

CONDITIONING FOR POWERLIFTING



Frederick C. Hatfield, Ph.D.

International Sports Sciences Association

Introduction

There is a mountain of misinformation available in training magazines and (especially) the Internet pertaining to weight loss, fitness and sports training. When someone makes the commitment to train, and then seeks information on how to begin, they are almost always overwhelmed and confused. That's why I made the decision to launch drsquat.com several years ago. I maintain my sincere hope that my teaching, writing and the drsquat.com Q&A forum has contributed significantly to dispelling much of the nonsense being passed off as expert advice. The many thousands of visits to drsquat.com each month bears witness to the belief that it has done just that.

To further demystify training and nutritional science, and to encourage safe and responsible conditioning techniques in sports training and fitness activities, I decided to provide visitors to drsquat.com with vital e-booklets, free to Gold Members of drsquat.com. I have written scores so far, and the work continues. To date, almost every sport and fitness activity on earth is listed at drsquat.com. If your sport or activity is not listed let us know! The missing e-booklet will be available within a month. Guaranteed!

This powerlifting e-booklet contains information vital to improving anyone's limit strength. Certainly, given any level of experience and skill, a stronger lifter is going to lift more iron! Certainly, careful attention to one's eating habits and the prudent use of state-of-the-art nutritional supplements is going to improve anyone's energy level, their ability to focus and their recovery capabilities. Just as certainly, if you're one of the many thousands of powerlifters in the world, your level of enjoyment at lifting at a higher level is going to improve with your increased strength and energy!

Meet Dr. Fred Hatfield

Currently President and co-founder of the [International Sports Sciences Association](http://InternationalSportsSciencesAssociation.org) (ISSA), Dr. Hatfield (aka "Dr. Squat") won the world championships three times in the sport of powerlifting, and along the way broke over 30 world records, including a competitive squat with 1014 pounds at a bodyweight of 255 pounds (more weight than anyone in history had ever lifted in competition). Former positions include an assistant professorship at the University of Wisconsin (Madison) and Senior Vice President and Director of Research & Development for

Weider Health & Fitness, Inc. Dr. Hatfield was honored by Southern Connecticut State University when they presented him the 1991 Alumni Citation Award. He has written over 60 books and hundreds of articles in the general areas of sports training, fitness, bodybuilding and nutrition. In addition to serving three times as the national coach of the U.S. Powerlifting Team, he has been coach and training consultant to several world-ranked and professional athletes as well as sports governing bodies and professional sports teams worldwide.

Disclaimer

This e-booklet is informational only. The data and information contained herein are based upon information from various published as well as unpublished sources and merely represents training, health and nutrition literature and practice as summarized by the authors and editors. The publisher of this e-booklet makes no warranties, expressed or implied, regarding the currency, completeness or scientific accuracy of this information, nor does it warrant the fitness of the information for any particular purpose. The information is not intended for use in connection with the sale of any product. Any claims or presentations regarding any specific products or brand names are strictly the responsibility of the product owners or manufacturers. This summary of information from unpublished sources, books, research journals and articles is not intended to replace the advice or attention of health care professionals. It is not intended to direct their behavior or replace their independent professional judgment. If you have a problem with your health, or before you embark on any health, fitness or sports training programs, seek clearance from a qualified health care professional.

Copyright © 2001 Fred Hatfield. All rights reserved. No part of this information may be reproduced or utilized in any form or by any means, electronic or mechanical, including photocopying, recording, distributing, or by any information storage or retrieval system, without permission in writing from the author. Inquiries should be addressed to DrSquat.com Webmaster, 6006 Eldorado Drive, Tampa, FL 33615, USA. If you would like to offer these e-booklets on your site please contact DrSquat.com Webmaster at the address above or via e-mail at ebooks@drsquat.com.

For complete information on all Dr. Squat's e-booklets, products, programs and more valuable information available to help you get stronger, faster, healthier, lose fat or train for your sport, visit www.drssquat.com.

CONDITIONING FOR POWERLIFTING

Fred Hatfield, Ph.D.

Feel free to print out the pages of your e-book. The information is copyrighted, so you can't share the information without getting our permission first, but you may keep it for your own use.

Table Of Contents Bookmark this page!

[Introduction](#)

[Where Your Energy Comes From](#)

[Where Your Calories Should Come From](#)

[What To Eat](#)

[Supplementing Your Diet](#)

[Foundation Training For Powerlifters](#)

[Example Of A 12 Week Periodized Peaking Cycle For Powerlifters](#)

[Concluding Comments](#)

Powerlifting is the only sport in the world that tests limit strength. Other sports don't even come close. The reason is that in powerlifting, the resistance (barbell) is so heavy that you can't move it very fast. So there's ample time—up to 2 seconds or more during a limit lift—to “turn on” as many muscle fibers as possible. In sports such as weightlifting or shot put, the movement is over with in milliseconds, providing too little time to move the maximum force displayed upward toward your ceiling of force output potential.

That's not to say you don't TRY to move the weight as fast as possible, though. You MUST, if you ever want to become great in this sport.

But that's while you're lifting in competition. To TRAIN yourself to perform the powerlifts explosively in competition, however, you'd better take a closer look at where your energy must come from, and make the appropriate adjustments in your training, diet and supplement schedules. It's time to get yourself on some sort of INTEGRATED training program!

Like powerlifters' cousins in weightlifting, and like the shot putter, the weight thrower and the high jumper, the energy required to lift a limit load comes principally from the ATP/CP pathway of muscle energetics. Because powerlifting competition involves performing 9 limit lifts, and perhaps 5 times that many near-limit lifts in the warm-up area, you're going to be obliged to dip into your muscles' glycogen reserves—your stored sugar—for some of your energy needs. That's especially true during the final half of competition. Remember, powerlifting competitions typically last up to 5 or more hours.

Now, that fact alone is somewhat paradoxical in that your training sessions must never take more than an hour and a half or so. Really, there's no paradox at all if you remember this simple rule: You must EAT during your competition! And, what you eat must be carefully chosen to allow you to perform at your maximum capacity. The specificity of energy output demands careful nutritional support. Here is a list of factors to consider when you're matching your nutrition to your training needs:

- You must have high quality protein several times a day (eat every 2-3 hours) in order to effectively recover and repair damaged muscle tissue;
- Powerlifters (who get their energy from ATP and CP, two biochemicals formed inside of their muscles) and middle distance athletes from other sports (whose energy comes from sugar—called glycogen—stored inside their muscles) cannot eat very much fat because it is not an efficient source of energy for their high intensity training (which is almost exclusively anaerobic in nature) -- fat calories are going to get stored because they can't be used for your energy needs;
- Endurance athletes in other sports (whose energy is manufactured through oxidation) can get away with eating more fat because they spend a lot of time in the aerobic pathway of muscle energetics, which uses fat. But even endurance athletes should keep the fat calories down a bit if they are training aerobically—with oxygen—for under a half hour. Remember, fat isn't used for energy until after about 20-30 minutes of aerobic activity. Until then, energy comes from the athlete's stores of muscle glycogen.
- A carefully measured supply of high quality carbohydrates several times throughout the day will ensure that your body is getting all the energy it requires, while the protein will ensure that muscle repair takes place;
- The carbohydrates in your pre-workout meal should be comprised of low glycemic index carbohydrates (the kind that converts to blood sugar very slowly, to ensure that your training intensity doesn't wane, and to ensure that lean tissue isn't cannibalized for energy);

- So, here are the energy sources that your muscles use in order to contract:

ATP/CP (short-term energy for explosive strength output)

GLYCOGEN (medium-term energy from your muscles' stored sugar for sports requiring near-maximum exertion over and over)

OXYGEN (long-term energy for endurance sports).

- Your aim is to support recovery and repair as speedily and efficiently as possible without—repeat—WITHOUT putting on any fat! This, while maintaining a high strength-to-weight ratio. That means that you must eat precisely the amount that your body needs in order to grow stronger, faster and more mobile. But you must always remain within 3-4 percent of your competition bodyweight!

That final fact alone makes nutrition for powerlifters critical. You **MUST** do it right! Eat a little too much or too little, or eat the wrong kinds of foods consistently and you'll **NEVER** succeed. Most importantly, don't be in a hurry! It takes **YEARS** to become a great powerlifter. Rush the process, and you'll get hurt, **NOT** strong!

The table below provides estimates of the amount of energy coming from the three major energy pathways within which all powerlifters operate.

Where Your Energy Comes From			
Type Lifting	Explosive Training (% ATP/CP)	High Rep Training (% Glycogen)	Endurance (% Oxygen)
Competition	90	10	0
Off-season (5 or more reps per set)	80	20	0
Pre-Competition (2-3 reps per set)	90	10	0
Average total workout when obliged to do aerobics if too fat (Off-Season only)	60	20	20

Off-Season And Pre-Competition Eating

As the table above shows, 80-90 percent of your off-season energy needs will be met while you're within the ATP/CP pathway of muscle energetics, while 10-20 percent will be derived from the glycolytic pathway. If you're above 10-12 percent bodyfat, or to improve your muscles' energy delivery system (capillarization to support greater muscular growth) then you will have to venture into the oxidative pathway (e.g., some running and high rep training).

However, always eat low glycemic index foods for your pre-workout meal. That's critical in order to get you 1) through your workout with ample energy, and 2) through a 30-45 minute waiting period following workouts before you eat again.

Your dietary intake during your pre-competition period as well as your very low glycemic index meals an hour or two before training must be comprised of something near a ratio of 1 part fats, 2 parts protein and three parts carbs. That comes out to somewhere around 10-15 percent of your calories from fats, 25-30 percent of your calories from protein, and the remaining 55-65 percent of your calories from carbohydrates. Of course, we're all slightly different in our ability to metabolize these macronutrients, so your specific ratio may vary a bit from these guidelines.

Competition Eating And Supplementation

Eating between the squat and bench, and/or between the bench and deadlift during competition is recommended only when you expect the contest to last over three hours (which it usually does). A small amount of complex carbohydrates is recommended. Pasta, potatoes or yams and perhaps a bit of northern hemisphere fruit (NOT bananas) are best.

Those carbo drinks? Maybe, but only if the carbs are low glycemic index. Sugar water type drinks are a no-no.

Stay away from protein, fats and high glycemic index foods. You don't want to drive your blood sugar through the roof, or cause too much blood to go to the gut to aid digestion.

Where Your Calories Should Come From The table below provides you with the approximate percentage of fat, protein and carbohydrates that the calories in each of your 5-6 daily meals should consist of.								
Off-Season Training			Pre-Competition Training			Pre-Meet Pre-Workout		
% Fat	% Protein	% Carbs	% FAT	% PROTEIN	% CARBS	% FAT	% PROTEIN	% CARBS
15	25	60	10	35	55	0-10	10-20	70-80

What To Eat

Fat has about 9 calories per gram, while protein and carbohydrates have only about 4 calories per gram. So, if you needed 3000 calories to continue slow muscle growth during the off-season, for example, you'd be getting 450 calories from fat (15 percent of your daily calories), 750 calories from protein (25 percent), and the remaining 1800 calories from carbohydrates (60 percent). Of course, these calories are divided by the number of times you eat each day (5 or 6 times). For a detailed discussion of performance nutrition guidelines, read the article on zigzag dieting, or purchase the book by Dan Gastelu and myself entitled [Dynamic Nutrition](#) both at www.dr squat.com. Here are some important tips for eating:

- Carbohydrates provide the major energy source for short-term training and competition. Complex carbohydrates provide for the best source of glycogen because they are the ones that most effectively refill the glycogen stores in your muscles and liver. In addition these carbohydrates elevate your blood sugar to levels sufficient for additional bouts of intense training and help to refill glycogen stores when they dwindle.
- When either your stores energy falls drastically or a build-up of lactic acid occurs, temporary muscular fatigue will be experienced. If you fail to refill glycogen stores prior to your next workout, it is possible that a breakdown of muscle protein for energy can ensue. That is why it is important for strength and other similarly explosive athletes to have adequate carbohydrates in their diet along with protein.
- Prior to your training sessions or competition, it is wise to consume foods with a low glycemic index for sustained blood sugar levels. This allows you to train more intensely without fatigue hindering your explosiveness.
- As an explosive (anaerobic) athlete you should attempt to stimulate the storage of glycogen in your muscles while promoting repair and growth of muscle tissue and inhibiting fat build- up on your body. This can be done by following these suggestions:
 1. Train anaerobically on a regular basis. Through intense training you stimulate increased storage of muscle and liver glycogen. This permits additional levels of energy for greater workloads.
 2. Consume five meals each day. This will keep your blood sugar levels stable throughout your day, and allows your muscles to have available protein whenever they need it.

3. Do not consume large amounts of fat. Large amounts of fat in your diet will undoubtedly add to your bodyfat and cause mineral loss through frequent urination.
4. Consume low glycemic index foods about 1 hour before your activity. This practice provides for sustained blood sugar levels.
5. Consume adequate amounts of water. Not only does this reduce your chances of dehydration but for every gram of glycogen that is stored within your muscle, three grams of water is stored along with it. And being dehydrated can mean weaker muscle contractions.
6. So as not to become deficient in any nutrients lost due to sweating or training itself, a multi-vitamin/mineral is highly recommended.
7. It is important to realize that not all athletes react the same to food consumption during training or competition. You must know how your body reacts to various foods before you reach competition.

Supplementing Your Diet

By far more important than any known nutritional supplements to your sports career are the micro- and macronutrients—real food. Still more important yet is that you learn how to integrate all of the technologies available to you in your quest of peak performance. That most certainly should include supplements:

- **Antioxidants** (ProPower's Recovery Nutrients) -- Substances that protect against free-radicals, highly unstable molecular fragments unleashed by strenuous exercise, chemicals, polluted air, and other factors, that can cause extensive damage to the body. Free radicals are involved in emphysema, wrinkled skin, cancer, blood clots, damage to cellular components and DNA, as well as muscle pains, cramps, and fatigue, and a host of other ailments and diseases normally associated with aging. Free-radical "scavengers" (another term for antioxidants) include vitamins A, C, E, selenium, zinc, many different botanical preparations such as Maria thistle, pycnogenol and nordihydroguaiaretic acid (NDGA from chaparral), glutathione, and others.
- **Branched chain amino acids** (ProPower's BCAAs) -- Leucine, isoleucine and valine comprise an overwhelming majority of the aminos your body needs for more rapid and complete recovery, repair and growth resulting from adaptive exercise stress. They must be taken in the right ratio (2:1:1 respectively).

- [L-glutamine](#) (ProPower's L-Glutamine) -- Lymphocytes and other white blood cells, front-line fighters in the immune system, are strongly dependent on glutamine. Glutamine also helps memory and concentration, and aids in neutralizing the catabolic effects of cortisol, which is released during strenuous exercise. In combination with vitamin B-6, glutamic acid is converted to L-glutamine in the liver, scavenging ammonia in the process. Ammonia is a toxic byproduct of amino acid breakdown.
- [Creatine Monohydrate](#) (ProPower's Creatine) -- Creatine monohydrate has been clinically used in improving plasma creatine concentrations by as much as 50 percent. Research shows this substance to be effective in improving training intensity and recovery. It is able to pass through the gut wall and into the bloodstream intact, and upon entering the muscle cells, is converted into creatine phosphate (CP).

Foundation Training For Powerlifters

First, lay a foundation. Without a strong foundation of strength in your smaller synergists and stabilizers, you will NOT be able to compete injury-free very long! Follow this routine for about 6-8 weeks before going on the peaking program below it. If you cannot work out 5-6 times weekly, and can only manage (say) 3 times weekly, then rearrange the exercises a bit to fit your schedule. The main point is to shore up weak links to ensure safe training later.

DAY	BODY PART	EXERCISE	SETS / REPS
Monday	Chest -- Triceps -- Abs	Dumbbell Benches	4 / 8
		Nose Crushers	4 / 8
		Prestretched Crunchers	4 / 12
Tuesday	Legs/Hips -- Shoulders	Safety Squats or Zigzag Lunges	4 / 8
		Seated Dumbbell Presses	4 / 8
		Front Dumbbell Raises	4 / 8
		Rotator Cuff (In & Out)	4 / 10
Wednesday	Low Back -- Upper Back -- Biceps	Back Extensions	4 / 8
		Keystones in the Rack	4 / 8
		Pulldowns	4 / 8
		Dumbbell Curls	4 / 12

Thursday	Chest -- Triceps -- Abs	Bench Press	4 / 8
		Triceps Extensions	4 / 8
		Prestretched Crunchers	4 / 12
Friday	Legs/Hips -- Shoulders	Powerlifting Squats	5 / 5
		Seated Dumbbell Presses	4 / 8
		Front Dumbbell raises	4 / 8
		Rotator Cuff (In & Out)	4 / 10
Saturday	Low Back -- Upper Back -- Biceps	Deadlifts	5 / 5
		Pulldowns	4 / 8
		Dumbbell Curls	4 / 12

Example Of A 12 Week Periodized Peaking Cycle For Powerlifters

The best way to train for competitive powerlifting is on a cycle training schedule. This type of training schedule combines workouts and exercises that will meet all your basic needs -- limit strength and speed-strength.

The 80 day cycle described below allows five days recovery between all squat & bench workouts, and either four or six days between deadlift workouts -- four following light squat workouts, or six following heavy squat workouts.

It's best to schedule two short workouts per training day as opposed to one long one. Assistance work is allowable ONLY on scheduled workout days after the 4th week of training. Recovery becomes a critical factor by then. Following the 8th week, very relaxed and laid back off-days are vitally important.

Day	% Max X Reps/Sets	Therapies, Strategies & Assistance Exercises
1	B 85% X 3/5 S 80% X 2/5 B 120% Overload x 3	Virtually ALL of your assistance exercises for the first 4 weeks of this mesocycle MUST be geared toward eliminating your perceived weaknesses. Reduce percent body fat General foundation of limit strength in all synergistic and stabilizer muscles
3	D 85% X 3/5	
6	S 85% X 3/5 B 80% X 2/5 S 120% Overload x 3	

9	D 80% X 5/5	synergistic and stabilizer muscles
11	B 85 X 4/5 S 80% X 2/5 B 120% Overload x 3	Modify your lifestyle to include therapies as directed, improved dietary manipulation and sleep habits
13	D 85% X 4/5	Technique errors must be corrected
16	S 85% X 4/5 B 80% X 2/5 S 120% Overload x 3	Your supplements should be chosen on the basis of immediate needs only (e.g., fat loss, mental focus, limit strength)
19	D 80% X 5/5	Acquire PASSION, for it will amplify MOTIVATION
21	B 85% X 5/5 S 80% X 2/5 B 120% Overload x 3	
23	D 85% X 5/5	
26	S 85% X 5/5 B 80% X 2/5 S 120% Overload x 3	
29	D 80% X 5/5	
31	B 85 X 6/5 S 80% X 2/5 B 120% Overload x 3	
33	D 85% X 6/5	
36	S 85% X 6/5 B 80% X 2/5 S 120% Overload x 3	
39	D 80% X 5/5	
41	B 90% X 2/3 S 80% X 2/5 B 120% Overload x 3	
43	D 90% X 2/3	From here on, virtually ALL of your efforts MUST be directed toward amplifying your STRENGTHS (too late to worry about your weaknesses anymore)
46	S 90% X 2/3 B 80% X 2/5 S 120% Overload x 3	
49	D 80% X 5/5	
51	B 90% X 2/3 S 80% X 2/5 B 120% Overload x 3	
53	D 90% X 3/3	
56	S 90% X 3/3 B 80% X 2/5 S 120% Overload x 3	
59	D 80% X 5/5	
		Limit strength in all prime movers of lifts
		Continue following the five rules of good nutrition (important!)
		Assistance exercises are now all done with explosive concentric movement, with the eccentric movement reduced or eliminated
		Three lifts are all performed with all- out compensatory acceleration (especially in 80% workouts)

Eliminate all assistance exercises after this date. In other words, ONLY the three lifts are performed from here on.			
61	B 95% X 2/3 S 80% X 2/5 B 120% Overload x 3 D 95% X 2/3	Supplements directed at tissue repair, recovery between workouts, and recovery between sets All three lifts are done at each session(contest readiness) Emphasis on perfect form and maximum acceleration -- do NOT do singles or attempt lifts you're not absolutely sure you'll do for 2 reps (save your mental energy for the meet).	
66	S 95% X 2/3 B 80% X 2/5 S 120% Overload x 3 D 80% X 5/5		
71	B 100% X 2/3 S 80% X 2/5 B 120% Overload x 3 D 100 X 2/3(Last Deadlift Workout)		
76	(Should be Saturday) S 100 X 2/3 B 80% X 2/5 S 120% Overload x 3		
Contest Week		Contest Day (Saturday)	
80 (Wednesday)	1st Attempts	2nd Attempts	3rd Attempts
overloads in S & B (120%)	S 100% B 100% D 100%	S 105% B 105% D 105%	S 105% + 5 lbs B 105% + 5 lbs D 105% + 5 lbs

Each 5 day period should see approximately a 5 pound increase in your 80% level. It may just as easily be 2 pounds or 8 pounds. The precise increase in poundage will vary from athlete to athlete and from muscle group to muscle group. Also, since there is a 5 pound increase assumed for your 80% level, there will be a commensurable increase in your ongoing 85, 90, 95, 100 and 120 percent levels respectively (see %Max Chart below). This basic scheme of periodizing your training intensity relative to anticipated increases in strength is applicable to any other exercise or muscle group. You must begin by calculating training poundages based on percentages of your current maximum in each of the three lifts.

Example:

Lifts at your last competition: 700 squat; 385 bench press; 585 deadlift.

Week	Max Squat	Max Bench	Max Deadlift
1	680	360	560
2	685	363	565
3	690	366	570
4	695	369	575
5	700	372	580
6	705	375	585
7	710	378	590
8	715	391	595
9	720	394	600
10	725	397	605
11	730	400	610
12	735	403	615

Each week, use the tabled amounts in computing training poundages at 80, 85, 90, 95, 100 and 120 percent. Adjust them if necessary, but not haphazardly. You may extend this training scheme to 24 weeks if you like.

The use of Supportive Gear

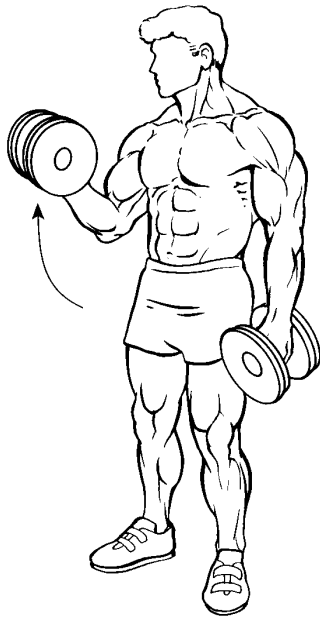
I have always recommended that no supportive gear be used during off-season training or foundational training. This is particularly important for younger lifters who are in need of a strong foundation. When you are doing reps with less than 85 percent of your max, there is no need for supportive gear, and it will prevent you from growing stronger in smaller synergists and stabilizers. In point of fact, using supportive gear will inevitably cause you to become more susceptible to injury when the heavier weights are being lifted.

Most lifters begin using the supportive gear that they'll wear in competition around a month prior to the competition date. You must make adjustments to your training poundages at that time. There is no "formula" for this, as everyone benefits differently from the use of gear. Experience shows that most lifters will improve all three of their lifts by 5 percent or more. Some report improvements of as high as 10 percent. The

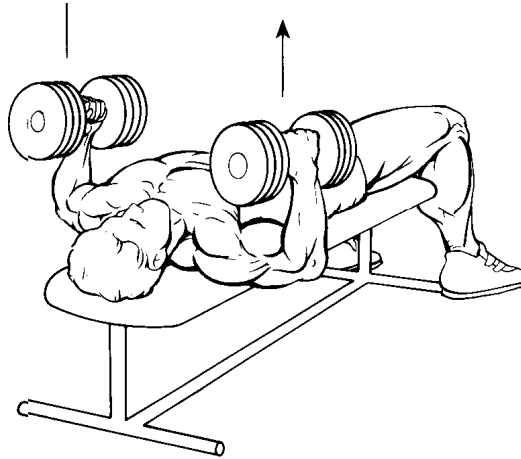
variability is no doubt caused by several factors, including 1) individual kinesiological differences, 2) the quality of the gear, and 3) the "fit" of the gear.

Weight Training Exercises For Powerlifters

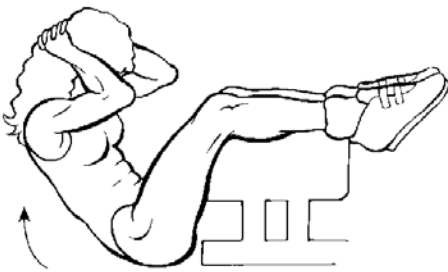
Powerlifting contests include the three lifts, squat, bench press and deadlift. However, in order to effectively do these lifts in competition safely and for a period of years – and to continue to improve – you're going to have to do assistance exercises too! Here are a few of them. More from which to choose are located at www.dr squat.com.



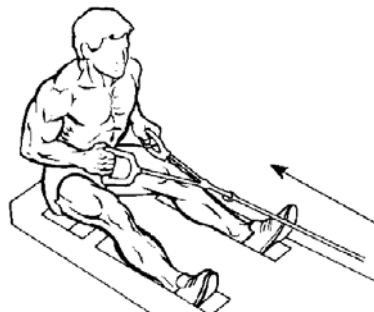
Alternate Dumbbell Curls
(Biceps)



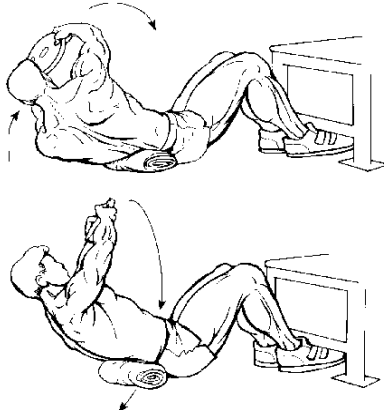
Dumbbell Bench Presses
(Pectorals)



Crunchers (Abdominals)



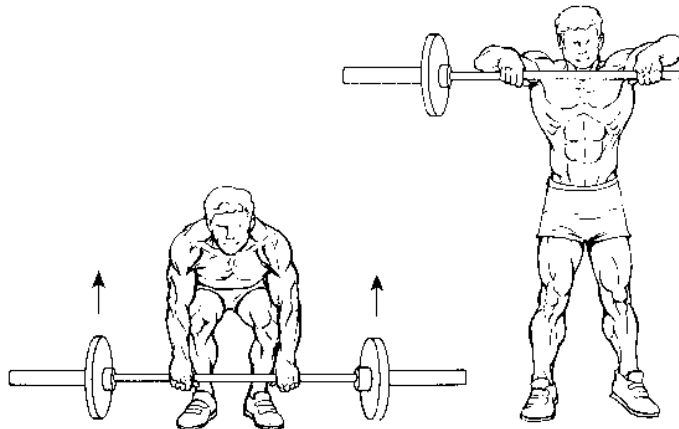
Low Rows (Upper Back Muscles)



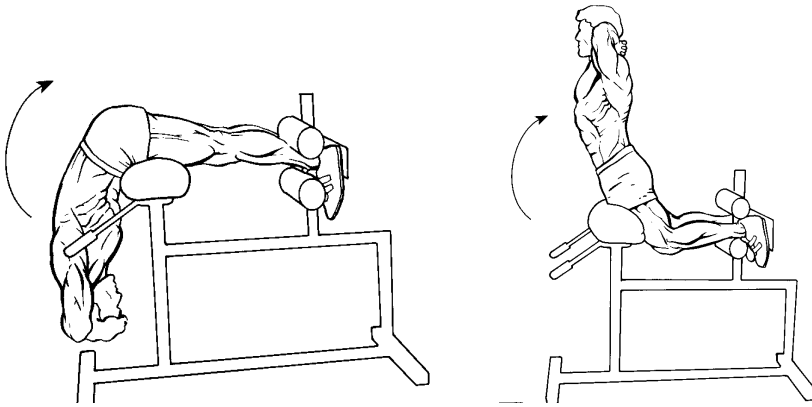
Your midsection muscles – abdominals and obliques – are often neglected by athletes in most sports. In powerlifting, these muscles are vital for stabilizing both the lower and upper body. Make this your **STRONG** link, rather than the weak one with Russian twists. And, of course, the power for squatting comes from the legs and hips, so one-legged squats (or lunge squats) are also clearly vital for powerlifters.



Lunge walking, or one-legged squats (illustrated above) are great for developing leg drive for explosive movements common in powerlifting training and competition.



High pulls (illustrated above) simulate total body explosiveness. Visualize this movement being carried to full extension of the arms overhead, and you have another vital exercise for explosive athletes “muscle snatches.” Powerlifters benefit from this movement because it “teaches” speed in the pull.



Glute-Ham raises are perhaps the single most important exercise for runners, as they simulate a runner’s stride (albeit both legs at once instead of alternately) against the resistance afforded by your own bodyweight. But they are also great for powerlifters too, as the hamstrings and gluteal muscles are key in both the deadlift and squat. Additional weight can easily be added simply by holding a weight behind your head.

Concluding Comments

This e-booklet is by no means the final word on conditioning and nutrition for powerlifters! Each of us is unique in our training and nutritional needs, and no single diet or training program is going to fit everyone’s needs. But it is a great place to start, and the sooner the better. If you do nothing else, make the commitment to begin! Remember this: the single most important element of any diet or training plan is **CONSISTENCY!**

If you feel that your specific needs are not being addressed in this brief primer, you are invited to join us at the drsquat.com Q&A forum. Many of your questions will be answered there. Alternatively, feel free to contact us at ebooks@drsquat.com for an inexpensive detailed analysis of your training and nutritional needs.

Copyright © 2001 Fred Hatfield. All rights reserved. No part of this information may be reproduced or utilized in any form or by any means, electronic or mechanical, including photocopying, recording, distributing, or by any

information storage or retrieval system, without permission in writing from the author. Inquiries should be addressed to DrSquat.com Webmaster, 6006 Eldorado Drive, Tampa, FL 33615, USA. If you would like to offer these e-booklets on your site please contact DrSquat.com Webmaster at the address above or via e-mail at ebooks@drsquat.com.

For complete information on all Dr. Squat's e-booklets, products, programs and more valuable information available to help you get stronger, faster, healthier, lose fat or train for your sport, visit www.drsquat.com.

FINALLY! Software that computes your ZIGZAG DIET!

Or any other diet for that matter! I am often asked by fitness trainers, "Why spend time using software when the secret lies in educating your clients?" That is a good question with a valid point. While it may be better to educate clients on nutrition, there are always those who would rather not know exactly "how the watch works," as well as those who prefer to have all of the information in finite detail. Then there are those clients who prefer to learn by example.

Thus began my mission to create a software package specifically designed for personal fitness trainers to assist their clients in a highly professional and scientific manner, as well as to grow their business.

[BodyCraft](#)[™] software is the result of over 11 years of research and development, and has been carefully refined during these years to better meet the needs of professional-minded personal fitness trainers. [BodyCraft](#)[™] is the best and most comprehensive package available. Over the years, it has become an essential tool used by highly successful personal trainers, coaches and fitness centers worldwide. The R&D process has been enhanced with "in-the-trenches" experience from both me and my staff of expert personal trainers. Together, we have over 100 years experience in many areas of fitness! Let me give just a few examples.

[BodyCraft](#)[™] is the only software that includes a suite of Integrated Fitness Software addressing nutrition, training, supplementation, assessment and a PT manager. It is also the only professional fitness software that offers a truly dynamic database platform whereby you may enter and modify your own default preferences. You can add your own foods, supplements, exercises and even your own exercise video clips! You can even create invoices, track sessions and maintain payment records for each of your clients. You heard that right! All in ONE software!

A typical scenario personal fitness trainers often run into is that their clients forget where they were when they started with you. Not only do they forget, they do not fully understand and appreciate the results you have helped them achieve. NOW you can create a bar graph instantly for any type of assessment, tape measurements or body fat measurements and maintain assessment records for each of your clients. What better way to impress a client then to present a bar graph to document their progress! Of course they will want to continue training with you!!!

Additionally, [BodyCraft](#)[™] eliminates time consuming areas of client data entry found in all other software programs. Here's how:

- [BodyCraft](#)[™] can store 5 different sets of food selections that are then used by the program's randomization logic for any client to create an unlimited array of meal plans, each with recipes and a grocery list.
- [BodyCraft](#)[™] also includes several Meal Templates which allow you to create exact meal plans instantly at ANY calorie level and with ANY ratio of fat, protein and carbohydrates!
- You can share meal plans. That means you can have couples or even families on the same meal selections.

- You can create pre-competition meal plans which give precise nutrient ratios and calorie values...with an exchange list added!

...a single-click and you have a meal plan with the exact calories you need meal-per-meal, day-per-day, and in the precise macronutrient ratio! There is nothing else like it anywhere.

Good Lifting!

A handwritten signature in black ink, reading "FC Hatfield". The signature is written in a cursive, flowing style. The "FC" is written in a larger, more prominent script, followed by "Hatfield" in a similar but slightly smaller script.

Frederick C. Hatfield, Ph.D.