Learning Experience

Section 5

# 2

Specimen 1 – Bodybuilder in my gym, my friend Angel.

After working out with him on numerous occasions, I have come to the conclusion that he is trying to build the total package, but without all the necessary steps that are needed to do so. I can see where his strengths are, but a true champion will always tackle his weak points first, and ask for help in those areas if needed. His upper body is very good, but his legs are lacking, due to the fact that he does not dedication enough time to training that weak point in his physique.

So, pretty much the negative thing about Angel’s training is that he doesn’t seem to focus on many of his weak points to try and have them match the massive upper body he has going.

Specimen 2 – Bodybuilder Jay Cutler

What can I say about him? He’s a true champion that knows the ins and outs of training and diet. I got a couple of his DVD’s, and watched him prepare for numerous shows and events throughout them, and he has his daily routines dialed in, which definitely aid in his success as one of the best bodybuilders ever. He understands that training cant be all about how much weight you lift, but if you are contracting the muscles properly, getting the pump, having the mind-to-muscle connection, etc. Then following all of that hard work with a proper clean nutrition plan that will bring all that hard work out into the open for people to see it. He does have a few flaws here and there, but that just comes from his genetics (protruding growth gut, and wide hips).

Specimens 3 & 4 – Aerobic athletes

While I was doing my cardio, this is when I was observing a couple of aerobic athletes. I noticed that they kept at a consistent pace, which kept their heart-rate constant. I did notice that their physique seemed very frail and not strong. It seemed that they didn’t have a strong nutrition plan to keep their muscle mass at a decent level (you can see their bones in some locations, that’s how lean they were). So, I did notice that they are very successful at speeding up their metabolism with all the aerobic exercise and toned frame, but I just wonder how they would hold up if they had to anaerobic activity that deal with lifting weights heavier then their muscles can resist.

Afterwards, I did approach each of them to ask them what their training routine usually consisted of, and it was all aerobic activity. They both barely went into the weight room, and they also mentioned that they ate very clean vegetarian diets.