

"Secrets of strength training. How to pump up the strength and muscle mass, doing without a coach? Thales Alexey."

"**Abstract.** A lot of guys start to walk into gyms, hoping to pump up muscles and become stronger. However, most of them do not reach any result, and eventually drop out of training

This is not because they lacked the tenacity, but because they are trained grossly wrong.

Just next to was not a specialist coach, who could point out mistakes novice athlete.

"In force sport, as in any other activity, has its own secrets, which must know each athlete, strongman."

"And one of the main secrets are properly constructed cycles of stress and recovery."

"Cycling of the load is guaranteed to lead to the rapid growth of your results and help all to avoid stagnation."

"If you want to progress and not to use steroids at the same time, this book is for you."

"If you are forced to train without a coach, then this book will allow you to do it right."

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Introduction.

You know what the hardest part of training? You think squat with a barbell in 250 kg?

No. Not at all.

For most athletes the most difficult - is to begin to pack a bag to go to the gym.

Of course, it sounds strange. Why stowing bags suddenly becomes incredibly hard, harder than squatting with 250 pounds on his shoulders? Why suddenly rashotelos go to the gym?

If you experience such a situation, it means that you have done something wrong. You do not train properly. You can not properly distribute the load in his training cycle, you do not choose the right weight and the workers have chosen the wrong exercises.

With an abundance of colorful magazines, the majority of newcomers who come to the rooms to pump up muscles, not trained properly. They do too many exercises, they are doing those exercises are not properly increasing their weight, usually overtraining, and naturally do not get the result.

Weeks, months, years of training and the sea of sweat - all in vain.

Why is this happening?

Because there would be a lot of western literature for the bullies. Published lots of magazines with bright covers, which are reprinted in mostly Western materials that do not pursue those goals that you need.

Using the Internet, I talk with many athletes, and I get many letters from athletes - Russian bullies, dealing with around the world.

So, in Kachkovskii halls of the West is characterized by a trend away from bars and go solely on the simulators. Literally everything is done on simulators - squat, presses, pull, etc.

In these halls, even the instructor looks at the man approaches the bar, like a madman.

Everything is explained simply - this is because the rod more traumatic.

Inexperienced novice can, for example, begin to remove all the pancakes on one side only vulture rod. The bar, of course, will fall. Some of this may be due to injury, then an instructor for the worn-out vessels, and the administration of the hall would have to pay a decent compensation.

From exercise machines not have this problem - get them hurt is not easy.

Therefore, the instructor of a typical gym of the West will do everything to make you a bar did not fit.

It is safer. And so there stands idle with a bar, and exercise are mostly in simulators.

We, in Russia, everything is different.

In the hall there are always bars, platforms, racks, and they are actively used. We traditionally country security officials, so in the hall, as a rule, you can always meet the athletes, a lifetime of working only with a barbell - weight lifters or lifters. They could teach a novice security when working with a

bar, tell us how to do basic exercises, know that trainers - it is primarily a means for losing weight (for women or for drying), not to pump the muscles.

But every now and then go colorful magazines clog heads of young guys are not the right information. They offer reprints of Western literature, and do not intend to see the specifics of Russia's strength training. They provide standard and most secure facilities in the safest trainers.

A work with bars in them and not at all.

And the thing is that the main goal of Western magazines, one can say the opposite of your goal. You want as quickly and efficiently to pump up muscles. This can be done only bar. They want to earn money and do not go to court for a recommendation, which suddenly has someone to injury. Therefore, the maximum advertised simulators. It is natural simulators is becoming more and more, and work with the most common bar less and less.

As a result, such journals only cause harm, creating the impression that the train takes a lot and mostly on a variety of simulators. The work with basic exercises, they write, or very little, or no writing. Learn how to make a safe workout with a barbell, they do not even think.

This book tells you about the real state of things.

For those methods which recommends that the majority of foreign authors, not to train, especially beginners. In general, all these techniques more hinder than help.

Young guys just do not realize that now all the strongest athletes live in Russia. At the world championships in powerlifting Russia's national team is always first on the number of gold, silver and bronze medals. For Russia's national team "dead heat" with minimum disruption is Ukrainian national team, then the Poles, while the American team does not rise above the 4th place.

Arriving in the domestic competitions United States and Canada Russia athletes, not even at the highest level by our standards, do not encounter almost no resistance, collect a rich harvest of medals and cash prizes.

Therefore, in our time, when the slogan "Russian are coming!" already looming ominous shadow over the world federation powerlifting, if you want to progress, you need to learn precisely Russia's methodology.

One of these techniques and I want to show in this book.

After reading this book, you will learn how to swing a little, but effectively, both with maximum use of every minute of being in the gym, how to build a cycle of training, and how to avoid stagnation.

It's enough to just concentrate on the essentials, and the result will not keep you waiting.

That is practicing "Master of Sports (MS) and International Master of Sports (MSMK).

Do you think that they are strong, because they have outstanding genetics, or because it's put the horse's dose of anabolic steroids?

No. They just work the head, release the main and do not lavish

of 6-12 exercises per workout. They are very economical spending power. They work only what is needed. Nothing superfluous. However, the issue of steroids requires further clarification. I know that many people read it, about MS and MSMK immediately say "yes they are all chemists, that they were equal!". Yes, it's scary is the thought which came to power sport ... If only a man said that he is a master of sports, all automatically assume that he - "chemist".

The fact that he was swaying on good technique, even though no one in the head does not come ...

Guys, do not have any illusions. If someone is engaged in a mad, utterly worthless technique and had no result, it does not mean that a good method does not exist.

It exists.

As there is a real MC and MSMK, who achieved their results by doing this technique "clean", without chemicals!

A great example of "pure" MSMK Powerlifting - Paul failures. He engaged in the system, which I will describe in the chapter entitled "Cycles", collected MSMK in two weight categories - 90kg to 100kg and.

One day, walking away from competitive sports (work, business, back injury at work) he came to the competition of the Novosibirsk region as a spectator, just wanted to shake hands lying outside the set-off, but he was persuaded to speak on all exercises. And he spoke, took first place, he came to MSMK only 30 kg. The results of that statement were as follows (with their own weight 89kg): Squat - 295kg, bench press - 195kg, deadlift - 300kg.

Without any prior months of not training! Without any eyeliners! And even more without chemicals!

And all because, if an athlete trains without chemistry, the results are stable. He is for the years of training had taught himself to work in cycles, and the body, getting used to the planned decrease and increase the load, in any chemistry does not need. Chemistry is only needed rest and a speedy recovery. But if complete rest, and so is provided every 2 months, then the need for chemistry just disappears by itself.

Incidentally, the best competitive Paul Sboev results are as follows: Squat - 322.5 kg, bench press - 222.5 kg, st.tyaga - 325kg. He was three times winner of the Championship of Russia in the categories of 90 and 100 kg.

I'll tell you about myself.

I trained in the force triathlon years 7-8. Output grew slowly from year to year. Do not hurry made a candidate for master of sports, but as a crust for it do not, then I did not pay attention to this. Candidate in masters of sport is not considered in powerlifting something special. It's like a 9-tiklassnik in school - such as graduate, but actually go back to school and learn.

And then, when I was about 2 years he was a candidate for master of sports, it so happened that I spent a whole year does not practiced - the final exams at the institute, Diploma, Ph.D. exams in graduate school, and much more is necessary or desired.

Results fell, of course, below the limit. Actually, they have fallen to zero. And at that moment I know that my friend, with whom we both began when a train, resulting in two-year effort carried out the standard of master of sports.

And I decided that I too can.

First I sat down at his training diary for all the past years and there has to seek an answer to the question, why and when I was growing results.

Here truly do not know where You're Missing.

Reviewing old records, I just wondered, like me, still young, wise enough to keep a diary of training, where I recorded all of their approaches, the time of exercise, their weight and various observations.

These diaries have helped me incredibly.

Studying them, I was able to identify the most effective principles of training and has developed a program based on them.

Then in early August, I came to the hall and shook hands with lying barbell weight of 50 kg. Six months later, in January 1996 on competition of the Zone of Siberia and the Far East (g.Myski), I pressed 162.5 kg, and the results of standard triathlon completed a master of sports of weightlifting in the 75 kg category. (And I will add that while the equipment was quite expensive, so I did it simply was not there. I did not use any bench presses T-shirt, no kombezami squat and traction.) Result of Candidate Master of Sports (MMR) on the result of Master of Sports (MS) separates the amount of triathlon is about 150 kilograms.

Dial a big difference in just six months, so even from full rastrenirovannosti - it is really the result! But this only proves the effectiveness of those principles that I laid the foundation of their training.

Briefly tell about all these discoveries, their essence can be expressed in one phrase - "nothing more"!

This provides a tremendous savings of time and effort, while the amazing growth results. That these principles and I'm going to tell you in this book. Incidentally, I later learned that almost all experienced security officials eventually come to this scheme.

Shortly after the implementation of the norm of the master of sports, I started coaching job - worked as a coach on fitness, athletic gymnastics, powerlifting and bodybuilding in the various rooms of Novosibirsk and the Novosibirsk region. And my personal sporting experience and coaching experience have convinced me that Lenin's slogan "Better Fewer, but better" - is the secret of fast muscle pump and a sharp rise in results.

In concluding this section I want to thank the people who contributed to the writing of this book.

Great help in writing this book had my friends: the master of sports of international class Fault Pavel, coach of the national category, the champion of Russia on the bench press, the master of sports Fault Alexander. It is their tips, talk with them and discussions have taken this book into the world.

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I want to thank the senior coach of Russia in powerlifting, Honored coach of Russia, Igor G. Derevianko for the opportunity to directly see the world and train world-class athletes, and personal communication.

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And, of course, big thanks to my family and friends.

And if suddenly you have a desire to ask me a question or talk with like-minded, then you can do so by visiting the forum on my website www.forum.faleev.com

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Chapter 1. Ten most harmful misconceptions.

Misunderstanding No 1. Power Sports = anabolic steroids.

Before we get acquainted with the principles of effective training, I want to consider the most harmful misconceptions concerning the power of sport.

The first misconception that walks among the not very experienced (and sometimes experienced) athletes, this statement is that to achieve great results without chemistry is impossible.

"Will there means little" - they say. If you do not use chemistry, that "even the average results - this is already a major achievement."

Typically, the lies told by those who himself has made no difference. So they try to justify their own, to put it mildly, not very high results.

Judge for yourself - chemistry appeared in the arena only 40 years ago. The victorious march of chemistry began with 1964goda, when the Olympic Games in Tokyo to compete in weightlifting, "clean" Yuri Vlasov, gave the first place "nahimichennomu" Leonid Zhabotinsky, losing 2.5 kg due to a tactical error.

Since then confidently spelled out in the chemistry of the diet first weightlifters, bodybuilders and then the whole world. But the history of mankind before that athletes did not use steroids. And that, would not have been strong and beautifully composed of people?

Take the same Yuri Vlasov.

It is unlikely that the results can be called a young (he raised above his head headstay weighing 215.5 kg), and his figure is not developed. He owns 28 world records. He was four-time world champion, the man awarded the title "the strongest man in the world." At the Rome Olympics he carried on his hands from the floor competition, as the emperor.

In the 60th years, Yuri Vlasov was the same landmark figure, like Yuri Gagarin. He was known throughout the world, with its sculptured figures of the statue, he was considered the most perfect man, he was an idol to many kids at that time, including Arnold Schwarzenegger, who during a competition in Vienna miraculously entered the locker room to Yurii Vlasov, and this event forever changed his life.

Near the Yuri Vlasov was a similar case, when he was still young, had the good fortune to talk with the legendary "Russian Lion" George Gakkenshmidt - also very well known all over the world Russian security officials, squeeze with one hand the weight of 116kg.

We can recall, and other athletes, some of them were strong by nature, for example, John Poddubnyi Ivan Zaikin, and many others, and some become strong only through his persistence and tenacity, for example, "Russian Samson, Alexander Sasse, Georg Gakkenshmidt and Eugene Sandow .

In general, the fate of Eugene Sandova (in England, where he lived most of his life, he was known as Eugene Sendou) is very impressive.

A weak and sickly young man decided to develop his body and for this purpose began to study medicine and work with dumbbells. It took several years and talking about it. Sandova became known as a man having a figure with perfect proportions. With growth in the 174cm he gained muscle mass up to 90kg.

In 1930, in London, he published his book titled "Bodybuilding", dedicated to the development of proportionate build with the help of physical exercises with weights. This book formed the basis of modern bodybuilding, and, therefore, it is a statuette depicting Eugene Sandova are awarded to the winners of the Mr. Olympia.

All of these athletes have never used steroids, and performed such power tricks that today's stars and bodybuilding seem impossible. For example, Eugene Sandow could do a somersault back, holding the weights on 24kg, and just get his feet on the handkerchief with which to leap.

And who of modern bodybuilding champion will be able to bend the rails, as did Ivan Zaikin?

But maybe they at least be able to repeat the achievement of 67-pound Alexander Ivanovich Sasse, who showed and proved to myself that big muscles are not a sign of great strength.

He said: "big biceps is not a criterion of force as well as a big belly - a sign of good digestion. The whole strength lies in the tendons. He himself was to build up the muscles only to have the "appearance" for their performances in the circus. All too was an unusual kind of puny man, tearing the chain of hands and chest, bending the knee of a thick rods, piercing nail two boards one punch.

In the circus it seemed substitute.

Therefore Alexander Zass was forced, at the request of the owner of the circus, to build up his muscle mass up to 80 kg. The incredible force that developed a host Alexander Sasse, was tested in more than extreme conditions - during the 1st World War he was exhausted he was captured by the Austrians, was severely beaten, imprisoned in the castle basement and chained to a wall. The first night he broke the chain, broken bars and escaped.

So no, not right, those who said that all it's only a "chemistry".

The opposite.

Only the will and perseverance will determine the final, to which you come, and not steroids.

By the way, on the topic of steroids is very fond of saying trainers dropout. I have visited many gyms and only three or four rooms have seen really Coaches with a capital letter.

Unfortunately, in many cases, the trainers in gyms are ordinary physical education instructors.

Typically this will end gym college swimmers or skiers who have a very superficial knowledge of the pumping muscles. All their experience in this field limited to lodging sessions per week

according to the techniques gleaned in foreign journals or painted what they saw in films like "Drill iron" (1975). Shake lying in the 120kg weight for a 90-pound coach seems phenomenal success.

Too bad if you just such a coach in the hall. Of course, he can talk on the theme of white and red muscle fibers, will tell you about the metabolic acidosis, as a factor in fatigue, even show some exercises for the separation of certain muscle fibers. Be careful. Of course, all these wise words can hypnotize a beginner, first crossed the threshold gym.

But all this tinsel. These coaches do not know how to build a training process, do not know how to increase the load as a move to larger scales and can not even tell you how to correctly do the exercise necessary. The nuances of technology available. Worse yet, what if you have something does not go, you're wrong practice and as a result, have painted themselves into a corner, with a trainer at all one piece of advice: "You should eat methane. Methane in the environment bodybuilders call metandrostenalon - anabolic steroid in pill form.

So start young guys swallow packaging methane, sow liver and prostate, and any effect that does not work. Results are still there.

In fact, when a bad coach, inexperienced athlete is one to one with a bar. And often it leads to overtraining. The weights are increasing too quickly, start "sinking" to the maximum, and, as a consequence, microtrauma, constant pain in the ligaments and joints, apathy and a general reluctance to go to the hall. Therefore, if you coach advised to take some anabolics for faster muscle growth, is an occasion to think seriously about his qualifications.

We must all appreciate a little from the side. If you are not ready to speak at major competitions to a professional level sports, the council to start taking steroids should be regarded simply - this man is not a specialist and his advice should either ignore, or carefully.

Frankly, even the appearance of the room and dealing with it guys you can tell a lot about the qualifications of the trainer. The fact is that if you want a well pump, the gyms usually have little to offer. They are usually very few normal rods and many are unnecessary and expensive simulators. Actually, I noticed this strange feature - the more expensive the simulator, so it is useless.

Ideal room for pumping the muscles - it pauerliftersky or weight-room, where there are platforms for postural thrust, normal wide racks for squats and bench press, lying down, classical (Olympic) bars with locks and a lot of pancakes. But the fashionable modern gyms are usually bustles with the fact that we should not, but what is vital to the rapid growth of the mass and the results - they are not.

Of course, this whole pile of trainers from chrome iron looks nice in the room, along with renovated, solarium, sauna and a pair of air conditioners. But this does not have a rapid increase in strength and muscle mass irrelevant. Do not fall for

this beauty! You need a modest room where these guys are working seriously and without any unnecessary frills. Therefore, if you enter the room and you see a crossover, which is near all undernourished children, we can say for sure - the coach in the Hall of no-good, and the only thing he can - to collect money once a month. Because neither crossovers nor simulators such as "butterflies", or French press dumbbell with one hand can not help you gain weight - it is all the exercises for processing huge muscles and make them more beautiful form. As long as you do not have huge muscles, to perform all these exercises do not make any sense.

Misunderstanding No 2. Power Sports - exercise only for the young.

To say that "your age - is the limiting factor, can only very distant from the power sports people.

"If you are over 35 years, then you should not expect the power of sport serious results" - sometimes they say.

This is misleading, because in reality, in real life, everything is just the opposite.

Indeed, in the gym and 18 years - is old, in figure skating - 25 years, but in football, hockey, tennis - 30-35 years.

But it is the power sports like no other, can enable the veterans to show himself to the maximum. It is here that people do not start your body can show outstanding results even in 60 - 80 years!

And examples of this so much that they move from the category of something extraordinary in the everyday level. World

Championships Powerlifting among veterans are held annually and the results that they show the veterans sports 60-80 years, able to cause an acute attack of envy, even among experienced young athletes.

Not to be unfounded, I will quote a few examples.

We, the championships of the Novosibirsk region in powerlifting, in the category to 60 kg, for several decades in favor Vladimir Zhuravlev. Now he is 64 years old, a pensioner, a doctor by profession.

Since the level of competition are not carried out separately for veterans, he serves on general grounds. And for decades he was in his weight class first, playing with guys who are younger than his 40 years. Incidentally, that Vladimir Zhuravlev Master of Sports in the two kinds of power - in the age of 17 he became master of sports of weightlifting, and in 60 years (!), He became a master of sport of powerlifting.

So who and what they say about age?

I am absolutely confident in the rightness of Yuri Vlasov, when he said that the master of sport can become one. Of course, they had in mind the power sports. In this statement there is no word on the age, sex, or an increase of weight, and nothing the rest. It's quite important if there is a will. Everything rests precisely in your will. If you want to become a master of sports, then you become them. Even if you're 60 years old. Or 70

years.

By the way, most Yuri Petrovich Vlasov already 70 years old, but he still works on a barbell and presses lying 170kg.

Another well-known example - Valentin Dikul, circus artist, a strongman, an academician and doctor of biological sciences. VI Dikul in late 1999, a commission was Guinness in Russia. Under the watchful eyes of judges from the commission he had raised in the amount of 1170 kg (with its own weight 121kg): 450 kg - squat, 260 kg - bench press, 460 kg - Deadlift. All this was filmed on video and photos, you can easily find on the Internet. But at that moment he turned 61.

Of course, this record is not official, because he is not registered in competitions and many of his challenge. And the challenge is valid. But I, what is important to show that it is the power sports are the most suitable sports for the elderly. It is in force species age is not a substantial impediment.

Yes, and that far to go - look at the most prestigious championship in bodybuilding, Mr. Olympia. Rarely there can see a young guy, and all the major and most famous competitors are far beyond the age of 30: most often it is mature men 33-37 years old.

How are Alberta Beklza not remember who first went to the bar in 35 years, and the 53 were won his first professional world championship in bodybuilding and got to Olympia, where he immediately found himself in the Top Ten. And it was not the limit, at 62 he won a professional tournament on bodybuilding "Niagara Falls".

But all this, of course, examples of which, though in plain sight, but they book. Much more impressive is that you see with my own eyes.

I remember the tip of one bodybuilder who enthusiastically talked to one of the forums: "Six months ago, came to our room Dedok years at 65-70. With the beard, treniki blue wool with stripes, in their shirt tucked into the cell, Czechs on their feet. .. All as it should, in short. Suitable for us on the platform. The boys squatted. At the bar - 120 kg. He was so politely asked, approached ... all held their breath - are ready to save his grandfather. I already know how I will be his artificial respiration with his beard to do it ... So, once again, and sat down ...! Yes so deep! Yes on 5 times! And then another, and 150 kg for 3 times!

We then asked him what supposedly secret ... And he was a mere Soviet athlete ... Thus here, gentlemen bodybuilders.

Here is another good example.

Recently competitions Volgograd region appears Lydia Klimovna Bocharnikova, which this year marked 72 years. Previously, she was never involved in any sports, was widowed 14 years ago and this sad event greatly undermined the health of women, age of disease have made themselves felt.

About what happened in the future, writes Volgograd newspaper "Life" (12.10.2005):

"Somehow, looking to visit a neighbor, Lydia Klimovna as usual, began to complain of not very good condition - they said it

hurts, but there ache. Neighbor's husband, who worked as a trainer at a local athletic club" Atlant ", hearing about the problems a friend, advised her to go to the gym. Lydia Klimovna, without thinking twice, agreed.

- I then did not mean to, to enroll in regular classes - with a laugh now recognized Bocharnikova. - Just give, I think that'll come and see how there. But really, tell me who at that time that I was seriously sick hardware, I will participate in the regional championship, but still win, I would never have believed it!

But, one hand on the neck ribbed bars, experienced heady joy of overcoming his own weakness, and feeling a sudden rush, seemingly irretrievably gone with youth, energy, retired all my soul "prikipela" to weightlifting.

The coach, surprised watching the miraculous transformation of more recent complaints about the arthritis-sclerosis neighbor, took her training under his personal control. And success did not take long to wait. Now Lydia Klimovna Bocharnikova - multiple prize winner of regional competitions in powerlifting. From her letters and diplomas hurt in his eyes, and is the oldest in the area "sportsvumen" only the first and second place! For the victory in the regular force in the regional championship triathlon, held in May this year, Lydia Klimovna was awarded a commemorative medal and a cash prize of seven thousand rubles.

- Say what you like, but still a good increase in their pension - jokes pensioner Bocharnikova. - Although, honestly, I sports of no money, no great results and titles do not have to, because my main goal - health.

Ideal Health, recognized the amazing pensioner, whatever one may say - wait of 72 years to occur. But the fact remains - all ages sores, hitherto tormented Lydia Klimovna, disappeared without a trace, as if they had not been at all. His Bocharnikova garden, dig now, that is - vlegkuyu. And Kamaz perekidat sand, trees and trim - all this for Lydia Klimovna now is not the problem. And Bocharnikova not limited to only one exercise, find time for spiritual life - three times a week singing in a local choir. So the fact that once again complain about the manner of life, bored yes paste up, simply no time. And very Lydia Klimovna admits that he feels is just fine. It is sincerely grateful to the sport, so happily changed her life. "

So do not nod to the age. Age nothing to do with. Whoever wants to, he will achieve his, and who is not properly trains, tired and lost his motivation, he looks for excuses.

Misunderstanding No 3. The load should increase the smallest pancakes.

Incremental load - an extremely important and correct principle of effective training.

But let's see how he is treated in international journals and books for beginners.

Here's how: must be added to each exercise of 0,25 kg every few weeks to use for this small pancakes, weighing a quarter of a

kilogram. "For an amateur this tactic is the most productive" - write these journals.

Well, let's calculate a little. Let's say you're stubborn athlete, train all 52 weeks a year and follow its recommendations to add, for example, in the squat at 0,25 kg once every two weeks.

Total for the year you build up in the squat 6 kg.

And what's this?! Miracle of effective training?!

Of course not, this is not correct, one does not train. By following this recommendation, "the little pancakes, you'll never be able to effectively grow.

When we were in the room is constantly used small pancakes at 0,5 kg and they formed part, at first I could not understand what is going on. It was found in the section came to a few young guys who have followed these recommendations and gradually increased the weight on the boom of these very small pancakes, which we were.

After some explanations and demonstrations, kids, of course, thought better of it. I was after this incident and decided to write this book. Because many young lads begin to engage in various silly advice, and then watching as slowly growing weight of the rods, throw training at all.

Someone may say: OK, let's not build weight 0,25 kg, but at least 1 kg.

But this is not correct.

The fact that the usual error in the manufacture of pancakes for the rod - 100-200g.

If you hang on the bar 4-6-8 pancakes, the error of weight fluctuations as time and can reach 1 kg. Ie error of pancakes can "eat" your an increase of 1 kg.

It is for these reasons, most experienced athletes very rarely use pancakes for 0,25 kg, 0,5 kg, 1kg - mostly they are used only for competitions.

And in the training complex decided to increase the load with pancakes on 2,5 - 5 kg.

Now imagine a novice, who will try to perform read in the magazine's recommendation, the use of most small pancakes, and the second novice, experienced guys who suggested that it was necessary to increase the weight of pancakes on the 2.5-5kg. The second will progress in 10-20 times faster!

In general, increasing the load is done this way.

Once you have done some weight, for example, sat down with the weight of 70kg 5 sets of 8 times, then on the next training session should be added 5kg, ie put on 75kg barbell and try with this weight just sit 5 to 8. Let's say you just can not turn out, but it will come

Approach 1 - 8 times

2 sets - 8 times

3 A - 8 times

4 sets - 7 times

5 sets - 6 times.

In fact, that once did not work all the times to sit down at 8 times there is nothing to worry about.

Simply, we believe that the weight of 70kg - this is already the past and now your goal is 75kg. And your job is to sit down with the new weight of 5 to 8. And once you execute it, it is already on the next workout add another 5 kg, put on 80kg barbell and try to take 5 to 8. And so on. With this approach to build loads of you will add not to 6 kg and 30-60 kg per year in each movement (here I am talking about the first years of training, when there is strong growth in results).

Misunderstanding No 4. During a training session should have time to do exercise 5.12.

This is the most dangerous misconception.

Experienced athletes doing the opposite - they exclude all supporting exercises and practiced only heavy basic training. But let's open all colorfully decorated log, and see where the section "complexes". What we see?

As a general rule - bench press, pull on the block to the bottom, squats, pull in angle, dips, deadlift, pull-ups, Schrage, traction on the block, exercise for neck, calves, forearms, press and so on.

Ie we see how heavy basic exercises (bench press, squat, deadlift) blurred various subsidiary exercises.

The overall result is that the standard complex for a beginner is not less than 8 exercises. And it disproportionately.

Because all of these draft down on the block, Calf, dumbbell bench press, curling and much more - this is NOT the basic exercises. Novice to make sense - it is a waste of time and effort. Beginner should focus on the base, and not wasted on low.

Remember the basic principle of strength training - only heavy basic exercises. " These words are quite rightly should be written in large letters at the entrance to any gym. It is taking advantage of this principle, many guys have built up huge muscle mass and become champions for the power triathlon and bodybuilding.

But the heavy basic exercises all three: squat, bench press and deadlift. All other exercises are subsidiary.

Therefore in order to build an impressive muscle mass and achieve success in sport is necessary and sufficient to do only three exercises!

No rises in biceps, traction on the block, rises on her toes, thrust in the slope, etc. in your program should not be! In any case, the first 1 - 2 years.

It is then, when you build up large amounts, you may want to adjust and shape your biceps or front of the beam anterior deltoid. But until you have built up a powerful muscle mass, doing something other than basic exercises - this is not rational waste of time.

This idea is so unusual for many athletes, that I will repeat it again.

For a sharp rise in muscle and the results you have to do only three exercises: bench press, squats, deadlift.

Everything else will only harm. In carrying out extra and

unnecessary exercise, you take the hosting those precious reserves of energy, which could give you an incredible jump in the basic exercises.

Why we can do only three basic exercises? Because these exercises load all the muscles of the body and do not need all the other kinds of loads.

Someone may be doubt in this, but think if you make become the traction and lift the barbell weighing 250 kg, what a huge burden falls not only on the back and legs, but also on your biceps, shoulders, trapezius muscles, and even muscles of the neck. So the subject of serious employment gets traction, all other exercises for these muscle groups will not be needed. Biceps, shoulders, trapezius muscles and neck, and so will grow from postural thrust.

When you squat with a barbell 250kg, then think about the high pressure in the abdominal area, which had to withstand an athlete. An athlete who takes such weight, simply by definition can not be weak press - he pumped in the training process to squat.

If you press lying 150kg, the muscles of the arms, chest and front beams anterior deltoid will you clearly worked out so that any качок - bodybuilder would envy.

It is necessary to add such a time that the bench press is very important to learn to take the bar with his chest including the latissimus dorsi. This will give much-needed lift in the beginning of acceleration. So, can someone this may seem paradoxical, but the bench press develops and back, especially the latissimus dorsi.

But all these results in a 250 kg squat, 150 bench press and 250kg in postural thrust - more than achievable! We must simply focus on these three exercises and do them every year. And do agree that the man who gave rise to such weight, will look very pumped, and no dystrophic.

Moreover, all known bodybuilders do just that began their careers. Heavy basic drills they rocked the huge muscles, and then supporting these exercises the muscles attached to the relief.

Remember this, heavy basic training - primary. And only having huge muscles can move all these tyagam in the slope, French zhimam and wiring dumbbells.

But until then, until you have built up an impressive muscles and have not achieved significant results in these three basic exercises - even forget about everything else. Everything else will only harm your growth and your progress.

Incidentally, I sometimes say that many have written about the importance of heavy basic exercises, for example, Brooks Kubik. And ask the question: why not just use a system of blocks? Why write a new book?

These people do not realize that Brooks Kubik has developed its own system for very specific purposes. Cubic plane curve system is entirely focused on training fighters classics.

His system is aimed primarily at the refinement of what needs to be fighters classics, namely, working out is enough for

retention: from here to there is so much work with a variety of drums, bags, logs, thick neck.

In addition, his training unnecessarily cruel. Brooks in his book "Dinosaur Training" writes that the corners of his room are a special bucket, which can throw up when peretrenirueshsya again. This is possible only if excessive train strength endurance.

Siloviki and bodybuilders do not train to vomiting. They strength endurance is much less need than the fighters.

Cube - a fighter, and being a good fighter - he won the state championship in Greco-Roman wrestling (now it is called the Greco-Roman). Here's to this type of combat (the classics), he invented his own system.

If in freestyle wrestling main reception - a passage in the legs, then in the classical - shot through the chest. Ie must take a "client" in his arms, clasped his hands better and throw it over your body. And so many times. Here on the development of this skill, and directed all training Brooks cube. Wonder among his pupils many wrestlers classics, but there is no speaker powerlifters or bodybuilder.

Therefore, by the way, he is against the outfit - the wrestler outfit does not help on the carpet.

The most important thing for a fighter-classic - the power of his fingers. Therefore Kubik so much attention to this point - pulling on two fingers, two fingers, deadlift, farmers walk, etc.

Ie Brooks Kubik - this is purely wrestling training, while it is still too harsh. The excessive cruelty of these training sessions and is reflected at the Cube. He is now an invalid, he injured joints and ligaments, so the iron it is no longer engaged. Now he is just gymnastics.

So to base a system of training for Brooks Cubes I would advise no one has.

Misunderstanding No 5. Do three times a week the same thing. This is one the most common mistakes made by beginners. For some reason, they tend to choose a set of 6-10 exercises and do it without changing 3 times a week.

This is a disastrous approach and is the shortest path to stagnation.

First, you need to do only basis, and secondly, the exercises should be changed as the load during the week.

The most ideal would be to perform squats and bench press twice a week, but are craving - once a week.

Training during the week should not be the same, so the first time in a week, bench press and squatting made "heavy", and the second time the "lungs".

"Heavy" training - a workout at full capacity, and "light" - is the second training session per week - training on the equipment.

Deadlift done only once a week due to the fact that the muscles that work in postural thrust, are the largest on the body and they recovered more slowly all the other muscles.

The sequence of exercises in training is the same as in competition.

If you can train five days a week, then in this case, your weekly plan would look like this:

- Monday: "Heavy" curtsy.
- Tuesday: "Heavy" bench press.
- Wednesday: "Heavy" deadlift.
- Thursday: "Easy" squatting on the technique.
- Friday: "Light" on the bench press technique.

In this graph your muscles will tense up in the first three days of the week, but enough to rest in the second half of the week.

If you are unable to train five days a week, you will have one workout to work with two basic exercises. But as far as possible try to never do two "heavy" exercise in one day.

For example, if you train 4 times a week, you can build your schedule as follows:

- Monday: "heavy" curtsy.
- Tuesday: "heavy" bench press.
- Wednesday: "heavy" deadlift.
- Friday: "light" squatting on the technique, "light" on the bench press technique.

Four exercises per week - this is an excellent option, which is used by the majority of athletes I know - the militia. In its "heavy" basic exercises are separated by days, but the combination of "light" exercise is not straining the psyche. It is possible to train three times a week. In this case we obtain such a scheme:

- Monday: "heavy" curtsy.
- Wednesday: "heavy" bench press, "light" squatting on the technique.
- Friday: "heavy" deadlift, "light" on the bench press technique.

If you train two days a week, then I think it is better to make a partition:

- Tuesday: "heavy" squatting, "heavy" bench press
- Thursday: "heavy" deadlift, "light" bench press

But for fans of Mike Mentzer (exercise 1 time per week), I will say that in principle you can train only once a week and do this workout three heavy basic exercises. But it will be very hard psychologically. Then, over time, you will loathe this day of training and would probably throw the sport. So I still recommend a heavy load smudge for a few days and do exercise 3.4 a week.

By the way, regarding the system Mentzer, I'll say it, as I understand it, is designed to farm.podderzhku (ie, the use of steroids). Mentzer himself on this subject in his book "Supertrening" slip of the tongue: "Several years ago I conducted an experiment on himself: practiced without steroids, was sitting on a low calorie diet in the first week lost 4 pounds. Then to the same diet ADDED steroids and for second week boosted 1 kilogram.

In addition, one should not forget that excessive, but very rare stress affects the heart. Sam Mike Mentzer died of a heart attack on June 10, 2001, in a fairly young age - he was only 49 years old. It is his heart and summed up, it was not worn for years.

Misunderstanding No 6. By making 20 times for the approach, you'll be a fantastic progress.

This is not a very common misconception, but nevertheless, I want to discuss it.

Among some foreign authors were frequently being saying that to do squat thrust and stand on 20 times in the approach.

Ostensibly this would lead to incredible growth results.

This is partly true and therefore the newcomers waiting trap.

The fact that 20 times in the approach is effective only if the athlete is fully laid out for this one approach, but does not go over the brink peretrennirovannosti.

But this fine line is very difficult to catch.

If you could almost dotreniruetes, the effectiveness of exercise sharply reduced and we can assume that training was wasted.

If you are a little peretreniruetes, then you are pale, exhausted, emaciated and simply blyuyuschego vynesut from the audience caring comrades.

Adherents (fans) sit-ups for 20 times in the approach put buckets around the hall, so far not had to flee when he wants to puke from overtraining after approach. And this is not a joke. Therefore, none of the athletes do not advise beginners to try this recommendation for him. In 99% of you will develop a persistent aversion to squats and postural traction.

I want to draw attention to the fact that the particularly active in insisting on these 20 single squat and rods, one of the now "trendy" amateur bodybuilding guru Stuart McRobert (author of "Think," "Think-2", "Hands titanium, etc. .), whose books last 8-10 years have been widely circulated in the territory of Russia.

I propose to look more closely to the very McRobert and think,

and whether we can trust his advice.

Who is this "fashion" guru, and what he can? What kind of results he has achieved?

Let's look at this issue, because it is quite important. Agree, it's silly to read a book, for example, by building skills, written by man, not knowing how to lay a brick wall of a garage.

In his book "Think!" Fortunately, the results are better than Stuart McRobert. They are. Bench press - 120kg, squats - 160kg and deadlift - 200kg. In total, it gives $120 + 160 + 200 = 480\text{kg}$.

Unfortunately, the book does not set its own weight of Stewart, but we can roughly estimate it yourself.

He writes that the growth is 175cm and its methodology expanded the 25 kg of muscle. Thus, even if it initially at growth of 175 cm was a skinny 60-pound dystrophy, the muscles grow on 25kg he reached the masses in the $60 + 25 = 85\text{kg}$. And probably 90-95kg. But stop at a minimum of 85 kg.

So what does all this mean and why do all these calculations and assumptions? It is necessary in order to translate the conversation into more familiar to us plane sports categories and titles. This, of course, entirely ours, Russia's measurements, but let's look at the results of Stewart on this side. If only out of interest.

I'm reprinting the table of norms in powerlifting for men (see the amount of three exercises).

Weight categories msmk MMR ms I II III I young. II yun.

| | | | | | | | | | | | |
|--------|-----|-----|-----|-------|-------|-------|-------|-------|--|--|--|
| 48.0 | - | - | - | 295 | 255 | 235 | 210 | 195 | | | |
| 52.0 | 530 | 470 | 395 | 320 | 280 | 257.5 | 230 | 210 | | | |
| 56.0 | 580 | 510 | 425 | 347.5 | 305 | 285 | 245 | 222.5 | | | |
| 60.0 | 625 | 555 | 465 | 380 | 340 | 305 | 275 | 247.5 | | | |
| 67.5 | 700 | 625 | 505 | 410 | 360 | 330 | 300 | 267.5 | | | |
| 75.0 | 765 | 675 | 530 | 435 | 385 | 355 | 325 | 290 | | | |
| 82.5 | 820 | 720 | 565 | 485 | 435 | 385 | 347.5 | 305 | | | |
| 90.0 | 850 | 750 | 585 | 510 | 462.5 | 405 | 370 | 330 | | | |
| 100.0 | 895 | 775 | 620 | 540 | 487.5 | 450 | 385 | 345 | | | |
| 110.0 | 915 | 795 | 655 | 570 | 515 | 485 | 405 | 360 | | | |
| 125.0 | 945 | 810 | 680 | 605 | 537.5 | 505 | 430 | 380 | | | |
| +125.0 | 970 | 835 | 730 | 625 | 555 | 520 | 462.5 | 400 | | | |

In table shows that the results of Stewart's 85-pound (480kg) even fall short of the 1st level. And this is ultimately his, at least 15 years of labor. It was amazing enough!

In my memory of the poor results were none. Over 15 years experience in the room the guys reach a minimum of MMR, and often becomes the master of sports. Without any "chemistry", only diligence and perseverance.

So this begs the question - can be taken seriously advice of a man who for so many years of intensive training he could not rise above the second grade?

Certainly you have in the hall there is a guy whose results correspond to the second category. Now imagine that this guy trains for 15 years.

So if a guy writes a book about how he could shake the biceps to

45cm (one of the books McRobert is called "Hands of Titan. 40, 42 ... 45cm!") Or how he could shake lying 180kg (McRobert new book called "Bench press 180kg!"), how do you react to this? You'll listen to him? You follow his advice?

Or is it from what's coming, patted him on the shoulder and say: "Boy, first he thought of something Bring the meantime, Go, work. The bar is waiting ..."?

Here McRobert is the kind of guy - vtororazryadnik with 15 years experience.

But as you know, man, unable to succeed himself, is unlikely to be able to help piece of advice to others. He can tell just how to do here, and how to - he can not know.

So, in my books McRobert strongly recommends doing squats, and becoming craving to 20 times in the approach.

Meantime, McRobert, much success in postural thrust is clearly not achieved.

So it turns out that those who would do squat thrust and stand on 20 times for the approach, simply in the word believe it vtororazryadniku and spent years working on this absolutely insane recommendation. And it is 100% not bring any results, except for one thing - hate this exhausting exercise. By the grandmother did not go.

With regard to its Board squat 20 times for the approach, Stewart argues that the fact that in this case, you can avoid knee injuries. I would argue that the knee injuries, you can escape only if there is one approach to squat to perform in bandages. Even the warm-up approaches should be implemented in bandages, then any injury you do not have to fear.

Recommendation to become traction and squats 20 times in one approach - a fanatical recommendation. Anyone who tries to follow her, throw bodybuilding a couple of months. At best, the cast and do squat thrust. Because 20 times for the approach - this is precisely the overload, from which he McRobert and all cautions.

Incidentally, McRobert Council on the implementation of 20 repeats and allows you to assess its level, as a coach.

That is what is written in the McRobert in chapter "Set of twenty repetitions" (see "Think-2"):

"Start with a weight that you are able to raise forty times, but stop at twenty. Add to 2,5 kg per week, until you feel that you can do only 25 reps in a row. But once again reach the limit should not, stop to twenty. then added a week for 1.5 kg or a kilogram. "

Suppose you can sit down at full capacity with a bar 130 kg to 20 times. Here is advised in this case to build a training schedule McRobert:

"Start with 112 kg. Do squats 20 times, with a break should be long enough. After five weeks in a row follow the program of sit-ups only once a week, adding weekly to 2, 5 kg. In five weeks you will have the strength to sit down twenty times over with 125-pound barbell.

This will, of course, difficult, but does not require you to limit exertion. You are physically and mentally to adjust to the

difficulties and begin to get pleasure from overcoming them. When this happens, remove the small discs and start to add every week for 1 kg. After five weeks, you do twenty sit-ups with a 130-pound barbell. Yes, you certainly will spend ten weeks on the capture of weight, which theoretically could take immediately, but lay the foundation for further progress and will be ready to move forward. After another five weeks, you already can handle the 135 kg, and this is not the limit. Another five weeks - and you will fall under the force of 20 squats with a weight of 140 kg, and again, some forces will remain in reserve. Fulfilling damn hard work, you will not be completely out of steam. And another ten weeks of slow, but steady and safe way forward can handle the "magic" 150 lbs. And this is an outstanding record for people with "slabootzyvchivymi" muscles! "

To sum up: So, we can do initially 130kg. But start with 112kg. After five weeks, chosen to the weight of 125kg. And another 5 weeks to the weight of 130kg.

Total 10 weeks - only to lose!

But 10 weeks - this is very tiring cycle, and we have not even come to his working weight!

Furthermore, (in spite of all my sports experience) McRobert somehow assures us that the following 20 weeks of the cycle will go smoothly on the rise and we can easily pereplyunem source 130kg, and immediately do (hey!) 150kg!

Tell you the truth - it is not realistic. What is written McRobert - it is simply a fraud.

The first part of the cycle - too prolonged, the second part of the cycle is very optimistic efficient.

A more realistic other developments. The athlete, doing 7-8 weeks on weak weights, and knowing that he was 2 months is not much refining, and began flub, and, finally, threw all kinds of squats.

But I started this conversation did not even so. I want to draw attention to itself the length of the cycle - McRobert invites us to make a 30-week cycle on the squat.

Any inexperienced newcomer, piously believes in the authority McRobert, declare: "Well, Th! IAC said it means so type and NADA.

But the experienced athlete to think about ...

Cycles - this is one of the hardest things in training. Cycles exist in order to train the entire body to periods of stress and recovery.

Cycles are needed to ensure that planned to go to the peak, and then planned to give fully relax all the muscles.

What does this mean? This means that all the basic exercises are done on the same cycle.

Physiologically it is impossible to reach a peak at the squat, and do the same time decline to postural thrust or bench press while lying - in this case can not have no proper growth results, no full-fledged vacation.

No, the cycle is a cycle - all the basic exercises simultaneously browse the peak, then all the basic exercises in

the same time create a planned decline - is the fundamental law of cycling.

An experienced athlete, having heard the recommendation McRobert to 30-week cycles of squat, immediately think of, and how he will do 30nedelny cycle, for example, bench press?

30-week cycle of bench press can be done.

On the bench you can do 9-10 (maximum 12) weeks of continuous growth, but then, whatever one may say, to do downturn. The cycle of more than 12 weeks can afford "chemist", but they are more than 16 weeks will not survive (but none of them will not do so - why so pointless "to tear the veins").

So, what I do for a withdrawal from the above passage - McRobert knows nothing about cycles.

But cycles - is the foundation of the training process. That is incorrect cycles or absence of cycles lead to stagnation in the growth of muscle mass and a stagnation in the growth results. The coach may be a bad athlete himself, but if you really coach, then in order to write plans for young kids, you have to understand the cycles.

Of this I am doing the second conclusion - McRobert, if a coach, it is very, very mediocre, not very experienced coach. Follow his advice in terms of cycles (which is most important - a strategy! - All of the training process) - madness.

Every coach who reads these lines, I think, agree with me.

So how do you have to really swing?

For questions about cycles, we'll come back, but newbies should start using the version of "5 to 8. Ie is 5 working sets of 8 rises in each.

Please note that the approaches are not working is warm. A warm-up approaches, I recommend doing at least 2-3.

As the results and the development of the athlete can gradually move to version 5 by 5 ", on the road a little work with 5 to 7 and 5 to 6.

"5 by 5, you can stop and get to the stagnation in the results. Once arrived stagnation - congratulations! This means you have grown from a simple initial scheme, and it was time to move to the cycles. And from that moment you begin to engage only in the 8.12-week cycles. But we'll discuss this later.

Misunderstanding No 7. Only 8 hours of sleep will restore your muscles.

In magazines often write about the importance of sleep and that eight hours of sleep will restore your muscles.

With this you can say? Sleep, of course, important, no doubt. A good deep sleep quality will help you relax and recover. In sleep the body "recharge" your hormonal system, cleanses the blood, creates new antibodies, growth hormone, etc. In chronic lack of sleep the body can not recover, and this has a negative effect on muscle growth and strength.

It's all clear and undisputed.

But, nevertheless, it is not entirely correct recommendation. It's not the sheer number of hours of sleep and sleep quality. Many of us remember such a situation: sometimes go to sleep a couple hours and it seems that you have enough sleep, and sometimes vice versa, sleep 8-10 hours, get up and walk around as plague and exhausted.

Why does this happen?

The fact is that sleep has a complicated structure and consists of 5 stages.

The first two stages - a stage of sleep consciousness. The subconscious mind at this point continues to watch.

The first stage of sleep - a state where we are dozing, there are often some ragged visual images, the muscles begin to twitch slightly, getting rid of stress.

The second stage of sleep - visual images are missing, the body temperature slightly decreases, breathing becomes regular.

Only the third and fourth stages of sleep begins deep regenerative sleep. During this period, it is difficult to awaken us, the body is completely relaxed, the nerve cells recover their full potential.

The fifth stage - a phase of paradoxical sleep, which is characterized by increased activity of the organism - the heart starts beating faster, breathing becomes rapid, increases pressure and body temperature starts sweating, his eyes under closed eyelids begin to make rapid movements in different directions.

If a person wakes up in this phase of sleep, you may be scared - it is all in a sweat, heart beating like a rabbit, hands and feet in tone - that this is happening to me? Oh I did not get sick with something? They are afraid of nothing - this is only the fifth stage of sleep - a paradoxical phase (also called the phase of "rapid eye movement").

This phase of paradoxical sleep we inherited from the ancestors, from the ancient times, when people at every step in danger - at any moment could emerge from the darkness, a predator. If people throughout the 7-8 hours of relaxed sleep, he would not be able to react quickly to danger, the muscle tone during this time is significantly reduced.

Nature has invented a way out of this situation and agreed to every 1,5-2 hours to sort of shake-up of the organism, so that the muscles do not lose their tone and were ready to respond quickly in case of danger.

Motorists are aware of the nature of idea. Even if your car is worth a whole year in a garage, good driver a few times a year, always led him, drives away in vain, that the car was always ready to metal does not rust and do not stick together. "

Ideally, all these five stages successively replace each other about every 90-110 minutes (this time one cycle of sleep): first, the first stage, then second and so on to the stage of paradoxical sleep. Then this cycle repeats itself again. As shown by studies of physiologists, approximately 55% of total sleep time is the first and second phase, 20% of the time spent on the paradoxical phase, and only 25% are third and fourth

phases, which allow us to sleep.
Look at Fig.1.1.

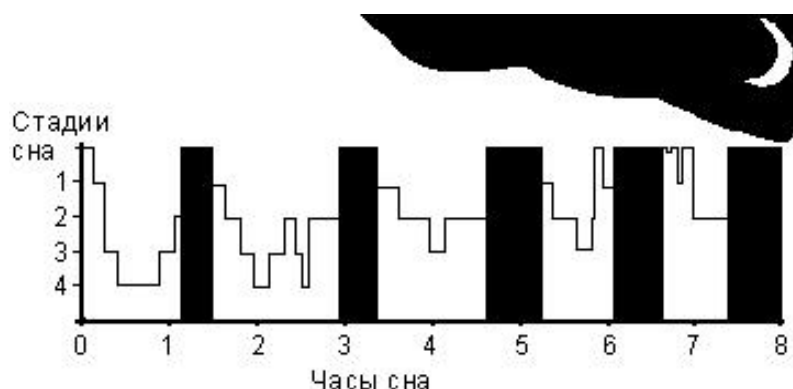


Fig.1.1. Stages of sleep (black - indicate the phase of paradoxical sleep).

The figure shows that the dream comes to the fourth stage only in the first 3 hours - is the strongest and restoring sleep, when we truly rest.

After this time, there are only two major breakthroughs in the third phase of sleep (at the 4th hour of sleep and closer to the 6-WMD). That is, in principle, after 4 - 4,5 hours of sleep, could not sleep, because the remaining time - this is not a dream, but mostly stay in 1 and 2 stages of dreams, when the subconscious mind is awake. The finding in this phase does not bring no rest or recovery of the nerve cells of the brain. Herein lies the pool of free time. The man who learns to manage their sleep (full night's sleep for 3-5 hours of sleep) may increase their active day to 21-19 hours a day.

Perhaps someone will be interested in this topic, so I'll give one of the technologies of control sleep (research academician A. Wayne, head of the sleep center at the department of neurology FPPO MMA IM Sechenov, Moscow, RF Government Prize in 2003 in the field of science and technology for the development and introduction of technologies for the care and rehabilitation of patients with sleep). The essence of this technology is to achieve as much as possible stay in the fourth stage of sleep. But since This phase is concentrated in the first hour of sleep, then this will have to sleep 2 times a day.

First couple of comments on this technology management sleep. Note first - would have to sleep only at the time of day, in which you sleep most efficiently. This is a time for each is determined individually and can get to any part of the day. So - if you find that your best bet is to sleep in 12 days, then be ready.

Note the second - at night, beat sleep, have something to do, or waking into flour. Therefore, you need to decide in advance - what do you do 19-20 hours a day. There are people who have dropped out do to this system only because of the fact that they have become too much free time, and they did not know how to use it.

And now more.

The first step should be to identify the time when you most effectively go to sleep.

To do this, select a couple of days when you can not afford to sleep more than a day

and when there is no urgent and important cases. Wake up to this day you will as usual, say at 8 am. Day live, as usual, but our study will start with 12 at night. From 12 nights begin to listen to their own feelings. Gradually, it turns out that you want to sleep attacks - sometimes there are no forces to keep my eyes open, but then suddenly 20 minutes later again becomes tolerable.

For all of these observations, start up a blog where you honestly record the time at which begins to be desired sleep duration of the attack the desire to lie down to sleep and estimation of strength of each attack on the three point scale (1 - sleepy, 2 - very sleepy, 3 - unbearably sleepy).

The experiment should continue until 12 midnight the next day, ie exactly day. The next day a fresh mind carefully examine this data.

Have to get that draft to sleep attacks occur every few hours, and usually they are appearing in a nearly identical intervals, or turns with one long and one short interval.

Of all reported attacks must first identify the most durable.

And then 2 of them are very strong, ie those in which there were very sleepy phase.

So, get 2 time interval, in which very sleepy. In principle, these moments can be a very different time, but usually one somewhere between one night and 6 am, and another somewhere in the afternoon.

Night sleep can do more long-term, and day - more than a short one.

For example, if you have such a phase is an irresistible desire to sleep begins at 5 am and another at 13 days, your sleep schedule is as follows.

At 5 am, you go to sleep and start an alarm clock so that it rang through 2 - 2,5 hours. During this period of sleep, as seen from the graph (recall Fig.1.1), you stay in the fourth stage of sleep as much as those who slept 8-10 hours a day, and fully rest.

In the 13 days need to lie down and sleep even less - just one hour. In the end, you just get some sleep 3 -3.5 hours per day, but stay in the fourth phase of sleep, even more than the average person will spend over 8 hours of sleep.

Of great importance in this system is accurate. If you want to miss a moment and do not fall asleep within the first 15 minutes of their "sleep phase", it does not come welcome rest, and you either Wake hour 4, ignoring all the alarms in the world, or wake up at the appointed time, it is broken.

And note that even the creators of the system - it is important that during the day you had at least three hours of rest. Refers to something like a seat with a book for tea or other forms of relaxation, ie not less than 3 hours without physical and mental

stress. And this time should be somewhere in the afternoon - between 10 am and 10 pm.

And another important point: when wake up, you need to convince yourself that you want to sleep only by inertia, and in fact the body of sleep is no longer necessary. However, you are already familiar with the stages of sleep and realize that this is true. After 5 minutes, after you get up, sleep did not want.

Even for this we must add that in the first experiment, and you can miss with time. If you think that to go 15 minutes later, it would be smarter - better listen to yourself and try. It would seem that with all the schedule time to sleep is something not right, then do the experiment to identify your time falling asleep again, and check the results.

Here's a method of managing sleep.

However, if you want to shorten the time of sleep, but do not want to carry out any experiments, closely monitor the time and so on, this method has a simple analog - enough to sleep 4 - 4.5 hours a day at a time when this should go to bed at 4.30 - 5.00 am and sleep till 9.00 am. This sleep time is chosen because most people just have to rush him to the desire to sleep at night.

This method of control sleep may help those who desperately short of time or only at the hall, but also to study, family, work.

Well, if you have enough time for everything, you can not think about different ways to manage sleep and sleep for 8 hours a day, and advises us as foreign magazines.

But sleep is not the only method of recovery of muscles.

And therein lies another misconception Starter athletes - they tend to completely forget about stretching.

But it is stretching tired after working the muscles will allow you to fully relax the muscles and allow them to rest. And I want to dwell on the banner.

Stretching relaxes the muscles strong, so it can not be done either before or during training.

Stretching is done only at the end of training.

The benefits of stretching are enormous. Stretching allows a 10% increase your results. This is a great deal. Imagine, go to the platform two guys, they are equally trained, but one makes the chest muscles stretch after a workout, and second to none. As a result, one presses 200 kg, which is a record field, and the second was able to shake 220 kg, which is a record of the world. The 10% difference can make a person a champion. Do not rush this reserve, especially since it takes very little time - just a couple of minutes. You need only do not be lazy.

The fact is that when you lift the weight, the muscles contract. And after a workout the muscles and remain for some time compressed. The subsequent restoration of muscle length and is called the rest. While muscle does not regain its length, it is not rested. Thus he who does not stretch the muscles, myself delaying the recovery process and inhibits the growth results. In addition, stretching prevents stiffness of muscles. What if an athlete of the year trains, but neglects the banner? Over the

years, the muscles of a strongman remember its shorter length, get used to it. But the fact is that the contraction and relaxation of muscles - are two sides of one coin. How much muscle can be stretched, so it can then be reduced. So if you forgotten how to lengthen the muscle, it will be worse than the decline. And this is a stalemate of power results. Consequently, after the hard training required to stretch the muscles. After squats to stretch the quadriceps, after the bench press while lying - the muscles of the chest, after the draft - the muscles of the back.

Static Stretching is done without swaying and jerking.

We must accept the position, slowly stretch the muscle to the limit and stand still in this position for about 1 minute.

Stretch to the limit - it means to experience mild pain, and in this situation to stop.

Since we have already decided that we will do all three exercises, then in our arsenal must be at least three types of stretch marks.

The first type of stretching - stretching quadriceps after squats - performed either on the floor or on the bench (Figure 1.2).

Stand near the bench, put on his right knee and right arm also steel yourself for the foot. Few proskolznite right knee back, feel as strained quadriceps. Achieve maximum tension that can still be tolerated, and Freeze in this position, counting to 60.

After this exercise, you really feel the stretch quadriceps.

This is particularly good exercise for those who are forced to sit all day. These people have become hip as if handcuffed. This exercise develops the muscles of the hip .



Fig.1.2. Stretching quadriceps after squats.

The second type of stretching - Stretching chest muscles after lying down bench press (Figure 1.3). Stand near the bar, standing on the rack, turn back to her. Put your hands on the bar, pull, feel the stretch the pectoral muscles. At the moment when you feel that the muscles of the chest maximum stretched - Freeze and count to 60. The same can be done, not only near the pole, but in the doorway, leaning on his hands in the door jambs.



Figure 1.3. Stretching chest muscles after a bench press while lying down.

The third type of stretching - stretching the bottom of the back muscles after postural thrust (Figure 1.4). Lie on your back, let down his legs behind his head and for the stability of lean hands on the bones of the pelvis. Feel like a bottom of a strained back muscle. Stay in this position for 60 seconds



Fig.1.4. Stretching the bottom of the back after postural thrust.

So, after a workout necessarily stretch the muscles that impact job. Do not be lazy, to the processes of reconstruction must be approached with the utmost responsibility. Remember that muscles are destroyed in the hall, and they grow only during the holidays. And our task to make this vacation for a full-fledged muscle.

Misunderstanding No 8. For most people, muscle mass is growing very poorly.

Some western authors divide the athletes in terms of responsiveness of muscles, ie on the ability of muscles to respond to increasing physical activity.

The lowest "responsive", in their view, typical of people who are born in poor health, or have one, and even some hereditary diseases. General trouble body almost does not allow them to build strength and muscle mass (it is almost, because when coaching progress is still possible). These people from a total of about fitness, they think less than 5%.

The most "responsive" are happy owners of good genetics. These "sverhotzyvchivyh" favorites of fate - in the literal sense of the word - there are less than 1% of all train in gyms.

In the back of the head "sverhotzyvchivym" breathe "just responsive. They can easily achieve very significant results, but the highest achievements in principle not capable of. Nevertheless, according to some Western authors, they will compete on an equal footing with "sverhotzyvchivymi" if will set yourself pumped up with steroids. "Just responsiveness is not so little in the world - up to 10% of the stride.

The above-mentioned three categories together account for about 15% of the stride.

The remaining 85% - is "poorly responsive" (hard gainers) - hardgeynery, ie those with difficulty gaining muscle mass and has very little strength gains, ie increment for each basic exercises (squats, bench press, deadlift) not more than 5-15 kg per year.

Ie Many Western authors assure us that the vast majority of people (85%), muscle mass is growing very poorly.

Which conclusion is similar arguments? Only one conclusion - if you have no muscle growth, you do not have to worry about this, no need to think about how to improve the methodology of training, all you do really well and not get anywhere, because most likely - you are not a genetic monster.

I must say that this sounds very pessimistic.

But in fact, everything, of course, is not so.

Even the these percentages cause I have big questions. Just

because of my experience clearly say that all the guys start to increase, usually by 30-60 kg per year in each exercise. That is what is written about the West, and the reality that has emerged here in Russia, and which I see with my own eyes - these are two big differences.

And, I do not think that there is an error in the statistics. It is possible that in the West and in America this is the case, and indeed 85% of people who must train in the halls, very slowly indeed. But everything is different.

And I assume from what it is connected. In my opinion, it relates to even more world than sports.

For example, I heard the opinions of coaches working in the United States and Americans learning martial arts. They talked about how Americans deal with martial arts.

The key word here is "engaged". Occupy themselves. It is simply not burdensome use of free time.

They dress up in kimono, tie it bought a red or black belt (in some federations give the belt, that is, seniority, regardless of your actual results. You walk into this section of the year - get a yellow belt, three years - a green, five years - red etc.) and "engaged in" an hour or two in a special room on the soft mats a couple of times a week, performing a variety of kata (formal exercises complexes).

After federation, which they pay money, should guarantee the complete security involved, because any injury was fraught with lawsuits. And that there was no injury, it is desirable to exclude from the curriculum sparring, any contact opponents, maybe even hopping technique some people do not seem too safe. But it is clear that "doing" so people just spend time doing things that they do not need. They clearly will cost and without the "martial arts".

But just as is the case, and with power sports, including bodybuilding. And in general with any other sport. They are ready to engage only in support of health, not more. Plow and balk because they simply will not. They will plow and jib only if the money paid for it. They are not fans of sports, they are fans of money.

Remember in the movie "Brat-2", the phrase: "Here, in general, all just like that, except for money." And this is not an exaggeration. That's why, coming from Russia, coming to America, can not find a suitable girlfriend of American women. Our guy just shocking, their first question: "Tell me, how much money you have in the account, because I do not want to just waste their time."

I was somehow struck by the fact that Heidegger - famous western philosopher, recognized by many as the biggest thinker of the twentieth century, who left work in fifty volumes, acknowledged in his declining years: "Only once or twice for 30-35 years of my teaching I talked about what really worries me. " That is, even the greatest philosophers think there only on request and only speak to those topics for which you can get money.

Actually, on this particular American Pushkin also wrote: "I admire prevent this country, which now are charming, that there

are too forget that man does not live by bread alone." Sounds very modern.

We are still too naively, that would understand this. To understand what really they are ready to plow only for the money. So really strong guys in the West, or go to the professionals, which are beginning to earn it, or are simply "to maintain the form, without tension. And the iron is such a sport where without tension there will be no result. That's Western sponsors have to invent such a word as "poorly responsive". Although it would be right to call them just athletes who go into the hall a little stretch.

Our situation is the opposite. The boys are progressing very quickly. And in the first place because many real sports fans. We, the guy who works at the market of meat cutters, can be the champion of Russia on the bench press. They have this can not be, the mentality of the other.

I'm not saying that's bad or good. We regard them as too pragmatic, we believe they are unsuited to life. Both positions are part of the truth, so our task is simply to realize that this difference in outlook really exists and it can not be ignored.

In conclusion, I want to highlight the psychological aspect of the term "poorly responsive" and to emphasize its negative impact on the novice athlete.

And here we will touch upon some issues of psychology.

The fact that the result we reach is highly dependent on how we self-described.

I am the leader of the center of the correction of body weight and therefore get a lot of letters from people wanting to lose weight. Often get letters, which contain approximately the following words: "I'll probably never losing weight," "I tried everything and already in anything I do not believe," "So tired of being fat, but it's probably fate." Letters opposite meaning: "I am very thin, it looks just awful, but I do not believe that I can gain weight."

In all these letters to read between the lines of hopelessness. Ie people rated their present state, and commit it to the brain, hanged himself on the label: "I - fat, I - terrible, I was - ugly, and there's nothing you can do about ..."

That's exactly what appears self-designation.

It is important to call yourself, because man is what he says about himself and how he calls himself.

I want to demonstrate their idea on the example of the impact of the Chinese authorities on American prisoners of war.

During the Korean War, many captured American soldiers (ardent advocates of democracy and the opponents of communism) were in POW camps established by the Chinese Communists.

China → Qi treated the prisoners as their allies, the North Koreans, they do not use harsh punishment and ill-treatment in order to achieve obedience. Consciously avoiding the visibility of the atrocities, the Chinese have used psychology, in order to make U.S. soldiers more obedient and loyal.

For example, the Chinese without any coercion to force the

Americans were able to communicate with each other and to speak publicly with the anti-American statements that contrast strikingly with the behavior of American military - noplennyh during the Second World War.

Here's how it was achieved. Prisoners were often asked to make anti-American and pro - declaration made therefrom to so mild that these statements seemed to have no meaning ("the United States are not perfect," "In socialist countries there is no unemployment - TICs).

However, such statements have a big impact.

The man who had just agreed that the United States from numerical experiments, we can ask why, in his opinion, this is so.

After that, you can ask for a list of "problems of American society" and then sign it. Then you can ask to introduce this list of other prisoners. Late - it this man can offer to write an essay on this topic.

The Chinese could then use the name and the outline of a soldier in antiamerican - skih radio programs that are broadcast not only throughout this camp, but also to other POW camps in North Korea, as well as the Americans captured the South Korean territory. Suddenly, nor an innocent soldiers are "prokommunistom" in the eyes of other prisoners of war - their fellow soldiers.

But the man is such that he is inclined to justify their voluntary actions. Therefore, the soldiers, knowing that he wrote the ill-fated sketch without much coercion changing perceptions about themselves, their values and their worldview. He began to think that communism - it is really not so bad. As a result, a prisoner of war, being branded as "prokommunistom" really becomes prokommunistom.

It is important to understand that the main tse - pour the Chinese did not obtain information from prisoners. The Chinese make efforts - milis treat American soldiers ideologically, to change their position, restored - acceptance of themselves, the views on the political system of their country, its role in the war, as well as communism. And they are very successful in this.

Dr. Henry Sigal, head of the neuropsychiatric examination, noted that war-related convictions of American soldiers have been in captivity by the Chinese, have undergone significant changes. Most of these people returned to the United States pro-minded, they said that "although communism does not work in America, it is a good thing for Asia" (Segal, 1954).

All this action is one of the laws of the mind: as we begin to call themselves such and we are beginning to become such actions and to commit.

Spoken - is one of the most powerful influence on himself, one of the principal means of psychotherapy.

And it is understood the many religions of the world, trying to help a person change his self-name, to be removed basic rights of fear - fear of death.

Let's take a closer look at religion from this point of view.

The main task of any religion - to overcome the basic human fear - fear of death.

To eliminate the fear of death there are two ways.

The first path - a path which can be described as "a gradual shift from a controlled life." The man himself is gradually extinguished, a light of life itself, step by step erases itself from the fabric of life. Sam stops breathing, he ceases to act, he stops the flow of his consciousness. This is the path of Buddhism.

This removal of the fear of death through the removal of what might be afraid of death, ie through the removal of life and of man himself.

To redeem the flow of life, to stop the wheel of samsara - tiring wheel of rebirth and agony "requires intense self-denial" (E. Conze, Buddhist Meditation: pious exercise, mindfulness, trance, and wisdom ", 1993).

In Buddhism there is the concept of "skandhas" - a group of particles stream of consciousness, which, according to the beliefs of Buddhists, can stick to the objects of the world (samsara). That "skandhas" I am a human form and, therefore, hinder genuine selflessness.

The main task of a Buddhist - to pay all "skandhas.

"There is only skandhas that remain for a short time, and nothing besides them. Skandhas called the disappearance of his death. Watchful eye extinguishes them. So go out brilliance of a diamond when abate his face" (Androsov VP "Dictionary of Indo-Tibetan and Russia Buddhism, 2000).

The second way of eliminating the fear of death - the way people approach to immortal. Ie to the gods.

And here something and you can see the tremendous importance of self-designation.

All religions have used to approach a man to God one and the same way - a way to self-identification with God, ie change their self-name!

In ancient Mesopotamia, people sought to merge with Sky and the Earth. "I - Heaven, not kosneshsya me, I - Earth, not okolduesh me" - exhorted people trying to add itself invulnerable heaven and earth.

The ancient Egyptians believed that the man at the time of death may have been born in the hereafter God. To do this, during the life of Egyptian initially recited texts, identifying himself with the God in whom wanted to reincarnate. All these texts are collected in the so-called "Book of the Dead.

Modern religion also use self-designation. Islamic Sufis use the technique of concentration "zikr" - ie concentration on the name of God.

The name of God is repeated out loud at first, and then himself, ideally, continuously, throughout life.

The same practice - constant, continuous mental treatment to the name of God - we see and to Jews ("kavvanah" - "sticking to the idea"). The purpose of this practice is a constant reminder to me about God and his love. Over time, attained such a degree of intrinsic mental connection with God, that man begins to feel a

part of God. Man feels as gods. Fear of death goes away. But the most illustrative case is, of course, Christianity. Let's open the new calls and try to understand - that most of all Jesus Christ? What is important in the preaching of Jesus Christ?

Understand the person - it means understanding that in a man thing. For example, we take the hands of a volume of poems by Pushkin and ask ourselves: what lived and what he wrote was this man?

The answer is not difficult to obtain. Mentally rassortiruem Pushkin's poems in folders: Poems of Friendship, " Poems of Nature, " Poems of Love, " Poems of freedom, " Poems of religion ", etc. Then you can just compare the volume of these folders. That folder, which will be the most voluminous and thus will include works from various years of the life of Pushkin, the folder and determine the question that most troubled of Pushkin, will show that for him the main thing. In the case of Pushkin, of course, will love lyrics.

If you do the same experiment with the New Testament, write down all the sayings of Jesus Christ, and sort them into folders - "About Love," "On Tolerance," the Court ", " The Pharisees, etc. - then what theme will be home?

To the surprise of many, this is not a call for love and forgiveness. To the horror of modern moralists, in sermons and parables of Jesus Christ never once used the word "conscience". Theme of the preaching of Jesus Christ - is himself.

"I am the bread of life", "I am the light of the world", "Believe in God, believe also in me" ...

It is safe to say, calls for love and purity, the execution of laws, regulations - it's not very worried about the Christ. The only thing that worries him - this is how people relate to him. His disciples asked Christ is not about what people's opinions about his sermons, but that, "Whom do men say I am" (Mf.16, 13).

This position of Christ, his faith in his divinity and Christianity among the highlights of all the exercises. The founders of other teachings were, not as an object of faith, as well as mediators. Personalities of the Buddha, Mahomed, or Moses were not the content of faith. Their doctrine is separate from themselves. Christianity does not exist apart from Christ. Christian mystics mentally merge with Jesus Christ by a special technique - the Jesus prayer, which consists of uninterrupted 24-hour (ie, even in my dreams) repeated a short prayer and the idea that Jesus is in their heart that Jesus was in some degree even a part of their body and therefore inextricably linked to the worshipers. So prayer is connected with the divine immortality. Fear of death no longer pursuing him.

Why I started this whole conversation.

I want the reader of these lines realized how important it is (literally vital) is correct to call themselves.

Christ is quite honestly call himself God. And his main task of Christ is seen to convince and his listeners.

And now 2 thousand years of power that excites the sincerity of

people - the power of self-name was very high.

For several thousand years, religious seekers with chanting the name of his god, seeking self-deification - they get rid of all their fears.

Here's an example from my personal life. When I was a teenager and studied at 3 or 4 class, then accidentally saw on television an interview with Yuri Vlasov. During the interview, he said one sentence: "Master of Sports can be one."

Yes, everyone. I was terribly surprised at these words.

To explain what these words to me so affected, imagine a handsome, thin, puny guy in horn-rimmed glasses at -4 diopters. Achieve the rank of "Master of Sport" which seemed to the same unworkable, as to become an astronaut. I then any teenager who pulled 15 times, seemed a strong man. And now, recognized the genius of Sport said that any person can become a master of sports.

This means that I, too, can they become.

After this sentence, I ceased to be a skinny bespectacled.

Outwardly, of course, nothing has changed, but in my heart I instantly became another. I learned that I - Master of Sports. Since then, the sport became part of my life, and much later I did get crust masters of sports, but it was no longer so important.

And so it appears the power of self-name - in 9-10 years, quite wrongly, I called himself "Master of Sports" and these words formed the basis of my faith in the forces, first in sports, and later in life. And it turned out that everything is achievable! I would like very much, dear reader, that you inspired with this idea. Achieved everything!

But the power of self-name can act not only for the benefit, but harm.

Known experiments of psychologists, when a perfectly healthy man was coming at a time, five people, each of which asked: "What happened to you?" You look very bad. You're not sick? " After that, perfectly healthy people began to feel sick.

It also worked the power of self-designation. Man called "sick", he agreed with this and became very well call yourself.

So be very scrupulous in matters of self-designation.

Do not use for themselves epithets, which have a negative stress - "poorly responsive" incompetent, unsuccessful, ugly, terrible, sick, stupid, confusion, etc. It works as a self-hypnosis and very harmful.

If you respect someone would use such epithets - accidentally or purposely - miss these epithets by themselves, not insulting and not giving them value.

Do not say this to their children. Children believe you, and such words, names may be very negative impact on their fate.

Conclusion: if you want to achieve a result, they never call themselves "poorly responsive". Describe themselves as "Master of Sports"!

By the way, now that it has touched education, then as we all have or will be parents, and some of us will be and the coach, I

want to say a few words about the upbringing of the child (or athlete-pupil).

As shown by various studies, the more successful will be those children who are oriented to interact with the outside world. Those who focused on themselves, will be less successful in life.

It seems there is nothing unusual, but we do in everyday life in most cases bring up children is just the second option - we make them more secure and therefore less successful!

Let's think about that for a child is a powerful motivating factor?

Praise.

The child responds to the praise of adults, is beginning to change their behavior to earn this praise.

However, the fundamental importance is how we praise the child! For example, the child has successfully completed the control tasks in school and received "excellent". Here he came home and told his mom and dad.

Like, what words they praise him?

In most cases, they will say "Good boy, good girl!"

At that directed this tribute? Such praise is directed at the provision of personal abilities of the child. We therefore like to say a child: you talented, you're smart, you're capable.

And this is the wrong approach!

The correct approach is that it is necessary to focus the attention of children's efforts, rather than on their talents and abilities!

Just praise them for their efforts to perform difficult tasks, enabling them to understand that it's not in their personal capacity, but in the work which they have invested in it.

Ie in the case when a child brought home an "excellent" one would say something like: "Well done, you worked well and deserved this assessment!"

Why is it so important.

Each of us will inevitably make mistakes. Child even more.

If a child makes a mistake, which was praised for its committed efforts, he understands that it's just that in this case it is not much tried and did not put enough effort.

But while the child understands that the mind, ingenuity, resourcefulness and other qualities - this is not something given once and for all. All this can be developed and the case only in his personal efforts.

If a child commits an error, which was praised for what he is intelligent, it is inevitable in the depths of the soul comes to the conclusion: "I am not so clever as everyone thinks."

For such a child's mental abilities are not the result of his work. They are for him as to ask once and for all. And, as a child seems after committing another mistake, alas, not so high as this is his attempt to convince parents, saying that he was "clever."

Thus, children who are praised for their efforts, and children who are praised for ability, is formed fundamentally different attitude toward intelligence.

Those children who are praised for their efforts, believe that intelligence is flexible - its level can be improved if efforts.

Those children who are called clever and talented, that is emphasize their abilities rather than their efforts are beginning to take intellectual abilities intact. They believe that they could learn something new, but become smarter than the present from birth, can not.

American psychologist Dweck (Dweck CS) held in 1999, extensive research and actually found these two large categories of people.

Dweck was an important result of his research: those who view intelligence as a constant value, much more afraid to fail. As a result, they become passive, they are trying to sidestep the real problems in the bridge which could reveal their limited mental abilities.

This is logical: if they are convinced that raise the level of intelligence is still impossible, it is best not to tempt fate. They choose the task easier, and if they offer challenges, they shall be much faster than those who have the same level of intelligence, but believes that the intellectual abilities lend themselves to development.

Supporters of a permanent intelligence often stumble on complex intellectual tasks and lie around, reporting inflated results of passing intelligence tests.

Those who believe intelligence develop quality, behave differently. They set themselves challenges and try to develop their abilities. If they fail, then do not give up, and make more effort or attempt to find an alternative strategy - they are distinguished by a flexible approach to solving problems. But it is not limited only to the intellect and decision tasks. Psychologist Martin Seligman, interviewing students, found that the belief that failures can be overcome through the efforts and makes people optimistic. These people set themselves high goals, many are making, are engaged in their health and their characteristic positive outlook on life in general.

Another American psychologist Shelley Taylor (Taylor SE) contributed another significant nuance behavior of active people. Taylor has conducted studies of survivors of tragic events, and people suffering from deadly diseases. The behavior of active and passive men differed sharply.

The tragic events are not simply crushed the active people, but allowed them to get more out of life than before. They differed optimism and faith in what they can, through efforts to recover from the tragic event. These people are dramatically changed lifestyles in a more healthy and actively began to develop coping strategies. As a result of disease and overcome stress. That such a seemingly small change - words that should praise the child - can make his or active and successful, or passive and fearful.

This should be taken into account and try to instil in the child the idea of any ability can be developed and improved. Try to praise the child for their committed efforts, not the mind,

abilities and talents.

Here is a letter confirming my words:

"Hello, Alex!

Thank you very much for these reflections on education!

My parents just do not have resorted to the proper method of praise. They loved to repeat what I am smart girl. As a result, I threw engage in the chess circle. Just because she was afraid to disappoint them.

Encountering the chessboard with a trained partners and lost, I realized that the talent and mind I do not have enough and decided never to do.

But then already many years later, I realized that if what you actually do not have enough talent and intelligence, we must therefore invest more effort to train and work better on what I'm doing.

I am very glad that she had come to the right conclusion.

Sincerely, Alla. "

Misunderstanding No 9. I swing for himself, why should I participate in competitions ?!...

This is a typical mistake novice athletes.

Meanwhile, the competition - this is the only way to extract the maximum benefit from bodybuilding, and in general any power sports.

The fact that the builders involved in competitions, has one important advantage over those who "just swinging." The need to reach peak form in a particular day makes a bodybuilder planning for life literally by the hour.

Without such clear direction in time is human nature to be complacent and laxity. As a result, the athlete is required for many years that would be achievable in just six months, if the athlete maintained a strict time schedule.

The timing is important in any field of activity.

The schoolboy is preparing for dictation, the student is preparing for the session, the work manager is assessed every superiors. If there is no dictation, meetings and daily reporting to management, there will be no control. There will be no control, there will be no process.

Shkolnik, if it does not ask a teacher, cease to learn. Student who is not prepared for the sessions, has no incentive to educate themselves. A manager who is held accountable for their work, would sit for days at a computer, playing games or surfing the Internet.

Without monitoring there is no process.

And this applies to all spheres of activity, including the power of sport.

The specific purpose and specific time frame - the best mobilizing stimulus. Without such an incentive, you will never get close to his ceiling. Month after month, will be held in vain, with no visible improvement.

So, set a clear goal, develop a plan of movement to it, focus on its implementation and step by step move to the targets set.

Such a clear and simple purpose may be exactly part in

competitions.

But there is one big BUT ...

If you're a beginner, you speak in a bodybuilding competition you do not turn out - you'll look there chicken.

But to speak at competitions in powerlifting you are fully able to do.

It is evident that between the muscles and the strength of a direct link, any weight gain is to build strength. Another thing is that the force depends not only on the masses, it can develop without weight gain, but this is will depend on the training methods.

It is quite fair to say that if your power does not grow, so do not grow and weight, as if you are not practiced assiduously. How would you not want to change this, but the only barometer of success in bodybuilding - a steady increase in strength, expressed in kilograms raised concrete pole, and not by no means meaningless sea of spilled sweat. Bodybuilding - it's still the power sport, do not forget about it.

But if we are talking about the urgent need to use their hard core training program, then let's use more weight, not only to stimulate muscle growth, but also to mobilize the psyche, because the prospect of participating in competitions is a very powerful motivating factor.

Subject to participation in any competition (if you're not ready to act on bodybuilding, then, as I said, begin to act in powerlifting), you have one next year will build a much larger volume of muscle than built up over the past few years, "amorphous" training .

And do not think that if you are not chemical, it is nothing to you at the competitions does not shine. This is not true. The truth is that elevator operators, acting at the level of regional competition, almost did not use steroids. I am speaking on the net regional competitions in weightlifting, was always in the top three winners, but from time to time and the first. Can you believe or not believe, but the fact that to achieve excellent results, all athletes use "chemistry" - this is just a myth, which, as I said before, often many excuses for their own little results.

I'm speaking with "clean" from time to time took first place at regional competitions.

My fellow International Master of Sports Pavel Fault from year to year took first place at competitions Novosibirsk region, also speaking at this "clean".

Because, as he likes to say - "do not raise the muscles, raises his head." Power sports - is primarily a duel right training methods. And very often "clean" athlete, engaging in proper technique, easily outperform "chemists" who must train properly. Now I would really like to bring to you one important thought. The goals set for themselves most of the "bullies" are very vague and amorphous. They say they want "just pump up" or "to have big muscles" or "be strong".

This is not a goal - a way to lose time. These goals do not mean anything, they are not specific and do not provide sufficient

motivation.

In essence, these guys are training without a goal.

And this is a problem. This is problem number one!

The majority of "bullies" the problem lies in the fact that they do not have enough goals. Usually, the guys often do not know really why they are trained, for what purpose.

No, of course, a certain ideal is in their heads, and they are not averse to look like Dorian Yates and Lee Haney. But the reality, reflected in a mirror, so far from their ideal, that dream seems simply not sbytochnoy. They give up, almost starting.

They can go in hard for several months, but then, seeing how much they still remain the ideal, just desperate and throwing exercises.

They set themselves too common goal and lost landmark.

Essentially, they trained without purpose and wastes time and energy.

Meanwhile, training is much easier when the goal is specific and is expressed in kilograms. And if you still spurs a definite timetable for the competition, in which at least does not want to disgrace, the objective is convex and tangible.

Without such a purpose for which you work, you do not attach the efforts that are needed to ever succeed. Without motivation you will not train with sufficient intensity, and you will not train consistently long enough to achieve any notable success.

There is another reason why I recommend you speak at the event.

This reason is purely psychological. And because of it, I believe that every boy must work out in youth sports and povystupat competitions. By and large, even it does not matter what sport to do. It is important to participate in competitions.

Agree that in modern life, neither speed nor strength, nor the skill does not play any important role. In modern life important psychological and emotional stability.

Therefore, the most useful thing that makes sports - is the ability to overcome his fear. Now it is much more important than speed, strength, agility. Since the fear caused primarily competition, it is very important that novice athletes at least twice a year, participated in competitions at any level.

This kind of vaccine for life. As vaccine imparts immunity to smallpox, and competitions teach resistance to fear.

And, finally, bring a letter confirming my thoughts:

"On the advice regularly participate in competitions - completely agree.

I have so it was.

9 years after the institute went to the rocking chair, "supporting the form, and made virtually no progress was.

Most pruha went after I began to perform regularly in competitions and, accordingly, to prepare for them. The pace of progress - obviously not 10-15 pounds per year.

The first year of competitive training, I added 50 pounds in the squat, 30 kg in bench press and 15 kg of traction. But I'm not a

beginner and the initial results were not small.
Yuri, a candidate for master of sports of Powerlifting "

Misunderstanding No 10. I - bodybuilder!
Blessed are jumping because they doprygayutsya.

Many novice athletes consider themselves bodybuilders, but for me at the same time say that my method - for powerlifters. What is different things: at one goal - to pump up muscles, others - to become strong.

Well, let's talk about this more.

The fact is that the novice athletes - is not bodybuilders. Do not have illusions.

Bodybuilder - this man, a bodybuilder and ready to act at competitions in bodybuilding. Bodybuilders read monograph W. Phillips' Anabolic steroids ", learn the poses before a mirror and study the technique of" Russian series "of books or Verkhoshansky Louis Simmons.

Therefore 90% of people coming into the hall just swing "for health" - not bodybuilders.

They are athletes.

They do not have a firm goal, they have no schedule of competitions, they have been reluctant to increase the weight on the boom and therefore did not have significant results. They train "amorphous" and relaxed from year to year.

This, of course, not bodybuilders. This is a beginner, even if the length of their visits to the gym has passed for 3-5 years. Here's to this audience and I am writing this book - for beginners, for beginners athletes.

I write about what you do when you come to the gym, why not be from one year to jump from a range of complex, and how to get maximum results in minimum time.

It is very simple and logical. A strong and powerful can be anyone who will come to correct its training.

After the first phase of training, in the first few years, yet absolutely not important who you then want to become -

bodybuilder or powerlifters. At this stage it is important simply for the correct technique to build up big muscles. Big muscles are needed in all competitions of power, even on "pose", although for power triathlon. And the big muscles narastut very quickly, if only to do basic exercises, and everything else aside, than protect the muscle from overtraining.

The novice athlete should just focus on the base. A base - is the squat, bench press, deadlift.

So later I'll tell you about how to plan their first workout as to increase the load, and how to move on to the most important - the heart of power sports - cycles.

I only mastered it all and build huge muscles, you might want to add to its schedule some exercises processing muscle - Dips reverse grip, traction standing to his chin, bench press at an angle of 45 degrees, etc.

But at the first stage, all this is not necessary. The first few years you have to dedicate just the base and pump huge muscles. Every champion has passed this way - everyone who has something in the power sport, spent the first few years only basic exercises.

For the beginner everything should be easy - three (sometimes four) basic exercises and everything. Period.

That's the whole range of exercises. Everything else will only slow progress, to confuse and distract.

Gradually mastering these three basic exercises, the beginner is really a sportsman, he chooses his sport - bodybuilding or powerlifting, he begins to strive for a goal. Specific and clearly defined goals can grow far more rapidly. The fact that the ordinary "aimless" training is reached in a few years, now becomes possible to achieve in six months.

The novice athlete at first have to give a simple but robust suite, which guarantees the result. That's exactly what I suggest for every beginner athlete - need to focus on heavy basic exercises, consisting of only three exercises.

And there is absolutely no difference what your ultimate goal - big muscles and great strength, one should begin with the base, with three exercises that will and will and strength, and muscle.

Having one or two basic exercises per workout, stretching and visiting the shower, you have a sense of accomplishment to leave the room.

Use only the basic exercise for the initial phase of training, to build core muscle mass - this is not my invention.

Read what Arnold Schwarzenegger wrote in the journal Muscle & Fitness. Article was devoted to the use of modular simulators. And there is a snippet:

"... Once again, that help to block the relief of stress. They did not raise the strength and mass by themselves. Silas and raise a lot of free weights. All my weight I did the basic exercises: bench press, squat, deadlift, pull-ups."

Listen to these words. Schwarzenegger, as we all know, not a stupid man ...

Chapter 2. Ten principles of effective training.

No tpuda not pull out and pybku ppuda,
and without ppuda not pull pybku and tpudom.

I will not list the errors that strike at the head of a beginner athlete with colorful pages of magazines, but simply stated his method of training. Technique which reduces to ten points and that allowed me in an unusually short time, just six months plowing, to reach the rank of master of sports.

Briefly tell about the principles that formed the basis of my training, their essence can be expressed in one phrase "nothing more"! This provides a tremendous savings of time and effort, while the amazing growth results. That these principles and I'm going to tell you. Do not be surprised if I am partly repeat what I said in the first chapter. In this case, just make sure that you are properly understood.

By the way, nothing new in this method no. As it turned out, many educated athletes is well trained.

The principle of the first. On the training enough to do only basic exercises. Everything else is in harm.

This is a basic and fundamental principle around which to build any training program.

In order to understand this principle, it took me almost 10 years of training!

But what was made, when I began to purposefully used in training! And what is most surprising, all the athletes who trained with me, thought I freebier. They plowed in the hall for days, and I quickly made one basic exercise, stretch and went to wash in the shower. But they had no results, but I have been very impressive!

The essence of the principle is simple.

Basic exercises little, for simplicity, we assume that there are only three: squatting with a barbell on his shoulders, bench press and deadlift.

So: we must do each workout is one basic exercise and then leave the room.

Warning Not two or three. The most effective one exercise for the entire workout! Do not be greedy.

Why these exercises are selected as the main and single?

First, these exercises involve the largest muscle groups. When squat works the legs, back, and a lot of small muscles that support the balance. If you bench press works the chest, biceps, triceps and latissimus dorsi, shoulders, and press. When postural thrust works back, buttocks, legs, biceps, shoulders, press, trapezius muscles, the muscles of the neck and forearms. That is, the performance of these three exercises involving all the muscles of the body.

Secondly, these exercises will have to do in competitions.

It would seem that it's all so simple and clear. But, nevertheless, 99% of athletes do not do that. They come in the room and began shaking his biceps, make French press, isolated exercises for the neck or leg, etc. Short senselessly kill time, which should be devoted to basic exercises.

This reminds me of the situation with the study of English. What should be done to learn freely read in English? To differentiate between past and future, have a dictionary at hand, take an English book and read. This is the best recipe, recipe for the cheapest and most effective recipe. Do not advance or explore the subtleties of grammar, or memorize thousands of words - it is all a matter of will. No need to spend money on a coach, that's just would not work.

I just did so - took the English book and tried to read. The only condition - I chose the books that interest me. To not want to throw on the second page. I tried to translate. First one hour I was translating a few lines. But very soon I began to

translate half a page per hour. Then two pages ... After 2 - 3 months, the exam (candidates at least in English) I was able to calmly and fluently read English texts. And though I read art books, and exams for technical English, the translation of the exam did not cause any problems - I did it quickly and clearly. Similarly, in any form of activity. To learn how to lay bricks, you have to look in a textbook a few types of masonry, to take a brick, prepare a solution and try to put the wall.

To learn how to ride a bike, you must get behind the wheel, press the pedal and try to go.

And so in sports - should get rid of unnecessary and do only what you need. If you remove rubbish and concentrate on the main, the result will surprise not only others but yourself. Therefore, if you are in power triathlon and intend to act in competition, ie, squats, press and do pull, you have to do exactly that in training - squats, press and make traction. And nothing more.

If you're going to pump just as it should, then you still can not do without this fundamental training. Therefore, in this case it makes sense to focus only on these basic exercises. Of course, this is contrary to everything that is written in thick magazines with pictures of bodybuilders. But this is so. You need to do only basic exercises.

Do not need the cumbersome plan from 10 - 15 exercises per workout, do not need all these ups on your toes, thrust behind his back, wide grip, French presses, and many other things. All this just takes time and energy and distracts from achieving the main goal - to hike output in the basic exercises.

And do not worry about the figure. These three exercises will give you a powerful musculature that any kachek will turn green with envy. There is no one-sidedness in the development of the muscles will not be easy because these exercises, involving all muscle groups.

After all, if you think that all the exercises, which are not basic, is isolated. What does this mean? What these exercises are aimed primarily at the design of a particular group of muscles. Ie, the first thing to do would be to build up a large muscle volume, and only then execute this huge isolated muscle exercises.

But it is necessary only for those who favor the major bodybuilding competition. And that is why all these isolated exercises are contained in the monthly journals on bodybuilding. Indeed, athletes of the highest level has pumped huge amounts with the basic exercises and begin to draw these isolated exercises the muscles to participate in competitions.

The rest of these exercises are not necessary, firstly, because they do not have this very large muscle mass, and, secondly, they do not have to prepare for competition and dried so that each muscular fibril is clearly allocated.

When you break the secondary, not the basic exercises, you feel that you do not have enough load. You'll leave the hall completely fresh. Here they are forces that need to send it to increase the load in the basic exercises. This reserve and allow

you to "shoot"!

And do not think that you can quickly do one exercise and leave the room. It will only be possible at first, until you come up to serious weight. And experienced athletes can perform, for example, only squat for 2 hours. The interval between the approaches sometimes reaches 20-30 minutes. And all because it is very difficult to gather in front of this approach with okolopredelnym weight. But this, of course, I'm talking about a heavyweight. I mean a break between sets - minutes 5. Rarely 7-10 minutes. And, you can calculate, if you run the 3.4 warm-up approach, then 5 business approaches, it can take an average of 1 hour for exercise.

I think this is a clear sign - if you do exercise for 10 - 15 minutes, then clearly you are freeloading, the weight on your bar is clearly less than what you could pick it up. At this load you would not be able to recover so quickly between sets.

In general, to focus only on the basic movements. Devote their entire bulk of training time. Throw out all of its program "detailed" exercises. From bending - unbending leg muscles in your thighs will no longer, as well as the muscles of the chest of information in the hands of a gym.

Note that in general not possible to develop some sort of one part of his body, without affecting the entire body. For example, to increase the size of his biceps to 5 cm, you have to build not less than 15 kg of total body muscle mass. How would it sound paradoxical, but you will not be able to pump large hands, doing only exercises for the hands.

Rusty should all muscles, and this should load in the first place the largest muscles of the body - legs, buttocks and back. These muscles account for more than 2 / 3 of total muscle mass of the body. All other muscles - the shoulder girdle, pectoral muscles, press and hands are no more than a third, so they should pay no more than a third of training time. So it turns out that if your goal is to have a beautiful body is inflated, then to your destination are heavy basic exercises for the muscles of the legs and back - squat and deadlift.

But go to any gym and see what it was occupied by the vast majority of guys. Racks for squats almost always empty. Platform for postural thrust generally not. But surely there is a queue at the bar for an isolated pumping biceps, tight racks on which someone performs strongly French bench press, someone pyzhitsya on crossovers, naively thinking that the way to pump up his chest.

Occasionally someone will perform the slopes with a barbell on the shoulders and a little shake down on the simulator. That is how they sway for years. Some people come, others are not getting any results, they leave. So this spinning mill, bringing someone unheard of profits, and someone just frustration.

The strangest thing, that there are guys that are "plow" in the present, with all diligence. For them, every workout is like the limit of his strength. Every time they leave the room completely "dead."

But the effectiveness of training is measured not spilled then,

as a result.

If for a month - half you said no to a kilogram of force performance, then you're standing on the spot!

And the best time would be to ask yourself - and so I do? If no result, it is necessary to change the program. After all, it is obvious.

But for some reason, most bullies do not see this, they have month after month go into the hall, doing the same complexes of 5-15 exercises per workout, harass himself to the darkness in your eyes and think that everything is correct. I somehow do not pay attention to the fact that there is no result.

Enchanted jogging on the spot. And only by relinquishing all superfluous and going to basic exercises you can escape from this circle.

"All efforts to build the weight bar" - this slogan, which should guide every athlete, no matter who he is - a bodybuilder, or strongman. But this slogan will lead you to guarantee results.

On the theme of basic exercises I want to make one further clarification. Often people ask me, can we do push-ups on the bars, smarten up, do bench press stand, etc.

Can.

But the condition - it is these exercises you can now call the base and only they will perform in the gym.

Ie all the exercises in your weekly training cycle should not be more than 3 (rarely 4). I recommend you the following "golden three": squats, bench press, deadlift. (At first, while you are working with small weights, and thus is quickly restored, the program can add pull-ups.)

But if you can not squat, it is possible to do squats instead of leg press.

If you can not reap lying, then you can do dips with a weight belt.

Instead postural thrust can be done on slopes with a bar on their shoulders, or pull-ups with a weight belt.

But the principle remains the same - once you have chosen your 3 basic exercises, then just do them, build up the result only in them, do not spray, and progress will surprise you and others.

Second principle. Squats and bench presses are done twice a week. Deadlift is done once a week.

This is an important rule will allow you to avoid overtraining. Of course, it's strange but true that most athletes who are actually practicing at full strength, often train too much and too often. As a result, the quality of training hard does not pass in the number of muscles. Let's talk about how to avoid it. As I said, squats and bench press, and made at least twice a week, but training should not repeat one another. Load, a strong

early in the week when you're fresh and rested after the holidays should be drastically reduced by the end of the week when you're already tired and you just better to warm up. Therefore, the first time in a week, bench press and squatting made "heavy", and the second time the "lungs". We assume that the "heavy" training - a workout designed to increase the results and made at full capacity, and "light" - is the second training session per week - training on technique, warm-up.

Deadlift is done only once, as the muscles, which, when it involves the largest in the body, and they are slowly being restored.

The sequence of exercises in training is the same as in competition. This is logical, because if you speak in a competition, you such a familiar sequence will save a lot of energy and calculate their strength, for example, at least you will know that you can not completely lay oneself out on the squat, because there is still a strong pressure on back in the form of postural thrust.

Therefore, if followed precisely the first rule and do just one exercise per workout, a good training schedule will be five training sessions per week:

- Monday: "Heavy" curtsy.
- Tuesday: "Heavy" bench press.
- Wednesday: "Heavy" deadlift.
- Thursday: "Easy" squatting on the technique.
- Friday: "Light" on the bench press technique.

Do not be afraid of the phrase "five workouts a week." According to the same exercise in the first three days, then 4 days just warming up, ie will have enough rest during the second half of the week. It is engaged in a pattern and I started to progress quickly.

If you are unable to train five days a week, you will have one workout to work with two basic exercises.

But even in this case should be avoided execution of two "heavy" exercise in one day. In this case, it is logical to be "easy" exercises together and do in one day:

- Monday: "heavy" curtsy.
- Tuesday: "heavy" bench press.
- Wednesday: "heavy" deadlift.
- Friday: "light" squatting on the technique, "light" on the bench press technique.

If you can train only 3 times a week, the training schedule will have to do this:

- Monday: "heavy" curtsy.
- Wednesday: "heavy" bench press, "light" squatting on the technique.
- Friday: "heavy" deadlift, "light" on the bench press technique.

If you train two days a week, then I think it is better to make a partition:

- Tuesday: "heavy" squatting, "heavy" bench press
- Thursday: "heavy" deadlift, "light" bench press

In principle, if you want, do all the basic exercises in one day and train only once a week. This too will result, but much weaker than if you practiced more often. Train once a week if it makes sense, then only those who for a long time recovering, ie heavyweight. But, in my opinion, even more preferable for them to train 4 times a week and do in each workout only one exercise.

I want to pay particular attention to those who are just beginning to go to the gym.

Beginner should not immediately enter into a complex becomes traction.

Must be at least one month to fully ottrenirovatsya to squat before you go to postural traction. Working with squats, you will not only strengthen your legs and back. At least a month to squat - it is a necessary stage prior to inclusion in the program gets traction.

Therefore, the first month you can perform as follows:

- Monday: "heavy" curtsy.
- Wednesday: "heavy" bench press (pull-ups - on request).
- Friday: "light" squatting on the technique, "light" on the bench press technique.

And only a month after the lessons of such a simplified scheme can go to any of the above programs

The third principle. "Heavy" basic training done by rule 5 sets of 5-8 times. "Light" are made with a weight of 60% of "heavy" to rule 4 of the approaches to 4 times.

Starting, of course, have a "5 to 8, then smoothly move to the" 5 by 5 ".

The eight repetitions mined trajectory of lifting weights, machines, stability. As you gain experience and confidence appears to be moving on to more serious weights, but for this it is necessary to reduce the number of rides, ie go to the "5 by 5".

Rule 5 of 8 "(and" 5po5 ") is very convenient in the first stage. It clearly shows when it is necessary to increase the weight of the bar: as soon as you are able to do exercise 5 to 8, on the next training session is necessary to increase the weight bar at 5 kg. And try again to make a 5 to 8.

For example, you shook lying 100 lbs 5 sets of 8 times.

Once you have done this, should be put on the weight of 100 kg big fat point.

This weight has been overcome and we should go forward. A week later, on the following "heavy" workout you increase the weight to 105 kg. And trying to prozhat 5 to 8.

Most likely you just did not turn out, and turn out, for example, the following:

- 1st approach - 8 times
- 2nd approach - 8 times
- 3rd approach - 7 times
- 4th approach - 6 times

5th approach - 6 times.

Well, there is something to work. Now your only task for the next train is still prozhat this weight (105 kg) 5 sets of 8 times.

Once you do, then this weight will not come back and go to the next weight - 110 kg. And so about 3.4 months of non-stop efforts.

The result is stunning. The only thing that you will not be out of training in a training session to repeat the exercise with the same weight, already enables you to make a significant leap forward.

When I tell this method of training, the athletes are often asked - so that almost every approach needs to be done to "denial"? to a frazzle?

NO.

Approaches to the "failure" in general should not be. If you feel that you can not do regular lifting weights, then just put it on the rack and did not even try!

It is better to conserve power for the next approach than trying to pull this. There is no "bounce". Yes, and how you can submit a "waiver" in the squat, for example? It is that when every time you drop a barbell?

Therefore, my opinion is. Of course, you should insure. But if the belayer's hand touched the neck barbell, it means that you have made a mistake - this rise is not counted. You are processed, had miscalculated their strength. We can not allow the rods touched someone other than you. Therefore, if you feel that you can not overpower another rise - boldly put a bar on the rack.

I will single out one particular moment. This rule works - "5 to 8" of course will grow weight rod, slowly at first to flow in 5po7 ", then in" 5po6 "and, finally, in" 5po5.

For example, you shook 120kg 5po8, but shake 125kg all five approaches to 8 times does not get here some training. In this case, you simply go to the "5 to 7" and presses 125kg under the scheme "5po7.

Then, eventually, you reach the maximum and in 5po7 "and did, say can not shake hands with 130kg. Well, go to "5po6" and conquer this weight.

And so, lifting the weight bar and reducing the number of repetitions, you reach the point where you can not make a planned weight in the program "5po5.

As soon as you hang on this figure and in no way can it go further - it was time to move on cycles.

It will be necessary to learn to work with loops and accustom your body to cycle. We must accustom your body to be a weak, then strong. This is the golden rule, which will once and for all to avoid stagnation in the results. And if you decide to participate in competitions, it is there is nothing more important that the time to enter the peak of its maximum and show the best result. So this should in itself raise an athlete.

How to make a 9.12-week cycles, building on their results in the system "5po5" we will continue.

The principle of the fourth. There is no "penetration"!

Very often novice athletes make so-called "tunneling" - rises to the maximum. That is trying to raise the maximum weight at one time.

So, no expansions to the maximum should not be! For these purposes, are the competition.

Such rises, first, harmful in terms of training - making approaches to the maximum, you are missing out as a "heavy" training.

Secondly, it is very traumatic. It is because of such frequent and precipitate penetrations athletes have six months to heal mikrorazryvy muscles.

Imagine how hurt, the athlete is working to exhaustion, but he suddenly comes up with the idea, "but let me do tunneling, prikinu that I am now able to make the maximum.

And he does.

And after that there will then be a pain in the chest muscle.

And like and not very painful, and the press can not lie - then the pain becomes stronger and stronger. We have to make a break for 3-4 months in training in order to heal the muscle.

Why do you want these problems? It is better once and for themselves to solve - all sinking - in competition. Well, couple of competitions a year quite show your current level.

By the way, there is a simple way to roughly estimate its maximum. It must be the weight that you do 5po5 multiplied by a factor of 1.2. For example, you shook 5 sets of 5 times the bar with a weight of 100 kg. This means that you are ready to shake at 1 bar with a weight of just $100 \times 1,2 = 120$ kg. Of course, you may shake and a few more than 120 kg, 120 kg but certainly shake accurately.

Personally, I put security above all. If I know that sinking dangerous, I just do not make them. Because, ultimately, the entire outcome of my years of training depends only on whether I can perform heavy basic exercises. But if I am injured, it is likely, the basic exercises, I can not do at all.

Competitions are much less dangerous. To the competitions the athlete prepare for months, fed, in a special way changes the load. At competitions, he usually uses the equipment, and the spirit of competition makes the heart beat faster, released adrenaline, hormones of the adrenal cortex. All this makes the athlete more than ready for the maximum weight.

When penetration did not occur. Everything tends to be spontaneous - just not very disciplined athlete, suddenly wanted to go to the maximum.

But the cords still fragile and not ready for such weights, hence the dire ligament tears, can not be completely cured. All this is so dangerous, that is the main reason why even the "stars" leave the sport. Injuries - that has fatally impatient athletes.

That's how the power sport - often it is trauma sets a limit training session. And then does not matter who you are: a pro or an ordinary fan. Sami consider whether you can do become draft with a solid weight, if the injured lower back? How do bench press, if unbearably sore shoulder?

So taking care of their health - is the foundation of your success in any sport force. All the most difficult exercises are both the most effective. But if you dramatically increase the load on these exercises and get injured, then on any progress you can just forget for many months.

In general, take care of yourself, do not make penetrations. And if suddenly in the hall will come to you your friend and say: "Well, let's now cut down on the bench press, who is more", then have a reason to deny him and wait for the competition.

And, finally, one piece of advice, if you decide to participate in competitions.

In a competition decided by two goals:

- Do not get "a wheel" ("a wheel" is awarded to the athlete, who for all three approaches are not able to raise the bar not once. For further exercises, he is not permitted and is eliminated from the competition).

- To raise the maximum possible weight.

So, as a rule all think about solving the second problem.

Meanwhile, the first - much more important, because precisely because it is often ahead of boys drop out of the competition with a defeat.

And the thing is that they are already on the first approach puts too much weight. This is a fundamental error. In the first approach is to put more warm-up weight, then there will be no surprises.

On the performance of each exercise at the competitions is given three approaches, so I recommend that efforts to distribute the approaches as follows:

1st approach - the last warm-up approach;

2nd approach - expected results;

3rd approach - to try to fulfill a personal record.

In this case you will be immune from "bagels."

The principle of the fifth. Before and After: Warm and hitch.

Doveptes us - and you passshipites DURING nagpevanii!

Warm.

Take the time to warm to the severity of the basic training. Before zhimom lying must be done at least 2 warm-up approaches to squats and traction - at least 3 warm-up approaches. If an athlete raises a rather large weight, then the warm-up period between the approaches of about 20 kg. For example, an athlete plan to reap 100 kg 5 to 5. Then it will warm up as follows:

1-second warm-up approach - 20 kg 15 times

2-second warm-up approach - 40 kg for 8 times

3rd warm-up approach - 60 kg at 6 times

4-second warm-up approach - 80 kg for 5 times

and then he makes 100 kg 5 to 5.

If you want to work with a large weight, then the number of warm-up approaches is growing, but the weight difference may also exceed 20 kg. For example, I want to shake in training 140 kg on the basis of 5 to 5. Warm-up may look like this:

1-second warm-up approach - 20 kg 15 times

2-second warm-up approach - 50 kg 10 times

3rd warm-up approach - 80 kg for 8 times

4-second warm-up approach - 100 kg 6 times

5-second warm-up approach - 120 kg for 5 times

and only then do 5 sets of 5 times with a weight of 140 kg.

Of course, the training time increases, but we agreed that the distinguish important and not waste time on all sorts of extra exercise like a biceps rises, tilts through the goat, and spreading room sitting.

Prolonged warm-up will save you from many injuries.

But even such a great workout is not enough. When you get close to the limit for yourself the weights, you have to use to heat up more and special WARMING ointment.

I use the ointment on the basis of bee venom "Apizartron. Prior to each approach, I rubbed her muscles, which will now be working, and only then mazhu hands magnesia (or chalk) - if not slipped, and go to approach. The number of injuries has decreased dramatically.

Rather, I should say that the injuries had disappeared altogether. And burning in the muscles caused by this ointment can mobilize, adjust. And it is very important when working at the limit. But after a workout you will not wait very pleasant surprise in the shower - hot water to wash the place of this liniment blurry, not very comfortable.

In addition, the resting between sets, do not allow yourself to cool. Put warm tracksuit, do not sit in one place, walk like any move.

When you are working at full capacity, you begin to understand the importance of these little things - warm clothes, ointment, a good warm-up muscles. Any deviation from these simple rules can lead to injury.

With the theme of proper warm-up more closely related to one theme - the theme of inspiration (athletes call it "the best

fighting condition").

Almost all of us in varying degrees, are engaged in creative work: someone looking for a more lucrative scheme to reduce taxes, someone is thinking about how to make your code more efficient, someone invents new mathematical formulas, and some new poems line.

In all of these (and many other) areas play an important role in such a state as an inspiration.

In a state of inspiration brain works surprisingly well, there are exact solutions and fast, and the body becomes light. Man begins to feel that it all under power.

Of course, every one of us would like to see the inspiration to visit him often.

But, as the poets say, the muse - the woman foolish and nervous, so you may like to arrive at any moment and fly away, when she pleases.

Simply a poet of little misleading. They are not familiar with modern physiology.

A modern physiology assures us that inspiration can and should learn to call at your convenience.

Moreover, in the early twentieth century on the same spoke and wrote Stanislavski, who believed that every artist must learn to call the state of inspiration at precisely the moment when it is needed.

But often the state of inspiration needed to athletes. It is in a state of inspiration, the body becomes an obedient, agile and strong: and then a basketball ball flies straight to the basket, a fighter appears feline agility and tenacity, weightlifter raises unimaginable for an ordinary person weight over your head.

Modern athletes learn to train not only the physical condition, but the state of inspiration, and this helps them win.

So we begin to use their experience and will learn to enter into a state of inspiration to any desired moment for us.

So, what is inspiration?

In the first place - a state of well-defined emotional arousal, the power of emotion.

But there is a very important distinction, which knows all athletes: the excessive excitation ("prelaunch") fever binds, the lack of excitement (apathy) causes lethargy and unwillingness to fight.

Therefore inspiration - this is the golden mean, which in sport is called "optimal combat readiness" - that's the level of power disturbances, which is located between overexcitation and underexcitation. And it is this level and we have to find and remember.

Modern physiology has shown that the human body all linked, and any emotional excitement instantly reflected on the work of the internal organs: heart rate and contractility of the heart increase, pupils dilate, respiration rate is accelerated clearance in the bronchial tree increases, dry mouth, increased muscle tone, increased activity of sweat glands, secretion of adrenaline and noradrenaline.

However, the easiest way to fix the change of emotional state is to measure the pulse.

Make the first conclusion: in order to enter into a state of inspiration (for athletes - "the best fighting condition"), you need to increase the pulse rate.

It is now becoming clear to all of the importance of warm-ups in sports. Warm-up is designed to not only warm up the muscles. The problem is much harder to warm up - to achieve the level of the pulse, which corresponds to the inspiration for this particular athlete.

The pulse can be measured in different points of the body: the radial artery (the artery that goes to the base of the thumb of each hand), the carotid arteries, the temporal, or his hand to his left breast, near the heart.

Note that the pulse of the forearm do not measure the thumb - the finger is the strongest and most insensitive, so it often simply compressed by the radial artery, resulting in a person declares with surprise that he could not take the pulse.

Pulse should be measured easily by imposing on the artery three fingers - index, middle and ring.

Usually the pulse is measured for 15 seconds, then multiply the result by 4.

The importance of the pulse in time before doing the exercises spoke and wrote so many eminent sportsmen from completely different kinds of sports: this is writing a senior coach of the USSR fencing LV Saychuk, it said the Olympic champion weightlifter Victor Kurentsov, world champion in pentathlon N. Tatarinov and mn.drugie.

We, certainly the most eminent and experienced sports psychologist country, Anatoly Alexeyev was busy with the USSR team in shooting. For each of the athletes he led a clear formula for the optimal pulse. For most of them it appeared in the vicinity of 130-140 beats per minute. Even a deviation of 10-15 beats sharply reduced the impact of fire.

That AV Alekseev in the early 1970's, drew the attention of all coaches on the critical importance of the pulse rate immediately before exercise.

He himself had sought to have athletes accurately track your pulse.

To illustrate how this happened, I want to tell one story:

"Time passed USSR championship among juniors at clay pigeon shooting. One of the girls before the last series was in second place, losing the leader of the 5 targets. I went out to shoot this last series, which is dropping her hands.

I walked over to her and counted the pulse. As expected, he was 88 beats per minute, while fighting in the optimal position for this athlete's heart should beat (it was previously tested repeatedly) 120-126 times a minute!

- Give me the gun! - How would hardly contain his anger, I ordered the girl.

- Why? - With a puzzled look, even with the fear she asked.

- Give! - I said sharply.

She hesitantly handed me a weapon.

- And now you see that birch tree? - I pointed to the birch tree that stood about twenty meters away from the line of fire.

- I see ... - Still do not understand, she said.

- So, quickly back and forth!

- Why?

- Fast! - A tone that would tolerate no objections, I ordered. The girl ran. When she returned, her pulse was 130 beats per minute: she was excited and even angry.

- I just hold on! - I ordered, returning to her gun. Then she realized what was going on. And he managed to keep throughout the series is best for her excitement, chasing losses of the target, psychologically broke her opponent and won the gold medal. "(A. Alekseev, mastering himself!").

Note that this girl called Galina Khomutov, and she soon became a world champion on clay pigeon shooting.

Make the second conclusion: if you lack the pulse - you're not ready to fight!

Slow pulse - the pulse of this state of rest. Inspiration (or sports anger) and the rest - are incompatible. So if you need inspiration - find a way to increase the pulse!

Only an increased pulse rate will lead you in the right emotional state for inspiration.

However, this magnitude of pulse must be chosen specifically for your goals and it is for your particular body. Here we have to experiment and make measurements. The only way you can determine the perfect inspiration for your heart rate value (or, as they call it sports psychologists, to determine the individual "pulse corridor").

Pulse can be increased in various ways.

Someone may run a little bit, someone quite surprised at someone faster breathing, and someone is using figurative representations.

For example, world record holder in swimming, Steve Holland, quickened pulse is the last way - even before the launch (and then throughout the race) represented that it has a giant shark. The result - two world records at distances of 800 and 1500 meters.

One well-known wrestler raised pulse differently: he began to walk on the warm-up room and tried to ensure that his gait was "tiger" - a soft, insinuating, and the movement strong and predatory. In other words began to represent himself tiger, walking on his dominions.

Olympic champion weightlifter David Rigert could still standing on the pavement opposite the bar to achieve a level of excitement that his cheeks began to leak sweat, and Mike became thoroughly wet.

Weightlifter Yuri Vlasov, probably the most famous athlete of the USSR, describes his preparation for the lifting rod. Even standing in front of her on the platform, she began to read an excerpt from a poem by Emile Verhaeren "Sword":

In you go sour blood of your fathers and grandfathers.
 Become strong, as they are, you are not fated.
 In life, its sorrows and happiness is not tasted,

You will be as patient to look through the window.
And ssohnetsya skin, muscle and faint,
And boredom vestsya in the flesh, the desire ruining.
And in the skull okosteneyut your dreams.
And the horror of the mirrors will look at you. Himself
overcome! ...

With the words "overcome himself" covered sports anger and
inspiration, Yuri Vlasov, clutched his neck and raised the bar
above her head. Weight of rods was raised by 215 kg.
So, let's sum up. The concept of inspiration - a museum, which
comes and goes when she pleases, is outdated. Inspiration can be
achieved by an effort. Athletes develop this ability several
times each workout, the artists develop this skill at rehearsals
and performances.

There are different practices to achieve inspiration, but they
all boil down to regulating the level of the pulse.

So next time before you meet the challenge, to invent something
new or make a sports approach - pay attention to the pulse.

Maybe it should speed up (if it is lethargic small), or
conversely, to reduce (if it is too large)?

Acceleration pulse before the approach must become as
commonplace as the rubbing of palms magnesia.

Accelerate the pulse of the easiest way without the involvement
of the legs (this is tiring), enough active primary wing
movements of the hands or warm-up, reminiscent of a boxing
"shadow boxing".

Hitch.

Under a little hesitation, I do not understand what is meant by
the word usually. I understand by this word the correct mental
attitude, which simply required at the time when you finish
training.

Perhaps you about it never thought about, but this is the reason
that 99% of arriving at the Hall of youngsters throwing workout.
This is precisely the wasp, which can bite into the heart to
kill an elephant.

Therefore they are related to this point emphasized carefully.

Why is it so important I'll try to explain.

Training - is always tension. It's sweat, it's work, is
overcome. And then there is one moment when you begin to
understand what has long been forcing myself to collect sports
bag and go to the gym. You convince yourself persuading, you say
to myself: "Yes, it is unpleasant, but it should be, it would be
of benefit." Begins to fight with itself. And this struggle,
this self-destructive behaviors in 99% of cases end up, sooner
or later, you throw a workout.

And it will be correct. Because you can not rape yourself, body
and mind simply can not stand this. Yes, any time you can go to
this prison, but eventually no willpower will not help you take
a sports bag and go to the gym.

You can not go on the train through the "do not want to" and
"can not"!

You can not step over myself!

So how about if you come to this point and you've really do not want to go to the gym? Well, drop everything!

Of course not.

Just you all this time practicing and forget about such simple things as a hitch after a workout.

Hitch - this is a pleasant state of relaxation, which covers you after your workout. You just need to focus on this pleasant fatigue, luxuriate in it.

For example, when you stretch after your workout, do it with pleasure, with a sense of how a cat stretches, to lie in the sun. Or, when you stand in the shower and washes off with a salty sweat workout, let your mind totally relax and enjoy. Forget about failures or may not be until the end of the Plan. Let's all remain outside of your consciousness at that moment. It should just relax and enjoy the warm water jets, which run on the head on your shoulders and torso.

Hitch - a state of pleasure and happiness that you have to summon up at the end of training. If not, we should call it artificially.

And we need each time to leave the hall in a state of complete happiness.

Only this will allow you to overcome the antipathy to the training, which, you may have already arisen. After all, we are not able to feel any negative emotions to those pursuits that bring us pleasure.

And it usually works, especially in the days of hard training. For example, I actually sometimes went into the hall only because of what he remembered as a good sweat, after training, will relax tired muscles in the shower. And what a special feeling. To memorize all of the pleasant sensations that you feel in the room and focus on them - then it can be very useful in the fight against laziness. But questions of psychology are quite complex and I want to dedicate them to a separate chapter, where we'll look at how our brain works and how you can learn how to use it efficiently.

The principle of the sixth. Let rest muscles.

All day you awake all night do not eat - of course, you get tired.

Rest - this is an important part of training, as well as load. Perhaps even more important. During exercise the muscles are destroyed. During the holidays they grow. And our priority is to make a full-fledged vacation. The volume of your muscles even more dependent on the quality of rest than on the quality of the training load.

Complete rest is composed of three important components - a dream, Stretching the muscles, warming up the muscles. Let's talk about each of these items.

Dream.

First and foremost a sign of good sleep - self-awakening. Song will only be full if he or anyone or anything not interrupted. Many are unaware or intuit, but still jump up every morning to

an alarm clock, interrupting his recovery after contact with iron. It must be avoided with all his might. Sleep should stand you in one of the highest places in the list of your priorities. How to sleep longer and wake up to yourself? Luckily, nothing seems to be difficult in this. It should just go early. But here begins the true test of your desires. If the temptation to watch the movie or read a book is too large, you have to remind myself that movie and the book still is not as important as training and full recovery.

If you are not using management techniques sleep, eight hours of sleep every night - it should be for you by law. Once you feel that you are sleepy, as soon as you notice that suppress a yawn, listen to yourself and go to sleep.

Full-fledged intensive training required of you is much more thrilling relationship to sleep than is usually allow themselves to people. You should not neglect those nuggets of rest, which is usually neglected everything else.

Stretching the muscles at the end of training.

Slightly higher in the first chapter, I mentioned that at the end of each exercise should be to stretch the muscles that impact job. They were also given exercises for stretching muscles of the chest, back and bottom of the quadriceps, so I now I will not repeat.

To this we add the previously only one point - that the statute are not only the hip muscles, muscle chest and back, but other muscles. This is primarily the triceps, biceps, latissimus dorsi, gastrocnemius muscle. For quick recovery of these muscles also need to stretch. Here's how it's done.

Stretching latissimus dorsi makes a stand near the pole or near the Swedish wall (Fig. 2.1). Must cross over the legs and hang on the neck bar or crossbar of the Swedish wall and feel how tight latissimus dorsi. In this position must stand for 60 seconds.

Stretching the calf muscle is made very simple - come to the toe of some elevation and fall the heel down (Fig.2.2).

Biceps have to stretch the wall or door-post - to put his hand on the jamb of the thumb and pull the biceps (Fig.2.3).

Triceps just stretched near the wall. To do this, raise your hand and elbow to rest against the wall. I will go down a bit, it is necessary to tighten the triceps and freeze in that position (ris.2.4).



Fig. 2.1. Banner latissimus dorsi.



Fig. 2.2. Stretching the calf muscles.

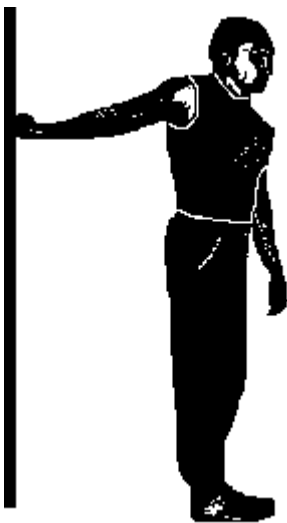


Fig. 2.3. Stretching biceps.



Fig. 2.4. Stretching triceps.

Warming up the muscles after exercise.

Of course I'm talking primarily about the Russian bath. Bath, as a means of restoring security officials, widely used in the USSR team in weightlifting. Probably no need to recall that Soviet weightlifters were always first on the international scene for many decades. Their experience is very valuable and that each recommendation is for athletes of our team was given only after the multifaceted scientific justification. Therefore, all serious athletes can recommend at least once a week to attend a Russian bathhouse.

However, I note that a bath should not be applied before a heavy workout, and even more so, just before the competition (in order to sgonki weight) - very relaxing bath.

Bath - a unique tool for rehabilitation. In the bath powerfully activates blood circulation and metabolism. Incidentally, I note that dieters have come to the baths hungry and want to gain weight, conversely, should look a little snack about 1 hour before bath.

Bath incredibly useful in diseases of the joints, especially the crippling arthritis. Heat postegivaniya broom, a redistribution of blood and lymph in the body facilitates the flow of oxygen and nutrients that enhances the restorative processes in the joints and bone tissue.

In addition, through the pores of the heated leather allocated 0.5 -1.5 liter of sweat, and with it the output of salt, lactic acid, urea and other products of decomposition of organic substances. This greatly facilitates the work of the kidneys. Bath is contraindicated in epilepsy, pulmonary tuberculosis, neoplasms, heart failure, angina pectoris. Do not use the bath in the acute stage of disease. Bath is not recommended for children under 3 years old and pregnant women.

Briefly talk about what and how to do in the bath.

1. Before you go to the steam room, soak in cold water broom on his head is best to wear any woolen cap, and on his feet - light

slippers.

2. First Sunset - warming. First, sit down for minutes 2-3 down, and only then move upward. Time of warming up when entering the first 5-10 minutes, but for beginners it is better to 3 minutes. In general, the rule is - sit while you enjoy, do not have anyone to look at and think "I will go out only after it won the one guy goes out of steam", you should not try to sit out for someone. It can ruin the whole effect of the procedure of bath and instead use only receive damage.

3. Leave, relax, enjoy the cool air.

4. Go to steam. Broom immersed in hot water, or yield to hold a broom and a pair near this couple, so that it is hot. Soar is first necessary to the body (trunk), then the arms and legs. I do not recommend doing more than 3 - 4 visits to the steam room, the total time spent in the steam room should not exceed 15-25 minutes.

The optimum temperature of 60-70 degrees centigrade steam room, sauna - not more than 90 degrees. Higher temperature will burn the throat and increases the risk of cancer of the throat.

In the bath is strictly forbidden to drink alcoholic beverages. Always remember that in this way was sent to the other world a lot of unwanted officials and even emperors - soared into the bath, and then propose a toast. Heart can not withstand such a load.

It is better to drink juice, herbal tea or mineral water.

Bathhouse is ideal to visit 1 time per week. A rare visit reduces efficiency, but more often is justified only in a very short period, because leads to considerable loss of trace elements in sweat.

Very often bath is used as a tool for sgonki weight. Typically, these methods are in experienced athletes. During one session in the sauna is usually dumped about 2 kg of weight. In order to achieve this effect should stimulate profuse sweating, usually for the resort to one of two ways - body rub with salt or honey, or 76-degree alcohol.

Salt mixed with honey and this mixture, as petroleum jelly, rubbing before the bath dry the body, and only then go to the steam room.

Alcohol is rubbed on the bath has a shelf, otherwise you can burn the body, but in wet and hot steam bath of rubbing alcohol procedure is painless.

Both of these tools cause profuse sweating, and continued after the release of steam. And that is why after the steam can be cooled, as this will stop the sweating. This means that if you want to lose weight, you have to endure, and not jump into the pool and not run into the shower. Not cool!

Can only himself with water hot (better yet salty) water. Then we need to go to the locker room (dressing room), they wrap sheets, a warm robe or blanket and sit (and it is better to lie), and sweating. We must wait until all the sweating, but it is approximately 30 minutes.

Drinking too much can not - just one sip of water or a slice of lemon.

When 30 minutes passed and the sweating stopped, you can go under a warm shower - wash away the sweat and salt. Then we need to wipe dry and go back to steam.

And so a few times. With each call is allocated to the bath is less and less sweat - and that's when you can drink a glass of water to increase perspiration.

I will also note a thing - the thicker the oil, the more we have to work a broom - the fat has low thermal conductivity, and if a lot of fat, it should be as much as possible to warm up a broom or a massage.

By the way, a long time to sit in the steam room is impossible - it is an illusion that the greater the hatch, the more "smelt" fat. Must make a series of short-term, to 8 minutes, come in and as long as possible to sweat between them in the changing room. If you drive the weight is not required, it must be sweating a little bit differently - be sure to include cold procedures, ie, pouring cold water, cold showers or swimming in the pool with cold water. This greatly spur and strengthen your immunity.

About colds you forget completely.

Scheme cold procedures such: hot - cold - hot. Ie any cold procedure must finish hot warm up.

This is due here with nothing. When the cell is rapidly cooled, then in order to maintain its own temperature at the required level, the cell is forced to quickly burn a large number of intracellular sugar.

Produce large quantities of metabolic products. And as the vessels are compressed with the cold, then the outflow is difficult. Therefore, in order to facilitate the withdrawal from the cell degradation products, it is necessary again to heat the body.

This means that after pouring ice water, one must again go to the steam room to warm up. And once again remind you - always ends in the cold pouring hot.

If you want to harden your body, you do not depart from this scheme (hot-cold-hot).

Unfortunately, some of the "walruses" forget about it and eventually receive from hardening more harm than good.

A few years many people carried away by winter swimming, and still more lovers to plunge into the icy water a lot.

It is believed that the "walruses" train the body's ability to resist the cold. They are really good feeling, cheerful and energetic - especially in the beginning "morzhevoy career," when they are submerged in water is very short-lived. But when they were bathed in a dozen years, the strange way their behavior is changing - from "Walrus" is considered honorable to sit in the water as much time to 15 minutes. And the more the experience of winter swimming, the longer must sit in the water "walrus".

This leads to the fact that a healthy and strong man, increasingly begins to exhibit strange feature: it can catch a cold from that of, say, left the house without a hat, or even simply from any draft.

And all this is entirely appropriate.

After all, what is immunity? This ability to resist diseases.

This mainly happens through the immune cells that are "catch and kill harmful bacteria. When the immune cells travel through the body intensively, resistance to bacteria (and thus the disease) occurs quickly and efficiently. And if you - slowly, we fall sick.

U "Walrus", which in January was sitting for 10 minutes in an ice hole, and in March, straining every part of the body, swims in the river, skillfully maneuvering between the chunks of ice, immune cells are "faint" and completely forget about their duties, become incapacitated.

Why not be said of pathogenic microorganisms. Latest feel great and as if nothing had happened the fruits of the former speed.

In other words, if a person "body and soul" is not afraid of cold, it has nothing to do with his immunity. Any prolonged exposure to cold reduces the natural immunity.

Therefore, any hardening need to be spent on time-tested pattern: hot - cold - hot.

And I now will name the chief law hardening.

Chief hardening law - must harden by heating rather than cooling!

This may sound paradoxical, and not very usual, but let themselves think.

First, it must be remembered that immunity increases primarily by heating. The hotter the inner surface of the body, the more immune cells begin to act - the hunters of bacteria. That is why the increase in body temperature in diseases and leads to a cure - a protective reaction to the disease, which resulted in increased activity of immune cells.

And, secondly, you can warm up, as with heat and with cold.

Let's look at how best to do it.

The first call in a bath - is warming up the body with heat. This is the first heat.

If then dive into the pool with cold water, or to overturn a bucket of cold water, the surface of the body immediately warmed.

That is, short duration cooling - it is the same HEATING. That is the meaning of cold hardening. This is the second heat.

And then they need to warm up in the steam room, then, after pouring a cold, the skin will simply glow.

And this is the third heat will be the most powerful, exceeding the effectiveness of the first two.

Carrying out the scheme warming hot-hot-cold can withdraw their immunity to unattainable heights.

The principle of the seventh. Isometric exercises.

Isometric exercises are very interesting and incredibly efficient method of training forces.

The essence of the exercise is that the muscles are tensed, but remain at this fixed, ie not stretch. Instead of lifting weights, had to overcome the resistance, which in principle can

not be overcome.

What else is good isometric workout - this is the fact that they do not require large expenditures of time - the maximum you will take 5-10 minutes.

However, positive changes - especially the growth of power - achieved as a result of isometric exercises, remain longer than with the dynamic nature of long workouts.

Basic principles of performance of isometric exercises are:

- Perform each exercise with maximum effort,
- Make an effort after inhalation to exhalation, and do not hold your breath during exercise, breathe rhythmically, 6 seconds, inhale, 6 seconds, exhale, without pauses and delays in breathing,
- Every effort should last no more than 6 seconds, and for the beginning and 2 seconds, maximum voltage will be enough
- Pause between the efforts of about 10 - 30 seconds
- Try to strain muscles and increase power smoothly, drop the load too slowly,
- Resistance to your efforts should be so large that it deliberately excluded the possibility of any movement,
- Static exercises are best to do 5 times a week leaving 2 days for rest,
- Static exercises must not be much - no more than 6,
- Each exercise is best to do the same as regular exercise: 5 sets of 5-8 times, ie one approach is 5 - 8 a six efforts with pauses for 10 - 30 seconds between them, then follows a small 30 seconds rest after the holiday is the second cycle (approach) from 5 - 8 of effort and so forth,
- The first month is enough to make only 2 static exercise, then each month to add 1 exercise and gradually bring them up to 6 exercises.

Warning Isometric exercise may slightly increase the pressure.

Exercises isometric exercises for the militia.

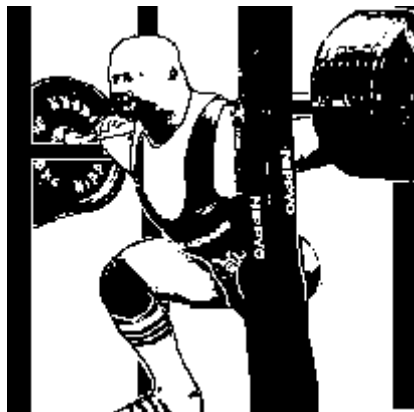
These exercises are very effective when you include them in the overall complex. Especially at a time when you are "stuck" on some weight and he can not "break". In these exercises, there is nothing special - just you try to perform the same movements as usual (squats, bench press, lying, deadlift), but with the load, which can not be raised.

For working out a static load of squat is best to use special racks, they are also called the power frame, which will not allow you to drop the bar (ris.2.5).

In these same power rack can be made and bench press (Fig.2.6). You can change the height of the rack and work off that stress different muscles. But the case can also try lying down bench press and other exercises to create static electricity and the development of force. You can use the weight belt, fasten it to his chest, thread the front iron bar or rod blank neck and try to shake away with all my strength (Fig.2.7).

Exercises postural traction can be performed statically or as a power rack, neck rods lie just below the knee, or perform traction with plinth (high rubberized stand).

A reminder that all these exercises, weight rod should be so large that you do not even have been able to tear it off from the racks.



Ris.2.5. Static squatting in the power rack.



Fig.2.6. Static bench press in the power rack.



Fig.2.7. Static bench press with the help of weightlifting belts and an iron rod.

Principle of the eighth. To consume is good, not to use harmful.

When you come to the gym, all around and just say that about nutrition - amino acids, protein complexes, creatine, etc. things. Eventually, it begins to take on the nature of paranoia. Young guys with glowing eyes running around the city, looking for where can buy protein supplements cheap.

But fun to watch when a sportsman who consumed a whole year such additives, and because of lack of money has stopped buying them, was surprised to notice that nothing has changed. Its results are still continuing to grow, its mass does not fall either on programs, and he feels just as good and cheerful as ever when he took supplements, eat up a significant portion of its budget. And then a seditious thought creeps into his head: "Maybe all of these have been spending money for nothing? Can supplements are not so necessary?"

Here I should note that modern nutrition involves the use of at least 100g of protein a day - even if it is necessary to recovery.

Therefore, protein complexes, most likely, you will be still necessary, but they need to eat right!

1. How to use a protein shake.

This is a very important point, which even does not reflect the majority of athletes.

To begin with prehistory.

In the Soviet practice of Radiographers (Prof. VD Lindenbraten, 1969) was such a case. It was necessary to achieve retention of barium porridge in the stomach at the time necessary to retgenologicheskogo study. But it turned out that if the porridge to give without preheating (directly from the refrigerator), then mess leaves the stomach faster than radiologists time to adjust their the then (1969), less sophisticated equipment.

Radiologists interested in this fact, conducted experiments and found that if they drink diet cold drinks (for example, Pepsi-Cola with ice), the residence time of food in the stomach is reduced from 4-5 hours to 20 minutes (more on this in his doctoral dissertation Lindenbraten Vitaly Davidovich Materials to the question about the effects on the body heat ", 1969, Institute of Experimental Medicine, AMS USSR, Leningrad).

This is, firstly, a direct path to obesity, as such foods can not be satisfied and hunger occurs very quickly. Secondly, and begin the processes of putrefaction in the gut, because the normal digestion, as such, and was not.

Incidentally, this is the way in which McDonald's and made himself a lot of money.

Drinking food (sandwiches, hamburgers, hot dogs), icy drinks, people can never eat junk food, and therefore will bite again and again. At the same time on the hot drinks - tea, coffee or set high enough price, or they are not included in the comprehensive set, or they simply do not advertise. But the icy

Coca-Cola, or is relatively cheap, or aggressively bright posters and color gamut.

But this applies not only to Coca-Cola, all cold drinks are very quick to leave the stomach. Therefore, attention (!), If you drink cold protein shake, it will not be fully processed in the stomach, proteins will not be split into amino acids. This cocktail quickly leaves the stomach, and the entire protein component will simply rot in the gut. You are not only wasting money, but instead get a good damage in the form of inflammatory bowel disease (colitis, enteritis) and dysbacteriosis. So, do not take protein shakes with cold from the fridge. Take them warm, even at room temperature, and even better their chill.

The second point concerns the amino acid composition of mixtures taken. Among all of amino acids, I want to highlight just one, as vital not only for increasing the volume of muscles, but also for health.

2. Arginine.

Nitric oxide (NO) and arginine - this is a topic that over the past 10 years the subject of numerous research biologists. And these studies give very impressive results.

For the general public, this issue was first marked in 1992, when the journal "Science" called nitric oxide (NO) molecule of the year. It took another 6 years, and scientists have played a special role in the study, received well-deserved award - three scientists from the U.S. RF Robert F. Furchgott, LJ Ignarro and F. Murad received the Nobel Prize for 1998 in Physiology or Medicine for his discovery of the role of "nitric oxide as a signaling molecule in the cardiovascular system."

Molecule of nitric oxide was a universal biological agent.

Even twenty years ago, the formulation of the question of universal biological role of nitric oxide seemed to be wild: nitric oxide - a strong industrial polluter, he considered only in terms of harm to all living things, the oxidation of nitric oxide in the atmosphere turns into acid rain. A huge amount of it contained in tobacco smoke, forms a carcinogenic substance. It all started back in 1980, when Dr. F. Robert F. Furchgott, professor of pharmacology at the State University of New York (Brooklyn), conducted research on the contractile action of drugs on the vessels. In one experiment, due to the negligence of a young officer, a violation of customary scheme of the experiment, and when you add drugs (acetylcholine) instead of the expected reduction suddenly started very strong relaxation of blood vessels.

By opening the mysterious factor, relaxing blood vessels, interested.

Earlier Dr. F. Murad (Head of Department of Integrative Biology, Medical Faculty, University of Texas, Houston), studied the mechanism of action of nitroglycerin and found that nitrates contribute to the release of nitric oxide, which relaxes the smooth muscle cells, leading to vasodilatation.

Dr. L. Ignarro (Professor of Pharmacology, Medical Faculty, University of California, Los Angeles), resulting in a series of studies came in 1986 concluded that the two above-mentioned experiment in fact talking about the same, and the mysterious factor, relaxing blood vessels - a is nitric oxide. Scientific studies have proven the crucial role that nitric oxide plays in such fundamental biological processes as regulation of blood pressure, immune and central nervous system activity.

Further intensive study of nitric oxide (NO) led to a surprising statement: "Science of XXI century - biology of nitric oxide!" Molecular biologists literally pounced on nitric oxide. The biological role of NO is devoted to about four thousand articles a year. It is now absolutely clear that this is - not only a universal regulator of vital processes, but also an important element of the immune system. Today it is difficult to find the metabolic processes, which would be nitrous oxide had no relations.

But where does nitric oxide in the body?

In 1987 it was discovered that nitric oxide formed by oxidation of the amino acids L-arginine.

The amino acid L-arginine is the main supplier of NO, without which a normal human activity.

If NO in the body is small, the main reason for this - reducing the availability of stocks of L-arginine.

Here are the results of some studies.

Hypertension.

Established that the chronic lack of nitric oxide (ie, and L-arginine) in the body leads to the development of arterial hypertension. So now, L-arginine used in the prevention and treatment of hypertension. In doses of 2-3 grams per day L-Arginine helps to reduce the tension of smooth muscles of arteries, thereby reducing the component of lower diastolic blood pressure. In addition, L-Arginine is used for the prevention of atherosclerosis. It prevents the formation of blood clots, and adhesion of the clots on the inner wall of the arteries - thereby decreasing the risk of blood clots and atherosclerotic plaques.

Tract.

It has long been known disease diffuse esophageal spasm cramp his smooth muscles. Underlying disease as the deficit is NO (ie, and L-arginine) (Konturek S., Konturek P., 1995).

It is possible that a malfunctioning valve on a 12-duodenum (and therefore gastric ulcers), also is insufficient NO (ie, L-arginine), with the result that the valve loses its ability to function normally.

Immunity

Quite a long time and quite independently of the future Nobel laureates, scientists have studied how to work macrophages - the cells responsible for maintaining immunity. In the 1970's it was found that the activity of macrophages associated with the accumulation of nitrite and nitrate in the extracellular environment. Beginning disclosed to the nature of cellular

immunity, how macrophages kill target cells (bacteria, malignant cells). In 1983, scientists discovered that one of the guns of macrophages is nitric oxide. Large amount of nitric oxide can kill bacteria.

Ie more in the body of nitric oxide (ie, L-arginine), the better the immunity. Deficiency of nitric oxide leads to a weakening of immunity.

Memory and psyche

Using data on the role of nitric oxide in the vascular system, in 1988, British explorer Gersveyt found that nitric oxide is essential for the formation of long-term memory, which underlies the whole mentality. It was found that L-arginine improves mood and makes people more active, enterprising and resilient, bringing a certain quality of mental energy in human behavior. The development of this trend has led to the creation of Viagra - effective remedy against impotence.

Adaptation

In 1998 was published prof.N.P.Aymasheva "Anitistressorny effect of adaptation to physical stress: role of nitric oxide.

The essence of the experiments is as follows.

The rats were brought to stress by immersing their necks in water. As a result of stress rather quickly arose ulcerative lesions of the stomach. The rats were dragged from the water and measured their area of ulcerative lesions.

The second group of rats also adjusted to stress, but gave them the drugs, increases levels of nitric oxide (donor NO) in the body. Introduction of NO donors in the course of the experiment led to a decrease in the area of ulcers in 3-fold compared with the control group.

The third group of rats was adjusted to stress, but gave them the drugs, decreases the content of NO (trap NO) in the body. Introduction No traps increased the ulcer area by 41% compared with the control group.

Thus, we see the critical importance of nitric oxide (ie, and L-arginine) for the organism. The disadvantage of this biologically active substances has led to numerous problems.

Ie to fully supply the body nitric oxide (NO) is essential to ensure daily, uninterrupted supply of amino acids L-arginine.

Arginine - is one of twenty amino acids that are involved in the formation of proteins.

Arginine - this essential amino acid for children (for adults - fungible), ie body of the child himself can not create such an amino acid, but must obtain it from food.

Doctors and athletes have long known that Arginine helps produce growth hormone. Therefore, low-growing boys makes sense to drink arginine - if time is not wasted, you may be able to grow a little.

Here's what about arginine and growth hormone writing Klats Ronald MD - founder and president of the American Academy of anti aging in the book "Study of growth hormone:

"The impact on growth hormone (GH)

There is no doubt that arginine causes the secretion of growth hormone.

15-30-gram intravenous infusion of arginine is used as a standard endocrinology test, provoking the selection of pituitary growth hormone.

Dirk Pearson and Sandy Shaw recommended that arginine and ornithine as relizery GR in his first book "Life Extension: A Practical Scientific Approach", thus these amino acids have become the shop available food supplements and they swept the shelves faster than the cranberry sauce at Thanksgiving.

Shaw took 10g of arginine per day on an empty stomach as relizera GR, to expedite treatment after a broken leg.

Approximately forty-five minutes or an hour after administration of arginine it within three minutes rocked the press while lying on his back. In this mode, she lost 11.3 kg of fat and gained 2.3 pounds of muscle in six weeks.

Many clinical trials studying different doses of arginine, as well as its combination with lysine showed a wide range of effects on growth hormone from nothing to the amazing synergy spike GR.

In one study conducted in 1980 Matieni, even 200 mg was enough to cause a significant increase in the production of GR.

Another study conducted in Kent Ohio, showed reduced growth hormone response to arginine in 30-34-year-old men compared with 18 to 21-year-old. In these age groups the highest GH-responses were people with low-fat in the body and a high aerobic capacity. The doses used in the experiment amounted to 0.04 grams per kilogram man, 0,16 g and 0,28 g / kg, ie about 3, 12 and 21 g respectively, for a person weighing 75 kg. The most effective was the average dose, the largest dose causes diarrhea, and the lowest response of growth hormone.

Arginine works even in old age. A study from the University of Turin (Italy), showed that, despite the fact that the old man of seventy response to arginine was significantly lower than in children and young adults, the food additive still has tripled the level of GH in the blood compared with an average level for this age!

Arginine also helps to improve physical shape, because along with glycine, is one of the main ingredients of which the liver produces creatine. Supplements creatine monohydrate are very popular among bodybuilders, because increasing the levels required for high-power exercises creatine phosphate in muscle and nerve cells. So arginine you kill two birds with one stone: it increases growth hormone levels and get raw materials for their cage.

Principle of

Arginine, apparently stimulates GR, blocking the secretion of growth hormone inhibitor somatostatin. It also greatly increases the effectiveness of the hormone-releasing hormone growth when these two substances are taken together.

Effect of anti-aging

Arguably, the positive effects of arginine include improved fat burning and building muscle tissue probably through the stimulation of growth hormone, increased activity of thymus, immune system, fight cancer, accelerated healing of burns and

other wounds, protecting the liver and the clearance of toxic substances, improve male fertility (almost all are the work of GR). It also restores sexual function in men impotent. In a study conducted in 1994 by Dr. A. Zorn, Otti and Dr. E. F. Lizzie from the Department of Urology and Surgery Medical School, New York University, six of the fifteen men who took 2,800 mg of arginine a day for two weeks to improve their sexual function, including erection, and men who took placebo, such was not. Researchers believe that arginine is a source of nitric oxide, which plays a key role in initiating and maintaining an erection.

Clinical application

Arginine supplements should effectively increase the levels of growth hormone, especially in people younger than fifty years. It can also take in combination with other amino acids such as ornithine, lysine and glutamine.

Dosage

2.5 grams on an empty stomach one hour before exercise and before bedtime. "

Of course, arginine - not a panacea.

But the long list of diseases that are caused by lack of NO, and therefore may not be adequate inflow with food arginine, indeed, impressive.

But we are primarily interested in the fact that L-Arginine can increase muscle and reduce body fat mass, the end result is doing more proportionate figure, is used to prevent and treat arthritis and connective tissue diseases, increases the rate of encrustation of damaged tissue - wounds, sprain, fractures, is used in the prevention and treatment of arthritis and connective tissue diseases.

However, ATTENTION!

L-Arginine is contraindicated in active manifestation of the disease herpesvirus.

L-Arginine is not recommended for pregnant and lactating women.

L-Arginine is not shown in schizophrenia.

The daily demand for arginine is 6.1 g (data GosSanEpidNormirovaniya RF).

And, finally, here is the content of arginine (in grams) in some products (for 100g of product):

Walnut - 2,52

Sesame seed - 3,326

Pine Nuts - 3,570

Almonds - 2,492

Peanuts - 3,506

Pumpkin seeds - 3.978

Snails - 2,470

Shrimp - 1,776

Crabs - 1,600

Liver - 1,256

Duck home - 0,770

Bacon pigs - 0,528

Ground beef - 1,194
Beef sirloin steak - 1,151
Chicken leg - 0,818
Ham, without a shell - 1,138
Chicken breast - 1,033
Foot pig - 1,218
Chicken, dark meat - 1,211
Chicken, light meat - 1,397
Bacon - 1,123
Wild Pheasant - 1,412
Pork - 0,735
Anchovies - 1,730
White fish - 1,142
Tuna - 1,769
COD - 1,065
Flounder - 1,128
Shark - 1,258
Carp - 1,067
Herring - 1,075
Salmon - 1,176
Eel - 1,103
Cottage cheese, not fat (2%) - 0,623
Cottage cheese, nonfat - 0,786

Why, of all amino acids I highlight the first arginine? Just because it is the functional amino acid and its reception will not only lead to gains in muscle mass, but also to dramatically increase the level of health, because it is produced from arginine universal signaling molecule NO.

Remaining amino acids you can drink or not drink, but we just vitally important to fully support themselves arginine.

3. Folk Remedies.

But, nevertheless, subject to proper food, no special protein supplements are not needed. Even 30 years ago, Yuri Vlasov, in one of his books he wrote that the only thing in the supplements at least some effect on the growth of his muscles and results - it is vitamins. The same vitamins that we get in fresh fruits and vegetables, in pickled products and kvass.

Ie provided full protein diet and receive fresh fruits and vegetables need special supplements unnecessary.

My friend, the coach on bodybuilding checked for myself this simple rule. It so happened that after several years of hard training, after the speeches and victories in the bodybuilding competition, he was forced to leave for a few years in the village.

The first year was spent on construction and furnishing economy. All this year, he had no time for training and as a result lost all his muscle shape, lost 15 kg.

But life has to build and it came back behind bars. Within six months he had fully recovered all its original shape. The 15 kg of lean muscle mass, which it took place in the city very seriously, using steroids in the fresh country air, the milk,

the natural products and natural vitamins, he scored just six months.

That is a natural food in natural conditions, gives an effect comparable with the effect of anabolic steroids! And no harm. Of course, many natural products. But first I would recommend to all law-enforcing agencies to include in your diet pine nuts. Pine Nuts - a truly unique natural product. It contains 17% protein, consisting of 19 amino acids, 70% of which - indispensable and conditionally indispensable. These figures show a very high biological value protein Cedar.

In addition, the protein of pine nuts, in contrast to proteins of other products, contains high content of lysine (up to 12, 4 g/100g protein), methionine (up to 5,6 g/100g protein) and tryptophan (3,4 g/100g protein) - the most difitsitnyh amino acids. In addition, in the nuclei of nuts are proteins related to the albumin, globulin and prolamin glutelins. Contained in cedar nuts contribute to the growth vitamins the human body. Nuts in its composition contain vitamin A - vitamin growth and development. Pine nuts - valuable media lipoclastic vitamin E, G. In addition, the protein core amino acid predominates, it is very important for the development of a growing organism - arginine (up to 21g/100g protein), which, though applicable to fungible in the diet of adult human, but is in the category of essential in baby food. On the content of phosphatidic phosphorous - the very same phosphor without which it would not function properly develop the muscles and bones - pine nuts surpass all other nuts as well as seeds maslyachnyh cultures. In addition, pine nuts - a rich source of iodine, which is important, especially for the population of Siberia and the North.

Pine nuts, like all of cedar, has a high Phytoncidic. One day hectare pine forest provides more than 30 kg of volatile organic compounds, which have immense bactericidal strength. According to researchers, this quantity phytoncids enough in the big city neutralize all disease causing germs. Berries and plants growing in kedrovikah, richer in vitamins and provitamins than growing in other forests. This is explained by the fact that phytoncides actively contribute to the formation in plants and fruits of vitamins and other biologically active substances. Phytoncides not only disinfected, kill pathogens, but also a beneficial effect on the multiplication of those microorganisms that come into the fight against disease-causing. The researchers present data showing that in the cedar forests of the air is practically sterile - 200-300 bacterial cells per 1 cubic meter While on medical standards, even in operating rooms is allowed in 1 cubic meter Air 500-1000 nonpathogenic microbes.

If you eat 100 grams of pine nuts, then this would be sufficient to meet the daily needs of adults in amino acids and essential micronutrients such as copper (activator protein synthesis, tones the liver, spleen and lymphatic system, reduces obesity), cobalt (involved in the processes of hematopoiesis in the decomposition of fat and carbohydrate metabolism), manganese (essential for the normal functioning of sex glands and the

muscular system), zinc (involved in the construction of the synthesis of proteins and hormones that regulates the concentration of vitamins in plasma).

If you eat on a handful of nuts every day, you can greatly improve immunity, increase longevity of the organism to avoid vascular sclerosis and high blood pressure, as well as to restore and maintain into old age male power and potency.

Pine nut kernels can grind in a mortar, pour a small amount of water and get a very tasty cedar jelly, which can have a drink after your workout.

Thus, my first recommendation for food - eat every day at least a handful (50 grams) of nuclei of cedar nuts.

The second product, which I highly recommend you - natural honey.

Honey - primordially Russian product, which includes many traditional dishes of Russian cuisine. He was exported back in XV-XVI centuries and bring Russia considerable income. We have managed to maintain their traditions and achievements in this area due to the fact that the decline of production in agriculture is little of it dealt with - in fact most of the hives has been in private hands. Large beekeeping farms in our country too much, especially in Bashkortostan in the Urals and Siberia. And if now all over the world, one bee family accounted for 1 000 people, in Russia - just 25. In this case we use only a fraction of the possibilities that nature gives us - only 5-10% of nectar.

Honey - is a food product, has pronounced therapeutic and dietetic and prophylactic properties. If we were duly appreciated the amazing properties of honey, many problems related to health, we would have been avoided. But, as a rule, we are reminded of its existence only when sick. Meanwhile, the Japanese, for example, made it a rule to issue a daily spoonful of honey to all school children from seven to fourteen years old - free of charge. Honey is not a product of traditional Japanese cuisine, but here believe that the daily consumption of honey is useful to all, and children - is essential.

Beekeeping products used by man since ancient times for the health and build up strength and endurance. In ancient Greece, athletes before the Olympics to reinforce the honey food. One well-known fact that the only change to honey nutrition allowed divers in England down to a depth of 103 meters in order to raise the sunken in World War I passenger ship "Lusitania" with a cargo of gold on board. In order to increase strength endurance divers ate daily at 700 g honey.

Methods Apitherapy (medolecheniya) is widely recommended for introduction into the training routine for athletes in any sport, but especially in those cases that require a high reaction rate and fine motor coordination - this is boxing, wrestling, tennis, gymnastics, weightlifting. Honey is very useful in those sports that require high speed processing of information - football, basketball, hockey, volleyball, chess and long load - skiing, skating, athletics, swimming and technical sport. In Soviet cosmonauts also encouraged to switch

to honey diet.

Honey is best to use throughout life, then you yourself to keep from the set of surprises and disease. Once the Emperor Augustus asked the 100-year-old Polly Rúmil the reason for longevity.

"Lutus mulso, foris oleo" ("Inside - mead, from the outside - oil") - the elder replied.

Honey is formed by careful processing of nectar and nektaropodobnyh substances bee family. In order to obtain 100 g of honey, bees must fly around and visit a million flowers, covered the distance of 450 000 kilometers. In zobike bee nectar saturates the enzymes are formed in special glands of bees, which are important in the transformation of nectar into honey. It is enriched with lipids and organic acids. In the wax combs nectar further processed, converted into honey and stored. To protect against moisture and debris after the honey-filled cells are closed (sealed) wax caps.

Honey contains almost all trace elements and composition resembles human blood plasma.

In the composition of honey consists of key enzymes: diastase, amylase, catalase, phosphatase.

Due to the content phytoncids honey has a bactericidal action. It contains vitamins B1, riboflavin, pyridoxine, pantothenic acid, nicotinic acid, biotin, folic acid, and ascorbic acid (vitamin C).

In studying the role of honey in the prevention of cardiovascular disease noted that it improves the rheological properties of blood (reduces viscosity), lipid metabolism, stabilizes blood pressure, improves performance. In honey is also found natural antibiotics, which determines its importance in combating pathogenic microflora.

Svoeobrazen protein composition of the coin: the protein content of 0.5 - 15%, amino acids - 0,6 - 500 mg per 100 g of honey.

How to use honey. First, the night is recommended to drink a glass of honey water. For 1 cup of warm water put 1 tablespoon of honey and stir. Water should be no warmer than body temperature, otherwise the honey loses its properties.

Secondly, especially for athletes, it is recommended to use the tincture of honey with aloe and red wine: the leaves of aloe vera wash, chop and squeeze the juice, then 150 g of aloe juice mixed with 250 g of honey and 350 g of red wine (Cahors wine is best). The resulting mixture was insisting for 6-7 days in a dark cool place (no warmer than 10 degrees Celsius). Take one spoon 3 times a day for 30 minutes. before eating.

So how to find good quality honey, frankly, is problematic, it will be very good if you find a beekeeper that causes your confidence, and it will become a regular customer. Best of all, if its economy a lot of bee colonies: from 30 to 60. These beekeepers take care of the crops, and from time to time carry an apiary in different places - is that during the summer they often move to ensure the bees good medosbor. An experienced beekeeper must take into account the environmental situation in the place where it will deploy its apiary, and set up camp away from highways and industrial facilities. Then the quality of

honey, you do not have to worry about.

Again, that boiled honey or dilute it with boiling water can not be - he loses all its useful properties.

My third recommendation would be the use of kvass.

Kvasy have very interesting for us to effect - they accelerate recovery after heavy exercise. Kvasy unique in that obtained in the processing of micro-herbs. That is the same thing happens that we have in the large intestine - bacteria, absorbing fiber, isolated vitamins. The symbiosis of man and the bacteria are doing the best kvass vitamin drink, extremely cheap and effective. Therefore, we strongly recommend to put kvass.

They put kvass though on anything. They put kvass even watermelon rinds, or beets, or the leaves of poplars. They put kvass and "forty-grass" - when mixed all that grows on the ground, all of which fall look - grass roots of plants, cut vegetables. Then pour all this water in the tub, poured sugar (or honey), throw yeast (or sour cream) and kvass few days.

I will mention another important property of kvass.

You can often hear the question of how to wean her husband from alcohol, if he himself does not think an alcoholic.

Indeed the problem of alcoholism is very serious and very many families would imperceptibly, shall we say, "correct" behavior of their loved ones.

And this way, as well as with smoking, there is.

First a few words about smoking, and then proceed along the lines of alcohol.

It is noticed that even the most inveterate smokers, starting to work on tobacco plantations, stop smoking. The fact that the air of tobacco plantations contains volatile alkaloids of nicotine, and this is quite sufficient for the assimilation of light smokers. A person working on the plantations consume nicotine without smoking. But at the same time he forget the cigarette in his mouth. This principle is widely used earlier in order to ward off people from smoking. And, to make it so that he even did not notice. It's enough to grow where there is always a smoker (in the apartment and at work) plant tobacco. When the plant becomes an adult, it emits so much nicotine alkaloids that these vapors, even from two bushes plants is enough to pull a cigarette declined. After two or three weeks to find a smoker in the house where the plants grow tobacco, he completely loses the habit of smoking. Then painless smoking can be thrown out of the house and plant. I stress that this method is particularly good because it does not necessarily even a person of something to prevent, it can all be done without his knowledge.

Ie assimilation of small doses of nicotine through the air, beats any desire to smoke. But the same is true for alcohol.

What contains small amounts of alcohol are safe for health, but relieving the desire to drink something more robust? Course kvasses. Kvasy - a product of incomplete fermentation and a very small proportion of alcohol in it still exists (up to 0,5%).

Constantly eating kvasses (or allowing to use their members of the household), you agree to be shooting any cravings for alcohol. This, incidentally, had known since very ancient times

and in Russia always wean from spirits using kvass. Therefore it is sufficient to give your home permanently kvasses and desire to drink gradually disappears.

Just give a few recipes kvass that do not require a special yeast.

Easiest kvass. Take rye crackers (you can nasushit in the oven) 100 grams, 100 grams of sugar, 4gr yeast, 3 liters of water. Stir, cover with cheesecloth and infuse for 1-2 days.

Bread soup made from the lemons the same way, but we must also add finely sliced lemon (or 0,5 h lemon juice) and 1 / 3 cup raisins.

Raspberry kvass done so. Take 0.5 kg of fresh raspberries, washed and rubbed it with 0,6 cups of sugar. Cover with water (2.5 liters) and bring to a boil. Remove from heat and cool to a temperature of 20 Celsius 30gradusov. After cooling, add 10 g of baker's yeast, citric acid to taste. Infuse 1-2 days.

Kvas carrot. 1 kg carrots grate, pour 2 liters of warm boiled water, add 0.25 kg of sugar, 25g yeast, 1 slice of black bread, stir and infuse 1-2 days.

Kvas on beet. You take 1 kg of raw beets, my it, we clean, rinsed, cut into thin slices or pass through a coarse grater. Then put in 3 quart jar. 0,5 pouring cups of sugar, pour 2.5 gallons of water, throw a pinch of salt and place a crust of rye bread (100g). Insisting 5 days. This kvas specifically for losing weight.

All kvasses should lay tightly with gauze, so as not bred wine midges.

These kvasses can drink plenty. Drink kvasses preferably before or during meals. Kvasy have an acid reaction and if they drink after a meal, they can cause heartburn.

4. Vitamins

In our daily life we always spend our available supplies of vitamins and minerals. Especially fast they spent in the cases of long fasting, infections, nerve strain, with smoking and alcoholism.

By itself, urban life is not conducive to adequate replenishment of vitamins.

Especially hard for the brain, which is the hormonal conductor of the whole organism.

Therefore, there is nothing wrong to buy vitamins at the pharmacy, but I want to add some comments.

First, I advise you to use those vitamins, which are aimed primarily at restoring brain activity.

Secondly, it is desirable that these vitamin preparations were in enteric shell. In this case, you can be sure that they are well and in the correct amount will learn the body. An example of such a drug is "Neyromultivit", which are often recommended for the restoration of a nervous breakdown.

Third, manufacturers of vitamins go further and, in some preparations include the possibility of direct penetration of vitamins or their "chemical precursors (substances from which the organism itself will synthesize vitamins) directly into the brain. And it should say not very easy to take into account the complex system of chemical protection of the brain. The drug, which copes with this task is "Enerion.

That such recommendations.

5. Smoking.

It so happened that a few athletes that I know of, and lit up quite late - when they have already achieved significant results in the power sports.

Monitoring of these athletes allowed to make a very interesting conclusion: it appears that smoking by approximately 10% reduction in power results.

Therefore, those who want to maximize their ability to better give up the habit.

In addition, smoking kills the heart.

Somehow, my eyes came across an interesting statement P.

Vorobiev, MD, professor of the Medical Academy: "I intentionally drove his students in the intensive care unit on a mission to detect among obese patients with a heart attack. This can be done very rarely, because of a heart attack suffered mostly smokers and smokers for the most part - bad people. "

This quote has awakened my curiosity - I was curious, as well as related smoking and heart attack. Indeed, according to statistics, 56% of all deaths are due to diseases of the circulatory system (the federal statistics for 2005.), Especially myocardial infarction.

It is believed that the cause of myocardial infarction is atherosclerosis of the arteries of the heart - in the walls of the arteries appear focal deposits (plaques).

However, atherosclerosis occurs for two reasons: because of malnutrition and because of starvation.

With malnutrition, when people have a lot of fatty and sweet foods, but eating little protein in the body receive significantly more fat than you need. There is an excess of fat and protein deficiency.

This leads to the fact that the fat droplets in the protein shell (lipoproteins), which are transported by blood, are becoming more and more in size.

The larger the diameter of these droplets can save protein, which is covered with a drop. These large droplets of fat called lipoprotein low (very low) density (LDL and VLDL). On average, one drop in LDL would be 9 times more fat than normal lipoprotein (HDL - high density lipoproteins), with the same protein content. Increase in blood content of such droplets (LDL) and leads to atherosclerosis.

Ie atherosclerosis - a sign that your diet there is a shortage of protein. That's why the researchers did not work cause atherosclerosis in dogs (dogs eat meat), but very easily could lead to atherosclerosis in rabbits herbivores.

In fasting, when no external power is not received, the body moving to the use of fatty acids and fats. Fats are mobilized from old stocks, and therefore the blood is a high concentration of fats.

However, when starvation proteins did not take from where, and the result is a dramatic shortage of proteins. Value proteins / fats in the blood is changing dramatically, so the fats and in the case of fasting beginning transported by lipoproteins of low and very low density, ie save mode of proteins. Which leads to atherosclerosis in a particularly severe.

All this is confirmed by data from studies that were conducted in developing countries. In the course of these studies it was found that the mass distribution of atherosclerosis inversely dependent on food intake. The more malnourished and starving people, the more pronounced was atherosclerosis. And in a particularly severe form.

At the Nuremberg trials of Nazi war criminals had been submitted several thousand acts of opening the Dachau concentration camp prisoners. These were mostly young people who are in concentration camps were fed very poorly. All found atherosclerosis, the degree of extensiveness and severity of atherosclerosis is directly dependent on the time of stay in prison (F. Blaha, 1963).

Thus, atherosclerosis will affect those who have or are malnourished or starving. Ie primarily or overweight or not very educated people who are absorbed in a healthy way of life (they usually do not drink, do not smoke, run crosses and ... starving).

Smokers usually do not fall into any one category.

So why Professor PA Vorob'ev argues that from a heart attack suffered most smokers?

Why is smoking as a factor leading to coronary heart disease, named the World Health Organization (WHO) in second place,

immediately after atherosclerosis?

How are smoking-related and condition of the heart?

That these questions to us and to answer.

It is generally accepted that myocardial infarction occurs as follows - in the heart artery atherosclerotic plaque is formed, it gradually grows, and one not so fine day clogs the artery. However, this view is profoundly mistaken - in itself the expansion of an atherosclerotic plaque does not pose any danger to human health.

Here's the thing.

One of the fundamental teachings of medicine is the doctrine of collateral. People who used to study diseases that have long known that replacement of one blood vessel of another, who was killed or injured.

The victim capillary is replaced by the neighboring, temporarily inactive (in the body there is always a huge army of capillaries in reserve). Deceased vessel is replaced by the neighboring, smaller, but quickly developing to the desired size (clearance in the vessel can be increased by 10 times compared to its initial value).

Collateralization - this is the main blood vessels to substitute vessels, which provide delivery of blood by a roundabout route to the place where the blood before it is delivered to the main vessel. And this is a replacement for blood circulation occurs anywhere in our bodies, including the coronary arteries of the heart.

Suppose that a person who eats properly, the coronary arteries of the heart gradually develop atherosclerotic plaques.

But collaterals develop much faster atherosclerosis.

Collateralization (vessels substitutes) are developed for the hours and days, and atherosclerosis takes years to affect blood supply to the myocardium.

What does this mean? This means that each step in the deterioration of blood supply to the myocardium (atherosclerosis of the coronary arteries), then quickly restored with the help of the collaterals.

It can NEVER be situations where atherosclerosis of the arteries and the accompanying thrombus could harm the circulation of the myocardium. Collateral circulation protects the heart from atherosclerosis of the coronary arteries.

Thus, atherosclerosis of the coronary arteries in principle can not lead to clogged arteries.

Yes, but the question naturally arises, and how then to explain ischemic heart disease, which, recall, and are the scourge of our time?

The reason's simple. Even from the above is already becoming clear that coronary heart disease (myocardial infarction) - is such a blockage of the arteries of the heart, when the rate of clogging is much higher than the rate of growth of collaterals. Hence the inevitability of it can be concluded that the blockage of the coronary arteries (coronary heart disease) happens only because somewhere on top of blood flow broke off a small piece of tissue (embolus).

This embolus was brought by blood flow to the place tromboorazovaniya in the coronary artery, and this is the place where the passage narrowed due to atherosclerotic plaque, brought embolus trapped (M. Ya Zholondz, 1996).

And developing an acute attack of myocardial infarction.

Developed entirely on the level ground, against a background of apparently good health and prosperity.

If the embolus, which was brought by blood flow and which got stuck on the atherosclerotic plaque, could shove forward with the help of vasodilators (validol, nitroglycerin), all ends happily. If he did not shove, then develops a myocardial infarction.

Whence come from emboli (torn pieces of blood clots)? Where these emboli may be made in the coronary arteries of the heart? If you take an anatomical atlas, you will see that there is one single place where the embolus can be formed, leading to the development of coronary heart disease. This place - the pulmonary blood vessels. Only they are on the blood flow to the heart. Until they are the capillaries of the lungs, which are too small to let through embolus.

The main reason for the formation of pulmonary emboli in the veins is smoking.

Smoking causes deterioration of the incredible power of the veins of the lungs. It has a direct pathological effect on lung veins and promotes the formation of emboli in these veins.

Conclusion: The overwhelming majority of cases, ischemic heart disease is a direct result of smoking-damaged vessels of the lungs.

That is why smoking, according to the findings of experts of the World Health Organization (WHO), is one of the major causes of coronary heart disease.

Anyone who wants to avoid a myocardial infarction, need to do two things:

- Prevent and reduce the deficit of protein content of animal fats in food
- Stop smoking.

By the way, smoking kills not only the vessels, and appearance. Smoking greatly affects the condition of skin.

A few years ago in Brazil were conducted extensive experiments in which scientists have identified the following fact: the number of wrinkles from smoking 40-year-old woman, on average exceeds the number of wrinkles by 60-year-old nonsmoking women. Therefore, if you are concerned about the wrinkles on the skin, but the smoke, then keep in mind that stopping smoking will rejuvenate your skin like no other medium.

Thus, smoking:

- Port vessels of the lungs, violating their food. As a result of the veins of the lungs under the influence of stress (specifically from high blood pressure) or vibration (now you know how much can be dangerous vibrotrenazhery?) May come off a piece of rotting tissue, which clog coronary arteries.
- Spoils the skin condition, leads to rapid formation of wrinkles,

- Spoils the teeth and in violation of local mucosal immunity in the oral cavity (that is, as I wrote earlier, leads to the fact that in the oral cavity begin to develop the bacteria *Helicobacter Piloni* - caused the formation of ulcers 12-duodenum and stomach).

- Causes lung disease (including cancer).

That's seemingly harmless habit leads to a very large-scale consequences.

Meanwhile, there are simple ways to stop smoking.

Here's one of those ways.

Smoking, like any habit, has its own algorithm. To get rid of the habit, you need to change this algorithm.

The usual sequence of steps in the chain smoking:

External factors (outings, evening in the bar, alcohol, the defeat of Spartacus, fatigue and mn.drugoe)> The desire to smoke> Buying cigarettes (dostavanie pack from his pocket)> Smoking.

In this sequence of actions we must make adjustments to the algorithm was as follows:

External cause of> desire to smoke> SOMETHING> Solution (desire) Do not smoke.

Option may be so - is a list of reasons why, as smoking is bad for you: the port of the lungs, damages your teeth and spoil the skin, the smell of tobacco from his mouth and his clothing, leads to heart attack, increases the likelihood of cancer, etc. This list of reasons to write a small piece of paper.

Buying a cigarette case, on one side of which glue the list of reasons. Your cigarettes shift from the pack to the cigarette case.

Sets itself one condition: "before a cigarette - I have to read the entire list.

The man who acts according to this scheme, each time when he wants to smoke and would get a cigarette case, reread the list and has already informed decisions - perhaps I will not smoke. " And puts the cigarette back in his pocket.

Ie we have introduced the familiar algorithm for smoking, another intermediate effect (reading list), so that the whole chain collapsed. The man stops smoking. This method was proposed and tested in practice A. Krasilnikov and completed psychotherapists B. Levy.

6. Vodka.

Sportsmen lot of strain, but right relax more often do not know how. We'll talk about this in detail a bit later, because the question of full relaxation - this is a very important question. After all, one should not forget that muscles do not grow during exercise, and during relaxation.

But now I would like to talk about a wrong way of relaxation, which is sometimes chosen for themselves athletes. Admission alcohol.

I know several masters of sports of weightlifting who have had

excellent results and prospects of power. However, these athletes have begun to periodically take alcohol and eventually drank themselves fully. They were alcoholics. They are strong in times gone by now feeble hands are shaking, instead of the beautiful large muscles of their body covered with pieces of flabby skin hanging on the bones, all his thoughts are occupied by only one - which would collect money for the glass in the lunchroom. " Heavy sight ...

In our country, alcohol - this is a very big problem. This is the biggest challenge posed by Russia of all I know. So I could not get around this issue - vodka - in a book on strength training.

A person can cope with alcoholism, but if he wants.

And so our main task - to make sure that he wanted to stop drinking.

By the way, it is interesting to consider the origin of the word "vodka".

Often it connects with the word "water", hinting at the crystal clarity and transparency.

Does the word "water" there was a "vodka"?

Without a doubt, these words are cognate. However, they were linked to other values.

Traditionally, in Russia there were no roads. All movement was happening on the water - the rivers. Russia as a trading nation was formed on the road "from the Vikings to the Greeks" - on the beds of rivers. Moving across the river there was virtually no were only dies from the river to the river Portage Lamsky (now Volokolamsk), soldier (from the word "drag", "vologa").

Since water was the main means of movement, from the word "water" and there was "driving" in the sense of "lead somewhere". Hence, too, appeared the words "a guide", "has led", "leash".

In the "Explanatory dictionary" Vladimir Dal, this nuance is clearly visible. See the word "Drive": "To drive, lead or lead, vodka (zhensk.) Vod (male), the leader, vodets, vodtsa, vodyr. Carrier, what drive beast, chain, leash, reins. Vodka - przhivchivy" .

Ie "vodka" - is a chain leash.

Not crystal clear, transparent Vodytsya, and steel and durable collar.

Vodka soon found its use is as a leash. The point here is this. Production of vodka it is very cheap, but it is very satisfying. For example, in 1gramme carbohydrates (sugars) contained 4.1 kcal; in 1 gram of protein is also 4.1 kcal, and in 1 gram of alcohol - 7,5 kcal. More than just calories in fat (9.3 kcal 1 gram).

Therefore, the use of vodka was very beneficial - it is very cheap to produce, much cheaper than the cheapest food.

Previously, those who perform heavy work, for example, boatmen, were given almost no food. Given only drink vodka, but with the calculation that the haulers did not fall down. On alcohol and they worked as a car. Cheap and strong. Why slave food?

As for the short life of the boatmen, the owner is not a

problem. Even well - quick turnover of generations, as they say genetics contributes to the strengthening of skills in the population, acquired for each specific life. Slave skills. Physio-writer Veresaev once wrote that is a very hungry man to drink a glass or two of vodka, as soon as he completely disappears appetite, and he was quite hungry. Imagine now how profitable the use of vodka? Its production is worth a penny, and the people, intoxicated by alcohol, are ready to do the hard work practically for free, but still do not have to feed them. Ideal leash for the slave. Just pouring more and fight wherever you want ...

I want that for every bottle of vodka, we all saw her essence. Vodka - a chain that extends to the collar worn around his neck drinking man. And someone always stands on the other end of the chain, and somewhere it pulls, dragging their victim to the slaughter.

After this entry I want to briefly talk about the impact that vodka has on our bodies.

If you receive a blood alcohol begins to interact with erythrocytes (red blood cells), which carry oxygen from the lungs to tissues, and carbon dioxide - in the opposite direction.

Alcohol is known to be used for degreasing the surface.

In normal condition the outer surface of red blood cells as it is covered with a thin layer of grease, which is in friction on the walls of blood vessels is electrified. Each of the red blood cells carries a unipolar negative charge, and therefore they have intrinsic properties repel each other.

Alcohol liquids removes this protective layer and removes the voltage.

The red blood cells acquire a new property: they begin to stick together with each other, forming larger-sized balls. The process is in the mode of snow pellets, the size of which increases with the amount of alcohol consumed.

The diameter of the capillaries in certain parts of the body (brain, retina) are sometimes so small that red blood cells literally "squeezes" on them one by one, often pushing at the same capillary walls.

Therefore clear that the formation containing several erythrocytes, unable to move through the capillaries. Moving along the branching arteries, and then arteriola all smaller sizes, it achieves in the end arterioles having diameters less than the diameter of the bunch, and covers her completely stopping the blood flow in it, hence blood supply to certain groups of neurons in the brain stops.

Clots are irregular in shape and contain an average of 200 - 500 red blood cells, their average size is 60 microns. There are separate clusters, containing thousands of red blood cells. Of course, thrombi that size does not overlap the arterioles of the small caliber. There is "numb", and then dying parts of the brain due to hypoxia (oxygen starvation), which is perceived by man as supposedly harmless state of intoxication.

Note that the "dream", which comes as a result of strong

intoxication, it does not sleep in the normal physiological sense. It is - it is a loss of consciousness due to neurochemical disorders, alcohol-induced cerebral hypoxia. In other words, during hypoxia waking the body can not breathe and to facilitate breathing (so that people did not die), is a defensive reaction of the organism - the "sleep" in order to reduce the metabolic rate in it.

The irreversible loss of neurons as a result of thrombosis and mikroinsultov in the cerebral cortex leads to a loss of information and to violations of short-term memory (primarily dying brain cells responsible for memory, so "slightly" climbing does not remember anything the next morning). This hampered the processing of current information, which lead to the consolidation of its most essential part of the neural structures to ensure long-term memory.

Pressure pulses traveling in the bloodstream, along with reductions in the arteries and arterioles (pulse) met with the barrier - a thrombus, causing severe vasodilation in the immediate vicinity of the thrombus. Sometimes it is expanding is irreversible, there is swelling of arterioles - microaneurysms. In some cases the walls of arterioles can not withstand high pressure, there hemorrhage - mikroinsulty.

These mikroinsulty can be observed in humans in the form of reddened nose, ears, neck and other parts of the body. Hence the expression "a drunkard's nose red.

The appearance of a vascular net with definite evidence for such an observer, that is a violation of the circulatory system of the nose.

A little reflection, our observer can do, and this reasoning (which usually somehow comes to mind): exactly the same violations of the circulatory system are taking place and all internal organs, particularly in supplying the most intensively because of their vital importance.

Hypoxia (oxygen starvation) leads to alcoholic euphoria. State of excitation - the euphoria arising from the admission of alcoholic products, many researchers have attributed all the same hypoxia.

To a certain stage of oxygen deficiency is typical state of excitation.

We recall the tragic history of the balloon "Zenit" whipped up over a hundred years ago, April 15, 1875. Crew of the balloon consisted of three people. At an altitude of 7 kilometers crew commander Tissane consulted with satellites, whether to continue to rise. They agreed. Tissane dropped a few sandbags, balloon quickly slipped up. Everyone was feeling elated, joyful. "I never felt so good" - then told Tissane.

- I felt that sinking into a dream: a light, pleasant, dreamless sleep. At the last moment something unusual yet disturbing experienced aeronautical and already losing consciousness, he opened the valve of his oxygen equipment.

Tissane awoke an hour later with a headache. He tried to move. The body did not obey him, he hardly raised his hand. With enormous effort he reached his companions, both were unconscious

and lifeless on the white faces froze strange smile. Oxygen devices were not touched. This frozen delight plunged into horror, even daring astronaut Tissane.

He still managed to plant a balloon. Vigorous measures doctors saved his life. The remaining two members of the flight died without regaining consciousness.

The tragic history of "Zenith" seemed mysterious contemporaries of flight. Now, when high-altitude flights were uncommon case, this story is clear. Aeronaut were sure they feel the lack of oxygen and will have time to include oxygen mask. That was their mistake.

Now a well-studied change in the state of the human body and the subjective sensations at various altitudes. At an altitude of four kilometers person feels weak, dizzy. Quickly tiring even a simple job. Then with increasing altitude discomfort disappear. Man feels fine, he's happy, excited. However, quite a small effort, a sharp movement - and the person loses consciousness. On the altitude of 8 kilometers in the references mentioned briefly: "face death". As it was established, Tissane and his comrades reached the height of 8600 meters.

Interestingly, the man himself is usually not notice the disruption of the body, caused by the altitude. Moreover, the weaker becomes the consciousness, the calmer, more confident he feels. If I tell him that he hardly knew, he would argue the contrary.

We see that the state during oxygen starvation is very similar to alcohol intoxication. The same re-evaluation of their forces ("the sea of knee-deep"), the same joyful, excited state, the same inability to critically evaluate their actions. All the same, only hypoxia alcoholic origin is not due to lack of oxygen in the air, and the difficulty of delivery to the tissues as a result of circulatory disorders.

So, the fun associated with alcohol, is the basis of hypoxia. A hypoxia, in this case, as we have seen, due to bonding of red blood cells and the formation of clots in small blood vessels.

So, to feel the pleasure of drinking, be sure to cause thrombosis. A thrombosis - is always dying of some tissues.

We thus arrive to the important conclusion that the SAFE doses of alcohol - these are doses that are not coming intoxication. Of course, such a dose nobody cares, because no laughing action is not associated with it.

Syndrome of a hangover - no more than a process involving the removal of the brain dead due to lack of blood supply to neurons. The body rejects the dead cells with this and related morning headaches.

To remove the dead cells in the cortex of the brain creates increased pressure due to enhanced influx of fluid and actually direct physiological "washing" of the brain.

It is with these and related tormented morning thirst - the need for additional volume of liquid. Drink alcohol before the next morning in a literal sense of the word "wets their own brains." Health-care professionals emphasize the accuracy of the classical terminology on.

Thus, any, even a one-time use of alcohol changes the possibility of the brain and, above all, its fine structures responsible for consciousness and short-term memory.

It is no accident the World Health Organization has classified alcohol as one of the varieties of the drug.

Note, that the destruction of blood vessels under the influence of alcohol have a universal character. They occur in the tissues of all organs. The number of dead cells depends on the amount of alcohol products and received his fortress, their greater, more came in the body of ethyl alcohol. Changes in the human body under the influence of alcohol, similar to the disturbances associated with trauma.

Bruise, resulting in bruises, too, represents a multiple of hemorrhage, blood circulation disturbances in the damaged area also leads to the death of the tissue. Man, "see" a glass of liquor, is something like a large, full life-size, uniformly distributed bruise: the same hemorrhage, the same dying tissue replaced by connective tissue - the smallest scars, instead of remaining cells that perform different functions.

And the "healing" of the "man - a bruise, healing after the trauma of his glass, takes approximately the same three weeks as in the case of a bruise, resulting in injury.

However, in what sense can one speak of "recovery" after the dose of alcohol? Only in the sense that the dead cells are either completely dissolved or replaced by scar tissue - the connective tissue.

But the cells themselves were killed, and many of them will not be replaced. In particular, irretrievably dying neurons. Ie after each glass of wine or glasses of vodka, wine glasses of champagne or a glass of beer, in a word, after each received by the body dose of alcohol, a person must become irreversibly stupid.

It should be noted that the process occurs gradually and imperceptibly to the man himself. Because some information was lost due to loss of neurons, a person can not handle this information. So he usually does not notice its degradation. But sooner or later it had seen others - relatives, colleagues, fellow students, doctors, finally.

Intrigue of alcohol is enhanced by the fact that the body of a young person has a significant, approximately 10-fold margin of capillaries. That is, in every moment works only about 10% of all capillaries. Therefore, alcohol violations circulatory system and their effects are manifested in youth is not so clearly as in later years. However, over time "supply" of the capillaries gradually exhausted, and the effects of alcohol poisoning are becoming more visible. With the present level of alcohol consumption "average" in this respect, a man "suddenly confronted with a variety of ailments, aged about 30 years. Most of all - are diseases of the stomach, liver, cardiovascular system. Neuroses, disorders in sexual sphere. However, the disease may be the most unexpected: after all, the effect of alcohol is universal, it affects all organs and systems of the human body.

Not everyone knows that the surface of the brain an alcoholic, according to the pathologists, resembles a felt surface, completely excised eaten.

Conclusion: If you want to save their brains - have to give up alcohol.

However, drinking is especially dangerous to women.

First, the primary trauma of alcohol - thrombosis and destruction of all organs of oxygen starvation in the developing organism child more than an adult because the child protective system had not yet formed, and the elimination of alcohol is much slower.

Secondly, the body of the child or the fetus is in development. The cells in many tissues even multiply by division, and, consequently, the loss of parts means that of the lost cells are formed some cellular structures that have been genetically programmed.

It is obvious that the effects of alcohol injury more serious than at an earlier stage of the injury inflicted. The most serious of these consequences for the human embryo in the first days and months of its existence, when they walk intensive processes tab and forming the major organs and systems.

The death of two or three cells in early embryonic development may result in further hypoplasia, and even the absence of any authority.

Deviations from the normal development of the fetus if the woman is even moderately consume alcohol during pregnancy, there are compulsory. Sometimes these deviations lead to a lack of vital organs, then the fetus dies (miscarriage) or non-viable baby is born.

In other cases, they manifest themselves in various congenital defects of development, united by a common medical term - fetal alcohol syndrome: strabismus, congenital deafness (deaf children), the sharp asymmetry and other defects (facial dystrophy), congenital heart disease, reducing the size of the head and cranial boxes, and, consequently, reduced the volume of the brain (microcephaly), mental retardation, congenital mental illness, hypoplasia (reduced size) of limbs, poor fusion of the cranial bones (skull bones are often so thin that they can be breached even with a slight mechanical action), slower growth after birth, lagging behind their peers in motor activity, etc. Fetal alcohol syndrome includes a variety of severe deformities, such as the formation of cerebral hernia as a result of the slow accretion of the skull bones, spina bifida with protruding under the skin as part of the herniation of the spinal cord, lower the number of fingers or their fusion, hypoplasia of the sharp, almost total lack of parts skeleton. In some types of deformities, children can live only a short time. These are the absence of brain or one of its hemispheres, hydrocephalus, cleft palate, and many other defects.

One should not imagine things so that the alcoholic defects always so obvious that the appearance of the child can immediately determine if there is or not. For example,

microcephaly - hypoplasia of the cerebral cortex - can manifest itself in varying degrees: from very mild deviations from normal to complete absence of the cerebral cortex.

Here is the result of one of the numerous medical studies of the influence of alcohol on human development at different stages. American researchers have conducted monitoring of pregnancy in 130 women and the subsequent development of children. Thirteen of them, ie 10% of the group were drinking, others do not drink alcoholic products. Otherwise conditions were the same pregnancy (diet, mode of movement, medical surveillance).

Physical and mental state of children's non-drinking women, the development of various organs, systems and functions of the organism could be considered the norm and compared with the normal condition of those children who are in the process of embryonic development were exposed to alcohol. It turned out that the development of all children born to women who consume alcoholic products, significantly deviated from normal. All of them had less height and weight at birth, the weaker development of the limbs, they grew more slowly, falling behind in motor activity, were more or less pronounced developmental defects such as fetal alcohol syndrome.

Drinkers mother and daughter had once grown up drinking significantly more mothers gave birth in preterm infants in their offspring is much more common ailments such as cerebral palsy and multiple sclerosis, are poorly amenable to treatment by means of the current traditional medicine.

Careful comparative observation subsequent years are not allowed to establish a single case of a child born completely normal woman, to systematically drinkers.

Conclusion: if you want the health of their future children - do not drink. Too great a risk of unforeseen complications.

However, men also can not drink. This observation of an experienced doctor - a pediatrician, VA Dulneva, who studied 64 children born to fathers, for 4-5 years regularly drink alcoholic products. As a result of observations showed evidence of mental retardation in children, without exception, even those that are well developed physically.

French doctors, analyzing the development of children whose fathers are different times to refrain from drinking alcoholic products have come to a rather optimistic conclusion that, for the production of a full-fledged offspring of a man should not drink for 2-3 years (this applies to women).

Drinking, YOU destroy what does not belong to - the health of their children.

7. Does bad for eggs and how much they can eat?

The belief that the eggs should not consume more than 2-3 per week - is quite frequent opinion. And I want to understand how it is justified. Will the benefit of it's health or harm?

Indeed, in the 1990's in various medical journals published articles that the cholesterol contained in egg yolk can be dangerous to health. It has been suggested that egg cholesterol can lead to increased levels of cholesterol in the blood.

Why cholesterol is considered so dangerous to our health?

The fact that of all the diseases that exist on our planet, the most terrible disease of our time - is atherosclerosis.

Atherosclerosis causes coronary heart disease (myocardial infarction and angina), which mows down people the epidemic. The world average 51% of deaths occur in ischemic heart disease. And in most developed countries the percentage is much higher - the disease was the cause of death in 75% of men aged 25-64 (from cancer, standing in second place - only 14% of cases). Over the past half century, mortality from atherosclerotic disease increased more than 5 times.

It is no exaggeration to say that atherosclerosis - this is the real disease of civilization, and therefore, scientists have made every effort to study it.

Since atherosclerosis focal deposits in artery walls contain primarily cholesterol, the first was launched by the appearance of cholesterol theory of atherosclerosis. Speculated that atherosclerosis arises from the excess income of cholesterol in the diet. It is this hypothesis and led to calls for doctors to reduce the consumption of products containing cholesterol (in the first place, they have to eat eggs).

In order to confirm this theory, a series of experiments (PS Homulo): Young volunteers during the month were administered shock dose of cholesterol and no one there has been increasing the level of cholesterol in the blood after the experiment.

Academician VF Zelenin similarly found no increase cholesterol levels in poultry workers, daily ate 7.10 eggs (with yolks) in a few years.

Sample some of the other field. The expedition, conducted in the North, found the cause of mass mortality of fish (salmon) after spawning. Fish moved to its spawning ground in starvation mode, using as a source of energy reserves of fat in the body. As a result of prolonged fasting developed atherosclerosis, and fish were dying en masse from multiple heart attacks internal organs. The results of these experiments it was concluded

(prof.V.M.Dilman), allowed to extend the life of salmon fish several times. They just have to feed.

This method of feeding salmon immediately have adopted the Norwegians. That is why in recent years in Norway to obtain a divorce salmon in limited marine waters - the Norwegians have learned to prevent heart attacks in fish simply by giving the fish a science-based food.

All this suggests that cholesterol in the development of

atherosclerosis does not play any role. And in fact, what is cholesterol? This is a building material that is used in the construction of the membranes of all body cells. Like all building materials, cholesterol is used not only in construction, but also in the repair of existing buildings. To help you be more clear, let's consider an analogy, which is very relevant in the case of cholesterol. Imagine that on the street where you live, day after day, month after month, and bringing in the same direction the same number of bricks. This means that the brick somewhere always needed for small repairs (routine maintenance of cell membranes). But then you noticed that the bricks began to carry more. This means that somewhere happened big breakage is a serious repairs (major repairs cell membranes). Once you see that the bricks began to carry very much. You know - this is for new construction (formation of new cells - most likely, is the development of cancer) (A. Dortman, T. Vega, "Handbook of laboratory diagnosis," 2000). Can be assumed that the bricks began to carry a lot in order to break windows in a nearby street (the formation of atherosclerotic plaques)? No, this is ridiculous. In order to break the glass (to ensure that appeared atherosclerosis) is enough for a hundredth of already imported bricks (already circulating in the blood cholesterol). It will be seen that all special agents, leading to a decrease in cholesterol in the blood - is above all a fight with cancer, but not with atherosclerosis (M. Ya Zholondz, 1996). The fact that the amount of cholesterol, which moves through the vessels, will be sufficient for the formation of atherosclerotic plaques. Excessive amounts of cholesterol absolutely no need for this. Compare the amount of cholesterol, which is deposited in plaques of patients with atherosclerosis rights and cholesterol circulating in the blood. This is about like a drop and the sea. Togo cholesterol, which is in the blood of one person, would be enough to atherosclerotic plaques of thousands and thousands of people. Thus, in atherosclerosis in the cholesterol level has no diagnostic value. But it is important for early diagnosis of cancer. But if that's not the cholesterol, then what, in this case, causes atherosclerosis? Modern research has shown (prof.P.S.Homulo and mn.drugie) that the main culprit of atherosclerosis - lipoproteins of low and very low density (LDL and VLDL). What are these lipoproteins? The fact is that many substances that cells need the body - fat-like, ie insoluble in water. This and cholesterol, and phospholipids, and triglycerides. Their blood shall be delivered to their destination on time and on time. But the move fatty substances clean the blood can not, therefore, to still deliver fat to the destination fats fit into the protein shell, and it makes possible the delivery of fats (lipids) where you want.

Such transport of fat droplets enclosed in a protein shell, called lipoproteins.

How are helpful high-density lipoprotein (HDL) from harmful lipoproteins low (LDL) and very low density (VLDL)?

Only sizes. The diameter of LDL is 2 times larger than the diameter of HDL (the diameter of VLDL more). And if you take into account also the unequal distribution of the percentage of lipids in LDL and HDL, it can be concluded that the transport to low density lipoprotein cholesterol by more than 4.5 times, triglycerides (fats) in 9 times than that of high-density lipoprotein. With the same expenditure of protein needed for transport.

I.e. low-density lipoprotein (LDL) appear in the blood only when an acute shortage of protein in the body, either from excessive amounts of fat in the blood.

There's no natural protection from LDL. LDL - is a desperate move the body, forced to perform its functions with a sharp imbalance in income protein / fat, even by applying a delayed time-harm in the form of atherosclerosis. Only the ratio of blood proteins and fats will depend fats transported in the normal version of the high-density lipoprotein, or in the form of economy, proteins, lipoproteins low (and even more particularly low) density, i.e. variant leads to atherosclerosis. By the way, that's why the investigators did not manage to cause atherosclerosis in dogs, because they eat much meat, but in herbivorous rabbit atherosclerosis arose very quickly. Note that vegetarians put themselves in the notoriously dangerous conditions - lack of protein in the slightest excess fat leads to the fact that the transport of fats starts in save mode of protein (i.e., with LDL-C) and quickly leads to atherosclerosis, and as a result - coronary heart disease heart.

After these explanations, one can understand the reason for the growth of atherosclerosis disease in economically developed countries. The reason - eating fatty foods. Especially dangerous is the use of margarine (a mixture of vegetable and animal fats).

To prevent atherosclerosis, it is necessary to reduce the fat content of foods accepted by 2-4 times. When maintaining the same level of protein consumption.

And so we come to an important point. Protein cooked eggs (boiled, fried, scrambled eggs, etc.) - one of the best proteins from human point of view, it is absorbed better than other proteins (digested by 97% -98%) and has an excellent amino acid composition (crude protein digested eggs very bad).

Thus, it appears that giving up the use of eggs, we abandon the very best protein. A restriction of protein, as we know, leads to atherosclerosis - scourge of our civilization.

I.e. egg - this is not only dangerous for the heart and blood vessels, but exactly the opposite - it is a real salvation for the heart and blood vessels.

I would advise anyone who wants to preserve his health - eat no less than 1-2 eggs per day. Personally, I'm doing.

A good example in this respect the Japanese show. The Japanese

eat more eggs each day (per capita) than eat in any other country. We can say that the Japanese - the most yaytsoedyaschaya nation in the world. And while in Japan, the lowest level of cardio-vascular diseases.

Japan ranks first in the world in terms of longevity. Japanese women live an average of 85 years and men 78 years, the overall average life expectancy in Japan - about 81 years. And with each passing year, this figure increases. Each year the life expectancy of the population of the rising sun is increased by an average of 0.34 years. According to the Ministry of Health of Japan, this tendency to longevity is due exclusively to a very low incidence of atherosclerosis.

So all of us who think about their health, it makes sense to follow the example of Japanese and not diminish but increase the consumption of eggs. It is desirable to limit the consumption of fat varieties of meat, and instead of pork, mutton, beef, chicken eggs are.

The principle of the ninth. Auxiliary exercises.

When an athlete begins to speak at events or when the weight of the rod with which he works, is close to the maximum for him, it may appear, as they are called, "the problem of large scale. These problems typically occur when the athlete on the bench press works the pole, equal to about two of his masses, and in the squat and postural thrust, with a bar, equal to three of his masses.

At the squat - is "nedosed" or fear of great weight.

On the bench - is skewed bars.

At postural thrust - bar slips out of the hands.

Only when you encounter these problems need to type in your training additional exercises - subsidiary.

Auxiliary exercises should be done strictly in the day when you do the heavy basic exercises, and only after him.

Auxiliary exercise for squats - poluprised. Exercise is usually performed in order to get used to the great weight and stop being afraid of large weights.

Suppose you have stalled growth results in the squat. In this case, the same day, when you meet their "heavy" squats under the scheme, for example, 5 to 5, after their working approaches need to throw at the bar pounds 20 - 40 (who both will) and do 2-3 sets to 1 -2 times squats at less than full depth, and at half amplitude. This is poluprised.

I myself am doing this exercise is extremely rare, so it does not particularly recommend.

Auxiliary exercise Benches lying - dumbbell bench press with one hand (ris.2.28).



Ris.2.28. Bench press with one hand.

The fact that the majority of athletes is one of the stronger hand, and the second weaker. Therefore, the bench press at large scales, a strong hand squeezing his half of the bar quickly, and the second hand late. As a result, the bar warp. At competitions, even if you shook the bar, but was skewed, the attempt is not counted. To avoid bias rod to upload weak hand separately.

Therefore, in the day when you made "heavy" bench press, you need to take a dumbbell, lie down on the bench and make a 2 - 3 sets bench press with one hand again, 10-15. Pressing need only a weak hand. Strong hand this exercise does not do. In the interim, I recommend a slightly shift the grip on the neck and take up a weak hand closer to the pancakes, then it does not have a minority of the load, and bias bars will be gone.

Auxiliary exercise for postural thrust - thrust with plinth. When the postural traction with more weight, the hand can not withstand such a large load and relaxed. For the development of the restraint force brushes do support exercise - to compete with plinth with retention (ris.2.29). Retention is desirable to perform direct grip, so the power grip to be worked through the most optimal.



Ris.2.29. Deadlift with plinth with retention.

Plinth - these are wooden blocks, usually covered with rubber. Size plinth about 40cm to 40cm to 40cm. Once you've done "heavy" thrust, you put the bar on the plinth and increase the weight of the rod. This is usually at 10-50 kg

more than in the performance of postural thrust. You approach the bar, raise it and try to keep as long as possible, for example, 20-30 seconds. Then omit the bar again on the plinth. This is one approach. Such approaches should be done 2-3. This exercise is very important support during the transition to serious weight. I think that, over time, and you will not manage without him.

But the hand could be strengthened in other ways - visami on the crossbar with a belt tied to the load, holding the fingers of rubber pancakes.

The main thing is that the load was static. Shock, just relax your hands and make them weaker.

A forum powerlifters (www.powerlifting.ru) described such a case and a way to strengthen the grip:

"I'll tell you an interesting story. One day in my childhood I and a friend went to buy something on the farm. The market stopped at some stalls (there selling all sorts of stuff around the house - hammers, saws, etc.).

It so happened that among my friends and seller slight skirmish ensued. My acquaintance had taken the pliers from the counter and squeezing the handle with one hand, and broke them, then took the other, again with the success.

Well said, such that "you have to wisdom of @ and a tool for thee Mood @ cki". The seller was very pleased that that was all over, and not on another.

Now narrate how he strengthened the grip ...

First only in statics did. First, take a small tree brusochek soft rock, crushed, crushed about six months. Then he took the harder rocks, again kneaded. And in the end he took a brick and crumbled it really clutching fingers. All of this is real and I saw with my own eyes. Seen even when a beer bottle in one hand without straining, he was chopping. "

So, if you implement these recommendations, the problems with the grip you will not.

The principle of the tenth. Can not miss workouts.

Do not put off until tomorrow what you put off yesterday for today.

This rule, of course, is the most important.

If a list of obstacles to the rapid growth of your results and muscles, then the first place by a large margin will be the king of all sporting failures - skipping workouts.

Twenty years in sports, coaching experience, the experience of my colleagues - athletes allow me to make a single conclusion - the only essential condition for achieving greater success in building muscle and achieving powerful strength gains - is a constant sequence, both in training and in the diet.

Actually, this is understandable. You can talk for hours about the different methods of training, number of approaches, methods for rapid recovery and the like, but the simple truth of the matter is that if you do not walk into the hall, you will not train hard and regularly, all other things generally have no

meaning. Training without a permit - this is the basis on which rest all other principles of training. This is the basis and no other way.

You can often hear that genetics determines everything, steroids, pharmacology. As soon as a person makes a champion. This is a huge lie, which deals only in order to justify their laziness. Each champion is the champion only through his work, due to his discipline and consistency in all that relates to training.

If anything, it's just a question of priorities. What is most important to you, must always come first.

Champion did not fall down from heaven. It is always a very ordinary worker gym. And all its secret only in that it will always come to the gym and train there, it may not happen. No matter what happens in their lives - a quarrel, stress, diplomas, work, etc. - They always find time for exercise.

I remember an interview with Yuri Vlasov (world champion in weightlifting), and Alexander Karelin (world champion in Greco-Roman wrestling) on this topic. And although the interview of these two great athletes are separated by an interval of 30 years, they have striking similarities.

Both of them said that the first thing they do when coming to a city on the competition or fees, they find weightlifter (or wrestling) room and trains. Even if they held the plane for ten hours flying from Russia to Australia - it does not matter. It does not matter what tired and exhausted they feel - it is not important. They always find a room and train - often even before they move into a hotel.

And it is usually quite accurately determines the degree of commitment. And no exceptions - all champions do the same. They train constantly, year after year, ten, twenty, forty years! You think it's just so beautiful words? No, not words.

Such well-known in the world of bodybuilding champions, as Albert Beklz and Bill Pearl actually practicing regularly and consistently for forty years.

I once saw a paper on the training regime of Bill Pearl. He gets up every morning at three o'clock for a two-hour workout, six, or seven days a week, and so he delate from the fifties, despite the travel, illness, funerals, weddings, social and business meetings, etc. A couple of years ago at the competitions "Arnold Classic" he was asked a sensitive question: "Bill, how much training you missed over the past thirty-five years?" Bill thought for a moment, scratched his head and replied: "Well, I think, three or four exercises for thirty-five years. I am sure that no more."

There is much to ponder, yes? Bill Pearl, who was four times awarded the title "Mr. Universe", said that he missed only four exercises for thirty-five years. Most young athletes miss as much training in a single month.

Bill is now sixty years old, but it looks just fine and was a coach in his own gym.

I have already mentioned such a unique athlete, as Albert Beklz. He is in his 63, was in the top twenty in the competition "Mr.

Olympia. Thirty-five athletes, opposing him on the contest, lived in the light of fewer years than he devoted to training. Of course, all these years, he did not perform the same set of exercises. Of course, there were days when he felt he was not in uniform, endured an injury or illness. But this meant only that he must reduce the intensity of your workouts, to reduce congestion or to replace complex. But it's not served him reason to skip workouts. Any, even the easiest exercise is still much better than no exercise.

People like Yuri Vlasov, Alexander Karelin, Bill Pearl, Albert Beklz and many other worthy champions, have made sport their lifestyle. They do not go to room 3 times a week to "a little disappoint. They were the most ordinary people, the most common boys, but they set a goal and consistently, year after year went to her, subjecting all of his life to this goal. They are in no hurry, no hurry, they know that all of life at their disposal, so they do not expect quick results.

By the way, a lot of young guys coming into the gym, want perepygnut through this everyday sports work. They buy capsules "Winstrol" kolyatsya secret from the coach and think that it will make them powerful athletes. No, of course. Itself anabolic means nothing. Anabolic, without the daily "plowing" in the hall, is irrelevant. But the daily training without anabolic steroids will give you a pretty powerful muscles. Actually no tricks, nor any complexes, no bench presses shirts and other clothing have no meaning without the daily "plowing" in the hall.

But fewer young guys coming into the room with glowing eyes, pounced on the various simulators, makes for a training session on 12-20 exercises, as a result of overtraining and burn out very quickly both physically and mentally. I always leave the room, deeply disappointed.

And remember how many guys are training intensely, pushing hard pumped up their muscles. They lack only a few weeks or a couple of months, and then, when they lost their patience and enthusiasm has dried up, they interrupt your workout. Some months they do not stare into the hall.

But, somehow, once again looking at myself in the mirror, they reluctantly realizes that completely lost all their shape. They collect his bag, and again appear in the hall, again beginning with fury to train a few weeks or months, only to then again interrupt your workout. And this is repeated month after month, year after year, often for many years. Suddenly, they notice that it has been ten years, but they have not progressed in their results beyond what they had in the beginning.

It looks like a wanton trampling on the spot - a step forward, one step back. Every time they interrupt the workout, they lose everything that is bought for a few weeks of intensive training. And every time they have to start from scratch.

Meanwhile, if they practiced less intensively, but more meaningful, guided by their level of training and development, then such a failure would not exist. Power sports and big muscles - this is not a sport where you have to hurry.

Everything is weighted, measure off, slowly. Without overload and overtraining.

We have to make myself not to hurry. We must learn to restrain himself.

It may seem strange to someone, but in the power sports is much better nedotrenirovatsya than overtrain. Of course, nedotrenirovannost and small load leads to the fact that your progress will be slow, and therefore this should also be avoided. But the constant overload - it is generally a direct path to the loss of desire to train, direct path from the room. Therefore, although training can not miss, but do not overload yourself.

You think that progress is too slow? But he is. Look back and assess impartially progressed. You have something to respect myself. You are slow but sure go ahead. And any power sport characterized by the fact that it sooner or later the tortoise overtake the hare. Slow and steady wins the race.

You are sick, injured or just a rotten mood? Skinte load, load the other muscles, but unplanned interruption in your training should not be under any circumstances.

This should be an axiom for you - can not miss workouts. It is for this all so respected security officials - for their discipline, determination and spirit - qualities that inevitably come during a thorough training with the iron. Without these qualities, you can not achieve anything in the power sports. This simple rule will inevitably lead you to believe that your training should be your prime task, the task for which can be deferred until later all the other cases.

Yes, we live in the beginning of the XXI century. Yes, we are always somewhere to run, hurry, running late. This endless cycle zasasyvat and it seems that there is no time to even have a snack, not to mention the fact that the break in training. There is confusion - as others they did not manage to pass? Where they find the time?

I have already is mentioned about Bill Pearl, who for 35 years, missed a few workouts. Let us turn to his experience in this regard.

Many years ago, Bill Pearl decided that training is very important. He had a definite goal, which he wanted to achieve - to win the title of "Mr. Universe" - and he knew that the only way he can achieve this goal - a regular train. The title "Mr. Universe" and the need to constantly be in good shape were so important to Bill that he made them a priority value of his life. Yes, in a day only twenty-four hours, and Bill was married, he had his own business, where he worked all day, and was a very busy man. But Bill knew that he should set aside time each day for training. He decided that the first two hours of each day belong to him - for training. So he got up at five o'clock in the morning and practiced for two hours. Then he breakfasted, and began his usual day. Later, he found that even getting up at five o'clock was early enough to accomplish everything he wanted in time for the day, so he started to get up at three o'clock in the morning and finishing at five o'clock

train.

Bill is not abandoned his wife. He gave up his business. He enjoyed traveling, business or personal affairs as an excuse to skip workouts. Instead, he said that the first two hours of each day belong to him in order to train, and it leaves him twenty-two hours for sleep, work and play.

Bill usually lies in bed at nine o'clock in the evening. It is not so much watching TV and rarely leaves the house late at night. Its primary value - training, so he arranges his life around their training, instead of to adapt the training to your life. In this way, he never had to worry where it will take time for training.

After more than forty years of training early rise was for Bill's habit, a way of life. He could not imagine how he could live on another.

No, I'm not suggesting you get up at three o'clock in the morning and train every day, but if you seriously want to achieve certain goals, I suggest you, like Bill Pearl, to give training priority.

Select two or three hours, 3-5 times per week, which belong only to you in order to practice (this includes the time it takes for you to get to the gym and come back, shower, etc.) and nothing for what.

This still leaves you twenty-one or twenty-two hours a day for work, sleep, eat and socialize. If you select a time for training, it is you will always have. If you do not give yourself time to train, you will always find some other things that need to be done at this time.

In general, believe in yourself, and you just reach. Doubt, and you will fail, so be resolute, persistent and not give up.

Chapter 3. Technique.

3.1. Squats.

Bob - this is the first mandatory exercise for a beginner. It involves the largest muscle, which is in a man: quadriceps, resulting in his thigh muscles, buttocks, back extensors. These muscles make up 2 / 3 of muscle mass, it is of their type and size will depend on first appearances, the general impression of mass and strength. Therefore, whenever you visit a new hall and assess whether it is worth it to do, we first look at the availability of racks for squats. If there are no columns, feel free to turn around and go.

Briefly describe the squats, then they look the part is very simple. You approach the counter and shoot the bar with a rack and put it on his shoulders, do a couple of steps back, squat until the desired depth, get up and put the bar back on the rack.

Like anything complex. In fact, this exercise is fraught with many nuances, which I want to tell you.

Status bar

I have often seen as newcomers put a bar on the neck (Fig. 3.1). This is not correct.

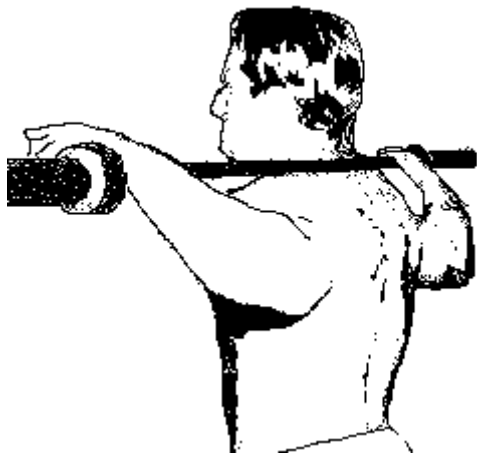


Fig.3.1. The bar is too high.

First, it hurts, so the guys are forced to pass round the neck or a thick towel bar, or put it under a thick piece of foam rubber. Actually, this pain is one reason why newcomers do not like this exercise.

By the way, remember this simple rule for the future. If during exercise you feel pain - so you do not exercise properly. In this case, consult with more experienced guys and learn their secrets of technology.

The second reason why you should not put the bar so high, more pragmatic. The higher the bar is, the greater the amplitude, which it will have to raise. In this case, these 4 -5 cm can be and show someone a trifle, but when you lay on the shoulders of

bar weighing 200 - 250 kg, you change your mind. And thirdly, the more we are involved in the work of muscles, the more weight we will raise the bar. This is why it has to release the bar from the shoulders down a bit on the back. In this case, you can shift a large enough part of the weight bar down on his back. Therefore rod placed as low as possible, provided that you can confidently keep the boom. Usually bar is placed somewhere in the 4 cm below the top of the anterior deltoid - the back part of the delta and the middle of a trapezoid, right above the rear deltoid (Fig.3.2).

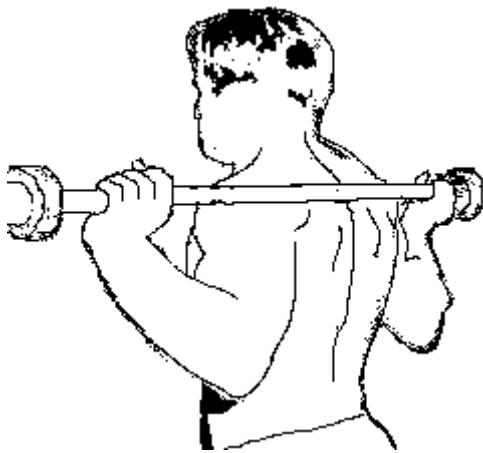


Fig.3.2. Grief rod lies on the back of the anterior deltoid.

It was in this position bar moves along the optimal trajectory. Of course, very rarely, but there are people who are easier to squat with high lying barbell, but for most it is not easy. Low-lying bar is much easier to control.

Status bar on the rack

Always stand at the bar stands for its growth and do not cost a lot of steps, when you removed the bar from the racks. In principle, this is so clear, the less you spend on strength training for squats, the more you have left them for execution of the exercises. Moreover, this should take care if you do not have partners who help put the bar back. After sitting down with a decent weight you are unlikely to be as easy to walk with her. In addition, the squat bar is usually slides down a bit and therefore stands a better make a little less than a little bit more.

Hand position

Hand position, as it does not sound like a paradox, largely determines the success of squats. Bars usually hold the bent brush. But I advise you to try to hold it prima ballerina with a brush, so it is better pressed to his back and remains rigidly fixed during the entire performance of the exercise (ris.3.3). Moreover, the forearm in this position to injure can not even theoretically - this hand position is safest, but requires some flexibility.

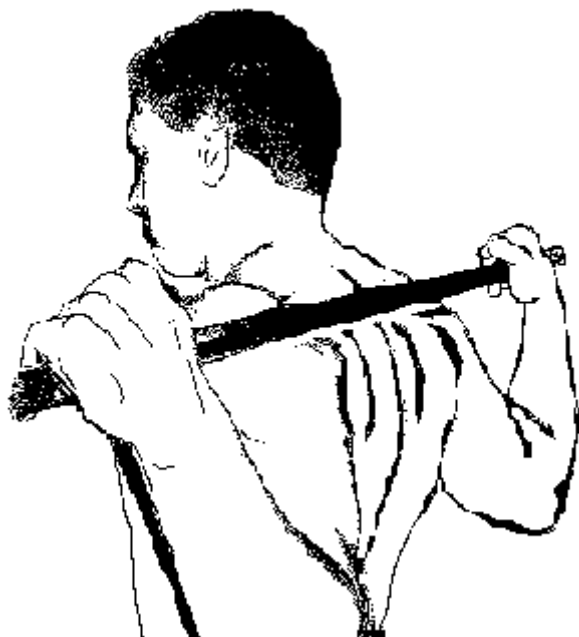


Fig. 3.3. Grief rod held straight with a brush.

But if you do not have enough streamers chest muscles, then you have to keep the rod bent brush. In this case, be sure to wind up on the wrist bandages, they are called wristlets, otherwise you can pull the muscles of the forearm (ris.3.4). And with the crick you are not able to squat. Standard length of 50 cm wristbands

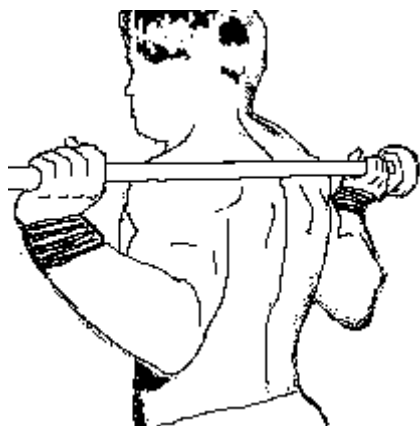


Fig. 3.4. Barbell bent rod is held brush.

Moreover, I advise you to do is grip as possible, bulge elbows back and bring shoulders. Mixing blades create on the upper back and shoulders above the layer of strained muscles, and to which we must set the bar. The narrower the grip, the more plug-synergist muscles (stabilizing muscles) upper body. Plugs trapeze romboidnye muscle, latissimus dorsi, and others use a wide grip, usually people who have problems with flexibility or wrists. When his hands spread wide open, control rod deteriorates.

Head position

The head should be raised, eyes directed slightly upward, his shoulders are divorced, and breast vypyachena. This position will keep your back straight, preventing injury and worsening the lever. If you look down, the body may involuntarily lean forward, which should not be allowed. We have room for the exercise of such a head position used in paper money of small dignity. It hung on the wall just above the level of the head near the racks for squats. Athlete during squats looked at this bill and made no mistakes in technique.

Setting foot

Production feet - area purely your preferences. Of course, the greater the production of the feet, the more the muscles will be included in the work, hence the greater the weight of the bar will be raised. Most ideal, I think bob, reminiscent of the legs of the frog (Fig.3.5).

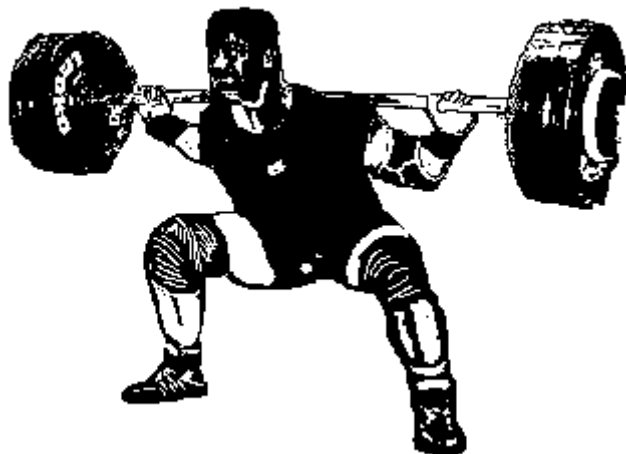


Fig. 3.5. Squats with a broad statement of the legs.

But to achieve such a broad formulation of the feet is not always possible and there are people who squatted with a more narrow formulation of the legs (Figure 3.6).



Ris.3.6. Squats with an average statement of the legs.

Therefore, I suggest starting with the squat with the feet shoulder-width apart, and then choose the position in which it is more convenient to you to work without losing the results. By the way, you spend searching a suitable position of the feet with a barbell weight of not more than 50% of the maximum. Socks must be separated by 45 degrees. This allows more evenly distribute the weight and gives a better basis. During the sit-ups 75% of the weight should fall on the heel.

In order to still pick up for an athlete or by the rate of an athlete the best for him posing legs, you can use the following method. If you look at curtsying athlete in full-face, then in the bottom position Seda shin should be perpendicular to the floor. This formulation has several advantages: during the sit-ups non-slip feet on the platform that is very important in competitions; decreases the risk of injury (the load on the knee is directed vertically downward, which corresponds to the natural loading) increases the effectiveness of sit-ups, so that efforts aimed vertically downward.

In addition a broad statement of "connects" to the work of the maximum amount of muscle, except quadriceps. This is primarily the biceps femoral muscle, resulting in long and thighs, as well as some smaller muscles.

Due to the broad formulation of the legs and the amplitude of the motion will be somewhat smaller, so it becomes easier to raise the bar.

But too wide to put his feet do not have to - it is fraught with

serious knee and groin injuries.

And there is one general rule - no matter what setting you have chosen or legs during squats to deploy socks so that the line of motion of the knee joint coincides with the line of production stop.

Shoes

Squat need special shoes. Most optimal choice will be special shtangetki - tough, leather shoes, which is tightly pinch the entire length and has a rigid sole and small firm heel (about 2 cm). If there are none, then use any shoes with hard soles. Ordinary sneakers will not do - they are too soft and poorly supported by the rise of the foot. By the way, remember that shoes with high heels isolates quadriceps and therefore reduces the optimal development of strength.

Speed

Speed of lowering and lifting depends on the constitution, the experience of the athlete and the weight of the rod. In general, the heavier the bar, the slower the movement is performed - this allows you to control your weight throughout the movement. Experienced athletes have enjoyed "beating out". This means that in the bottom phase of the squat, the athlete a little amortizes the expense of bandages. This helps to raise the more serious weight.

Depth

It is proposed to squat a little deeper parallels (the position in which the upper thigh - in the hip joint - just below the top of the knee). Dropping below, you expose your knees completely unnecessary congestion. So I do not recommend squats lower level parallel.

Depth Seda is a stumbling block when performing the exercises. This is a key point in the squat, because everyone knows that the lower the squat, the less weight you can lift. Therefore, in this regard, judging on the competition is tough enough (Fig. 3.7).



Ris.3.7. The depth squats.

Belt

Lifter are designed to protect the lower back. Best of all, when times are as broad in front as behind. I try to use the belt in all approaches, regardless of the level loads. Belt should dress as close as possible to the bowl and try to

prolong it strongly enough. This allows the abdominal muscles to create enough pressure, keeping the spine in proper position. If you are normal, that is, narrow front, broad behind, it makes sense to turn it wide side forward. First, the wide part of the front is much better than holding the press, which reduces the partial pressure of the body. Secondly, when the squat athlete leans forward, it is the front part of the belt does not bend his back and supports the torso. Hence, the times ahead will be wider, the better it will hold back.

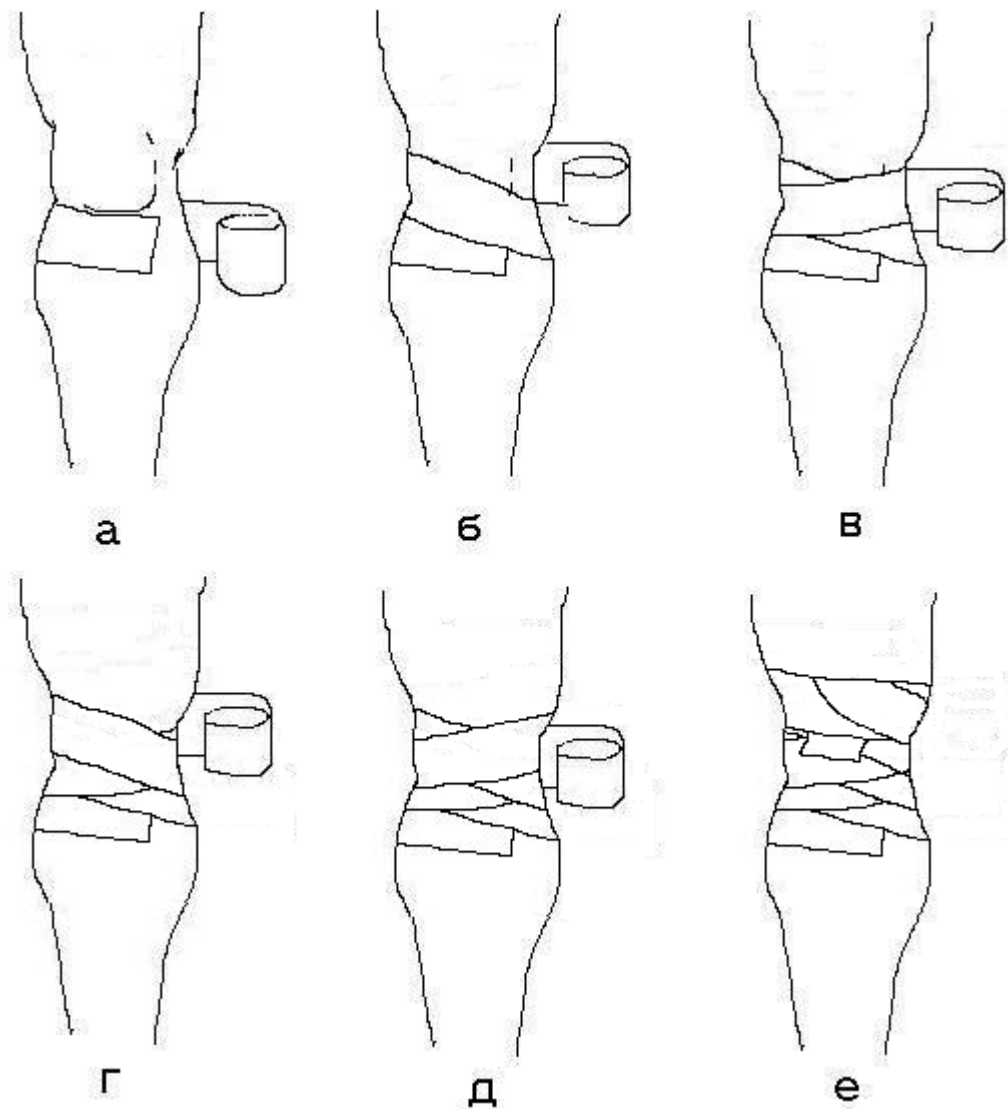
Bandages

Squat should always wrapped in bandages. Wrap knee bandages, whether it is warm-up approaches or the workers. This simple rule will save your knees.

Bandages may be either specific to powerlifting, or conventional elastic, bought in a pharmacy. The length of each bandage should not exceed 2 meters.

Bandages must pull tight. This completely straighten the leg, as soon as possible, pull to his toe, the heel away. If you shook the bent leg, will not be required density. Wrap as follows: first place in the bend the knee, and slowly climbing up herringbone and bend the knee. Above the knee, too, need to do one lap (or more if you have enough bandages) and secure the

bandage (Figure



3.8).

Fig. 3.8. Rewinding bandages herringbone.

We strongly recommend - never sit down without bandages! Even squats with the smallest scales and warm-up approaches should be implemented in bandages.

As the bandages have to tighten as tight as possible, then the first time will hurt. It will be painful to curtsy, will hurt to go to the bar, will be hurt even just standing. Your gait will resemble a compass. This is normal. Gradually the skin and get used to his knees, and only minor bruises will remind you of the squat.

Incidentally, immediately after the approach, do not forget to remove the bandages. Do not walk in them around the room when the rest between sets!

The pain of bandage has a positive significance - it mobilizes. The athlete becomes angrier, less think about the weight bar, wants to quickly implement the approach and ultimately raise more.

Bandages are not only necessary for safety, they also allow you

to squat with more weight, adding a resilient support in the lower part of the movement. Training with heavy weights stimulate more muscle growth, which in turn leads to new personal bests.

There are many different brands nakolennyh bandages, experiment and find what you are most suitable.

Old bandages, which are already poorly kept and poorly drag do not mix, and use for warm-up approaches.

Costume squats.

I am often asked whether necessarily have to buy special equipment for powerlifting, including the squat suit. My opinion is - get to the level of master of sports can and should do without equipment (bandages, I do not ascribe to the outfit). But the transition to serious weights, in case you decide to speak at major competitions at the championships of Russia, such a suit is simply necessary. He not only provide security, but will train with heavier weights, keeping hips and glutes. There are many brands of costumes for squats. Choose what suits you. But there is one important nuance. If you decide to act in a suit, this costume, you should always use at their training. I have witnessed many failures, even in serious competitions where experienced athletes in the daily workouts virtually unused clothing, dressed her in competition and lost.

The fact that the costume change technique, under it must adjust, get used to it. Therefore, if you have a costume, you will have all the training squats done only in it. Otherwise, do not be confused, but will only do harm.

But there's not so simple. The fact that the suit you do not wear. Need help one or two partners who will put it to you. Thus, you can not come to the hall at any time when you want, you should come to the hall when there are training your partners. It turns what is called "train the team." A person who has not reached the level of master of sports, why not train the team, so buy him clothing no sense.

Well, for the most experienced, I would advise not to have such a squat suit, and two - three. One - some free, the other - just in size, and the third, competitive - 1-2 sizes smaller. As well as bandages, suit should become denser with increasing weight. So, use the free suit on the training, when you do the approaches of several repetitions, but close - in the most demanding workouts and competitions. The straps do not pull on the costume, if you do not go for the maximum weight in one repetition.

Always check your suit for damage. Do not crouch in a suit, which can tear, like the one at the time gap disappears all the extra support and the consequent loss of control weight. Do not take chances, as this may result in injury, trauma is not worth the price of a new suit.

Magnesium

Many experienced athletes use magnesium (magnesium carbonate) for heavy squats. Normally magnesium is applied to the arms and

shoulders to prevent slipping rods. Instead of magnesium can use regular chalk and wear a piece of chalk is always with them in a training bag.

I hope you realize that not everything is as simple as it seems inexperienced look the part. Each error in motion, every detail is executed correctly minus a few pounds. Therefore we must all learn to do is technically correct. How do you feel right doing exercise or not?

Properly executed exercise evokes a feeling of comfort throughout the body! Every movement lies in the most natural path, and flows beautifully, like a river.

You look like squats, an experienced athlete? It would seem that may be attractive in this exercise? And so no less than every movement beautifully! Not one unnecessary and bustling traffic, all the muscles work holistically, every moment of motion resistance and imbued with power!

In this beautiful and concluded the answer - if you do exercise beautiful, you caught the right technique, if not, have not yet caught.

Various tips

Do not squat with a naked torso or wet from sweat shirt. This greatly reduces the stability of the vulture on the back and will be prevented from performing the exercise. If it does this have to do, then apply on the back or shirt chalk in the place where the neck will be located. Grief is less slip from the back.

Keep your knees, not only bandages. Often you can see how inexperienced athletes enclose thin pancakes or plates under your heels in the squat. And if they ask why they are doing it, they will not even be able to answer intelligibly. They just do it somewhere seen. And so indeed sometimes do some athletes who have a bad stretch. However, this removal of gravity slightly forward will be stronger load knees. Therefore, it will be much more rational, instead of overloading your knees, take a banner of his Achilles tendon, causing thigh and buttocks. With a flexible and well stretch the muscles, you can keep balance without resorting to the bars under the heels.

Carefully and gradually increase the flexibility of the shoulder girdle and pectoral muscles - this will allow you more convenient and harder to keep the neck. I would still be advised to keep the neck as shown in Figure 3.3. And not on bended brush (ris.3.4). But do this only if you are able to stretch the muscles of the shoulder girdle.

When you removed the bar from the racks, took the original position and ready to squat, do not make any unnecessary movements, especially the head. Do not look down, or even more to the side. Turning the head is a small slope of the fingerboard, which threatens the loss of the trajectory and trauma.

Sometimes some trainers use a low bench. The athlete should squat with a barbell on the shoulders and at the lowest point to sit down or touch the buttocks of the bench. Bench at the same

chosen such a height that the athlete fell to the desired depth. This trains the proper technique and exposed the depth of squats.

I recommend not to use this method. Squat until it touches the bench is dangerous - it leads to compression of your spine. If you want to set the depth, you can poprisedat in special racks, where the constraints do not allow your bar down below a certain level. Of course, these constraints should be pre-installed on a suitable height for you. But it will be much easier if your partner or coach to observe your squatting on the side and comment on your technique.

If you have a sore back, is a strong curvature of the spine or other back problems, then consult a good manualistom or sports doctor about whether you can do squats with a barbell. And if the sore lower back, especially after severe postural thrust or other heavy work, it is better to be careful and wait a few days. Let the back rest.

One of the most common mistakes in the squat - the reduction of the knee inward (ris.3.8).

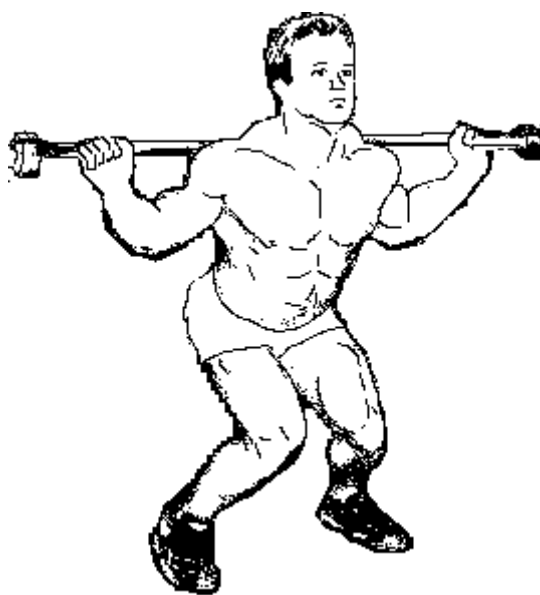


Fig. 3.8. Mixing knees inside - the most common mistake

This occurs for two reasons: either the athlete does not breeds socks 45gradusov or has not sufficiently flexible lead femoris. In this case, check the setting of your feet or start regularly perform stretching exercises.

Security in the performance of squats.

Take the time to double-check the weight on the bar.

Grief must be properly loaded, ie disks installed in the same sequence.

Make sure that "locks" are fixed on the rod. This will prevent movement or slippage drives vulture during exercise.

Bars with racks shoot smoothly, without sudden movements.

Do not lift the bowl too quickly when you leave from the dead point, otherwise you drop the bar.

Never let your upper torso to lean forward too, it leads to strain on back muscles and the press.

Do not let your back rounded to such a degree, to compress the chest.

Perform squats with only a belt.

3.2. Bench press.

If you for a long time in the gym, you'll notice an interesting feature - beginners stay away from the squat racks and platforms for postural thrust and rush to the racks of bench presses.

Bench press love it. Therefore, outsiders are likely to never ask you about how much you pull or squat. But they ask about how much you press lying down.

Briefly describe the bench press, you get the following: in the initial position the athlete lies on a flat bench and hold the bar over the chest on his outstretched hands. Bars should be lowered on the chest, and then return to starting position. Take the bar from the racks, as well as put it on the rack, you can use a partner.

This exercise is very popular. It is essential for pumping pectoral muscles, the anterior bundle anterior deltoid, triceps. Maybe you'll be surprised, but in this exercise is very actively working latissimus dorsi, biceps, buttocks and quadriceps. Of course, we must learn to include in the work so many muscles, and that's about it I wanted to talk with you.

Width grip.

Width grip affects the height of lifting weights, and the wider the grip, the smaller the distance is rod. Of course, it can raise much more substantial weight than when performing bench press while lying with a narrow grip. Therefore, always try to take quite widely.

But the width of the grip has a significant influence on what muscle groups will participate in the rise.

If the bench with your elbows pinned to the body, then the maximum loaded delta and triceps. If elbows maximum divorced, then loaded pectoral muscle.

Our task is to select such a position the elbow, which will include the work of the maximum amount of muscle, and in which the load will be evenly distributed among all the muscle groups: infants, the anterior bundle of the delta and triceps. The best would be the situation in which the angle between the shell and set aside in the side of the elbow will be about 45 degrees. Besides, in my opinion it is important to place the hands so that at the time of the most powerful efforts of the forearm were placed perpendicular to the neck rod.

This will force all attached transmit to lift weights. After all, if you remember physics, if we send a force of some angle to the neck rod, the force vector splits into two components:

one goes to the lifting rod up, and the second along the axis of the neck. I.e. of force in this case to spend money just wasted. By the way, if you during the bench press while lying palm slides down along the axis of the headstock in the direction of pancakes, this means that your forearm is not perpendicular to the neck rod, and you spend part of efforts not to lift weights, and the movement of his hand on the fingerboard. For all the foregoing, I recommend to use the middle and have the hand grip so that the forearms are perpendicular to the neck rod (Fig. 3.9).

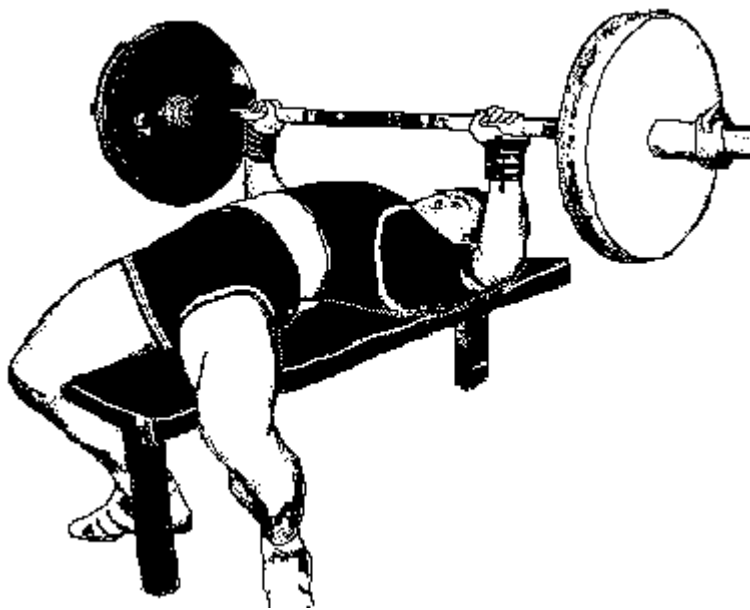


Fig. 3.9. Forearms perpendicular to the neck rod.

Situation of the body.

The body on the bench must have a way to have his eyes were directly classified as a pole, standing on the racks. In this case, you are lying not too far from the bar and you will be easy to take and put a bar on the rack. And at the same time, you lie far enough from the rack and will not affect them when driving rod upward.

Deflection of the back.

Deflection back is very important. And you may have noticed that not very experienced athletes, when they can not shake the bar, stand on the bridge, take out your buttocks from the bench. And it really helps, the weight yield.

Therefore, our task - to stand on the bridge yet before doing exercises. But we must not stand because the stand is not experienced athletes, and by the rules. Buttocks from the bench can not be separated. So you get to the bridge, standing firmly and steadily on his feet, and buttocks only touch the bench,

that is, the buttocks do not speak the fulcrum. Points of support of all three - two feet, which are hard on the floor and submitted the scapula, which boil down to the bench. Once again this important point - you do not lie on a bench, you're standing on my feet. Buttocks simply touches Bench (ris.3.10).



Ris.3.10. Bench press with a bending back ("bridge").

It is therefore not allowed any motion of his legs during a bench press while lying down. These movements simply indicate that you are not tough enough to stand.

Of course, such a phenomenal deflection back (bridge), as shown in ris.3.10 not be achieved without serious work on the flexibility of the spine. Therefore, the development of flexibility should be given a meaningful and important. Let's look at what makes the deflection of the back.

First, it significantly reduced the amplitude of movement. Due to this, experienced athletes can lift much more weight than without deflection. And the greater flexibility of the spine, the lower the amplitude of movement of rods, the more weight can squeeze an athlete. But make it clear to it that the most difficult time Benches you never left buttock from the bench. Head, shoulders and buttocks should be pressed to the bench throughout the exercise.

Secondly, it includes a lot of extra muscle. And above all, it latissimus dorsi. Latissimus dorsi are beginning to help in the most critical moment - the moment of removal from the chest bar. We just do not breed her elbows too wide, and keep them, as was said at an angle 45gradusov to the body. Sure, latissimus dorsi are involved only indirectly, but due to their strength and power significantly reduces the load on the other, directly working the muscle. This, in turn, allows to lift more weight.

Furthermore, in this situation tense muscles of the legs and back. As I have already emphasized, in general, an athlete seems to stand on his feet and shoulders, only touching the buttocks bench. This ensures, first, significant resistance athlete, and secondly, allows a little nudge bar chest, which, of course, affect the final result.

And a third advantage, which gives the deflection back to the bench, is determined by the following circumstance. The pectoral muscles are divided into 3 parts: upper, middle and lower beam. , The upper beam is the weakest, the middle a little harder and lower the strongest. Therefore, the number one task in the exercise bench press is lying to include in the work is lower, the most powerful beam. Just a bench press, standing on the "bridge" and allows it to do.

If you sum all these advantages, we find that the bench press with deflection can bring you gain in 10-20kg compared with zhimom without deflection.

This value is very serious and I would advise you to master the technique of bench press while lying with the "bridge".

Do not arch the back too much at once - can be a back injury. Do this first bridge, which corresponds to your flexibility, which is comfortable. Let a very small, but it will be. Increase the deflection gradually from month to month. Then a couple of years you will have amazing deflection, as shown in Figure 3.10.

Foot.

As I said, anyone, even barely noticeable movement of the feet during a bench press - shows that you do not stand properly. In essence, this violation of the correct equipment. Need to ensure that his feet firmly whole foot was on the floor under an athlete, as far as possible from each other, it helps to get a solid foundation and carry out an explosive start at the bottom. If your growth is not enough to fully pierce the floor underfoot, it is necessary to build a platform to stop the legs. The platform can be built from pancakes or special rubber plinth. Just be sure to confirm whether it does not slip off during the regime.

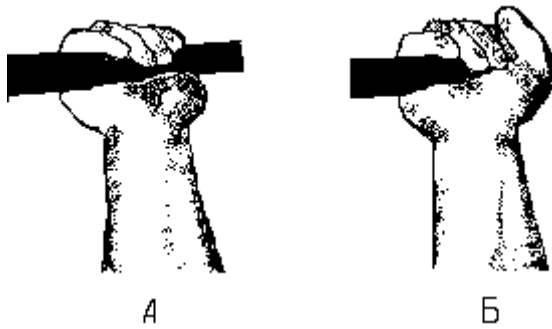
Hand position.

Hand position during the bench press - a very important question. There are two grip. Figure 3.11 shows both of them. First, under the letter A - is an open grip, it is also called "monkeys grip, the thumb placed behind the bar. Second, under the letter B - a closed grip, the thumb wraps the front bar. Of course, the world records were set by both grip, but still these grips vary considerably in degree of security.

Clear grip is extremely dangerous. Extremely!

I have not once seen as the end of the workout, the athletes who perform bench press with an open grip, the bar slid on wet hands and fell on the chest, neck or head. The fact is that in an open grip rod is not insured by the thumb and is free to fall out of sweaty hands when some awkward movement or interception.

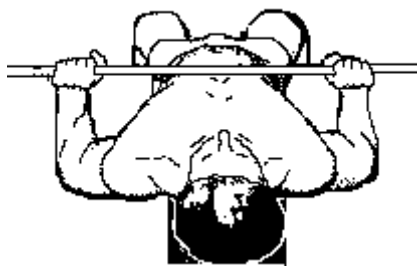
Therefore, if you do not have injuries, you always use the regular grip, as in Figure B. Safety first. And if you're accustomed to an open grip - do not waste your time and relearn. It does not take much time, but on the spot the unpleasant and even disastrous surprises.



Ris.3.11. A - open grip (incorrect), B - a closed grip (right).

Status bar.

Bench begins with a vertical position with straight arms. Lower the bar to the lower pectoral area or region of the solar plexus (ris.3.12). In this position, fix the bar, pause for a moment and explode the bar upward.



Ris.3.12. Bars need to lower the level of the solar plexus.

As you arch the back, then this trajectory is much shorter. Installing the correct trajectory for this motion - a tedious process. In general, you should move the bar along a trajectory that seems most natural. On the nomination of the trajectory will take several weeks.

Here I would like to draw your attention to one very common mistake. Can not lower the bar too close to the neck (ris.3.13). First, it would not include the most powerful muscles of his chest, and, secondly, it increases the traumatic exercise. Many athletes injured his shoulder in such a compliance regime.

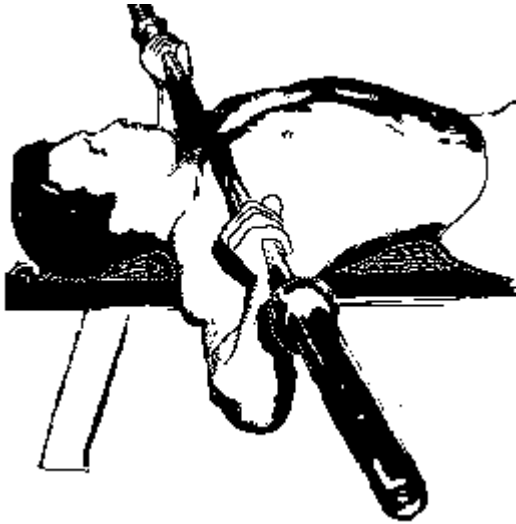


Fig. 3.13. The bar is omitted too close to the neck - this is a mistake.

Bandages.

If you are working with major scales, then I recommend zamatyvat wrist rigid bandages (sometimes called wristlets). Mobile Phone Holder reduce the likelihood of injury hands and simply remove the pain in the wrists. About wristband I said when considering technology squats. I would like to draw your attention that in the squat and bench press using the same wristlets.

Belt.

Belt on the bench press is better to use the lifter, but turn it wide side forward, and the narrow back so that it did not prevent sag during the bench press. Honestly, are the bench press has more psychological importance than any other. Generally it is a separate feature of any rigid equipment, including wristbands, bench presses shirts, bandages on the squat, etc.

Here's the thing. When you are wearing a hard strap on the wrists tightly wound bandages, perhaps even severely bandaged head a small strip of elastic bandage - all this is very invigorating. This adjusts. This bracing about the same as sal ammoniac smell. And it is very important. By the gland can not be approached relaxed and spineless. Only the hardline athlete lift a heavy barbell. And I advise you to use every opportunity, detail or pattern that helps you to customize.

Bench press shirt acts.

I have already explained his attitude to America and Singapore. Outfit, of course, necessary. But she needed only experienced athletes, acting in serious competitions. Using the equipment below the rank of master of sports, in my opinion, is a waste of

time, effort and money. Because at this level, you must first take care of the base, the approaches to the quantity and very few think about the maximum weights. And only going to the category of masters makes sense to think about buying bench presses T-shirts, and maybe a few.

Bench press shirt acts works the same as the squat suit in that it adds additional support to help the muscles in moving the weight. Outwardly bench press shirt acts like a normal shirt, but made of very strong and elastic tissue. Fabric for bench presses shirts used exactly the same as for the squat suit. In this shirt is one feature - in the pectoral muscle is severely narrowed. As a result, when an athlete wears this shirt, it is very tightly fits the body and gives strong shoulders forward. Actually, it is unlikely you will be granted independence to wear this shirt. Without the help of partners, you can not do. When an athlete performs in a bench press shirt, the elastic material takes up a significant burden. He stretched when lowering and contracting, helping the athlete to "remove" the bar with his chest. That is, T-shirt - is a kind of shock absorber, which reduces the load on the muscles, ligaments chest and shoulders. This fact allows us to lift more weight in the bench press. Well, if you can work with large weights is thus, will stimulate more muscle growth, as well as strength and muscle size are related and dependent on each other.

Mikey Benches vary in thickness. Of course, what it is thicker, the more support. Start wearing a loose T-shirt, when you start doing sets of five reps, then gradually move up to the contest. The contest T-shirt should not only be thicker, but smaller than a size or two. It will be inconvenient, but the result is worth it. Experiment with different brands and types and choose what you want.

Dame standard warning: Do not use damaged equipment (even with a slightly divergent sutures). Sooner or later it will burst when you lower the barbell to his chest, and you lose control over the weight that likely will result in injury.

Such a situation can be avoided up to date equipment.

And it's not just words. In a tournament, you can sometimes see a picture of an athlete removes the bar from the racks, releases it on his chest and at the moment of maximum tension jersey suddenly bursts on the seam. In this critical situation helps only that each side bars are always assistants, insuring you. Therefore, T-shirt, of course, reduces the number of injuries and allows you to set new records, but the shirt should be well tucked up under you and not have injuries. Only in this case its use is safe and makes sense.

Magnesium

Use chalk to keep hands dry throughout the entire performance of the exercise. When you handle chalk hands, do not forget all sides to handle the thumbs.

Apply magnesium not only on his hands, but also on the bench and a shirt. This prevents the body sliding on the bench and you'll be more confident to keep the "bridge". If not, then at the end

of the performance of the exercise can "get off the bridge", ie not keep a good back and sag under the weight of exposure to straighten.

In addition, if possible try not to press while lying bare-chested. If not, then apply more magnesium and on the shoulders and back.

Miscellaneous Tips

Do everything possible to improve grip and traction "hands stamped. Not only mazhte palm magnesium, but also watch over the purity notch neck. In this case, your hands will not slide to the edges of the fingerboard during the set.

It is strictly forbidden during lifting or lowering the rod to move her head, raise his head or shook his head. If you begin to do it, then the bar a little lead. Especially dangerous is to look in the direction or mow the eye - in this case the rod may bend to one side, and you "lose" the amplitude and, possibly, and travmiruetes.

Before you remove the rod from the rack, make sure that the neck is on stands symmetrically, and that the distance between pancakes and stand equally on both sides. If you noticed that the bar is shifted slightly to the side - do not be lazy, get up and change. Better do it before the approach than later to figure how much to move the hands, the better to take up the fingerboard.

Try to keep someone you hedging. Without that safety net you're afraid to lay out on training and will progress slowly.

Therefore, always make sure that at the time when you press lying down, someone was standing beside. If, after all, you have failed to raise the bar, but there was no one beside you and "crushed", then do not worry, there is nothing to worry about. Rolling bar across his chest, the abdominal muscles in the lower abdomen. And then calmly lift torso, get down to the bar and holding it in his hands, get up.

Security in the performance of bench press bar laying.

Take the time to double-check the weight on the bar.

Grief must be properly loaded, ie disks installed in the same sequence.

Make sure that "locks" are fixed on the rod. This will prevent movement or slippage drives vulture during exercise.

Spread good hands magnesia to prevent sliding of hands on the fingerboard.

I shall eat bars carried out simultaneously and, most importantly - equally with a partner. Otherwise, if he will give you a bar in the relaxed hand, you can not hold it!

3.3. Deadlift.

Deadlift - the most productive activity of all possible. It is fulfilling cravings become athletes are building huge muscle mass. When the postural thrust involved primarily the following muscles: extensors of the back, buttocks, the quadratic and the

biceps femoris, latissimus dorsi, trapezium, forearms and biceps. I.e almost 3 / 4 of the muscle mass will be working actively in this exercise.

But, as I said, starting to become not just thrust. Beginner athlete must be at least 1 month to work on the back indirectly, through the squats. And only after 1-1,5 months, sit-ups can be included in a complex becomes traction.

Outwardly, to describe the exercise is easy: rod rests on the platform, you up to her, bends down, take the neck with his hands and straightened, lifting the bar from the floor and holding in his hands. Everything seems to be very simple. But in fact, this exercise requires much more attention than it seems at first glance.

Now available are two types of traction - "classical" (ris.3.14) (also called "the weight") and "sumo" (ris.3.15) (it is called "lifterskaya").

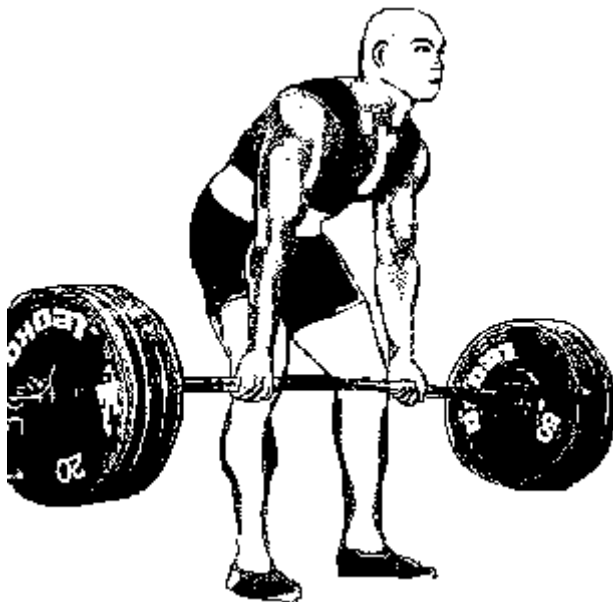


Fig. 3.14. Thrust "classic" style.

Both of these styles are popular, effective enough and differ only in staging feet. World records were set and those and other styles, although, frankly, I think that the style of "sumo" is more suitable for most athletes.

You need to try both styles and choose the most suitable for you.

General

Let us first consider the draft on the "classics" (ris.3.14), since it first appeared and was widely used in weightlifting.



Fig. 3.15. Thrust style "sumo".

Thrust "classic" style, characterized by the fact that the feet are placed just had shoulders, feet parallel to each other. Hands are on the outside of the feet - shoulder width apart or slightly wider. Notice how the athlete holds the barbell - raznohvatom. Ie One hand holds the rod straight grip, the other opposite - so you can keep a much heavier weight than just a straight grip. But always use such a grip, I do not advise on training, it should be used mainly in competitions. And in training more rational use of direct grip and strap.

Can not become too close to the neck, but not too far, too. If you are climbing you feel that your neck rests on the legs, it means that you get up too close to the neck.

If you are, conversely, it will be too far from the fretboard, then during ascent, he has strayed from the legs, thus on the lower back will fall dangerously high pressure, will lead you forward, and, most likely, you throw a rod.

We must stand so that vulture glided in the legs during the lift rod. Find a position of the feet, where the neck will lick legs when your legs are bent and you are in the lower position (Figure 3.16).



Fig. 3.16. Starting position.

Technique "removal" rod - the separation of the platform - may vary depending on which of the muscles you stronger - the muscles of the legs or back muscles. Then a simple rule - that the higher the athlete lifts the pelvis to the starting position, the greater burden falls on his back, but get out with the legs (this is called "pull back"). And, conversely, the lower he sits down, the more pressure will fall on his feet, but back to unload (this is called "pull down").

And there is a small nuance is in the final phase of recovery - in the moment of fixation. In the draft "back" to tear off the bar from the platform and hang on to his knees will be easier than to fix it up. In the draft "feet" fix will be somewhat easier, since spin initially placed more vertically. However, there is a very inconvenient "eat" bars of the dock.

Practice shows that if you pull sumo style, you do not just obderete a skin on the legs to the blood, yet learn how to correctly perform separation bar on the platform.

A very important point is the speed of movement. Do not be an abrupt jerks. In postural thrust motion should be done slowly and evenly. Especially removal (detachment from the platform) should be smooth and slow. Only this will ensure the correct trajectory raising the bar.

If you still try to pull the bar from the platform, then was surprised to notice that from this shock will bend back and rear its basin. As a result, you can raise the bar just a few centimeters, and then quit.

Disperse the bar should not try at the time of separation from the dais, and in the middle of the trajectory, when the boom has already gone up.

Feature traction "sumo" is a broad statement of the legs. This style is also called traction lifterskim, because he appeared and became widely used it is in powerlifting. The fact that the broad formulation of the legs can reduce the amplitude of movement and to involve the greatest number of muscles. The

wider the legs are, so a shorter distance athlete should raise the bar.

Since the legs set wide apart, then change and position of your hands - the bar should be taken narrower than in "classic" style, between his knees.

But we must consider two important points. When his feet set wide apart, there may come a time when the force of friction between the soles of your shoes and the platform is less than the vertical load, and the legs begin to disperse. The situation is very unpleasant and dangerous. The second feature is that the wide placement of the feet produces higher demands on the flexibility of the hip joint.

So do not try to put your feet too wide, the width increase gradually, bringing it to the optimum level.

Optimum width of the feet - this is such a formulation of the feet, when the shin perpendicular to the neck rod.

In this case, the strength of an athlete (the force vector) is directed straight up and not wasted on the side components (ris.3.17).

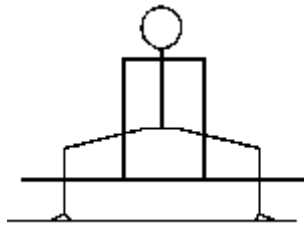


Fig. 3.17. A schematic image of the optimal position of the legs (tibia perpendicular to the neck rods).

And one important point, which enables you to monitor the correctness of technology in the style of "Sumo" - if you have a bar does not apply to legs when lifting, and if the leg at first not really injured in the blood - it means you are raising the bar is not correct, too far away. In this case, you have to keep it closer to Earl slid along the lower leg, touching her and tearing the skin. But do not be afraid of - skin gradually overgrown.

Outfit

Just want to note that the result in postural thrust, unlike other exercises that are least dependent on the equipment, so the vast majority of athletes do without any equipment. And, although some athletes using the squat suit or wound bandages on his knees, as the squat, but the big benefit is usually not bring.

The only thing that I wanted to draw attention - this is for shoes.

Shoes should be with a short heel and not slippery. This first, lets not raise the bar for extra centimeters, and secondly, allows for better balance. Usually this is achieved by Mike, rarely GYM SHOES or sneakers. If no special shoes, then I advise

to become draft workouts to do at all barefoot or in socks. Well, the standard recommendation for all heavy exercises - in front of each approach to wear weight-belt.

Straps.

Straps are used to ensure that the hand comes off with a neck and securely hold the bar. Sometimes athletes defy straps and fulfill all training approaches without them, simply by using raznohvát. As a rule, they argue that the fact that they want to brush swayed, or that would have been all as in competition. This is not correct.

First, the brush must be shaking apart and then only if such a need actually arises, and, secondly, in competitions you do only one lift, and in training rises to 10 in one approach. In this case, the hand starts to slide and you have concentrate on hands, and think only about how the rod would not slipped, instead of thoroughly explore the back muscles.

Ie I strongly recommend to distinguish - as they say "fly separate from the cutlets" - for a back strain and load for the forearm. Mixing them in one exercise, you will significantly nedorabatyvat back.

Any experienced coach knows that if an athlete to break the curriculum into components and each skill to allocate a separate time to exercise this skill, the learning is accelerated repeatedly. Sportsman, mastered each skill in turn, can be a month to reach the same results, which reaches for the year an athlete who tries to master all the skills at once!

So always make traction with straps, all training approaches, use the strap. The straps allow you to not think about the wrist, but to concentrate on her back, and it will achieve rapid growth results. Use the strap and your progress greatly accelerated.

A brush, if necessary, download separately (see section on subsidiary exercises).

The straps can be done independently of any leather belt. Their length is approximately 60 cm and width about 3 cm width can be less, but not less than 2 cm, otherwise they will be much to cut into the hand.

How to use the straps shown in Figure 3.18.

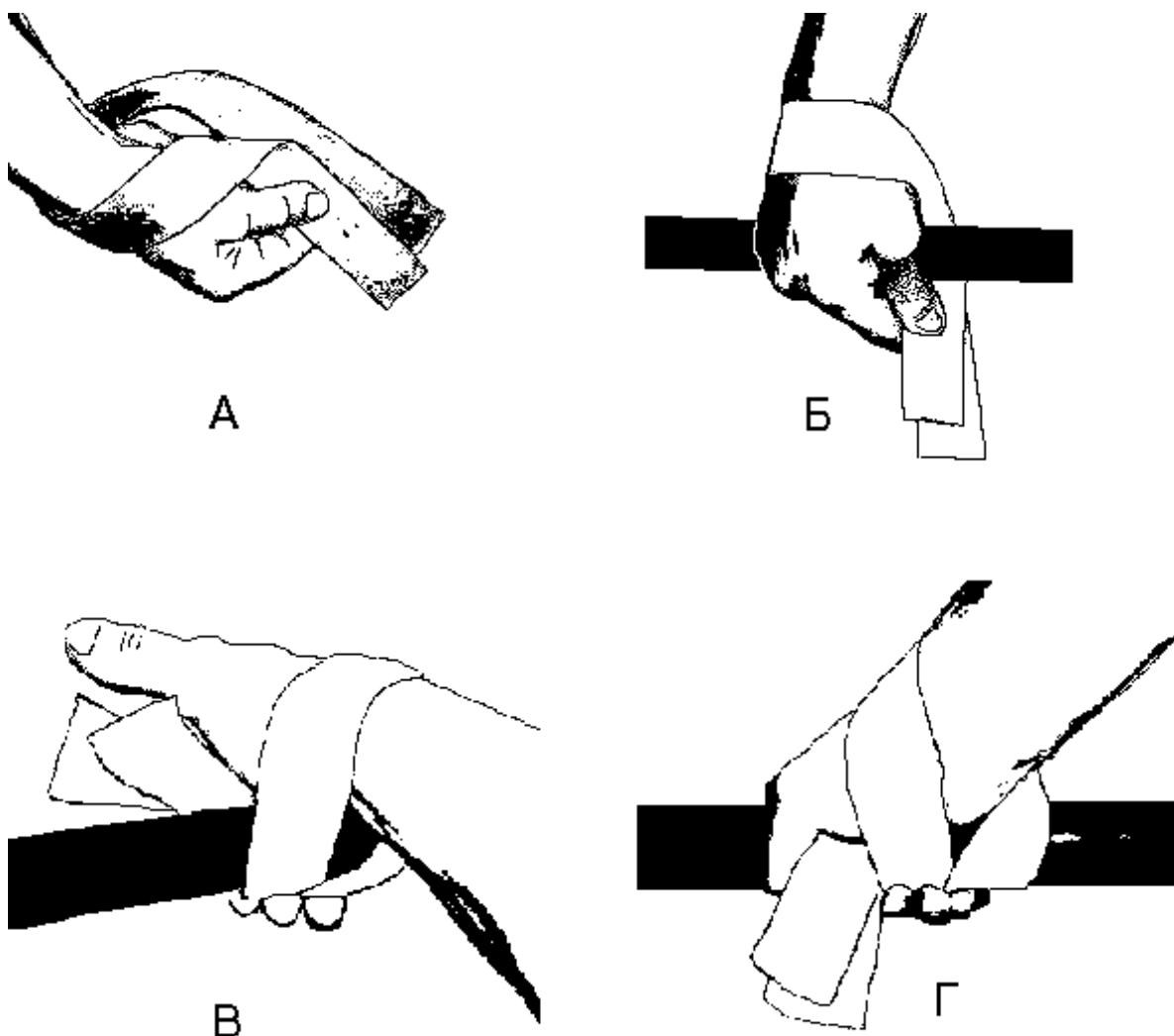


Fig. 3.18. Committing your hands on the fret bars with straps.

Different councils.

If you have a sore back, is a strong curvature of the spine or other back problems, then consult a good manualistom or sports doctor about whether you should generally become squat thrust. Before each approach apply to the hands of chalk or magnesium, to confidently keep the boom.

Always wear the bar locks, when you do become draft. Actually locks must wear at all times. I have no locks do not make a single approach. This is necessary in order to not worry about that pancakes can move out from the neck. At the time of lifting such thoughts should not distract your attention and bring down the mood.

As during ascent and descent during the boom, can not bear weight on your toes. This will be a mistake. In this case, the neck will leave from the foot forward and you can injure.

Do not pull in repulsed "from the floor. This will substantially facilitate a job and pass on the rate of the critical point of removal bars of the dock. The meaning of such training

disappears. In addition, "repulsed" could lead to the fact that the pancakes on one side of the rod otskochat from the floor faster than the other side. This will lead to the loss of your control rod, to nonsymmetric weight lifting, to uneven load on the body. And this is fraught with serious spinal cord injuries.

Sometimes athletes question: whether during the execution of exercises to put the bar on the floor or simply refer to her gender.

My answer: It's a matter of taste. Somebody just respect and makes a new upsurge. Someone sets, waiting for some little time, and only then starts the next upswing.

I usually advise to simply touch the floor bar. So we avoid the short rest periods, which occur when setting rod on the floor. Never twist your head when you leave out or raise the bar - bar may be a little lean on the side, you will lead the side and you can injure.

If you feel that you can not raise the bar - in any case not drop it. She goes on to the platform, if possible, gently, to load from the back went, too, not abruptly but gradually. The dramatic removal of the load can seriously injure your back muscles, elbows or shoulders. And, perhaps, that at first you do not feel, but it will manifest itself after a couple of days. Never do reps to failure. Never make the forced or negative repetition. In such an important exercise, as the deadlift, these experiments are not appropriate.

Do not perform become thrust, if the bottom of the back muscles are strong enough to ache a little after the last training session or even a regular heavy physical labor. Rest day or two, wait for the muscle pain will pass.

It sometimes happens that at large scales much gallops pressure after the athlete departs from the bar after the exercise. In this case, before performing the exercises, it makes sense to tighten the bandage of elastic bandage on his head. Differences of pressure will be felt less keenly.

Order to meet before the next approach, and lead to muscle tone, you can use ammonia. In general, ammonia should always be in your sports bag along with warming ointment, a towel and sportswear.

.

Chapter 4. Cycles.

So, we turn to the most entertaining part of the training process - the planning cycles.

Ideally, the loops should start after you've reached the limit, training on slowly increasing the system, ie gradually accumulated weight rod, but reduced the number of times in dealing with "5po8" to "5po5. On "5po5" you stalled and within 2-3 weeks of trying to conquer the regular weight, but could not.

Ie You have reached the limit and stopped at the weight that you

can not give. The classical state of stagnation.
This is the best moment of transition in the cycle.
Because you know your limits when working within the program
"5po5, and build on that figure and you can build a simple
cycle.

Let's look at this example.

Letter: "Your system is very effective workout 5x5.

Since then, I started to train on it, I forgot that this
subconscious negative attitude to the gym, when your time is
eroded to the point of exhaustion because of something and
escalate the conflict of consciousness and subconsciousness.

Before I beat myself, preparing for a room.

Now go workout with great pleasure and not enough! My results
are not particularly different from my fellow weight category,
my age, who are trained to exhaustion, performing from 5 to 8
exercises per workout.

However, they have a question arises as to how, say, I manage to
go with them on equal terms, with the "Philo" on the full
training program and paying a maximum of an hour with a small
and sometimes even less!

Starting, for example, from mid-July 2005 with the bench press:
75kg, 5x5, Squat 80kg 5x5, thrust 90kg 5x5, by mid-September
2005, I pressed 105 kg 5x5, squatting 140kg 5x5, lifted 145 kg
in traction 5x5!

I think this is quite a good result, only some two months, but
without chemistry, but not particularly overworked and not
wasting time on a mass of useless exercises.

Ie I perform only basic exercises. Sometimes, if desired, add
one exercise any nonsense. Therefore, any questions on this
topic:

- How to break through the "dead" point in the exercises? For
example, I'm stuck in bench press 110 kg for three times in the
five approaches. And about three weeks already I can not "break"
this weight so that the 5x5 work? I read that we should re-start
"circle" 5x5, but when that moment comes when you have to
discharge?

- When the results reach the large scales (160-170 in the squat,
bench press at 120-125, 170-180 in the draft), and surely such
weight should strive to go 5x5?

Thanks in advance. Kostya. "

Here is a very typical letter.

Conflicts of consciousness and subconsciousness, we briefly
discuss in the next chapter, but now consider the main problem
Bones - stagnation.

So, how to get stagnant in the results? The answer is - it was
time to move on cycles. Being engaged in cycles, you get rid of
this problem.

As we have seen, Kostya specifically trained under the scheme
5po5 within two months, during which substantially improved the
result, but now came up to the limit, and for three weeks can
not break 110kg in the bench press.

So this is the moment when you need to go into cycles.

Work in cycles characterized by the fact that all need to plan.

No deviations from the plan are not allowed.

From the letter it is clear that the results of Bones, which he confidently makes the program "5po5", as follows: bench press - 105kg 5x5, Squat 140kg 5x5, Deadlift 145 kg 5x5.

Here on these results and will be repelled.

A few words on the length of the cycle. Usually, I recommend to train in cycles of 9.12 weeks. It is permissible (but not very desirable) cycles for 14 weeks. Cycles over 14 weeks, I do not advise it.

Standard version, which I recommend - a 10-week cycle.

Cycles are simple, two-stage and three-stage.

1. Simple cycle.

Let's start with a simple cycle - a cycle, when the number of approaches and rises over the cycle does not change, ie as you did 5 to 5, and continue to do, changing only the weight of the rod.

Let based on the bones to build a simple 10-week cycle with access to the current level at the 7th week.

First we construct a series of squats.

Kostya now squats 140kg 5po5.

We plan in 2 months (ie 10 weeks) to 147,5 kg 5x5.

Add will be weekly on 2,5 kg.

Consequently, a series of squat will be:

1 week - 125kg - 5 of 5.

Week 2 - 127,5 kg - 5 of 5.

3 weeks - 130kg - 5 of 5.

Week 4 - 132,5 kg - 5 of 5.

Week 5 - 135kg - 5 of 5.

6 weeks - 137,5 kg - 5 of 5.

7 weeks - 140kg - 5 of 5. - JUST TO CURRENT LEVEL

8 Week - 142,5 kg - 5, 4-5.

Week 9 - 145 kg - 5 to 3-5.

10 Week - 147,5 kg - 5 to 3-5.

All the cycle ended.

We must make one comment - the last 1-2 weeks of the cycle (ie, 9th and 10th weeks), if you will not be receiving proper to do 5podhodov on 5raz, go to 5podhodov on 3-4 times.

After the end of the cycle need to throw off the load, but add 5 kg to the initial weight rod and start the cycle again. Ie following a 10-week cycle will be:

1 week - 130kg - 5 of 5.

Week 2 - 132,5 kg - 5 of 5.

3 weeks - 135kg - 5 of 5.

...

9 Week - 150kg - 5 of 5.

10 Week - 152,5 kg - 5 of 5.

As you know, the goal of cycles to train the body to rest periods and stress. Therefore, cycles of all the basic exercises are done simultaneously. Simultaneously, we plan to rise to all the basic exercises at the same time, we plan to drop all the basic exercises.

If we try to plan a climb to the squat, but at the same time, recession, for example, postural thrust or squat, the main task

loop will not execute - and we really do not rest, and not really able to spread oneself. Therefore it is important always to combine all the cycles. Ie simultaneously with a 10-week cycle of sit-ups, we are planning exactly the same 10-week cycle of bench press and postural traction.

Kostya is doing bench press 105kg 5 to 5.

This means that the cycle Benches will be:

1 week - 90kg - 5 of 5.

Week 2 - 92,5 kg - 5 of 5.

3 weeks - 95kg - 5 of 5.

Week 4 - 97,5 kg - 5 of 5.

Week 5 - 100kg - 5 of 5.

6 weeks - 102,5 kg - 5 of 5.

7 weeks - 105kg - 5 of 5. - JUST TO CURRENT LEVEL

8 Week - 107,5 kg - 5 of 5.

9 Week - 110kg - 5 of 5.

10 Week - 112,5 kg - 5 of 5.

All the cycle ended.

In order to start a new cycle, we dumps the load, we add 5kg to the initial weight rod and start the cycle has to 95kg.

Kostya now pulls 145 kg 5x5.

Therefore, a 10-week cycle for postural thrust will be:

1 week - 130kg - 5 of 5.

Week 2 - 132,5 kg - 5 of 5.

3 weeks - 135kg - 5 of 5.

Week 4 - 137,5 kg - 5 of 5.

Week 5 - 140kg - 5 of 5.

6 weeks - 142,5 kg - 5 of 5.

7 weeks - 145 kg - 5 of 5. - JUST TO CURRENT LEVEL

8 Week - 147,5 kg - 5 of 5.

9 Week - 150kg - 5 of 5.

10 Week - 152,5 kg - 5 of 5.

Once again. All cycles must be done simultaneously - is the primary law of cycling.

Physiologically it is impossible to reach a peak at the squat, and do the same

decay time for postural thrust or bench press while lying down.

Even is you clean zhimovik seriously and perform only one bench press, and all the other exercises do you do to maintain the form, especially not resting, then in this case, you have at the time when you have planned to drop on bench press, lower the load in the remaining exercises .

I think that in this example, you learned how to build circuits.

Incidentally, I note that all the same thing applies to work under 5po8.

If you have reached the limit in 5po8, you can not go on 5po7, and build on the analogy with the above example a 10-week cycle, while continuing to engage 5po8. This load will be more to stimulate growth of muscle volume than the work 5po5.

2. A three-step cycle.

To this cycle, I recommend to move when the weight on your bar has already become large enough.

Remember, the issue of the letter dice: "When the results reach the large scales (160-170 in the squat, bench press at 120-125, 170-180 in the draft), and surely such weight should strive to go 5x5?".

The answer is - you can continue to work on a simple cycle, ie under the "5x5", but you can go to the three-step cycle, when the growth pole, we change the number of rises and approaches. To illustrate again take the example of Bones and its results: bench press - 105kg 5x5, Squat 140kg 5x5, Deadlift 145 kg 5x5. But to build more complex cycles (three-way and two-stage) should start from the highest possible result in every movement.

To do this, there is no need to do tunneling or organize competitions, it suffices to use the approximate formula and multiply the weight that you do 5po5 by a factor of 1.2.

In the case of Bones: once he shook lying 5 sets of 5 times the bar with a weight of 105 kg, it means that he is ready to shake at 1 bar with a weight of just $105 \times 1.2 = 126$ kg. His squats 140kg 5x5 suggest that his muscles ready to lift $140 \times 1.2 = 168$ kg, but the result of postural thrust of 145 kg 5x5 shows that he can handle the $145 \times 1.2 = 174$ kg at a time.

Rounding off the figures with an accuracy of 2.5 kg, we obtain the maximum performance bones to date:

Bench Press - 125kg,

Squat - 167.5 kg

deadlift - 175kg.

Thus, we plan that at the end of the cycle Kostya must reach these maximum results.

The essence of the three-step cycle in that the first part of the course (for example, the first 4 weeks) you are doing exercises, studying in the program 5po5. Weight being increased by 2.5 kg every week

After 4 weeks you add 5kg, but the transition to a system 4po4. The next 3 weeks you do 4po4, as well as ever increasing by 2.5 kg every week.

After 3 weeks you add to the already 7.5 kg weight rod, but from the program "4po4" go to the program "6-4-2-1". Ie you still going to do four approaches, but in the first approach puts the weight that can be done at 6 times in the second approach puts the weight, which makes the 4-fold in the third - to 2-fold, and once you make the weight which is marked on the plan. Ie 1 times - it is not sinking! It is planned weight and it is less than your maximum. At the third stage, step bars will be equal to 5kg.

While perhaps not very clear, but now I shall paint the example, and everything becomes clearer.

Schedule a three-step cycle is more convenient form of the maximum.

Thus, the aim of bones shake lying 125kg for 1 times 10 weeks.

Paint the end of the cycle:

----- End of the cycle

Week 10 - 125 kg
 9 Week - 120kg
 8 Week - 115kg
 ----- 3 part series - go to the "6-4-2-1" (7.5 kg to the weight bar)
 7 weeks - 107,5 kg
 6 weeks - 105kg
 Week 5 - 102,5 kg
 ----- 2 part series - go to "4po4 (5 kg to the weight bar)
 Week 4 - 97,5 kg
 3 weeks - 95kg
 Week 2 - 92,5 kg
 1 week - 90kg
 ----- 1 part of the cycle - starting with "5po5"
 Look at this plan. Most likely you have no question about the first two parts of the cycle, where we work "5po5 and 4po4. Explanations requires only the last part of the cycle - the work of "6-4-2-1".
 So, suppose that Kostya finished 7th week and shook 107,5 kg 4 sets of 4 times.
 At 8 weeks of his training (plan - 115kg) will be:
 after 2-3 warm-up approaches, it raises the bar weight, such as 95kg and doing it for 6 times. Then he puts 105kg and makes it to 4 times, then put 110kg and makes 2 times. And planned for the 8th week of weight - 115kg - it makes for 1 times. This weight is not the maximum, so Kostya it raises easily.
 At 9 weeks of his training (plan - 120kg) can be:
 2.3 warmup approach then the bench press at 6 times the weight of 95kg rod, then 105kg for 4 times, 112,5 kg makes for 2 times, and plan for the week - 120kg - makes for 1 times. In the latter approach has required insurance.
 In the last week of the cycle - 10 weeks - training Bones (Plan - 125kg) can be so: 2-3 warm-up approach, then the bench press at 6 times the weight of 95kg rod, then 105kg for 4 times, making 115 kg of 2 times, and plan for the week - 125kg - makes for 1 times. Since this weight is close to the maximum, then the required liability insurance.
 All 10-week cycle is over.
 We now have to throw off the load and add 5 kg of initial weight and start the next cycle:
 Week 10 - 130 kg
 Week 9 - 125kg
 8 Week - 120kg
 ----- 3 part series - go to the "6-4-2-1"
 7 weeks - 112,5 kg
 6 weeks - 110kg
 Week 5 - 107,5 kg
 ----- 2 part series - go to "4po4"
 Week 4 - 102,5 kg
 3 weeks - 100kg
 Week 2 - 97,5 kg
 1 week - 95kg
 ----- 1 part of the cycle - starting with "5po5"

I think you already understand the principle.

Recall that in this way will need to write a 10-week cycles for the squat thrust and stand and do all these cycles simultaneously.

By the way, make things easier to calculate their training, will bring this scheme as a percentage of the planned maximum:

----- 1 part of the cycle - working "5po5"

1 week - 72%

Week 2 - 74%

3 weeks - 76%

Week 4 - 78%

----- 2 part series - go to "4po4"

Week 5 - 82%

6 weeks - 84%

7 weeks - 86%

----- 3 part series - go to the "6-4-2-1"

8 week - in the latter approach makes 92%

9 week - in the latter approach makes 96%

10 week - in the latter approach makes 100%

For more experienced athletes want to make one remark - all the previous calculations were of the maximum, is performed without equipment.

3. The two-stage cycle.

The two-stage cycle - this is aerobatics. Trained by such a cycle can be achieved very high results in powerlifting.

The two-stage cycle is obtained from a three-stage by removing the intermediate phase - the phase where the athlete worked "4po4.

Ie two-step cycle is divided into only two periods - 5 weeks of work in the "5po5" and 5 weeks of work in the "6-4-2-1".

I will not paint this cycle, because experience of training on the three-step cycle will give you the necessary skills, and you can easily own all shall describe.

The use of cycles is a real alternative to steroids.

I have given the results of my friend, the master of sports of international class Paul failures that "clean" (!), Without taking anabolic steroids (!), Only by using this two-step cycle, won the area championship, even when already moved away from the periodic participation in competitions (see "Introduction").

I am sure that there are many skeptics who say that "clean" these results do not do.

I can only answer one of them - have only the right train.

Of course, practicing on some crazy technique can be devouring kilogram "methane" and inject a liter "Winstrol" and the result was not obtained. And I met these guys who did just that, and nothing it does not reach. Because in itself "chemistry", without proper training, it is firing a cannon on the wheel - steroids have a lot of chopping, and the effect it gives a very, very little.

But even more guys who never in my life "chemistry" is not tried, but at the same time sacredly sure that without steroids

achieve anything is possible.

What do you think when I tell them about the basic exercises and results that can be achieved by correctly applying cycles, what is their first reaction? They say: "Well, not drive us. Say, rather honestly, how much you meta "eat?"

Their own experience, as measured by years (!) Improper training, does not allow them to think that there is any more effective methods of pumping. And that "chemistry" - this is not a prerequisite of rapid growth of muscles and results.

Trained on the proper cyclical pattern, you can do to not use anabolic and achieve impressive results, for example, to reach the level of master of sports of international class

Try it and you'll see that it all works, and the result is growing at a 30-60kg per year in each exercise.

Also took up this technique, and you may find yourself in a paradoxical situation with which I am accustomed to face - you will engage in "clean", but your colleagues in the gym, watching your irresistible progress, will not you believe in and try to find out the name of the steroids that you, in their opinion, should enjoy.

Of course, if you do not use steroids, then your growth will be somewhat slower than "chemist". But your growth will be stable and long term. Your strength will eventually evaporate, as it evaporates from an athlete who made his results on steroids.

For example, my friend Paul Fault, the results of which I quoted earlier, went into business and was forced to virtually abandon the exercise. He spent much time in the mission, but also injured his back. But one day he accidentally turned on the "Day of the town in Novosibirsk, where on occasion, various competitions, including competitions and bench press - right on the town square to make rack and barbell bench presses, and invited everyone to participate. In general, he was persuaded to speak. He was like trousers and sleeveless, with almost no warm-up, shook lying 200kg! Then followed the second time the competition - to reap the number of bar weighing 100kg. He shook it 29 times.

That's exactly it gives sport without steroids - the stability of results. Once again - this time he did not train for weeks and sometimes months, and its results, however, did not fall. And let him in their time spent more time at achieving its results, than the guys who use steroids, but now his force remained at the same level, even if it is a long time, no trains for some reason.

4. Reduction cycle.

Sometimes there are situations when you are not trained for a long time, but decided to return to the hall, and you want as quickly as possible to dial the old form, to peak results.

In this case, to help recovery cycle for up to 12 weeks (this cycle is proposed World Champion Andrei Butenko).

Over 100% takes the weight that corresponds to your continued peak shape. Then load a "heavy" days will be allocated for weeks as follows.

1-3 weeks - 60%, 4 sets of 10 times.

4-6 weeks - 70%, 5 sets of 6 times.

7-9 weeks - 80%, 5 sets of 5 times.

10-12 weeks - 90%, 3 sets of 3 times.

In the "light" days of the load does not change and can remain constant. Ie "light" days - is still days of work on technique and they can always hold on scheme 60%, 4 sets of 4 times.

However, stress - it is the regenerative cycle. Continuing its use should not be, because in this cycle is the maximum intensity is already at 7-9 weeks, and until the end of the cycle, this level of intensity is kept at approximately the same level.

Such a construction cycle is justified to restore, but to prepare for a competition he will not do.

Chapter 5. How to set up head.

"They raise not the muscles, raises his head" - that's true of the iron sport.

Most athletes head does not help, but hinders raise.

What muscles are ready to man, well show experiments with chimpanzees.

In terms of anthropometric characteristics (weight, height) a person occupies an intermediate position between chimpanzees (average, 150 cm, weight 50 kg) and gorillas (average growth 180cm, weight 250kg).

Chimpanzees - our closest evolutionary relative. Chimpanzees and humans are descended from a common ancestor, the separation of these species occurred somewhere in the turn 4 - 4,5 million years ago.

I want to emphasize that man and chimpanzees are physiologically very similar, to the extent that the blood of chimpanzees has all the same blood group, and sometimes it is transferred to people.

From these positions will be very interesting to know what power figures are making chimpanzees.

So. Adult 50-kg male chimpanzees squeezes on the hand dynamometer 330kg. Angry 45-kilogramovaya female squeezed both hands 504kg.

Ie chimpanzees, despite their small mass and the similarity with the man, literally superhuman strength!

On average, female chimps more conventional male person in 3,6 times, although the volume of muscle mass a person far ahead of chimpanzees.

This is a very expressive data, because they show and the possibility of our own muscles, because the human and chimp is anatomically almost identical.

The difference is one - has a more developed brain, which he can help, and perhaps prevent - to fill the fear, anxiety, neuroses. How to make the head started to help the athlete, rather than hinder?

How to make sure not to waste a desire to go to the gym? How can I make not be afraid of large scales? How to make sure that does not "burn out" before competition? What is the best tune to approach? How to make better recover from hard training? You came to a strange new room, how to find a common language with the old-timers in this room?

All these are questions whose answers will determine the final level of athlete, the result, to which he comes.

Let's try to find answers to all these questions.

But it matters not training equipment, uniforms, steroids, protein shake.

These are questions of psychology!

It would seem that such an outwardly Postoj question - why in fact the athlete throws the train?

After all, he understands that sport is very good for health. But still, despite the arguments of reason, throws. So why do it for sport did not become a habit? What should I do to workout yet become familiar and comfortable?

To understand this, and other critical issues, we need some knowledge about how our brain works. We need to know the basic provisions of such a science, psychology, and to make certain conclusions for themselves. In explaining the phenomena occurring in our head, I'll rely on the modern model of psychology, proposed a brilliant popularizer of science, doctor-therapist, leader of the St. Petersburg psychotherapeutic center Andrei Vladimirovich Kurpatovym.

You'll be surprised, but the most important discoveries in the field of psychology made by Russian scientists. Contribution and credibility of our scientists (Sechenov, Pavlov, Ukhtomskii, Vygotsky, Anokhin and others) in this area is so large that the chief therapist Russia traditionally is both president of the European psychological associations.

Here, the contribution of our countrymen and will need to understand, because the basis of sporting failure, depression, thoughts about the meaninglessness of training, fear of competition, fear of large scale, alcohol, etc. is ignorance of the mechanisms of the brain.

Briefly enumerate three basic mechanisms of the brain:

1. We - a set of dynamically changing habits (Pavlov).
2. Habits operate on the principle of the dominant (Ukhtomskii).
3. Habits are located in the subconscious and direct the work of consciousness (LS Vygotskii).

Do not be fooled seemingly unintelligible written - with all that we will soon be dismantled, and you'll see in these phrases a deep meaning.

Habits.

Ivan Petrovich Pavlov did the following experiment: he placed the dog in a special machine and gave her food. At the sight of food for the dog shows unconditioned reflex - began to salivate. Then he began to combine the delivery of food to some perfectly neutral stimulus - the inclusion of the bulb. Some time later, the dog formed a conditional relationship between the inclusion

of light bulbs and serving food. This previously neutral stimulus - the inclusion of light bulbs - has already seen a dog as a prerequisite for serving food. And in the case, even if the bulb is turned on, and the food is not served, saliva from the dog still stood out.

Formed that in the curriculum of biology called "conditioned reflex, Pavlov himself, and followed by psychologists call" dynamic stereotype ", but the ordinary man finds habit.

These "dynamic stereotype" can be quite different. The students worked hard Pavlov's dogs substances which increase the pressure and at the same time the doorbell rang. After some time had only the sound of the call raised the pressure in the dog.

For this scheme were held and other experiments in which the dog on the external stimuli elicited tachycardia, vascular spasms, and many other changes in the activity of internal organs.

Then the experiments were complicated. Pavlov first dog stabbed with a needle, and then gave her food. And if the first shot at the dog reacted as usual - a rock and growling, then later her behavior changed dramatically - in response to an injection she was wagging his tail and dressed in her saliva. It turned out that even pain can be enjoyable, if reinforce its positive. Actually, there's nothing surprising about that, because this property people learned to use another ten thousand years ago, when I first began to domesticate animals with sticks and carrots.

Training of animals - this is a manifestation of "dynamic equilibrium", when, following the implementation of a completely neutral and is not necessary for the animal's actions, the animal receives a reinforcement in the form of food.

This same mechanism works in the human psyche, only here it's not called "Training" and "education" and "development of skills and habits."

Any habit not come by itself, but is the result of positive or negative reinforcements.

About how this happens, the shows in his experiments devoid of humanity founder of behaviorism, an American psychologist JB Watson.

11 timesyachny boy Albert was very fond of playing with his fluffy white rat. Dr. Watson has decided to wean him from this. He knew that the children are afraid of strong and sharp sounds, so one day, as soon as Albert reached for his white rat, he struck the gong. From the sharp and loud sound gong boy jumped, pulled his hand away and wept.

When Albert had calmed down and played in other games, Watson again slipped him the white rat. The boy reached for it, but once the bell rang again, he got scared again, he jerked his hand and started crying again in horror.

Some time later, when Albert calmed down, Watson, for the third time he placed a white rat. But to beat the gong did not have to - the boy screamed in fear and cried out loud only one type of white rats, which he only played quietly yesterday.

It was formed in the boy "dynamic stereotype" in the white rat, which gradually, as they grow older Alberta, grew into something

more. Later, he began to experience fear in regard to any similar to the white rat subjects: he was afraid of dogs, cats, rabbits, fur coat, beard Santa Claus, etc.

All our habits are formed in a similar scenario - either positive, but more negative reinforcement.

And in regard to rights as a reinforcer acts not only food or external sounds, but also the psychological impact - weasels, praise, humiliation, injury, etc. - All that aroused some emotions.

For example, when the actor applauds the entire room - this is such a powerful positive reinforcement, that now he no longer represents your life outside the scene.

Awarding Ceremony for many athletes have become the most expensive memory. In their honor to fly the flag of the country, heard the anthem, thousands of people looking at them with admiration.

Praise, medals, awards ceremony and other forms of group recognition are excellent reinforcements, which are used not only in sports but also in commerce. For example, the director of a company that specialized in selling, wanting to reward their "team" for a good year, rented a football stadium, held a great celebration for employees, senior administrators and their families, and he did so that the vendors that have made the best of luck ran out on the field through the tunnel for the players, but on the scoreboard to the applause of all present broke out their names. Vendors have a powerful positive reinforcement, which stimulated sales. Actually so did the Soviet government, encouraging activists of the Stakhanov movement.

Thus, habits ("dynamic stereotype" as psychologists call them) are formed with the help of reinforcements.

But, after the habit is formed, it does not want to change. Any change of habit leads to stress. But any return to normal life is accompanied by a feeling of comfort and security.

The simplest example: a newborn baby in the womb used to perceive the beating of a mother's heart. If the room where there are newborn babies, put the tape on which recorded dimensional sounds that mimic the heartbeat, the children become much more calm than children in ordinary wards. They gain weight faster and less crying.

The habit of always strive to preserve what is - and this is its first and direct responsibility. This is her natural destiny.

Habit - it is only tested once stereotyped action that did not lead to some unpleasant surprises and the only reason I remember the brain, as a safe form of behavior.

Habit - a manifestation of self-preservation instinct. So, whatever happened, people always seek to implement a proven experience of stereotype behavior.

It is for this in the treatment of psychosomatic diseases most doctors insist on adherence of the day.

The brain likes to work on schedule: on the schedule is on schedule to sleep on schedule to receive the load. From graphics to our brain becomes comfortable. There is a habit in the body produced a conditioned reflex: every day at a certain time,

begins to salivate, at certain times come in muscle tone, at a certain time for bed.

Life is such a person would be best protected from stress and that in order to achieve a clear regulations, people with various psychosomatic diseases are often put in the hospital - for the period of treatment of serious diseases such help the body to be extremely timely and valuable.

Make the first conclusion: once the habit and treatment are so important to the organism, for best results it is desirable to train at the same time.

Habit - this is what protects us from the frightening unknown. Any other options for actions that are not verified by experience, no matter how much good they may be in terms of the mind, causing anxiety.

That is why it is so hard to get rid of bad habits. The mind is aware that smoking, alcohol, overeating - is wrong and has the most negative consequences, but the instinct of self-preservation as a habit of struggling to keep it native, familiar, well-known behavior.

So, our brain (the subconscious) reacts negatively to any unusual change - though positive, although negative - the same way.

This property of the brain, by the way, is well studied in dogs. Dogs, as a reward for successful completion of assignments, receiving complementary foods in the form of crumbs. The dog used to the complementary feeding. But once the experimenters gave the lure in the form of a piece of fresh meat (this doggie delicacy). The dog ran up to bowl and found a piece of meat instead of bread crumbs, not rushed at him, but instead fell into a terrible anxiety, renounced meat and no longer carry the team studied previously.

The biggest problem is that the instinct for survival is not interested in the fact that better and worse. Its main goal - to leave everything as it was. Any deviation from the usual stereotype of behavior is an unconscious anxiety and inner tension.

Therefore, the stress of moving to a new spacious apartment about as big as the stress of job loss.

And the stress of the wedding even more than the stress of divorce. And all because the marriage destroys the majority of pre-existing behavior - changes the rhythm of life, and often the very place of residence, adjusted habits, and relationships with friends. All of these changes and create stress.

The strength of stress caused by the loss of livelihoods in relative units (according to AV Kurpatovu).

Stressful events Points

1. Death of spouse 87
2. Marriage 77
3. Divorce 76
4. Pregnancy 68

5. Serious illness, injury 65
6. Loss of work 62
7. Gap strong link 60
8. Loan of money, giving a duty of 52
9. Admission to study 50
10. Changing profession, work 50
11. The emergence of a new family member 50
12. Changing personal habits 45
13. Changes of working conditions 43
14. Moving to another apartment 42
15. The dismissal of the wife to work 41
16. Change in the way of leisure 37
17. Change in religious practices 36
18. Changes in sleep mode 34
19. Change of personal finance 33
20. Entertainment Travel 33

The fact that the instinct of self-react to any new situation - this is certainly not accidental. In this mechanism lurk shaped the evolution of the need for full mobilization of all forces of the organism in the case of the slightest changes in the environment. It was necessary for survival.

That is why the instinct of self-stress reaction to any new situation. The psyche begins to worry: "What happened? What changes are related? Is there not a catch somewhere? Not happened Does it matter?".

This is fully justified and protected by us function of the brain - it signals concern about any changes in the external world, because in nature, from which we came from, any such change may be a sign of a real threat.

If the animal is faced with some change in the situation, he strains to investigate the whole situation completely and make sure there was no danger - a sudden, these changes were not without purpose!

The human body reacts the same way - in any new situation, he is responsible stress. And stress is one task - to mobilize the body in order to meet the "enemy" fully armed.

First involuntarily tense muscles. But the tense muscles need more nutrients and oxygen, in addition, tense muscles relaxed and much harder to push blood in them much harder.

Therefore, simultaneously with muscle tension increased heart rate, breathing becomes more frequent, rising blood pressure. As a result of these actions will have the muscles necessary amount of oxygen and nutrients, which are under great pressure to be pumped to the muscles.

But that's not all - tense muscles emit a lot of energy, and if it does not set aside, the organism can get internal heat stroke. To prevent this will increase perspiration, which will be cool working muscles.

I want to emphasize this fact: a stressful condition occurs regardless of sign changes - positive changes in exactly the

same cause internal tension, improve muscle tone, blood pressure. Most good venture will come up against this wall of misunderstanding on the part of self-preservation - if we decided to run in the mornings when we are trying to quit smoking, if we make a new more attractive job. All this - the new state. All this - stress.

And there's only one way to calm the instinct for survival in the event of a new situation - positive reinforcement.

If you do not, then what would have been the arguments of reason in favor of new developments, the body will react even to the most positive change in the situation internally concern and try to avoid it.

Make a second important conclusion: in order to exercise have become a habit, so that they do not cause negative emotions, you need every time immediately after training yourself to something positively reinforced.

As a positive reinforcement fit everything that leads to pleasant emotions. And every athlete is looking for a intuitive way myself - someone goes to the shower, someone to lay down on a massage table, someone drinks sweet protein shake, etc.

No matter how you are positively reinforced after the workout, if it caused a feeling of joy.

And, of course, here in the first place there is the timeliness of positive reinforcement. It needs to be done immediately after your desired event.

Again, it is very important in this case. To form in the brain of a stable relationship (dynamic stereotype), it is necessary to promote itself as soon as we need the event.

We usually always late, wanting to say something nice. But agree that the phrase "Listen, dear, last night you looked great" - it sounds not so, as the same phrase, said at the time.

In order to promote yourself, you need to make a list of everything that brings you pleasure: massage, warm shower, tasty drinks, a nice book, beautiful music and much more. Each person will be your list. For example, my friend loves coffee, but drank only one cup a day and only in the morning and then throughout the day to deny itself the pleasure. But the next morning she again enjoys a cup of coffee. Look, you probably have similar sources of personal pleasure.

Thus, we have a list of pleasures. Now our task to do so immediately after the workout, you are immediately brought me pleasure. To do this, use any item from your list of pleasures. All forces should seek to establish this stable relationship between our subconscious conditioning and positive emotions. It is in this lies the key to success.

Dominant

Once Alex Ukhtomsky conducted experiments with dogs to study the reflexes - he studied the reaction rate of the animal to electrical stimulation. To do this, he placed a dog in a special "machine" and tightened its straps.

Dog's front legs were on a metal plate on which Ukhtomskii with switch handed a small electrical voltage. At the time of the

current, the dog pulls back paws, and the speed of its response to electric shock was recorded and recorded.

There were already a lot of electrical power supply to the metal plate, when suddenly a dog in another blow to the current not responded. Ukhtomskii doubted - whether there is current in the circuit and even a couple of times clicked on the button. The dog still did not respond to current hits, but took characteristic defecation posture and put a heap of dog kakashek.

After that, she again began to regularly respond to shocks.

So it was discovered the essential principle of the brain, which Alexey called "dominant".

Dominant is that the brain secretes something most important, the most important reaction of the moment, and all secondary - hindered and ignored.

Dog suffering the blows of an electric current, which causes a defensive reaction - she pulls back legs and a rock. Ie in the dog's brain was activated by another source of excitement - the center of defense.

But in the depths of her brain began to mature a new hotbed of excitement - the center of defecation. At some point, a new hotbed of excitement replaced the old, and the dog stopped at all to respond to shocks - its center of defense was totally overwhelmed by the center of defecation.

Moreover, all the energy center of the defense was redirected to the new dominant focus of excitation - the center of defecation. This actually is the basic concept of the dominant - winning in the competition focus of excitation captures virtually all the resources of the brain (ris.5.1).

Dominant - this is another manifestation of self-preservation and just helped our distant ancestors to survive in the wild.

The principle of dominance does not allow the brain to exist multiple foci of equal excitement, all his energy the brain sends to perform only the most important in the current problem.

Dominant lets you focus on one thing, suppressing and ignoring everything else. If you have a strong desire to eat, then you will only think about food. But if at that moment a sudden a fire starts, the focus of the excitation to move, and you forget about food, but that will have the strength to escape, taking the legs away from the fire. Moreover, the dominant focus of excitation, not only suppresses the other centers, but also takes their own energy. Roughly speaking, the more you had wanted to eat, the more now will run from the fire.

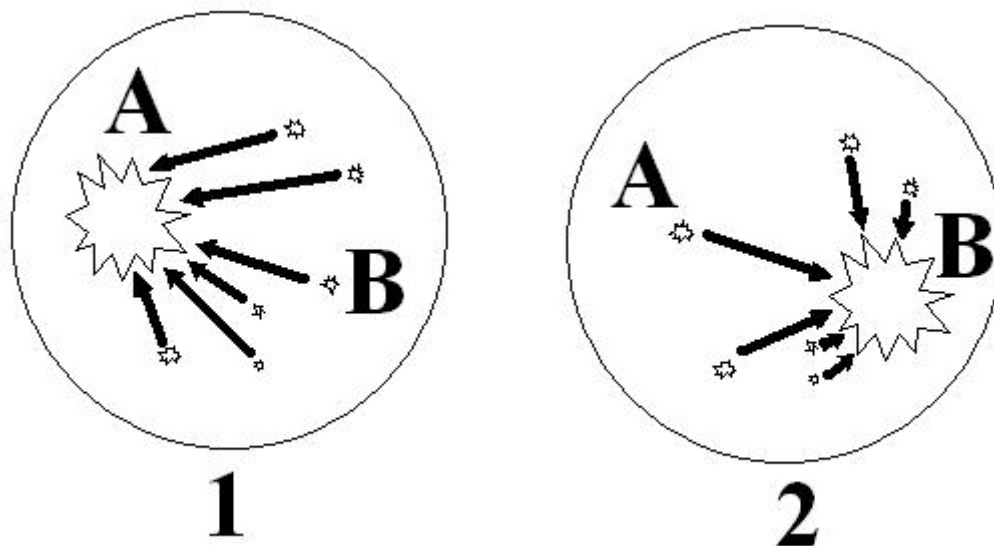


Fig. 5.1. Changing the dominant in the dog's brain (A - the center of defense, - the center of defecation).

1 - excited Defense Center

2 - excited Center defecation.

But if the animal dominants (ie needs) is not so much - to feed themselves, to avoid danger, mate, that a person needs just an insane amount of quantity. Here and physiological needs (hunger, thirst, sexual desire, the need for heat, light), and security needs, and the need for love (to be in a group, do not feel lonely), and the need for respect and the need to investigate (Thirst for knowledge), aesthetic needs (thirst for beauty and order), the need for self-fulfillment, etc.

Each of these biological, social, spiritual, etc. needs can become the dominant requirement. In itself, the number of these needs is not so terrible. Scariest another - most of these needs represents an illusion, and under no circumstances be brought to its logical conclusion.

For example, it is impossible to bring to its logical end the desire to be the smartest, richest, most famous. But meanwhile, these totally unrealistic fantasies become "very, very, very often at the forefront, and all the powers of the brain, according to the principle of the dominant, they go to perform this pipe dream.

All not make any money, but the man who is dominant already formed, does not go away from the workplace, forgets the family and becomes a workaholic.

The casino does not win, but man, captured the idea to beat the casino, there comes again and again and again and again loses and loses his money, becomes the "gamers". He is obsessed with this idea. He is developing "their system", begins to believe in "true signs. At all reasonable arguments, he responds: "But the other wins!" or "Yes, I understand everything, but I would only recoup ...". Excited dominant captured the man and could lead to the collapse of his whole life.

Guy trying to get rid of in love with his girl, she hinted that it is somewhat stout. She then captured the dominant, to sit on

an unrelenting diet, practically stopped eating, but if you load up, then two fingers in his mouth and everything descends into the toilet. Girl is becoming a bony distrofichku. But she can not stay, each swallowed a piece she perceives as a poison, a couple of spoons of soup eaten - cause "heaviness in the stomach and perceived her as gluttony. In this dominant, there is no logical end, if a person is not urgently referred to a therapist, it often this quest for beauty turns into death from exhaustion. And it is by no means rare, for example, in the UK every year from starvation caused by severe dieting (doctors call this disease "anorexia nervosa"), from a life spent more than 18 thousand English girls aged 16 to 35 years.

Dominant cease to have effect only in two cases: if it is satisfied (like to eat - they ate), or if it is superseded by other more powerful dominant (like eating, but quarreling with the boss, and lost appetite).

Hence it is clear how terribly dominant, which can not have its logical end. Stop them in a natural way (to meet) is impossible, but to find a more powerful dominant is not always possible. So sometimes people live, directing all their energies on the goal - the passion that simply can not be achieved, and plunging into a severe neurosis. And as anyone managed primarily emotion, he, as a rule, he can not evaluate all of its catastrophic condition. In dominant, there is another feature. Man begins to see the world through their prism.

"The world is such man, what are its dominant" - such an important conclusion made Ukhtomskii.

What does this mean? This means that we see around us and relations with them objectively, but based on our landmarks. If you "turn" on the image, you will assess the other person primarily responsible for clothing, in which he dressed. If you think that you all want to offend, then you'll see in every act of other people's desire to offend you. If you think you're ugly, you will take this public opinion, and not believe other people, if they say the opposite.

We see the world as what our dominant. And in this sense, the world is fair. It belongs to us just as we ourselves belong to him and to him.

We are looking for in another person those traits that can expect to find. And we expect to find first that is inherent in ourselves. As a result, we tend to ascribe to another outsider of our own features.

Here is how it manifests itself in the experiments. A group of people asked for a psychological response to his companion, while they were unaware that the idea of the experiment, they themselves, not their companion were subjects. Each of them, defining the interlocutor, he attributed his features. The one who was greedy, I could not believe in altruism, the one who was good by nature, attributed to the other party and the capacity for empathy. In a perfect stranger people see their features. Dominants profession imposes a very strong influence on the attitudes of people. Look at the sociologist - everywhere he sees social processes, the doctor - everywhere sees illness and

even where it does not ask for. Teacher - a person who used to teach and to identify lack of knowledge, so the whole world sees uneducated and in need of teaching.

We are looking at the world around us that are accustomed to look, then, in that our brains are set!

Make the third conclusion: if we want to achieve something in strength training, you should use all the energy of the brain and bring it dominant. Bring a fierce desire to achieve some clearly defined outcome, such as shake 200kg, bulging biceps 45cm, perform standard or master of sports, etc.

If we excite such a dominant, that in this case, our brain will try to discover himself in the world around them every opportunity to achieve this goal. You'll pick out from the flow of environmental information you provide only that which will contribute to the execution of your desires.

Consciousness and subconsciousness.

The largest contribution to the science of the brain and the relationship of our consciousness and what they do not realize (you can call it the subconscious, unconscious, unconscious, subcortex, etc.), introduced the Russian scientist Lev Semenovich Vygotsky.

He voiced an important formula: human behavior is determined by his subconscious.

Our brain consists of two unequal and different in composition parts: a large brain and the cortex of the brain. Big brain takes 4 / 5 of total brain volume consists of two hemispheres and is constructed primarily of white matter. On top of that big brain is covered with a thin layer (2-5 mm) gray matter, which is called the cortex of the brain.

In general, called the cortex of the brain - the cortex, and the big brain - subcortex. The cerebral cortex - is relatively small in volume and is the youngest formation that emerged about 60 thousand years ago. Age and extent of subcortical much more, it appeared a few million years ago, and its volume exceeds the volume of the cortex in the 5-10 times.

What we call "consciousness" is located in the cerebral cortex, and in the subcortex is what we call the subconscious (unconscious, unconscious, etc.). So hereafter, I will sometimes use interchangeably the following pairs of words:

"consciousness" and "bark", "subconscious" and "subcortex".

Subcortex - that is what governs human life is there are all our habits (dynamic stereotypes) and mature foci of excitation (dominant).

Subcortex was formed millions of years ago and its only function - to ensure the survival of the organism at any time and anywhere. All the activities of subcortical (unconscious) is determined by the survival instinct, which forces a person to act in accordance with their emotions, instincts and needs.

Consciousness (cerebral cortex), as the younger part of the brain, always catering to those vague feelings that live in the subconscious (subcortex). The only problem is that consciousness may not always correctly understand the vague feeling that it

conveys subconscious.

Consciousness (mind, logic) plays the role of puppets in the hands of the subconscious.

If the subcortex emerged a hotbed of excitement or triggered dynamic stereotype, then all our thoughts at this time would serve no common sense, and the work of our subcortex.

Our consciousness - the thing is extremely biased and interprets any external events just as beneficial subconscious.

For example, take the player's consciousness, which started play on the stock exchange and wants to get rich on this.

Every sensible person should be clear that there are people whose applications to the outcome of trading on exchanges and there are people who want to guess the up or down in share prices will go from the first of applications. It is clear that the first (affecting) - richer, and by the fact that the second (guess) - poorer. With a reasonable approach, it would be logical to ask yourself - "but I can influence the course of trading on the stock exchange?". If "no", then the conclusion is clear - to play me on the stock exchange can not, it is - financial suicide.

However, the player's mind, stimulated by a dominant win, think about something else - he is looking for "their system. He is ready for days to read special literature and to develop newer and newer versions "of its system, which allows him to always win. Consciousness is entirely subordinate to the subconscious and in every way justifies it.

That is why they say that common sense and intelligence mean very little in our lives and our behavior is determined mainly by emotions.

American psychologists conducted an interesting experiment, whose results stunned the entire U.S. public.

The Bible is a parable about the Good Samaritan (Luke 10:30-35), the following idea: one Jew was attacked by bandits, robbed and severely beaten. Past this man were two priests, but none of them did not help him. A passing Samaritan (a descendant of immigrants from Assyria, traditionally in opposition to the Jews), stopped, put man on his ass, drove to the hotel and took care of him. The meaning of the parable that the Samaritan was merciful and closer to God than the priests.

Scientists, psychologists say a student at Princeton Theological Seminary: "You have to read a sermon on the Good Samaritan," but hurry, you are late, your students have long been waiting for.
"

On the way to the place where you want to read the sermon, to meet a seminarian was a man (he was a trained actor) who suddenly clutched at his heart, fell to the ground, began to moan loudly and coughing.

The experiment was performed multiple times with different students, but the researchers were struck by the reaction of students.

90% of seminarians, priests have almost going to read the sermon on the Good Samaritan did not stop to help someone in need!

Why are they passed? Of course, each of them then had the answer

to this question. They said they were not competent in the provision of medical care that they were late, that they are waiting for people and force them to wait - indecent ... We understand that the justification immediately found.

The conclusion of researchers was clear: human behavior is determined not by what amounts to his views and outlook, and emotions, fears and desires, ie set it to increase its habits and landmarks.

A man does what is required of it to the subconscious mind (his habit and dominant), and the human mind is not engaged in order to objectively look at the situation, and how to logically justify the behavior. Consciousness always strive to prove to us that we were right.

Emotions set the goals man!

This phrase should nail iron nails over the entrance to every house. This must know everything, know that only through the emotions we can manage ourselves and influence others.

Consciousness (mind, logic) is completely subordinated to the subconscious. And it is the law of the brain, which lives by its own rules, which do not relate to morality and ethics.

You want to raise a lot? You do not want to feel the fear of weights or before the competition? You want to be respected by others?

Only to control your subconscious, you will achieve these goals.

So, if briefly summarize the basic principles of brain function, we can say this: our subconscious (subcortex) permanently living habits and desires, and they are activated by a principle - "one of everything, the other nothing" (the principle of the dominant). These habits and desire to live and realized in the form of vague feelings and emotions. These emotions are perceived consciousness and tries to justify them.

This is confirmed by the data of physiology.

As I said earlier, our brain has two hemispheres - right and left. At each of these hemispheres is a layer of gray matter - the crust - a repository of our consciousness. The bark of these hemispheres, at least outwardly, and similar to each other, but perform different functions, so we can assume that our consciousness is composed of two parts.

One part of our consciousness is in the cortex of the right hemisphere, and it uses images and is called "figurative sense." The second part - is located in the cortex of the left hemisphere and uses words, and so called "verbal consciousness". The first reflects the consciousness of images, the second - building verbal (logical) reasoning.

Studies of the brain revealed that the first person perceives the information right (figurative) hemisphere, and then it comes to the left (verbal) hemisphere, which performs the logical analysis and makes a decision. Thus, we would live as two separate rights: the first - a sensitive artist, the second - zanudlivy mathematician.

This shaped part of the brain (the artist) first received information that builds your image of the situation and its

emotional coloring. The second part of the brain (mathematician) joined later and nothing has fundamentally changed - it only justifies and reinforces the other picture that emerged from the artist. If an artist is evaluated the information is positive, then a mathematician will only strengthen the positive. If an artist is evaluated it negatively, then a mathematician will strengthen negative.

Ie after the right brain and interpreted the information was about her "first impression", then the left hemisphere is no longer employed in order to think about whether or not this is the right first impression, and how it corresponds to reality, but in order to prove why it is correct.

Understand what's wrong? If the information does not cause any emotion, she quietly passed to the left hemisphere. Everything is normal. The logic begins to analyze this information.

But if the information is emotion, then this information is passed to the left (logical) hemisphere is already emotive!

As a result, the left hemisphere, already tuned the right hemisphere, begins to look for logical justification for these emotions.

And here is a substitution of concepts.

If the information is emotionally hurt the person, the person ceases to look for logic in the information, and starts looking for logic in their emotions, an explanation of their emotions.

Ie begins to justify their emotions.

So seemingly intelligent people and caught on the hook for the fraudsters.

Why are among those who bought shares of MMM, was 76% of people with higher education?

Why to sorcerers, psychics go mostly people with higher education?

Why do people with secondary education are going to water the flowers in the house and occasionally go to church, and educated people can go to meetings rerihovtsev, studying the works of Madame Blavatsky, attending courses of levitation, or "opening the third eye?"

Because they have long coached his logic.

And now, this logic is able to explain any sign of emotion.

Understand the danger of higher education?

In fact, if simultaneously with the development of logic, not to educate their emotions, then you can easily be deceived.

Suffice it to arouse emotion, and then your brain is trained to himself all proves.

And examples abound.

So, all determine the first emotion, and logic is just adapts to it.

Emotions are paving the way for thinking, and logical construction of moving in only these pre-defined framework.

Therefore, the higher your level of education, the more closely you should follow your emotions. If not, then expect trouble

...

Here is a simple and many familiar example - your child after school time is not returned home. The situation of uncertainty

is always perceived by the subconscious, as alarming. Thus, your right hemisphere imagery will record the fact of the delay of your child, as alarming.

Then turn left hemisphere and, instead of wisely situation, it starts cranking this anxiety and "calculate" in which hospitals and morgues have to call, what to say to the police, etc. Now the situation is already perceived as a "monstrous danger. The organism is mobilized, you are ready to jump up and run to save her child. Excited by the sympathetic division of the nervous system: increased muscle tone, here and there appear and spasms, which leads to headaches and degenerative disc disease, the jumps of pressure, palpitations, pain in the heart, attacks of breathlessness and the like

At the same time suppressed the parasympathetic division of the nervous system that leads to relaxation of the muscles of the digestive tract - weakened intestinal peristalsis, ie there colitis, constipation, dizbakterioz.

And in the end, it turns out that your child just went to someone and forgot to call and warn that the be delayed. And we have already bid up the tragedy to the universal scope and significantly damaged the their health. And all because our mind began utmost to justify our first emotion.

Subconscious.

After we became acquainted with the youngest part of our brain - consciousness - it's time to move on to the fact that this consciousness leads - to the subconscious.

Psychologists do not like this word, they prefer the word "unconscious". But I do not bring myself to call the adjective true master of our behavior and ultimately our lives.

The subconscious mind - it is quiet, discreet Cardinal, who has full power and it is widely enjoyed.

Consciousness - is outwardly spectacular dressed as a king, who, however, solves nothing and no controls.

So I'll use it over an old word - "subconscious".

The main function of the subconscious - to survive in any conditions. The subconscious mind - it is the instinct for survival and everything in it is subordinated to survival.

To this end, nature went on a brilliant solution - put together in our subconscious into one of three management functions:

- Control the muscles of the body,
- Management of somatic functions (functions of internal organs, the hormonal system),
- Management of consciousness through mental experiences (emotions).

That is what we normally regard as independent from each other parts of the body (muscles of the body, the state of internal organs, emotions) is in fact firmly cemented by a common mechanism of survival. Any change in one of these components involves a change in the others.

Here's how it happens.

Imagine, a man was on a forest path. He was recently a bite to eat, and now dreams of attending and vending his girlfriend.

Romantic mood, singing birds, the sound of wind in the trees, and suddenly he sees a tiger ready to pounce. Problem of the subconscious in this critical situation to ensure the survival of man. And that's what it does for this:

A) Control muscle. If you have any risk of body muscles automatically tense up, paralyzed.

B) Office of internal organs. Being intensified sympathetic division of the nervous system, which begins to manage the internal organs in the mode of stress: increased heart rate, blood pressure rises, breathing becomes shallow and frequent, will increase perspiration. All of this will result in strained muscles will be uploaded to the nutrition they need, the decomposition products will be withdrawn from them, will be provided thermoregulation muscles, by removing heat in the form of sweat.

At the same time inhibited the parasympathetic nervous system division, which manages our leisure, rest and digestion. At the moment of danger digestion is not necessary, therefore, there is a sharp deceleration of all that is associated with digestion: stop salivating, reduced motility and tone of the gastrointestinal tract, all sphincters (crossing valves) are closed.

B) Office of consciousness. There is a strong emotion of the danger that completely sweep the minds of all thoughts about the beauty of the surrounding nature and secret dreams of meeting with the beloved. Consciousness, with the help of this emotion, dramatically shifted to finding a way out of this situation.

In a one-time impact of all these items a person has taken all possible measures for their survival, such as sharp jumps up and hangs on a branch of a nearby tree.

All this is valid immediately, instantly, in a complex not only in times of danger, but always, in every moment of our lives.

All these three components (muscles, internal organs, emotions) are welded together into one and only work once.

Any emotion leads to corresponding changes in the subconscious. From this inevitably occur some changes in muscle tone (some muscle strain, while others are relaxed), and any changes in the internal organs. Example: we Naham saleswoman in a store. Broke out the emotion of anger, tense muscles, there was a release of hormones of the adrenal cortex, eventually changed the whole work of the internal organs.

Any change in the internal organs leads to changes in the subconscious. From this inevitably occur some changes in muscle tone (some muscle strain, while others are relaxed), and there are some emotions. Emotions determine the line of thought in our minds. Example: we feel discomfort in the stomach (gastritis). The result of irritation, we have nothing we can think of, everything seems bad, everywhere are looking for (and find) the bad side, the muscles come to tonus.

Any muscular tension also lead to corresponding changes in the subconscious. The subconscious mind will change the function of internal organs and create an appropriate occasion emotion.

Emotion will determine the course of thought in our minds.

Example: We relax the muscles of the body and the forehead, but strained the muscles of the mouth and a smile. Sympathetic division of the nervous system calms down, the sphincters relax, digestion is activated, there is a positive emotion, thoughts become light, everything seems to reach.

Our subconscious mind - it is three-headed dragon, and it costs us to touch only one of his head, as all three simultaneously turn around and look at us. And in order to tame this dragon, we need first of all, understand it, we need to learn the speech and try to translate into what he wants us to say.

Emotion - this is the language of the subconscious. Emotion - the mapping of the state of the subconscious. If we feel ourselves to be well-fed playful friendly puppy, ready to wag the tail, then our subconscious mind, which create these positive emotions, rather completely the current state of affairs - the state of muscles and functions of internal organs is not an issue.

If we are gloomy and irritable, rush to and sundry as vicious junkyard dog, it is our subconscious, something agitated and thus manifests itself.

Thus, all three components of the subconscious (muscles, internal organs, emotions) are working simultaneously and always depend on each other.

Consequently, we do a fourth important conclusion: we can control the subconscious mind through any of these components - in the muscles, internal organs (ie, through breathing), through the emotions (self-hypnosis).

That may come a time when we can answer all those questions that are asked ourselves at the beginning of the chapter.

Question 1: how to set the approach and the maximum spread oneself?

To configure the approach you need to convince ourselves that we are at risk. In this case, the subconscious mind will mobilize all resources.

Method 1: Through the muscle.

Static, but not very much straining muscles of the arms, chest and torso, buttocks and legs, clenched his fists and stands. Tension in the muscles is reflected in the subcortex, ie occurs in the subconscious stable focus of excitation. In other words, tense muscles in the brain send information about what they are stretched. Subconscious decrypts it clearly - once the muscles are tense, it means that we are in a state or defense, or in a position to attack.

Instantly made to mobilize all resources - changing emotions, is the adrenaline rush of anxiety and hormones - corticosteroids, the work of the internal organs go into a low risk.

The whole body comes to tone.

So: just before the approach you have static, but not at full strength, stretch the muscles of his body.

Method 2: Through the internal organs.

When an animal is fearful, then it tries to lay low - a breath after inhaling delayed, and then becomes superficial and fast. The man is exactly the same reaction - in an emergency, a delay of breath.

Here's how it all organized in terms of physiology.

The autonomic nervous system consists of two parts - the sympathetic and parasympathetic. The sympathetic division is responsible for the voltage and active and included in moments of danger, active wakefulness or physical education and sport. Parasympathetic division is responsible for rest and digestion and is included in moments of relaxation and tranquility. These two divisions of the nervous system is closely linked with the breath.

Focus on the breath (a long breath or pause after inhalation), activates the sympathetic nervous system. That's how they breathe swimmers - before they reach a Dive into the lungs of air, then dive and begin to actively work with their hands and feet. Ie a time when a swimmer dives under the water, he does pause for breath (ie, breath holding after inspiration comes). Actually, all the hardest work we do at the time of breath-holding after inhalation.

The emphasis on breath, and extensively used in our daily lives. So kolyat wood, so do meat cutters, so they breathe fighters before going to a duel - they loudly in deeply inhale air and exhale quickly, as if pumping up the energy. Just breathe and "walruses" before the dive under the ice - is breathing helps them decide to plunge into the icy water.

Focus on the breath fills the human energy, his sympathetic system is excited by a sense of vigor and activity.

So: just before the approach you have to blow up the nostrils and make a long breath or pause after inhalation.

I note one feature - the parasympathetic division of the nervous system is responsible not only for leisure but also for digestion.

So if you eat or drink before or during exercise, the parasympathetic division of the nervous system is regarded as something that came moments of relaxation and tranquility, you can eat. Accordingly, the sympathetic division of the nervous system receives a command to relax - the muscles lose their tone, the activity is lost, the breath calms down, I want to just lie down.

As a result of the effectiveness of your training is significantly reduced, you'll be too relaxed and unlikely to be able to be fully tiled. So eat and drink before exercise and during exercise is not recommended. Only after the workout.

And one more remark. One of the pioneers of American psychology, William James remarked that a man squeezes the dynamometer stronger, if at the time when the applied force, the red light. Moreover, this result leads only red.

James put forward the theory that such results could be explained by the fact that red light is associated with danger,

since red color - the color of blood. Therefore, use this property of the psyche and to approach not forget to look at something red. This will lead to more stimulation of your subconscious. So, you raise more serious weight.

Method 3. Through emotions.

Many athletes wound itself through the emotions. They are asking mates to beat them on the ears, hit with full force on the back, down her cheeks. Strikes cause feelings of anger. They were swearing, shouting, growling, they rushed around in front of the platform, furious leap at him and keeping this emotional mood of danger and struggle, raising the maximum for a weight rod.

All this, of course, you can do and more quietly, without teammates, blows to the head and a loud roar. For example, think about what is causing your anger? Think of some injustice.

If you are a patriot, remember that for the Motherland, whose honor you, one way or another advocate, killed your grandparents.

One of the psychologists I know Alex Ivakin with one of the groups search engines sometimes went to the Novgorod region in the space battles Volkhov Front 1941-1944. He says that the missing soldiers and commanders of the Red Army is still lying in the neutral zone, in the swamps, forests and rivers. Their children and grandchildren are still looking for their dead for the homeland, but not buried their fathers and grandfathers. Once they found our fighter. In his left hand he had a grenade without a fuse in the right - a wooden stick to which primotan bayonet. He reached the German trenches about a hundred meters. Do not reach it and the whole battalion - 300. They were all shot at close range with machine guns.

He ran and he knew that today would die. Will die for their country without killing a single enemy. He knew it. But he escaped.

He was not behind any blocking detachments - behind a river. Unfortunately, he had no documents and no medallion. He remained an unknown soldier.

And compared to him and see themselves. Ready if you are a soldier, and homeland? Are you ready to break with their bare hands of its enemies?

So: just before the approach you have to call in a fit of rage. And note - of course, all these methods is best done at the same time.

Question 2: How good rest?

It is known that the muscles during exercise are destroyed, and during the rest grow.

Therefore, our task is to make travel more efficient. And the rest should start immediately after the workout.

We use the same management scheme subconscious - through the muscles, breathing and emotions.

Method 1. Relax the muscles.

There are several ways in which people are used to remove chronic muscular tension - a massage, sauna and exercise. All this, of course, very well, but, unfortunately, massage and sauna provide only short-term effect. Sports, did not result in relaxation, as to overstrain the muscles.

To get rid of muscle blocks and relax the muscles, you need to perform a special exercise, relaxation after stress.

The fact is that our muscles are not able to withstand excessive, superstrong voltage. In this situation includes a protective mechanism to prevent the muscle from breaking, and the muscles of the body spontaneously and completely relax. Ie business for small - to create an intense, short-term, excessive tension of all muscles of the body.

For this we can use the method of physician-therapist AV Kurpatova "relaxation in tension (Fig. 5.2).

In the first stage we train all the muscles in turn.

Voltage muscles of the hand - with all his strength, squeeze your fingers into a fist.

Voltage forearm muscles - to the maximum bend your wrist in the wrist joint.

Voltage shoulder muscles and shoulder girdle - dilute hands apart at shoulder level and bend them to his elbows (and elbows, and shoulders should be on one line).

Muscle tension blades - Keep your shoulder blades together and pull out of this situation to the bottom, prognuvshis in the back.

Voltage facial muscles - nahmurte eyebrows zazhmurte that there are forces in the eye and bring them to the nose, wrinkling his nose, jaw clench and dilute the corners of the mouth to the side.

The voltage of the neck muscles - imagine that you have that power rests his forehead against the wall, but it can not budge, so you'll get that neck muscles are tense, but the head remains stationary.

Voltage abdominal muscles - the maximum Pull the abdomen and tighten the muscles of the press.

Voltage buttocks muscles - sit on a hard surface, tighten your buttocks - rear its little body.

Voltage perineal muscles - simultaneously with the voltage abdominals and buttocks Pull the crotch to himself.

Voltage thigh muscles - from a seated position stretch your legs forward at a right angle.

Muscle tension leg - to submit to a foot and a little to the center.

Voltage foot muscles - bend your toes.

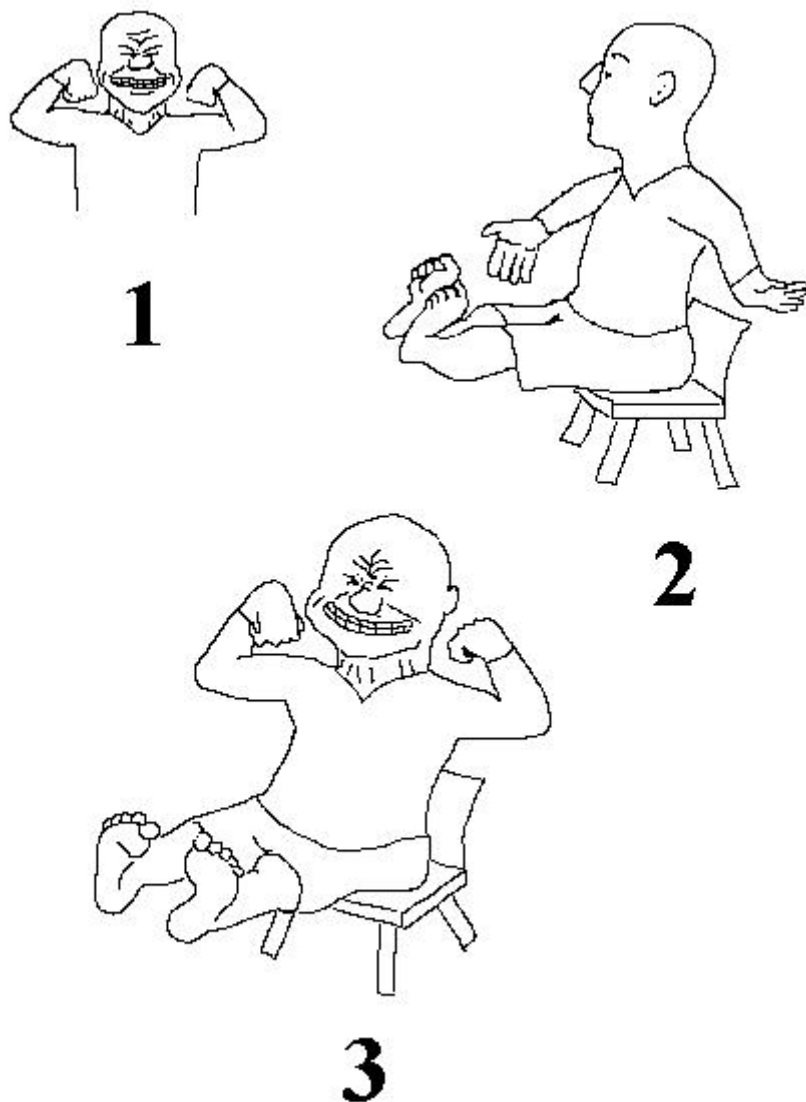


Fig.5.2. Relaxation after stress.

- 1 - Voltage upper body
- 2 - tense muscles of the lower body
- 3 - simultaneous tension of all muscles

Education this exercise takes place in three stages.

At the first stage - a student straining the upper body, the second phase - the lower part of the body, and only the third stage, all combine and strain all the muscles of the body simultaneously.

Once you learn how to do each of these exercises separately - go through all of them together, trying simultaneously to create the maximum tension in all muscles.

Mentally Count to 10, trying on each account and all usilyat usilyat voltage.

At the expense of "ten" dramatically relax and take a deep

breath calm. Rest for a minute, concentrating on the feeling of relaxation that occurs in the body.

It was at this point we reach the most important thing - rest and relaxation. It was at this point the muscle blocks away, negative emotions evaporate, but in the soul reigns previously unheard of peace and harmony.

The exercise was repeated at least 7-10 times a day so long as you do not learn to relax at random at any time, quickly and without muscle tension. Typically, it takes 5-10 days training. Do not forget, the tension - it is only a prelude to the main goal - to relaxation. We strained not to strain, but in order to then relax.

Now you have come a long way and have every right to rest. So take advantage of this right at one hundred percent! After a full voltage relax, lie down and feel the body is poured into a pleasant warmth. You know, as a pleasant rest after the exhausting work? It is bliss in comparison with the rest after doing nothing - is not it? ..

So relax, feel complete relaxation. Go to the country a true pleasure, do not resist this movement.

But not enough to simply learn to relax. We need to remember this state of rest and be able to arbitrarily, on request, to enter into this pleasant and certainly a useful state of physical relaxation.

Once you have mastered this exercise and learn how to induce relaxation of the muscle without stress, begin to use the relaxation at the end of each workout in order to achieve early recovery of muscles.

Contraindications to perform exercises: infectious diseases, pregnancy, in cases where physical activity is prohibited by a doctor. In old age to control blood pressure.

Method 2. Through breath.

As I have noted the autonomic nervous system consists of two parts - the sympathetic and parasympathetic. Parasympathetic division is responsible for rest and digestion and is included in moments of relaxation and tranquility.

Parasympathetic division of the nervous system is activated with an emphasis on exhalation (long pause after exhalation or expiration). I.e. deep breath soothes, relieves stress, relaxes. Exactly breathes sleeping man - a quick breath and exhale a long, sometimes longer pause after exhalation. So breathing lull themselves well to those who suffer from insomnia

I.e. in order to relax the muscles, you need to concentrate on the exhale and lengthen the time of expiration.

If we observe each other, we see that at different moments of life we breathe differently. For example, when a person sleeps, he breathes so: normal breath - a long exhalation.

When people begin to tense difficult case, for example, an athlete, a wrestler before going to fight, he breathes on the contrary: normal breath - a quick breath.

This natural types of breathing. Our subconscious mind for millions of years of evolution has tied them together with the condition of muscles and emotions.

Therefore, a long exhalation, will inevitably weaken the muscles and soothe you, long breath, on the contrary, increase muscle tone and nervous system goes into a state of excitement. Modern physiologists spent a lot of experiments with the frequency and depth of respiratory movements and found another very important fact. The transition to the so-called "connected breathing (breathing in which there are no pauses between breaths) without even changing the frequency and depth of breathing, leads to significant changes in physiological processes in the body: reduced dead space ventilation, increased alveolar ventilation, respiratory rate increases, increases partial pressure of O₂ in the alveolar air, etc.

If we speak in plain language - significantly increases the efficiency of gas exchange processes begin to proceed in the most economical mode.

But that's not all. Analyzing EEG data (using EEG study brain function), the researchers found that when "connected breathing" is the gradual replacement of wakefulness rhythms (alpha and beta) on the rhythms that are characteristic for sleep (low-amplitude theta and delta waves). As a result, people have sharply reduced the level of irritability, restlessness, anxiety and apathy disappears. A man becomes calm, relaxed and cheerful.

So, the conclusion that science is done, is as follows.

If we want to calm down, breathing should be:

- Connected (ie, without breaks, immediately followed by an exhalation breath, and exhale slowly flows into breath);
- Exhale should be longer than inhalation.

However, we face a big problem - if you try to control your breathing, you may notice that control your breathing is not easy. Shadowing and violent actions against their breath require great skill and often lead to stress than to calm down.

Breathing should be natural, spontaneous, but in this case we can use it to calm down.

A contradiction - to calm down, do your breathing and connected with a long exhalation (ie the need to monitor your breathing and adjust it), but at the same time the breath should be natural and spontaneous (ie not to interfere).

Tradition is out of this situation. Exit - in singing. That's why so many churches sing. That is why the Russian (Ukrainian) folk songs such lingering and melodic.

Singing - this is the very thing connected with the long breath exhalation. Simultaneously, it is natural, spontaneous breathing.

Therefore, in order to calm down with breathing can not observe the breath, and sing something.

And, you can not sing aloud.

Sing in mind, myself, a small fragment (literally, one - two sentences) from any quiet folk songs. And this will be enough.

What song to choose - this is a personal matter of your taste. Take a small excerpt from calm and melodic songs Sing it in your mind.

As an example I can name two songs that I personally like to

personally reassure me: "Ah, the wide steppe" and "Moscow Nights."

In general, try, experiment, try to trim.

Method 3. Through emotions.

There is a law of the human psyche - a man can hold his attention simultaneously on three dynamic objects. And when these objects as time becomes three, then comes the inner tranquility.

This is a very important law of the psyche, and we must learn how to use it for relaxation.

You probably noticed that pleasant to look at the fire, pouring water, the breeze in the trees, flying fish in the aquarium.

This is just a manifestation of the fact that watching three dynamic processes (flames, riffs waves, leaves, trees, fish), the human brain is fully engaged and for any other the mental effect is simply not the resources. It is from this man relaxed, immersed in the calm, peaceful state.

If you want to relax the muscles and fully restore them, take your brain monitoring of three dynamic (ie changing over time) objects.

I will suggest one way that will be useful not only for relaxation but also for your posture.

Rule one - Focus on top. All attention is focused on pulling the tops up. Imagine that your crown attached thread and this thread for the crown reaches upward. At this point you can gently stretch the muscles of the neck, creating the effect of stretching.

This condition is very important, because allows us to keep the spine steady, not letting him settle down, and ensures the correct position of the back and neck. It would be even to imagine that the coccyx is attached to the cargo, which pulls the spine in the opposite direction - toward the center of the earth.

Gradually, this condition will be stretchable spine you familiar and easy.

To keep this feeling in the routine of life, need all the daily traffic at a time when you get up from his chair, sofa, chair, etc. - Start with a mental movement crown. Then connect the muscles of the neck, giving a real sense of pulling and only then should the physical top of the rise and rise of the whole body.

Rule the second - not enslave pelvis, allow the pelvis to move. If you look at people, then they usually fix the pelvis in two extreme positions:

- Men, usually the pelvis moved forward (at the expense of the spin ssutulivaetsya) - pose like the one that takes a child, when he was beaten on the buttocks with a belt,
- Women, conversely, often serving bowl ago (at the expense of the waist formed by a strong trough) - pose reminiscent of that which takes the girl, when she start to molest in the dark

hallway, and she said, removing the pelvis back, shy away in fear.

In fact, the pelvis should not be fixed.

Taz must constantly move forward - backward, depending on respiration.

On the exhale - pelvis moves forward slightly, the breath - a little back. If you look closely to your body, you feel a slight movement.

Combines these two rules and obtain the following:

So when you go somewhere, somewhere standing or sitting, then:

a) is that your crown is suspended on a string to the ceiling,
b) monitors breathing

a) depending on the breathing (from breathing, but not the rate of steps!) allows the pelvis to make small movements (to exhale - forward to the inspiration - back).

Thus, if direct attention to these three dynamic object (crown, breathing, micromotions pelvis), then the person relaxes. At the same time, such work on calming the mind and will lead to corrective posture.

Question 3. How to stop being afraid of competition or large scales?

Everything related to anxiety, can be combined into one paragraph, as source of all fears one - wild imagination and an attempt to look into the future.

First tell the two experiments.

The first experiment conducted VV Pashutin, the famous Russian physiologist XIX century. He placed the dog in a ventilated box, where there are no external stimuli: there is no light, there does not penetrate the sounds and smells of the outside world. How do you think, how behaved dog? She bites? Scratched the wall box? Howled from despair? No, she first sniffed the new kennel, then quietly lay down and fell asleep.

The second experiment, similar to the first, was raised in the 1950's by the United States but on people - volunteers. People not sleep lying down, they gradually came in great excitement, bordering on madness, and they beat his head against the wall, screaming, trying to escape from the black box.

Why did the dog just lay down and fell asleep, and people started to behave contrary extremely aggressive?

Because the dog comes up with fear.

Only people are capable of being in a completely safe warm place, well-fed, and not experiencing anything in need, to invent a bad future. People falling into this box, began to think: "But do not suffocate I here?", "What if I do not have time to feed?", "What if war breaks out, and forget about me?". These thoughts and began to drive crazy.

So, what is fear?

Fear - is always a projection. Fear - is always an attempt to look into the future.

We look into the future and try to discern where possible threats. But, man is so constructed that all unknown to him wary, so anyone looking at the future with negative emotions and

anxiety.

So, we worried because we think we know our future. But we can not know it. Knowledge of the future - is an illusion. We can not predict future events. We just expect them with some probability. And with a reasonable approach should begin by calculating the probability of occurrence of this event, and only then to draw any conclusions.

So, what to do.

The first step is to draw attention to the mere presence of anxiety or fear. As a rule, people covered by the concern, focusing entirely on the source of fear, but the mere fact that they are gripped by fear - is passed into the consciousness.

So the first thing we need to do in this situation - is to admit to themselves: "I am afraid I am gripped by fear."

The fear is real, and sometimes illusory. What do they differ from each other?

This fear we feel in moments of real danger. But at this moment to act and the fear of playing a positive role - it allows you to mobilize all forces.

The fear of an illusory differs from the present so that we can think, "I feel fear."

In the case of this fear such a thought does not arise, because We are exclusively engaged in the subject real danger.

So, she thought: "I hvachen fear, I fear" clearly indicates that this fear - is illusory. He is not in real life. It exists only in our brain.

It's just a habit - a habit of fear is the thing.

Warning Again, the fear - this is just a habit.

And what is the habit and how they arise - we already know: the habit (reflexes) occur through positive reinforcement.

Yes, exactly, do not be surprised - and in the case of fear all the same. The brain works all the same.

What is positive reinforcement in the case of fear?

Reaction flight.

Ran down from what we fear, we have a powerful positive reinforcement and thereby reinforce the fear. Fear turns into a neurosis.

Therefore, frightened, do not run from your fear! Otherwise you will run away to infinity, can be a lifetime.

It is no accident in the Russian fairy tales warn the good youth: fright - do not run, and run after - lose his head.

Flight = fear.

Fear = flight.

All our fears are created by our own attempts to flee.

Therefore, to eliminate fear to destroy its foundation - an attempt to escape from him.

It will be difficult at first, but not as scary as before.

The first and most important - training.

We have already said that in the subconscious there is a single management mechanism: the muscles of the internal organs and emotions.

Fear - is emotion. If we want to prevent the occurrence of fear, need to block the work of the other two components - the muscles

(via relaxation) and internal organs (through breathing).

Act I: relaxing the muscles.

Any stress, danger, fear, cause contraction of the muscles, so our task is to relax.

They can be very easy to relax with excess voltage. At the time of excess-strong voltage includes a mechanism protecting from injury, and muscle spontaneously and completely relax. As the saying goes, "fight fire knock. How do I have mentioned. Call the maximum voltage of all the muscles, and then abruptly relaxed.

Step two: Begin to breathe calmly.

Breathe on the scheme with an emphasis on breath, beginning with the breath (5sek) - a slow exhalation (5 sec) - pause (5 seconds) and gradually moving to the scheme: breathing (5 sec), exhale (10 sec).

Experience complete relaxation and tranquility.

ACT III. Direct the attention of the outside world, not inside the head. Lie down in bed, relax and listen to ambient sounds, feel the blanket touches the body, look at the surrounding objects. Study the external world. Switch to him.

So, we removed the somatic components of fear and prepared for the most important thing.

Now we must enter into a frightening situation and try to wind up as much as possible!

We must free our fear from the positive reinforcement, which we gave him in the form of flight. We must go to meet him.

I particularly note - unless you have your body in a relaxed and tranquil state, until a member of a frightening situation can not be!

But as soon as the nerves come in order, so it is possible and in "hell".

Of course, this will require courage.

On the one hand, threatening danger to you - an illusion invented, but on the other - the fear of something very real. Therefore, you will need to be honest with themselves and act against the wishes of flight.

Being honest in the sense that clearly aware that the future yet. Fear - it's always thought of the future, in your case - it's just a fantasy about the future, which is not.

We must be honest with ourselves - we can not know the future. What do we know about your future? What will happen tomorrow, the day after, six months, year?

Nobody knows. Future - is unknown. And all our forecast, that we allegedly believe that we know what will be the future - it lies to himself.

And now the most difficult.

Begin, as you can to urge their own.

Are you afraid of competition. Fine. Think: "Do not be afraid, but I will, however, very passionately desire it, I want to go to all the competition in a row!"

This simple appeal of his fear, you cease to reinforce ceases to run from him.

You say: "Oh, brother Fear! Long time since we did not see you!"

We waiting for you!" Come in, come. What we have there today? Contest? Great weight? What kind of problems! Very good. Wear here. That we have, let a little more, more!
We can not be afraid of what you want and why, as soon as you tell us as soon as you will need to call for themselves the object of your fear, you immediately know that it's not so easy. Fear does not come when you call him.
Under this scheme can be rid of all kinds of fear.
If the first few times would be scary, but just a couple of attempts got a feeling that you can fully control the fear. And after 4 attempts fear takes forever. Checked.

Question 4. How can I make you respected and valued?

New users are generally not very comfortable feel in the room. They did not know and nobody knows. How to make sure that you have started to respect? How to earn the trust of more experienced guys? How can I make to become its own?

In other words, how can I make to other people involved in the hall, not to be lonely?

Let's look at this critical issue.

So, we already know that human behavior is determined not by what amounts to his views and outlook, and emotions, fears and desires, ie set it to increase its habits (landmarks). Ie we do not like orders sanity, as well as a bid by emotions. Mind over emotions - nothing.

But the emotions - it is the language in which we communicate with the subconscious. In other words, a person does so, as is required of it the subconscious mind (his habits and dominant). This consciousness (mind) of a person not engaged in order to objectively look at the situation, but how would logically justify our behavior. Consciousness always strive to prove to us that we were right.

Progress is determined by our thoughts feelings and emotions. If we are sad, we all will seek (and find) the bad side, ie will be pessimistic. If we rejoice, then thought to be the opposite - upbeat and positive.

Any need that arose in the subconscious, will turn our thinking in the right side of the subconscious. If we feel hungry, then start thinking about where to eat. If we feel thirsty, then begins to think that would have a drink.

But we still feel the need to communicate.

And I want to draw your attention to one thing: the information coming from the subconscious into consciousness, heavily distorted, as the consciousness and subconscious speak different languages. Consciousness operates signs (ie words), and the subconscious mind - the sensations and emotions.

Emotions are the language of words translated very roughly. The word "love" and a feeling of love - this is not the same thing. Herein lies the essence of the conflict of consciousness and the unconscious: the mind does not always understand what command gave him a sense.

Let's see how this conflict manifests itself through the loneliness.

Man - a social being. Ever since the earliest years he was accustomed to experience the joy of communicating with other people - they are his food and drink, bathe and lyulyukali. Firmly seated in the subconscious of a conditioned reflex to communicate draft worked out by the thousands of positive reinforcements.

So, the subconscious mind requires a person to be in a group and look for communication. This sensation is transmitted to the level of consciousness, and we begin to seek to communicate with others.

But consciousness makes to our desire for communion one small bar, which spoils the whole thing - we are beginning to look not just communication, and the ideal of communication, IDEAL other, the ideal man. Then life becomes a drama.

In the real man is always something lacking, and this is normal.

But we are in search for the ideal, it can never accept.

For example, you become acquainted with the man, but it seems you are not careful. You are beginning to irritate. "How he does not see this!? Permanently wrinkled shirt, hair not brushed, the room a perpetual mess! He's not so neat!" - Do you think about it.

The fact that they have an intelligent, honest, kind, reliable - all that you do not notice. You commit only annoys you factor - not accuracy - and begin to alienate themselves from this man. As result, you lose it, and with it you lost, and his intelligence, honesty, kindness and reliability.

Demanding from the man, that it does not, you lost the opportunity to get what it is!

Suppose, then you meet someone who you think is carefully, but without the above-mentioned advantages. And only at that moment you realize that by itself orderly, without anything else, you absolutely do not need.

And as always. Someone is not accurate, but reliable, the other kind, but not bright, the third brightest, but false, etc.

If you did not chase after an ideal, then we could get from these people that they have, and they would be grateful to you for that, because they would be in demand. But your mind is looking for the ideal man, and each of them something was missing.

The ideal man does not. That's a man lives alone, refusing to communicate with imperfect people.

Why do we not occur to take what is, and not seek what is not? Why do we search out other flaws? Why we do not understand what exactly this is the source of conflicts, quarrels and loneliness?

Truly, the best - the enemy of good.

In others there is always something for which they can appreciate the fact that they are willing to give - the mind, kindness, knowledge and experience.

Paradox! People are willing to give, but only a few takes!

People want to share, want to feel its demand, want, what they might have been happy. But all are looking for the "ideal man"

and therefore do not want a closer look at someone who is not perfect.

Take a man that can take, and do not look at it what it does not. Remember that when you take - you give, you vostrebuete, and so people feel it necessary - and you and he feel the joy of communication.

Look in the man that you enjoy, if you do not, then here that you and overtake Solitude.

Solitude - a conflict the subconscious wishing to live together, and consciousness, seeking an ideal relationship.

If you do nothing, then this conflict, like all conflicts of consciousness and subconsciousness, end neurosis in favor of the subconscious. Typically, this is a psychosomatic illness, which we are trying to attract attention, to cause someone's involvement and concern.

What in this situation do to avoid this sad fate?

Conflicts usually conscious and subconscious may be authorized by or in favor of the subconscious, or in favor of consciousness. But in this case, what the mind wants - to search for "ideal man" - is an illusion, it does not exist in nature. So out of this conflict is only one - must give up search of the ideal man. "

Let's talk about this more.

So, people - a social being.

We need to have loved and to love themselves. But what is it? As we know that we love?

If we feel that we are happy people, seeking communion with us, in response, and we begin to seek communion with him, because we are too fun.

Without the joy of our relationship with other people was disintegrating, and we begin to feel lonely. But the man who knows how to enjoy someone else's joy, able to call this joy will never feel lonely.

Therefore, the most important rule to avoid loneliness, family problems and divorce - to ensure that we were happy.

Careful reading! Not that we all rejoiced, and so we were happy!

This is opposite things - one thing when we demand that we all rejoiced, gave gifts, gratified, and quite another when we start thinking about how to make sure that the man was happy to see us. The first - a requirement to understand us, the second - is an attempt to understand another.

Joy - here is the binding solution, which unites us with others.

She is pleasant and the one who is happy and one who sees this joy.

It is for this love pets - they are every time you meet with sincere joy.

But if your family, your friends or partners in the room do not react like real pleasure to your appearance in an apartment in the locker room at the gym - it is an opportunity to seriously think about what you are doing wrong.

Look - everyone around you - your storehouse of happiness. If he

will rejoice over you, and you will be pleased - it is the law of our biology, it is natural.

But we just do not see and do not think that it is the relationships with others will allow us to repeatedly increase the size of our joy.

But what we are doing for this? What have you done today to make a man or a close friend of yours was you glad? I'm afraid that nothing.

And there is a nuance that I want to make: if we rejoice, we rejoice in the answer.

It is enough to at least one of you start to enjoy advantages of the second, immediately begin the second rejoice with you!

Once you begin to live according to the new rules, so as soon as the new rules begin to live all around you!

And if you are ready for these changes, now you lack only one thing - experience. Experience of understanding another. But the experience of understanding comes only during the conversation. Usually we do not much agreement. We hope that our interlocutor, and so everything would guess.

No, I guess.

For clarity, it will show the example of family relations.

So, it should be clearly and explicitly say what you want. If a woman sits, and a man preoccupied with his own affairs, but she wants attention, only some five minutes, precisely at this moment, how it usually goes? She walks over to him and stands over the soul, something asked, trying to come into contact with him. But all to no avail - he is engaged in business and briefly answered: "Now is not the time." Discouraged by this reply, making a mournful face (he did not think about her desires!), She departs.

But it can act more intelligently. She can say directly what she wants from him: "Honey!" It is vital to distract you from your business. A total of five minutes and everything! That's right! I want it badly, Mark, to me, please, just five minutes! " Following this approach - success is guaranteed.

Imagine the reverse situation - a man suddenly felt that his wife pobylya beside him. Just pobylya and simply silent. As he usually does? He comes and sits down beside her, but she did not speak of his desire. Wife, sees the hand out such a situation and begins to expound the most troubling - tap leaks, smells like cigarette smoke from her son, friend requests borrow a couple thousand rubles. He frowns, trying to show his wife that all this is not the time, but she did not understand him and begins to get angry.

But if he just said: "Honey, I want you to just pobylya with me and paused. Let's sit down, and then a bit later, you tell me everything." The effect would be quite different.

Therefore it is important to clearly and precisely explain to our families, what we want from them. No need to make them guess, because guess something is just not possible.

For example, the husband is the fourth day saw the face of his wife the world grief. How could he guess that she was 4 days pass by a clothing store and liked looking at her dress and

sighed: "Another hanging ..."

A man looks at his wife and thinks: "I probably something wrong doing." But the answer he receives - the wife says nothing, as the guerrillas, and the whole situation starts to irritate him. However, even if it is recognized that a man she did not believe it - "How?" And this is because of some kind of dress such a tragedy? "Yes, you have a wardrobe full of clothes!" After that, he would if her dress is money, with such a face, and with accompanying commentary, that it had itself will not be happy about that dress.

But if she tries to tell him about what it means for the dress, then the situation could turn around 180 degrees. For example, it could say: "Honey, you also love to watch football? A week waiting for the final match, or anything else you could think not." "Yes," - he confirmed.

"And with friends like to drink a beer afterwards, to discuss this match?"

"Yes, of course" - her husband again agree.

"That's imagine that for me to buy a dress - it's the same thing for you to see the Cup finals, and then go there to work - the same thing that you sit with friends, drink beer."

After this explanation, I am sure that the clothes will be purchased without any issues.

The secret of success that must bring their desires to the spouse in the most natural form of it.

Based on the foregoing, we make some conclusions.

We all want to live happily and be happy.

Most of us are confident that there is only one way to get a joy: to force another person to follow your interests.

I would like to draw your attention that there is another, more rational way: change the very way to bring others joy. In response, they will enjoy us and this we rejoice.

Most people go through first, because it seems short. But it just seems short, in fact, is an endless running around in circles - the path of mutual claims, accusations and quarrels.

The second way is much faster than lead you to the goal, because it is based on the physiological laws of the brain, which are called "positive reinforcement".

Positive reinforcement is that any decent behavior immediately reinforced, any unwanted behavior is ignored.

Now imagine that we have decided to respond to people around us just friendly, not bitchy, and not condemn. In this case, all of their friendly attitude to us will be automatically supported by our friendly attitude, any negative attitude to us will be automatically ignored.

Friendliness - it is the only reliable means of influence on people around them!

If you always benevolent, it forces people to play with you only one game - a friendly, any negative attitude you cease to receive reinforcements, and gradually disappears.

Goodwill in relation to other people - both direct and fastest way to your own happiness.

When you cease to condemn the person begin to ignore its flaws

and appreciate its advantages, he will feel its demand, to feel needed. It is so powerful reinforcement that one of your kind will cause him a feeling of delight, and this means that you will receive a portion of its demand and joy.

Save yourself from loneliness, you are saving from loneliness and others.

A person who saves the other from loneliness, appreciate its weight in gold - he will always be surrounded by the most tender care and the most sincere respect.

What is needed? Just be friendly.

First, of course, it will be difficult. But gradually, you will receive feedback - positive emotions of other people in response to your kindness. As a result of the habit of making friends forever fixed in your subconscious and become a conditioned reflex. This means that you get rid of loneliness and his hands make yourself happy and popular.

Generally, work with the psyche, conflicts of conscious and subconscious - this is very interesting and important topics. I am sure I will develop this theme in his other books devoted to dealing with crazy, but now we return to sports training.

Question 5. How to tune in to the training.

I'll start a little distance.

We want to be geniuses. We dream that our children were also brilliant and accomplished much. Moreover, we are confident that each of us has some talent, and the main problem was only to find that talent and develop.

Yes, these are the facts - we all see ourselves as potential geniuses. And, what is most interesting - it's true. We all - the potential geniuses.

But there is another fact - the vast majority of us still remains a genius only in their dreams, but in real life is not seeking any outstanding success.

Why is this happening? Why geniuses are different from all other people? Maybe they have some sort of shared secret?

After all, geniuses are not born geniuses - they they become. Modest patent office clerk, Albert Einstein was not born with ready-made theories of relativity in the head. When he was only 16 years old, he asks the question: what happens when people start chasing a beam of light and accelerated to the speed of light. Will this case, for him light fixed? Can he hold in his hand a fixed beam of light? Shall see whether it reflected in the mirror?

Einstein thought the matter should be ten years. In June 1905, a 26-year-old Albert sent in the German journal Annalen der Physik a short article. Turning the last page of the manuscript of Einstein, editor in chief of Max Planck realized that the generally accepted scientific notions of space and time overthrown.

What is the secret genius of Einstein? First of all, that he focused on solving one problem. All his forces were within 10 years are aimed only at achieving the same goal.

Geniuses are not born. Geniuses do not fall from heaven. Genius - a humble worker, who each year work to do one task and does not waste power of his soul to the conflicting demands of fashion and society.

This is true not only for science. In sports, all the same. Champion did not jump like a jack of snuff. Often you can hear that in sports all defines Genetics, steroids, pharmacology. As soon as a person makes a champion.

This is a huge lie. Each champion is the champion only through his work, due to his discipline and consistency in all that relates to training.

If anything, it's just a question of priorities. What is most important to you, must always come first.

So, we can draw an important conclusion: the genius is not possible without concentrating on one case.

But geniuses do? How do they manage to concentrate on one case? What allows them to withstand a variety of desires that are so obsessed with imposing social environment?

Geniuses use a very simple but effective method - a conscious change of image, change their ideas about themselves.

Man lives by emotions, and these emotions are born in the subconscious. Emotions provide the energy for action. Without emotions people will live the life of vegetables - do not want anything, will not do anything.

Logic will only affect our consciousness. Subconscious indifference to logic, so the logic of the ordinary man is very little effect on his life. Yes, he understands that smoking is harmful, but smoking. He understands that if every day to teach 20 foreign words, then a couple of years will become a polyglot, but he was too lazy to do it. He knows that jogging in the morning will strengthen its vascular system, but the arguments of reason - nothing compared to the reluctance of the subconscious.

Geniuses are geniuses because circumvent this barrier and learn to consciously control his subconscious with images.

In geniuses, like all people, the subconscious continues to manage all the behavior, emotions and desires. However, the geniuses with the changing vision of themselves are beginning to consciously manage their subconscious.

In geniuses consciousness begins to control the subconscious, and hence the whole life.

Let's look at this admission control subconscious more.

Subconscious control images. But the way we usually imposed from outside, as a result of someone life chasing new brands of machines, some do not go any skirts, while others can not ignore the food on the table and a few years, gaining 50 extra pounds

.
All this happens under the action of characters, images, which were imposed from the outside - parents, education, society. These images are transformed into the ropes, speaking of which, can force us to twitch like a doll, completely subordinate to the will of the puppeteers.

We begin to live not with their wishes and desires imposed by

the outside world.

As a result, we can not concentrate, can not concentrate, different needs (and this is not our desire) and hotelki tear us apart.

So most of us and do not become geniuses. Yes, and how they'll be here - we all come under external management.

To stop external control, we need to do the same as coming geniuses - images which the foreign administration, to be replaced by our own images.

Let me give an example of Arnold Schwarzenegger. You probably know him. This is a famous sportsman, bodybuilder, seven-time winner of "Mr. Olympia, and now governor of California.

Can I call him a genius?

Yes, without a doubt. From the high-lean unknown youths, he transformed himself into a huge well-known athlete, has passed all steps of sport, acting, and then, and political career.

Of course, it - genius.

It is therefore very useful to hear his views on what helped him become a genius.

In his books on sports training, he recommends that novice athletes to represent himself mythical hero, a warrior, Conan, a barbarian. Schwarzenegger himself has used exactly this way in order to tune in to sports or exercise.

Exactly that way and affect the subconscious. We are changing our understanding of himself. We are entering a role and begin to behave as required by our new image.

Yes, creating a new image - this is hard work. The first time you're always going to fall out of the image. However, it must continue to work on the way, as an actor working on a role.

You can hardly imagine myself Konan? Imagine that you need to play the role of Conan. Thousands of actors on a daily basis is reincarnated on stage. Why do not you reincarnate in Conan?

You do not believe that you - Conan? Your muscles are too thin for this, the shoulders are thin and hidden belly fat pad?

So what? We're able to, leaving in the morning from home, to provide an environment of his office, although we are not yet there. The main thing - it will take extraneous thoughts, all external symbols imposed by society and so prevent the concentration. Be Konan, Konan play, walk, like Conan, look and talk like Conan.

Efforts to maintain this image would be required only until the moment when you feel wonderful state of merging with the image.

At this point the body will respond and will support you. From the head goes vanity, and you feel unshakable confidence in their strength, integrity. Now you can concentrate all their energies only on what you currently need.

And so it become geniuses.

Practice in the way of dressing, and gradually you will begin to fulfill all their actions, only pre-created in their desired image.

The image itself - this is the remote management of our subconscious. He sets the pattern of behavior in different situations.

But to have one template for all situations - it impractical. The image of Conan is good in the gym, but if you have to pull out of half-ruined company from the financial crisis, it is best to work out the role of the (image) of Lee Iacocca, Akio Morita, or Henry Ford - all of whom are legendary managers.

If you want to give up alcohol, it is quite fit the image of the mighty and wise Hatha Yoga from the book "The Razor's Edge" IA Efremov (incidentally, an excellent book. If you have not read it yet - I highly recommend reading).

Choosing an image, it represents the environment in which it operates. If you are Conan, you hear the bells around the blades, the clatter of horses, the hissing flames.

If you need an image of a financial genius, that he can drive up in a limousine to the glittering skyscrapers of glass and steel, rising in the courtroom, where it will be strictly a matter of a suit with a folder in his hands, to decide the fate of hundreds of thousands of its employees to think of new methods for capturing the share of market or new marketing moves.

If you want to maintain a sober lifestyle and not to succumb to the temptations of alcohol, you need to choose such a way that deliberately excludes alcohol. For example, imagine a wise Yogi, who has a strong and agile body and lives in the mountains surrounded by thousands of years. You see the white caps of the mountains, the fresh clear air fills your lungs, nothing prevents the purity and depth of your thoughts. As Yogi denies alcohol, and you, when you enter in this way, too, begin to deny the alcohol.

Image subliminal, creates needed to cause emotions and fills you with energy.

And here is our task not to spend all the energy right away, do not burn. Energy must be wasted calmly and coolly. You can not burn out. It is necessary to maintain smooth quiet desire to achieve goals.

What's a good image, so it is that gives a clear vision of purpose.

The subconscious mind realizes that picture of the future, which he founded. The only problem is that an ordinary person of the paintings very much. The subconscious mind is constantly attacked by various distracting stimuli, as a result, instead of a clear goal in it there is chaos.

Creating an image causes the subconscious mind does not pay any attention to him unnecessary incentives. As a result, we begin to see a most important goal, concentrate on it, we become a genius.

Each of us has a lot of time we spend in vain for his head: we're going to transport, walking on the streets, take a shower, etc. All this time, my head is filled with chaos of different fragments of thoughts. That's it this time and can be used to adjust itself to the desired image.

No need to waste time. Think of it as a sort of acting career: you learn to play a role. But if the actor for the role played by well-paid salary, you get so much more - their own genius and performance desires.

In connection with the theme set I want to address the topic of the diary. I want to note one major plus of training diaries. For athletes siloviki diaries, as a rule, is normal. In the diaries they record the weight of the rods, exercise, and number of approaches. And this greatly helps to assess the progress and direction of further movement. Among the newcomers are not only security officials are training diary.

However, in other fiz.nagruzki and sports diaries is not so familiar.

I want to tell why to keep a diary fiz.nagruzok over everything and what is needed.

But start from afar.

Sports psychologists know well the importance of proper mindset.

With the right mindset there is a sense of lightness, all get better, the victory is achieved as if by itself, without much effort (arrows saying "trunks themselves are behind the target").

This right mood is widely known to all the people called "inspiration".

Just to reach this spirit (the ability to induce a state of inspiration) and created its own system of Stanislavsky. By the way, is why athletes can find a lot to himself in his books (eg, Stanislavski, KS "Work of the actor on himself").

The correct attitude is composed of three major components: a mindset for the muscles of the body, mood for emotion, mood for consciousness.

Each of these elements must be accurately selected for the athlete himself.

A few words about why it is necessary.

Typically, athletes do not think about such things. Therefore, they tend to explain their defeat or victory of external causes.

For example, an athlete, participated in competitions on the bench press, may in case of failure to say that he was poorly served bar that platform was slippery, that summed up his shirt, etc.

If successful, it also usually call some external factors.

Thus, the athlete's attention shifts from the personal efforts to build the necessary skills in the field of faith in the success or failure.

This explains the widespread belief in athletes in omens, "happy" clothes or shoes, different mascots, etc.

Indeed, attributed success or failure of racing luck is much easier than to analyze their own feelings and emotions.

Moreover, this analysis, few trains and teaches athletes.

Today we learn how to do it.

Since this practice is set up already worked on the examples of our famous athletes, then we take ready-made examples.

Here is an example of attitude of the USSR Champion in diving Alexander Kosenkova.

Coach asked Alexander to describe the feeling of his body at the time of the most successful jumps.

Alexander remembered this feeling, and replied: "I felt like a slender, elegant, light, soft ..."

In response to a request to describe their emotions at the moment the most successful jumps Alexander wrote: "good mood, a little bit gay, did not feel the weight of his body."

As the most important, what should concentrate thought, Alexander called: "to think less about the jump, think more about this jump."

From these responses, and was received by this attitude:

- Physical component for the mood: "I am slim and trim.
- Emotional component: "I am a bit gay"
- Thinking component: "Clearly I see the beginning of the jump.

According to Alexander himself, the formula must train each workout. And even better every day. Then they give the greatest effect.

Incidentally, these formulas - not a dogma, to be changed for the best, tailored to you.

For instance, Alexander himself soon changed the second part of the formula. He had to speak in Montreal, where he was under "psychic attack" hostile fans from the U.S. and Canada. So he rewrote the emotional tone for this:

"I'm happy and angry". As a result, he became the winner of the Olympics.

Another example - the infusion of Anatoly Bykov, the world champion Greco-Roman wrestling:

- Physical component: "I'm a lightweight, powerful and fast, like a tiger."
- Emotional component: "The mood is excellent, fighting.
- The mental component: "The head clear and think clearly."

Psychologist team specifically measured the pulse of Anatolia, and it turned out that sitting motionless athlete's heart rate, after delivering these configured, increased by 24 beats per minute. This shows how these seemingly simple words, hooked athlete, got to a point.

Should be clearly grasp - set elements are not taken from the ceiling, not invent, but extracted from the athlete.

For example, one known Judo chose such a sentiment: "I am all managers".

Are these words that say something to another person? And they helped her to quickly assemble and configure.

Another athlete, a champion of shooting, before each series of shots caused a pleasant feeling of itching in the teeth of the mandible. It was at this moment her whole body began to work optimally.

Therefore, her mood was as follows: "I'll itch in his mouth."

In these examples, we see that the words that will enter the spirit, it must be your own words. Same words that are meaningful only to you and act only on you.

The athlete, if he wants to always be in shape to find the formula for himself and обкатать them in competitions.

It is for this and need a diary. Write down not only the schedule of training, exercises and approaches, but also the emotional state, their feelings.

Every workout viewed in terms of finding the optimal components - physical, emotional and thinking.

Not immediately turns to find the correct configuration and the words of one utterance of which increases heart rate. We must listen to yourself, especially in the days of good training. It is in these days can be, focusing on their feelings, to find the optimum formula for the mood.

Incidentally, these formulas are found your secret weapon. Do not tell anyone about them. Treat them with respect.

Of course, not only athletes can learn to use similar formulas and configure. They will be useful to anyone.

For example, a person that arise in the morning in bed, thinking about how it would be good to start to do morning exercises.

He can start to use is configured to entry at the optimum charging condition. To do this he needs to pick up this attitude, which will operate on him and will lead to the acceleration of the pulse.

The man who should speak to an audience or take the exam can also take the time to review their experiences and create the appropriate setting.

The application is configured in the life of just immense - they can be used in any practical activity.

It is important to observe three rules:

- Set must contain a command and the physical body and emotions and consciousness.
- Set to pick one, based on their personal feelings. The condition of falling morale to the point - to change the pulse.
- Set to train as often as possible. Better every day.

Question 6. How to reverse the situation if something goes wrong, how do you want?

There is still a psychological technique that can significantly change your life.

This technique is widely used in sports, but it very well could be used in normal daily life.

Psychologists attribute this technique to role-playing techniques of behavior change. In sports, it was first used for removal of prelaunch fever, nervous trembling, (excessive excitement) in athletes.

So I want to tell about this method - first on its application in sports, and then how it can be used all comers.

The technique, as it set out the sports psychologists, it is very simple: people mentally represent a main character the movie, having the qualities that it is desirable to have in real life: for example, confidence, courage, equanimity, etc.

And then have to mentally play this role in the situation that is planned.

For example, approaching the major competitions, and the athlete begins to worry.

To remove this excitement on the instructions of the coach athlete every day starts doing the following:

- Lies in a comfortable position and relax the most, is seeking state light doze;
- Imagines himself with the preconceived hero, with the requisite qualities of character;
- Detail imagines the future of competition: location, weather, competitors warm-up rooms, judges' table, etc.
- And, finally, most importantly, is the withdrawing at the start in his best physical form.

It is important to achieve such a state that mentally surveying the competitive situation and yourself in it, to stay absolutely quiet for the upcoming competitions, see yourself keep a cool calm and confidence.

At first, it is desirable to carry out this mental exercise in the same place (a room). And after a short time (several days) in this place (in space and room for mental training) pre-drowsiness and excitement starts to decrease.

Then comes the final stage of mental training - it is necessary to come to the place of competition for a day or two before they start and spend a few sessions of this mental exercise: lie down (or sit), relax and visualize yourself out onto the best start in top form, and cold-blooded collected.

As the sports psychologists, this technique, if it is used before each competition, gives excellent results already for one sports season (ie a total of 2-3 major competitions). An athlete stops jitters, produced by the sober, cold-blooded attitude towards the upcoming fight, which gradually becomes a habit. However, it turned out in practice, it's not all. It was found that little present themselves in a normal competitive situation. It is important to lay into a picture of the various surprises.

For example, the players know that if the arbitrator appointed in their gates a free-kick for the violation that was not there, it might just kill the whole mood of a sports players. Such an unfair decision by the judge seems intentional (I think that the judge playing to the enemy), and can lead to complete loss of combat capability of the team. Team cools to the game, and can almost give up without a fight.

To prevent similar incidents, sports psychologists advise to work out yet, and a formula: "Any difficulties only have me!" They advise athletes to enter the picture in the upcoming competitions various obstacles and see what the athlete has successfully overcomes these obstacles.

The results of such attitudes are staggering.
Here are a few examples.

At the Olympics in 1988 in Seoul, our cyclist Alexander Kirichenko participated in the race at 1 km. In the last segment of the distance from the bike broke *odnotrubka*. Unprepared person, such failure could easily unsettle.

However, Alexander is only mobilized - the last 300 meters he was riding on a single (!) Wheel, won, and won the gold medal. An example from another area. One of our renowned test pilot, Hero of the Soviet Union Gromov asked - how he managed not to break, about 200 survived the accident suffered by their

aircraft. Mikhail said that he had always, even in the best during the flight he was always imagine one or another emergency situation and a successful exit. And when something like this actually happened in flight, he already knew how to act. As a result of overload situations do not frighten him, but instead mobilized.

Another example. Athletes involved in martial arts, certainly knows the system of Russian hand combat AA Kadochnikova (often called the "Russian style").

However, not everyone knows how this system evolved. Of course, Alexei Kadochnikov got some basic skills in spetsuchilische (as he himself says, it was Sambo V. Spiridonov).

But very, very many in the Great Patriotic War have these skills. And today, generally speaking, every wish can get these skills. However, the second system Kadochnikova (or Ivanov or Petrov, etc.) from that for some reason does not arise.

Kadochnikova The secret is simple: he constantly models in mind the different situations and trying to find them out, using the learned basic skills and the most common laws of physics and mechanics.

He argues thus: Behold, suppose I was attacked in a car, what should I do? I have to use improvised? And if attacked in the elevator? And if during a dinner at the kitchen table? Or, if I sit and read a book?

That's precisely because of such mental models, and increased system Kadochnikova, which deservedly bears his name.

By the way, as a result of this simulation system Kadochnikova far outgrown dogfight. Sam Kadochnikov now he calls it "system of survival: he put there change their behavior in fires, natural disasters, in the forest, with man-made disasters, and much, much more.

Thus, the mental simulation of various complex situations helps athletes to win, pilots survive as soldiers to win.

We can use such a mental simulation in our everyday lives.

For example, a person wants to quit smoking. But during the day now and then is tempted to smoke a cigarette: a team-mate will call for a smoke, then place an unpleasant conversation with the boss, or simply the way home is next to the kiosk.

What to do in this situation. First you need to lie down or sit down, relax, it is best to enter into a drowsy state (in this state the subconscious mind is most vividly remembers the images).

In this condition should simulate a dangerous situation, but we need to continue its output, for example: if a teammate called out for a smoke - and he can refuse, and after swearing with the boss instead of a cigarette you can drink tea, while passing near the stand, putting his hands in his pockets and pass . All these pictures have to play it, view it in your imagination. Then, if it will happen some event from the list, you will already know what to do.

Another example. The woman is desperate to lose weight, but there is one problem. She comes into the store after work, hungry. Since hunger makes itself felt sucking feeling in the

stomach, it usually gains a lot of all of products and, coming home, it immediately eats. This constant evening overeating triggers weight gain.

Leaving the situation may be the same: mentally simulate the correct behavior in this situation. For example, do not shop hungry. Or buy only the planned products.

And not just say to yourself - "I will only buy these products. And do everything according to the scheme, which is recommended by psychologists:

- Lie down (sit down), relax;
- Provide an environment store (shelves, lighting, cash registers, etc.);
- See yourself in this situation;
- Indifferent to mentally ignore those products that are not planned, and buy only what you need.

Also, mentally simulating all sorts of interference, you can unlearn from alcoholism, and you can learn to focus in an environment where all interfere, so you can adjust to exercise, to study, for an exam, etc. This list is inexhaustible. This rule - the mental simulation of interference and overcoming them - can be applied to any activity to any problem.

Try it and you use it.

Chapter 6. If the mass is not growing.

Opportunities medicine are limitless!

Limited capacity of patients.

Sometimes it happens that despite all efforts, no progress. Mass does not increase, the result is on the spot. Nor does nothing - no loads of clever schemes and rehabilitation or protein complexes, amino acids or creatine pills. All this makes absolutely no effect.

There are several ways to overcome this condition.

6.1. Daily Bile procedure.

Surely you know the caloric theory of power, which sounds something like this: calorie diet should correspond to the energy cost of the organism.

In this definition lies a big mistake, which often fail to notice even the experts. We now analyze the error, fix it and make an important conclusion, it is very valuable for our purposes, rapid and healthy weight gains.

Why can not we talk about calorie diets? For the simple reason that there are many people who eat a lot, but not polneyut. There are plenty of people who eat little and not lose weight. The answer to this question is simple - it is not in those calories that are in the diet, and those calories are absorbed in the gastro-intestinal tract!

Thus, in fact, the theory of caloric food goes something like this: caloric assimilate each organism in different ways the main part of a diet should conform to energy is an organism.

In this simple formula and is the secret of weight gains. It is revealing that formula, step by step, we will go all the science

to manage their weight.

Yes, exactly, every organism in different ways can digest food. Therefore, a situation may arise when two different people eat one and tighter food, but one with the will to lose weight, and the other to gain weight. The difference in the assimilation of food can be 30%. If a normal person normal diet as 100%, then hudeyuschego will be on the same diet receiving only 70% of food calories (food is not enough to digest), gaining weight will receive 130% of food calories (food sverhusvaivaetsya). Our task - to find out why this happens and how to use it. And for this we will need a little to remember the physiology and anatomy.

Food enters the stomach, it undergoes treatment with hydrochloric acid and crushed into a lump of food oxidized and goes into its refinement journey through the digestive tract - in dvenadatiperstnuyu intestine.

Between the stomach and duodenum 12 is pyloric sphincter - a kind of food dispenser income in the 12-duodenum.

Normally, once oxidized lump of food is coming to pyloric sphincter, then he opens and lets some food.

Pyloric sphincter remains open until until Wednesday at 12-duodenum becomes acidic under the influence of oxidized food bolus.

Once the environment has become acidic - sphincter closes. Feeder worked.

Food lump in 12-duodenum begins treated alkalis, coming in 12-duodenum - bile, pancreatic juice and intestinal juice.

As soon as the ball became an alkaline food, pyloric sphincter opens oschelocheny ball goes farther into the small intestine, and the 12-duodenum receives the next portion of food from the stomach, which again oxidizes all the space of 12 duodenal ulcer. And so on.

And so this dispenser operates continuously, the extent of digestion of food in the stomach and alkalization of the 12-duodenum.

From this description can be a very important conclusion that the sooner will alkalify food in the 12-pertsnoy intestine, the faster will be working dispenser, the faster the food will move from the gastrointestinal tract.

Good or bad? Let's face it.

If food is moving faster than normal, the processes of learning and begin to go faster.

What would have been understandable, let's look at an analogy with private bathroom. Suppose we have a tank of water at 400 liters and bath, half full of water, but which is open drain hole.

We are beginning to pump water through the faucet in the bathroom.

In a normal speed of pouring water is equal to the rate of its discharge. The water in the bathroom or becomes no more, no less. Level remains.

If you open the tap and let more water, pouring the speed exceeds the speed of discharge and bathroom will be hired. The

water level will rise.

If the rate to make a smaller norm (less than the rate discharge), the water level will decrease. Water in the bath will be less.

Around the same thing happens in the body and it can be called the effect "sverhusvoeniya.

The fact is that normally the rate of arrival of nutrients is approximately equal to the rate of spending.

If for some reason, the arrival rate becomes larger (and this is just our case "sverhusvoeniya"), then, since rate of spending has not changed, the body accumulates excess incoming substances. Roughly speaking, increasing the concentration of incoming material. The body gets a shock dose - the amount of nutrients, which is done before for 1 hour, now comes much faster - 20 - 40 minutes.

This shock the supply of nutrients and lead to an increase in body weight. So it appears the effect of "sverhusvoeniya."

Thus, we arrive at the important conclusion that the reason "sverhusvoeniya" foods - rapidly relieve pyloric sphincter between the stomach and duodenum 12, caused a rapid alkalization of food bolus in a 12-duodenum.

In some cases it may happen that fast alkalization? Only then, when during the digestion of food occurs allocation bases pancreas and liver.

Ie if we want to increase the mass of his body, then our task force at the time of each meal a larger portion of bile. This is what will be the task of the second week - get used during each meal to drink something cholagogue.

In addition, such prevention can save you from the stagnation of bile in the gall bladder, from the formation of stones.

Now a few words about the way in which to do it.

Method 1. If your food contain animal fats, it is recommended that the following method:

- 1) wash down the food cup of ground coffee. Coffee, like any burnt product - very good cholagogue;
- 2) drink it without sugar (as is usual in Europe);
- 3) stuck all this butter on the tip of a knife.

Of course, the dose of coffee need to vary according to your well-being. Overdoing here also do not. Coffee, just like any product that becomes a poison only at high doses. A one cup of coffee can harm you can not.

I want to draw attention to - namely to brew ground coffee, not the instant, which is sold by us at every corner.

Incidentally, I note that coffee is not and can not be a narcotic substance, as is sometimes said, because "Caffeine weakens the effect of sleeping pills and drugs (" Drugs "Mashkovskii MD).

It is important to drink coffee in quantities that allow the organism. Another IP Pavlov found that people with different types of nervous system, the same dosage of caffeine act differently. So who then coffee 2ch.1. with riding on a small cup, and another half a cup and spoon on the end does not drink up.

Method 2. During the meal should drink 1 tea (or 1 tablespoon) spoon of any vegetable oil.

At first, most likely, will be difficult to drink a tablespoon - drink 1 teaspoon.

Recommended oils - cedar oil, walnut oil, pumpkin seed oil (all of them are sold in pharmacies).

These oils are delicious and drink is very easy and pleasant. In addition, they are most useful for the vessels (as they contain much omega-3 polyunsaturated fatty acids) and protect against cardiovascular disease.

Method 3. Bile herbs.

This method is similar to everyone else - during meals, instead of butter, drinking a decoction choleretic herbs. Herbs can be any from the list: the flowers of immortelle, tansy, dandelion root, corn stigmas, calendula (marigold), leaves and flowers of the mother-and-stepmother, the leaves of plantain, chamomile, rose hips, etc. All of these herbs can buy and brew as indicated on the packaging. As well - these herbs increase the appetite, which will help build body mass.

6.2. Short-term fasting.

This is a fairly common way to set weight. However, I can tell from practice that it is not for everyone, works about 50% of cases. For the remaining 50% of the athletes he brings no result, either positive or negative.

I'll tell you about this method on an example from my personal experience.

At one time I spoke on the power triathlon in the category of 67 kg, but my weight was at the same time about 64 kg.

By hook or by crook for a couple of years I have tried to build it, but nothing worked. I will mention that I have already spoken at the level of MMR. On the advice of more experienced colleagues, I decided to do the cleaning, which consists of 3 day fasting with enemas, if there comes intoxication.

Immediately after the fasting body weight dropped to 60kg. This was, of course, very unpleasant. But then very quickly the mass of the body began to grow and slightly exceeded the initial value.

After 1.5 months I have spent a second 3 day fasting, then again began to eat plenty of weight. So I did 3 times and only 4 months I weighed 74 kg. Total 10 kg for 4 months old. The effect is comparable with steroids!

Then I started to ask about this method, a set of masses all experienced people, and immediately recognized that this method

is widely used in animal husbandry.

Bychkov and cows before slaughter are kept on the famine, and then give the work up. Body weight of animals abruptly jumps up and the meat yield from carcasses substantially increased. Cheap and effective.

Somehow I came across information on the results of studies on rats. One American scholar has taken the most common rat and began to feed intensively. The first week he has given them an increased number of products, but the rats ate not very willingly, but, nevertheless, the rats gained a little weight.

Then this scientist put these rats to starvation, and after a fierce two-week hunger on a diet. Weight of rats fell, but not very significantly from the initial level.

And then this academic researcher gave the rats to eat as they want and they began to eat everything they gave. For two weeks the weight of rats increased significantly and became significantly higher than the original.

Then again it was two weeks of starvation and the most rigorous diet, which was replaced two weeks gluttony, and so within 2 months.

For two months the weight of rats doubled!

Thus, we arrive at an important conclusion: Fasting - a way of masses!

Many women trying to lose weight by fasting, but they are gaining weight then! This clearly shows the statistics - of 100% of the women who conducted starvation, 95% higher than the initial gain weight.

And this, I want to note, is entirely appropriate.

Let's look at it in terms of physiology.

Most recently, the 95 th year, was discovered the hormone leptin, produced by white adipose tissue. This hormone, secreted fat cells, affects the hypothalamic centers of hunger and satiety centers of the regulation of gonadotrophic function.

Leptin - a "voice of adipose tissue." Penetrating into the hypothalamus, leptin through the limbic portion of the brain stem controls the intake. Less leptin, the more we consume food. During fasting leptin level was significantly reduced (Bougnères P., 1999), and this causes subsequent abundant food after being released from starvation.

Of course, the long-term hunger and weight loss of 18 kg for 40

days, but the decrease in leptin due to a sharp weight loss in this case lead to a compensatory increase in food intake and the inevitable weight gain above the entry level.

Some are not very smart nutritionists advise women to starve, and then endure hunger, not to gain weight. And after, when the patient is not able to do this - say publicly that the woman allegedly failed to adhere to their method.

But to speak in this case about any restrictions on food, disobedience and indiscipline person anyway, that rebel heart in diffuse toxic goiter or a temperature rise in angina. Increased appetite due to physiological causes, and an effort of will to resist as senseless as to resist the desire to urinate after you drink 1-2 liters of tea.

Therefore, passing through fasting, you will inevitably gain weight.

This is verified by me, tested experience of my comrades in power triathlon and bodybuilding, farmers tested on animals, tested by millions of women around the world.

It was women who passed through starvation I write these lines: "A year ago I was on hunger strike for 20 days, dropped to 30 kg. But as time passed, and I gained weight and a dozen former superfluous."

What can I do to them to answer ... All is as it should have been ... Fasting - a way to set the masses, and not losing weight, as many mistakenly believe is.

Fasting for a set of weight - it just sounds odd, but it works and gives effect, as I have said, comparable to taking steroids - from 5 to 15 kg in weight gain for 3-4 months.

Pluses of this method:

- 1) The method is not harmful to health. He is healthy and can help to recover from some diseases. The benefits of fasting stems from increased emissions of adrenocortical hormones on what I tell you below.
- 2) You can at any moment to stop and stop gaining weight. It's not steroids, where to start and finish the course should be smooth. In this method, there is no withdrawal syndrome.
- 3) The course is suitable not only men but also women, as does not require any sport. If you are doing at this time in the gym, then dial the muscle mass, if not, mostly fat.

Therefore, lean women and men, anxious set of masses in any form, this method is also nice.

So is he fit and experienced athletes, who after years of training came to the conclusion that the mass has ceased to grow. In this case, at the beginning of the training cycle, when we are working with small weights is one or a series of fasting, and then within 1-2 months, body weight increases dramatically.

Fasting - some subtleties.

I would like to dwell on the effect of fasting and clarify its mechanism of action.

Fasting - is a kind of analogue of hormone therapy. But hormones do not come from outside, it would be dangerous, and in large quantities are produced within the organism.

In the body there are several ways of obtaining energy - glucose (sugar), fatty acids (fat) and ketone bodies.

But not all tissues of the body can use these three sources of energy. The fact is that in the human body have cells that can only run on glucose - that nerve cells and red blood cells. With the rapid lowering of blood glucose in the nerve cells simply die. This is a very dangerous phenomenon known as hypoglycemia (literally means "low blood glucose), and can lead to rapid death. Without glucose the brain of man dies just 10 seconds. Since sugar in the blood is vital for human life, then all the forces of the body aimed at maintaining the first level of sugar in the blood.

When fasting, in the absence of external revenue of food, the body must maintain blood sugar at the expense of their resources. The first such resource is glycogen in the liver and muscles. This power source sufficient to maintain the level of sugar in the first days of fasting.

After the first day of fasting includes the process of obtaining glucose from human tissues. Primarily, this breakdown of proteins, rather glyukogennyh (of which it is possible to obtain glucose) amino acids. In the second place - the disintegration of fats to glycerol and fatty acids.

The formation of glucose from protein is run and controlled by the adrenal cortex hormones - glucocorticoids. In other words, the body is sharply increased concentration of glucocorticoids. But it is well known that glucocorticoids have a pronounced anti-inflammatory effect. This means that ALL major symptoms of inflammation - pain, redness, swelling and dysfunction - with starvation or significantly diminish, or disappear altogether. Due to this your property glucocorticoids have a very wide spread and has long been sold in any pharmacy without a prescription under the name of hydrocortisone, prednisolone. Sometimes referred to simply hormonal anti-inflammatory drugs or steroid hormones.

And it is this anti-inflammatory action of these hormones due to the effect of recovery from starvation and a high degree of cure of various autoimmune and other diseases.

These are the glucocorticoids, or "alarm hormone", which allow people to not get sick in the most seemingly extreme and adverse

conditions - in the war, while interesting and hard work, in conditions of danger to life.

I note that, yes, starvation - is revitalizing tool.

But he, firstly, does not cure all diseases, and, secondly, this is a dangerous tool. And it must be applied wisely and in the correct "dosage."

Due to these hormones in the treatment of many chronic diseases (atherosclerosis, rheumatism, bronchial asthma, etc.), fasting can give a marked effect.

In addition, I want to draw your attention to one important point.

During fasting a considerable part of the volume of blood is released from the care process of digestion. Where is all this blood volume liberated from all the nutrients and oxygen? In the brain.

As a result of starvation significantly improves cerebral blood flow. As a result, a person starts to think immeasurably better and faster.

It is based on this positive impact positions on the psyche of believers, which is why fasting is used in all world religions, and why many mental and neurotic disorders are treated by starvation.

Therefore, those who need to solve any challenge or just think hard, it makes sense to starve and to accelerate the thinking process.

Also, I note that fasting should be used with caution in diseases such as gastric ulcer and 12 duodenal ulcers, cardiac arrhythmia, increased blood clotting, kidney stones, diabetes mellitus type 1 (Insulin).

But, like every thing in the world, starvation, and has its second side - the negative. And the downside is expressed primarily in a strong acidosis.

First, I want to draw attention to one fact.

The fact that the amino acids (proteins) is absolutely not intended to supply the body glucose. Yes, glucose, of course, is obtained by the decomposition of these amino acids, but in addition to glucose, which goes to the urgent needs of the organism, there are still nitrogen and sulfur that the body too must now somehow show. Here are the nitrogen and sulfur and is displayed in the form of urea, hydrogen sulfide and other "fallen out of nowhere" slags and toxins. That's why a starving man come from unpleasant odors, which is why a headache and there are other signs of poisoning.

But the body is being used intensively and fats. There is an intense output of fatty acids from fat depots of the organism and their active splitting. Normally the fat in the body is fully oxidized, giving the ultimate water, carbon dioxide and energy. When fasting complete oxidation does not occur, form acidic decomposition products. These products resulting from incomplete combustion of fat in the process of exchange in the body, are called ketone bodies (acetone bodies).

When fasting blood glucose decreased, blood glucose low, accordingly, inevitably reduced and the level of insulin in the

blood, produced by B-cells of the pancreas.

Once again, I note that an important feature of starvation - not enough insulin in the blood. Deficiency of insulin in the blood during fasting leads to incomplete combustion in the cells of the contingency of fat. In the body, an excess ketone bodies, many of these substances are acidic by nature, so if lack of insulin occurs acute acidosis.

Acidosis appears smell of acetone in exhaled air and human urine.

This is the breath of acetone-ammonia smell, it is the urine with the same odor and ketone bodies and decomposition products of proteins in it.

Why am I writing about this. Yes you should know that these days will need to be careful, and best not to schedule meetings with people, training or work.

Proper fasting.

I propose to starvation in greenhouse conditions. The ideal would be an option when you spend three days at home, lying in bed and pochityvaya book or watching TV. But if you work, the first day of fasting is better to do on Friday, while the most difficult days - the second and third - you can spend at home and lie down.

Fasting is carried out simply - from the morning of the first day you do not eat and only drink water. So you spend 3 days and 3 nights.

In the days of fasting, you will experience weakness, so no physical activity should not be, but if you want to walk in the fresh air, take sun baths, it can be done only if you feel strong enough.

On the other hand, if you are engaged in intellectual work, you can use fasting and to address some important problems, and all three days to conduct at work. But I would still be advised to postpone all business and go to bed.

During fasting you should drink water as much as in normal days - 1,5-2 liters per day.

In severe intoxication (headache, malaise) to do an enema with two liters of water - it will greatly facilitate the state.

A few words about how to use the enema.

In any pharmacy to buy 2-liter oh rubber hot water bottle with a hose, there pours 1,5 - 2 liters of room temperature water from the tap (without salt, etc.), lubricate the tip with vegetable oil or soap. Samu heater should be hung so that it hung at a height of about 1-1,5 meters from the floor. Kneel, enter a tip into the anus, the head can be put on the floor, ie be done so that the buttocks are above the rest of the body.

Water will quickly enter the intestine. If you are arching pain - should hose perezhat hand and wait out the pain - they quickly pass. Once all the water was stiff in the intestine, it is desirable to be patient and lie on your back, throwing his legs up and lift the pelvis and prop up his hands to make it deeper and lie stiff as at least 20-30 seconds. Then you can go to the toilet.

In the days of fasting, as a rule, increased irritability, keep this in mind, keep yourself in the hands and controls emotions.

Exit from starvation.

On the fourth morning, after three days and nights full of fasting cleanse the mouth, for this crust of bread, rub garlic, a good live and vyplyunte. Language should be clean and pink. Scoville scale garlic stimulate the digestive function of the organism. Ie After this procedure, you can begin to receive food.

The first food should be salad of fresh vegetables on the basis of grated carrot and chopped cabbage. As a condiment, you can use lemon juice.

This salad is very important - it will work all the muscles of the gastrointestinal tract. Immediately after the salad you can eat cooked vegetables, for example, boiled beets, cabbage, fresh stewed tomatoes without bread. You can drink carrot, beet or apple juice.

The second meal will be almost the same - salad and boiled (steamed) vegetables, but you can add a grain of coarse flour and easy vegetable soup.

The third meal will be exactly the same as the second.

On the first day out of starvation should not eat meat, fish, cheese, butter, milk, nuts.

Starting from the second day you can eat without restriction. Special emphasis has been placed in his diet to nuts, seeds, legumes and protein foods - meat, fish, cheese, cottage cheese, eggs, beans, protein supplements of dairy protein.

This occurs most important for us to stage - a set weight, so the food in this period must contain as much protein. Eat without limitation, anything. That is why we were hungry - it is necessary to ensure your body as many calories, you must teach him to eat more than usual.

As described his impressions of one of my friend: "In this

period in the refrigerator wiped off everything that is not screwed." And indeed it is - an active process of anabolism, naedaniya mass.

Note that in this period must be strongly engaged in a barbell for a set of muscle mass. If this period train, it will be vigorously grow fat.

In addition, I would like to not only each meal is good, but every fluid intake, so get used to drink tea with milk and, preferably sugar. When the hot animal fats and carbohydrates enter the body, they are very well assimilated. Try to drink a day at least 1 liter of the tea, preferably in between meals.

Repeat cycle.

To make a set of mass faster and more efficient, I advise you not to be limited to one such cycle of starvation - a set of masses, and make them once more.

For example, make a few 3-ehnedelnyh cycles: the first week - 3 days of fasting and out of it, then naedanie mass within 3 weeks.

Then, again 3 days fasting and again naedanie mass, and so several times.

Each time your weight will grow more and more. Total for 3-4 months you can collect 15-20 kg.

Here he writes about such cases P. Bragg, author of "The Miracle of fasting:

"HOW TO weight by fasting.

Weight of people do not envy the amount sedaemoy food, but only on how it is digested and excreted. When the allocation of organs do not work well, you can eat all the fatty foods, but it will not add you to weight. Weight loss - is the weakening of the whole organism, human health. It is useless to introduce large amounts of food, when the assimilation and allocation at a low level.

The secret of increasing weight to make the system more workable detoksicheskuyu by starvation. The period of physiological rest is the result of starvation entails the best work of the organs of digestion and assimilation. The organism has a very powerful force when it is not overloaded with unnecessary amount of food.

I have a sister, whom I love and who was born a weak child. All her life she wore the nickname "hudyshka", and his mother tried to give her as much cream, milk, pork, custard cakes, etc. But

the more my sister took these nutritious foods, the thinner, weaker, poorer and more painful it became. Later, after I left his house and improve their health, I returned home. My sister was already an adult, taught in high school and was thin and emaciated, very bad and looked after a hard day spent in the classroom, was emptied into complete exhaustion.

She found the greatest miracle that done to me as a result of natural lifestyle and agreed with everything that I told her. I began to Louise with the full 7-day fasting on distilled water. She was sure that nature will bring it to cleanse the digestive and assimilating organs and help build a new body. She lost weight, but after the famine was interrupted, she had developed a huge healthy appetite. What results have brought her this week physiological hunger. She never in my life is not so happy meal. Her diet consisted of 50 fresh fruits and raw vegetables. In addition, I gave her boiled vegetables, seeds, sprouted grains, nuts and nut oils. After 3 weeks, I gave her a 10-day starvation, and this was the beginning of her new life.

My emaciated, exhausted sister turned into a lovely, elegant woman with rounded lines. Each part of the body, it seemed was created from scratch. Her hair began to shine on his cheeks flush appeared in his eyes shine, which only happens in children. Relatives and friends, neighbors were shocked by this transformation. The following year she married, have children and live happily ever after. In addition to fasting, I have recommended it to a system of exercises.

She began with short walks on foot, then they were all longer. Persuaded her to use at full capacity fresh air, sunbathing, and doing daily walks.

Fasting - is the greatest purifier, because only to cleanse the body may be normal operation - it is the magic key to the "Sesame, open the door" to good health and longevity. Of course, people are different and some get good results faster than others. "

Of course, with the theory of Paul Bragg in some places, gently say, not very good, but in practice it was great.

I'm not going to recommend to 7 and 10-day fasting, because, as experience shows, and 3 day is enough. But the cycles, as in Paul Bragg, we also will have 3 weekly, it is justified and effective.

How do cycles - 2, 3 or 4 - see yourself in their state of health and weight gain, which you have planned to recruit during this period.

By the way, take note on the council P. Bragg eat after fasting

of vegetables and nuts - it is also correct and logical. But do not forget the meat, which you also will want to very large quantities.

6.3. Power cycle and the load (the method proposed kand.biol.nauk. Minvaleevym RS).

Physiologists have conducted many experiments, studying the relationship between the level of energy expenditure and the level of human appetite.

Of particular interest are the study of American Scientists (Teppermen J Teppermen X, 1989), which were held at the cadet. Life cadet regulated and takes place in mind, so you can easily calculate the number of calories eaten by a cadet, and the amount of energy expended by a cadet.

It was found that daily consumption of food and energy costs on the same day could be unrelated. In other words, the cadet could day to run, jump and fight (that is, a lot of wasted energy), but virtually nothing on this day do not have (enough of it to receive energy from food).

But scientists have identified a surprising pattern. They found that the level of food consumption clearly corresponds to the energy cost of the organism, which were up to 2 days before. In other words, if a student is very much running on Monday, then on Wednesday he will have an increased appetite, and he will eat as many calories, how much they spent on Monday. Here's how to write about this study's authors: "Current levels of physical activity affects the day after tomorrow the level of spontaneous consumption of food.

The law of physiology, you can use for our purpose to set the masses. To do this in one day to increase labor costs (to a full workout), but on the third day after fiz.nagruzki, you need to dramatically increase the caloric intake of food, ie eat more food than usual.

So, how it will look.

Consider the most ideal option - go to a three-day cycles of exercise and the days of increased caloric intake. This version is best to contribute to weight gain.

First day - increased physical activity (more than usual), and any other types of stress (work on the garden, sauna, long shopping trip) to a state of fatigue. Meals on this day virtually unchanged, which was, then it prefers to leave.

BUT, keep in mind one nuance!

The composition of food is directly related to the level of your physical activity. The protein food increases the activity of 40% carbohydrate foods - 5-10%, fatty foods not only increases the activity, and reduces it.

Therefore, in this day of exercise, when our task is to spend as much energy, food must contain a higher amount of protein - eggs, liver, veal or other lean meat, cheese, fish, poultry, etc.

The second day - a very ordinary day. Meals on this day the most usual, something to which you are accustomed.

Third day - high caloric intake. The main task for this day will be like that - dramatically increase your calorie intake. On the 4th day you can start a new three-day cycle. Regarding training, the weekly pattern of loads and power can be constructed like this: if on Monday, Wednesday and Friday you are serious training, then on Wednesday, Friday and Sunday to eat more than you suggest an appetite. Finally, the chapter want to mention one more question relating to body mass. Most athletes want to banish overweight, but to pump up muscles, ie combine the two partially contradictory processes - a set of muscle mass and fat sgonka. This is a complex issue that must be addressed very carefully and individually. If you are concerned about this issue - please visit my website www.faleev.com and study materials on weight loss, represented on it.

Chapter 7. Do not wait!

Energy - is the driving force of life. In order for something to move, need energy.

In order to achieve significant results, a lot of energy.

If we learn how to properly treat their energy, then in front of us just will not be obstacles - the path to happiness and success will be free.

This means that to build a happy life we need to know all about energy and about where it comes from and where spent.

Have you thought one day, where a person takes energy for action and what it costs?

A man lies on the couch and watching TV. He ponders, for example, to pump, but does nothing. Why did he do nothing? Because he has little energy left to act.

Where does the energy? Basis of energy - our desires. The stronger the desire, the more it gives power to man. The dream gives the maximum amount of energy, dream inspires.

But it turns out that in reality a man who lies on the couch, watching TV and wants to lose weight A LOT of energy! After all, he dreams!

But then why did he do nothing?

The answer is very simple. Yes, this man has a lot of energy.

But he spends it not the fact. He does not waste energy on the performance of his dreams desire.

He spends all his energy to overcome internal resistance. In a senseless fight with them, ie the struggle of consciousness and subconsciousness.

This is because the person himself does not believe. He himself misunderstands. He puts his "two", and these "two" become a barrier to energy.

Let's see how people usually exposes himself evaluation.

For example, the athlete squeezed in training barbell weighing 200 kg.

What do you think it is a success or failure?

If we want to remain objective, it can not immediately answer this question, we need to know a lot of additional facts: a record in his weight class, which results that the athlete is

reached earlier, a plan has been written on this training, etc. It's strange, but most people will not be treated objectively, and immediately put a negative comment on his achievement. If an athlete showed his usual result, it is likely to be upset and thinks that it stands on the spot. If she showed his personal record, you may notice that this is not a record area / country / world. Even if he set a world record, then in this case can call their achievement of a failure, because He raised the bar not in competition, but in training, which means that this record is not registered officially.

That's what most people - they believe any of their achievement failure. They themselves put "two" and try to convince myself that "deuce" was put deserved.

Yes, we often like a strange pupil, a teacher who proves that his homework is written correctly, but the one blot, deserves evaluation "two". In a real school, the teacher immediately alarmed, will sound the alarm and invite to interview the parents.

In real life, often simply no one to pay attention to such a biased assessment of their own achievements.

Why in our head come such strange things?

Because we are ready ourselves to praise only for 100% tny result. Because we expect of ourselves that we can immediately jump onto the top step of excellence.

But this does not happen. No one becomes the Olympic champion just randomly looking at the stadium in the final day of competition. To become a champion takes years of labor, and for every slightest success per attempt for each training session itself should be praised and cheered.

If not, if a permanent display of "two", there is a sense of a fatal failure, which becomes a barrier to energy. Energy ceases to act and there is apathy.

Without the energy, the athlete stops to go to training.

Similarly, a woman wanting to lose weight, can throw all sorts of exercises with his body. This will happen simply because it posed too many "twos."

She has lost 10 kg, but it is very little.

As a result, it puts a "deuce", not noticing any of this as a steeply dipping her self-esteem, or their bias.

Result strangely perceived as a complete lack of results ...

So, the man was for himself "non-achiever, he made his self-configuring, and now in relation to any attempt to lose weight it will occur in the head of this stamp:" I can not for the better and not take ".

Uncertainty inhibits the desire and as a result of the energy source dries up, no desire to do something.

And so it turns out that a vicious circle: "I want to pump up!"

-> Doubt - "the desire to disappear -" there is no energy - "lying on the couch and chew a bun.

Doubt (incorrect self-esteem) killed desire.

Meanwhile, self-esteem is extremely important for achieving any goal.

If you want to become an Olympic champion, then you or they will

become or not become. One of two things: o)

But if you do not want this, do not ever become.

So, how can we be if we got caught in a network of irregular self-esteem? How to be if we had lost the desire and we do not want to do?

Modern psychology offers for such a situation, a simple formula: "the desire - the decision - the first step."

Let's start with resuscitation wishes.

Allow your feelings to simply be. If you have something you want - so yourself and confess: "I want it!"

At this stage it is very important not to suppress the desire not to expose their internal assessment.

For example, you want to be strong, have the ideal man to walk on the beach no one embarrassed. Or maybe you want to become a prominent businessman who rose from his knees dilapidated enterprises of our city, region, leading the country in the world's leaders. Or maybe you want to win the World Cup and watch as thousands of people in the stadium rose in unison and froze when all sides began to sound national anthem, the executable in your honor.

No need to deny yourself these desires. On the contrary, do not limit your dream, do not put her barriers.

Tell yourself: "Now I dream of the impossible, unattainable, infinite! Create different scenarios of his magnificent life, feel the excitement of a beating heart, as a chill runs along the back, and inside of your body is born of powerful energy. Then choose from a variety of beautiful pictures of the future - one, the one you want to achieve most of all, the one you want to reach first.

The energy that you are now filled, will give you strength to take an important decision - the decision to reach this goal! You mentally split a path to the goal of many small steps and highlights the first, smallest step towards this goal.

An important condition - this step should be very small and such that you could do it right now, in the next 10 minutes!

And then do not delay - do it! Make the first step!

Immediately!

You would not believe how inspires the very first action. Having taken the first step, we then begin to move as if by itself, has already gained a momentum. We are becoming easier and easier to move towards our cherished goal.

If there are doubts, do with them so how to deal with puddles - bypass them and go forward to implement its wishes.

The first step - that in itself is already the first success, and doubles the strength and success can move forward faster and faster.

Biggest mistake committed by those who do not make the first step, who says to himself "I'll do, but later. This "later" is usually delayed for a lifetime. No, the first step should be done immediately.

Are you afraid of the first step?

Select a first step, to advance to avoid negative consequences.

For example, your dream start in the morning to make a small

charge. The first step will be: immediately get up and do a few squats.

It is not difficult. But it is very important.

No need to take the first step large. "Who is widely striding - pants breaks.

Therefore the first step must be small, but very small.

Want to learn how to speak before a large audience and speak fiery speeches? Right now, tell an anecdote teddy bear.

If your dream - to bring the figure in order, then perhaps you decide as the first step right now to call the nearest gym and find out their schedule. Or call your friends and arrange a joint first workout.

No matter what will be your first step. It is important to do right now. Indeed, some say that "home - half the battle.

In the first small step of success is not complicated. From small success you step by step you will go to great success. But in this way is very important to avoid a trap called reflection.

Reflection - is thinking about his intentions.

In fact, it is very useful and necessary thing, but only as long as you do not have solutions. And when you start moving, the reflection will do everything that you apply the brakes.

Suppose a guy date a girl, and a meeting with her and at some point decides to kiss her.

If he is inclined to doubt, it immediately becomes a reflection on his road, and the guy starts to think: "And if I kiss her, then she will think that I thought she did not understand what I was going to do, so if I do do ... " and so on to infinity. And then opportunity leaves, the guy is with his reflection, and a girl kissing another.

Excessive They reflect the people can learn from their plans. This person tells all about his grandiose plans, which he is about putting into practice. However, he met a year later, you hear the same thing.

"Why are you for a year did not do anything?" - You are surprised.

"Well, how do you not understand?" - He replied, "This is serious business, there should be a good think about everything ..."

The main problem is that people are not even picking up a shovel, just wants to turn uphill. As a result, the mountain and stands untouched.

Getting out of this state can be only one way - by "the desire - the decision - the first step." We need to start with small steps, ie reduce the size of the first peak to the level of the raised leg.

Always, when you need to do something big and complicated, start with a small and simple. If you want to kiss a girl - start with a closer look. Thinking of writing a book - start with the name of the first chapter. We decided to first go to the gym - collect the bag.

The fact that your movement has already led you into a state of elevated mood. And with every step of the world begins to rush

you to the meeting. You suddenly start to notice new opportunities (where you never seen them before), to you new people and begin to help (before you would not have noticed), before you open new doors (before you would have just passed). Therefore very important move. Make your first step in the next 10 minutes!

Instead of a conclusion (theoretical explanation).

Not everyone wants to go into the wilds of physiology and biochemistry, so the theoretical section, I decided to make the very end of the book.

So, in the last chapter for hundreds of pages I wrote about how to train and rest. Now I want to explain why everything must be done this way and not otherwise.

And for this we have to consider some issues related to muscle structure and biochemistry of muscle contraction.

The muscle consists of three parts: tendon, muscle belly, tendon.

Muscular abdomen consists of several thousands of muscle fibers.

Muscle fiber is composed of approximately two thousand myofibrils (Fig. 1), each of which is surrounded by a shell - sarcolemma.

Myofibril are the main contractile elements of muscle. The decrease is due to the fact that they possess the ability to reduce its length and you receive a nerve impulse, thus tightening the muscle fiber.

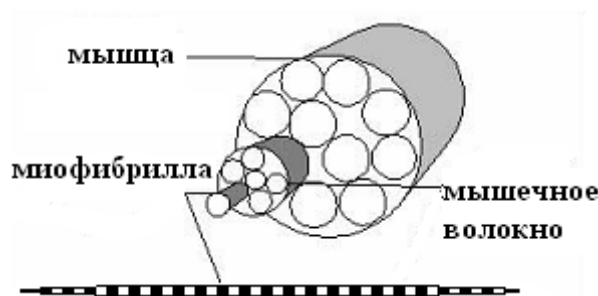


Fig.1. The composition of the muscle.

Under the microscope shows that the myofibril is composed of alternating dark (myosin) and light bands (actin filaments). With the reduction of myofibrils light areas reduce their length and with full reduction of disappearing altogether.

Ie device myofibrils in something resembling a telescoping antenna - when fully extended, the muscle is relaxed, folded - the muscle is tense.

The reduction is due to the entry of light thin filaments of actin between the thick filaments of myosin.

Actin filaments slide along the myosin filaments is due to the

presence of myosin filaments at the side branches, called bridges. These bridges act as a kind of oars, pushing that myosin and actin move relative to each other as the boat moves on the water surface (Fig. 2).

Actually, as becomes clear from this brief review, the muscular contraction is reduced to the movements Mezinova bridges.

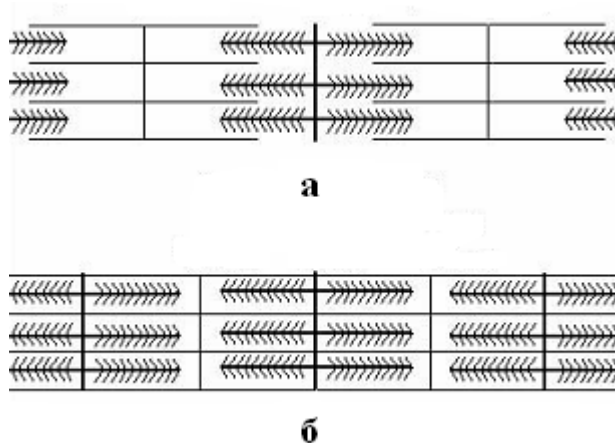


Fig.2. Reduction myofibrils: a) - to reduce, b) - after the reduction.

Office of muscle contraction by means of motor neurons - nerve cells, the core of which lies in the spinal cord from the spinal cord in the muscle goes a long branch - axon (length up to 1m). Near the muscles of the axon divides into many branches, each of which is placed on to a single muscle fiber. Thus, one motor neuron is responsible for the entire group of muscle fibers, which, thanks to a nervous organization, works as a whole. When you receive from the central nervous system (CNS) to the motor neurons, located in the spinal cord, the exciting signal, the motor neuron generates a series of pulses sent along the axon to the muscle fibers.

The stronger the signal, acting on the motor neurons, the higher the frequency of the generated pulse motor neurons - from small start frequency (4-5 Hz) to the maximum possible, for a given motor neuron, the frequency (50 Hz or more).

Motoneurons have a different threshold of excitability, therefore motoneurons separated into slow and fast. Slow motoneurons are usually low threshold of excitability, and rapid high. In addition, fast motor neurons are able to generate much more high-frequency pulse

Muscle fibers, as well as control of motor neurons, as well as divided into fast and slow.

Reduction and fast and slow muscle fibers is carried out by the same mechanism, which we have already discussed just above - movement Mezinova bridge.

Naturally, for the movement of the bridge requires energy.

Universal source of energy in living organisms is a molecule of ATP. Under the action of a special enzyme (ATPase), ATP is hydrolyzed and converted to ADP, thus releasing energy, which is

used for motion Mezinova bridge.

But the initial supply of ATP in muscle is limited, so if you work the muscles need constant replenishment of energy reserves (ie, resynthesis of ATP).

The muscle has three sources of replacement energy: the splitting of creatine phosphate, glycolysis, oxygen oxidation.

The splitting of creatine phosphate.

Creatine has the ability to disconnect the phosphate group and converted into creatine, adding phosphate group to ADP, which is converted into ATP.

$\text{Creatine} = \text{ADP} + \text{ATP} + \text{creatine}$

This reaction is called - reaction Loman. The reserves of creatine phosphate in the fiber is not great, so it is used as a source of energy only at the initial stage of the muscles - in the first few seconds.

Once the creatine phosphate reserves will be exhausted by about 1 / 3, the speed of this reaction will decrease, and this will cause the inclusion of other processes of resynthesis of ATP - glycolysis and oxygen oxidation. At the end of the muscle reaction Loman is in the opposite direction, and stocks of creatine for a few minutes restored.

The splitting of creatine plays a pivotal role in energy supply of short-term maximum exercise capacity - sprint, jumping, throwing, lifter and strength exercises, lasting up to 20-30sec.

Glycolysis.

Glycolysis - the process of disintegration of one molecule of glucose ($\text{C}_6\text{H}_{12}\text{O}_6$) into two molecules of lactic acid ($\text{C}_3\text{H}_6\text{O}_3$) with allocation of sufficient energy to "charge" of two molecules of ATP.

$\text{C}_6\text{H}_{12}\text{O}_6$ (glucose) + $2\text{H}_3\text{PO}_4$ + $2\text{ADP} = 2\text{C}_3\text{H}_6\text{O}_3$ (dairy to-ta) + $2\text{ATP} + 2\text{H}_2\text{O}$.

Glycolysis occurs without the consumption of oxygen (such processes are called anaerobes).

But we need to make two important observations:

a) approximately half of all released in this process energy is converted into heat and can not be used when working muscles.

The temperature of muscles increases to 41-42 degrees Celsius,

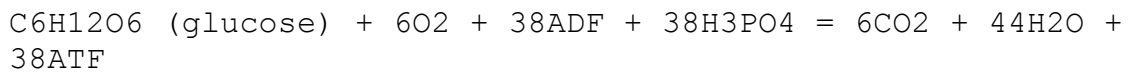
b) the energy effect of glycolysis is not great and is only 2 molecules of ATP from 1 glucose molecule.

Glycolysis plays an important role in power supply of exercises, the duration of which varies from 30 seconds to 150sek. They are running on the middle distances, swim 100-200m, cycling, long-term acceleration.

Oxygen oxidation.

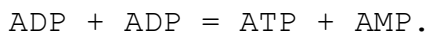
For the full inclusion in the action of the oxygen oxidation of glucose requires more time. The rate of oxidation becomes maximal only after 1,5-2 hours of work the muscles, this effect is widely known as the "second wind".

Decay of glucose in the presence of oxygen is complicated. This is a multistage process that includes the Krebs cycle and many other transformations, but the overall result can be expressed by the following entry:



The breakdown of glucose by oxygen (aerobic) gives way to the end of each molecule of glucose 38 molecules of ATP. That is, oxygen oxidation of energy is 19 times more efficient than oxygen-free glycolysis. But for all you have to pay - in this case payment for greater efficiency is being dragged out process. Getting ATP during oxygen oxidation is possible only in the mitochondria, and ATP is not available there ATPase, which are in the intracellular fluid - the inner mitochondrial membrane is impermeable to the charged nucleotides. Therefore ATP from mitochondria is delivered into the extracellular fluid rather complicated way, using different enzymes that significantly slows down the whole process of obtaining energy.

For completeness, mention is also the last path resynthesis of ATP - miokinaznaya reaction. In the case of significant fatigue, when the possibility of other ways to obtain an already exhausted and the muscles have accumulated a lot of ATP, then from 2 molecules of ADP with the enzyme miokinaza may produce 1 molecule of ATP:



But this reaction can be regarded as "emergency" mechanism, which is not very efficient, and therefore the organism is very rarely resorted to it only in extreme cases.

So, there are several ways to obtain ATP. Further ATP with calcium cations and ATPase "charges" myosin energy, which is used for soldering with actin and to promote actin filament to one "step".

And there is one important feature.

Myosin may have a different (more or less) ATPase activity, so generally distinguish the different types of myosin - fast myosin is characterized by high activity of ATPase, slow myosin ATPase activity is less.

Actually, why the rate of contraction of the muscle fibers are determined by the type of myosin. Fibers with high activity of ATPase called fast fibers, fibers, characterized by low activity of ATPase - the slow fibers.

Fast fibers require a high rate of reproduction of ATP, which can provide only glycolysis, since, in contrast to oxidation, it does not require time for the delivery of oxygen to the mitochondria and the delivery of energy from them in intracellular fluid.

So fast fibers (often called white fibers) preferred way of reproduction glycolytic ATP. For high-speed energy white fibers paying fatigue, as glycolysis, leads to the formation of lactic acid accumulation which causes muscle fatigue and eventually stop its work.

Slow fibers do not require such a rapid replenishment of ATP and to ensure energy needs using the path of oxidation. The slow fibers are also called red fibers. These fibers are surrounded by a mass of capillaries, which are necessary for the delivery of large quantities of blood oxygen. The energy of red fibers are produced by oxidation in mitochondria of carbohydrates and

fatty acids. The slow fibers are low fatiguable and able to maintain relatively small, but prolonged stress. So, we briefly acquainted with the device and the energy supply of muscle, but we have to find out what happens to muscles during exercise.

Microscopic studies show that as a result of training in a number of muscle fibers disrupted the orderly arrangement of myofibrils, there is a breakdown of the mitochondria, and in blood levels of leukocytes, as in case of injuries or infectious inflammation (Morozov VI, et al Shterling ppm).

The destruction of the internal structure of muscle fibers during exercise (ie, microscopic), leads to the appearance of fiber fragments of protein molecules. The immune system perceives as a foreign protein fragments of the protein, once activated and tries to destroy them.

So, during training we are destroying their muscle fibers and spend reserves of ATP.

But we go to the gym not to expend energy and get microtrauma.

The U.S. wants to pump up muscles and become stronger.

This becomes possible only thanks to the phenomenon of supercompensation (sverhvosstanovlenie). Supercompensation manifested in the fact that in well-defined moment of relaxation after the training level of energy and plastic substances exceed the original dorabochy level.

Law supercompensation true for all biological compounds and structures that are more or less spent with the muscle activity. These include: creatine, structural and enzymatic proteins, phospholipids, cellular organelles (mitochondria, lysosomes). In general, the phenomenon may be reflected supercompensation schedule (Fig. 3).

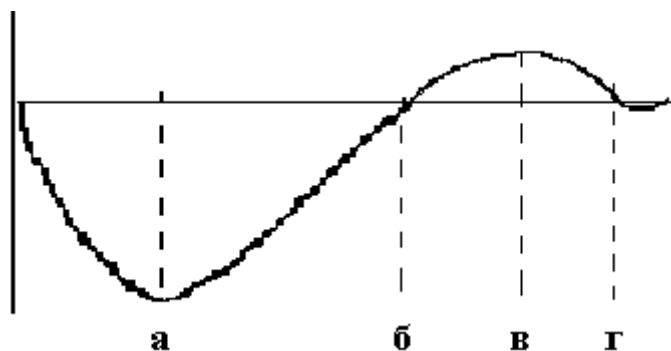


Fig.3. Supercompensation. a) - destruction / expenditure during exercise, b) - restoration, c) - sverhvosstanovlenie, r) - a return to the original level.

As is clear from the graph, the phase supercompensation lasts a fairly short time. Gradually the level of energy substances returned to normal and the training effect disappears.

Moreover, if done before the next training phase

supercompensation (Fig. 4, a), it will only lead to exhaustion

and overtraining.

If you hold the next training session after the phase supercompensation (Fig. 4, b), the traces of the previous work has already been smoothed over and the training will not bring the expected result - increase in muscle mass and strength. To be pronounced effect, you need to carry out training strictly in phase supercompensation (Fig. 4, c).

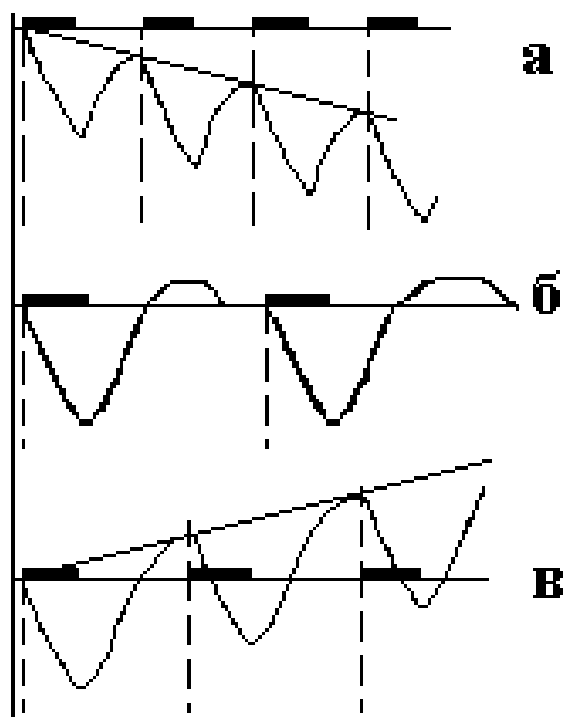


Fig. 4. Training effect (black color moments workouts). a) - too frequent training, exhaustion and overtraining, b) - infrequent exercise, no significant effect, c) - the right training at the time supercompensation, increase strength and muscle mass.

Thus, from the foregoing it is clear that the conduct of training must be in phase supercompensation.

But here we encounter a difficult problem.

The fact that the compounds and structures that are spent or destroyed during training, have different recovery time and achieve supercompensation!

Phase supercompensation creatine is achieved in a few minutes rest after the load.

Phase supercompensation glycogen content in muscle occurs after 2-3 days after training, but by that time the level of creatine has entered a phase of lost supercompensation.

But for the restoration of protein structures of cells that were destroyed during the workout, you may need even more time (up to 7-12 days), during which the level of glycogen in the muscles is back to its original level.

Therefore, we must first determine which of these parameters is

most important in terms of building strength and muscle mass, and some of them can and neglected.

Obviously, the first parameter on which to focus in the course of training is the level of creatine - in fact it is they who provided the work force of muscles.

From this we can deduce the first rule of training:

implementation of each working approach should not continue for more than 30 seconds.

If the load goes over 30 seconds, then switch to the use of muscle glycogen, they rapidly accumulate lactic acid.

I recall that the level of creatine phosphate in muscle restored within a few minutes, but the lactic acid, reduces power cuts completely removed from the muscles for only a few hours after a workout, so it is desirable to prevent the transition to the use of muscle glycogen.

Training on the system 5 sets of 5 times (5x5) just perfectly fit into this rule. In this case, the execution of the exercise lasts no more than 25-30 seconds, ie consumed creatine, lactic acid is formed a little and she manages to bring in 5-10 minutes (for large muscles for 10-20min).

But, even for 10-20min rest lactic acid is not derived from muscle (for a complete withdrawal of lactic acid takes several hours), so the instant power of muscular contraction in each subsequent approach will be somewhat lower than in the previous year.

In addition, one should not forget that the force developed by muscle fibers and its rate of reduction depends on the fiber saturation ATP. Since muscle contraction is not instantaneous and lasts for some time, even if individual reps, then the result of the exercise also depends on the ability of muscles immediately restore the level of ATP, ie the concentration in the fiber of creatine and creatine kinase.

Content of creatine in the muscles of athletes 1,5-2 times higher than that of untrained men, respectively, given the quality of susceptible muscle workout.

This is achieved by the fact that each following approach experienced athletes, law enforcers are doing at the moment supercompensation creatine, ie after 4-10 minutes of rest. This load can achieve a marked increase in concentration of creatine in the muscles. However, after several hours the concentration of creatine is significantly reduced, but some exceeded the initial level persists up to 1-2 weeks. Therefore, in order not to lose the power of the results, it is important to practice regularly.

Regarding the number of approaches, it has proved a turning point in a developing power occurs on average after the 5 th - 6 th approach to exercise, and this number approaches for training one muscle group and should be considered as optimal for maximizing muscle mass and strength.

By the way, is now becoming clear why I am frowned upon to perform squats and postural traction to 20 times in the approach - in this case, the muscles switch to energy security at the expense of glycolysis, lactic acid in the muscle increases

sharply, which ultimately does not develop a high power performance of the exercise. The overall result is not training, but in vain torment (20 times for the approach - it is really painful).

The second rule of training: only basic exercises.

Heavy training, based on stimulating muscle growth through their pre-fracture requires voltage recovery of body functions. But the body has very limited plastic and energy resources and can not divide them among all the muscles. If you do not use during heavy exercise more "Recovery" (ie, anabolic steroids), it is wise to opt for several large muscle groups and core exercises, and not to dissipate their energies to the full range of existing movements.

The third rule of training: each of the next training session should be performed in phase supercompensation.

As we practice the exercises, aimed at the destruction of muscle fibers, the "heavy" training each muscle group should be held once in 7 days. Only in this case we will have a steady growth of muscle mass.

But in order not to lose with such difficulty increased in the training level of creatine, I recommend doing two workouts per week for squats and bench press, lying down, but the second exercise should not lead to the destruction of muscle fibers! Ie it must be either "light" (speed-strength training on machines with not too much weight, do the exercises in an explosive pace) or isometric (voltage not more than 5-6 seconds) - in this case, the muscle fibers will not break, and hence the second training session will not lead to the disruption of phase reconstruction of protein structures of the muscles. But in turn, even a light (or isometric) exercise will increase the concentration of creatine in muscle fibers. Ie You can safely say that the second training session a week - it is necessary to ensure that the level of creatine phosphate (and therefore the strength of muscles) has increased steadily.

Young athletes often take any set of 5-10 exercises and do it 3 times a week with no changes. We must clearly realize that this is the shortest way to exhaustion and overtraining. The muscles will be constantly in a state of chronic fatigue, after a short period of initial growth in strength and muscle mass comes an inevitable stalemate, and then exhaustion.

The fourth rule of training: as the slowdown in the conversion results for 9-12 week cycles.

The reason for the growth of functional capabilities of muscles and, in particular, the growth of muscle mass is the diversity of adaptation processes. During training, we displace the internal balance of the medium, and then run the mechanisms that seek to restore the lost balance. But gradually, the same adaptive processes leads to a decrease in the reaction of the internal environment in response to stress, and ultimately, to stop the training progress - ie to a condition called "a training plateau. In order to avoid "habituation" of muscles to load and achieve constant progress in training, you must give the body grow out of a load, ie dramatically reduce the weight

of the rod and give your muscles rest. Must step back and then start a new offensive on the weight limit.

The fifth rule of training: at the end of training to stretch the muscles worked.

We recall that the myofibril is composed of alternating dark (myosin) and light bands (actin filaments). In physiology made whole white band (actin filament) with the two halves of the black bars on the sides (myosin) called sarcomeres.

Figure 5 shows the dependence of muscle strength on the magnitude of stretch marks (on the length of sarcomere).

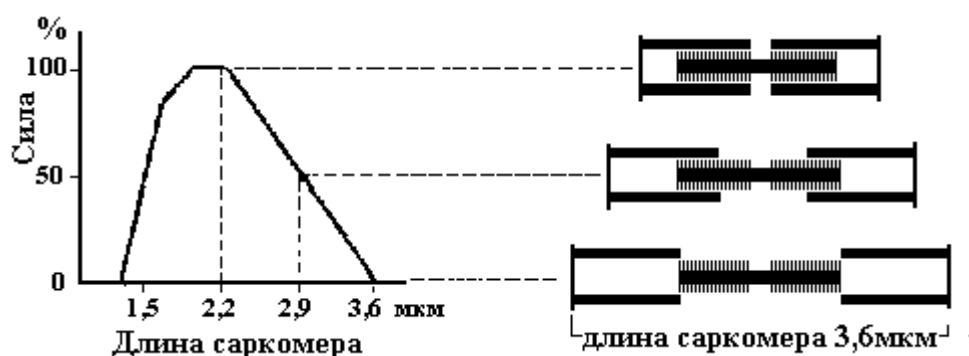


Fig.5. Effect of stretching on muscle strength.

A fully rested muscle has a maximum force, sarcomere length with optimal - 2,2 microns.

During training sarcomere length decreases, it is felt as stiffness of muscles. Muscle strength, as shown in Figure 5, while the same decreases.

After training, the muscles and remain on a time-compressed.

To expedite the recovery process at the end of training required to make a banner worked muscles - in this case the length of sarcomere quickly come back to normal and the muscles again be able to develop maximum strength.

But, as seen from Figure 5, excessive stretching leads to a drop in force - with tension up to 3.6 microns sarcomere muscle strength is zero. It is therefore impossible to stretch before exercise or during exercise between exercises - will adversely affect the strength of muscles. Stretch have only strictly at the end of training.

If after reading this section you still have some ambiguity in the biochemistry of muscle contraction, then I recommend reading the book V. Protasenko "Think! Or Supertrening without errors, as well as textbooks on physiology and biochemistry of sports for high schools.

On this I say goodbye to you, you successful training!