

28 FATAL FLAWS

OF BUILDING LEAN & ATHLETIC MUSCLE



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The 28 Fatal Flaws of Building Muscle, Getting Lean, and Gaining Strength

Avoid These Mistakes to achieve the best body you can!

What this manual is about to take you through is a rundown of the 28 BIGGEST Flaws serious trainees make when it comes to building more muscle, getting lean, and gaining strength.

Not your typical gym....



As you can see this isn't a pic of your typical gym. In fact, I wrote this whole manual while being in my gym. Just being in this atmosphere gives more insight into what really works when it comes to building more muscle while also getting lean.

It can be done and I'm going to help you by pointing out **28 of the BIGGEST Mistakes** you can make and then tell you how to avoid them.

The truth is, you can build more muscle and strength, all while getting more ripped. It's been done many of times with my athletes, online coaching clients, as with including myself.

Just a quick question for you; ***“What good is adding more lean and dense muscle to your frame if you can't see it?”***

Or what good does it do you to increase the amount of raw physical strength and power you have if you're big and fat and unable to use it?

What I'm about to discuss here are the major flaws serious trainees make when they embark on their muscle, strength, and fat loss journey's.

THE TRUTH...

If you're reading this report right now, you've probably tried at some point on your own to add on more lean mass and strength but, I can almost guarantee the results you saw weren't as good as you wanted them to be.

Is this somewhat correct?

I 'm fed up with people trying to get results and see nothing but lost time and little to no results to show for it. **So I want to expose the major flaws** people make that are simply killing their progress to achieving the gains and overall results they want.

After reading through these fatal flaws and mistakes, I know you'll be well on your way to making lean gains in both weight and strength all while getting more ripped!

After all, you do want people to notice all the hard work you're putting in right?

Live Aggressive and Get Strong!

Travis

Fatal Flaw#1 - Not Resting Enough

One of the main factors when it comes to gaining more muscle and strength is with recovery.

The only time muscle can grow is when it's at rest.

A HUGE misconception people often make when training is that their muscles are actually growing while lifting. This is true in the fact that your muscles get pumped from the rush of blood going into the muscle in order to supply them with oxygen but, they are not actually growing in size and density at this time.



The only time your muscles actually grow are when their at rest. This means right after you have completed a workout, the recovery process starts to begin. This is way it's so important to get a solid post workout recovery drink in to help supply your muscles with the right nutrition at the right time as well as keeping your workouts short and very intense. The more time you spend in the weight room, the more time you take away from the recovery process.

The major flaw people tend to make is not allowing your muscle to fully recover enough. People who train 5-6 days a week without a particular plan fail. Often times, people have the mindset that *"more is better"*, where in reality, this mindset will only hinder people's overall progress.

THE SOLUTION - Have a set plan with set recovery days – train your muscles just enough in the right ways and you'll see gains. Within your plan, utilize specific off days to allow your muscles to grow and get strong. Overtime, your gains will be noticeable.

Fatal Flaw# 2 - Going To Failure All The Time

When I tell my clients and athletes for the first time NOT to go to failure, they look at me with crazy eyes. Why wouldn't you want to push each and every set to the very limit by draining out every ounce of energy from your muscle? At first thought, most people would think that this is the ultimate answer to gaining strength and muscle but, they are wrong.

What I want you to think about for a second is a sports car. Now imagine this sports car is extremely powerful and you know you can drive as fast as you want by simply hammering the gas and gunning it right? Well, what if you were to always hammer the gas and go full throttle everywhere you went?? After time, you're brakes are going to get shot, your engine will begin to get worn down, and the overall quality of the car will plummet. The same will happen with your body if all you do is *push it* to the very limit each and every set.

The truth is, when you go to failure, you not only tax your muscular system but, you tax your nervous system as well. Your muscular system will recover rather quickly but, when you tax your nervous system, it can take much longer. Doing this for an extended period of time will have the same effects the sports car had but now with your body.

To help avoid plateaus and taking steps back in your progress, it's best to leave a few reps left in your tank when you're performing different movements. This doesn't mean you go half-ass with your movements. You're still going for maximum speed and contraction on everything you do, the only thing is when you start to fatigue and move a bit slower, cut the set off. This goes for both bodyweight and weighted movements.

The idea of keeping a rep or two in the tank will help keep your nervous system fresh. Plus, if you go back to the first flaw that talked about recovery, leaving a few reps in the tank will help aid in this process as well. Your body will recover quicker and you'll stay a bit fresher which will allow you to keep training at maximum levels without hitting walls and setbacks.

THE SOLUTION - From now on, only go to failure a few times every 3-4 weeks with different movements. Going to failure too much will result in ultimate failure down the road. Keep your sets explosive as possible and fresh. Focus on leaving a few reps in the tank each set.

Fatal Flaw#3 - Not Eating Enough

It simply amazes me when I talk to clients or see young athletes the first few times and I come to find out they eat maybe one meal a day or skip meals having the thought that if they eat less, they'll get leaner.

I used to believe this back in 7th grade...

Actually, it's totally backwards. The less you eat while the harder you train, the worse your results will be and here's why...

First off, when it comes to building more muscle and strength, food is FUEL. In order for your body to properly perform workouts that lend to building muscle and strength, you need to supply your body with enough fuel.

Lots of people believe the notion that the less they eat, the leaner they'll get. And if all they do is lift weights and train hard, that will be enough for them to gain more strength and muscle.

In order for your muscle to grow, it needs to be properly nourished by getting supplied by foods with key vitamins and minerals. At the same time, in order for your body to be able to burn fat, you need to supply it with the essential energy needed to help your metabolism perform these tasks as well.

Just like with the last flaw using the sports car as an example, for this example, you're body is again the sports car. What do all cars need in order to drive?? FUEL. Food is your fuel.

But, not all fuels are created equal. You'll find out in an upcoming flaw which foods to eat and which to avoid for muscle gain and fat loss but, the bottom line is you must supply your body with the right kinds of fuel and at the right times to be totally successful.

When you're under eating and not supplying your body with the essential vitamins and nutrients it needs, your results will suffer for it!

THE SOLUTION – Make sure to eat enough of the right foods to supply your body with the FUEL it needs to grow, gain strength, and get leaner.

Fatal Flaw# 4 - Too Much Rest

Now, one of the main solutions above was on how you should be resting more in order for your muscles to recover properly and grow however, now I'm going to turn right back around and tell you that I bet you're resting too much.

What I mean is you're resting too long *during* your workouts. What I mean is in the heat of the battle, you're probably wasting too much time in between sets.

I'm a huge advocate of training in at least 60 mins or less. In order to do this, **you need to push the pace in your workouts** and you need to hit movements when you're not fully recovered.

Too many people let their body make a full recovery in between their training sets which will never force your body to work harder than it ever really needs to work. You need to put your body in a state of fatigue and push it from there.

It's important to take a longer recovery if you're training for pure strength but, when you're training for more muscle gain and fat loss, you want to focus in on incomplete rest periods.

When you train without complete recovery during your workouts, you build up more levels of conditioning and endurance. In return you'll help improve your actual recovery time.

Also, as an added bonus, when you train with sub maximal rest periods, your body naturally releases more growth hormone into your blood supply which will also help aid in burning fat and building muscle. This is due to the lactic acid build up you cause by pushing the pace but, I'll let you read and research that all on your own! I'll spare you the boring science lecture! Just trust me on this one.

Another plus to pushing the pace with your workouts is you get more done in less time.

When you do this, you give yourself more time to recover after the workout is done which will allow more time for your muscles to grow and get strong.

THE SOLUTION – Attack the time in your workouts by using incomplete rest periods of anywhere from 30-60 secs and no more to really crank up the intensity. Avoid resting to full recovery unless you're working out with max loads and focusing in on just strength.

Fatal Flaw#5 - Not Lifting Heavy Enough

Now, one of the issues I see with lots of lifters is they pump out tons of reps with light weight in thought that if they get in enough volume, they'll force their muscles to grow. At the same time, I've seen lifters bust out the high rep sets of light weight in thought that the high rep sets with force their body into fat burning mode.

Both are mostly false.

In order to combat this flaw, lift heavy ass sh*t. I can't put it out there anymore plain than that. You need to lift heavy weights to force your muscles to grow and become stronger. If all you do is "pump" sets of 15-20 reps with light weights every workout, your muscles overtime will get smaller and weaker. It's just the body's way of adapting to the demands of the variables being placed upon it. Just like if you were a long distance runner versus a sprinter. Long distance runners have little muscle mass compared to sprinters as sprinting requires a person to be strong and explosive while running long distances only require you to have high levels of stamina and endurance. If a sprinter were to



only do long distance runs, overtime he would lose the muscle mass as the body wouldn't really have a need for it any longer.

The bottom line here is, give your body a reason to keep the muscle on it and grow it bigger. Lifting progressively

heavier weights will do just that!

THE SOLUTION – Include lifts and weights that only allow you to get 6 reps and below. Since the rep range is so low, to help push volume, do more sets. So a perfect rep and set scheme would be 5 x 5 or 6 x 4. Doing multiple sets of 2 and 3 reps with big time lifts work well too.

Fatal Flaw#6 - Doing The WRONG Movements

When choosing exercises it's best to go for more bang for your buck. This is especially true for when you want to add more strength and power to your frame as well as muscle.

So, forget about the isolation exercises such as the standing dumbbell curls or tricep kickbacks. Forget about your cable column fly's and lateral raises. Those are nothing more than assistance movements and to be brutally honest, you only need those types of movements if you're a professional bodybuilder or going through rehab program to repair an injury.

We want to focus on the meat and potatoes, AKA, "The grand daddy lifts"!

I'm talking about your squats, overhead presses, deadlifts, and rows. You can't forget about your pull ups, push ups, and other essential bodyweight movements as well.

With these, it's no secret that they work lots of muscle groups at the same time. In return, these types of movements help us build more strength and muscle as a whole instead of just isolation. Another great addition to this is the fact that working more muscle groups at once, helps with burning more overall calories; this is the key to melting fat off your body.

THE SOLUTION – Use movements that are multiple threats in nature meaning, they work a ton of muscles at once. Movements like I mentioned above work well – deadlifts, all the different types of squat variations, barbell overhead presses, rows, cleans, push presses, and tons of dumbbell lifts and bodyweight movements. Make sure they work lots of muscle at once.

Fatal Flaw#7 - Lack of Mobility

One of the issues I see lifter having is that they perform lifts wrong. First off, this makes getting injured a higher possibility and second, this doesn't allow for the most benefit to be received from doing the particular movement.

In most cases it's not because the lifter doesn't know how to properly perform the movement, it's usually because he / she doesn't have the right amount of mobility and flexibility needed to properly perform the movement in the right range of motion.

This can easily be resolved with properly including foam rolling, mobility, and static stretching work at the right times.

For those that don't know, foam rolling is one of the most essential pieces to a workout. You should be foam rolling your major muscle groups both before and after a workout to actively break up scar tissue and tightness in your muscles that build up overtime from strenuous training.

I can remember the first time I rolled out how damn excruciating the pain was. It was absolutely terrible but, at the same time I was lacking in my abilities to properly perform lifts such as the deadlift, front squat, and overhead squat. The mobility in my hips were terrible.

What I did was focus in on improving my mobility through foam rolling before and after my workouts while also incorporating dynamic movements in my warm up as well.

Slowly but surely, my mobility improved as my movements did as well. Not only did I feel better, I was now stronger and more powerful than before!

Don't make the mistake of not warming up and cooling down properly before and after your workouts. Too many lifters fall in the trap of just working out and not paying any attention to the warm up or cool down.

THE SOLUTION – Make sure to be hitting a ton of foam rolling before and after your training sessions especially around your hips and low back. You should also be performing a ton of stretching after your workouts to help lengthen out your muscles and tendons for better flexibility. Also take the time to properly warm up before training sessions with a dynamic type warm up using movements that not only get your body prepped for battle but, that also help improve mobility as well.

Fatal Flaw#8 - Lifting Too Slow

One of the issues lifters run into when they are training to pack on lean mass is the fact that they start to lift way too slow. They start to grind reps out and in return, grow slow, weaker muscles.

Most bodybuilder types focus on slow and controlled reps where if you want to stay explosive and athletic, you need to lift explosive and athletic.

Pretty simple right?

I've heard of lifters doing reps consisting of a 5 sec concentric portion with a 5 sec eccentric portion to the lift. While this will keep your muscles under some good tension, you'll lose power and explosiveness overtime and end up slow and weak...

Now, of course you'll be forced to lift slow when you're training with heavier weights but, the main focus for when you lift any type of weight should always be to explosively contract your muscles on each and every rep as fast as possible.

There are a few parts to lifting that you must understand – The concentric portion of a lift and the eccentric. The concentric portion of the lift is when you actively press, pull, push, or row the weight. So on a press, the concentric portion of the lift is when you actually press the weight up. The eccentric would be when you lower the weight down.

One main thing you want to focus in on when you lift any type of weight, is to lift it as fast and as explosive as possible. Doing this will help increase muscle speed and strength. You never want to lift something slow.

Now, for the eccentric portion of the lift, which is the part opposite of the concentric portion of a lift, obviously, you want to stay under a good amount of control. You do not have to lower the weight in a super slow manner but, rather focus in on being in control. This will



help keep tension on your muscles and keep you in control of the weight.

SOLUTION – Make sure to always lift whatever weight your doing in a fast and explosive manner. Never lift slow. When you start to lift slow, stop your set.

Also focus in on being in control of the weight while your lifting. If you get out of control, you'll possibly get injured. When you're injured, you don't get any results.

Fatal Flaw# 9 - Not eating the RIGHT foods.

When it comes to getting results, I'm a HUGE believer in the thought that nutrition plays 90% if not more of the role for what type of results you actually get in the end.

If you eat like sh*t you'll look like sh*t and be sh*t.

If you eat lean and clean, you look the part.

It's true unless you have God given genes that allow you to eat whatever you want.

For most people out there, they have the training down 100%. They go to the gym and give it everything they have but, when their away from the gym, they stuff their face with all the wrong crap that erases all the hard work they just put in.

This continues to happen with the thought of "If I just work harder my results will come" but, they never do.

The secret – You are what you eat!

This saying can't be more than true! It took me years to figure this out. I've always trained as hard as I could but, for the longest time I thought since I was training so hard and smart that I could out train a crappy diet.

I couldn't have been more wrong.

When eating food, the simplest route to go is to look at the ingredients of what it is you're eating.

Is that chicken really chicken??



The secret is to go after **QUALITY** foods.

Lean proteins, healthy fats like nuts and seeds, berries other fruits, plus an endless amount of green leafy, non-starchy carbs are all the basic nutritional foods you should ever really need.

Where most serious lifters go wrong is with the quick and easy foods they choose to eat.

Most of these quick and easy food options are laced with additives and extra unneeded ingredients. It's these extra fillers and junk foods that really take a toll on our bodies.

All the excess junk does no good for your results.

THE SOLUTION – Look at the ingredients in the foods you eat. If there's more than 5 ingredients you can't spell or pronounce, forget

about it! Instead, reach for whole, raw, and natural (and organic if possible) foods instead. Your body and results will thank you for it.

Fatal Flaw#10 Not Eating Enough Protein.

The age old saying – eat more protein, gain more muscle....

How true is this???

Well, in order to gain muscle, you must supply your body with enough protein. This is no secret.

Any serious lifter knows that protein is the true building block of muscle but, many neglect eating enough protein.

To add to this, many lifters that try to get in enough protein take in the wrong types of proteins. Instead of getting in high quality, pure, and complete proteins, they fill their intake of protein with low quality proteins that do nothing more than bog up your digestive system and contaminate the body.

Too much of something bad isn't going to do you any good. Instead you need to focus in on eating lean and clean proteins and in the right amounts.

Typically, it's been said that you need 2g per lbs of bodyweight but, you don't actually need that much. Not even close if you're eating the right high quality proteins.

THE SOLUTION – Eat high quality sources of proteins like lean grass fed beef, organic chicken, cage free eggs and egg whites, wild caught fish, and high quality whey proteins at a rate of 1.5g per lbs of

bodyweight. No need to eat 2-2.5g per lbs of bodyweight if you're eating the right proteins! The better the quality the less you need.

Fatal Flaw# 11 - Exercise Order Is Whack!

One of the biggest mistakes I see lifters make is with the exercise order they have within their workouts.

Exercise order does make a difference as some movements are more effective when used at the start verses the end of a training session. Some specific movements should be done when a person is fresh in order to receive the full benefit.

For example, it wouldn't be wise to perform deadlifts last in your workout, especially if you're working with extremely heavy weights. You'll be too fatigued at the end of your workout to lift your heaviest weights. This will result in poor numbers and no records being broken.

The same goes for movements involving speed and power such as push presses or snatches. Again, for these you want to be fresh so you can move as fast and as explosive as possible.

Unless you're doing a conditioning session, you want these movements to be as fast as possible. You can't do this to the highest efficiency if you're fatigued from hitting most of your workout beforehand.

THE SOLUTION – Do your power and speed movements first thing in your workouts when you're the freshest. Next, perform your heavy weighted movements then move onto your assistance and other movements last.

Fatal Flaw#12 - Weekly Routine is All Wrong

If you're reading this right now, I hope that you're not one of those guys that are still saying, "Today I got bi's and tri's, tomorrow I got back, then I got legs, and I'll finish up the week with chest..."

If you are one of these people, I'm telling you right now that you're not following the most effective muscle and strength building routine, especially if you're trying to stay relatively athletic.

This is your typical bodybuilder weekly routine, the old "body part split" routine. It works for people that want to go the strict bodybuilder way but, I'm pretty sure that if you reading this now, you want to be more of an athletic and ripped person, not a bulky and immobile muscle bound bodybuilder.

To avoid this, you need to approach your training as an athlete would, not a bodybuilder.

Stop focusing on body parts and instead, focus in on movements. Instead of breaking up your training days into muscle groups, break your days up into movements focusing on using your body as a whole unit.

Your body was made to work as one unit, not in isolation. Train it that way.

THE SOLUTION – Don't get into the age old "bodybuilding split routine" for your weekly training schedule. Instead, train your body as a whole unit focusing in on different movements, not specific body parts. When you do this, you can then focus in on having more productive workouts and results overtime all while building more athleticism and muscle.

Fatal Flaw#13 - Avoiding The Basics

Many times when I train an athlete for the first time, they come in thinking they are very strong. While they come in many times lifting a lot of weight, it comes with a high risk of injury. This is because many of times, their form and technique are absolutely terrible!

Too many lifters overlook the importance of using solid and good



technique when it comes to their lifts.

Instead, lifters focus in on how much weight is on the bar rather than going through the full range of motion.

The truth is, if you continue to go through half ranges of motion with the different movements you train with while avoiding the proper techniques and form with your lifts, your results will suffer. You'll increase your risk for injury and develop imbalances which will ultimately hinder your overall progress.

You'll also decrease your mobility (which was mentioned before) and flexibility which will also decrease your overall athleticism.

If you want to properly activate your muscles to grow stronger and increase in size, you must focus on the basics. When I refer to the basics, I'm talking about mastering form and technique when it comes

to the different movements you do. I'll actually address more about this mistake in the next flaw I'm about to address about bodyweight.

THE SOLUTION – In order to get the very best results when it comes to growing bigger, stronger, and more athletic muscles, you must go through the full range of motion with your movements. In order to effectively do this, you must master the basic techniques of each of the movements you use within your training programs. Always fall back to the basics and focus in on form and technique before you focus in on the weight and intensity.

Fatal Flaw#14 - Neglecting Bodyweight Movements

Now, building off the last Fatal Flaw lifters make with avoiding the basics and having poor techniques with their movements, one of the biggest flaws associated with this I see being made by serious lifters is the fact that they neglect bodyweight training. If they do use bodyweight training, typically it is all wrong.

The fact is, you should be a master of your own bodyweight. No matter what your weight, height, build, or general makeup is, you need to be able to crank out bodyweight movements like it's your job.

I have a great measuring tool I use myself, as well as with my athletes and clients called, "*The Bodyweight Gauntlet*" You can see a post on my website [HERE](#). I created this quick bodyweight challenge to help people discover where they may be lacking in overall strength and endurance when it comes to the basic bodyweight movements.

Go ahead and put yourself through this challenge and see how you rank on the board. Are you an *ELITE BEAST* or just *SKILLED SOLDIER*??

The truth is most lifters feel that bodyweight training has no place when it comes to building muscle but, the fact is it has ALL the importance when it comes to building muscle and staying athletic.

How this relates with the last flaw concerning technique and avoiding the basics is that bodyweight training serves as the foundation to all of your techniques no matter what movement you choose to do. Squats, bench press, overhead presses, deadlifts, ect are all rooted back to being able to crank out bodyweight movements with good form!

THE SOLUTION – Make sure your blending a ton of bodyweight movements in with your weighted movements. Push Ups, pull ups, lunges, squats, rows, and other various bodyweight movements should all be mastered and be easy to do on command.

Hit up *The Bodyweight Gauntlet* to see where you currently rank!

Fatal Flaw# 15 - Eating Too Much Like A Bodybuilder

Now, it's way too common these days to see a serious lifter trying the old "bodybuilding diet" routine and failing to see results.

You know the diet that's super low carb, tons of protein and hardly any fats.

I can remember the diet I used when I did my first bodybuilding show. It was chicken, chicken, and more chicken. While I did manage to get lean and super ripped, I got myself pretty weak and unhealthy at the same time.

This is NO GOOD!

You should never sacrifice your overall health for the looks of your physique! I learned my lesson from that but better yet, I learned more about the right way to eat to get ripped and strong.

The truth is that It's NOT through a typical bodybuilding diet but, rather a clean and lean eating LIFESTYLE.

THE SOLUTION – Instead of focusing on just eating tons of protein and cutting out all of your carbs and fats, focus in on a Paleolithic type approach to your eating while incorporating a few select healthy carbs.

Eat high quality sources of proteins like lean grass fed beef, organic chicken, cage free eggs and egg whites, wild caught fish, and high quality whey proteins at a rate of 1.5g per lbs of bodyweight. No need to eat 2-2.5g per lbs of bodyweight if you're eating the right proteins! The better the quality the less you need.

Next, add in some healthy fats, and depending on your activity or training level that day, include in some good sources of carbs like sweet potatoes, pumpkin, or quinoa. Green leafy veggies like broccoli, kale, spinach should be eaten in unlimited amounts with all of your meals.

Fatal Flaw#16 - Drinking the WRONG Recovery Drink

It simply amazes me when I see some of the phony “muscle building” recovery drinks they have out on the market these days.

They say to have some of the best sources on complete proteins mixed with this filler and that special additive yadda, yadda, yadda...

The truth is, most of these post workout recovery shakes are full of crap that will actually be more detrimental and toxic to your body and overall results.

Save your money for REAL food or just make sure to buy the right kinds of recovery drinks. Don't believe the hype some of the muscle magazine ads promote with all their money and false testimonials.

If you choose to buy a post workout recovery mix, make sure it's coming from a quality source that's not about hype but RESULTS.

THE SOLUTION – Stay basic with your recovery drinks. You don't need a ton of mix in's and fillers. Just because a drink has all of these extra ingredients doesn't make it any better.

For muscle gain and fat loss, you'll want to focus in on a high quality whey protein. You honestly don't need all the other mix in's. You want to focus in on a product that has a good amount of protein per serving (usually 15g + per serving) and that's low in sugar and carbs. Watch out for the some of the artificial sweeteners too!

Keep it simple and high quality. For a quality whey protein, check out [Pro/Grade Protein](#) or [Pro/Grade Workout](#). Both are perfect for before and after your workouts.

Fatal Flaw#17 - Skipping Out On Breakfast

It can't make it any clearer than this – DON'T BE LAZY! EAT BREAKFAST!

This should be within 30 mins upon waking. If you avoid breakfast, you're setting yourself up for failure plus decreasing the amount of potential you have to grow and get stronger.

You must fuel your body first thing in the AM.

THE SOLUTION – Instead of skipping meals until it's "convenient" for you to eat, make sure to get in a quality meal within 30 mins upon waking.

The ONLY time I would say missing breakfast is OK is if you're strategically *fasting*... That's a whole other topic right there ;)

Also important is what you eat... Don't grab for donuts or bagels, you



need to be focusing in on being lean and clean – proteins, healthy fats, and if you're training hard that day, maybe some acceptable carb sources like quinoa, sweet potatoes, steel cut oats, or pumpkin. Personally, I go with pumpkin ;)

If you're interested, my favorite meal is an old fashioned plate of lean eggs and and juicy medium rare steak... Hmmmm...

Fatal Flaw#18 - The Wrong Type of Cardio

Now, going right along with pushing the pace in your workouts in likes to achieving a higher level of conditioning, when you get more

advanced, implementing the right type of cardio outside of your normal workout within your training is critical.

Where most lifters go wrong is they focus in on the wrong type of cardio.

Just to be up front; long, slow, and boring cardio has no room for where we want to go.

We want to be strong, powerful, explosive, and lean! Not skinny and weak.

Not all marathon runners are skinny and weak but there are not a whole lot of them running around that are ripped up, athletic, and jacked!

Do what will yield you the best results for what it is you want! If you want the strong and athletic look, doing slow and boring cardio on a treadmill or Elliptical machine will come to be the death for you and your results!



THE SOLUTION – Hit up the right type of cardio such as sprints and other various forms of HIIT training. You can even incorporate what I like to call *“resistance training on the fly”* which is resistance based metabolic circuits that keep your heart rate up high and intensity level maxed out.

When it comes to doing the right type of cardio, the key focus needs to be on

INTENSITY.

A bonus to this point is when your intensity is at a higher rate, the shorter your overall training duration will be. Typical cardio sessions should only have to last about 15-20 mins tops.

Focus in on doing sprints (40 yards up to 400 meter runs), hill sprints, power rowing, and other forms of HIIT (high intensity interval training) like metabolic circuits using lighter weights or bodyweight.

Fatal Flaw#19 - You Lack Intensity

If there's one thing when it comes to training that will trump all the other rules out there when it comes to getting major results, it's the INTENSITY you have within your workouts.

The truth is that most serious lifters can have the best diet, plus have access to the most perfect workout plan in the world but, if you're not bringing the highest intensity possible to each and every session, you're going to be lacking BIG TIME.

Intensity is one of the things that only *YOU* can control. It can't be given away or bought. It can only be created by the mindset you approach a workout with and whether or not you push yourself hard enough beyond your own limits.

Too many serious lifters out there lift passively. They lift with no desire. They think that just because their sweating, breathing heavily, and have a nice muscle pump going on that their actually getting a good workout in. That's BS!

THE SOLUTION – One of the easiest ways I get my clients and athletes to bring the INSTENISTY up in each and every session is to make sure they are breaking records in every workout. With this, you need to make sure that you're tracking ALL of your workouts so you know what type of weights you need to hit, how many reps you should get, ect, ect.. If you don't know this you'll be lost and you won't be able to track your progress and check to make sure you're busting through records.

The truth is, you need to approach each and every workout with the intent to DESTROY your session. It's you against the weight and the weights not backing down.

Best thing to do would be to get a notebook (FLAW #23) and BREAK records every session!

Fatal Flaw#20 - No lifting Partner

Not having a good training partner that will push you is a flaw. It's a good thing to get a challenge every once in a while. You don't always need to train with a partner but, it's a good idea to do so every now and then.

This may not be an option for everyone but it's smart to go to a place where you're not #1. In fact you should surround yourself with people that are STRONGER than you.

I can remember when I was the biggest badass around at the big box corporate gym I used to work at... I quickly got my ass handed to me one time at a *REAL* gym. From there, I've tried to surround myself with people that are much stronger than me or workout with a partner that I know would push me to the limit.

Another problem serious lifters run into is when they have no one else that's counting on them or pushing them to success as their accountability goes out the roof. It takes a special kind of person to stay on point all the time and hold themselves accountable. I've seen it all too many times – a guy goes to work, has a tough day at the job, by the end of the day he's beat. When it's time to get into the gym, he puts it off until "tomorrow". Now if he would have had someone there waiting for him to show up at the gym, it may have been a different story.



This is way too common.

THE SOLUTION – Find a training partner that will keep you accountable as well as push you past your comfort zone is absolutely critical. Find someone that is better than you in every category – strength, endurance, looks, and mindset... People need to realize that getting beat every now and then will not only make them better, it will increase their results. The bottom line it will make you better!

Fatal Flaw#21 - Mindset is OFF

One of the things that just plain pisses me off is when someone comes into train and their not focused. Their mind is in a different place and they just go through the motions and they basically waste their time.

There's no emotion or true desire in their training session.

Going back to Flaw # 20, which focuses on *Breaking Records* and making sure to bring INTENSITY to each and every session, the first thing a serious lifter must do that wants to get serious results is get their mind right before every session.

A person must always believe in themselves if they truly want something to great to happen. If you don't believe, your brain will automatically program itself to halt all processes associated with the disbeliefs you have in the back of your mind. This won't totally block off all results but it will cut off a large potential of what you could achieve if you had 110% belief in yourself.

THE SOLUTION – Write down your goals and when you think about achieving them, make sure you BELIEVE 110% that you will and can accomplish these goals no matter what. All it takes is a small amount of disbelief to disrupt your whole plan.

Fatal Flaw#22 - Not tracking your results

I have a black notebook that has over 1000 workouts in it that spans back almost 5 years! It has weights, reps, sets, movements, how long the workout took, rest periods, and the dates these workouts too place. In some sections there's notes on how I felt that day, what time of day I trained, what I ate before my workout, and even how my attitude was.

I don't always track each and every detail about my workouts as that would get what too tedious. Instead, I track each and every training session to make sure I know how I'm progressing or in some cases regressing. What this will allow me to do is go back and look at my programming and if my results stall or start to fall off, I can simply look back at what I had been doing and make tweaks and changes as needed.

The problem with a lot of serious lifters out there is that they neglect to even track their actual training sessions. They don't even write down the weights they use, the movements they've done, plus all the reps and sets completed. This is actually the most important information any lifter has available to them IF you track your results and progress. Without it, you have no documentation of what you've done in the past therefore, you have no idea of where you've come and how you got there.

Yeah, some guys like to say they keep track in their head... I did this for a while and guess what, it doesn't work! You'll forget! You need to have documentation. This is your blueprint to success. Without it, you will fail.

THE SOLUTION – Go to the local store and in the school supplies section, grab a notebook. This will now be your training book where you'll track the essentials – movements done, reps, sets, intensity (weights used), duration of training session, and the date session was done.

This is MANDATORY for every member in my gym plus all of my coaching clients. You must always document what you have been doing. This is your paper trail that will help you succeed!

Fatal Flaw#23 - You Lack Preparation

One of the biggest mistakes a serious lifter can make is failing to properly prepare the body for battle. People that neglect their warm up are missing the boat and destroying their overall potential of getting the absolute best results possible. To add on to this, when you skip out on your warm up, you increase your risk for injury a ton.

The old “jog for 15 mins” routine is not going to work optimally you’re your results. All this does is get you warmed up to run. Running will not prepare you to train and do battle with weights.



I’ve also seen the old “jump rope for 5 mins” routine as well. That’s still not optimal for best results.

I can’t remember how many people I actually saw warm up properly at the old gym I used to work at. I can’t imagine walking into a gym and just going right into my workout. I know there are people out there that probably could go right into a workout with no proper warm up involved but it wouldn’t be the absolute best thing to do.

THE SOLUTION – It is absolutely critical you go through an active and dynamic warm up before you train.

The goal of the warm up is to properly prepare not only the body but also the mind for war!

A good solid warm up is designed to increase the blood flow to your muscles and excite the nervous system. Doing so will help you be fully prepared for what you'll be doing within your training day.

Many of my clients and athletes have been totally waxed by the warm ups I've put them through. Overtime, they build up more conditioning, power, mobility, and even strength. I purposely design my warm ups to be fast pace and tough. Everything focuses on getting the body ready to move fast and explosive

A perfect and relatively simple and effective example to use for a proper warm up would be to start with some jump roping for about 3 mins. After that you would hit squats, pushups, pull ups, and lunges all for 10-15 reps a piece. From there you could hit different types of bear crawls, skips, side shuffles, and backward runs, then you would finish off with a few sprints if you had the space.

Another essential piece that the warm up adds in is with the proper preparation of the mind. It's essential while you warm up to start to focus in on your upcoming training session. Here is when you get focused and 110% ready for war.

From here on out, make sure you always properly warm up. Both your mind and body depend on it!

Fatal Flaw#24 - Workouts Are Way Too Long

I can remember when I was working at the old corporate gym how I would see people workout for 2 maybe 3 hours at a time. I'm serious!

It was quite common and typical to see these people were ones also suffering from not seeing the results they wanted to achieve.

They thought that the longer they worked out, the better their results would be. This is the old "*More is Better*" attitude that can get you into trouble and worse yet, possibly burn you out.

The fact of the matter is, the longer you workout, the less time you have to recover and gain the rewards from your actual training sessions. Another important fact to note is that if you're able to train for longer than an hour and a half to two hours, there is NO way you're training at the intensity you should be training at.

The people I used to see training for 2-3 hours at a time were the people that would do a lift, talk, get a drink, watch some TV, then do their next set... They would repeat this process for the whole 2+ hours.

Waste of time!

Going back to some of the earlier flaws mentioned with *Training Intensity, Focus, and Attitude*, this all needs to be applied into this fatal flaw, which is training for too long.

Usually it's safe to say that if you're training past an hour, you're not training hard enough. Don't let this be you. Don't be the marathon trainee...

Any workout lasting longer than 60 mins will result in overstressing the body. Whenever you're training intensely, your body is going to wear down and the 60 min mark is usually when the body really starts to

over-stress. At this point, your body will start to release a hormone called Cortisol, which is a stress hormone. Cortisol is known for helping the body store fat and put a halt to building muscle and getting lean. You do not want the cortisol levels in your body to be increased for any reason and training for longer periods of time will definitely cause this to happen.

Another point to look into is for every minute you add to your training sessions is another minute you take away from being able to rest. Your body only truly builds muscle and strength when you're at REST so the more time you spend actively training and not resting, you take away from your muscle and strength building time zones.

THE SOLUTION - You should focus on getting your training sessions completed in at least 45 mins to an hour max. Do this by aggressively attacking your workouts with 110% focus plus a strong will to push the pace. This has already been hit upon within this report but you must understand, that it's for real!

Focus on hitting the right movements that hit lots of muscles at one time. Athletic based movements are best and take the least amount of time. Focus on hammering the "most bang for your buck" exercises that give the most reward.

Bottom line – get in and get out!

Fatal Flaw#25 - Never Cleansing The Body

The sad truth for most serious lifters out there in this day and age is the simple fact that their bodies are extremely contaminated. Most people



are all sludged up with chemicals and toxins that have been taken in through the foods we eat and supplements we take.

With this, lots of people's bodies become very acidic. If you didn't know, our bodies try to maintain a balance

between being acidic and alkaline. This is the body's pH level. Most of the foods we eat cause us to be acidic. Being in a more acidic state will cause us to get sick more often, be more prone to disease, and struggle with staying and feeling healthy.

One of the major ways we become more acidic is through neglecting fresh, organic fruits and veggies, healthy fats and clean proteins.

Instead of eating lean and clean foods, we eat too many sources of processed junk which contain lots of toxins that further aid in increasing our body's acidity levels which cause us to have a poor pH balance.

Furthermore, these acids block our bodies from performing at 100%. When our bodies aren't working at 100% capacity, it's extremely hard to get lean and build muscle.

To add to this, your immune system will be weak and if you're always sick and trying to recover from illness, muscle gain and fat loss will always be on the back burner.

THE SOLUTION – To combat acidity in the body there are a few things one must do to help balance the body’s pH levels. The first needs to be by cutting out all processed carbs and sugars, plus any highly processed food to this type.

Next, increased intakes of fresh organic green veggies should become a main focus and staple of daily life. This should come from foods like kale, spinach, broccoli, and cabbage.

A great green drink “insurance policy” to use would be [Athletic Greens](#). It’s a fast and highly effective way to get in a ton of vitamins and nutrients from raw, organic fruits and veggies in about 60 secs.

The more alkaline foods that are increased within the diet (green veggies) and the more acidic foods that are taken away (sugar laden foods, processed fast foods, sodas, starchy carbs, ect) will determine your overall results.

A good way to boost alkalinity within the body is to do a 5-7 day cleanse in which you cut back on all acidic based foods and just focus in on greens and water. Seven days on a cleanse is the longest I would recommend and will help the body get rid of a lot of the built up toxins that are preventing your body from operating at 100%.

It would be highly recommended to go through a 4-5 day cleanse before you get on a new training program. It’s a great way for the body to prepare for a new routine plus rid it of many of the stored up toxins.

Fatal Flaw#26 - Timing of Nutrients is Wrong

When it comes to eating the right foods, there is still a correct and incorrect way to properly time the intake of the foods you’re eating for

maximum results. Lots of serious lifters neglect proper nutrient timing and their results lack from doing so.

Nutrient timing is important when you're trying to properly get lean while building muscle. What most typical lifters do is eat a ton of foods in thought that they will simply gain lean mass. Even if you're eating the right foods, you still may not be able to get the lean gains you desire.

Bulking and cutting is still a popular means to gaining muscle but, isn't the best to stay lean. You end up getting fat and when it's time to cut, you lose all the extra muscle you gained during the bulk cycle.

THE SOLUTION – Instead of taking in a ton of different foods all at once with no real plan or method behind the madness, one must go about it a little more strategically. There's a science behind getting lean while gaining more muscle and it all comes down to properly timing your intakes of carbs and fats.

This is not a new concept but, it has been tweaked and refined over the years. The best way to do this is to focus in on having all of your starchy like carbs (grains, potatoes, quinoa, rice, and most fruits) in and around your workouts and only on high activity / intensity training days. When you take in starchy carbs, your intake of healthy fats (avocados, nuts, seeds, oils) should be kept at a minimum.

Basically, there's a tradeoff when it comes to taking in fats and starchy carbs. One should focus on taking in starchy carbs on heavy / intense training days for energy, while taking fats in on lower activity days for energy.

If you're truly after getting completely shredded, you would want to focus in on cutting way back on all of your starchy carbs sources overall while focusing more strictly in on only taking in fats and protein.

The truth is your body will only use starchier carbs for energy. This is why you want to properly time the intake of these carbs in and around your intense workout sessions only. You would also want to keep the intake of these foods in and around the earlier parts of your day. You want to make sure you'll be burning off the sugars within the foods and not storing them as fat.

Lean and clean protein sources should be included in every meal while healthy sources of fat should only be taken in when starchy carbs are not being consumed. Taking in starchy carbs and fats at the same time isn't the best combination for getting super shredded. Instead, it's a perfect combination to get bulkier and fatter.

These are the basics behind properly designing your nutrient intake for getting leaner and more jacked. There are always exceptions to the rules but these are the basics needed to reap the rewards.

Fatal Flaw#27 - Strict Bodybuilding Routines

There's nothing else that pissed me off more than seeing guys that are trying to build strong and athletic physiques but continue to train like robots. They sit in their machines and perform your typical bodybuilder routines.

All chest day... All leg day... All arm day...

Unless you want to be a true professional bodybuilder and dedicate your whole life and free time to bodybuilding, these types of routines will not help you build a lean, powerful, jacked up, and athletic body.

Isolation training forces your body to work against how it was designed to properly be used. Your body works as a unit meaning, all for one or not at all. When I was strictly training like a bodybuilder doing isolation workouts, I could slowly feel my athletic abilities slipping away. When I actually starting seeing and feeling this occur, I quickly went back to my athletic roots.



When you train strictly for isolation, A) you waste time only training one muscle group at a time, and B) you neglect using your body the way it was supposed to be used.

Going back to some of the earlier flaws I mentioned above, those being not using the right movements, and training longer than 60 mins, when it comes to training like a strict bodybuilder, it was always these types of guys I saw in the gym falling into these two major traps. They would spend hours at a time doing 5-6 different isolation exercises on the SAME muscle group in thought this would accelerate their results,, (which most of the time it never did) and then on top of that, they were neglecting the right type of movements that would have given them the most bang for their buck.

Instead of getting faster results, these guys would see ZERO results in return and usually end up quitting or trying the same thing over and over. Sad but true!

THE SOLUTION – Instead of trying to do all of the insane bodybuilder specific workouts contained in many of the various muscle magazines of today, focus in on training like an athlete by training for strength, power, and speed!

Use your body like it's supposed to be used and train your full body. Of course you can specialize some of your workouts to focus in on lagging body parts but the overall focus needs to be in on training like a warrior. Use your whole body!

Do deadlifts, squats, presses, pulls, lunges, rows, jumps, sprints, and other athletic type movements with free weights and bodyweight in which force you to move and be explosive! Don't isolate yourself any longer. You'll be able to tell a huge difference.

Fatal Flaw#28 - No Ultimate Direction

The final flaw is one that I see way too much and all too often. I was once a guy with no ultimate direction. I had no idea what I wanted to achieve with my fitness.

I too was the guy that had no set direction on where I wanted to get and from that, would jump onto a new program each and every week. I thought if I got a little bit of this program and a little bit of that program I would be even better off....

The truth was I just got super confused and didn't see any solid progress in the end.

It wasn't until I finally realized that I needed to be focused in on one program and one goal at a time to be the most successful.

There's literally 1000's of different programs out there that work but, at the same time, each is different in some way shape or form and if you try to follow ten different programs or even two all at once, your results are not going to be what you want them to be. Instead they will be watered down as you'll be spreading yourself thin trying to go in multiple directions.

Lots of lifters out there suffer from what I like to call "training program ADD" as they get on a solid program and within a few weeks or even days, before they see the true power of what the current program their on offers, they hop on the newest and most hyped up program that just got released. They continue to so month after month and year after year seeing minimum results at best and roller coaster like progress.

Coming from experience, this is highly frustrating.

THE SOLUTION – Stick to a solid plan or program. Instead of bouncing around from program to program, you need to have a set goal and a solid foundation of commitment to stick with the program you're currently on until you finish it all the way through.

For instance, I have a commitment to always stick on my current plan for at least 4 weeks no matter what. Even if I come up with a new solution or master plan for building more muscle and strength or I see the next best program just came out, I'm not going off track one bit.

After the 4 weeks, I can change up my program or exchange my current one for a new and different program.

Besides, a quick note to understand is that it usually takes about 4 weeks to see true gains take place and in this time frame, you'll usually see some significant results if the program is truly worthy. If not, you're either falling through with your nutrition, you're not 110% invested into the current program your on, or the program your currently doing isn't put together well and is just overall plain bad.

Either way, **you need to COMMIT and DEDICATE to starting and finishing a program.** I know new and cool programs will continue to be released each and every week but, my best advise that will help you the most is this; Invest in buying these different programs but, instead of getting off your current program for the one you just bought, stick to your current plan, reap the rewards and benefits from that and then move on to the next program.

The BEST rewards you will receive are those from COMMITMENT and DEDICATION you have on your *current* program. You have to be discipline enough to follow through!

The truth is this - The very BEST program that's out there right now is the one your *currently* on!

The quick summary...

Now, there's a lot of ways to do things right and a lot of ways to do things wrong. If you were to go through every major Fatal Flaw talked about and focused in on avoiding these, you'll be golden and well on your way to building more lean mass and strength all while getting leaner at the same time.

Now, there are a lot of flaws that you could be running into, but it's nothing to stress over too much. You want to make sure you're not doing too many things incorrectly and wasting all of your hard work and effort.

With any type of training program out there, for it to work effectively and very efficiently, you need a full proof plan or system.

This is where most people go totally wrong... they know what to do but they don't know how to "*put it all together*" into a system or actual plan. And on top of that, they lack accountability and overall direction (as I mentioned above) which can be supplied through proper coaching and or through a strong community.

That's what I'm most excited to tell you about as on Jan 17th, I'll be officially unleashing my newest full proof plan, ***The 28 Day Athletic Muscle Formula***.

This is a highly powerful and proven plan that combines basically everything I just talked about and more into a full fledged 4 week, step-by-step beast building program that will have you growing more lean muscle, gaining strength, and losing fat all at once. And because you downloaded this free report, you'll get special access to my program before anyone else does at a big time discounted price.

Beyond this, I'll be hooking you up big time with some killer content in the coming weeks!

Stay tuned and get ready!

ABOUT TRAVIS STOETZEL, CSCS

Travis Stoetzel is the co-owner of The Forged Athlete Gym in Omaha NE. He's a lifelong student of strength and has the up most passion for training athletes and those who are willing to work hard.



He lives, breaths, and dies for training and is always looking for the best way to improve strength and conditioning by any means necessary.

Travis is the author of *The Bags, Bells, and Bodyweight Training System* and has been featured on websites such as *Bodybuilding.com* and *EliteETS.com*.

Travis follows no rules when it comes to training as everything he does comes directly from the things he's either personally experienced thru walking the walk himself or by seeing the real world results he's gotten with his personal athletes and clients. He continues to research the latest methods in training, nutrition, and supplementation so that he will is able to help his athletes and clients continue to get as LEAN and MEAN as possible.