



**the elimination**

# **WORKOUT**

**By: Brad Pilon**

Before you begin any physical fitness program, please consult a doctor or qualified health care practitioner.

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## The Elimination Experiment

### Introduction

This manual was designed to be the answer to the question “How does Brad Pilon workout?”

It’s an odd question, and one that I never really thought people would ever ask. But, as [Eat Stop Eat](#) started to grow in popularity, more and more people became curious about how I workout.

*Special Note: I use the words “train” and “workout” interchangeably, so if you see the word “train” in the following pages it really just means “workout”*

So, to answer this question as honestly as I can - I train as effectively (and as little) as possible.

Now, before you start asking me questions about Mike Mentzer or Dorian Yates let me be upfront with you – This has nothing to do with High Intensity Training, Heavy Duty Training, Doggcrapp Training or any of that other stuff. It’s simply an effort to train as wisely as possible.

Wisdom is the combination of age and experience. It is the knowledge needed to live a good life. And, in my opinion wisdom is what separates people who go to the gym to get results from those who go to the gym simply for the sake of going to the gym.

I have made a conscious decision not to live my life chained to the gym, or to a consistent obsessive-compulsive urge to workout simply for the sake of working out.

I WILL NOT get pulled into the latest ‘how I should train’ fad, or the latest exercise that I ‘absolutely must try’.

To put it bluntly, my days of being an exercise groupie are over.

Just as I have said NO to Obsessive Compulsive Eating, I have also said NO to Obsessive Compulsive Exercising.

To be honest, it took me a long time to come to this decision.

If you are anything like me, then your ‘fitness life’ has probably undergone the following evolution.

You started off as a rookie (just like me), clueless to what you were supposed to do in the gym and believing anything that anyone told you. Then, you went on-line, read books, asked experts and became an *intelligent* trainer. You were the equivalent of a teenager...when it came to working out...you knew ‘Everything’.

After years of being an *intelligent* trainer you became an *experienced* trainer...starting to understand what does and doesn't work for you. You started to see through the B.S. and realized that nothing, not a supplement or a special way of training will ever replace consistent hard work.

I spent almost twenty years going through this exact evolution, and just recently I accepted the fact that there was one last step I needed to take. Becoming experienced and intelligent in my approach to working out wasn't enough, I needed to become **WISE**.

This last step was very, very difficult and it forced me to move way outside of my comfort zone. However, being forced outside of your comfort zone is almost always a good thing. In my opinion, you will never see success unless you move outside of your comfort zone.

I've moved outside of my comfort zone three times in my life, and each time, the result has been success.

The first time was when I was in my third year at university. Back then my goal was to bench press 300 pounds. Both my workout partner and I were mid-200 pound benchers and 300 pounds seemed like 'the ultimate bench press goal'.

By the end of my 3rd year I was benching 280 pounds. It wasn't 300, but I thought it was pretty darn good. After all, in my group of friends, I was one of the top benchers.

That summer I decided to stay at University and take some extra courses.

I can remember the first day I went to the gym during the summer semester - It was a COMPLETELY difference crowd of people who were working out.

My usual crew was not there, instead the gym was almost empty, except for 4 or 5 guys who were A LOT bigger and A LOT stronger than me.

Adam, Steve, John and Big Jeremy were all 50 or 60 pounds heavier than me, and they ALL benched pressed in the high 300's.

At this point I had 2 options:

- 1) Stay in my comfort zone; workout by myself and try to hit 300 pounds on the bench.
- 2) Move out of my comfort zone; start training with the big boys, and accept the fact that 300 pounds was no longer an acceptable goal.

I picked the later. It was uncomfortable. Actually, that's not true. It was darn right SCARY.

But I'm glad I did it.

By moving outside of my comfort zone 300 pounds was no longer a mental block, and by the end of August I was bench-pressing 355 pounds for sets of 2.

55 pounds more than what I previously thought was the 'perfect' Bench Press.

This was the first time I reaped the rewards of moving out of my comfort zone. The second time was when I walked away from my career in the supplement industry. I had a great job, a great title, a massive office, financial stability, good co-workers, a great staff, even the commute wasn't too bad. But deep down I knew it wasn't where I was meant to be.

I moved out of my comfort zone the day I resigned. And while this isn't a rags to riches story, now I'm doing something I love. And this wouldn't have been possible if I didn't move outside of my comfort zone.

The third time I moved outside of my comfort zone was when I conducted the experiment I am about to describe to you in this manual. Oddly, it was this experiment that was the most difficult, because it challenged my ENTIRE belief system – And this is exactly what I am going to ask you to do.

I am going to ask you to make a 12-week commitment to move outside of your comfort zone and do the things YOU need to do to become successful.

Here is THE BEST PIECE OF ADVICE I have ever been given:

***“If you want to be successful you have to do the things that unsuccessful people aren't willing to do.”***

Here is the second best piece of advice I have ever been given:

***“There are things in your life that you do out of habit or because you THINK you should do them. If you aren't benefiting in any way from these things, you need to eliminate them.”***

It was this advice that drove me to conduct the experiment that has shaped the way I workout today.

## A Goal-Driven Training Philosophy

The philosophy behind my approach to working out is simple: I want to maintain or build muscle while losing fat and I want to reach this goal as efficiently and effectively as possible.

There are a number of truths that I had to accept in order to really focus on this goal, and since this manual is written for people who want to become goal driven and reach their goals as easily as possible it only makes sense that I share these truths with you.

Firstly, most likely we are both passed the age where we can become a professional athlete. Our time to make multiple millions of dollars by playing a sport has past. Considering my draft year to become a professional hockey player was 1995, I really don't see a need for me to dedicate my life to sports-specific training to become better at hockey.

I know athletic training is very popular right now – but no matter how many celebrity trainers try to convince me that I NEED to train like an athlete, the fact remains that athletic training is really only great for athletes... This is simply not an ideal use of my time and does NOT move me closer to my PERSONAL goals as quickly as I want. The same goes for power lifting.

If you are a power lifter then by definition you COMPETE in power lifting. It is your sport. And since it is your sport, the extreme wear and tear you put your body through is worthwhile. However, If you do not compete in power lifting then please...please...take it easy on your body.

I've competed in power lifting ONCE. When I was 23. This was over a decade ago. So, while the bench press, dead lift and squat are all extremely useful exercises, my goal is to be able to lift weight and look good for the rest of my life (or at least as long as possible). A torn pec, mangled rotator cuffs and herniated discs tend to get in the way of this goal.

The bottom line – As much as I love these lifts, OVERUSING them does not move me closer to MY SPECIFIC GOAL. The big lifts are incredibly effective at building muscle and strength when used properly, and can be incredibly destructive when used improperly and abused.

While some power lifters do follow a routine where they bench, squat and deadlift almost every day, for our goal of building larger, stronger muscles while losing body fat, we must use these exercises in the way that best suits our goal. In other words, we want to get the most 'bang for our buck' WITHOUT injuring ourselves.

The last truth was the hardest one for me to accept; the fact that muscle building is a painfully slow process, especially at my current age and advanced level of training experience, and outside of taking anabolic steroids (which is simply not an option for me) there is not much I can do to speed up this process.

## **What you need to know 1 – The Two Types of Muscle Growth**

If you are reading this report then I'm going to make the assumption that you are interested in either building muscle or at least maintaining the muscle you already have while also losing as much body fat as possible.

With this in mind, it is important for you to know that there are actually two different types of muscle growth.

### **1) Juvenile Muscle Growth**

### **2) Work Induced Muscle Growth**

It is this little known fact that allows people to tell you their success stories of how they put on thirty pounds of muscle using their 'patented' workout program.

Upon closer inspection you will find that in most of the 'before' pictures these people are almost always teenagers, 17 or 18 years old, and in the 'after' pictures they are in their early twenties.

The magic lies in the fact that, for a brief period of your life, these two types of muscle growth actually overlap.

### **Juvenile Muscle Growth**

When you are young your body is undergoing a type of growth called 'juvenile growth'. Your muscles are growing at an unparalleled rate while your body grows both in height and maturity.

It is this type of muscle growth that is very sensitive to nutrient status, specifically calorie and protein intake.

This is why poorly fed children tend to be smaller than normally fed children. This is also why re-feeding a group of poorly fed children will quickly return them to normal ranges of muscle mass.

Juvenile growth continues until you've reached full skeletal maturity (when your bones fuse and stop growing), this typically happens when you're a young adult in your early twenties.

Once you have reached your full mature size, this high-speed nutrient dependent growth comes screeching to a halt. In other words, you are simply done growing.

## Work Induced Muscle Growth

Work induced growth is the second type of muscle growth. This type of muscle growth is caused by placing 'mechanical stress' (such as lifting weights) on your muscles.

The explanation behind Work Induced Muscle Growth is as follows: As you stress your muscles and challenge them by making them contract against some form of resistance, they respond by adapting to become stronger and larger. Work induced muscle growth is much slower than juvenile muscle growth and nutrient status (what, or how much you eat) has far less influence over this type of growth.

In other words, once you are a full grown adult, it is the work you do in the gym that determines how much more your muscles will grow! (not some magical diet). In fact, with the proper amount of work, human muscles can maintain or even increase in size during extended periods of very low calorie and moderate protein diets (for more information on this see [www.EatStopEat.com](http://www.EatStopEat.com))

## Why You Grew So Quickly When You Were Younger

After puberty, when sex steroids like Testosterone are at their highest, the human body is in a unique state when work induced AND juvenile growth happen at the same time. This typically happens in the early to mid twenties.

This is why young (18-25 year old) men with little or no training experience are always the ones who see the most impressive weight gain results in clinical research trials (and I suspect this is also the reason why this is the type of person who is always asked to take part in muscle building research studies).

I think this overlapping effect of juvenile and work induced muscle growth is the reason today's workout advice confuses so many of us, including me. The idea of training 6 days a week, while eating high amounts of calories and high protein *may* have worked great when we were 21, but not anymore.

The cold hard truth is that if you are older than 30 or you've been training for more than 10 years your days of gaining fifteen pounds of muscle over a summer are long gone. Protein and calories have a minimal, almost undetectable effect on our muscle growth.

For advanced trainers, we are left with nothing but hard work and proper recovery to stimulate our muscles to grow, and even when they do grow, they are going to grow very slowly.

Because of these facts we must slightly alter our goal. We can no longer simply have the goal of building muscle. We must now have the goal of progressively gaining a small amount of muscle in the areas of our bodies that make the MOST DIFFERENCE. For us the old mantra of "Eat, Train, Grow" simply does not apply any more.



## The Specifics of Work Induced Growth

There are 3 major components to work induced growth:

- 1) Stress/Intensity – Most commonly referring to how much weight you are lifting, or more specifically how much force is being applied to each contraction.
- 2) Volume – Referring to how much work you do in a given time. You will most likely track your volume by reps x sets. For example 1 set of 10 reps is twice as much volume as 1 set of 5 reps.
- 3) Frequency – How often you workout, usually this is best thought of as how many times you workout per week. For example if you workout two times per week, you would say that you're frequency is twice a week.

There are also external factors such as conditioning and recovery that play a large role in our ability to manage the amount of stress, volume, or frequency that we can place on our muscles before they simply break down.

And herein lies the philosophy behind this approach to fitness – we want to apply **the minimum** amount of stress, volume, and frequency necessary to make our muscles grow.

Now, this is NOT a program that promotes doing less for the sake of doing less. Our ultimate goal with our workouts is to build or maintain our muscle mass. We just want to find the RIGHT amount of work needed to reach this goal.

If, through trial and error, you discover that five days of working out every week, with 20 sets per workout is your minimum, then so be it. The important thing is you now know what your minimum is. There is nowhere to go from here but up.

And this is what we are striving for: A fundamental baseline to which we can add the necessary component of **"more"**.

Progress is always measured by the ability to do slightly more than before. But for weight training we need to know the minimum as well. Otherwise, we can very quickly become the obsessive-compulsive exerciser who does kettle bell workouts in the morning, bodyweight circuits in the afternoon, with power-lifting style workouts 2-3 time per week with some Olympic lifting thrown in for fun.

As I said in the introduction, my goal is not to live my life in the gym. Nor do I want to be the world's greatest kettle bell thrower or Olympic lifter. I simply want to (as I have stated multiple times by now) build or maintain my muscle mass while losing as much body fat as

possible, and I want to do this with as little work as possible. Or, more precisely I want to do the exact amount of work necessary. No more, no less.

I am going to show you a simple and effective way to measure and calculate this EXACT amount. Not a rough estimate, not someone else's answer, but your own unique answer to the question "How often, and with what amount of volume, and weight do I need to workout in order to maintain my current muscle mass?"

As an advanced lifter, you absolutely must know the answer to this question if you want to continue to make progress with your lifting and your goal of building or maintaining your muscle mass while losing body fat.

Without knowing this answer you are simply going to the gym for the sake of going to the gym.

## **What you need to know 2 – There are no Magic fat burning exercises.**

It's completely true that activity burns calories, and that some exercises burn more calories than others, but the truth is (as the old cliché goes) you can't out exercise a bad diet.

Exercising to lose fat is a futile practice for a couple of reasons. First and foremost it is not nearly as effective as it's made out to be.

Using running as an example, for me to 'burn' and extra 500 Calories every day I would have to run (or walk) roughly 7 kilometers (a little under 4.5 miles) EVERY. SINGLE. DAY.

Now, the idea of running 4.5 miles doesn't bother me. The idea of running 4.5 miles EVERY SINGLE DAY scares the heck out of me. If we look back at the idea of efficiency and the fact that the body can only do so much work before it begins to break down, this is simply not an ideal use of my time.

If my goal were to become a better runner, then this would be a different story. However, for my goal of losing body fat, this is clearly not the most efficient method to use in my quest.

The exact same rule applies for interval training, bodyweight circuits, kettle bells etc. Generally, they all burn calories. They all elevate your heart rate, and will all burn fat. However, in terms of the value of your time, they all have relatively minor effects on fat burning when compared to diet.

I don't do any of these types of exercise on a regular basis. I will dabble in them from time to time when the mood strikes me (specifically interval training since it is the best use of my time), but I don't feel the need to exercise simply for the sake of exercising, so many of these styles of training I simply avoid.

*Special note: If you go to the gym to unwind or clear your mind or just because it makes you feel better that is great and by all means continue. I'm just pointing out that you should be aware of the reason you are really working out.*

I use my diet to lose fat and I use my workouts to maintain my muscle mass and strength.

Once you are using your diet to lose fat and your workouts to build or maintain muscle then you can do things like interval training and circuits to help speed up the process, but remember - without a proper diet, these techniques are practically useless for weight loss.

The bottom line is the absolute most efficient way to get amazing results is to workout for muscle growth and change your eating habits for fat loss. When it comes to weight loss, it is the total CALORIE DEFICIT that matters, not the way the deficit was created.

Trying to use your diet for muscle growth and exercise for weight loss is a recipe for failure.

## The Process – How to start this program

The first thing you need is a set of metrics to work from. In other words, I want you to have a system of measurement that you use to track your progress.

Without measuring and tracking you could be completely wasting your time in the gym.

This process is relatively easy. I want you to get a measuring tape and keep a detailed log of the shape of your body.

These measurements, combined with your strength and bodyweight will give you a true accurate picture of what is happening to your body.

This is exactly what I did, and it had profound results on my ability to truly track the changes (or lack thereof) that were occurring in my body.

### Measurements

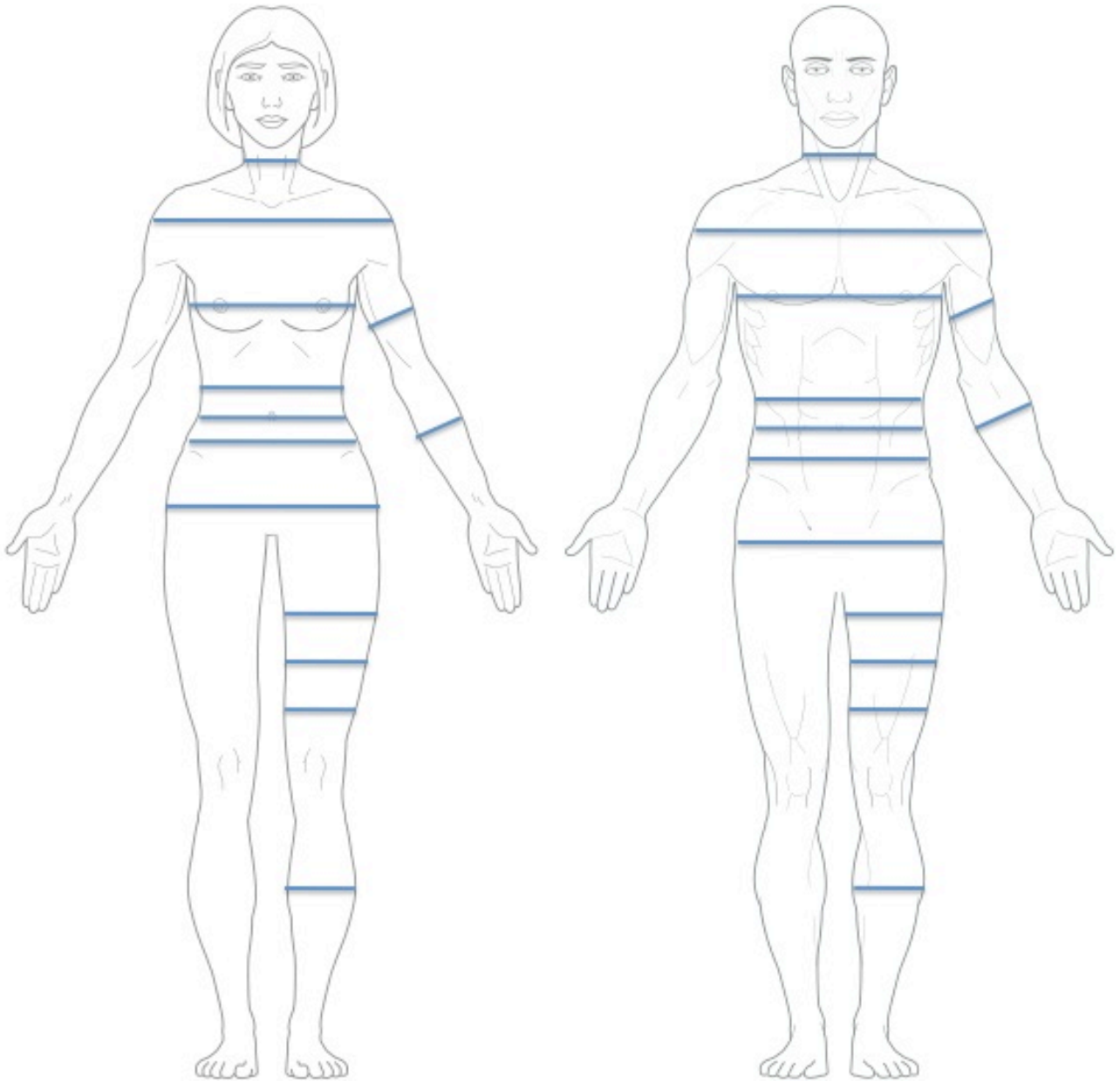
In total, I want you to measure 13 different circumferences. These measurements are to be taken as accurately as possible. Try your best to measure them in the same manner each and every time.

These 13 circumferences will be your new metrics, and combined with your weight and strength, they are what will guide you through this process.

1. Neck Measurement
2. Shoulders at their widest point (halfway between your nipples and your clavicle)
3. Chest (measuring tape right across your nipples and under your arms)
4. Waist 3 inches above your bellybutton\*
5. Waist at your belly button
6. Waist 3 inches below your belly button\*
7. Hips at their widest point
8. Thigh 9 inches above the top of your kneecap\*
9. Thigh 6 inches above the top of your kneecap\*
10. Thigh 3 inches above the top of your kneecap\*
11. Calf at its widest point
12. Bicep (flexed) measure the widest point
13. Forearm at its widest point.

- Depending on your height, you may want to use 2 inch jumps instead. As a rough guess I'd say that anyone under 5'6" should use 2 inch instead of 3 inch jumps.

## The Thirteen Measurements



**NOTE: For the most accurate results always take your measurements (including your weight) on the morning of a fast day.**

Once you have these measurements you are now ready to begin your transition. The key here is that you need to be consistent. Measure the same places every time, measure them the same way.

Take these measurements on a Monday, Wednesday and Friday of one week, and get a good feel for your numbers and any variation that occurs (there will always be slight variations).

Always take your measurements in the morning while fasted.

BE HONEST! This isn't a competition to see who has the best measurements; it is a tool for you to use to measure progress.

## Strength

I also want you to keep a concise measurement of you strength gains and or losses. This being said, I know that it is very impractical to test your 1 rep max on a number of lifts every week or two.

Instead I would like you to use the following equation:

$$\text{Your 1 Rep Max} = [(\text{Number of reps}/30) + 1] \times \text{the weight you used.}$$

So If I Squatted 335 for 3 reps then my predicted one rep max would be:

$$\text{My 1 Rep Max} = [(3/30) + 1] \times 335$$

$$\text{My 1 Rep Max} = [1.1] \times 335$$

$$\text{My 1 Rep Max} = 365 \text{ (always round DOWN to the nearest 5)}$$

This equation may not be perfect, but it allows for us to track improvements without having to test our 1 rep max every week.

So if I squatted 335 for 3 reps one week, then two weeks later I squatted 320 for 5 reps, I can see that my strength has actually improved (my estimated 1 rep max would now be 370).

Use this equation to track your core lifts and to chart your progress.

**NOTE: I find it easiest to track the big lifts like bench, squat, shoulder press, dead lifts, chins etc rather than trying to track my strength on EVERY lift. So pick the big lifts that you currently use in your program and use these to track your strength.**

## Getting Started

OK, once you have your measurements and your estimated 1 rep maxes this is where the fun begins.

You are going to slowly start to lower the amount of training that you do, using your metrics to determine whether or not you are losing any muscle size.

This is exactly what I did...and I will take you through my journal using my exact numbers and workout routines.

After you have your measurements the next thing you need to do in order to complete this program successfully is to start (if you aren't already) following **Eat Stop Eat**.

As I have said before, to be successful your weight loss must come from your diet and there is no better way to lose fat than by following the eat stop eat lifestyle - a commitment to working out to build muscle and eating to lose fat.

While most people think of Eat Stop Eat as only flexible intermittent fasting, the truth is that the Eat Stop Eat lifestyle is the COMBINATION of flexible intermittent fasting and weight training. And make no mistake about this point - the weight training is very important! So this manual fits perfectly into the Eat Stop Eat lifestyle.

If you get caught up in the idea of eating to build muscle or working out to lose fat you will quickly become discouraged. If you need more information on this than you can find it in my book "**How Much Protein?**" ([www.truthaboutprotein.com](http://www.truthaboutprotein.com)) but otherwise I want you to forget about protein, protein supplements, calories or any of that type of stuff.

(Remember, you only have work induced muscle growth on your side now)

Lastly, (and this is the part that moves you outside of your comfort zone) you have to be open to the idea that you can get the EXACT SAME results you are getting right now by working out a lot less.

This may be the hardest part of this entire program. I am going to ask you to cut down on the amount of working out you do. The amount of time you spend in the gym AND the amount of days you spend working out all together.

If your dedication to fitness is what defines you as a person, this process may come as a shock, but if you follow through, it might be the most liberating and freeing experience of your life.

## The Program

I started my program with the basic premise of *"I'm probably doing more than I need to do, what can I cut out"*

At the time, I was following a workout called "**Turbulence Training**" by Craig Ballantyne. I was training 4 times per week, with each workout being roughly full body workouts.

(If you need a program to use with Elimination Workout, I highly suggest the original Turbulence Training program -> [www.AbsLikeCraig.com](http://www.AbsLikeCraig.com))

I found this to be an enjoyable and well thought out program so I used it as my 'base starting point' for this experiment.

My very first experiment was to cut out all of my "extra" workouts. I took my kettle bells and put them in the closet and made a conscious decision that I would fight the urge to do any at-home bodyweight workouts.

Since you now have your measurements you are ready to begin this exact same experiment. So the very first step is to remove any 'extra' workouts you may be doing.

Many people currently have routines where they weight train 4-5 times per week, but also do extra kettle bell or bodyweight training.

This creates a vicious cycle of adding more and more exercise to your life as you strive for more weight loss, muscle gain, or to simply keep up with what is trendy.

So your first step is to remove any extra work that you are doing in the name of muscle gains or fat losses.

If you do extra work such as classes (dance, martial arts) that you do for pure enjoyment than you can keep this work. After all, the point of this program is not to become a lazy sloth doing only the bare minimum. It is to do the bare minimum so we can pursue other activities in our lives.

After two weeks of this, I re-took all my measurements to find that I had not lost any mass in my chest, shoulders, arms or legs. I had lost a ¼ of an inch around one of my stomach measurements, but that was just a normal fluctuation. My strength had increased in all of my lifts.

So after two weeks with no 'extra' workouts I want you to re-take all of your measurements.

You may just find that your strength in the gym has not suffered, and that your measurements are where you would expect them to be.



Once these two weeks are up, your next step is to start to remove any of the smaller 'isolation' style lifts from your workout.

Just as before, this may sound scary, but remember, you have your measurements so you will know if you start to lose muscle mass, AND this is only an experiment, when you are done you can add these exercises back in if you wish.

Start by removing any forms of bicep curls, triceps extensions, calf raises, shoulder raises (like dumbbell lateral raise and front raises), wrist curls and even leg extensions and leg curls.

This will be uncomfortable, and you will be extremely tempted to keep some of your favorites (It took a giant internal fight for me to let go of doing additional triceps work) but remember – you have your measurements – so you will know if you are shrinking.

After two weeks using no isolation exercises retake all of your measurements and check your strength using the equation in this manual.

If you don't experience any negative changes, then keep eliminating from your program.

Your next step is to add an entire extra rest day in-between ALL of your workouts.

So if you traditionally workout on a 2 on, 1 off, 2 on, 2 off split, your training may look something like this:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	Workout	Rest	Workout	Workout	Rest	Rest

I want you to change your workout so an extra day is added in after EVERY WORKOUT. So your new routine would look something like this:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	Rest	Workout	Rest	Rest	Workout	Rest
Workout	Rest	Rest	Rest	Workout	Rest	Rest

After 4 weeks of this routine, I want you to move to having 2-3 days of rest between EVERY workout.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	Rest	Rest	Workout	Rest	Rest	Rest

I followed this exact plan, adding days until I was working out twice per week with my workouts looking roughly like this:

Day 1	Sets x Reps	Day 2	Sets x Reps
Shoulder Press	3 x 5	Bench Press	3 x 5
Weighted Dips	2 x 10	Dumbbell Bench Press	2 x 10
Weighted Chins	2 x 10	Dumbbell Row	2 x 10
Squats	3 x 5	Deadlifts	3 x 5
Straight Leg Deadlifts	4 x 10	Leg Press	4 x 10

This was all I was doing.

Each workout lasted roughly 30 minutes. I continued this program for 4 weeks with no noticeable changes in any of my measurements or my strength (it was still going up, albeit slowly). I then decided to reduce my total volume even further

So my entire workout plan looked like this:

Day 1	Sets x Reps	Day 2	Sets x Reps
Shoulder Press	3 x 5	Bench Press	3 x 5
Squat	3 x 5	Dead lift	3 x 5

And this is exactly what I want you to do as well. Keep removing all extra work until you are left with a workout that consists of 4-6 exercises with only 2 days of lifting per week.

***Special Note about Exercise Selection using the Elimination Experiment:***

*If you notice the four exercises I have left here actually cover all the muscles of my entire body. These are all major compound lifts that involve multiple joints and lots of muscles. These are the types of lifts that you should be using for the elimination system to ensure you are working all of your muscles without doing extra work.*

After two weeks of following this workout I knew this was as low as I wanted to go with my volume. I may have been able to go lower, but this was a personal decision based on my enjoyment levels.

If I was going to make the effort to go to the gym I needed it to FEEL worthwhile. Anything less than 20 minutes of work just did NOT feel like it was worth the drive.

This was my 'volume' breaking point.

Since I was no longer willing to reduce my volume, I decided to decrease my frequency even further. I moved to working out once every 5 days. After 4 weeks of this I noticed two interesting things.

- 1) My strength had stalled and my lifts felt 'awkward'

2) My waist measurement had crept up to be consistently measuring at ½ inch more than it used to be.

From these observations I knew I had found my own personal 'minimal'. I could successfully maintain my muscle mass, strength and interest level training twice per week with minimal exercises.

This level of training was manageable, and allowed much more freedom in my daily activities.

I wasn't chained to the gym. And I know I had something that I could build upon.

Using this as my starting point, I then experimented (one month at a time) with adding in different exercises. It was this experimentation that led me to realize that I get the best results, and enjoy working out the most, when I am training with weights twice per week, and training with blast straps doing weighted body weight exercises like dips, chin-ups, rows and suspended pushups an additional 2-3 times per week.

This approach also allowed me to eliminate a whole host of workouts and exercises because they simply did not give me any extra results during their one month trial.

So my personal *minimum* and *optimum* workouts look like this:

### ***My Personal Minimum***

Two workouts per week doing only the core foundations lifts of squats, dead lift, shoulder press and bench press.

### ***My Personal Optimum***

Two workouts per week doing core foundations lifts of squats, dead lift, shoulder press and bench press.

AND

Two or three accessory workouts (about 15-20 minutes long) that consist of weight body weight exercises using blast straps for dips, chin ups, rows and suspended push-ups.

This knowledge allows me the freedom of knowing that as long as I get my two workouts in, and my strength is increasing then I am doing the things I need to do to progress. AND, if I get in my extra workouts I know I am reaping some benefit.

It also allows me the knowledge that moving above this, adding in more workouts, more exercises or even more time to each workout DOES not result in better measurements or strength for me.

This type of knowledge is freeing. No more obsessive-compulsive exercise for me.

Using these facts I can now, at any time I wish, add in exercises to my routine and after a given amount of time (usually 4-8 weeks) look and see if any of my measurements have changed.

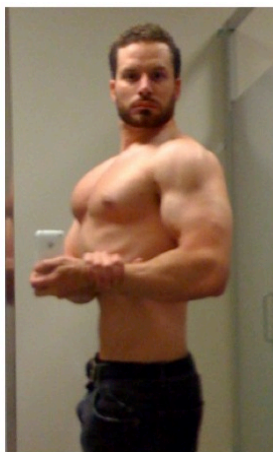
If I feel the need to increase the size of my arms using close grip bench presses, I can add them into my routine. After 6 weeks I can measure my arms. If there is no change, then I drop close-grip bench presses. It is this simple.

If I feel that I want to increase the amount of weight I can squat by doing extra sets of lunges I can simply add them into my routine. After 4 weeks if my squat has gone up, then I keep the lunges in my routine until my squat strength stops increasing. It is this simple.

The process of elimination – if you let the numbers (your measurements) do the work for you, will save you lots of time and needless work.



2006 (pre-Eat Stop Eat) 170 LBS



2009 (2 years of Eat stop Eat) 176 LBS

In the first picture I was working out 5 times per week while doing cardio twice per day and following a SUPER STRICT diet.

In the second picture I have been following Eat Stop Eat for over 2 years, training twice per week with 2-3 quick extra workouts thrown in whenever possible.

My workouts were goal-driven with the aim of increasing the size of my chest and shoulders.

The result of this change in philosophy were obvious, I reached my goal with less wear and tear on my body. I did the work I needed to do to get the results I wanted, without obsessive compulsive exercising or obsessive compulsive Eating.

## Your Next Steps

Once you have discovered your minimum – that is to say, the amount of training needed to keep you exactly where you are today, then you can start adding things back into your program – as long as you know the EXACT REASON that you are adding in that particular exercise.

### **Because it's 'good for you' doesn't cut it.**

You absolutely MUST have some sort of objective measurement that you can use to track and measure your results (or lack thereof).

If you're a guy and want to build a better looking physique without adding countless pounds of bulk, then add in John Barban's **Adonis Effect** workout ([www.AdonisEffect.com](http://www.AdonisEffect.com)).

Keep a record of the measurements of your shoulders and your waist. I helped John review the science behind this program so I can easily stand behind the scientific theory of this program. In fact, this is the approach I have been using for the last two years.

If you are a man or woman and want to lose fat using Craig Ballantyne's **Turbulence Training**, then add in one of Craig's interval training programs ([www.AbsLikeCraig.com](http://www.AbsLikeCraig.com)) and keep track of your measurements looking for decreases in your waist measurement for guys and your waist and hips for girls.

I know Craig personally and I can assure you that his programs are well designed and can easily fit into a goal-oriented training style.

If you are looking to add muscle then you can try Vince Delmonte's **Nononsense Body Building** Program ([www.BuiltLikeVince.com](http://www.BuiltLikeVince.com)).

### **Just remember to always assess your improvements.**

The bottom line is that there are COUNTLESS workouts available on line. Some are amazingly effective, and some are simply a scam.

The ONLY way to know if a workout is working for YOU is to have some way of measuring and tracking your progress. If you do not see SPECIFIC and MEASURABLE results within 4 to 8 weeks, then **drop the program** back to your minimum and try something new!

This process of elimination and measurements will save your from exercising simply for the sake of exercising, and will save you needless extra wear and tear on your body.

Remember – the key to looking good and being functional well into the later years of your life is to be able to keep working out well into the later years of your life. Getting the results you want without injuring yourself should always be your number one priority!

## Conclusions

Just as Eat Stop Eat is the simplest and most practical method to lose weight, I believe Elimination Training is the simplest most practical way to maintain or build muscle.

Simply make measurements, identify your goals, and then test different methods of reaching your goal.

Strive to identify the minimum amount of work you need to do and the optimum amount of work (and type of work) you should be doing.

Avoid exercise fads, and doing exercises simply because they are trendy or in style. If you don't see measurable improvements with a specific exercise then stop doing it.

This is practicality at its best, and it forces you to continually ask yourself "why am I doing this exercise?"

The bottom line and the conclusion of this entire manual is this – Measure and assess everything you do in the gym. Don't be afraid to cut back and don't be afraid to let go of the things that are not moving you towards your goal.

Finally, in order to progress your goals must be clear concise and measurable.

Setting a goal like "bigger muscles" isn't a goal at all, it's a day dream. Setting a goal of adding 1.5 inches to your chest circumference is clear and measurable, and is something you can make a plan to achieve.

These sounds like similar ideas but you have to be very specific if you want to actually achieve any goal. The more specific you lay out the goal, the easier it is to make it happen.

Finally, remember:

***"If you want to be successful you have to do the things that unsuccessful people aren't willing to do."***

AND

***"There are things in your life that you do out of habit or because you THINK you should do them. If you aren't benefiting in any way from these things, you need to eliminate them."***

## The Elimination Experiment

### ~Elimination Workout Cheat Sheets

1. Take your measurements
2. Measure your strength
3. Cut out all extra workouts
4. Cut out all isolation movements
5. Add an extra rest day after EVERY workout
6. Increase your rest to 2-3 days in-between EVERY workout
7. Reduce your exercises to only the bare minimum core lifts
8. Reduce your volume (number of sets)
9. Identify your own personal minimum
10. Identify your own personal MEASURABLE goals
11. Add in new exercises or programs for 1 to 2 month trials
12. Compare your strength and measurements
13. If they improve and move you towards your goal keep the new exercises, if they do not, eliminate them and move on
14. Repeat steps 11-13 as needed

**\*\*\*NEVER BE AFRAID TO MOVE BACK TO YOUR MINIMUM AS YOU ALREADY KNOW THIS AMOUNT OF TRAINING IS ENOUGH TO MAINTAIN WHAT YOU HAVE!!**