

Article #21 – Iron Man Maestro Unlocks the Muscle Myths Is he the Muscle Saviour? The Ground-Breaking Article

By Adam Simpson

Hey everyone! I wanted to type up this article because I am concerned that I strongly believe that there is way too much information on the internet about health and fitness and a lot of people wouldn't know where to begin and what to believe. Through this, I hope that I can save you years and years of frustration and save you heaps of time.

However, just keep in mind that I am not a health and fitness expert but I certainly know when it comes down to proper referencing and what is not true on the internet. Also, I have had a lot of people asking me questions, people have approached to me at the gym asking me for advice and professional athletes have actually publicly acknowledged my work.

How did Recreational Muscle start? Well to be honest it was quite unexpected really and is just an expansion and an updated compilation of my publication called Adam Simpson Shares Weight Loss. There is also a bit of a story behind it.

As some of you may know, dancing is one thing I love doing a lot and health and fitness is a big part of it. Going to the gym has always been a big part of my life, staying toned and frequently doing aerobic classes because of my love for music. However, with my studies, as I'm expanding on Bruce Lee's The Art of Expressing the Human Body (not in terms of martial arts but in dancing), I wanted to take my fitness up another level and that is when I consulted with a personal trainer. Did you know that Bruce Lee was a cha-cha dancer?

From then, I took selfies, friends and family took pictures of me and I recorded videos of myself. Over the weeks I could see my body changing which I found quite amazing and to be very honest, I am actually really grateful because of what you see for yourself. I've had a lot of messages from people, people were actually approaching to me at the gym and were asking me how did you do that, what did you do and that is why I am making this article. I actually saw people getting off their couch and are now exercising.

I will divide this article into 2 sections. The first section is about general weight loss and the second will be for the people who are interested in building muscle.

General Weight Loss

1) Just be very careful with the resources from the internet, make sure you talk to a personal trainer and ask them if they have any client fat loss pictures. If you visit a personal trainer online, look for their client fat loss pictures.

FAQ – I cannot afford a personal trainer, what should I do?

A – Maybe (only maybe) see one once for every 3 weeks. Ask them for the tools that you require and go from there. Also, importantly, you don't always necessarily need one. To achieve what I did, I only had 3 appointments.

2) Take pictures and videos of yourself. You don't necessarily have to show it to anyone or just share it to your closest ones. This is where the inspiration, the determination, progress and the encouragement all combines together.

3) Definitely do exercises that you really enjoy. It's great for you psychologically speaking. An example for me would be that I love doing aerobic or dancing classes because of my love for music.

4) If you are going to try aerobic or dancing classes and you might feel a little bit uncomfortable, you can always start from the very back row (or somewhere close by).

5) Find health and fitness buddies or gym friends. It's amazing what friends and teams can accomplish so if you have a lot of this, the stronger the sharing department can become, the support and the force that you can create. I can do it and this means that you can too!

6) Have inspirational quotes around your house in any form of way. Stick them on your fridge, purchase rub out crayons for mirrors, create a quote folder on your mobile phone or buy the colourful sticky notes saying

a) Each new day I am a step closer than I was yesterday.

b) 30 minutes worth of exercise is only 2% of my day.

c) 1 hours worth of exercise is only 4% of my day.

d) I'm making progress.

e) MANY people out there have done it and that means that I can too (watch their videos and look at their pictures).

f) A short workout is better than nothing.

7) I've uploaded a whole cooking video for you just so you can get some ideas and seeing it in believing it. It is on my YouTube channel.

8) I have seen many weight loss or body transformation competitions with so many inspirational stories (like the 8 week or 12 week challenges). I learned a lot when I did mine. I can definitely say that for some, just some it may be a bit too much but you don't

have to go that long and you could do 8 weeks or 6 weeks (or pick a small number and aim for that). Also, you could do 2 weeks on, 1 week off, 2 weeks on, 1 week off if you are doing your own program. This is also a very good idea if you would like to take a break or have a very busy schedule.

9) If you don't have the time to cook, there are heaps of very healthy meals that are already prepared in supermarkets such as Coles or Woolworths or you can buy these meals online and get it delivered.

10) Whenever you go out to eat you can always make small adjustments because remember you are the customer. Some examples are

- a) Getting grilled chicken instead of deep fried.
- b) No mayonnaise in your sushi.
- c) Getting steamed rice instead of fried rice.
- d) Making adjustments to your salad dressing.

11) Albert Einstein once said - "Insanity is doing the same thing over and over again and expecting different results."

12) Listen to your body. If it tells you to stop, then stop

- a) Eating more than you should.
- b) From over doing it (exercising) but if you are still up for more and you're feeling really good, do it.

13) Just have a little bit of patience and do not worry, the hard work will pay off!

14) The mirror will tell you everything, not numbers. Do not always rely on the scales.

15) I know that people look at the scales a lot if they are concerned with their body weight, in particular women (in think this is very fair to say). Sometimes, they weigh themselves first thing in the morning and then they weigh themselves again at night on the same day and notice they have put on weight. Alert! You have not put on any weight! What's happened is throughout the day, the fluids and food you have makes the weight on the scales bigger but your overall body composition has not changed. Therefore, never EVER stress about this because it is only the fluid and food composition that makes the number bigger.

16) Look at a person's body or physique. If they look really fit, they would obviously have an idea of what they are doing.

17) The answer to losing fat is easy.

Building Muscle – Maestro the Iron Man Saviour

The internet and even health and fitness magazines still leaves huge amounts of confusion and that is why I really want to help you with this. When lifting weights

- 1a) I used a lot of common sense and never lifted weights that I could not handle (oh gosh and especially when it comes to the ego and bench pressing). For example, when I'm doing barbell bench press (flat bench), I do no more than 60 kilograms, no more and another example, when I'm doing dumbbell bicep curls, I do no more than around 8 kilograms.
- b) Again, remove the ego.
- c) Really understanding what contracting, squeezing or repeating the strain is on my targeted muscle.
- d) Lift the heaviest weight that you can handle within the rep range that you are doing.
- e) Learn to detect the strain sensation is on your targeted muscle.
- f) If someone says to you "lift heavy," don't actually listen to this because it is an absolute terrible explanation in explaining to someone on how to build muscle. Read points '1c' and 'd' again.
- g) Changing my exercise routines once my muscles became accustomed to a routine (and same with cardio exercises). Keep the muscles guessing.
- h) Knowing the different kinds of pain (not pain but muscle strain).
- i) Remove the ego (yes I am going to say this again).

FAQ - What supplements do you have?

A – None. I will joke here and will say that Harry Potter did not come up to me and gives me a tub of protein powder and then suddenly ka-boom, I then get great muscle definition!

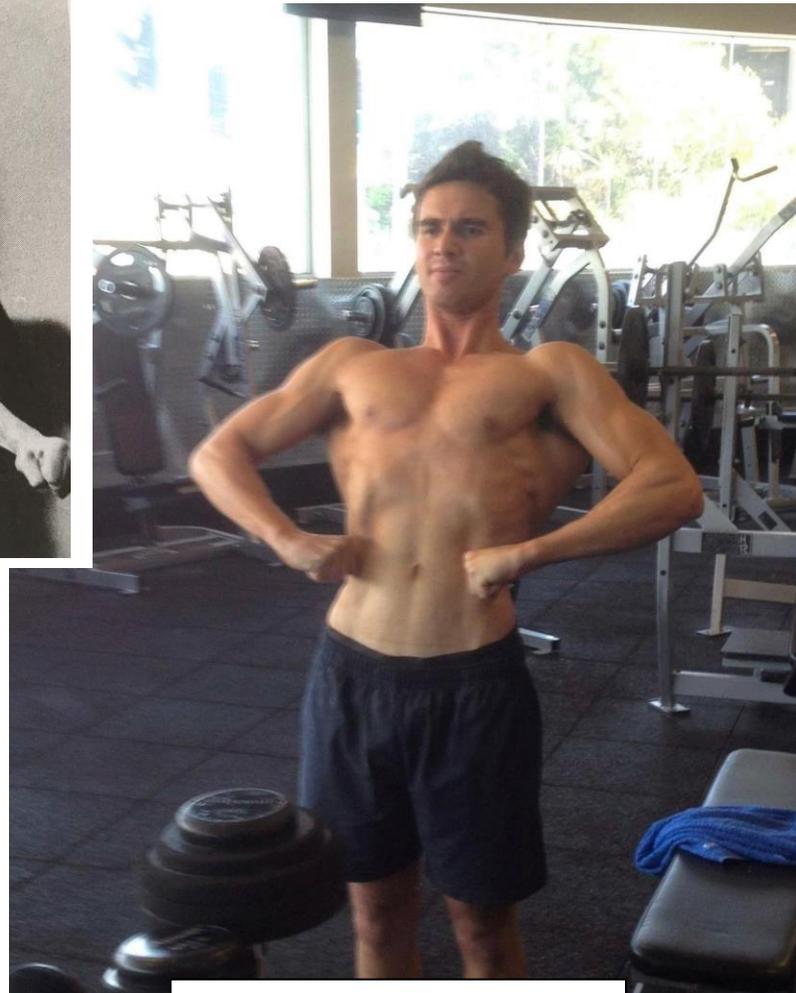
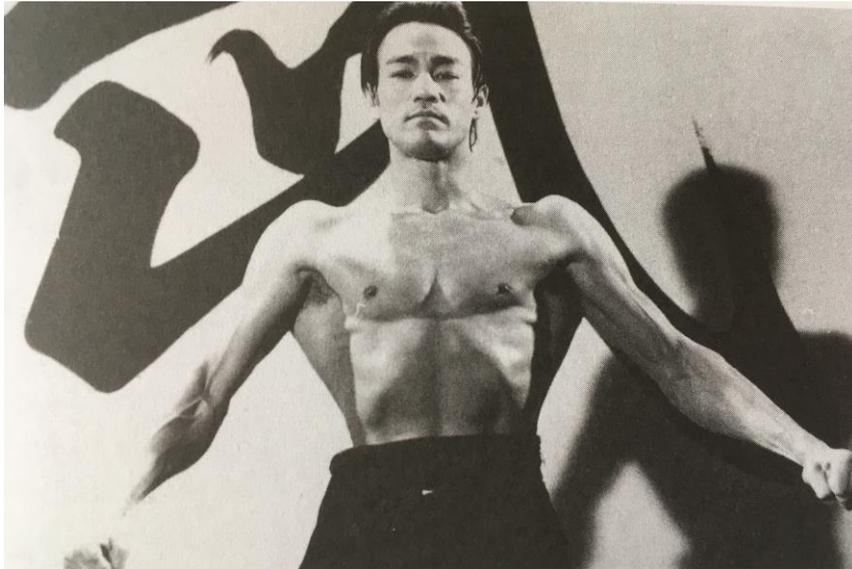
2) If someone says don't do cardio because it will get rid of all your muscle gains, in my opinion, I totally disagree. However, do not run 6 million miles. Also, be so aware in who is giving you this advice.

3) Getting "the pump" are not muscle gains. When a person gets muscle gains it will permanently stay with them where as "the pump" will only last a few days. To get muscle gains takes excruciating intense training done very sensibly.

Iron Man Maestro Muscle Saviour Act #1

I know that with absolute certainty people often always rely on numbers, therefore, how much you can lift or how much you weigh. Be excruciatingly careful with this because this is actually a myth and you will not find this information anywhere else. So, what I mean is, definitely work on areas that are lagging and make this your priority. Always train your weakest areas at the beginning of your training cycle. For example, I put a lot more focus on my traps and in time, overall, I looked much more muscular and I gained probably around 0.3kgs or 0.4kgs (I know that doesn't sound like much but just read the second paragraph ahead).

The most subtle change can make a huge overall difference. Another example, when I did a lower back exercise (dumbbell rows) it actually makes me look hypothetically 4 kilograms heavier (look at the below pictures). Building muscle can be an illusion. Completely get rid of this number, scales business mentality.



64 kilograms (What! Only 64?!)

Iron Man Maestro Muscle Saviour Act #2

Just be aware of how much muscle a person can get. There is a lot of false information out there. Also, if you want to take yourself up another level, reduce your body fat percentage/get shredded and you will look a lot more muscular (because you are getting rid of your body fat). It just so happens that you will weigh a bit less and the exact same principle applies to what I said before, building or seeing your muscles can be all about an illusion. The mirror will tell you everything, not numbers. Do not always rely on the scales.

I will tell you quite a humorous story. One time at the gym, a person actually approached me and asked how much I weighed. I told him around mid 60s (I don't exactly remember) and I have never forgotten the look on his face, he just couldn't work it out. Use the above points.

Iron Man Maestro Muscle Saviour Act #3

Cover all angles. For the below picture, the chest exercises that I did were close grip bench press, wide grip bench press and incline bench press (this is a total of 3 different angles). However, really understand points '1c' and 'd' and to be even more helpful, the sensation for this is a little different.



Iron Man Maestro Muscle Saviour Act #4

Don't be absolutely blown away when you see pictures or videos of someone who is lifting huge amounts of weights or numbers. It is showbiz, it is not normal and it is not possible. Read points '1c' and 'd' again if you have forgotten.

Iron Man Maestro Muscle Saviour Act #5

Stuffing yourself silly with food and you'll think that this will get you bigger. No, no, no. Avoid this at all costs. What will happen is you will actually get bigger by getting fatter and if you wanted to shred after this, you will have to completely increase your work load and will take you much longer to shred.

Iron Man Maestro Muscle Saviour Act #6

Looking at detrimental bodies or physiques. I have actually been through this myself and never ever feel down when seeing this. Just remember it is not possible. Also, if you are going through the cutting phase, you will look flat and this is perfectly normal and always do point #1 (saviour act #1). Also, taking a week off is fantastic because when you're back to your normal carbohydrate intake, you can really see the fantastic changes!

Iron Man Maestro Muscle Saviour Act #7

Just be careful with some weight trainers who have massive amounts of likes or followers on any social media because they make an impression. You will be surprised but a lot of them have had very little weight training practice. Always find someone who has had a lot of weight training practice which this point also connects to #9.

Iron Man Maestro Muscle Saviour Act #8

This point relates to act number 5 but is not exactly the same. Weight training or bodybuilding, a lot people think to "get big" means to "eat more." No, no, no. Do not eat yourself silly. What will happen is you will completely bloat your stomach and might make yourself sick. Just listen to your body, stop eating when it tells you to and also refer back to act number 1.

Iron Man Maestro Muscle Saviour Act #9

Performing enhancing drugs are illegal! Don't we all want to see cleaner and safer streets? I disgustingly want this.

Well I really hope that I perhaps have helped you in some way in health and fitness and unlocking many muscle myths in the muscle building world.

Yours sincerely,

Adam Simpson (Maestro)

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