



Conceive, Believe, Achieve!

Hard work and diligent training will bring about the results you desire.



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INTRODUCTION

PEAKED: 'pekt also 'pE-k&d

Function: *adjectiveto*

reach a maximum (as of capacity, value, or activity) -- often used with *out*
transitive senses : to cause to come to a peak, point, or maximum

PHYSIQUE: f&- 'zEk

Function: *noun*

Etymology: French, from *physique* physical, bodily, from Latin *physicus* of nature, from Greek *physikos*

: the form or structure of a person's body: bodily makeup

WELCOME

Welcome to the Team Sully Coach's Companion. Before we get into the nuts and bolts of this manual, I would like to take a moment to explain its purpose. I did not set out to write an end all book on muscle building and fat loss. There is just too much information out there, some good and some down right dangerous. It would take a lifetime to sift through it all, and more is coming out every day. We live in a golden age where Science is doing research at a record pace, attempting to dissect all things fitness. There is also quite a bit of contradictory information - "eat carbs" vs. "don't eat carbs" are two common statements in the media. One must remember, in most media publications, only a tidbit or fragment of the information is published and the conclusion may be taken out of context. The example of the above statement is one. The answer is both, eat carbs and don't eat carbs depending on a variety of factors.

This manual is designed to help you sift through the information out there, but not replace it. I intend to present you with solid information that you can use, and hopefully research further on your own. I must also add that none of this information is mine, but is presented to you from a wide variety of sources. I have not taken the time to cite all sources because my footnotes would be longer then the manuscript itself, and some information was never published or proven in any scientific study. Although not proven, I have found it to be accurate and on point. I would like to take a moment to point out some of these sources: Fred Hatfield, Vince Giranda, Charles Poliquin, Chris Aceto, Dennis B. Weis, Dr. Joe Klemczewski, Chad Waterbury, Lyle McDonald, Don Ross, Charles Glass, Craig Stevenson, Peter Ciccone, Alwin Cosgrove, Dr John Berardi, Christian Thibaudeau, Ian King and Layne Norton. All have contributed in large part to this manual and without their research I would have nothing to write about. As I tell my clients, I am a coach. A coach is there to guide and assist an athlete, as the athlete learns for himself or herself. A coach is a teacher. Like all teachers, they merely present and explain information to a student. Once the student has the information, it is up to them to move on and find other sources to learn from. That is my job; I present information to you the student, so you can move on and learn more on your own. I would highly recommend any of the above names to further enhance your knowledge. Once again, thank you. I hope you come away with something that will aid in your pursuit of physical enhancement.

Your Coach,
Sully

WHO AM I?



“I’m Batman!”

This will be the most easily skipped part of this manual. It is only intended to help you understand your coach. I never read any material without first understanding who and where it comes from. All excellent coaches and researchers have background information; here is mine. It is not intended to sound self-serving and I do not want to appear as though I am an egotist (however, I am a bodybuilder and ego is a prerequisite for bodybuilding). I have decided to write my own background, although it is common to have someone else write it for you. I am, however, my toughest critic. Besides I know myself better than anyone else.

I have been involved in physical culture (the old slang for bodybuilding and weight training) for more than 25 years. It started with a chance encounter with the great Arnold, in 1979, in Columbus Ohio. I was 13 and we met by accident. Arnold provided me with two tickets to the *Mr. Olympia*. The following day I watched the muscle show and was hooked. I was invited to the after dinner party and had a chance to talk to the champions of the day. I was most impressed with their keen knowledge of diet and training and how much went into their preparations. From that moment on, I began to research every written word on the topic of training, nutrition and eventually supplementation. I went across the country to attend seminars hosted by various bodybuilders.

In 1980 I moved to Cape Cod, MA and opened my first gym. OK, it was in my mother’s basement, but at the time it was the most equipped facility in the area. I had sports teams from all the surrounding schools training there and on any given night 20-30 people used my basement gym. I wrote every program, and had a blast as I watched skinny guys grow muscles and fat guys get lean. My information came mostly from magazines, but I also spent a small fortune on phone consultations (popular then before the computer age). I recorded it all; reviewed it and then disseminated to my friends. It was a grand time.

In 1983 I graduated high school and had to make a choice, collage or the military. I had always seen myself in the military after school, but now I also wanted to study physiology,

nutrition and kinesiology. I elected to do both; I joined the USMC with the promise that I would be stationed in California after boot camp. California was after all the hub of information on physical culture. After boot camp, and a short deployment to Beirut, I was shipped to the West Coast.

I began hanging out in all the big gyms; Gold's, the new World's and Vince's gym in North Hollywood. Every weekend that I had leave, I would be in the corner with my notebook taking it all in. At Gold's, it was Charles Glass who took me under his wing. Although, I never worked directly with him, he always got a kick out of watching me try to write everything down he was telling to his paying clients (down as fast as Charles spoke). In World's I met the late Don Ross, who in my opinion was the most knowledgeable person I had ever encountered. I also spent time at Vince's and came to learn that the man was decades ahead of his time. So much of the information he passed out was criticized back then has now been validated by science. Vince was a character and I still remember our first meeting: "Hi Vince, my name is Sean Sullivan and I am here to train." His reply, "So what?" took me by surprise, so I thought a complement was in order, "Well sir, you're the best so I came to learn something from the guru." In typical Vince fashion he replied, "You want to learn something? You're fat, now leave me alone!" Vince had a knack of pushing overzealous people away to see how serious they were to learn. He did not want to waste his valuable time. He eventually came around after he saw how serious I was about learning. He was a SOB, but his honesty and quest for information was refreshing to me.

As I continued in the Military I began taking college courses and working on my degree. I was able to eventually earn a Bachelor of Arts Degree in Aviation Science, but did take every available course in chemistry, biology, nutrition, etc. I was eventually commissioned as an officer and assigned to fly helicopters. Being an officer gave me more time for research. As I was stationed across the country, and around the globe, more sources and more information than I could handle, became available to me.

By now I think you get the point, I am knowledge hungry. I have also spent this time training others. I was the fitness officer in my unit and always found a job outside the base as a personal trainer. I must admit now, I hated being a personal trainer; I am not cut out for the job. This is when I decided I was fit to be a coach (no pun intended). The difference? A personal trainer stands over you and tells you what to do, the client does not have to think, only perform the request. A coach teaches to the point where they become obsolete in time. Being a coach is not lucrative, but is much better suited my personality.

I have continued to learn, going to seminars and paying for other coach's services to increase my basis of knowledge. I have experimented on myself and had great success in power lifting and bodybuilding. My clients have also done well in their endeavors. This is what led me to this manual; to pass some of the knowledge I have learned to others and hopefully cut down on some of the time it takes to achieve an outstanding physique

Now that you know where I come from, let's start by taking a look at you!