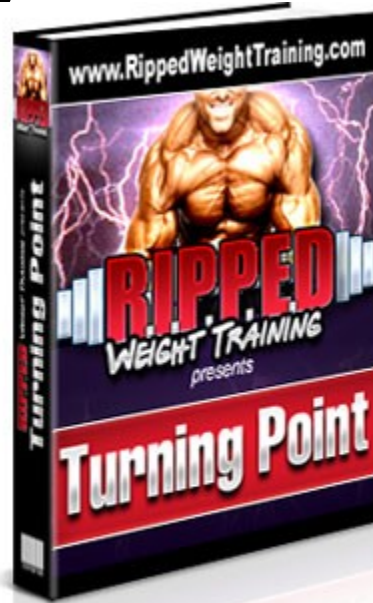


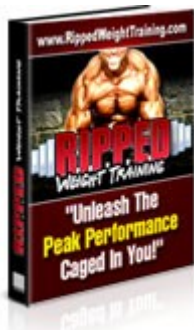
“The Turning Point”

One Of The Hidden Secrets To Building Muscle That Has Been In Front Of Your Eyes All Along



By: Steve Gwillim

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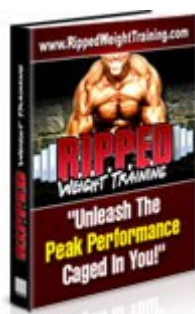
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The Weight Training Turning Point

Now you all must be wondering what the unenlightened strategy or 'secret', some may say is?

For some of you this will be your Weight Training Turning Point! And mastering this personal strategy is a major ways to living a healthier and more prosperous life as well as building muscle faster and more efficiently.

Now without beating around the bush here and teasing you I am going to get straight to the point here...

The answer you guys are all looking for is...

[Scroll down]

-ENERGY-

I am going to go over how truly important energy really is to building muscle and also living a healthier and better life.

Now the self-perpetuating human body can be considered as a 'battery' so to speak, with 3 major components.

1. The Solids - These are your bones, organs, muscles, layers of skin, vessels, nerves and any other thing that would be more solid.
2. The Liquids - The internal and inter-cell liquids that play an important role in the generation of your body's energy.
3. The Energy/Electrical Charge - This is responsible for the empowering the human body and it's structures/substance. It is called the 'life-force', energy, spirit... etc. The Chinese refer to this term as the 'chi'.

By far the third one is the least understood but did you know Moment after moment... we are losing or expelling energy for body movements and mental activities.

In Time if this constant energy is not replenished, weakness and illness will follow.

And then on the other end we are constantly acquiring energy as well, through the food we eat, the air we breathe... etc.

Then the body also requires normal and restful sleep which relaxes the body, mainly in certain acupoints, and allows energy to re-charge every cell in the body.

How about our energy levels in the gym? Well, Did you ever notice how some days you are **on** and other days you

just feel like a tired old man? Those are the days where you are saying, "I am going to take it easy today." These are usually the same days that just seem to drag by.

Well... there should never be any of these "taking it easy" days! And, if you are training in the gym with an attitude like this... YOU ARE WASTING YOUR TIME!

Your energy is directly associated with these things:

- ◆ Your Metabolism
- ◆ Your Mental Focus
- ◆ Your Training Intensity
- ◆ How Much Fat You BURN
- ◆ How Efficient You Are

Your Metabolism:

Let's talk about your metabolic rate, because really that's where your consistent energy comes from. It is your overall pace of how you do things throughout your day. And scientifically speaking it is:

Lets take a look in the dictionary:

"The chemical processes occurring within a living cell or organism that are necessary for the maintenance of life. In metabolism some substances are broken down to yield energy for vital processes while other substances, necessary for life, are synthesized."

If you have a high metabolism then you have a fast paced lifestyle, lots of energy and you can usually eat a lot of food and not gain a pound. This is because your metabolism allows your body to process your food quicker.

If you have a low metabolism then you usually are slower paced and it takes longer for your body to process food. And you probably even notice yourself that you have low energy levels.

Most definitely a large percentage of you have actually

had experience both ends of the metabolism spectrum at some point during your life.

And don't worry; I am going to give you a bunch of great tips and advice at the end to help increase your metabolic rate and energy levels. Some of them will help you almost instantaneously.

Your Mental Focus:

With lots of energy you are able to sustain your mental focus better, thus helping your execution of exercises, implementation of R.I.P.P.E.D. efficiency, which also ties into the next point... your intensity.

You see, when peak performance athletes achieve maximum mental focus during their events or games, they must first have 100% physical strength, fitness, and conditioning/energy [depending on the sport].

Let's see how this applies to the sport of weight training/bodybuilding. You don't really need to have the best conditioning/cardio when you are physically lifting weights. Definitely the more fit you are and less body fat you have, the better off you are. Then the strength will come, or it might be already there, depending if you got over the beginners hump yet, or if you have been training correctly.

So, it's safe to say the more energy you have, the better mental focus you will have. And not just in sports; you will also have better mental focus in all aspects of your life as well, at work, home, and everywhere.

Your Training Intensity:

The more energy you have the more intensity you can output during your training.

Just as a note Intensity is also the 2nd pillar of R.I.P.P.E.D. and you will learn everything you need to know about intensity there.

Now back to intensity and energy.

This is so obvious that I almost didn't put it in here, but if you have low energy levels you will not be able to put forth maximum intensity.

Depending how low your energy levels are, you might have no intensity at all. And if you are training with no intensity, you are only going to get a very small percentage of the results you could be getting with high intensity.

You are still putting in the same amount of time, so to get the most out of it; you need to work out at the highest energy levels possible with the most intensity you can manage.

So energy is absolutely crucial to putting forth maximum intensity, during training and everything else you do physically.

How Much Fat You BURN:

When you have more energy it is common knowledge that you will burn more fat; especially in the gym.

Supplements help here... BIG TIME. I will go over the top supplements at the end of this report.

You will become more efficient:

The more energy you have the more efficient you become. You get more work done in minimal time. In weight training/bodybuilding efficiency is a huge factor.

Bodybuilding legend Mike Mentzer [R.I.P] was the master of this.

For the longest time Mike was the biggest rival to Arnold, and as a side note, he is the only person in the history of Mr. Universe to generate a perfect score. He did

this at the 1978 Mr. Universe competition.

Mike patented "Heavy Duty Training." This revolutionary training involved 30-minute sessions, with an astonishing 3 to 4 sets a week.

The reason why he was able to do this is because he fine-tuned his intensity. He could put forth so much stimulation in a set that he reached his session stimulation peak very quickly every time. When he trained he lifted with so much intensity, if you watched him train you would say, "holy s%#& is this guy human!?"

This is because he knew that you can never be training with 100% intensity. So he was always beating his maximum intensity until he got to the point where his intensity levels were so high all he needed was 30-minute sessions to reach his stimulation peak.

And believe me for a professional bodybuilder with incredibly experienced muscle fibers this is absolutely outstanding. You will understand this more when you read, "Progression" the 3rd Pillar of R.I.P.P.E.D.

The moment you go over the stimulation peak is the moment you over-train.

R.I.P.P.E.D. Weight Training applies these concepts in a different way so they work for everyone. R.I.P.P.E.D. Weight Training fine-tunes this popular weight training mantra.

This mantra is, and you have probably heard it before, "Less is more." To be more accurate though, the truth is "Less is only more with maximum intensity, sharp mental focus, and 100% R.I.P.P.E.D. efficiency."

When you apply these laws to anything you will see better results.

Business is the best example. The more a businessman/entrepreneur increases or masters his work time

efficiency the more money he is going to make.

The most successful and happy businessmen/entrepreneurs only work around 1 working day a week after they have fine-tuned this principle, and make a jaw dropping salary.

This is a very powerful way working, but first you must have the energy to do so.

Increasing Your Energy Levels

Now let's go over some tips and important factors to help increase your energy levels. Some will help your mental energy and some will help your physical energy.

Mental and Physical Energy Increasing Tips:

Note: Energy boosters are supplements you already should be taking when you are training.

A. Eat High Fiber, Low Glycemic Carbohydrates

Carbs provide your brain and muscles with energy throughout the day. So if you see yourself being tired and you are eating carbs, then you are not eating the right type of carbs.

These are slow release, low in glycemic carbs that with provide you with a steady stream of sugars throughout your day. So you should be focusing on foods like whole wheat products, oatmeal, high fiber, yams, and brown rice is great.

Also when you are eating the right carbs they will help the absorption is protein way more as well as help create an optimal hormonal environment within the body.

B. Turbo-Charging Your Metabolism & Energy

One of the most powerful ways to increase energy levels throughout the day and to turbo-charge your

metabolism is the technique of eating frequent, small meals throughout your day.

Eating one approximately every three hours throughout your day is by far the most effective way to speed up your metabolism. It's so powerful, in fact, that when you see the results, you may wonder why you've ever had any difficulty losing fat and energy levels throughout your day in the past.

The simplest concepts are always the most powerful... don't overlook this.

C. Simple Energy Hack

This energy hack is so simple to implement and you first need to know some background first.

Most people are not aware that the digestion process in the human body actually takes a lot of energy out of us.

There is a scientifically proven fact that we burn off 10% of calories or "fuel" everyday from just digestion.

We all know we cannot turn off our digestion so what can we do to save more of this energy for actual things we need it for?

It's simple really... Chew every bit of food you eat thoroughly before you swallow. A very good number is 30 chews before you swallow.

If we gulps down huge chunks of food it is going to take the body a lot more energy to process that food via several pathways.

Here is some info that will give motivation to take action:

From the National Institutes of Health
(U.S. NIH)

- Over 70 million Americans are affected by various digestive diseases at any given time

- Most disease goes untreated and unreported

I bet if you felt your stomach right now it does not feel right?

Well you might just very be one important technique to take extra time chewing our food but it might prevent you from generating a digestive disease.

D. Fat Burners

Nutrex Lipo 6: This product very good for increasing energy levels. Never before has a weight loss formula been created that attacks all 6 fat receptors in the body [the gate ways to burning fat] as fast as humanly possible. Thus the name... LIPO 6. It also is safe as safe can be. They have also won ENERGY and FAT LOSS supplement of the year. Check it out here:

www.RippedWeightTraining.com/deal/nutrexlipo6

Hydroxycut Hardcore: This is MuscleTech's flagship product. Hydroxycut is the original, and current dominating fat loss product. Remember the days of Ephedrine and hydroxycut? Well those days are no more. Now the only powerhouse fat burner is Hydroxycut Hardcore. It is proven to cut body fat by 7.9%. Check it out here:

www.RippedWeightTraining.com/deal/hydroxycuthardcore

Taking any one of these 2 fat burners will just be just fine.

E. Multi-Vitamins and Multi-Minerals - Multi vitamins/multi mineral supplements are a very powerful way to increase energy levels. They are jam packed with everything you need to be healthy and to kick start your energy levels.

For multi's I recommend taking Universal Power Pak. Universal Animal Pak was formulated to be EXACTLY what you need, for people that want to

build muscle; they are also rated the best multi-vitamin for 2006.

www.RippedWeightTraining.com/deal/animalpak

F. L-Glutamine

Now let's get some info on L-Glutamine first. L-Glutamine is one of the 8 essential amino acids found in the body. There are around 20 amino acids in the body in total, but only 8 are essential; they rest can be made from these 8. It is also the most abundant amino acid in the plasma of human blood.

At around 62 percent, L-Glutamine also makes up the highest percentage of amino acids in muscle fiber. Just imagine how invigorated your whole body will be when taking L-Glutamine. Highly Recommended! I recommend taking Higher Power's L-Glutamine. Check it out here:

www.RippedWeightTraining.com/deal/higherpowerglutamine

G. Energy Drinks

Energy drinks are a great way to help burst your energy as well. They have got to be the hottest beverage today. If you are already taking glutamine and fat burners, drinking energy drinks is not recommended.

But if you are looking to just dip your feet into the energy supplement world then I suggest starting with energy drinks.

H. The **Law Of Attraction**

The **Law of Attraction [LOA]** is a universal law. Remember I mentioned we are losing mental and physical energy all the time. Well the LOA is mainly for increasing your positive mental energy.

If you don't know what a universal law is, they are laws that govern the universe. They do not change, ever and

they cannot be broken.

The Universal Law Of Attraction is the most powerful mental concept one could use. In a matter of fact you might be already using this law of attraction yourself and not ever know it.

Every time you achieve something you use it, basically. It is mainly used as a tool for goal setting. And if you apply this to become the next IFBB Pro Bodybuilder, if thats what you want.

Although this is not a report about this 'Law Of Attraction'. There are some websites that have risen that claim to help you use the 'law of attraction' but I don't like how they make it seem like some big secret so I will not mention them.

When people apply this goal setting strategy to their life everything goes up especially their mental energy.