



The Push-Pull routine is a standard in the bodybuilding community. Put simply, you are either pushing the weight one day, or pulling it the next, in the exercises that you do.

- Day 1 is Chest and Triceps** (*push*)
- Day 2 is Back and Biceps** (*pull*)
- Day 3 is Shoulders, Forearms, and Abdominals** (*push*)
- Day 4 is Legs and Calves** (*pull*)

I use a combination of free weights and machines for my workouts. I work out every one of my muscle groups just one time per week, which is all you need if you are working out correctly and are getting proper nutrition, along with rest and recuperation. For large muscle groups such as thighs, chest, and back, I recommend 12-total sets (3-exercises x 3-sets). For small muscle groups, such as biceps and triceps, I recommend 9-total sets (3-exercises x 3-sets). I work the shoulders 12-sets, because they frame the upper body and are an important part of posture. Always work larger muscle groups—chest, back, legs—before smaller ones—calves, shoulders, arms. For example, if you are planning to work your back and your biceps, work your back first.

I use the Pyramid Routine a lot of the time. For the first set of each exercise for each body part, use a light weight for 15-reps. For the next set, add enough weight so you can only do about 10 to 12-reps. For the third set, continue to add weight, so that for your next set you will only be able to do 8 to 10-reps. Most people I see in the gym never grow in all the years they train. Why? Because they never train with INTENSITY. Muscle growth only occurs in the last few reps, when lactic acid buildup (that burning feeling) is so bad, that you finally cannot do another rep.....this is training to FAILURE. At this time you have actually torn your micro fibers of your muscle. If you are in an anabolic state, your muscles repair and grow bigger and stronger. If you just go through the motions, there is no muscle damage and hence, no rebuilding.

If the same stress—exercise—is put on the muscle continuously, the body adapts to it and eventually stops producing results. After you have learned the proper form and technique and have built a solid foundation, you will want to start trying new things to shock your muscles into continued growth. There are many ways to “shock” your muscles and keep them off balance, so they don’t get used to your routine. More explicit details of all of my specific workouts and shocking techniques can be found in my book, “Total Health For Life”.

Remember, train with: **1) proper form, 2) smooth, steady motion 3) full range of motion, and 4) intensity. SLV**

“Total Health For Life”, the paperback, is available at www.totalhealth4life.net —Rico Connor



SEX HEADACHES

If you notice a dull ache in your neck and head that builds in pain as you become more and more aroused during a sex headache. If your pain is a sudden, severe headache during orgasm – you’re probably experiencing the most common sex headache. Brought on by sexual activity, most are merely uncomfortable and nothing to worry about. Yet they can be a sign of something more serious. Sadly, it can be a side effect of sexual activity leading to orgasm: oral sex, masturbation and intercourse can be a trigger for causing a sex headache. Many sex headaches occur in clusters—lasting a few months and then disappearing. There are two types of sex headaches, a more common form. Most sex headaches last for around 30 minutes, but others may remain painful for a hours.

MOST COMMON SEX HEADACHES

- give no warning, occur within a few seconds of achieving orgasm
- give a throbbing or stabbing pain

LESS COMMON SEX HEADACHES

- begin on both sides of the head as a dull ache
- gradually build over the orgasmic time period
- intensify with increased sexual arousal
- may affect the jaw and neck muscles by tightening them

CONSULT YOUR PHYSICIAN

Though with sex headaches there is usually no cause, if you experience an *abrupt* headache during sex that is not typical of this kind, consult your physician. Men, and people who are more prone to getting sex headaches.

ABRUPT SEX HEADACHES

When a sex headache occurs abruptly at orgasm there are several different causes, such as:

- stroke
- glaucoma
- sinus infection
- coronary artery disease
- pheochromocytoma (*a tumor that produces excess epinephrine and causes hypertension, headaches, and sweating*)
- bleeding into the wall of an artery to the brain, or aneurysm
- certain medications, such as birth control pills

TIPS FOR PREVENTION

Many people experience their first sex headache during sex, while others simply endure the moment, since it goes away as quickly as it came. If you have trouble with sex headaches, you may want to wait for your first sex headache to go away before having a second round of lovemaking. Your physician may recommend beta-blockers (a treatment for high blood pressure, glaucoma, anti-inflammatories, or triptans (another anti-migraine drug). Reluctantly, some people find that they can prevent sex headaches by stopping all sex just before orgasm. A less desirable option is to play a more passive role during sex. **SLV**