

The

12 UNTAPPED TARGETS

To Ignite New Muscle Growth



Brought to you by
www.MaximizeYourMuscle.com
& Vince Del Monte

The 12 Untapped Targets To Ignite New Muscle Growth

By Vince Del Monte and
www.MaximizeYourMuscle.com

©2010 Maximize Your Muscle. All Rights Reserved.

First things first – thanks so much for finding your way to my website and taking an interest in downloading this free report. I promised that this information has the potential for helping you - not *hit* your genetic potential – but go *beyond* your genetic potential so I'm extremely excited for you. But before we discuss the 12 untapped targets to igniting new muscle growth, let's get you to think *beyond* fitness and muscle for a moment.

What did I mean in the video on the previous page when I said, "*This information can be life-changing in the **literal** sense?*"

While some of the *untapped targets* we discuss are going to go "over-your-head"; some are going to sound "repackaged"; some are going to be brand-spanking new; and some will be *game-changing* content; while all of it is the **real deal** and **works!**

Whether you're a male or female; young or old; new or experienced to weight training, I'm confident this information will "stir you up" at a deeper level of your being.

Yes, this report will contain information as the key to help you go beyond your genetic potential in the gym and if you simply want to be the biggest, baddest, muscle-bound guy or gal – it certainly has the ability to do that and much more.

Yes, this report will help you bust-through any rut or wall that you've hit, even if you can't remember the last time you've built muscle.

Yes, this report will reveal content on how to build the first 5-pounds of muscle or the last 5-pounds of muscle your body needs – so you're in full control of how your body turns out.

Whatever YOUR goals, I support you in all of them. However, this report will reveal **more** than just the physical level accomplishments in life.

The execution and application of this information will help you prove to yourself that **if** you can go beyond your genetic potential *in the gym* – why could you not go beyond your genetic potential *outside of the gym?*

My famous quote that I've been sharing the past 8-years, since I went from being nicknamed *Skinny Vinny* to *The Skinny Guy Savior* is this:

"It takes the same person and the same qualities to live large inside the gym as it does to live large outside of the gym."

- Said by me 😊

That's what gets me jumping out of bed each morning! The muscle is just a platform and launching pad to prove to myself that if I can build myself up physically then I can build myself up intellectually, relationally and spiritually.

- ***If you can build big muscles then why couldn't you build a big business?***
- *If you can get rid of all your excess fat then why couldn't you get rid of your excess financial debt?*
- ***If you could learn new exercises then why couldn't you learn a new language?***
- *If you can get out of your comfort zone in the gym then why could you not get out of your comfort zone in a new relationship?*
- ***If you can commit to working out a certain number of days each week then why can't you commit to reading a book or going to church a certain number of days each week?***

Knowing that the gym is just a place that you *practice life* – gives muscle-building and fat-burning goals a fresh out-look.

Again, whatever your reasons for wanting a body that looks ***better than the norm***, are probably noble and honorable reasons and I support you and what you to have them all.

So now that you have opened your mind to the new realms of possibilities with your life, I trust that puts the following information into context and that it can be a **launching pad** for literally changing your life, not only inside the gym, but outside of the gym.

As you continue to read, I trust that you'll maintain a *teachable spirit* and an *open mind* – as you have already done – and use this information to build your body beyond its potential – but then take it a step further and build your life beyond its potential! Will you do that for me? Will you do that for yourself and your loved ones?

I trust you will, so let's get into it.

4 Facts You Must Understand If You're To Blow *Beyond* Your Genetic Potential

1. Growth is normal. There is a myth in life that states it's normal to hit a plateau – I disagree. Yes, it happens but that does not mean it's normal. Life is not static, it's dynamic and it's moving – you are either growing or your dying – there is no in between. **To not be growing is not normal** and if you've hit a plateau in your muscle growth or fat burning – I applaud you for acknowledging that this *is* a problem that needs to be fixed and I will reassure you that it **can** be fixed. I hate the word *maintenance* – I hate it with a passion. To me this means, “*I just want to stay where I am at.*” As you read through this report,

you'll see that I'm going to do my best to *weed out* as many people as possible because blowing beyond your potential life is only for the top 1% of society. I am not naive to think that everyone wants to look and be beyond the norm. My message is for those who believe it is possible to blow beyond their genetic potential.

2. It's not your fault you've hit a plateau. In fact, you had no other option but to plateau! Please, don't blame yourself for an extra second. Research and science geeks claim: "*It's an unavoidable condition...*" or "*Everyone hits a plateau eventually...*" I agree with the nerds. Catching a plateau is like catching a virus - eventually it's your turn. At some point your gains have slowed - and you're just like the other 99% of the world - myself included. So congratulations... you're normal! **But who wants to be "normal" anyway?** You don't want to look like a "normal" guy—you want to look like something greater.

Well, you're probably thinking how amazing it would be to blast through that plateau and go beyond -- WAY BEYOND - your genetic potential. If you have ever wanted an awe-inspiring one-of-a-kind body, well that's normal too. That's right: it's normal to want something beyond the norm.

3. I am the FACE of my message. What in the world does that mean? I don't expect you to listen to me or trust me if my message has not worked on myself. That's probably why I have a hard time respecting a T.V. show host (I won't name him) who talks about weight loss and writes books on weight loss but has about 30-lbs of

fat to lose himself! The 12 untapped targets are the same targets I used to climb from my plateau of 190 pounds to 210 pounds – nearly 20 new pounds of muscle - over the course of 2-years. At the end of this report I'll show you testimonials of users who have tested only a few of these targets and within 2-3 weeks are already blowing beyond their potential!

4. Did you know 95% of programs you've tried have the plateau built right into the program? How do I know this? You see... unlike all those self-proclaimed fitness gurus you run into online, my programs also comes backed by science and REAL WORLD experience. In 2002, I received my Kinesiology degree from the University of Western Ontario. Not some bogus online diploma mill or liberal arts degree. And it's much more than your gyms own trainer certification program, which are nothing more than a weekend course followed by their photo being pasted on the gym wall. The science of Kinesiology is more than a fancy word; but rather it is a critical science of anatomy, physiology, biomechanics and lots of other boring academic subjects. It's a real University in London, Ontario, world-renowned for their cutting edge teaching on the special science of maximizing your genetic potential, accelerating metabolism and optimizing your growth hormones. You may have flunked science in High School or not pursued a health and science degree, which is cool, but if you really want to know why you've plateaued and why your body isn't growing as quickly -- or at all -- you've got to know how your body really works. Not only do I have four years of Kin, but I have also combined that with six-years of in-the-trenches, real-world

training experience, young and old, male and female, fat and skinny plus I have clients from over 120 different countries following my books - I guarantee I've worked with someone like you already. Back when I started I was just applying what I was learning in Kin, but over the last eight years I've combined that knowledge with what I've seen work over and over again while eliminating everything else. It's time to get into the science and break down the 12 untapped targets to igniting new muscle growth for you- but first...

Visualize For A Moment What It Would Be Like If Your Body *Hadn't* Hit A Plateau...

Imagine what your muscles and body would look like each morning you woke up, got undressed and jumped into the shower. Now visualize the delight on his or her face starring at you from the bedroom – waiting for you to come back to bed!

Whatever image is capturing your thoughts; hold that image and soak in all the emotions and feelings that come alongside of reaching that spot.

Now flip those thoughts around and feel all the emotions that go into having that goal out of reach.

Now imagine all those limitations disappearing.

Find that spot that is a place of confidence, pride, fulfillment and positive energy that comes from knowing you're about to unlock the gates that are paved towards new muscle gains and blow beyond any limits that are holding you back from your dream body.

To Ignite New Muscle Gains You Must Understand That You ***Cannot*** Isolate One Target – Each One Is Connected!

Let's use this metaphor as an illustration...

Consider my very close fitness friends John Romaniello, Joel Marion, Craig Ballantyne and I started a band. We're called the Trend Setters. John's on drums, Craig's on bass, Joel is on lead guitar and I'm on vocals. Our goal is to have millions of screaming fans and be world famous. As a band, we are *one unit*, even though we play different instruments and have different roles that contribute to the rate of our stardom. After a summer of sold-out concerts (remember, I'm on vocals 😊), John "Badass" Romaniello (his stage name) decides to stop practicing his drums not realizing the importance of the band improving as a unit, together. Craig Bally, the bass player, refuses to learn any other instruments and proclaims he could carry

the band to stardom with his bass skills alone. Super Joe Mario was convinced that between my vocals and his mean guitar skills, we would be teaming up with Justin Timberlake in no time. Super Joe Mario didn't realize there were more ways to build a song than two instruments, neglecting all the other sounds we could bring into our band in order to hit the bands full potential. Heart Throb Vinny D (that's me) decided to try out some different vocals completely unrelated to the bands original success, thus neglecting the winning factors that had always won the crowd. He even tried to sing so loud that he ended up drowning out some of the other key instruments. Every song he sang, the crowd through tomatoes at him and booed.

The next album for the Trend Setters flopped and they became like every other band that has accepted it as normal to hit a rut in their career. Eventually their success came to a complete halt while their manager reassured them that this was *normal*. By the way, the only 7 people in the audience were loyal groupies Six Pack Abs Expert Arnel Ricafranca, Jon "7 Minute" Benson, Mike "The Truth" Geary, Jeff "The Muscle Nerd" Anderson, Hot Mommy and Diet Expert Isabel De Los Rios, Adam "Bodyweight" Steer and super hyper Dr. Kareem Samhuri. Thanks guys.

So what's the take home message to this fictitious story?

You body is like a rock band. Every unit is connected to each other and you cannot be successful by isolating one unit in any shape or

form. Every factor involved in the band, either increases or decreases its success. Each unit relies on the other and they are all interconnected in some shape or form.

The previous metaphor will help you appreciate the importance of the 12-anabolic *targets*, which are more accurately 12-anabolic **factors**. I understand that the word *target* can imply that you can isolate each one, and you can, but that is not completely true. Yes, you can and should isolate each target during different training phases but the take home message is: *Each anabolic target is interconnected with the others and each target will have an effect on the other targets.*

Igniting new muscle growth and blowing beyond your genetic potential boils down to these 12-anabolic targets. If you're emphasizing one more than another, you'll be limited in your growth. If you neglect a handful, you're gains will be limited. If you are only unlocking 1 or 2 factors then, of course, you're going to hit a rut and see your progress stall.

Basically, after reviewing these 12-anabolic targets to muscle growth you'll get an idea of how far you are away from unlocking your full potential and then going beyond it.

If you're currently only unlocking 2 or 3 of pathways (most people are lucky if they are hitting 2 or 3), then consider that very **good news** because your body has a lot of room to grow.

If you're currently unlocking 7-8 of these, then consider that good news, your body still has room to grow as well.

Bottom line, until you unlock all 12 of these anabolic targets to muscle growth, you're leaving a lot of your gains on the gym floor and I'm here to help you go beyond your genetic potential.

Let's do a quick review of the two different ways you can increase your overall muscle size:

Muscle Fiber Hypertrophy: This is the first way for you to increase overall muscle size. Muscle fiber hypertrophy, refers to the increase in diameter of the individual muscle cells. Nothing here to over complicate – the bigger the cells, the bigger the overall muscles. Muscle fiber hypertrophy = big muscle fibers. Muscle fiber hypertrophy can occur two ways:

1: Increasing the volume contained within the muscle cell.

2: Increasing the actual amount of contractile protein making up the muscle cells.

Let's consider another illustration to help differentiate between the two kinds of hypertrophy. Consider your muscle cells as a water filled balloon.

You have two options if you wish to enlarge the balloon (hypertrophy). Stretch the balloon to its maximum capacity by adding more water to it (i.e. also known as cell volume) or increase the overall size of the balloon by adding more balloon material (like rubber) to the outside of the balloon (increased contractile protein).

Different mechanisms contribute to the response of more cell volume or increased contractile protein, but both are interconnected to the specific weight training stimulus that your training program can exploit in order to create rock-hard muscles.

The majority of your workouts should be designed to rely on the second type of muscle fiber hypertrophy mentioned above; an increase in the contractile protein (adding more material to the balloon). This way of hypertrophy leads to mature and dense muscle, making you look permanently bigger than before (assuming you don't stop working out, obviously). This is the kind of muscle that makes you very strong, demands respect and very aesthetically pleasing to onlookers.

What's wrong with increasing cell volume as a means to hypertrophy?

First off, an example of increased cell volume is like doing a set of 50 push ups right before you go into a bar so you could pump up your chest and experience a skin-stretching “pump”! No joke, I remember road trips with college buddies and one friend would bring 25 and 30 pound dumbbells into the hotel room so we could “get our pump on” and jam a bunch of blood into the muscles so that we look better when we walk into the club. If you’ve done this before, you’ll know it’s short-lived and usually disappears by the time you make your way to the dance floor (don’t worry, I didn’t run back to the hotel room to do another set of curls).

Here’s what’s happening: fluid gets pushed into the cell resulting in the cell stretching, filling up the space, and giving your muscles more shape. Unfortunately, these pumps can go as quickly as they come. The positive news is that it is possible to increase cell volume for extended amounts of time – so that you can look good all night while dancing up a storm.

When I went from 149-lbs to 190-lbs in 6-months I am guessing a lot of my growth was brought about by naturally increases in cellular water; making more room and storage for substrates such as carbohydrates, lipids and amino acids; making the muscles bigger and fuller. This is why supplements like creatine, glutamine and certain pump products are so popular and effective – they assist in jamming a lot of water into the muscles, causing cell swelling.

What's the significance of this? Research shows that decreased cell volume (cell shrinking), leads to catabolism or protein breakdown (muscle loss), while increased cell volume (cell swelling) results in anabolism and protein synthesis (muscle growth).

Take Home Message:

So a big take home message is that a decrease in intracellular nutrients and water loss leads to cell shrinking and eventually protein breakdown. This stresses the importance of water and why you've probably heard me say a million times, *"You cannot build muscle if you're not hydrated. You MUST strive for fluid intake above normal hydration levels to increase muscle protein. You should consume at least 75% of your body weight in ounces. So a 200 lb. male should drink 150 oz. Add an extra 16 oz. for hot weather and another 16 oz. for intense exercise. So your total water consumption per day should be 182 oz. Divide that by 6 meals in which you're drinking 30z every meal. 1 oz = 30 ml, making 900 ml the goal of each meal. That is a grand total of 5.4 liters of water per day, which is far more than the ridiculous 8 cups of 8 oz a day! No wonder so many people have a hard time building muscle!*

Muscle Fiber Hyperplasia: In contrast to hypertrophy, hyperplasia defines muscle growth due to an increase in the **number** of muscle fibers. Hypertrophy, refers to the **size** and hyperplasia refers to the **number**.

It doesn't take a mathematician to see the possibilities here: muscle fiber hyperplasia + muscle fiber hypertrophy = lots and lots of huge muscle fibers. Ahh, every bodybuilders dream come true!

How come you have never heard about muscle fiber hyperplasia? Primarily because there has been minimal research in humans but there is plenty of positive research in animals such as cats and birds.

The results during certain studies on humans with resistance training found that some subjects responded to hyperplasia significantly and some did not respond at all. The primary consensus in the bodybuilding world is that no one really knows how to exploit hyperplasia and it's nearly impossible to change your muscle fiber number – basically, you're fixed with what you're born with.

Believers of hyperplasia suggest that hyperplasia can take place through two mechanisms...

- 1) By the splitting up of pre-existing fibers.
- 2) By the activation of satellite cells surrounding muscle fibers,

which have the potential to mature into muscle fibers themselves.

This happens when you injure, stretch, or severely exercise a muscle fiber. Further research shows that hyperplasia usually occurs over a 5-10 year period, which implies the need for consistency and dedication to the sport – yes this needs to be a long term lifestyle.

So the question remains: can you really increase the number of muscle fibers you have? Maybe. Can Billy Bob Bodybuilder off the street who lifts weight to “decrease some stress” increase the number of fibers in his pythons (i.e. biceps)? Most likely no. What about the jacked up professional bodybuilder who is 270 pounds, 5’10 and ripped to the bone? Are you telling me that all of his gains were made purely by muscle hypertrophy? I consider it very naïve to assume that his enormous size is related to hypertrophy alone! According to science, there is nothing mystical about creating new muscle fibers.

Take Home Message:

Mechanisms do exist for muscle fiber hyperplasia, (the maturation of satellite cells into muscle fibers) as there is substantial reason to believe it can occur on your body through very high levels of tension caused by contraction and stretching.

Untapped Target 1 – Unstable Surface

Training to Activate the Nervous System

The reason it works: unstable training can increase muscle activation due to increased demand on the neuromuscular system in order to stabilize the articulation of joints caused by an unstable surface used as the base of support.

How to make it work: unstable training (performing a pushup with your hands on a stability ball) does result in a decrease in force production, which prevents maximum motor unit recruitment. Unstable surfaces do “wake up” the nervous system and its best application is to perform these exercises prior to the real strength training exercises.

Methods you can experiment with: you don't have to use an unstable exercise for every body part or exercise, but it can be excellent for a stubborn muscle group. A stubborn muscle group is often a result of the lack of activation of the CNS, thus using an unstable exercise could fix the problem. Let's use for example push-ups on a medicine ball or stability ball superset with a DB chest press. The superset method is best practice and should be used earlier in the workout as unstable surface exercises are fatiguing. Another example, squats on a BOSU ball or stability ball followed by barbell squats.

Other details: you don't always have to be on an unstable surface to "wake up" the nervous system. You can perform exercises on 1 foot, with your eyes closed; or create a situation where your base of support is limited.

Untapped Target 2 – Extended Time Under Tension to Activate the Metabolic System

The reason it works: forces quality lifting and eliminates the stretch shortening cycle (lifting with momentum, i.e. mechanical energy). This method is great if you're an athlete doing speed training, but for optimal muscle hypertrophy, taking advantage of momentum is not always optimal.

How to make it work: Time under tension (TUT) determines the speed of movement and the training effect received. Each body responds differently to the speed of movement and it's critical to find out what speed of movement works for you and to align the lifting speed with the corresponding training effect you're seeking.

| TUT | Dominant Training Effect | Examples Of Different Speed Of |
|---------------|---------------------------------------|----------------------------------|
| 1-20 seconds | Speed strength/maximal strength | 2:0:1 1:0:1 10* 0* |
| 20-40 seconds | Maximal strength/hypertrophy | 3:2:1 3:2:2 2:1:1 |
| 40-70 seconds | Hypertrophy/muscular endurance | 8:0:4 6:1:3 4:2:2 3:1:3 |

First number = Eccentric speed/Time in seconds

Second number = Pause speed/Time in seconds

Third number = Concentric speed/Time in seconds

* means FAST

Methods you can experiment with: if you're a traditional bodybuilder who always uses slow and controlled movements, you should incorporate some explosive lifting speeds into your routine. If you're a traditional powerlifter always relying on explosive movements, consider some slower and more controlled movements, creating a high amount of intramuscular tension during the entire set. The bottom line - there is a time and place for every lifting speed.

Other details: the most critical detail is not figuring out which lifting speed is the most effective but how to periodize (plan) each speed into your program, when to do it, and for how long to stay on each phase.

Untapped Target 3 – Heavy Lifting

The reason it works: muscle damage, activation of the high threshold muscle fibers (growth fibers), potentiation of the nervous system; which means when you get back to your normal bodybuilding routine you will be able to recruit more muscle fibers for the same exercise.

How to make it work: use every means in your power to increase your maximal strength, power and explosiveness. Dedicate a period of time each year to this style of training – it's in my experience that after a period of focused heavy lifting, your gains from the

subsequent program are always far superior.

Methods you can experiment with: regular sets in the 2-4 and 4-6 rep ranges, rest-pause sets (multiple mini-sets of heavy weight using 90% of your max weight taking only 10-seconds rest between reps), wave loading (1 x 5, 1 x 4, 1 x 3, 1 x 5, 1 x 4, 1 x 3), contrast loading (1 x 1, 1 x 5, 1 x 1, 1 x 5, 1 x 1, 1 x 5).

Other details: longer rest intervals of 2-3 minutes in between sets are required during heavy lifting phases.

Untapped Target 4 – Volume Lifting

The reason it works: cumulative fatigue, hormonal production, and achieves a good pump. If you understand the importance of pre and post workout nutrition, jamming your muscles with workout drinks that include dextrose and amino acids, then guess what? Increase blood flow to a specific muscle will increase the amount of aminos being pumped into that muscle and it will significantly increase amino uptake. This means a much more anabolic (muscle building) response to your workout.

How to make it work: maximize the pump as well as muscle fatigue.

Methods you can experiment with: regular sets in the 8-10, 10-12 and 12-15 rep ranges, drop sets, pre-fatigue (super set isolation plus multi-joint), post fatigue (superset multi-joint plus isolation), giant sets (3 sets in a row for the same muscle group), slow reps (6 seconds up, 6 seconds down), “burns” (partial reps added at the end of a regular set).

Other details: 30-60 seconds between sets (or less). Do not chase after a pump in each set. Strategically place it at the end of each workout for your very last set and this will greatly increase the rate of muscle gain.

Untapped Target 5 – High Intensity Lifting

The reason it works: muscles “fail” and sometimes you go beyond failure with a training partner after your muscles have given up. Carrying a set to 100 percent of your momentary ability is the single most important factor for building size and strength. Working to this “point of failure,” when another rep is impossible despite the greatest effort, ensures that you pass the “break-over point,” a point in the set below which growth cannot be stimulated, and above which growth will be stimulated. Once you transcend this break-over point in the area of intensity, your results will increase geometrically. The more often you crash through this break-over point, the more rest you will need.

How to make it work: short, straightforward, gut busting and infrequent workouts – twice a week going down to once a week if necessary. Usually you break your body parts up into full body workouts or into a 2-day split and only one exercise is used per body part.

Methods you can experiment with: Anything you do to make the workout harder will be a step in the right direction. Raising the intensity factor in your workouts can be done in three ways:

- 1) By progressively increasing the amount of weight you use.
- 2) By progressively decreasing the amount of time it requires to perform a certain amount of workout (work density).
- 3) By carrying each set to a point of total failure.

Other details: can vary from 30-60 seconds or 1-2 minutes or 3-5 minutes. High intensity training is short-lived and can produce mind-boggling bursts of muscle for 4-weeks but needs to be cycled on and off into a yearly plan. High intensity training is brutally hard, which is the reason it cannot be carried on for long periods of time. Until you either experience it yourself or watch someone else do it, you can't possibly appreciate it.

Untapped Target 6 – High Frequency Lifting

The reason it works: more frequent stimulus and specific attention to each muscle fiber.

How to make it work: train each body part with up to 3-5 workouts per week.

Methods you can experiment with: Experiment with a variety of different loads, rep ranges, rest intervals, and movement patterns. You will not be able to lift heavy weights each day or else the joints and nervous system would be overtaxed. An example is training a body part 3 times in a week, while incorporating a heady day, medium day and a light day; using all different exercises, sets and reps.

Rest intervals: On the heady day of 4 sets of 6-8 reps you could take 2 minutes. On the medium day of 3 sets of 8-10 reps you could take 90 seconds rest and on the light day of 2 sets of 25 you can take 30 seconds rest.

Untapped Target 7 – Plyometric Work to Train the Nervous System

The reason it works: increases concentric power and force output. This happens by improving the structure of your muscles/tendons/ligaments, muscle reflexes and the nervous system. The primary reason this helps us gain muscle mass is, plyometrics increases the activation of the high threshold growth fibers.

How to make it work: incorporate high intensity versions of plyos for a 3-weeks continuum. Incorporate a lot of depth jumps (and variations) as well as depth push-ups (and variations). The basic application of depth jumps is to set up a platform that you jump off of and as soon as your feet hit the floor, you explode and rebound back to the platform.

Methods you can experiment with: Start with lower platforms and focus on the quality before increasing the height. Ensure you're properly warmed up and do these at the start of your workout because they are very difficult when you're fatigued.

Other details: Plyos should not be done more than 3 times per week whether you're a beginner or advanced.

Untapped Target 8 – Positions of Flexion Training

The reason it works: hit each muscle group from three different angles each workout.

How to make it work: First you hit the bulk of the muscle fibers with a mid-range mass-builder exercise, which would be a multi-joint/compound movement. Shoulder Presses, Bench Press, Squatting and Deadlifting are all perfect examples. Next you select an exercise that targets the muscle from a stretched position – a very vulnerable angle that forces a lot of untapped fiber recruitment. An incline bicep curl is a great example. Lastly, you select a peak-contraction exercise, which challenges the muscle to contract against resistance. This further helps activate every single muscle fiber without over fatiguing or over killing specific movements of a muscle (a very common mistake). A tricep kickback is a great example of a peak contraction exercise.

Methods you can experiment with: When you split up your body-parts, I see very little reason to incorporate more than 3 exercises per body part. Each body part should have a mid-range movement, a stretch movement and a contraction movement to maximize all the muscle fibers and prevent overtraining. A killer bicep workout would only include standing barbell curls, incline bicep curls and

concentration curls.

Other details: Positions Of Flexion is the most sensible way to organize your exercise choices instead of the shotgun way of just picking a multitude of exercises for a body part without any specific reason.

Untapped Target 9 – Significant Amounts of Unilateral Lifting

The reason it works: it's harder for the body to recruit the high threshold motor units (growth fibers) during bilateral movements than during unilateral exercises. Beginners often hit a plateau because of an inefficient nervous system so they can't recruit the high threshold growth fibers. People with longer limbs experience the same difficulty in recruiting their high threshold motor units.

How to make it work: incorporate 3-week training blocks of pure unilateral (one arm or one leg at a time) movements to better recruit the nervous system and ultimately improve the recruitment of the high threshold motor units when returning to bilateral movements.

Methods you can experiment with: Don't drop all of your bilateral work and use this method sparingly, especially if you're not a beginner or have shorter limbs. Here are unilateral exercises to target

each side independently or alternatively: alternating lunge, 1 leg-curl, 1-leg deadlift, 1-leg squat, step ups, 1-leg hop, 1-leg pres, 1-leg stiff leg deadlift, 1-leg back extension.

Other details: Better training and regular inclusion of unilateral training will optimize bilateral training and maximize the high threshold motor units for growth.

Untapped Target 10 – High Speed and Maximum Acceleration Lifting

The reason it works: three simple words: quality over quantity. Starting a set without recruiting the maximum number of muscle fibers is poor use of energy and time. Continuing a set after your muscles are exhausted means you're working with even few motor units than you had at the start of the set.

How to make it work: try to accelerate the bar as rapidly as possible while still controlling the weight. The actual speed the weight moves doesn't matter as much as your attempt to move it as fast as possible. Your goal is to send the strongest possible signal from your brain to your muscles, activating the biggest motor units. Effort is everything. Stop your sets when your max speed slows down. The goal is to work with as many motor units as possible and as often as possible.

Methods you can experiment with: I'll give you the most powerful method: reverse the sets and reps with whatever program you're doing currently (in most cases). For example, if you're doing 3 sets of 10; start doing 10 sets of 3. If you're 4 sets of 8; start doing 8 sets of 4. Do this for the next 3-weeks and watch new muscle explode off your frame.

Other details: Adjust the rest periods to at least 2 minutes if you're reps drop under 5 reps and allocate more time in the gym.

Untapped Target 11 – Body Part Specialization

The reason it works: especially for intermediate and advanced lifters, muscle growth happens in spurts. The longer you've trained, the harder it becomes to gain muscle under the same conditions you're used to applying – body part specialization programs create an “emergency response” of your entire bodies resources to promote recovery and growth when it's under abnormal attack.

How to make it work: short, laser-targeted focus for 3-weeks, and no more, and only one body-part at a time. Choose your most underdeveloped body part and plan to prioritize it with more sets and reps and higher frequency.

Methods you can experiment with: Maintain your current training program but add in three separate “targeting sets” at the end or start of each workout. For example, if you’re doing three full body workouts each week and your target body part is shoulders than you’ll do some “shoulder targeting work” at the end of each full body workout. Not only is the frequency increased, but the sets and reps also need to be mixed up, in order to stress different muscle fibers. For example, you may do heavy lifting such as 8 sets of 4 on Monday for shoulder press (heavy day); on Wednesday you would do 3 sets of 25 with lateral raises (light day); and on Friday you would do 4 sets of 10 (medium day) with Military Press.

Other details: Vary the rest periods as well. So on the heavy sets take 2-3 minutes rest; on the light day take 30 seconds rest and on the medium day take 1-minute rest. Ensure you take a full week off your shoulders after the 3-weeks of target training so that they super compensate and grow.

Untapped Target 12 – Escalating Build-Up Running

The reason it works: with each interval, the duration of the sprint and jog increases in length. This is my personal favorite fat-burning strategy, even more preferred over interval training which involves alternating high-intensity cardio with low-intensity cardio for set

periods of time.

How to make it work: I like to do approximately 10-15 minutes of Escalating Build-Up Running at the end of each weight-training workout or before each weight-training workout or both if I need a more aggressive fat-burning strategy. I save my full-blown 45-60 minutes fat-loss cardio sessions for days I'm not doing any weight training.

Methods you can experiment with: Practice Escalating Build-Up Running either before or post weight-training or both. Here's what I do: I begin running at 5.0 mph (at a 2.0 grade) and increase the speed 0.5 mph every 1-minute. At 10-minutes you'll be over 75% of your max heart rate and running around 10.0 mph! This is VERY challenging and will take a few weeks or months to build up to if you're cardio conditioning is poor. You can also increase the speed 1.0 mph every 2-3 minutes as a modified version of this workout.

Other details: This cardio protocol is advanced and challenging and will be a very stimulating warm-up and an excellent way to keep your metabolism revved, appetite soaring and body-fat levels minimal; which are all factors contributing to maximal muscle growth.

Closing Comments

Bottom line – as long as you train only 1 or 2 ways, you'll always be limited by your genetic potential and get left behind.

Why have you not learned or heard about how to unlock some of these targets in the past?

I don't have a clue -

Or maybe I do have a clue. It could be that the people you're taking advice from got their own physique purely because of genetics; or they just decided to stop learning; or they don't read the research journals like I do. I have no idea but I DO read the research journals, and have eight years of experience with this stuff. I live bodybuilding all day, every day. I have no other day job or mission but to teach you what I know.

Building muscle is not as simple as training hard, eating big and resting or else every person you know would have a phenomenal physique. This information is not common sense.

Again – unless you start unlocking each of these untapped targets to igniting new muscle growth, you'll never blow beyond your genetic potential.

But here's the catch...

The more advanced you become (i.e. the longer you've trained), the harder it is for your body to respond and the harder it is to hit these twelve-different anabolic targets. They must be **combined** in a **precise way** to build the complete package that you deserve.

I've known about these twelve different targets right from the start and I have even woven a **few** of them into my famous No Nonsense Muscle Building program (<http://www.VinceDelMonteFitness.com>) but since NNMB is a beginner program, it wasn't necessary to include all 12-anabolic targets. The methods in NNMB were the same methods I used to go from 149-lbs to 190 lbs in six months. Consider NNMB the appetizer meal preparing you for the main course.

The main course, which is called Maximize Your Muscle (<http://www.MaximizeYourMuscle.com>), is the advanced program I followed to climb from 190 lbs to 210 lbs – 20 lbs of pure muscle – in the past 2-years. I released Maximize Your Muscle to 957 people in January 2010 and I'm going to open the doors again on Tuesday April 6th.


So I'm sure you have a lot of questions, which is why this conversation does not end here. Over the course of the next week and a half, I'm going to be sharing with you even MORE powerful information to help you maximize your muscle and blow beyond your genetic potential. Look out for my regular emails this next week and a half and be sure to check my blog which is where I'll re-post all my email content to ensure you don't miss anything:

<http://www.vincedelmontefitness.com/blog>

If you're ready to crush through your plateau and ready to stop messing around and get serious with your health and physique goals... if you're ready to maximize your muscle and blow beyond your genetic potential then this is going to be an exciting ride for you!

Talk so you soon,

Vince Del Monte



Who Is This Vince Del Monte Character Anyways?

Vince Del Monte is easily the best-looking and funniest Personal Trainer, Fitness Author and Fitness Model online – according to his Mom and fiancé 😊 He's definitely the most respected and well-known muscle-building authority and it has nothing to do with being able to wear white Italian loafers, gold chains, tight fitted V-neck t-shirts with rhinestones and a Guido haircut to top it off. Vince is an Italian-Canadian based in Hamilton, Ontario and has one of the most popular Facebook Fan pages, You Tube stations and frequently read blogs online. You can see for yourself by creeping on

his links below, which he gladly encourages you to do. Vince is famous for once being known as “Wimpy Skinny Vinny” and then transforming his bean pole physique into a National Fitness Model Champion after gaining 41-lbs of muscle in 6-months. Over the past 8-years, he has helped over 100,000 males and females, young and old and from all walks of life. Currently he has over 20,000 customers in over 120 different countries who have followed his No Nonsense Muscle Building and Your Six Pack Quest programs and is now nicknamed “The Skinny Guy Savior.” He loves helping his clients discover that it takes the same qualities to live large inside the gym as it does to live large outside of the gym. Vince would like to help you blow beyond your genetic potential and he truly supports all of your goals and would like to help you in any way he can. Check out his free resources below to continue the conversation with Vince Del Monte and to let him take you under his wing.

He regularly updates his blog at:

<http://www.vincedelmontefitness.com/blog>

His You Tube video channel at:

<http://www.youtube.com/user/VinceDelMonte?feature=mhw5>

His Facebook Fan Page:

<http://www.facebook.com/pages/Vince-DelMonte/26468623640>