



The personal trainer

A natural point of view...

By David Kershaw / 2009 NPA Under 70kg Mr Yorkshire.

The word '**natural**' in terms of bodybuilding is often miss used and miss understood by many in gyms up and down the country.

Picture the scene, training hard in a world of my own, no ipod, and no fancy gadgets that promise 20 pounds of lean muscle in 7 days! Just me, the iron, blood sweat and tears! Its time to switch off, be ignorant and get the job done!

However, there it is again...the murmur of young lads that have been miss guided and miss lead, that and the sound of them slamming 10kg dumbbells across the gym from that 'gut wrenching' set of 8 reps they have just donewith poor form!

Each and every one of them claiming that they are 100% unassisted yet have still managed to gain 20 pounds of lean muscle in 4 weeks! . . . what's the secret? Those kinds of gains are impossible assisted or otherwise...period.

Now, I have already seen the glances in the mirror and pointing from their friends... Im full of advice but please... when my training is done!

As I leave the weights room 9 times out of 10 Im followed by one then maybe two of the individuals in question...its at this point away from their friends that they tell the truth so to speak, they have tried this , they have tried that, all kinds of 'magic formulas' with little or no growth, what's going wrong they ask me?...to which my answer is the same every time, less time spent on searching for this magic potion and more time spent on training hard, eating well and getting plenty of rest and hey presto! You're well on your way to a better physique!

There is no easy way out in bodybuilding; whichever path you chose to follow the only guarantee for success is hard work, consistency and dedication! That and a passion for bodybuilding.

A typical contest preparation day...

I will rise at roughly 6.00am every day without fail and immediately get my cardio done which is often a 45 minute moderate to high intensity walks around the area I live...and yes I do get some funny looks power walking at that time!

Once I arrive home the following is consumed immediately:

- 5g L-Glutamine**
- 1g Vit C**
- 1 Multivitamin**
- 1000mg Glucosamine**
- 2 Sida Cordafolia**
- 15ml Flax Oil**

10 mins later and its back to it again with the following:

- 100g Porridge Oats made with water**
- 100g Golden Syrup**

Hang on a minute I hear you say...Golden Syrup? That's right, this is something i've done for a while now, there will be those that disagree but I believe that due to being in a catabolic state from the 8 hour fast (sleep) these sugars immediately bring me out of that state, that combined with the slow release carbs from the oats makes it a perfect a.m meal.... it works for me!



Mid morning, usually around 10.00 am and its another controversial meal of choice:

250g Low Fat Cottage Cheese

This provides me with approx 25-30g of slow digesting protein and very little else, in my opinion it's a perfect protein snack and if you can get away with it why stick to dry turkey?

Having said that my next meal at around mid day is more conventional:

- 100g Turkey Breast**
- 250g Mixed Vegetables**
- 3 Sci Energisers**

There would be 3 more meals thereafter following the same pattern as above, the only additional meal would be my pre workout supplements which are generally:

- 1 Sugarfree red Bull**
- 2 Sci Energisers**
- 1 sida cordafolia**
- 15ml liquid fury**
- 60g superpump 250.**

Alongside this, I consume on average 2-3 litres of water per day, 2-3 Black coffees and 2-3 green teas.

This is followed for 16 -21 weeks depending on my starting condition, a few changes are made throughout regarding carb sources and amounts and also once weekly a 'Cheat Meal' is consumed, this would literally be anything I fancy on that given day...fish and chips, curry, burger....anyway less about food im still dieting!

