

# TABLE OF CONTENTS

---

- 1* INTRODUCTION
- 3* CHAPTER 1  
**Getting the Proper Perspective  
on Training**
- 17* CHAPTER 2  
**The Components of a Training Program**
- 59* CHAPTER 3  
**Creating an Effective Training Program**
- 85* CHAPTER 4  
**Performing the Exercise**
- 97* CHAPTER 5  
**Aerobic Exercise (a.k.a. Cardio)**

- 
- 115*    **CHAPTER 6**  
**Use Goals to Get You There**
- 153*    **CHAPTER 7**  
**Nutrition: Fat loss and Muscle Gain**
- 189*    **CHAPTER 8**  
**Psychological Aspects:  
Where the Real Training Begins**
- 153*    **CHAPTER 9**  
**Peak Conditioning:  
Looking Your Very Best on  
the Day it Counts**