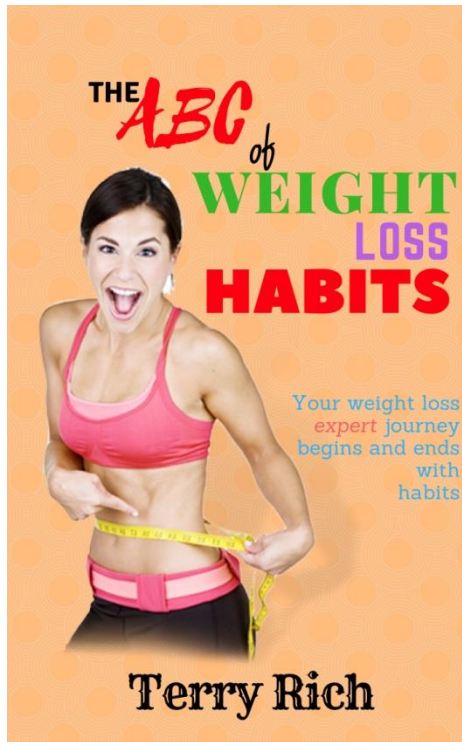


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FITNESS
AND
EXERCISE
MASTERY

DEMYSTIFYING PRACTICAL TIPS FOR GENERAL
FITNESS AND A HEALTHY BODYBUILDING
PROCESS

TERRY RICH

Author's Note

Even though this book - **Fitness and Exercise Mastery** - encompasses everything about sustaining a healthy bodybuilding process, if you wish to take it further and have rapid results, here are some of my recommendations to take your journey further.

[15-Second Trick for a Pain-Free Workout](#)

[Outstanding Tricks to Stop Knee Soreness](#)

[3 Steps to Mental Toughness Revealed](#)

[Stamp Out Back Pain](#)

[Don't Pump Iron...Become Iron!](#)

[Body-Weight BEAST Challenge Workout](#)

[New Fat-Shrinking Rules](#)

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Preface

An Unbeaten Bodybuilding Journey

CHANGING YOUR BODY, CHANGING your lifestyle, feeling good is not because of a sudden, spontaneous decision. It is an approach that applies to a long term. These are daily choices, repeated actions that always make you go a little further towards your goal. Succeeding in bodybuilding, fitness or sport generally requires greater involvement and effort.

This is the most important factor and the one that will really determine your achievements. Being thorough with your bodybuilding program for a few weeks, then relax is difficult.

Everything lies in regularity. The logic is the same in all sports and even more in bodybuilding. It is the repetition of efforts, weeks after weeks, month after month which will bring results.

Only your determination and focus can reward you. Thus, it is useless to start by jumping around and trying to do everything at the same time. Start at your own pace, take your time and slowly increase the level of difficulty and the frequency of training. Too often we see people registering in gyms, showing a strong motivation for the first 2 months of training every day. Then 80% of them disappear and only the most regular persist. Be among them, start at your own pace, no need to do too much. But persists!

It's about doing the right things according to your level and abilities. We do not start by copying the program of the most muscular boy in his gym. It is good to be certain that the program will suit you and will not be far too intense for you. Not only will this limit your results, but eventually lead to overstraining and increase the risk of injury.

If you are a beginner in bodybuilding, start with a beginner program. There are many that are detailed on the web. Some of these programs are based on basic movements, controlled progression and intensity adapted to your needs and capacity.

Then, the course of patience! No need to look at yourself in the mirror after your first session. Hey, your body has not changed! Let the nature take its course! Try to take pleasure during your workouts, try to progress, to always do a little better, to have a good technique on the exercises, to feed yourself well, to be patient and you will have the results you hope for!

Nothing good can be done in a hurry and it is especially true for the practice of fitness and bodybuilding. The results you deserve will come with time as your body matures, develops, deconstructs, and then recovers. It's a long process and patience is the key word!

It is no longer a matter of talking about being physically fit or having a nice body. To succeed in bodybuilding requires total self-denial. Your entire lifestyle must be turned towards your goal. Here we come to a far more extreme vision with a true sense of sacrifice. Nothing should hinder your quest for success.

If you are not ready to endure training sessions, pain, sweat, fatigue, determination, and focus, then bodybuilding programs are not made for you. The boxer who does not train intensively every day has no chance against the one who gives everything to training. All efforts are important and we must be able to put aside our moods and our desires to simply do the necessary work.

1

Regaining Competitive Edge in Your Workouts

It takes a lot of time, effort and a well-structured training plan to get good muscle. It is only if you train with a "plan" will you gain muscle mass in the long term. A training plan to achieve the goal of gaining muscle mass is based mainly on strength training, in which basic exercises and isolation exercises are the main element. The goal is to encourage muscle growth by subjecting it to continuous stimulation.

FUNDAMENTALS OF THE TRAINING PLAN TO GAIN MUSCLE MASS

A training plan to gain muscle mass poses different demands to athletes. In principle, it is based on basic exercises in which weights gradually increase. Short training series is important to maintain intensity. However, the training plan also includes sufficient regeneration phases to allow the formation of new muscle tissue.

- Characteristics of a training plan to gain muscle mass:
- Strength training to increase the musculature
- Attention in basic exercises
- Isolation exercises as a complement

FREQUENCY OF TRAINING

If you want to increase your muscles effectively and sustainably, you do not have to go running to the gym every day, as they say. Less is more! With a 3 or a maximum of 4 training sessions per week and with the right training plan, you can give your muscles the necessary growth stimulus.

In addition, muscle growth (hypertrophy) occurs anyway in the resting phases. It is when the muscular tissue recovers from the effort and the cross section of the muscle increases as a process of adaptation to the increasing load of the training (more weight, new stimuli, etc.) In other words, if you train extremely, you risk stagnating and suffering from symptoms of over-training, such as a loss of strength and a feeling of premature fatigue.

A classic effect would be, for example, to train chest and triceps or back and biceps on separate days. For a training frequency of three to four sessions per week, a triple or quad split is good.

DURATION OF TRAINING

The sessions of your training plan to gain muscle mass should last, as a rule, between 60 and 90 minute maximum. If you train too long, your muscle tissue will be exposed to hormonal stress by the secretion of cortisol. When you do not gain muscle mass in the long term, this hormone is one of the most frequent causes. If you go over the recommended training time, you can boost even the processes of muscle loss.

Important points about the duration of training in a training plan to gain muscle mass:

- Max. 60-90 minutes per session
- Too long a training has a catabolic effect

SELECTION OF EXERCISES

A training plan to gain muscle mass should base your basic exercise structure on these 4 essentials. By this we mean basic exercises like the bench press, the dead lift, the squats and the shoulder press. Since in these basic exercises the whole muscles intervene, a great secretion of testosterone takes place. This hormone, along with insulin, plays an essential role when it comes to gaining muscle mass.

Approximately two-thirds of the training sessions to gain muscle mass should be used in basic exercises or free-weights exercises. The remaining third can be devoted to isolation exercises and intensity techniques.

With the help of isolation exercises, specific stimuli can be applied to encourage growth and gain muscle mass, consciously overloading the muscles and exhausting it until muscle failure. This places a huge burden on the central nervous system. The muscle reacts, adapting and increasing its cross section, which "gains strength" for the next training session.

Important points about the selection of exercises of the training plan to gain muscle mass:

- Attention in basic exercises (two thirds)
- Isolation exercises to complement (one third)

VOLUME AND INTENSITY OF TRAINING

Unlike the traditional routine for gaining mass, which requires maximum strength training (with a number of repetitions between 3 and 5), in the training plan to gain muscle mass you train in the so-called area of hypertrophy (with between 8 and 12 repetitions). The volume of training and the amount of series is to do it in comparison with the routines to gain weight and for weight loss are clearly superior.

First, 1-2 warm-up sets are always performed for each exercise with little weight and 15-20 repetitions. In this case, the main thing is the increase in the blood supply of all the relevant muscle fibers

and the practice of the technique for the subsequent loading phase. The training to gain muscle mass is in the mid range of repetitions and the intensity is the important thing.

Following the warm-up phase, the weight is chosen with which three to four sets of 8-12 repetitions each will be made. The weight should be chosen so that a clean execution of each one of the exercises can be carried out and, at the same time, supports a good stimulus for the growth. As for the orientation, you have to be able to carry out the last repetition of the last series without needing help.

Important points about the volume and intensity of the training plan to gain muscle mass:

- 4-6 exercises per muscle group
- 1-2 warming series before each exercise
- 3-4 work series
- 8-12 repetitions

PAUSE TIME

In the training plan to gain muscle mass, optimal pause times between work series are between 60 to 90 seconds. This lapse of time is sufficient to allow the muscles to recover before resuming the active application of stimuli in the next series of work.

In addition, a rest day should always be planned between two days of training to allow regeneration. Thus, the training model - pause - training - pause - training - training - pause (quad split) can be followed.

TIPS FOR THE TRAINING PLAN TO GAIN MUSCLE MASS

Keep a Training Diary

It is very useful for most people who train to gain muscle mass to keep a training diary. In it you can register the number of series, the weights used and the "sensations" that you have during the training. With the training diary, the progression (permanent strength increase) can be observed very well and sporadic adjustments can be made in the training plan.

ADDITIONAL SPORTS NUTRITION

With a well-structured training plan, you are already halfway towards your goal of gaining muscle mass. In addition, the intelligent use of sports nutrition will bring you even closer to the goal of training.

RECOMMENDATION

[Body-Weight BEAST Challenge Workout](#)

2

Various Ways Strength Can Improve Your Life

You think bodybuilding is only used to make big muscles? That all those who lift the weights are fans of fluff on the beach this summer? Think again! Bodybuilding has many benefits you cannot imagine if you want to take care of your health!

In addition to improving muscle strength, bodybuilding brings many benefits to the whole body. It has long been thought that cardio alone is good for heart health. However, studies have shown that bodybuilding can reduce blood pressure and bad blood fat (cholesterol, triglycerides). Also, by doing muscle exercises, the

heart works and gains strength. Each of our efforts during the day becomes less difficult. Bodybuilding helps keep our heart healthy longer, besides lowering the risk of cardiovascular disease such as atherosclerosis or heart attack.

Osteoporosis is a pathology manifested by excessive fragility of the skeleton, due to a decrease and alteration of bone mass. When bodybuilding is combined with a balanced diet, this activity becomes a preponderant prevention element to fight against osteoporosis. When the muscles contract, they exert traction on the bones to which they are attached. This solicitation causes the bone to strengthen by calcium accumulation. Measurements of bone densitometry carried out in women having started bodybuilding over 50 years show a decrease and a stabilization of osteoporosis.

Healthy Bones

Osteoporosis involves loss of bone mass and greater fragility of the bones. It affects one in four women and one in eight men after age 50. Muscle exercises cause significant stress on the bones, which causes them to solidify over training. A good way to prevent osteoporosis is to combine a balanced diet with muscle and/or cardiovascular exercises like walking, jogging, tennis, etc.

Bodybuilding Improves Your Figure

Weight training endurance such as running have many benefits for the body (especially from a cardiac point of view), but they do not strengthen all the muscles of the body, such as the abdominals or arms. A loss of strength in the abdominal strap is because of a prolonged use of the back muscles on a daily basis. This abnormal

training of the back muscles can lead to pain, igniting discomfort. Bodybuilding therefore makes it possible to develop and merge a large majority of the body's muscles in a targeted manner.

Prevents Back Pain

Do you know that most back pains are also muscle pain? The strengthening of the back muscles, thus allows the prevention and reduction of the famous "back pain", a real chronic disease in the recent years. The more back muscles are toned, the longer the spinal column is secured. In addition, the muscle development of the abdominals and lumbar muscles, which play a preponderant role in the balance of the pelvis, effectively prevents back pain.

A well-adapted and well-executed weight training program helps prevent or treat back pain. About 80% of people experience low back pain during their lifetime. Strength training strengthens the back muscles and improves posture control. The back is better supported. Our spine is more stable and our movements are better executed during our daily activities.

Abdominal bodybuilding: Are you a woman and you are afraid of becoming a bodybuilder with oversized muscles? The development of muscles is more complicated to get in women. It requires training and a special diet. The practice of bodybuilding will not give ladies big muscles. On the contrary, they will tone and refine their shape!

The great part for men is that regular practice of bodybuilding will allow you, among other things, to develop your chest, to have a

stronger back, wider shoulders and, overall, a better posture quite appreciable at the aesthetic level.

Muscle Prevents Aging

Maintaining good muscle tone is an important factor for the mobility and independence of older people. Bodybuilding can be practiced even in old age! Exercises of a muscle (called analytical exercises) do not produce almost any cardiovascular stress. By increasing muscle mass (and thus strength and bone mass), seniors improve their balance and thus their ease of movement. Seniors can even get rid of their cane after starting a bodybuilding program.

Bodybuilding Improves Well-being

Like many physical activities, bodybuilding promotes endorphin secretion. This hormone is a natural tranquilizer that helps reduce stress. Having a more toned, stronger and healthier body allows you to have more confidence in yourself!

Favor explosive movements at a steady pace. Perform functional exercises involving the whole body to develop broad athletic skills and a very good strength/weight ratio. Ideally, the sessions should not last more than 30 minutes.

Do not have dumbbells? Be imaginative and do, for example, exercises in body weight or lift heavy things that you find easily at home: big cans filled with water, your cat's litter bags, your wife's handbag, etc.

Other Health Benefits

Strength training reduces the risk of colon cancer, improve diabetes control, improve sports and everyday activities, reduce stress and prevent age-related muscular decline. Muscle training is also essential in a weight loss process.

Warning: It can be easy to get hurt if you practice bodybuilding carelessly. If you are a beginner, bodybuilding exercises should always be performed in precise and stable positions, with controlled body movements and weights. The best advice we can give you, in order to practice safely, is to be supported by a weight training coach who will create a personalized training program.

RECOMMENDATION

[Don't Pump Iron...Become Iron!](#)

3

How to Fix Your Back Pain without Appointments, Medications, or Surgery

In the case of chronic low back pain, it is important to practice physical activity to relieve symptoms and improve mobility. Yoga is also interesting.

Back pain is described as chronic when it persists for at least three months. Most times, it is a non-specific low back pain, that is to say without a clearly identified cause (for example a herniated disc), which can alter the quality of life and cause a functional disability.

There is a medical journal report on a series of large-scale studies published in recent years that emphasize that exercise or yoga programs help reduce pain and improve functional abilities.. Various types of exercises proposed and supervised by a

physiotherapist is recommended: joint maintenance exercises, muscle building, stretching, mobilization, cardiovascular endurance (stationary cycling, walking, swimming) It has not been shown that one exercise is more effective than another in this context, while exercise or yoga programs seem to have similar benefits.

However, it is prudent not to continue in the event of a significant exacerbation of pain. Caregivers should support and encourage low back pain patients to regain confidence in their ability to engage in physical activity.

We know it's the evil of the century. Especially because of our increasingly sedentary lifestyle and our time spent sitting in front of a screen. But also due to some professions putting the vertebrae to the test, to a bad sport practice, etc., a great number of people will have back pain at least once in their life. Low back pain is the leading cause of disability before the age of 45 and the second reason for consulting a general practitioner. But do you know that when it is mechanical, you can relieve and fight your back pain through weight training?

Fight Back Pain with Weight Training

Mostly if the pain lasts for over 3 months, it is advisable to consult your doctor for all forms of back pain. But, aside from that, know that contrary to what can be said by some, weight training can be practiced when you have back pain. Weight training can help you fight back pain.

There are certain training that should not be practiced when your back hurts: those that cause shocks that reverberate in your

frame. For example, running causes repeated impacts on each stride and is therefore prohibited. You can replace it with walking the time of healing.

Team sports are not advisable: football, handball, basketball, rugby, volleyball, hockey, etc. These activities may be subject to muscular contacts that could worsen the situation. Tennis and other racket sports work mainly on one side of the body, which is absolutely not recommended when you have a problem with the vertebrae.

Finally, everything that involves jumping must be avoided when you have back pain. We have already seen the problem of volleyball or basketball for impacts, but they also include jumps that will pack your vertebrae at the reception. BMX or even ATV can cause problems because of jumps and jolts. They are prohibited because they cause severe back pain.

Prevention is better than cure, says popular wisdom. If you have either:

- Strenuous work, heavyweight, or bent back often bent
- A job and/or a sedentary life where you are most of the time sitting behind a computer or with a mobile/tablet in the hand

If you have this type of lifestyle and you still don't have back pain, believe it, it will come! If you are not prepared for the eventuality, you will not be able to escape. Those who have acute pain can tell you how much to avoid or reduce it would be a good idea.

If you lift heavy objects or repeated bending and stretching, it is essential to do active stretching before starting your work, and then passive stretching after exercise. As an athlete, you need to support your body not traumatizing through your bizarre activity. But even if you do not seem to be under physical pressure on your back, the simple fact of standing or sitting for too long is already restrictive for your lumbar. Perform regular back stretching. This will help you eliminate back pain or even relieve tension. You will then feel better.

Hold your hands on the back of a chair and make a right angle between the legs and upper body, feet spread across the width of your pelvis. Push your pelvis backwards while pushing your hands forward. Extend your back as much as 15 seconds 4 times.

Lie on your stomach, arms folded along the body, palms on the ground as for pumps. The legs are aligned, the feet rested in the continuity of the legs, without support. Lift your arms up your upper body and let your pelvis rest on the floor. Raise your head and shoulders as high as possible for 6 seconds and repeat a dozen times.

By putting yourself on all fours, hands straight above the shoulders and legs to that of the pelvis, stretch your back straight, the neck aligned on the upper body. From there, dig your back by pushing your pelvis backwards and lifting your head up, belly relaxed. Hold a few seconds before doing the opposite: Inflate your back like a cat with a round back, without taking off the knees from the ground, pulling the pelvis and lowering the head. Hold a few seconds and alternate these two movements a few times.

There are other stretching movements that could be beneficial to maintaining your spine, but do it anyway without fail. You can then ask your doctor, a sports coach or the internet to expand the exercises. The passive stretches can also be considered during acute attacks of lumbar or neck pain. Then practice them calmly, thinking of breathing well and listening to your body.

Relaxation and Diet

In addition to the reasons specified before, another cause of back pain is stress. Stress causes stomach upset, neuralgia, and muscle contractions often in the lower back. Stress can be an aggravating factor that complements the previous causes. To remedy or mitigate this, the solution could be relaxation or the choice of a suitable diet. It is not a question of eliminating the stress of a magic wand because, for that, one should rather tackle the reasons of the stress more than a psychological way. But good food hygiene, exercise and relaxation will guarantee you great victories on this lifestyle anxiety. Sheathing is a very effective method of muscle building. The sheathing challenge has made this exercise famous, but there are also variants that are better targeted for the back problem.

The Ventral Sheath

Place your elbows at right angles under you, perpendicular to the ground and move your feet to be as straight as possible, feet resting on the toes. Stretch your body as straight as possible and stay for at least 30 seconds. Repeat at least 3 times. Try to increase the contraction time in future exercises.

Lateral sheathing

Lie on your side, one leg resting on the other, your elbow under your body. With this arm, lift up laterally to the floor, the arm perpendicular to the elbow forming a square. The other arm stretches upward in the alignment of the forearm that lifts. Do at least 3 repetitions on each side. As with all sheaths, try to keep the contractions longer in the future exercises, but prioritize the quality of the position.

Ventral and lateral sheathing is a complete exercise that strengthens your body, muscle all your transverse and oblique abdominals. The whole of the trunk muscles will help support your back and relieve it.

The Sheath of the Lower Back

Lie on your back, arms down beside your body. Bend your knees until you lift your pelvis and form a straight line with your body from the trunk to your thighs, your legs practically square. Tighten your buttocks and tuck your belly into your abdominals. Hold at least 30 seconds for 3 repetitions spaced 30 seconds apart.

The Cladding of the Back

More difficult than the previous exercise, this movement requires a certain mobility of the shoulders and a better physical condition. Do it if and when you feel in need of strength.

Lie down on the ground with your back, resting on the forearms and heels, elbows aligned on the shoulders. Peel the buttocks off the ground to form a straight line from the legs to the trunk. Contract the belly and buttocks, stretch your legs as if you wanted to grow up. Hold the position for at least 30 seconds and repeat 3 times with a 30-second pause between each.

The Cat Back Hollow-Back Round Stretched

We have already seen the movement in the list of stretches. For more efficiency, with muscle strengthening to support your lumbar, do practically the same exercise as described above, in the same position. But force more, at the same time, on your abdominals, your buttocks, your thighs. Make 10 repetitions curved/curved and repeat the exercise, if possible, every two to three hours.

Squats

Squats are important in any bodybuilding and fitness program. This exercise strengthens the lower part of your body. If you have back pain, do not do jumping squats, but "basic" squats. You can increase efficiency with weights. To perform these squats, stand with your feet wide apart. With your body straight, extend your arms parallel to the ground. Then bend your legs and go down until your buttocks are just below the line of your knees before going back up. Be careful to keep the spine erect during exercise.

Leg Curl Ischios

It is practiced in the weight room because it requires the use of an ischios bench. This bodybuilding exercise tones the buttocks and the back of the thighs. By ensuring the proper balance of your legs and a solid foundation, you will have better stability for your lower back.

Bodybuilding Exercises to Practice during Acute Low Back Pain

This is a Pilates exercise to relieve back pain. It is not a question of forcing too much, but of being in agreement with one's body, as if one were practicing yoga.

Pelvic Tilt

Lie on the floor, knees bent 90 degrees. The soles of the feet are in contact with the ground, the arms along the body, the palms of the hands are under them. Relax by inhaling and stretching slightly at the waist. Exhale with your stomach as if you want your belly button to touch your spine. Hold for 6 seconds, then release. Do this a dozen times.

Acute, Chronic or Neuropathic Back Pains

I specify the above practice of pelvic tilt for acute lumbar pain. It is necessary to differentiate 3 types of back pain.

Acute Back Pain

These are the most common pains, which last from 3 to 6 months. They can arise from tissue damage, such as muscle twisting. A fast, intense and immediate pain can be diagnosed acute. If periods of pain are repeated throughout the year, they become chronic. Bodybuilding, stretching and gymnastics can help fight this type of pain effectively.

Chronic Pain

Often coming from the lower back and radiating on the side of a leg, chronic pain can be deep and very restrictive. Chronic pain is sometimes disabling to work, walk or even just stand up. They can come from osteoarthritis, disc lesions, nerve damage and last for years. Strengthening the back with weight training, or swimming, and stretching will be a great help in this situation.

Neuropathic Pain

Neuropathic pain is not usually related to a visible injury. The nervous system can transmit pain signals even as tissue damage is repaired. These pains can be cold, hot, throbbing, severe, and weaken you. These symptoms should be treated with the strongest diagnoses and receive proper care. Muscle exercise is rarely a real support here.

Conclusion: Bodybuilding and Exercise Can Relieve Your Back Pain

We have discussed different exercises that will provide a better life if you suffer from severe back pain. It will take some effort, but your well-being is worth it. Bodybuilding training and exercising the

back and lower part of the body will reduce the pain a lot. If you were angry with the training, it will become your best friend and you will be able to draw many other benefits from it.

RECOMMENDATION

[Stamp Out Back Pain](#)

4

Escape a Major Blowout and Fix Your Knees!

Every time you go to your gym, you get motivated with the goal of doing all the exercises. Unfortunately, your good will may be lessened when you feel a pain that can be troublesome at the level of the joint.

Be smart and sensible in the practice of any physical activity and it's not as simple as saying "I'm going to jump on the treadmill". An active and healthy person will have no difficulty doing the activities he likes. However, it differs from the one who feels particular pains, especially regarding the bearing joints. The

question is what exercises can be done to make the most of the situation without increasing pain or risk of injury?

Following a fracture, sprain, tearing of the ligament or cartilage, knee pain may continue for several months to several years after the trauma and possibly after surgery. How do you relieve the pain when it occurs?

The Cause of This Pain

Your knees are supported by two large muscle groups. The first is the quadriceps (quad), which is on the front of the thigh and is a push muscle. The second is the hamstring muscle support. The hamstring muscle extends to the back of the thigh and pulls the leg back when running or walking.

Injuries or pain in the knee often occurs because the muscles supporting the knee are too weak. So, if you want to remove the pain in your knee, strengthen the muscles supporting it.

The Step Up

The first exercise to help you strengthen your leg muscles is called Step up. Step-ups are great for strengthening both your hamstrings and quads. They help increase the power and coordination in the muscles of your legs while using the weight of the body as resistance.

For this exercise, all you will need is a staircase. Stand in front of the stairs and go up with your right foot. Repeat the movement

with your left foot. Continue this motion for 30 seconds with 20 seconds off. Do it 3 times for 90 seconds.

Partial Squats

Crouching is perfect for strengthening the leg muscles and increasing the range of motion in the knee joints. It targets not only your quads but also the glutes and hamstrings and the abdominal muscles.

To perform squats, hold your back straight, feet apart to the width of your shoulders and your toes pointing either straight or slightly to the sides. Lower your body by pushing the hips back and bend your knees to form a 90-degree angle.

Isometric Quad Exercise

The quad isometric exercise focuses on strengthening the quad muscle while in a static position. It is perfect for anyone who has noticed an imbalance of strength in the muscles of their legs.

To perform the quad isometric exercise, sit on a chair with your back straight and your feet flat. Raise your right leg until your foot is flexed and is parallel to the ground. Contract your thigh muscle and hold this position for 6 to 8 seconds then release. Repeat the movement with the right leg 8 to 12 times, and then repeat with the left.

Walk on the Spot

Walking on the spot might not seem like a good idea when you have knee problems, but this exercise is amazing for strengthening leg muscles and relieving knee joints. It also improves stability and balance.

Stand with your feet on the floor and lift your legs up and down, one at a time. Try doing this for about a minute, twice a day. This exercise helps prevent your knee from being stiff, you can do it anytime.

Short Bows

Short bows are exercises that help relieve the quad and strengthen it. Lie on your back or sit down with your horizontal leg on a flat surface like a bed. Pull your toes towards you while squeezing your thigh muscles. Slowly lift your foot out of bed until your knee is straight. Hold for 3-5 seconds and slowly lower.

Exercises to Avoid

Running, as opposed to walking, increases the weight of the body on the weight-bearing joints by almost ten times. In the case of hip or knee pain, it would be more appropriate to walk, or if you choose, light jog. Make sure you have a good running technique and suitable shoes. Other activities such as jumping rope, repeated impact aerobic classes, or any activity or exercise that increases the support load or the amount of impact on the joints must also be avoided. This leaves a lot of activity choices for people with symptoms. Key elements that you need to consider include cardiovascular activity (for weight control and vascularization), muscle building (to relieve

pressure on the joints) and stretching (to maintain flexibility and flexibility) range of motion). Proprioceptive work also helps prevent falls by its effects on systems that manage posture and balance.

Cardiovascular Exercise

Good examples of cardiovascular activities for people with knee pains include walking and swimming. Walking is a simple and easy activity that can be practiced almost anytime. Also, working in the water is very interesting when you want to reduce joint stress. Water gymnastics has developed particularly in recent years and now offers multiple options for working on many aspects of fitness. Cycling is an option to consider with caution. It allows you to work in resistance without impact, but the amplitude of movement is limited at the level of the lower limbs. This means, among other things, that you need a lot of stretching exercises to reduce the inevitable contractures of the muscles around the knee. Tension in the quadriceps is common and will result in localized pain in the front of the knee as strains in the psoas muscle reverberate in the lower back. This would be an individual choice. Respect your pace, go step by step, pay attention to the warning signs of pain and adjust accordingly.

There is a tendency to think that lifting weights is bad for conditions such as this. Yet studies show that it is rather the opposite. By strengthening the muscles around the joints, the bodybuilding allows to transfer to the muscles a part of the load imposed on the joints. One of the roles of the muscular system is to keep things in place. When you strengthen the active system (muscle) that supports the passive system (bone), you relieve the articulation of certain symptoms. In a recent study, seniors with

moderate knee osteoarthritis who went through a 16-week resistance workout program reported on average a 43% decrease in pain, increased feeling of strength, decreased disability as well as a decrease in clinical signs and symptoms of their disease. Muscle training also reduces the risk of falls, which is a major risk factor for people with knee injuries. Another recent study showed a 40% reduction in falls in people 80 years and older following specific training.

Flexibility and Range of Motion

There are a number of specific exercises that you can do to increase your flexibility and maintain the range of functional movement. Proprioceptive exercises without loads allow the joints to lubricate and help the healing process. The advantage of these exercises is that you can run them quietly in the comfort of your home. Begin by getting in the habit of doing them 2 to 3 times a week and gradually increase until you get into the habit of doing them every day.

Soft gymnastics like yoga, table gymnastics and pilates are also worth considering. Certain positions can be sometimes restrictive, so you must still listen to your body and be aware of its capabilities. It is the overall approach of these disciplines that is particularly interesting as you work at the same time with elements such as reinforcement, balance, coordination and flexibility.

Knee Exercises

For strengthening, choose mostly closed-chain movements (when the foot is the fixed point) such as squat or deadlift. Again, you can

bet on one-sided exercises and do not be afraid to go into deep knee flexion. Many people mistakenly believe that going downstairs in an exercise like the squat is bad for the knee. The knee joint is made to flex and, in fact, the lower you get in an exercise and the more you stimulate the reflex activity associated with the stretching of the muscle fibers, in addition to preserving the amplitudes of functional movements. Everything is a matter of control and support. Be sure to control movement while keeping the weight of the body on the heel of the foot (not on the toes), descending in a straight line (not leaning forward) and stopping the motion before compensating (usually with the back). You will notice a decrease in knee discomfort as soon as you apply to perform the movement as described. You can start without weight and increase the load gradually as you improve your performance.

Also remember that some active treatments (such as kinesiotherapy massage) can be combined with your physical activity as needed. People tend to require the services of a therapist only when they are in pain and are unaware that they are also effective in optimizing physical fitness and joint function. If necessary, training on lifting or handling techniques at work may also be complementary or even necessary.

To derive the maximum benefit, a combination of these different activities mentioned would be the ideal tactic to work the condition as a whole and from various angles. No matter what you choose to do, the important thing is to take control of your condition and take action by establishing an appropriate action plan.

RECOMMENDATION

[Outstanding Tricks to Stop Knee Soreness](#)

5

Suppress the Fear and Self-Limiting Beliefs with Bodybuilding

When one lacks self-confidence, several remedies are available to us to improve our wellbeing and finally become the Man that we would like to be.

Among these remedies, exercise, especially bodybuilding comes to the top of the list. When I said bodybuilding, I'm not talking about getting monster muscles, but the bodybuilding of "everyday" man that allows having a harmonious body, neat and fit. Bodybuilding is a wonderful pass from the stage of introverted and timid to that of a man full of confidence.

I recently noticed that the main problem that blocks many men (and maybe you?) is nothing more than a lack of self-confidence. Often caused by a lack of self-esteem is mostly due to a physical complex.

Although this problem is common (and you are not alone), real solutions are rare. Very rare. Almost impossible to find. In addition, with the number of nonsense that can be read on various sites online, it gets increasingly difficult to have a quality reference on this subject.

But foremost, let's redefine what self-esteem is. Because I think you all know what self-confidence is. But often, self-esteem and self-confidence are synonymous. However, this is not the case. These two subjects are closely related, but they are nonetheless different.

A little reminder about self-esteem

Self-esteem is actually the self-esteem you feel for yourself. To make a small parenthesis, you are often the one who belittle yourself most times. You are often more severe with yourself than others. Did you know this?

Anyway, back on the topic.

What can come from a decline in his self-esteem? Often, this is due to a complex. A huge defect which in your eyes prevents you from moving forward. It can be physical or psychological. However, what you do not know when you are immersed in one of these different complexes is that it's just not a huge flaw. Sometimes it's

just the opposite. However, for you, it's impossible to do something with such a flaw. And at that moment, if you say that, you have entered a hellish circle.

Before continuing, let me explain why I call this a hellish circle. In truth, the idea is simple to understand. When you have (or rather think you have) a complex, it causes a loss of esteem that you are. You start to love yourself less and less. This state of affairs also leads to a decline in self-confidence. And lowering your esteem and confidence will lead to the creation of other complexes. These complexes again cause you to suffer a decline in your self-esteem and so on.

It is therefore an infernal spiral. However, it is possible to leave with a minimum of work on oneself. But before we focus on the solution, I still want to clarify one last little thing. As I told you before, self-confidence and self-esteem are intimately linked. The progression of one of these areas does not go without the progression of the other, and vice versa. I will therefore offer some techniques to regain your self-confidence. But these techniques, and the accuracy is here, will also enhance your self-esteem.

Get Rid of Complexes with Bodybuilding

There are methods to regain self-confidence while revaluing your esteem (and thus removing your psychological and physical complexes). The first method I propose to you is simply bodybuilding. Yes, nothing but bodybuilding. You may want to ask me how bodybuilding will allow you to regain confidence, to reassert your esteem and get rid of your complexes? Let's take all

the parts of this question step by step, so that you understand perfectly.

Bodybuilding, Self-Confidence, and Self-Esteem

Bodybuilding will get back all your confidence in you simply because we (men) believe enormously on the physical force. You can say or think whatever you like, but this is totally true. Strength training will make you more muscular. Therefore, being more muscular, your body will be much more attractive and better carved. However, the point I wanted to make is that by making your body more attractive, bodybuilding will also push you to love your body more. The result? Your esteem will progress. You will be proud of the muscles you have managed to obtain!

Bodybuilding and Complex Removal

Bodybuilding causes a rise in the esteem you have, it will also lead to the disappearance of most of your physical complexes. Simply because by being proud of the muscles you have gotten, you will love yourself more. And by loving you more, your physical complexes will gradually disappear.

Bodybuilding as a Tool to Understand the Positive Spiral

I gave you the example of bodybuilding to understand how you can regain both your confidence in yourself, your esteem, but also (and above all) to get rid of your complexes. But because there are

several techniques, including the autosuggestion method, which use the positive spiral, and which will have an equally positive effect.

Sport is a great way to lead a better life. But none rivals bodybuilding if you want to regain your self-confidence, and make yourself more attractive to others. Not only will you change physically, but also mentally. And this is the challenge!

Self-Esteem at the Center of Your Life

We all have moments of weakness. In fact, the lack of self-esteem is directly related to the problems of weight gain, poor health, and other glitches which cause us to miss out on the wonderful opportunities that life has in store for us. By dint of staying in our small world and focusing on external things, we end up withering away. It is not for nothing that we chose the expression "let go."

When everything around you seems dark, we take refuge in what is easy for us. It's easy to give up in the face of adversity, and spend your days eating, watching TV, and seeing the world as "not done for us," or "too hard for us."

In conclusion, a lack of self-esteem is the first symptom of people who never reach their goals. It's difficult to talk to the young lady who looks or talks down on you, making you hate yourself. You will probably never find the woman of your life, the job of your dreams, or even the happiness if you condemn yourself every time you have to look in a mirror, speak, or just think about yourself. Self-confidence is the key to everything. Believe in yourself, and all the doors you think are closed will open on your own.

Self-Confidence to Succeed

We all know someone who seems "larger than life." Someone who seems to navigate life as if it were all just a game. Someone who does everything he undertakes as if it were all in his mouth like a divine gift. You seem weak when you compare yourself with such a person and you think maybe you are not made for that.

Well no!

Self-confidence is the key to success. Someone overflowing with esteem is someone who has an inimitable charisma, and this charisma opens all doors. When approaching a woman, he does not wonder what he can do to impress her. He does not even care what she thinks of him, or even if he is "up to the task" to seduce her. He does it, simply. Because in the depths of him, he KNOWS he is the price. That she will miss something if she does not choose it.

At a job interview, he knows how to put his qualities forward because he believes in it. He does not look for ready-made phrases on the internet, does not ask for the "right answers" from his friends. This is because he knows what he is worth, and he already sees himself in this position. And the doors open on their own.

In everyday life, he does not resign himself to "accepting himself as he is," because he knows through hard work and determination he can change. And this is happening.

Bodybuilding is the Key to Success!

Bodybuilding in general is a great way to increase your self esteem. It comes with the fact that it is an environment where you are the master. This is the school of the most basic discipline. It is the environment where you either give the best of yourself, and you progress. Or you make excuses and find yourself regressing. There is no middle ground. It is either you deserve your progress, or you are doomed to stay the same.

And so, by the impression of seeing your performance improve, your hard work, your sweat, your tears, you will forge yourself. You will regain your confidence. And, after so many years spent training, you will realize how far you have come. When, finally, you realize your progress comes only from you, you will also realize that all the other areas of life are only the same. You either get better or you stay in the shadows.

This is the secret that brings you self-confidence, knowing that you can go from point A to point B because of your efforts, knowing that nothing is impossible. Whether you are a teenager, a student, a mother, a worker, a company executive, whether you are in your forties, or you are retired, no matter where you come from, your religion, investing time and efforts in exercise, especially bodybuilding is the ground where you can all improve, and regain self-confidence. Exercise allows you to emancipate, to bloom, to become a better self: more confident and healthier.

Bodybuilding to Boost Your Self-Confidence

Unlike other sports, bodybuilding is a special case. Because in addition to forging you psychologically, you will transform yourself physically. It does not matter if you are big, small, thin, or tall. With

hard work and discipline, everyone can get a dream body. You can stay where you are and you "accept who you are." Or you can work hard to change your destiny and become "the one you want to be."

How many times have you seen videos or photos of amateur athletes of any past and any age, transform radically after a few years of training? When you see your progress every month by looking at yourself in a mirror, you will realize that the machine is running that the sweats poured in the training ground is paying from days to day. You will gain confidence in yourself.

Because self-confidence is not just a phenomenon that depends only on you. Generally, the impression one gives to one's surroundings is at least as important. And believe me, your loved ones will be incredibly more receptive to your progress. Even if you are still wrapped up after losing 5 or 10kgs, everyone will keep talking about your dazzling transformation in your back. And they will admire you for that. Once again, you'll be motivated like never before. You will stop being a sheep to become the one who dictates what you want to become.

RECOMMENDATION

[3 Steps to Mental Toughness Revealed](#)

6

Basic Exercises and Reflexes to Fix Shoulder Pains

Do you feel violent pain in your shoulder as soon as you want to grab an object high up or put your arm in the sleeve of your jacket? With five different joints and a whole set of tendons, ligaments and muscles, the shoulder is a precision mechanic that is easily infected.

The shoulder comprises three bones: the clavicle, the scapula and the humerus. The mobility of the shoulder is mainly ensured by the deltoid muscle and the muscles of the cap, but sometimes these muscles are put to the test and suffer. Physiotherapy is a natural and effective solution to help you relieve shoulder pain and regain

flexibility. There must be a balance between rest and exercise. To prevent shoulder pain and stiffening, it is advisable to achieve a balance between rest and physical activity. If you are not used to physical exercises, start gently to gradually do a little more each day but stay active. Avoid movements that are too painful, especially above shoulder level.

In 80% of cases, these pains are due to tendonitis. But a dislocation, a capsulitis retractile, inflammation of the membrane that surrounds the joint or osteoarthritis can also be involved. If age is a risk factor, these pains occur more frequently from the age of 55 and some professional activities (painters, masons, cashiers, etc.) or high-level sports (climbing, bodybuilding and tennis, etc.) are exposed more to these evils.

The Exercise of the Pendulum

Stand with one hand on the back of a chair, not rolling, or against the edge of a table. Let the other arm hang and swing gently back and forth in a circular motion. Repeat this exercise about 5 times 2 to 3 times a day.

The Stretching of the Shoulders

Stand upright and lift your shoulders and hold for 5 seconds. Then stretch your shoulders back to bring your shoulder blades to your back and hold for 5 seconds. Finally, stretch your shoulder down your body and hold for 5 seconds. Relax between positions and repeat 5 to 10 times.

Stretching with a Door

Standing up straight in front of an open door, place your hands on each side of the door, so that your arms are open and rose slightly above your head. Staying "hooked" on the door in this way, try to amble toward the front of the door, forward, until you feel a stretch in your shoulders. Hold the position for 15 seconds, then rest. Repeat the exercise 3 times.

Be careful not to do this exercise if you suffer from anteroposterior conflict of the shoulder.

- The Support on the Door
- Stand in front of an open door
- Bend your elbow in a right angle,

Apply your wrist against the door frame, open hand (left of the door for the right hand and shoulder, to the right of the door for the right hand and shoulder)

- Push your arm against the door frame
- Hold the position for 5 seconds
- Repeat this exercise 10 times on each side 3 times a day.

Attention: these exercises are offered for information purposes for arthritis pain in the shoulder. Ask your physiotherapist for advice.

Whatever your origin, do not take shoulder pains lightly because they can cause chronic pain that can be very debilitating. Fortunately, there are many ways to prevent them.

Good reflexes will help you to spare your shoulder. If putting on blouse or coat causes you a violent pain, you will limit it by first dressing the painful side, which prevents you from having to contort your sensitive arm. To undress, however, start with your shoulder and end with the one that makes you suffer.

To avoid hurting at night, it is better to sleep on your back or on the opposite side. If necessary, place a pillow under your aching arm, a trick to avoid tension when you wake up. You will keep these ailments at a distance by regularly practicing these exercises;

Sit back straight facing the door between your knees. Place a rubber band around the handles and hold the ends. Pull the elastic towards you, lowering the shoulders and squeezing the shoulder blades. Keep the position for 6 seconds before releasing slowly. Repeat the exercise 10 times.

Sitting on a chair with your back straight, wrap an elastic band or tie a scarf around your wrists. Keeping your elbows firmly attached to the body. Try to spread your forearms while fighting against the resistance of the link. Hold for 6 seconds, then release. Repeat the exercise 10 times.

Are you planning a game of tennis, gardening or DIY? No need to deprive yourself of these good times! But to avoid pain at the end of the day, it is important to prepare your shoulder for the effort. For one minute make shrugs: first the two together, then one after the other. Then roll them slowly 5 times forward and 5 times backwards.

When your activity is over, relax your articulation. Stand in front of a bookshelf, lean forward, a bent arm resting on the

furniture, with your head resting on your forearm, let your sore arm fall to the floor. Make small rotations in one direction. Then the other for 2min.

These essential fatty acids have, according to many studies, effective anti-inflammatory properties to avoid pain and maintain the flexibility of your joint. Do not hesitate to enrich your diet. You will find them in vegetable oils (flaxseed, rapeseed and nuts), at the rate of one tablespoon on your vegetables, a dish of fish or pasta, as well as in oily fish (salmon, mackerel, sardines) to consume twice a week.

For breakfast or snacks, munch a dozen nuts, sources of the precious omega 3. And every day, drink between 1.5 and 2 liters of water: to hydrate favors the elimination of the waste which, accumulated, can cause more inflammations to the pain.

RECOMMENDATION

[15-Second Trick for a Pain-Free Workout](#)

Conclusion

I'm sure you've learned one or two things reading through this book. For better and faster results in your healthy bodybuilding journey, I recommend you go to these sites;

[15-Second Trick for a Pain-Free Workout](#)

[Outstanding Tricks to Stop Knee Soreness](#)

[New Fat-Shrinking Rules](#)

[3 Steps to Mental Toughness Revealed](#)

[Stamp Out Back Pain](#)

[Don't Pumo Iron...Become Iron!](#)

[Body-Weight BEAST Challenge Workout](#)

You can contact me directly through terryrich32@gmail.com if you have any question.

Thank you.