

HOW TO ATTAIN NEW GAINS DURING "THE QUARANTINE" OR ANYTIME, PLUS SAVE TIME AND MONEY

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1. Simple Basic Equipment –

That easily fits anywhere and is invisible when not in use



- a) Dumbbell Blocks: These are simply two dumbbells that are amazingly like having a 5 lb through 95 lb dumbbell rack at your disposal, and easily fits under a bed or in a closet. They very easily adjust to a pair of 5 lb-95 lb dumbbell in 5 lb increments.
- b) Sturdy Flat/Incline Bench: When not in use it can fit against a wall. You won't need the uprights that hold a barbell so you can place plants or whatever you wish on the bench when it's not in use.
- c) Doorway Chinning Bar: Easily attaches between a doorway, and if you desire easily removes after use. Always be certain the bar is securely attached before training.

2. The "Tripartite":



To make the best gains in increasing lean body mass and shedding body fat, the "Tripartite" is without question, the most efficacious methodology to attain the foregoing. "Tripartite" means three parts

orthree factors. The three factors to attain the best results from training and are supported by hundreds of clinical studies are:

- 1) Nutrition/Supplementation 50% of the equation for the best gains
- 2) Progressive Training 25% of the equation for the best gains
- 3) Recovery 25% of the equation for the best gains

1) Nutrition/Supplementation: Check out our feature article "The A-Z of TRAINING" for a detailed guide on nutrition and supplementation.

<https://www.behealthyfit.com/v/vspfiles/assets/The%20A-Z%27s%20of%20Training%20FINAL.pdf>

2) Progressive Training: We know what you're thinking ... "How can my training be 'Progressive' without being at the gym and with such simple equipment?" As you read on you'll discover how.

3) Recovery: Many of you guys 'n gals overtrain without knowing it. Training must be "progressive," however, overtraining and inadequate rest and recovery can lead to little or no results. Training at home will enable you to train progressively, while not overtraining, leading to optimum recovery and NEW GAINS. Old injuries will also have a chance to heal because this feature article will enable you to discover how to make lighter weights feel heavier than heavy weights.

HERE'S HOW TO ATTAIN NEW GAINS ...



a) Read our feature article "[The A-Z of TRAINING](#)", An easy to understand summary demonstrating the single fastest way to transform your body.

b) How to Train Progressively at Home with Simple Equipment: While you won't need a training partner for the best results, a home training buddy or your significant other can assist you with forced reps and negative-accentuated training. These are two training methodologies leading to increased lean body mass plus increased strength. Yes, you can absolutely transform at home! And yes, even advanced bodybuilders, athletes and health and fitness enthusiasts can attain NEW GAINS.

c) Next, we'll take an extreme example of an advanced athlete who utilizes very heavy weights and how they can attain the same, and many times better results via a new training stimulus; plus training unilaterally with dumbbells can produce better gains and enhanced symmetry.

The Extreme Example: An advanced bodybuilder typically training with 405 lbs @ 8-12 reps per set for squats.

Instead, hold a 95 lb dumbbell in each hand without straps to blow up your forearms too. Perform below parallel bench squats, continuous tension as follows ...

- 95 lb dumbbells in each hand
- * Foot spacing closer than typical squats at approx. 12"-15" apart
- Do not lean forward, maintain an upright body position
- Squat down slowly to below parallel, your glutes should tap the bench – don't sit on the bench even for a second
- Ascending up, come close to locking your knees, but don't, and don't pause at the bottom or top part of the squat – CONTINUOUS TENSION with slower than typical reps
- Set 1: 30 reps Rest/Pause 15 seconds
Set 2: 25 reps Rest/Pause 15 seconds
Set 3: 20 reps Rest/Pause 15 seconds
Set 4: 15 reps Rest/Pause 15 seconds
Set 5: 10 reps Rest/Pause 15 seconds

Equates to a "Century" – 100 reps in less than 10 minutes

*This foot stance will accentuate the outer sweep of your quads (*vastus lateralis*), creating an even greater illusion of quad size. An "X Frame" is a V-Taper in the upper body, and focusing on developing the vastus externus in the quads. An "X Frame" is the ultimate body silhouette at the beach, at competitions, and when dressed!

Note: These 100 reps will not be easy to do. One must be in good condition, strength and endurance wise and have "mental toughness" to perform the exercise as illustrated. The amount of weight to use is arbitrary, your current strength and fitness level will determine your starting dumbbell poundages to begin with. If you believe it's easy to do, you're in for a surprise AND New Gains! Your grip will also be enhanced as well as your forearm development. You do have the option of using straps if holding the dumbbells are taking away from focusing on your quads, your vastus externus in particular. In addition, as you become fatigued, don't start making the exercise a dumbbells deadlift – maintain an upright position – if you cannot, decrease the weight on your final sets. Remember, we're making the 95 lb dumbbells (190 lbs total), feel and act as if one was using double the weight or more. Always warm up with a lighter weight. Neurophysiology is the nerves and muscle connection – focus on feeling the muscle(s) being trained and visualize the look you will attain.

Within the pages of the "[The A-Z of TRAINING](#)" book, there is a more detailed training plan. Hereafter are some adjustments to the program for training at home.



Chest:

You can utilize the same exercises and remember to utilize:

- Continuous Tension and strict exercise performance
- Slow and controlled movements
- Focus on the mind/muscle connection and visualize New Gains
- Natural/strong athletes may utilize a 315 lb training weight for barbell bench presses. We assure them and you that whatever weight your current strength level allows for, training with the foregoing training methodology and a bit higher than your typical rep count with dumbbells, is a superior training regimen. The 315 lb for reps guy utilizing 95 lb dumbbells as illustrated may find it difficult to start with 95 lb dumbbells after warming up. Remember, with the foregoing training methodology utilizes dumbbells will equate to "lighter" weights feeling and acting as heavy weights, and can produce better results, as well as enhanced symmetry. Apply this training methodology to all 10 body parts, with the adjustments hereafter ...

Back:

- Wide Grip Pulldowns – Replace with Wide Grip Chin-Ups (palms facing away from your body)
- Seated Cable Row – Replace with additional dumbbell rows (two sets) with a lighter weight than your five sets of dumbbell rows, and bring the dumbbell far back and lower than your typical dumbbell row, and FEEL the lower lats working and HOLD the dumbbell statically for three seconds when you bring the dumbbell far back and lower.



Quads/Hamstrings:

- Leg Curls – You can have a training buddy securely place a dumbbell between your feet to perform leg curls. If you train alone, substitute dumbbell stiff-leg deadlifts. Always warm up

before all exercises. You may want to maintain a slight bend in the knees if you have back issues. You know your body best.

Triceps:

- For Close Grip Bench Press, do this instead ...
Perform a compound set of dumbbell "skull crushers" with * dumbbell close grip bench presses as follows:
Perform one set of dumbbell "skull crushers" followed immediately by a set of close grip dumbbell bench presses where your palms and the dumbbells face each other and meet at the top of each rep, and hold or position the dumbbells with your wrists tilted forward and your hand position is more towards your abdomen rather than over your chest. This will render the movement a tricep exercise, rather than a chest or pectoral exercise. Perform this compound set, rest just 30-45 seconds and complete four compound sets equaling eight sets.
- Tricep Push downs – Utilize dumbbell kickbacks instead; body and arms parallel to the floor, a slow and controlled movement, holding and flexing the triceps for three seconds at the top of the movement.



Cardio:

- Quite simply, thoroughly enjoy Power Walking outside. Enjoy reading " [The A-Z's of TRAINING](#) " for how to most efficaciously utilize cardio.

Remember, the quarantine does not have to mean losing lean body mass, gaining body fat and losing strength. Nor does it mean you can only maintain your physique. Utilizing the training methodologies in this feature article, and reading " The A-Z's of TRAINING," can equate to NEW GAINS and Progress! Kudos to you for living the HEALTHY 'N FIT lifestyle.

A proper diet and exercise program are essential for reaching your goals. *These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. All HEALTHY 'N FIT® product formulations are guaranteed to provide Advanced Maximum Nutritional Support Technologies
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