



THE FITNESS BLUEPRINT

BY
NSANE TRAINING SYSTEMS

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www.NsaneTraining.com

**DON'T TRAIN
HARD...**

TRAIN NSANE

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The Rewind: May 2008

After a very successful month of competition in April, Daniel Silva competed in his first professional bodybuilding competition at the IFPA Pro Bowl in Richmond, Virginia last month on May 17th 2008 finishing with a 6th place ranking. He used this competition as a starting point for his career in professional bodybuilding. The next professional competition will be at the Yorton Cup which will be November of 2008.

Also, in the month of May, due to high demands, Nsane Training Systems added three new Boot Camp times which are now on Tuesdays and Thursdays @ 8pm and Saturday @ 8:30am at the World Gym Bowie. For more information contact us at nsanetraining@gmail.com

Daniel O. Silva, CPT

Lab Reports:

Walking for Life (found in Muscle and Fitness Magazine July 2008)

A recent government-sponsored study by the Veteran Affairs department which involved 15,660 men concluded that just 30 minutes of brisk walking 5-6 times per week reduced a man's risk of death by half. This is the largest study ever to find a correlation with fitness and the reduction of mortality rates.

Announcements

It is NOT too late to get
Your body ready for the
SUMMER!

Sign Up Before
June 6th 2008

And
Receive a FREE Personal
Training session for
Friends/Family

Please Join and Support us @

International Natural Bodybuilding and Fitness Federation
The Metabolix Natural North America Body

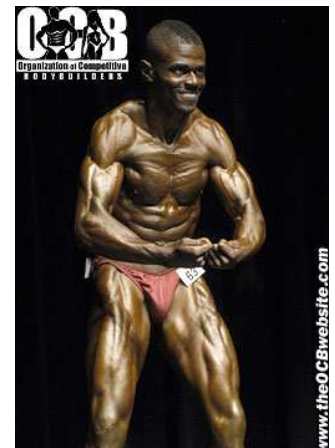
June 7th, 2008

**KENMORE SCHOOL AUDITORIUM,
200 S. CARLIN SPRINGS ROAD, ARLINGTON, VA**

Kina Elyassi NPC Natural East Coast
Tournament of Champions
Bodybuilding and Figure Championship

June 14th, 2008

THE UNIVERSITY OF DISTRICT COLUMBIA



Daniel Silva, CPT

Table Talk: Breaking Down Carbs

We have heard all of the catch phrases and code words that have to do with carbohydrates. Simple carbs, high fiber, starches, high fructose corn syrup...the list can go on and on. In this article we will briefly break down the most important facts and terms that you should be aware of as you stand in the aisle at the grocery store trying to figure out which type of bread you should buy.

First of all, the difference between “simple” carbs and “complex” carbs is the rate that your stomach and intestine break them down into sugar (glucose) units for energy.

Fiber controls the rate which carbohydrate food is broken down. The more fiber that is contained in the carbohydrate foods the longer it takes for your body to break it down and use it for energy in the muscles if needed, or store in the liver. Simple carbs are

mostly made of starch and sugar with very little if any fiber. Conversely, complex carbs contain more fiber than sugar and starch. The liver will convert most of the excess sugar into body fat.

When comparing carbohydrate foods, you must ignore the names on the packaging. Food companies are getting very good at confusing us, the consumers, into buying the wrong items. Do not assume that “whole grain” and “multigrain” are actually healthy for you. There is no FDA regulation for the usage of these terms. Even though a package might say these terms, there still could be very little amounts of fiber due to the processing practices of food companies. **You should always buy “whole wheat” items, because the FDA mandates that these items**

have to be exactly just that; whole wheat grains that have not been processed in any manner.

The first ingredients should always be “whole wheat flour”; savvy marketers for the food companies have begun to use “wheat”, “unbleached wheat”, or “unbleached enriched” flour. All of these have still been processed which removes their fiber content and reduces their nutrient values.

Finally, read the labels of every packaged food and if you see: corn syrup, rice syrup, maltodextrin, cane juice, fructose, sucrose, or dextrose, do not buy these items. These words are the scientific names for sugar and extra inches around the waist lines. For more information on this topic, contact us at nsanetraining@gmail.com.

Daniel Silva, CPT

Sets and Reps: Are you doing enough?

As we are approaching the end of the first half of 2008, it is time to do a self-assessment of your personal health and fitness plan. For most of us, we have settled into our “routine” when it comes to exercise. We now workout usually 2 times a week for about an hour or so right after work. We either have found a group exercise class that we enjoy that is not too demanding after a long day of work, we have learned how to use a few resistance machines that work our “target spots”, or we have found that one piece of cardio that allows us to exercise and read a magazine at the same time.

The only problem is we have now reached a plateau in our fitness goals for the last month and we are trying to figure out why we are stuck there. The answer to this question is...ADAPTATION.

In life, the word adaptation is usually a good thing. In the world of health and fitness, it is one of the most feared and dreaded words. **When your body gets used to a specific type of exercise whether cardiovascular or resistance training, it begins to adapt to the “stresses” (exercise) you are placing on it.** This is when a specific program on the treadmill/elliptical gets easier to perform or the amount of the weights you use for an exercise doesn’t “burn” as much while you are lifting. Unfortunately, too many people think of this as a sign that they are “getting in shape” because the exercise is getting easier. This is actually the opposite, because you are not challenging your body during every workout, you are actually slowly reverting back to your days of being “out of shape”.

To break through a plateau, you must intentionally increase the intensity of your exercise every time you workout. This can be done in so many different ways...either increase the duration of a specific exercise (go longer), increase volume (go heavier, or more reps), or increase the frequency (go more often). All of these are all principles of Nsane Training Systems. For more information on this topic, contact us at nsanetraining@gmail.com.

Daniel Silva, CPT