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SHAPE OF
YOUR LIFE!

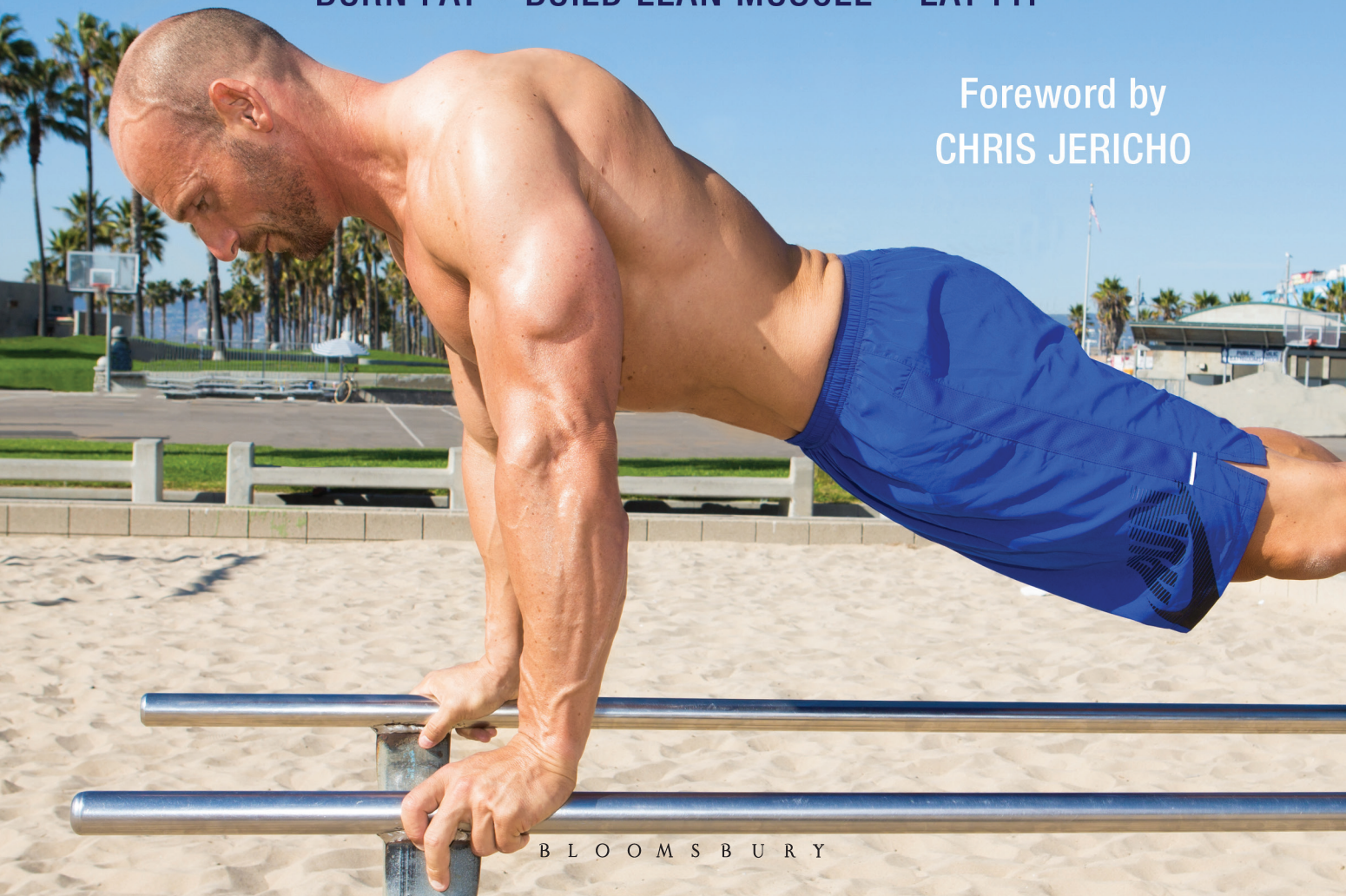
HOLLIS LANCE LIEBMAN

PEAK PHYSIQUE

YOUR TOTAL BODY TRANSFORMATION

BURN FAT • BUILD LEAN MUSCLE • EAT FIT

Foreword by
CHRIS JERICHO



B L O O M S B U R Y

PEAK PHYSIQUE

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PEAK PHYSIQUE

YOUR TOTAL BODY TRANSFORMATION

HOLLIS LANCE LIEBMAN

B L O O M S B U R Y
LONDON • NEW DELHI • NEW YORK • SYDNEY

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FOREWORD

I first met Hollis in the summer of 2005 when he approached me in an L.A. gym to tell me that he was a fan of my work. It didn't take me long to realize that he was a very interesting person and that I really liked him. Besides sharing the love of heavy metal music, tasteless jokes and the female form, we also shared the passion for helping people. Hollis truly cares and has made it his life's work and mission to help others better themselves, both mentally and physically.

Over the years, I have seen Hollis progress, and he is now nearing the top of his field. This book is not only the culmination of his many years in the fitness industry, but it's also the culmination of his studies on how to become one's best—starting with the mind.

I was surprised when I saw the layout for this book, not only because it rocks, but also because I'd never seen him in this kind of shape before. And it was because he executed with perfect precision his message, his plan. I asked what it took for him to get into that kind of shape, and he told me he had reset his mind and was reevaluating how he could become the best he could be.

Peak Physique stands on its own, is artistically ambitious and answers the decades-old questions of the what, the whom and the how to get there.

Trust this guy: he knows what he's doing, and he's the best in the world at what he does.

Chris Jericho
Tampa, Florida



360



The Mecca of Bodybuilding

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AN INVITE TO “RESETTING” YOU



In the grand play list of reality, there exists more givens than just death and taxes. For in between, there's a never-ending list of items placed into the shopping cart that is life. Another errand to check off, another destination, another obstacle, and yes, another occasion or event that looms ahead, requiring your presence. A gathering, a visit, an organized bundling of activities and persons, places and things on a given day where your attendance is cordially requested. And amid most of our hyperbusy lives in this always-on, social media world we live in today, the thought of making an appearance at less than our best is most certainly less than appealing.

As children, if we'd woken up on a school day with an overwhelmingly large spot on our face or less-than-fabulous haircut for Monday-morning classes or, for some of us, after-school activities, then it was indeed too bad. No excuses—we still had to go. But as adults, we have choices, which include, quite simply, not attending.

THE DREADED INVITATION

Say you've been invited to a wedding, but your trousers don't quite zip up or the top button on your dress shirt won't close without a shoe horn, and a trip to the "big and tall" shop is too far out of the way? Or your class reunion is looming and your favorite cocktail dress is bursting at the seams, and you just threw out the latest plus-size catalog? Victoria's Secret seems to be just that—a place only skinny girls know the password to. No problem, you just tell yourself that you won't attend the event. Or maybe, for some, you will attend, as you no longer care how you look or feel and there is nothing to be done to change it.

But how we look on the outside often dictates how we feel inside, or at least offers more than a glimpse of what is really going on within us. In my own life, I am an author and a personal trainer. I make my living helping others achieve their physique goals. And yet, for nearly two years, I had—at best—a very difficult time getting into and maintaining proper shape. Did it affect my self-esteem? You bet. Do I blame others? No. Only myself. Yes, I was in a toxic relationship, and yes, eating was one of the few pleasures afforded to me at the time. And so I overcompensated with food in order to feel something, anything, daily. Did I skip events I was eagerly invited to? Unfortunately, yes. I was unhappy with both the inward and outward me, and often the only public exposure I would subject myself to was a fast-food drive-thru, where I'd put in my order with three small dogs fighting for the most advantageous position for snatching grease-laden, salty fries.

TIME TO RESET

So what changed between then and now, aside from dropping a lot of body fat? Perhaps the grandest event of them all: Life. I was newly single and desperately needed my self-esteem back. Like many, I wanted to feel comfortable leaving the light on when resuming the bed dance with a future partner. I believe there is a rock-bottom point, or a switch that must be hit in the human brain when imminent and impending change is in order, when we agree that our current self just doesn't represent who we really are and that we demand better of ourselves for ourselves.

And so the genesis of this book that you now hold in your hands began as a tale of revenge. Not revenge against my ex, but instead revenge against myself—the me who enabled and masterminded my fall from grace.

I realized that sometimes in a relationship we can get lazy. We stop with the care and maintenance that our significant other may have fallen for in the first place.

No one ever placed a gun to my head and forced me to overeat and put on the pounds. Although there was definitely something missing from that relationship in order for me to overcompensate with food, I alone did it to myself. And I alone would stage a return to and beyond my former glory.

And so, as the meals and training sessions turned into days and then weeks, I knew I had to not only document the journey, but also define and map it so that others could follow my path and free themselves too. Scheduling an actual photo shoot in which I would appear beyond my normal roles of author and director, but as a model as well, was indeed an invitation to the dance.

COUNTDOWN TO SUCCESS

What I have learned is this: You are most likely to get into shape when you have an invitation, an impending event, a reason, a clock that is counting down to your success. Once you accept that invitation or choose your target, one of the hardest steps is indeed behind you. You must set and define a goal, or you will simply spin your wheels ad infinitum. Everyone has something to prove, not to others but to themselves.

Why is it critical that you act now? This is the single most important question that you can ask yourself. If you're like me, it's about more than just peaking for an event. It's about reclaiming "you." Just as in sitting through a bad movie when you can never get back those two precious lost hours, I had lost time. I had lost myself over a period of nearly two years, and I now consider it worth it because in the search to reclaim me, I discovered that I will never again allow myself to sit through a "bad movie."

Did you wake up one fine morning and peer into the mirror to find a person who had instantly transformed into someone you no longer recognized? No. You may have had that feeling, but yours was a slow and gradual transformation. Whatever the reason you attribute to your current shape—lack of gym time, fear, laziness, an overwhelming sense of not knowing where to start, a self-imposed negative thought process or sense of self-doubt, contentment or depression—whatever it was, you do not like the image currently staring back at you in the mirror. Through too many trips to the local fast food restaurants, too many selections from the aisles in the middle of the food store (processed foods), instead of smarter choices from the outer perimeter (whole foods), your current body composition has brought you to this point.

Whether it's a wedding, a reunion, a reinvention of self following a break-up, the birth of a child, New Year's

resolution, injury, doctor's orders, an intervention or personal challenge or goal, whatever your reason, this book is written for you. This is your efficient and linear pathway toward peaking for your particular event or day and feeling good about it. You won't be rushed: you'll be able to breathe the whole time while taking the progressive steps to a new you until finally arriving at that day's door. This is your template, your plan, your recipe for success.

LET'S WORK TOGETHER

I have taken into consideration resources. Some of you have access to a gym, and some don't. Some of you may travel. And whether you have extra money each month after the bills are paid, or if you're saving every penny for your impending wedding, I've got you covered. My

approach is not intimidating but instead liberating. I do not encourage you to go on a near zero-carb or starvation diet. I will have no trainer or coach scream at you, severely restricting your calories and making it nearly impossible for you to get through your normal day, let alone one that calls for a resistance workout and cardio on top of it. My plan is easily incorporated into your current schedule; it isn't overwhelming and takes the worry and guesswork out of getting ready to look and feel your best for an event in a limited amount of time, whatever your body-type or current composition. No longer are you on your own. I am in the trenches with you, for I too was not blessed with a super-fast metabolism and have to work just as hard as the next person to peak my body. We are in this together. The bottom line: You're going to fit into your dress or that suit . . . and fit into it well.



Mere weeks prior to my break-up I snapped a couple of pictures of myself to document just how far I had let my body go. There I was, tipping the scales at 246 pounds (112kg). I vowed that those two images (see insets) would be “before” photos and set out to uncover



the real me. I began a fitness program and healthy diet that I dubbed my Peak Physique program, and stuck to it. Just months later, I stood in the same place to document my success, shooting these “after” photos that show a lean and fit me, weighing in at 197 pounds (89kg).



PLAN OVERVIEW



Every great victory begins with an idea and then a mapped-out plan. Accomplishments are rarely achieved by accident, and, as such, the end result can seem overwhelming. But by systematically laying down a brick per day, eventually, a solid building will appear. Our basic, subconscious instinct as humans is to embrace pleasure and to avoid pain. This is at least partially why so many of us are apt to constantly cheat on our diets and take it easy in the gym or, in short, to consistently fail to achieve our physique goals.

But perhaps the plan was too restrictive in the first place: shooting for black belt status before even that white belt has been achieved. Since we can agree that the greatest pleasure will be your confident arrival at your event, we will fearlessly peer into the nucleus of pain together and progress through it linearly. Remember that while anyone can eat cheesecake, the taste of building your best body tastes infinitely better.

HOW WILL THIS BOOK HELP YOU?

Whatever your gender, shape and goal, your plan will consist of resistance training to hone and enhance the shape of your physique, cardiovascular activity to boost your metabolism and clean nutrition to leave you with minimal fat and maximal lean muscle mass. You, like the majority of people following this program, probably have fat to lose, not weight. Losing weight never results in just loss of body fat, but instead a mixture of muscle, fat and water. *No es bueno.*

It is safe to assume that if you're reading this, you're not hoping to gain weight going into your event and that is why the various protocols here are geared toward your two definitive goals: to lose body fat and hold onto precious muscle tissue. Losing weight isn't really all that difficult. You could restrict calories alone and would conceivably lose weight. Yet, you would appear deflated and soft instead of hard and firm, your body jettisoning muscle tissue in the process while retaining its fat stores. I-800-NOT-WHAT-WE'RE-SHOOTING-FOR.



So how do you best use this book?

This program speaks to a mass audience. Although one size does not fit all (the artful independent movie, if you will, versus the blockbuster), there is something to be said of the Costco mass approach that definitely delivers. Your plan is not built on excessive training, marathon-like cardiovascular sessions or a tiny plate of food in a torturous, neglectful and monotonous Groundhog Day-like existence to punish you into results. Structure is in place in a time-managed, precise and stimulating program to provide maximum results in minimal time. Because both the male and female body have the same musculature and, for our purposes here, the same goals, the programs are nearly identical. The only difference will be in the recommended calorie intake, which is generally higher for a man because he tends to carry more lean tissue than a woman.

So how long is your program?

It has been my experience that noticeable results cannot be rushed and that changes begin to occur at around the 4-week mark, noticeable changes at around the 8-week mark, and serious stop-the-needle-on-a-record changes at the 12-week mark. Eventually, similar to when a woman is pregnant and the day comes when it is overwhelmingly obvious, so too will your body reflect dramatic positive change as you further get into shape.

Rather than feeling overwhelmed and committing to a full 12-week program, pick your target day months prior to it, and then have a go at it. Once you're on a roll and especially when people are complimenting you unsolicited, you'll find it hard to stop. Whether you take on this program for 4 weeks or 12, you can be assured that you'll be both looking and feeling better than you did on week 1. This is a win-win situation, one in which you cannot possibly lose.

So how do you apply this book?

Your exercise portion consists of three phases of training protocols that start with a minimum of activity and slowly intensify during each phase. The nutritional protocol offers suggested guidelines, dishes and sample menus in delivering five healthy and nutritious meals throughout your day to power you with energy and fuel for your workouts. It will also help you melt off body fat while showcasing lean muscles. Now, here's how you'll be resetting yourself.



PROGRAM BREAKDOWN

PHASE 1: WEEKS 1–4

BEGINNER TRAINING PROTOCOL

Your instincts here might tell you this is not enough work. Pay no attention to such warnings and voices. During this initial phase of your training, you are learning proper sequencing of exercises, a consistent workload and how to properly fire from that particular day's workout and muscles used.

MONDAY	Chest/Back/Abdominals/30-Minute Cardio
TUESDAY	OFF
WEDNESDAY	Legs/30-Minute Cardio
THURSDAY	OFF
FRIDAY	Shoulders/Arms/Abdominals/30-Minute Cardio
SATURDAY	OFF
SUNDAY	OFF

PHASE 2: WEEKS 5–8

INTERMEDIATE TRAINING PROTOCOL

The inclusion of both a fourth day of cardio and a fourth day of resistance training allows you to give more individualized attention to each muscle group, as well as further speed up your metabolism for a true fat-incinerating state. In addition, for additional muscle detail and development, a few exercises and a third day of abdominals have been added. And you still have weekends off!

MONDAY	Chest/Triceps/Abdominals/30-Minute Cardio
TUESDAY	Back/30-Minute Cardio
WEDNESDAY	OFF
THURSDAY	Legs/Abdominals/30-Minute Cardio
FRIDAY	Shoulders/Biceps/Abdominals/30-Minute Cardio
SATURDAY	OFF
SUNDAY	OFF

PHASE 3: WEEKS 9–12

ADVANCED TRAINING PROTOCOL

The final phase of preparation, while still at four days of resistance training per week, has not only tacked on an extra day of cardio, but upped each day from 30 minutes to 40. This extra cardio will result in one thing: the additional shedding of unwanted body fat. For further overall development and tone, my all-time-favorite exercise, the deadlift has been added, along with a few arm-shaping exercises.

MONDAY	Chest/Triceps/Abdominals/40-Minute Cardio
TUESDAY	Back/40-Minute Cardio
WEDNESDAY	OFF
THURSDAY	Legs/Abdominals/40-Minute Cardio
FRIDAY	Shoulders/Biceps/Abdominals/40-Minute Cardio
SATURDAY	40-Minute Cardio
SUNDAY	OFF