For most bodybuilders, the first and primary goal of training is to put on muscle size. It's not uncommon for most beginners to look for 20 pounds or more of muscle weight. After all, the sport is called “body building” and building muscle size is what it's all about.

However, there comes a moment of realization in the life of all bodybuilders when they realize building larger, more massive muscles is only half the battle. Those muscles must have good definition and shape in order to command the attention they rightly deserve.

Unfortunately, many bodybuilders make the mistake of bulking up too quickly thus destroying any chance to show muscular definition. In fact, the very nature of bulk/mass training – heavy basic exercises to build added size and strength – along with high calorie consumption – is just about the complete opposite of the methods needed to get good definition.

Definition training, on the other hand, is a very intense method of bodybuilding requiring special exercise routines, quality training techniques, regular aerobic training and specific nutritional and supplementary regimentation. Fortunately, we have learned a lot about building definition in the last ten years and just about anyone with the internal fortitude and discipline to stick with a definition program will show marked improvement in their muscularity. This booklet will give you many useful hints on how to vastly improve your muscular definition.

A wise man once said that insanity is doing the same thing the same way day after day and expecting different results. We couldn’t have said it any better. In order to effect change in your life, you must do things differently than you are doing them now. Improving your definition is no different. Stick with the program in this course and in about six weeks you will be the owner of a brand new muscular body. Dabble half-heartedly and your results will be disappointing if not totally negligible.

But you’ve already made the important first move by getting this booklet. That says a lot about your motivation. You obviously have made the type for commitment it takes.

A QUICK OVERVIEW

Whenever the subject of definition comes up among bodybuilders, someone in frustration will usually ask, "Isn’t there an easy way to get definition?" The answer to that question is yes and no. It’s true that nothing of value comes without effort in bodybuilding. But if you are willing to make that effort, definition can be yours. We're not talking about those gifted bodybuilders with perfect bone structures and optimal metabolisms. Those types of people are rare. Instead, we are talking about the everyday trainer like yourself. If you are willing to put in the effort along with hard work and careful planning, you too will achieve the type of muscular progress you've only dreamed about.

To get really cut up for maximum muscular impact, you need to train very frequently - usually three days on and off - perhaps even more. You’ll need to use a split routine performing 15 to 20 sets per body part. The muscles must be worked from as many angles as possible with intense concentration on each movement. The amount of time between sets must be kept to a minimum and the reps need to be relatively high (10-15). Achievement of the pump is essential since it will help blast away the intramuscular fat. You'll also need to follow a good aerobics programs in order to burn off the definition-hiding fat.

For that really chiseled look, your training program must be accompanied by a highly selective diet which supplies you with good levels of high quality protein, complex carbohydrates for sustained energy and minimum fats. Your liquid intake will also be altered. As you follow the plan in the course you will most assuredly eliminate all excess stored body fat while building razor-sharp cuts.

Once you get your body in the fat burning mode, it will amaze you how quickly you will see changes. In fact, it is quite possible to make a complete and shocking transformation from your present bulky, smooth look in just a few weeks. We have seen bodybuilders who have failed to win awards after years of trying suddenly turning into contest winners once they finally made the definition breakthrough outlined in this course. Once they eliminated that thin layer of fat that was hiding their real muscle, they started to place in competitions. What a difference losing just a few pounds of stored body fat can make. Your muscles will actually look much larger which will more than compensate for any decrease in size.
DEFINITION & BODY WEIGHT

Body builders learned long ago that height/weight charts are meaningless for them. There simply is no accurate guide that you can use to determine how much muscular, well-defined weight you can carry. This is determined as much by your years of training and experience as by your bone structure. Scientific training and diet over several years, time should keep you growing and getting more muscular.

Also, the scale is not a reliable definition monitor. Just losing weight does not make you more muscular. You must train properly and eat the right foods in order to retain size while losing fat. The true and accurate monitor of your definition program will be the bathroom mirror and photographs. Mirrors don’t lie. They will tell you just how effective your definition program really is.

And don’t try to measure definition with a tape measure either. Granted, it’s satisfying to know you’ve lost three inches from your waist-line. But your real mirror will still be your eyes and the camera.

The absolute worst way to try to get cut is to go on a fast or a low calorie starvation diet. Research has demonstrated time and time again that weight lost by these techniques is primarily muscle with little fat and once you go back to normal eating you will quickly add even more fat. So beware. STARVATION DIETS ARE OUT!

DEFINITION TRAINING

One of the main concerns of bodybuilders on a definition program is how long it will take. While a diligent definition program will be noticeable within a few weeks, it usually takes a minimum of six weeks to achieve maximum definition. In fact, you should strive to stretch out your definition program over six to eight weeks, since too sudden a fat loss will also mean a loss of muscle size. Slow, steady fat loss is still the best way.

Before we get into the specifics of dieting for definition, we’d like to give you some advice on definition training. Here, in a concise listing point-by-point, are the training techniques you must follow in order to increase your definition.

- Each muscle group must be trained frequently—two or three times in a 10 day period. Since you are not concerned with building mass at this point, the more often you get a muscle pump, the quicker you will show definition.
- Strive for a variety of exercise for each muscle. Attack it from as many angles as possible. Use four to five different exercises minimum per body part.
- Keep rest periods to a minimum between sets. In fact, super sets tri-sets and giant sets work best when training for definition. Just barely catch your breath between exercises.
- Eliminate the slow, mass-building type exercise performed with heavy weights. These would include squats, deadlifts, heavy seated pressing and heavy bench presses.
- Reduce your lifting poundages by 20-25% and increase your reps to at least twelve. Fifteen is even better. Don’t do it more than fifteen since you will start to string out the muscle.
- Strive for maximum intensity on each rep. This is accomplished by mind/muscle interface. By the power of your mind, force your muscles to feel the stimulation of every repetition both the positive and negative movements.
- Strive for continuous tension on the muscle being exercised. This is best done with the use of pulley-type exercise. Employ lots of pulley movements in your routine.
- Do lots of isolation-type exercises where you force only one specific muscle to do all the work. Examples of this would be preacher curls or concentration curls, strict triceps pulldowns, cable crossovers and strict seated laterals, etc.
- Train abdominals every other day.

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NUTRITION AND DIET

While everything we’ve outlined up to now is extremely important in achieving maximum definition, it will count for nothing if you don’t change your diet. Nutrition is indeed 80% of the definition battle. So here are the key nutrition and diet tips you need to follow in order to bring your body to peak definition.

1. First and foremost, you must bring fat intake down under 10% of total caloric consumption. This is a fine-tuning process. Usually, if you eliminate fats completely or go below 5%, you will actually start to smooth out. This is due to the fact that many hormones in the body require fat for production. Also, extremely low fat intake will cause cracking and dryness of the skin.

2. Be sure that the minimum fats you do consume are of the highest nutritional value. We recommend that you use any of the following fats sparingly each day:
   - Wheat Germ Oil
   - Flax Seed Oil
   - Fish Oil (Max epa)
   - Olive Oil
   - Lecithin

3. Consume high quality/low fat proteins. Strive to eat one gram of protein for each pound of body-weight. These would include: tuna in water (sparingly because of sodium content) broiled or grilled | egg whites | chicken breasts | grilled or steamed fish (haddock, cod, etc.) | turkey | non-fat cottage cheese | non-fat yogurt

4. Eliminate all processed man made type foods. They are usually very high in sugars and fats. This would include: ice cream, cookies, cakes, chips, crackers, candy, white bread, white rice, processed cereals, ketchup, mayonnaise, salad dressings and salt.

5. Eat only natural, low fat foods such as: fruit, vegetables, grains, salads, brown rice, baked potatoes and pasta. Stay away from canned foods because high salt content.

6. Eat frequent, smaller meals throughout the day.

7. Use spring water as our main liquid. A minimum of 8 glasses each day.

8. Experiment with carbohydrates intake. Since your protein would be set and your fat intake is bare minimum, the one factor which you can still experiment with is your carbohydrate intake. If you are losing to quickly, reduce cards. Mix you carbs up between whole grain pasta and bread and brown rice, oatmeal, baked or boiled potatoes and green leafy vegetables.

9. Decrease your calories gradually, each week knocking off about 500 calories from our daily total. Try to reach the 1200-1500 calorie range. If you stop burning fat in the 1200 calorie range, increase your aerobics rather than decrease your calories.

SAMPLE DAILY MENU

Here is what a sample eating day would look like:

1st MEAL: 10 egg whites, bowl of oatmeal, ½ melon.
2nd MEAL: ½ pound skinned broiled chicken breast, two large baked potatoes, steamed vegetable.
3rd MEAL: ½ pound fresh fish, cup of brown rice, vegetable salad with low fat dressing.
4th MEAL: Pasta; steamed vegetable, protein supplement.
5th MEAL: 5 egg whites, small chicken breast, fruit.

AEROBIC TRAINING

Years ago, bodybuilders were afraid to incorporate aerobic training in their programs for fear they would lose muscle size. The bodybuilders of today have learned that properly done, aerobics will burn off fat and leave large, defined muscles. The key is what type of aerobics, how much to do and when to do them.

Based on observations of professional bodybuilders, the most popular and effective aerobics are elliptical machine, stair-climbing, stationary bike riding and jogging. For maximum fat reduction, bodybuilders should do two 20 minute sessions daily rather than on 40-60 minute session. Split aerobics like this will rev up your metabolism and keep your body in a fat burning mode.

Perform your aerobics at a steady pace without stopping. Don’t push yourself too fast as this prevents fat loss. Your aerobics will also help reduce appetite.

Just like weight training, take a day off from your aerobics, usually every fourth day. Aerobics can become addictive. Just be aware that more is not always better. If you are feeling fatigues and your muscles are sore. It’s time to back off for several days.

SUPPLEMENTS

You will need to take supplements during your definition program for two reasons. First of all, since you are restricting your food intake, you need to insure that you are getting all the vitamins and minerals that you need. A one-a-day multi-vitamin pack like our Gland-All is a must. Gland-All will provide you with all the vitamins and minerals you replenish your body.

Also, as mentioned above, you should use supplements high in natural unsaturated fats. Wheat germ, fish oil, flax seed oil & lecithin.

Extra amounts of vitamin C, E, and vitamin A are recommended for their anti-oxidant abilities.

L-Carnitine is an excellent fat fighter and will speed up the burning of intramuscular fat.

There are also several natural herbal diuretics which will help your body get rid of extra water.

The best thing we would recommend is the use of our product RAZOR CUTS, which combines many proven fat fighters into one comprehensive fat burning pill.

RAZOR CUTS contains, L-Carnitine, Raspberry Ketones, Coleus Forskohlii, Acai Berry, Green Coffee Bean, Trans-Resveratrol, Guarana, Green Tea, Apple Cider Vinegar, Kelp, Lecithin, Vitamin B-6, and natural herbal diuretics. RAZOR CUTS can radically improve the results you get from your definition program.

CONCLUSION

Definition, while it may seem elusive to many people, is simply a matter of following the tried and proven techniques of modern bodybuilding. Anyone with the perseverance and dedication to follow the procedure outlined in this course, will dramatically improve their definition in six to eight weeks. There is no mystery to definition. Just lots of hard work and discipline.