

## **Tips & Bits**

**By**

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Sometimes it's fun just to sit back and write about various things that come to mind without having to follow an outline for a given topic. Tips & Bits gives me the opportunity to do just that, flow from one thing to another without having to stay on a particular topic for the entire article.

**Eggs.** The controversy continues as to whether or not the consumption of eggs raises the blood cholesterol level. I am confident it will in some individuals and not in others because the issue is not as simple as the ingestion of eggs. Individual make up, genetic chemical structure, digestive and absorption capabilities, liver and other organ functions; all play an important role in how eggs, or any other food for that matter, will affect the system and ones cholesterol level.

It is easy enough to find scientific studies and reports to build a case to prove consuming eggs will increase blood cholesterol levels and it is just as easy to find scientific studies and reports that prove consuming eggs does not increase the blood levels of cholesterol. So, since facts are available that support both sides of the issue, what is one to think? For me the answer is simple. Legitimate testing with diametrically opposed findings indicates that human beings are all different, some can tolerate eggs without any increase in their cholesterol levels and others simply cannot. Since accurate and honest scientific proof exists supporting both sides of the issue, it just seems natural to conclude we respond differently to different things. It is a known fact not everyone can eat shell fish, or even peanut butter so why do some people want to insist consuming eggs will not raise cholesterol level when it is a proven fact, in some it will? On the other hand, why do some people want to insist consuming eggs will raise cholesterol levels when it is a proven fact, in some it will not? For me, this appears to be one issue in which people

seem more concerned on proving they are right more than admitting the simple truth, eggs are tolerated differently by different people.

Many people are afraid of eggs due to the cholesterol scare and they don't even know what cholesterol is. Cholesterol itself is not something to be feared. Cholesterol is a fat-like substance found in every living cell in the body. It is made in and stored in the body naturally. Simply put, we could not live without cholesterol. The problem arises when either the body itself manufactures too much cholesterol or too much is consumed from outside sources. As with everything in life, excess of anything is not good for us and this applies to cholesterol.

This is not to imply I do not think eggs are a great source of nutrition for the bodybuilder, quite the contrary, I feel eggs are one of the very best food sources there is, if you are one of the lucky ones who can ingest them without any side effects.

During my prime bodybuilding years in the 60's I would eat no less than a dozen eggs a day. Most days would see me consuming two dozen with at least four to six being eaten raw, mixed in a protein drink. Today I consume egg whites only and no raw eggs at all.

Here are some facts and nutritional information on eggs that you may not have known.

#### Nutrient Content of a large egg

Nutrient	Unit	Whole	Egg	Egg
		Egg	White	Yolk
Calories	cal	75	17	59
Protein	g	6.25	3.52	2.78
Total Lipid	g	5.01	0	5.12
Carbohydrates	g	0.6	0.3	0.3
Fatty Acids	g	4.33	0	4.33
Saturated fat	g	1.55	0	1.55
Monounsaturated fat	g	1.91	0	1.91

Polyunsaturated fat	g	0.68	0	0.68
Cholesterol	mg	213	0	213

The RDA for Cholesterol is not to exceed 300 mg per day.

Eggs contain varying amounts of vitamins but no Vitamin C.

Cooking does not affect the cholesterol content of eggs.

You can use two egg whites for one whole egg in recipes with the same results. If a recipe calls for three eggs, just use six egg whites for the same effects.

Eggs contain Lecithin which is a natural fat emulsifier. The Lecithin is only found in the egg yolk not the whites.

The yolk makes up about 33% of the liquid weight of the egg, contains all the fat, and a little less than half the protein.

Eggs are a wonder food. As a source of protein, one of the highest in biological value is a combination of milk and eggs.

**Nerve Response.** Working out to failure on each set of each workout hinders muscle growth. Pushing yourself until you can't do another rep may sound good but in reality it can not only keep you from gaining muscle size, it can actually cause you to lose muscle tissue. Once you push your system to the point the nerves are no longer functioning in conjunction with the muscles, the nerve pathways will shut down and you are getting no benefit from your efforts.

The trick is learning how far you can go without going beyond that certain point. There is a thin line between enough, not enough, and too much in bodybuilding. Learn to read your body. If you are working the same muscle group twice per week, don't make both workouts heavy. Instead one should be heavy and the other light.

**Muscle Response.** Quite often I am asked questions concerning muscles that do not seem to respond during workouts. The lats are one example. Recently I received a letter in which the writer outlined his frustration trying to get his lats to feel the various

movements he was performing. He stated; “No matter what exercise I do for my lats, bent over row, “T” bar rows, pull downs, or seated lat rows, my biceps get a pump but I don’t feel anything in my lats.”

This is not an uncommon problem, even among some seasoned veterans. I have a little trick I use that causes the nerves and muscles to work together. It can be used with any muscle you might have a problem with.

Staying with the lats, and using the bent over row as an example. Assume your normal position; now bring the barbell up as you would normally. Instead of immediately lowering the bar, hold it in the up position contracting your back for a count of six. Lower and repeat for all your reps making certain you hold the contracted position for a count of six. You must focus your mind on the muscle being worked; contract the muscle fully for the entire six count. Make certain you use a weight light enough as most people use a weight that is too heavy to properly perform this technique. Remember, you are trying to teach a specific muscle to respond so don’t try going heavy and fast.

**Abs.** By now all we can do is hope people have gotten the message that the regular sit-up and stiff-leg leg raise are not good exercises for your abs. I also hope people have learned at least the following. The abs are muscles and respond to exercise just like any other muscle. You cannot spot reduce the waist, that is, reduce your waistline while keeping the rest of your body as it is. Diet is the most important part of reducing the waist. Now with these facts in mind here is a good ab routine to follow. If you have not been working out, especially on your abs for sometime, start slowly.

Week 1 & 2: Perform the following three times per week on alternate days.

Crunches 4 x 12      Reverse Crunches 4 x 12

Week 3 & 4: Perform the following four times per week, Monday / Tuesday and Thursday / Friday.

Crunches 4 x 20      Reverse Crunches 4 x 20

On the first two sets of both crunches and reverse crunches, hold the contracted position for a count of six. Perform sets three and four in their normal fashion.

Week 5 & 6: Perform the following four times per week, as in Weeks 3 & 4.

Crunches 4 x 20 super-set with Reverse Crunches 4 x 20

This is a six-week program. If you fully contract the abs on each movement, do not rush through in a sloppy hap-hazard manner but make the abs work, follow a good diet and exercise routine, your abs will show marked improvement.

**Biceps Peak.** If you've tried all the exercises you can think of and are still not satisfied with the peak of your biceps try this one. Using a lat pull down machine, lower the seat to the lowest position. Sit facing away from the unit. Grab the bar with a close grip. Your arms should be fully extended above your head. Now, without moving your upper arms, curl the bar down and behind your head, keep your elbows pointing up toward the ceiling. Hold in a contracted position for a count of six before returning to the starting position. Do not use a heavy weight instead concentrate on the contraction of the biceps. Four sets of ten reps twice a week should bring the peak up in short order.

**Protein.** A good source of inexpensive protein is low fat or no fat cottage cheese.

**Water.** I see people taking aerobics and training to lose weight drinking water the entire time they are exercising. This is one big mistake! Drinking water during and immediately after working out is a weight gaining trick. Those trying to lose weight should wait about one hour after they work out and then sip small amounts of water. Gaining weight, losing weight or simply staying healthy, you should consume at least 8 to 10 large glasses of water every day. While trying to lose weight do not drink while exercising.

**Calves.** Do not wear shoes while performing calf raises. Shoes prevent you from raising high on your toes. Another tip is to keep all your weight on the big and second toe as you perform each rep. This will work the meatier, inside part of the calf.

**Forearms.** Most know that simply changing the hand position slightly on an exercise introduces a new feeling and reaches a different part of a muscle. Instead of performing wrist curls with a straight bar, try using an EZ Curl Bar. The slight change of hand position makes a lot of difference. You may have to lay your forearms on your thighs with your wrist and hands hanging over the knees, instead of having them rest on the end of a bench. It produces an entirely different feel and you won't believe the burn you'll get.

**Working The Biceps.** It's easy to cheat and bring other muscle groups, such as the front delts, into curling movements for the biceps. The Preacher or Scott Bench, Spider Curls, some Concentration Curls and a few other movements work fairly well in keeping the biceps honest while curling. One good method often neglected due to the lack of poundage you can use is the back against the wall curl.

Stand at an angle, feet about twenty-four inches in front of the body, with your upper back against the wall and your triceps must also be touching the wall. Holding a barbell with a wide grip, curl the bar up as high as you can without moving your upper back or triceps off the wall. It is important the upper back and triceps keep constant contact with the wall. Try 6 x 6 with minimal rest between sets and watch the bi's grow.

My Bodybuilding Bulletin book contains a lot of different information in a format similar to that presented in this article. It's a good resource book full of tips, ideas, and suggestions.

Happy Training!

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