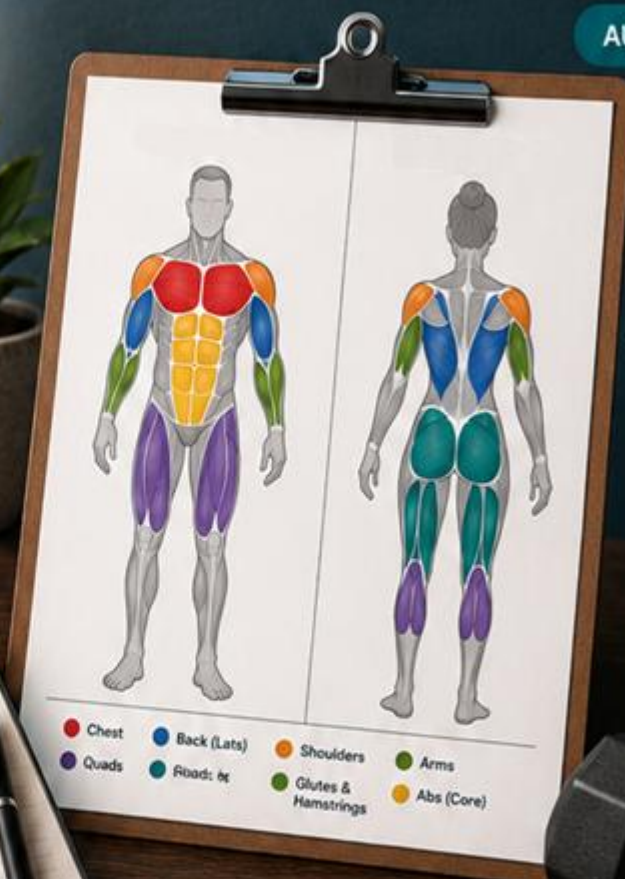


07

THE ANATOMY MAP & FREQUENTLY ASKED QUESTIONS

Understanding Your Physiology & Common Curiosities

- ✓ Understand ✓
- ✓ Train ✓
- ✓ Recover ✓
- ✓ Track ✓
- Repeat



07

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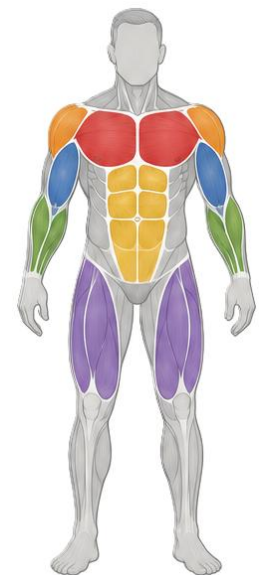
DISCLAIMER I am an engineer and a data-enthusiast, not a doctor or a certified professional. This toolkit represents my personal research and journey. Always consult your GP before changing your diet, exercise, or medication routine.

PART 1: THE MUSCLE MAPPING GUIDE

When trying to "fill out" areas where weight was lost (like the chest or abdomen), building the underlying muscle is the most effective natural strategy. Here is a simplified map of your major muscle groups and how to train them efficiently on a cable machine.

Muscle Group Mapping

MUSCLE GROUP	COLOUR LEGEND	WHY IT MATTERS	BEST EXERCISE
Pectoralis Major (Chest)	Chest	The large fan-shaped muscles of the chest. Building these heavily is the best way to reduce the appearance of loose skin in the upper torso.	Cable Chest Press, Cable Chest Flyes.
Latissimus Dorsi (Back)	Back (Lats)	The large "wing" muscles of the mid-back that give the torso a V-shape.	Cable Pulldowns, Seated Cable Rows.
Deltoids (Shoulders)	Shoulders	The caps of your shoulders.	Cable Overhead Press, Cable Lateral Raises.
Triceps & Biceps (Arms)	Arms	Triceps push the arm straight; Biceps bend the arm.	Cable Tricep Pushdowns, Cable Bicep Curls.
Quadriceps (Front of Thigh)	Quads	The massive pushing muscles of the legs.	Cable Squats, Split Squats.
Glutes & Hamstrings (Posterior Chain)	Glutes & Hamstrings	The back of the legs and hips. Crucial for posture.	Cable Romanian Deadlifts (RDLs), Glute Pull-Throughs.
Rectus Abdominis (Core/Abs)	Abs (Core)	The stomach muscles. Note: You cannot "spot reduce" belly fat by doing crunches. You reveal the core through a calorie deficit, and you strengthen it by bracing during heavy compound lifts.	Cable Crunches, Planks.



PART 2: FREQUENTLY ASKED QUESTIONS (FAQ)

Q: Can I "bank" calories for a holiday or a big weekend meal? A: Yes! Thermodynamics operates on a continuous rolling average, not a 24-hour clock resetting at midnight. This is called "Calorie Cycling." If you eat slightly fewer calories Monday through Friday, you can eat significantly more on the weekend and still remain in a net weekly deficit for fat loss.	Q: Do I need to increase my weights in the gym every single week? A: No. Progressive overload means increasing the overall stimulus. You might stay at the exact same weight for an entire month, but try to squeeze out just one extra rep, or perform the movement with better, slower control. Once you hit the top of your rep range easily, then you increase the actual weight.
Q: Is "sleep debt" real? Can I just take a nap to recover sleep? A: Sleep debt is real, but you cannot pay it off instantly. A nap will fix acute grogginess, but chronic sleep deprivation causes cellular fatigue and hormone disruption that requires days or weeks of consistent 7-9 hour nights to fully repair.	Q: Does Creatine do anything for the brain, or just the muscles? A: While 95% of your creatine stores are in your muscles, about 5% is in your brain. Emerging science shows that daily creatine supplementation can actually improve cognitive focus and reduce mental fatigue, especially during complex tasks like coding or problem-solving.
Q: I like watching videos in bed to relax before I sleep. Does this ruin my sleep? A: It can, but you can mitigate the damage. The blue light from screens suppresses melatonin (the sleep hormone). If you use a tablet in bed, turn the brightness to the absolute minimum and turn on "Night Shift" or "Eye Comfort" mode to turn the screen amber/orange, which blocks the disruptive blue light frequencies. Also be very cautious of your posture as it may impact your neck, shoulders, arms, thumbs and back.	Q: Are the principles in this toolkit good for females and males? A: Yes, absolutely. The first principles of human biology—thermodynamics (calories), mechanical tension (muscle growth), and sleep architecture—are identical across biological sexes. The only practical differences are that females generally have lower BMRs (due to lower average body mass), their hormone profile means they will never get "bulky" by accident, and their daily scale weight fluctuates much more wildly due to water retention during menstrual cycles. The systems here apply perfectly to anyone.
Q: Does progressive overload go on forever? When do I stop trying to add weight? A: You cannot add weight to the bar forever, or everyone would eventually be able to lift a car. Everyone has a genetic ceiling. Once you build the amount of muscle you are happy with, you transition your goal from "Progressive Overload" to "Maintenance." The brilliant news is that it takes vastly less effort (about 1/3 of the weekly gym sets) to maintain muscle than it does to build it.	Q: Is it best to separate weightlifting and cardio days, or can I do them together? A: Separating them onto different days is the biological gold standard because it lets your central nervous system focus on one adaptation at a time. If you must do them on the same day, aim for a 6-hour gap. If you have to do them back-to-back in the exact same session, ALWAYS do your weightlifting first when your energy and form are perfect, and follow it with your Zone 2 cardio.
Q: What do I do if I hit a weight-loss plateau? Should I drop my calories? A: Yes, but strategically. As you lose significant weight, your body requires less energy to exist (your BMR drops) and you carry less weight when you walk (your NEAT drops). Your old "deficit" calories will eventually become your new "maintenance" calories. If the scale stalls for 2-3 weeks, drop your daily target by just 150-200 calories (e.g., from 2,000 to 1,800) and track the response.	Q: I hear about Autophagy. What is it and is it real? Yes, it is absolutely real. The word autophagy comes from ancient Greek: "auto" (self) and "phagy" (eating), literally meaning "self-eating." In biological terms, it is your body's built-in recycling and waste management system. It is how your cells clear out damaged components to prevent premature aging and disease. If you want to know more about it, see "How does Autophagy work?" below as there are some catches from what you may have heard.
Q: What is the scientific truth about Intermittent Fasting, Keto, and other popular diets? Do they burn fat faster? A: No. Every single successful diet in human history works through the exact same biological mechanism: creating a Caloric Deficit. They just use different psychological twists to get you there. See the Popular Diets question below.	Q: Are Rowing Machine and "Cable Rows" the same thing? A: A rowing machine (cardio) requires you to sit on a sliding seat. A "Cable Row" (weightlifting) is done with your lower body completely stationary.

Extended FAQs

Q: Can you tell me why certain popular diets work with some people?

* Intermittent Fasting (IF) restricts WHEN you eat. It is much harder to accidentally eat 2,500 calories if you only allow yourself to eat during an 8-hour window. There is no magical fat-burning switch that flips at hour 14 of a fast. It is simply time-restricted calorie control.

* Keto (Low Carb) restricts WHAT you eat. By eliminating an entire macronutrient (carbohydrates), you natively eat fewer overall calories. (It also causes rapid initial weight loss because carbs hold water in your muscles; when you cut carbs, you drop water, not necessarily fat).

* Vegan/Carnivore restricts the SOURCES of your food, which automatically eliminates most highly processed, high-calorie junk food.

The Truth: There is no "best" diet. The optimal diet is whichever one allows you to consistently hit your protein target and maintain a calorie deficit without making you miserable. If skipping breakfast (Fasting) makes your life easier, do it. If it makes you dizzy and starving, just eat a high-protein breakfast and track your calories instead!

Q: Are there any other health benefits to diets like Keto or besides weight loss, are there any particular benefits associated with popular diets? What are the myths vs. scientific facts?

A: Yes, some diets have specific biological side benefits, but they are often wildly exaggerated by influencers. Here is the breakdown of Myth vs. Fact:

Intermittent Fasting (IF)

The Myth: Fasting for 16 hours triggers massive "autophagy" (cellular cleanup) that prevents aging and magically melts belly fat.

The Science: Autophagy is a real biological process, but in humans, deep cellular cleanup typically requires much longer periods of fasting (24 to 72 hours). A standard 16-hour fast doesn't trigger magic.

The word of caution: While a 72-hour water fast does objectively trigger deep cellular cleanup (autophagy), it is generally NOT recommended for anyone focused on body recomposition, and it should only be done under medical supervision. Here is the biological trade-off:

1. The Muscle-Loss Trap: Autophagy and muscle-building are biological opposites. To trigger deep autophagy, you must completely deprive your body of amino acids (protein). If you go 72 hours without protein, your body will eventually start breaking down your own hard-earned muscle tissue to harvest the amino acids it needs to survive.
2. The Cortisol Spike: Going three days without food is viewed by your brain as an extreme survival emergency. It causes a massive spike in cortisol (stress hormones), the exact hormone we work hard to lower with the advised good sleep.
3. The Exercise Hack: Influencers often forget to mention that EXERCISE is actually one of the most potent triggers for localized autophagy! When you lift weights or do Zone 2 cardio, you physically damage the cells and deplete their energy, forcing them to clean out the "junk" and build fresh, new mitochondria.

The Real Benefit: Giving your digestive tract a strict 14-to-16-hour break overnight can drastically improve insulin sensitivity, lower resting blood sugar, and completely eliminate late-night acid reflux.

The Verdict: You do not need to starve yourself for three days to clean your cells. You can get excellent cellular health by eating your daily protein, staying in a mild calorie deficit, and exercising. Leave the 72-hour fasts to specific medical interventions.

Keto (Strict Low-Carb)

The Myth: Carbohydrates are toxic and inherently make you fat by spiking the "fat storage hormone" (insulin).

The Science: Carbohydrates do not make you fat; excess calories make you fat. You can easily gain fat on Keto if you eat too much butter and cheese.

The Real Benefit: When your body runs out of carbs, it produces "Ketones" for energy. A heavily documented side benefit of Ketones is that they act as a massive natural appetite suppressant. Many people find they simply forget to eat on Keto, making a calorie deficit feel effortless.

Plant-Based / Vegan

The Myth: Meat is toxic and cutting it out automatically makes you healthy and extends your lifespan.

The Science: A diet consisting entirely of french fries and Oreos is technically vegan, but it will destroy your health. Lean meats are highly nutritious.

The Real Benefit: People who eat a "Whole-Food Plant-Based" diet accidentally consume massive amounts of fiber and phytonutrients. This side benefit creates a highly robust gut microbiome and naturally drives down ApoB (bad cholesterol) to heart-protective levels.

The Bottom Line: Do not choose a diet based on an exaggerated mythical claim. Choose it based on which "Real Benefit" best supports your daily lifestyle and blood work!

Q: How does Autophagy work?

A: Here is exactly how it works at a microscopic level:

The Problem (Cellular Junk): Over time, as your cells perform their daily jobs, they accumulate biological "trash." This includes damaged proteins, old mitochondria (your cellular engines), and metabolic waste. If this junk builds up, the cell becomes slow and inefficient.

The Process (The Garbage Bag): When autophagy is triggered, the cell creates a specialized biological membrane (essentially a cellular garbage bag). This bag sweeps through the cell, engulfing the damaged junk and dead parts.

The Incinerator (The Lysosome): The bag then merges with a structure called a lysosome, which is filled with acidic enzymes. These enzymes dissolve the junk, breaking it down into basic, raw building blocks (like base amino acids).

The Output (Recycling): The cell then takes those raw, recycled building blocks and uses them to build brand-new, highly efficient cellular parts, or burns them for immediate energy.

The Biological Trigger: Your body is an incredibly efficient machine. When resources are plentiful (i.e., you are eating regularly), your cells are in growth mode and largely ignore the trash. However, when resources are scarce (during a calorie deficit or a fast) or when energy is rapidly depleted (during a heavy physical session or Zone 2 cardio), the body shifts into efficiency mode. It realizes it needs to break down its old, damaged parts to find the energy to survive. This is why exercise and calorie control are the ultimate tools for keeping your biological engine clean and youthful.

Q: If Autophagy (starving the cells) and muscle-building are biological opposites, why do bodybuilders starve themselves before going on stage, then?

A: It is a great observation, and shows you are challenging what you are reading, which you should always question to ensure you get facts not myths.

This is the biggest illusion in bodybuilding. Bodybuilders absolutely do NOT build muscle while they are starving before a show. The sport is divided into two distinct, biologically opposite phases:

1. The Off-Season (The Building Phase): To build that massive size, bodybuilders spend 8 to 10 months of the year eating in a huge, uncomfortable calorie surplus and avoiding fasting at all costs. Their bodies are entirely in "growth mode," adding both muscle and a significant amount of fat.

2. The Prep Phase (The Revealing Phase): The extreme "starving" (calorie deficit) you see in the 12 weeks leading up to a show has nothing to do with building muscle. The sole purpose is to strip away every ounce of subcutaneous fat and water so the skin wraps tightly around the muscle they ALREADY built.

Also, bodybuilders at this stage are also avoiding water. This highlights why a stage-ready bodybuilder is actually in a state of extreme biological distress, not "peak health." The Bodybuilder "Water Cut" is just a short lived cosmetic & dangerous practice, their kidneys are stressed, and they feel terrible. The moment they drink water after the show, that "dry" look disappears. Also, during this pre-show starving phase, bodybuilders are fighting a desperate biological battle just to *maintain* their size. They almost always lose some muscle mass leading up to the stage. Furthermore, even when they are "starving" (in a severe calorie deficit), they are still eating massive amounts of protein multiple times a day. They never do 72-hour zero-calorie fasts, precisely because they know deep autophagy would aggressively eat away their hard-earned stage muscle!

Watch out for the huge difference: Standard Intermittent Fasting restricts calories, not water! In fact, drinking massive amounts of water during your fasting window is biologically mandatory. Your body actually needs water to metabolize stored fat (a process called hydrolysis). Furthermore, if you are relying on processes like autophagy to clean out cellular "junk," your kidneys need plenty of water to flush that waste out of your system.

The Rule: Never restrict water for weight loss. Dehydration might make the scale drop for 12 hours, but it ruins your metabolism, destroys your gym performance, and puts your organs at risk.