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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Moving From Beginner To Intermediate Level Bodybuilding**

**By Rick Mitchell**

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By now you've made significant progress in your bodybuilding career. For the past three to six months you've learnt how to perform the core lifting exercises in a technically correct manner. You've also conditioned the body and developed sufficient core strength to prepare yourself for a whole new level of intensity. Hopefully you've also built some rock solid muscle! But that's only the beginning.

In recent weeks your workouts have probably lost some of their effect so, even though you're lifting bigger weights, your muscles now need even greater stimulation to generate maximal growth. Don't expect miracles though – from this point onwards, every little bit of improvement will take even greater and more intensive work than before.

Because you'll be working your muscles more intensively, they'll also need more recovery time to adapt and grow and that's why you'll be reducing your workouts to three a week. Each primary muscle group trained will now need one full week to recover. After being used to whole body sessions and more workouts per week it may seem as if you're not doing enough but the point is, you'll be working your muscles very, very intensively and making better use of your time.

As you gain more experience you'll be able to tweak or re-design your basic muscle building program to suit your own individual needs, but the program described here should provide a useful starting point. What I'm proposing is basically a 3-split of the body on Monday, Wednesday and Friday.

**MONDAY (Chest, Triceps, Shoulders)**

**1. Chest Exercises**

Incline dumbbell press – this is a compound exercise that targets the chest but also works the triceps and shoulders to a lesser extent.

Pec-deck flye – this is an isolation exercise that works the pectorals.

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### 2. Triceps

Dips – this compound exercise targets the triceps but also works the chest and shoulders.

### 3. Shoulders

Front military press – this compound exercise targets shoulders but also works the triceps.

Dumbbell lateral raises – this isolation exercise works the shoulders only.

Bentover dumbbell laterals – this isolation exercise works the rear delts.

## WEDNESDAY (Back, Biceps, Forearms)

### 1. Back

Front lat pulls – compound exercise that targets lats but also works the biceps and mid-back.

Deadlifts – compound exercise that targets the back and quads but also works hamstrings, calves and glutes.

Dumbbell rows – compound exercise that targets mid-back but also works biceps and lats.

Dumbbell shrugs – isolation exercise that works traps.

### 2. Biceps

Dumbbell biceps curl – isolation exercise that works the biceps.

Dumbbell hammer curls – isolation exercise that works the biceps.

### 3. Forearms

Barbell wrist curl – isolation exercise that works the forearms.

## FRIDAY (Lower Body)

### 1. Legs

Squats or leg press – compound exercise that targets the quads but also works the hamstrings, calves and glutes.

Leg extension – isolation exercise that works the quads.

Leg curls – isolation exercise that works the hamstrings.

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Standing calf raise – isolation exercise that works the gastrocnemius calf muscle.

Seated calf raise – isolation exercise that works the soleus calf muscle.

You could start this program by aiming for two sets of 8–10 reps per exercise but as your strength and size increase you should really introduce techniques that boost the intensity even further. This can be achieved in a number of ways including the use of pre-exhaustion, super sets, partial reps, isometric contractions and forced reps. These techniques are covered in detail elsewhere in this series of articles.

Rick Mitchell is the creator of the [bodybuildingadvisor.com](http://bodybuildingadvisor.com) website that provides guidance and information to athletes at all levels of bodybuilding experience. Go to

to learn

more about the issues covered in this article.

### **Serious Bodybuilding**

**By Ted Belfour**

There is bodybuilding and there is serious bodybuilding. Serious bodybuilding encompasses training sessions, competitions, and strict regimens of diet and supplements. People that seriously build their body have bulging biceps, titan triceps and glutes of steel. Serious bodybuilders take what they do extremely serious and every part of their mind body and spirit participates in activities that promote elements that solely benefit their ultimate goal.

Ultimate goals can vary within the total realm of bodybuilding. There can be intermediate, moderate, and totally serious participation in bodybuilding. There are guidelines for women and guidelines for men, with each guide being helpful in different parts of the bodybuilding scene.

Supplements, vitamins, and protein drinks are a large part of the bodybuilding lifestyle. And it is a lifestyle. When you are serious about bodybuilding you create a lifestyle where by you eat differently than other people, you exercise in a more dedicated fashion than other people and you also include resting your body and recovering your body from the old ways far more than other people.

What exercises and how much is totally up to you as an individual. The level of weight training and the amount of time you spend under the weights is again a personal decision. However with serious bodybuilding there are serious consequences to being a slacker. You have to be committed to a daily routine that includes all aspects of bodybuilding success in order to see results.

Diet can't be neglected when bodybuilding is a goal. Choosing foods that fill the natural needs of your body and being disciplined to steer clear of foods that are wasteful or harmful is a key step in any type of bodybuilding regimen. Sometimes that takes a person on a personal pathway they have never

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forged before, but hopefully there will be a knowledge learned on this path that will carry mind body and spirit throughout the rest of life.

Rest and recovery is key to embarking into a bodybuilding lifestyle. Getting the proper rest for your mind and body should not have to be explained. Yet there are people out there who neglect the idea that getting the correct amount of sleep improves the activities of your day. The time you need in order to feel consistently rested may vary from that of your spouse, siblings, or friends.

Recovering from pushing your self too far, recovering from old habits that resurface, and recovering from a bodybuilding competition are part of the recovery process that generates happiness in life.

People who don't understand serious bodybuilding may have predisposed ideas about steroids and general unhealthful practices in order to gain recognition as an over bulked, under brained champion. When the opposite is true.

Dave is the owner of

and

websites that

provide information on bodybuilding.



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