

PEAK BODYBUILDING COURSE



By Thomas Calkins & Brian Dean

Peak Bodybuilding Course

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About The Peak Bodybuilding Course

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Epic Warrior Muscle Workouts

BuiltFit was launched in January of 2009 along with the Epic Warrior Muscle Workouts in 2010 developed by me, Thomas Calkins. Over the course of nearly half a decade, I struggled with dozens of muscle-building programs that promised much but delivered little. That's why I decided to find my own method of building muscles, free from marketing hype, empty promises, and hyped-up promises.

It took more trial and error than I'd like to admit, but I finally learned what it takes to build muscle and gain weight. Astonished at the simplicity of my program, I decided to share this information and help other people looking for similar results.

Personally, I was always thin as a rail. At 18 (1999) I weighed 138 pounds and was 5' 10" in height. I thought I would eventually fill out and put on more weight as I got older but that never happened. I started going to the gym and lifting weights, trying different exercises that never seemed to work. But I didn't give up. I worked out harder and tried a few supplements that were supposed to magically transform my physique, but of course, that never happened.

I eventually started reading on the internet about the importance of nutrition in building muscle to gain weight. I also learned what exercises were the best for packing on mass. Once I got my diet down and started to do core exercises, I saw muscle mass building on the scrawny frame I grew up with. I was amazed at how my back and shoulders started to widen and my skinny legs started to not look like twigs. Now, I am at 180 pounds and the strongest I have ever been. I went from being scrawny and weak to strong and ripped...and you can accomplish this too.

This **Epic Warrior Muscle Workout Guide**, along with the nutrition information from the **NUTRITION MANUAL** and **PLANS**, will give you all the tools you need to pack on lean muscle in the fastest possible time.

Getting the Most Out of this Course

Start by reading the **PEAK BODYBUILDING GUIDE** and the **NUTRITION MANUAL** to get an understanding of how to achieve success with this program and where you can find all the information you'll need.

If you are a beginner, begin your workouts with the **BEGINNER TRAINING LOG**.

Unless you are well along in your bodybuilding endeavors, we suggest you also start there, moving through the beginner plan as quickly as feels right for you.

Pick your starting calories using the information in the **NUTRITION LOGS** section and go from there. As you build more and more muscle you will require more and more calories, so we have included **NUTRITION LOGS PLANS with 2400 up to 4800 calories per day**.

As a bonus, we've included recipes for **25 POWERFUL SMOOTHIES**. Enjoy!

Note: Everyone is different and responds differently to various exercises and diets. It is up to you to track your diet and workouts to see what is specifically working for you. Everything we have presented in this course is based on what we have read and learned through our training and experience.

To your success,

Thomas Calkins & Brian Dean

Legal Disclaimer

The information presented here is in no way intended as medical advice. This information should be used in conjunction with guidance from your primary physician.

It is your responsibility to consult with your doctor before starting any training or nutrition program. You agree to accept full responsibility for your actions.

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THE PEAK BODYBUILDING COURSE

About The Peak Bodybuilding Course	3
Course Contents	7
PEAK BODYBUILDING GUIDE	8
Table of Contents	9
EXERCISE DATABASE	42
BEGINNER TRAINING LOG	45
ADVANCED TRAINING LOG	57
NUTRITION MANUAL	69
Table of Contents	72
NUTRITION LOGS	138
Information & Tips	140
Formulas to Determine Starting Calories	140
Food Servings Chart	146
2400 Calorie Plan	148
2800 Calorie Plan	154
3200 Calorie Plan	160
3600 Calorie Plan	166
4000 Calorie Plan	172
4400 Calorie Plan	178
4800 Calorie Plan	184
25 POWERFUL SMOOTHIES	190

PEAK BODYBUILDING GUIDE



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PEAK BODYBUILDING GUIDE

Table of Contents

CHAPTER I - Beginning the Workout Routine	10
1. Setting Your Goals	10
2. Baseline Measurements	12
CHAPTER II - The Workout Philosophy and Hypertrophy	15
1. Importance of Compound Exercises	16
2. Free Weights vs. Machine Weights	16
3. Focus on Form not Amount of Weight	20
CHAPTER III - The Training Routines	22
1. Beginner Workout and Initial Training Weeks	22
2. Three- and Four-Day Workout Splits	24
CHAPTER IV - Workout Details	27
1. Warm-up Sets	27
2. What About Sets and Reps?	28
3. Constant Weight For Each Set	28
4. Progressing Each Workout	29
5. When to Increase the Weight Instead of Increasing the Reps	30
6. Ideal Rest Between Sets	30
7. Proper Breathing During Exercise	31
8. Rest and Recovery Between Workouts	31
9. Alternating Exercises	32
10. Cardio	34
CHAPTER V - Seeing Results	35
CHAPTER VI - Frequently Asked Questions	36
CHAPTER VII - Closing Thoughts	40
REFERENCES	41
EXERCISE DATABASE	42

Chapter I

Beginning the Workout Routine

Epic Warrior Muscle Workouts

Before we dive into the training program itself, there is some planning and organizing that needs to take place.

1. Setting Your Goals

I hope you didn't buy this book just to read it, close it, and never act on the information. I'm going to level with you. While this book is written in a breezy, easy-to-read style, it's not simply a beach read - it's designed to precede serious action.

And action is infinitely stronger and more focused when you have specific goals. Goal setting alone separates many struggling gym chumps from those with bodybuilder-like physiques.

Lisa Ordonez of Arizona State University has looked into the science of goal setting. She concluded that "Hundreds of studies conducted in numerous countries and contexts have consistently demonstrated that setting specific, challenging goals can powerfully drive behavior and boost performance." In fact, one study out of the Netherlands found that setting challenging goals was all that was needed to turn a group of lazy couch potatoes into hardcore gym rats.

