

The Elimination Experiment

Introduction

This manual was designed to be the answer to the question "How does Brad Pilon workout?" It is an odd question, and one that I never really thought people would ever ask. But, as Bill King had tried to prove to scientists, news and every people became curious about how I worked.

Special Note: For the words "train" and "workout" interchangeably, as I use the word "train" in the following pages to really just mean "workout."

As to answer this question as honestly as I can - I train as effectively (and as hard) as possible. Now, before you start asking the questions about Mike Mentzer or Dorian Yates let me be upfront with you - This has nothing to do with High Intensity Training, Heavy Duty Training, "Shocking" Training or any of that other stuff. It's simply as simple as train as hard as possible.

Wisdom is the combination of age and experience. It is the knowledge needed to live a good life. And, in my opinion wisdom is what separates people who go to the gym to get results from those who go to the gym simply for the sake of going to the gym.

I have made a conscious decision not to live my life based on the gym, or to a consistent obsessive-compulsive way to workout simply for the sake of working out.

I WOULD NOT get pulled into the latest "how I should train" fad, or the latest exercise that I "shouldn't" not do.

To put it bluntly, my days of being an exercise fanatic are over.

Just as I have said NO to Obsessive Compulsive Eating, I have also said NO to Obsessive Compulsive Exercising.

To be honest, it took me a long time to come to this decision.

If you are anything like me, then your "Fitness Life" has probably undergone the following evolution.

You started off as a rookie (just like me), curious to what you were supposed to do in the gym and believing anything that anyone told you. Then, you were on line, read books, asked experts and became an **intelligent** consumer. You were the equivalent of a teenager... when it came to working out, you have "been there."

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