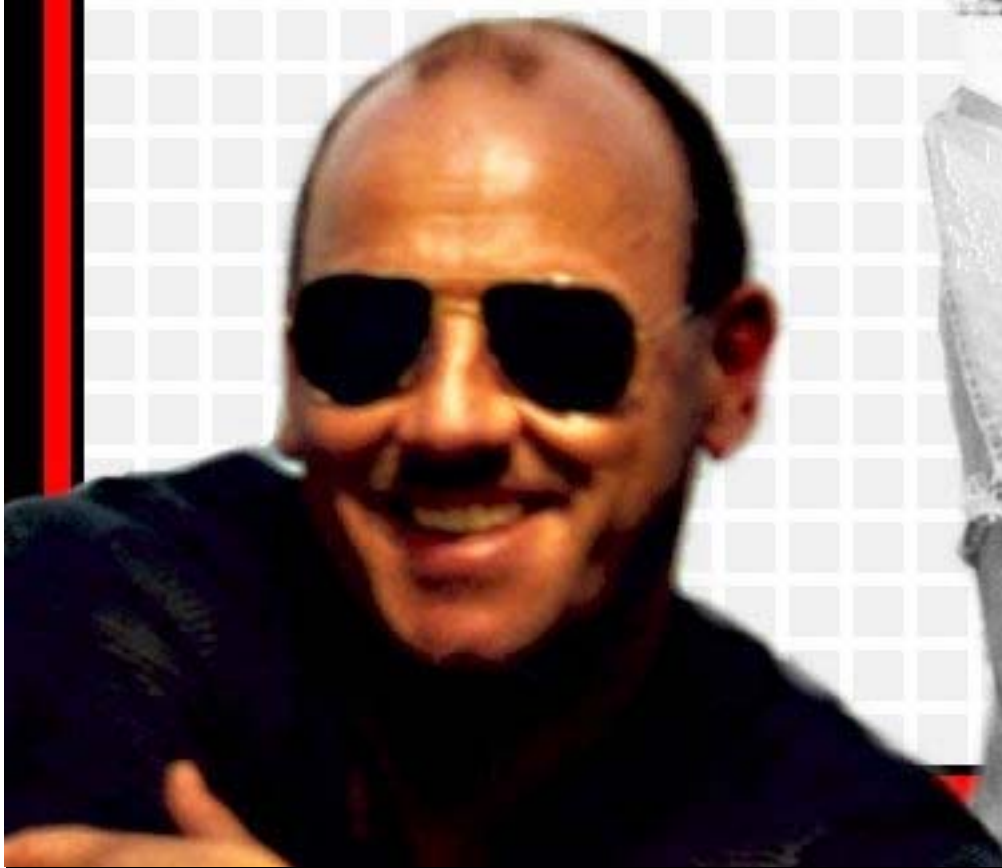


# DEDICATION AND DEVOTION

## THE CHRIS REPORT

BY

*Mick Hart*



# Foreword from Dad

The actual time from making the decision to competing was approximately one year. However, there was a period of time previous to this based on standard lifts and hit and miss three day training (due to girls and booze - yeah I know!!).

So Chris's body was used to the training although not honed in any way. This was to be achieved purely in the time from his decision, to walking on stage.

A phenomenal achievement indeed to which Christopher takes 95% of the credit I assure you. I was and am just a guidance that feels honoured to be a part of his success.

As Chris often say's

***"an angel on his shoulder"***

*Mich*

# Introduction

The reader will, without a shadow of a doubt, ask themselves whether this system will work for them. Now, if you doubt that it could AND that you also believe that I gave Chris "extra special" additives that you can not get hold of, OR special training exercises or systems that only he could get access to, then you are going to fail in what you do, now and in the future - believe me I do not lie to you.

Some of you will also be thinking that because he is my son, his training has GOT to be superior to that of yours; by thinking that also you would be wrong.

What this system CAN and WILL give you is the absolute belief that if you put your mind to a task and wish it to be so hard enough, then my friends, it can be so.

The main thing that I gave Chris (and always will) is the fact that if HE, as a person has the confidence to strive for a goal and the strength and determination to go for that goal, then it is only a matter of time before that goal is reached. I say this with the up most honesty and sincerity to such an extent that I can GUARANTEE that you too will enjoy the benefits that such a physique can bring. But how can I do this?

Most of you would give anything to have a coach to call to or to seek knowledge from, but you have that in me! If you doubt for one minute that you could never achieve greater heights than you could ever

imagine, then you are wasting your time - pack it in now! If you cannot see further than your own nose, take up something that you will feel more comfortable with, like sewing! No one said that this sport was easy; it takes guts and bloody damned hard work to achieve results such as this - but you know that IF you want them bad enough, YOU can get them - and more!

This is no "squeezy bendy spring" workout bullshit system that is designed to first of all fuck your head up with lies, then to go on and see you fail because if you DO fail you fail because YOU are not up to the fucking job and then I would advise that you get out your needle and cotton because this game is NOT for the losers. Chris succeeded and will continue to succeed because he wants to and THAT is the main reason why this system worked AND on so little gear too!

If you come to me for help (and you can) you would get the same advice and motivation that he got and no less. He DID train hard; he DID eat on time every time; he DID take the minimum amount of gear simply because there was no need to take any more than was necessary - nor will he. Steroids are ONLY an addition to the training and will give the smallest of assistance IF you will allow it to; diet, training and rest are the main aspects of this sport and without any one of them you are doomed to failure. But there is a fourth - BELIEF!

With all of the tools available and with all of the gear and food also you can still fail so easily. How? By

basically starting off with the SLIGHTEST of doubt; then you are again doomed to failure. But take the opposite view and I can promise you NOW that you will enjoy all the benefits that a great physique can bring you. It IS that simple. There are NO tricks, none at all. The simplest systems done over the longest period will bring forth confidence, pride, recognition, admiration and best of all the knowledge that you have succeeded - and also that you can go on to succeed even further.

This system is one of the ways that I train ANY beginner, old or young, fat or thin. You may ask yourself if this could work for you and if it will suit you? Look closely at it, think hard, then ask yourself again. Of course it can because you have wanted such results SO badly for so long, well it is here and you have me to ask if that is your wish. The ball is now in your court and it is your serve!

**Read,  
Understand,  
Personalise,  
Dedicate & Enjoy**

**The Chris Report**



## In The Beginning

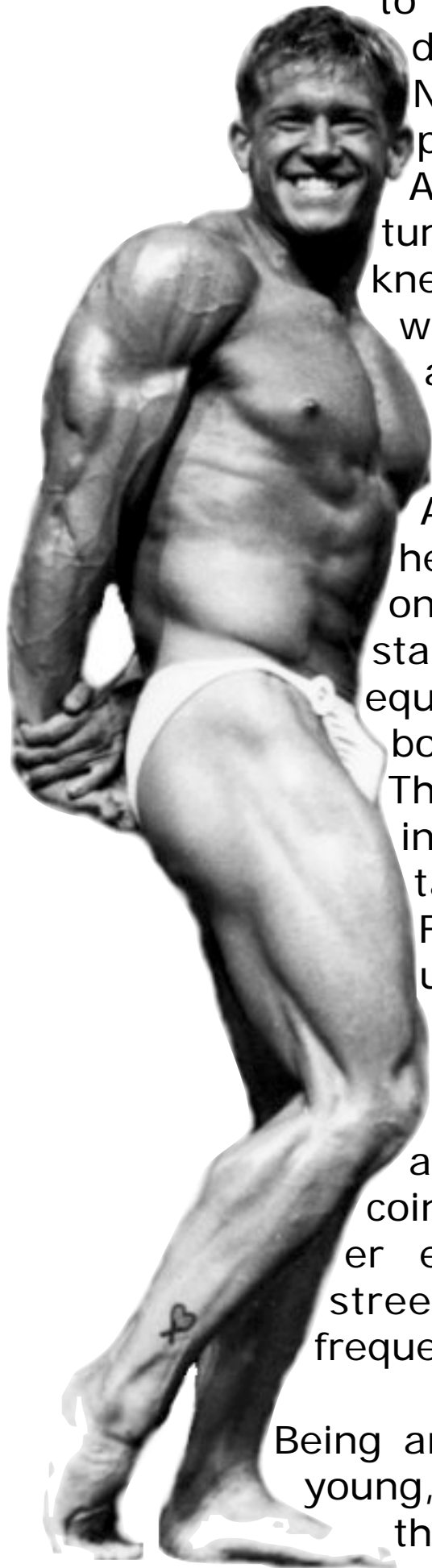
This personal part has to be told to show the determination and also the close bond that my new family developed at the beginning that would last and to also give the reader an idea as to this lad's will to fight



which became an urge to achieve. This was to always impress me, from the day of his birth to present day - and for time to come I am sure. I know that he will not let his mother or me down.

Chris has always been a pretty determined kid right from the start. He was born by caesarean but not without complications. His Mother Angela, had a pretty bad time as the little shit would not come out the normal way and in fact because of this she had some like 24+ hours of pure labour trying! It nearly killed her because of the strain.

Anyway, Chris was born on August 26th 1978 a good 8lbs 9oz. But again it was not going to be an easy start - no sir. His hips where slightly dislocated and so from birth up to about six months or so, he has to wear a plastic splint to enable his hip sockets to go back into place; it basically kept his legs wide apart - (something that also later in life he would be quite adept at doing on a regular basis - the dirty little shit!!) This was due



to the forced birth procedure that the doctors started in the first place. Not an easy thing to see from my point of view, but even worse for Angela who had to endure such torture. But she won in the end, as I knew that she would. What a day - what a week!! So there you have it - awkward start, but there are better times to come.

As soon as Chris was able to walk, he was in the gym with me at home; one that I had built to quite a high standard and which was also very well equipped - it had everything, including boxing and kick-boxing equipment. This was when he started to get interested. OK all, if not most kids take an interest in what their Fathers do - it is natural. I always used boxing training as a form of cardio and trained almost to much on the punch bags and speed balls. It held back the mass gains I admit, but on the other side of the coin, it made me a lot fitter and sharper especially when needed on the streets - unfortunately all to frequently.

Being an easy sport to start off with the young, Chris soon found the gloves and the lower part of the punch bag - he was not very tall I might add. But

with the purchase of a new pair of bag gloves (pixie size) and the adjustment of the punch bags we started to make a little progress. Mind you - he was not quite 5 years old at the time when I decided that he ought to make it a regular part of his young life - without spoiling his normal childhood progressions that his Mom and I were adamant would not get spoilt.



His adaptation to the sport was not far short of amazing - literally. He was SO quick to pick up on kicks, punches and combinations and he was still only 5-6 years and gaining experience so quickly I was quite literally taken aback with the progress. But his interest in bodybuilding lay with my own personal results only for the time. OK it interested him, but actual combat training or rather more aerobic training that

produced quicker more visual results gave him more of a buzz. I could understand why and did not try and put him off - but urged him on even further. I knew that it would come if and when he was ready. But it was not for a very long time that the bodybuilding talents that were hidden were to come to light.

***The gains were simply astonishing***



## FAST FORWARD

And so the years passed.... He maintained the combat training, but slowly and gradually he began to take an interest in bodybuilding. By the age of sixteen, he started on many occasions, a training system that I put together - nothing fancy, basically a three day total body system that I always recommend for beginners - Chris was no exception. He did well and in those hit and miss years he toned quite well only to pack it in and as the interest in girls got stronger, his concentration got a little misty to say the least.

But this interest in females was to be the catalyst that would give him the boost that he needed to see how far he could go with bodybuilding. A few "honeys" as he called them had commented that he was broad on the shoulders; not that much but it made him think twice enough to ask me questions on whether he could compete and make a go of it. I said that if he did, we would have to sit down and talk it through seriously. By this time, his teen years had gone and he was 20 now. I said that if he was to do it - do it now!

He decided that he wanted to have a go and see if he could go the whole way. I was of course 100% behind him and said that if he were serious it would not be easy. He said he was prepared for that. So the first thing to do was pick a show and give him plenty of time to gain some extra size in order that he could diet down and look good enough to show. We looked to the show listings and saw that a show was scheduled about one year from the date we decided in Leamington Spa. His bodyweight at this time was around 12 stone (168lbs).

So I got to work and planned the training system, which would hopefully do the job. I must point out at this stage that Chris is not without knowledge - in fact he is a fully qualified Olympic lifting and weight training coaching instructor also. He qualified a few years ago, with honours to be exact. But this time the details and type of training needed some experience that he had not got - I have and it was soon to be his also.

We needed a sound base to work from. Over training was something that we had to be very wary of as most make this mistake and we needed to induce as much growth as possible and allow enough time for rest, which would ensure that growth.

This type of training is started by many but unfortunately never adhered to and this is a big mistake. Most



***“Simple yet extremely Effective”***

get impatient and do not give the three-day enough time. They usually change this for some workout that has may be been read out of a magazine, one that a pro may have done. Over training is the problem here and gains basically stop dead after the body cannot take any more.

I made sure that Chris stayed on the basic system for at least 4 months and he never wandered from it. The gains were simply astonishing. The simple, yet extremely effective mass building system he used is shown to give you an idea as to how the structure was based before the main years training.



**BASIC  
THREE DAY  
MIRROR  
TRAINING  
SCHEDULE**

# Day One / Week One

Total Body Heavier Lower Rep Training

**Bar press (or Smiths) behind neck**

3 x 6 - 8

**Squats**

3 x 8 - 10

**Lat pull downs**

3 x 6 - 8

**Flat bench press**

4 x 6 - 8

**Barbell curl**

4 x 6 - 8

**Prone triceps**

4 x 8 - 10

**Standing calf raises**

3 x 12



# Day Two/Week One

Total body

**Seated d/bell press**

3 x 8 - 10

**Bent barbell row**

3 x 8 - 10

**Leg curl**

3 x 10 - 12

**Incline bench press**

4 x 6 - 8

**Barbell preacher cur**

4 x 8 - 10

**Close grip triceps bench press**

3 x 8 - 10

# Day Three/Week One

Total body Workout as day one!

**Note - Alternate from week 1 to week 2,**

# **Work-Out 2 - Week Two**

## **Day One / Week Two:**

**Lighter Faster/Pumping Training**

**D/bell lateral raises**

**3 x 12-15**

**Vertical rows**

**2 x 12**

**Thigh extensions**

**4 x 12-15**

**Leg curl**

**3 x 12-15**

**Inclined d/bell press**

**4 x 12-15**

**Lat-pull downs (to back)**

**4 x 10-12**

**Seated alternate d/bell curls**

**4 x 10-12**

**D/bell French press**

**3 x 10-12**

# Day Two / Week Two

**Seated d/bell press**

4 x 10-12

**Pump Squats or leg press**

3 x max reps/pump

**Flat flies**

4 x 12-15 (pump well)

**Low pulley rows**

4 x 12

**D/bell preacher (single arm)**

3 x 10-12

**Flat prone triceps**

4 x 12

**Standing calf raises**

3 x 12-15

# Day Three / Week Two

**As day one!**

## System requirements:

This routine is somewhat special in as much as it allows the body to be shocked into growth by the two different types of system that have been pulled together. One basic, the other working on lighter, lower compound exercises. For one week at a time he followed the exercises as described and continued, one after the other until the recommended period. This was important, as the schedule has been constructed for a specific reason.

On the first workout, he would try for as much weight as possible but had to take care not to sacrifice too much style. Cheating was allowed but again it was important NOT to forget that we were trying to hit the muscle that you are training specifically.

Note that the first week was a heavy workout, whereas the second needed to be lighter with more pumping sets to initiate growth. We kept the rest periods low and the workouts were faster but most certainly encouraged growth especially with the extremely high protein content and rest.

In reality I wanted to see just how Chris would react not only to basic training, but also to see if he was as serious as he said he was. Even though he is my son, I have no time for time wasters and pushed the point home that if he was in the slightest bit doubtful or uninterested to make it known ASAP so that I could channel my attentions elsewhere if that was the case. But it was not!

**The three-day system** did indeed build a good basic structure that enabled both Chris and I to see just where we needed to go. In the main, we needed to channel as much energy into the main compound exercises i.e. squat, bench etc. But we made sure that as much as possible, dumbbells were to be brought into the play.

This we preferred over the bar press because of the possibility of injuries. Plus dumbbells played a far better part in developing the chest, back and arms. The

actual fact that balance was needed to complete any movement in any exercise made the effectiveness far more obvious and beneficial. However, and of course, bar pressing was in the system, just not as much as would be deemed as normal to most people.

So after this initial trial period, he was ready to start the run up to the show; basically the beginning of the rest of the year's hard work to come.

This system was adhered to till approximately six months before the show date. It worked perfectly and the mass that we





were looking for was coming nicely and it was not happening slowly I might add. He was growing like a weed! Not ONE workout was missed; we didn't have the advantage of time, as the show date that we had picked would not allow it. If he was going to grow he had to do it now!

One of the secrets to this success story was the total attention to detail, punctuality and regularity with Chris's diet. He missed no meals, not one and was absolutely 100% focused on what that attention to detail would bring. By taking this attitude, he knew that he had a better chance of success. I cannot stress this point any more than I have done. It was and is SO vital that he stayed on the ball at all times. No missing workouts to party. No missing eating for boozing. No extra training when he should be resting. That is the regime that was set.

OK he would go out with friends when the pressure got a little too much. But he would NOT drink any alcohol, well beer mainly after the six-month limit that I had set for the year. The only thing that we would allow through would be the occasional glass of dry white wine, or two nothing else. But even after a period, this was taken out just to be sure. If he did go out with friends, he would drink diet coke (in the first part of the year), which changed to distilled water for the last few months - and this was in a BAR! I still do not know how he did this personally, but he did.

# The Chris Report

## TRAINING CHANGE FROM MONTH 3 to 6

During the first six months period we changed the training from a three-day system with four days off to a three days on and only one off. Staying with the three-day system so religiously, most certainly paid dividends without a doubt.

Because of the basic training involved and especially the rest periods between, growth AND condition was, to put it mildly, phenomenal but we had to take it up a stage further.



Training was done e.g. Monday, Tuesday, Wednesday then a day off to continue on over the weekends; obviously a day off from lifting, but kept in for a full aerobics workout mainly concentrated on the punch bag.

**Point to note:**  
a little bag work was encouraged during the days on training to keep the metabolism high

The main workout for the three on and one off was as follows:

**Day One: Biceps, Triceps & Abs**

**Single arm concentration curls**

3 x 8-10

**Barbell Curls wide grip**

4 x 12

**Single arm preacher curls**

3 x 10-12

**D/bell French press**

3 x 8-10

**Triceps pushdowns**

4 x 12

**Bench dips**

2 x max reps pump

**Abdominals (See Page 24)**

## **Day Two: Quads, Leg Biceps & Calves**

**Squats wide stance**

4 x 12 - 15

**Leg Press**

4 x 12 - 15

**Lunges**

2 x 15

**Stiff legged dead lifts**

3 x 8 - 10

**Leg curls**

4 x 12-15

**Standing calve raises**

5 x 15 - 20

**Abdominals (See Page 24)**

## Day Three: Chest, Back & Delts

**Flat d/bell press**

4 x 10 - 12

**Inclined flies**

4 x 12 - 15

**Flat flies**

3 x 15

**Lat pull downs to front**

4 x 12 - 15

**Barbell rows**

3 x 8 - 10

**Lat pull downs to back**

4 x 12 - 15

**D/bell lateral raises**

4 x 10 - 12

**Seated d/bell press**

4 x 10 - 12

**Abdominals (See Page 24)**



## Abdominals

### **Barbell twists**

2 minutes

### **Bench crunches**

2 x max reps

### **D/bell side bends**

2 x max reps - feel stretch in abs

### **Flat leg raises**

2 x max reps

### **NOTE:**

**Abs For Day 1 and Day 2 Only**



## DIET - FIRST SIX MONTHS

From the start of the training year, his diet was mainly based on very high quality protein and carbohydrates taken through a meal every three hours which roughly worked out to about six meals a day. Please remember that this was to be as accurately maintained as long as was possible taking into account the pressure that said diets could bring. Cheating was allowed certainly at this stage as the increased training and cardio that was to be brought in gave us plenty of leeway.

As an example, the meals for a typical day for this stage of training would be something like this:

### **0800 - Breakfast**

1 cup of oatmeal made with skimmed milk with added raisins.

6 eggs scrambled, with three yolks removed.

2 - 3 slices of lean bacon

3-4 amino acid capsules  
1000mg

Zinc



Vitamin C

Creatine (added to black coffee).

### **1100 - Mid-morning**

1 pint of whey protein mix and a banana added. 1 - 2 rice cakes.

### **1300 - Lunch**

Chicken breasts or rump steak was the main meal with a little cold pasta, pre-cooked with peppers, onions and egg whites.

Large side salad

Mineral water

3 - 4 amino acids.

### **1600 - Mid-afternoon**

Basically same as mid-morning, but this varied with added tinned pineapple in natural juice as an example. Pineapple assists the breakdown of fat immensely.

### **1700 - Workout till approx 1830**

During training, a 1ltr bottle of mineral water with approximately three tablespoons of Glutamine and a

little creatine added. We added a little sugar free concentrated orange juice for taste. This was drunk during the session especially after EACH set performed.

**NOTE:** Immediately after training, a pint of whey protein was taken also. It was important to make sure that this was not missed.

### **1900 - Dinner**

1lb of either Aberdeen Angus extra lean ground beef, flash fried in a little virgin oil with mushrooms, onions, peppers etc, or a favourite was (and still is) a large and very rare steak with a jacket potato and a little sour cream - maybe!

Large side salad

### **2100-2200**

Another protein drink before bed with a little snack of Brazil nuts e.g.; just something to stave of any hunger pangs

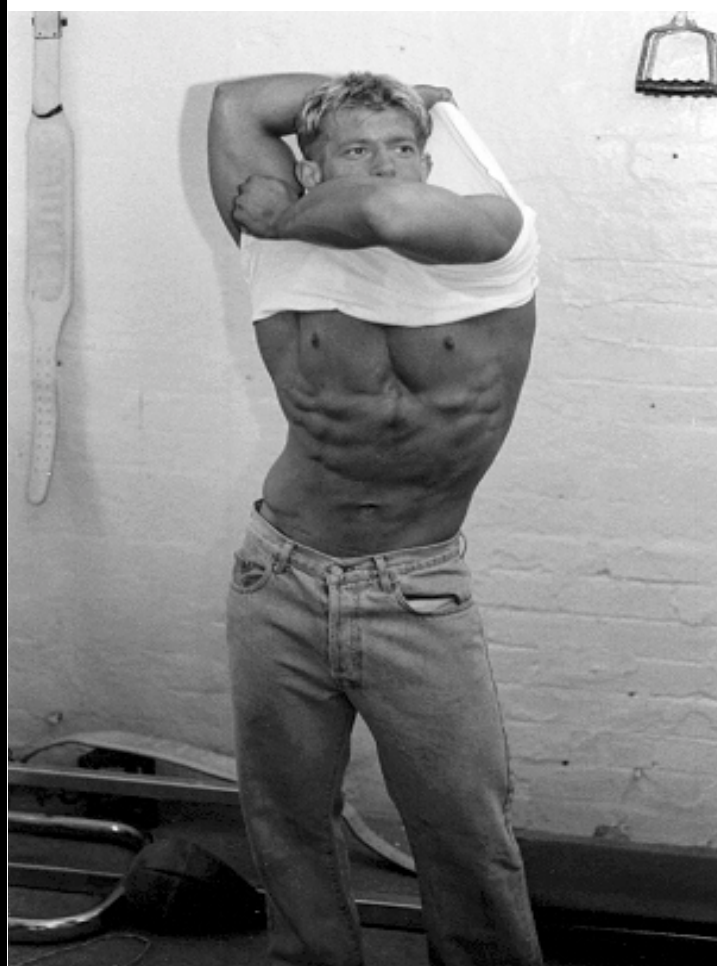
**NOTE: Water consumption** was approximately 2-3 litres throughout the day, mainly mineral. This was, and is, essential to the successful outcome of the training. Salt was NOT kept out of the diet totally although reduced slightly. I believe that salt is an essential part of the diet and although it can and does hold water, it is easy to rid the body of the excess when the time



and need arises.

All **steaks, chicken meats** etc were cooked either by flash frying in light oil, or by grilling. We used one of those George Foreman type grills BEFORE George decided to put his name on the side of one and call it his!

I have always been a believer in good old steak; the bloodier the better. Steak contains more fat than chicken agreed, but there is a damn sight more power in steak than there is in chicken! Think about it. Go throw a piece of steak on an open fire and then a piece of chicken - see which burns quicker or more violently. That extra power is in the steak believe me. More people would see better results if they used ore steak. Blood is power and that is what steak can give you and what is needed especially early on in the mass building stage.

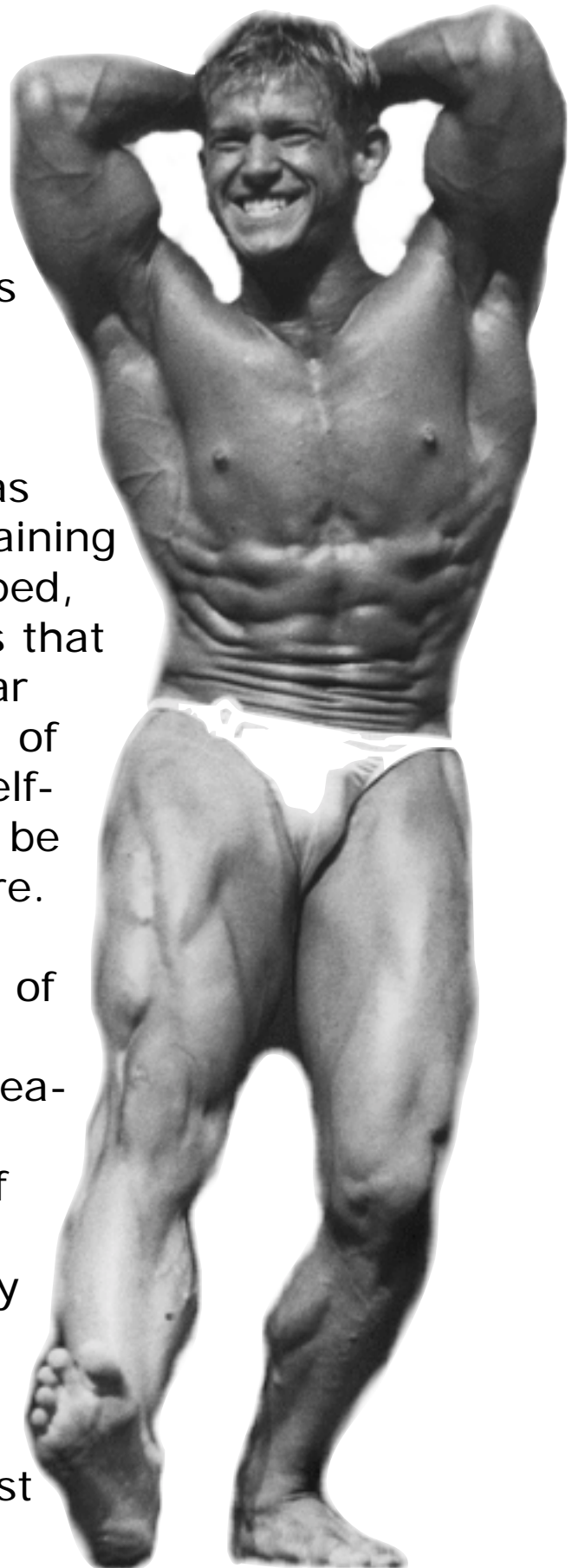




## BASIC CYCLE

Most think that Chris's gains were the result of some fantastic new steroid cycle that I concocted simply because he is my son, but they are so wrong. This makes this report all the more satisfying for me to write. I want the reader to note that although gear was used during this contest training phase and obviously it helped, the main thing to absorb is that with a small amount of gear intake and a massive input of sheer determination and self-belief, wonders can indeed be achieved - indeed they were.

During the first six months of his training we stayed with orals, not because of any reason other than the "pussy girlie" was a little scared of needles, so until he was ready I bought him a Teddy bear and we stuck with orals :. We used Dianabol as the mainstay of his cycle. This gave him a boost to his natural strength and gradually added a little more



beef to his frame. With that we added Stromba (stanzolol) to aid strength but with the advantage of the lower water retaining properties that it held. The two of them worked very well together, so well in fact that we stayed with the two of them for two cycles in a row. This is how it looked in its simplicity:

### **First & Second Course - Six-Week Cycles only:**

#### **Week 1**

3 dbol & 2 stromba + 20mg nolvadex per day

#### **Week 2**

5 dbol & 4 stromba + 20mg nolvadex per day

#### **Week 3**

7 dbol & 6 stromba + 20mg nolvadex per day

#### **Week 3**

7 dbol & 6 stromba + 20mg nolvadex per day

#### **Week 2**

5 dbol & 4 stromba + 20mg nolvadex per day

#### **Week 1**

3 dbol & 2 stromba + 20mg nolvadex per day

Is that it? Well yes it was for the first 5 months or so. Neither Chris nor I wanted over abusive cycles. OK bodybuilding is good but not that good. It has always been my philosophy that there is no need to go over the top if a small amount could do the job then all the better. During the first cycle and nearer to the end I was amazed at the gains that he had made. He

was certainly strong and was growing AND conditioning at a tremendous rate! I thought this was great because I did not want my son to succeed purely on the amount of gear that he dare take. The gains were coming thick and fast in the main because the discipline he maintained with his diet was indeed paying off big style; the mass that he was putting on was also coming in lean as well.

## SIX MONTHS ON

The first six months had shown great results. Gains had been fast and strength increases had also grown to match the size; water retention was also extremely low ... thankfully. It was nearing the time that we had to think about upping the ante to see what results we could gain if we introduced some injectables; at Chris's request mind.

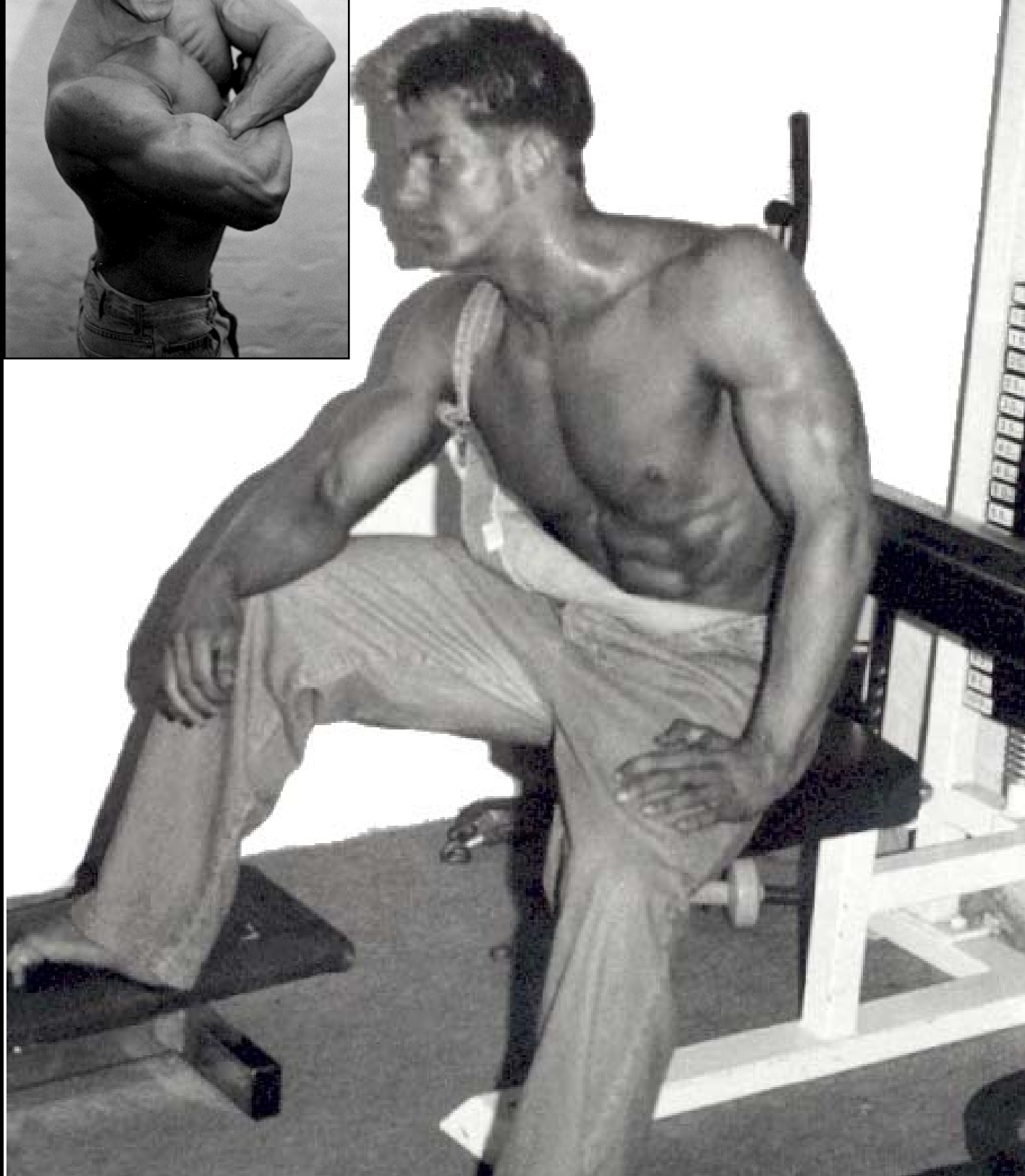
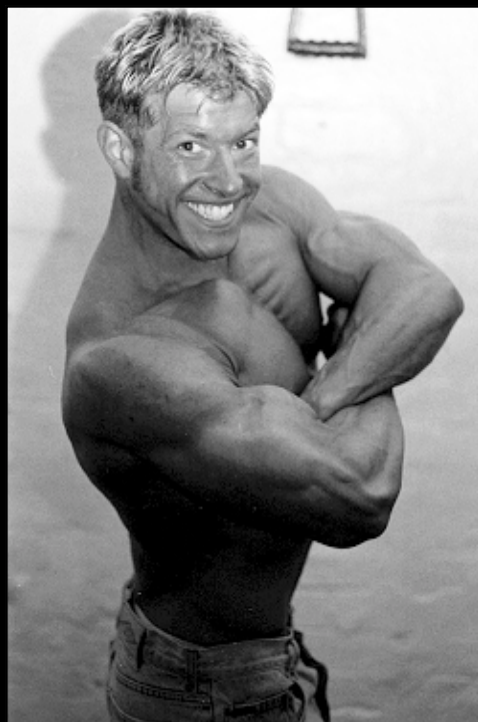
After about a month off the old cycle I suggested that he start on the Organon sustanon and deca pronabol stack adding the winstrol (stanzolol) injection into the delts at 50-50 in each one; that is 25mg in each with a small insulin needle. We did not add any orals except for 20mg of nolvadex. This was to originally run for about 10-weeks, monitoring all results along the way.

In basic terms it was written as this:

1ml/250mg **Sustanon** & 2ml **Deca** every 5th day taken on the same day

1ml/50mg **Winstrol** V every third day (starting a day or so after the **Sustanon** and deca jab)

**Nolvadex**: 20mg per day plus 50mg of **Proviron** a



**The Chris Report**

day after a few weeks.

Note: Part way through this cycle, we changed the Sustanon to Testoviron Enanthate 1ml/250mg to see if we could gain a little more mass. After a couple of weeks we reverted back to the Sustanon because the Testoviron didn't suit him. In fact it was at this stage that he began to feel a little sore around one of his nipples. The Testoviron injection was obviously the culprit and we had to change this fairly quickly. It was in fact one of the main reasons why we decided to use such low amounts and I will add short ones at that.

He did consider using Arimidex, but I had no experience of its usage and had also heard that it was pretty strong. We were happy that we could control the "Bitch Tits" with the nolvadex and so stuck to that. My comments on this will appear at the end for those wondering why I would condone the usage of gear to my son.

## **SHOW PREPERATION**

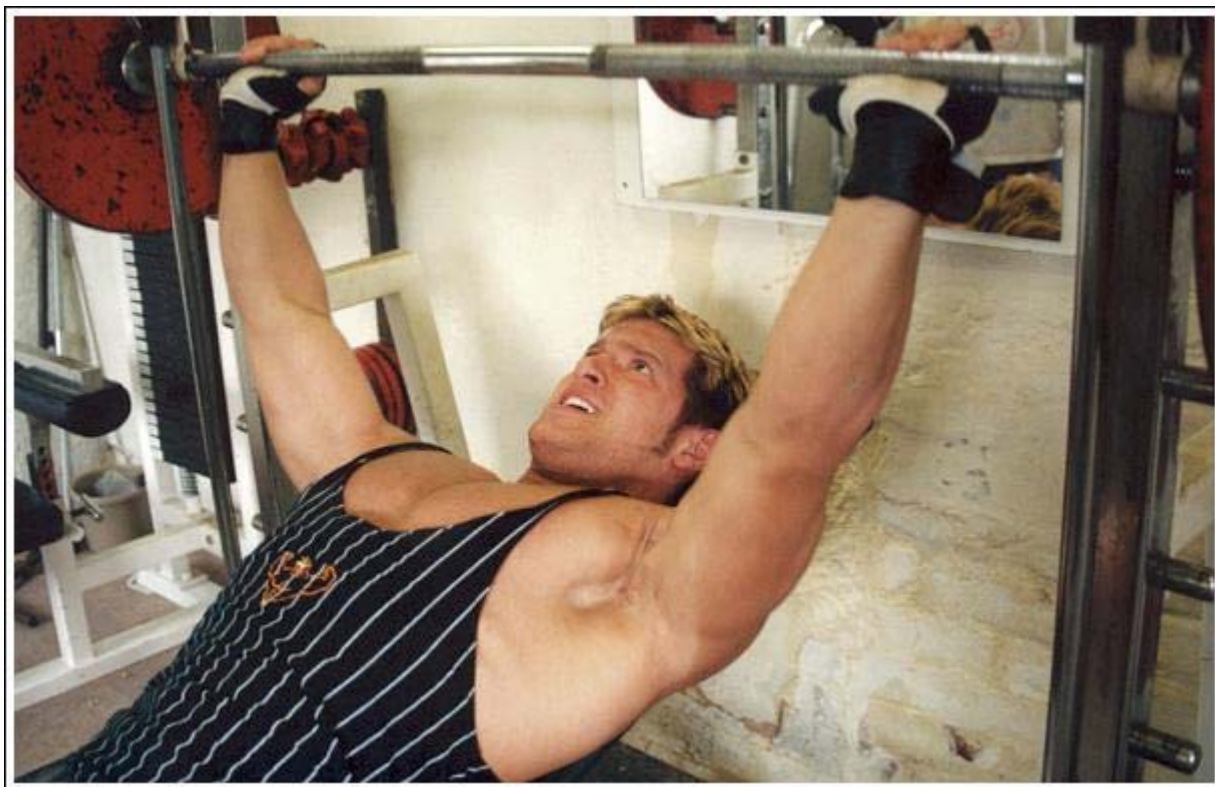
We were nearing the run up to the show; I estimated that we would need about three months clear to prepare for the show. His bodyweight was now near 182lbs and I was looking to see him on stage as close to this weight as possible but in condition. We were well on target and there were a few changes to be made to the diet for the run up. These were not drastic changes, but to a physique nearing its peak they would be as important as it was to show. We needed to take his bodyweight up as much as possible to be able to gain as much muscle as we could but still keep the body as near to condition as was humanly



possible.

All full fat milk was out but where possible we did still continue to use fully skimmed milk as it is so low in fat but extremely high in protein. Pasta was changed in the main to mostly boiled rice and although steak was not taken out of the diet, chicken and turkey was the main protein intake; that along with egg whites I must add.

To snack on, Chris ate lots of pickles i.e. onions, gherkins and the like. Many would say that the salt intake would be too high, but the extra water that was possible for his body to hold would be easy to



get rid of.

The training 6 weeks before the contest was to be extremely hard and taxing, it had to be done, there was no other way. It meant that Chris had to be up at around 6.00am and in the gym by no later than 7.00am; train the body part on the rota then back



home for breakfast and a rest. OK he was lucky in as much as he was working for me at the time so I could give him the time, but he was also working on his house till all hours and that had to be monitored closely. The reason for this was that as his diet became so much more severe, his energy levels were also depleting. This was OK for nearer to the show but at about 5 weeks out it could have been disastrous. He was also playing soccer on a regular basis; this had to stop because he was depleting the carbohydrates in his body that were needed to fuel the workouts that were already physically exhausting. As I have said he was restoring his house at the time and everything in his training was so finely balanced that had he continued to work as hard, he would have been out of it totally. I could see that his body fat was going down so fast that I had to put the brakes on for him. You see, by this time, the show was only a few weeks away but within a couple of days of easing back and resting after training he started to fill out again.

This is a mistake that many make so many times and wonder why they lose so much body weight and mass. Chris was training for his first competition and had an excuse, but anyone trying to gain weight simply lose it at the same time. Rest after training is so important for growth, If people just understood that bit alone there would be more success stories than failures I can assure you.

# The Chris Report

# PRE-COMPETITION TRAINING SYSTEM

So the stage was set and we were looking at the final 6 week run up to the show. He was (as predicted) nervous as hell, but looking good and on target. His bodyweight had gone up to near 196lbs and I figured that he would look his best at nearer 175. To make sure that we would hit the weight on target I had prepared a training system that would make sure everything was hit and with balance. Cardio was to be increased as and when needed and that was taken after looking at him first thing every morning. If it seemed that we were falling behind, he would add more bag work for example



IN BETWEEN the days training. OK it was hard but who said that it was easy. I combated any loss in energy by drastically increasing his carb intake i.e. oats or baked potatoes were eaten at regular intervals throughout the day with mega protein meals to back it up. We had taken steak out to assist the fat loss but were quick to put it back in when we saw that too much muscle was being lost. This certainly worked; the bloodier the steak the more power the

little "shit" gained. I say "shit" sort of affectionately because that is what he was nearer to the day. I know how hard it is, but pushing your son so hard IS hard, but to see him in such shape filled me with so much pride - and still does.

A little "PS" here... if ever you talk to Chris (and he is always happy to do so) mention to him about his Mom, Angie! Chris was our first son and boy does he dwell on that. His Mom thinks the son shines out of his ass and he milks that for all it is worth. Having said that he can wrap me around his finger nearly as good as his sisters! Ah well, more on that later. I digress ...

The "**fine tune**" **training system** was ONLY to be done for a maximum of six weeks IF he could hold out. It was as follows

## **Day One - AM Workout**

### **Calves, Abs & Delts**

**Standing machine calf raises:**

5 x 12 - 15

**Leg press raises/pushes:**

5 x 15-20

**Hanging knee raises:**

3-4 x maximum reps

**Bench crunches reps:**

3-4 x maximum reps

(These first two must be done super-set fashion to reps failure after warm up)

**Light d/bell side bends:**

3 sets 20-25 each side

(stay light here)

**Standing barbell twists:**

2-3 minutes minimum

**Delts Light lateral raises:**

3 x 15-20 fast pump sets

**Seated d/bell press:**

4 x 10-12

**Single arm lateral raises:**

4 x 4 x 10-12

**Seated press behind neck:**

3 x 8-10

**Barbell shrugs:**

3 x 8-10 heavy & good style



## **Day One - PM Workout**

### **Quads Legs**

**Thigh extension**  
5 x 12-15

**Full Squats: close stance/hip width**  
5 x 15,12,12,10,15

**Leg Press: wide foot position - toes out**  
5 x 15,12,12,10,15

Hit this body part hard then rest for a

few minutes and continue with **Lunges for 3-4 sets** in good style. Pump and shape the thighs. Pose the thighs for some time after this workout.

## **Day Two - AM Workout - Calves, Abs & Biceps**

Please note that calves and abs are as day one

### **Biceps**

**Concentration curls (d/b) off knee -  
sitting or standing:**

5 x 12

**Preacher curls e/z bar (and with  
cable if possible):**

5 x 10-12

**Seated alternate d/bell curls:**

4 x 8-10

**Single arm preacher curls:**

4 x 10-12

Finish this workout off with **3-4 sets of  
behind the back barbell wrist curls**  
to pump off the forearm extensors



# **PM Workout**

## **Chest & Leg biceps**

### **Chest**

**Flat d/bell flyes - light & fast:**  
4 x 12-15 pump

**Slight incline d/bell press:**  
5 x 10-12

**Flat bench press:**  
5 x 8-10 heavy as possible  
but go for style as best as you can.

**Incline d/bell press:**  
5 x 8-10 Full stretch here.  
**DO NOT** lock out on the extension.

### **Leg Biceps**

**Stiff legged dead lifts: (off box if possible)**  
4 x 8-10 heavy as possible

**Leg curls**  
5 x 10-12 Keep hips down

# Day Three - AM Workout

## Calves & Triceps

Calves & abs as previous days

### Triceps

#### **D/bell French press**

4 x 12-15 light/medium weight keep pumping. Keep rest periods short here.

#### **Triceps pushdowns**

5 x 12-15. Although reps are high, you MUST hit this one hard with short sets.

Prone (flat)

#### **Triceps press (e/z bar)**

5 x 8-10 good style

#### **Dumbbell Kickbacks**

4 x 8-10 strict style

# **PM - Workout**

## **Back & Rear Delts**

### **Back**

Lat-pull downs to front  
5 x 12-15 (hit upper chest area)

**Single arm rows**  
4 x 8-10 (try heavy as possible here)

**Lat Pulls top rear**  
5 x 10-12 (fully stretch lats at top of movement.  
DO NOT fully lock out)

**45 degree V-Bar angled pull downs**  
5 x 12-15 (again, fully stretch out the lats and  
delts pushed back and the chest out on every rep.)

### **Rear Delts**

**Bent over flyes**  
4 x 8-10

**Reverse upright rows**  
4 x 12-15

**Bench rear delt raises**  
3 x 8-10



**NOTES:** During the last few weeks of the show, we decided to use a little growth hormone and I stress the word little here. The reason being that most competitors believe that shit loads of growth must be taken in order for it to work. Let me tell you that you are wrong! When your body is nearing condition, small amounts work just as good as large amounts I can tell you. In fact, I am happy to say that there was no need to take anymore than 2iu's every other day and in some cases every third day to be totally honest. Basically what it did was to help lean off his physique whilst helping to hold size. The pumps that Chris got using this along with Winstrol and Viramone 100mg were simply amazing - in fact I was a little emotional seeing **my son in such shape AND in perfect safety** I might add.

# The simple six week gear run up I looked like this:

50mg/1ml **Winstrol** every 2 days  
100mg/1ml **Viromome** every 3 days  
**Deca** 200mg/2ml every 5 days

BUT the last three weeks we added a few Pronabol 5 (same as Dianabol) to increase the androgens in the body to assist muscle loss. This worked perfectly.

We did NOT use diuretics at all during this run up simply because I do not like them to be honest.

Reducing water intake before a show properly works fine enough for me - and Chris.



## Show Day

All through the week before the show day Chris was panicking, saying that he had too much fat around his waist. I had told him that he was not to worry and Dad would make sure that he was OK and to trust me. He still panicked. Anyhoo, he had done all that I had told him to do and reduced the water content for the last few days.

Taken ALL salt out for a few days before and then INCREASED his salt intake the

last two days to enable his body to flush out the remaining salt in his body - or what we could get rid of safely I might add. He came into the room that morning and he looked at me with a sort of "er, I am not sure" look. I told him to strip so we could take a look and not to worry as there was very little that we could do now but no matter what condition I was so proud that he had gotten this far. He stripped off to his shorts.

He was in fantastic condition! Ripped AND striated. His skin had gone so thin that you could near see through it. He was in great shape and also in great health. I was near in tears. His Mom WAS in tears - as she usually is! Her little boy had done so well. My son had done what I had wanted him to do and followed in his Fathers footsteps.

We arrived at the show and prepared for the stage. We went back stage and were amazed at the competition getting ready. There were 15 in the line up and boy did they look good. But I was not dismayed, neither was Chris. There was a sort of "bring it on" feel between the both of us and this gave us strength. We found out that Chris was the youngest on stage by at least 4 years and to be honest some of them were definitely NOT First Timers, but to complain was to be signing your own death warrant. But we continued to prepare. I am proud to say that it was announced that the line up for a First Timers competition was one of the best that had been seen for many a time. That made me even more proud.

As they lined up I could see that Chris had the widest



smile and no matter what the outcome, he would enjoy the day and never forget it. I knew that he would get into the first four as soon as I saw them all, but the tension grew as the third place was called out - it was not Chris. His face lit up, I was near ecstatic, his Mother was on the floor asking for oxygen!

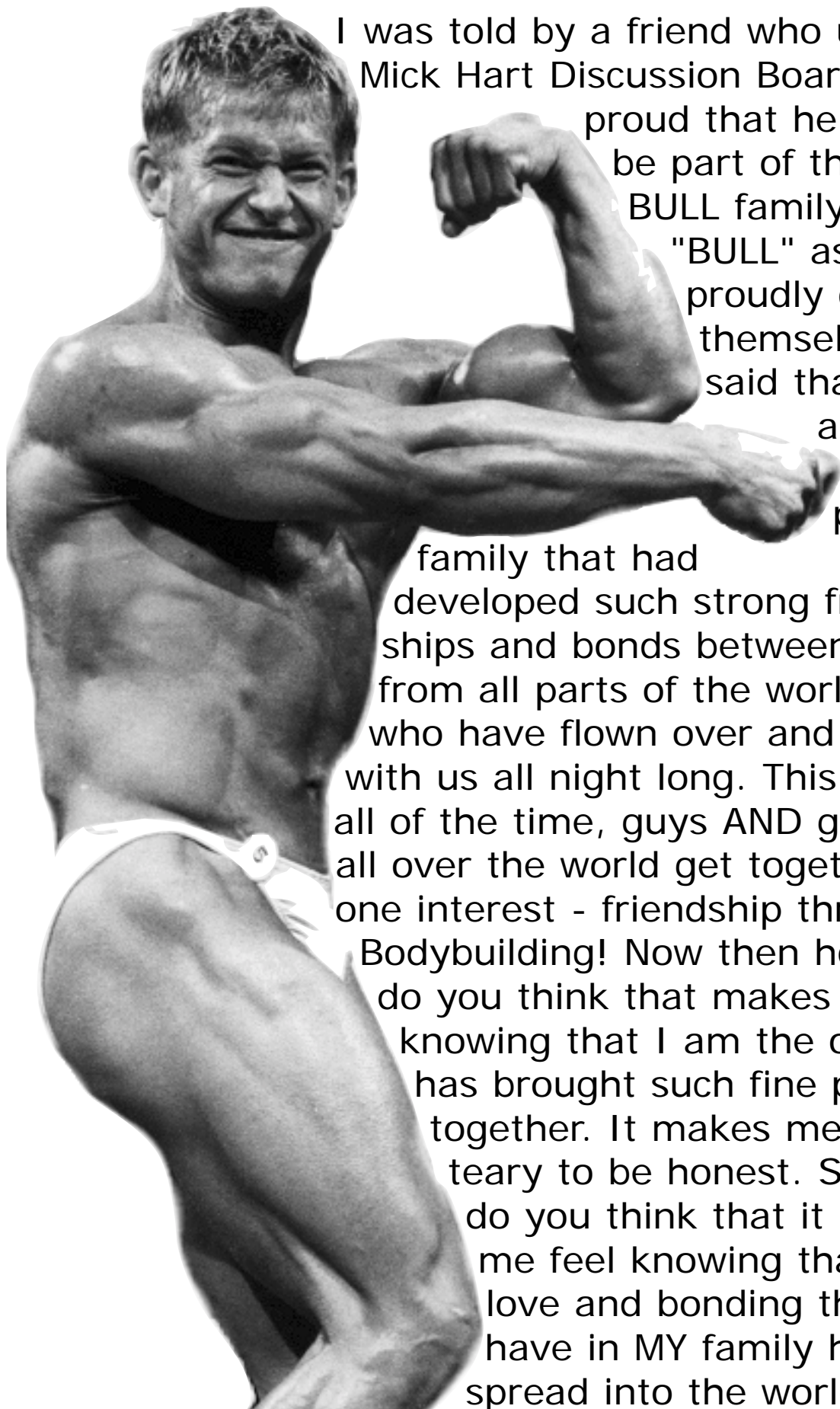
Second place was called out and Chris' name was announced - he had taken second! I thought that was a fair decision indeed but bear in mind that the guy that had

won was aged 36, Chris was just 21. He had qualified for the British Championships on his first run. The crowd went nuts, I went nuts, Angie is already nuts! Whatta day!

The celebrations went on all day and into the night. Everyone was so tired and as Chris and I chatted as they all fell asleep on the coach ride home we discussed the next plan of attack. I suggested that he take a holiday which he did to the Canary Islands and think of the battle plan at a later date. He agreed and then fell asleep to dream of his success.



# MY FAMILY

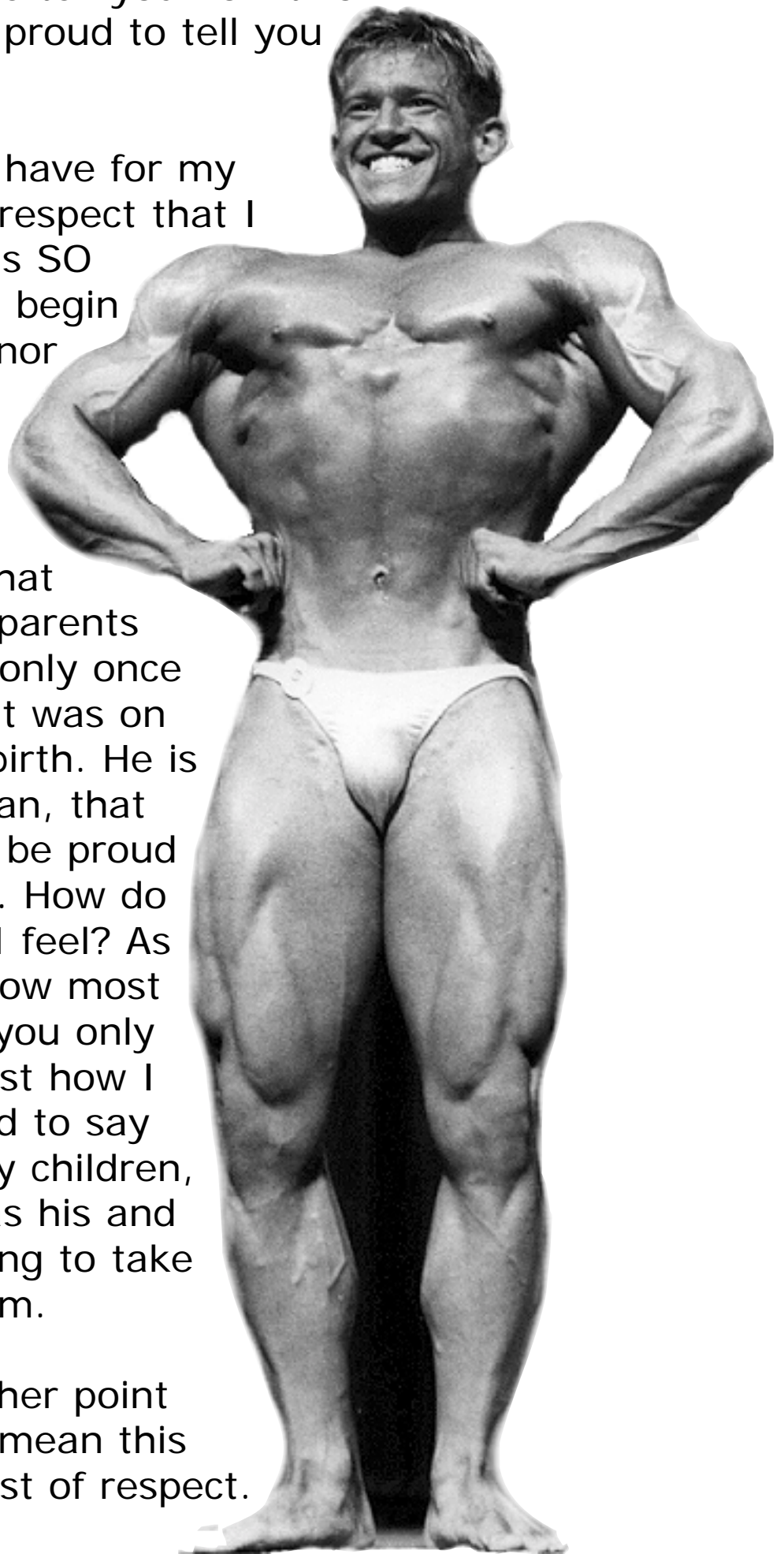


I was told by a friend who uses the Mick Hart Discussion Board of how proud that he was to be part of the NO BULL family - a "BULL" as the lads proudly call themselves. He said that it was an honour to be part of a family that had developed such strong friendships and bonds between people from all parts of the world; some who have flown over and partied with us all night long. This happens all of the time, guys AND girls from all over the world get together with one interest - friendship through Bodybuilding! Now then how proud do you think that makes me knowing that I am the one that has brought such fine people together. It makes me quick teary to be honest. So... how do you think that it makes me feel knowing that the love and bonding that we have in MY family has spread into the world of the

Internet! Let me tell you how this is, in fact I am proud to tell you how this is.

The love that I have for my family and the respect that I have for them is SO strong I cannot begin to measure it; nor can they for each other and me. Chris' achievements and the pride that he gives us as parents was shadowed only once before, and that was on the day of his birth. He is a boy, nay a man, that ANYONE would be proud to call him Son. How do you think that I feel? As parents as I know most of you will be, you only know to well just how I feel. I am proud to say that of all of my children, but this day was his and no one was going to take it away from him.

There is one other point however and I mean this with the greatest of respect.



I was asked why I would allow my son to take steroids in the first place. I was asked how I felt knowing that he could be harming himself. All are perfectly good questions that I am happy to answer.

In the first place I could not have stopped Chris from taking gear, he is a man now and old enough to make his own decisions. He could have gone all out and done this without me, but he knows that I know my job better than anyone and who else to ask but the best. I blow my own trumpet my friends and am proud of that fact. I knew that Chris would come to no harm and make the point that neither would I or do I advise people unless I am 100% sure that they are on the right track. Not all people are suited to steroids, in fact neither is Chris really as he know that he cannot take to much because of the gynamastia problem that looms with him.

Chris ONLY took what was needed to do the job and no more was needed extra. Take note of this when you are preparing your next cycle. My son's life means more to me than anything and I stress again that he was safe as he could have been. Better with me than a back street no-one that would not have had his safety in mind. Another point to ponder on, Chris has taken absolutely NO steroids since the competition - how about that! I bet you thought that once he was on them, he would be forever jabbing himself, but no other gear has touched his body and as he says will not until it is needed - if ever. How about THAT for responsibility? Nice one Chris.

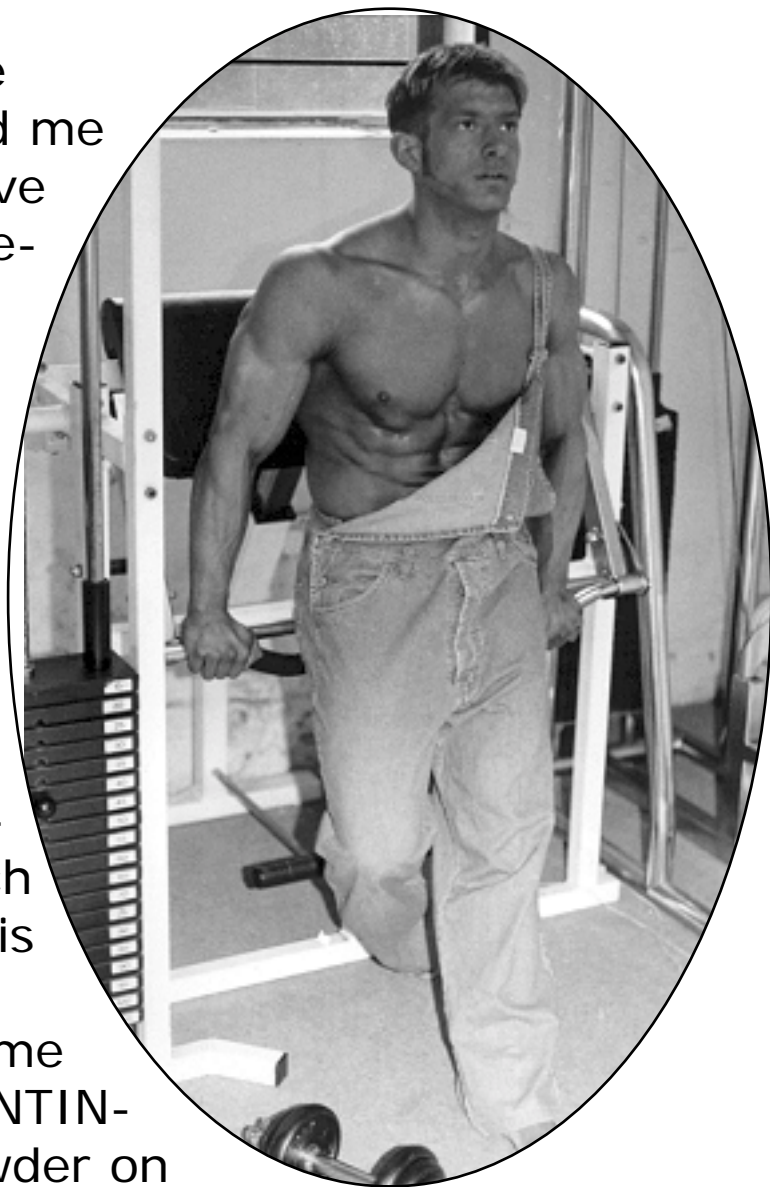
So there you have it! There is another story that will follow soon, but that is for another day. But I would



like to make a prediction for you that I would like for you to remember if you will. Chris WILL be British Champion one day soon I can assure you and the reason is simple, it is in his heart and soul. To be a champion and to achieve such high honours asks for many attributes that are too long to list right now. But should you set your sights on targets that seem so far away, remember that if you believe that you can do it, you WILL do it. My son is my life and part of my life is Bodybuilding and I am so proud that I will end my days knowing and seeing one so close to me achieving his dreams and ambitions - and he has only just started!

Watch this space people because the lad inspired me so much that even I have decided to make a comeback next year (fingers crossed) and at nearly 300lbs I am hoping to come down with a little muscle I can assure you :

My love and gratitude to my wife and family for being, well my family. I love you all so much and proudly dedicate this to my son Christopher. (By the way who owes me loads of money and CONTINUES to take protein powder on



credit - oh and also my car!).

Take care, and may your God go with you, whoever he is!

Mick Hart

PS - Chris has asked me to add something that he would like to say. No doubt I will have to pay something for it - as usual!





# DEDICATION & DEVOTION

by Chris Hart



Something all bodybuilders, weight lifters, powerlifters and other athletes share is a certain degree of dedication and devotion to their sport - whatever it may be. Only the levels of that dedication alter.

Millions of people regularly visit their local pub to socialize and drink with their friends. Within this close atmosphere a unity is generally established between the patrons. The way this unity is expressed for one and other and of course the "local" is through the team activities such as football, darts, pool, rugby, tug 'o' war, the list goes on where you live. As you will have noticed at some point or another, there are certain characters that stand out in these local teams for either being totally over the top, like every game they are playing is for their own life, or your regular "Mr. Couldn't give a..." but is always there for the team even if they can't be arsed. What you have there is two types of people who are both devoted and there for their team mates, but the level of dedication is different. What would also be noticeably different would be their own personal sense of achievement. Win or lose, Mr. "Over The Top" feels strongly about their own personal performance. "Mr. Couldn't give a ..." may be a bit pissed off with a loss or happy with a win but generally couldn't give a ...!

# LOW TIMES

Bodybuilders are very much alike. There are the devoted and truly dedicated and there are the devoted and not so dedicated. I personally have been both at some time or another, I believe we all have, but getting through those low times is what separates the men from the boys, and if you haven't experienced it yet, you will!

Absolute dedication and devotion is required in bodybuilding to make any significant quality gains.

Dedicated to the gym, to your diet and devoted to yourself. If you don't share the same view, you may

feel this is a very selfish attitude, and I would be in complete agreement with you. However getting the balance between your life and your training is the key, bodybuilding has altered my life and the way I lead my life but not completely took over it. If this was to happen, bodybuilding wouldn't be a pleasure it would be a problem, one must keep an eye on this to make sure training doesn't become "TOO" obsessive.

It happens. Find the balance, stand back and be amazed.

Distractions play a big role in



everybody's lives. We all get distracted at some time either from our training, work, household chores anything and everything, usually because at the time something seems better than what your already occupied with. I am 22 years old and as a bodybuilder I believe I have come along way in a short time, but had to overcome a lot in that short space.

Many of you, whether you're an old or young bodybuilder will have had your dedication and devotion pulled and tugged at some time or another, it may be happening right now. A word of advice, stay strong, stick with it, it'll pass, for God's sake don't let whatever it is drag you away, because when you stand in front of that mirror and hit a side chest, POW! And people turn their heads. I don't think there's any better feeling of self satisfaction.

## EARLY DAYS

When I first started experimenting in the gym I was about 16 years old. I have training history behind me but this involved punch bags and contact mitts not barbells and benches. The reason I started training was purely for "pulling" reasons, to make myself more aesthetically appealing to the female eye (but don't we all) and I wanted it YESTERDAY!

So I trained my arse off with no set routine just a general circuit, for about two weeks. When I finally recovered and the soreness had gone away, I realized that I liked the feeling the gym gave me, at that point I could feel my devotion to the sport growing, and so could my Dad. He sat me down and gave me

a few pointers, demonstrated good, clean, correct style exercises and put together a training system for me to gradually introduce me to the gym. Even though this was the beginning for me in my own training, the gym wasn't somewhere completely alien to me so I had a pretty good idea of what was for what.

## FIRST SYSTEM

My first training system was based on a very common structure, but never the less effective:

Monday - chest & biceps

Wednesday - legs & delts

Friday - back & triceps

As you can see three days a week was all I was training, this was for various reasons.

- 1, I was new to the sport so introducing me steadily to the gym was important for safety and to prepare the body for the onslaught ahead.

2. Three days a week was easy to adjust to, and didn't effect my life too dramatically which is very important to



a young potential bodybuilder, as sudden change at a young age or any age for that matter can be hazardous in any pursuit, especially for a young whipper-snapper like myself who used to get bored of his presents by boxing day. Gradual is the key.

3. The routine was simple and easy to get along with, which is vitally important.

If you are new to the sport and have been reading all the top pros training routines and are trying to follow them, heed this advice. Providing you have good style, technique, attitude and enough dedication and devotion you'll get along fine and make some fantastic gains. The pro's have been at this game for a long time and have developed their style to such an extent that every inch of movement either on a machine or with free weights is utilized correctly and used to their advantage, you too will develop these skills, you already may have but until then try and keep it simple.

## **BEGINNING NUTRITION**

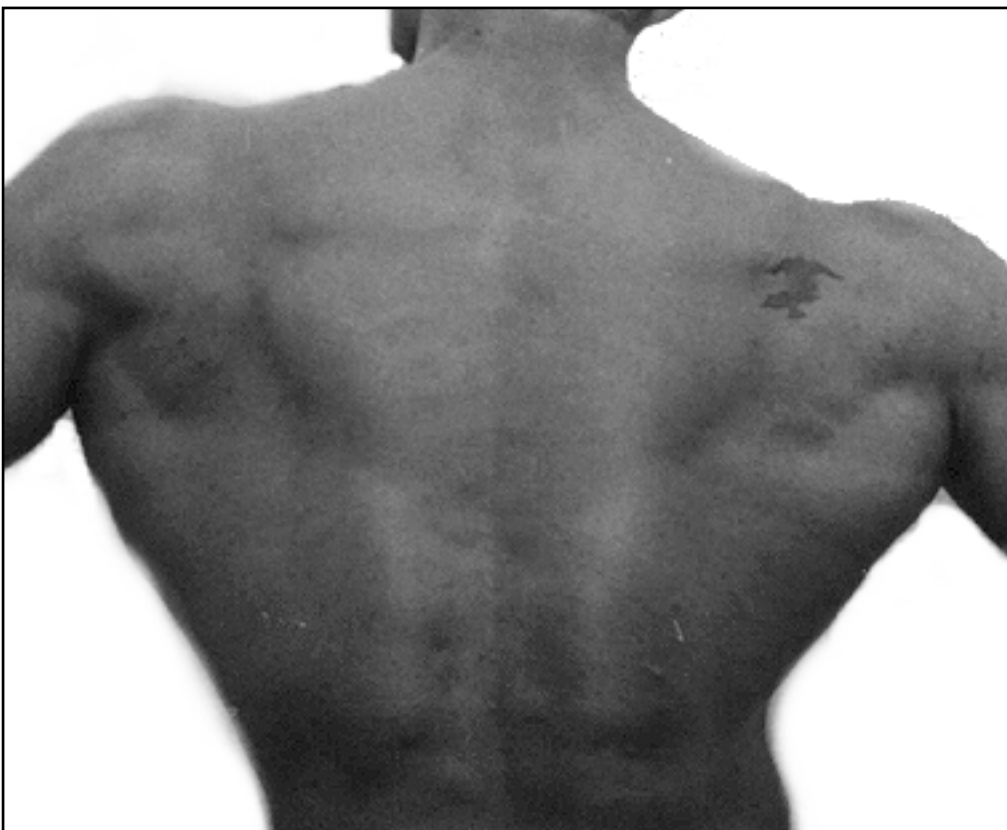
My diet was never a real concern to me before I made the decision to compete, however I always realized the importance of eating good wholesome food and plenty of it. A good breakfast, dinner and tea and trying to avoid too much crappy snap and ale was the extent I went to. This again was to try and avoid complications and keep away the monotony of a regular strict diet. Complicated may have been my downfall in the sport. Nobody wants to be counting calories, protein, carbs and fat especially at 16, I mean I don't do it now and have no intention to, as



long as I get in five to six good balanced meals a day I don't mind (some of those being meal replacements of course PHEW!)

I have always supplemented my diet, this being through my own personal understanding of the body. Everyone whether athlete or non-athlete should take some type of supplements at the VERY least a multi-vitamin, and for bodybuilders this should be imperative. Continually hammering the body with weight assisted exercise, the muscles and organs of the body are working under a certain level of stress. Because of this, extra nutrients are needed in the body to feed us and allow biological functions to take place, without the right nutrients we cannot work at our optimum rate thus leaving us with all sorts of disorders, fatigue, acne, illness etc. etc.

## ENJOYING IT ALL!



Enjoying your training is vitally important. The only way to succeed in your goals is to enjoy what you are doing. However, training may make you



feel great, it may make you feel alive and young again (to those it may concern,) but everyone needs a break, and without a break you may be holding back some quality gains. I personally like to take at least three good breaks a year probably one every four months. A good week lay off to give the muscles, joints, ligaments, generally the whole body a well deserved rest. The stresses of work my "strain the brain" and for this a holiday is booked to get away, recover and help keep the monotone of the job at bay. Don't you think hammering the body continually with weighted exercises stresses the body somewhat to such an extent that a holiday is warranted? I think so, and so far it has only helped in my training.

Another good reason to take a short break is to keep ones dedication and devotion focused on the task ahead, and a chance to look and reflect on what is important in your training. Example: your routine, diet, symmetry etc, etc.

Symmetry for example can be and is a worry for many bodybuilders. The thought that the body is lacking in certain areas can really be disheartening and hinderance in the gym. Use the time allocated to rest and recuperation to access what is required from YOU, this way the next time you walk into the gym, you should have a clear and focused mind on the job ahead.

But most of all stay focused and enjoy what you so and as my Dad always says, "Train hard and be strong!"

**Christopher Hart**

## Make The System Work for You

I know that there are many of you that will wish to exploit and convert these methods for you're your own use and I hope that you do; I would deem it a great honour to know that there are many out there training as hard as my son has done to make me proud - an honour indeed. But what you have to do at this stage is to study the format of how Chris worked this system and see just how closely you could get your training and lifestyle to that in the report.

Ok there are going to be areas where you cannot follow the exact program but by getting as close as possible will still bring tremendous results so long as you can keep the promise that you should make to yourself at the beginning to give it all you can and more from the word go. This is the point where you can truly see into the future and I jest not. There is a perfectly god reason why I say that.

If I were to completely change the diet, training and the gear intake; basically turn it onto its head, I would still be able to guarantee that results would be as good as they were with this one. The answer to that would be simply down to sheer belief; determination and the will to be then BEST that you as a person could be - then more. That is what drove Chris on, that is what will continue to drive him on. He is no different than most of you guys. He started off out of shape, trained hard EVERY day and built a physique, but he also made sacrifices and that is what you will also have to do. There is no bullshitting about that statement; you HAVE to make sacrifices if you want to make gains.

Many of you will fail and fault this system only to go onto

another one that you will also blame at a later stage - it is a fact. Those that do will say that it did not work for this



reason or that; the diet was not good enough; the gear was not as good as Chris's; the guy lived in England; basically bullshit and more bullshit. But should you do this, please let me know then I can listen to you and mark down another failure, because if you give up on something such as this, nothing

more complicated or that consists of MASSIVE amounts of gear will help you because you will always be a failure if you can give up on a system such as this.

How can I be so sure?

Simply because I am! I know that by following this system as close as possible you CAN achieve something that you have longed for. There are no secrets, no undisclosed steroid that Chris took that I had hidden away, no special way in which he lifted a dumbbell differently or pressed a barbell to that which you would now. What IS different is that it is done in a combination perfectly suited to the task with NO changes whatsoever until they were needed.

Every exercise was done for a set time more or less, but they were given time to work and NOT changed after reading a new and amazing workout routine every other day. Simple and effective married to a firm belief in him as a person and the task ahead. THAT is how you can succeed by doing exactly the same.

How can you make this suit you?

Old or young the system will work for you, but you have to



play ball here with me and NOT put barriers up before you start. Barriers are there to be beaten and climbed over so don't make the job any harder before you start. Let's try and break it down a little. I could now start and list a load of examples for so MANY different individuals, but if I did I would only be swapping things around. I want you to show you how you can alter the system to suit you because only you know your lifestyle and how you can fit it all in.

## Diet

The secret here is on the times that you eat. I cannot stress this any more than I do here. It is so important to try and ensure that you get as close to the every three hourly meal as possible. This will stop you over eating to start with and increase your metabolism quite a lot. The food comparisons are really simple and in your respective countries matching foods to those similar will not be hard, this on paper I cannot help you with, but you will be given the opportunity to contact me to ask any questions that you may find you need to ask. We can discuss that later. But as I have said the timings on these meals are all important. The body like a routine for training and the same goes for the food that we take in. It can regulate itself when it knows what the hell is going on.

If you are an older trainer and wish to lose a little more fat a little quicker, try and make sure that you do not take in much or any carbohydrates say after 7pm at the latest - this is vitally important and will go a long way to keeping your fat levels down believe me. I even eat bacon and eggs (no bread) and as much as I want as a meal after 7pm because being protein it will not lay as unused energy as much as carbs will. Any protein meal late night will suffice nicely.



Another reason why some of you will make this job harder for yourselves and that is the inconvenience of having to eat so regularly, especially with the jobs that you do. Maybe so, but again these are barriers that you **HAVE** to get over. If you cannot eat a meal, pre-cook it and use containers for each meal no matter how small. You just have to spend an hour each night preparing this. It has to happen. If not, most of the supermarkets, stores etc have extremely healthy protein, carb balanced meals ready packed and all that takes is a trip to the store and buy a weeks supply in; now that cannot be too hard can it?

If you cannot eat - drink! Protein powders (well the good ones) are substantially sufficient in quality protein. Filling a couple of thermos flasks before leaving for work is an easy job even for me. Most will find that drinking is more convenient and as a suggestion rather than a failure I would opt for that every time. But by taking the time to prepare you are winning half of the battle. Most muscles are built in the kitchen before you even get to the gym and that is a fact.

### Training

No matter who you are, old, young, big or small I would **NOT** change the training not one furrcking bit! Why? Because most of you will over train if you do not get it into your heads that **MORE IS NOT BETTER** in most cases and it isn't! I was considering trying to give a few

examples for a few of you on how the training variations can be applied - but there is no need because I am not going to make a job any easier to spoil the plan. You can do this and you can make it work for you. It is not hard, but I want you to make it hard for yourself by sticking with it to the letter - no mercy at all. I can say that you should break the training in steady at first; try a few sets lower than given, but as soon as you can get up to speed and do the program as it is given the better you will be and the quicker the results will come - and that is it!

At best you will be training at the beginning for about 45 minutes to an hour, and then you are done. The hardest part is maintaining the consistency of the routine and most of all BELIEVEING that you can and will reach your goal. OK so an exercise may hurt and in some cases not be possible to do for whatever reason, but YOU will have the opportunity to ask me for advice and I will as best I can. Do NOT give in; that way out is for losers and giving in is not an option here.

If heavy bench press hurts, let's change it for flies. If someone says that flies are not as good as bench, tell them to go suck an egg, because Mick Hart says they are! Of course flies are as good, I would not say it if it weren't! But if you are not sure - ask! But at least you will not give in and that is not what is expected.

Another example: if squats are out because of lower back problems, we can and will change to thigh extensions. OK some will say that extensions are not as good, but they ARE if squats are going to aggravate and increase injury. At least we are training the thighs and in good style. How many of you have seriously done a hard thigh extension



workout and NOT felt as though your legs will fall off? Not many I know, so those that say that only compound exercises will work are wrong; because they are wrong. ANY exercise is better than nothing and that is why WE will succeed. We will not use any excuse to get out of training, moist will, we will not and neither did Chris that is why he succeeded were others failed.

The point being that if you are not sure, please ask. NO ONE in the world of coaching can boast such back up - I can because I do. But make sure that you take advantage of it because there has to be a cut off point (yeah right Mick you have been saying that for years!).

There are a million different reasons why I cannot individualize workouts on here especially on paper, but what I am trying help you understand that you can and must alter as closely to the original plan as possible because it was designed for that reason. Simple, effective and successful!

### Steroids

The instruction is simple here and I cannot stress this enough. You do NOT have to have an arse that looks like it has been whipped with a hedgehog to achieve results - you simply don't. For those that are considering steroid therapy for the first time, remember that MORE is not better. Even for those that are on gear, have you thought that you could be taking too much? In most cases where people have approached me because they have not got the mass they wanted, they were taking far too much gear and their bodies simply bloated with water and the problems started. By reducing their gear intake and allowing their bodies to gradually feel just how much is enough THEN adding as they went on, results usually picked up and off they went

again to achieve growth!

I would advise that the closer you can get to the suggested gear intake that I advised Chris on the better. It was not too much and that put the emphasis on his food and training all the more; it had to because I did not want him to take shit loads of gear, because it was not necessary. If it were he would have done, but because it was done gradually we found a level of growth that produced results. Now do you see my point?

I have said this before; there are those that will think otherwise - let them. I would not put my son at risk on MY knowledge if I did not think that the amounts he was using were not safe. They were well within normal parameters of sensibility. I do not give a rat's left knacker if their opinion differs from mine, if you follow the guidelines that I have given within these pages you will grow, be safe and get big.

Some of you will have products that will be as close to the given ones in the cycles done by Chris. I can only say that I would advise to stay as close to the original stacks as possible simply because they were designed for simplicity and ease of application. But should you have a query or not sure of a comparison, please try and get in touch and ask and I will do my best to answer the question for you. There are a lot of fakes out there so be careful with your choices as best you can.

Can you succeed?

If you even ponder on this one you are beaten and I mean that. Of course you can. This is no hyped up bullshit advert, it is fact that it can and will work for you. Chris Hart trained himself day after day, week after week, month after

month and in that time he never stopped believing that he could do it. OK his end goal was a contest, but why should your not be simply a date, a holiday or simply for the summer - it is still a goal, a time period in which to set yourself the task. No one said it was not going to be easy, nor did I and it won't be, but if it were, we would be surrounded by perfectly formed physiques and then the fat ones would be the elite (snigger - well sort of). By taking on the fight and seeing it through even this once you will be amazed at the difference that it will make to your life. Those that have not experienced the joy of being complimented on having such a fine physique will soon know what that feels like. The pride that you will have and the strength that it will give you in the gym and for future workouts is nothing short of fantastic. You will feel so much pride and self confidence to such an extent that IT alone is a drug that you will want more of. I have had this for most of my life and I can tell you that it is indeed addictive.

If by guiding you through my sons efforts and I can instil in you that same feeling of pride, then you are on the way to a life changing experience of pride and well being. When you know that you can achieve these results - and you can - you can sleep each night knowing that every day will show some difference no matter how small. Stay covered up, do not show yourself off to all and sundry day after day; make them wait. How many times have you been disappointed posing to family and friends after a workout that YOU were proud of and they have not noticed? Shoving it in their faces day after day who would expect them to notice? Keep it covered up and don't take that shirt off to them for a month or so. Work hard for that moment and then cover up again. Familiarity breeds contempt and that is so true. But in bodybuilding, familiarity and a double



biceps pisses most non-bodybuilders off - big style. Cover up and show them when YOU are ready and nothing else. You also will be surprised too! Now that is a good tip I can assure you.

To witness my son's success and in the knowledge that he is now where his Father has been, is an honour and a privilege; one that I cannot truly tell you exactly how my heart feels. He will continue to radiate success to all that are around him because he truly does believe in what he can achieve. He is a genuinely nice guy who I have nothing but pride and admiration for. He inspires me, the teacher, yet at the same time I am envious of his youth because I only wish that I had the support that he has and will continue to have whilst I am alive. I also make the following statement that I know will come true mark my words. He will, in the near future, be a Champion amongst Champions and respected for it also. He has inside of him a power that is rare; that being the ability to change his future by willing it to happen simply by visualizing the future and just what he can see himself to be - a winner.

I do hope that you can achieve the same results by following the same path. Look for it because it is there my friends, you just have to want to see that path. It will be rocky and you may want to stray, but by believing in what you as a person can do and visualizing what you want to be, I know that you will not stray far. I have confidence in you and if you are not sure, ask me and I will motivate you personally. I promise.

You are not alone, although bodybuilding is indeed a lonely sport, I know this so well. The general public do not understand why we do what we do, and it does not matter if

they don't, but we can stick together when we want to, when it counts. This I promise and I leave you with a point to ponder on:

**“We are who we are because we choose to be.”**

**“We do what we do because we know what we want to be and are proud of it.”**

**“We relish the solitude and thank you for your ignorance Mr. Public.”**

**“But we will not waver from the obvious and promise to take care of the ignorant and educate the wanting of the knowledge to a level of safety and sensibility.”**

**We are a Band of Brothers true.”**

Mick Hart - January, 2003

## Speak directly and personally with me, Mick, to ensure your plan is 100% customized to you

If you want more information about a telephone consultation with me then [click here for full details](#)

Here's a quick idea of what you get with a phone consultation:

1. The opportunity to ask me ANY questions you want, and YES that does include "where can I get the gear".
2. "The Chris Report" training program tailored personally to you, giving you the absolute best chance of success possible - this means you will have a proven plan made by an expert, which guarantees results, completely structured for YOU. You may never again have this opportunity.
3. Get questions or doubts on any aspect of the program cleared up so you don't have to worry if you are doing it right - you will know.
4. You'll discover how to adapt the plan into your timetable, job, lifestyle, goals etc.

And remember you there's no time limit - so you don't have to rush, there's no stopwatch on when you call. Prepare your questions, then call me and get your answers.

If it requires a follow up call then no problem, we simply schedule another time when you can call.

I don't know your level of knowledge, but if you are in any doubt about how to personalize the plan then be sure to look at the telephone consult - [click here for full details](#)

**Train Hard**

A handwritten signature in black ink that reads "Mick". The signature is written in a cursive, slightly slanted style.



# Who is Mick Hart

Mick is a fully qualified BAWLA Olympic grade A Coaching Instructor and has been in professional bodybuilding for over 25 years in which time he has become one of the leading authorities in the sport.

He is the Writer of two best sellers on the subject of steroids. And he owns, designs, prints and publishes the monthly magazine "NO BULL COLLECTION" which is "killing the opposition" and which is fast becoming the top cult steroid read in the world - due to it's "open, honest, independent and brilliantly written steroid information".

In bodybuilding, not only has he competed at a high level himself, but he has coached and trained no less than 80 first places, 70 seconds and more than 20 thirds in the last five years alone - many at the highest levels too! He has also trained MANY champions (some of whom sadly do not admit it - but that's the very often hypocritical nature of the bodybuilding world).

As for steroid advice, cycling and safety methods, many of the world's TOP pro's have sought Micks advice, and still do on a daily basis, and not only bodybuilders, the list includes Olympic athletes and many other pro athletes from many sports.

He is the leading Bodybuilding and Steroid Advisor to the British Media including the BBC and ITV (the two principal British TV channels) and have appeared many times now on TV and Radio in the UK.

He has also written for all of the leading Bodybuilding magazines MuscleMag etc, and many other very famous globally distributed magazines such as FHM, Later, Men's Health etc.

He has also designed AND built 479 gyms and clubs all over the UK which include Scotland Yard, Houses of Parliament, No. 10 Downing Street, Oil companies, Shell, Texaco, Philips Petroleum etc etc.

For further information about Mick Hart and the services and products he offers visit his web site at <http://www.mickhart.com> or telephone the office on Tel: ++44 (0) 246 8110130

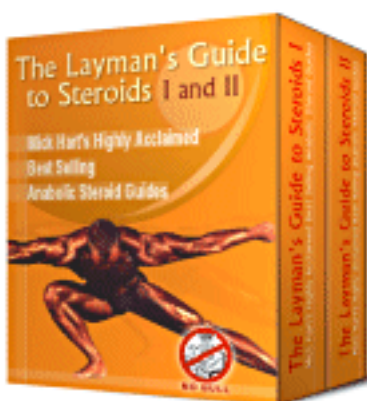
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## Mick Hart Discussion Board

Visit <http://www.mickhart.com/board.shtml>

How would you like to have 24 hours a day access to a training and steroid resource, where you can literally ask ANY question and be guaranteed of a quality answer based on years of real experience? Well it's here, at last, and probably long overdue - "**The No Bull Board**".



Includes the Ask Mick Section where you can get any of your questions answered by one of the best in the sport. Ask as many questions and as often as you need and get quality feedback from Mick.

Also find The Bodybuilding & Steroids Discussion Section, Training Logs to compare how other members progress with the help of Mick and a rapidly expanding faq section.

<http://www.mickhart.com/board.shtml>

## The Free No Bull Ezine

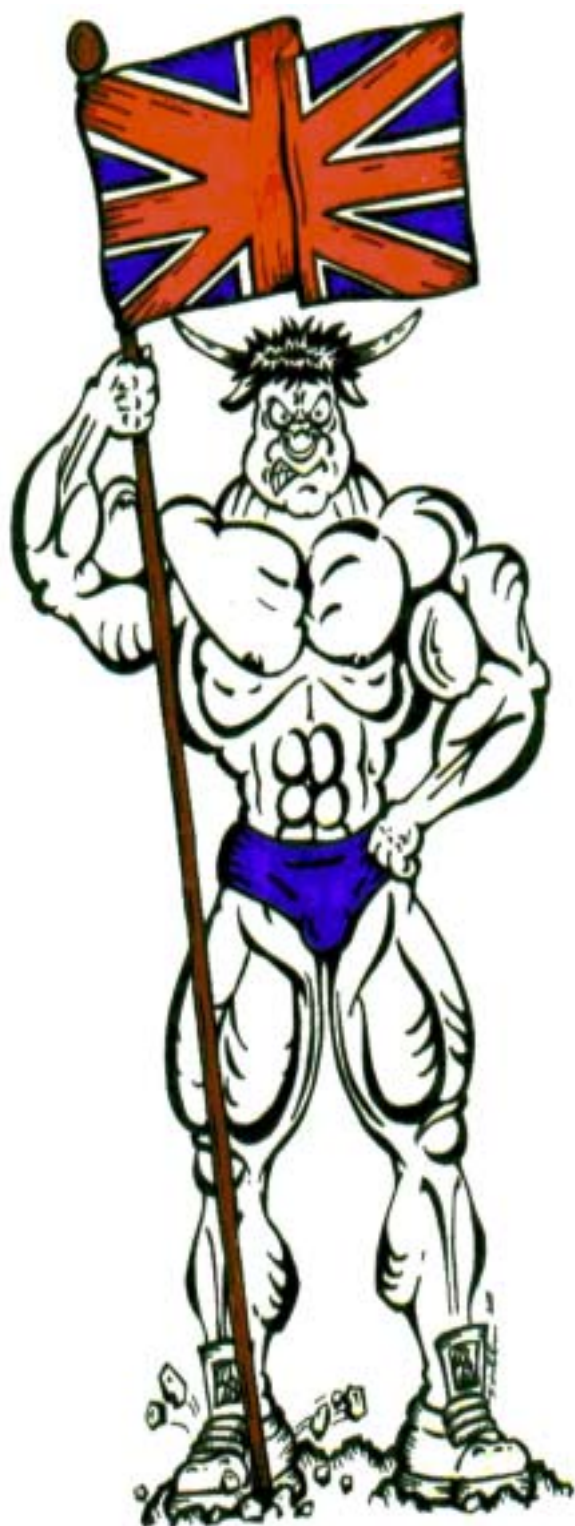


Join Mick Hart's FREE "NO BULL Ezine"... and get FREE bodybuilding and steroid articles, interviews, cycles, stacks, cartoons, humor, stories, news and more, direct from Mick Hart's "No Bull" team.

To join simply go to the web address of <http://www.mickhart.com/ezine.shtml> or simply send a blank email to [samples@nobullcollection.com](mailto:samples@nobullcollection.com)

Please email [custserv@mickhart.com](mailto:custserv@mickhart.com) with all your queries.

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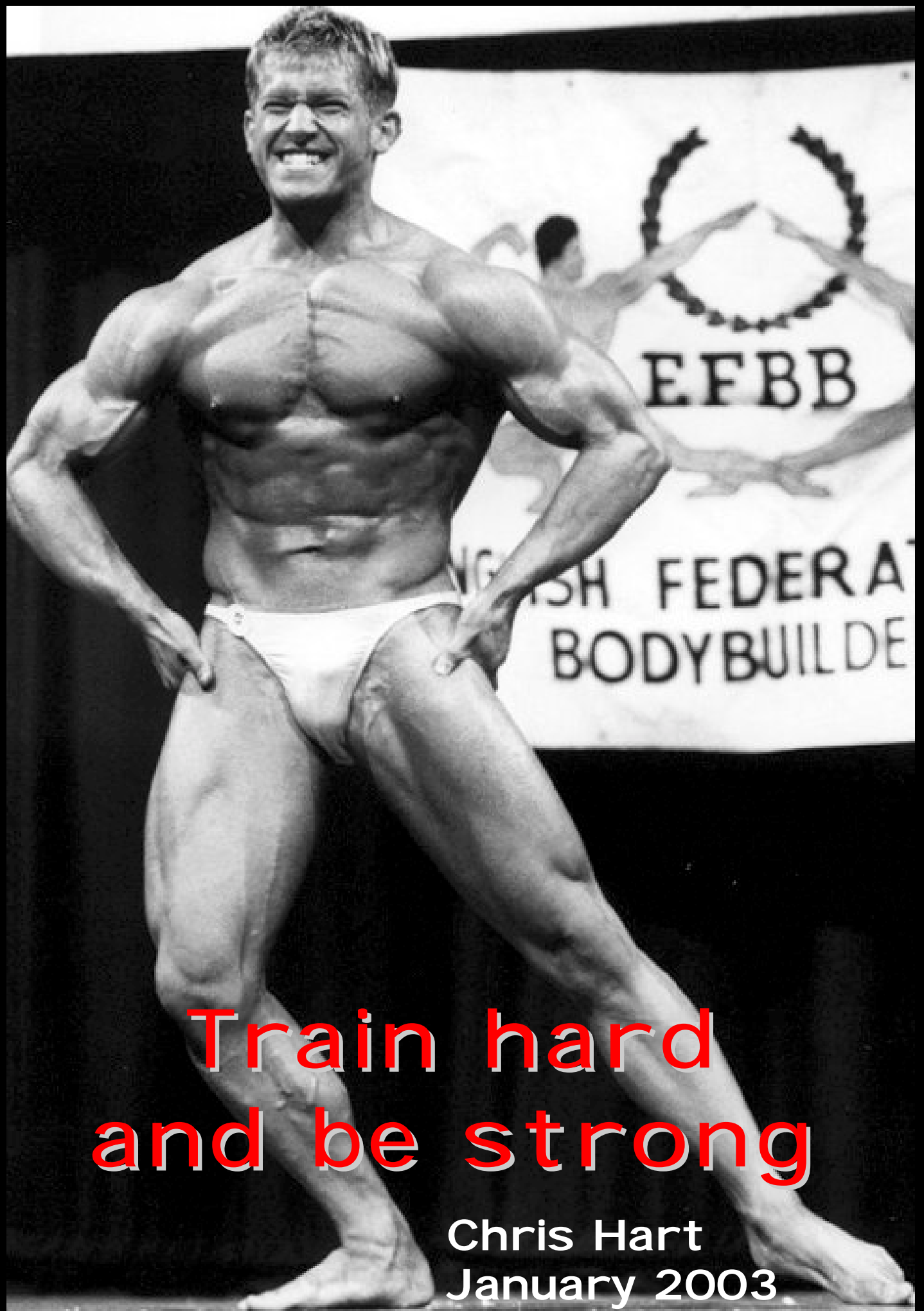
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**Train hard  
and be strong**

**Chris Hart  
January 2003**