

The Top 10 'Secrets' Of the Best Drug-Free Bodybuilders

By Skip La Cour
6x Time National Champion

Skip La Cour has established himself as a leader in the bodybuilding world with his outstanding physique and by unselfishly communicating his training philosophies to others.

In his passionate effort to propel training, nutrition, supplementation, and mental strategies forward, he has authored ten books, produced six videos, and has frequently contributed to several international magazines. He has accomplished all of this and more while simultaneously becoming one of the world's best drug-free bodybuilders.



Reading this special series of articles could very well help you create the winning mindset you must have to achieve your bodybuilding and training goals. If this is the very first time you've been exposed to my written work, I'm happy to have this opportunity to share with you the many lessons I've learned over the years.

I want to share with you the mental and physical strategies that have helped me succeed—and steer you clear of the pain, frustration, and setbacks that have slowed me down. I firmly believe that no one else in bodybuilding works as hard as I do to become the very best competitor on stage and helps YOU achieve your physique-enhancing goals at the same time.

You don't have to be a competitive bodybuilder to benefit from what I've learned. All of us training in the gym—no matter what our goals are and our level of experience—are after the same things. We all want to build more muscle, lose body fat, build muscle and lose body fat at the same time, and most importantly, feel good about what we are doing. I am positive my work will help you get what you want from your bodybuilding efforts.

Here is what I found to be the similarities among the top drug-free bodybuilders:

1. Being Drug-Free Isn't Viewed As An Obstacle For The Elite Natural Bodybuilders

Most of the similar winning qualities amongst the most successful drug-free bodybuilders deal with the way they think. The way they choose to perceive the events around them is much different than many of the guys training in your local gym.

The very best drug-free bodybuilders do not view being natural or drug-free as an insurmountable obstacle standing in the way of developing an outstanding physique. They only focus on becoming the best they can be. These champions spend their time and energy comparing what they are doing now to what they could be doing to improve in the future. They only compare the way they look now to what they aspire to look like in the future.

I know the saying "You gotta be the best you can be" is extremely overused and is now almost a meaningless cliché in the bodybuilding world. My experience dealing with many people trying to improve their physiques has convinced me that most people are certain they are *already* doing everything they possibly can to become their very best. Sure, they'll admit there can always be room for a little improvement in their habits and level of discipline—but not much! "Nobody's perfect!" they'll often argue.

The best drug-free bodybuilders have found the delicate balance between being too hard on themselves and being too easy on themselves. Being too hard on yourself will eventually lead to frustration. Being too easy on yourself will guarantee that you'll fall far short of your full genetic potential.

These champions understand that, no matter what they've accomplished in the past, they can always improve at least a little bit more. Whether that improvement comes in the form of a couple of pounds of rock-solid muscle within the next year, one percentage point leaner in their body composition over the next couple of months, adding five pounds to their bench press during their next workout, or pumping out one more rep with their maximum weight on their very next set. Many people training in the gym today are under the illusion they have come close to topping out on their performance in the gym and full genetic potential. They often claim to be trapped in sticking points or plateaus.

If you want to achieve what the top drug-free bodybuilders have done with their physiques, then you'll need to emulate the way they think. You first must believe that it is indeed possible to create some amazing things with your physique without drugs. You must believe there is still a way to accomplish more with your physique even if you've had some significant gains in the past. Now I know the guys in your gym are always telling you that "you can never achieve this" or "you'll never look like that" unless you use steroids or other illegal drugs. Don't believe them. Separate yourself from those people with such limiting beliefs. How soon? As my fourth grade parochial school teacher, Sister DeChantelle, used to tell me "Immediately—if not sooner!"

I don't deny that there are some limitations when you train without the aid of steroids and other illegal drugs. However, the vast majority of bodybuilders are settling for **far less** than what they actually could accomplish with their physiques—if they first believed doing so was even possible. Those negative people have given up

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looking for the most effective strategies mainly because they sincerely don't feel they exist. Those people simply don't understand what can be achieved with the human body if you are focused, hard working, committed, and consistent.

Believing they can accomplish some amazing things with their physiques—then constantly striving for improvement are a couple of the common characteristics of the top drug-free bodybuilders.

2. The Most Successful Drug-Free Bodybuilders Don't Worry About Who's Taking Drugs And Who Is Not

The very best drug-free bodybuilders don't waste their precious time and energy worrying about who is using illegal performance-enhancing drugs and who is not. The stars of natural bodybuilding realize that, regardless if someone else is using drugs, they need to focus on themselves. The drugs others may be using has absolutely no bearing on what they can accomplish with their own physiques.

The battle to become the best you can be is always against yourself—and the best natural bodybuilders know this. As I stated before, the elite drug-free champions seem to be putting their **full attention** into striving for a higher level of achievement.

What other people do should never have an impact on who wins the battle against yourself. If the guy on the other side of the gym, town, or country uses steroids, he doesn't control your life. His actions won't dictate if your next meal is eaten on time. He doesn't force the pizza down your throat. He didn't keep you from going to the gym for your scheduled workout after you had an argument with your girlfriend, did he? He doesn't prevent you from doing all of your cardiovascular training. It wasn't the person using steroids who convinced you to spend your money on an expensive car stereo instead of on protein powder and meal replacements that would have helped you pack-on muscle.

Inside and outside of the gym, it is very common in today's society to believe the other person always has it easier than you. Many natural bodybuilders are obsessed with who they think is on drugs and which ones they are taking to get their gains. This causes them to become bitter, jealous, and distracted.

I think those who spend a lot of time worrying about other people and what they are doing are doing so to take the pressure of failing off themselves. They create a built-in, ready-made excuse in the event they don't succeed in their bodybuilding efforts. If you don't put enough pressure on yourself and you'll stop looking at yourself honestly in the mirror. Is there anything else you could be doing to reach your bodybuilding goals? Anything? Could you be a little bit more focused? Could you be a little bit more disciplined? A person won't dig deeply within himself to honestly answer these questions when he feels others have such an easier time than he does building muscle and losing body fat.

Don't get me wrong. The best drug-free bodybuilders are proud of the fact they don't use steroids or other drugs. They just don't seem to spend a lot of time thinking about it. Another mindset common among the top drug-free bodybuilders is that they don't waste any of their time or energy passing judgment on those who do use drugs. They spend their time and energy attacking the totally consuming task of developing their own physiques to outrageous levels of development.

Righteous natural bodybuilders might argue, "You should take a stand against steroids! They are illegal, controlled substances! The sport of bodybuilding would be much better off without them! Steroids users are cheaters!"

The purpose of what I'm trying to share with you isn't to tell you what's right and what's not. I am simply sharing with you the similarities of some of the very best drug-free bodybuilders. Success leaves clues. The great ones don't spend a lot of time passing judgment on the drug-users. They'd rather lead by example by showing everyone what they can do with their physiques without drugs.

Yes, the best drug-free bodybuilders are concerned about the chance someone they compete against will cheat the system and enter a drug-tested event after using drugs. They just do what they must to mentally block that possibility out, have faith that doesn't happen, and focus on pumping out that last rep during every set and eating that next meal on time.

The battle to become your very best is always against yourself—not against anyone else who is using drugs. Whether or not someone else is using drugs should have absolutely no bearing on what you can and can't accomplish with your own physique. Other people's questionable choices or bad behavior should not derail you from your mission. Worrying about those who are on drugs can have a seriously detrimental affect on everything you are trying to do.

3. Outstanding Natural Bodybuilders Are Extraordinarily Patient

Let's face reality. Steroids and other physique-enhancing drugs help those who use them get significant results from their hard work in the gym and at the dinner table faster than natural bodybuilders. In today's quick-fix society, we are conditioned to expect everything we want now. It's obvious why some people want to use drugs.

The top drug-free bodybuilders fully understand that achieving their goals with the help of drugs would be a much easier route to take than the one they are on. They accept reality. They just choose to deal with those circumstances in a different manner than the average guy training in your gym. I have found the best natural bodybuilders to be much more patient than chemically assisted bodybuilders, less successful drug-free bodybuilders, and average people training in your gym. They are more willing to put in their time. Many of the best natural bodybuilders are in the thirties and are still going strong in their efforts to improve their physiques.

These champs concentrate on having one great workout at a time. They turn a series of great workouts into a great week on training. They understand that putting together several great weeks of training will turn into an outstanding month. One month at a time, they are confident the years of awesome training habits they've assembled will eventually get them the results they want to achieve. They view their eating habits from this same perspective.

If you want to reach your full genetic potential without using drugs, you must look at your bodybuilding endeavors like the elite drug-free bodybuilders. You must look at them as a series of long-term lifestyle choices. Instead of only setting short-term goals like seeing how huge you can get by next summer, create a clear vision of

what you want to look like after five more years of living a disciplined bodybuilding regimen.

Now I know it may be difficult if you are in your late teens or early twenties to be patient. But just imagine how great you'll be in the years to come if you are mentally durable like the top natural bodybuilders of today. While many people use illegal drugs, they do so because they insist on achieving significant improvements sooner rather than later, the best drug-free bodybuilders are much more patient.

4. The Very Best Natural Bodybuilders Have An Unbelievable Amount of Certainty and Confidence

Even though the top drug-free bodybuilders have many different approaches to their training and eating habits, they all seem to get outstanding results from whatever route they choose. How can this be? How do the best naturals get amazing gains when the average guy who uses the very same strategies only achieves mediocre ones?

The best drug-free bodybuilders believe in what they do. Because of their high level of certainty and confidence, they get the most out of everything they do—regardless of how they do it. They get the most out of every workout, set, and rep. They stick to their nutritional plans because they are confident they will get the results they want from them.

Certainty and confidence are also qualities they exhibit on a day-to-day basis with their training and eating habits. Whatever strategies they have chosen, they get the most out of them by giving them extraordinary effort. The best drug-free bodybuilders believe they can make up for what others perceive as disadvantages with their exceptional work ethic, mindset, training habits, and eating regimen.

Most people do not have such confidence in what they are doing. Many people struggling in the gym have a difficult time believing in the training routine they have adopted and the nutritional program they have in place. In fact, they are often confused by what they perceive as conflicting information in the bodybuilding and fitness magazines. They jump from strategy to strategy without ever really giving any one of them their best effort. Unfortunately, they don't realize they shouldn't blame the strategy they have chosen—the fault is in how they have implemented that strategy. They usually blame the fact they don't have steroids or other drugs assisting them as the culprit.

Whatever strategy you chose, you must develop the certainty and confidence of the top drug-free bodybuilders. I recommend that you don't even begin a workout routine or eating plan unless you can feel 100 percent confident in it. You must be so confident that you'll be able to give it your absolute best effort. When looking for a good workout routine or eating plan, look to one of the successful drug-free bodybuilders you admire most for guidance. That way, you won't have the convenient excuse that your plan didn't work because you are training naturally. You'll begin with a little more certainty and look a little bit more closely at your level of commitment if things don't work out for you as quickly as you'd like.

5. Successful Drug-Free Bodybuilders Are Incredibly Persistent

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The most successful natural bodybuilders are incredibly persistent. They are relentless in their pursuit of finding a series of effective strategies that will help them reach their outrageous bodybuilding goals.

To accomplish anything in life, you must continually try to find a way to succeed—no matter how many times you've tried and failed in the past. The unfortunate part about bodybuilding, however, is that just because a person refuses to take steroids, that always seems to be the first convenient excuse to explain why he can't achieve good results. When the average person does not get the gains he wants, he stops looking for more effective solutions because many of the people around him are telling him those solutions simply don't exist.

You must believe me when I tell you that you have not tried EVERYTHING. I suggest that you don't even waste time repeating that mantra to yourself over and over again. It's simply not true. I don't want to sound harsh, my friend. I just want to help you achieve your goals. I want to help end your frustration by helping you establish a more empowering mindset.

How many different training methods, philosophies, or strategies do you think there are that can add quality muscle to your legs, let's say? When you consider the amount of exercises you could possibly perform, amount of sets, amount of reps, amount of weight, and the many different types of machines available to use, you can easily see there are many routes you could choose to accomplish this endeavor. When you add into that equation the speed of the motion with which you execute each exercise, the sequence of the exercises, your degree of mental focus, the frequency in which you train that muscle group, and the number of years you have been training, etc. the number of variables are absolutely staggering. When you figure in training efficiency, consistency, and longevity with sound nutrition and supplementation, that number becomes astronomical. There must be *thousands of different combinations* you could use to build legs that could make Tom Platz, the god-of-quads, envious!

How many of these combinations and variables will a person *actually implement* before he starts believing building great legs is impossible because he doesn't take drugs? I would suggest to you that the majority of us have actually tried a *maximum* of only 15 different approaches, and that's probably an overstatement.

Too many of us settle for a lot less than what we can actually expect from our physiques—and those lower expectations are very disappointing. Too many times, this way of thinking will result in us giving up far too quickly. We are too ready to compromise or give up on our dreams when the challenge becomes too difficult and we lack the mental toughness to persevere.

Be like the elite drug-free bodybuilders and keep searching for the right answers. Hang in there, kid. Keep on plugging away. Keep the faith. Keep on trying different strategies. Who knows? Maybe the next one you try will launch you into a new level of massive growth.

6. The Drug-Free Bodybuilding Stars Train With Amazing Intensity

Why do some of the best drug-free bodybuilders train each body part two or three times a week while others train each body part only once a week? How is it that some of the best naturals can build slabs of muscle doing as many as 12 sets for

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each body part while other well-developed lifters do just as well with considerably less training volume? Why do some great drug-free bodybuilders implement the strategy of using fewer reps (like 4 to 6) during every set rather than using higher numbers (like 10 to 15) as people who are equally as accomplished? Why is it that some natural champions train with heavy weight while others use moderate or lighter weight?

They may take different routes, but they all seem to acquire a certain level of success from their training methods. Why? What makes the difference?

They all train with amazing intensity!

Let me explain what I mean before you start saying to yourself, "Hey! I train hard too! Why don't I get the same results of those top drug-free bodybuilders?" No, training hard is *not* the same as training with intensity?

Training with intensity is a mindset. The best natural bodybuilders have developed a superior mindset to the average guy in the gym. Isn't it true that just about everyone thinks they train hard? If you don't believe me, just ask them! Training hard is not a good way to measure or even define your level of training intensity. If you train with a lot of intensity, there's no doubt you'll be more productive in your bodybuilding efforts than those people who do not. The higher the level of your training intensity level, the better you'll be at initiating the muscle-building process.

I don't think I'd get much of an argument from you if I told you that training with the utmost intensity is one of the keys to continually producing significant drug-free muscle mass from your efforts in the gym, would I? You've probably read about the importance of training intensity dozens of times in the bodybuilding magazines, right? But what exactly does that mean? How would you define the word "intensity"?

Intensity can be defined as constantly striving for a higher level of excellence with every exercise, set, and rep you perform—regardless of what you've achieved in the past. Intensity is never being satisfied with your current level of performance or development because, deep inside your soul, you are *certain* you're capable of at least one more rep, five more pounds, a slight improvement in your physique, or all of the above. When you train with this type of passion, zeal, and enthusiasm, stimulating muscle growth is inevitable.

Intensity can be described as giving 100 percent of your mind, body, and soul in every exercise, every set, every repetition, and every workout. Intensity means pounding the weights in a way that is so darn taxing that every single set ends in absolute failure. In other words, you have absolutely nothing left in reserve when the set is completed—not a 1/2 of a rep, a 1/4 of a rep, or even a 1/8 of a rep more. Intensity is maintaining this high standard of performance throughout an entire workout.

If you want to achieve the outstanding development of the top drug-free bodybuilders, you can never be satisfied with your level of performance in the gym. You must continually strive for that always improving, seemingly barely out-of-reach incredible standard of intensity when you train.

7. The Best Natural Bodybuilders Train Hard All Year Long

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Bodybuilding is a lifestyle. The very best drug-free bodybuilders live that disciplined lifestyle all year long. They train hard in the gym and they eat the right foods all year long as they try to reach their ambitious goals.

Some natural bodybuilders make the unfortunate mistake of being terribly inconsistent. When they decide to prepare for a show, they start bearing down only two or three months before the event. This is usually much too late—especially if you want to achieve the same results as the elite natural stars. Some of the best drug-assisted bodybuilders may be able to get by with these inconsistent habits. A successful natural bodybuilder cannot. The elite natural bodybuilders must work harder and for longer periods of time to achieve their “drug-like” results.

The standard 12-week contest preparation strategy for success was obviously not submitted to the bodybuilding bible by one of the great drug-free bodybuilders. The purpose of this special report is to finally reveal what they do—and not what the best chemically assisted bodybuilders do to achieve their remarkable development.

Consistent training and eating habits all year long is a common characteristic of the very best naturals. How you train and eat seven months before a show is just as important as how you train and eat seven weeks—or even seven days—before a show. If you wait until three months before a scheduled contest, you are losing a lot of precious time that you could be growing if you stayed consistent with your training and nutritional habits. If you are a noncompetitive bodybuilder striving for mind-blowing muscle gains, consistent training and eating habits are just as important to you as well.

8. The Elite Drug-Free Bodybuilders Keep The Number Of Calories They Eat Relatively High

Another key to effectively building muscle mass and losing body fat without drugs is controlling your body's metabolism. Metabolism is the chemical changes, procedure, and process that the nutrients in your food go through once eaten. Those nutrients will be either absorbed and become part of the body, absorbed and be used for energy, or be excreted through waste.

The very best drug-free bodybuilders keep their metabolisms running efficiently all year long by keeping their nutrient-dense caloric intake relatively high. They get their metabolisms to run smoother and hotter for long periods of time. Doing so allows them to efficiently pack-on more muscle, preserve their hard-earned muscle when they are dieting, and lose more body fat.

The best naturals realize they must manipulate their metabolisms to achieve outstanding results. They don't have the aid of steroids to help build muscle, preserve muscle, and shed body fat.

By eating more clean, nutrient-dense calories, they literally force their metabolisms to gear up to a higher level of efficiency—instead of gearing down as they normally would with a more calorie-restrictive diet. Your body will either speed up its metabolism and supply you with more energy or slow it down to conserve what little energy it has left depending on how efficiently you eat. Your body simply will not let you run itself into the ground. If your body isn't supplied with a steady stream of nutrients that it can easily convert into energy, it will start slowing its metabolism

down. Your body will give you less energy to work with because your body isn't going to let you kill yourself. That's a safety mechanism it uses.

Great natural bodybuilders who have average to slow metabolisms eat a higher number of calories but maintain a consistent cardiovascular training program to keep from getting fat. The most common theory of weight management is the calories you eat each day must be at or below the number of calories you burn each day to keep your weight from getting out of control. If that were true, why would drug-free bodybuilders who have average to slow metabolisms need to maintain a consistent cardiovascular training program? Couldn't they just eat fewer calories?

Sure, eating 2,500 calories a day and doing no cardiovascular training whatsoever nets out to be the same as eating 3,500 calories a day and burning 1,000 calories a day doing cardiovascular training. For the drug-free bodybuilder who is really working hard for "drug-like" gains, however, the two methods are not the same at all. The best naturals already know this. They train and eat accordingly.

Awesome drug-free bodybuilders with faster metabolisms don't need to do as much cardiovascular training. However, they must be extremely disciplined and committed to eating a lot of food. They must do whatever they can to keep their metabolism running even hotter—even if that means eating pizza, burgers, and other junk food once in awhile (a luxury that a natural bodybuilder with an average or slower metabolism doesn't have).

This explains how the very best drug-free bodybuilders can get extremely lean at contest time—and still maintain a lot of dense muscle when they start reducing their calories. Reducing their calories is an absolute must for successful contest preparation but, because they start dieting from a higher number of calories, they are still eating a significant amount more calories than less successful natural bodybuilders.

You must control you metabolism if you want to duplicate the success of the top drug-free bodybuilders. Keep your caloric intake relatively high. Make your metabolism gear itself up—and prevent it from ever gearing down. If you have an average or slower metabolism, eat a lot of food and do a lot of cardiovascular training to keep your metabolism running hotter and running more efficiently. If you have a faster metabolism, you must be extremely committed to eating frequent meals that contain more nutrient-dense calories.

9. The Most Successful Drug-Free Bodybuilders Stay Relatively Lean All Year Long

While some bodybuilders swear it is better to bulk up for added muscle growth, the best naturals stay relatively lean all year long. The school of thought behind this theory of the top drug-free bodybuilders is that if you consistently ingest high-quality protein and train efficiently, it is not necessary to put on excess weight to gain muscle. The additional body fat does not pack on more muscle. The more fat you put on, the harder you'll need to work to melt it off when you want to get lean or get ready for a bodybuilding contest. The traditional way of thinking amongst the elite drug-free bodybuilders is to stay within 10 to 15 pounds of lean weight or, if you compete, your shredded contest condition.

Efficient training, adequate recuperation, and consistently eating high-quality protein is what builds rock-solid muscle mass without drugs—not excess body fat. The only things extra food and excess body fat can do for you is prevent your body from ever using its precious muscle as an energy source and give you more energy to train heavier in the gym. The extra mass can also serve as a more solid foundation that enables you to train heavier in the gym and possibly prevent injuries.

Some people feel that if you limit the amount of weight you can gain, you will also limit the amount of muscle you can build in the process. The best naturals find a good balance with their weight and stay relatively lean all year long.

If you do decide to carry a little extra weight, be sure not to get too far away from reasonably good condition. The longer fat stays on your body the harder it will be to take it off later. If you get behind schedule and need to drastically reduce your caloric intake to be ready for your contest in time, you will undoubtedly sacrifice a lot of precious muscle in the process. This will negate the very reason why you bulked up in the first place. If you are a drug-free bodybuilder, you do not have any chemicals to help you save muscle. You must be intelligent and disciplined.

Whether or not you are a competitive bodybuilder, you will ultimately need to decide how much body fat you are comfortable carrying. It may not be worth feeling sluggish or sloppy most of the time just to display a little bit more muscle for a few weeks out of the year.

In the off-season, eating **efficiently** is what will build muscle. Do not eat to get fat. Do not eat to stay lean. Eat to build muscle. Consistently feed yourself high-quality protein for muscle growth and enough carbohydrates to keep you feeling strong. After prioritizing those needs, consume as much food as you feel comfortable eating while still managing your body fat levels.

10. The Best Natural Bodybuilders Place A Heavy Emphasis On Protein Consumption

Some of the best natural bodybuilders take every legal supplement available in the nutrition store. Some of them don't take very many supplements at all. Yet they all are outstanding bodybuilders. What is common among most of them when it comes to supplements, however, is that they eat a lot of protein. They rely on protein powders and meal replacements to meet their muscle-building requirements in addition to their traditional food sources (like egg whites, chicken breasts, red meats, etc.).

Protein is the most important nutrient for building muscle. Without enough high-quality protein, you are not going to grow at the rate you deserve to grow—and I don't care how hard you train in the gym. The elite drug-free bodybuilders make protein powder and meal replacements the foundation of their supplementation program.

It is important for you to maintain a balance in the positive flow of nitrogen on a consistent basis. By this, I mean you absolutely *must* consume more nitrogen than you excrete. You need to keep your body in a positive protein accrual environment. If you happen to be excreting more nitrogen than you consume, it doesn't matter.

If you are trying to build muscle like the top natural bodybuilders, the primary focus of your nutritional plan should be on consuming plenty of high-quality protein.

Recapping The “Secrets” Of The Top Drug-Free Bodybuilders

The very best natural bodybuilders have already discovered the mental and physical secrets to produce astonishing results without the help of steroids or other illegal drugs. If you want to get the most from your drug-free bodybuilding efforts, try implementing all of these common characteristics and strategies of the very best natural bodybuilders I have outlined for you.

Here is a recap of the secrets of the top drug-free bodybuilders:

1. Don't think of being drug-free an insurmountable obstacle preventing you from building a great physique. You first must believe that it is indeed possible to create some amazing things with your physique without drugs. You must believe there is still a way to accomplish more with your physique even if you've had some pretty good gains in the past. Immediately separate yourself from those negative people who say it is impossible for you to do so.

2. Don't worry about who's taking drugs and who is not. The battle to become your very best is always against yourself—not against anyone else who is using drugs. Whether or not someone else is using drugs has no bearing on what you can and can't accomplish with your own physique. Worrying about who is on drugs, however, can have a seriously detrimental affect on everything you are trying to do.

3. Be patient. If you want to reach your full genetic potential without using drugs, you must look at your bodybuilding endeavors like the elite natural bodybuilders. You must look at your bodybuilding efforts as a series of long-term lifestyle choices. Instead of only setting short-term goals like seeing how huge you can get by next summer, create a clear vision of what you want to look like after five more years of living a disciplined bodybuilding regimen.

4. Develop certainty and confidence on a day-to-day basis with the training and eating habits you choose. Whatever strategies you choose, get the most out of them by exerting extraordinary effort. Make up for what others perceive as disadvantages with your exceptional work ethic, mindset, training habits, and eating regimen.

When looking for a good workout routine or eating plan, look to one of the successful drug-free bodybuilders you admire most for guidance. That way, you won't have the convenient excuse that your plan didn't work because you are training naturally. You'll begin with a little more certainty and look a little bit more closely at your level of commitment if things don't work out for you as quickly as you'd like.

5. Be persistent. Even though you train without drugs, become relentless in your pursuit of finding a series of effective strategies that will help you reach your outrageous bodybuilding goals. Keep searching for the right answers. Who knows? Maybe the next one you try will launch you into a new level of massive growth.

6. Train with intensity. Training hard does not mean the same as training with intensity. Intensity can be described as giving 100 percent of your mind, body, and soul in every exercise, every set, every repetition, and every workout. Intensity

means pounding the weights in a way that is so darn taxing that every single set ends in absolute failure. In other words, you have absolutely nothing left in reserve when the set is completed—not a 1/2 of a rep, a 1/4 of a rep, or even a 1/8 of a rep more. Intensity is maintaining this high standard of performance throughout an entire workout. Never be satisfied with your level of performance in the gym. Continually strive for the always improving, seemingly barely out-of-reach incredible standard of intensity when you train.

7. Train hard all year long. You must train hard in the gym and eat the right foods all year long if you really want to reach your ambitious goals. You don't have steroids or other drugs to compensate for mediocre, inconsistent training and eating habits.

8. Keep the number of calories you eat relatively high. You must control your metabolism if you want to duplicate the success of the top drug-free bodybuilders. Keep your caloric intake relatively high. Make your body gear its metabolism up—and prevent it from ever gearing down. If you have an average or slower metabolism, eat a lot of food and do a lot of cardiovascular training to keep your metabolism running hotter and more efficiently. If you have a faster metabolism, you must be extremely committed to eating frequent meals that contain more nutrient-dense calories.

9. Stay relatively lean all year long. In the off-season, eating efficiently is what will build muscle. Do not eat to get fat. Do not eat to stay lean. Eat to build muscle. Consistently feed yourself high-quality protein for muscle growth and enough carbohydrates to keep you feeling strong. After prioritizing those needs, consume as much food as you feel comfortable eating while still managing your body fat levels.

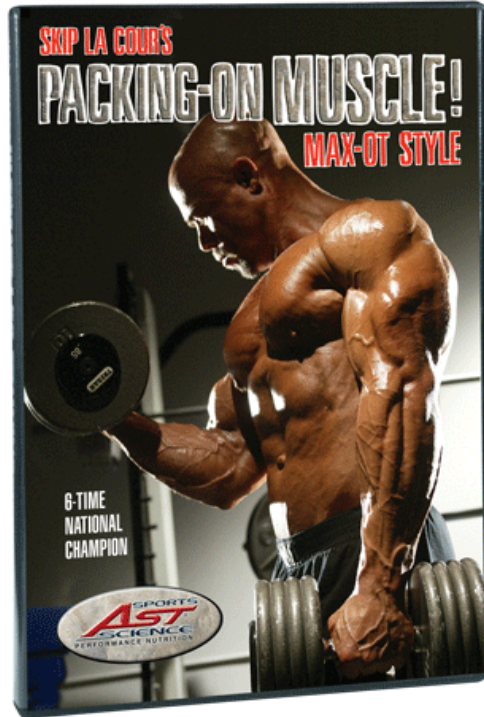
10. Place a heavy emphasis on protein consumption. Protein is the most important nutrient for building muscle without drugs. Without enough high-quality protein, you are not going to grow at the rate you deserve to grow—and I don't care how hard you train in the gym. Make protein powder and meal replacements the foundation of your supplementation program.

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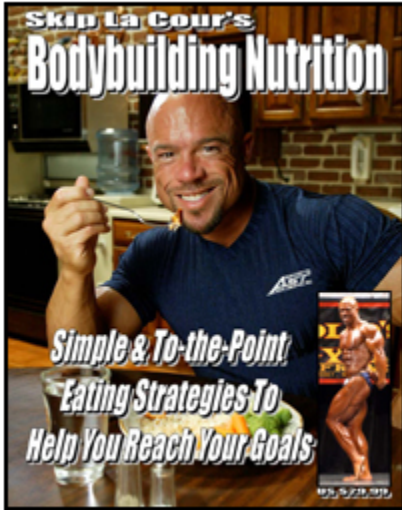
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Other Great Products to Help You Build an Awesome Body!

Skip La Cour's Bodybuilding Nutrition (87 pages)



For many of us, learning how to eat to support our bodybuilding efforts is our FINAL challenge! We feel we are driven, hard working, and know how to tear it up in the gym. But when it comes to choosing the right foods to eat, how much, and exactly what it takes to pack-on muscle mass, lose body fat, and preferably DO THEM BOTH at the same time—that's where we struggle!

"If eating right could only be as easy as training like an animal in the gym is for me," you've probably thought to yourself, "I'd be unstoppable!" I believe many of make the process of bodybuilding far more complicated than it needs to be. This is especially true when it comes to nutrition. The bottom line is that we are all after the same things; to build muscle, lose body fat, or a combination of building

muscle and losing body fat. We also want to do so in the most efficient ways and in the shortest period of time.

If you embrace the nutritional strategies La Cour has outlined in this publication, *Skip La Cour's Bodybuilding Nutrition*, how you need eat in order to build muscle and lose body fat will be simpler. You'll develop the courage and confidence to meet the challenge—instead of shying away or procrastinating because you are overwhelmed with conflicting and confusing information.

Skip La Cour's Bodybuilding Nutrition. \$24.99 (plus S&H/Total \$31.49; Int'l-S&H/Total \$32.49)

Packing-On Muscle: Max-OT Style! (151 pages)

Packing-On Muscle: Max-OT Style! Weight Training and Cardiovascular Training Strategies will further illustrate La Cour's commitment to finding the answers we all need to build our physiques in the most efficient and effective ways possible. The strategies that he shares with you have been developed with the tremendous knowledge and experience of Paul Delia, AST Sports Science President, Founder, and the inventor of Max-OT



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Training (Maximum Overload Training). Both the Max-OT Training and Max-OT Cardio training principles have become the cornerstone of La Cour's bodybuilding success. He outlines those winning methods in this book.

Dozens of inspiration photos included.

Packing On Muscle: Max-OT Style! **\$34.99**
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Bodybuilding and Training Ultimate Success Series

Skip La Cour becomes your personal coach with his incredible monthly success program. This well-designed 12-month series of audio CDs will get you to focus on your personal needs and explode to a higher level of achievement in your life.



Whatever the "next level" is for you, Skip's 25 years of experience studying personal development will help you get there. He is a successful Life Coach and Motivational Speaker who travels across the country assisting people with live seminars and one-on-one, private sessions.

Skip La Cour shares the time-tested mental, emotional, and physical strategies that will help you excel. These are the same methods that have helped him become one of the world's most-accomplished bodybuilders and a six-time national bodybuilding champion. He shares the very same disciplines that have allowed him to live his passion and create a successful business sharing that passion at the same time.

He has studied with Anthony Robbins, one of the world's most effective motivational speakers, and has staffed at his events across the U.S. Because of La Cour's tremendous success and mastery of the personal development skills presented, Robbins selected him to appear on his nationally televised infomercial that was broadcasted for over three years.

Skip La Cour will guide you through a masterfully-crafted, step-by-step journey that he guarantees will produce significant positive change in your life in just 365 days. He will instruct, motivate, inspire, and challenge you like you have never been challenged before. You'll see yourself use all of your talents and gifts more effectively with each listening session.

This Program Will Help You Learn the Training, Eating, and Mental Strategies Needed to Pack-On Serious Muscle!

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World-renowned bodybuilder Skip La Cour outlines the strategies to build muscle in the most effective and time-efficient manner. No matter what level you are currently at, you will be coached to a NEW and HIGHER than you would have ever imagined possible! The six-time national champion's 15+ years of experience as a leader, book author, featured magazine writer, and DVD producer will make learning and implementing what you've learned an awesome experience.

Is your brain overloaded with all the information presented in the bodybuilding and fitness magazines? Do you want to alleviate this frustration and end the confusion caused by trying to figure out everything about developing your body to a higher level all by yourself? Why in the world would you do so when you have better options like this success series of audio CDs available to you? Are you committed to taking your physique to the next level? Would you capitalize on the opportunity to learn from one of the very best teachers and motivators in the world? This well-designed program is your chance to learn from one of the most accomplished bodybuilders in the world.

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