

Skip La Cour's

"RESULTS UNIVERSITY"

Comprehensive Bodybuilding and Training Course

Skip La Cour's

**Digital Download
Video Library**



26 Hours - 8 DVD Titles - 38 Intense Workouts - 46 Video Files



Plus \$150 of FREE BONUSES!

"MASTERY" 13-Hour Audio Seminar Course!
10 Hours of the BEST Phone Consultations!



“‘Class’ is now in session!”

--Skip La Cour

How This Digital Download Video Library and Bonuses Were Created and Why I Know They'll Help You Reach Your Goals

Congratulations for making this incredible investment in yourself--and toward your bodybuilding and training success!

Welcome to what I proudly call **Results University**.

I'm **Skip La Cour**; your "professor" for this course, coach, teacher, mentor, training partner, and friend all rolled into one.

Why Results University? Because I'm 100 percent certain that you are not only going to be educated, inspired, and entertained by the video and audio material presented in this awesome package, but you'll also earn significant RESULTS.

- *More rock-solid muscle*
- *Less menacing body fat*
- *More passion unleashed*
- *More certainty*
- *More confidence*
- *More effectiveness*
- *More efficiency*
- *Less time*
- *Less confusion*
- *Less overwhelm*
- *Less angst*
- *Validation and peace-of-mind*
- *A clear head so you'll be able to get to work and get the friggin' job done!*

I'm making some BIG promises, aren't I? I very well aware of that. That's because I am extremely confident in the material I've produced for you.

I will NOT let you down!

Many people "say" they want to take their bodies, habits, and lives to a higher levels—but that's all they really end up doing. They just do a lot of talking—without taking the necessary ACTION STEPS needed to make their dreams become reality.



Not you. For that, I applaud you.

I've have been around the bodybuilding and fitness world for very a long time and have seen a lot of people come and go. Trust me. You have already become one of the *select few* who have actually "put some skin in the game" and have taken massive action. You have already put yourself in the very best position to win big and eventually MASTER this bodybuilding and training lifestyle.

Again, congratulations. You may not realize how important this first step is yet—but I certainly do. Within a short three-month period of time (at the very most), you will too.

However, no matter how powerful this first step may be and how much it separates you from the massive number of "big talkers" out there—you absolutely must follow through with what we are starting. You must be willing to dedicate yourself to success for a short period of time. You must be willing to immerse yourself with this awesome information I am providing you for a short period of time.

That's the purpose of this ebook . It's not only a step-by-step guide for you to get the very most out of your investment, it's a complete reference guide and a incredible source of accountability.

Let me tell you about how this information was put together for you.

You may already know how much I was obsessed with improving my body and mind over the years. Morning, noon, and night, how to build more muscle and lose more body fat in the most effective and efficient way possible was practically all I thought about for years.

This extreme focus on winning strategies helped me become a six-time national champion drug-free bodybuilder and I had the opportunity to travel around the world living my dreams.

Sounds awesome, right? Well, the truth of the matter is that my dedication and single-mindedness created challenges in my life outside of the gym and away from the "dinner table" mainly because I didn't pay too much attention to anything else!

You are probably not willing to go through all the pain I've gone through to attain my level of bodybuilding and training experience to reach your goals and to tell you the truth, I don't blame you.

That's one of the many tremendous benefits of your investment.



I will save you from having to endure what I put myself through just to have the body you really want. My pain is going to be your GAIN.

You'll realize how much effort I have gone through to pass along the information to you so you benefit from my knowledge. I'm certainly not some self-centered bodybuilder just showing you what I do. This is what's going to produce RESULTS for you!

Motivation and mental toughness is an extremely important ingredient in your overall success. I have actually been obsessed with discovering all the factors that enable a person to achieve peak performance even *longer* than I've been a bodybuilder.



You'll see this "theme" integrated with every strategy I share with you. You'll undoubtedly see it in how I have outlined this "course" and how I give exact instruction on how to go through the material to ensure that you get the very best results. You see my passion for bodybuilding motivation in my live seminar segments that were filmed all over the world.

Have you heard of the book titled *Outliers: The Story of Success*? It's a non-fiction book written by Malcolm Gladwell. One of the takeaways from the book is that the author calculated that it takes a person 10,000 hours of extreme focus and dedication to become a true master at what he does.

One thing I realized at a much deeper level while assembling this Digital Download Video Library and all of the Bonuses that come with it for you was that I have certainly put in my 10,000 hours!

I didn't just throw together a "bodybuilding informational product" in a couple of months like so many other experts that you get emails from all the time do. You are going to see me train in different gyms and hear me lecture to crowds while in the passionate "heat of the battle" in video footage from across the globe.

I am so thankful I had the foresight to document and film my entire bodybuilding, training, and teaching journey for so many years. Is there another bodybuilding and training coach on the planet who has done so and for so long? I don't think so. I didn't fully appreciate what I've done in all of that time until I put this "Results University" package together for you. I'm so glad I did.

You will too.

Five years from now when you are a knowledgeable, physical specimen who almost effortlessly lives the bodybuilding lifestyle and when others flock to you to teach them, I selfishly want to be the man who you credit for your amazing success.

I want this Digital Download Video Library and the Bonuses . . . "Results University" . . . to be the course that catapults you to the next level—and every higher level afterward.

Let's get started. "Class" is now in session!

Train Hard. Think Big.

A handwritten signature in black ink that reads "Skip La Cour". The signature is fluid and cursive, with the first name "Skip" written in a larger, more prominent script than the last name "La Cour".

Skip La Cour

www.SkipLaCour.com

Six-Time National Bodybuilding Champion

Owner of [Skip La Cour Mass Machine Nutrition](#)

Here Are The 7 Steps I Want You To Take

You've taken this courageous "leap of faith" and have trusted me to share my years of experience, insight, personal accomplishments, and coaching skills with you.

Don't stop now. Soon, you will fully realize what an awesome decision you made by doing so. I will NOT let you down.

I need you to continue putting your trust in me by following the steps EXACTLY as I outline them. I don't want you to assume that you may know more than your *professor* (that's me) here at "Results University" (this course) no matter how much it might not make sense to you.



IMPORTANT NOTE: *I am going to have you move from different sections of the videos and audio files in what may seem like a haphazard, disorganized manner. It's not.*

There is a well-planned, purposeful "method to my madness" that you'll fully understand when you have completed this course.

A couple of months of your full focus, attention, and mental flexibility is all I need to seriously compact what took me years of trial-and-error, blood, sweat, tears, pain, and regrets into a success system that will get you to my elite level of understanding in just a FRACTION of the time.

Empowered with that elite level of understanding that took me years to earn, you will have the certainty and confidence to work harder and focus on the matter at hand—without the all of the confusion and overwhelm that has plagued you in the past.

You will get the most of your investment and condense YEARS of learning time into a mere fraction of what you would have to go through yourself by following these steps exactly as I have outlined them.

1. Figure out exactly why your success is important to you.

When you get clear on **why** you want to succeed, finding and executing the right strategies to make it happen will become much, much easier. Your MIND is your most powerful bodybuilding and training tool. (*Get used to me saying that over and over again.*)

2. Get specific about exactly what it is you want.

There are so many things in life that you can focus on. You absolutely must be able to clearly identify exactly what you want in order to block out the hundreds of distractions you encounter every month that can get in the way of your success. You must get specific at the beginning of your journey so when the opportunities present themselves, you'll be ready to take advantage of them. Don't worry about committing to goals right now because you fear you might change your mind. You're free to do that (and even encouraged) when you become more knowledgeable and experienced.

3. Assess your current strengths and weaknesses.

You must have some idea of where you are now in order to get to where you eventually want to be. This type of honest self-assessment will help you better prioritize all of the information I'm going to present you with. It will also prevent you from "information overload" that many people in the bodybuilding and fitness world suffer from because they don't know how to put value on the information. Let's face it. Not all the information is equal in importance. You have to figure out what's most important for you to learn and at which stage of your journey so that your head doesn't explode.

4. Plan specific action steps.

Now it's time to figure out a plan-of-attack based on YOUR goals and dreams—and not anyone else's. What specifically will you need to learn? What kind of person will you need to become? What specific ACTIONS are you going to have to start taking--and taking those actions more consistently? What are the specific ways of THINKING you are going to have to adopt—and start thinking that way more often?

5. Figure out how YOU learn most effectively and create a learning plan.

Everyone learns things differently. Some people get better results when they watch videos. Some people get better results when they listen to the spoken word. Some people learn better in the morning while other are at their best at night. Some people learn better when they are working out in the gym while other need to sit down at their computer away from other people. After thinking about how YOU learn the most effectively and what times of the day you do so, you will come up with a schedule that you dedicate to going through this course material.

6. Come up with YOUR 30 most pressing questions.

Before you even begin, I want you to list **30 questions** in regard to training, nutrition, motivation and mental toughness, or whatever facet of the process that you feel that you need answered. This is an extremely important step because you will know the answers when you come to them. Keep in mind that what you believe—at your level—may NOT be what I believe with my level of experience is as important to your success as you do. You should, however, take note when these subjects are addressed.

7. Absorb the material in the exact order I have outlined for you.

In this step, I will instruct you as to the *exact* order I want you to go through all of the material within this program and why I want you to do so. It's it very important that you follow this sequence in order to get the very best results. There's a method to my "madness" that I've developed though years of experience helping people just like YOU succeed.

Follow the plan as outlined. Complete this course in its entirety. You owe it to yourself.

Notes

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Step One: ***Figuring Out Why Your Success Is Important To You***

When you get clear on **why** you want to succeed, finding and executing the right strategies to make it happen will become much, much easier. Your MIND is your most powerful bodybuilding and training tool. (*Get used to me saying that over and over again.*)

Why did you invest in this **Digital Download Video Library** and its **Bonuses**?

With all of the information available from all of the different fitness experts, why did you choose me as your coach or mentor? (*Note: I will NOT let you down!*)

What are your **Top 5 Bodybuilding and Fitness Goals?** (*I'm sure you have many but only write down five of them right now.*)

1. _____

2. _____

3. _____

4. _____

5. _____

Imagine six months into your future for a moment. How AWESOME would it feel if you followed though 100 percent and watched all of the videos, listened to all of the audio sessions, and EARNED all of the success that you planned to accomplish?

[illegible]

TAKE ACTION NOW!

☐ Yes, I did this. ☐ No, I did not. Here's my reason: _____

Step Two: ***Getting Specific About What You Want***

There are so many things in life that you can focus on. You absolutely must be able to clearly identify exactly what you want in order to block out the hundreds of distractions you encounter every month that can get in the way of your success. You must get specific at the beginning of your journey so when the opportunities present themselves, you'll be ready to take advantage of them. Don't worry about committing to goals right now because you fear you might change your mind. You're free to do that (and even encouraged) when you become more knowledgeable and experienced.

By the time you finish this **Digital Download Video Library and Bonuses**, what has to happen in order for this investment to be an outstanding value? On a scale from 1 to 10, what has to happen; what would you need to know; and how would you have to feel so that you know with absolute certainty that it was a "10+"?

How long ago did you decide that you wanted to take your bodybuilding and fitness goals to the next level?

What are three (3) specific actions that you've taken so far that have been the MOST EFFECTIVE to getting you to the next level?

1. _____

2. _____

3. _____

What are three (3) specific actions that you've taken so far that have been the LEAST EFFECTIVE to getting you to the next level?

1. _____

2. _____

3. _____

What **specific events** motivated you to make the decision to take your efforts to a higher level?

Step Three:

Assessing Your Current Strengths and Weaknesses

You must have some idea of where you are now in order to get where you eventually want to be. This type of honest self-assessment will help you better prioritize all of the information I'm going to present you with. It will also prevent you from "information overload" that many people in the bodybuilding and fitness world suffer from because they don't know how to put value on the information. Let's face it. Not all the information is equal in importance. You have to figure out what's most important for you to learn and at which stage of your journey so that your head doesn't explode.

On a scale to 1 to 10, how strongly do you feel your **training** knowledge is right now? **Score**

What are your **strengths** when it comes to training?

What specifically do you need to learn and actually do to improve upon your **weaknesses** in training right now?

On a scale to 1 to 10, how strongly do you feel your **nutrition** knowledge is right now? **Score** _____

What are your **strengths** when it comes to nutrition?

What specifically do you need to learn and actually do to improve upon your **weaknesses** in nutrition right now?

On a scale to 1 to 10, how strongly do you feel your level of motivation and mental toughness is right now? **Score** _____

What are your **strengths** when it comes to motivation and mental toughness?

What specifically do you need to learn and actually do to improve upon your **weaknesses** in motivation and mental toughness right now?

Notes

Step Four: Specific Action Plans

Now it's time to figure out a plan-of-attack based on YOUR goals and dreams—and not anyone else's. What do you think you specifically must do to achieve the **Top 5 Bodybuilding and Fitness Goals** that you previously listed? What specifically will you need to learn? What kind of person will you need to become? What specific ACTIONS are you going to have to start taking—and on a consistent basis? What are the specific ways of THINKING you are going to have to adopt—and start thinking that way more often?

Start “brainstorming” and quickly writing down the very first things that come to mind. There are no “wrong” answers—so go for it.

[illegible]

Step Five:

Know How YOU Learn Most Effectively and Create Plan

Everyone learns things differently. Some people get better results when they watch videos. Some people get better results when they listen to the spoken word. Some people learn better in the morning while other are at their best at night. Some people learn better while they are working out in the gym while other need to sit down at their computer away from other people. After thinking about how YOU learn the most effectively and what times of the day you do so, you will come up with a schedule that you dedicate to going through this course material.

Do you learn more effectively in the morning, afternoon, or evening?

Do you learn more effectively when you WATCH videos or LISTEN to the spoken word (audio)?

Do you learn more effectively when you write things down? *Note: You should answer "Yes" to this.*

Will you take notes and list your pressing questions while you are going through this program? *Note: You should answer "Yes" to this too.*

Schedule the time and days you will devote to this program:

How many day a week will you devote?

Which specific days of the week will you commit to this program?

What time of day will you schedule on those days to this program?

How much time will you budget for each learning session?

Where will you watch the videos most of the time?

Where will you listen to the audio files most of the time?

Set a DEADLINE right now. When will you be finished watching all of the videos and listening to all of the audio recordings?

I, _____, will have gone through Skip La Cour's Digital Download Library and its Bonuses in its ENTIRETY by _____(Month/Year).

(Just for the discipline of this, email me your DEADLINE DATE to me right now at skip@skiplacour.com.)

Notes

Step Six:

Come Up With 30 of Your Most Pressing Questions

Before you even begin, I want you to list **30 questions** in regard to training, nutrition, motivation and mental toughness, or whatever facet of the process that you feel that you need answered. This is an extremely important step because you will know them when you come to them. Keep in mind that what you believe—at your level of experience and insight—may NOT be what *I* believe with my level of experience and insight is as important to your success as you do. You should, however, take note when these subjects are addressed. Keep pressing to list 30 questions—even if you are challenged to do so. Think about as if you were in the gym and I’m yelling in your ear *"One more rep! You can do it! This is when you GROW!"*

1. _____

2. _____

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30. _____

Notes

Step Seven:

Absorb This Material In This EXACT Order

Here is the exact order I want you to go through all of the material within this program and why I want you to do so. It's it very important that you follow this sequence in order to get the very best results.

1. Skip La Cour's Packing On Muscle – Video 1 (*Entire Week of Training – This starts at the 6-minute mark*)

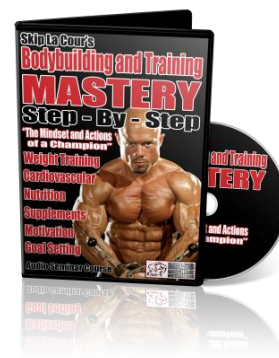
Watch the entire week of training first. It's about one hour. You'll not only see me execute the different exercises, you'll witness the amount of passion and drive (the intangibles that you simply can't totally comprehend from written words or from someone who hasn't achieved a certain level of success). I feel the very best benefit of this segment is the physical, mental, and emotional "next level" strategies that you aren't going to find anywhere else. It would take you YEARS t figure these out for yourself if you were even to stack up that much time of continuous training. You have the opportunity to start at the elite level of thinking and doing NOW.



☐ I've watched this video segment. Date viewed ____ / ____ / ____ (month/day/year)

2. Bodybuilding and Training MASTERY: Step-By-Step "The Mindset and Actions of a Champion" (*Eat Like a "Champion" – Audio Session 3*)

How you eat is *extremely* important to the bodybuilding and training process. I want you to prioritize this information and go through it at the beginning of "Results University", I can't begin to tell you how many people training hard and making significant gains simply don't realize it because they are too fat to see their gains because they don't know how to eat. Others train like freakin' warriors—but don't see the gains because they don't know how to make their hard work in the gym pay off with good eating habits. In this two hour session, I take you through the entire eating process—physically, mentally, and emotionally. I tell you exactly what you should put a high priority on to see results and what's not quite as important as you've been led to believe. Make sure you follow along through the workbooks and do the exercises while listening to this audio file.



☐ I've listened to this audio segment. Date listened ____ / ____ / ____ (month/day/year)

3. Skip La Cour's Packing On Muscle – Video 2 (*Nutrition Seminar – Starts at the 58 minute mark*)

Watching this one hour seminar is just another effective and efficient way to drive home the importance of good eating habits. You'll use a different modality than the audio seminar that you listened to or any books you've read. I tell stories and use analogies to help you make this part of the process that is oftentimes made far too complicated for most people a lot easier to understand. And, although eating strategies are debated all of the time and have been for years, you'll get a good handle on the basic fundamentals of success. You'll have a much more solid foundation of understanding good eating habits when the credible, new, advanced scientific advancements and the different "experts" personal opinions cleverly disguised as facts are debated on the internet.



☐ I've watched this video segment. Date viewed ____ / ____ / ____ (month/day/year)

4. Skip La Cour's Packing On Muscle – Video 2 (*20 Additional Exercises Demonstrated and Explained in Detail – 16 minutes - Starts at the beginning*)

Here are more exercises that you may be using or want to use where I demonstrate and explain every physical, mental, and emotional tip that I know to take you to a higher level of performance and comfort.

☐ I've watched this video segment. Date viewed ____ / ____ / ____ (month/day/year)

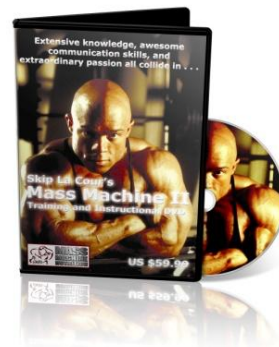
5. Skip La Cour's Packing On Muscle – Video 2 (*Insightful Tips and Advanced Advice – 23 minutes - Starts at the 16-minute mark*)

These are the experienced, "Champion-level" tips that you simply aren't going to read about in books or learn from people without years of experience and pushing themselves at the highest level for most of those years. I talk about and demonstrate exercise form, recording your progress, stretching, training partners, wrist straps, adding weight to weight stacks, pre-workout nutrition, post-workout nutrition, antioxidants, pre-framing your workouts, reviewing your workouts, previewing your next workout after one ends, and what I carry in my gym bag.

☐ I've watched this video segment. Date viewed ____ / ____ / ____ (month/day/year)

6. Skip La Cour's MASS MACHINE II Training and Instructional Video (*More Insight Tips and Advanced Advice – 6 minutes - Starts at about the 1 hour and 10-minute 30-second mark.*)

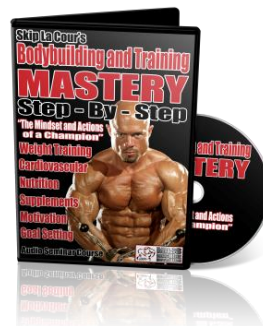
Here are more tips that address some of the most frequently asked questions from lifters all over the world. I talk about and demonstrate reviewing my workouts before I begin my workout, stretching to prevent injuries, getting myself in a mental peak performance state before each and every set, the right length of time to rest between sets, training partners, what you need to do to develop a great training partner, what YOU need to do to be a great training partner to someone else. About 6 minutes. Starts about the 1 hour and 10-minute 30-second mark.



☐ I've watched this video segment. Date viewed ____ / ____ / ____ (month/day/year)

7. Bodybuilding and Training MASTERY: Step-By-Step "The Mindset and Actions of a Champion" (*The Mindset of a Champion – Audio Session 1 - The entire segment.*)

I wanted to "jump start" you with great, tips and insights in the gym and with your eating habits so you can start seeing results and feeling more comfortable with the bodybuilding and training process IMMEDIATELY.



☐ I've listened to this audio segment.
Date listened ____ / ____ / ____ (month/day/year)

8. Bodybuilding and Training MASTERY: Step-By-Step "The Mindset and Actions of a Champion" (*The Structured Thought, Actions, and Lifestyle of a "Champion" – Audio Session 4 – The entire segment*)

Now that you have a better understanding of the training and nutrition aspects of the bodybuilding and training process, I want you to start learning more about the thinking patterns of a person who succeeds with their efforts and immediately start integrating them into your own thoughts and actions.

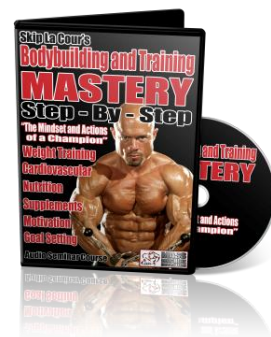


☐ I've listened to this audio segment.
Date listened ____ / ____ / ____ (month/day/year)

9. Bodybuilding and Training MASTERY: Step-By-Step "The Mindset and Actions of a Champion" (*Successfully Integrating the Thoughts and Actions of a "Champion" Into Your Lifestyle – Audio Session 6 – The entire segment.*)

You now have a better understanding of the most important weight training, cardiovascular training, nutrition, and mental strategies. Now it's time for you to organize your life in a manner that supports your efforts.

☐ I've listened to this audio segment.
Date listened ____ / ____ / ____ (month/day/year)



10. Success Is A Planned Event: A Day In The Life of Skip La Cour Video (*Watch the entire video now.*)

Now that you've come up with a plan to organize your life in a manner that supports your efforts, watch me go through my day as arguably the world's best known competitive drug-free bodybuilder. Are there a few things that you learn from this video that can make you even more productive, effective, and efficient? This is a good time to set higher standards and create better plans

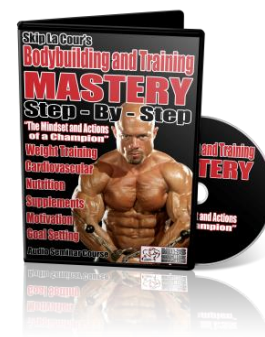
☐ I've watched this video segment.
Date viewed ____ / ____ / ____ (month/day/year)



11. Bodybuilding and Training MASTERY: Step-By-Step "The Mindset and Actions of a Champion" (*Train Like a "Champion" – Audio Session 2 – The entire segment*)

Now that you've not only watched me training hard in gym but heard me explain everything that I am thinking and doing while performing each exercise, I want to take you through my step-by-step breakdown of weight training to build muscle. How I present this portion of the audio seminar is something you should understand. I've answered literally thousands of questions about weight training dozens of times each. I've invested a lot of time becoming more efficient answering them in the most effective manner.

This audio seminar is organized exactly how a person going through the bodybuilding process would ask questions based on their level of understanding and experience. I put a hierarchy of importance on the material. It's prioritized. Each topic builds upon itself starting off with the basics training topics. Only after a solid foundation of understanding the basic concepts have been established do I gradually get more complex.



I don't jump around from simple topics and dramatically more complex topics in the same breath. I don't talk about the advanced and somewhat controversial concepts immediately after discussing the basic fundamentals. I don't talk about the things you absolutely must do to succeed and then talk about things that are optional right afterward.

I know that's how it is usually done over the internet—and I know how much that confuses you.

☐ I've listened to this audio segment. Date listened ____ / ____ / ____ (month/day/year)

12. The Best of Skip La Cour's One-on-One Bodybuilding & Training Phone Consultation Series (*Sessions 1 through 8*)

I can't tell you how many people who are doing pretty damn well with their bodybuilding and training efforts mistakenly believe that are failing miserably. I understand that most of us go through this journey alone. How can we have the right perspective if we've never been through the process before? Oftentimes, we mistakenly think there is something uniquely wrong with us and we are the only ones going through certain bodybuilding and training challenges.



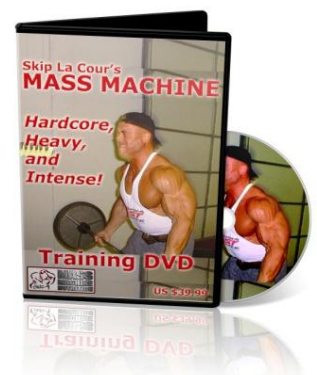
After listening to these coaching sessions with men just like you, you are not only going to learn what it takes to succeed at your own efforts, you are actually going to feel *relieved* to know that your challenges are common among most us. That's going to alleviate a lot of built up angst and free you up to just put your head down and work hard and earn the results you're after.

☐ I've listened to these audio segments. Date listened ____ / ____ / ____ (month/day/year)

13. Skip La Cour's MASS MACHINE Hardcore, Heavy, and Intense Video (*The first 1 hour and 14 minutes*)

I'm having you watch this video at this time by design. Sure, you are going to be impressed by my drive, passion, and the amount of weight I am lifting. But what I really want you to take note of is how much my training strategies have evolved from then, the different exercises I used then compared to now, and especially how much my form, feel, and execution have improved. Man! My squats sucked back then!

What I want you to take away from this is that you do NOT have to be perfect with everything you do immediately in order to make gains! As long as you are consistent, stimulate the muscle respectably close to

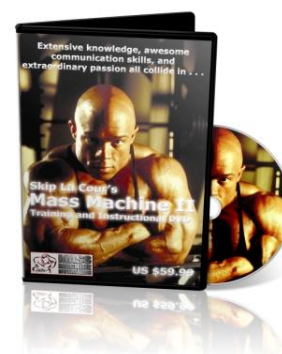


100 percent, and constantly strive to get better, you can benefit from your hard work in the gym. It's not an "all-or-nothing" endeavor like many experts insist is it. Now, you don't have to go back to where I was back then, mind you. In fact, I want you to start where I graduate and demonstrated and explained to you in the previous videos. I just want you to gain some valuable perspective after watching this video.

☐ I've watched this video segment. Date viewed ____ / ____ / ____ (month/day/year)

14. Skip La Cour's MASS MACHINE II Training and Instructional Video (*The first 1 hour and 24 minutes*)

This video is great to watch now because of all the training tips I voiceover during the video footage. I use a much different body part training schedule and a lot different exercises during this video. Did you know I used that exact same training routine day in and day out and week in and week out for over two years? What's that say about those experts who absolutely insist that you change your workouts every two weeks to "confuse" your muscles and that's the only way to stimulate growth? You're not only confusing your muscles, you're confusing your mind. You make it almost impossible for you to get your mind 100 percent prepared for the job your physical body has to do that day. I gained an unbelievable amount of certainty, confidence, and momentum because I knew exactly what my mind and body was going to experience every second I was in the gym. You'll see the incredible level of performance using heavy weight.



Just like with the previous MASS MACHINE Hardcore, Heavy, and Intense video, I'm having you watch this video now for the exact same reason. You'll gain the same perspective I did—without having to put yourself through the learning process.

☐ I've watched this video segment. Date viewed ____ / ____ / ____ (month/day/year)

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Special Features Worth Noting Within This Digital Download Video Library and Its Bonuses That You Don't Want To Miss

Inspirational Training Footage and Training Strategies

- *Entire Week of Training – MM1 Video.*
An entire week of off-season training. Every exercise, set, and repetitions are included. All training footage with no narrative.
 - *Mass Machine Training – MM2 Video through MM33 Video.* A total of 32 hardcore Mass Machine Training workouts without narrative. These training sessions are all broken up in the exact workout with the exact body part routine. Every exercise, set, and repetition are included.
- 
- *Packing On Muscle – Video 1.* I'm doing a week of training just grunting and sweating. No talking. About 1 hour. It starts at the 58-minute mark.
 - *WARRIOR video.* Tons of hardcore and artistic training shot without a shirt just two weeks before a national bodybuilding championship victory. 1 hour and 23 minutes. It starts at the beginning.
 - *Bodybuilding and Training BLUEPRINT Seminar - Video 1.* Training strategies explained in a seminar setting with colorful and sometimes humorous stories, metaphors and analogies to drive the points home. 2 hours and 8 minutes. It starts at the beginning.
 - *Live Seminar Video – Video 1.* I talk about training using many different stories, metaphors, and analogies from my seminar all over the world. About 40 minutes. It starts at the 46-minute mark.

Cardiovascular Training

- *Packing On Muscle – Video 1.* Shorter, more intense cardiovascular training. 10 minutes. It starts at the 1 hour and 50-minute mark.
- *MASS MACHINE II Training and Instructional Video.* The treadmill was my favorite form of cardio at this time and I explain why. 3 minutes. It starts at the 1 hour and 9-minute mark.

Nutrition

- *Bodybuilding and Training BLUEPRINT Seminar - Video 3 and 4.* Eating strategies explained in a seminar setting interacting with people who are passionate about learning just like you. 2 hours and 7 minutes. It starts at the 1 hour and 4-minute mark on Video 3. All of Video 4.
- *Live Seminar Video – Video 2.* About 46 minutes. It starts at the beginning.

Motivation and Mental Toughness

- *Packing One Muscle – Video 2.* Body part training set to the “Mass Machine” theme music. Every body part is included. About 14 minutes. It starts at the 40-minute mark.
- *MASS MACHINE II Training and Instructional Video.* Assorted tips with inspirational video footage and photos. Topics include: Your mind is your most important training tool, dealing with the feeling of not being satisfied, setting deadlines, and “Skip La Cour’s Four Keys To Bodybuilding and Training Success.” 30 minutes. It starts at the 1 hour and 24-minute mark.
- *Bodybuilding and Training BLUEPRINT Seminar - Video 2 and 3.* Motivation and mental toughness strategies are presented in a seminar setting. You’ll get a chance to see my real personality other than me grunting in the gym. 2 hours and 22 minutes. All of Video 2. It starts at the beginning of Video 3 and ends at the 1 hour and 4-minute mark.
- *WARRIOR video.* Informational and inspirational roundtable discussion. Tons of motivation and mental toughness tips. 27 minutes. It starts at the 1 hour and 23-minute mark.
- *Live Seminar Video – Video 1.* A lot of this video footage was taken in my seminars all over the world. I really get into the mindset of someone who is successful at their bodybuilding and training efforts. I talk A LOT about the beliefs surrounding drug-free, natural bodybuilding. I also tell the story of how I came back from my most disappointing contest showing to arguably my very best contest showing one year later. About 39 minutes. It starts at the beginning of the video.



Inspirational Muscle Shots/Posing

- *WARRIOR video*. About 4 minutes. Starts at the 1 hour and 50-minute mark.
- *MASS MACHINE Hardcore, Heavy, and Intense Video*. About 6 minutes. This has footage from the Wednesday before my first overall Team Universe and arguably my greatest showing ever. It starts at 1 hour and 14 minutes.
- *MASS MACHINE II Training and Instructional Video*. After each of the five training sessions.

Bodybuilding Contest Stage Footage

- *Packing On Muscle – Video 2*. Contest footage from my back-to-back national championship victories – about 4 minutes. It starts at the 54-minute mark.
- *MASS MACHINE II Training and Instructional Video*. This was a painful but extremely helpful learning experience! Although I came in second place, it was the very last time I was ever going to try to worry about “size” at a contest. I always came in completely shredded after this contest. About 2 minutes. It starts at the 1 hour and 23-minute mark.
- *Skip La Cour’s Dare To Dream! Video*. Lots of very memorable contest appearances are scattered throughout this video. Most notably, my appearance at the Mr. Universe contest in Guam.
- *Live Seminar Video – Video 2*. Contest footage of two consecutive years with the back-story being told. It starts at about the 40-minute mark.



Drug-Free Natural Bodybuilding and the Limiting Beliefs It Is Plagued With

- *Live Seminar Video – Video 1*. A lot of this video footage was taken in my seminars all over the world. I talk A LOT about the beliefs surrounding drug-free, natural bodybuilding. About 39 minutes. It starts at the beginning of the video.

How To Earn Cash From Your Passion for Bodybuilding and Fitness

- *Live Seminar Video – Video 2*. 37 minutes. It starts at the 46-minute mark.

International Magazine Photo Shoot

- *MASS MACHINE II Training and Instructional Video*. 6 minutes. It starts at about the 1 hour and 16-minute mark.

- *Skip La Cour's Dare To Dream! Video.* Includes video footage from photo shoots at the legendary Gold's Gym in Venice, California. 10 minutes. It starts at the 24-minute mark.

Skip La Cour's History and Highlights

- *Skip La Cour's Dare To Dream! Video.* During this entire video, you'll be able to look back at the time when I was just starting my career with a hell of a lot of determination and not a lot of hair! You'll see bodybuilding contest victories that were aired on ESPN and national television commercials.

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Product Check Off List

Product	Type	Date Downloaded	Date Completed
Skip La Cour's Packing-On Muscle! Max-OT Style - Video 1	Video		
Skip La Cour's Packing-On Muscle! Max-OT Style - Video 2	Video		
Skip La Cour: The Original Max-OT Training WARRIOR – Video Only	Video		
Skip La Cour's Bodybuilding and Training BLUEPRINT Seminar - Video 1	Video		
Skip La Cour's Bodybuilding and Training BLUEPRINT Seminar - Video 2	Video		
Skip La Cour's Bodybuilding and Training BLUEPRINT Seminar - Video 3	Video		
Skip La Cour's Bodybuilding and Training BLUEPRINT Seminar - Video 4	Video		
Skip La Cour's MASS MACHINE II Training and Instructional Video	Video		
Skip La Cour's MASS MACHINE Hardcore, Heavy, and Intense Video	Video		
Success Is A Planned Event: A Day In The Life of Skip La Cour	Video		
Skip La Cour's Live Bodybuilding and Training Seminar – Video 1	Video		
Skip La Cour's Live Bodybuilding and Training Seminar – Video 2	Video		
Skip La Cour's Dare To Dream! Video	Video		
Entire Week of Training – MM1 Video	Video		
Mass Machine Training – MM2 Video	Video		
Mass Machine Training – MM3 Video	Video		
Mass Machine Training – MM4 Video	Video		
Mass Machine Training – MM5 Video	Video		
Mass Machine Training – MM6 Video	Video		

Mass Machine Training – MM7 Video	Video		
Mass Machine Training – MM8 Video	Video		
Mass Machine Training – MM9 Video	Video		
Mass Machine Training – MM10 Video	Video		
Mass Machine Training – MM11 Video	Video		
Mass Machine Training – MM12 Video	Video		
Mass Machine Training – MM13 Video	Video		
Mass Machine Training – MM14 Video	Video		
Mass Machine Training – MM15 Video	Video		
Mass Machine Training – MM16 Video	Video		
Mass Machine Training – MM17 Video	Video		
Mass Machine Training – MM18 Video	Video		
Mass Machine Training – MM19 Video	Video		
Mass Machine Training – MM20 Video	Video		
Mass Machine Training – MM21 Video	Video		
Mass Machine Training – MM22 Video	Video		
Mass Machine Training – MM2 Video	Video		
Mass Machine Training – MM23 Video	Video		
Mass Machine Training – MM24 Video	Video		
Mass Machine Training – MM25 Video	Video		
Mass Machine Training – MM26 Video	Video		
Mass Machine Training – MM27 Video	Video		
Mass Machine Training – MM28 Video	Video		

Mass Machine Training – MM29 Video	Video		
Mass Machine Training – MM30 Video	Video		
Mass Machine Training – MM31 Video	Video		
Mass Machine Training – MM32 Video	Video		
Mass Machine Training – MM33 Video	Video		
Bodybuilding & Training MASTERY: Step-By-Step – Session 1	Audio		
Bodybuilding & Training MASTERY: Step-By-Step – Session 2	Audio		
Bodybuilding & Training MASTERY: Step-By-Step – Session 3	Audio		
Bodybuilding & Training MASTERY: Step-By-Step – Session 4	Audio		
Bodybuilding & Training MASTERY: Step-By-Step – Session 5	Audio		
Bodybuilding & Training MASTERY: Step-By-Step – Session 6	Audio		
The Best of Skip La Cour's One-on-One Bodybuilding & Training Phone Consultation Series – Session 1	Audio		
The Best of Skip La Cour's One-on-One Bodybuilding & Training Phone Consultation Series – Session 2	Audio		
The Best of Skip La Cour's One-on-One Bodybuilding & Training Phone Consultation Series – Session 3	Audio		
The Best of Skip La Cour's One-on-One Bodybuilding & Training Phone Consultation Series – Session 4	Audio		
The Best of Skip La Cour's One-on-One Bodybuilding & Training Phone Consultation Series – Session 5	Audio		
The Best of Skip La Cour's One-on-One Bodybuilding & Training Phone Consultation Series – Session 6	Audio		
The Best of Skip La Cour's One-on-One Bodybuilding & Training Phone Consultation Series – Session 7	Audio		
The Best of Skip La Cour's One-on-One Bodybuilding & Training Phone Consultation Series – Session 8	Audio		

Bolster Your Bodybuilding and Training With Skip La Cour's Mass Machine® Nutrition



Visit the website at:

[www. MassMachineNutrition.com](http://www.MassMachineNutrition.com)

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