

## Top 12 Beginner Fitness Mistakes Revealed!!!

*A Depiction of the 12 Top Questions All  
Beginners' Ask!*

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Beginner's Guide to Fitness & Bodybuilding (BGFB)

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***“As usual, just plain awesome! The style of writing flows just like a conversation, not some tech manual, and the choice of questions and answers was right on the money. I especially liked the one about working legs, you really spelled everything out for those who claim they don't need or want to work them.”***

**- Ian Broggy, New York**

## Introduction

If you've ever been to an online fitness forum before, I'm positive you asked one of these questions. Seems like everybody asks them and each answer varies a bit. So with that in mind, I decided to make a quick guide to the most common questions you'll find today in fitness forums and give you the straight answers. Now read this very carefully...

These 12 questions you are about to read will pretty much give you some good insight on how to get started with fitness and bodybuilding quickly and avoid the mistakes I made during my teenage years and into my adult years...Don't worry...

These answers will be detailed enough for you but not so technical and scientific to confuse you...

By now, you're probably wondering... what's in this for me?

Consider this fact. You would have to search approximately 60 minutes to find all the answers to these questions. And with so many posts and so many conflicting opinions, it might not really help you in the end. So I'm here to take these 12 questions and give you the facts. No hype, no sales, just answer the questions. Very unlike a political debate!

My strong hunch is... that one of these twelve questions, if not all of them, you've looked for when you joined an online community. Armed with this short eBook, you can quickly start your program and reach your goals faster than ever. More important than that...

You will immediately increase your knowledge of fitness and bodybuilding risk-free! There's nothing better than getting a head start and getting the

basics down fast. The faster you understand the quicker you will be in reaching your goals.

So it adds up to this... I've put together these 12 questions so that you can take the information and put it to work today. You'll reach your goals faster and you'll make less mistakes saving your countless hours of research and trial and error.

So, without further adieu, here they are: The 12 biggest online forum questions - exposed!

## Question #1:

### How Do I Calculate Caloric Needs Based On My Goal (gain/loss/maintain)?

Listen, figuring out how many calories a day you need to lose weight, maintain your weight or gain weight really isn't too hard. And with the formula I'm about to give you plus a very cool website, you can easily track where you are and what you need to do daily to reach your goals. So let's begin!

**IF YOU DON'T KNOW WHERE YOU ARE, THEN LOSING, MAINTAINING OR GAINING WILL BE IMPOSSIBLE!**

#### **Step 1:**

Take your current body weight in pounds (lbs) and multiply by 11.

Example: 194 lbs x 11 = 2134 calories

This is what I need to just keep what I have, without moving. But remember, you do move. So you have to then calculate your metabolic factors into this... so off to step 2...

#### **Step 2:**

Figure out your metabolic factor according to the table below.

But first, some definitions to help you determine where you might fit in:

**Slow Metabolism:** You basically look at food and you seem to put on pounds. You can gain weight by eating salads but it's difficult to lose the weight.

**Moderator Metabolism:** You can gain weight if you try. You can lose weight if you try. You really don't have trouble losing weight depending on what you want to do.

**Fast Metabolism:** You are the skinny guy or gal who can eat \*ANYTHING\* and it makes no difference. Gaining weight is difficult. Losing weight can happen overnight. Just by watching T.V. you seem to shed pounds.

### Metabolic %

	Under 30 years old	30-40 years old	Over 40 years old
Slow Metabolism	30%	25%	20%
Moderate Metabolism	40%	35%	30%
Fast Metabolism	50%	45%	40%

Example: 2134 calories x 35% = 746.90

I took my calories needed above just to sit here and not move and multiplied it by my metabolic factor and I find that I need an additional 746.90 calories because of my specific metabolism.

### Step 3:

Put it together.

$2134 + 746.90 = 2880.90$  calories

I need 2,880.90 calories to maintain my current weight with my current activities.

Note: You can also adjust your metabolic factor if you do something that might take you to the next level. If you are a moderator metabolism person but you do distance running, it might make more sense to put your self in the fast category since you burn a lot more calories.

### Step 4:

Now change the above with about 500 calories every day to reach your goals!

**Lose Weight:** I would take  $2880.90 - 500 = 2380.90$

**Maintain Weight:** I would just leave it at 2880.90 and continue what I was doing in my activities

**Gain Weight:** I would take  $2880.90 + 500 = 3380.90$

Note: 500 calories a day is just a general term everybody uses to say that adding this amount is within safe limits. Eat too much, and you end up storing fat. Cut too many calories and your body just goes into starvation mode and ends up retaining more fat. 500 is a safe, recommended guideline.

### **Step 5:**

You must track what you are eating so you'll know if you've made your goal for the day. And tracking food does not have to be complicated with weights and scales.

It's a shame that so many people just start training and never figure out what they need to eat daily to reach their goals.

***"Hey Marc,  
I read through the report and I loved it! It has all the necessary guidelines that beginners should follow. You managed to answer the most occurring questions on any bodybuilding forum, and in the gym. Definitely a must read through for anyone just starting bodybuilding and full of doubts. I've already told a couple friends to read it, and they were pleased with it too. Well done!"***

- **Clive Clutton**

You can keep doing the math over and over as you reach a goal. If you are bulking, your requirements will change as you progress. And when you lose weight they will as well. You might want to lose weight, reach a target weight and then maintain. So you will do this formula again when you have hit the weight you want.

## Question #2:

### What Can I Do To Measure My Body Fat?

The truth is... there's several ways to do this.

- Underwater Weighing
- Bio-Electrical Impedance Analysis
- BIA Body Fat Scales and Hang Grip Tests
- Infrared
- Circumference & Anthropometric
- Other More Complicated Methods
- Skin fold Measurements like "The Pinch Test"

The simplest and cheapest method is the skin fold test. You can purchase a set of calipers for about \$20 and do this test in the privacy of your own home. The accuracy of this test is almost as accurate as the methods above and it costs you nothing.

For individuals in the 15-35% range it's deemed as accurate. For lean individuals it is probably the most accurate and for people over 35% body fat, other methods are more accurate.

***"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity."***

***- John F. Kennedy***

#### **What it all boils down to is this...**

Regardless of the accuracy of the test, it's fast, it's simple and it's cheap. And the only reason you measure your body fat is to determine progress. A simple set of calipers will get the job done. And you can do it over and over for no cost. You can't say that about the other options some of which are not very accurate at all.

## Question #3:

### What's Better? Free Weights Or Machines?

Most everybody asks this question. Either the first time they walk into a gym and see the selections or at some point they wonder if the bench press machine is better then the regular flat bench press with free weights. I was a machine person for quite some time...then it hit me!

Why not incorporate a little bit of both! That's right... there's not some rule that says if you use a machine you will never get the results you want. And there's no rule that says you must only use free weights.

Fact is.... By doing a little bit of both for certain exercises, you will target various areas. Let's take the bicep curl as an example.

There you are with the straight bar. Working your biceps. But really, you are working a lot more. Your forearms are being stimulated. Your shoulders are taking some weight, and you'll notice your abs are tight as they stabilize your body. So doing a bicep free weight curl entails a little more than just a bicep workout.

Compare that to the preacher curl machines. You are sitting down. There's no legs involved. Your abs really aren't that tense. And there's much more direct focus on the muscle.

Truthfully, you are not alone in asking this question. By incorporating machines and free weights you can target a muscle group and isolate it while doing some compound movements to hit the entire body.

Bottom line is, there is no better than. If you only do free weights, you are missing out on a vital component of variety. If you only do machines, you are forgetting about the all important but hidden stabilizer muscles that help balance you. By combining both, you can get the best of both worlds and a super varied workout.

## Question #4:

### How Can I Get 6 Pack Abs?

What forum, what article, what supplement and what eBook doesn't talk about this? We all want to know how to get a 6 pack of abs for the



summer. Am I right? Is it that hard? Honestly it is. It's not just as simple as taking a pill. But it's also not as grueling as doing 1000 crunches a day.

What I'm talking about is... the less body fat you have, the more visible a muscle becomes. This means, if you incorporate some ab work to build the muscles up a bit and then have a low enough percentage of body fat, you now have a 6 pack or 8 pack of abdominal muscles showing!

Getting a six pack is only as simple as working your abs in a normal fashion (maybe 2x a week) and having a diet that boosts your metabolism to help you burn fat.

You start by losing body fat. The less fat you have, the less there is between the muscle layer and the skin. Things start to show up when the middle layer (fat) starts to disappear.

***"Doctors and scientists said that breaking the four-minute mile was impossible, that one would die in the attempt. Thus, when I got up from the track after collapsing at the finish line, I figured I was dead.."***

***- Roger Bannister***

This is not just my opinion. Getting a six pack of abs is more about nutrition and cardio then it is about ab exercises.

## Question #5:

### How Much Protein Do I Need Every Day?

The secret to figuring out how much protein you need is not by just taking some number you found like 30g and apply it to yourself. If everybody had the same needs we would all be the same. And we both know that just isn't true. Each person is slightly different.

Let me explain. We've all heard that a person can only digest 25-30g of protein in one sitting. B.S.!

Just think about it. Does an IFBB professional bodybuilder intake the same amount of protein as the guy who's 135 lbs just starting out? Even if there is a 200 lb weight difference?

The answer might shock you. NO

Needless to say, so many people just take some number, multiply that by their body weight and that's what they think they need a day. Tell me, if a person is 35% body fat, should they use their weight or their lean weight to figure out how much protein they need?

Simple. Lean weight. Your daily protein requirements are based on your lean body weight. And how do you figure out your lean body weight?

Use the skin fold caliper home test. Go back to Question #2.

**Step 1:**

Take your body weight in pounds

Example: 194 lbs

**Step 2:**

Find your body fat % using one of the methods in Question #2

Example: 15.7% (which is .157 for the step below)

**Step 3:**

Take your body weight in pounds and subtract the % body fat

Example: 194 lbs – (194 x .157 = 30.45 lbs of fat) = 163.54 lbs of lean body weight

**Step 4:**

Take your lean body weight and multiply by 1.14

Example: 163.54 lbs x 1.14 = 186.4g of protein a day

**Step 5:**

Divide your daily protein requirements by 5-6 meals and that is what your protein target is for each meal.

Example:  $186.4/6$  meals = 31.07g of protein per meal

As you will see, a person who is 286 lbs of lean body weight will require a lot more protein. And a person who is 286 lbs should not be consuming the same amount of protein if their percentage of body fat is 35%.

But why use 1.14 for protein requirements?

The RDA recommends .75g of protein. But that's been shown to be too low for active athletes.

Some sites will recommend 2.0g of protein. But that seems a bit high and your body will have trouble absorbing that not to mention you will probably have a lot of excess calories which can lead to fat gains.

1.14-1.5 is the most efficient range for most active, healthy adults. This range will help build muscle but not lead you into a high protein diet. Feel free to adjust within that range if you feel you need more protein.

## Question #6:

### What Is A Good Basic Workout?

Here's a clue... it involves every major muscle group. A good basic workout should include:

- Legs (squats, lunges, leg extensions, leg curls, leg press)
- Shoulders (military press, dumbbell raises, side laterals)
- Chest (bench press, flyes, dips)
- Back (pull-ups, rows, deadlifts, lat pull-downs)
- Arms (ez-bar curls, barbell curls, dumbbell curls)
- Abs (hanging leg raises, incline crunches)
- Cardio (for the heart)

I could go on and on with this question and post 500 routines and reps and sets and you'd still be confused. So let me ease the confusion by saying this.

## THERE IS NO GOLDEN ROUTINE THAT WILL WORK FOR EVERYONE!

I've tried several routines. Max-OT, Tom Venuto's supersetting, Optimum Anabolics and I'll tell you something. I've gotten gains out of all of them and they all have various philosophies. For less than \$100, I have enough programs to try for a year.

Here's proof. Do you see the same people in your gym, doing the same things, and a year later they look the same? It's really quite simple. If you keep doing what you've always done, you will keep getting what you've always gotten.

There's many variations on exercises and routines you can do. And you'll find out a ton of them while browsing around on forums and reading fitness sites. And while you might be tempted to stick with just one. Don't. Try it, evaluate it, and try another one. After about 6 months, you'll know your body very well and what it responds to. You will have tried many exercises and you'll know if you like something and if something else just doesn't work out.

### Beginner's Routine:

Day 1 (10-15 minutes of some type of cardio before workout)			
Body Part	Exercise	Sets	Reps
Upper Abs	Crunches	3 sets	10-20 reps
Chest	Bench Press	1 set	12-15 reps
	Bench Press	3 sets	10-12 reps
	Incline Press	3 sets	10-12 reps
	Machine Flys	3 sets	10-12 reps
Triceps	Triceps Pushdowns	3 sets	10-12 reps
	Dips	3 sets	8-10 reps
Day 2 (10-15 minutes of some type of cardio before workout)			
Body Part	Exercise	Sets	Reps
Lower Abs	Leg Raises	3 sets	10-20 reps
Back	Cable Rows	1 set	12-15 reps
	Cable Rows	3 sets	10-12 reps
	Lat Pull Downs (front)	3 sets	10-12 reps
	T-Bar Rows	3 sets	10-12 reps
Biceps	Barbell Curls	1 sets	10-12 reps
	Barbell Curls	3 sets	8-10 reps
Day 3 Day Off			
Day 4 (10-15 minutes of some type of cardio before workout)			
Body Part	Exercise	Sets	Reps
Upper Abs	Crunches	3 sets	10-20 reps

Quads/Hams	Squats	1 set 12-15 reps
	Squats	3 sets 10-12 reps
	Leg Press	3 sets 10-12 reps
	Leg Extension	3 sets 10-12 reps
	Leg Curls	3 sets 10-12 reps

**Day 5** (10-15 minutes of some type of cardio before workout)

Body Part	Exercise	Sets	Reps
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Lower Abs	Leg Raises	3 sets	10-20 reps
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Shoulders	Military Shoulder Press (to front)	1 set	12-15 reps
	Military Shoulder Press (to front)	3 sets	10-12 reps
	Barbell Upright Rows	3 sets	10-12 reps
	Side Dumbbell Lateral Raises	3 sets	10-12 reps

Calves	Standing Calf Raises	1 set	12-15 reps
	Seated Calf Raises	3 sets	10-12 reps

**Day 6** Day Off

**Day 7** Day Off

**Advanced Routine:**

**Day 1** (10-15 minutes of some type of cardio before workout)

Body Part	Exercise	Sets	Reps
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Legs	Squat	6 sets	15, 12, 9, 7, 7, 9 reps
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Legs	Leg Press	3 sets	7, 7, 9 reps
	Hack Squat	3 sets	9, 9, 11 reps
	Romanian Deadlift	3 sets	7, 7, 9 reps
	Lying Leg Curl	3 sets	9, 9, 11 reps

Calves	Donkey Calf Raises	6 sets	10-15 reps
	Seated Calf Raise	6 sets	10-15 reps

**Day 2** (10-15 minutes of some type of cardio before workout)

Body Part	Exercise	Sets	Reps
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Chest	Swiss-Ball Push-Up	2 sets	15, 15 reps
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Chest	Incline Barbell Press	4 sets	12, 7, 7, 9 reps
	Flat-Bench Dumbbell Press	3 sets	7, 7, 9 reps
	Incline Dumbbell Flyes	3 sets	10, 10, 12 reps
	Parallel-Bar Dip	* sets	30 reps

(as many sets as necessary to complete 30 reps)

Biceps	Standing Barbell Curl	5 sets	15, 12, 7, 7, 9 reps
	Seated Alternate Dumbbell Curl	3 sets	9, 9, 11 reps
	Cross Body Hammer Curls	3 sets	8, 8, 8 reps

**Day 3** Day Off

**Day 4** (10-15 minutes of some type of cardio before workout)

Body Part	Exercise	Sets	Reps
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Back	Deadlift	5 sets	15, 12, 10, 8, 8 reps
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Back	One-Arm Dumbbell Row	3 set 8, 8, 10 reps
	Weighed Pull-Up	4 sets 12, 10, 8, 8 reps
	T-Bar Row	3 sets 12, 12, 12 reps
Calves	Leg Press Calf Push	3 sets 12-15 reps
	Seated Calf Raise	3 sets 10-15 reps

**Day 5** (10-15 minutes of some type of cardio before workout)

Body Part	Exercise	Sets	Reps
Shoulders	Seated Front Barbell Press	5 sets	15, 12, 8, 8, 10 reps
Shoulders	Machine Press	3 sets	10, 10, 12 reps
	Bent-Over Dumbbell Lateral Raise	3 sets	10, 10, 12 reps
	Seated Dumbbell Lateral Raise	3 sets	10, 10, 12 reps
	Front Cable Raise	3 sets	10, 10, 12 reps
Triceps	Smith-Machine Close-Grip Bench Press	3 sets	15, 10, 10 reps
	Reverse-Grip Pressdown	3 sets	9, 9, 11 reps
	Lying Dumbbell Skull-Crusher	3 sets	10, 10, 10

**Day 6** Day Off

**Day 7** Day Off

## Question #7:

### What Is The Best Fat Burning Supplement?

Despite what you may have heard, the banning of Ephedra did not destroy the best fat burning supplement known. And it's not even a supplement at all.

The answer to the best fat burning supplement is a diet that increases your metabolism combined with cardio. Those two factors alone will burn more calories than any chemical combination. And you'll be safer and the effects will be long term.

But before we go into that... you can incorporate things like caffeine, green tea, and other herbs to give you a boost. But nothing will be as permanent and long term and building a basic understanding of nutritional fundamentals.

Armed with the basics of nutrition and what foods burn fat, your meals during the day and the muscle you will gain will do far more fat burning 24 hours a day, 7 days a week, 365 days a year than any pill you might find on the market today. And rest assured, food won't be banned for a very long time.

It's a shame that people will spend countless dollars on supplement products when just eating 5-6 meals in a day that will burn more calories than any pills. And eating food is something you should do anything so it's not likely to be cut from the budget if things get right. And it's not likely to cause any unwanted side effects if you have some reaction to some herb in some product.

Not only will a good diet burn fat you'll also be able to build muscle. What pill burns fat and builds muscle? None.

## Question #8:

### If One Body Part Is Stronger or Bigger Than Another, Should I Skip It?

You could...

Or you could let the non-dominant arm/side be the deciding factor when the set is over.

You probably won't notice this with chest presses. Most people are concerned with this when it comes to arm exercises. Especially biceps. If I curl 50 lbs 8 times on my left arm and only 4 times on my right what should I do?

**Do 4 reps. And quit.**

The idea of using a different weight has been suggested but in order for a body part to grow it must be overloaded. I'd let the non-dominant side dictate the weight. Or have a spotter help you out. I usually start the set off with my right (being I'm left handed) so that I know when I've reached failure.

If you were to use unequally weighted dumbbells, then your stronger side would need a heavier weight so that you reach failure about even. But that idea, while in theory sounds good, only serves to keep the gap growing. Why not let the weaker side catch up? I'd use the same weight. But I would let my weaker side dictate.

Do you really want your stronger side growing faster? Probably not.

## Question #9:

### My Legs Are Already Big Enough. I Keep Hearing Working Legs Is A MUST. Why Is That So Important?

Believe me... I hated leg workouts. Until I realize the true potential that a simple set of squats could unleash.

Frankly... I see the same people on the leg press machine, leg extensions, doing lunges and doing squats week after week. But for every other muscle group, it's like a new day. There's the familiar faces of course, but there's always new people. It's like working legs is an exclusive club.

And yet that is 50% of your body! Your entire lower body you will neglect because:

- You don't like working legs
- You don't want bigger legs
- Your legs are big enough

But let's suppose... you do work legs. And without much weight at all. Just enough to stimulate your entire body propelling it into new levels of growth. Do you think that is possible?

How can doing squats increase our bench press? If you are stuck on bicep curls, how can incorporating legs into your routine break you thru those plateaus?

I'm here to tell you right now, as you read this, that doing leg workouts is a whole lot more than just getting bigger, more toned, or stronger legs.

Think about it. Testosterone is a primary ingredient of building muscle. So you do a hard set of tricep pushdowns. Your body responds by making more testosterone. Let's just guess at 10% more for the day. Phew. Hard workout. Good job!

Do you qualify as one of those people?

But,... let's say you do a set of breathing squats at 100% intensity.

You just boosted your testosterone production 1000%.

Do you think I'm being facetious?



But back to the purpose of this question. Working your legs isn't an option. It's something you do. So you don't want bigger legs? Fine. Don't pile on the weight. Don't overload them. Just stimulate your metabolism, and stimulate your body changing. So you don't like legs? Get over it.

Fact is, by incorporating legs into your workout, you will see more gains in 6 weeks then most people do in 3 months.

Don't take my word for it. Look around at your gym? The guy with a huge upper body and tiny chicken legs. Do you want to look like that? Who are the bigger guys in your gym? Who are the women that you most want to look like? I can assure you those people do legs. Any top notch physique does legs.

Doing a cardio machine that uses legs is not the same.

So that's why working your legs is so important. Please do not make excuses. You do not have to train to failure where you cannot walk. You don't have to squat 600 lbs. You simply must train the 50% of your body that pretty much 80% of everybody just doesn't do.

Next time you are in the gym take a good look around. Notice the leg equipment. Notice the same people using that week after week.

Become one of the individuals at your gym that trains legs and discover the secret to growth.

**Here are the reasons why working every muscle - not just certain ones - is the superior method of getting the results you want:**

1. Builds lean muscle
2. Reduces body fat levels
3. Increases energy
4. Balances blood sugar in the body
5. Increases neuromuscular efficiency
6. Improves sexual performance
7. Lowers cholesterol in the body
8. Protects against heart disease
9. Improves mood

All the above reasons are by-products of increased testosterone. For men, this means better muscle gains. For women, don't worry you don't have enough testosterone to get big and bulky like a man. For everybody, working legs will help you with the above factors and assist you in reaching your goals.

## Question #10:

## Can You Lose Fat And Build Muscle At The Same Time?

Look, there's a great Zen story that basically answers this question.

### **HE WHO CHASES TWO RABBITS, ENDS UP WITH NONE**

Many variations on this story can be found at:

#### [Chasing Two Rabbits](#)

"This is very difficult. It can be done in some unique circumstances, but for the most part it isn't possible.

For example, novice lifters can sometimes gain muscle and lose fat at the same time. Also, people returning from long layoffs can sometimes add muscle and lose fat at the same time. However, experienced lifters who are working out consistently can't do both at the same time. If you want to do both, you should choose one goal (either fat loss or muscle gain) and work towards that goal for a few months. After some success towards that goal, you should then change over and try to accomplish the other for a few months. Be single-minded in your focus towards that goal. When trying to lose fat, you should be unconcerned if you lose a little muscle as well. Likewise, if you're trying to add muscle, you should allow the addition of a small amount of fat. " – misc.fitness.weight FAQ

Please understand that while it's not impossible it's just not efficient. You might as well pick a goal and work towards it. Losing fat and building muscle are two different goals with very different paths to get there.

***"Jack of all trades, master of none."***

***- Unknown***

## Question #11:

Does NO2 Work?

Work to do what? Give you better pumps? Yes. Build more muscle? Where's the proof.

Okay, before I go on, I'd like to point out that most of the research on NO2 products has been done by supplement companies that sell the products. Unlike creatine and protein which has a wealth of other information sources including credible scientific institutions, I would like to see the same for NO2.

Now wait. Does that mean if you took this type of product and it worked for you that we should all just say, forget science, if it worked for Bob then it must work for everybody. Who cares how, it just does?

Make no mistake, NO2 type products are great for pumps. And there might be truth to the statement that it opens up nutrient pathways to allow you to absorb more muscle building nutrients. And maybe pumps do build muscle. Although I personally think overloading the muscle does more for that than any pumps.

More important than that...if you don't take NO2 supplements are you missing out on gains? My strong hunch is that you aren't missing out.

Let me share a secret with you. 90% of posts, articles and talking about the next best thing. And those who read it, are taking supplements and pills when in fact, supplementation only accounts for roughly 2% of your gains. Nutrition and proper training will account for 98%.

Bottom line, if you take NO2 and you fail to eat properly you won't gain anything. So if you aren't 100% focused on nutrition and training, then all these supplements will do is pretty much make you broke.

**Now, listen to this very carefully:**

Not all supplements are worthless. Taking supplements will help you achieve your goals. But only if you have the other 98% in check.

So let me ask you... are you positive that your nutrition and training are complete? If so, then NO2 might be something to try out and see for yourself. And that statement goes for every supplement (minus vitamins, protein, essential fatty acid complexes).

NO2 and supplements alike only account for 2%. Make sure you have the rest down solid and that 2% will be very noticeable!

## Question #12:

### I'm Skinny. Always Have Been. Always Will Be. What Can I Do To Gain Weight?

Now before I go on...

it's not your training program that will pack on the pounds but your eating versus your metabolism.

But first let me give you an example. So many people have some idea of their calories they need in mind. Maybe you are going for 3500-4000, but you haven't got a specific goal and you aren't counting your calories.

#### **RED FLAG**

That says to me:

You have no idea where to start. And as many people are when they have no foundation, they are frustrated. And justly so!

So here's what you do:

#### **Step 1:**

You need to figure out how many calories a day you need to consume. 3500-4000 might be a goal but how to you know that is what you need?

#### **Step 2:**

You have to track your daily caloric intake closely or you are just guessing. It does not need to be accurate down to the last calorie but it needs to be an **ACCURATE** (within 10% or so) portrayal of what you have eaten during the day. Most people are greatly surprised to learn that they are consuming more calories per day than they had originally thought, sometimes **THOUSANDS** of calories more. This does not mean that you start skipping meals; it just means that you need to have an accurate understanding of what you are putting in your body so you can balance that against what your body needs to achieve your goals.

**Step 3:**

No more excuses for not eating. Going to college and having to work nights means you will have to plan on making meals in advance. Eating 5-6 times a day is a must. When I went to college I didn't do this. And I didn't gain weight either. I ate my 2-3 meals a day and had fun at college. I never planned a meal. And I stayed a skinny kid.

So there you have it.

You can figure out a training program all you want. You can do a very basic, somewhat heavy, 4x a week program and make more gains if you eat right then a guy who has the perfect hardcore routine and just eats to get by.

By the way, many of these hardgainers train hard and too frequent. If you have a high metabolism, you will make better gains by going heavy and training less.

If you can dedicate time to training at a specific time, you can prep some

***“The only place success comes before work is in the dictionary.”***

***- Vince Lombardi.***

food, put in it Tupperware, baggies or whatever, throw it in a backpack and eat at scheduled intervals.

And yes, being in college makes that very hard.

## Bonus Question #13:

I have terrible motivation and I can't seem to keep at this fitness thing. What can I do to keep motivated to workout?

I think the most frequently asked question that I address in my Beginners' Guide to Fitness and Bodybuilding is:

1) How do I get motivated?

After doing some research today, I think the ultimate key to motivation is:

**Passion**

Yes, p-a-s-s-i-o-n

Without that burning desire to succeed, most things will elude you. Desire comes from an interest that can grow into passion.

If you have a passion for something, you'll do whatever it takes to be successful. Without it, you'll only be partly committed and only partly successful.

Take a look at any major sports star or entertainer, the passion they have for their sport is obvious. It is what drives them to succeed and motivates them to give 100%. Without it, they would just be average.

To be successful in the pursuit of fitness, it needs to become a passion. So if you don't have a strong interest in becoming fit, I suggest you find other activities you do enjoy. Getting fit isn't something anybody does well as a passing interest.

But do realize that you need to know more about fitness in general before you can develop a real enthusiasm for it. In my case, as I kept learning more and more about training, nutrition and supplements, my interest really started to grow.

And understand that you don't need to be obsessive about working out. You can be very successful just doing 45 minutes a session, 3 times a week. You don't need to live in the gym or spend every second thinking about working out.

## Could I Get Your Opinion?

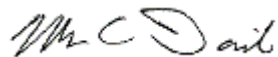
I'm in the process of putting together a list of testimonials - a collection of comments about Fitness Exposed from valued members and guests like yourself.

Would you take a few minutes to give me your opinion on our eBook?  
There's no need to dictate a letter - just jot your comments in a quick e-mail and send it back to me at:

[mrcd@beginning-bodybuilding.com](mailto:mrcd@beginning-bodybuilding.com)

Your time is appreciated.

Warm regards,

A handwritten signature in black ink that reads "Marc David". The signature is written in a cursive style with a large, stylized 'M' and 'D'.

Marc David

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If you are a webmaster, own a site, have a newsletter or can do any type of offline/online marketing campaigns, you could give away this report to your visitors as a freebie or bonus report for your own product and get upwards of 50% selling the Beginner's Guide to Bodybuilding And Fitness.

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### About The Author

Marc David is an innovative fitness enthusiast and the creator of the “The Beginner’s Guide to Fitness And Bodybuilding” method on [www.Beginning-Bodybuilding.com](http://www.Beginning-Bodybuilding.com). He can show you how to reduce your body fat thru diet, how to gain weight or create more muscle thru an abundance of workout tips by training LESS! Not more. He dispels many “bodybuilding myths”, tells you what most people never realize about nutrition, and what the drug companies DON’T WANT YOU to know. Go to: <http://www.Beginning-Bodybuilding.com> to find out more about The Beginner’s Guide to Fitness And Bodybuilding.

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### Be Sure to Check out Marc’s E-Book:

New e-book Reveals What Every Beginner Should Know But Probably Doesn’t For All The Details, Click Here: [Hwww.beginning-bodybuilding.comH](http://www.beginning-bodybuilding.com)



Even though I have only had your book for just over 2 months, through your advice I have already seen allot of gains. Using your rest/interval recommendations I have broken my bench press block of 175lbs and have past a long ago best of 265lbs with 275 X 6 with a one time MAX of 319. 8 years ago I had a heart attack and 2x bypass (one week after the 265 set) and have been struggling to come back. After almost 7 years of fruitless effort I decided to get smart about my body and my goals. Your e-book and all of the hot-links have given me a new approach. It doesn't hurt being here in Iraq, you can get real focused and take out allot of stress in the gym.

**-Joe Brown**  
MOSUL, IRAQ

***What Every Beginner Should Know But Probably Doesn't...***

**IF I KNOW IT AND YOU DON'T,  
THEN IT'S A SECRET! BUT IF I  
TELL YOU AND YOU DO  
SOMETHING ABOUT IT... THAT'S  
HOW YOU SUCCEED!**

Dear Frustrated Beginner,

If you have tried to lose weight or gain muscle and are **frustrated** with little to no gains or continually hitting a plateau, this could be the most eye-opening letter you will ever read:

A single business owner who runs a fitness website and a bodybuilding forum decided to sit down, and dump everything he's learned about fitness and bodybuilding from the last 16 years. He's also admitted to being a beginner longer than anybody else and for some reason, stuck with fitness and working out only to "figure" it out many years later. Not wanting anybody to suffer that much, he sat down and over 2 years, wrote a complete, friendly, non-hyped and grammatically correct beginner's guide to fitness and bodybuilding.

Here are just small samples of the types of questions that will be answered in the book along with the many bonus items:

- **How often should you change your weight routine to keep making gains and steer clear from boredom?**
- How much and what type of cardio is best for maintaining muscle and burning off fat?
- **A grocery list of the foods you should ALWAYS eat**
- Why eating 5-6 times a day will help you lose weight or gain weight
- **When will you see the progress of all this work you will put in? Days, weeks, months or years? Just how long is it going to take to look the way you want to look?**
- Banish all the pills, powders and jugs of 'stuff' you currently have and only use the very basic, best working supplements. You will probably save \$100 a month when you know what supplements to take and why!
- **The #1 way to increase your bench press**
- Ironclad method for determining the amount of protein you need each and every single day
- **Quick and easy ways to get rid of ugly belly fat and man boobs. This is also the secret to getting a six pack of abs that everybody wants for summer.**
- Make the move and head to the gym feeling confident that you won't look like a dork and embarrass yourself. What you can do to prep for your first gym debut.

- **Why eating a healthy fat like fish oils can actually help you to lose weight. That's right; you'll be taking a fat pill to lose fat!**
- Can you lose fat and build muscle at the same time?
- **Why skipping a workout or messing up on your diet isn't going to ruin your efforts. Many people believe that if you steer off course, it's over. You're done. You failed and you better go back to the couch. This couldn't be further from the truth!**
- How exactly to know if you are eating the right amount of calories for bulking, maintaining or cutting.
- **What to do if you don't want to join a gym and you want to workout at home. What types of exercises can you do? Is workout out at home effective and what equipment will you need to get the job done right?**
- Secrets of cardio timing so that you burn the most fat and get the most gains from your weight workouts. If you want every advantage you can get, then timing is everything!
- **Why 95% of all diets fail and why you should quit buying all those fad diet books and learn how to eat right! If you think eating healthy is just common sense, then you are very wrong.**
- How long should your workouts last to be the most effective? 15 minutes? 2 hours? What's the best time?
- **The TRUTH about your abs and the best ways to define them**
- Do you really need a personal trainer?
- **Jump-start your program so that you can look and make losing fat and gaining muscle look easy like those top athletes you see at your gym that get that way without even trying. Do they make it look easy or is it really easy?**
- The #1 thing you must have to succeed at this quest and if you have it, then nothing else will really matter. Your goals will be achieved. You will be motivated. Nothing can and will stop you from getting what you want. If you just have this one thing.

And this is just a *small piece* of what you will learn in the Beginner's Guide. It's 250 pages of valuable information that you can start using today and keep as a reference forever.

This book comes with a 3 month, 100% money-back guarantee. If you aren't satisfied, simply ask for a refund. No hassles. No questions asked. You are fully protected. You can grab this wonderful book in the next 5 minutes and have it downloaded for you to read. Ordering is secure and your privacy is assured. To get more information, or to place your order, simply click on the link below:

[www.beginning-bodybuilding.com](http://www.beginning-bodybuilding.com)

PS. You also get 6 FREE bonuses and a lifetime of upgrades...

## Look At These Astounding Reviews of The Beginner's Guide to Fitness And Bodybuilding!

**"Following Marc's program, I have gone from 235 lbs to 221 lbs in the first 17 days!"**

*"Years ago, I was in the Marines and was very fit. Then my professional career took off, I got busy with work and family, and I started to put on the pounds. I stopped working out, had a terrible diet, drank beer almost every night, and was on my way to becoming a Jabba The Hut look alike. I ballooned up from 167 lbs to 235 lbs. (I'm 5'5", so I should be 145 - 155 lbs.) That's when I decided I HAD to get back into shape.*

*A co-worker recommended Marc David's website to me and I downloaded Marc's e-book, The Beginner's Guide to Fitness & Bodybuilding." Following Marc's program, I have gone from 235 lbs to 221 lbs in the first 17 days! That's 14 lbs lost in only 2 1/2 weeks!*

*I know they say you should lose only 1 to 2 lbs a week, but I attribute the loss of this much weight to a major overhaul in my lifestyle. I feel so much better, I have more energy, my clothes that were getting tight fit better, and people have asked me if I have lost weight.*

*Thanks to your book, and all the resources included in it, I know I will be able to accomplish my long term goal of 155 pounds. Thank you for putting this together."*

Sincerely,  
**Blake Mengotto,**  
**Bay Area, CA**

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*"The Beginner's Guide to Fitness and Bodybuilding" is life changing! Before I found your program, I was embarrassed to take my shirt off at the beach. Now I not only feel comfortable with my shirt off, I've also increased my energy and feel much, much healthier."*

Thanks

**John Klein**  
**Chicago, IL**

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*"Even though I have only been on your program for just over 2 months, your advice has already produced incredible gains for me. Using your training recommendations, I have broken a bench press plateau and hit an all time best of 275 lbs X 6 with a one time MAX of 319 lbs. (breaking my old max of 265 lbs). 8 years ago I had a heart attack and double bypass and have been struggling to come back ever since. After almost 7 years of fruitless effort, I decided to get smart about my body and my goals. Your information and all of the great resources and links you provided have finally given me an approach that works."*

**Joe Brown**  
**Mosul, Iraq**

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*"Just wanted to let you know that I just bought and started reading your book. Wanted to let you know my appreciation for your writing style--friendly and not overly "pumped," and thank you for the lack of typos (that I've seen yet) and grammar errors. It shows you took a lot of time and care in preparing the book. It drives me nuts--no matter how good the information is--to read slaughtered language, which seems to be rampant in many of the fitness e-books I've been reading (yes, choice is good!)."*

**Gregory M. Zinkl**

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*"Well, I finished reading it earlier today. **The book is nothing less than amazing,** I couldn't think of anything else it could cover- I think you did a great job of answering all the questions beginners might wonder about, and get lied to about elsewhere. I think it's definitely what you originally intended- A great "Go to" book that can be referenced when you need info on something- And it's also just a great read in general- Nicely written, very well put together... Like I said earlier, I think anyone who's into fitness at all will find it hard to put this down before reading the whole thing."*

**Ian Broggy**

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**"Unlike some companies, who close the door and disappear after they take your money, Marc was there as a resource to help me with personal advice after I bought his e-book"**

*"Marc, there is So much great and helpful content in the Beginner's Guide, that I'm going to get back to you with my exact results and a more detailed review after I've had a chance to really digest this wealth of information. Even after having the*

*book only a short time, I can tell you that you've nailed the key aspects that beginners are most interested in.*

*I think one of the reasons you're successful is that, having been through all the beginners mistakes yourself, you know what the pitfalls are, and have a way of communicating the solutions effectively.*

*Plus, and this is a biggie, unlike some companies, after some poor shlub pays for his e-book, you don't close the door on him as a fish already hooked, caught, and eaten! Instead, you remain a resource to help me with personal advice. I can't tell you how valuable this is, and it's a real credit to you.*

*By the way, your bonus report, "The Top 12 Beginner Fitness Mistakes Revealed" that came as part of the package was a very concise and valuable condensation of many of the most common misconceptions we've held at one time or another.."*

**Paul Elliott**

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*Congratulations Marc! The foundational information you lay out in your 'Beginner's Guide to Fitness & Bodybuilding' is the PERFECT starting place for anyone looking to begin a fitness program the RIGHT WAY!*

*You and I both know that there is so much bogus information circulating around the magazines and locker rooms out there that it's easy for beginners to become confused and frustrated with their lack of gains. Heck...that's why most of them quit after about 3-6 months of training! If only everyone looking to begin a bodybuilding or fitness program could read your book, they would be almost GUARANTEED to meet their goals!*

*I particularly like the guidance you provided for staying motivated and on track with one's program. This is one of the biggest obstacles to making consistent gains in any fitness program and this, along with your advice for proper exercise, eating and supplementation, simply proves your mastery of providing only the most cutting edge training tactics for your readers!*

*Keep up the great work Marc!*

*Sincerely,*

**Jeff Anderson The "Muscle Nerd", author of the Optimum Anabolics Program**  
**www.grow-muscle-now.com**

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*The Beginners Guide to Fitness & Bodybuilding eBook is the perfect companion for anyone new to bodybuilding and fitness. **It covers all of the basic aspects of training, diet, nutrition and supplements.** It's packed with information and links to many great resources on the web, so even after you've read it it's still a great reference that can be used for years to come. It is written and illustrated in a non-intimidating approach that is educational, and fun to read. The format and layout of this eBook is one of the best I have seen yet! In fact, it makes the concept of having a book in 'e-form' more desirable than a hardback copy due to the ease of navigation. I highly recommend this eBook to all bodybuilding & fitness beginners; it will save you years of trial and error in the gym!*

**-Robert DiMaggio**  
**Owner of Ironmagazine.com**

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**BONUS #1: The Quick Start Guide!** The Beginners Guide is a BIG e-book - almost 250 pages of pure content! It's easy to read, and once you start applying the techniques and start getting results, you'll want to study and use every strategy in the book! However, the "**Quick Start Guide**" gives you fast overview of all the most important stuff in The Beginner's Guide - at a glance - so you can get started almost instantly.

**BONUS #2: 50 Questions About bodybuilding & Fitness answered (e-book, 70 pages)** Robert Dimaggio of IronMagazine.com has taken 50 of the all time most frequently asked questions about bodybuilding and fitness and compiled them all into ONE amazing e-book. It would take you years to search the forums to find this kind of information. It's all in one place now and this bonus worth \$19.95 is yours FREE, with the purchase of **The Beginners Guide to Fitness And Bodybuilding**

**BONUS #3: "Unleashed" by Jeff Anderson:** Controversial hormone triggering technique forces your body to release more of its own natural growth hormone and testosterone, and melts body fat like butter in a microwave while packing on slabs of new muscle... (without nasty drug side effects)... Get all the details about natural hormonal manipulation in this special report... yours FREE if your order **The Beginner's Guide** today

**BONUS #4: "Prepare To Win" Bodybuilding Competition Guide By Layne Norton (e-book 40 pages)** Competing in your first bodybuilding, fitness, figure or transformation challenge contest can be terrifying... unless you have a coach to guide you. Layne Norton's e-book, "Prepare to Win" will walk you through every step of the process leading you to a perfect peak on the one day that counts. A

\$19.95 value, FREE when you order **The Beginner's Guide**

**BONUS #5: Bodybuilding Recipes.** Bodybuilding, fitness and weight loss diets don't have to be boring or tasteless. This amazing collection of delicious, tasty "muscle and fitness-friendly" recipes will make your fat burning or muscle building diet easier and more enjoyable than ever.

**BONUS #6: Beginning Bodybuilding Over 40:** It doesn't matter how old you are, you can improve at any age and this guide will show you how to start the right way at age 40, 50, 60 or beyond.

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