

Metroflex Gym's Down-To-Earth **Guide To Your Ideal Body**

**“Tried-And-True Methods For Men & Women
From Metroflex Gym's Owner, Brian Dobson”**

SAMPLE CHAPTER FROM THE
MAIN E-BOOK WHICH IS
AVAILABLE AT
METROFLEXGYMTRAINING.COM

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Nature of Expertise

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The use of diet and nutrition to control metabolic disorders and disease is a very complicated science, and is not the purpose of this program. The purpose of this program is to help healthy people reach their cosmetic fitness goals by educating them in proper nutrition and exercise guidelines. Hardcore weight training is not for everyone, and you assume all liability and responsibility for injury, loss, or damage resulting from any information you apply which is described in this manual – directly stated, indirectly implied, or otherwise.

No health claims are made for this program. This nutrition and exercise program will not help cure, heal, or correct any illness, metabolic disorder, or medical condition. The author is not a medical doctor, registered dietitian, or clinical nutritionist.

Consulting Your Physician

If you have diabetes, chronic hypertension, high blood cholesterol, cardiovascular disease, or any other medical condition or metabolic disorder requiring special nutritional considerations, we suggest you consult a health care professional with a clinical nutrition background (MD, RD, or CCN) for your special nutrition program. Your nutrition plan will not be effective by itself. You must combine a good diet with an appropriate exercise program for optimal results.

If you have been sedentary and are unaccustomed to vigorous exercise, you should obtain your physician's clearance before beginning an exercise program. The American College of Sports Medicine (ACSM) recommends that even apparently healthy males over the age of 40 or females over the age of 50 to have both a physical exam and a diagnostic exercise test prior to starting a vigorous exercise program. A diagnostic exercise test and physical examination is also recommended in individuals of any age who exhibit two or more of the major coronary risk factors (smoking, family history of heart disease, elevated blood cholesterol, elevated blood pressure, and diabetes). Any individual with a known history of heart disease or other heart problems should be required to have a medical evaluation including a graded exercise test before engaging in strenuous physical activity.

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TABLE OF CONTENTS (FROM THIS SAMPLE E-BOOK)

Disclaimer	2
Champions Who Have Trained At Metroflex Gym.....	5
Introduction.....	6
Metroflex Gym & Its Spirit.....	6
Metroflex Gym Success Stories.....	7
What It Means To Be “Hardcore”	8
“Simple” Principles.....	9
How You Can Benefit From 30 Years Of Personal Experience.....	9
Why The “Newest Thing” Isn’t Always The “Best” Thing	10
Bells And Whistles	10
Real Food Versus Supplements	11
How You Get Real Results.....	11
The Importance Of Protein	12
Intelligent Eating.....	12
Smart Training	13
The Warrior Mentality	13
Rest	14
A Supportive Environment And A Clear Head	14
Have Fun With Weight Training	16
It Is Possible To Balance Training With Real Life!	16

Champions Who Have Trained At Metroflex Gym

- Ronnie Coleman (IFBB Pro bodybuilder and 8-Time Mr. Olympia winner)
 - <http://www.bigroncoleman.com>
- Branch Warren (IFBB Pro bodybuilder and Mr. Olympia contender)
- Josh Bryant:
 - <http://www.joshstrength.com>
- Steve Goggins (Powerlifting Champion)
- Paul Brodeur (Powerlifting Champion)
- Vicky Gates (IFBB Pro & Ms. Olympia Contender)
- Frank Shamrock (UFC)
 - <http://www.frankshamrock.com/>
- Mick Foley (Cactus Jack, Mankind) – Professional Wrestler
 - http://en.wikipedia.org/wiki/Mick_Foley
- Oleg Taktarov (UFC Champion)
 - <http://olegt.com/index.html>
- Anthony Schlegel (NFL Linebacker)
 - <http://sports.yahoo.com/nfl/players/7825/>
- Dave Jacobs
- Jay Moore (NPC Bodybuilder and Branch Warren's training partner)
- Quincy Taylor (IFBB Pro)
- Aiman Faour (IFBB Pro)
 - See Brian Dobson training Aiman at:
http://www.aimanfaour.com/html/engl/galerie_014/14_index1.htm
- Melvin Anthony trains here when he comes into town
 - <http://www.melvinanthony.com/home.html>
- Marika Johansson (IFBB Pro)
 - <http://www.mjviking.com>

Introduction

My name is Brian Dobson and I started Metroflex Gym in 1987 because I was a hardcore bodybuilder and very few of the gyms in the area catered to the “hardcore” audience. This was the beginning of the fitness craze, and most of the gyms which started during that time shied away from offering the hardcore bodybuilder an opportunity to train heavy and intensely.

These gyms frowned upon lifts such as deadlifts, heavy squats, and other strongman and powerlifting moves -- which are the very lifts necessary to build terrific strength and muscle! The gyms even frowned upon dumping heavy dumbbells on the floor, grunting loud, motivational yelling at your training partner, and mostly, they were concerned with making money to a far greater extent than helping their members get big and strong. Almost none of the gyms even offered good advice, let alone a great environment, for the bodybuilder, power lifter, strongman, and combat athlete to become bigger & stronger and, ultimately, better athletes.

Metroflex Gym & Its Spirit

Metroflex has a unique spirit which is unrivaled. I liken it to churches in that there are many great churches in the area, some with over 20 to 30 thousand members, but some just don't have that “spirit” when you walk in them. The same applies to gyms, as there are many good ones in the Dallas/Fort Worth area, but Metroflex Gym is known for its “spirit.” Anthony Schlegel (NFL linebacker) said that his university's training facility blows away Metroflex Gym in terms of equipment, space, and amenities. But he misses this hardcore gym because of its spirit!

For example, in one corner of the gym, you will find powerlifters squatting 700 pounds, in the other corner you may have Ronnie Coleman bench pressing 200 pound dumbbells, and then in another corner you will see my training partner & me pushing each other to the limits! Remember “hardcore” is not about how much weight you lift, but it's about the attitude necessary to push yourself to new limits while having fun!

I even have one guy driving here everyday from Canton, Texas (about 90 miles each way!) for me to train him. He isn't the strongest or the biggest, but he gives 100% every time he comes in here and that's what all the hardcore guys respect – **effort**. So long as you give 100% every day you will make progress and you will be a “hardcore”

lifter because you gave that effort with your heart & your spirit.... no matter in what gym you train!

Metroflex Gym is known for being the current home of two Mr. Olympia competitors: the eight-time Mr. Olympia Ronnie Coleman and Branch Warren. They, and their training partners, are the most widely recognized members who call Metroflex Gym "Home" as they have been featured in dozens of magazine articles, online interviews & photo shoots, and various DVD & VHS recordings filmed here. Metroflex is also home to several up-and-coming bodybuilders, local champions, powerlifters, and even figure competition champions.

More importantly, I value the countless number of others whom I have helped on their personal goals whether they placed at their first novice shows, made their first 300 pound bench, their first 400 pound deadlift, reduced their bodyfat by 20 pounds, or any other accomplishments. They add tremendously to the spirit of Metroflex Gym and are the backbone of the Metroflex Gym family.

Many high school athletes whom have come in here to get stronger have earned scholarships. Many of them could not have otherwise afforded to go to a college, let alone the caliber of the colleges they attended.

Metroflex Gym Success Stories

When you make progress in your lifting it will positively affect all areas of your life. You learn dedication, being punctual, giving great effort, and most importantly, you learn discipline. The "hardcore gym" mentality is about being passionate about your lifting & athleticism, so that you improve in all areas of your life! This is what makes Ronnie so great – he is amazingly disciplined in what he does and this is probably the one trait which has made him a Mr. Olympia 8 times in a row.

Another success story is a guy we here at Metroflex call "Big G." He was what I would consider to be a candidate for failure when he started training here. He was getting into fights, the police were looking for him, and then over time he finally turned it around using weight training as the way he learned discipline. He now owns one of the largest landscaping companies in the Dallas-Fort Worth area and is a rich man. He credits his newfound discipline to training here – he gets to work at 7 in the morning and works until 7 in the evening, sometimes later nearly every day.

Matt Land was a crazy young kid who trained here for boxing. He was a male dancer and spent time in & out of jail. He had a good heart but was an absolute nut! He

credited his training here at Metroflex to giving him discipline and the physical strength necessary to join the Marines. From there, the Marines really straightened him out and now he is, in essence, a member of my family. Every time I see him, I get a good feeling knowing that I helped him, in some way, turn it around.

We try to touch people here at Metroflex Gym and make their lives better through the skills needed to be good at weight training. Discipline, dedication, hard effort, encouraging & supporting others, learning the traits just from being around champions in different sports, and making tangible progress are what we want for everyone who is a part of the Metroflex family – whether they train here 5 days a week, come in on occasion, or are a personal training client I help with e-mail. And now that list includes all of you who are reading this book! Especially for those people who don't have terrific families of their own, they are welcome here as long as they contribute and put in the effort.

Paul Brodeur, one of my first training partners here in Texas and a former powerlifting champion, always said that he emphasized that his clients & training partners had to be “ambassadors” -- to the sport & to the gym where you train. That means you represent more than yourself when you compete. It means that you help gym staff; you put away your weights when you are done & you clean up after yourself; and you always serve as an example of great behavior when you compete because you represent the gym where you train. When you compete it is more than your own reputation on the line because others look at you as a product of “X” Gym, and therefore you represent all of your other gym members as well. See the later section on how to be an “ambassador.”

What It Means To Be “Hardcore”

Being “hardcore” does not mean having to be onstage at the Mr. Olympia, having to sacrifice your life for the gym, or even using everything you learn in this book. It simply means being intense, focused, and dedicated every minute you are in the gym in order for you to become the best you can be. That's the goal for all of us!

Remember to train hard, go to failure (or near failure on certain sets), and continually give the best effort you can.

Genetics are a huge factor in bodybuilding as there are “easy gainers,” “hard gainers,” and the vast majority of people fall somewhere in between. Provided that you have clearance from your physician or healthcare provider, anyone can train “hardcore” because this style of training is a mental & emotional approach to training, rather than simply a training routine with heavy weights. Therefore ANYONE can be a

“hardcore” trainee since it all starts with your own mind. Remember that even the “genetic thoroughbreds” on the Mr. Olympia stage are always looking to improve from year to year; so if they want to improve then remember that you can improve regardless of your genetics!

“Simple” Principles

One of the major principles of Metroflex Gym’s success is that you do what works, be skeptical of what works only in theory, and only listen to those who practice what they preach. And **keep it simple!** If it has helped someone make major transformations in their bodies & their lives, AND it works for most or all of the people who follow the same approach, then chances are that it is some good information!

Finally, please remember to use common sense. Follow the advice of your physician or healthcare provider. Use safety measures when lifting weights, especially heavy weights. Think about the costs versus benefits of using any supplement, and then research it before spending your money. And remember to be flexible since hardcore weight training requires dedication blended with flexibility.

Following these recommendations should give you the best odds of having fun & longevity with weight training.

How You Can Benefit From 30 Years Of Personal Experience

Having been in the industry for nearly 30 years, I have seen many training systems & methods come and go. I have seen one day’s “Hottest Supplement” end up in the “bargain bin” or fade into obscurity just as quickly. I have seen dozens of men & women fall short in their quests for better bodies, and I have seen countless more make their goals and even surpass what they thought was possible for them.

Having been involved with contest promoting in multiple sports (bodybuilding, figure, fitness, powerlifting, etc.), I have seen what it takes for someone to excel both in the gym and outside of the gym. So learn from my mistakes and 30 years worth of mistakes by others, and pay attention to the information as it is distilled from years of trial-and-effort and wisdom from the origins of productive weight training.

Why The “Newest Thing” Isn’t Always The “Best” Thing

Also, there is a mentality in the younger generation of lifters that whatever is new must be good because it’s “the latest & greatest” technological advance, etc. This is not necessarily true. Ask yourself these questions:

- Who is telling me that this new information is the “latest breakthrough”? Is it a company trying to sell you a supplement for which they want you to spend hundreds of dollars? Is it a company trying to sell you high-priced gym equipment?
- If there were bodybuilding champions back in the 1960’s and 1970’s who had limited or no access to anabolic/cutting drugs, how did they get their physiques? How did men back then add mass and get definition and still have a terrific look, even by today’s standards?
- Most importantly, has the human body changed much in the last 100 years?!?

Think about these, and any new perspectives you get which make you feel better should be highly valued because you just saved yourself years of wasted effort and potentially thousands of dollars spent on supplements & equipment which would compromise your goals.

Bells And Whistles

One of my original training partners had a term for most of the new gadgets, latest training routines, fancy exercise machines with electronic readouts, and many of the books which have been written on bodybuilding and getting in shape. He called them “bells and whistles.” He meant that these “latest & greatest” items to reach the market were simply adaptations of the basics which had been around for years – the new items were just repackaged to generate revenue. Some of them were even downright dangerous.

Much of what it takes to make progress in the “Iron Game” (all of the various weight training-related activities) is rather simple. While a piece of equipment may be useful to your training style, it is never the equipment that makes the progress – it is you! In addition, many of the gadgets & fancy training styles have come and gone. All you have to do is go back and look at various magazines from a few years ago and determine what isn’t around today.

Anyone can make progress and it doesn't matter if you only have your own bodyweight, have only a barbell & some weights, or if you work out with every exercise gadget and at the fanciest gym. Men and women, first-time weightlifters and weightlifting veterans, young and old all make progress first by having the right attitude. Then they need to learn how to train for the basics, eat properly, do appropriate amount of cardio & conditioning, get sufficient rest, and work on progressing in terms of the weights/sets/reps as well as increased health. Remember it is YOU who determines the progress, not the gadget. And sticking with the tried-and-true basics is a very intelligent way for you to achieve your goals.

Real Food Versus Supplements

I would also recommend that most people get their nutrition from real food instead of supplements. Supplements are just that, to “supplement” your nutrition. Basic vitamins and those supplements which add quality protein to your nutrition are the ones I usually recommend first. Metroflex Gym doesn't even sell much in the way of supplements anymore since you can get them in so many locations and on the internet.

If you still wish to buy supplements consider going to http://www.metroflexgymtraining.com/links_supplements1.html as a first place to start.

How You Get Real Results

Just remember that much of your results will come from:

- Real food, with an emphasis on protein
- Intelligent & disciplined eating, tailored to your goals & body type
- A smart training program tailored to your body and your goals
- A “hardcore” or “warrior's” mentality when it comes to training
- Plenty of quality rest
- A supportive environment
- A clear head both inside AND outside the gym
- A life free of harmful activities (drugs & narcotics, self-sabotage, etc.)
- Remembering to have fun with all of this. The strange thing is that the more fun you have, the better your results will be!

The Importance Of Protein

Protein is important because it serves as the fuel for muscle repair and growth. You may not know that protein also comes in different qualities, such as “complete” and “incomplete” proteins; they also have different levels of “biological value (BV)” scores which quantify the ability for the protein to be absorbed & used by the body.

Again, keep it simple! You will get more information about protein in the chapter on Nutrition, but for the moment here are some basic keys to learning more about protein:

- Try to eat “clean” protein sources such as egg whites, lean meats (lean steak, chicken, lean turkey, etc.) with any skin removed, fish, milk, and some types of protein powder & amino acids. Please see your physician or health care provider if you have any intolerances, allergies, or if you choose to stay away from animal products so that you have as many possible choices for protein consumption. Also, please see your physician if you have ever had any liver problems or other digestive concerns regarding protein.
- If at all possible, stay away from most luncheon meats as sources of protein. The chemicals & preservatives used, in conjunction with the fats in these meats, are not as good for you as the sources listed earlier.
- You may enjoy certain vegetable sources of protein such as rice & beans, soybeans, etc. These sources, for the most part, do not have all of the amino acids in them; therefore they are sometimes called “incomplete” sources of protein. Some people digest them well, and other people do not digest them well. Talk with your physician or health care provider. Please note that this is not a discouragement of these sources of protein. Simply talk with your physician as you will want to be able to have good protein digestion and absorption.
 - If you have to restrict carbohydrates for your nutrition, note that many vegetable proteins (e.g. rice & beans) have high carbohydrate amounts relative to the protein in the same serving. Learn more about the carbohydrate contents and talk with your physician and/or professional nutritionist about choices you can make.

Intelligent Eating

Intelligent eating requires that you know your specific goals (Point B), where you are today (Point A), and what it will take to get from Point A to Point B. Remember that it takes just as much discipline for a 150-pound man to get to a muscular 180 pounds

as it does for a 180-pound female to become a healthy woman at 150 pounds! Both require knowledge, discipline, structuring your environment properly, encouragement, dedication, and planning. If done properly, your body must adapt because you are human! This is what works and, assuming you have all medical clearance to do so, you will enjoy the discovery of learning more about your body in the process!

Smart Training

Smart training requires that you know the mechanics of what it will take to get what you **specifically want to gain**. In the chapter on goals, you will learn about how to direct your brain toward what you want instead of what you don't want. You will learn the mechanics of proper training which you can tailor to your goals, and then you can proceed with the knowledge that what you are doing has worked for dozens of men & women over the last 20 years.

The Warrior Mentality

The “Warrior’s Mentality” is simply that you prepare, take your training seriously, and that you are willing to do what it takes to accomplish your goal. Please note that many people get confused between “Goals” and “Outcomes.” Here is the difference:

- Goals are what **you** can control. You can wake up early in the morning to do cardio. You control what you put in your mouth. You can prepare to enter your sport or competition. You can choose to contribute to society by volunteer activities, mentoring, or other forms of contribution. And you can structure your environment to make it conducive to health & productivity. Make sure that your “Goals” are ones which you can control. Some examples are:
 - “I want to wake up early three days this week and do 30 minutes of running on the treadmill.”
 - “I want to enter a bodybuilding contest this upcoming June and know that I have done everything I can to prepare for it properly.”
 - “Every morning this month I will wake up & visualize my performance in the upcoming powerlifting meet.”
- Outcomes are what you **cannot control**. For example, you may not be able to control the outcome of a judge’s decision in a bodybuilding contest. You may not be able to control a situation at work which keeps you late at the office. And you probably are not able to control situations of family & close friends

which may affect your time, energy, and money. Many have mistakenly made an “outcome” as their “goal” and, when the outcome didn’t match the goal, they experienced all sorts of negative feelings & actions.

The Warrior’s Mentality simply means that you decide on goals which you can control, and then apply all the dedication & discipline you have to achieving those. Remember that it’s ok to make terrific progress even if you do not win a championship! Have fun in the process and remember to keep weight training in its proper priority in your life.

Rest

You should aim for quality rest in order to let your body grow. Remember, your muscles are torn down from intense exercise. Proper nutrition and adequate rest are extremely important in order to let your body recover and grow. In the theme of “keeping it simple” remember this following principle:

Stress – Recover – Grow

Therefore, remember to “recover” in order for you to grow. If you don’t recover before adding more stress again, then your growth will be hindered. You may even risk losing muscle due to oversteering your system. This could come from:

- Illness or other medical disorder. Please see your physician if you have any concerns about this!
- Training too frequently and exceeding your body’s ability to recover
- Family stress
- Stress from friends on multiple fronts
- Inadequate nutrition (undereating, eating unhealthy food, etc.)
- Job stress

Do whatever you can to get quality sleep at night and, if possible, take a short nap during the day. The sleep will help your body recover which is a prerequisite before lean muscle growth.

A Supportive Environment And A Clear Head

It is paramount that you have a supportive environment and a clear head when training for any goal or desired outcome you have. The supportive environment is necessary because very few athletes have ever achieved consistent excellence all on their own. Most athletes who come from less-than-ideal backgrounds always seem to cite a coach, a friend, a mentor, or someone else who believed in them somewhere along the way. If you have a less-than-ideal background, it's okay!

Finding friends at your gym, at personal development seminars, mentors, and even online internet forums can all be great places to start. Just be sure that you are always consistent in developing your mind as "bodybuilding" includes the muscles above your neck!

A clear head is important as well. There are, sadly, hundreds of stories of professional athletes who did not have a clear head, and their careers ended prematurely. Some of them even have tragic endings. This doesn't even begin to account for the thousands of stories of athletes who never made it to the professional ranks.

Accomplishing any worthwhile goal requires a clear head, and constant improvement on your mind. Doing good deeds, associating with quality people, and other positive actions is necessary. Yes, there have been professional champions who have been victorious by being selfish & associating with poor characters. But those are the few who were fortunate enough to still win despite themselves. And chances are you really wouldn't want to trade places with their lives if you knew exactly what was going on!

Abusing prescription drugs, narcotics, alcohol, tobacco use, etc. are all signs of self-sabotage. Chances are that somewhere along the way in your life you felt alive & had fun without any of these. And, yes, it is possible to have that again if you haven't had it in a long time.

Get any help you need to overcome these acts of self-sabotage. Self-sabotage can appear in dozens of different ways, for example:

- Choosing a significant other who is incompatible with you.
- Never dealing with past abuse. "Sweeping it under the rug" means it is still there!
- Getting into physical confrontations over minor or irrelevant details. If you still must fight for something other than self-defense, then at least train properly and get into a ring so you can get some money for it!

- Holding ridiculous grudges against people for reasons you cannot even remember. At least attempt to reconcile any grudges peacefully and like an adult.
- Modeling your life around something fictional rather than real life.
- Choosing to stay uneducated.

Have Fun With Weight Training

Remember to have fun with weight training! Done properly, you will meet wonderful people from around your area, if not even from around the world. Camaraderie, friendship, accomplishing goals you never dreamed possible, increased health, a great physique, increased strength, and a lifelong love of fitness are all yours if you do it right! Having fun with all of it means that your brain actively searches for ways to have fun, your “learning curve” becomes shorter & quicker, and you will achieve your goals (the ones you control) much faster.

It Is Possible To Balance Training With Real Life!

One of the many pitfalls which most aspiring bodybuilding champions have is that the gym becomes their entire world and their identities. Remember that several current champions in many physique sports (such as bodybuilding) also have full-time jobs, raise families, and study for national exams (such as the Series 7 securities exam, the legal bar exam, real estate license, etc.). And if they can balance their work & family lives with the necessary activities to become champions then so can you. Learn from them and read about them when they are featured in any magazine or website, and find the common themes for what makes them successful & able to balance their lives.

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