

Berend Breitenstein

# BODYBUILDING



**SUCCESSFUL.  
NATURAL. HEALTHY.**

The drug-free way for building massive muscles and getting ripped!

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Books on Demand

**Disclaimer**

The information in this book reflects the author's experiences and opinions. It is not intended to replace medical advice.

Before beginning this or any other nutritional or exercise regimen, consult with your physician for approval.

As with any fitness endeavor, one size does not fit all. Your physician should customize and approve your routine.

This book is not intended for the treatment or prevention of any disease, as a substitute for medical treatment or as an alternative to medical advice. Programs outlined herein should not be adopted without consulting your primary care physician. Use of the programs herein is at the sole risk of the reader.



## **FOREWORD**

**By Rich Fitter**  
**DFAC Co-Founder**

When Berend asked me to contribute to his latest endeavor, I was both honored and humbled. As someone who has reached thousands of people with his message of building a stronger, healthier body using only natural methods, Berend is a true bodybuilding role model.

As one of natural bodybuilding's founding fathers in Europe, Berend has experienced more than most as a bodybuilding champion, author, mentor and President of the German Natural Bodybuilding Federation (GNBF). I cannot think of anyone more qualified to offer advice on the subject of developing a spectacular physique without the use of performance-enhancing drugs.

Natural bodybuilding is more than a hobby or a sport. It is a lifestyle that one must be committed to in order to be truly successful. While many men and women exercise daily in a quest to improve their appearance, it is only when one follows a plan like the one Berend offers in this book, will they see the results they desire. The regimens he suggests are the products of both scientific research and personal experiences. If ever there was an example of practicing what you preach, this is it.

In this confusing era of so-called Internet experts, Berend's intelligent approach to training and diet offers an effective plan that both men and women will benefit from, without compromising their health. Rather than simply dictating a program of exercises and foods, Berend thoroughly explains the how's and why's of these topics. After reading this training manual, even the most inexperienced of readers will feel comfortable beginning

their journey down the path toward a leaner, more muscular physique.

The passion Berend feels for the subject of natural bodybuilding is evident. I have seen it personally when we have discussed this subject and these sentiments were echoed as I read his manuscript. Natural bodybuilding needs role models like Berend Breitenstein. He has unselfishly given his time and effort to champion this lifestyle and changed many lives for the better. I am very proud of all that he has accomplished and very fortunate to call him my friend.

**[www.drugfreeathletescoalition.com](http://www.drugfreeathletescoalition.com)**







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## **CHAPTER 1**

### **Berend Breitenstein - Lifetime Natural Bodybuilder**

The first time I worked out with weights was when I was 13 years old. Now, more than 30 years later, I get the same exciting feeling every time I touch the iron. For me, there are few things in life that feel as good as fully pumped muscles. But let's start from the beginning ... As a child, I was inspired by comic book heroes like "Batman" and "Spiderman." I admired their muscular bodies and often asked myself what their secret was to getting into such phenomenal shape! One time, as I flipped through the pages of an issue of "Batman," I found the answer to this question. There was a picture that showed my hero working out with weights! That was all I needed to know. My father accompanied me to a gym and at the tender age of 13, I found myself lost between hard working, sweating and groaning athletes almost every day. More than that - I soon became a part of the bodybuilding community. My dedication to develop my physique didn't go unnoticed by the gym owner and the members I worked out with. By the time I was 15, I had progressed in building muscles to such a degree that the gym owner asked me to compete in the Junior's Division of the Mr. Hamburg Contest. I happily agreed. In 1979, I took the stage for the first time and competed as a bodybuilder. This was a great experience. I reached fifth place out of a field of six young athletes and was very proud of my first appearance as a competitive athlete.



Mr. Hamburg Junior 1979

In the years that followed, I competed two more times as a junior athlete, reaching second place in 1981. It was during this time that I noticed some a difference between my physique and the bodies of my fellow competitors. Although I was easily comparable to them in terms of muscle definition, the guys I competed against had more muscles and were bigger than me. This was the point in my life that I was offered anabolic steroids. I can remember the words of one athlete who won the Mr. Hamburg Championships a few times, and later went on to win the German Championship: "If you don't take steroids, you will never win a show!" But that was never an option for me.

Right from the start, I was sure that I wanted to stay away from drugs.

I am very thankful that I always looked at bodybuilding as a lifestyle which is meant to improve health and well being



and not to be of danger to the organism by taking potentially harmful drugs. Consequently, I continued to train clean and kept an eye on good nutrition for building my physique.

At the age of 20, I did an apprenticeship followed by studies on nutrition. I conducted these studies while I was between the ages of 23 to 28. During this time period, I concentrated on my education. Although I kept on working out in the gym, my aspirations to compete at a bodybuilding show had declined because of associated drug issue. To be honest, after finishing my studies I was in bad physical shape, but my athlete heart was still pumping strong. Deep within my inner being I knew I still yearned to be a bodybuilder. I trained regularly with weights and my body strength was good. However, my physique wasn't. As I now know today, the problem I had was a nutritional one. I asked myself what I could do to get back in shape. The answer was found in working hard with weights, increasing cardio activity and changing my eating habits. At the university, the students were told that athletes needed to consume high amounts of carbohydrates to be able to train at full power and maximum effort. So, I initially followed this advice, but the results I was getting from this type of eating schedule didn't do my physical appearance any good at all. Over the preceding years, I had read through a huge number of bodybuilding magazines, gathering all kinds of information.

I remembered reading an article about low carb dieting, where it was written that most bodybuilders approached this type of diet to get into competition shape. This is when I decided to give the low carb diet a try. Bingo! As soon as I cut down my carb intake to a maximum of 100 grams per day, making sure I consumed them during the first half of the day and staying away from simple sugars, my level of bodyfat suddenly started to decrease.

Combined with intense workout sessions in the gym and regular cardio activity, I noticed a complete transformation in my physique within four months. I, of course, stayed away from taking drugs like anabolic steroids or other hormones. My approach to Bodybuilding hasn't changed. I wanted to know how far I could go in building muscles and reducing bodyfat by working out as hard as I could while following a strict diet - without drug use! The results were amazing. Fortunately, I made "before" and "after" pictures that documented my physical appearance from puffy and soft to hard and defined. I sent those pictures to a German bodybuilding magazine and they were published shortly after, together with a story all about me.



*"Before"*



*"After"*

I naturally showed more muscles in comparison to when I was a kid, but that was not the point. The important thing is that I finally discovered the training and nutritional strategy that worked best for my body. This allowed me to spread my knowledge further to other people who wanted to improve their physiques just as I did. Around this time, I finished my degree in nutritional science and was working as a coach and nutritionist in a gym. I was now focused on writing a book about my body's phenomenal change since I switched my eating habits and increased my training efforts. I contacted one of the biggest German publishers from a bodybuilding magazine, and presented the printed story about myself. After we spoke, he read my article and saw potential for a book about natural bodybuilding and we agreed to work together. In 1996, my first book was published. It sold nearly 50,000 copies in Germany and was also published in many different European countries. As a consequence of this tome's phenomenal success, I wrote nine additional books for the same German publishing

company. Total book sales increased to 150,000 copies to date.

In 1997, I booked a booth at the FIBO (Fitness and Bodybuilding) exhibition in the Essen, Germany. With 10,000 sold copies of my first book at that time, I decided to present my published work to the German and European audience. This was one of the best decisions of my life! I was not only active in promoting my book, but I also made excellent contacts that had a great influence on my future.

I met Francois Gay, WNBF Pro and President of the SNBF (Swiss Natural Bodybuilding Federation). He came to my booth, introduced himself and asked me if I had thought about competing in natural bodybuilding contests. As you might imagine, at that point in my life, I never even knew that natural bodybuilding competitions actually existed. Naturally, I was very excited at the opportunity of taking part in such an event. Francois promised to send my photos to Steve Downs, former Chairman of the WNBF (World Natural Bodybuilding Federation) and he kept his word. Two weeks after the FIBO (1997), I received my WNBF Pro card and was invited to compete at WNBF Pro shows. This gave me tremendous motivation to reach my all time best physical shape for competing in my first WNBF contest. In my debut as a WNBF Pro, I decided to compete at the Mr. International 1998 in New York. So I flew to the United States on route to the Big Apple. Once I hit the venue, I was quite shocked to see competitors pumping up backstage. However, I was in great shape and Steve encouraged me to keep going and compete again.



*WNBF Pro Mr. International 1998*

And I did just that! In 2000, I competed in the WNBF Pro World Championships in Atlantic City, New Jersey in much better conditioning than I had been two years earlier. After a four-year absence from the stage, I returned in 2004 to battle it out again at the WNBF Pro Mr. Universe in Bridgetown, Barbados. At this contest, I reached my all-time best shape ever and was very satisfied with the package I presented onstage. Four years later, I managed to surpass my all-time best shape at the WNBF Pro Masters Cup in Iowa. I was 44 years old at the time, almost 30 years after my first contest in 1979 (the Mr. Hamburg Junior) where I had stood on stage flexing and hitting pose after pose against some of the World's finest Pro Masters natural bodybuilders. And there I was, finishing fifth place and leaving the judges with a very strong impression about exactly who I was. I had finally entered the inner realm of world class professional natural bodybuilders.

Let's take a trip back in time to 2003. This was the year I founded the GNBf (German Natural Bodybuilding and Fitness Federation). I became the official German affiliate to the WNBf. In 2012 the GNBf left the WNBf and is now affiliated to the DFAC (Drug Free Athletes Coalition). In 2004, the GNBf organized its first German Natural Bodybuilding Championships with 36 athletes competing in the show. The federation went on to promote its German Natural Bodybuilding Competition on an annual basis. The GNBf follows the same drug testing procedure as the DFAC. Each athlete is tested using a polygraph to ensure that no banned substances have been used for the last seven years. Additionally, we also perform a urinalysis test for the class winners. German athletes have successfully competed in the INBF (International Bodybuilding Federation) - the amateur affiliate of WNBf. We even had Frank Guenther and Frank Kaerger (in 2003 and 2007, respectively) winning the lightweight class at the World Championships. On top of that, Sabine Streubel took the overall Women's title at the WNBf Pro World Championships in 2009!





*WNBF Pro MASTERS CUP 2008*

My plan as president of the GNBf is to make the Natural Bodybuilding Movement in Germany even more popular. For more information about the GNBf, please visit [\*\*www.gnbf.de\*\*](http://www.gnbf.de). Working as Editor in Chief for the magazine Natural Bodybuilding and Fitness (NBB&F) that is dedicated to the drug-free athlete is another opportunity to popularize our fantastic sport in my native country.



*Group shot of myself, together with GPNB athletes 2007*



*Berend Breitenstein (right) presenting the premier issue of the German version of Natural Bodybuilding & Fitness at the FIBO exhibition in 2010 with WNB Pro Armin Memic*

In conclusion, I would like to add that natural bodybuilding is not only a great activity for me to pursue, but the way I love to live my life. Taking care of my health, being in great shape and keeping a positive attitude, even when times are tough, are the main lessons I became a natural bodybuilder. From my point of view, the natural bodybuilding lifestyle is the only way to live my life.

I hope you will profit from this book and gather the information you need to stay healthy, massive and lean while living each day as a dedicated natural athlete.

October 2012

Berend Breitenstein

## **CHAPTER 2**

### **Bodybuilding - More than just lifting weights**

Most people think of lifting heavy weights when they hear the word “bodybuilding.” Working out with iron definitely does build muscles, but there is a lot more involved in successful bodybuilding than just weightlifting. Bodybuilding is an excellent activity to enhance your physical and mental well being. It is also the best sport to help shape your body, due to the significant amount of muscle building and fat burning.

If you already consider yourself a bodybuilder, you understand what I am talking about. The original intention of bodybuilding is to stay physically healthy and build strong muscles. Therefore, a holistic approach to organize and optimize your bodybuilding routine includes weight training, aerobic exercises, stretching movements, recuperation, good nutrition habits and a positive attitude. Each factor is an integral part of achieving the best overall results in bodybuilding. The following chapters describe these specific success factors in great detail. So let’s begin taking a look at each one of them.

#### **Weight training**

Lifting barbells and dumbbells, as well as pulling and pushing weights on various machines help to build superior muscles. The majority of people who are not involved in the bodybuilding world think that weight training is monotonous – even boring. They don’t understand that working with weights isn’t boring at all! Each workout is a challenge to the physical and mental fortitude of the athlete. The feeling you get during your workouts change almost every time you enter the weight room. Sometimes you feel very strong,

where the weights seem to be lighter than usual, giving you a great blood flow in your muscles. On other days, it gets quite hard to stick to your training schedule. But as a dedicated bodybuilder, you will rarely miss a workout. Then there are those guys who just go through the motions. They are training with weights, but it looks like they don't put their heart into what they are practicing. To fully enjoy that wonderful, tight feeling of fully pumped muscles, you must really concentrate on every repetition of every set and put all your mental concentration and physical power into your workout. Remember, it's not just lifting the weights, but the way you lift them!

## **Aerobic exercises**

A healthy bodybuilding lifestyle always includes some form of aerobic exercise like running, bicycling, swimming etc. These activities work wonders for the most important muscle of your body – the heart. Cardiovascular training strengthens the heart, optimizes its power and keeps it healthy, but it also helps it deal with high intensity weightlifting sets. If your heart isn't in excellent condition, you may not be able to finish a set due to cardiovascular problems as opposed to muscular failure. For this reason, I urge you to practice cardio early in the morning (prior to breakfast) or directly after your weightlifting session.

Doing cardio early in the morning on an empty stomach is a wonderful way to start the day. It helps burn bodyfat and keeps your body lean and tight. After you return from a good run or bike ride, take a shower and treat yourself to a nutritious breakfast. This will leave you feeling great, and ready to enjoy a successful day! You will also enjoy these benefits if you choose to do your cardio after your weight lifting workout. If you choose to perform aerobic exercises with light to moderate intensity, you will have a great tool to

help speed up recuperation after intense weightlifting workouts.

After you consider all of these positive factors that aerobic exercise can do for your bodybuilding progress, it is highly recommended that you integrate some form of cardio training into your daily workout schedule.

## **Stretching**

Although aerobic exercises are an important component of every optimized bodybuilding routine, stretching movements also play an important role. However, flexibility training is often neglected by bodybuilders. Quite a few athletes feel that stretching is boring, or perhaps they are simply too lazy to integrate stretching movements into their workout schedule.

This is unfortunate because the regular stretching of each muscle group will result in greater success as a bodybuilder. The positive effects of stretching include an improved muscle to brain connection, reduction of muscle stiffness, prevention of injury and faster physical / mental recuperation after weight lifting workouts. These arguments are strong enough to make stretching movements a regular part of your bodybuilding schedule. When you are stretching a muscle, it is most beneficial to hold the stretched position for about 20 to 30 seconds - and breathe calmly. Concentrate on the feeling within the stretched muscles. As a description of exemplary stretching exercises see → to →. For detailed pictures of these exercises see → to →.

## **Enough rest**

The following statement has been written in stone: *Muscles never grow during your workout. They grow during the rest periods between workouts.* Weight training produces growth stimulus within muscle fibers. During a workout, muscle



tissue is broken down and the body uses nutrients to fuel the energy system. The thickening of muscle fibers (hypertrophy) and refilling of energy stores take place while resting and supplying the body with food and fluid. As a bodybuilder striving for optimum muscle building results, you are advised to get enough rest and eat the right food between your workouts in order to grow your individual bodybuilding potential.

## **Good nutrition**

Your eating habits are equally important to your success as a bodybuilder. If you eat right, you will be able to stay healthy and fulfill your goals as a bodybuilder. This means that you have to make sure you fulfill the needs of your body in regard to caloric intake, consumption of the right percentage of protein, carbohydrates and fat, as well as giving your body needed vitamins, minerals, secondary plant substances and water – depending on the athletes needs. Due to working demands or other factors, it can be hard to eat right throughout the day, but with good organizational skills and a strong dedication to your nutritional plan, you will manage to eat in a way that a bodybuilder should in order to achieve optimum results in muscle building and/or fat burning.

## **Positive attitude**

A positive attitude toward your bodybuilding lifestyle is crucial in order to enjoy all of the wonderful effects of working out, getting enough rest and eating right. If you are motivated to give it your best in training and be disciplined when it comes to your nutritional regimen, you will be on your way to successful muscle building.

Although going through grueling, painful weight lifting workouts or performing super high intensity cardio is not an

easy task, the true bodybuilder enjoys the agony while pushing his or her body and mind to the limit. Your main objective is to achieve an excellent physique through a dedicated workout and disciplined eating regimen.

Keeping a positive attitude is not only limited to working out, eating right and getting enough rest, but it is also applied to your behavior in everyday life. Stay positive in your relationships with other people, especially with your family and friends. If social or working problems occur, don't let them take over your life. Keep your faith.

Think about all you have learned through hard bodybuilding workouts: No pain – no gain!

This is not only true for building muscles, but also for the difficult life situations that require a change of habit. Maintain a positive attitude. Everything that happens in life gives you the opportunity to learn and improve your mental skills.

## **Conclusion:**

Bodybuilding is more than just lifting weights. It is the combination of weight training, aerobic exercise, stretching movements, good nutrition and a positive attitude that result in a healthy and attractive body, as well as a strong, relaxed mind.

Stick to this holistic training approach and experience the excitement of high vitality and a fantastic quality of life. You will never want to lose this great feeling again!

## **CHAPTER 3**

### **Bodybuilding Success Factors**

#### **MIND - Goal setting, motivation and attitude**

In regard to success factors, the best results in muscle building and fat burning are found through proper training, eating and rest patterns. These aspects are essential in order to reach your personal bodybuilding goals.

However, there is one additional success factor that is frequently neglected: The mind or the mental characteristics shown by successful athletes. Most of our actions are a result of thinking. That means if you are able to program your thoughts to success, you already took the first and most important step toward building a great physique.

#### ***The meaning of a goal***

To succeed as a bodybuilder, it is highly important that you define a clear, realistic goal that you would like to accomplish. Before the journey of living a bodybuilder's life begins, you have to decide where you want to go. In terms of defining your goal, it is crucial that you set a realistic goal. If your goal is either too low or too high, you will not have the needed motivation to bring it to fruition. A goal that could be achieved easily, often leads to neglectfulness in training and nutrition habits. Consequently it is likely that you don't give your all in your workouts or stay disciplined with food choices. This behavior is surely counterproductive. On the other hand, a goal that sets a high expectation is likely to fail. Although you would like to achieve such a goal, you are subconsciously aware that you are incapable of actually doing it. Due to this lack of self-conviction in

relation to reaching a certain goal, there is an extremely high chance that you will not give it your best. Therefore, it is of high importance that you set yourself a realistic goal. You must be certain that with hard work and dedication, it is possible to reach your goal. Be sure that this goal does not put an unusually high or low demand on your body.

### ***Motivation and attitude***

Whatever your personal goal may be, you must be motivated to reach it in order to be successful. The source of your motivation to put on lean muscle tissue and/or getting ripped has to come from your inner being. This is known as “intrinsic motivation,” and it is much stronger in comparison to “extrinsic motivation,” which comes from the expectation of other people.

If you really want to achieve something that means a hell of a lot to you, you will give all of your power to make that goal a reality. Don't pay too much attention to what other people tell you in terms of what is good for your body and what is not.

Once you have decided to become a bodybuilder, because you want to be a bodybuilder, you will put your full enthusiasm and discipline into each grueling workout and eating plan so that you can build the body of your dreams. In addition, you will be sure to get enough rest between workouts to give your muscles needed time for recuperation and growth. As a result of this constant behavior in training, nutrition and rest periods, you will make the best possible improvements as a bodybuilder. In addition to your source of motivation, attitude plays a major role in the degree of success you achieve in bodybuilding. Aspects like self-perception, training approaches, nutrition and extrinsic influences are all significant when it comes time to realize your full bodybuilding potential. What follows are twelve