

# Decoy conditioning and nutrition

By: Bob Solimini

Right up front I want to say I am not a nutritionist, a personal trainer, and definitely not a Doctor. So consult a physician before doing any of this crap I am writing!!!!

I wanted to write an article to help decoys with training off the field and with nutrition to maximize their performance on the field for Ring Sport! You can either take the advice or not, use it in whole or take pieces of it... I will give a few examples of different workouts I have done and had success with and some diets that I have done to gain performance... A great workout is the first step. If it's not there, the rest of the plan will not work.

I usually keep on a high protein low carb diet. What I like to do with my diet is:

1. To provide enough protein and calories to gain muscle, plus,
2. To promote testosterone production, this stimulates more muscle and fat loss,
3. To promote a high metabolism, and,
4. To avoid too many, or the wrong type of calories to start putting on fat.

**Here are the 5 steps in your diet to build muscle and burn the fat quickly and easily:**

1. Eat lean sources of protein, of about 0.9 g per pound of total body mass, or even higher at 1g per pound of lean body mass.

You can achieve this with lean sources of protein such as egg, fish (including raw, tinned or cooked salmon or tuna), lean chicken, and whey protein powder. This will provide the fuel for muscle growth. Have about 25% of the daily amount straight after your workout.

2. Have the good fats that will stimulate testosterone production, which are... The monounsaturated fats.

The best sources are found in avocado (ex half per day), and extra virgin olive oil (ex 2 teaspoons per day). The second good fat you'll need is omega 3 or fish oil (ex 1 teaspoon a day), because if you're deficient, you won't be able to metabolize and burn off fat.

3. Straight after your workout, have a high GI carbohydrate. (Glycemic index)

This is when you're allowed to satisfy your sugar cravings for the day. High GI carbs include foods such as honey or jam. These carbs are very quickly absorbed into the muscle to replace the glycogen lost, and will also help the protein that you're taking at the same time get into your muscles.

But after this time, have only low GI and low glycemic load carbohydrates, that is, the good carbohydrates.

By doing this, you won't stimulate insulin production, and therefore will allow your fat to be burned off. This is important! One way of doing this is to increase the vegetables, and decrease the breads and pastas.

4. Strictly, no high GI carbs in the evenings, especially before bed.

There are many athletes who time after time have proven to themselves that they make great muscle gains and fat loss, until they begin to have these kinds of carbs at night. Your metabolism is slowing, so no high GI carbs at night!

5. Eat 6 meals a day, not 3 big meals.

You may have heard that this increases your metabolism. Well, it's true, and when you do eat, try to stick to the above rules.

## Training

Some of the workouts that I have used include running, and weightlifting and the best (and also the toughest) is crossfit...

I will give you some examples and you can do what you want with them!! Since FR Decoys must be agile, strong, have good stamina and be somewhat flexible I will mostly describe the crossfit routines that I have done that I feel are kickass for decoys!!

Some of the workouts you can take things from them and mix and match to make your own customized workouts.

**Day 1:**

Run ¼ mile (pace should be 9+ mph / takes about 1 minute 20 seconds)

20 Box jumps (jump on to a box that is 18 inches tall (or higher) and immediately jump off)

Jump rope 1 minute (fast paced)

20 pull ups

and repeat the entire thing three more times with no rest between exercises!!

**Day 2:**

20 Squats with no weight

Jump rope 1 minute (fast paced)

20 lunges

20 crunches (over a balance ball)

20 over head presses (standing military press)

and repeat the entire thing three more times with no rest between exercises!!

**Day 3:**

Run ¼ mile in 1 minute

20 Box jumps (jump on to a box that is 18 inches tall (or taller) and immediately jump off)

20 crunches (over a balance ball)

20 squats with no weight

jump rope 1 minute (fast paced)

and repeat the entire thing three more times with no rest between exercises!! If you puke, you are doing it right!!!!

**Day 4:**

Weight training (traditional)

Incline bench 4 sets of 12 reps

Dumbbell flies 4 sets of 12 reps

Triceps push down (cable) 5 sets of 12 reps

Dips 4 sets of 10 reps

Leg curls 4 sets of 12 reps

Legs extensions 4 sets of 12 reps

Squat or squat machine 4 sets of 12 reps

Repeat everything again.

**Day 5:**

Weight training (traditional)

Lat pull downs 4 sets of 12 reps

Pull-ups 4 sets of 12 reps

Upright rowing 4 sets of 12 reps

Military presses 4 sets of 12 reps

Dumbbell presses (overhead) 4 sets of 12 reps

Dumbbell curls 4 sets of 12 reps

Preacher curls 4 sets of 12 reps

Cable curls 4 sets of 12 reps

Run on tread mil 6 minutes at 8mph

Jump rope 1 minute 30 second rest and repeat jump rope 3 times

**Day 6 and 7... rest, some light running & decoy some dogs!!!**

Like I said earlier this is one of the types of workouts that I like to do, you can change it up to fit your needs, body type, schedule, or whatever!! They are just offered as a suggestion for you to try! There are also many many more exercises that I use and so should you! Change it up and do new things.

I also like to use some supplements, they may work or may not; I don't know! I think they, at a minimum make me think they do so I work harder... I like to take a multi vitamin, L-Carnatine, Glucosamine Hydrochloride, Omega 3 oils (fish oil), whey protein, and some other crap...

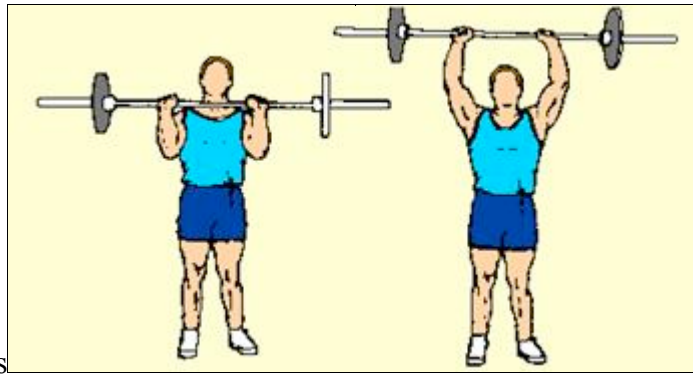
They say to train like you play, so if you want to get better skills as a decoy you should get out there and work dogs!!!! I think the training that I mentioned above will assist in preventing injury, and assist in healing if you do get injured! The workouts will also help you gain power, speed and strength.. Remember eat well and train hard! Eat meat and vegetables, nuts and seeds, some fruit, little starch and NO simple sugars. Keep your food intake to levels that will support exercise but not body fat. Practice and train major lifts: dead lift, clean, squats, presses, clean and jerk, and snatch.. Try to master the basics of gymnastics: pull-ups, dips, rope climb, push-ups, sit ups, presses to handstand. Bike, run, swim, row, etc.. HARD and FAST five days a week and mix these elements in as many combinations and patterns as creativity will allow. Routine is the enemy! Keep workouts short and intense to confuse muscles so they grow and strengthen.

Well good luck I hope it works out for you!! If anyone is interested in getting some more of the exercises that I left out of this article contact me!

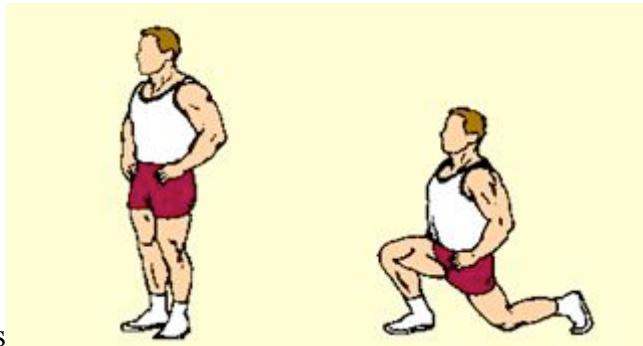


Box jump

Standing military presses



Lunges



Robert Solimini is the Owner and Head Trainer of All-American K-9, Inc., Training Director of New England Ring Club, the former Eastern Zone Representative as well as the Director of Decoys for the North American Ring Association; Co-Founder of American Ring Federation.

Roberts' accomplishments include:

To find out more about Bob go to about ARF and click on his Bio.