


**6'1" AND COMPETITIVE!
BUSTING IT UP
NATURALLY!**



"For natural (and older) athletes like me, the advances in both nutrition and training science make this a great time to be a bodybuilder. We have learned how to avoid overtraining and use the dietary science of nutrient timing. This helps all of us lose fat while adding muscle without the juice!"



TONY DICOSTA

HOW TONY DICOSTA REACHED SUPER-SHAPE, SANS JUICE, BUT SMART TRAINING & SUPPLEMENTS!

HOW I TRAIN

This is the split I used while preparing for my first contest. In the 5 months I used it, I made great gains (in part, because I looked like crap to begin with). However, I worked up to full intensity over about 4 weeks. I think 6 days a week (plus cardio) is a bit much for sustained gains once you are past the beginner stages and are training intensely. This is a mostly-consecutive schedule with one day per week off—Sunday (I don't train on Sunday); so each routine could fall on any day of the week except for legs which were twice-weekly (Tuesday and Saturday). My 'heavy' leg day is followed by a rest day. My upper-body workouts were/are Monday, Wednesday, Thursday and Friday in a sequence, so each week a different upper-body routine is done twice.

I begin each workout with 3 – 4 sets of ab work (on different days, I used different exercises). I also do 15 minutes of mostly dynamic stretching as I don't care what the "experts" say, it works for me.

INTENSITY

"Old School" in nature (both me and the routine), I strove for intensity by using the heaviest weights I could handle (strictly) for 3 work sets of 12 reps. I rested just long enough (1 to 1½ minutes) to recover sufficiently to get the next 12 reps. The last reps of the last set were right at failure—if I could get one more rep I added weight. At any time I might add a "drop set" after the 3rd set or some forced reps. I suppose for an 'elderly' 150 pound bodybuilder I am fairly strong in some moves (12 strict, slow reps with 540 pounds on the squat press machine) but then again, I am only average in others. I use 190 pounds for 12 reps on the Hammer Strength decline press, for example.

Here's my one Tony DiCosta rule: It's not about the weight; it's about getting the most out of the weight.

DAYS AND BODY SPLITS

MONDAY Chest/Shoulders

TUESDAY Legs, "Light day" (slightly lighter weights used, very strict form).

WEDNESDAY Arms (Bi's and Tri's supersets).

THURSDAY Back/traps.

FRIDAY Chest/Shoulders.

SATURDAY Legs (Heavy).

SUNDAY Off.

THE NEXT WEEK (A bit different. I start on Monday with the next upper-body routine)

MONDAY Arms (Bi's and Tri's supersets).

TUESDAY Legs (slightly lighter weights used, very strict form).

WEDNESDAY Back/traps.

THURSDAY Chest/Shoulders.

FRIDAY Arms.

SATURDAY Legs (heavy).

SUNDAY Off.

HEAVY SEATED DUMBBELL CURLS



WIDE-GRIP SCOTT PREACHER CURLS



CHEST/SHOULDERS WORKOUT

(added warm-up: 2 sets of 25 strict, deep, push-ups).

INCLINE BENCH PRESSES

2 warm-up sets of 20 and 16 reps. Then, I do 3 work sets (2 sets at 12 reps and 1 heavier, to about 6 rep failure).

REAR LATERALS super-sets with **STANDING CABLE FLYES**

2 warm-up sets of 20 and 16 reps and 3 work sets of 12 reps.

SEATED SMITH MACHINE PRESSES

1 warm-up set; 18 reps and 3 work sets of 12 reps. My final reps are really very hard to get!

DECLINE BENCH PRESSES

2 warm-up sets of 20 and 16 reps and 3 work sets of 12 reps. Again, my final reps each work set come hard.

LATERALS WITH LOW CABLE

2 warm-up sets of 20 and 16 reps and 3 work sets of 12 reps. I go strict with a pause at the top, negative slowly, always under control.

POSTERIOR DELT CABLE WORK



"I use 12 reps mostly as this gives me a deep burn. I pay close attention to my warm-ups always! In my last 1-2 work sets, I hold for 25-30 seconds in the stretch position! Ouch! I know ~~its is~~ Cliché, but I work very hard for my 'mental connection' to the exercise."

LONG PULLEY ROWS



My Diet

To get my contest peak, my diet was some 'carb cycling' but I rarely went totally without carbs. On heavy training days (legs, back, chest) I would have up to 300 grams of carbs per day, on off days or arm training day I would have 0 to 100 grams. Every leg training day I had at least a small sweet potato a few hours before hitting the gym. It worked like a charm. Also, part of your carb budget needs to include 35 grams of super-fast waxy maize (to spike insulin and restock lost glycogen stores) and 20 grams of whey protein immediately after each workout. Other than that, all protein sources are low glycemic to keep insulin levels down to prevent fat storage. Remember, this plan is for me-- a 150 to 160 pound also doing daily cardio. You should adjust your amounts accordingly. I lost fat and gained muscle at the same time using this diet with moderate cardio. To pull that off, keep your calories as close to maintenance level as possible. Also, if you really want to drop body fat, some days substitute a few tablespoons of almond butter (or other good fat source) for your carbs and go zero carb for 3 to 5 days.

MEAL ONE

Two whole Omega Three eggs, ½ cup egg whites (or egg substitute), ¼ - ½ cup oatmeal (low carb day, high carb day).

MEAL TWO

2 scoops whey protein (in water); Sweet potato, 100 to 250 grams by weight.

MEAL THREE

8 oz. chicken or 99% lean turkey; white or red potato, 115 - 285 grams weight (low carb day, high carb day).

MEAL FOUR

2 scoops whey protein (in water), ¼ cup almonds, Sweet potato; 100 to 250 grams.

MEAL FIVE

8 oz top round sirloin or another form of lean beef, 1 cup broccoli (steamed), white or red potato; 115 - 285 grams.

MEAL SIX 1 scoop whey protein in water

Note: Before cardio take 5 grams glutamine. Do the same before working out and before bed. In addition, take some form of creatine before and after each workout.

AD



Check out the T man's super-thin skin, super-vascularity, ultra high muscularity, with low subcutaneous fat

SUPPLEMENTS

Mine (and your) most important supplement will always be protein.

I use three different kinds of protein, separately or mixed, depending on the time of day and my exercise schedule. I will mix slower-acting casein with whey hydrosolates to get a sort of timed-release effect. At night I'll prepare a shaker of pure casein (25-30 grams, no sugar!) with water and sip it anytime I wake up in the evening (being over 50, I do wake up to go the bathroom at least once, we all do). I use that time to take a few slugs of my nighttime mix so I am feeding my muscle 'even as I sleep'. If there is anything left I finish it immediately upon arising.

The faster-acting whey hydrosolate (30-40 grams) is used an hour before a workout or anytime I have gone without protein for a while. I also mix in a bit (10-15 grams) of whey with my workout drink.

I also use a beef based-protein (25 grams - usually mixed in with my post-workout drink). This helps to maintain an advantageous nitrogen balance. If your sweat smells like ammonia when working out, experiment with your protein.

I feel creatine is the second most-important supplement!

Along with protein taken during that 'magic window' creatine is one of the pillars upon which an effective supplementation program can be built. I use a Kre-Alkalyn type creatine product since I know it won't be best absorbed. Dosage depends on your bodyweight and type of creatine you may use. I feel the timed

intake of proteins and carbs is the foundation of bodybuilding progress, a key to accelerated bodybuilding success.

HERE IS WHAT I DO

1-1½ HOURS BEFORE MY WORKOUT

25 grams Whey, 25 grams casein with water.

30 TO 45 MINUTES BEFORE MY WORKOUT

2-3 grams aginine, 5 grams glutamine with Water. 3 tablets Kre-Alkalyn, Tribulus (1,000) mg.

INTRA (DURING) MY WORKOUT

2 scoops (10 grams) BCAAs mixed with 10 grams whey, a little orange juice, and water with lots of ice. I sip through my workout.

IMMEDIATELY AFTER MY WORKOUT

As soon as I rack my last weight, I slug down the following: Vitasport Mass Fusion (or other post-workout drink with waxy maize), 1 scoop (25-35 grams), 2 capsules of Bitter Melon (900 mg) and 1 capsule Phosphatidyl Serine Matrix, 500 mg, (also known as PST). I add-in 5 grams glutamine. This is when I wanted the super-fast-acting waxy maize to hit, to spike my insulin and drive 'power' into my depleted muscles.

1 HOUR AFTER MY WORKOUT

40 to 50 grams of protein that I get from whole-foods.

I have been taking numerous vitamins and minerals for decades. The stress of bodybuilding (and moving up in age) requires an additional regimen to aid recovery and avoid injuries, pain and swelling.

- Multivitamin and mineral supplement.
- Chrysin, one per day (500 mg.) to help control estrogen.
- Hyaluronic Acid, 500 mg. 3 x day for joint and tendon health.
- HMB, 3 caps x 3 x day as a recovery aid.
- MSM 1500, 1 cap per day for joint health.
- Glucosamine & Chondroitin (2,700 mg), 1-2 servings a day, a "must-have" for my joints.
- Fish oil (900 mg), 2 - 3 servings a day.
- CLA, 2,400 mg. 3 x day.
- Magnesium Complex, (500 mg.) 2 x a day.
- Turmeric (1.44 grams), 1 serving a day.
- Milk Thistle (4 caps a day) to assist liver health.
- Acai Berry (500 mg), one a day, an anti-swelling herbal.
- Ginger Extract (350 mg), 1 a day, an anti-swelling herb.
- DHEA 100 mg. 1 a day.
- Vitamin C, 1000 mg. per day.
- L-Ornithine (500 mg), 4 at night.
- Timed-released Alpha Lipoic Acid (300 mg), 2 a day.
- At bedtime, for contest prep. (or lots of hard time training), I needed good sleep so I add Melatonin (10 mg.), Hyland's 'quinine' and
- 2 - 3 grams each of Arginine and Ornithine.

GO TO IT!