

## **Speedo, A Cape and Some Boots... You're Gonna Need More Than That To Be A Super Hero**

You stand there and look in the mirror. Skinny arms. Thin neck tapering to sloping shoulders. You might be wondering how you can see your ribs yet you have a belly. You are skinny. Like seriously skinny. No muscle-tone-and-soft skinny. Not Ambercrombie And Fitch model skinny. More like lame-dude-who-sits-on-the-couch-and-plays-video-games skinny. And face it...chicks don't dig skinny...they dig muscles. They want a guy who's toned. They want a guy who looks like he could ravage them. And yes...there are other reasons to hit the gym (increased cardiovascular health, denser bones, joint health, etc), but face it...dudes want to look good for the chicks. If chicks were not part of the equation dinners would be pizza and barbecue and double bacon cheeseburgers and breaded chicken wings and beers.

But, you can't just head to the gym or go out in the garage and hit that weight bench you bought at a garage sale three years ago and expect to see changes. I hate to say it, but it's not that easy. If it was, every dude out there would look like a comic book super hero. And seriously...very few dudes can pull off a unitard and Speedo with boots and a cape.

So, to get that super hero body you must have three things.

### **Fuel for The Machine**

You have to start eating. I know. If you've ever even picked up a single magazine or looked at one bodybuilding website you have heard this. You need to get your metabolism going. Break your meals up. Several small meals is way better than 2 or 3 big ones.

Think you can't get those meals in because of your job or school. I'm calling bullshit. You find time to read the news or look at video on YouTube or email your friends. Take 10 minutes and eat a turkey sandwich on whole wheat bread with some spinach leaves on it. Have a bowl of oatmeal and a protein shake. Hell, get some meal replacement bars. Eat something like this between breakfast and lunch and again between lunch and dinner and now you've got 5 meals. Your metabolism will be ramped up. The machine will be working better. You are on the right path.

And, if you just read that last paragraph and thought I don't always eat breakfast...well...start. Get up 30 minutes earlier. It takes 10 minutes to cook some eggs and oatmeal. It takes 5 minutes to eat it. That leaves 15 more minutes to look read the news or look at video on youtube or email your friends...and now you have some time to eat those few smaller meals during the day.

Anyone who's ever made dramatic body changes will tell you; the food plan is the hardest part. The gym is easy. That's 2 or 3 hours most. Eating right takes all day...every day. Focus on this.

There's a lot more to making a perfect meal plan, but first you just have to get used to eating. Stop thinking of food as a good time with a bag of Doritos. Food is fuel that's gonna be used to move you towards that super hero body.

**Move It**

You're eating right. Now exercise. You've gotta stimulate the muscles to make changes. If you're just starting out do body weight stuff. Push ups. Lunges. Sit ups. Get used to how it feels to work your muscles. Remember however, the goal is to get stronger so you can get BIGGER!

The sooner you can perfect your form on your basic compound movements, the better off you are. Start a log of your workouts and nutrition. See progressions and see gains!

**Catch Those ZZZZZS**

It's never really talked about in the movies or comic books, but those super heroes didn't get to look that way by only eating and working out. The last critical component is rest. You've got to have plenty of it. Your muscles don't grow when you are working out. They grow after the workout. They grow and recover during rest periods. Never underestimate the power of rest.

Get a good night's sleep. Don't be afraid of a good nap. And let body parts recover. That's why serious bodybuilders usually train a body part no more than every other day...and most likely only once or twice a week.

This deep REM sleep is when your body's levels of growth hormone and testosterone elevate to make the body as anabolic as possible. So, the harder you work out, the more important it is to fully recover.

And yes, once you start packing on muscle you may find yourself with a late night guest...but don't worry...missing a few hours of sleep for a bit of extra "cardio" won't kill you every once in a while...