



McCOY
FITNESS & HEALTH

12-Week Best Shape of Your Life Challenge

Phase 3: Support Package for Week 9



~ Assess, prioritize, DO!



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Let's talk....

For many years, I thought I was a pretty good physique athlete. I had won contests, I had gotten shredded, I had done the work. I was a pioneer, to be sure.

So I continued to train, and I competed a little. I did well, and afterward, I went back to my quiet life and I went back to lifting at my quiet neighbourhood gym. It was good enough, I thought. It got me to here...and it was far beyond where other women were.

Fast-forward 10 years and I was still training in remote gyms, still using the same weights, still looking half decent, better than most. Then I moved to another city, a big city. I joined the gym and it all changed....

I walked two women who were also competitors, and who trained exceptionally hard and whose physiques could blow mine away!

I realized that for all those years I had let my surroundings dictate my success. I was a big fish in a small fish bowl all those years. Now suddenly, I was the small fish in a big fishbowl and I had some catching up to do...

I realized I had lost time thinking I had reached my peak when in fact, there was no one around to show me I hadn't. I had peaked alright, problem was, I stayed there...and the other women slowly passed me by.

I started training harder than ever, being extremely consistent, and focusing on lifting heavier. I started on my sports supplements. I started journaling my food. I focused on intensity.

Then I got on the internet and started looking around....the sport of physiques had grown incredibly...everyone was into it....it wasn't that unusual anymore.

I felt smaller and more out of touch than ever.

I had let time and opportunity slipped by as I swam in my little fish bowl. I now understood why a lot of competitors move to the hub of training—California, Ohio, Florida—because they get to be around other high functioning athletes, and they are pushed and motivated.

I had let the world slip by me while I kept my head down in the sand and I didn't notice the competition creeping up. For many years I didn't really focus on it either, as I was busy raising my son, living life, getting on with things. But that fire was always inside, the one that said I wanted more, wanted to indulge it. But I didn't stoke the fire.

Now I'm over 50 and I've lost a lot of years of lifting, through not noticing, poor health, life..is it over for me? Not on your life. It's what all athletes do...get back up and re-motivate themselves, because they know deep down there's something else, something more to be gained. In fact, I think I'll go check out the gym and see what my fellow female competitors are up to.....

Building a Tough Body Part.....Prioritize....

OK. Now that that (painful) lesson is done, this is where I want you to take the training workouts I have given you and prioritize...

Assess your body...where do you need to add (generally, I'm saying add, because we don't often look at a muscle and say we've over-worked it, and if we want to take away from an area, it's usually fat and muscle-shaping won't help with that, only nutrition will.



Example: You need more shoulder width so you would

- 1) choose a compound (big) movement that hits all parts of the shoulder...a pressing movement—barbell, machine, dumbbell.
- 2) Then do that shoulder exercise first (before an isolation one, like lateral raises with dumbbells. Got it? Check out my 2-part Shoulders routine...I've used it for months to bring up my lagging shoulders.

So next week we'll be adding in an extra day (your LB day) or if you can't add on an extra day, add in extra sets on the day you work that part... Got it? Stay with this for as long as it takes...weeks, or even months. (I recommend an extra day or the added sets approach could be too much on one day). For now, *athlete, assess thyself!*

Remember our Training Rules:

As a general rule of thumb, continue to work the large muscles first (i.e. back before biceps) which is how I've laid out the exercise order in your workouts.

Big first, then small—big muscles worked first, big movements worked first, then smaller muscles and movements follow. It's not written in stone, but it does help, especially to bring up lagging bodyparts.

Do your compound movements first (again, this is generally how we've done it in your workout cards and exercise order). What's a compound movement? Think multi-joint exercises like the squat or bench press—more than one joint has to be moved, whereas isolation movements like the leg extension or bicep curl uses only one joint, hence it better isolates the muscle. (So squat before leg extensions, bench press before flies). .

If you can, work your lagging bodypart first, so if you need more hamstring development, do them first before your other muscle group(s). Your energy is at its peak at the beginning of your workout, so use that to your advantage.

For ultimate fat-burning, cardio first am or after your weight training. Sure, you can sprinkle your sprint cardio in between your training, but for optimum fat-burning, I find doing at least 20 minutes in one go is best. I just love the feel of the sprint cardio thrown in, so I do that as well! Remember, there are no hard and fast rules here, ok?

If you bite it, write it. If you nibble it, scribble it.
If you drink it, ink it. If you snack it, track it.
If you sneak it, leak it. If you hog it, log it.
If you lick it, Bic it! If you indulge it, divulge it.
If you steal it, reveal it. If you imbibe it, inscribe it!

If it goes in your smacker, it goes in your tracker!

Grab your pencil before your utensil!



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