

## **WELCOME!**

Body Maxx is a complete training system designed to make you stronger and bigger! The results you achieve will depend on your dedication to making yourself the best that you can be. Remember, as always, you should consult with your physician before beginning an exercise program. The methods within this program are proven to be effective. Your individual results may vary. What you put into your workout is what you will get out of it.

The Body Maxx Bench Program is designed to add 15 to 20 pounds to your bench press. It is a twelve week program that is designed to be used within the Body Maxx Workout or your own workout program. Enter your current bench 1 rep max and the program will determine what weights and reps you should perform for each workout. This program is ideal for someone entering a bench press contest. Start the Body Maxx Bench Program twelve weeks before your contest. Time it so that the contest falls on the thirteenth week. (Don't worry about bad luck. A well prepared athlete makes his own luck!) The program will even give you the weights for your attempts!

The Body Maxx Training Log can be printed out and placed in a notebook that you can bring with you to the gym. Recording and tracking your workout is a major factor in determining what works best for you. There are many ways to achieve success when training with weights. The Body Maxx System is one such way. Keep track of your progress in your training log to see what works best for you. You will be able to see exactly where you are making gains and which areas seem to be lagging behind. This information will allow you to turn your weak areas into your strengths!

The Body Maxx Workout is a sample workout that you can use in conjunction with the Body Maxx Bench Program and the Body Maxx Training Log. You can use this workout or you can incorporate the Body Maxx Bench Program into your own workout. The Body Maxx Workout is a 4 day a week workout that hits each body part twice a week. The basic principle incorporated into this workout is that you are doing "pushing" movements one day, and "pulling" movements the other day.

My Workout is simply an area where you can devise and record your own workout. You can put together the things that you find to be successful for you to create the ideal workout to suit your individual needs.

The Computer Training Log is for those of you who want to track your workout on your PC. Ideally you can simply transfer the data from the sheets that you brought with you to the gym. You can then use this information to plan your next workout.

Intensity and hard work are the keys to success! See you in the gym!