

**Craig Ballantyne:** Hey, everyone. This is Craig Ballantyne from [TurbulenceTraining.com](http://TurbulenceTraining.com). I'm here with my friend Vince Del Monte from [MaximizeYourMuscle.com](http://MaximizeYourMuscle.com). Vince, welcome to the call.

**Vince Del Monte:** Hey. Thanks for having me.

**Craig Ballantyne:** Vince is a good friend of mine. We have two funny stories from Vegas. I know you're not supposed to tell stories from Vegas, but these are pretty clean.

Saturday night Vince and I were like contestants in an episode of The Amazing Race. Do you remember that on Saturday night, Vince when we running?

**Vince Del Monte:** When we were trying to find a spot in line with 10,000 other people.

**Craig Ballantyne:** Yeah. We were trying to find the line, first of all, it was funny. We were running through looking a couple of idiots running through the casino of Area Hotel.

The second story that was funny was you explaining your near death experience with the prosciutto that got stuck in your throat in Italy.

**Vince Del Monte:** Oh, yeah. That was a true story. I was thinking to myself, "I can't believe it. This is the way I'm about to go. I'm choking on a piece of prosciutto." You forgot to mention that I was choking on a piece of prosciutto in a hostel in Rome, Italy while my buddy who I was traveling with was in the shower.

He was having a conversation with me not knowing that on the other side of the shower I had this long piece of prosciutto. Anybody who has eaten that knows what I'm talking about. You need to slice that fat off. I was bent over and I started to go some sort of different color. I know I must have been changing colors.

I thought that was it. I thought, "This is unbelievable." I was thinking, "I'm done off a piece of prosciutto."

**Craig Ballantyne:** That is funny stuff. All right. If people don't know you and that was their first introduction to you, they're probably going to think you're as crazy as I am.

Why don't you tell us your story about how you went from skinny Vinny to Vince Del Monte who is a great guy and a guy I really look up to for your passion about what you do, tell us everything you can about that transformation and a little bit on your contest experience and maybe one or two tips on how you got in really shape before stepping on stage?

**Vince Del Monte:** Okay, sure. For those who don't know my story at all, as a Craig said, I was actually nicknamed Wimpy Skinny Vinny. That was a nickname I received in high school and was carried into University. I was nicknamed Skinny Vinny, so I figured what better sport to take up to cater to my physique than long distance running.

So, I got into long distance running. I always wanted to build muscle, but even my dad used to always say, "You're built like a runner," so I figured I might as well become a runner. I wasn't bodybuilding, but it was at least something and it was least something that I was good at.

I basically survived high school by finding my identity and being a pretty decent runner. So, everybody laughed at me, but I was at least good at something. I carried that into University and I still had this fascination with building some muscle, but as a runner the two sports don't go well together, so I continued running.

Basically, what happened in second year University I ended up in a house with eight other guys. About five or six of the guys in the house were absolutely shredded. These guys were jacked, they had 15 or 16 inch guns, some of them maybe 17 inches, guns is a name for arms by the way. These guys had six packs and eight packs.

These guys were just really studdly guys, they were basically the guys every other guy on campus is jealous of and they're basically the guys every girl on campus wanted to be with and these were roommates. I was still Skinny Vinny at the time, so I kind of lived vicariously through them and all their experiences and all their crazy adventures, everything that comes along with University. That's what we call our college in Canada here.

I always had this fascination to build muscle and it intensified while I lived with those guys. Again, it was one of those dreams that I figured everything they had I figured it was something that was just a dream for Vinny. It was just something that I could never have, it was something I always wanted, but I figured that in this lifetime I was destined to live up to my nickname Skinny Vinny and just be a long distance runner.

Let's fast forward a bit. I graduated from University, got a degree in Kinesiology, so I studied all the stuff on health science and how the body works. I, believe it or not, got into the fitness industry. I actually had this fascination with the fitness industry, but again the only problem was I didn't look like a personal trainer. Who wants to take advice from a skinny guy?

So, I had a lot motivation after University to transform my body. My running career came to an end. I had run out of eligibility, so I basically said to myself, "This is my opportunity to transform my body." After University I started lifting some weights and wasn't very successful until I met this guy at my church, of all places.

He was an ex-pro bodybuilder. Actually, I don't know if he was a pro, but he was a champion bodybuilder at the provincial level. This is back when I was 22 years of age by the way, I'm 30 years old right now, so some of my details might be a tad off.

Basically, he was a champion bodybuilder at the provincial level and he said he couldn't go be a champion at the Canadian level because he was drug free. I didn't know what that meant at the time, but he basically said, "I'd have to take steroids if I was to develop my physique and compete with the guys at the next level."

I instantly made a connection with this guy that he was someone I could trust and someone that seemed to have a good head on his shoulders. He had built all of his muscle naturally, which is how I wanted to build my muscle. I didn't want to get into anything extra other than eating whole food and maybe some supplements. I didn't want to go much beyond that.

He started telling me how to build muscle and he started sharing with me these long lost secrets and a lot of old school techniques that none of my friends were following. None of the information was the same as what you're read in the magazines or on most websites, it was actually quite different than what most people have heard.

I started implementing these different secrets and techniques. The next thing I know I had gained 41 pounds of muscle within six months. I went from 149 pounds to 190 pounds. That was a huge body transformation. That was my first body transformation and I have pictures to record that.

It was all by following his simple tricks and techniques that were based on full body workouts, high intensity training, training muscle groups frequently, but with low volume, and a lot of different methods than I had been exposed to prior to meeting this guy.

That really catapulted my personal training career. I started attracting more clients, I started getting really good at the personal training business. Over time a lot of people at the gym started telling me, "Hey, Vince. You should put this stuff into a book." I had no intentions of ever writing book, I didn't even really know what the internet really was aside from using email on it. I didn't know you could teach people how to get fit on the internet.

I started listening to people and I started considering, "Hey, that would be kind of cool to put my program into a book and make it available to help more people other than just the people here in the gym." I was helping 30 to 40 people a week and I thought, "What if I could help like 30 to 40 people a day in all sorts of different countries?"

That was my inspiration for getting my book on the internet and learning how to make that available to as many people as possible. Over the last couple of years my original book, which I called **No Nonsense Muscle Building** became very popular. As you mentioned, I did get into fitness shows shortly after that.

I competed at the World Fitness Model Championships in Toronto a couple times and some other shows. I've placed everywhere from the middle of the pack, to the top five, to the top three, and I've even won a show. It's been pretty cool.

As I've progressed in my own physique I have progressed in releasing new programs and new information for people to follow along with me. So, as my body has developed so as my own learning and so as my own information that I've released to people as well. It's been a fun journey.

**Craig Ballantyne:** Vince, I've got a real quick question for you. Going way back to when you were in high school, you were talking about how it was almost like everyone was supporting your belief of yourself as the runner, that was your identity. You did definitely use it positively, but do you think some people get that reinforcement like your dad says, "You have the build for a runner." Do you think that kind of holds people back sometimes?

**Vince Del Monte:** 100 percent, because it's a safety net. No one expected me to be a bodybuilder. No one ever told me, "Vince, you should do a fitness model show." No one ever told me, "Vince, you should try and be a successful personal trainer."

I was going against everything that I was naturally born into. I was born into a world of running and long distance sports, triathlons, swimming, biking, where nobody in my family was muscular. There was no external pressure or anything to do that, so no one was expecting me to do that.

I could have gone, "I'm going to try this out and if it doesn't work at least I tried it." I could have just simply returned to running. So, this was all pure me. This was what I wanted.

I think that's really powerful for people listening, because you may have been born in an environment that doesn't support your current goals. That doesn't mean anything. If you want to do it you can make it happen.

**Craig Ballantyne:** That's awesome stuff. Actually, that leads us right into the next mindset question that I had.

Again, for everyone listening, Vince is a real great guy first of all, just as a bottom line foundation, he's a wonderful person. The muscle stuff that he has is awesome too, but when I hang around him the stuff that I get the most from him is just his mindset, the way that he believes in himself.

So, Vince, I think you have something that a lot of people would love to have and you also have some information that will really help people. Could you tell us about the mindset that you had when you were ready to blow past your potential for both muscle

and fat loss? What was the feeling inside, what was the mentality? Just really share with us there.

**Vince Del Monte:** What was my mentality? It was going to happen, it was just a matter of when. Basically, what was my mentality of making my future transformations happen?

**Craig Ballantyne:** Yes. Were you ever thinking, "I'm not sure this is going to happen?" Or were you always positive from day one, "I'm going to make this happen no matter what."

How were you thinking and feeling when you decided to make those changes and along the way as you got closer to the goals? Did you get more confidence as you went along in believing you would reach those goals or did you always believe it from the start?

**Vince Del Monte:** Gotcha. I think the first thing I always ask myself and I always realize was any transformation I'm going to do, anything that is the next step in the evolution of my life I recognize this one principal and it's simple.

There's always a price. There's always a price to anything you do in life. If you want to excel at one thing other things are probably going to get sacrificed. You can't excel in everything in life. You can't be a movie star, you can't be a great singer, you can't be a professional soccer player, you can't be an internet celebrity. You've got to pick what do I want to do really good at.

Transforming your body requires a lot of sacrifice, especially in the last final weeks and final phases when you're really getting close to that finish line. I guess I always have to ask myself, "Why am I doing this?" What is the outcome at the end and is the reward greater than the price? Is the payoff better than the price? Am I willing to sacrifice what's going to be involved to chase after this goal?

The majority of the time I would identify strong enough whys and strong enough reasons to stay motivated. Then there are other times where I find that I've missed my cardio a couple days in a row or I haven't been sticking to my meal plan. Those are real eye openers, because they reveal how committed you are to your goals.

I think there's a saying that says what you're not willing to do will reveal how committed you are to what you said you want to do. For me, when I decide to do something it's always big, it's never just small. It needs to be something that's motivating and it's got to be something that I can leverage and use over and over again and something that will help me for the rest of my life. I don't like doing things that only give me a benefit once.

For example, with my first body transformation when I was 22 I got these before and after pictures and I was able to use them to get a lot of clients for a couple years. That was worth the trade off of transforming my body and leaving the long distance running world behind.

So, I always ask myself, "Is the reward greater than the price?" If it is that's typically my mindset before and that's what keeps me motivated. I think everybody asks me, "How do you stay motivated?" I don't think you can motivate yourself, I believe you can just inspire yourself. Those goals are so inspiring to me of what I'm going to get at the end. That's what keeps my mindset focused on what I'm trying to do.

**Craig Ballantyne:** Very good. Then just one last question on the mindset stuff here first. When did you decide to make that change? You said as you were living with those guys your intensification for thinking about building muscle was going greater and greater. What was the last thing that made you finally go, "I'm going to do this and I'm going to do this full on hard core?"

**Vince Del Monte:** It was actually pretty dramatic, I still remember. My running career, I could write a book about that, it was a very emotional experience. If anybody has been involved in competitive sports then they know that. Any competitive sport, especially when you've got a lot of really high strung coaches and really intense team mates that want to win and identify everything around winning.

I was living under a lot of pressure, so my fourth year was my final year and things just weren't coming together with my running. I was just getting frustrated and I realized, "I'm done with this sport." I'd been doing it for eight or nine years, I was tired of being skinny.

I specifically remember one workout just coming in the middle of an interval and just stopping and realizing, "You know what? I'm ready to move forward." I was hanging up my identity of being a runner and I felt like I needed a new identity. What are people going to know me for? I'm no longer a runner.

That was the day I said, "I want to be known as," I didn't know exactly what the term was, but I wanted to be an awesome personal trainer, I wanted to be a muscular guy, I wanted to just have everything that the muscle gave these guys that I lived with. I was like, "This is the time." That was right at the end of my fourth year of University.

**Craig Ballantyne:** Very interesting. I guess you must get a lot of stories from readers that are in similar situation that are ready to make those changes. Are there any tips that you give them when they're first getting started? What are the main things that you would suggest to people?

**Vince Del Monte:** Grab a camera and take before pictures. I'm sure people have heard that before, but something happens when you take before pictures and you see them. It's like, "This is what I'm leaving behind." That was really powerful for me, acting like a bodybuilder, start living the part.

I remember one of the first things I did was I always wanted to go into supplement stores. Although I don't promote supplements I always find it cool walking in there. When I buy a supplement it motivates me, it's weird. I think one of the first things I did was bought a tub of protein powder. I spent money on something that I never spent money on in my entire life. That was a step in the next direction.

I took steps and started acting the part. If you want to be a muscular 200 pound guy start acting like a 200 pound muscular guy. I think I bought chicken breast, I don't think I had ever bought chicken breast. I don't think I had ever eaten a single piece of chicken in four years of my running, I ate pasta all the time. So, I started buying foods I never bought before. I just started doing habits that reinforced who I wanted to be.

**Craig Ballantyne:** I guess a bit of investing in stuff that will get you towards your goal kind of takes you from being a guy who might read someone else's magazine and looking at pictures and saying, "I want to build muscle too," and maybe who goes and works out once awhile, that's different from a guy who is going to buy the magazine, buy the protein powder, buy the food, buy the gym membership and get really serious, maybe even get a personal training session. You would probably say that guy has a lot more chance of success.

**Vince Del Monte:** Yes. You've got to get some blood in the game. You've got to put something at stake. If I give you free advice, free food, if there's nothing at stake there's no consequence. You've got to make it hurt. That's typically how you can identify if you're serious or not. Again, there's always a price.

If you're not willing to spend some money on some things that you need, on tools and resources to get you going, you're probably just not that serious, which is fine. Just acknowledge it for what it is.

**Craig Ballantyne:** I guess some of the common characteristics of a success story would be the commitment, the investment, being willing to learn, being open to new ideas. Anything else that you can think of there? Planning, taking time to prepare things, setting time aside, and being disciplined with your time.

**Vince Del Monte:** In terms of characteristics of my success stories you touched on some really good ones. One is people who are focused. People who are not easily distracted.

A lot of people who experience obstacles are just taking their eyes off the goal. There's a little quote that goes, "Obstacles are what you see when you take your eyes off the

goal." You'll find that people who are successful in life in all arenas are just very laser targeted focused on what they're trying to get out of it. That comes down to not being distracted by other things.

**Craig Ballantyne:** I really like that quote.

**Vince Del Monte:** You need to realize that you can't have everything in life that you choose to excel in a few things and do it really well. So, focus is very good. Commitment is huge, people who are able to follow a program from start to finish.

My top success stories are all from people in the gym who completed all their personal training sessions. If I told them I needed to see them three times a week, they were in gym three times a week. If someone signed up for my six month program, the success stories are the people who finished the six month program.

Same thing with the people in my current Maximize Your Muscle program. The best results are from people who still are in the program, they're still following it. It's not anything more complicated than that. People who are committed and don't get distracted by the newest carrot that's dangling in front of them.

Willing to learn is really important too. In my program I do teach more than two or three ways to build muscle. Most people have been told to alternate heavy lifting and volume lifting. The fact is that your body is more sophisticated than that.

If you're a know it all or you're just looking for one little quick tip you probably aren't going to do well with my stuff, because there's an entire system that works together and everything builds off of previous phases and previous months. You have to be open to learn new methods and new ideas.

Then you've got to be an action taker. Obviously, anybody you know that's successful, anybody that we hang out with are action takers. They're self motivated individuals. Everybody needs a push, there's nothing wrong with needing a push. The fact is that some people need a bit more than a push than others. That's okay, but when they get going you take action, you implement, and you learn from doing.

Those are the traits of people who are most successful with my stuff.

**Craig Ballantyne:** Awesome. That's leads into a question I want to ask you about your new Maximize Your Muscle. You were talking about 12 anabolic targets. Can you pick out maybe three of your favorite anabolic targets from the 12 and maybe share us with us brief introduction to those and one or two awesome exercises that really works well with each of those factors?



**Vince Del Monte:** Okay. When Craig said the word anabolic, I know there's probably a lot of females on the call as well, and don't let that term scare you. I told my mom, "Mom, you need to stay anabolic." She goes, "Anabolic? I don't want to get bulky."

Anabolic simply means to be in a state of growth. So, you want to be in a state of rebuilding muscle tissue, not in a state of eating up your muscle tissue for energy. That's all that term means. Don't let it scare you away if you're a beginner or a female, or wherever you're at.

One target that a lot of people don't use is unilateral lifting. I incorporate a lot of this early on in my programs. Unilateral lifting is basically training one side at a time using an emphasis on dumbbells or one arm cables, anything that allows one limb to work by itself.

The reason that it works is because most people have very inefficient nervous systems and they can't recruit all their muscle fibers. So, if you can't recruit all your muscle fibers you're only as strong as your weakest link.

Incorporating some unilateral lifting into your programs, basically switching out barbells for dumbbells, switching out maybe a seated row with a bar for a seated row with a cable, instead of doing squats learning how to do one legged squats, instead of doing dead lifts start doing one legged dead lifts, those will recruit more muscle fibers and that's going to make your nervous system more efficient and those are going to have carry over effects to your future programs that will help you get better results.

You're basically making your current system work more efficiently. Don't drop all your bilateral work, but by incorporating some unilateral exercises this is really effective if you're a beginner or have longer limbs as well. People with longer limbs have a harder time recruiting their muscles, so if you're really tall and lanky some unilateral training will help out as well.

That's one. Want to move on?

**Craig Ballantyne:** Yes. Give us two more.

**Vince Del Monte:** I've got them right here in front of me, I'm taking a look at it. I want to touch on heavy lifting, but in a way that people probably aren't familiar with. Heavy lifting sometimes gets a bad rap, it sometimes scares people, it sometimes scares older folks and there certainly is a degree of skill that is involved when you start lifting heavier weights.

There needs to be more appreciation and respect for what you're doing. Assuming that the technique is proper and the weights are heavy relative to the individual in a manner that isn't going to injure them, assuming that is all in place and if you're unsure

if it is get some coaching maybe from a trainer or from somebody who can watch your form and technique.

A new technique that I've been experimenting is called wave loading. Wave loading is kind of a modified version of power lifting and it's extremely effective because it helps increase your maximal strength. So, the absolute amount of weight that you can lift, it improves your power and your explosiveness.

Those are three different physical qualities that will stimulate different muscle fibers and different systems in your body, again contributing to the overall growth of your body. Again, there's different systems in your body you can't neglect them. If you neglect one you'll limit others.

Incorporating a bit of heavy lifting is very effective and it has a huge carryover effect into your subsequent programs. Here's an example of wave loading. Let's say on day one you're doing a push day, which includes a bench press, a squat, a shoulder press, and a lunge. So, just two upper body and two lower body push movements.

On the second day we're doing a pull day with a dead lift, we're doing a lat pull down, we're doing a stiff leg dead lift, and a seated row. What we'll do for wave loading is we'll do one set of five, so this is after we've warmed up at a maximal weight, and then we'll do one set of four, and then one set of three.

We're not going to go all the way down to singles, but we're going to lift heavier weights than we're normally used to lifting to improve our nervous system. Then we'll go through that for a couple sets on each one of those exercises. That's going to really boost your nervous system.

We're going to take a little longer of rest periods so we can lift those heavier weights. We're just going to basically give your body a wakeup call to some heavier weights and that's going to improve your nervous system and that's going to have carry over to the next phase that you transition into.

**Craig Ballantyne:** Very cool. What about for women? Do you have maybe one factor that really women love and really love to put in their program as well?

**Vince Del Monte:** Yes. What I've been doing a lot with Flavia lately is supersets on the same muscle group. That just naturally increases the intensity of the muscle group.

For example, I may have her do pushups on a bosu ball. So, the bosu ball is an unstable surface and it's going to make her triceps shake a little bit and it's going to help her recruit her chest and tricep muscles when we superset it with say a dumbbell chest press right after that.

So, supersetting the same muscle group is really effective. You could do a lateral raise right into a shoulder press. You could do a leg extension right into a squat or vice versa. Bottom line is you put more tension on the muscles and that typically breaks females out of the typical six to eight reps, 10 to 12 reps, 12 to 15 reps. I find most females just don't put enough tension on their muscles. Their sets aren't long enough to create any sort of stimulus or intensity, so that superset method is really effective.

To take it a step further I would introduce giant sets. So, maybe on a workout with me and Flavia she'll do legs and arms on one day. On the leg workout she'll do three leg exercises back to back to back, and she'll go heavy on each set. So, 10 reps, 10 reps, 10 reps, and basically doubles and triples the intensity of the set. After a couple giant sets for each body part her muscles are fried, she's got a great pump, she's sweating, and she's improving her overall work capacity.

Everybody knows that increasing your overall work capacity is going to increase the size of your muscles, and by increasing the size of your muscles even if you're female that is going to increase the amount of calories that you burn during the day, so it's going to in turn get you leaner and more shapely.

Once you drop the fear of gaining a bit of muscle then that's actually when you start gaining some muscle and that's when the results start to happen. So, it's really just to be positive and trust these techniques that have worked for a long time.

**Craig Ballantyne:** Cool. Let's turn over a little bit toward fat loss now and talk about maybe how one of these factors might be able to help people lose stubborn fat, and also some of the secrets that you used when you were burning your stubborn fat to win the bikini contest and all that type of stuff? Give us a couple of big tips on the fat loss stuff.

**Vince Del Monte:** It actually was called a bikini show, which is hilarious.

**Craig Ballantyne:** I know, that's what I said. That's why I said it.

**Vince Del Monte:** The Mr. Chin Bikini Show. One technique that I use is called escalating build up running. This is really effective pre and post workout.

Here's how it works. Instead of doing intervals, I think most people know what intervals are, one minute hard, one minute easy, this is actually my personally favorite fat burning strategy. This is even more preferred for me than interval training.

Basically, what you do is you increase the intensity on a set period of time. Let's say we're warming up for 10 minutes on a treadmill and we're running. We'll start the treadmill off at five miles per hour and every minute we'll increase it 0.5. By the end of the ten minutes you're running close to 10 miles per hour.

Again, I just made this up. I don't know why this works. The first reason why I think it works is that you get used to running at a higher intensity. You get your heart rate up much quicker. It gets your mind into a state of intensity and getting ready for the weight training session that's about to follow and it just gets you burning your glycogen quicker so that when your workout is done after your weights you get into your fat stores quicker.

Also, it's just more challenging. It's more stimulating as well. You can do it like that, or another variation is to increase it one mile per hour every two minutes. The bottom line is you set a period of time for your warm up and you increase it. The last two to three minutes you're pretty much at a 75 to 80 percent effort. You'll find that you're anaerobic for at least two to three minutes near the end, which is really powerful for getting you fit.

I do that at the end of my workouts as well. The reason I like it is because it's short and it gets the job done. Nobody really wants to stay in the gym for any more time than they have to when they're done with their weights, so this is a nice way to get some good quality fat burning in right after your workout or before your workout.

**Craig Ballantyne:** Very cool. We're going to turn it over now to some of the Facebook questions that we've got, because there were some really good ones.

Our first question is... Can you build muscle and burn fat at the same time? Is this a myth or a reality?

**Vince Del Monte:** It's a reality 100 percent. There's a lot of people that do both. My personal take is that it's easier to chase one goal at once, because they are competing goals. One asks you to eat more calories and one asks you to eat fewer calories.

My personal take on it is that, again this is my whole mindset on life, which is kind of funny, it's easier to excel at one thing than to try and do other things and spread yourself thin. So, I would prefer to excel at building muscle for a set period of time, let's say for four months. Then dedicate a set period of time, let's say another three or four months to just losing fat.

I would prefer to excel in each of those than to try and do both at the same time and just to get mediocre results.

**Craig Ballantyne:** Perfect. Next question comes in from Ash Yang and they ask... To get rid of the last four to five percent of body fat is it absolutely necessary to count calories?

In addition to that I'm going to say what did you find was necessary for you to do in order to get those advanced results?

**Vince Del Monte:** The more advanced you get the more in tune you'll become with your body. I know there's some guys who still count calories, some don't. This is something you have to find out for yourself.

Everybody is going to have a different experience when they incorporate some sort of method, so make sure you document everything and keep a record of what worked and what didn't. You'll probably do a couple transformations through the course of your life, so it's cool to accumulate this information. As your transformations go on you'll be able to do each one quicker and more efficiently.

For the last four to five percent is it necessary to count calories? Probably not, but it's probably not a bad idea, at least just to get an idea. I only count calories once, when I get ready for a program. I lay out my program and I just want to make sure eight to ten weeks out if I'm supposed to be on 2,400 calories I want to make sure I'm at 2,400 calories.

The thing with a fat loss meal plan is that everything is probably set up in blocks. So, I may have one cup of this, two cups of that, three cups of this. If I'm not dropping I don't need to fixate on the calories, I just drop a block or I cut one block in half.

The changes happen slowly and one at a time so you can monitor the result. You don't want to change too many things at once when you're trying to cut fat or else you're not going to know what contributed to what.

**Craig Ballantyne:** Perfect. Next question comes from Scott Fishkind and he asks... I'm curious as to your set and rep scheme that you like. He talks about Skip Liquor and others with the Max OT, like the four to six reps, and then other people usually say eight to 12 reps for hypertrophy. What do you like to use?

**Vince Del Monte:** I like to mix it up. I find that they all work and they all have their time and place. I like to blend each of those into a workout.

So, for this fellow here he's got the four to six rep range, maybe for a mass builder at the start of his workout. That's great, four or five sets. That's going to hit the type two fibers. Then he could do another couple sets on eight to 12 rep range, that's going to hit more of the intermediate fibers.

Then he could do a different angle on the muscle for that. Then he could finish off with two or three sets of 15 to 25 reps and that's going to hit the endurance fibers, which have a lot of potential for growth as well. Then he'll get his muscles hit at three angles and he's going to hit all three muscle fibers.

In terms of hypertrophy I find that a variety of rep ranges is really beneficial. That's how I'd sequence them in a program for hard gainers, burn out the fibers that fatigue first and then go to the ones that fatigue slower throughout.

Stick to one method and periods of time. Realize that there are so many different tools. You're not going to be able to figure it all out at once. I would experiment with this phase for at least three weeks, document the results, take what works, drop what doesn't, and move forward to the next phase.

**Craig Ballantyne:** Very cool. Next question comes from Raymond Ho and he says... How does your Maximize Your Muscle program differ from your original No Nonsense Muscle Building program?

**Vince Del Monte:** All right. Good question. No Nonsense Muscle Building consider a beginner program. That is the way that I built my first 41 pounds of muscle in six months. The principles are based on low volume, high intensity, high frequency workouts, a lot of full body workouts, a lot of compound movements, high intensity training.

Not your traditional body building training in No Nonsense Muscle Building. Consider No Nonsense Muscle Building like the appetizer meal. If you haven't gone through that program and mastered those basic principles you probably aren't ready for Maximize Your Muscle unless you've got a couple years of training behind your belt with other programs.

Maximize Your Muscle is an advanced program, which means that you've got one to four years of training experience, you're familiar with all the terminology that we've used so far on the call, and you've got some exposure to other people's programs and you've seen your body change already.

The most qualified person for Maximize Your Muscle is somebody who has hit a plateau and can't remember the last time they built muscle and are convinced that their body is done growing and has tried every other method under the sun and every other supplement and just can't seem to get to that next level.

If that's you, you are a perfect candidate for this program, because you are going to learn and be exposed to completely different methods and different strategies you've never used before.

**Craig Ballantyne:** Very cool. A guy named Adi Runs just wants to say, "Hey." He's wants to say hi to Vince.

**Vince Del Monte:** Hey.

**Craig Ballantyne:** That's very good. Here's a question from Stephanie Burrdett. How can a 27 year old female lose the last few pounds without sprinting intervals, because she has some knee problems?

So, she's been doing some body weight interval complexes, and biking, and lifting programs, but she is struggling a little bit and she says her eating habits are pretty good,

but she is struggling right now. Is there anything you can suggest, maybe any one of those factors that you think would really help her out?

**Vince Del Monte:** Yes. She's right on track with the body weight interval complexes, that's excellent. I would just continue to scale up the intensity, maybe just allow a little more time. Don't be too hard on yourself considering the fact that you can't do sprinting intervals. The fact is that those will speed up the results.

She could always take the bodybuilder approach. Bodybuilders get into the most incredible shape people have ever seen and they just rely on long slow cardio. I know you're not a big proponent of that, Craig.

**Craig Ballantyne:** It's all about crunch factor, right? If she's got the time and that's all she can do then I certainly know people that have done it. I also think, like you're going to say, that diet is the hugest factor and then you do what you can after that.

**Vince Del Monte:** Exactly. So, I would say the majority of people listening to this call, males should be able to get to 10 percent body with just weight training and a clean diet. You typically don't need the aggressive cardio or the long slow cardio until those last few pounds.

She could certainly incorporate some high incline walking on a treadmill. I think that would be really effective to do that. She could try some really early morning cardio on an empty stomach. Take in maybe some branching amino acids and maybe a bit of whey protein powder just to keep her muscle, that might help.

I would time her cardio at times of the day where there's a better chance of getting into her fat stores quicker. Maybe even another strategy that not a lot of people talk about, but I've got a lot of buddies who get ready for fitness shows and I ask them, "When do you do your cardio?"

One of my buddies who is the most shredded guy you'll see, he'll do 45 minutes of running in the evening time after his last meal and then he doesn't eat the rest of the night and he'll go to bed. So, he does all of his cardio late in the night a few hours before bed. So, while he's sleeping his body is probably digging out a lot of fat for energy. So, that's another time she could try out the long slow cardio, right before bed.

**Craig Ballantyne:** Great stuff. Then Scott Shearer has a question, and this is always a common question... Should a guy get lean first and then try to pack on muscle or should he try and pack on muscle first and then try to get lean?

He's talking about how lean do you need to get before you need to pack on muscle. So, what are your thoughts on all that?

**Vince Del Monte:** Well, I was 10 percent body fat when I was runner, but I was so skinny, so it depends on how you look. If you're 10 percent body fat, bulk up. Just don't let your body fat go more than 13 percent.

For me, I don't like to bulk up without losing my four pack. So, if I start losing the four pack then I try to tighten up the calories around the workout times or take a closer look at the quality of calories I'm taking in.

I would bulk up if you're low and realize that you can do everything in phases. Also, it depends on what time of year it is as well. I know a lot of guys the summertime is rolling around now so everybody is going to the supplement stores and buying fat burners and everybody wants to get lean now.

So, it depends on the time of year as well. Winter time is a great time to bulk up when you're covered up. Summertime is a great time to get shredded and lean down. So, consider those things as well.

Either or unless you're in a place where you've got your shirt off all the time the difference between five percent and 10 percent body fat is not going to be noticed unless your shirt is off. So, unless you do something very frequently with your shirt off that's another factor. I think you can probably figure that out with some of those.

**Craig Ballantyne:** What if you're about 15 or 18 percent fat, do you have a rule like before you even start thinking about gaining muscle you should try and get down to 12 percent fat or something?

**Vince Del Monte:** Yes. If someone is 15 to 18 percent, that's too high. They should come down first, get that closer to 10 percent. What that will also do is create a lot of really good habits. The fact is that it takes a lot of discipline and it takes a certain kind of person to cut fat. It takes a very motivated and committed kind of person to remove fat from their body, so that will instill a lot of good habits

I believe that in the process when somebody cuts that amount of fat off their body they're going to be way more likely to bulk up cleaner, so they're not going to pack on that fat they just got rid of. I think they'll do their bulking phase way more effectively.

**Craig Ballantyne:** That's a really great point. I never thought about it that way. Great advice there. Our next question comes from our friend Aris. He asks simply... Have you ever used Creatine? I guess in addition to that why don't you tell us what supplements you've tried and that you like or the ones that you currently use also for health?

**Vince Del Monte:** Sure. That's a good question. First off, if you are going to use supplements I recommend that you rotate them around. I like to rotate brands around just like you rotate your foods around.



The supplement industry, I've got some friends who create supplements and I trust them and I follow their stuff, but to me it's just one of those things that I will never know the truth on. Even if I were to make them myself I would probably still be confused on how effective this is and what I'm really putting in my body.

With that said, because every supplement company does something different with their products I like to rotate them around. I like to use different brands, I like to use different products, I like to cycle them.

The ones I use year round are protein powder, I'll take that as a post-workout shake or sometimes a pre-workout shake. I don't often use them as meal replacements anymore. When I was bulking up I would make a lot of meal replacement drinks, meaning that I'd add fruit and sometimes peanut butter and I'd add other foods.

Now that I work from home full time I don't need that convenience factor, so I'll do the majority of my meals whole food prepared and then I only do my shakes pre or post workout. Protein powder is essential, and I consider protein powder and I budget it into my grocery list. I don't consider it an extra. If you ask me how much my groceries are each week protein powder would be factored into that. So, that's one.

I take a multivitamin and a I take fish oils before bed. That's it. I have used Creatine, I did use it in my initial transformation. Creatine basically just jams water into your muscle cells. Everybody listening to this call should know that to build muscle you need to be hydrated.

One of the most popular reasons guys don't build muscle is because they're dehydrated. So, simply by keeping your muscle cells full you're going to be able to get a better pump, you're going to have more strength, you'll be able to lift more weight.

That's what a lot of these supplements get you to do. If you think about it a lot of supplements just get you to drink more water. It says on the container, "Drink two cups of water with this." So, you're naturally going to have more water in your body then you did before and that's what is going to help you build muscle, not the supplement. Consider that.

In terms of brands, I use a company called Blue Star Nutrition right now. This is actually a company my buddy is the CEO of and all of his stuff in a government audited facility. I make sure that the company that I get my supplements from they get their stuff regulated. That ensures that what it says is in the bottle is in the bottle. I like to make sure my stuff is safe, pure, and effective.

In terms of edgier supplements when I'm kiting I'll use some branching amino acids. I like to use those on my fat stage. I sometimes use Glutamine for muscle soreness, not

very often though. I like to have a greens product in my house at all times just in case my fridge is getting low on greens.

Probably the most edgy product that I use is a pump product, which has basically got a lot of cell volumizers in it. I use a product from Blue Star Nutrition called Extreme Rush and it's really powerful, you only need one scoop of it.

It will jam a lot of water into your muscles, it will give you a great pump, and it's got a lot of energy complexes in it as well. It's also got some ingredients that increase blood flow to your brain, so it's going to help you stay more alert.

Any product that helps you be more alert, more focused and helps you increase the intensity of your workouts, in my opinion it's a good argument to consider getting it. Everybody knows what separates the men from the boys in the gym is intensity. The guys who are getting the best results in the gym are the hardest working.

If you can put anything in your body that's safe then I would consider using it. That's my personal requirement. I also like to see that a supplement has been on the market for at least a couple years before I give it further notice. If a supplement is just fresh on the market, rarely will I be the guy that tries it out first. I'll wait and let some other guys try it before I check it out.

**Craig Ballantyne:** The last question is from Jose and he asks... What is the best tempo to use for muscle building?

**Vince Del Monte:** For muscle building for hypertrophy a slower more controlled. Again, your body will adapt to that and then that's when it will be time for you to try a more explosive movement.

Probably the best answer if I have to give one answer would be explosive on the concentric phase and controlled on the eccentric phase, so we're taking a blend of both worlds. We're taking a blend of the bodybuilding world, the slow and controlled on everything. Then we're taking a really important component of the power lifting world and we're going explosive on the way up.

So, explosive on the way up and controlled on the way down. Controlled meaning at least two to four seconds depending on the movement and that will put quite a bit of tension on your muscles.

**Craig Ballantyne:** Perfect. Very good, Vince. Last couple questions on mindset to finish off the call. I just wanted you to tell us about the five M's that you teach people, because I think they're very powerful and I really like the way that you really get into.

When you talk about muscle you're really into it, but when you talk about this stuff you really get into it. I think people would be positively affected by the energy that you bring to that.

**Vince Del Monte:** Well, I've got to give my dad credit for the first three. I'm sure he got it from somebody else too, I hope he doesn't hear that.

There's five M's that I feel that every man is most passionate about. It's mainly because we're all made from the same person, so we're all wired the same way. It makes sense why when I say these five things they ring true for the majority of people listening.

The five M's I think every man is most passionate about are...

Figuring out who their maker is. I think every person in life every male is wondering, "Who the heck made me and why the heck did he or she," whatever you believe, "Why did he make me?" I don't believe I just ended up here by random chance. I believe we're all put here for a reason, for a purpose, and I think that the majority of guys want to know why they were put here. How am I supposed to make use of the time that I've been given? I want to explore that, who your maker is.

What is your mission? I kind of touched on that already. What's my mission in life? What's my higher calling? What legacy do I want to leave behind? I think every man has a deep down desire to fulfill their mission in life. Whatever arena it is in I think every man wants recognition and to do whatever they do at a level that benefits other people. So, figuring out your mission.

Third, I think every male wants to find their mate. There's nothing wrong with leading a life of singleness. I believe that singleness is actually gift. That's the way I always saw my singleness. A long time ago I came to the conclusion that if I'm meant to be single that's not a problem, I will make the most of that.

I think a lot of people too also are interested in who can I do life with? Who can I team up with? Who is going in the same direction that I'm going? Who could come alongside me? Who could I help? So, figuring out who their mate is.

Then the last two M's were the two M's that I added. You guys can probably guess these, muscle and money. I think every guy wants to enhance their physique and they want to look above the norm, they want to look better than the majority of guys out there. They want to look good for their females and they just want to feel confident about their physique when they take their shirt off.

Then money. I think a certain somebody who has it, who has built it represents a certain kind of person. To me, money is not a bad thing. To be honest, I think people who have money are given more responsibility and they can do more and do more good for the world too.

I think a lot of guys are interested in doing more than just serving themselves and money gives you that opportunity to go beyond just your own little world. It also requires a certain kind of person. You need to be ambitious and self driven and you need to contribute.

Money is just a representation of value. So, to me somebody who is creating more money than someone else is just somebody who is creating more value for society. Somebody who is not making a lot of money I would challenge them and ask them if they wish, "Maybe you could consider giving a better contribution for society," because that's all that money represents.

I want to expand on all those things. I want to help men figure those things out along with me. I haven't figured them all out, but those are the kind of things that drive me, so I figure there's probably a lot of guys out there just like me. I haven't figured out what to do with the ladies yet.

**Craig Ballantyne:** That kind of answers this questions a little bit. The last thing that I want to ask you is what do you want your legacy to be? What do you want people to think about Vince Del Monte in the future?

**Vince Del Monte:** That's a good question. Without going too deep or anything I think I just want to be known as a guy, I'd be happy to be known for a couple things. One is that I was a man of my word. If I said I was going to do something I did it. I'd want to be one of those guys that you could count on.

Somebody who is transparent and authentic, so somebody who didn't try and be fake. I don't mind making mistakes, I don't mind screwing up, so somebody who is real.

I think I just want to be known as one of those guys who leaves things better than they found them. If I walk into your house, when I leave your house it will be cleaner than when I arrived. That kind of thing.

I figured out in life early on that people don't remember what you do, they remember how you make them feel. No one will remember what you did, but they will remember if you made them laugh, if you made them smile, if you did something good for them. I think I just want to try and be known for leaving things better than I found them.

**Craig Ballantyne:** Very good, Vince. That's really awesome. That brings us to the end of our call. Vince, do you want to just tell everyone the website to check out next week for people who are really serious about getting into your muscle building program?

**Vince Del Monte:** Did you have one you wanted them to check out? I know you're giving away something special for people.