



**VISUAL IMPACT**  
—MUSCLE BUILDING—

**Muscle Building Special Report #2**

**Go “Nutty” With  
Workout Volume  
(from Time to Time)**

So these days the mantra is to train less and less.

...Get the same results in 6 minutes as you would in 60

...Train each muscle group just once per week

...Do one set to failure instead of multiple sets

...(you get the idea)



“Think about it...You walk into a video store. You see 8 minute abs and sitting there right beside it is 7 minute abs. Which one you gonna pick, man?”

“...and we guarantee just a good a workout as the 8 minute folk!”

The health and fitness industry is pushing the limit here.

There is a piece of fitness equipment called the ROM, that claims you can get a full body workout just *4 Minutes Per Day*...and you don't need to do anything else to become extremely fit.

It will only run you \$14,615.00!

[Here is a link to the site to verify if you would like.](#)

I actually believe if anything, we need MORE exercise in our lives NOT less.

You don't want to go overboard, but almost everything that society is creating is making us less active. Almost never more active.



[The Segway is a prime example of this. This picture makes me sad...Someday we will remember when people actually walked through the park, or rode bikes.]

### **How Does This Apply to Working Out?**

Well, most of the time I think it makes sense to get in and out of the gym quickly, due to our busy lifestyles.

...but every so often I think people can benefit from a long drawn-out exercise session.

Some days you aren't time challenged

Some days you feel extra strong

Some days you have a lot of energy and the workout is extra fun

On a day when the weights feel lighter in your hands and the workout is a blast, why not hang out in the gym an extra 30-60 minutes?

I'm not saying that this is a regular practice, because that could lead to over-

training and burnout.

...but there are certain times when you begin a workout and it seems to fun to end. Why not take advantage of this state and do more sets and reps?

There is something to be said for more sets and reps...



[The old timers at *Muscle Beach* would spend 2-3 hours training on certain days...not that you want to do that...but every now and then it can be a fun change of pace.]

This technique works exceptionally well with strength training (phase 2 & 3)

On a day where you feel exceptionally strong, you can decide to double the amount of strength training sets. You can even spend more time resting in between sets, because you aren't in a hurry.

Also, drop all cardio on that day and just take advantage of your higher than normal strength levels. This will give you even more time to get in a bunch of strength building sets.

You could go completely old school and hang in the free weight room for 2+ hours. You will have to be careful if you are doing a cumulative fatigue (phase 1) type of lifting. You could wind up really sore.

## **No Hard Rules Here...**

The only thing I would suggest is to not do this more than 3-4 times per month.

You can also add in sets after cardio. Sometimes I find that I'm extra strong after doing intense HIIT...especially in the 2-5 rep range.

So if you are on phase 2 or phase 3, do your normal routine followed by HIIT and do a lift like bench press for 2-3 reps.

...if it feels exceptionally light, then maybe hang out in the free weight room for another 30-60 minutes.

...if it feels heavy, then get out!

Give it a shot :)

-Rusty

**Note:** This isn't mind-blowing stuff or anything, but I hear so much about brief training that I had to give the another point of view.

**PS:** Keep an eye on your inbox. Another Visual Impact “tweak” coming soon!

Special Report Links so Far (in case you missed them)

**Special Report 1:** [Same Workout, More Fat Free Muscle](#)