

Rise Stronger: How Strength Training Affects Life

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INTRODUCTION

The importance of physical training

Loads of misinformation fired through bodybuilding sites and supplement advertisements have a negative effect to everyone that wants to make progress in the world of fitness. There are no magic pills or any other training program, repetitions or sets, that can transform your body image or increase your muscle strength without hard work. You have to accept it!

I've been through hard times doing crash diets, exhausting myself by training ten times per week or more. I've hurt myself by overtraining causing muscle and tendon strains. I was depressed because I had no progress neither on my body fat percentage, in muscle gain or strength...If you are in the same position as I was don't worry you are not alone. After years(9+) of studying on department of physical education & sport science and experimenting in nutrition and exercising in powerlifting, bodybuilding and other sports , I finally got the answers:

- Lifting heavy
- Mediterranean diet
- Calorie count
- Cheat meals
- Intermittent fasting
- No Supplements.

Strength Training changed my life. It made me want to work harder and harder to reach my goals. As a kid I thought it was impossible for a human to lift 200kgs against the force of gravity and now it's my warm up.

A strong and healthy body will improve the quality of life of every human being. Reduces any weakness and pain on body muscles. Builds muscle. Speed up your metabolism and help you reduce bodyfat percentage. Prevent from injuries, cause your whole body becomes tighter, ligaments and tendons become harder to tear or injured by daily activities. Lifting weights increase flexibility because almost every basic strength training exercise its executed from a stretched position. (Example: heavy deep squat while its executed the quadriceps are stretched). Stronger bones. Helps you sprint faster or just run without any pain. With strength training you can see very fast results

cause the body has the ability to adapt fast. Will Increase I.Q. and reduce stress. Make you happy. Boost self-esteem. Cut down your cancer risk. Improve cardio, cause resting time between your sets, when your heart rate is increased from the weights you lift, is an aerobic exercise.



My body transformation in 6 years. You can also check my photos and videos on ->
<https://www.youtube.com/user/hliasvaritimiadis>

https://www.instagram.com/rise_stronger/

<https://www.facebook.com/RiseStr0nger/>

CHAPTER 1

What is strength?

- The quality or state of being physically strong.
- The capacity of an object or substance to withstand great force or pressure.

Everyone looks at the world from their own perspective. I say life is hard, and to get out alive you have to make dreams and fight hard to make them come true! But someone else might be tired and gave up everything for temporary pleasures to forget the bad things in his life. What is the difference between fun and entertainment?

Fun is to make your dreams come true be a personal trainer, be a professional gamer, be an athlete, be an astronaut, be a doctor, a guitar player or a painter. But someone else who had hard times going on in his life, chose to entertain himself. Entertain in Greek is διασκεδάζω which means I cut down and throw away all of my stress and sadness, to forget... It's every man's choice to fight those negative thoughts or get drowned by them.

The difference between those two persons is strength. The first guy "dreamer" has a fire inside him burning, a passion for something he loves to do endless hours, something that makes him feel alive, that gives a purpose to his life. He might like to help people, want to be the best at what he does, or wants to break a world record. Storms are for those who know how to dance in the rain, while others just get wet. That "dreamer" has grown an endless source of strength by the years by failing again and again and believing on himself when everyone else doubts his ideas, he keep working hard, when everyone else make fun of him, he ignore them and continue to work for what he loves. That's because he never gives up, he is strong! The other guy gave up everything just for momentarily joy. But the sad part is that we grow older and older day by day. And sooner or later he will regret this. It's normal to get disappointed in life, to feel bad or cry, it's natural, it happens to everyone. But it is not acceptable to stay that way, the only person that can change us is ourselves. Not someone else. I can only make you think, not change your mind. And that's exactly what I'm going to do!

You are the only one that can control your body and mind so wake up and find what you love, I know it's hard but ask yourself "What can I do straight for twenty four hours without stopping and make me forget to sleep, to eat and also happy?". The answer is inside your head. Do not give up. You are strong and I am here to help you. You never know how strong you are until being strong is your only choice. So here it is. Wake up take a step back, take a deep breath be thankful for what you already have and don't take life so seriously. There is no fun to live without dreaming. Find your passion and get drowned by it.

Life is hard. After all, it kills you. One day your life will flash before your eyes, make sure it's worth watching. Learn from the mistakes of others and build your own

path. Write your own story because you only live once. But if you work it right, once is enough my friend. I've found my passion and through it I enjoy life and help others do the same. My passion is to train for strength gains, eat healthy and maintain a healthy and nice looking body for my whole life while motivating people to do the same. I am here to change your way of thinking and make you think out of the box and get unstuck. This is strength in life.

CHAPTER 2

Strength training basics

First of all, frequency is one of the most important things in strength training. You need to hit the muscles hard, but also to rest the CNS (Central nervous system), muscles and tendons.

Secondly, keep it simple with the exercises, reps, and loads. We will talk about the basic five exercises.

Thirdly, you will need someone to teach you the techniques on every exercise. Or work even harder to achieve that with beginner videos from the internet. It's very important to learn the techniques because we must avoid every kind of injury.

Finally, the basic five:

- Squat
- Deadlift
- Overhead press
- Bench press
- Reverse barbell row (why reverse? Because we need to increase with heavy loads bicep's strength for the mixed grip on deadlift maxes for later)



- **Squat**: Most primitive and natural move of the body that works whole of it, but mostly legs. It's also a stance that help you do things on a lower level than your height. For example to fix a car problem, or clean something on the ground without hurting your back. By transferring the weight on the legs instead of the lower back only.



- **Deadlift**: With deadlift you train every little muscle in your body, mostly back and legs. The healthiest way to lift heavy objects from the ground. That's how ancient Greeks lifted huge rocks to build their strongholds. Or

lift something heavy to save someone from an accident a tree or anything else. Or to transfer something from a place to another.



- **Overhead press**: Trains deltoids, upper chest, triceps mostly but also the whole body to keep the balance and not fall down. How can you put something heavy on your shelf? How can you move heavy objects in high level lofts? Or overhead press an object to save someone's life or move a barrier?



- **Bench press**: This movement/exercise works your pushing muscles, majorly chest, deltoids and triceps, the upper body. Learn to push, you will need it either to move your room's library, desk or to push a heavy object to another location to build something or to save someone's life.



- **Barbell row**: Works out the pulling muscles back, bicep, deltoids, traps mainly but again the whole body! Pull, another important move that can improve the quality of life. Pull a rope instead of using a "crane" to do that for you. Move heavy objects. Pull obstacles from your way.

Those are the basic five exercises that include all the natural human body's movements and stretches while being executed, which are used in everyday activities.

So instantly are the most important of all. There are no “best” exercises or “worst”, all exercises are tools that can be used from an artist to make a masterpiece.

Everyone has the ability to be that artist. Pick your canvas(body), your brush(weights), the paint(nutrition) and make your masterpiece! My main purpose is to maintain a healthy and strong body for my whole life, not for a short period of time. I've found my weapons and I'm using them, I challenge you to do the same and fight to make your dreams come true.

CHAPTER 3

The “Rise Stronger”

That's my simple program that helped me hit my personal best records on each exercise of the “five”. Two times per week. Save time and make huge progress.

RISE STRONGER: STRENGTH TRAINING PROGRAM

As I said there are no magic reps or sets. You can follow this program until you won't be able to increase the weights you lift. This can give you fast results if you are a beginner or an intermediate lifter , it's not for elite powerlifting or weightlifting athletes.

You can follow this program and get results from 1-6 months. Add +5kg every week in every exercise. If you stack on any exercise and can't increase for 5kg go for 2.5kg that means 1.25kg each side of the bar. If you can't increase the weight stay on the same until it gets easier to complete than the previous training sessions even for two or four weeks until the body adapts. If you fail to hit the repetitions required, do as much as you can and stay on the same weight for the next week and if you fail, do it again until you lift it as many times as the program says.

Warm up

Rump-up sets

Reps	Sets	Load
7.	2.	Bar
7.	1.	30%
7.	1.	50%
7.	1.	60%
7.	1.	75%

Day one

Squat	1x7
Bench Press	1x7
Reverse Barbell Row	1x7

Two days rest

Day two

Squat	1x7
Overhead Press	1x7
Deadlift	1x7

CHAPTER 4

Nutrition

You are what you eat. Food is the second most powerful weapon to complete the masterpiece. I'm talking about eating right to be healthy and also eat smart to

achieve your goals even it is to gain muscle, reduce bodyfat, or maintain your current physique.

The most important part of nutrition is calories. Nowadays internet has everything, you can check online the calories in every food. It's simple mathematics.

It's all about calories in vs calories out. What does this mean? If I need 3000 calories to **maintain** my weight and in my training I burn 500, I will have to eat 3500 calories to achieve my goal.

If I need 3000 calories and my main goal is to **reduce bodyfat percentage**, I'm going to reduce the calories around 300-500 per day that means I'm eating 3500-500=3000calories and experiment on my bodyweight every 7 days. In the beginning water weights goes out too fast so don't overdo it.

- If I **lose** more than 2kg the first week that means I'm burning a lot of calories so I will have to **increase** the calories I eat while I'm still on calorie deficit that means I'm going to try 3200 for the next week.
- If I **gain** weight it means I'm not burning enough calories and I will have to decrease by 200-300 and try it for a week.
- If I stay the same it means I'm burning enough calories to maintain my weight so I will **decrease** them by 300-500 and try for a week.

And what if I want to **gain muscle**?

- Eat in a calorie surplus of 200-300 calories to reduce the fat gains while building muscle.
- If you gain too much weight around 0.5-1kg(that means you are storing fat and water to your body) reduce the calorie surplus by 100-200.
- If you are maintaining your weight you will have to increase even more than 200-300 go for 500 and continue increasing until you see the difference. Some people had to increase even more than 500 calories per day.

Those are the tools you can use to make progress. Now you can use them yourself to achieve your goals. And remember slow progress is better than no progress. Accept, that big changes takes time.

The Magic Part

For the beginners: If you eat in a small calorie deficit, it is possible to increase strength, muscle size and reduce fat simultaneously. Body has the ability to

adapt fast when it comes to weight training. And even more on Strength training, that means lifting heavy to maintain and increase muscle strength and size while burning fat cause of the calorie deficit.

Why this happens? Eat enough protein (30% of your total calories. 1g protein=4calories) to rebuild the muscle damage from the weight training and your body will use the already stored fat to make a calorie surplus by itself, while you are eating in a calorie deficit. This is real.

EPILOGUE

Nature gave us muscles for a reason. The human body was never designed for a sedentary lifestyle, it was created to hunt and walk for miles every day. So wake up, add weight training in your life while you live it, and don't just survive. Build a strong character, a strong and healthy body by training twice per week. Maximum results with minimal training. This is the tool I'm giving over to you. Use it wisely. You have the power to create happiness! You have the power to make this life free and beautiful, to make this life a wonderful adventure. Don't be afraid. You have all the weapons you need. Now fight!

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