

# How to Stay Small, Weak and Confused; Detailed Instructions!

By Brian Copeland, RKC

I read a post on the strength and conditioning forum at [www.dragondoors.com](http://www.dragondoors.com) the other day (a great place to chat with expert and novice strength and conditioning gurus by the way) by a personal trainer, Randy, who was approached in his gym by a guy who is 6'3", 185 lbs and 20 years old and perplexed about his training and lack of progress.

**20-year-old guy:** *"Man, I just can't gain weight no matter what I do. I'm so confused. I've been lifting for 2 years and weight the same. How do you guys get big?"*

**Trainer (Randy):** *"What do you do for your training and nutrition right now?"*

**20-year-old guy:** *"I do cardio every day of the week and then lift weights. I buy a bunch of supplements at GNC to help me get big."*

**Trainer:** *"That large amount of cardio is working against your efforts to get big and without proper training the supplements you buy are just burning a hole in your wallet. Tell you what, why don't you come see me tomorrow at 2:30 and I'll help you out with your training?"*

**20-year-old guy:** *"I don't know man... I guess I'll just try it by myself for a couple more weeks and if I don't get anywhere I'll holler at you."*

**Trainer:** *"Uhhmm, you said you haven't gotten anywhere in 2 YEARS and you think two more weeks will change that?"*

## The next day at the gym...

After witnessing the reluctant trainee doing several minutes on a stationary bike followed by skipping rope and then setting up the smith press machine; our story's protagonist approaches the 20-year-old guy...

**Trainer:** (noticing the guy was following instructions on a piece of paper) *"How is it going, I see you brought your plan of attack with you, mind if I take a look at it?"*

**20-year-old guy:** *"Sure, I made it up myself."*

THUD! That was our trainer's jaw hitting the floor! There were 6 chest exercises and 3 curl exercises for the biceps, nothing else for the rest of the body of course.

Here is what the chest training program looked like:

- Smith machine bench - 4 sets of 10 reps
- Smith machine incline - 4 x 10
- Flat db bench press - 4 x 10
- Flat db flyes - 4 x 10
- Cable crossovers - 4 x 10
- Cable flyes - 4 x 10

That's 240 repetitions ALL TO FAILURE! For those who have ready any of my other articles on strength training or just plain know about effective training you will know this is a recipe for disaster.

**Trainer:** *"Uhhh, 6 exercises just for your chest?"*

**20-year-old guy:** *"I'm serious about my chest"*

**Trainer:** *"Wait a minute, you're serious but you haven't gained anything in 2 years? How many times a week do you do this?"*

**20-year-old guy:** *"Monday, Wednesday and Friday."*

**Trainer:** *"Well you obviously are not making progress on your current program and I can see why. But I have a client who was making similar mistakes and was getting nowhere. After I started working with him he has gone from 150 lbs to 163 lbs and put inches of muscle on all over his body. Plus his bench press has gone up 25 lbs in the last 6 weeks."*

**20-year-old guy:** *(Mumbles, looks at floor and feels self-pity instead of taking the opportunity to get trained by someone who can really help him.)*

There you have it. A full-fledged recipe for how to create a training program that will get you zero results. A program that will give you lots of disappointment, confusion and wasted time.

## **THE LESSON: If you don't know what you are doing seek help!**

Seriously, pro athletes who are big and buff have coaches/trainers. Singers have coaches. Dancers have coaches. Fighters have coaches. People in the business world seek coaches or mentors and pay money to attend seminars to learn from experts.

For the love of God's green earth take all the money you are wasting on supplements and hire a qualified coach/trainer who will get you results.

*The definition of insanity is doing the same thing over and over and expecting different results.*

*- Albert Einstein*

## ***Summer is right around the corner, do you know where your six-pack is?***

If you are ready to make real progress, contact me for some personal program designs, 1-on-1 or group training. If you feel guilty forking out a little dough, then consider that my services generally cost less than you spend eating out for lunch in a 2-week period.

What do you have to lose except a couple pounds of body fat and a lot of bad lifting habits?

Brian Copeland is a Denver, Colorado based strength and conditioning coach, personal trainer and Certified Russian Kettlebell Instructor. Brian specializes in functional strength and athletic training, conditioning for martial artists, kettlebell lifting, fat loss and muscle gain. Brian has also rehabilitated several severe lower back injuries, including his own, through the use of “proper” strength and flexibility training.

Brian is available for private and group lessons and personal program design. If you are tired of not seeing results contact Brian, he will design a personalized program based on YOUR goals, YOUR time and YOUR lifestyle.

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