

MUSCLE INFERNO.COM

FIRE UP YOUR PROGRAM! FIRE UP YOUR RESULTS!

MUSCLE INFERNO DEFINED -- TIPS AND INFO

Fire up your workouts and fire up your results! Muscle Inferno's goal is to turn each of your muscles into an Inferno. An Inferno that will consume energy/fat/calories for a leaner, toned look...an Inferno that will engulf the muscles and sculpt them to your desires...an Inferno that will ensure that you will never have a boring, ineffective workout again.

Muscle Inferno will give you the exercises, the programs and the knowledge so that you will find a workout that you are able to do, one that you want to do and one that you will do.

Muscle Inferno's programs are efficiently and effectively designed to give you the most out of your workout time. By performing exercises back to back to back we ensure that you will keep the Inferno blazing. Performing series of consecutive exercises will allow more exercises and target more body parts in less time. More exercises target more muscles and that means a greater Muscle Inferno.

The following are some information and tips to get you started. Please feel free to email us at aaron@muscleinferno.com for questions, suggestions, etc.

1. SQUARE 1

Before starting this or any exercise program, consult a physician and receive clearance to perform any kind of exercise.

2. THE ART AND SCIENCE OF EXERCISE

Become a student and a fan of the game of exercise. Learn everything you can about exercise, it's something that you will have to do for the rest of your life. Everything has it's purpose and everything has it's benefits and drawbacks, whether it's machines, pulley, or Kettlebells. We can all learn from the bodybuilders and the scientists of the world. Know what works for you and why. There is a workout program for everyone, whether it's with dumbbells, resistance bands, beer kegs or sledgehammers...you just have to find it.

3. HONEYMOON PHASE

When starting an exercise program, start slowly and get a good feel of how your body will react. There is no need to push it too hard, too early. It takes two weeks for the body to become neurologically stronger (utilize the right muscles at the right time), and six-eight weeks to generate more muscle mass. As the muscle mass increases, the body's metabolism will also increase, even at rest. For every additional pound of muscle mass gained, the body will burn 35-40 more calories a day.

4. LARGE TO SMALL

Generally, start off with larger muscle movements/groups (ie bench press (chest), squat (legs)) and progress to smaller muscle movements/groups (ie biceps curl (biceps), leg extension (quads)).

5. FIRE IT UP!

Select a resistance that will burn/fatigue the muscle the last 3-5 reps of each set, each exercise. Proper form is crucial to target the right muscle(s) and to reduce the risk of injury. If the resistance is too light or too heavy, adjust it immediately and finish the reps of that set with proper form.

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6. YOU'VE GOT TO MOVE IT, MOVE IT!

Muscle soreness peaks 48-72 hours after exercise. Soreness may last for 7-10 days at the most in the overall muscle. The joints and tendons should not be painful or sore. Light movement and stretching helps to decrease muscle soreness. Consult your physician if there is sharp pain or any severe symptoms lasting longer than two weeks or if any other concerns arise.

7. SPECIFIC TO LIFE, WORK, PLAY

Every workout should be purposeful to life, work or play. Select exercises that will help you in everyday life (work, play, etc). General lifting requires leg, core and upper body strength. Lifting a box from the ground and putting it up on a shelf can be replicated with a consecutive "Deadlift," "Hammer Curl" and a "Military Press." Lifting and standing from a seated position can be replicated with a "Squat." Lifting a tennis forehand can be reproduced with a "Chest Fly," "Torso Rotation" and a "Rotational Lunge."

8. RIGHT MUSCLE, RIGHT TIME

Make sure that the right muscle is firing at the right time for every rep, every set. You should feel the targeted muscles working/burning throughout the set, especially toward the end of the set. If there are pain/problems refer to the instructions and illustrations to ensure the right technique, tempo, muscles, etc. If pain/problems still persist, lighten the resistance, perform in the asymptomatic range or change the exercise. There are tens of thousands of exercises and equipment to choose from, find one that works for you.

9. BREAK IT DOWN AND THEN LET IT BUILD TO BECOME STRONGER

The goal of resistance training is to become stronger, enhance wellness and prevent injuries. In order to become stronger, the muscle must be stressed and broken down. Once broken down, the muscle tissue can build back up to handle the added stress and resistance. However, if the muscle tissue is broken down too often/too much/not rested enough, then the muscle tissue will not have a chance to regenerate and grow. Thus, the risk of injury is increased. Allow 24-72 hours before working out the same muscles.

10. LEARN IT, CHALLENGE IT, MASTER IT, CHANGE IT!

Every three to four weeks, learn a new skill and then challenge it. Master the skill and then change it. The body will adapt and plateau quickly over a four week period. Change up the angle, the apparatus, the tempo, etc. to make it interesting, fun and effective.

11. REFUEL, REST AND REENERGIZE

Eat a little protein and carbohydrates within 30 minutes of completion of exercise. Use a fuel replacement drink with peanut butter crackers, fruit with yogurt, etc. The body absorbs this energy and will prepare for the next workout. Eat a complete meal within two hours to restore the energy needed to rebuild. Consecutive workouts (two in a row) of differing muscle groups are allowed, but not three consecutive workouts in a row. Allow 24-72 hours before working out the same muscles.

12. CALORIES IN, CALORIES OUT

If you want to lose weight, it's all about the calories going in and the calories coming out. There is 3500 calories in a pound of fat. If you consume more calories than you are expending, you will gain weight. For example, if you always eat 2,000 calories a day and burn 2000 calories a day you will maintain your weight. If you consume 100 extra calories a day of candy, then in 35 days, you will put on a pound (if diet and activity levels remain the same). Whether you eat 2000 calories from meat or 2000 calories from ice cream, it's still 2000 calories. Overall, eat better, eat less and workout more.

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13. DIET, CARDIO, RESISTANCE TRAINING...GENETICS

Four major components that influence your overall fitness and wellness are diet, cardiovascular exercise, resistance training and genetics. Some people diet and train cardiovascularly well and never lift weights. Others run marathons and lift weights but also eat and drink everything in sight.

If someone consistently has a good regimen of diet, cardiovascular exercise and resistance training they will achieve good results. However genetics does play a role. Some people can eat what they want to, don't exercise and look great. Others may eat 1200 calories, perform cardio 5 times a week at 80% of their heart rate and hit the weights 3x a week for an hour and still not have a flat stomach or shapely hips. Others may have a 1 rep max of 500 pounds on the leg press and still not have the quad development of someone that runs 3 days a week. It's not fair, but it is, what it is.

14. YOU'LL ALWAYS GET WHAT YOU GET, IF YOU ALWAYS DO WHAT YOU DO

Don't expect a chocolate cake if you are using a yellow cake mix. If you don't like the results that you are getting, do something different.

15. IF YOU WANT IT, GET IT...FIND YOUR MOTIVATION

If weight loss is what you want, figure out exactly what to do and do it. Find out how many miles you have to run and how many servings of ice cream you can have. If beach muscles are a priority, then find out which exercises/programs to do and 1,000 ways to cook broccoli and chicken.

If you can't find the motivation in you to do it, you won't do it. Find your motivation. Whether it's throwing a baseball to your youngest son, fitting into a two piece bathing suit, or living past 45 years of age... ..do it or accept the results.

16. NEVER PLATEAU

The human body is the most marvelous and amazing machine there is. The human body will adapt and become very efficient at whatever you do. However once you adapt, you may plateau and stop showing results. Some people become so happy with their results and they stop. They achieve their goals...and that's enough. Challenge yourself and your body to always improve.

17. LIFE HAPPENS...ARE YOU READY?

Life is moving in all directions and at different speeds. Teach your body how to do many different things, so if the time ever arises, you will be prepared and confident in knowing that you can do it.

No one knows when they will fall, when they have to save their child from running into the street, or when they have to climb a fence to avoid danger.

18. JACK OF ALL TRADES, MASTER OF NONE

Don't be one dimensional. One strength, no matter how great it is can never overcome the weakest chain in the link. For example, a strongman that can bench press 500 pounds but can't run a mile, a marathon runner that can average a six minute pace but can't perform a pull up, a golfer with a two handicap but can't perform push ups or squats with proper form

19. SEEK PROFESSIONAL HELP

Find an expert, someone that has the passion, the education, the background and the experience to help you along. Someone that does it all day, every day, will more than likely be able to help you to achieve your goals.

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20. THE FACTS

Although anything is better than nothing and although you have to start somewhere, there are some recommendations. The minimum you should do is two days of weightlifting (30 minutes) and three days of cardio (70% of MHR for 20-30 minutes) and one to two days of activity (30-60 minutes) a week. Add a consistent, varied diet full of fruits and vegetables. If you want more, than you will have to do more and eat less and better.

21. RIGHT NOW, THE RIGHT WAY, THE REST OF YOUR LIFE

Fitness is right now, performed the right way, for the rest of your life. Get started now because today is the best day for you to start a better life. Select an exercise program, select the exercises and select a healthier lifestyle and quality of life.