

# Questions & Answers

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## Introduction

I get a tremendous amount of emails everyday. I try and answer each one because I appreciate the time it takes someone to write me a letter. It's a great high for me to talk to someone about their progress, and it gives me a lot of insight into what works and what doesn't. So I've decided to feature a few of the questions I get each month in the current issue of Beyond Failure Magazine.

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## Get a Firmer Behind!!

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**Question:** Hello Jacob,

I really need work on my glutes, what is the best way to target them?

Thanks!

Cindy

**Answer:** As far as compound exercises go, none are better than the squat, lunge and deadlift. The key is to get a peak contraction at the end of the exercise that emphasizes the glutes. I would also recommend utilizing the power partial principle, in which you prioritize the aspect of the exercise that best targets the glutes. For example when you squat, I would recommend getting a wide stance and concentrate purely on lifting with the glutes. The first muscle that should contract, should be the glutes when you come up on the squat, not your quads. This is why it is important to push off of your heels. Now barring this, you can squat down at parallel or a bit below, lift the weight half way, go back down and then get a full repetition, in doing this you are placing more stress on your glutes.

Another exercise I recommend for this area is the three-pump lunge. Essentially, you lunge downward with the weight, come up half way three times, purely pushing off of your glutes, followed by a full rep. This perhaps is the best way to build up the area.

As far as isolation goes, kickbacks with and without weight work extremely well. Here is a quick routine that will give you fantastic results! Use this at the end of your leg workout.

[Standing Kickbacks](#) 3 x's 12-15 reps. Take 3 seconds to perform the positive rep, 3 seconds to complete the peak contraction and 1-3 to lower it. Do this one leg at a time

[3 Pump Lunges](#) 3 sets ( 10, 8, 6 )

You can click on each of these for descriptions on how to perform the exercise. Follow this, and I absolutely guarantee a firmer behind!

## I Can't Squat Properly!!

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**Question:** Hi Mr. Wilson,

When I squat, I can't even go to parallel, and my back keeps coming forward, do you have any tips for improving my form.

Shawn

**Answer:** The answer is actually quite simple. Your current flexibility is not allowing you to complete a proper repetition. I have a few tips.

1. Twice a week do the following:

### Groin Area

Butterfly groin stretch to warm up the groin muscles. This is similar to the [basic groin stretch](#). Except rather than apply pressure with your hands you lightly, in a butterfly motion and using your groin muscles, flutter your knees up and down. Perform this for about 1-3 minutes to get warm.

Following this, press down slightly in the basic groin stretch position for 30 seconds.

Rest

Now apply even more pressure on your groin for 45 seconds.

Rest

Repeat

### Hamstrings

Stiff legged dead lift stretch - I like to warm my hamstrings up by simply stiff legged dead lifting the bar for about 25 reps.

Following this, use the [seated forward stretch](#) for the same procedure that you used in the basic groin stretch.

After a month you should notice that your range of motion will have doubled!

My second suggestion is to elevate your feet on the squat, while waiting to become flexible enough to do a traditional back squat. By elevating your feet, you will be able to go as low as you want, with absolutely no problems flexibility wise!

## Does Running Build Muscle???

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**Question:** Dear Jacob,

I was wondering, how good running is for muscle growth, or if it actually builds it at all?

Thanks so much!

Mike

**Answer:** If you are interested in gaining size on the track, then sprinting can help. I say this because sprinting stimulates hypertrophy (muscle growth) in both fast twitch a and b fibers. In this respect it is similar to lifting weights. If you have ever compared a sprinters body to a long distance runner's body you know exactly what I mean, the sprinter has much larger muscles because of what his activity stimulates.

### Muscles Sprinting Mainly Stimulates:

1. Hamstrings – Every great sprinter has a great set of hamstrings! Sprinting builds this muscle up incredibly!
2. Glutes - This activity is also a great glute builder.
3. It also builds the soleus, which is the lower calf muscle under the larger gastrocnemius.

This is just another reason to incorporate HIIT aerobics! By the way, if you are interested in getting faster on the track, I would suggest working the muscles I listed above and prioritizing them in your routine.

## Sleeping Pill??

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**Question:** Hello Jacob,

I have been dieting severely, like taking in 1200 calories a day! If this wasn't bad enough I can't sleep! I have the worst insomnia, and was thinking about taking melatonin. What's your opinion on this?

kind regards,

Tracy

**Answer:** The insomnia you have is due to the fact that you are starving yourself. Its extremely hard to sleep when your body is deprived of nutrients. If you slowly raise your calories back up to 2, 000 then you will sleep just fine. Make sure and do it slowly. 1200 is pure starvation and I would never recommend that for anyone! Make sure and read the diets on this site.

ZMA can also assist you. For more on this read, [Supplement Review ZMA and How it Works!](#)

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