

SKIP LA COUR

Coaches You with the **Very Best Questions** He's Answered
on the **Bodybuilding.com** Forum

Provided by Skip La Cour's Mass Machine Nutrition



UPDATED FEBRUARY 6, 2012

Hello.

I'm **Skip La Cour**.

I know the value of "mentoring" when it comes to bodybuilding and training.

Mentoring is having someone who is positive, successful, experienced to help guide you through the oftentimes confusing bodybuilding and training process.

I was extremely fortunate to have awesome mentoring right from the start and that's the #1 reason why I'm still training at such a high level over 20 years later.

Most people who are working out in the gyms and striving to improve their bodies are not so fortunate. They don't have anyone who is accomplished and knowledgeable to help them.

That's why I take my roles as a passionate coach, leader, friend, and "big brother" very seriously.

The "hot links" provided on the following pages will take you directly to where I answered those questions in the Bodybuilding.com Forum. Short articles, videos, podcasts, and more are included.

The categories include:

Weight Training, Cardiovascular Training, Nutrition, Supplementation/Sports Nutrition, Mental Toughness and Motivation, Expert Advice for Beginners, Contest Preparation, and The Business of Bodybuilding and Fitness.

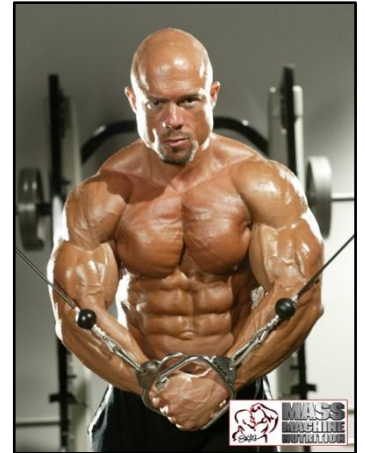
Be sure you make good use of this tremendous resource.

Train Hard. Think Big.

Skip La Cour

Six-Time National Champion Drug-Free Bodybuilder
Success and Leadership Coach

Owner of [Skip La Cour Mass Machine Nutrition](#)



Here is a **reference guide and links** to some of the best questions answered in my thread on the **Bodybuilding.com Forum**. Now, you won't miss any of the extremely helpful information that's contained within all of its **113 pages**.



[VIDEO - About Skip La Cour](#)



Here's your opportunity to get FREE coaching online with me during this process. Let me know if you are interested by commenting on my Facebook page. **Click here** to go there for more details--and more will follow. If you are interested and want more information sent directly to you, send me an email at: challenge@massmachinenutrition.com

Weight Training

[VIDEO - How to Get Big Fast](#)

[How to effectively and efficiently warm up for a workout](#)

[How to structure a repetition range for maximum performance \(1\)](#)

[How to structure a repetition range for maximum performance \(2\)](#)

[What's the "best" repetition range to build muscle the fastest?](#)

[Are lower rep ranges or higher rep ranges better for building muscle?](#)

[What do you think of lower volume weight training done more frequently than once a week?](#)

[Tips to improve the peaks of your biceps](#)

[VIDEO - Developing Your Biceps with Dumbbell Curls](#)

[Tips to improve your shoulders development](#)

[How can I bench press more weight now that I'm stagnant?](#)

[VIDEO - How to Bench Press Correctly](#)

[What am I doing wrong if my chest doesn't feel sore after I train it?](#)

[How should I train my chest when one pectoral muscle is a different size and shape than the other one?](#)

[What techniques do you use when a specific muscle group is lagging to bring it up to 'par'?](#)

[How do I get rid of my "man boobs"?](#)

[How often should I switch up my training routines?](#)

[How should I change my workouts during my body fat "cutting" phase?](#)

[Does your weight training routine help you lose body fat?](#)

[Should you pause at the bottom when doing Deadlifts--or let the plates bounce?](#)

[How to do Barbell Rows Mass Machine Training Style](#)

[What are the premiere exercises that will help me build a really wide, thick, back with a V-taper?](#)

[Squatting Tips - A lifter posts a video of his Squats for Skip to review](#)

[VIDEO - Squat Set up Tip](#)

[Tips to improve your calf development](#)

[What do I do when I'm afraid to get injured when lifting heavy?](#)

[VIDEO - How to Get Ripped Abs](#)

[How should I change my workouts during my body fat "cutting" phase?](#)

[Is it possible to build muscle while keeping your body fat levels down?](#)

[Eating and training tips to build more muscle faster](#)

[How to balance "form" and "strength" when training](#)

[How much importance should you put on "form"? \(1\)](#)

[How much importance should you put on "form"? \(2\)](#)

[How to figure out if you are training to "failure"](#)

[The most important factor that makes "this" routine better than "that" routine](#)

[Do different people require different ways of training?](#)

[Balancing the emphasis of the concentric phase of the movement versus the eccentric phase of the movement](#)

[Should you pause during a set \(isometric phase\)? \(1\)](#)

[Should you pause during a set \(isometric phase\)? \(2\)](#)

[The "best" training split for a natural bodybuilder](#)

[What are the differences of how a natural bodybuilder trains and how "juiced" bodybuilder trains?](#)

[What's the best time of day to train?](#)

[How do I get the most out of my workouts when I am forced to train in the morning?](#)

[How to prevent injuries using "heavy weight" \(1\)](#)

[How to prevent injuries using "heavy weight" \(2\)](#)

[Does weight training that requires fewer repetitions per set cause joint problems later on?](#)

[The challenges you face when you do single-limb movements/exercises](#)

[What can you do to prevent muscle loss when you can't train with weights due to an injury?](#)

[How should I train when I have injuries?](#)

[How important is "the pump" to building muscle?](#)

[How can I get "pumps" on a more consistent basis during my weight training workouts?](#)

[What exactly is the "core" of your body? Why is core strength important to my training?](#)

[How do I get my weak body parts to catch up to my stronger ones?](#)

[Why complete recovery and recuperation from your intense training session is important](#)

[How do I know when I've completely recovered from my last body part training session?](#)

[Will training each body part twice a week lead to overtraining?](#)

[How do I know if my training routine is causing be to "overtrain"?](#)

[Do I need to get a lot of sleep every night if I want to grow? How important is sleep to the muscle-building process?](#)

[Is rest and recuperation "vital" to creating maximum muscle gains?](#)

[How can a bodybuilder like Mr. Olympia Phil Heath get so big lifting such light weight?](#)

[Should I train when I'm a sick?](#)

[Should I add more exercises and sets to a body part that I really want to improve?](#)

[What is "muscle maturity"?](#)

[Stretching and its role in weight training and building muscle](#)

[PODCAST - The Benefits and Drawbacks To Having a Training Partner and Determining What's Best For You](#)

[VIDEO - Move the Light Bench and Not the Heavy Weight](#)

[Why are some exercises for the very same body part are difficult for me to do and some are easy?](#)

Cardiovascular Training

[Mass Machine High Intensity Cardiovascular Training](#)

[Do you think doing cardiovascular training on my "off days" from weight training would be harmful to my gains?](#)

[Does high intensity cardiovascular training make you lose muscle mass?](#)

[Do I risk losing muscle by doing it right after weight training?](#)

[Will doing cardiovascular training after my weight training session hurt my strength gains?](#)

[How should I schedule my cardiovascular training sessions around my weight training sessions?](#)

[Why, over time, cardiovascular training can actually help you BUILD muscle](#)

[Does a lot of sweating mean you had a good cardiovascular training session?](#)

[Should I do my cardiovascular training first thing in the morning on an empty stomach to burn more body fat?](#)

[I can't make it to the gym twice a day. Do I absolutely have to separate my cardiovascular training sessions from my weight training sessions in order to pack in muscle?](#)

[PODCAST - How to Create an Empowering Mental Approach to Cardiovascular Training](#)

Nutrition

[VIDEO - The Best Bodybuilding Diet](#)

[Basic Eating Guidelines Outlined](#)

[Eating and training tips to build more muscle faster](#)

[How to figure out exactly how many calories you should eat \(1\)](#)

[How to figure out exactly how many calories you should eat \(2\)](#)

[How to figure out exactly how many calories you should eat \(3\)](#)

[How to figure out the best meal plan for you \(videos\)](#)

[Make These DECISIONS With Your Eating Habits and Start Earning the Body You Really Want](#)

[Do I have to eat every 2 to 3 hours for muscle gains?](#)

[How important are your eating habits on the days you do NOT train with weights?](#)

[The Benefits and Drawbacks of "Bulking" and "Cutting"](#)

[Effective and Efficient Bulking and Cutting Program Guidelines](#)



[Should you "bulk up" in order to build more muscle?](#)

[Things to consider when developing your "bulking" strategy](#)

[What's a good starting point for my macronutrient breakdown?](#)

[How much protein should you consume every day?](#)

[What's the lowest body fat I can be at and still maximize my muscle gains?](#)

[How can I lose 10 pounds of body fat WITHOUT losing my strength?](#)

[Structuring you "cheat meals"](#)

[Can you build muscle and lose body fat at the same time?](#)

[Is it possible to build muscle while keeping your body fat levels down?](#)

[How do I get rid of stubborn body fat?](#)

[Points to consider when "Carb Cycling"](#)

[How important is it to get your body fat tested?](#)

[VIDEO - How to Get Ripped Fast](#)

[How do I get rid of my "man boobs"?](#)

[How do I get over being upset at myself for cheating on my diet?](#)

Supplements/Sports Nutrition

[VIDEO - Choosing Supplements](#)

[Skip La Cour's Mass Machine Nutrition supplement recommendations](#)

[Why should I give **Skip La Cour's Mass Machine Nutrition** supplements a try?](#)

[Important points to remember when you are evaluating the performance of your supplements](#)

["Must have" Supplements](#)

[Most supplements are still working--even if you don't "feel" them like you have before](#)



[**CLICK HERE to Order Skip La Cour's Mass Machine Nutrition - NOW AVAILABLE Right Here on Bodybuilding.com!!!**](#)

Mental Toughness and Motivation

[FREE 30-minute mp3 sound file - 30-Day MASS MACHINE Ultimate Bodybuilding and Success Conditioning \(Download this and listen to it in the gym!\)](#)

[VIDEO - Stop Searching for "Perfect" Strategies: Developing UNSHAKABLE Certainty & Confidence Video](#)

[VIDEO - Don't Adopt the "Hardgainer" Identity: Developing UNSHAKABLE Certainty & Confidence Video Series](#)

[VIDEO - How To Make Sure "Science" Only Helps Your Bodybuilding Efforts: Developing UNSHAKABLE Certainty & Confidence Video Series](#)

[VIDEO - Asking for Opinions and Constructive Criticism from Random People Internet: Developing UNSHAKABLE Certainty & Confidence Video Series](#)

[VIDEO - What To Look For In A Bodybuilding & Training Coach or Mentor: Developing UNSHAKABLE Certainty & Confidence Video Series](#)

[VIDEO - Become "Results Driven": Developing UNSHAKABLE Certainty & Confidence Video Series](#)

[VIDEO -Determining Which Strategies Work: Developing UNSHAKABLE Certainty & Confidence Video Series](#)

[VIDEO - Tips to Remember When Getting Advice: Developing UNSHAKABLE Certainty & Confidence Video Series](#)

[Balance in Life and Striving for Greatness: Developing UNSHAKABLE Certainty & Confidence Video Series](#)

[Dealing With "Plateaus" with Your Progress: Developing UNSHAKABLE Certainty & Confidence Video Series](#)

[Evaluating Your Physique and Making Decisions: Developing UNSHAKABLE Certainty & Confidence Video Series](#)

[VIDEO - Understanding Fitness Internet Marketers: Developing UNSHAKABLE Certainty & Confidence Video](#)

[VIDEO - Dealing With Your Physical Imbalances: Developing UNSHAKABLE Certainty & Confidence Video](#)

[How This "Developing UNSHAKABLE Certainty & Confidence" Video Series Will Help You](#)

[VIDEO/PODCAST - Skip La Cour's Keys to Bodybuilding and Training Success](#)

[Exactly what separates those who are OUTSTANDING at their training efforts from those who are only pretty good?](#)

[How do I decide which strategy works best when everyone has a different opinion?](#)

[PODCAST - Lose Your Need for "Absolute" Bodybuilding Strategies and Start Making Real Gains](#)

[What are the best tips so I can look like a great bodybuilder someday?](#)

[I'm 18 years old and I think I should be a lot bigger after the year I've been training. What should I do?](#)

[What was your biggest obstacle as a natural competitor & how did you overcome it?](#)

[I hate all the liars who enter natural bodybuilding shows! What can be done with the many "cheaters" that are so prevalent in them?](#)

[PODCAST - Why The Strategies You Believe Will Work Have The Best Chance To Actually Work](#)

[PODCAST - Why the RIGHT Answers to the WRONG Questions You Are Asking Will NOT Help Solve Your Bodybuilding and Training Challenges](#)

[PODCAST - What You Choose NOT To Do Plays An Important Role In Your Bodybuilding and Training Success](#)

[PODCAST - The Reasons Why Your Body and Mind Need Scheduled Rest and Recuperation From Training](#)

[VIDEO - What You Can Learn from Bodybuilding Videos](#)

[Know Exactly What You Want From Your Workout Before You Step Into the Gym](#)

[The greatest lesson I learned from a very young bodybuilder named **Kai Greene**](#)

[VIDEO - How to Develop Hardcore Bodybuilding Motivation](#)

[How to ask better questions to get answers that can help you more effectively](#)

[How to get more out of the questions you ask about bodybuilding](#)

[How To Evaluate All of the New and "Revolutionary" Bodybuilding and Training Information Presented on the Internet \(audio\)](#)

[PODCAST - How to Avoid "Information Overload" and Start Making Progress Towards Your Training Goals](#)

[How much drinking of alcohol can you drink and still reach your bodybuilding and training goals](#)

[How to break the physical and mental barriers of plateaus](#)

[Breaking through "plateaus" \(1\)](#)

[Breaking through "plateaus" \(2\)](#)

[You May Really Be Getting Results and Not Hitting a Plateau](#)

[What are the "Natural Limits"?](#)

[Document Your Training Performance and Launch Yourself to a Higher Level](#)

[FREE 21-page eBook ""The Working Hard Exercise" How Do You Know You Are Working Hard Enough To Reach Your Goals?](#)

[PODCAST - How Much Are You Really Willing to Do to Reach Your Bodybuilding and Training Goals?](#)

[Is Striving for a Balanced Life Sabotaging Your Bodybuilding Goals?](#)

[PODCAST - How the to Use the Same Old Information to Launch Your Into a New Level of Bodybuilding and Training Growth](#)

[I just don't have the genetics to build the body I want. What do you tell people in my position to encourage them top keep on training?](#)

[How should I train my chest when one pectoral muscle is a different size and shape than the other one?](#)

[What techniques do you use when a specific muscle group is lagging to bring it up to 'par'?](#)

[What should I say when people tell me that I'm putting too much time into my training?](#)

[How do I get over being upset at myself for cheating on my diet?](#)

[Get two \(2\) FREE Skip La Cour eBooks about motivation, mental toughness, and a winning mindset - "*The Top 10 SECRETS of the Best Drug-Free Bodybuilders*" and MANformation® "*Disarming the Alpha Male of the Group*"](#)

Expert Advice for Beginners

[VIDEO - Introduction to Bodybuilding](#)

[VIDEO - Body Transformation Tips](#)

[VIDEO - Pumping Iron for Beginners](#)

[VIDEO - What Do Male Bodybuilders Eat?](#)

[VIDEO - How to Get Started](#)

[VIDEO - How to Build Muscle Mass](#)

[VIDEO - Basic Back Workout](#)

[What are the best tips so I can look like a great bodybuilder someday?](#)

[PODCAST - How to Choose and Use a Mentor to Get You to the Next Level](#)

[How beginners can develop more CERTAINTY and CONFIDENCE in what they are doing](#)

[How do I decide which strategy works best when everyone has a different opinion?](#)

[PODCAST - Lose Your Need for "Absolute" Bodybuilding Strategies and Start Making Real Gains](#)

[VIDEO - Stop Searching for "Perfect" Strategies: Developing UNSHAKABLE Certainty & Confidence Video](#)

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[VIDEO/PODCAST - Skip La Cour's Keys to Bodybuilding and Training Success](#)

[Exactly what separates those who are OUTSTANDING at their training efforts from those who are only pretty good?](#)

[Training tips for beginners](#)

[Which training routines did you do when you were a beginner, Skip?](#)

[A 17 year old who is new to training gets tips for "getting big."](#)

[Should I add more exercises and sets to a body part that I really want to improve?](#)

[How many sets per exercise should a beginner do?](#)

[Why do experienced lifters get better gains than beginners while with less training volume?](#)

[Specific and step-by-step instructions for beginners on how to create an effective nutrition plan \(follow the thread\)](#)

Contest Preparation

[VIDEO - How to Become a Competitive Bodybuilder](#)

[VIDEO - How to Enter Bodybuilding Contests](#)

[VIDEO - How to Pose for a Bodybuilding Contest](#)

[VIDEO - Flexing Tips](#)

[VIDEO - How to Diet for a Bodybuilding Competition](#)

[VIDEO - How to Train for Bodybuilding Contests](#)

[VIDEO - Do All Champions Use Steroids?](#)

[How do I find a bodybuilding contest to enter that's at my level of experience?](#)

[Bodybuilding contest posing tips](#)

[Do people cheat in natural bodybuilding contests?](#)

[I hate all the liars who enter natural bodybuilding shows! What can be done with the many "cheaters" that are so prevalent in them?](#)

[Are bodybuilding contests judged fairly?](#)

[VIDEO - Are Bodybuilding Contests Judged Fairly?: Developing UNSHAKABLE Certainty & Confidence Video](#)

[How much should you weigh at your contest?](#)

[The best piece of advice for someone who wants to enter a bodybuilding contest someday](#)

[When do you know when you are ready to enter a bodybuilding contest?](#)

[Is it possible to have a "balanced life" when preparing for a bodybuilding contest?](#)

[How important is tanning before a contest?](#)

[Why it is so important to ONLY solicit the advice and opinions of the one person you've chosen to help you](#)

[Should I take my regularly scheduled time off from weight training for recuperation when my contest is getting close?](#)

[How do you get striated glutes naturally?](#)

The Business of Bodybuilding and Fitness

[How can I get sponsored by a supplement company?](#)

[How to make a name for yourself in the bodybuilding and fitness world \(1\)](#)

[How to make a name for yourself in the bodybuilding and fitness world \(2\)](#)

[More helpful advice for someone who wants to make a living from the passion for bodybuilding and fitness](#)

[**Skip La Cour's Bodybuilding and Training Web Site**](#)



Put Your Body and MIND In PERFECT Workout Conditions EVERY SESSION!

[Skip La Cour's Mass Machine Nutrition MM250 Pre-Workout](#)

POWERFUL Pre-Workout Formula!

Supports More Strength

Supports More Energy

Supports More Endurance

Supports Sharpened Mental Focus

Clinically Researched

**Helps Get Your Body in the Ideal Training
Conditions**

**Helps Get Your Body in the Ideal Nutritional
Absorption Conditions**

Tastes Great!

MM250 Pre-Workout gets you physically and mentally ready to perform at your very best in the gym! It will help support your strength, energy, endurance, and mental focus.

MM250 Pre-Workout has every major base covered preparing your metabolism for the optimum benefit from your training session. MM250 Pre-Workout uses only maximum strength ingredients that are designed specifically for their optimum benefit. The Fresh Summertime Lemonade flavor taste great too!

Directions: For adults only. Mix one scoop of MM250 Pre-Workout with water 15 to 30 minutes before training session or as directed by your healthcare professional.

MM250 Pre-Workout has every major base covered preparing your metabolism for the optimum benefit from your training session. It will help support your strength, energy, endurance, and mental focus. MM250 Pre-Workout uses only maximum strength ingredients that are designed specifically for their optimum benefit.

Caution: Do not use if the tamper evident seal is broken or missing. Keep out of reach of children. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease. Storage: Keep tightly closed in a cool, dry place.

Quality and Potency Guaranteed.

Made in the U.S.A.

