

# RAW POWER

## WITH BRIAN DOBSON



### Tips for increasing Raw Power

1. Increase lean protein intake particularly through the intake of wild game. Many pros have advocated eating bison recently. Bison ground up to burger is going for around 5.00 a pound. Steak is as high as 20.00 a pound in some cases. So this past fall I decided to go bison and elk hunting in Wyoming. The Lord blessed my hunt and I was fortunate enough to take a 600# cow elk and a 1000# bull bison. Needless to say my cup runneth over. With all this quality low fat meat it is very easy to get in 400 grams of quality protein daily. My weight has been going up ever since. Venison is another very high protein low fat food source. When you eat wildgame that you have harvested yourself, it gives you a feeling of accomplishment and appreciation of the way it was meant to be. Good meat without all the added hormones, chemicals etc. Another benefit of hunting is it can be great cardio if you really get out and hunt. I am not talking about doing drivebys or ambushing at a corn feeder but really getting out into God's creation and stalking your prey. After walking several miles and taking your animal than packing it out, you will have an appreciation for that meal like you never have had for store bought food.
2. Train with basic heavy movements. No machine can replace the bench, squat, dead lift, power clean standing press etc. If you have injuries or don't want to lift heavy still do them with less weight and stricter form or in slow motion.
3. Find a REAL gym to train at. In my opinion you are slowing your progress by training at a corporate fitness center. While there are many great athletes who have come from these places their progress would be much greater and faster at a REAL gym. At most fitness centers you are not really even wanted there as your presence and intense training may intimidate the other weaker members. Break from conformity and train with your own kind even if it means you have to drive 15 miles further, you will be glad you did.
4. Surround yourself with positive, self motivated people. Don't live in the grey twilight of mediocrities It is better to try and fail than to have never tried at all.
5. Set realistic goals for yourself and reach them. If you can bench 225 for 8 reps, a realistic goal is 300 for a single. After accomplishing that, set another goal. There are 52 weeks in a year, if you can go up 5 pounds a week, that is 260#. Even if you can only get half of that you have still increased 130#.
6. When you arrive at the gym to train, do just that. Socialize after. Leave the cell phone in the car. The gains you make will more than compensate for the missed calls.
7. If you want to be a bodybuilder be one. Pick a show and do it. The Ronnie Coleman Classic is April 19, 2008. This is a great show for experienced and novice alike. As of this writing you will have 19 weeks to prepare. Plenty of time for anyone.
8. If you choose to be a competitive bodybuilder, you have chosen a difficult path. Of the hundreds of competitors I have trained, counseled etc the ones that are the most successful live the lifestyle 100% year round and have joy in doing it. If you are going to put yourself through all that it takes to be a champ and are getting beat down by it and feeling sorry for yourself, you are not going to succeed.
9. Learn how to cook and prepare your own meals. If you have a family it is difficult to keep everyone happy at the dinner table particularly if you are on a contest diet.
10. Give God thanks for your health, training, gains. With Him all things are possible.