

An Introduction to

WEIGHT TRAINING



BY CALUM VON MOGER
3X MR. UNIVERSE CHAMPION

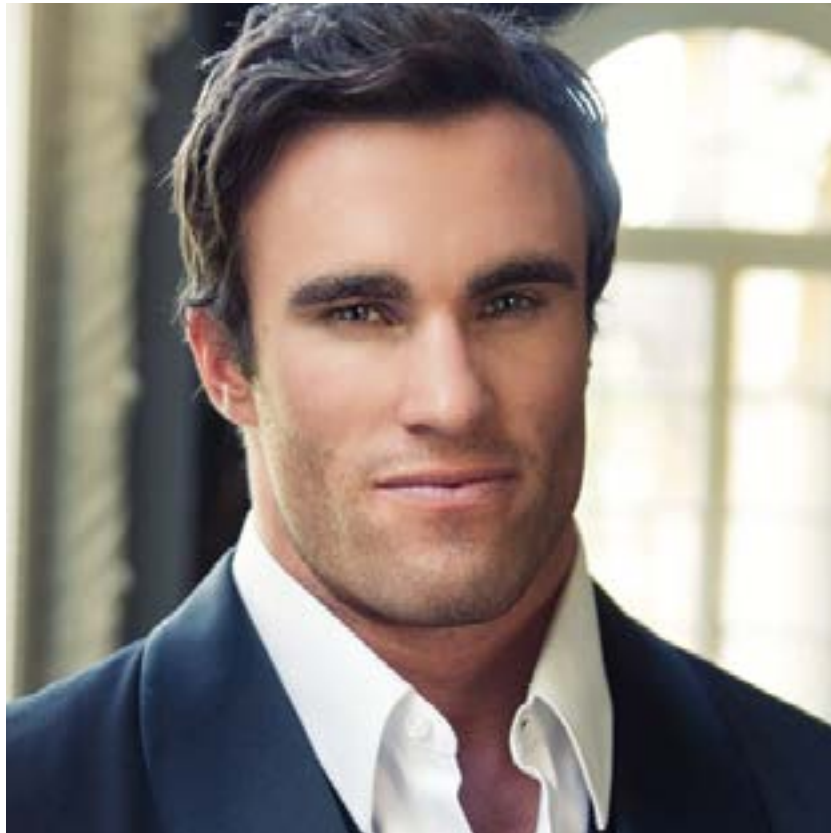
WELCOME TO THE WONDERFUL WORLD OF WEIGHT TRAINING!

You are about to take the first steps on the journey to success as a competitive bodybuilder, athlete or fitness model. The road you follow won't be without hardship or sacrifice, but you will have joined an elite group of men and women who thrive on hard work and self-discipline. By following the road map drawn for you, I am confident that you'll reach your fitness goals and will continue to train in order to live an active and healthy life.

Firstly, I'd like to tell you a bit about myself. Australian born, I started weight training at age 14, an athletic teenager with a mesomorph body type. After graduating high school, I qualified as a fitness instructor and personal trainer. I worked at fitness camps abroad and did further studies in sports development, learning more about strength training, exercise kinesiology and nutrition. I hold several bodybuilding titles, notably 3 Mr. Universe wins.

I want to share the knowledge gained during ten years of weight training to further your fitness endeavors. Let's face it, the wide world of weight training can be a scary place, leaving you to wonder what to do and where to start. I'm presenting a realistic, easy to follow diet plan, and 3 training programs to improve core strength and stabilization, balance, muscle strength, endurance and hypertrophy (growth). With these tools, you'll reach a foundational level of fitness and be prepared for intermediate training with more advanced workouts for specific fitness goals: power, strength, hypertrophy, endurance.

An Introduction to Weight Training: Ectomorph Body Type
Written by: Calum von Moger



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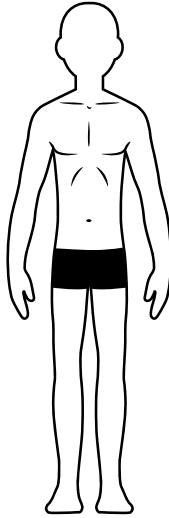
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TABLE OF CONTENTS

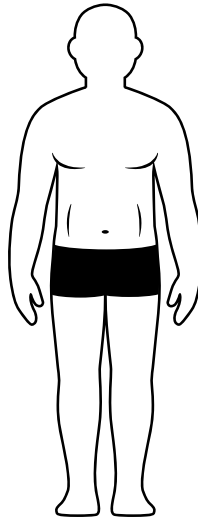
- 1. WHERE DO YOU BEGIN?**
- 2. GETTING TO KNOW YOUR BODY**
- 3. KEY TAKE AWAY NOTES**
- 4. DIET FOR GAINING WEIGHT AND BUILDING MUSCLE**
- 5. FOODS TO EAT FOR HEALTHY WEIGHT GAIN**
- 6. GOOD CALORIES VS. BAD CALORIES**
- 7. HOW MANY CALORIES SHOULD I CONSUME?**
- 8. WHAT IS MY BMR?**
- 9. MEAL PLAN**
- 10. SUPPLEMENT LIST**
- 11. WORKOUT SUPPLEMENTS**
- 12. WORKOUT PLANS**
- 13. CARDIOVASCULAR PROGRAM**
- 14. FINAL WORDS FROM CAL**
- 15. MOTIVATION**

WHERE DO YOU START?



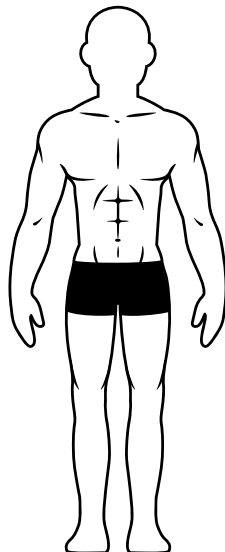
THE ECTOMORPH

Skinny physique
Small frame
Lean muscle mass
Doesn't gain weight easily (hard-gainer)
Fast metabolism
Flat chest
Small shoulders



THE ENDOMORPH

Round physique
Generally short and stocky
Gains muscle and fat easily
Finds it hard to lose fat
Slow metabolism
Large shoulders



THE MESOMORPH

Athletic physique
Hard body, defined muscles
Naturally strong
Gains muscle easily
Gains fat easier than ectomorphs
Broad shoulders

GETTING TO KNOW YOUR BODY

We are all different, especially in body composition. Physical appearance comes down to genetic makeup, that special code hidden in our DNA, passed down by our parents, making each of us unique. Some stand tall, others are short. Some have wide shoulders, others are narrowly built, and so on. Genetics are beyond our control. However, we can learn to understand ourselves and learn what can be done to accomplish fitness goals. For example, Mikey eats junk food all the time, trains only 3 hours a week yet maintains a lean physique all year round. This doesn't mean you can't expect to reach a similar level. You might have to work harder, with longer or more frequent workouts and stricter nutritional control. But as the saying goes, "Always be the hardest worker in the room."

Genetics should never be an excuse or barrier stopping you from achieving results. Hard work can beat genetics! The effort and time invested leads to greater confidence and an appreciation of your value as a person.

**HARD WORK
CAN BEAT GENETICS**

KEY TAKE AWAY NOTES

ECTOMORPH

People often ask:

“How do you stay lean year round?”

I've been active all my life and followed a healthy lifestyle from the beginning. Years of weight training building lean muscle mass makes it easier to maintain leanness. Having more muscle mass means more calories must be burned in order to function on a daily basis.

Isn't it wonderful that having more muscles means you can eat more? (Healthy foods of course!)

Ectomorphs body types display lean muscle in their physiques.

Here they are a few key take away notes highlighted below that I want you to pay attention to. These points are crucial for you to finally add the lean muscle mass you're after. The most important point of them all is CONSUME MORE CALORIES! This can be done by including high caloric foods in your meals. For example eating more fats. Fats yield twice the amount of calories than protein or carbs (9 calories per gram).

Ectomorph Weight Gaining Tips

Shorter intense workouts (60 minutes)

Extra meal before bed

2 extra weight gainer protein shakes during the day

More calories during meals! (milk, avocado, nuts, sauces, etc.)

Use casein protein (because it's a slow digesting protein)

Restrict the amount of cardio activity you are doing

Always focus first on correct training technique. Don't worry about how much weight you can lift until you can lift it with correct form!

DIET FOR GAINING WEIGHT AND BUILDING MUSCLE

In a way dieting to gain weight means eating a surplus amount of calories rather than a deficit. Its more important however, to increase your daily amount of protein intake, since protein forms the skeletal muscles of your body. Combined with a proper workout routine, a high protein diet will allow you to gain solid muscle mass at the fastest possible rate.

There are two primary ways in which you can increase the amount of protein digested and assimilated by your body:

- eat smaller more frequent meals
- consume digestive enzymes

By combining these two methods, you can achieve optimum protein digestion and assimilation. And by molding heavy, high intensity, body building training, you can add quality mass to your frame.

Generally speaking your digestive system can only process 20-30 grams of protein at each sitting. Any protein in excess of these amounts will most likely pass through without contributing to your muscle goals. Additionally heavy protein meals can actually make the digestive process more sluggish and result in even less protein assimilation.

By slamming down 4-6 smaller meals more often, each with 20-30 grams of protein content, you can increase the total amount of daily protein that your body digests and ultimately assimilates as muscle tissue. A.K.A. Gains!

**NEVER GIVE UP ON
SOMETHING YOU'VE
ALWAYS WANTED**

FOODS TO EAT FOR HEALTHY WEIGHT GAIN

THE FOLLOWING TABLE LISTS HEALTHY FAT BURNING FOODS AND DRINKS THAT ARE PERFECT FOR FAT LOSS AND MUSCLE GAIN

Eggs – High in protein to help build muscle.

Whole Grains - (Oats, brown rice) - Slow digesting carbs prevents body from storing fat.

Pineapple - contains bromelain, the digestive aid for protein .

Milk – high in protein, rich source of calcium, a mineral essential for healthy bones and teeth. Cow's milk is also often fortified with vitamin D.

Water – Drinking 500ml at a time can boost your metabolism by 30% for up to 90 minutes

Yogurt - Source of high-quality protein. Yogurt is nutrient rich because it is an excellent source of vitamins and minerals for its calories!

Whey Protein - Builds muscle, burns fat.

Beef and other lean meats - builds muscle, strengthens immune system

Fatty Fish - Triggers fullness, fires up fat burning

Avocados - Contains more potassium than bananas, high in fibre and heart healthy monounsaturated fats.

Green Vegetables - Fights free radicals and improves recovery for better muscle building.

Almonds and other nuts - low in carbs, high in fibre, healthy fats and protein.

Potatoes - Very dense carbohydrate, perfect for refueling and repairing muscles

CALORIE CONTROL

It's important to have a nutritionally well balanced diet year round to promote perfect health. If you are not in good health you simply cannot make optimum gains in muscle mass and strength. You should aim to get your daily intake of calories from good healthy food sources such as fresh meat, dairy and eggs (high in protein), potatoes, rice, whole grains (healthy carbs) and avocados, nuts and yogurt (healthy fats). This is the ultimate key to building a better (more aesthetic) and healthier body!

Generally you should avoid refined sugars and processed foods. They have very little nutritional value (empty calories) and won't contribute to your physique and health nearly as nicely as healthy foods do. However, there's always room for the occasional bite of junk food and I don't believe you should rule it out completely.

During my mid teenage years I completely stopped eating all junk food. I was able to have a very lean muscular physique and my mum was very impressed. However I really wanted to crack the 100kg mark on the scales. No matter how much healthy fats and good foods I ate I just couldn't do it, I also hit plateaus in my training. I decided to take a week off weights and try eating donuts and pies and ice cream etc. The next week I was even stronger and more energized than before and was able to break through this stage and put on another 5 kilos in a few weeks. The main thing I always had in my mind was to have abs still visible.

By all means don't be afraid to add 1 or 2 cheat meals in your week. Use the mirror as a tool to see how you look to keep it under control and pay attention to how you feel physically.

HOW MANY CALORIES SHOULD I CONSUME EACH DAY?

You can't calculate with scientific accuracy exact daily calorie expenditure for metabolic maintenance and such activities as bodybuilding and cardiovascular workouts. But you can fairly accurately calculate your basal metabolic rate (BMR); that is, how many calories your body burns at rest, by using this formula:

FORMULA FOR BMR:

W = weight in kilograms (weight (lbs)/2.2) =weight in kg

H = height in centimeters (inches x 2.54) =height in cm

A = age in years

Men: $BMR=66.47+ (13.75 \times W) + (5.0 \times H) - (6.75 \times A)$

Women: $BMR=665.09 + (9.56 \times W) + (1.84 \times H) - (4.67 \times A)$

Once you calculate your BMR you must factor in your activity level to account for calories burned during exercise.

BMR x 1.2 for low intensity activities and leisure activities (primarily sedentary)

BMR x 1.375 for light exercise (leisurely walking for 30-50 minutes 3-4 days/week, golfing, house chores)

BMR x 1.55 for moderate exercise 3-5 days per week (60-70% MHR for 30-60 minutes/session)

BMR x 1.725 for active individuals (exercising 6-7 days/week at moderate to high intensity (70-85% MHR) for 45-60 minutes/session)

BMR x 1.9 for the extremely active individuals (engaged in heavy/intense exercise like heavy manual labor, heavy lifting, endurance athletes, and competitive team sports athletes 6-7 days/week for 90 + minutes/session)

For example, a male 17 years old who weighs 68 kilograms is 170cm tall and trains very hard and intensely 5-7 times a week require approx. 3299.76 calories to maintain his weight. $BMR=(66.47 + 935 + 850 - 114.75 = 1736.72)$.

$BMR \times 1.9 = 3299.76$

By calculating your calories each day you can easily track how many calories you need to consume to maintain your weight. Then, by simply increasing your daily calorie intake by 200-300 calories more than your maintenance level each day you can expect to add mass to your build each week.

MEAL PLAN

Assuming that you will consume 6 protein-rich meals in one day, here is a sample daily menu for weight gaining.

Meal 1 (8:00 am) – 5 egg-cheese omelette, 2 pieces of toast, a glass of milk, Supplements (multivitamin, vitamin B, C, fish oil, digestive enzymes)

Meal 2 (10:00am) – weight gainer protein shake, sliced pineapple

Meal 3 (12:30 pm) – roast beef, salad, slice whole-meal bread, half avocado, a glass of milk, supplements (vitamin C, fish oil, digestive enzymes)

Meal 4 (2:00 pm) – chicken breast, brown rice, salad with dressing, two green vegetables, supplements (vitamin B, C, digestive enzymes)

Meal 5 (4:00 pm) – weight gainer protein shake, sliced pineapple

Meal 6 (6:00 pm) - fruit flavored yogurt, 2 boiled eggs, a glass of milk

Meal 7 (before bed) - oats/muesli, casein protein shake with milk

Water: Drink water all day with and between meals. (3-4 liters a day)

Snacks: fresh fruit, cottage cheese, raw vegetables, nuts, boiled eggs, yogurt, peanut butter

CAL'S LEAN MUSCLE BURGER RECIPE

- 500g 80% lean beef
- Half chopped onion
- 2 egg whites
- 1/2 cup breadcrumbs
- Salt
- Favorite beef seasoning

Add all ingredients into a mixing bowl and mix thoroughly.

Make palm sized beef patties. Cook in pan using olive oil spray or coconut oil.

[**HOW TO MAKE MUSCLE BURGERS >>**](#)

CAL'S WEIGHT GAINER SHAKE

Cal's Weight Gainer Shake

1 banana

1 tablespoon peanut butter

2 scoops protein

fruit flavored yogurt

Add all ingredients into a blender and blend. Enjoy!

You'll see I included a lot of milk in this diet. Although some people are unable to consume and digest milk, milk can be a great weight gainer aid. There was a stage in my late teens when I relied on it heavily. I was drinking almost 2 liters of milk a day to put on weight and it certainly helped.

The best type of milk you can drink is organic which hasn't been heated in the pasteurization process. Organic milk is from cows that have access to pasture throughout the grazing season, are not treated with synthetic hormones and are not given antibiotics.

Some individuals are unable to digest milk properly due to a deficiency of lactase in their digestive system. Lactase is the enzyme that digests lactose, the sugar found in milk. Your family physician can tell you if you have lactose intolerance, or you can self diagnose this digestive enzyme deficiency. The most common signs of lactose intolerance are: diarrhea, gas, bloating/swelling in the abdomen, abdominal pain/cramping, nausea, vomiting, headaches or migraines and acne.

SUPPLEMENT LIST

There are other food supplements you can take to optimize your weight-gaining nutritional program. Here my top 5 supplements. I recommend them to anyone who is physically active and training frequently.

Multivitamins are a good supplement to start with. They come in capsule or tablet form and provide your body with essential vitamins and minerals. Keep in mind that you should always consume vitamins and mineral supplements with food. They are broken down and utilized more efficiently when taken with meals.

Fish Oil is another key supplement I recommend to provide your body with essential fats. They are made up of omega-3 fatty acids and help speed up recovery time, burn body fats, support testosterone levels and promote muscle growth. Fish oil supplements also reduce the risk of heart attacks, lower blood pressure and prevent strokes. Over time bodybuilders and weightlifters sustain injuries and suffer joint pain from countless hours spent training. Fish oil has been proven to reduce the risk of inflammation and joint pain. With healthy joints and tendons, bodybuilders and weightlifters are able to increase training intensity and frequency.

Vitamin B Complex stimulates the appetite. Several of the B vitamins are essential for formation of enzymes and coenzymes in the body. These essential nutrients help convert food into fuel, allowing you to stay energized throughout the day.

Vitamin C is a supplement everybody can benefit from. It plays many roles in the human body, the most obvious being the boost it gives the immune system. In order for the body to perform at optimal level, the immune system must be strong. That's what gives Vitamin C its reputation as a cold fighter. With an immune system in proper working order, you can take on the world. But when it's depleted from lack of proper nutrients, you leave yourself open to all manner of colds and illnesses.

Digestive Enzymes

Papain, a powerful digestive enzyme extracted from the papaya fruit, is also referred to as papaya proteinase. The papaya-enzyme papain plays a key role in digestive processes involving the breakdown tough protein fibers.

Bromelain is a mixture of enzymes found in pineapples that digest protein. Pineapple has been used for centuries in Central and South America to treat indigestion and reduce inflammation.

By following these guidelines you can adjust caloric consumption upward and downward according to how quickly you are losing body fat. You can also use a variation of this diet but with higher total caloric intake each day to maintain your body fat level throughout the year.

WORKOUT SUPPLEMENTS

1 hour pre workout drink: mix 1 scoop whey protein, 50g fast digesting carbs (karbolyn, vitar-go etc) with 300ml water. An apple or banana is fine too.

30min pre workout drink: 5g creatine monohydrate, pre workout drink with water

During workout drink: mix 10-20g BCAA's (amino acids) and 50g fast digesting carbs in 600ml water

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PLEASE PASS IT ALONG!**

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BEGINNING LEVEL WORKOUTS

The following training programs, designed for both men and women ready to take first steps toward improvement, make a great starting level for weight training. As you will see, you'll only be doing a small number of sets per exercise; however, the reps will be high. If you're new to working out, sets should be kept low. Your body will respond quickly to the training and doesn't need as many sets as someone with a higher level of fitness. We also want to avoid overtraining. The reason for a higher number of reps is that your body needs to get used to the movements of each exercise. It will feel strange at the start, especially if you have never lifted weights before. The stabilizer muscles haven't developed yet, but by doing more reps (8-15), they'll get conditioned much faster than with low reps (6-10). Doing higher reps also keeps muscles under tension for a longer period and helps burn fat. The aim of the game is to burn fat and build muscles!

The 3 workouts below become progressively more challenging. If you are a complete beginner in the gym, you should start with the level 1 workout for 4 weeks. Afterward, you should progress through each succeeding program, spending 4 weeks with each new workout. By then, you won't need suggested percentages for poundage. Upon finishing the Level 3 program you will have attained an overall physical condition worthy of being considered an intermediate fitness bodybuilder, fitness, figure or bikini athlete.

Rest 45-60 seconds between sets to keep the intensity up

LEVEL 1 (MONDAY, WEDNESDAY, FRIDAY)

You can use aerobic exercise on your non-workout days to burn extra calories and improve cardio fitness. Let's say you work out on Mondays, Wednesdays and Fridays. You can do cardio sessions on Tuesdays, Thursdays, Saturdays and maybe Sundays too. To get results from cardio workouts you must train for at least 20 minutes. 30 to 40 minutes is ideal. There's a tendency to fall back on the same exercises. But you'll find it easier to stick to a cardio program if there's variety. As a teenager I enjoyed many kinds of cardio. I trained for soccer and footy during the week and on weekends I played in matches against other teams. Over the summer I did a lot of paddle boarding, swimming, bike riding and played tennis casually with friends. Diversity enriched my cardio workouts and will do the same for you.

EXERCISE	SETS	REPS	% MEN	% WOMEN
Squat or Leg Press	3	8-15 8-15	30 40	20 30
Lat Pulldown or Seated Row	3	8-12 8-12	25 25	15 15
Upright Row	2	8-12	25	10
Bench Press	3	8-12	25	15
Shoulder Press	2	8-12	20	10
Barbell Curl	2	8-12	20	10
Triceps Pushdowns	2	8-12	20	10
Standing Calf Press	3	10-15	35	25
Barbell Wrist Curl	2	10-15	20	10
Sit-Up	2	20-30	0	0

LEVEL 2

(MONDAY, WEDNESDAY, FRIDAY)

You'll notice the last level has lower (6-10) reps for most muscle groups. By using this rep range, you'll be challenging your body to adapt to heavier weights that develop strength and muscle size (hypertrophy). You will want to use a weight that allows you to get 10 reps on the first set. Then gradually increase the weight. By the last set, select a weight that allows you to manage only 6 reps.

EXERCISE	SETS	REPS
Squats	4	8-12
Lunges	3	8-12
Leg Curl	3	8-12
Hyperextension	3	10-15
Upright Rows	3	8-12
Lat Pulldown	3	8-12
Bench Press	3	8-12
Seated Row	2	8-12
Incline Press	2	8-12
Shoulder Press	2	8-12
Barbell Curl	3	8-12
Triceps Pushdowns	3	8-12
Standing Calf Press	3	8-12
Sit-Up	3	25-50
Leg Raises	3	25-50

LEVEL 3 - 2 DAY SPLIT

MONDAY & THURSDAY

EXERCISE	SETS	REPS
Hyperextension	2-3	10-15
Squat	4	6-10
Leg Extension	4	6-10
Leg Curl	4	6-10
Lat Pulldown	3	6-10
Seated Rows	3	6-10
Standing Calf Press	4	15-20
Sit-Up	3	25-50

TUESDAY & FRIDAY

EXERCISE	SETS	REPS
Bench Press	4	6-10
Pec Dec Fly	3	6-10
Shoulder Press	4	6-10
Side Lateral Raises	3	6-10
Barbell Curl	3	6-10
Triceps Pushdowns	3	6-10
Seated Calf Press	4	15-20
Leg Raises	3	20-30



CARDIO TRAINING

CARDIOVASCULAR TRAINING

As an ectomorph, you shouldn't do much cardio, if at all. Doing too much cardio will inhibit your body's ability to gain muscle mass. If you want to incorporate cardio into your training regime, add anaerobic cardio exercise on your non-workout days to improve your fitness. Let's say you do your workouts on Mondays Wednesdays and Fridays; you can do cardio sessions on Tuesdays, Thursdays and Saturdays. Avoid the fat-burning zones of cardio (between 60-70% of your max heart rate) instead do short explosive training, like sprints at a max heart rate. This will develop power and strength in your anaerobic fitness without taking a toll on your gains!

DAY	EXERCISE
Monday	Weights
Tuesday	Cardio (10 min.)
Wednesday	Weights
Thursday	Cardio (10 min.)
Friday	Weights
Saturday	Cardio (10 min.)
Sunday	Off Day

Now that you have survived the beginning level of weight training, you can look forward to even harder training in the intermediate level. Bodybuilding and weight training require blood, sweat, tears and toil. Truly, the strong survive in our sport. Do you have what it takes?

**NEVER WORRY
WHAT ANYONE
ELSE IS DOING,
FOCUS ON
YOURSELF AND
YOUR GOALS**

FINAL WORDS FROM CAL

Congrats! You've covered a decent amount of material, paving the way for major improvements in training and dieting. You should have a better understanding of your body and what works best for you.

PROGRESS

Years of hard work taught me that there are failures as well as wins. However, there are three words I want you to focus on through the process of achieving all you desire: CONSISTENCY, PATIENCE And ATTITUDE.

Never stop trying. Once you have consistency you'll build momentum, a huge help. It takes time and patience. Rome wasn't built in a day and neither is a world class physique. Lastly, a good attitude will build you up; a bad attitude will bring you down. Be happy, be positive and smile. You never know who is watching!

KEEP GOING

Everything worth chasing takes time to attain. Keep at it and a year from now you'll be glad you did.

THANK YOU!

Hopefully you enjoyed reading this guide and are excited to try out the tips. I truly enjoyed putting it together and look forward to continuing to play a part in your fitness journey.

I appreciate all the new friends who visit my site, download this guide and take an interest in the content I've created. I'd love to see the progress you make along the way.

So please share with me your progress pictures on Instagram, Facebook and Twitter and use these tags so I can see them: **@calumvonmoger #VonMogerMadeMeDolt #CVMebook**



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