamic reps while right side holds
Right side: 10 x dynamic reps while left holds
Left side: 10 x dynamic reps while right side holds

Training Splits
As mentioned earlier, it's critical not to overwork your shoulders by giving them their own training day within your split. I always recommend simply combining your shoulder training into your existing upper-body push and/or pulling workouts.
If your primary goal is bigger, stronger shoulders, simply spend more time training your shoulders both during the week and within each workout while spending a little less time on the other lifts. Use any of the three shoulder workouts provided after performing compound lifts like bench presses and chin ups, etc.

Here's how I recommend doing so in both a 3-day and 4-day training split:
Sample 3-Day Split With Shoulder Emphasis
Day 1 — Pulling + Shoulders (workout #2)
Day 2 — Legs/Hips
Day 3 — Pushing + Shoulders (workout #3)
Rest and Repeat

Sample 4-Day Split With Shoulder Emphasis
Day 1 — Pulling + Shoulders (workout #1)
Day 2 — Legs/Hips
Rest
Day 3 — Pushing + Shoulders (workout #2)
Day 4 — Legs/Hips
Rest

Shoulders to Boulders
Necessity is the mother of change, and I wouldn't spend the time developing and testing these methods if they didn't deliver results, fast. Put these unconventional shoulder exercises and workouts to work for you and I'm sure you'll see the same great results as we do here at Performance U.
As always, I love to hear your comments in the discussion forum — just don't let me catch you asking why I didn't cover any "traditional" shoulder exercises that you likely already know. Let's not forget the title of this article series!
Take a break from the usual routine and get growing again!
parallel Shoulder Press Start/Finish
You can boost your brain, build muscle, burn fat, and help your heart in less than one minute: Just mix up a smoothie and slurp. It’s that simple—if you include these dozen add-ins that not only pack health benefits, but also make your shake taste even better.

### Peanut Butter

Packed with protein, manganese, and niacin, peanuts can help stave off heart disease and, when eaten in moderation, promote weight loss.

### Fat-Free Milk

All the calcium and protein, none of the fat.

### Blueberries

The huge amounts of antioxidants, such as anthocyanins, in blueberries have been shown to slow brain decline and reverse memory loss.

### Low-Fat Vanilla Yogurt

A cache of calcium and digestion-aiding probiotics in every scoop.

### Raspberries

An antioxidant powerhouse bursting with fiber, manganese, and vitamin C, these berries will...
keep your heart and brain in top shape.

**Fat-Free Chocolate Frozen Yogurt**
Calcium, phosphorus, and none of the guilt.

**Pineapple-Orange Juice**
OJ has vitamin C, and pineapples contain bromelain, a cancer-inhibiting, inflammation-reducing enzyme.

**Cherries**
In addition to their vitamin C and fiber content, cherries have been linked to reducing arthritis pain.

**Bananas**
Heavy on potassium, fiber, and vitamin B6, bananas do wonders for your heart and provide good carbs to keep you full and energized.

**Whey Protein**
Its essential amino acids help pack on the muscle—making whey the best friend of athletes and gym rats.

**Frozen Mangoes**
To their stock of vitamins A and C, mangoes add a healthy dose of beta-carotene, which helps prevent cancer and promotes healthy skin.

**Ice**
A little H2O never hurt anyone.

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by TC

Practically any one who's been training for any appreciable length of time—with his or her mind actively engaged—has probably realized that there's a very real link between body comp and hormone levels. Sometimes, no matter how careful you are with your diet or how many calories you burn, you still look, well...crappy.

You may be lean except for a noticeable round little belly that shakes when you laugh like a bowlful of...well, you know. Or you may look magazine-cover ready except for some maddening fat around the side of your waist. Maybe worst of all are the occasional flabby pecs, which, in your case, might be a charitable term for man boobs.

Some of that may well just be genetic, an awful legacy left by your genetically imperfect parents.

Or, it could be, as many of us in the biz have deduced through the plain old scientific method, a logical result of hormonal imbalances that could, in some cases, be easily remedied by the right dietary or supplement protocols.

The person who's fine tuned this thinking to its zenith is Charles Poliquin, who's successfully applied his Biosignature Modulation protocol to thousands of happy clients.

The method involves measuring body fat from 12 different sites. The measurements, or more specifically, the ratio of the measurements to each other, suggest volumes on carbohydrate tolerance, carbohydrate intake, stress levels, androgen levels, and even growth hormone levels.

This gives Poliquin a clear idea of which supplements and dietary protocols are needed to fix the client's particular body comp problems.

Poliquin's methodology involves measuring the skinfold thickness of the following sites:

- Chin
- Cheek
- Pectoral
- Triceps
- Subscapular region (below the scapula; back fat)
- Suprailliac region (love handles)
- Mid-axillary (under the armpits)
- Umbilical
- Knee
- Calf
- Quads
- Hamstrings

Poliquin considers the triceps to be the mother site as it serves as the reference point to all other sites. Simply put, the thinner the skin on the triceps, the higher the androgen, or Testosterone levels. In fact, he considers it so accurate that he states that a surefire way to tell if a woman is on steroids is if her triceps score is below 6mm.

That's a controversial statement, but it makes a valuable point.

As far as males, let's say his triceps skinfold measurement is, say, 7.2 (low, or good), but his skinfold measurement on his quads and his hamstrings was high. This subject's problem wouldn't likely be associated with low Testosterone, but a Testosterone/estrogen aromatization problem.
Poliquin would then prescribe an estrogen protocol to lean that lifter's legs up. Poliquin's brainchild is a valuable tool. The only drawback is that Biosig practitioners are few and far between. They also want money for their services, the capitalist bastards! But like I said, many of us in the business have long practiced a primitive form of Biosignature Modulation that's done without precise skinfold measurements. All that's needed is a mirror, a clear pair of eyes, and a certain degree of honest self-assessment. Let me quickly say that the simple “protocol” I'm about to describe won't take the place of a comprehensive Biosig Modulation assessment. It would, at best, give broad interpretations of possible physique shortcomings. Regardless, it could be just the thing you're looking for.

**Physique Problem #1: Love Handles**
Are you relatively lean except for that hideous roll of fat perched on your suprailiac? If you fit that profile, chances are you suffer from some degree of insulin resistance. Obviously, you need to make yourself more sensitive to the effects of insulin and this is quite easy to do. All it requires is a prudent eating strategy, a couple of proven supplements, and a little bit of willpower.

**Dietary/Supplement Strategy:**
- **Biotest Receptor Max** (2 capsules 30 minutes before each meal)
- **Flameout** (8-10 capsules a day)
- High protein (obviously)
- Keep carb intake to 200 or fewer grams per day

Effects should be noticeable within a couple of weeks.

**Physique Problem #2: Santa Claus Belly**
Are you relatively lean except for a weird paunchy pile of fat on your umbilical region? If you fit that profile, it could be a combination of low Testosterone and high cortisol. Again, the solution could be very simple:

**Dietary/Supplement Strategy**
- **Biotest Alpha Male** (2 to 4 tablets a day)
- **Biotest Rhodiola** (2 to 4 capsules a day)
- Phosphatidyl Serine (800 mg. a day)

Alpha Male will increase Testosterone levels relatively quickly, Rhodiola will modulate stress, and phosphatidyl serine will lower cortisol levels directly.

Effects should be noticeable within a few weeks.

**Physique Problem #3: Man Boobs**
Are you relatively lean except for embarrassing fat storage on your pecs? If you have that problem, you may have an estrogen problem, or Testosterone-Estrogen conversion problem.

**Dietary/Supplement Strategy**
- **Biotest REZ-V** (three capsules once a day)
- **Biotest Flameout** (8 to 10 capsules a day)
- Cruciferous vegetables (ad libitum, but at least a serving or two a day)

REZ-V contains resveratrol, a powerful aromatase inhibitor (meaning that it prevents Testosterone from converting into estrogen). It also contains *auroyl* *macrogol-32* *glycerides*, a compound that enhances absorption of Resveratrol (and other substances that are hard to digest or assimilate).

Likewise, the omega-3 fatty acid, DHA, found in Flameout, has been found to be strongly anti-estrogenic. (That's one of the reasons why Flameout, perhaps out of all the fish oil supplements in the world, has been formulated to have a higher concentration of DHA than EPA.)

Lastly, cruciferous vegetables like broccoli, cauliflower, broccoflower, Brussels sprouts, kale, cabbage, and bok choy contain a phytochemical (*Indole-3-Carbinol*) that reduces estrogen levels.

Adopting these three things, or, at the very least, just eating more cruciferous vegetables,
could go a long way in curing your problem. Results should be noticeable in a couple of months.

Final Thought
While these 3 strategies could prove powerful in combating your particular physique demons, be aware that they’re for individuals who are otherwise relatively lean but with very specific physique problems. If you’re fat all over, the first line of attack is to adopt a sane and wise dietary and exercise attack plan.
But you already knew that.

Skinfold measurements can give a clue to your hormone levels.
Can you tell if a woman's on steroids by her triceps score? Pauline's triceps, while lean, appear to be on the "safe" side.

No problems with love handles here.
Estrogen levels appear to be in check.

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10 Forgotten Muscle Building Foods

Posted on October 2, 2010 by EdR

by Brian St. Pierre

Ahh, the lean bulking diet; say what you want about the merits of trying to add pounds of muscle without adding a single ounce of extra bodyfat, but as a nutritional consultant I can tell you one thing: some of these lean bulking diets are the most meticulous and repetitive things the world has ever seen.

Now, I'm all for having a food preparation routine; it makes things simple and convenient, and it's much easier to track results and avoid falling off the wagon when you know exactly what you're eating at every meal.

The problem with this is, guys get stuck in such a routine that they don't have any variety, and may even be missing out on a lot of nutrients—not to mention calories—that can contribute to their health and growth.

As bodybuilding friendly as it may appear to be, a diet based on egg whites, chicken breasts, brown rice and broccoli does not meet your needs, I can assure you of that. While it may be a “clean” diet, it is most certainly not an optimal one.

Bodybuilders weren't always this damn boring. There are many foods that old-school lifters used to swear by for gaining mass that their contemporaries seem to have forgotten or cast aside, mainly due to piss-poor nutrition recommendations and a foolish fear of saturated fat.

Today, I'm going to revive some of those foods, with the hope it inspires you to make some changes in your own diet; changes that could result in you adding some mass that may have eluded you on your ultra “clean” diet.

Full Fat Grass-fed Dairy

While I'm definitely not a big fan of conventional dairy due to poor production, poor quality, loss of important fatty acids, and high estrogen content, dairy from pasture-raised grass-fed cows is an entirely different animal.

Since these cows are actually allowed to eat what they were designed to eat, their milk
quality is vastly superior — containing more actual nutrition like vitamin A, vitamin K (in the more powerful form of K2), omega-3's, and CLA. In fact, grass-fed cows have been found to contain up to 500% more CLA than their conventionally fed brethren! Now you'll also notice that all of those compounds are either fatty acids or fat-soluble vitamins. That's right, many of the benefits of dairy come from its fat content, regardless of the fact that it is mainly saturated. Scoff all you want, but these are incredibly important differences. CLA has been shown to be a powerful ally in the fight against cancer, and has been found to greatly reduce tumor growth in animals, and possibly in humans as well. In a Finnish study, women who had the highest levels of CLA in their diet had a 60% lower risk of breast cancer than those with the lowest levels. Simply switching from conventionally raised grain-fed meat and dairy to pasture-raised grass-fed versions would have placed all the women in the lowest risk category. The best part may be vitamin K (in the form of K2-MK4). Several studies have found that a higher vitamin K2 intake is associated with a lower risk of heart attack, ischemic stroke, cancer incidence, cancer mortality and overall mortality. Men with the highest vitamin K2 consumption had a 51% lower risk of heart attack mortality and a 26% lower risk of all-cause mortality compared to men consuming the lowest amount! One of the ways vitamin K2 improves cardiovascular health is its ability to decrease arterial calcification by 30-40%. And this only speaks to vitamin K2's effects of cardiovascular health; it's also crucially important for proper fetal development and bone health, to name a few additional benefits. One final note that I think will speak to many of you, beyond the health benefits — muscular growth. Researchers compared skim milk to whole milk in the post-training period, to see which would produce greater anabolic effects. They pitted 14oz of skim milk against 8oz of whole milk, to make them calorically equal. Theoretically, the results should be even or in the favor of skim milk, since it had six more grams of protein. The research showed that whole milk was more effective than skim, despite lesser protein content and equal total calories. Another notch in favor of whole-fat over fat-free. So, for those of you busting your ass to gain some size, why in the world would you choose low-fat or fat-free dairy options? You're trying to sneak calories into your diet, not out of it! Full-fat versions, especially from grass-fed cows, are vastly superior for health, and for growth. There are several companies that are available nationwide that provide high quality milk from grass-fed cows, like Organic Valley and Whole Foods 365 brand. To find about a company near you, or to see if your current organic milk stacks up, check out this report from the Cornucopia Institute. While I've gone to great lengths to trumpet the value of full-fat, grass-fed dairy in general, here are some specific food recommendations:

Whole milk
Whole milk used to be a staple of the old-school bodybuilding crowd, and was successfully used by innumerable men in the quest for more mass. It provides a lot of easily consumed calories, a nice blend of whey and casein, as well as a good dose of electrolytes — calcium, potassium, magnesium and some sodium. It also offers a good source of vitamin A, vitamin D, and a few B vitamins to boot.

Full fat cheeses — Cheddar, Cottage, etc.
These are also very high in calories, especially cheddar cheese. Cheddar cheese is one of the best sources of vitamin K2 due to the fermentation process, as well as providing relatively even amounts of protein and fat without any carbs. Cottage cheese is an incredible source of protein, and the full-fat versions are again more calorie dense.

Cream
Cream, especially the heavy whipping kind, is extraordinarily calorie dense. This can be a great addition to smoothies as it improves mouth-feel, flavor, and just provides a ton of calories.
Misunderstood Carbs
There are many fantastic carbohydrate sources out there that seem to have fallen off most bodybuilder's radars. Two perfect examples are potatoes, replaced by sweet potatoes, and wild rice, replaced by brown.

Now those replacements are fine foods, but are they really any better than the foods they're substituted for? Not really.

White Potatoes
White potatoes have gotten a bad rap recently, mainly due to their high glycemic index, which is higher than the more celebrated sweet potato. But really, who cares? You aren't eating a white potato all by its lonesome, so that T-bone and steamed veggies with it, along with the pastured butter inside it, will slow its digestion anyway, making that point rather irrelevant.

All the talk about garbage white potatoes and saintly sweet potatoes has been taken a little far. Sweet potatoes are awesome, but white potatoes have more iron, magnesium and potassium than sweet potatoes, and they're one of the most satiating foods on the planet. They pack a lot of calories into a small package, were a staple of the old-school crowd, and have helped thousands of lifters pack on some serious mass. They're also a good source of 12 vitamins and minerals, and provide 7 g of both fiber and complete protein in each large one.

Wild Rice
Wild rice has become a barely spoken word in bodybuilding and even health-conscious circles these days. Is brown rice actually any better? They're both good sources of 8 vitamins and minerals; wild has 3 g of fiber and 7 g of protein in 1 cooked cup, while brown has 4 g of fiber and 5 g of protein. Does anybody see a significant difference there? I would say wild is every bit as good, plus offers a nice change to the palate for your much-neglected taste buds. And really, did a little variety ever hurt anyone?

Old School Protein
Be honest, how much do you really enjoy eating boneless, skinless chicken breasts multiple meals per day, every day? While a fine food, there are so many other great protein sources out there that have been largely forgotten with the explosion in consumption of said chicken breasts.

These sources have micronutrients, fatty acids, and more that chicken breasts don't have, and they just bring some more flavor and variety, as well as calories to help spur growth. You might even enjoy eating meat again.

Whole Chicken
Many old-school bodybuilders used to absolutely crush whole chickens. Whole chickens, whole milk, and potatoes were the name of the game, and they certainly worked. So why do we just eat plain boneless, skinless chicken breasts today?

I'll grant you that they're very convenient, easy to prepare, go with just about anything, and can last for several days precooked in the fridge (or up to a week for the more daring). But in terms of price per calorie, whole chickens are crazy cheap, provide more total calories and taste loads better. What's not to love?

Turkey
Breasts, thighs or the whole damn thing. Turkey is a vastly underappreciated meat that arrives in spades come Thanksgiving, but then goes virtually unnoticed the rest of the year. Turkey is a fantastic protein source, a good source of 11 vitamins and minerals, including being an excellent source of the cancer-fighting selenium. Plus, it's just a nice change of pace from eating chicken all the damn time.

Tuna
Tuna was once a dietary staple, though it seems to have gone the way of the dodo lately. No one talks about it, and even less seem to eat it. It's no longer the pretty girl at the dance, having been replaced by the sexier salmon. Though salmon does have more omega-
3’s, and that powerful antioxidant astaxanthin, tuna is no slouch. It’s a better protein source, contains over 1 gram of omega-3’s per can (amount varies by type), and is a good source of 7 vitamins and minerals. It’s also an incredible source of selenium, containing over 3 times the amount in turkey! Finally, it's one of the absolute cheapest protein sources around, though I would recommend the light variety, due to the marked decrease in its mercury content.

**Whole eggs**

Eggs do seem to be making a comeback of late, but I can't tell you how many guys I know who are trying to gain weight and are still knocking back cartons of egg whites. Two whole eggs with six egg whites don't even come close to the caloric or nutritional powerhouse of five whole eggs.

Whole eggs contain the brain-boosting and anti-inflammatory choline, lutein and zeaxanthin for eye health, vitamin A, vitamin D, B vitamins, selenium, iodine for proper thyroid function and more. Whole eggs are one of nature’s greatest foods, so why are you only eating the damn whites? If you still think that saturated fat and cholesterol contribute to heart disease — wait, no one still really believes that, do they? If you can get access to pasture-raised eggs, their nutrient content is vastly superior, with 4-6 times the vitamin D content, 3 times the omega-3 content, and 8 times the beta-carotene content.

**Pork Chops**

Pork chops were something I remember growing up with, and yet they seem to have largely disappeared from the American Diet, probably due to the late 80’s/early 90’s fear of fat. While pork chops do contain more fat than chicken or turkey, again, who cares? The majority of the fat is in the form of the monounsaturated oleic acid, just like in olive oil, and they’re a good source of 10 vitamins and minerals.

Chops are also an excellent source of several B vitamins, as well as the brain-boosting and anti-inflammatory choline. Plus they're tasty, which isn't a crime, no matter what the guys eating six meals a day out of Tupperware might tell you.

**Off To The Grocery Store**

Consistency is key to any successful bodybuilding plan, but that doesn’t mean you should try to live off of a mere dozen or so “clean” foods. There are plenty of tasty, nutritious foods that can help you pack in some serious calories and nutrients while providing some much-needed variety to your palate.

Chicken breasts, brown rice, broccoli, and egg whites are all fine foods, but they aren't your only choices — and especially not day in, day out. Give some of these forgotten foods a shot; what have you got to lose?

References:
Geleijnse JM, Vermeer C, Grobbee DE, et al. Dietary Intake of Menaquinone Is Associated


Pork chops are a tasty alternative to the chicken-fish-beef trifecta.

Commercial dairy may be suspect, but full fat, grass fed dairy should be a bodybuilding staple.
A lean, powerful physique requires a variety of nutrient-dense food.

Full fat (grass fed) milk has more muscle building bang for the buck than fat free versions.
A classic turkey shot!

About the Author

Brian St. Pierre is a Certified Sports Nutritionist (CISSN) and a Certified Strength and Conditioning Specialist (CSCS). He received his degree in Food Science and Human Nutrition with a focus in Human Nutrition and Dietetics from the University of Maine, and he is currently pursuing his Master's degree in Human Nutrition and Dietetics from the same institution. He was the Nutritionist and a Strength and Conditioning Coach at Cressey Performance in Hudson, MA for 3 years. He is also the author of the Show and Go Nutrition Guide, the accompanying nutrition manual to Eric Cressey's Show and Go Training System. With his passion for seeing his clients succeed, Brian is able to use his knowledge, experience, and energy to create highly effective training and nutrition programs for clients of any age and background. For more information you can check out his website.

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