

# NFPT - ADVANCED WEIGHT TRAINING SPECIALIST

\*Recommended Reading – NFPT Personal Trainer Manual, as well as the Advanced Sports Nutrition Manual & Advanced Endurance Training Manual for the best possible holistic education experience.

## Section I: General Health & Resistance

Exercise Considerations . . . . .	6
General Resistance Exercise Advice . . . . .	6
Strength Training & Those at Risk . . . . .	8
The Importance of Water . . . . .	9
Cardiac Response to Eating and Exercise. . . . .	12
Eating Around Resistance Exercise. . . . .	12
Aging and Resistance Exercise . . . . .	13
Why Muscles Atrophy . . . . .	13
Different Energy Pathways. . . . .	14
Glycemic Index and Glycemic Load. . . . .	16
Post Workout Force Feeding . . . . .	17
The Questionable Role of Insulin in “Force-Feeding” . . . . .	19
Weight Training & Aerobic Enhancement . . . . .	20
Minor Injury Treatment . . . . .	20

## Section II: Effecting Growth from the Inside Out

the Inside Out . . . . .	23
The Muscle Cell . . . . .	23
Skeletal Muscle Structure and Function . . . . .	25
Cardiac & Smooth Muscle Tissue . . . . .	28
Muscle Size and Strength Increase . . . . .	29
Controlling Failure for Size and Strength . . . . .	32
Overtraining and Resistance Exercise. . . . .	33
Determining Your Genetic Limitations. . . . .	34
Ever Heard of Collateral Damage?. . . . .	36
Body Tissue Protein Requirements. . . . .	37
Body Tissue Energy Production . . . . .	38
Amino Acids . . . . .	39
Cellular Uptake . . . . .	39

## Section III: Basic Training Methodologies

Application of Resistance Exercise Principles . . . . .	41
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Resistance Exercise and Contractile Failure. . . . .	42
Resistance Exercise & Weight Management. . . . .	43
Overload Training Principle. . . . .	44
The Pump. . . . .	47
Avoiding the Pump. . . . .	48
Between Set Recovery Considerations . . . . .	49
The Perfect Circuit Routine . . . . .	50
Muscle Endurance . . . . .	52
Periodization or Holistics . . . . .	53
How Negative Repetitions Work . . . . .	54
Continuous Tension . . . . .	56
More on Flexibility, Stability, and Core. . . . .	59
General Metabolic Considerations . . . . .	60
The Metabolic Continuum. . . . .	60
Invisible Overweight Condition . . . . .	61
What High Protein Diet is Safe?. . . . .	64

## Section IV: The Beginner

The Value of Intensity & the Beginner . . . . .	67
Establishing a Baseline . . . . .	71
Weight Training = Weight Gaining. . . . .	73
Mitochondrial Re-Education . . . . .	74

## Section V: Antagonistic Multi Set Training

Incorporating Antagonistic Training . . . . .	75
Antagonistic Multi-Set Training . . . . .	76

## Section VI: Metabolism of Fat for Muscle Gains

Muscle Gains . . . . .	78
Nutrition & Resistance Athletes. . . . .	78
Weight Training as a Fat Loss Tool . . . . .	79
Turning Fat into Muscle?. . . . .	80
Is Fat Friend or Foe? . . . . .	81
The Role of Fat . . . . .	82
The Role Fatty Acids Play in Carbohydrate Loading . . . . .	83

**Section VII: A Few Athletic**

**Considerations** . . . . . 84

    More on “Fat Release Refusal” . . . . . 84

    Sports Conditioning . . . . . 86

    Intro to Specificity Training . . . . . 86

    Specificity Training . . . . . 88

    Muscle Endurance & Athletic Events . . . 89

    Stretching & Massage as a Recovery  
    Tool . . . . . 90

    Cross Training & Enhancing Sports  
    Skills for the Athlete . . . . . 94

**Section VIII: Miscellaneous**

**Considerations** . . . . . 100

    Spot Reduction is Physiological  
    Impossibility . . . . . 100

    Squat to Define Your Abs . . . . . 101

    Training to Extreme... Good or Bad?... 102

    Machines -vs- Free Weights . . . . . 105

    Weights & Lower-Body Training . . . . . 106

    Resistance Exercise Tips . . . . . 106

    Body Fat Testing . . . . . 109

    Fitness Training Q and A . . . . . 110

    Are Aerobics Bad for Big Guys? . . . . . 116

    Aerobics, Metabolism and  
    Extramuscular Fat Loss? . . . . . 117

**Section IX: Bodybuilding Competition** . . 120

    Intensity or Insanity . . . . . 120

    Bodybuilders Are Insulin Dependant . . . 122

    Understanding the Physiology of  
    Bodybuilding and Athletic  
    Limitations . . . . . 125

    Bodybuilding Contest Preparation . . . . 127

    NFPT Contest Preparation Method . . . . 128

    Other Contest Preparation  
    Considerations . . . . . 131

    Effects of Anabolic Steroids . . . . . 132

**GLOSSARY** . . . . . 137

**NFPT**

    Consultation Guidelines . . . . . 141

    Master Food List . . . . . 144

    “Par-Q & You” Form . . . . . 149

    Recommended Professional  
    Documents . . . . . 151

    Policies & Procedures . . . . . 154

    Index . . . . . 156