

## Relaxed Full Body Workout with Results by Vic's Natural

<http://www.youtube.com/user/vicsnatural?blend=1&ob=4>

*I was looking for a natural way to improve my body without any drugs or chemicals. I found Vic's workout. No alcohol, no cigarettes, high protein/low-carb green and lean diet with healthy fats, proper sleep, no stress, lots of discipline, low effort, proper mindset, breathing, focus, visualization and meditation.*

Make progress on a daily basis. As your mind focuses, your concentration deepens and your workout becomes something to look forward to, you will realize you have no limits! Feel great about yourself, have the energy to bring success, physically, socially, and professionally to enrich your daily life. A great life begins with a healthy, strong body.

My system of training philosophy incorporates virtue, universal balance and harmony, and tolerance as tools to achieve goals in any of life's arenas. The Ultimate workouts are designed to get you in the best shape of your life. Body and mind are always connected. As you build a balanced, strong, athletic, sleek, defined physique, you will also develop a quiet confidence and social presence. Being fit and sound in both body and mind will allow you to become more successful in your career, earn more money, achieve in academics and athletics and reach goals that you may never have imagined.

He has done this through hard work, a disciplined approach to training and a winning philosophy and attitude. He has achieved a level of career success, academic success and athletic success without taking any shortcuts.

### **Biceps and Back:**

Given that the triceps comprise roughly 2/3 of the arm muscles and the biceps 1/3, like a recipe, our workout calls for 2 sets of triceps for every one set of biceps.



### **Chest and Triceps:**

A well-developed chest isn't necessarily developed by doing bench presses and like exercises with massive amounts of weight.

Isolation is the key here. Isolating the muscles of the chest can be difficult, but with the proper posture and techniques, you can look forward to that development.

Sometimes while doing bench presses the person moves too fast, rounds the back on the bench and locks the elbows at the top of the exercise and wasted his or her time. A correct rep. is an effective rep.



## **Shoulders and Legs:**

The shoulders are the second most neglected body part next to calves. As a matter of fact, if you were only given the choice to build one muscle group that would make the most difference in the way you look, it should be your shoulders. For sure, well-developed shoulders add such a dimension to a physique that we ought to pay particularly close attention to them. Additionally, next to a flat belly, nicely developed shoulders will be most noticeable in and out of clothes.

Many of us have a tendency to ignore legs and focus on our upper bodies; arms, chest, and back. Your body will limit the amount of development or progress to a certain body part if the others are not developing in a complementary fashion.

On any leg exercise that involves bending or squatting, never allow your knees to exceed your toes when you descend on your squat, leg press, or any exercise. In other words, you should be able to see the tips of your shoes at any point in the exercise, even when the knees are bent. Never lock your legs at the top or contraction, on any exercise. Never ignore your legs; your overall progress will suffer.



## **Abs and Calves:**

Remember, there is a big difference between developing your abs and seeing your abs. We will unveil the shroud that covers the abdominals. You may believe it's about repetitions, but that's not so important. If you do thousands of reps incorrectly you have wasted your time and effort. Vic will coach you through isolating the abs and "maxing" the stretch and contraction on each and every repetition.



## **Home Workout**



Do 10 slow push ups, 25 sit ups, and 25 squats each morning. Repeat the same in a different order in the evening before you shower and go to bed. It will only take 5 minutes or less each morning and night but the effect it will have will give you at least a decent level of fitness at the very least. This should not be a substitute for your regular gym workout sessions.

## Gym Pain

By pain I mean “workout pain”, not physical strain or damage pain. It is very important that you know what you’re doing or have a Personal Trainer watching you. Stop immediately if you are even slightly unsure that you are within your safe limits. Remember, safety first!

The old saying “no pain, no gain” is very true, but it doesn’t have to be that way. Think “mind over matter”. It’s all in the head.

You have to shift your mind away from the pain and actually enjoy the workout. Easy to say, you’re thinkin’? Trust me, it gets a lot easier when you get over the hump. So here are a couple of tips on how to get your mind to work for you:

## Meditation and Chi

Practice feeling no pain and having superhuman strength – don’t think about legs/arms/pain - focus on Chi and breathing, and lose all conscious thought.

One time I tried three approaches at my gym:

1. One was focusing completely on the breath. I lost all the power due to lack of localized concentration.
2. Then I tried to focus on “dien tien” (lower abdominal energy center) - a bit better, bit similar result.
3. When I directed my thoughts to the muscles being worked and breathed slowly, I got the most power.

So, before each set, take a couple of very deep breaths. Then as you are pushing the weight, direct your conscious thought to the muscles doing the work. It helps to know the exact technique and which muscles should be doing the work.

Imagine your muscles being a “gigantic mountain” as per [Arnold Schwarzenegger Bodybuilding Encyclopedia](#).

If you simply cannot ignore the pain, then you have to beat it mentally.

## Challenge yourself

You have to beat your own self. Keep saying to yourself “I can do this, just a bit more, 4 more feet, 2 more reps.” Swear (quietly) if you have to! Don’t be afraid to make noises, as long as you’re being respectful towards other members.