



ON WITH THE TRANSFORMATION!

by Richard Bell

Pam Lawson came to me looking for dramatic body changes, and the possible happened—major improvement! I'm proud to say that she's made incredible strides in her fitness level, not to mention in her appearance.

As you read this, Pam's beginning her eighth week of training with me. You may think eight weeks isn't enough time to show exceptional results, but Pam is the exception to the rule. Her commitment and determination have catapulted her from a fitness level of one out of 10, to a level seven.

She's dropped an impressive amount of body fat—moving from the Unhealthy category to the Normal category for a woman of her age, with plenty of time to get even better. Her overall work capacity has jumped several notches as well. I don't make grand predictions for every client, but here's what I think: she will definitely beat her deadline for that stage appearance in April.

Pam wouldn't have gotten where she is without the periodization principles I've been writing about. I've been using them since day one. The fact that she's missed just two workouts in eight weeks hasn't hurt, either. And finally, her nutrition's been almost flawless. Remember, even if you kill yourself in the weight room, if you don't change your eating habits, those muscles you've worked so hard to build may never emerge from beneath the fat!

Fitness is more than gym time. It involves serious lifestyle changes. No one ever said it was easy, but Pam did it. If she can, why can't you?

On to the workouts!

I changed Pam's entire routine every three weeks, and upped weights and/or intensity every two workouts. Here's the German Body Composition workout I gave her after she mastered the basic circuit. Try it for 10 to 12 repetitions with each lift, making sure you perform the exercise to the point of muscle failure (the last two reps should be fairly tough too complete).

First Day, repeating each circuit three times

- **Circuit one:** Alternate seated rows—using a rope—and leg presses using any squat machine available at your gym.
- **Circuit two:** Alternate Gravitron machine pull-ups (or regular pull-ups, or lat pulldowns if your gym doesn't have a Gravitron) with walking lunges across the widest part of the weight room.
- **Circuit three:** Alternate standing bicep curls, using the EZ Bar or any appropriate barbell, with triceps extensions.

Finish with 15 minutes of the following intervals on a stationary bike: one minute **hard**, one minute **easy enough to recover**.

Second Day, repeating each circuit three times

- **Circuit one:** Bending from the hips, back straight, perform upright rows with an EZ bar. Alternate with curls on any hamstring machine.
- **Circuit two:** Alternate pulley biceps curls, using a rope, with standing calf raises—use a machine, stairs or a wood block.
- **Circuit three:** Alternate three abs exercises, making sure to involve the upper and lower abs muscles, as well as the oblique.

Again, finish with the stationary bike intervals for 15 minutes, as above.