

NATE MIYAKI

PEAK WEEK

TECHNIQUES



HOW TO GET RIPPED IN 7 DAYS
FOR THE BEACH, A PHOTO SHOOT
OR PHYSIQUE CONTEST



MEDICAL DISCLAIMER:

The following information is intended for general information purposes only. Individuals should always see their health care provider before implementing the suggestions made in this book. This book is not intended to take the place of sound professional medical advice or to treat specific maladies. Any application of the material set forth in the following pages is at the reader's discretion and is his or her sole responsibility. The author assumes no liability.

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**IF YOU CAN'T SEE YOUR
ABS AND GOOD MUSCLE
DEFINITION THE WEEK
BEFORE A SHOOT, YOU'RE
NOT JUST HOLDING
SUBCUTANEOUS WATER,
YOU'RE HOLDING
SUBCUTANEOUS FAT.**



1. HEED VINCE GIRONDA'S WORDS— *LOSE THE FAT*

One thing at a time, most important thing first, start now...

If you are at the more advanced stages of peaking for a photo shoot or competition, you don't get the "feel good" fluff that dominates the general fitness market. A ripped man and woman's warm and cuddly confidence boosters in this report. Only the cold, honest, tough love truth will help you reach your elite physique goals.

Since I'm a nice guy softy, and hate to make people feel bad about themselves, I'll leave it to the legendary Vince Gironda to give the finger to normal client hand-holding, and to give you the no bullsh*t, pure, and most important pre-competition advice you could ever hear:

You've got to lose fat!

Personally, I would rather not have to deal with fat at all. In reality, however, since I am known as the "trainer of the stars," I do have to deal with fat. So many men and women are sent to me by the movie studios with the accompanying request that I get their star in shape. Sometimes I'm expected to accomplish positive results in as little as five days!

With experienced bodybuilders, I lose my patience when it comes to fat. Typically, I receive thousands of letters from would be Mr. Olympia enthusiasts. They claim to have read all my articles, courses, and instruction manuals, and beg me to let them train in my gym in North Hollywood. Although I do have much success with many people who put their faith in my training methods, it often happens that they are less than honest with themselves at the start.

Frequently, they arrive totally unfamiliar with my training methods and downright fat!

If a guy is really keen on getting the most out of my bodybuilding methods, the least he can do is turn up for his training in reasonable shape. It is an insult to me for a serious bodybuilder to arrive at my gym for advanced tuition and be fat!

It's like reporting for ski-jumping classes without being able to ski.
– Vince Gironda

If you can't see your abs and good muscle definition the week before a shoot, you're not just holding subcutaneous water, you're holding subcutaneous fat.

In other words, if you're soft every day, or can pinch more than an inch, or can't see lines and cuts, you still have body fat to lose. No amount of magic tricks or gym myths can take you from flabby to 5% in a week.

Quick fix, extreme methods sell products and powders and miracle solutions, but they don't give you real world solutions. The truth is much simpler – you're just not prepared to peak.

So most important thing first – make sure you do your homework, follow an informed pre-competition diet and training protocol, put in the work, and are in great shape the week before the target date.

It's not an option. It's a prerequisite to the rest of this report.

I'm a laid back dude, so don't really get riled up about anything. But you don't want to piss the spirit of Vince Gironda off.



**PEOPLE WHO DO CRAZY
TACTICS TO LOOK 2%
BETTER OFTEN TIMES END
UP LOOKING 20% WORSE.
THE PURSUIT OF
ONE MORE VEIN OR CUT
CAN LEAD TO A LOSS OF
THEM ALL.**



2. THE MINIMALIST'S WAY—LESS MANIPULATION IS MORE

Conversely, if you've busted your a\$\$ for months, and are ripped the week before a shoot, why make a bunch of extreme changes? Just for the hell of it? If you look good, stay looking good by continuing to do what you've been doing.

Minor tweaks, not major overhauls, are the golden ticket.

Advanced athletes need to break the bad habit of feeling like the more they obsess, the more they hyper-analyze, the more complicated and extreme their plan is, the better results they are going to get.

This isn't a calculus class. It's physique enhancement. Formulas don't make you more informed or advanced than the general fitness crowd. Your physique does. And more often than not, the path to success lies in simplicity – regardless of the phase – muscle gaining, cutting, AND peaking.

There are plenty of examples of this, "I looked great the week before the shoot, but I messed something up leading into it, and wasn't on the day of..."



It's because you can't outsmart your body. You can't turn tricks on it like you're a prostitute working over a hapless john.

There are internal mechanisms in place to maintain homeostasis. Push it too far in one direction (severe dehydration), and it will rebound in the other (water retention).

People who do crazy tactics to look 2% better often times end up looking 20% worse. The pursuit of one more vein or cut can lead to a loss of them all.

Most of the extreme methods are generally written by, and more appropriate for, steroid and PE users. That's not a judgment at all, that's just physiological reality. Androgens can cause water retention, and often times more extreme measures are necessary to rid the body of excess water and be in shredded condition come competition day.

Thus extreme dehydration or diuretics may indeed be necessary for this demographic. That's really not my area of expertise. Again that is not a judgment. I don't really give a sh*t what people do.

It's just my best effort to be an honest coach with integrity. If you are going about it not so naturally, you should seek the advice of someone with more experience in those targeted peaking methods. I don't want to pretend I know, and then give you uninformed advice. Cool?

What I do know is that if a natural tries to mimic those methods, (1) it can be dangerous and (2) It often ends up backfiring.

Lets dive into the details of why less is more, and give you some subtle steps you can apply to look your best.



**IF YOU CUT WATER TOO
EARLY AND DEHYDRATE,
YOU CAN END UP LOOKING
FLAT AND SOFT.
SO YOU WANT HYDRATED
MUSCLE CELLS.**



3. THE WATER BOY— HIGH QUALITY H₂O

Don't cut it too much, or too early.

Muscle is 75% water. The muscle cell holds 3-parts water for every 1-part glycogen. So you need water to maximize muscle cell volume and get that full, pumped look. Full muscles expand out against the fascia and skin, which in turn makes you look tighter, harder, striated, etc.

If you cut water too early and dehydrate, you can end up looking flat and soft. So you want hydrated muscle cells.

What you don't want is subcutaneous water retention, which can come from rebound water retention. When you dehydrate, your body releases a hormone called vasopressin, also known as anti-diuretic hormone (ADH). It causes the kidneys to conserve water.

With less coming in, more is retained.

Drink normal water all the way up until the night before the shoot. So if you've been drinking 3L of water a day, continue drinking 3L of water the day before the shoot.

You can cut water back a little bit the day of the shoot (half your intake for the technical), which will leave you only slightly dehydrated. This can make you appear a little tighter without the body having time to negatively react to more severe and prolonged dehydration tactics.







**KEEP SODIUM LEVELS
NORMAL UP UNTIL ABOUT
24 HOURS BEFORE THE
SHOOT. AT THAT POINT,
YOU CAN CUT SODIUM
TO MAKE SURE THERE IS
NOT EXCESS SODIUM
IN THE BLOOD.**



4. THE SEA SALT SOLUTION

Just like with water, if you cut sodium too early, the body will rebound. Keep it normal up until 24 hours before the shoot.

I generally keep sodium levels at about 1g per 1L of water, mostly by putting sea salt on my food. Remember, this recommendation is NOT for a sedentary person. It's for an athlete that can lose sodium during intense training sessions.

If you normally drink 3 liters of water a day and have 3g of sodium per day, keep both the same. Don't play around with extreme sodium loading and tapering.

The body regulates sodium levels in the blood regardless of what you try and do. If excess sodium is taken in, you simply flush it out through your asparagus-smelling piss.

However, if you cut sodium too low for too long, a hormone called **aldosterone** is released. This causes your body to reabsorb sodium, with less leaving through that same asparagus-smelling piss.

And when you retain sodium, you retain water, because water follows sodium (it has to do with geeky stuff like the polarity of molecules).

A 1990 Harvard showed this mechanism in action

Rogacz et al. Time course of enhanced adrenal responsiveness to angiotensin on a low salt diet. Hypertension 1990 Apr;15(4):376-80.
<http://www.ncbi.nlm.nih.gov/pubmed/2318519>

BASELINE LEVELS	1 DAY of sodium restriction	2 DAYS of sodium restriction	6 DAYS of sodium restriction
Urinary Sodium (217 mmol/day)	105	59	9.9
Aldosterone (10.4ng/100ml)	11.7	22.5	37
Serum Sodium (139 mmol)	139	139	139

*Chart first published by Dr. Joe Klemczewski

If you are about to fall asleep, I get you. What you really need to take away is the following.

Regardless of what you do, your body has some type of physiological mechanism in place to keep blood levels of sodium (serum sodium) exactly the same. See that constant 139 number?

Cut sodium for 24 hours, and aldosterone levels remain relatively the same. No problem there.

Cut it for 48 hours, however, and aldosterone levels double, leading to sodium reabsorption and resulting water retention. Cut it for longer periods, and there are further increases in both.

What's the take home practical lesson? Keep sodium levels normal up until about 24 hours before the shoot. At that point, you can cut sodium to make sure there is not excess sodium in the blood (remember your body would just piss it out, but there can be a lag time).

This timing will give you optimal tightness and definition without triggering a rebound rise in aldosterone and water retention.





**EXCESSIVE POTASSIUM
LEVELS ARE THE MOST
SENSITIVE STIMULATOR OF
ALDOSTERONE,
WHICH AS WE'VE
LEARNED, TRIGGERS
WATER RETENTION.**



5. BORAT'S POTASSIUM

According to Borat's theme song:

Kazakhstan number one exporter of potassium. All other countries have inferior potassium (and are run by little girls).

But don't worry. You won't need to import any special Kazakhstan potassium for your peaking phase. All you need is the natural potassium levels in your normal diet, which should be based on predominantly real, whole foods.

Don't load potassium or take any kind of supplemental potassium pills. Why?

Excessive potassium levels are the most sensitive stimulator of aldosterone, which as we've learned, triggers water retention.

Drastically cutting water and sodium, and loading potassium, is a recipe for very high aldosterone levels and subsequent water retention.

That's why many competitors feel they looked better a few days before their show before following loading and cutting strategies, or a few days after the show after everything normalizes.

The lesson – with water and minerals, don't follow extreme methods. Keep things relatively normal with just some slight modifications.



**NO ONE LIKES TO SEE
DADDY LONG LEG SPIDERS
CREEPING OUT OF THEIR
BIKINIS OR
MAN THONGS.**



6. TRIM DA PUBES

To one likes to see Daddy Long Leg spiders creeping out of their bikinis or man thongs.

If you look like you have Don King in a leg lock, it could be a major distraction from the ripped physique you've worked so hard to achieve. So take it down a notch.

*Added Bonus. If you have a "Little Shitake" like I do, it will at least make it look average size.

And regardless of your gender, I believe the modern reality is that we all like a clean workspace these days. The days of da wild bush are over.





**MY ADVICE IS TO PREPARE
ALL OF THE FOODS YOURSELF
DURING THIS WEEK, SO YOU
KNOW EXACTLY WHAT IS
GOING INTO THEM, AND
NO PROBLEMATIC
COMPOUNDS ARE SNEAKING
THEIR WAY IN.**



7. FOOD ALLERGIES— BANISH THE BLOAT

I believe you should be removing potential food allergens/sensitivities from your baseline diet regardless of any peaking goals. This will improve overall health, immunity, digestion, energy levels, performance, and appearance.

But this is doubly important in the week before a shoot. The potential negative, short-term cosmetic effects of a food allergen or sensitivity include bloating and water retention (and nasty egg farts, which the photographer or your fellow competitors may not appreciate).

The most likely culprits include gluten, dairy products, and chemical ingredients like preservatives and artificial sweeteners.

OK, so cut the artificial ingredients, and no milk or wheat bread -- simple enough right? Wrong.

Most people just don't realize how many foods, condiments, and sauces can contain these compounds. Gluten is used as a stabilizing agent in many sauces and condiments, not to mention additional thickening agents like flour and cornstarch.



Due to travel, models and competitors will often eat out at restaurants the week before their target day. If they end up in poor condition, they often blame the sodium in their foods. But in many cases, it could be the gluten in the condiments and sauces, or another sensitivity to the multitude of ingredients used in food preparation.

My overall diet approach is meant to be a practical, flexible, and sustainable lifestyle plan. This means having tools and strategies for eating out at any restaurant.

But during peak week, I encourage you to be a little stricter if you want to optimize your condition. That's why they call it peak week, it's not just your every day baseline plan.

My advice is to prepare all of the foods yourself during this week, so you know exactly what is going into them, and no problematic compounds are sneaking their way in.

This may mean packing and traveling with foods, etc. This doesn't have to be your standard practice, but it is one week of sacrifice to look your absolute best.





**YOU SHOULD ALLOW TWO
FULL RECOVERY DAYS BEFORE
THE TARGET DAY. SO IF THE
SHOW OR SHOOT IS ON
SATURDAY, YOUR LAST
TRAINING DAY IS ON
WEDNESDAY. THEN REST
THURSDAY AND FRIDAY.**



8. TRAINING— TARGETED GLYCOGEN LOADING

You want to give your body time to recover and replenish muscle glycogen stores before the show or shoot so you can have that full, pumped, hard look. If you train too close, you'll just end up looking flat and soft due to depleted energy reserves.

You should allow two full recovery days before the target day. So if the show or shoot is on Saturday, your last training day is on Wednesday. Then rest Thursday and Friday.

Here's a bonus tip: muscle glycogen use during training, and subsequent restoration during the post-workout recovery period, is body part specific. You're not burning glycogen stores in your quads when you're doing biceps curls.

So whatever split you are using, finish on the muscle groups that are a weak point and/or you want to highlight.

For example, you dudes might hit chest and arms on the Wednesday before the shoot. Then implement the carb-loading strategies to make the man boobs and guns appear a little fuller.

Women might go for an upper back, shoulder, and triceps workout to accentuate the V-taper and make the waist look smaller.

Physique enhancement is all about illusion, so you might as well use every trick in the book.







**LOAD CARBS EARLIER IN THE
WEEK WITH A BIG, SINGLE
DAY CARB LOAD AFTER YOUR
LAST TRAINING SESSION.
THIS IS WHEN YOUR BODY
CAN USE THEM BEST, AND
MOST EFFICIENTLY
DEPOSIT THEM INTO
THE MUSCLE CELL.**



9. CARBLOADING PHYSIQUE-STYLE

In terms of diet, protein and fat are going to remain constant at whatever you were dieting on. We'll manipulate carbs for cosmetic effect.

Performance athletes can implement researched-based carb-loading strategies to saturate glycogen stores before a competition because their only concern is to optimize performance. The strategy here is to combine a very high carbohydrate diet with no training during the final three days before the competition. If they overshoot their glycogen saturation point, it's not a big deal.

Physique athletes don't have that same luxury because of the potential for overspill once glycogen stores are full, which cosmetically, can lead to subcutaneous water retention and a soft look.

Here's what you need to understand about normal physiology. Once muscle glycogen stores are full, they will stay full for days if no intense, anaerobic training is performed. This is because the muscle only uses muscle glycogen during high intensity training.

It is liver glycogen that is broken down to maintain normal blood sugar levels, and support brain and central nervous system functioning at rest.

So I like to load carbs earlier in the week with a big, single day carb load after your last training session. This is when your body can use them best, and most efficiently deposit them into the muscle cell.



The glucose transporter GLUT4 is translocated to the muscle cell membrane with muscular contractions during training. This triggers glucose uptake into the muscle cell in the post-workout recovery period.

In addition the rate-limiting enzyme for glycogen resynthesis -- glycogen synthase -- is activated after exercise (more specifically, it is present in its more active I-form vs. inactive D-form).

Hit the carbs after your Wednesday workout, when your muscle stores are depleted and need them the most. There are two calculations you can use.

1. Eat 5-7g/kg of bodyweight or roughly 2-3g/lb.
2. Double the carbs you've been eating during your diet phase (so if dieting on 200g, eat 400g).
3. I would also cut your protein intake on half this day, simply so you can fit in all of those extra carbs.

Then on Thursday and Friday, go back to whatever you have been dieting on. You really only need to support liver glycogen stores and normal blood sugar and brain and CNS functioning at this point. So you don't need massive amounts of carbs on these days because you are not training and burning through any muscle glycogen reserves.

This timing allows for relatively full muscle glycogen stores without a huge potential for overspill. It also allows personalized adjustments to be made on Thursday and Friday. If you look flat, you can add back in a little more carbs, etc.

On a side note, especially for photos, I'd rather be slightly less full yet maximally ripped than try to maximize fullness, yet overshoot and look soft.



**FOR PHOTOS YOU DON'T
NEED TO BE NEARLY AS DARK
AS PHYSIQUE COMPETITIONS.
SO YOU DON'T WANT TO
USE PRODUCTS THAT
BODYBUILDERS USE AND
LOOK LIKE YOU'VE
BEEN ROLLING
AROUND IN THE MUD.**



10. FAKE AND BAKE

If you are too white, your muscle definition will wash out under the studio or stage lights. So you need to be tan for more than just pure vanity, it is to highlight all of your definition and cuts.

Get out in the sun a little bit if you can swing it. While overexposure and burning can obviously be problematic, small amounts can be very healthy. It leads to natural Vitamin D production, elevates mood, etc.

I prefer to lay out with a few bikini babes, preferably on beaches where clothing is optional. Just watch out for sand in da crack.

For photos you don't need to be nearly as dark as physique competitions. So you don't want to use products that bodybuilders use and look like you've been rolling around in the mud. Some over the counter sunless tanners (L'oreal, Neutrogena) work well.

But the stage is a different story. The lights are so bright that you'll need to slap on that damn shoe polish. It looks completely ridiculous everywhere else EXCEPT on stage. Companies like Pro Tan and Dream Tan specialize in these products, and in specific application procedures. Follow the directions on the bottle.

Regardless of what you use, try it out beforehand to make sure you don't have any kind of allergy to the ingredients, which can lead to bad rashes and odd colors.



**THE BEST “PHYSIQUE LIGHT”
IS AN OVERHEAD LIGHT
COMING FROM THE SIDE OR
AN OBLIQUE ANGLE. A LIGHT
DIRECTLY BEHIND YOU CASTS
TOO MUCH OF A SHADOW.**



11. LIGHTING IS EVERYTHING

One thing I've learned by doing multiple photo shoots is that lighting can make or break it. A pro physique photographer hopefully will know all of the tricks necessary to maximize definition.

But if it's just a buddy taking your photos, or even a pro photographer that does not have experience with physique photography, etc., that person might not know what the best lighting is.

The best “physique light” is an overhead light coming from the side or an oblique angle. A light directly behind you casts too much of a shadow. A light directly in front and straight on you can wash out lines and definition.

Use minimal lighting, have it come from an angle above, and position it slightly in front of you in order to create good definition and shadows.



You can play around a little bit, and move foreword or backwards, in small increments, to ultimately get the best effect.



**A LARGE MEAL RIGHT BEFORE
CAN LEAD TO GI DISTRESS,
INTESTINAL BULK,
BLOATING, AND
STOMACH DISTENSION.
SAVE THE LARGE MEAL
FOR THE NIGHT
AFTER THE SHOOT.**



12. D-DAY STRATEGY

5

bean burritos, a bag of Pringles, and a Mai Tai will really help you tighten up and bring this thing home...

Just kidding. Don't do anything crazy the day of the show or shoot.

Muscle glycogen restoration and synthesis happens over hours and days, not minutes -- something like 5% an hour.

So to try and shovel down hundreds of grams of carbs right before a shoot, thinking they are all going directly into the muscle cell and helping you fill out, is not accurate. Remember, we re-loaded muscle glycogen stores earlier in the week. And once they are high, they will stay high if no anaerobic training is performed.

You just need a light meal or snack to support liver glycogen stores and to provide enough blood sugar for overall energy. Something like 50-75g of carbs from a good starch source like rice or potatoes, 3-5 hours before starting, will do the trick.

A large meal right before can lead to GI distress, intestinal bulk, bloating, and stomach distension. Save the large meal for the night after the shoot.

In earlier sections we talked about a few other strategies you can implement to maximize definition.

1. You can slightly dehydrate on this last day without the body having time to negatively react. Basically cut your water intake in half (not completely out).
2. You can cut sodium on this last day to make sure there is no excess floating around, again without your body having time to react.







**I SUGGEST YOU GO THROUGH
A TRIAL RUN OR TWO FIRST
BEFORE YOUR ACTUAL SHOOT
OR SHOW, ESPECIALLY
IF YOU ARE A FITNESS
VIRGIN BEING TOUCHED FOR
THE VERY FIRST TIME.**



*** BONUS TIP**

TRIAL RUN—TEST, ASSESS, AND REFINE

These strategies are based on physiological principles, research, anecdotal evidence, and real world experience. I believe they are a highly informed and effective starting point.

However, unlike a lot of egotistical coaches out there, I will admit that as much as we know about the human body, it's still only a tiny fraction of how this amazingly complex organism works.

I mean, why do I get a boner watching Rachel Ray prep a Spring Salad? I don't know. But it happens, regardless.

The honest truth is that you are going to have to test and assess these strategies in the real world to find what works best FOR YOU. Small refinements may be necessary.

As such, I suggest you go through a trial run or two first before your actual shoot or show, especially if you are a Fitness Virgin being touched for the very first time.

Take notes on your condition, or even better photos, throughout the process.

But don't misunderstand this honesty with a lack of confidence in my approach.

I stand by my beliefs that for the majority of you out there, more subtle changes are better than extreme ones, loading carbs earlier in the week is better than later, and the rest of the details in this report will have you looking awesome on your shoot or show day.

I wish you the best of luck on your big day. Send me some photos afterwards so I can keep up to date with your progress.

Thanks,

A handwritten signature in blue ink that reads "Nate Miyaki". The script is fluid and cursive, with the first letters of "Nate" and "Miyaki" being capitalized and prominent.

Nate Miyaki

ABOUT THE AUTHOR

Nate Miyaki is a fitness author, athlete, and coach. He has run a private personal training and nutrition consulting practice for the past twelve years, working with a wide variety of clients, including pro-fessional athletes and models.



Nate or his work has been featured in Men's Health, Men's Fitness, LIVESTRONG, Muscle & Fitness, T-Nation, Bodybuilding.com, Elite FTS, and Renegade Strength.

He was a 2004 Max Muscle Natural Bodybuilding Champion and 2009 Musclemania America Champion. He has worked as a model and representative for several fitness brands.

For more information you can visit <http://natemiyaki.com/>



FTC Disclosure

As of December 1st, 2009 the FTC requires that we disclose whenever there could be hidden interests or unspoken biases related to recommendations. As I have already stated I only recommend products that I wholeheartedly recommend and would use myself. However, to cover my ass, please assume that for every link I have placed in this manual I will be getting paid thousands of dollars, flown around the world first class and provided with a lifetime supply of free hookers by the owners of said companies.