

MAIK WIEDENBACH

**GET THE BODY
YOU DESERVE**
THE ULTIMATE GYM HACK

WHO IS

THIS BOOKLET FOR?

Anyone really. maybe you just joined the gym and feel overwhelmed or you have been training for a while but are not seeing the result you want.





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DEFINE THE GOAL

Why did you join the gym?

For most people it is to look better. David Barton slogan " Look better Naked" still summarizes the goal of 99% of all gym goers. To be more specific, that would be being leaner or bigger (build muscle or burn fat)

HOW DO WE

ACCOMPLISH THAT?

There are two possible scenarios.

- » We want to build muscle in which case we must give the body a reason to do so. The stimulus hereby is training with weights.
- » We want to lose fat but keep the muscle on. In a caloric deficit, the body will shed muscle first unless it is given a reason to keep it. Again, the stimulus comes from weight training

[Watch this video on fat loss](#)





How

OFTEN DO I TRAIN?

- » For that, you need to define your available time and be realistic about it. Do not take a vacation week as the median, but a busy week with work, kids and dog.
- » You must train the whole body twice, so if you have two hours a week simply do two full body workouts. If you can train four times, you could split into upper/ lower body.
- » You can also listen to this podcast <https://www.buzzsprout.com/2130357/12630765>
- » As for volume, think 15 sets per muscle group per week. These can be split up, you can do 8 sets of chest on Monday, another 7 on Thursday etc.

PICKING YOUR EXERCISES

Before we go there, you need to understand the following: You are not in the business of doing exercises, but to train muscles.



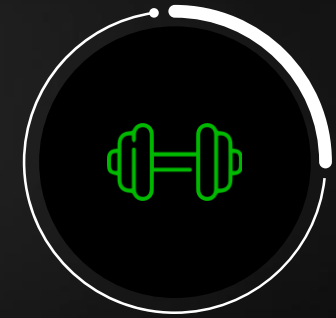
WHAT DOES THIS MEAN?



Most people in the gym move weights, but their muscles do very little work. Most of the lifting is done by inertia, momentum, joints and ligaments. Result: no visible changes because the muscle was never truly challenged.



If you want to look better, you must give the body a reason to change. Tension is what ultimately builds muscle/ protects muscle when dieting.



Not moving more weights you ask? No. Think about it. The goal of bodybuilding is to change the size of the muscle. This is done by contracting aka shortening it as much as you can.

If you lose tension, you are simply not maximizing the workout.

WHY IS THE STRENGTH

CURVE SO IMPORTANT?

Each muscle has three positions: stretched, midrange and contracted.



Most workouts solely spend time in the midrange position, simply because we are the strongest there.



This leads to an overload of that part while neglecting the other components.



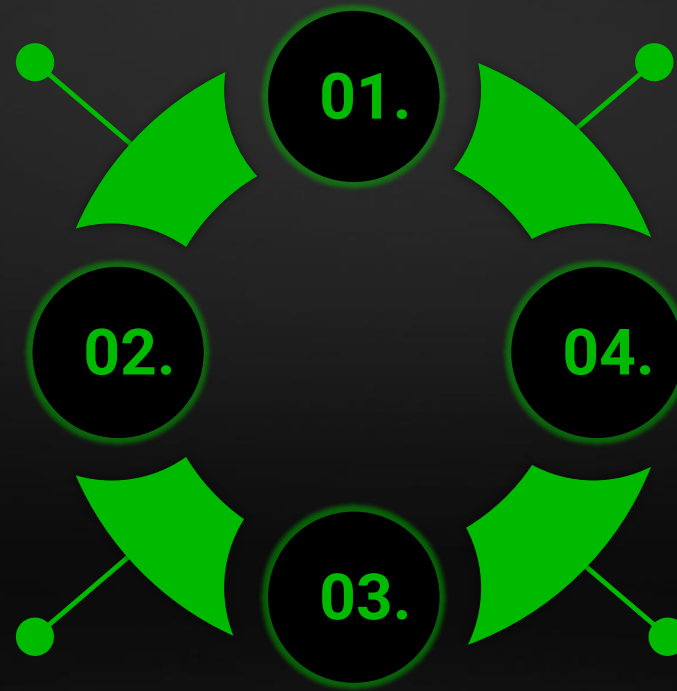
The physique then becomes more subjective to injuries and inflammation since it is unbalanced.

IF YOU ARE TRAINING

THE MIDRANGE ONLY

You are not training the muscle to its full capacity thereby not maximizing your progress.

The contracted phase is the weakest one, but improving that part of the equation will improve overall performance.



A muscle that is not trained in the stretched position tightens up. In case of the chest, that would create a hunched forward, muscle bound physique.

This makes you more prone to injury as the constant tension on the joints and ligaments will cause problems down the road.

IF YOU TRAIN THE ENTIRE STRENGTH CURVE,
THESE THINGS HAPPEN



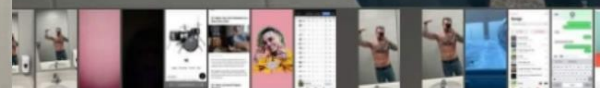
The muscle grows more since you are maxing out all the ranges.



You will create a more aesthetically pleasing physique, since the midrange is not dominating anymore.



You are less likely to get injured since a balanced muscle is less tense.



PRACTICAL EXAMPLES IN ORDER OF STRETCHED

MIDRANGE AND FLEXED EXERCISES

QUADS

- » Sissy squats
- » Leg Press
- » Leg extensions

HAMSTRINGS

- » Stiff-legged deadlifts
- » Leg press, midrange stance
- » Leg curl

BACK

- » Pull overs
- » Lat pulldown
- » Stiff arm pulldown

CHEST

- » Cable flyes
- » Incline press
- » Chest press at cable, kneeling

SHOULDERS

- » Leaning side raises
- » Push press
- » Poliquin raises

BICEPS

- » Incline curl
- » Pull Up
- » Concentration curl

TRICEPS

- » Extensions
- » Close grip bench
- » Kickbacks

You do not need to cover the whole strength curve each workout, but on a weekly basis

WHAT DO YOU NEED TO DO?

HOW TO TRAIN?

- » You must own each rep. Meaning you should attempt to execute as perfect as can be.

Stabilize everything. What does this mean?

- » That means you should be in a position where you cannot do anything else but to perform the exercise properly.

Proper range of motion



Activation of muscles



IS THAT ALWAYS POSSIBLE? NO,

BUT WE SHOULD TRY TO DO SO



Activate the target muscles. That sounds like a no brainer but you can only train when you are using.



So, if you are doing a chest fly but your delts are moving first, then you are doing a front raise.



Always think about which muscle you want to train, how to bring insertion and origin together and stay focused.



Keep the tension. If you have managed to use the proper muscle, do not let it go! Keep the tension on it at all times. no swinging, bouncing etc.

Activation of muscles



Activation of muscles





NUTRITION

There really are only two potential setups

01. YOU WANT TO GET BIGGER

02. YOU WANT TO GET LEANER

Bulking

- » You must have abs to begin bulking. If you are not lean enough, you will simply get fatter. Sorry but that is a fact.
- » Calories: $\text{bodyweight} \times 20$ to start. If you weigh 200 lbs, that gives you 4000 calories
- » Protein: 1 gram per lbs bodyweight = 200 grams = 800 calories
- » Carbohydrates: = 2 grams per lbs bodyweight 400 grams
- » Fat: 08 grams = 160 grams = 1500 calories

NUTRITION

Keep in mind that muscle cannot be force fed. In a best case scenario, we are gaining 2 lbs of muscle a month (women about half that). If your weight gain is significantly higher, dial the carbs back.

01.

As for Dieting, see those numbers as a starting point

02.

Bodyweight in pounds= grams of protein daily

03.

Carbs also around one gram

04.

Fats 06.

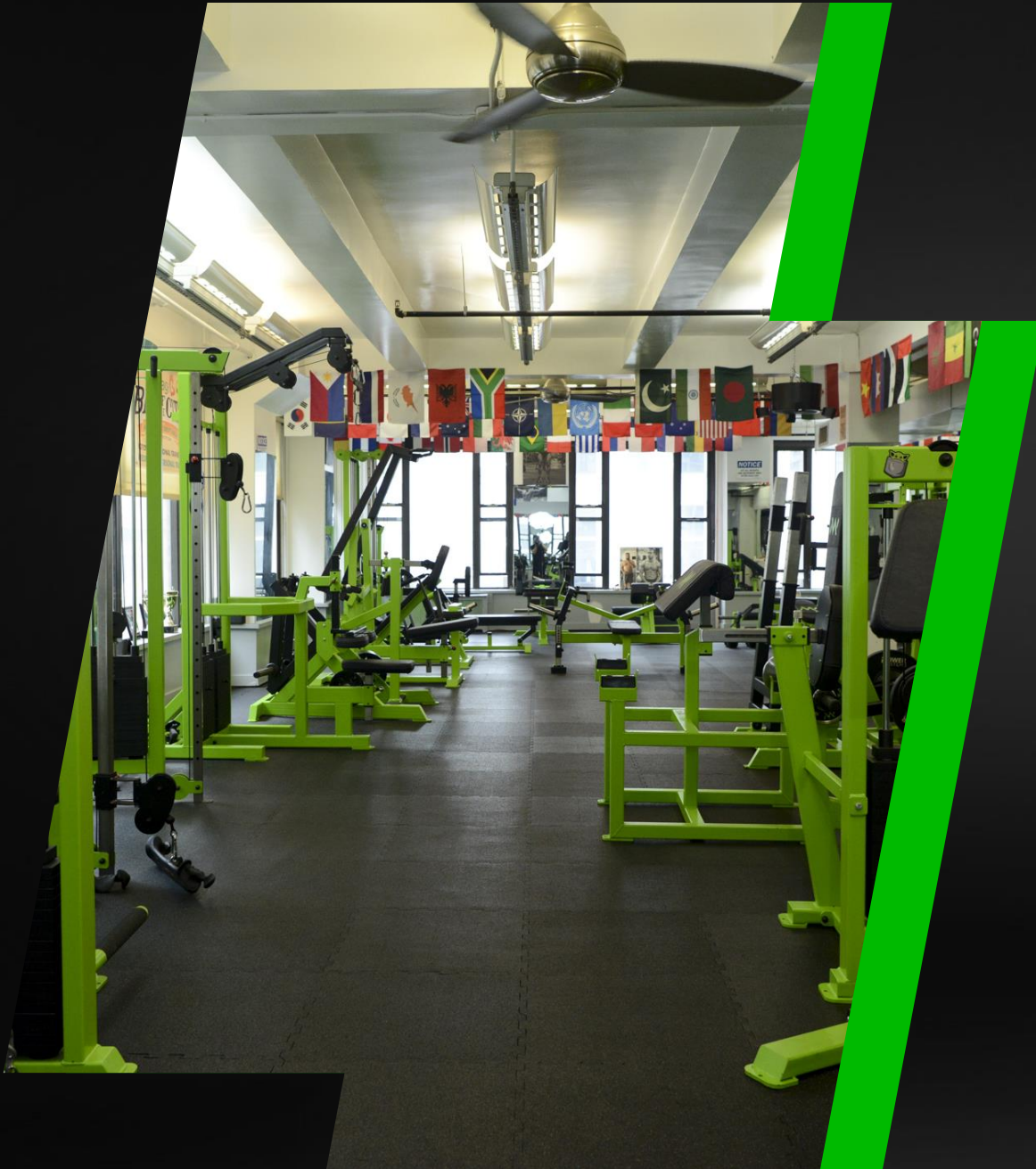
You should be losing about one percent of body weight per week, while not being too hungry.

WHAT ABOUT CARDIO?

- » I am glad you asked! One should absolutely do cardio, but not for the reasons it is most commonly thought of.
- » Cardio is NOT a magic fat burning tool, but it serves very well for general health. Think 90 -120 minutes a week of low intensity cardio so your heart stays healthy!
- » Which cardio is the best? The one you do! Running, biking, swimming, dancing ...whatever keeps you motivated.
- » I hope my book makes you understand that getting in shape is not an impossible endeavor. Give it time, apply the principles I laid out for you and you will succeed!

A|D





It's one thing to do this on your own, but another when you have a coach keeping you accountable. We will be giving you guidance, providing you with fitness and diet plans to get these results fast and for and keep them for life.

Our clients kept asking us for accountability training and support and we delivered.



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TIRED OF NOT GETTING THE RESULTS YOU WANT?

CONTACT US

There are only three spots left for our "Lose 15 lbs by New Years Challenge" presale!



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