

*An Introduction to*

# **WEIGHT TRAINING**



**BY CALUM VON MOGER**  
**3X MR. UNIVERSE CHAMPION**

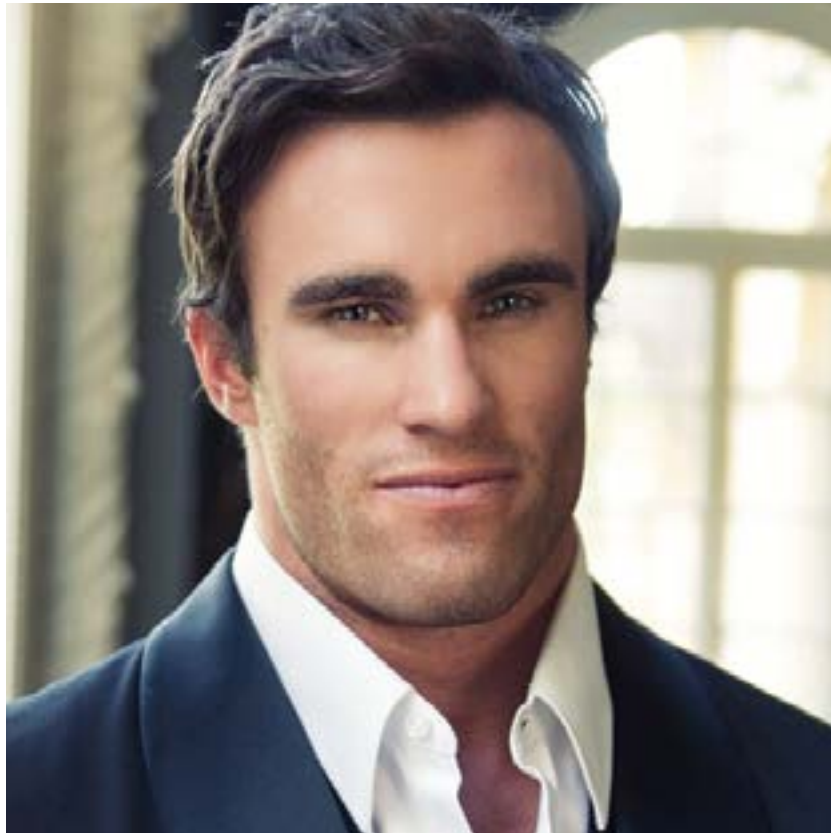
# WELCOME TO THE WONDERFUL WORLD OF WEIGHT TRAINING!

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: Endomorph Body Type  
Written by: Calum von Moger



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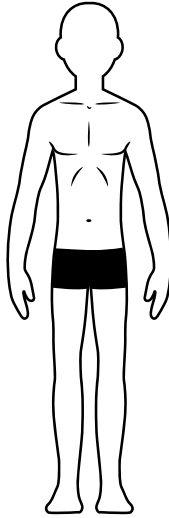
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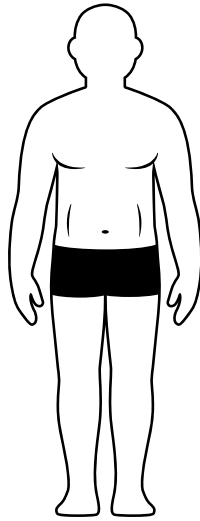
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# WHERE DO YOU START?



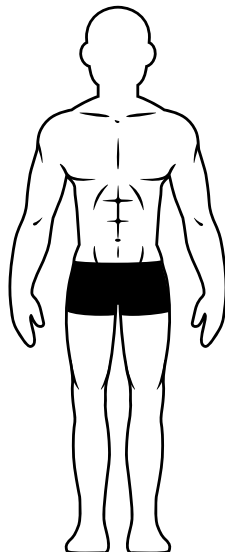
## THE ECTOMORPH

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

## ENDOMORPH

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!)

**Endomorph** body types generally find it hard to lean down or lose weight. Below are some key take away notes to help you manage yourself efficiently.

- Low carb tolerance. When you eat carbs, your digestive system breaks down the starch and turns it into glucose. This glucose is either used for energy or it gets stored as fat. Endomorph body types are low carb tolerant, which means they store fat more easily. For example, when you eat pasta, the body stores it as fat, unless you get your ass to the gym where it can be used as fuel for your muscles.

- You have to make a conscious effort to keep active and make exercise a part of your daily routine.

Eat the right food to speed up your metabolism.

- Reduce the amount of calories via carbohydrates.
- A good ratio for carbohydrates proteins and fats is 25% carbs, 35% protein and 40% fats.
- The best times to eat carbs are before or after a workout.
- You will benefit from doing extra cardio everyday with or without your workouts.

# DIETING TO LOSE WEIGHT

Forget about following quick-fix diets, the ones that claim to shred pounds of fat with minimal effort. Eating nothing but pineapple and coconut water for a week; the grapefruit diet; the detox diet; caveman, keto and if it fits ya macro (IIFYM) diets are all fad diets that I do not believe in. Do you think cutting carb consumption nearly to zero or eating five pounds of rice per day (I've heard it all) is healthy? It might result in a loss of bodyweight, some of it water, some of it fatty tissue, and some muscle mass. But these nutritionally unbalanced diets are very unhealthy to follow. While you're shredding pounds on one of them, you may also be seriously damaging your health.

Low carb plans have been popular in recent years, but they can result in low blood sugar, depression and binge eating. And much of the body weight lost comes from dehydration.

“But Cal, what foods should I cut out of my diet?”

First, any type of junk food should go because calories from these foods are of little nutritional value. I'm talking about anything containing refined sugar or flour and also alcoholic beverages. Avoid milk, sodas and especially juice, a very concentrated source of calories. You'll easily consume 10 times the number of calories drinking 2 or 3 glasses of orange juice than by eating a couple of oranges.

First and most importantly, you should reduce the consumption of bad fats in your diet. Fats yield twice as many calories as protein or carbs. Swap them out for healthy fats like avocados, almonds and other nuts. These fats actually help burn fat!

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



# FOODS TO EAT FOR HEALTHY WEIGHT LOSS

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

## FAT BURNING FOODS

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**Egg Whites** – High in protein to help build muscle .

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

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**Berries** - Prevent cravings .

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**Green Tea** – Fires up fat metabolism .

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**Coffee** – High in antioxidants, high in caffeine to increase fat burning and metabolism .

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

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**Grapefruit** – Lowers insulin, regulates blood sugar and metabolism ;  
be sure to eat the fleshy white membranes .

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**Whey Protein** – Builds muscles, burn fat.

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**Turkey and Other Lean Meats** – Builds muscle, strengthen immune system.

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**Fatty Fish** – Trigger fullness, fire up fat burning.

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**Apple Cider Vinegar** – Reduce blood sugar, increase fullness and reduce appetite with high carb meals.

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**Green Vegetables** – Fight free radicals and improve recovery for better muscle building.

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**Almonds and Other Nuts** – Low in carbs, high in fiber, healthy fats and protein, prevents cravings.

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**Potatoes** – Very effective at inducing satiety and making you feel full.

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**Avocados** - contain more potassium than bananas, high in fibre and heart healthy monounsaturated fat

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## CALORIE CONTROL

When dieting we think of calories primarily in terms of stored body fat and food intake. There are 3,500 calories in one pound of fat, so to lose 1 pound in a few days following a low-calorie diet you must decrease your calories by 3,500. On a very restricted diet you might be able to lose 1 pound of fat in two or three days, however I do not recommend that. It is much healthier to think in terms of losing 1 pound of fat per week (7 x 500 calories per day in a calorie deficit). By losing weight gradually you'll be following a diet that's easy to maintain, especially when compared to diets of 1,000 calories or less per day!

## 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 woman 28 years old who weighs 74 kilograms is 168cm tall and trains moderately 3-5 times a week would require approx. 2,403.87 calories to maintain her weight.  $BMR=(665.09 + 707.44 + 309.12 - 130.76 = 1550.89)$ .

$BMR \times 1.55 = 2403.89$

By calculating your calories each day you can easily track how many calories you need to consume to maintain your weight. Then, by simply reducing your daily calorie intake by 500-600 calories less than your maintenance level each day, you can lose about 1 pound of fat per week.

# MEAL PLAN

To give a clear definition of a low-fat diet, here's a sample daily meal plan for a moderately strict diet. Remember, your body is sensitive to what you consume. That means that if you are not active and converting carbs into energy, your body will store them as fat. If you find your body isn't responding well to the carbs, try swapping them out for healthy fats. For example, substitute potato or rice for half an avocado at meal 4 & 5.

**Meal 1** (8:00 am) – 6 Poached egg whites, oats and berries, coffee or green tea, Supplements (multivitamin, vitamin B, C, fish oil, digestive enzymes)

**Meal 2** (10:00am) – Whey protein shake, grapefruit

**Meal 3** (12:30 pm) – Turkey/tuna salad (fat free dressing ok), handful almonds, an apple, drink water, supplements (vitamin C, fish oil, digestive enzymes)

**Meal 4** (3:00 pm) – Grilled chicken breast, brown rice, salad with apple cider vinegar, two green vegetables, coffee or green tea, supplements (vitamin B, C, digestive enzymes)

**Meal 5** (6:30 pm) – Grilled fish, a potato, two green vegetables, green tea, supplements (vitamin C, fish oil)

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

Snacks: fresh fruit, raw vegetables, nuts

## CAL'S LEAN MUSCLE BURGER RECIPE

- 500g 90-95% lean beef
- Half chopped onion
- 3 egg whites
- Half 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.

Serve with green beans and salad. Enjoy!

**HOW TO MAKE MUSCLE BURGERS >>>**

# 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 weight lifters 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 weight lifters 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 break down 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 in 300ml water.

30 min pre-workout drink: Fat burner pre workout drink with water.

During workout drink: Mix 10-20g BCAA's (amino acids) in 600ml water.

Post workout drink: Mix 10g glutamine and 1 scoop whey protein isolate in 300ml water.

**IF YOU THINK THIS GUIDE IS HELPFUL,  
PLEASE PASS IT ALONG!**

An Introduction To Weight Training.  
Great Guide from @calumvonmoger  
[calumvonmoger.com/store](https://calumvonmoger.com/store)

**CLICK TO TWEET!**



# 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 (10-15), 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 (also helps fat burning!) 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!

# 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	10-15	30 40	20 30
Lat Pulldown or Seated Row	3	10-15	25 25	15 15
Upright Row	2	10-15	25	10
Bench Press	3	10-15	25	15
Shoulder Press	2	10-15	20	10
Barbell Curl	2	10-15	20	10
Triceps Pushdowns	2	10-15	20	10
Standing Calf Press	3	15-20	35	25
Barbell Wrist Curl	2	10-15	20	10
Sit-Up	2	20-30	0	0

# LEVEL 2

## (MONDAY, WEDNESDAY, FRIDAY)

EXERCISE	SETS	REPS
Squats	4	10-20
Lunges	3	10-15
Leg Curl	3	10-15
Hyperextension	3	10-15
Upright Rows	3	10-15
Lat Pulldown	3	10-15
Bench Press	3	10-15
Seated Row	2	10-15
Incline Press	2	10-15
Shoulder Press	2	10-15
Barbell Curl	3	10-15
Triceps Pushdowns	3	10-15
Standing Calf Press	3	10-15
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	10-15
Leg Extension	4	10-15
Leg Curl	4	10-15
Lat Pulldown	3	10-15
Seated Rows	3	10-15
Standing Calf Press	4	15-20
Sit-Up	3	25-50

## TUESDAY & FRIDAY

EXERCISE	SETS	REPS
Bench Press	4	1-15
Pec Dec Fly	3	10-15
Shoulder Press	4	10-15
Side Lateral Raises	3	10-15
Barbell Curl	3	10-15
Triceps Pushdowns	3	10-15
Seated Calf Press	4	15-20
Leg Raises	3	20-30

A black and white photograph of a muscular man flexing his biceps. The man is shown from the waist up, facing slightly to the left. His right arm is flexed, showing a very defined bicep. His left arm is also flexed, showing a very defined tricep. The lighting is dramatic, highlighting the contours of his muscles. The background is dark. Overlaid on the center of the image is the text "CARDIOVASCULAR TRAINING" in a bold, yellow, sans-serif font. The text is split into two lines: "CARDIOVASCULAR" on the top line and "TRAINING" on the bottom line.

# CARDIOVASCULAR TRAINING

# CARDIOVASCULAR TRAINING

You can use aerobic exercise on your non-workout days to burn extra calories and improve your cardio fitness. Lets say you do your workouts on Mondays Wednesdays and Fridays, you can do cardio sessions on Tuesdays, Thursdays and Saturdays and maybe Sundays too. To get any results from your cardio workouts you must train for at least 20minutes. Ideally you will train for at least 30-40 minutes. There's a tendency for most people to stick to the same kind of exercises, but you'll find it easier to stick to a cardio program where there is variety. After all variety is the spice of life. When I was a teenager I did many different forms of cardio. I trained for soccer and footy during the week and on the 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. Variety in your cardio workouts makes them much more enjoyable and interesting in the long haul!

DAY	EXERCISE
Monday	Weights
Tuesday	Cardio (30 min.)
Wednesday	Weights
Thursday	Cardio (30 min.)
Friday	Weights
Saturday	Cardio (30 min.)
Sunday	Cardio (30 min.)

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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Keep up with me on the daily for more motivation, training hints and of course my light-hearted humor!

**IF YOU LIKED IT, COULD YOU DO ME A FAVOUR AND TELL YOUR FRIENDS?**



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