

From The Desk Of



Very early in my career as a bodybuilding journalist, back in the late 1970's and early 1980's, Peary Rader, editor, owner and publisher of Iron Man magazine and Iron Man Publishing Company in Alliance, Nebraska allowed me the opportunity to write four books relating to bodybuilding and powerlifting.

*Of the four books that I penned for the Iron Man Publishing Company, **Special Advice To The Bodybuilder** was a favorite read with the Iron Man subscribers and thusly represented the pinnacle of my writing career up to that particular time.*

On the following page is the ad for my books which appeared in the bi-monthly issues of Iron Man magazine for many years.

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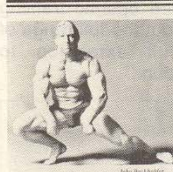
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This is one of the most complete books we have ever seen written which deals with all the ASPECTS of COMPETITIVE BODYBUILDING.

The DETAILED and ACCURATE information contained in this book was GLEANED from 19 years of extensive training and research PLUS DOZENS of interviews with many of the top names in competitive bodybuilding. This 144 page book is profusely ILLUSTRATED with photographs and charts. Many unusual topics are brought forth within this book. For example in the chapter—Planning Your Contest Training—you will find explicitly calculated bodybuilding programs for persons of HIGH and LOW energy alike PLUS some very special 'training tips' for obtaining MAXIMUM MUSCULARITY!!!!

The chapter on Bodybuilding Specialization contains the most thorough information you will find anywhere. This FACT filled chapter contains 8 methods of SPECIALIZATION and 25 RESULT PRODUCING bodypart programs. THAT'S NOT ALL. The chapter concludes with a very UNIQUE and highly stimulating body programming section. From this information you can EFFECTIVELY SET UP YOUR OWN SPECIALIZATION PROGRAM.

The science of bodybuilding continues as the author details the NUTRITION AND EXERCISE applications one should follow be it the Pre-season or Off-season.

The buildup of the book continues with anatomical chapters on Calves, Abdominals and the effects of steroids. Bringing the book to a close, the chapters on TRAINING WISDOM and OVERCOMING MUSCULAR MONOTONY are well worth the price of the book alone. —Just from these two chapters, you will realize some of your best bodybuilding gains EVER—

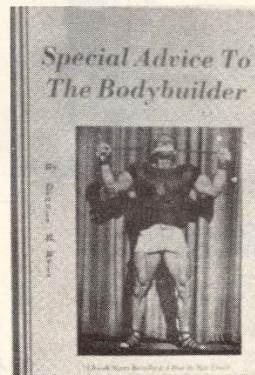
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My book *Special Advice To The Bodybuilder* has been out of print for many years now but through the medium of cyberspace technology I am now able to bring this rare out of print book to you at no cost. It begins on the next page. Enjoy!

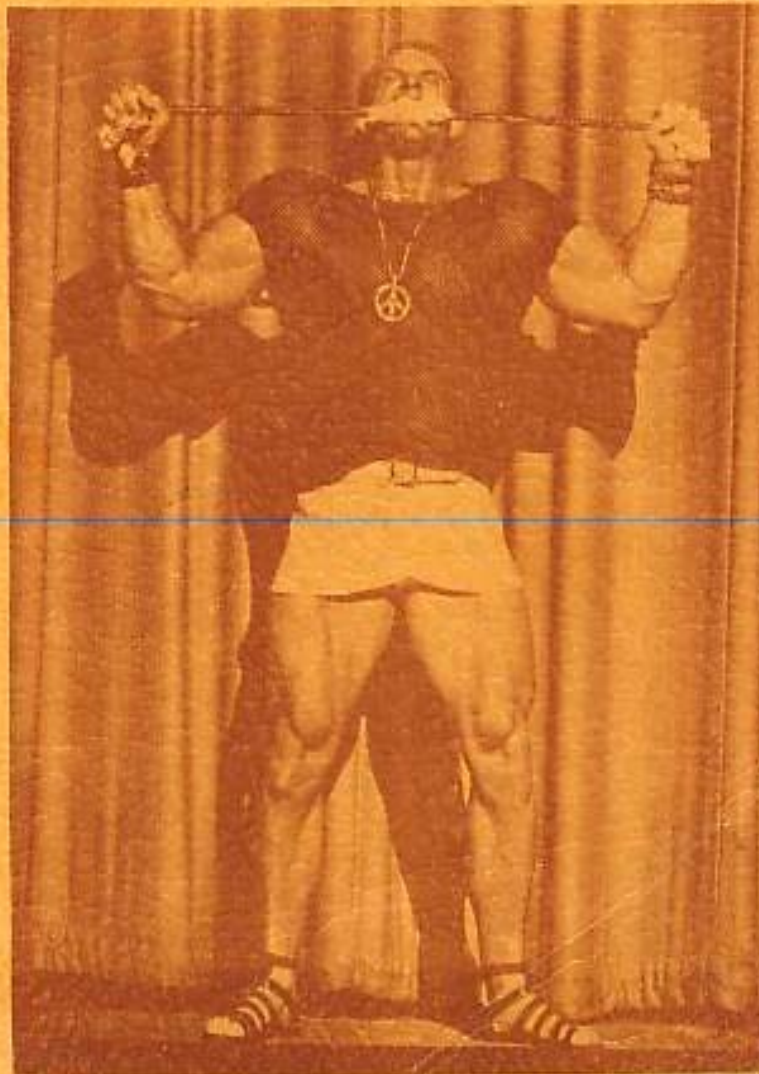
Special Advice To The Bodybuilder

By

Dennis

B.

Weiss



Chuck Sipes Bending A Bar In His Teeth

**Special Advice
To The
Bodybuilder**

**By
Dennis B. Weis**

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Foreword

Training for a physique contest really started the very day you took your first workout. Over an elapsed time of many months and years you have advanced through the various progressive training levels which have given you necessary added size and muscular bodyweight, or weight losses necessary to balance out your physique. By following these progressive training steps, you have little by little been getting yourself set for a physique competition.

Now that you have made the decision to enter a physique contest you must realize that while the previous training has given you a tremendous degree of strength and a well-proportioned physique, it won't completely set you up for a contest.

This training has brought you up to a stage in your training endeavours where you can realistically **think** about competition. Now that the decision has been made to enter a physique event the special training begins.

I have written this book about **Special Advice to the Bodybuilder** so you can plan your special training in a most positive way.

— *Dennis B. Weis*

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Gauging Your Progress

From the very beginning of your pre-contest training, keep a training log book handy to record your daily workout plan. You should list the particular day's exercises: sets, reps, poundages and your training tempo (length of rest periods between sets). Make a brief daily notation about your workout. Was the workout good, bad, etc. At the end of each week review this training log and analyse whether you had a good or bad week of training.

Is the training intensity progressing? (Are you adding more when you feel it is time?)

Are the exercises producing the desired results for you?

Training Tempo — Are you gradually cutting your rest time between sets down?

This is very important to obtaining muscular gains because true intensity hinges on the "amount of work done" in a given time. Are your sets and reps satisfactory to you? This of course, is dictated by your:

1. Strength levels at the time.
2. Your enthusiasm for the workout session.
3. Your willingness to tolerate pain barriers.

From this weekly review note how you can make adjustments for next week's training session to make it better.

Some other ways of gauging your progress would be by the use of a mirror and photos and slides taken every 15 days or so. The mirror and slides will give you a near accurate self evaluation of your needs for more in the way of proportions, cuts, symmetry or more muscular mass. Also, the feedback from a friend or someone who is very knowledgeable in

bodybuilding will be a tremendous help. Be sure and save your charts and photos for future reference when training for contests.

Planning Your Contest Training

The first step you should take prior to beginning this special training is to **plan** your pre-contest training about 4½ months before the scheduled competition. This will give you plenty of time to organize your training in a positive way so that you won't go stale or burn out by trying to get in top shape in too short a period of time. Also, it takes about 18 weeks to reach a peak in definition qualities of the body using a systematic plan of **quality training and super nutrition**.

There are five conditions that you should become aware of for getting into contest shape. The worst condition a bodybuilder can be in is:

FAT—

This condition exists when a bodybuilder is not training with any great intensity and is eating improperly or may even have over-extended himself on the nutritional bulk program. Fat is the way the body stores energy. If you take in more fat forming foods than you burn up, the excess will be stored as fat. As a result, new fat cells are produced. The amount of body fat between skin and muscle and the amount of fatty tissue within the muscle groups will determine the degree of definition you will attain. The best way to reduce fat is by reducing the intake of certain food components and increase the energy output. Always remember that the amount of energy you burn is determined by the amount of work you perform in the shortest period of time. You can't totally rid yourself of fat cells. You can only reduce their size somewhat. Let me mention here that except for the 4½ months prior to a contest it would not be wise to reduce bodyfat to its absolute minimum for any extended periods longer than this. Resistance to colds and illness are apparent, due to the lack of energy. What is the minimum of bodyfat a bodybuilder should strive to reach? Some of the top champions go as low as 5 to 7 percent.



Ed Corney. Photo by Attie Louw.

SMOOTHNESS—

Here the body mass is hard and you can see the shape of the muscle. There is not a great deal of separation due to a layer of fat between the skin and muscle.

More than likely, this is the point you will begin at when embarking upon a competitive physique contest program. From here, to reach your top form for the contest, your program of exercise and nutrition will take you into three final conditions. The first one is **HARD**. This is still not extremely muscular, but with a tan you can look quite good. As your contest gets closer you should be getting **CUT**. Here you are in very good shape with great muscularity. The final 6 weeks of training should bring you to the zenith of bodybuilding conditioning **RIPPED**. You are so cut up and muscular and the muscle striations so deep that you don't look like you have any skin. The vascularity is very pronounced also.

You should look at your physique every week during this contest training and alter your training and diet schedules accordingly.

On the average, those of you who are training for a physique contest, 12 to 20 sets per bodypart is a realistic approach. To clarify this a bit further, train your weaker bodyparts 15 to 20 sets and your stronger areas 12 sets. Use two to three exercises per bodypart. To the serious bodybuilder who is into contest training, the suggested sets and reps may not seem like enough. It all comes down to **maximum effort** and **concentration**. You will make your best gains by performing only two or three exercises per muscle group rather than doing four or five exercises and more sets (with the exception of specialization) and not being able to keep your **maximum effort** high. Also, the way you respond to exercise will be governed by allowing enough recuperation time between workouts. It isn't necessary to train any bodypart more than three times per week, except the abdominals and calves. You can train these areas during every workout if you desire. Probably one of the most successful methods of training the body is the split system. There are many variations of the split system, so let's look at some of these.

VARIATION NO. 1

UPPER BODY (Monday, Thursday)

Chest
Lats
Shoulders
Biceps-Triceps
Abs

LOWER BODY (Tuesday, Friday)

Thighs
Calves
Abs

Instructions: Rest Wednesday, Saturday and Sunday.

VARIATION NO. 2

On this variation you could workout the **UPPER BODY** on Monday, Wednesday and Friday, and the **LOWER BODY** on Tuesday, Thursday

and Saturday. Instructions: Rest Sunday.

NOTE: There is one drawback to Variations 1 and 2 of the split system in that it takes 'too much' time to apply maximum effort on the upper body.

VARIATION NO. 3

Monday, Thursday	Tuesday, Friday	Wednesday, Saturday
Chest	Delts	Thighs
Back	Arms	Calves
Abs	Abs	Abs

If for any reason you can only train five times a week, rotate the routine the following week so that the area receiving the least work previously is given an extra period. On the average, the calves, abs and delts will need the most attention in a routine.

Any of these split programs would be a very sensible way to approach your training endeavours. Further into this chapter I will be suggesting some proven contest schedules that you will want to use. I do realize that no one program can be used by everyone to achieve certain desired results in training. **Keep a close observation of your workout schedules because the program may have to be changed somewhat as you go along.**

This can happen during any of the months during your preparatory training but will be more apt to happen during the final six to eight weeks of training. At this time you will be incorporating maximum energy and **tension levels**. Negative muscle response to a suggested exercise or routine can be due to the following factors:

1. You are not enjoying a certain exercise anymore.
2. The muscles are not achieving the desired PUMP.
3. The burn you are experiencing is a 'flat burn.' In other words, it is taking you more sets than necessary to achieve the proper burn.

To **compensate** for this problem use plenty of variety in your exercise patterns frequently. Here are some suggestions. If a certain exercise is doing little or nothing for you, and you have given yourself plenty of time to perfect a style of movement and in good form for the benefit of added strength and maturity **change** to another exercise that will give you desired **RESULTS!!!** Other ways to overcome negative muscle response is to vary your sets and reps; change the speed of the reps; rotate the sequence of the exercise pattern. (Ex: Begin by doing the last exercise in the days program first and work from there.) Change your training days around; change the time of the day you train; change the angle of the exercise movements.

TRAINING HINTS

Low Energy Type — Cut back on the number of sets and reps per body-

part. Rest longer between sets. Change routine more often. Split your training into morning and evening sessions. These variations may give you more mental and physical drive. As your energy increases begin doing more sets and reps to round out the routine.

High Energy Type — People with high energy have a tendency to over-train. Keep training down to the sets and reps suggested. If you feel energetic, jog somewhat more than recommended in the chapter on jogging.

The Training Atmosphere — This is very important. Some concentrate best to the sound of music. Boyer Coe trains in this manner. To him, music is strength. Others, such as Larry Scott and Pat Neve, like the use of plenty of mirrors. This way they can see that each exercise is done correctly and also watch the action of the particular muscle being worked.

There is also the 'Collective Atmosphere,' where a group of physique champs are working out. They are not really training together, but are just in the gym at the same time. Each one has his own intensity, which contributes to the total atmosphere. Encouragement is given to one another.

CONTEST SCHEDULES

For those of you who are of the low energy type and plan to enter a contest in the near future, here is a workout schedule I'd like you to follow.

MONDAY and THURSDAY

(Morning before breakfast or early evening before supper):

Regular Barbell Curls 5 sets
(Rest 15, 30 and 45 seconds between sets)

Rest one minute, then:

Tricep Pulley Press Downs 5 sets
(Rest same as Barbell Curls)

Rest one minute, then:

Scott Curls 4 sets
Tricep Barbell French Press 4 sets
(Super-set, no rest)

Rest five minutes, then:

Hard Spring Grippers 6 sets
(Alternate arm, no rest)

Wrist Roller 3 sets
(Rest 45 seconds between sets)

(Early evening if arms done in morning; late evening if arms done in early evening):

Press Behind Neck 4 sets
(Rest same as Barbell Curls)

Rest 1½ minutes, then:

Dumbbell Lateral Raise 4 sets
(Rest same as Barbell Curls)

Rest 1½ minutes, then:
 Expander Cable Side Press-Out 3 sets
 (Rest one minute between sets. To do this one, hold cables across and against chest, just below the pecs, then press hands out to side until fully extended. Cables should always touch chest. Very good for traps, delts, and triceps.)

Rest one minute, then:
 Back and Front Neck Curls 4 sets 15 reps
 (Super-set, no rest. Use headstrap for back of neck, press against forehead with heel of palm for resistance to front.)

TUESDAY and FRIDAY

(Morning or early evening):
 Bench Press (fairly wide grip) 4 sets
 (Rest same as Barbell Curl)

Rest 1½ minutes, then:
 Parallel Bar Dips (bodyweight or lightweight) 4 sets
 (Rest same as Barbell Curl)

Rest one minute, then:
 Lying Dumbbell Flies (flat or incline) 3 sets 15-18 reps
 (Rest 30 seconds between sets)

(Early evening or late evening):
 Bent-Over Barbell Rowing (underhand grip) 3 sets
 (Fairly heavy all sets, rest one minute between sets)

Rest 1½ minutes, then:
 Overhead Lat Pull-downs (Close overhand grip for more stretch and contraction) 4 sets
 (Same rest as Barbell Curls)

Rest two minutes, then:
 Wide-Grip Chins (bodyweight) 5 sets
 (Do strict until you can't, then cheat to really grind out quite a few. Rest 45 seconds to one minute between sets.)

WEDNESDAY and SATURDAY

(Morning or early evening):
 Bench or Half-Squats 5 sets
 (Rest 30, 45, 60 and 60 seconds between sets)

Rest two minutes, then:
 Leg Extensions (High reps) 5 sets
 Leg Curls (High reps) 5 sets
 (Super-set, no rest.)
 (Do slowly and concentrate, make it burn until muscles are hot.)

Rest two minutes, then:
 1-Leg Calf Raise-on-Toes 8 sets
 (Alternate leg, no rest. Really change the amount of weight around here....very heavy to very light. Also, stretch thoroughly, then cramp hard at top.)

(Early or late evening):

- Roman Chair Situp Over Bench (Medium reps) 4 sets
Overhead Sidebends (High Reps) 4 sets
(Super-set, no rest. To do sidebends, place feet about 24" apart, hold light barbell plate — about 5 lbs. — high overhead, then bend rapidly at waist from side to side, like a musician's metronome.)
Rest two minutes, then:
Bent-Legged Situps (incline 45 degrees) 5 sets
(Rest 30 seconds between sets)

Select the amount of weight you use in the following manner. Heavy — 6 to 9 reps; Medium — 10 to 14 reps; Light — 15 to 20-25 reps. Mix it up, do one set "medium," the next set "heavy," and the next "light," etc.

Don't count reps religiously. Just keep it somewhere within the above range and always do a set to failure. Follow the above directions and you'll get the most stimulation from every workout.

None of these workouts will take over 45 minutes!!! It allows you to do as much as possible in the shortest amount of time.....and you can fully recuperate while almost constantly stimulating your muscles into growth!

Here's a good bodybuilding schedule for the high energy type that will bring you some of your best gains ever.

No. 1		No. 2	
Press Behind Neck (seated)	4x8	Full Squats	4x8
Standing Dumbbell Laterals	3x8	Heel Raises	3x20
Shrugs	4x8		(20 burns afterward)
Incline Press (wide grip)	3x10	Leg Extensions	2x12
Incline Dumbbell Flies	4x8	Leg Curls	2x8
Bench Press	8x6-4-2-1	Incline Situps	4x20
(2 sets each, add wt. d-reps)		Supine French Press	5x8
Lat Pulldowns	3x10	(Alternate Supine French Press	
Straight Arm Pullovers	2x15	and Dumbbell Tricep Extension)	
Cheating Curls (Back Bend ok)	5x4	Dumbbell Tricep Extension	5x6
Scott Curls	5x8	Power Cleans (from hang)	4x4
Deadlift	4x4		
Heel Raises	6x15		

Parallel Bar Dips — These are done with just your bodyweight, but in a very 'special' way. Do 1 rep, rest 2 seconds; do 2 reps, rest 2 seconds; do this in the manner described until you simply cannot do any more dips. For instance, if you got up to 10 reps on your final set and couldn't do 11, that is where your dips would terminate for the day. A goal to aim for in this movement is 25 reps on your final set. When you reach this number, you will have done 325 plus reps.

Chuck Sipes used this **Cumulative-Repetition Principle** in the manner

described during his training for the 1968 IFBB Mr. World title and he credits a great deal of his upper body muscularity to this unique way of performing parallel bar dips. One can't argue with his success. He won the Mr. World title, as well as most muscular, best arms, chest and abdominals.

TRAINING INFORMATION:

Perform Routine No. 1 twice a week

Alternate

Perform Routine No. 2 twice a week

A SPECIAL WORKOUT

Monday, Wednesday, Friday Mornings (½ hr.)

Back Neck Curls (Reg-Reps) 5 sets 8 reps
Front Neck Curls (Reg-Reps) 5 sets 15 reps
(Super-set these two. Use headstrap for Back Neck Curls; use palm resistance against forehead for Front Neck.)

No rest, then:

Reverse Barbell Wrist Curls (Reg-Reps) 3 sets 10 reps
Followed immediately by:

Regular Barbell Wrist Curls (Reg-Reps) 5 sets 8 reps
(These are the ones where the forearms are along top of thighs, while seated, and you raise and lower barbell by wrist action alone; "reverse" is palms down. "Regular" is palms up.)

Tuesday, Thursday, Saturday Mornings (½ hr.)

Calf Raises of your choice (Reg-Reps) 8 sets
(Do "mixed" sets; one heavy, one very light, and everywhere in between, and all sets to failure.)

Tuesday, Saturday

1) Jump Squats (Cul-Rep twice)
Rest 1½ minutes, then:
2) Jump Squats (Reg-Reps) 3 sets 12 reps
Stiff Arm Breathing Pullovers (Reg-Reps) 3 sets 15 reps
(Do the Breathing Pullovers on bench, holding no more than 25 lb. dumbbell in both hands since the deep breathing is more important here; super-set these two.)

Rest 10 minutes, then:

3) Bench Press (Cul-Rep twice)
Cheat Barbell Curl (Cul-Rep twice)
(Super-set these two.)

Rest 1 minute, then:

4) Bench Press (Reg-Reps) 4 sets
Cheat Barbell Curl (Reg-Reps) 4 sets
(Super-set these two. Have bars weighted so that you can take off 10

pounds each set fast (same weight as in exercises No. 3), then do sets to failure.)

Rest 3 minutes, then:

- 5) **Incline Barbell Press** (Reg-Reps) 3 sets 8 reps
Flat Supine Dumbbell Flies (Reg-Reps) 3 sets 8 reps
(Super-set these two.)

Rest 2 minutes, then:

- 6) **Shoulder-Width Chins** (Cul-Rep)
(Overhand grip)

Rest 1 minute, then:

- 7) **Close Grip Underhand Chins** (Reg-Reps) 4 sets 8 reps
Supine Barbell Tricep Extension (Reg-Reps) 4 sets 8 reps
(Super-set these two.)

Rest 1 minute, then:

- 8) **Bent Over Barbell Rowing** (Reg-Reps) 4 sets 10 reps
Standing Barbell French Press (Reg-Reps) 4 sets 10 reps
(Super-set these two.)

Rest 3 minutes, then:

- 9) **Parallel Bar Dips** (Reg-Reps) 4 sets bodyweight to failure
Alternate Dumbbell Curls (Reg-Reps) 4 sets 12 reps
(Super-set these two.)

Rest 1 minute, then:

- 10) **Cheat Dumbbell Laterals** (Reg-Reps) 4 sets 8 reps
(Only raise dumbbells up to just above shoulder level, hold a moment and lower rather slowly.)

No rest, then:

- 11) **Strict Dumbbell Laterals** (Reg-Reps) 3 sets 15 reps
(Full range of movement on these.)

Note: Tuesday, Thursday, and Saturday mornings would allow time to also get in some waist work of your choice.

Thursday

- 1) **Parallel Bar Dips** (Reg-Reps) 2 sets 7 reps
Barbell Upright Rowing (Reg-Reps) 2 sets 12 reps
(Super-set these two.)

Rest 10 minutes, then:

- 2) **Half Squats** (Cul-Rep twice)

Rest 2 minutes, then:

- 3) **Full Front Squats** (Reg-Reps) 5 sets 8 reps
Leg Curls (Reg-Reps) 5 sets 10 reps
Stiff-arm Deep Breathing Pullovers (Reg-Reps) 5 sets 12 reps
(Tri-set these three; do the pullovers as before.)

Rest 5 minutes, then:

- 4) **Jump Squats** (Reg-Reps) 4 sets 8 reps
Stiff-arm Deep Breathing Pullovers (Reg-Reps) 4 sets 12 reps
Followed by 3 sets 12 reps to failure
(Super-set these two.)

(Do the last 3 sets of Squat Jumps with bodyweight only.)

Rest 2 minutes, then:

5) **Strict Leg Extensions (Reg-Reps)** 3 sets 10 reps
(Do slowly, holding legs straight at top of movement for 1 second, then as you tire, cheat weight up, hold and lower slowly until quadriceps burn well.)

Rest 3 minutes, then:

6) **Vigorous Running in Place** 2 sets 1 minute
(Hold 20 lb. dumbbell in each hand down at sides, then proceed to run-in-place, raising knees as high as possible, drive feet hard into floor. Don't do so fast that your raising-the-knee-high style suffers. This is a good one to do right after waking up to get your system going and making your body wake up completely so that a good breakfast will be digested.)

Notes:

Now and then, you'll see (Cul-Rep twice) after an exercise. This means when you have finished a cul-rep sequence, you drop back to 4 reps and work back up again to your limit.

For explicit detail of the Cumulative-Repetition Principle, refer to the chapter on Overcoming Muscular Monotony and the information supplied therein.

There you have it, three result producing competitive bodybuilding programs. While these outlined programs are excellent for competitive bodybuilding purposes, you should realize that these programs as outlined and, as well, others you will embark upon during different phases of your bodybuilding career will remain 100 percent effective in their entirety for approximately six to eight weeks at the most. At these intervals in your training some changes must take place to be 'assured' of continued maximum gains throughout the duration of the 4½ months of contest training. With regard to this, follow the advice I mentioned previously for overcoming negative muscle response. Also, it would be a good idea to incorporate some of the methods of training that are discussed in the chapter of Overcoming Muscular Monotony.

For all general purposes I have come to realize that many of you might not wish to follow the specific outlined programs contained within this chapter. For those of you who would like to train in a more or less instinctive fashion I offer you this information.

Setting Up a Routine of Quality Training

For your convenience in choosing your exercises and for the sake of clarity of the information that is to follow, I have included a very 'detailed' Muscle Chart at the end of this book. I would appreciate it if you would take a few minutes to look it over. The structure of your bodybuilding training should be centered around basic power movements such as the Full Squat, Bent Over Rowing, Bench Press, Press Over Head, Barbell Curl, Situps and the Calf Raise.

These exercises involve the major muscle groups of the body as listed on the muscle group chart. All other secondary muscles listed under each of the major muscle groups are for the purpose of 'shaping' or 'peaking'

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For your convenience in choosing your exercises and for the sake of clarity of the information that is to follow, I have included a very 'detailed' **Muscle Chart** at the end of this book. I would appreciate it if you would take a few minutes to look it over. The structure of your bodybuilding training should be centered around basic power movements such as the Full Squat, Bent Over Rowing, Bench Press, Press Over Head, Barbell Curl, Situps and the Calf Raise.

These exercises involve the **major muscle groups** of the body as listed on the **muscle group chart**. All other secondary muscles listed under each of the major muscle groups are for the purpose of 'shaping' or 'peaking'

the muscles. To clarify this a bit further, the **thighs** are a major muscle group. The muscles listed beneath such as the Quads, Biceps, Adductors, Vastus Internus and the Gluteus are the secondary muscles. For the purpose of contest training one basic power movement for each of the muscle groups will be adequate in your program. From here you will want to add two more exercises to each of these major muscle groups. These should come from the secondary muscles. For example, for the **thighs** you might include the Full Squat. Now, depending upon your particular needs in **symmetry** and **proportion**, you could include one exercise for the Quads and one for the Thigh Biceps.

So at this point you have three exercises for the thigh muscles. This practice of selecting exercise movements for the rest of the body should follow the example given for the **thighs**.

At this point and time we are not concentrating upon specialization methods of training but are intent upon selecting a competitive routine for your stronger bodyparts.

The number of sets and reps you will perform will look like this:

- a) Ten to twelve sets per bodypart.
- b) Six to nine reps will give you muscular power. Ten to twelve reps are the best for bodybuilding purposes. Fifteen to twenty-five reps are for cardiovascular purposes.

You will have to decide for yourself what type of repetition scheme works best for you. From these guidelines as suggested you can most effectively set up your own program of **quality training**. Then it's only a matter of choosing a **split system** or one of the methods of **cycle training** as discussed in the chapter of **Overcoming Muscular Monotony**. From here you can go on to the incorporation of **specialization** if need be.

Special Training Tip

Here is that unique idea on cable training from Chuck Sipes. The idea here is to finish off each bodypart with a direct cable or expander movement for that muscle area. All of the exercises will be emphasizing the upper torso naturally. O.K., looking at the above routine (NO. 1), immediately after you have done all of your deltoid work, pick one cable exercise, such as the **front lateral raise**. Do two sets of 12 reps. Now progressing further into your routine, after you have finished all of your chest work pick an effective cable movement for the chest such as **front chest pull**. Do two sets of 12 reps. Then on to the lats where you might use the **overhead pulldown to the back of the neck**, for two sets of 12 reps. That is the basic idea of the system. Now here is where the special intensity comes into the program.

During the first six weeks of your contest training perform:
TWO SETS OF A CABLE EXERCISE FOR EACH BODY PART.

During the next six weeks of training increase by one set and do:
THREE SETS OF A CABLE EXERCISE FOR EACH BODYPART.

The final six weeks you will be doing a total of :

FOUR SETS OF A CABLE EXERCISE FOR EACH BODYPART.

Remember to do these movements **ONLY** after you have completed all the exercises for the particular bodypart. To obtain the maximum degree of muscularity stimulation be sure to follow the instructions in method six of the specialization chapter.

Concluding this chapter on **Planning Your Contest Training**, I would like to clear up a mysticism that some bodybuilders have with regard to getting peaked on the day of the contest. For a person to peak out exactly on the day of the contest is ridiculous. It is almost like an illusive target. If you can train with **extreme** intensity a couple of weeks before the show, you will be getting yourself as defined as possible. Then it is just a matter of balancing the definition against losing or gaining too much weight. This part can be taken care of by following up on the tip at the end of the nutrition chapter. Do this and you should be in top form for the contest.

PHYSIQUE CONTESTANT CHECK LIST

1. Did I send my contest application in before the deadline? (Specified entry fee enclosed?)
2. Do I have a current AAU card (not expired) or other organizational card?
3. Does my gym bag contain the essentials (posing trunks, towels, gym shoes, warmup suit)?
4. Do I have the proper attire for going to the interview at the pre-judging?

CRITERIA

1. Arrive at the meet on time.
2. You will be given a number to wear on your trunks to help the judges identify you.
3. You will be interviewed by the panel of judges. Speak with clear diction and be responsive to questions put before you.
4. After the interview you will be asked to change into your posing attire and reappear for the pre-judging.
5. Posture is important here!!! All of the contestants will be asked to face the judging panel. You will then be asked to face front, give a right side turn, face back, another right side turn, then another face front.
6. The group will then be dismissed and called out individually to **POSE**.

Keys To Maximum Definition & Endurance

To obtain the maximum in definition and endurance from the point of pure exercise itself, workouts must be kept **consistent, progressive and stimulating**. At this point I will give you some very important key points which will give you **maximum sharpness of muscle** for your special upcoming contest.

1. Begin by cutting your rest periods between sets. This is done in the following manner. Let's assume that you are resting 4 minutes between sets at the beginning of your contest training program. Cut the rest period to 3½ minutes and then every two weeks cut it down by ½ minute until you are down to 30 seconds rest between sets. Now cut 10 seconds off each week until you are down to only 10 seconds rest between sets. This will really force your muscles to work harder and as a result build up a degree of endurance factors. Your training poundages will drop a bit, but the intensity is there and you will know that you have had a workout.

2. Even with the above comment regarding a poundage drop, always strive to use heavier weights each workout. If this can't be done, be sure to add some type of weight each week no matter how slight it may seem.

3. While maintaining a smoothness of movement and strict style (with no cheating) increase your speed of the exercise movement faster than usual. For example, if it takes you at least one minute to perform 10 reps in proper form you should, over the weeks of training, gradually work at cutting this time per set. By gradually cutting your time by speeding up the rep factor you will not be taking away from your ability to concentrate properly.

4. When you are feeling energetic try to add one or two reps on each of your sets. This is great for defining purposes.

5. To produce that fibrous thick, veiny look, you must use strict form with tension. This will require a poundage that you can control without shutting off the tension between reps. In other words, keep the weight moving. For example, if you are doing a bench press slowly with perfect control, lower the bar near your chest—just before you touch—roll the bar slightly back and bring it back up. Before you reach the lockout position, slightly roll the bar toward your feet and lower it back down. Do this on everything and watch the detail start to develop. Do not rest or pause at any point of the exercise.

How far ahead you start this kind of training depends on how bulky you are. If you are not over 10 pounds above contest condition, three months of this kind of training would be sufficient. However, up to one year might be necessary if you have excess fat.

Flexing the particular muscle you are working between sets (20 seconds) will help you to achieve **maximum definition and endurance**.

Jogging

When jogging is applied as a supplementary exercise into ones contest training in a sensible and progressive way, the benefits can be tremendous. Jogging will bring out the maximum degree of muscular sharpness of physique. It will also flatten the abdominals and striated cuts to the thighs. As well, your cardiovascular efficiency will improve greatly. This, in itself, will benefit your contest training. With improved endurance, you will be able to concentrate on hard and vicious workouts.

Sensible and progressive jogging can be applied in the following step plan.

1. The secret to jogging success is to begin gradually and steadily advance toward a goal. A jogging schedule should include heavy—light days. On a heavy day you should jog a greater distance and in shorter time than on an easier day. The light days are for added rest and recovery from a hard workout. For those of you who are not really in shape for a maximum jogging effort at this time, I offer you this graduated plan of intensity. The prime goal here is to eventually jog 12 consecutive laps around a $\frac{3}{4}$ mile track or measured off oval of the same dimensions at a ball park.

Day	Jog	Walk
1	1 lap	1 lap
2	1 $\frac{1}{4}$ laps	$\frac{3}{4}$ lap
3	1 $\frac{1}{2}$ laps	$\frac{1}{2}$ lap
4	1 $\frac{3}{4}$ laps	$\frac{3}{4}$ lap
5	2 laps	1 lap
6	2 $\frac{1}{4}$ laps	$\frac{3}{4}$ lap
7	2 $\frac{1}{2}$ laps	$\frac{1}{2}$ lap
8	2 $\frac{3}{4}$ laps	$\frac{3}{4}$ lap

Follow this schedule until you can jog 12 continuous laps without stopping for the walk. By now you will be up to a 3 mile jog. By the time you get to this point, you will be ready for a more intense jogging schedule. Approaching jogging in this most subtle manner will almost eliminate the possibility of shin splints. A shin splint is pain and swelling, with a deep, dull ache in the muscle on the front of the leg above the ankle and shin bone (tibia).

For those of you who are in shape for a maximum jogging effort, you might like this variation: run 1½ miles within your limit. Fully extend yourself the last 1½ miles. That is a total of three miles of running. This seems to be about right for bodybuilding purposes.

When including jogging into your schedule, remember these points:

1. If you are trying to add muscular bodyweight, don't run over three days per week. Running more than this would cause you to burn up many more calories than you can afford when on a gaining program.

2. For those of you desiring a greater degree of definition run every day. The idea here is to burn up intercellular fat at a faster rate than it can normally be stored in the body.

3. Jogging is best done after a completed workout. If you did it before a workout, you would be too tired to do justice to your workout. Now, if you find that jogging after a workout and posing session is just too much, you might run in the early hours of the morning. This may be best since one should not run on a full stomach.

Very briefly, I will mention the basic style for jogging. Relax the body while holding the arms parallel. Run, using heel to toe motion because it is the least tiring. Take short, fast steps, keeping the feet close to the ground.

In conclusion, plan ahead to reach your goals of a vigorous daily 3 mile run. With this in mind, work jogging into your workout plans 3 months prior to the contest.

The Golden Tan

A properly acquired tan is very important to the serious bodybuilder whose desire it is to improve overall skin tone and muscle tightness for added effects at a contest. Many physique men will try to get an **instant tan** a week or so before a scheduled contest. The result of this is a **disaster** in most cases. An uneven tan and severe redness and blotchiness can occur. Here we have a condition of sunburning rather than tanning, as a result of poor planning. Before a bodybuilder goes out into the sun, he should know the difference between tanning and burning and as well, the preventive measures that terminate sunburning.

Tanning is caused by **careful** exposure of the skin (epidermis) to the ultraviolet rays of the sun. These rays penetrate the skin surface somewhat, causing a formation of color granules which gradually migrate to the surface of the skin and thus promote a tan. At the same time, the color granules surface the outer layer of the skin and it becomes thicker, adding a protective barrier from the burning rays of the sun. **Overexposure** or **sunburn** damages the skin surface, causing pain and inflammation.

The instant tan (severe redness and blotchiness) I spoke of earlier is a result of improper timing of skin sensitivity and overexposure. The bodybuilder should become aware of this and then take the necessary steps to correct it. What is the best time of the day to tan? Science shows us that the sun's rays are most intense from 11 a.m. to 2 p.m. Suntanning is much safer either before or after these hours. Even when adhering to this advice, one has to be constantly aware of other contributing weather conditions. Reflection of the sun's rays on water and sand, along with overcast skies (clouds, fog) contribute to the danger of sunburn. This happens because the ultraviolet rays (tanning) are destroyed by these existing barriers before they have a chance to gain exposure to the skin surface. You should use extreme caution at the beginning of your tanning sessions. Individuals vary greatly in their ability to tan. Redheads and people of fair complexion must be careful in this respect.

The key to successful tanning is moderation at first!!!!

Start out with a few minutes a day in the sun and gradually work up to 20 minutes on the front and 20 minutes on your back. Begin your tanning process 2 or 3 months before the contest. Sun-bathe every day if possible, if not at least 3 or 4 days per week. It is wise to use a good tanning lotion when out in the sun. Hoffman Suntan Lotion is the **only** one which can guarantee a tan and no burn. I have personally used the product and found it to be exactly as advertised. Other brand lotions literally fry the skin. Inquiry and purchase of this fine lotion can be obtained by writing to: York Barbell Co., York, Pennsylvania.

This tanning agent must be reapplied frequently because perspiration and swimming will carry away the lotion's protective qualities in less than two hours after application. To further insure against sunburn, we must look into the effects of vitamin C and its value.

If you will take 2000 milligrams of vitamin C one hour before sun exposure and 500 milligrams every $\frac{1}{2}$ hour while in the sun, this will prevent burning also. Why? Because sunburn is nothing more than an infection and vitamin C helps to fight infection. Because vitamin C is water soluble (which means it can't be readily stored in the body) literally hundreds of milligrams are lost through the sweat glands of the body and also by uric elimination. It is destroyed by heat, loses potency in light or in contact with some metals. This is why heavy dosages of vitamin C are recommended to insure 100 percent derived benefits while accounting for liquid and heat loss through the body.

For those of you who want to gain that extra edge over your competitors, here are a couple of timely tanning tips:

1. When tanning, always wear a pair of trunks that are the exact cut and style as your posing briefs. This will give you the proper tan line.

2. Tanning for competition requires overall completeness. Many times you will see a contestant who has a tan that looks great. That is, until he goes into a front double bicep pose. The visual effect is shocking. The under arms and the surface area around the arm pits aren't tanned.

When tanning, always remember to lie flat on your back with your arms stretched out overhead (palms facing up) from time to time.

The last four or five weeks you may want to increase your time in the sun to thirty minutes on each side.

For those of you who aren't geographically located to benefit from the sun the only thing I can recommend is that you try using a sun lamp. Even then, I am not really sure of the value of these units.

By following the instructions set forth in this chapter on tanning, you can expect a **golden tan** in a matter of weeks.

Posing Criteria

One of the prime requisites for winning a physique contest is the art of successful posing. **Always remember**, posing is like training, either you do it for a specific reason (improved ability) or merely to satisfy an ego. Don't ever become blind to your shortcomings and faults. Use each posing session to criticize your faults and then take the necessary steps to correct them.

It would be a very good idea to begin preparation of a posing arrangement about three to four months prior to the contest. Try and set aside 15 to 30 minutes each day, six days per week, exclusively for these posing sessions. The best time of the day for these posing sessions is varied. Some top bodybuilders prefer to practice posing immediately prior to a workout. The idea behind this is that it is a great warmup for the actual workout, and also, individual energy levels are very high at this time.

Sometimes, however, motivations to pursue a heavy workout are destroyed if an intense posing session is done prior to the workout. Others will conclude their workout with a vigorous posing session. Now, if you pose immediately after the workout, you will most certainly be fatigued from the workout. Your posing will be somewhat shaky as a result, but if you can learn to hold your poses on a solid basis after a training session, you will come into your posing routine at a contest as solid as a rock. One sure result of posing immediately after a workout is that it will form a habit of consistency in that area where as if you do it separately at some other time of the day, you may forget or miss it.

You will find that giving yourself plenty of time to pose as suggested will have a three-fold effect:

1. Nervousness and shaking will be controlled by perfecting and knowing precisely the routine of poses you plan to do. This, in turn, will develop confidence and assurance that you are going to be a "winner."
2. Constant posing practice will allow you to develop a slow, smooth changing routine which is much more appealing than snapping from one

pose to another in a jerky, erratic manner.

3. The constant tension type poses offer the body a greater degree of **muscularity** and **definition** factors which you will want to get to the zenith for the physique competition.

POSING ATTIRE AND THE POSING SESSIONS

The type of posing trunks you wear should be considered by your body structure. If you have a short torso, then the trunks should have a narrow waist height which will give you the illusion of having a longer looking torso. Likewise, if you have a long torso, choose a high waisted posing attire which will give you the appearance of a shorter compact frame. If you have long legs the trunks should fit lower on the thigh. This, in itself, will give you a symmetrical balance between the calf and thigh structure. Short-legged individuals can create the long thigh look by having a high cut within the apparel. It appears from what I have mentioned that you should consider having your posing attire tailored to your immediate specifications and needs. As for color choices, stick with black and neutrals. This will give the hips and buttocks the appearance of added slimness. Stay away from whites because they give the hips the wide look. Bright colors and patterns take the vision away from the physique.

During the months of preparatory posing sessions, it would be a good idea to simulate actual contest conditions as closely as possible. For those of you who are working out in a health club and wish to follow up your workout session with posing immediately afterwards, consider these points first of all:

1. Is the health club or gym geared specifically for the pure competitive bodybuilder in mind? If so, the owner or manager probably already has an area set up for those desiring to improve their posing ability. If not, you might ask him to make one available.

2. Is the gym set up for the business executive and the older man? If this is the case, you should be very considerate of these people's feelings. Ask the manager how his members would feel about having someone posing in front of the mirrors each day. If they wouldn't care to have such activity, don't become irate or show an outward burst of emotion. Put yourself in their place and become sensitive to their feelings.

Whatever the final decision is regarding whether you pose at the gym or at home, it would be a good idea to set aside an area for this endeavour. You will need a high quality full-length mirror (one that does not distort your image) a lighting arrangement and a posing dais. Or you can simply use a floor area marked off for this purpose. Now, at most contests there is usually one spotlight (500 watt floodlamp) positioned 12 feet above and 4 feet in front of the posing platform. Now obviously you won't be able to position a lighting arrangement at the heights mentioned because most ceiling heights are only 8 feet high. With this in mind,

you can use a photographer's adjustable tripod and lamp. Raise this to near ceiling height and 4 feet in front of a full length mirror.

Before you begin your practice sessions, take a moment to properly position yourself under the posing lights. Here are three tips which will help you greatly in this area:

1. When you feel that you are in the proper spot, tilt your head down and look at your pecs.

2. You are in the proper position when the shadow of your head falls just between the pecs and the shadow of your nose ends at the sternum bone.

3. Stick within this area. Don't move to the right or left very much when into your posing routine. Now, when you begin your posing, keep your head tilted back so that the overhead light falls on your face. Tilting the head down will shadow the face.

IDEAS AND TIPS FOR SELECTING A POSING ROUTINE

The type of physique you possess will be the deciding factor in regard to the kind of posing routine you will choose.

A. If you are very muscular with large muscle volume, use herculean type poses. Just look at some pictures of Arnold S., Franco Columbu, Boyer Coe, Peter Grymkowski and Chuck Sipes for ideas along this line.

One point I will bring out here is that if you are a tall competitor, avoid any poses which emphasize that the arms be stretched overhead. Posing the arms overhead generally debulks the arms, causing a thin look. The tall man should aim for compactness of physique. Now a short man who is very muscular and possesses large muscle volume, could pose arms overhead with great effect.

B. If your physique is balanced with good symmetry, size and shape (like Charles Amato, Steve Davis and Frank Zane) you should attain to bring out the best combination of your shape and muscularity.

C. If your physique is off balance, show off the good points and hope for the best!!!!

The measure of a good poser is how well he shows off his good points and disguises his bad points. Realize that no matter how proficient you become at disguising your bad points, the eye is always looking for flaws. With this in mind, it might be a good idea to begin your routine with a nice overall pose and then pose the weakest bodypart as the second pose in your arrangement. In this way, you will be working from essentially your bad points to your best ones throughout the remainder of the posing routine. By proceeding in this manner, the audience and hopefully the



Roy Hilligenn. Photo by Attie Louw.

judges will forget the flaws somewhat and build up real enthusiasm as you follow up with your very best poses. Be aware of the fact that posing should project overall development. Stress muscular symmetry without necessarily showing off a best bodypart. Too many times a competitor will grossly exaggerate his one best bodypart (Example: chest or lats, super thigh development, etc.) that it causes the judges to overlook his other proportionate bodyparts and consequently, he won't get the needed points. The energy and intensity of this type of demonstration should be saved for the best bodyparts subdivision part of the contest.

From this instruction thus far we know that the prime requisites of posing are to stress size, symmetry and proportions.

POSING ROUTINE — GENERAL POINTERS

The 'basics' of good posing consist of arm flexing, back spreading and chest lifting. Here are some tips you will find useful when you are doing arm flexing and back spreading poses.

Single Arm Poses — Look at your posed arm. This will draw the audience's attention away from your face.

Dual Arm Poses — Look directly at the audience to draw their attention to the completeness of the double bicep pose.

Lat Spread Poses — This is a very impressive pose when done properly. The usual manner in which this pose is done is to place the hands on the sides of the obliques. The "secret" here is not to place the hands too high on the obliques because it will hide the full sweep of the lower lat insertion. Also, within these lat poses, be very conscious not to raise one shoulder higher than the other. This will cause an imbalance of the posing effort. Bend slightly forward at the waist to give the illusion of the lats appearing larger.

Getting back to the basics of posing, a good posing routine includes a front, back and optional poses. One can only use 10 or 12 poses that complement his particular physique which seem natural and show development to advantage. After you find the right poses for your body type and have mastered them individually (through concentrated practice) it is time to arrange them artistically so that they will emphasize muscularity, symmetry and balance of physique. This can be achieved by tying the poses together so there is no lost movement or abrupt changes. To accomplish this, arrange your selection of poses so that there is a minimum of foot movement. The less you have to move your feet, the easier it is to flow evenly into your next pose. At this point, I will emphasize the important role the feet play in the posing routine. All poses should be arranged "feet first." Immediately upon placing yourself in the proper position under the posing light, secure the feet in the proper position for your posing arrangement. To do this, support the weight of the body on



Kevin McHamara, Professional Mr. South Africa 1978.

one leg leaving the other leg fairly relaxed. This seems to secure a good sense of rhythm to the posing arrangement. Never pose with both legs straight, a slight bend will cause a more muscular illusion with thought to leg positioning. Even with the bodyweight on one leg as suggested, try and keep the legs relaxed to a degree. Don't make the mistake of pointing the big toe of your foot up. This distracts from the posing perfection. Now get set and begin tensing and posing the other bodyparts.

Basically there are eight mandatory poses that are called for by the judging panel at most contests. These poses are:

FRONT LAT SPREAD	BACK LAT SPREAD
SIDE CHEST POSE	ABS POSE
SIDE TRICEP POSE	MOST MUSCULAR (OR CRAB)
DOUBLE BICEP POSE FROM FRONT	
DOUBLE BICEP POSE FROM REAR	

It is around these mandatory poses that you will arrange your posing routine, whether it be Herculean type poses (**hard style**) or Symmetrical poses (**soft style**).

To fully accent **total** and **equal** symmetry on both sides of the body, be sure that you practice your routine of poses (flexing) from left to right. For example, if you are practicing and presenting a side chest or tricep pose and maybe a $\frac{3}{4}$ back shot from the right side of your body (this is the side that most bodybuilders are able to control with the least effort and look their best from) it would be beneficial for you to also switch and practice these posing movements from the left side. This practice will give you absolute sharpness and muscle control to your **total physique**.

Here is a 'timely' tip that I learned from Arnold Schwarzenegger — when one is posing where the hands are in a closed fist position (such as a double bicep pose) use a tucked thumbless fist (fingers wrapped around the thumb). You will discover that this slight change in your hand position will add to the compactness of your pose. Note the photo enclosures of the tucked thumb method.

AVOID THESE POSING FAULTS

1. Avoid any complete break in your posing, such as going from a full front pose to a full back pose or vice versa. This is an abrupt change and very awkward (due to excessive foot movement) plus you lose the benefit of a flowing routine. It is better to go from a full front pose to a side variation then into a $\frac{3}{4}$ back pose, then to a full back pose.

2. Avoid awkward position poses such as kneeling, sitting or squatting types. There is too much of a chance of lost movement and the high possi-



Illustration No. 1

This is the normal closed fist position that the majority of bodybuilders will assume with their posing postures. Especially notice the awkwardness of the existing protruding thumb.



Illustration No. 2



Illustration No. 3

Photo's No. 2 and 3 depict the proper method upon which to arrive at thumbless fist position. Note the compactness of the fist when the thumb is tucked in this manner.

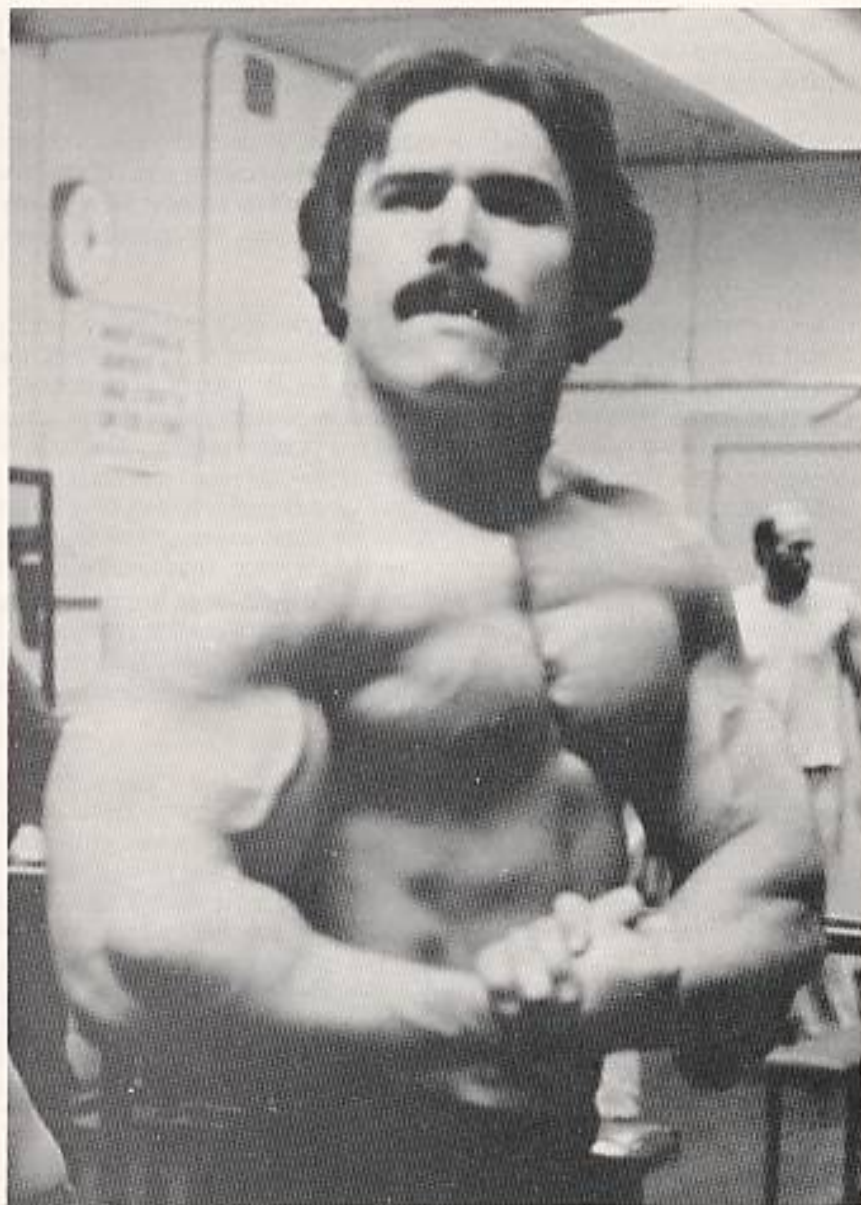
bility of losing your balance and falling off the platform. It is better to leave this type of posing to the super stars: Corney, Scott and Zane. Or until such a time that you reach this caliber of physique excellence.

3. Facial expressions can help or ruin a pose. Your facial features can dictate to a point the judge's and audience's response to you. If you are chewing gum or looking comical or utterly bored or tensing so violently that your eyes bulge and your face sweats, you are **creating more attention to your face than necessary.**

Let's correct these mistakes. Chewing gum, looking comical or utterly bored can stem from not having enough prior posing practice. First, get rid of the gum. There is really no reason for it. Plenty of practice is essential to give your routine a professional look. Along with this practice begin controlling your facial expressions while posing. Maintain a **pleasant smile.** Tensing and shaking violently — the mind can dictate this nervousness to a degree. Again, a degree of this problem can be a result of not enough posing preparation. Also, we must consider the fact that you may have pumped up improperly before your appearance on the posing platform. Over-pumping will cause a condition of breathlessness and shaking when posing. Here is the proper procedure for pumping up prior to your appearance on the posing platform. Realize that you will only be able to warm-up with the equipment provided by the promoters of the contest.

This may consist of a medium poundage barbell and a power twister and a rubber expander set, etc. If you don't have access to these items, look to doing dynamic tension movement push-ups and some pull-ups if you can find a bar somewhere back stage. It might be just as well to carry your own rubber expander set to the contest. This little item is terrific for pumping up purposes. Always be sure to pump up your bad points more than the good ones. To achieve a proper pump overall, warm-up (with the barbell power twister, cables, etc.) only enough to make the muscles show better contour and sharpness. Doing any more than this and you will look rounder and more massive, but lack **definition.** Pump only until the muscles begin to feel bigger and tighter and not until they are swollen and red.

I have talked to many of the top bodybuilders such as Chuck Amato, Boyer Coe, Steve Davis, Chuck Sipes and Frank Zane about the subject of pumping up before a posing session or competition. They all universally agree on one point and that is **pumping up before posing is not really necessary.** The general consensus is that the tremendous amount of required posing at either the pre-judging or at the contest itself is enough to pump the muscles up to their maximum. Also, these fellows feel that when posing is approached in this manner (no prior pump up) one will literally seem to 'grow' before the eyes of the judges and spectators alike. They feel that the majority of physique men pump up to extremes before an on-stage presentation to make them look more appealing and enhance their chances of winning. If you aren't totally prepared (taken care of the



Larry Gordon, Mr. Alaska.

details mentioned in this book pertinent to physique competition) no amount of pumping is going to help you.

Concluding this subject of pumping up, consider the advice I have given to you and as well, the thoughts from the champions. If pumping up tends to help your confidence and motivation and gives you that necessary

psychological boost, then do it in the manner described. Usually about five minutes before your posing session is right to begin your brief warm-up.

SPECIAL POSING HINTS

Normally, in most contests you will have a time limit of two minutes with which to go through your posing routine. Each pose should be held for a **maximum** and no more than six seconds. This is about right so that the judges and spectators alike have a chance to see your muscle display. This six second count gives almost perpetual motion, which accents continual movement and flowing lines. Posing any less than six seconds per pose might not give the judges time enough to view you completely so stay within the guideline suggested. If you feel a pose is not getting the desired response from the audience, quickly and smoothly glide into another pose. During these six second interval poses, flex the muscles just enough so that the muscles become fully expanded. This will come from much practice. When the audience is at the peak of their applause, it is time to leave the platform. If you try to drag out your routine longer than the two minutes you will lose the initial audience response. All posers should finish a routine with a very best front view pose. This makes it easier to take your bow and leave the platform without any awkward or last minute turns. As well, this will leave the audience and judges with a tremendous lasting impression of your physique.

At the beginning of this chapter on Posing Criteria, I mentioned the benefits of posing immediately after a workout. That is, you would be shaky after your workout, but if you could learn to hold your poses on a solid basis, then posing at a contest you would be solid as a rock. Now, 12 to 14 weeks prior to a contest it would be advisable to practice each pose within your arrangement for the six second interval as suggested. Now, about two weeks prior to the contest, you might like to try holding each pose (without relaxing) for one to two minutes each. As well, at the conclusion of your posing practice, pose and tense the thighs and abs for ten solid minutes without relaxing. This will really help you at the contest because if you are in good shape you won't have to strain to hold your poses. You will also look very muscular when standing relaxed.

Concluding this chapter on posing, I have not gone into explicit detail regarding the poses required for your type of physique. My suggestion is that you go to the contests frequently and develop ideas from the top competing posers and guest posers. Study and analyse the photos in the top muscle magazines on the market today. Purchase some of the advertised posing films of the champs through the magazines. This will give you plenty to work with along with the advice contained within this chapter.

A competitor who has adequate size for his bone structure, plus sharp crisp muscularity and not an overabundance of bodyfat or mass, has a

better chance of winning that contest over another contestant who is huge but lacks good proportions and muscle definition. So size is not the prime factor to winning contests.

Posing Secrets of the Olympians

1) Whether posing or standing in the line up, always remember to keep the abdominals flexed or tight at all times.

2) To help minimize the width or density of the abdominals be sure to use more twisting poses for the upper torso and don't raise the shoulders.

3) On full back or double bicep poses as viewed from the rear, one of the legs will usually have a slight break or bend to it. On this leg remember to turn the heel slightly out. This variation will give more visual mass and symmetry to the calf muscle.

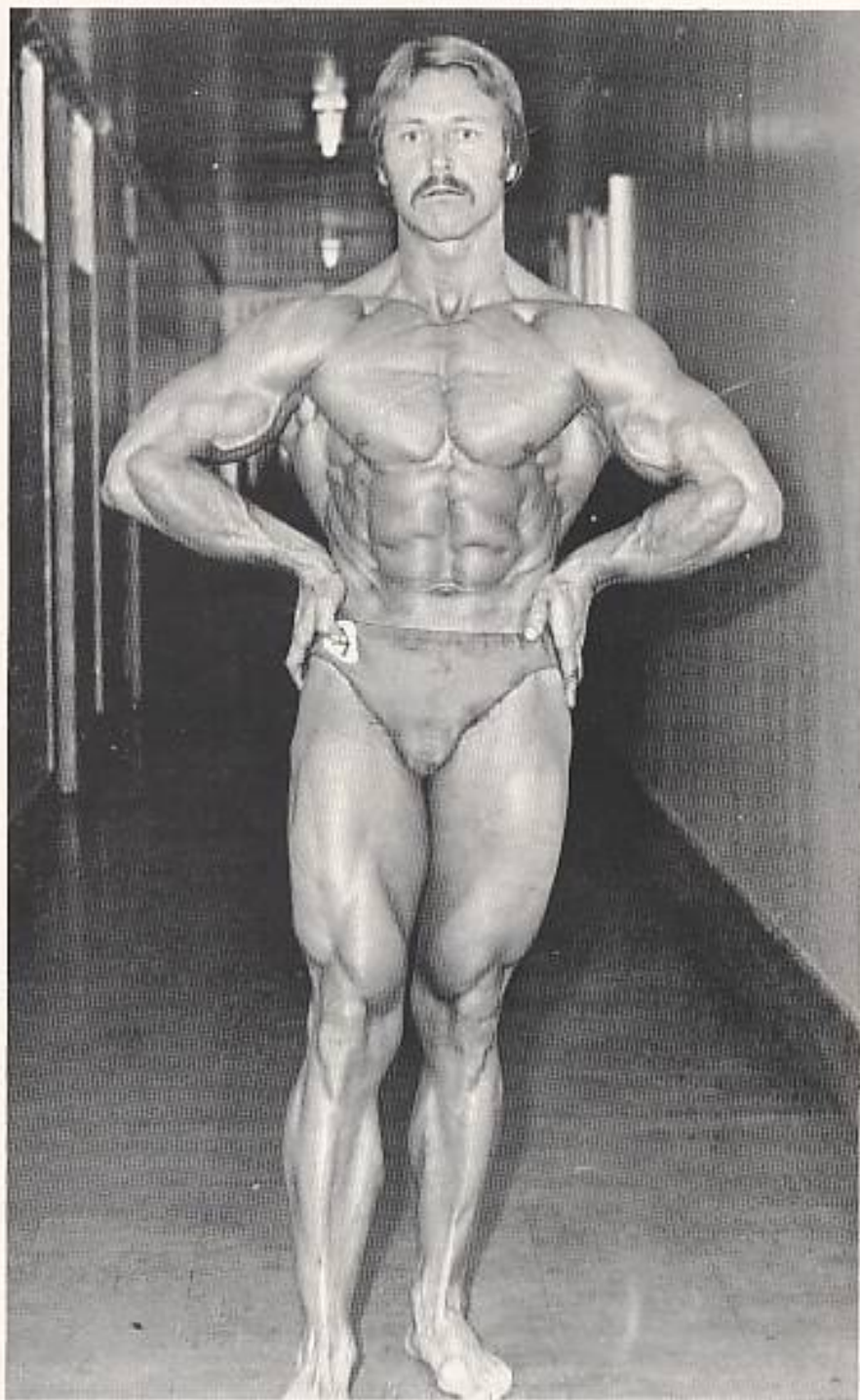
The Final Preparations

During the final month before the contest you should be well into the final phase of your training. Your training intensity should be at a peak (using heavy poundages while maintaining extreme tension within the exercise movement itself, a fast training tempo and sets worked to failure). Looking at the nutritional aspects, your daily consumption of carbohydrates should be down to 15-20 grams and you should be maintaining a low fat consumption. Your suntan should be set in and the finishing touches to the physique, as well as the finalizing of the posing routine, should be coming along in a positive way. Everything should be geared toward muscularity and definition.

ONE WEEK PRIOR

We are now down to the final week of preparation. During this last week, eat only enough bodybuilding foods to maintain your strength and energy and to keep from losing weight. Let's take care of some general appearance items. At this time, it would be a very good idea to get a haircut or better yet, your hair styled. Whichever method you decide on, be sure it is one which will complement your facial features. Trim your fingernails and toenails. Early in this final week prior to the contest, remove any excess body hair (under armpits, chest, legs, etc.) which may hide a degree of your overall definition. The best way to remove this unwanted hair is done in the following manner: using an electric razor, or a sharp regular razor, apply medium to light pressure on the areas affected.

There is no need to completely shave down to the skin because on stage and at the distance you will be from the audience, small amounts of hair will not be noticed. Depilatories, or hair removing cremes, should be avoided by those who are allergic to the chemicals in such items. Always remember to shave three to five days before the contest so that any skin irritations or cuts will have plenty of time to heal. Now, about three days prior to the contest you should take into account: the geographical locale



Franz Aldriah, Amateur South Africa, 1978. Photo by Attie Louw.

of the contest, the importance of the contest (is it local, district or of national importance), when to terminate your contest training.

If the contest is across the country and of national importance, you should terminate training three days prior and immediately leave on an airplane to the city where the contest will be held. This will assure you of a **peak** condition on the day of the contest. It would be very detrimental to fly in the evening before, because of the possibility of jet lag and you just won't look your best. Sometimes travel is very intense due to the environment, time changes and needing time to yourself. By arriving at the city of the contest three days prior this will give you time to collect your thoughts and maybe take a nice light workout at one of the local health clubs a day or so before the contest. If the contest is local you can train right up to the day prior to the event. Being a physique contestant, you do not have to conserve the amount of energy as a powerlifter or Olympic lifter must do prior to competition. However, too much training, especially on the day of the contest, will pump up the muscles to such a degree that one's muscularity will be minimized. Keep this in mind.

While the months of progressive contest training with barbells have brought you to your best ever condition, you must realize that your body is using a lot of energy every workout just supporting you and the barbell and keeping your body rigid, etc.

My personal recommendation to you would be that you terminate all barbell training during the last three days prior to the contest. Concentrate on light muscle shaping movements using such items as: rubber expander sets, power twister, horseshoe exercisers and handgrippers. A good fast moving workout of $\frac{1}{2}$ hour per day using these light weight items will keep your physique at its zenith for the contest and your energy level high for the necessary posing requirements.

THE EVENING BEFORE

Go to the grocery store and stock up on some natural foods such as watermelon, dried papaya and some cheeses. Also, it might be a good idea to obtain a quart of mineral water. Now, put this watermelon (which has been cut into segments), papaya spears and cheese slices into a bag and store it in the refrigerator along with the mineral water. You will be taking these items to the interview and pre-judging part of the competition. In this way when you feel hungry or thirsty you can eat and drink when necessary. There is very little opportunity to go out and get a bite to eat, so this is very convenient to keep your energy levels high during this time.

Check to be sure that you have your posing briefs ready. Go and eat a dinner a few hours before you retire. Have a nice steak and combination salad. The key for this evening is **complete relaxation**. Completely put all mental preparations of the contest and competition out of your mind.



Elias Petsas

Read a good book, or just relax and visit with some friends. Remember though, if you are visiting do the best you can to keep the conversation away from the upcoming contest. In other words, place your mind on other interests at this time. Retire early enough in the evening to allow you to get about 9½ hours of sound sleep. Just before retiring, have a glass of warm milk and honey.

THE DAY OF THE CONTEST

On the morning of the contest, arise early (especially if you went to bed early). Take a short jog of about ½ mile. Upon returning from your jog, apply a coat of nivea creme deeply into the skin. Now take a warm to cold shower. A few hours before the contest eat only enough of a meal to feel comfortable. Eating one meal will not affect your size, muscularity or impressiveness, although eating too much will increase the waist until the food is digested. While your morning is moving along in a positive way, it is now time to begin placing your mind in the proper attitude. Before the actual contest don't put full effort into the mental aspects of the contest. Think about the contest but wait until you arrive at the contest and then begin to give it 100 percent of your attention.

INTERVIEWS AND PRE-JUDGING

Give yourself plenty of time to arrive at the contest sight for the pre-judging. This will usually be done by vehicle so take into account the distance to the sight from where you are at, the traffic conditions and also the unforeseen flat tire. Remember to take your bag of natural foods, mineral water and your posing attire. Now, at this time it would be a good idea to begin your mental preparation of the contest and competition. Give your 100 percent effort to this because it is at this pre-judging under existing conditions (without the benefit of fixed lighting, posed and relaxed, etc.) that the final decisions of who wins and who places is made. With regard to pumping up and posing, follow the guidelines set forth in the chapter on Posing Criteria. Relating briefly to the subject of pumping up, I would like to share a bit of wisdom from world class bodybuilder, Chuck Sipes.

Chuck feels that probably the biggest mistake bodybuilders make regarding this is to pump up too much and too soon. He said that on the night he won the 1968 Mr. World contest that some of the contestants were pumping up two hours before the contest!!!! Chuck feels that this type of situation is really uncalled for. Usually one will obtain a fantastic pump just from the tremendous amount of required posing at the pre-judging and at the actual contest. With that thought established, let's get back to the pre-judging. Remember the nivea creme you applied to your skin prior to your shower early in the morning? Watch how the creme comes up to the skin surface during your posing and gives your body a highlight of added muscularity. This is a unique method of application when mineral oils or cremes of this nature aren't really allowed to be visibly applied at the pre-judging or at the actual contest. Now give 100 percent

of your best effort posing, because this is where the competition is actually won or lost.

Now with most well-organized contests, there are a few hours of elapsed time between the termination of the pre-judging and the evening contest. This would be a good time to go back to your room. Apply another coat of nivea creme and take a nice warm to cold shower. Now relax or sleep in solitude until about two hours before the contest. About two hours before the competition arise and go to the contest sight. This will give you plenty of time to acquaint yourself with the layout of the stage, posing platform and lighting effects. Have as much confidence as possible. Mentally, go through your posing routine. Mentally picture in your mind how the stage will look, how you will look on the stage, how you will respond to what others do and how you will respond to what the audience does. You will have different kinds of audiences to please. Some prefer just muscular type poses. Others prefer more symmetrical, more graceful type poses. **This is it!!!!** The contest is now in progress and you have just been called to the posing dais. Walk gracefully to the posing platform. During this walk, keep your head up (include a pleasant smile) while having complete control of every muscle within your body, while also appearing relaxed and at ease. This sturdy posture and profile will immediately show to the audience that you have the confidence of a winner. To run, leap or dawdle on your way to the platform only shows an amateurish approach of one who isn't fully prepared to enter a contest. **Get Set:** position yourself under the posing lights. Now begin your posing presentation. Here is a tip you should apply when posing before an audience. **Never look directly into the audience when posing. Pick a spot above everybody's heads and look into that direction while thinking about what you are doing. Looking into an audience directly and seeing friends may cause you to lose your concentration.**

CONTEST ATTITUDES—JUDGING—AUDIENCE RESPONSE

Always be mentally, as well as physically prepared for any eventuality or result of a contest, win or lose. Don't ever feel that losing or just placing is a personal comment about your worth. Be mature enough to accept the decision and prepare yourself to go back and try harder next time. Realize that there is usually between five to nine judges. They arrive at their decisions at the pre-judging. The judging determinations are based on personal likes and dislikes within the guidelines set forth by the particular organizations sponsoring the contest.

Physique contests deal in an area of illusion, looks and appeal. The audience response to you is no indication of the final decision because this was made hours before at the pre-judging. When the audience views you, they are treated to your 'best' under favorable lighting conditions. The sore losers at a contest are the ones who see themselves from their own point of view. They see no wrong in the mirror. This is why it is very important to use a posing session to criticize your faults and then make the necessary steps to correct them. Also, having someone who is know-

ledgeable in physique evaluation is helpful. So in conclusion, if you have done your very best in these areas set forth, you can come away from the contest with the attitude that the contest has been a positive experience for you.



Reg Park. Photo by Attie Louw.

Bodybuilding Specialization

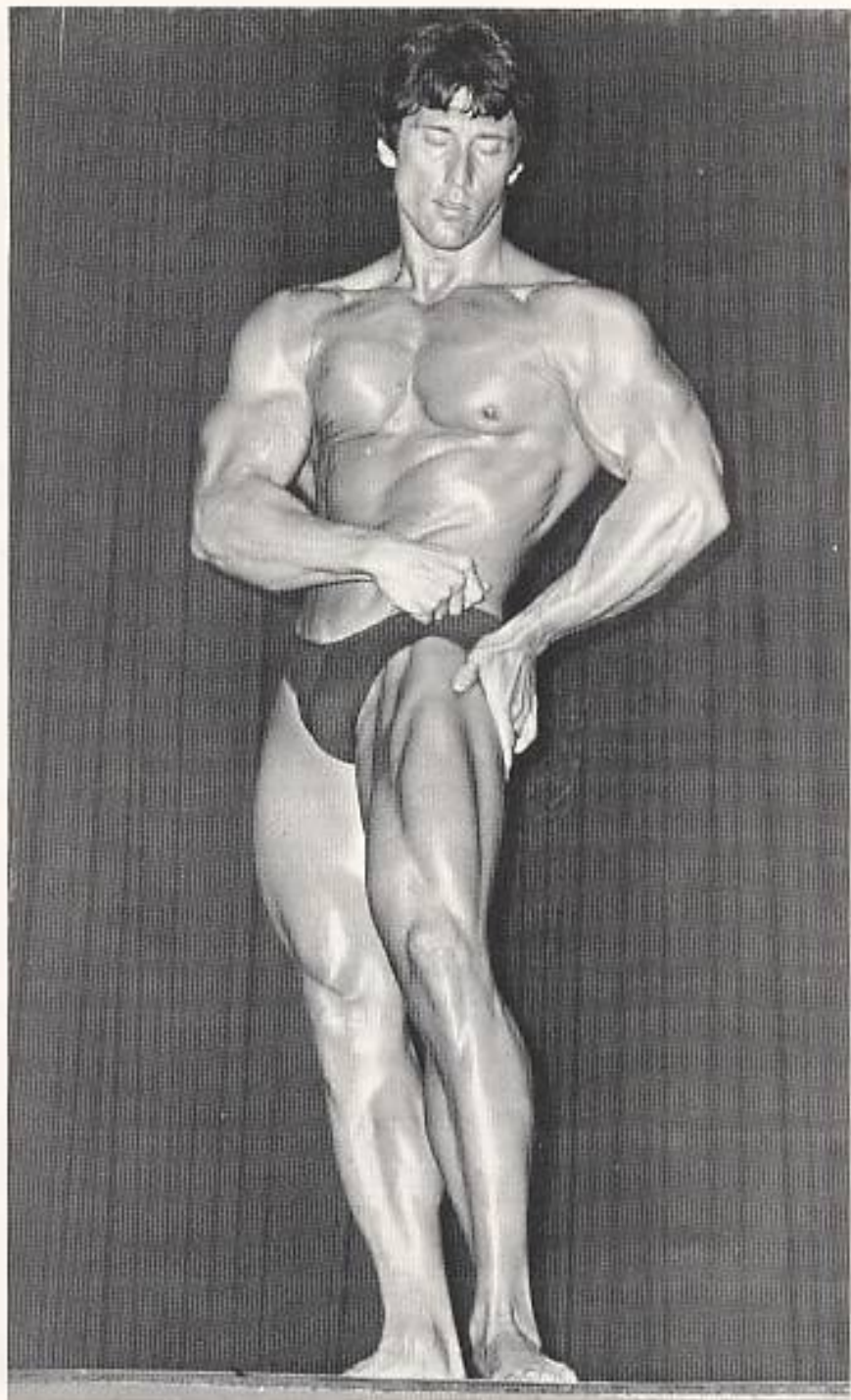
Bodybuilding specialization is a method in which you, the bodybuilder, will work for advanced development of a certain bodypart which is lagging in size, shape or needs trimmed down. Theoretically, if a person will exercise all of the bodyparts **equally** hard in a matter of time everything will **balance out**. However, while every **major muscle group** should receive equal development work, you will soon discover that some of your bodyparts are more responsive to training than others. Generally, rapidly of muscle growth looks like this (most responsive to the least) **lats, pecs, biceps, triceps, thighs, obliques-abs, delts, calves and forearms**. When you notice that a particular muscle area is not responding as it should, it is time for a method of **specialization**. If you don't make the necessary change in your routine when it is needed you will soon lack that contest winning **symmetry**.

Before I make any specific recommendations regarding proper specialization techniques, a number of points relating to the aesthetics of **bodybuilding** should be brought forth. There are four qualities we should look at. They are: **separation, definition, shape and symmetry**. The first two qualities are briefly defined as follows:

Separation—this is where one muscle group disjoins from another.

Definition—the total body is void of bulk and has a soft appearance.

Shape—simply, each muscle has a point of origin and a point where they insert. You can't change short muscles into long ones. That is, you cannot completely change the 'basic' contour or shape you were born with, but you can alter the muscle to a degree by increasing the amount of exercise variety within it. In other words, the muscles will continually adjust to the demands of certain exercises you are doing. While you may hit a peak of development on one routine, you change it and you will look somewhat different.



Frank Zane. Photo by Attie Louw.

Symmetry—this is the equal and even development of a muscle on a vertical axis and proportional development on a diagonal axis. The calf, for example, should be proportionately balanced by the total arm. All the major individual muscle groups in the body are composed of one or more "heads" or groups of muscle fibers. Within these heads one will have a greater number of muscle fibers which will determine how large the muscle will grow. For example, the triceps consist of three heads (outer head, inner head and long head). Now, while the triceps may seem to be of equal proportional development or balance with other parts of the body, it may not be so within the tricep itself. Most pressing exercises for the shoulders, or chest will tend to activate the long head of the triceps to a maximum degree. As a result, the other (inner head - outer head) muscles are disproportionately smaller in size than the long head. So, as a result, the symmetry of the tricep within itself is thrown off to a great degree. You must then take the necessary steps and **focus** the efforts and **concentration** of your tricep program to work the inner and outer heads while decreasing the work on the long head.

For reference and a breakdown of the muscle groups and the exercises which work for a particular segment of a muscle group, refer to the exercise chart within this booklet. It would be my recommendation that you study a good anatomy textbook for further knowledge of the muscles. After you have determined the muscle group or segment needing specialization it is time to select the exercises that will work it in isolation.

ABC's OF SPECIALIZATION

1. Always use strict form with no cheating. This will help you to conserve energy.
2. Use a full range of motion (full extension and contractions). This range of movement will accent maximum shape and muscular sharpness of the **muscle isolation**.
3. Always put your specialization at the beginning of a workout session. There are a number of reasons for this: (a) You are always fresher at the beginning of a workout, and (b) You will be able to apply maximum effort into your specialization at the beginning of your workout session because your mental attitude and metabolism will be at a high key at this time.
4. To see positive results form, a specialization program of a minimum of four weeks is required and not more than six weeks.
5. Any bodypart worked past a six week period should be given a three week rest before attempting another special program that would be for the same area. In this way you will be giving the lagging area a rest from the systematic specialization. This will give you the opportunity to **recuperate** fully and as well, your mental attitude will become sharper for the next phase of special training.

6. Fifteen to twenty sets per body part (not individual exercise) total seem about right for obtaining a maximum pump and growth factors. Use three or four exercises per muscle group when into a special program. Doing numerous sets (15 to 20) of only one particular exercise will not give you the maximum development in the muscle. It is better to do a variety of different exercises from many different angles.

7. It is recommended that one specialize on only one particular bodypart at a time. In this way you will be able to devote 100 percent of your attention to the task at hand.

I have purposely not mentioned how many days per week you will be dedicating toward special work of a bodypart. This is going to vary greatly with your energy type (high or low) and the type of split routine you are using in your training. Other factors may require that you just blitz a stubborn bodypart for an entire workout, etc.

Method No. 1

Let's look at these a little closer. If you are the low energy type, you might try this theory of specialization. Work the lagging bodypart three days per week separate from the rest of your workout. In other words, you might want to do something special for the calves. Work the other bodyparts on Monday, Wednesday and Friday. Now, for the calves, work out a program of doing them on Tuesday, Thursday and Saturday. Being of the low energy type, you should approach your sets in this manner. For the specialization follow points of the ABC's. For the rest of the bodyparts do a minimal of 8 total sets for each bodypart. If specialization is not progressing as expected after two months, drop your minimal sets from 8 to 4 on these other bodyparts. If it is necessary to go to this extreme results are usually assured.

From the standpoint of contest training, endeavours of this type of priority training should be done during the off-season. This way you will be putting yourself in a position where you can begin pre-contest training and not have to worry about a lagging bodypart.

Method No. 2

High energy types. You are down to the last two months before the contest. You have been changing your exercises to meet your need for the weaker areas that can use more in the way of development. Here is how to use priority training for that purpose. Work your entire body each day for two days in a row. Doing this, you may want to double split your program to conserve energy. That is, work the lower body in the morning and the upper body in the evening. On the third day do your specialization program. Rest one day completely and then begin the cycle over again.

Method No. 3

Here is another contest priority system that Mr. Olympia, Frank Zane, finds very result producing. Using the back for an example, take a heavy

back workout on **Monday**, using as many as 25 sets (five exercises with five sets per exercise). On **Tuesday**, using different exercises than Monday, drop the sets overall down to 15. On **Wednesday** do 10 to 15 sets. Rest on **Thursday**. Now, on **Friday**, hit the back again in the same manner you did on **Monday**. **Saturday** do just a very little amount of back work. Perhaps some lat stretches and that would be it for Saturday.

Begin all over again on Monday in the manner described. Hitting the back five days a week for two weeks will really bring it up. On a **blitz** program of this type, two weeks is the maximum you could obtain decent results before you begin to burn out. Since you will be working the back everyday, you may want to do it separately from the rest of your exercise schedules.

Method No. 4

Here is a unique method that John Grimek would use from time to time six weeks before an upcoming contest to retain the maximum of size and muscularity. Normally, the training intensity is such that the last six weeks of training one is training six days per week. Not the total body each of these days, but still getting in two to three sessions for each bodypart during the week. After each day's workout Grimek would simply specialize on one particular bodypart. He would work a **different bodypart** each day. From this, it appears that every bodypart will be affected by this mini specialization every 12 days or so. Remember to work the area of a particular muscle that may be out of balance. For example, don't work the long head of the tricep (pressing variations affect the area greatly) if the inner and outer heads are in need of a further stimulus.

Method No. 5

The one day blitz system. This will be a **shock** routine so you could only follow it one day out of every month and realize positive results. You will need to set an entire day aside for this blitz routine. This method would probably be accomplished on a weekend. Set 12 hours aside for this endeavour, for example 8:00 a.m. to 8:00 p.m. Use three exercises per individual bodypart. Work only one bodypart all day. Here is how the program might look. Using the biceps for the illustration, every hour on the hour perform three sets of 6-8 reps in the heavy barbell curl. Rest one minute between sets. Now every ½ hour do three sets of 15 reps of the dumbbell concentration curl. Rest one minute between these sets also. Now every hour on the hour (after your sets) take in about 20-30 grams of protein. Keep this intake as light as possible. By this, we mean that rather than take in proteins like steak, fish, cheeses, etc., it would be better to take in mixtures of a **high protein** drink or flavored liquid protein, yogurts or cottage cheese.

These lighter proteins will be a little easier on the digestive system while you are involved with your hour and half hour mini workouts. **Capsule Comment:** The idea behind this system is to use a heavy power and size building movement on the hour sessions and a shaping movement on the half hour sessions. Realize that on a program of this

type you will more than likely have to pick exercises which can be done in the home gym. It wouldn't be very beneficial to spend 12 hours in a commercial gym. I am sure that by following the suggestions of including a heavy power and size building movement and a shaper you will be able to come up with some **tremendous** combinations of your own by reviewing the exercise chart included with this book. Solid lasting gains of $\frac{1}{2}$ inch or more can be realized on this program when followed exactly as outlined. The program can be used with equal success in either the off-season or during pre-contest preparation.

Method No. 6

Cable training. This form of specialization can do wonders for your muscular sharpness of physique and especially if you are of the smooth or bulky physique. If your goal is to achieve greater upper body muscularity a cable training course of 30 minutes to 1 hour is best. You will follow this cable training exclusively four alternate days per week. The other two days per week you will be using the weights. This type of special work should be performed using the structural guidelines within Method No. 1. On the cable training sessions, work at **cutting down your rest periods between sets, while maintaining strict form and strive for a speedier movement within the exercise itself.** In this way you will be able to add 'more' and 'more' sets within the allotted 30 minutes to 1 hour. Some other points to remember are:

1. In the high range or completed part of a cable movement work for a deeper, wider stretch.
2. For added muscularity hold this extended stretch for a slight pause before returning to begin the next repetition.

You will find that these two points alone will give you an added degree of tendon and ligament strength as well as the qualities already mentioned. Regarding the repetition pattern, for the development of muscularity and tendon strength, 10-12 reps seem best. The number of sets you will be doing will depend on what you are trying to accomplish. The bulky or smooth bodybuilder is obviously going to be using a large amount of sets within his 30-60 minute special program. What about the already muscular bodybuilder? Within this case, it would not be recommended that a lengthy program as mentioned above be followed. It would be best for the muscular bodybuilder to use one cable exercise per body part and do 2 sets of 10-12 reps. Two sets is all that is necessary for fitness cable training as long as **maximum effort is applied.** Of course, this point should be adhered to by the person into a specialized cable program as well. When you are doing your reps, you should always strive for a deep ache or burn within the muscle being worked. If you do not feel this sensation, it is time to add another progressive strand or band to your cable unit.

Remember the points I have brought forth in this special training advice. I will be including a unique idea of cable training and how it can

be applied in a very progressive way into your contest program. The idea will be coming from super star physique champion Chuck Sipes.

I will leave the selection of cable exercises up to you. The six methods of specialization I have presented will give you plenty to work with. Now, in bringing this chapter to a close, I would like to give you some sample priority programs that you might like to use in the near future.

—SPECIALIZATION PROGRAMS—

Follow a particular program 4-6 weeks every other day with the exception of the calves and abdominals which can be trained 6 days per week if necessary.

DELTOIDS NO. 1

Barbell Seated Front Press	4x8
Barbell Seated Press Behind Neck	4x8
Front Bar Lateral Raise	2x12
Side Dumbbell Lateral Raise	2x12
Bent Over Dumbbell Rear Lateral Raise	2x10
Seated Dumbbell Round The Worlds	2x10

DELTOIDS NO. 2

Press Behind The Neck Seated	6x6
Seated Dumbbell Press on High Incline (60 degree) ...	5x6-8, Super Set
Side (incline) Dumbbell Laterals on Incline Bench ...	5x10, Super Set
Bent Over Laterals with Dumbbells	3x10-12

NOTES: On the pressing movements use a **shoulder width grip** on the Front Press and a **fairly wide grip** on the PBNs. On the Seated Dumbbell Press perform **very slowly** and **concentrate**. On the various lateral movements be sure to **tilt the front end of the bells down** as you raise the bells out to the side. **Slight elbow bend** on these.

TRAPS NO. 1

Wide Grip Upright Rowing	4x12
Two Arm Hang Cleans	4x12
High Pulls	4x6
Barbell Shoulder Shrugs	4x8

NOTES: On the Upright Rowing and the Two Arm Hang Cleans breathe twice between each rep.

BICEPS NO. 1

Heavy Barbell Curls	2x12, 2x6, 2x4, 2x1
Seated Conct. Dumbbell Curls	2x12
Scott Barbell Curls	2x12

BICEPS NO. 2

Barbell Scott Curls, Super Set	4x6
Incline Dumbbell Curls, Super Set	4x6-8
Dumbbell Scott Curls, Super Set	4x6
One Arm Conct. Curl, Super Set	4x12

NOTES: On the Heavy Barbell Curls use the heavy to light system—add weight and drop the reps. The various Scott Curls should be performed slowly. Routine No. 2 perform 6 burns (low position) at end of each set.

TRICEPS NO. 1

Lying French Press	2x12, 2x6, 2x4, 2x1
Triceps Push Down on Lat Machine	2x10
One Arm Dumbbell Tricep Extension	(Alternate) 2x10

TRICEPS NO. 2

Lying Tricep Pullover-Press (E-Z Curl Bar)	6x6
Seated French Press on Incline Bench. (Super Set)	5x8-10
Kneeling (chest on bench) Pulley Extension	5x10-12
Finish off with Triceps Pushdowns	3x6

NOTES: On the Lying French Press keep elbows high and make the triceps do the work. The Tricep Pushdown in No. 2 is performed as follows: Start each set with a weight that will allow 6 reps. Drop some poundage (20 percent) and do as many as possible and finally another (20 percent) drop and pump to the maximum point of failure. This will constitute 1 set.

BICEPS-TRICEPS COMBINATION NO. 1

Cheat Curls	4x4
Dumbbell Conct. Curls	4x8
Barbell Scott Curls	3x10
Barbell Wrist Curls (palms up & palms down)	2 sets eachway, 20 reps
Lying French Press	4x6
Triceps Push Down	3x20
Parallel Bar Dips	4x8

BICEPS-TRICEPS COMBINATION NO. 2

Cheat Curls	4x6
(Super set these two)	
Barbell Scott Curls	4x15
French Press	4x12
Parallel Bar Dips	3x10

NOTES: With regard to the Cheat Curls, use only enough back bend to get the weight moving. Use heavy poundages on these.

FOREARMS NO. 1

Standing or Scott Reverse Curls	4x8
Dumbbell Wrist Curls (palms up) with Upper Arm Parallel	4x15
Rubber Cable Reverse Curls	4x12
Squeeze Rubber Ball	4x40

FOREARMS NO. 2

Palms Up Barbell Wrist Curls	6x15
Scott Reverse Curls	6x8
(Super Set these two)	

Iron Man Grip Machine.....	3 x failure
Wrist Roller	

NOTES: Forearm size and gripping power is very much a matter of intense mental concentration. The Dumbbell Wrist Curl listed in No. 1 is described in detail within the pages of chart notations in this book. The Wrist Roller is primarily for adding size and will do very little for power.

CHEST NO. 1

Bench Press	2x6, 2x4, 2x2, 2x1
Incline Dumbbell Flies	4x12
Incline Barbell Press	4x8
Straight Arm Pullovers	2x20

CHEST NO. 2

Incline Barbell Press	4x6
Decline Dumbbell Flies	4x10-12
Incline Dumbbell Press	4x6-8
Wide Grip Gironda "Pec" Dips	3x8-10

NOTES: On the heavy BPs, use the heavy to light system. Add weight and drop the reps. The Incline Barbell Press should be performed with a wide grip and held high on the chest. Breathe deeply twice between each rep. The Straight Arm Pullover should be performed with a light poundage and work for a deep, deep stretch!!! Stay away from excessive decline movements which work the lower pecs as too much will build up an outline of muscle mass that will give you that sagging appearance later in your career.

ABDOMINALS NO. 1

Front Bends	2x100
Side Bends	2x100
Incline Situps (45 degree), Wt. behind head	2x20
Hanging Leg Raises	4x15
Body Twists	2x200
Jog 1/2 mile	

ABDOMINALS NO. 2

Hanging Leg Raises	15 reps
Gironda 1/4 Crunchy Situps	10 reps
Leg Raise Off Bench	25 reps
Seated Twists with Bar on Shoulder	100 reps

NOTES: Perform either of these two routines 6 days per week. On No. 2 perform in giant set fashion for a total of 4 cycles.

LATS NO. 1

Wide Grip Chins to Chest	5x6-8
Heavy Barbell Bentover Rowing	4x6-8

Horizontal Floor Pulley Rows	4x8-10
One Arm Dumbbell Rowing	4x8-10

NOTES: Realize that the Erectors constitute part of total back development. This should receive plenty of work during the P-L training in the off season.

THIGHS NO. 1

Parallel Squats	2x8, 2x6, 2x4, 2x2
Quarter Squats	4x10
Non Lock Leg Press	6x6

THIGHS NO. 2

Barbell Front Squats	5x8-10
(Super Set these two)	
Front Thigh Extensions	5x12
Non Lockout Leg Press	2x8-10
Thigh Curls	5x10-12

THIGHS NO. 3

Leg Extensions (strict)	2x6
.....	1x4
REST 3 to 5 minutes between sets	2x4
.....	1x4
REST 5 to 8 minutes; then:	
Leg Extensions (strict)	2x8 (Super Set these two)
Jump Squats (with just bodyweight)	2x Failure, 2 min. rest each
REST about 5 minutes; then:	
Leg Extensions (semi cheat)	3x12
Leg Curls (strict)	3x12
No rest; then:	
Bodyweight Jumping Squats	1 set to Failure

CALVES NO. 1

Calf Raise on Calf Machine	5x20
One Leg Calf Raise (hold heavy dumbbell in one hand)	4x20

After you have performed the above exercises and set, lean against a wall and rise up on the toes and flex the calves 'very hard' in the top contracted position for a 10 to 20 second count. Do this 4 times.

Heel Raises again on:

Calf Machine 5x10

After each set of 10 full reps finish off with 20 burns in the high or contracted top position.

CALVES NO. 2

Calf Raise on Calf Machine 4x25

One Leg Calf Raise (bodyweight only) 4x60

On the first 30 reps, concentrate on the downward stretch. Do the final 30 reps in a 'bouncy' fashion concentrating on the high flex position.

Tibialous Contractions (Iron Boots) 4x25

Sit on a high bench so that the legs are free to hang. Now work the feet back and forth in the manner described in the chapter on Calf Symmetry. Add poundage when the reps become easy, but don't sacrifice form just for the sake of adding weight.

CALVES NO. 3

Heel Raise (heels in, toes out) 4x20
(Super Set these two)

Heel Raise (heels out, toes in) 4x20

Leg Press Machine Heel Raises 4x15-20
(Super Set these two)

One Leg Calf Raise 4x15-20

CALVES NO. 4

The following calf program will incorporate the staggered set principle in that you will select two calf exercises from the chart. You will then insert these calf movements between other exercises until you have completed 10 sets of each movement. Go heavy on these sets by beginning with 20 reps per set and progressively adding poundage until you can perform only 3 reps on the 10th set of the movement.

The following day you will perform the principle in like manner only here you will not add poundage, but reps. Start with 20 reps and work to the highest reps possible by the 10th set of each exercise.

This is a six day program. Three days will be heavy and three alternate days will be termed light high rep days.

CALVES NO. 5

This calf program is a 'crash program' which is to be used for short intense periods of time as a shock treatment. It does vary somewhat from point six of the ABC's of Specialization, but it is mainly intended to jar the calves into new growth. The program is devoted to just one calf exercise from the muscle chart (Group 1). This very special program will be followed every day for the next 14 days. Day 1 you will perform 5 sets of the selected exercises. Then each day for the next 14 days you will add 2 additional sets. Regarding your sets, reps and poundages, you will divide up your sets in the following manner. Ratio wise it looks like this. The first $\frac{1}{4}$ will be warm-up sets, the middle $\frac{1}{2}$ will constitute the hard work sets and the final $\frac{1}{4}$ will be the pump or flush sets. The reps for warming up purposes and the pumping reps will contain variety. The hard work sets: The reps will always be fixed

at 10. During the warm-up sets, do just that, work very carefully and obtain maximum stretching. The hard work sets are the key to the program. Use as much weight as possible here and really bear down. Be sure and follow the 7 Step Plan within the chapter on Calf Symmetry. During the finishing sets go for a maximum pump without serious regard to the poundage employed. For the sake of clarity, I will give you an example of how the program might look after 7 to 8 days.

5 Warm-up Sets 35, 30, 25, 20, 15 (reps decrease each set)
10 Hard Work Sets 10 reps each set
5 Pumping Sets 15, 20, 25, 30, 35 (reps increase each set)
At the conclusion of the program 14 days later you will be performing 33 sets of the calf raise movement.

VITAL NOTE: Be sure to stretch the calf (as described under the chapter on Calf Symmetry) between sets of the exercises. This will apply to whatever routine you have decided to embark upon.

When using programs 1, 2 or 3 where you will be working the calf very hard three days per week, it would be a very good idea to just pump the calves with 3 sets of 100 reps just using your bodyweight as resistance on alternate days.

CALVES NO. 6

This specialization program will literally shock your calves into a greater dimension of size and shape when followed as instructed. To realize the greatest results in calf growth this program must be performed in two parts.

Part No. 1

Three alternate days per week follow the McLellan system for blitzing the calves. For those of you who are not familiar with this system which uses the "Rest Pause," the "Burns" and "Super Set" principle in a unique combination I offer you this description.

The exercise performance is the standard calf raise using calf machine and a calf block (as described in the chapter on Calf Symmetry). Start the movement with a poundage which will allow you to perform 15 super strict reps in the calf raise. Now immediately at the termination of these 15 reps, shake each leg twice (this shouldn't take more than 8 seconds) then perform 8 more super strict reps then the leg shakes then another 8 super strict reps in the calf raise, perform the leg shakes. Do another set of 8 reps and this time do not shake the legs, but go immediately into some "Burns." Do these until you find the pain almost unbearable. Now go up into the high contracted position of the calf raise with both feet and then slowly come down on one foot, then up on two and down on the opposite foot. Continue this for 10 to 20 reps. This completes one set!!! You will do two sets. **REST FIVE MINUTES.** Repeat the entire procedure as described above. Perform these two sets for two weeks, then add the following to each set. After finishing the two-up and one-down routine, do another set of "Burns" and then finish off with a final set of the two-up one-down sequence.

This program will work very well using a seated calf machine if your desire is to work the soleus muscle of the calf structure. It might be a good idea to develop this muscle to its maximum as it adds a dimension to width to the calf and this in turn adds to the symmetry of total leg development especially when viewed from the front.

Part No. 2

Now on the remaining four days per week **bomb** your calves by performing 2 sets of 20 and 15 reps respectively in the one-leg calf raise every ½ hour of your walking day. Use just your bodyweight for this purpose. These calf raises can be performed on stairways, sidewalk curbs or two thick catalogs. This may sound a bit extreme in nature and especially when the work amounts to almost 40 sets per day. However, one only has to look at some old photos of Bob Gadja when he won the Mr. Universe in the mid 1960s to realize that this program does work. I believe that he gained over two inches on his stubborn calves in a three month period while applying this method. This is a sensational gain for a man who was at the Mr. Universe level in his bodybuilding career.

CAPSULE COMMENTS ON SPECIALIZATION

Looking back over the six methods of specialization, we find that methods 3, 4 and 5 are used more or less to bring up a lagging bodypart in a very short period of time. Method 6 is a long range program designed to define and muscularize the entire upper torso.

The sample priority programs listed are combinations of bulk training, reducing and isolation training.

I would now like to give you a guideline so that you may computerize your own special program for **maximum achievement**. This guideline will work most efficiently within methods 1 and 2.

—BODY PROGRAMMING—

The special program should be planned out on a 4 to 6 week schedule — three days per week (with the exception of calves and abdominals)—four exercises for the bodypart (to work it from various angles) and approximately 15 to 20 sets for the bodypart (for a maximum pump). Now, using the enclosed muscle and exercise chart — on a blank sheet of note paper write down the muscle needing priority training. In separate columns write Group No. 1 — Group No. 2 — Group No. 3. At this point you will have to objectively decide whether the lagging bodypart needs overall development or if the bodypart in question needs more emphasis on a certain section or head of the muscle.

For overall development — pick one exercise out of Group No. 1, two out of Group No. 2 (your choice of the particular muscle segment) and finally one out of Group No. 3. So far we have a nice overall balance of one size and power movement, two shaping movements and one peaking or tendon exercise. For this overall development we will be putting much effort into gaining as much size and strength into the muscle. Shaping and

peaking is secondary here. With this in mind, place the majority of work on the exercise in **Group No. 1** for building **maximum size and strength**. For this purpose the **Light to Heavy System** is excellent.

For this perform 2 sets 9 reps—2 sets 7 reps—2 sets 5 reps—2 sets 3 reps. **Add weight and drop the reps every two sets.**

For **Group No. 2** perform three sets of each exercise and two sets for the exercise in **Group No. 3**. The repetition structure in **Group No. 2 and 3** should be kept around 10 to 14 reps for bodybuilding purposes.

Bodypart Sectional Training — As mentioned above, use the 1-2-1 exercise balance within the three columns. The idea here is to place the emphasis of your special training on the shaping of a certain muscle or segment of that muscle. So here we will put **maximum intensity** into the sets and reps of the exercises within **Group No. 2**. Here again, the **Light to Heavy System** will be employed in **Group No. 1**. The **difference** here is that we will reduce our sets somewhat. Perform 1 set 9 reps—1 set 7 reps—1 set 5 reps—1 set 3 reps. The exercises in **Group No. 2** should be performed for five sets of each exercise. The exercise in **Group No. 3** remains at two sets while following the guidelines of repetitions as suggested.

	Group No. 1	Group No. 2	Group No. 3
Development	1	2	1
Sets and Repetitions O-D	2 sets 9,7,5,3	3 sets 10-12	2 sets 10-12
Bodypart Sectional Training	1	2	1
Sets and Repetitions B-S-T	1 set 9,7,5,3	5 sets 10-12	2 sets 10-12

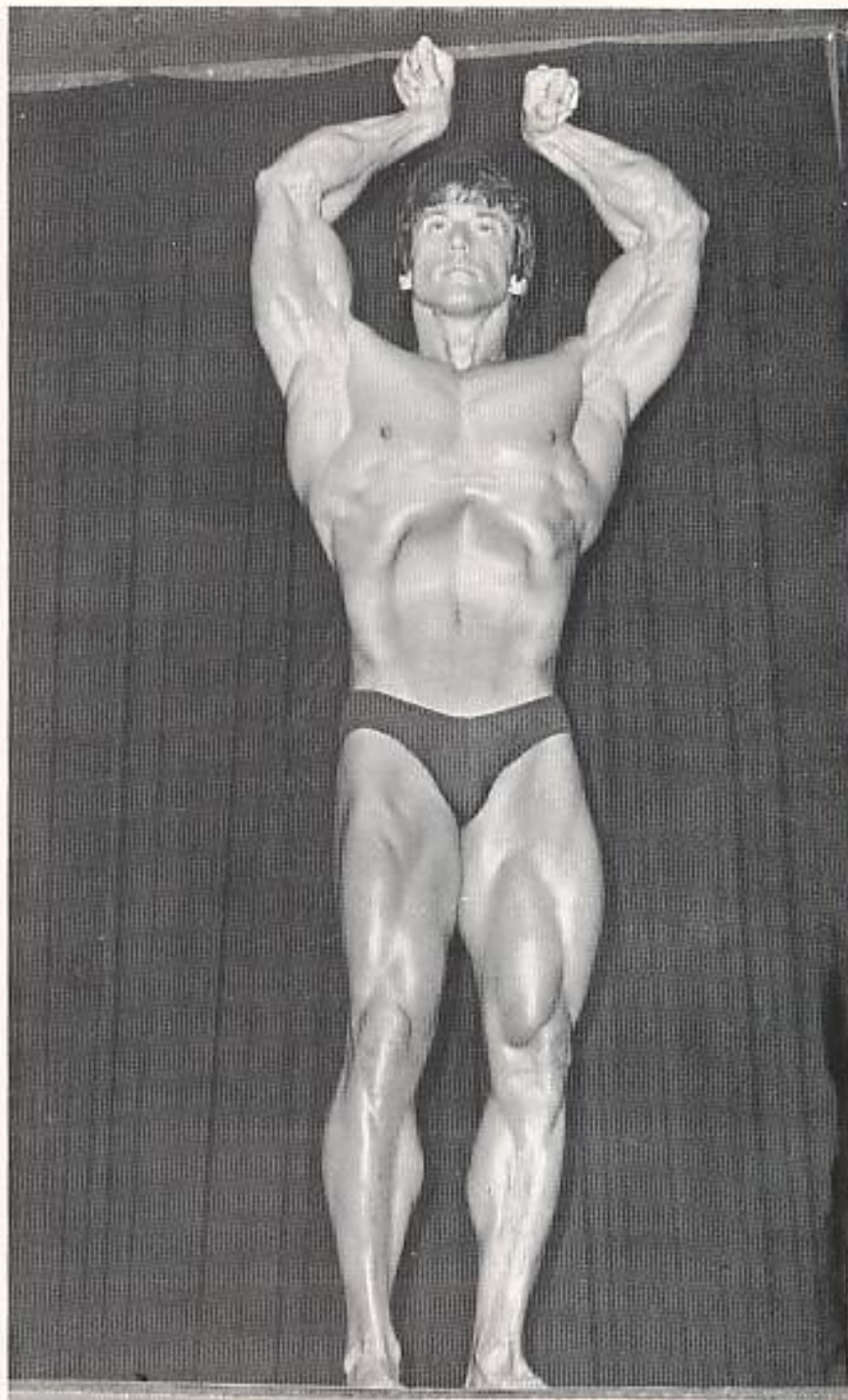
(A Final Word About Specialization)

1. The muscles of the forearms, calves and abdominals (listed in **Group No. 1**) should not be worked within the **Light to Heavy System**. Due to the limited mobility of the joints of the forearms and calves a higher count of repetitions is required to promote maximum circulation and to further stimulate the deep lying muscle fibers.

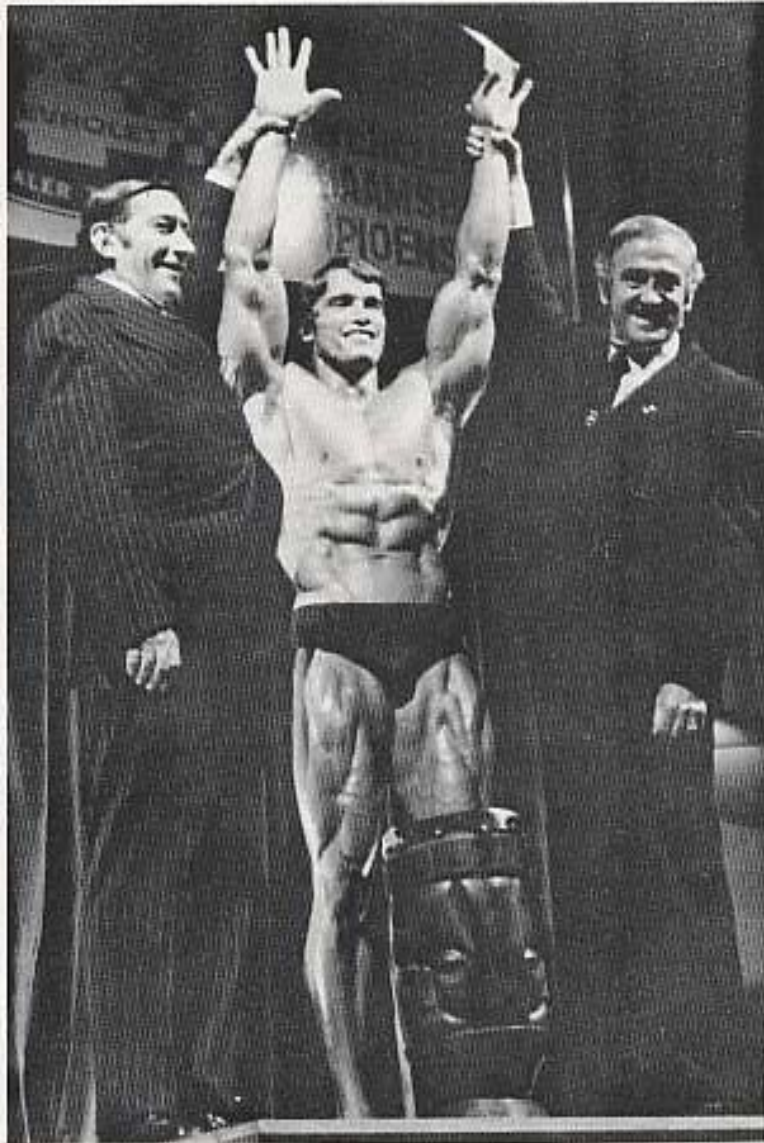
2. The sustained drives (various $\frac{1}{4}$ movements and supports) listed under column three should be kept within the repetition guidelines of column one to achieve the maximum in tendon strength.

3. In reference to the remainder of your training program while employed on a **specialization** program, use two exercises of three sets each on the fair bodyparts, and one exercise of three sets for the superior bodyparts.

By following the many tips and positive suggestions contained within this chapter you should have enough guidelines to specialize correctly.



Frank Zane. Photo by Attie Louw.



Arnold Schwarzenegger winning his last Mr. Olympia, South Africa. Photo by Attie Louw.

Notes on Nutrition

Proper **nutrition** properly applied is the key factor which will determine whether you have that extra energy to continue along in a positive manner with your rugged training sessions. To you, as a bodybuilder, always remember that your diet is the key factor that will determine when you should bulk up for musculature and the time to trim down for diamond hard cuts. Gaining bulk or cuts do not come from certain training schedules or exercises but from the **diet**.

Except for that short period of intense training just before an important contest, a bodybuilder should eat a balanced diet composed of a variety of foods. Let's take a look at the principal classes of foods which will constitute perfect nutrition.

NITROGENOUS or PROTEIN (muscle forming foods)

Lean meats such as **beef** (this is valuable for muscular growth), **chicken** (on this peel off the skin to eliminate surface fat), **fish** (good for muscularity), **lamb**, **liver**, **organ meats**, **turkey** and **tuna**.

NOTE: These meats should be prepared without a great deal of frying or the use of grease. Broiling is best!!!!

Other proteins we must consider are: **eggs** (this is the best source of protein), **milk**, **cottage cheese**, **yogurt**, **ricotta** and **cheese** in other forms. **Nuts** of all kinds (almonds are the best).

CARBOHYDRATES or STARCHES (energy)

Raw fresh vegetables — These foods are very rich in organic salts (sodium). They will help to alleviate the symptoms of arthritis. Carrots and celery are the best for this. Avocados, cucumbers, onions, green peppers, lettuce, tomatoes, egg plant and corn are also good.

Raw fresh fruits — These will act as a good natural laxative. Apples, cantaloupes, bananas, berries, cherries, lemons, oranges, melons, pears, plums, raisins, dates and figs.

Other carbohydrates — Baked potato (contains potassium for a high level of energy), sweet potatoes, beans, whole grains, cereals. Various types of fruit and vegetable juices.

FATS (saturated and unsaturated)

Cream, butter, safflower oils, oil and vinegar (good for digestion purposes), sour cream (unsaturated) and mayonnaise.

So far we have mentioned the six classes of foods necessary to proper nutrition. That is: **proteins** (muscle forming foods), **carbohydrates** (high for energy and also contains organic salts, sugars and roughage qualities) and **fats**.

Now there are some foods which don't do your body any good. Let's look at some of these **trash foods**.

TRASH FOODS

White macaroni and spaghetti products, white breads, rolls, muffins, biscuits and other similar preparations made from white flour.

Other trash foods are soda pop, candy, pastry (cakes, doughnuts, butterhorns, cookies, cream puffs, pies, twinkies, sweet rolls), potato chips, corn curls, ice cream and fatty fried foods. Also to be avoided are sharp spices such as: pickles, pepper, mustard, sauces and salt. Along with this, we must include the simple sugars consisting of: raw and white sugar, chocolate syrups, jellies and jams. At this point I believe that some clarification is in order regarding the subject of trash foods.

The assimilation or digestion of certain food components look like this. **Carbohydrates** are a long chain. **Sugars** are a very short chain. When you eat sugar such as mentioned above along with pop and candy for that extra lift, this is what happens. The simple sugar enters the blood stream with a **rush**. The muscle absorbs all it can for energy. Any excess is stored as fat. Now the blood sugar in your body shoots up to a very high level in a twenty minute period. **Great**, but look what happens 1½ hours later. Your blood sugar and energy levels have dipped below its previous level before you took in the simple sugar. **Why?** Energy levels depend on blood sugar levels. The blood sugar level has a built-in thermostat to handle the sugar it receives.

If it receives too much sugar it raises the thermostat so that the body requires more sugar for the same amount of previous energy expenditure. So the higher your thermostat goes the more fatigued you will become. The carbohydrates on the other hand are the long chain, which means that they take much longer to be assimilated into the blood stream

and will keep the blood sugar at a higher level for a longer period of time when compared to the simple sugars. Ideally, one should allow 3 hours to elapse beginning after eating an average meal of either carbohydrates or proteins, before beginning a workout session. Vegetable sources such as baked potato and avocado are fantastic carbohydrates.

The basic problem with the white flour products is that the wheat has been extracted from these products. As a result, there is little nourishment left in it. Better to stick to the raw fresh vegetables and fruits for your carbohydrate source.

The sharp spices I mentioned are not the best for you because they retard the normal and natural secretion of the gastric (HCL) fluids which mix with the foods in the process of digestion. Also, they dull the sensitivity of the taste buds. At the beginning of the chapter I mentioned that there were classes of foods that will constitute perfect nutrition. Basically I will be giving you some guidelines for the best possible assimilation of your foods.

—GUIDELINE NO.—

1. Red meats should be eaten in a rare state. Rare or raw meat digests in 1½ hours as opposed to well-cooked meat which takes as long as 4 hours to digest. The enzymes in meat which are necessary for proper digestion are destroyed by the over-cooking.

2. Never eat egg yolks in their raw form unless you are taking in plenty of the B vitamins, especially Biotin, which is destroyed by the raw yolk. Also, raw eggs are difficult to digest. It is best to soft boil them before eating them or blending them into a drink. For those of you who like raw egg yolks (and are taking in sufficient quantities of Biotin) but have difficulty swallowing them here is a most pleasant way of chugging them down. Set out two small drinking glasses. Now put one or two yolks in one of the glasses. Now fill the other glass with mineral water. Chug the raw eggs and immediately drink the mineral water to wash the taste away. That's it!!!!

3. Lean meats are the best to eat. Meats with high fat content have an undesirable feature. Most of the high fat content in meat is of the tri-stearin type which is white crystalline compound, and is almost impossible to digest. Even the best qualities of fat will take from 4 to 5 hours to digest.

4. For general bodybuilders involved in rugged pre-contest training schedules 1 to 1½ grams of protein per pound of bodyweight per day is about right. Most of it should come from your natural food intake. What I am saying here is that too many bodybuilders will not eat a balanced natural diet, but will try and make up for it by the use of commercial protein supplements and various vitamins. While these items have their place, they certainly can't take the place of a well-balanced diet of the

three basic food groups we have talked about.

5. Biochemists feel that a one to ten ratio of carbohydrates to protein is best for maximum assimilation. That is, for every 10 grams of protein you take in you should take in 1 gram of carbohydrate. Of course, the biochemists are not directing this suggestion to the competitive bodybuilder who must make some slightly radical changes in the carbohydrate-protein ratio during the months of contest preparation. I would suggest that when you are not training for an upcoming contest that you follow this ratio. Now, during the off season your protein requirement could be dropped down to $\frac{3}{4}$ of a gram of protein per pound of bodyweight per day. Adjust your carb ratio accordingly.

6. Don't eat more than one kind of protein at a serving. All proteins are excellent, but an overload at any one time is just **too much** for the hydrochloric acid or pepsin.

7. Don't eat a protein or carbohydrate together. When either of these two are mixed the digestion is retarded, due to a slowing down of the HCL. Along with this when starches are combined with proteins the starch enzyme ptyalin is not able to function within the carbohydrate assimilation. So stay away from food combinations such as steak, potato, lima beans, bread and ice cream.

8. You can eat carbohydrates with light proteins such as almonds.

9. Eat a green leafy salad a day. In this salad at least 3 times per week have beets and carrots.

Basically, that's the guideline or key to proper food assimilation. Of course, many of you won't necessarily follow these guides (especially 6 and 7) in their entire procedure, but do the best you can.

For those of you who need to gain additional bodyweight, I am going to give you an idea of a diet you might like to follow. The recommendation here is to use a diet of this manner during the off season. In this way you will be able to put maximum effort into getting into contest shape during the contest preparatory period without having to worry about gaining weight and at the same time wondering if you are going to have those diamond hard cuts when the contest approaches.

—THE BULK PROGRAM—

Take in two grams of protein per pound of bodyweight a day and 4 grams of carbs per pound of bodyweight. Try to eat 6 times per day (fair amounts of foods) or 3 heavy meals if you can't adhere to these other continuous feedings. Go heavy on things like peanut butter, cottage cheese, yogurt, various nuts and tuna fish. Eat lots of vegetables—sweet potatoes, corn, peas, beans, carrots and egg plant. Take in all types of fruits and their juices. Eat some fats but don't go overboard on these.



Ray McCauley.

Take in 5 to 6 quarts of skim milk daily. Breakfast is of prime importance to you during your bulk up regime. Start out each day with a menu along this line.

Old Fashioned Cooked Oatmeal — Five minutes before this is finished cooking add a half a cup of diced dates and a half cup of dairy cream. Blend these together. Top with honey and wheat germ flakes.

Whole Brown Rice — Five minutes before this is finished cooking add a half cup of raisins and a half cup of dairy cream. Top with honey and wheat germ flakes.

The combinations of foods are endless. You might want to have a big bowl of sliced bananas, half cup of dates, half cup of raisins, and figs with a liberal amount of honey and cream mixed together. Years ago I came across a recipe called the **Breakfast of Champions!** It is a superb way to begin the day. It contains 2200 calories and 225 grams of protein. Begin with 8 ounces of fresh squeezed orange juice, with a tablespoon of brewer's yeast. Now eat 3 ounces of Bob Hoffman's 'fruit and nut' breakfast food with milk. As a drink have 12 ounces of whole milk with 2 tablespoons of **gain weight protein** mixed into it. Let's top off this super breakfast with an omelette made of 3 eggs, 2 cups of non fat dry milk, 2 ounces of wheat germ powder or flakes, a 2"x1"x1" piece of American cheese and finally one 4 ounce lean beef patty. **Instructions**— beat the eggs, blend in the wheat germ and powdered milk adding a touch of whole milk if needed. Pour this mixture into a hot buttered pan and fry as a regular omelette with the cheese broken into small segments or melted on top. Be sure to use plenty of digestive support tablets after a meal of this type.

At lunch time it would be great to have a big bowl of soup. The best kinds are homemade, using split pea, potato, black bean or lentil. From these suggestions I am sure that you will be able to come up with plenty of your own ideas for the nutritional aspects of bulking up. For the body-builder who wants to gain 10 to 15 pounds and is not worried at this time about losing cuts and striations, this program will do it.

Due to your individual metabolism, it will take some experimentation on your part to find out how much food you should be taking into your system to reach your desired bodyweight. I will mention at this point that if you are approximately 15 pounds under your best weight to forego any bulking up program. The idea here is to begin your contest training weighing in light, then over the next 18 weeks you will increase your bodyweight approximately one pound a week right up to about three weeks before the contest. Now during these weeks of working towards muscularity it may seem that you have been bulking up over the 18 week period, but it is more or less a gradual consequence of the overall training effort. More than likely, if you are new to the competitive aspects of physique training you are wondering: **How do I know whether I am 15 pounds under my best contest bodyweight?** To find the ideal contest bodyweight we will use a base formula. We will begin with a physique standard of five foot

tall and a weight of one hundred pounds. Simply add 10 pounds per every inch you are over this base formula. Roughly, this is 5 pounds for every half inch in height. This is a fair guide for the small and medium boned bodybuilder. The large boned individual could add an additional 10 pounds to the overall ideal weight. So during the off season simply deduct 15 pounds off your ideal weight. Now the idea behind this bulk program is to add additional bulk to the bodybuilder who is 10 to 15 pounds under the non season recommended weight. The idea here is to spend about eight weeks of a properly planned diet and stimulating exercise program to gain this additional 10 to 15 pounds. To gain two pounds of muscle weight a week add about 200 additional calories per day to your diet over and above the requirements for your energy needs. Two pounds per week gains in muscular bodyweight is approximately right. Gaining more weight than the recommended two pounds per week and you will find that it is more fat than anything else. Some of the signs of over-bulking or gaining too quickly are: the need for more sleep, shortness of breath, lack of energy and excessive sweating. When any of these signs occur it is time to cut back on your bulk program.

Along with this diet program, be sure to include plenty of vitamins: B, C, E and some mineral tablets to help in the assimilation of the vitamins. Along with this include digestive supports like HCL and pineapple enzymes, fats and oils to aid in the digestion of the proteins you will be taking in each day. A daily breakdown of the supplements might look like this.

B-Complex with 300 mg of Pantothenic Acid. Take this amount twice a day with your meals. Double the dose if you have a cold.

Vitamin C — Take 500 mg 3 times a day with your meals. Be sure to include plenty of biflavonoids, 300 mg with each vitamin C. This is very good for vascularity during your contest training. Rubin at 150 mg in each vitamin C tablet is very good if you are suffering from the flu. Here's a little tip for eliminating muscular soreness during a workout session. Take 500 mg of vitamin C about 15 minutes prior to your workout, and another 400 mg immediately following the session.

NOTE: The reason pantothenic acid is recommended with the vitamin C is because it helps to retain levels of vitamin C in the blood stream for much longer periods than if it were not included.

Vitamin E is very important to promote endurance and stamina within the body. Take one 400 I.U. capsule twice per day.

Take in 4 to 6 digestive support tablets.

After each meal or snack that you eat — Round out the daily supplements with 4 or 5 big tablespoons of raw embryo wheat germ and also the same quantities of brewer's yeast powder or flakes. These can be conveniently mixed into your foods throughout the day. This supplement

program is a practical minimum that you should use when on a bulk up program. During your contest preparation you should add calcium, 1500 mg and 1000 mg of magnesium per day. This is really necessary, especially during the weeks you will be making some drastic cutbacks in your consumption of milk and dairy products. Here's a trick using calcium and magnesium you might want to use just before you mount the posing dais at the contest. Take one gram of calcium and 500 mg of magnesium ½ hour before you go on. This will help you to maintain your strength during your posing. During the pumping and posing at a contest you will perspire a lot and this causes a loss of valuable minerals. Couple this mineral loss with the high protein diet you are on with its high phosphorus count and you will get the shakes. Remember though that while this mineral therapy will do wonders you must also follow the guidelines set forth in the chapter on **Posing Criteria**. Now to round out your pre-contest supplement program you should definitely add the inter-cellular fat burners such as **choline, inositol and lethecin granules and kelp tablets**. Choline and Inositol could go as high as 1500 to 2000 mg per day. Lethecin, about 1000 mg per day and **Kelp**, 8 tabs a day. For the best results these fat burners should be taken in their most isolated form. While these supplements are not drugs or chemicals, they are pure food so to speak. I would strongly recommend caution while using these powerful supplements. Start with a few each day and increase slowly while you observe the results. You may not have to go to the extremes mentioned above to obtain maximum results for your body type.

At this time I would like to suggest that you start your contest diet 18 weeks before a competition. It will take you approximately 18 weeks to reach **peak definition**. This will give you plenty of time to obtain those deep hard diamond 'cuts' at contest time. The following diet is a good example of the foods you will need to get into the best condition of your life.

BREAKFAST:

2 or 3 scoops of cottage cheese
walnuts & sunflower seeds with honey or almonds or pecans
1 bunch of grapes

MEAL NO. 2:

ground beef patty — ½ pound
1 glass tomato juice
1 piece of cheese (cheddar or other **natural** cheese)
1 piece of fruit

MEAL NO. 3:

liver, one-third of a pound (cooked lightly)
sliced cucumber or a salad
bananas with cream poured over with trace of honey

MEAL NO. 4:

2 or 3 eggs made into omelette with melted cheese, chopped onions &

tomatoes folded in
1 glass of apple juice
1 vegetable

SNACKS:

Popcorn — all you can eat — go easy on salt but use some butter.
Drink grapefruit juice along with it.

DIET PHASE OUTLINE

Phase No. 1 — (6 weeks) Here you should be getting 50 to 60 grams of carbs directly from meat, eggs, milk products and fruits. Be sure to hold down on the breads and junk foods. One to one and a half grams of protein per pound of bodyweight a day will be maintained throughout the diet phases.

Phase No. 2 — (6 weeks) Reduce your starch and sweet intake. Rely on proteins, but begin eating less, however. Eat some fats. Continue with meat, eggs, cheese, cottage cheese. Eat big salads for elimination. Begin to check for bodyfat loss with ketosis sticks. Drop your carbs down another 10 to 15 grams per day. This will put you at around 35 to 40 grams.

Phase No. 3 — (final 6 weeks) Everything during this past phase should be geared toward muscularity and definition. Little by little all fattening foods such as bread, potatoes, deserts, bananas and milk should be eliminated. Drop your carbs down to 10 grams per day. Your daily diet during this last phase will be geared toward low fat consumption.

Here is a sample menu of how your diet might look during this time:

Breakfast: 3 to 4 soft boiled eggs & water, supplements.

Lunch: Broiled fish or meal, water and supplements.

Dinner: Steak, salad, water and supplements.

Snack: Cold roast beef, turkey, steak (slices).

NOTES — During your phases use a good milk and egg protein (others are full of carbohydrates). Mix with water — milk or juices contain too many carbs also. The best milk and egg protein powder on the market is the Rhea H Blair brand.

Two weeks prior to the contest — Here you should be 4 to 5 pounds away from your best contest bodyweight. Once you have cut down your best bodyweight hold it a few days to bring out the hard cuts.

Tip: If you do not feel that you are cutting up quickly enough, drop your carbs somewhat. Never drop the carbs to zero. It is just too hard on the body. You will cut up alright, but will lose body mass as a result. If you are cutting too quickly increase the carbs. Due to each of us having a

different body chemistry, I can't really suggest to you how much you should increase or decrease your carbs in this respect. This will come from much experience.

This then, is how you should approach your nutritional program for best results when preparing for a contest.

I will now bring this chapter of **Nutrition** to a close with a brief summary regarding the research done on **protein**.

Amino acids make up the protein molecule. Twenty two amino acids are important to the body. The human body can make up 12 of these amino acids. The remaining 10 must be obtained from protein foods which contain these 10 essentials. The protein foods which are composed of these 10 amino acids are noted as complete proteins. Good examples of complete proteins are eggs, cheese, milk, fish and meats. Throughout this chapter the idea of taking in plenty of proteins has been stressed. Why? Because each protein molecule in our body is replaced every 160 days. So if you live a healthy seventy years you will find that your body has renewed itself about 160 times. Did you know that the body contains about 20 pounds of protein. There is about 5 pounds of pure muscle protein within the body and another 3½ pounds in the supporting tissue, bones and cartilages. The remaining 11½ pounds is in the cellular proteins of the vital organs, nervous system and skin, in the blood and the hormones of the body. While it may be surprising to note that there is only 5 pounds of pure muscle protein within the body, we can carry this a little further by chemically analyzing a pound of muscle. Look at this:

MUSCLE	WATER	LIPIDS	PROTEINS
	70 percent	7 percent	22 percent

It is interesting to note that for all of the huge muscle size we seem to obtain during our bodybuilding career it is almost $\frac{3}{4}$ water. During the course of this chapter we have been relating to the importance of 1 to 1½ and even 2 grams (when bulking up) of protein requirement per pound of bodyweight per day. For the bodybuilder who is weighing around 200 plus, the range is extremely high. In order to consume 200 grams or more of protein daily it must be done without a tremendous intake of calories, otherwise it may be converted to fat if the total caloric value of the food is excessive. So here use high-protein supplements which are extremely high in protein calories and low in total calories.

Rheo H Blair, 606 North Larchmont Suite 201, Los Angeles, California, 90004, markets a very fine non carbohydrate protein that would be excellent for this purpose. Write to him for details about this fine item.

I believe that I have given you some sound guidelines regarding nutrition properly applied which will aid you greatly in your future bodybuilding endeavours, whether it be during the off season or a contest winning diet. Still, I don't feel by any means that I have exhausted the

limits of complete nutrition concepts. Iron Man magazine has been advertising some very fine books on nutrition which are written with the bodybuilder in mind. Three selections worth considering a purchase are:
DiETING for the Bodybuilder Bernard A. Centrella
Modern Nutrition for Bodybuilders Carl Richford
Eating for Strength and Muscular Development Norman Zale

Information and current prices of these 'fine' books can be found within the various ad structures of **Iron Man Magazine**, 512 Black Hills Avenue, Box 10, Alliance, Nebraska, 69301. Write to them for details.

Advanced Bodybuilding Nutrition Summary

Proteins

Protein levels exist in the blood stream at a high of 30-40 grams for a 3 to 4 hour duration. Therefore, it would be beneficial to take in 30-40 grams of concentrated protein at various times of the day so as to maintain proper protein balances.

One way to accomplish this end is to take two desiccated liver (15 gm) tablets every walking hour of the day. **Vince Gironda** recommends this practice to many of his students. One special benefit derived from this practice will be an improved pump during workouts.

Vitamins and minerals need to be used in various proportions in order to be effective. For example, when one particular vitamin and-or mineral is taken "excessively" it can cause a serious deficiency in other existing vitamins and minerals in our system because it uses them up and some nutritional values are lost.

To acquire the greatest possible effect from vitamin-mineral here is how joint combinations should be taken.

1) Take 5 parts vitamin A to 1 part vitamin E. Begin at 400 I.U. of E (d-alpha tocopheryl) per day and go to a maximum of 800 I.U. per day.

2) All parts of B Complex should be taken equally. Begin at 50 mg of each B segment and work to 100 mg as a maximum of the B Complex twice per day.

3) **Vitamin C and Biflavonoids** — Begin at 600 mg per day of vitamin C and go for a maximum of 1500 mg per day.

With this be sure and take your **pantothenic acid** (maintains C levels in the blood stream for longer durations) in a ratio of 1/2 of your milligrams of C.

Example: 300 mg Pantothenic Acid to 600 mg of C.



Ray McCauley.

NOTE: The greatest "flusher" of vitamin B and C is water! These vitamins are extremely water soluble, and excessive drinking of water and juices seem to flush them from our system. I would recommend that when you take your B and C vitamins throughout the day it should be done with a small quantity of milk as a carrier.

4) **Calcium** — (Phosphorus free) and **Magnesium** (helps eliminate constipation, Good on a low carb diet). Here you should use 2 parts calcium to 1 part magnesium. Begin at 500 mg of calcium and go for 1000 to 1500 mg per day.

5) **Choline** — **Inositol** — **Methionine** — On these go 2 parts choline to 1 part inositol to one-fifth methionine. Begin at 500 mg choline, 250 mg inositol, 100 mg methionine. Gradually work up to 2000 mg, 1000 mg, and 400 mg respectively in the above three B segments.

6) Always separate vitamin A and E combinations from high potency iron by a 4 hour duration or the E supplement will become ineffective.

Take most of your vitamins and minerals with or directly after meals!!!

There have been thousands of scientific articles and books written about vitamins and minerals. Mike Dayton sums up this subject very well in his course on **Chi Mind Control** with this statement: "When you begin supplementing your diet with vitamins and minerals, your body has a tendency to stop producing too many food supplements which you may not need."

To this end I would suggest that a **Cellular Mineral Analysis** be performed to assure yourself of the proper supplementation. One clinic that is helping to advance the science of **nutrition** in this manner is the **Anderson Chiropractic Clinic**, 4416 South Harvard, Tulsa, Oklahoma 74134. Attention to Dr. G. K. Knowlton, Director of Nutritional Research. Write to them for information on this breakthrough of nutritional application.

Nutritional Experimentation

Probably some of the most progress in bodybuilding gains has been realized through **nutritional experimentation**. For example, to bring out **maximum** vascularity before a workout or prior to a posing session many of the top bodybuilders are taking niacin at 200 to 400 mg., ½ hour prior.

Also, it has been brought to my attention that **kelp** and **alfalfa** combinations have a natural anabolic effect on the body. Start with a few tablets each day and slowly increase the amounts while observing the results.

And finally, from the world of **powerlifting** comes the claim that **Desiccated Spleen Tablets** will increase one's strength **TREMENDOUSLY**. Two or three tablets 15-20 minutes prior to a workout does it. **Please remember that these are just experiments, not proven breakthroughs.**

While bringing this chapter of Nutritional Notes to a close I want to make mention of an excellent book I have come across which deals with the vital subject of **reducing bodyfat** (via nutrition) while maintaining **maximum lean muscle mass**. The book is titled **Ripped**. Information as to the price of the book can be obtained by writing to: Clarence Bass, 305 Sandia Savings Building, 400 Gold S.W., Albuquerque, NM 87102.

FOODS FOR TRIMMING

PROTEIN FOODS

all meats	eggs
all fish	all dairy products (eat cottage cheese
chicken & turkey	in place of milk as much as possible)

FRUIT

oranges	plums or prunes (fresh or stewed)
pineapple	berries (all kinds — fresh if available)
grapefruit	apricots (fresh or dried)
melons	bananas (in moderation — one small)
apples	grapes

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VEGETABLES

green beans	lettuce (all kinds)
celery	onions (green or dry)
tomatoes	squash (zucchini & yellow in summer,
radishes	hubbard & acorn in winter)
broccoli	greens (spinach, turnip greens, beet tops,
cucumbers	swiss chard, etc.)
asparagus	sweet potatoes (in moderation)
	white potatoes (baked or boiled)

GRAINS

cream of wheat, roman meal or similar cereal — in moderation
 natural brown rice — in moderation
 corn meal — in moderation
 oatmeal — in moderation
 sunflower seeds or pumpkin seeds

LIQUIDS

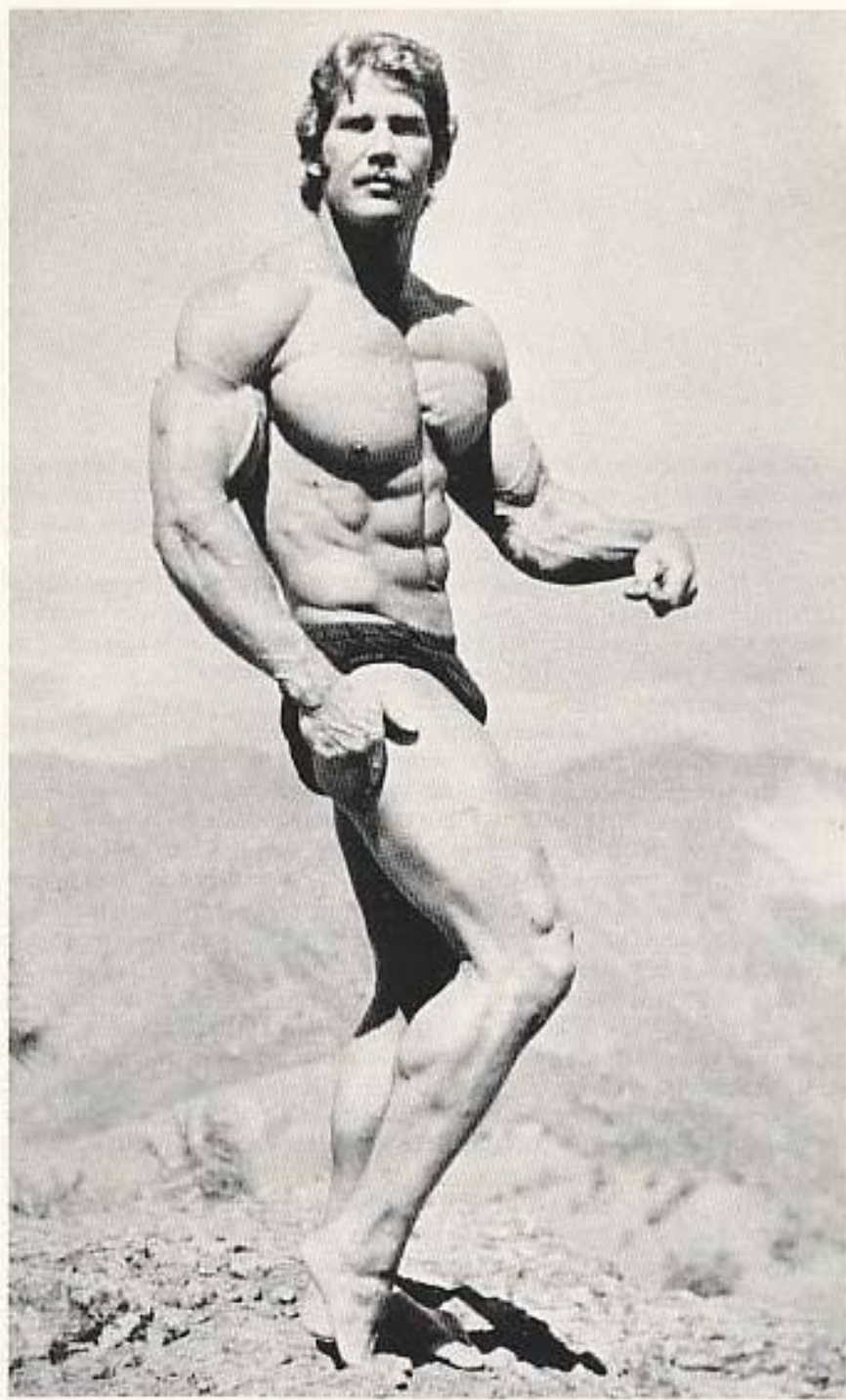
orange juice (in moderation)
 tomato juice
 dry wine
 grapefruit juice (unsweetened)
 pineapple juice (unsweetened — in moderation)
 water
 apple juice (unsweetened)

FATS

avocados	YOU NEED THESE FOR HEALTH AND CUTS
butter	
mayonnaise	
cream (whipping)	
oil — corn or olive — use on salads	

SWEETENING

use natural honey or molasses



Mike Dayton.

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The Off Season

Off season training is a very important part of a bodybuilding program. Approximately 4½ months have been utilized for pre-contest training and a complete two week layoff following the contest. This will leave us with about seven months with which to experiment with off season training. While it is a period of relaxing and recovering from the vigorous contest training, it also must be a time of adjustment for a future competition. Diet is top consideration. To maintain good health a balanced diet of proteins, carbohydrates and fats in moderate amounts are a must. These should come from natural sources like fruits, vegetables, whole grains, whole season nuts, meat, fish, eggs and dairy products. Your fat sources come from items such as olive oil, avocados, cream, butter, sesame seed oil and wheat germ oil. Some top bodybuilders feel that after a top contest one should spend a whole month burning themselves out on junk foods. The theory here is that after this period of time eating junk foods you can then, with a positive mental attitude, begin the long approach to a future competition. I personally don't go along with this idea. I feel that it is better to eat for your total health and well-being all the time (except for the 4½ months of contest training where there is stepped up increases of protein requirements and radical decreases in the carbohydrate intake). A good rule to follow relating to eating is: Eat balanced meals and eat only when you are hungry and don't eat when you are not. We as humans have tended not to obey our body's instincts and as a result we get into certain concepts like we should eat three meals a day whether we are hungry or not. Obey nature's instinct in this regard.

Basically, during this off season you will be training with much less intensity (probably 70 percent of your maximum contest training). As a result you will not be burning the calories (for energy) you take into your body each day at the same rate you were when in contest training. Depending on your metabolism, you shouldn't allow your bodyweight to go beyond 15 pounds over your best contest weight. This is very important to the bodybuilder who gains weight easily, because for every 1000 extra calories one takes in a day a registered gain of 2 pounds of fat a week will be realized. If you are slack in this regard you may wind up close to pre-contest time unable to recoup your bodybuilding losses. Mr. Universe,

Bill Pearl, feels that a better idea is to drop in bodyweight 10 to 15 pounds under your top contest weight. This way you can train up and gain weight during your pre-contest preparation. Following this idea and training within 70 percent of your maximum contest training during the off season will prevent bodybuilding erosion and still allow you to begin contest training in good condition. So the idea here is to eat less when you are training less.

During this off season why not try some **power training** with the weights for a two or three month period. The main advantage of power training here is that you will get so strong that when you return to your regular bodybuilding program, the weights will seem so light that you will have to add extra poundages to all of your exercises. Because you will be using heavier weights your muscles will be receiving a greater degree of **stimulation** deep within the muscle fibers.

Since you will be using heavier weights than normal while on this power routine, you will have to rest longer between sets. Taking into consideration that you may be of the low energy type or the high energy type, I suggest a result producing **power training** routine for each type.

POWER TRAINING ROUTINE (Low Energy Type)

I will assume that the three days per week you have 1½ hours free to workout are Monday, Wednesday and Friday. I am going to base your workout around this. I'm sure you will feel this workout isn't going to be enough, and you'll want to add more to it — **but don't!**

Always warm-up well before doing any of the following. I will show the approximate percentage of weight to use (based on your best single attempt) in these exercises.

Monday:

Deadlifts	1x10 (50 percent)
 1x8 (70 percent)
Rest 4 to 5 minutes between 1x3 (80 percent)
sets. Concentrate on form, and 1x3 (90 percent)
pull shoulders high each rep. 3x3 (80 percent)
Barbell High Pulls	3x6 (60 percent)
Rest 3 minutes between sets; explode	
on pull, then lower rather slowly.	
Parallel Bar Dipping	1x10 (30 percent)
 1x6 (50 percent)
Rest 3 to 4 minutes between sets. Explode 3x3 (80 percent)
from low position from dead stop. Bodyweight to 1x Failure

Tuesday: (20 to 30 minutes)

Do assorted midsection and neck work: your choice.

Wednesday:

Full Squats Same schedule as Deadlifts
 Squat Jumps Bodyweight to 2x Failure
 Barbell Curls (Slight cheat) 5x5
 Rest 2 minutes between sets

Thursday: (Same as Tuesday)

Friday:

Bench Press (Same schedule as Deadlifts)
 Chinups (Same schedule as Dipping)
 On these chins use a fairly narrow grip.
 Do these palms facing you one workout,
 then palms facing away the next, etc.

Saturday & Sunday :

Complete rest!!!!

On the Deadlift, Squat, Dips, Bench Press and Chins, try to add 10 pounds per week to each set—but if not possible, don't settle for less than 5 pounds. The percentages listed are approximate and only serve as a guideline; you must feel that the weight is just about your limit for the reps, but not heavy enough to strain you as with limit attempts. You should feel as if you would like to do a few more sets of each exercise when you quit, but don't. Ignore all your other equipment you have and don't sneak in some leg extensions, expander exercises, etc. You may, however, do some calf work on Tuesday and Thursday if you want. Follow this program for about 6 to 8 weeks.

**POWER TRAINING ROUTINE
 (High Energy Type)**

No. 1, Monday & Thursday

Bench Press	8 sets	8, 4, 2, 1 reps. Two sets each light to heavy.
Bench Supports	4 sets	10 seconds 100 pounds over best lift.
Bench Let Downs	3 sets	8 reps; Slowly lower bar to chest, Hvy wt.
Full Squats	6 sets	4, 2, 1 reps. Two sets each light to heavy.
1/4 Squats	4 sets	10 reps.
Squat Supports	4 sets	10 seconds 150 pounds over best lift.
Heel Raises	3 sets	50 reps. 20 slow 30 burns.
Chealing Curls	4 sets	6 reps.

Explanation

Bench Supports — Use a power rack or have 2 spotters. Support the weight at arm's length while lying on the bench from 5 to 10 seconds. When you can support the weight for the required sets of 10 seconds, then add more poundage.

Bench Let Downs — This is a negative resistance movement where 2 or

3 spotters assist you in raising the weight back up after you have lowered it down.

$\frac{1}{4}$ Squats — Perform this squat movement in a power rack. Perform the squat but only go $\frac{1}{4}$ of the way down. Don't lock the knees.

Squat Supports — Using a power rack, keep your legs straight and locked. Perform this exercise in the same manner as the bench press.

This "support training" and $\frac{1}{4}$ movements are the findings of physique and strength star, Chuck Sipes. Chuck feels that this type of training places great stimulation on the muscles and tendons and will, as a result, build super human strength.

No. 2, Tuesday & Friday

Deadlifts	6 sets	6, 4, 2 reps. 2 sets each light to heavy.
Deadlift from Bench	6 sets	1 rep (very heavy).
Barbell Shrugs	4 sets	6 reps.
Power Cleans	6 sets	4 reps.
Lying French Press	4 sets	6 reps.
Press Behind Neck (seated)	6 sets	2 reps.

No. 1 Twice a week.

Alternate these two.

No. 2 Twice a week.

Follow this program 6 to 8 weeks.

Unless otherwise noted, rest 3 to 4 minutes between sets on these exercise programs. I can't over-emphasize the importance of warming up enough. Attempting these heavy power training schedules without warming up could cause a serious injury and force you into a long extended layoff. Usually one or two sets with two-thirds of your maximum weight in each exercise for 10 reps is sufficient. Unless otherwise noted use a 'fixed' poundage on all the sets (example: 4 sets, 6 reps). Add weight only when you can do all the sets for the required reps.

These power training workouts will tax your reserve strength much more than usual so it might be best to save any idea of specialization until you are into a bodybuilding maintenance program in the off season. Now that we have taken care of your power training I would like to give you a pure bodybuilding program that you might like to follow from time to time during the off season. This schedule will be a hold the gains program but will allow you to bring in periods of specialized training on a certain bodypart when and where needed.

If you have decided to train two or three times a week, here is a good plan to follow:

Legs:

Squats	2 sets 15 reps
Leg Extensions	3 sets 25 reps

Deltoids:	
Press Behind Neck (seated)	3 sets 8 reps
Seated Dumbbell Side Laterals	2 sets 12 reps
Back:	
Chinning to the Front (wide grip)	2 sets 10 reps
Bentover Barbell Rowing	3 sets 8 reps
Chest:	
Supine Bench Press	3 sets 8 reps
Lying Dumbbell Flies	2 sets 12 reps
Arms:	
Barbell Curls	3 sets 9 reps
Incline Dumbbell Curls	2 sets 12 reps
Tricep French Press (lying)	3 sets 9 reps
Parallel Bar Dips	1 set 12 reps
Reverse Curls with barbell	3 sets 15 reps
Abdominals:	
High Incline Situps (45 degree)	1 set * reps
* as many as possible	
Calves:	
Machine Calf Raise	4 sets 25 reps
Donkey Calf Raise	3 sets 25 reps
NOTE: Calves and Abs may be worked 6 days per week.	

This program should be performed 2 or 3 times weekly in its entirety. This will give you the other 3 or 4 days to specialize on a lagging bodypart. Some of you may find that due to the length of the routine you just can't do justice to certain exercises. Here it might be good to split up your routine so that you can give the body a harder workout.

Monday:

1. Legs
2. Chest
3. Triceps

Tuesday:

1. Shoulders
2. Back
3. Biceps

Wednesday:

Rest unless
into specialization

Thursday:

Same as Monday

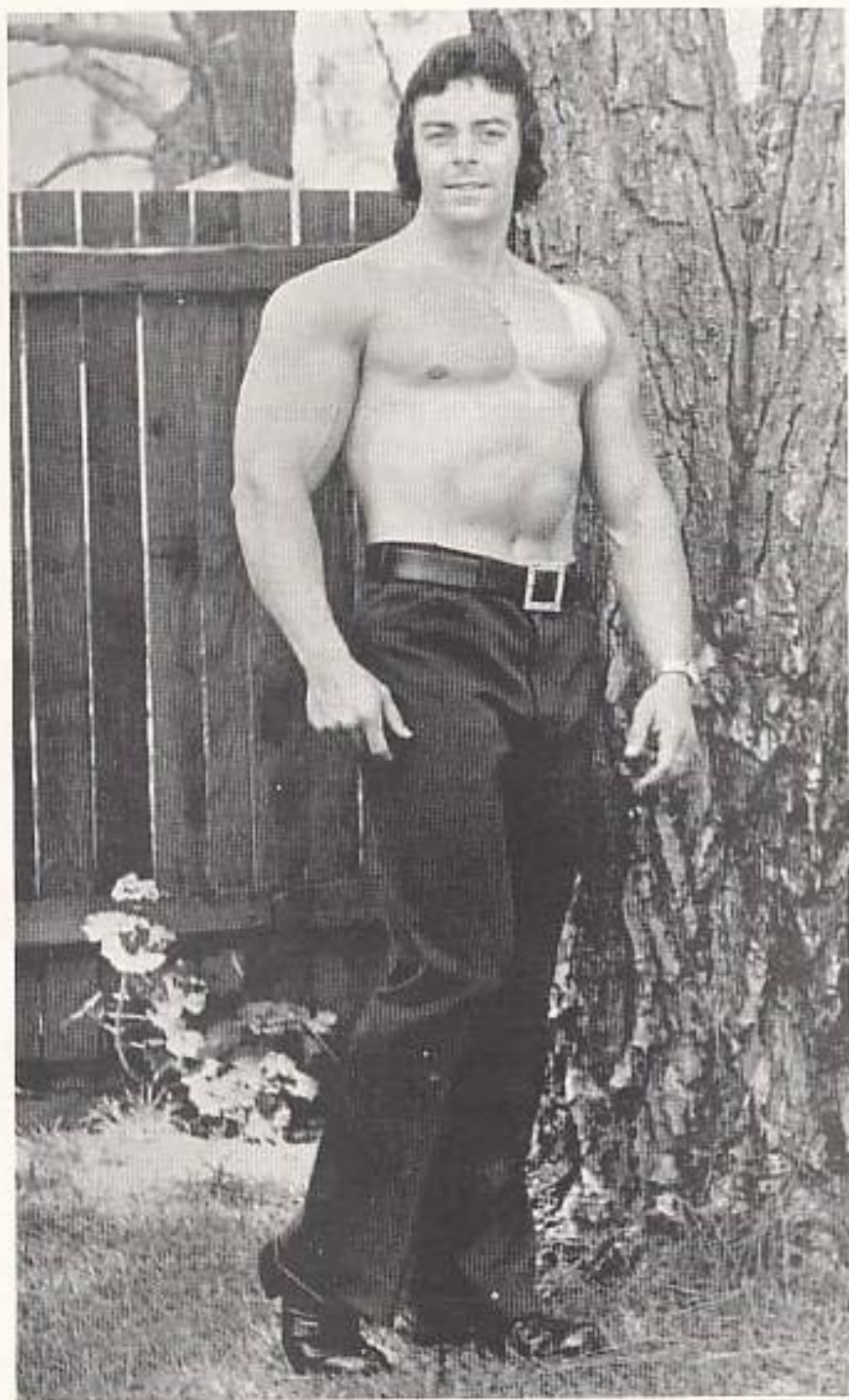
Friday:

Same as Tuesday

Saturday & Sunday:

Rest unless into specialization on Saturday.

NOTES: The basic exercises are usually done in higher sets and slightly lower repetitions, while the shaping movements are done in the reverse. When this type of consideration is given to your programs, whether in the off season or pre-contest programs, you will find that you will be able to use maximum weights, yet all the while pump each



Roy Duval.
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bodypart up thoroughly. As well, you will experience greater power and shape, plus a greater degree of muscular sharpness. Realize also that your total work load for a week's period is not as intense as a contest schedule. The idea here is not how many sets and exercises you are doing but how much effect you put into the sets and how much rest and peace of mind you are enjoying.

A couple of conclusions become apparent within this chapter on **Off Season Training**.

1. The psychological mental motivation for intense training and strictness of diet adherence is not as great.
2. Still, the philosophy of training for the competitive bodybuilder is to constantly work and develop the physique for future contests whether there is one to enter or not. It is a year round summation of training effort. Here is a result producing program of bulk exercises that should be used in conjunction with the special bulk program in the chapter on **Nutrition Notes**.

——Bulk Program——

I recommend these reliables selected from group one of the muscle chart. Full Squats, Bench Press, Deadlifts, Press Overhead, Bentover Rowing, Barbell Curls, Calf Raises, and High Incline Situps.

These basic exercises will cover every major muscle in the body so there is no need at this time to add anything else to round it out. Remember this program is not intended to prepare you for a physique contest. It is designed to give you solid bulk to your body when combined with plenty of rest and good nutrition.

Instructions — Perform the program 2 to 3 times per week in its entirety. I recommend 3 to 6 sets of each exercise 6 to 9 reps, except the calf (15 to 20) and the abs (20 to 25). Rest 3 to 5 minutes between sets. Warm up carefully, handle limit poundages for the repetitions prescribed.

Follow this schedule for 6 to 8 weeks!!!!

Now if you are having difficulty reducing 10 to 15 pounds below your top contest bodyweight during this off season you will have to depend upon two factors:

1. Maintain a calorie intake lower than your daily energy expenditure.
2. Reduce your carbohydrate intake somewhat (never to the extreme as when you are into contest preparation).
3. Use the bulk program when you are trying to reduce. The only difference to note is that you will perform the routine 3 days per week and

also work at getting your rest periods down to 2 minutes between sets.

The way to use your rest off season would be to **specialize** when necessary and use one of the bulk or power programs about 2 months prior to the contest training. This way you will be at your zenith of **power and strength** to begin your contest training.



Roy Duval.

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Steroids

A steroid is a synthetic (artificially produced drug) derivative of the male hormone, **testosterone**. A hormone is an "exciter" in the body's system. We find that testosterone influences **muscular growth** within the body. This hormone (testosterone) is such a powerful stimulant that it only takes an infinitesimal secretion to affect the body chemistry. The function of this hormone allows for more amino acids to enter the cells in the human body to develop and form more proteins. Now since this action is taking place in the body's billions of cells — **rapid growth will take place**.

These anabolic (building up) hormones we are speaking of are for therapeutic use with people who have had surgery or a long illness. Now these individuals lack an adequate chemical balance of these hormones in their bodies and that is the only reason that this artificial drug is being used. Under a doctor's supervision and for a short duration these drugs will be administered to bring up the natural hormonal activity in the body to its proper delicate balance.

What does this have to do with a bodybuilder? Plenty! Some of the world's worst faddists are bodybuilders and athletes. They will, along with their training, take any kind of pill that will supposedly help them to become bigger, faster, etc.

Bodybuilders who are interested in obtaining maximum size and strength will sometimes turn to these therapeutic growth drugs in an effort to meet these demands.

Most men who use anabolic hormones do so in **ignorance**; they believe they **must** use them to obtain great strength or a top physique and all the while they don't have any idea of their evil potentials.

Some of these adverse side effects or reactions are: bleeding from the nose and rectum, chest pains, loss of sexual drive, appearance of puffiness, loss of hair, etc., etc. Side effects vary due to body chemistry or other factors.

Mentioned earlier was the fact that anabolic hormones were to be used on a short term basis and under a doctor's strict supervision. Now what usually occurs is that a healthy bodybuilder will take large and frequent doses for long periods of time in an effort to make faster gains! To begin with the healthy bodybuilder didn't need this hormone to begin with, since he had an adequate chemical balance of testosterone in his body. By chemically adding "more" of this growth hormone the bodybuilder hopes to produce a further stimulus for muscle growth. The end result over an extended period of time is that the body will lose its natural ability to produce this hormone and this naturally results in a hormone unbalance within the body.

Growth drugs are certainly a confusing subject and a total mess!!! Some guys get "results" while others get nothing but temporary sterility and lose hair, etc.

These hormones are relied upon by mentally lazy people because they simply don't want to spend time searching out and studying the truth about their body chemistry. In most all cases, steroids **don't** chemically create more power or muscle development within a healthy bodybuilder or athlete.

I don't advocate the use of these drugs!!! They are not needed!!! A reliance on healthier things like proper nutrition and exercise done in the correct manner, etc., would be much more result producing and permanent if followed constantly.

Calf Symmetry

The biggest enemy of calf improvement is neglect! This neglect stems from the fact that the calf muscle is the least responsive to the training endeavour. This is a result of a number of factors. Due to our everyday activities of walking, running and just supporting our bodyweight the muscle fibers of the calf become very dense and tough.

It is very difficult to break down these fibers and spur them into a new growth. Another factor we must take into account is the intramuscular temperature of the calves. The temperature in the calf is about 4 degrees lower than the other muscles within our body. The cause of this lower degree of temperature results from less blood circulation due to the pull of gravity, making it very difficult for blood to circulate and return to the heart. With less circulation, growth in this muscle area is slower. Other concluding factors which contribute to slow growth is improper or inadequate contraction of this muscle when exercised by using too much weight and short movements, etc.

While it is agreed that the number of muscle fibers and poor attachments will also limit the size and shape, growth will occur if the application of calf stretching and properly performed hard work sets is followed. Here is a simple but effective 7 step plan which will help you toward the acquisition of calf growth and symmetry.

1. The most important piece or apparatus you will be using in your calf programs is a block. The height of this block is very important. It should measure at least half the length of your foot. This will allow for the proper stretching applications I will speak to you about later.

2. The shoes you wear during your calf training session are important also. Use a type of shoe which will permit complete movement and flexibility. To obtain maximum flexibility it would be best to forego shoes or sandals.

3. Always do your calf raises on a block. Heel Raises done from a flat

footed position such as the floor tends to shorten the ankle tendons and thus weaken the arch of the foot, which if done over a prolonged period of time can contribute to back problems.

4. Place the feet as close together (4" to 6" apart from left and right big toes) when performing the various calf exercises. Placing the feet wide apart rather than close, tends to make the exercise difficult as the ankle joint is moving through a shorter range of movement and can't be extended with as much force.

5. Don't do your calf raises with the feet straight ahead the majority of your sets. The reason being that during our daily walk habits the feet are almost pointed straight during our many walking endeavours. The idea here is to surprise the calf with new activity. Do 'more' of your sets with the toes outward (to work the inner calf) and inward at times (to work the outer calf). Do more sets on a 2 to 1 ratio for the area needing the most development. For the inner calf keep the weight of your body on the inside of the big toes. For the outer calf keep the weight of your body on the outer edge of your foot.

Heel Raise Movement — Begin your set by keeping the knees in a slight unlocked position. Now slowly and with deliberation (no cheating) rise as high on the toes as possible each repetition. Mentally try and rise even higher. Now lower down to the bottom position and really stretch even lower if possible. If there is a secret to calf development it is the stretch at the bottom of the movement. After you have completed your calf routine you can finish off with some sustained calf stretches. This should be done daily for at least ½ hour to 1 hour, depending on your time allowances. This movement is done on your calf block so that you will benefit from a complete stretch. Begin by putting all your bodyweight on one leg. Keep knees locked on this. Hips forward. Curl toes up. Now, while standing on one leg very quickly bounce up and down to stretch the calf. Stretch at the bottom position until you cannot stand the pain. Then shift to the other leg. Alternate back and forth for the required time.

Go easy on stretching (unaccustomed): at first can result in a painfully sore calf. Now after you have concluded your particular set of calf raises finishing with the sustained contraction and stretching do some tibialis contractions. Place your block directly under the heels and rapidly raise and lower the toes (50 fast contractions) while keeping the heels on the board. This will cause a cramping effect in the shin area. This particular movement will add to the measurement and appearance of the calf when viewed from the front.

6. Due to the poor blood circulation in the calf region it is good to constantly stimulate this bodypart. There are two parts achieving this effect.

Part No. 1 — Because the calf is a relatively small muscle and uses very 'little' in the way of energy they can be worked very 'hard' every

day up to a three month period. When this time period expires it would be a good idea to give them a complete two week rest and allow them to soften a bit before again pursuing another three month period of vigorous work.

Part No. 2 — Don't rest over 30 to 45 seconds between sets. These short rest periods will allow you to keep a maximum pump within the calf.

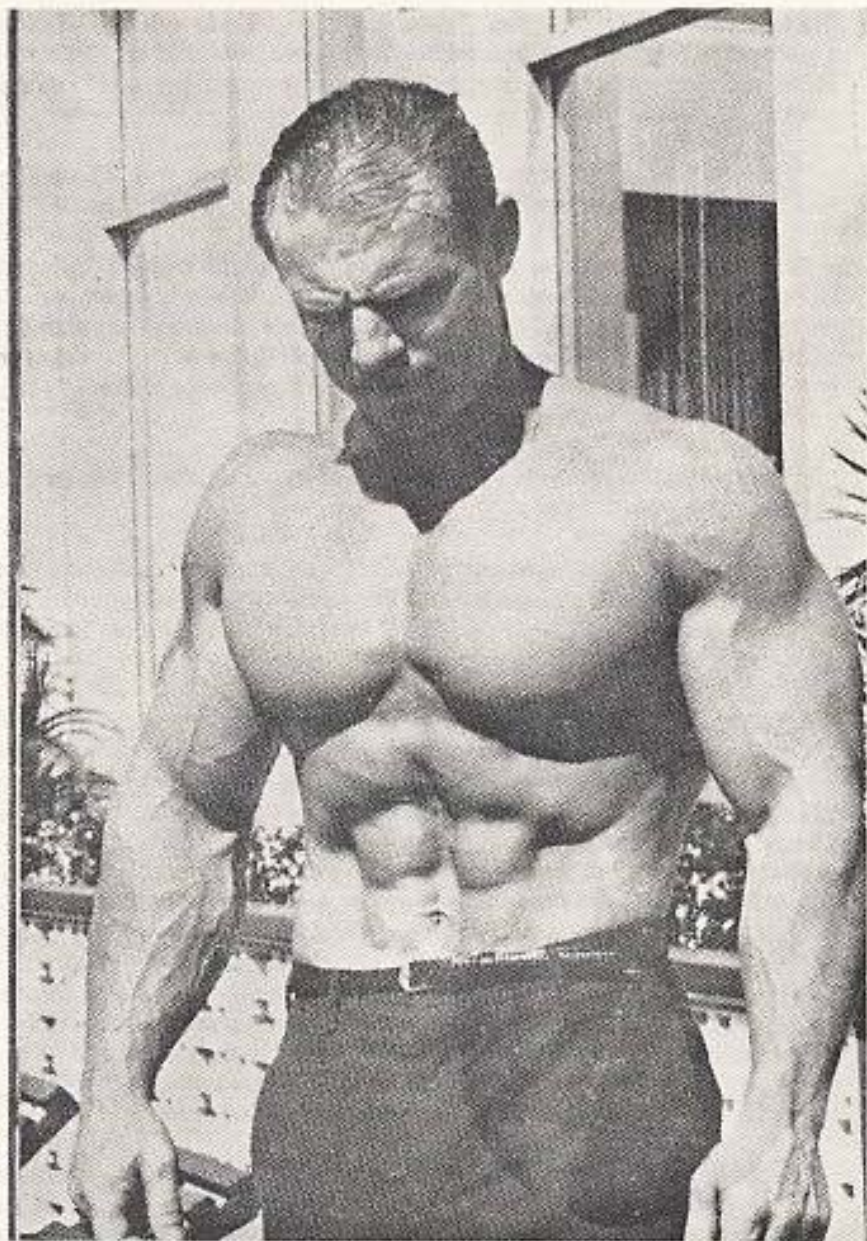
To further the effects of maximum circulation within the calf tissue I have found that applying a liberal coat of Hoffman Rub or Icy Hot between sets is helpful. Also, doing your calf program immediately following your thigh workout is beneficial. This is due to the fact that the heavy squats, leg presses, and leg extensions have brought literally huge amounts of blood to this lower extremity.

7. Experiment with different routines and apparatus until you find one that seems to work best.

A closing note on calf symmetry — Calf work must be consistent, rapid and violent. For best symmetry and proportion for the bodybuilder, the calf girth should measure 67 percent of the thigh measurement and 7 to 8 percent larger than the knee girth.

To achieve this desired symmetry and proportion read the chapter on **Specialization of the Bodyparts** for some result producing programs. While the calves should be exercised every day to stimulate blood circulation, it isn't a good idea to work the muscle extremely hard every day. The calf, like any other muscle group, must have periods of rest to spur growth. So one could approach his training in this manner. Work the calves extremely hard every other day per week. This means using heavy poundages while maintaining strict form and variety of exercises. During the other days per week just pump the muscle to increase circulation. Do this by performing 3 sets of bodyweight two legged calf raises. Do your reps to absolute failure on these sets. On these pump days always make a conscious effort to contract the calves to their absolute limit and stretch them to their limit. **Remember!!!** that the stretching is almost as important in developing the calves as the contractions are.

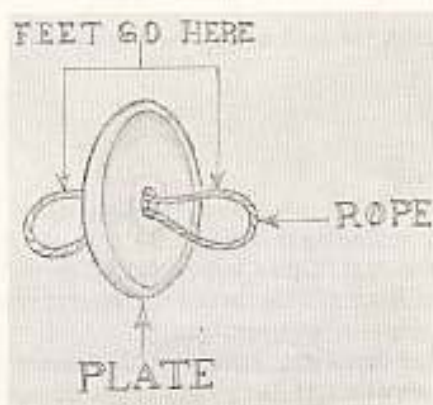
Another method is to work the calves very heavy two days in a row and then on the third day perform the pump sets. Then rest one day completely. Now begin the cycle over again. Other methods you may want to try to jolt the calf is extreme fast heel to toe walking and rapid race walking on a flat surface or up hills might be a nice change.



Chuck Sipes showing his superb physique and abdominal development. He is a former Mr. Universe. Photo by Doug White.

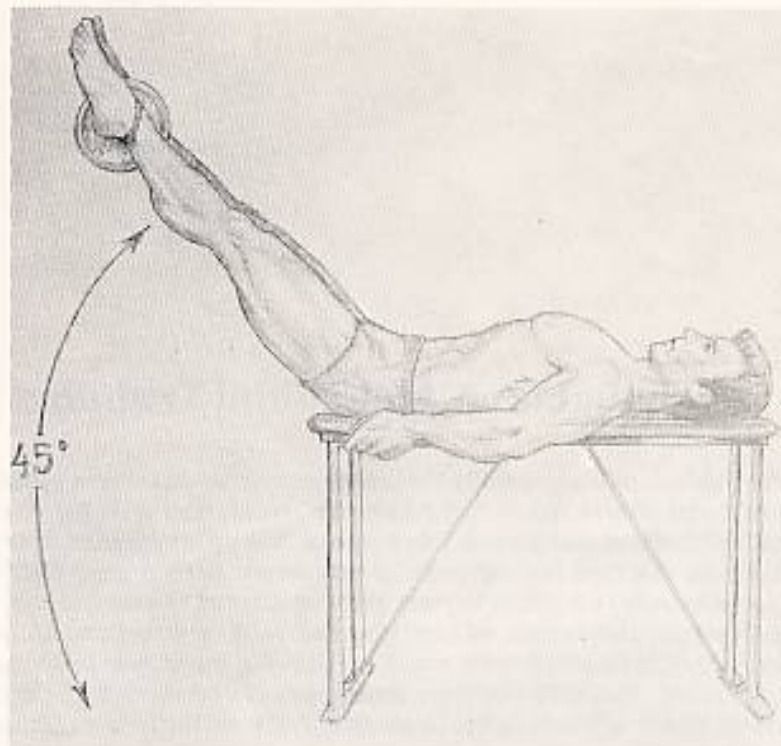
Thoughts on Abdominal Training

The abdominals are usually the last muscle group to receive priority by most bodybuilders today. Yet no other bodypart can give the physique that finished and mature look like a ripped, 'cut-up' midsection. One point should be clarified immediately. If you do not have a good abdominal (rectus muscle) structure to start with, no amount of exercise can build the winning abdominals of one who has such a structure. However, anyone can have a tight trim waist by following the proper techniques of abs training. Basically there are three types of waist structures we must look at which will determine to an extent the methods of exercises we should employ.



This drawing illustrates how you can use a barbell plate and a piece of rope to make a foot weight to be used for leg raises.

1. **Small waist with no visible signs of abdominal formation** — This type of waist is usually found on the small boned person. To a degree the tall man may experience this lack of rectus formation due to an elongated torso and there sometimes appears to be a blank area. The recommendation here is to do more sets of high inclined situps (30-45 degrees) with knees bent and a weight held behind the head. This movement will build sizable abs. Be careful not to overtrain on this exercise; too much size will cause the abdominals to protrude further than the chest. Omit any and all seated and standing twists or side bend movements. We don't want to build the obliques.



Here we see special leg raises with the foot weight for resistance.

2. **Waist with fatty tissue** — The idea here is to starve the fatty tissue by diet. Here is a 3 point abs attack for achieving this goal.

a. Begin with a three day juice fast. These juices should be of the natural type and contain no refined sugars. This fast should be combined with a high protein and vitamin mineral supplement.

b. Adjust your meals after this three day juice fast. Eliminate all starchy or fatty foods. No fried foods at all!!! Eat plenty of proteins, etc. This will hasten burning up of fatty abdominal deposits.

c. Use an "overall" program which, when well arranged will work the front, lower and sides of the abs.

To keep from getting a swollen or bloated waistline, try eating six smaller meals a day instead of the normal three. Always train the waist at least three times per week. Above all, don't eat a bed time snack because it will tend to thicken the waist.

3. **Waist with large hips** — Train your waist the same as waist No. 1 but include twists to muscularize the already prominent obliques.

All abdominal training for whatever the purpose should always include a lower back movement such as the hyperextension off the high bench. This movement affects the waist area even though it is considered a lower back exercise. It tends to tighten the entire lower back-oblique area plus works the abs if you resist as you go back down.

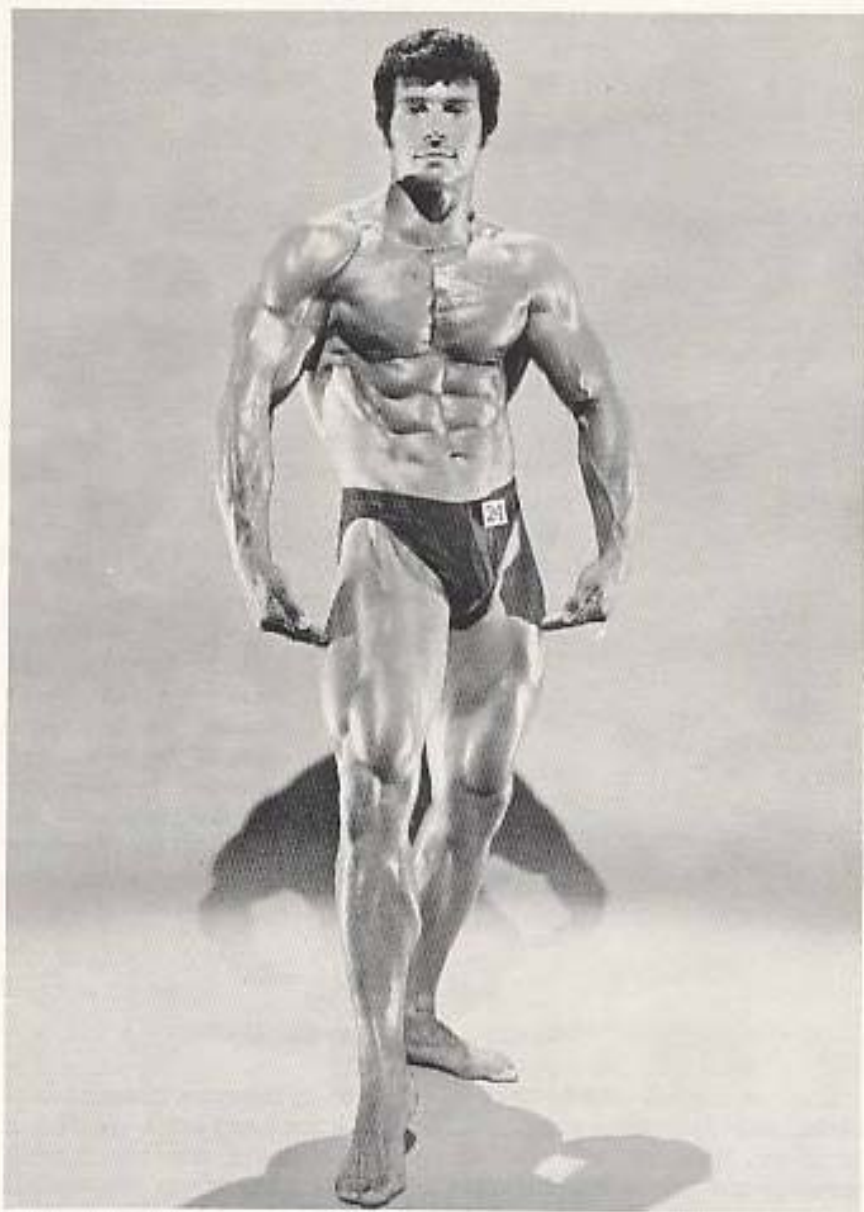


Amato likes to perform this twisting movement with a barbell. The lower drawing shows how far you attempt to twist. If you do not perform this correctly, you will lose much of the value of the exercise. All drawings by John McDermot.

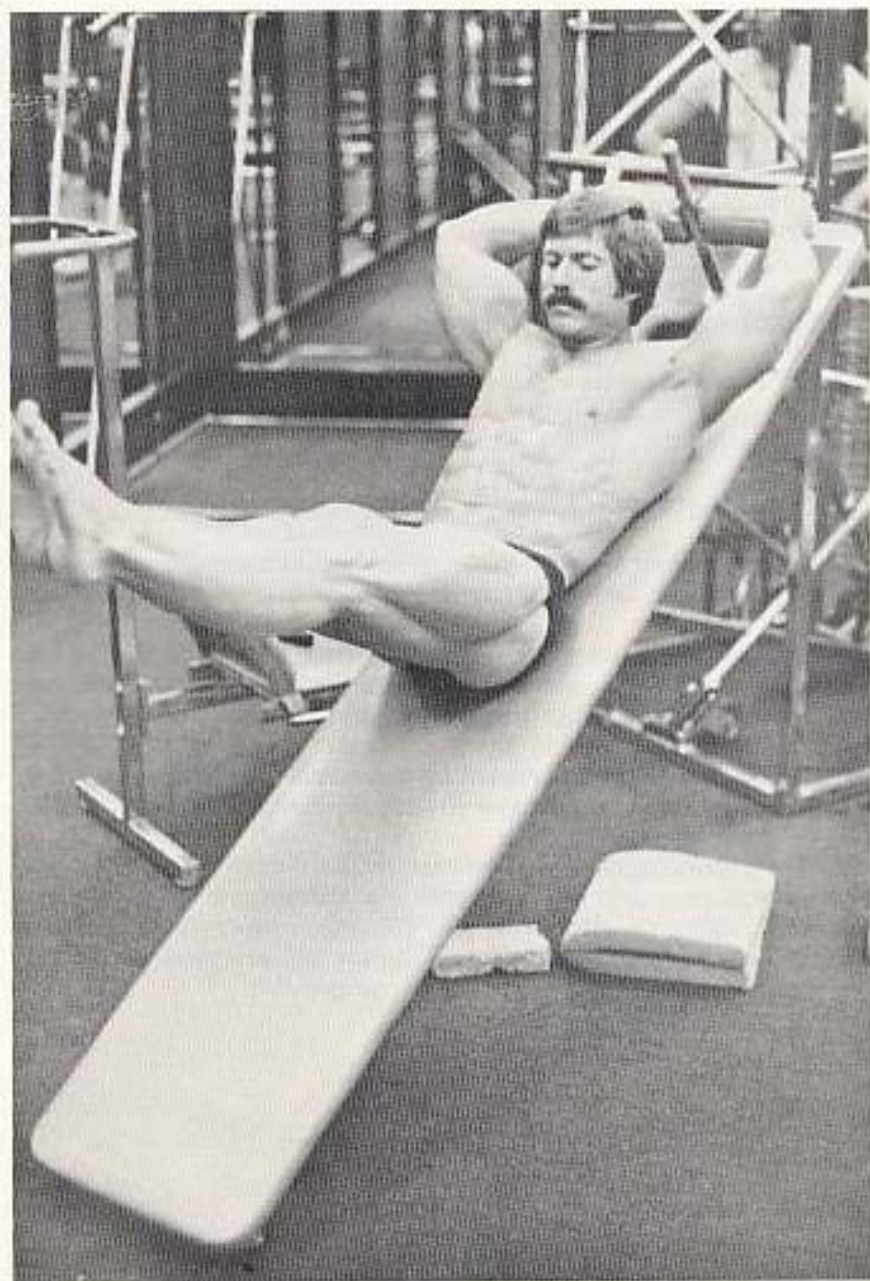
The Abs — Bits of Advice

Situps in various variety work direct effort on the upper three rows of abdominals. Leg raises work the difficult to reach lower portion of the abs structure. Knee-ins and stomach suction give the stomach internal massage and help to prevent constipation. For those of you who are not familiar with stomach suction, here is a brief summary. Exhale all of your air out of your body. Now instead of inhaling, pull your stomach as high into your rib cage area while your stomach is empty. Hold this position as long as possible, then take another breath and again expel and begin all over. Practice these stomach suction at various intervals throughout the day while walking, driving, reading and working.

Mentally vacuum your stomach harder with each attempt to achieve that deep aching sensation. Daily exercise will give you better results in the abs than just working them 3 or 4 times per week.



Chuck Amato. Photo by Dave.



Dale Adrian, Mr. America 1975. Photo by Reynolds.

General Comments

1. Do all waist exercises to failure. At the finish of the exercise when the muscles are too tired to do more, perform some 'burns.' This is a partial or cramping movement that will give you those desired **cuts**.

2. To make the exercises more severe use extreme control and tension throughout each rep of each exercise. Loose cheating or sloppy form will not build hard thick abs.

3. To help sweat off fat, use a neoprene waistband.

4. For excess firmness combine jogging and abdominal training. When you are jogging continually flex and tighten the stomach throughout your run.

5. Do not rest over a few seconds between your sets.

6. Let the mirror be your guide. When you can see the veins in the abdominal region, the abs are in **great shape**.

Remember to cut waist size fast, avoid starches, sweets and fats. Also you will never get your abs in shape if you are bulked up past your best bodyweight. So don't gorge yourself by eating too much at meals. This will cause such conditions as bloating, gas and will stretch the stomach. **All of these essential facts regarding abdominal development will help you to develop a trim, muscular waist only if you work and think!!!**

7. For developing density, thickness and hardness in the abs do more sets and less reps (5-10 sets 8-10 reps). For trimming down do high sets and very high reps (Ex. 15 sets of 100 reps). However, this type of program will flatten the stomach, but the abs will be smooth and lacking depth of "cuts." **The best abs reducer is a proper diet.**

Training Wisdom

This chapter will consist of some sound training doctrines and random thoughts on how you may receive the most out of your training endeavours. Let us begin looking at some of these valuable general training tips. **Overcoming that sluggish feeling** — Muscles need pumping so you should never go for more than one week without training them. Sometimes **too much** high cholesterol foods such as eggs, meats and milk can cause this problem. To help alleviate this condition make the necessary adjustments above and be sure to include a hard jog of $\frac{1}{4}$ mile at least once a week.

Answer to a Dis-proportioned Physique — This is Three-fold

1. Develop a **truthful** self criticism in regard to the area needing work.
2. Maintain a **positive** mental attitude and will power to make the routine work.
3. There are two types of exercises for training the individual body parts. They are **bulk builders** and **shapers**.
 - a. To plan for this first make an appraisal of the muscle in question. Does it need more bulk or shape?
 - b. Choose the exercises that will be most **effective** for the weak area.
 - c. Give the routine a chance to work. Six weeks is sufficient to begin seeing results.

Barbell Training After an Operation

Many operations do not involve cutting major muscles. This will affect how soon the muscle can again be exercised. Exercising too soon with **direct** movements to an affected muscle could result in pulled stitches.

- 1st — Get a doctor's consent in regard to when you can again begin training.
- 2nd — Begin using a **diet** rich in proteins, vitamins and minerals.
- 3rd — Start with very **light** exercise movements.
- 4th — Watch your reactions closely day to day.

Tips for the Ectomorphic or Small Boned Person

A. Determine which of the bones or joints are undersized. Sometimes not all of these parts are small. A good example is small wrists and average ankle size.

B. If you are proportionally small boned — concentrate on 'bulk building' exercises. Eat lots of proteins and bulk building carbs.

C. Work the undersized areas. Use type of movements that will accent complete development near the small joints.

Isolation of the Major Muscles

NECK: Neck work will increase blood circulation to the brain and as well aid in the reduction of the double chin. Size and shape of the head should be a consideration when doing neck exercises. Persons with a large head are more apt to develop a larger neck circumference than a person with a small head. Neck size is not as important as **proportion**. When embarking upon a neck program always warm it up more than other bodyparts. The neck is composed of soft tissue so your training must be approached in the manner suggested. Use high reps of 25 to a set. Now the immediate advantage of the soft tissue in the neck is that it is very responsive to training and not much work is needed to bring it up to par in size and strength. One or two months of specialization will usually bring it up. After that point the results of the program can be maintained by one workout a week using two to three sets.

Complete torso development features thick well-rounded delts, wide sweeping lats, shapely pees and trim muscular abs.

Remember these points: Overdeveloped traps can cause the shoulders to appear narrow and rounded. On the other hand, the lack of development can cause the head and neck to look out of place. Overdeveloped lower pees cause the upper body to appear flat from the side, and the shoulders narrow from the front.

Other common bodybuilding structural faults are **short or gapped biceps, high triceps, high lats and high calf development.**

DELTOIDS: The function of the delts is the lifting of the upper arm. The best exercises are the ones in which the arms must be lifted up and away. The only way to develop shoulder width is achieved by a variety of exercises. Shoulder broadening exercises follow two areas.

1. Those that increase shoulder mass (muscle). You should always include an exercise which will work the front, rear and side of your delts.

2. Those that cause a 'widening' of the skeletal structure (clavicle).

NOTE: An active man (one who doesn't train with weights) can continue to develop the skeletal structure to age 25. The man who trains with weights will continue to broaden his shoulders to past 50 years of age.

Here are some deltoid exercise 'secrets.'

Dumbbell Side Laterals — To insure that you work the lateral or side section the front of the bells should be pointed slightly downward. On all lateral movements the arms should be slightly unlocked to relieve excess pressure and strain on the elbow insertions. Lateral movements are best for specific deltoid work. Of course, you won't be able to handle as much poundage in the leverage moves as in the pressing movements.

Upright Rowing with Barbell — On this movement pick a spot on the ceiling and look up. Do this and you will be able to stretch and obtain a higher pull.

Seated Presses — The bench you are seated on should be at a height that will permit your legs to be bent at a 90 degree angle. This will help you to avoid cramping in the hip region which occurs when the legs are in positions or angles any less than mentioned.

A 'pure' isolation movement for the **Behind the Neck Press** consists of sitting on the floor (legs outstretched) and your lower back against a stationary object.

DELTOIDS: If you are lacking definition qualities in the upper back you may need more rear deltoid work. There are many good rear deltoid exercises, but the one exercise that I have found that works the rear delt region most effectively is the **wide grip, Collar to Collar Bentover Rowing** movement. This exercise has always been thought to be a lat developer. However, it works best for the rear deltoid, but it must be done extremely strict. Very **slow** and smooth. I learned about the effectiveness of this exercise as applied to the deltoid region from Boyer Coe.

PECS: Supine Bench Press — Most bodybuilders rely too much on this exercise for growth in the chest region. It is better to do more **incline** work because you will then be directing the **effort** to the area of the chest that usually needs the most **stimulation** — the upper pec region. The normal method to employ when doing these incline bench presses is to use a wide grip. This is great because it places a great deal of intensity on the rib cage and serratus and as well the outer pec and delts and the upper back. However, at times it would be a very good idea to use a narrow grip within the structure of this exercise. This practice will allow your arms to travel further back and go to a lower plane and that will afford you a deeper, fuller stretch within the pec region.

For complete chest development always include some sets of the pull-

over variation to work the rib cage.

Flat or Incline Flies — On the flat flies, isolate the movement further by placing your feet on the bench rather than on the floor. Eliminate injury to the elbows by having a slight elbow bend. Along with this you might want to use an ace bandage wrap for further support to the elbow region. To receive the **maximum** amount of stimulation from the movement work at throwing the bells (in a controlled manner) out from the body as far as possible. Now as you bring the bells together at the top contracted position, **flex** the wrists back and mentally contract the pecs further.

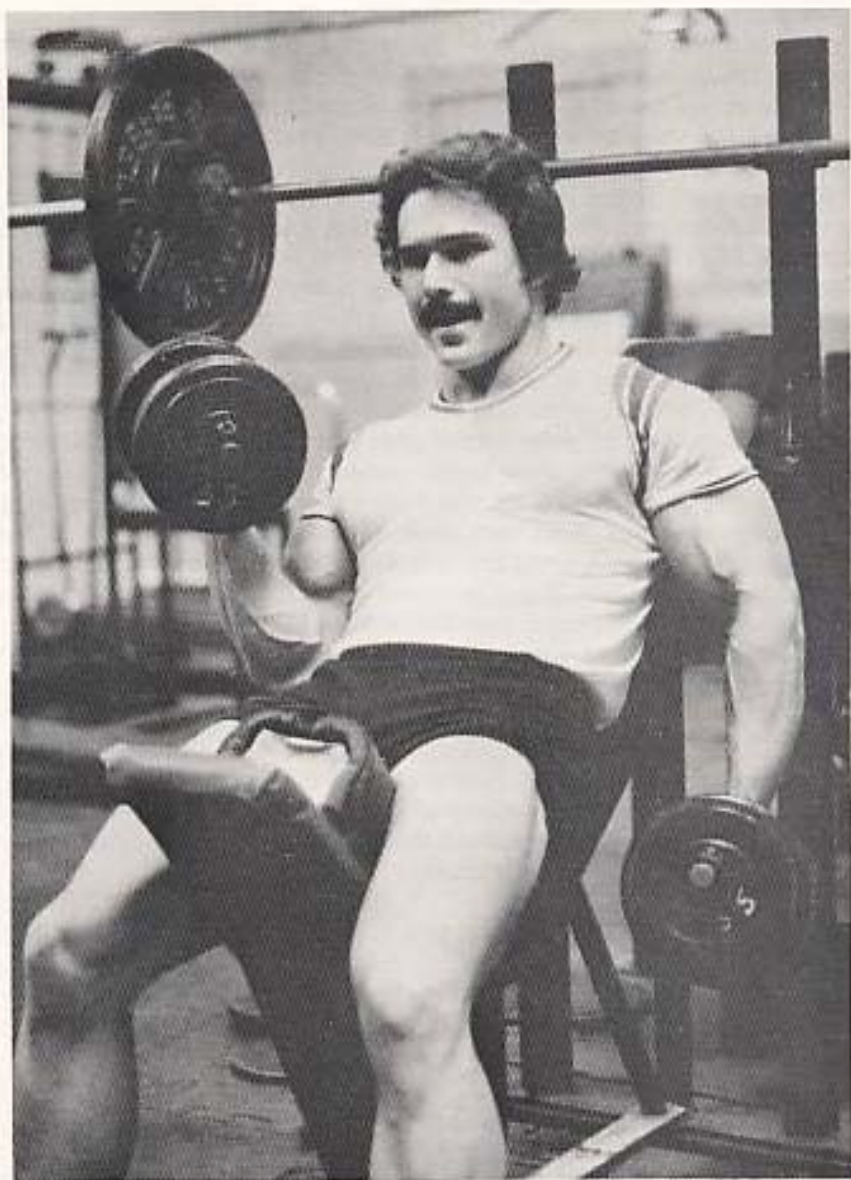
Straight Arm Pullovers — Weight is not important here so much as it is to really work for a deep stretch within the rib cage. With this in mind it would be best for performance sake to use a half moon bench.

LATS: For best growth and shape high reps are the key factor. Along with this you must keep the lats under **continuous tension**. Don't lock out the arms and you will achieve this stress factor. Looking at some of the exercises listed on the muscle chart we must take notice of a few items. Lat Pulldowns and Wide Grip Pullups to the back of the neck will add greater width and length of the overall lats. Heavy Bentover Rowing will create the desired lat density. On this particular movement I have found I can obtain a great stretch by standing on a 4 inch platform. Using 25 pound plates on the bar you shouldn't be able to touch the floor. Pull the bar up to your chest. **Concentrate on isolating and spreading lats as wide as possible each rep as you return to the starting position. Perform 10 to 20 seconds of lat stretching (as described at the conclusion of the muscle chart) between each regular set.**

To **shock** the lats try using the **triangular approach**. Here the idea is to begin your program by using an overhead exercise such as the Lat Pulldown. This will pull the lats up and outward. After you have completed your sets here move on to an exercise from the floor such as the Heavy Bentover Rowing. This will work the entire back density. Now finish off your program with a Horizontal Pulley Movement. Seated Cable Rowing is excellent because it will add thickness and width from a 'different' point.

Probably the most beneficial exercise for stubborn lats is a **nautilus torso** machine. This machine will allow you to reach your potential development in this area.

BICEPS: When flexed, the biceps should extend the full length of the arm (not knotty or gapped) with a slight peak. While on the subject of peak, I have never witnessed anyone successfully add peak to his arm. This is something you either have or you don't have. However, this does not mean that one cannot improve his arm development a tremendous amount. Concentration Curls will help you in this area. Here is a suggestion you might like to try to improve this area.



Larry Gordon, Mr. Alaska.

Barbell Curls super set with Lying Dumbbell Curls. Incline Dumbbell Curls (arms out) super set with Lying Pulley Curls. To add **fullness and thickness** to the biceps Scott Curls are very good for this. Development of the outer bicep is accomplished by doing Lying Dumbbell Curls with the arms out and lateral rather than to the side.

Within recent issues of **Weider's Muscle Builder Power** magazine, Arnold Schwarzenegger has been promoting a unique type of dumbbell curl. Arnold calls this the **Supination Curl**. The word supination means to rotate the hand or forearm backward and away from the midline of the body. With regard to the actual method of the Dumbbell Supination Curl, it is best described in the following manner. Begin your dumbbell curls with the palms facing directly toward each other when the arms are hanging straight down at the side. Now while your arms are straight (you haven't begun the curl yet) 'rotate' your thumbs toward each other to fully stretch the biceps. Now begin curling (either simultaneously or alternating) the dumbbells up and rotate your thumbs in the opposite direction — out away from each other — as the weight goes up. At the completed position your arms are fully flexed and the hands turned out as far as humanly possible. If you have performed this movement correctly you will experience maximal contractual force in the top position. Experiment with lighter than normal poundages until you have achieved the proper method of performance.

TRICEPS: The triceps is two-thirds of the total arm mass so it is of **extreme importance** to have a combination of thickness and muscularity. If you lack "shape" use variations of dumbbell extensions. For those of you who lack that thickness around the elbow insertion, use tricep push-downs and close grip bench presses.

FOREARMS: This is an easy muscle to pump up. For greater gripping strength pad your barbell and dumbbell handles with armoflex. Always do your wrist curls with the elbows higher than the wrists. As you lower the weight down **fight** to control it. Use a thumbless grip on the wrist curls and let the weight roll to the finger tips.

GRIPPING POWER

It is very difficult to tell you what you should do on your forearms and grip since so many men vary in their requirements and responses to certain programs. Many people have toughened their forearms and wrists and hand muscles so much that it requires intensive work to increase their size.

Ordinarily it takes extremely hard work to develop either calves or forearms for most individuals. On the other hand, some people have forearms and calves that are naturally well developed and seemingly they will develop easily.

Gripping power is very much a matter of intense mental concentration.

For great power you would not ordinarily go into high repetitions. It is easy to work on maximum power work on the grip more frequently than if you would try to develop your squat, since less energy is used and there is less danger of going stale.

My advice would be to experiment with different types of programs. I would experiment for a while to see if 'daily training' with low reps and a very few sets would give better gains in strength than working out two to four times per week. It is quite likely that it would be well to vary the frequency of the workouts. Say workout two weeks one way and two weeks another way. This way you can see which procedure is best for you.

If my ambition was to develop great gripping power, I would start doing regular one-hand deadlifts. This would be a straddle lift. Reach down and grasp the bar while handling as much poundage as possible for the number of reps you plan to employ. I believe that it might be well to use a hook grip since this keeps the grip from slipping as much as it would with a standard grip. By the hook grip, I mean taking a good grip with the fingers wrapped around the end of the thumb.

Lifters possess much better grips when they perform deadlifting with one hand and also when they practice one arm snatches and one arm cleans. You will find one arm snatching and one arm cleaning is very good for the grip since there is an explosive effort of the legs which must be supported by a powerful grip or the bar will slip out of the hands. At first it is a bit discouraging because the grip seems to be the limiting factor but as you continue to train you will find your grip getting stronger and stronger.

Also, you might consider the use of the hand grippers plus the grip machine with very heavy weights and very low reps.

As a final note, I would be very modest in wrist roller work. Wrist roller is primarily for developing size and has very little to do with the development of power, except in the instances of beginners.

THIGHS: Note which part of the thigh needs developing. Consider the size of the calf in relation to the thigh (discussed under Calf Symmetry). The bigger the thighs the smaller the calf will look. Keep this area in harmony. Your basic squatting position is important to your leg development. If you point your toes out you will place more stress on the inside of the thigh — toes straight ahead and you work the front of the thigh to a degree. Point them in and you will achieve that 'outer sweep.' Sometimes if the thigh biceps are lacking in proper development your glutes will appear larger than normal.

The squatting movement and its variations should always be included in the basic structure of any type of weight training program. There are some basic squatting problems you should become aware of before you

give your 100 percent to this wonderful exercise. Let's look at some of these problems and then I will make some positive suggestions so that you may overcome these problems and apply the squat to your bodybuilding program in a 'special way.' The squatting problems as they exist are:

Knee injuries to the surrounding ligaments and tendons — Glute size is increased through the use of the squat movement — Sacroiliac dislocation or strain — Maintaining an upright position during the movement — Thighs are already large enough.

I would like to follow up these squatting problems with some helpful advice and solutions so that you can overcome these 'pressures' of squatting. Knee injuries are caused from a number of factors.

1. Lack of flexibility in the surrounding muscles and tendons. The best method I have found for testing for the required flexibility is to stand with your legs together and knees locked. Now reach down and stand with your palms on the floor. If you can't touch your palms to the floor in the manner described it is doubtful that you are ready to perform heavy squatting movements. Here it would be advisable to work on flexibility exercises for a period of time.

2. Using more poundage than your muscles are accustomed to may force you further down into the bottom position of the squat and thus create abnormal stress on the ligaments and tendons.

3. Probably the worst fault a person may have when squatting is to drop down in an uncontrolled manner and rebound up to the starting position. Remember to perform the squat in an even and controlled manner throughout the movement.

Increased glute size is caused from going too low in the squat movement. What happens here is that the glutes, being stronger than the thighs, will begin the recovery of the movement. As a result the glutes, in a sense, are receiving more exercise intensity than the thighs. At this point, I am not going to make any suggestions, but I will continue on with the remaining problems and then I will offer solutions that will complement all of these problems.

Sacroiliac dislocation or strain can be caused by carrying the barbell too high on the back which in turn creates massive pressure on the spine. Failure to maintain an upright posture during the squatting movement can also cause a serious back injury. What happens here is that the bodybuilder allows the back to hump as he comes out of the bottom position of the squat. Now when the spine is in a normal position of straight up and down, so to speak, the weight of the barbell is evenly distributed over the whole area of the various discs. In this position the spine can and will

support enormous loads. Now when the spine is bent or in a hump position from either faulty posture due to one or a combination of factors (poor squatting leverages, using too much poundage, squatting too low, or carrying the bar too high on the shoulders) we find that the back sides of the discs open up but the front squeezes together. As a result all of the pressure is no longer evenly applied and in time one or more of these discs may rupture and squeeze out against a nerve. As this happens, nerve impulses cease to the muscle and muscle response becomes non-existent. Spine misalignments also will become a serious factor if steps or solutions are not taken to correct these faulty habits. Here are the steps I would recommend to overcome these squatting problems:

Step No. 1 — When squatting for bodybuilding purposes always use a cambered bar. Be sure to cushion your bar with 1 $\frac{1}{4}$ inch I.D. armoflex.

Step No. 2 — Reposition your bar. Instead of carrying the bar high on the neck, position it low on your neck (powerlifter style) so that it rests on the posterior deltoid.

Step No. 3 — Always select a poundage which will allow you to perform the squat or its variations in strict form and control of the movement.

Step No. 4 — Squat only to the parallel position. This will overcome to a degree the maximum use of the glutes. Be sure to go to parallel though, because this is where the most will be realized. Also, you shouldn't have to worry about stretching and possibly injuring the knees as might possibly be the case should you try and attempt to squat lower than recommended.

Step No. 5 — Now up to this point you may still be having a problem of maintaining an upright position which can still cause back problems due to the bend or hump in the spine. The factor here may be a poor squatting leverage. Usually the bodybuilder with long thigh bones and a short upper torso have this problem. To overcome this, try squatting with your heels on a 2" by 4" board. Following up on this tip will place more of the stress on the legs while keeping you in an upright position. Be sure to **concentrate on maintaining an upright position** while making an effort to arch your back while coming through the squat movement.

These five steps should correct four of the five squatting problems mentioned earlier. There are four types of squatting variations you might like to use from time to time in your bodybuilding programs. They are the **Non Lock Squat** — **High Rep Squat** — **Low Rep Squat for Power** (this type of squat would be used most effectively during the off season) and finally the **Front Squat**. Here are some squat programs you might like to arrange within your program structure (not specialization) for a change of pace.

Routine No. 1 — On this squat routine you will use **only** the parallel squat. You will do ten sets in the following manner. Begin your first set

with a poundage that will permit 10 reps. Add 10 pounds to each proceeding set, dropping one rep off each set. When you arrive at your 10th set you will more than likely be able to perform more than 1 rep. Perform as many reps as possible on this final set. **Rest only one minute between sets and no more!!!!**

Routine No. 2 — Front Squats, 4x8; Non Lock Squats, 4x20.

Routine No. 3 — Non Lock Squats, 10x20.

Routine No. 4 — Regular Squat, 5x8. Follow these sets with one set of Non Lock Squats for 10 reps. Each workout session try to add 1 rep on the Non Lockout Squat until you have reached 30 reps.

Any of these regular squat programs can be followed for a period of 5 to 6 weeks. To obtain the maximum results in strength and size try to add 5 to 10 pounds per set a week.

Now, bringing these thoughts of the squat and its variations to a conclusion, you may find that your thighs are already large enough (the final squatting problem). For this I would suggest that you consider the use of the Leg Extension. This particular movement has a very stimulating effect on the thighs if you will use maximum poundages. That is why I made special mention of it within the chapter on **Specialization**.

Jogging gives the thighs and calves better muscle tone and definition. Finish your jogging with four or five wind sprints of 60 to 75 yards.

CALVES AND ABS: These have been dealt with explicitly in earlier chapters. This is some of the additional basic information you will need to further your future bodybuilding endeavours.

Overcoming Muscular Monotony

There are certain unique and highly stimulating training principles and methods of exercises that you can incorporate into your training programs throughout the year to overcome **muscular monotony**. Here is an explanation of these training principles and how to use them.

CUMULATIVE-REPETITION PRINCIPLE: Using the Front Squat as the example. Determine a poundage that you can do for 8 repetitions in good form. Begin by performing 1 repetition of the front squat, now put the bar back into the squat rack and count off 10 seconds (using a watch or clock with a second hand). Now perform 2 repetitions, then the 10 second rest, then do 3 reps of the front squat; etc., till you cannot do any more front squats. To clarify this let's say that you have worked up to 7 reps on your final set but couldn't do 8 reps on your next set. Now at this point you will terminate Front Squats for this particular workout session. Continue from workout to workout using the same poundage until you can successfully complete 12 repetitions. After you have reached 12 reps, add poundage and begin over as described. In the above example I have used a high rep area which is best for pure bodybuilding and shaping purposes. Now if for example, you wanted to acquire more basic power you could, for example, use the Full Squat. Determine the poundage that you could correctly squat for 5 repetitions, now using the cumulative repetition principal work up to 9 reps. Because you will be using a 'fixed poundage' during a particular workout session barbell or dumbbells can be used without a loss of time changing plates. Remember the method of cumulative reps that Chuck Sipes recommended for the bodyweight dips in the contest routine? Why not try the same exercise only with added weight to your body and performed as described above.

SUPER SETS: These are more or less known, but I will make a few brief comments. On these you will be performing two separate exercises for the same bodypart only different muscles. For example, let's work the arms. Perform the Barbell Curl for the biceps and **immediately** without rest perform some Supine French Presses. Go back and forth until you have completed the desired sets. There are other variations to the super set principal such as working the chest and lats together. Within

this area you might like to perform a set of bench presses and then **immediately** go to the lat machine for some Pulldowns. Another way you can use super set is to perform two exercises for one muscle. Here you would do one heavy exercise (low reps) followed by a 'shaping' movement for that same muscle. A good example for the biceps would be Heavy Cheat Curls, immediately followed by Scott Curls. Now since we are working the same exact muscle with two almost identical patterns there will have to be a slight rest of 15 to 30 seconds between each super set so as to keep the exercise in a high state of performance without letting fatigue set in, as would be the case if you don't rest between series.

GIANT SETS: This is simply the performance of 4 or 5 selected exercises for a particular bodypart, done in sequence without rest until the last one is completed. Then a rest of 1 to 2 minutes is needed before a second giant set is begun. For the good bodyparts two giant sets is all that is needed for **stimulation**. If you wanted to use this principle in a 'specialization program' 4 giant sets using 5 exercises would be approximately correct. A tip here for the giant set procedure is to arrange your selection of exercises so that the 1st, 3rd and 5th are the heavier movements and the 2nd and 4th are the lighter shaping movements.

SUPER REST—PAUSE SYSTEM: On this system use 75 to 80 percent of your maximum poundage for the amount of reps you plan to do for a normal set of an exercise. For example, if you can perform the Press Behind the Neck with 200 pounds for 10 reps, then take approximately 150 to 160 pounds and begin your program in this manner: Do 10 reps then rest 10 seconds, then 9 reps and another 10 second rest. Continue on in this manner until you are down to the 10th and final set. Now here you would only do 1 rep, but will obviously (depending on your stamina) want to do more. Go to failure on this last set until you can't even budge the barbell.

NOTE: This Super Rest-Pause System seems to work best using 10 sets and 10 reps as a suggested guideline. Here are a couple of more variations to this above system.

Variation No. 1

For best results the recommendation here is to use a total of 10 sets performing them in the following manner. Begin by warming up with 60 percent of your maximum poundage for 6 reps. Now go to the heaviest weight you can perform in good form, but near your absolute limit for 6 reps. Do one set and then rest 60 seconds. Continue on as described. At any point of the 10 sets your reps drop down to a count of 5, decrease the poundage 10 pounds. As you near the 10th set mark, you may be dropping 10 pounds every set. Above all, **never** allow your reps to go lower than a 5 count if you can help it.

Variation No. 2

Ten sets done in the following manner. Warm up with 60 percent of your

maximum for the amount of reps you plan to perform. On this let's assume that you want to acquire some power in your Bench Press. Use 7 reps for your sets. Let's say your top bench press for 7 reps is 300 pounds. Begin your 1st set with 80 percent of that poundage. We are looking at 240 pounds for the 1st set. Now while you rest 1 minute between each set add 5 percent to each additional set until you are using a 100 percent of maximum for one and two sets. Then you will begin dropping off 5 percent each set for the final three sets of the 10 set maximum.

To give you a better idea of how this system works I will outline in detail how your ten sets will look using the above percentage-poundage figures.

Base 300 pounds, 7 reps
Instructions: Ten sets **maximum**. Rest 1 minute between sets, add 5 percent each set until 100 percent is reached. Perform two sets with 100 percent. Drop off 5 percent for each of the final three sets.

Set No. 1	(80 percent) 240 pounds
Set No. 2	(85 percent) 255 pounds
Set No. 3	(90 percent) 270 pounds
Set No. 4	(95 percent) 285 pounds
Set No. 5	(100 percent) 300 pounds
Set No. 6	(100 percent) 300 pounds
Set No. 7	(95 percent) 285 pounds
Set No. 8	(90 percent) 270 pounds
Set No. 9	(85 percent) 255 pounds
Set No. 10	(80 percent) 240 pounds

NOTE: On the 5th and 6th sets you may not be able to do the recommended 7 reps per set. Do whatever you can and when you finally are performing 7 reps on all sets (and especially the 5th and 6th set) upgrade your poundage-percentage scale and begin a new 10 set system.

With regard to these two variations you can use a high, medium or low range of rep patterns depending on your goals at the time. Also on these variations if you are keen on obtaining more muscularity you might eliminate the 1 minute rest periods by incorporating a super set into the system, just as long as it works opposing muscles.

Multi-Poundage Principle: This is a very simple but **intense** and **stimulating** method for the muscles. After you have done a conventional set of say Scott Curls to failure drop off 20 percent poundage and continue on until you can't do another rep, then another 20 percent and go again to failure. This completes one set. There is **absolutely** no rest other than taking off the weights as instructed.

Here is a unique tip for training the abs while employing this principle. If you have an adjustable incline board with 7 or 8 different positions begin at the top position and perform as many bent knee situps as you can do, then flip over and do incline leg raises. Now immediately drop the board down to the next rung or position and continue on until you are at

the bottom position.

Burns: This is a type of partial cramping movement which is to be used at the end of a set when you can't do any more complete repetitions of an exercise. In the high range position of a movement drop back about 3" and immediately come back up to full tension; hold this extreme tension about ¼ second then drop back again (3") and come back up to full tension. Each proceeding 'burn' should be harder than the previous attempt. Work at obtaining 6-10 burns per completed set.

The 21 Movement: This principle was very popular on the west coast scene of bodybuilding years ago. It goes like this. Pick a weight you can do for 8 to 10 reps. Using the Barbell Curl for our example, begin by doing 7 half curls from the starting position to half way up, now from the completed or high range position perform 7 half curls to half way down. Now finish off with 7 complete curls. That's the 21 movement.

Six Day Cycle Training: This method of training was used very successfully by Canadian physique champ, Vic Downs, in the late 60's when at the age of 39 years he was causing some of the younger bodybuilding stars to sweat whenever he entered the top contests of the day. It is a very unique system in the fact that during any one particular workout day you don't have to save yourself for other bodypart training. Let's look at the system.

Monday	Shoulders
Tuesday	Biceps
Wednesday	Triceps
Thursday	Back
Friday	Chest
Saturday	Legs

Instructions: On your stronger bodyparts do 12 sets and on your weaker ones do 15 to 20 as in specialization. Work abs and calves every day. Always do one flush set for the routine three days previous. For example, after you have done your back work on Thursday, perform 1 set of 15 reps of an exercise for your shoulders.

Here is another slight variation to cycle training.

Nine Day Cycle Training

Monday	Abs, Calves, Chest
Tuesday	Abs, Delts, Arms
Wednesday	OFF
Thursday	Abs, Thighs, Back
Friday	Abs, Calves, Chest
Saturday	OFF
Sunday	Abs, Delts, Arms
Monday	Abs, Thighs, Back
Tuesday	OFF

I feel that by incorporating some of these suggested principals from time to time in your programs in the off season or the highly intense contest preparation you will secure maximum benefits and most satisfactory results that is sure to help you overcome muscular monotony!!!

Pre-exhaustion Principle: Use of this training system will permit you to work one or more muscle groups with the greatest possible intensity while maintaining a much shorter period of training time than is usually experienced. The **truest success** of this particular training procedure will require that you go to **absolute failure** during all phases of the exercise movement.

With this in mind it will be **absolutely necessary** to have a dedicated training partner (of at least your strength levels) so that you can assist each other through the completion of the cycles.

Most compound or basic exercises, such as listed in Group 1 on the Exercise Chart, will always exhaust the smaller assisting muscles before the muscle requiring development is fully stimulated.

For example, normal training procedure of the upper torso appears as follows: Assuming this is the exercise period that you will be working the delts, etc. Normally you will begin training this bodypart with some type of pressing movement. You will notice that the assisting triceps will exhaust themselves long before the deltoid region has been fully congested and stimulated to its **maximum**. We find a "dual" situation with the application of chest work where bench pressing is applied. Going on further into normal training procedures, we immediately notice other **weak links** in our workouts. The forearms, or grip, is the weak link when working the lats with bentover rowing movements and variations of the **deadlift**. Looking at the lower portion of the torso (thighs) we find the lower back (weak link) giving out long before the powerful thighs have reached maximum stimulation.

Now that you have become aware of the existing problems, let's note some corrective measures which will assure a **quality workout of maximum stimulation** for the involved bodyparts, with as little time and procedure required.

The method I will be relating to you is not some new training principle. It was given to the bodybuilding world some years ago by Arthur Jones, inventor of the Nautilus training equipment. Three of the most **sensational** examples of its merits are **superstar** bodybuilders Casey Viator and Mike and Ray Mentzer. I am sure that there will be many more top bodybuilders converting to this system as time goes on.

As I mentioned earlier, the **truest success** of the pre-exhaustion principle will require going to **absolute failure** on all phases of the exercise movement. The phases we will be using here is the lifting of the weight. This is called **concentric contractions**. The lowering of the weight we know as **eccentric or negative contraction**.

Using the pecs for our example let's get into the mentioned principle. To begin we must **immediately** eliminate the weak link in chest work. In this case it is the triceps. We must begin by using a pure **isolation**

movement for the pecs which will pre-exhaust the muscle before the compound or basic movement is utilized. Begin with a set of flat supine dumbbell flies for 15 reps. Now **immediately** after the flies (no rest at all, or you will lose the benefit of this phase of the principle. Always remember that if you rest or allow 3 seconds to pass between the exercises, the muscle will recover 50 percent of its ability). Begin your set of bench press for as many desired reps in strictest form as possible. Be sure and go to failure on these strict reps. Now continue on this set by having your training partner assist you with some forced reps. When you are at the point that you can't even force the weight off your chest (forced reps) with your partner's help, have him lift the weight to the lockout position. Now begin lowering the weight in a controlled manner to the chest. Each rep your training partner will have to lift the weight back to the lockout position. Failure on these negative movements will soon be realized when you can no longer use 4 or 5 seconds lowering this weight in a controlled manner without result of possible injury.

You have now worked the pecs toward maximum stimulation. Rest now for about 2-3 minutes and then follow up with one final cycle of the pre-exhaustion principle as described. Here you may want to use the incline dumbbell flies and the incline press so as to place a slightly different accent on your chest development. This is only an alternate suggestion as you should definitely **self-evaluate** your particular physique criteria. Due to the "Amount-Intensity" and the time involved, here it will never be necessary to perform more than two cycles per bodypart. Also it would be best to have more than one training partner to assist with the heavy power movements if possible.

Here are some of other ideas for pre-exhaustion of the other bodyparts.

ISOLATION MOVEMENTS

Biceps:	Barbell Curls
Triceps:	Barbell French Press
Shoulders:	Dumbbell Side Laterals
Upper Lats:	Dumbbell Decline Pullovers
Middle Back:	Bent Forward Dumbbell Raise
Erectors:	Hyper Extensions
Upper Chest:	45 Degree Dumbbell Flies
Thighs:	Leg Extensions

COMPOUND MOVEMENTS

- Regular Grip Chin Ups
- Parallel Bar Dips
- Press Behind Neck
- Lat Pulldowns
- Wide Grip Bentover Rowing
- Deadlifts
- Incline Barbell Press
- Parallel Squats

This information should give you enough ideas so that you can explicitly plan your own pre-exhaustion program.

Heavy-Light System: On this program you can use it on one bodypart or on all bodyparts, if you so desire. It will develop the maximum in power and shape when followed as described. Using the biceps as an example: Pick one exercise from Group No. 1 on the Exercise Chart and one shaping movement from Group No. 2. Begin by performing two sets of 8 reps in the barbell curl. Rest 1 minute between these sets. Immediately after you have completed the second set, perform one set of 10-12 reps of the shaping movement, which in this case could be the Dumbbell Concentration Curl. Now rest 1 to 2 minutes and repeat the entire process.

Now take a five minute rest. Set up a new bicep movement from Group 1 and a new shaping movement if you desire. Now go into another series of the Heavy-Light pattern. This will give you a total of the 12 sets for the biceps. The low reps of between six to nine on the exercise from Group 1 will build up your power to its maximum and the shaping movement using 10-12 reps (for bodybuilding purposes) will accentuate the shape of the biceps. This type of system is not for use as a specialized program, but more or less a change of pace for training your stronger bodyparts as mentioned in the chapter **Planning Your Contest Training** with regard to the number of sets per exercise one should perform.

Advanced Form of the Multi-Poundage Principle

For the purpose of an explanation we will use the Bench Press for our example. To begin, warm up with one or two sets of two-thirds of your maximum single poundage. Perform 8 to 10 reps on these warmup sets. Rest only one minute between these sets. Now increase the poundage up to near your best maximum single effort or a weight near this which will permit you to perform one perfect repetition. Now, after completing the first repetition immediately slide off a 10 pound plate from each side of the bar. Perform as many reps as you can with this poundage. Again, when you can't perform another rep drop off another ten pounder off each side of the bar. Continue in this fashion until you have done a total of 25 to 32 completed reps. I will bring out a few points to make this system explicitly clear.

- 1) To make this system 100 percent effective you must be able to remove the weights quickly so you don't have to put the barbell down for more than 3 to 5 seconds. If possible I would recommend a training partner who can help you in this respect.

- 2) To begin with, you will have to experiment to find the right poundage drops so that you can load your barbell up with the right plates for displacement after each limit rep or reps.

- 3) Basically the poundage drops were 10 pound drops off each side on the heavy powerlifts such as the Squat, Bench Press, Deadlifts and Leg

Press. Five pounds were the case off each side on exercises such as Curls, Press Over Head, Bent Over Rowing, Upright Rowing and Tricep Extensions.

4) **Maximum intensity** can only be realized by not allowing over three to five seconds rest between the rep or reps. This time lapse is used mainly for poundage displacement.

5) Now the question may arise as to whether the suggested 25 to 32 repetitions constitutes one set? The answer to this is **NO**. Each time you drop poundage off the bar and begin with some more reps, you are doing another set. For example, after your warmup of two sets in the Bench Press you would go to:

300 lbs. for a max attempt
280 lbs. x 2 reps
260 lbs. x 4 reps
240 lbs. x 6 reps
220 lbs. x 8 reps
200 lbs. x 10 reps

The figures above show us that for every 10 pound drop off each side of the bar we are able to gain two additional repetitions for the preceding set. This works out approximately right for size and powerlift type exercises. Now for the **shaping** movements a five pound drop off each side of the barbell will give you the same two rep accumulation per set. So, hypothetically speaking, we are performing about six sets to arrive at the suggested repetition requirements. Of course, these sets and reps may vary somewhat due to the degree of **muscular** and **cardiovascular** endurance one possesses. Using the above example then, at the termination of the Bench Press you might then go on to another exercise for the 'pecs.' This practice would then follow the advice in that one should perform 10 to 12 sets for a strong bodypart.

The most notable advantage of the advanced form of the **multi-poundage principle** is the use of near maximum poundages at all phases of the cycle, and by adhering to little or no rest between poundage drops the **intensity** remains very high. The one slight disadvantage noted might be the **cardiovascular exhaustion** which tends to set in after the 15th rep and up to the termination of the remaining 10 to 17 reps. This is only minor and can be overcome by adapting more of a mental toughness in your training. This training principle was taught to me by my good friend and personal trainer **Donne Hale** of Miami, Florida.

Straight Sets and Super Sets

Begin your exercise for a bodypart with one power movement. Perform five sets of 6 to 9 reps. Rest 2 to 3 minutes between these sets. Now finish off your program with two shaping movements using three sets of 10 to 12 repetitions each. These 'super sets' are great for adding **detail** and **separation** to the muscle, but only if there is **absolutely** no rest between the exercises of the super sets.

One and One-Half Principle

This is done simply by performing one full repetition and then a half rep from the starting position (refer to the 21 movement for more details). This movement of one full rep and one-half rep constitutes **one repetition!!!** So if you decided to perform ten reps you would do ten full reps and five half reps in the manner described above.

Down the Rack

This system is much like the two multi-poundage previously explained, but with a slight variation. For the purpose of illustration, let's use the Dumbbell Press Over the Head. Begin with a pair of dumbbells you can press for six reps. Now after you have completed this scheme of repetitions go immediately to another progressively heavier dumbbell and press these. Continue on in this manner until you have reached a poundage which will only allow you to complete three maximum reps. **That's it!!!** This training procedure is a favorite of former Mr. Olympia winner Larry Scott. With regard to the subject of sets and reps, refer to the information contained in point No. 5 of the **Advanced Form of the Multi-Poundage Principle**. Obviously when you use dumbbells in the manner described you will have to have a number of these already set up in progressively heavier poundage increments, so that you can rapidly go from one set to another as instructed. To try and change only one pair of dumbbells for this training procedure would take too much time and you would lose the value of the high intensity it affords.

Jettison Technique

I learned about this technique from Ernest F. Cottrell. Basically, it is only applicable to arm exercises such as: Regular Barbell Curl, Reverse Barbell Curl, and Standing Dumbbell Curls. Get yourself a **Weider Rubber Power X** and simply use this instrument along with doing your curling movement, and at the same time. Since my description is very brief I have included a photo illustration of this technique. To increase the intensity of the exercise always strive to use more weight on the bars. Along with this, if you are a strong arm hercules you could also use two of the power X's at the same time. A regular cable expander could be used over the Power X but I have found that the thick wooden handles to be a hindrance when gripping them and the dumbbells together so I suggest sticking with the Power X.

Capsule Comment

Remember, the cumulative-repetition principle mentioned at the beginning of this chapter? Why not apply that instruction to the principle of super sets or giant sets some time!!!!

While specific set and rep patterns are suggested for the following principles: heavy-light, pre-exhaustion, super rest—pause 1 & 2 advanced form of the multi-poundage, straight sets & super sets, down the rack.

Set and rep patterns for the remaining ten principles or methods can be arrived at by referring to the advice suggested in the chapter of **Plannin'**

Your Contest Training. For even more details with regard to the science of sets and reps refer to my book **The Best Form of Bodybuilding**.

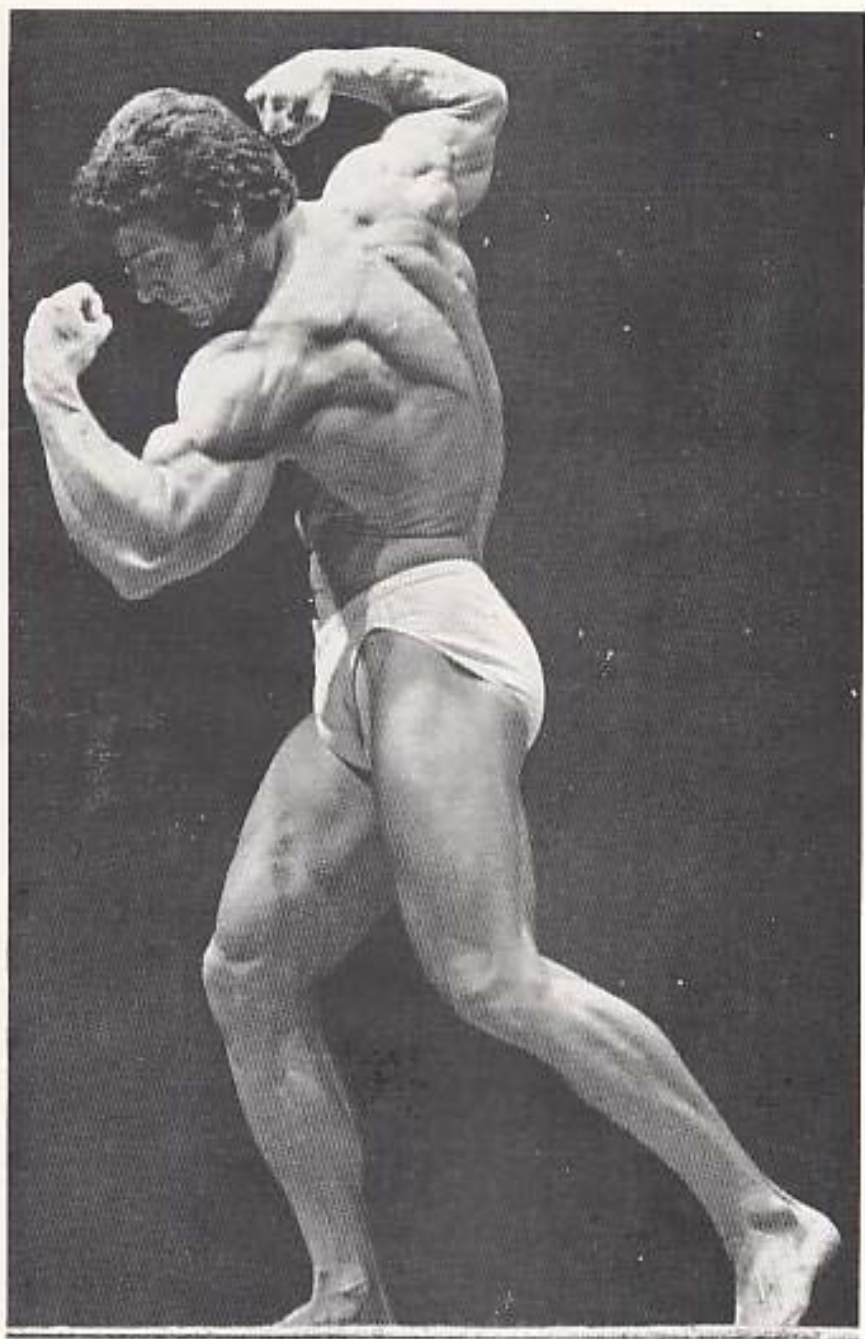
CAUTION: At most be sure to only use or apply only one or two of these principles at any one time and then only for durations of six to eight weeks.



Bodybuilder Mark H. Sullivan illustrates the Jettison Technique as described in the chapter on Overcoming Muscular Monotony.



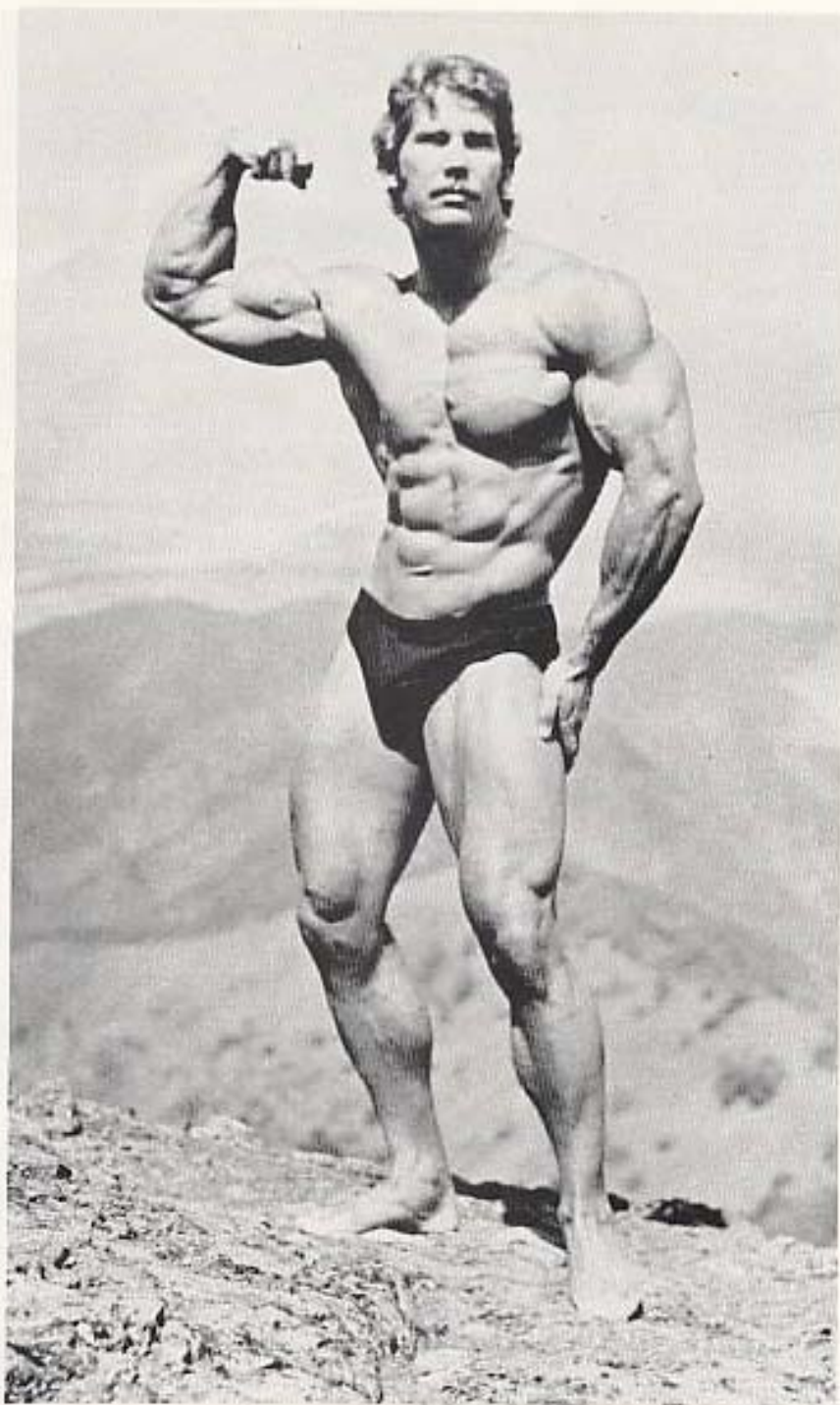
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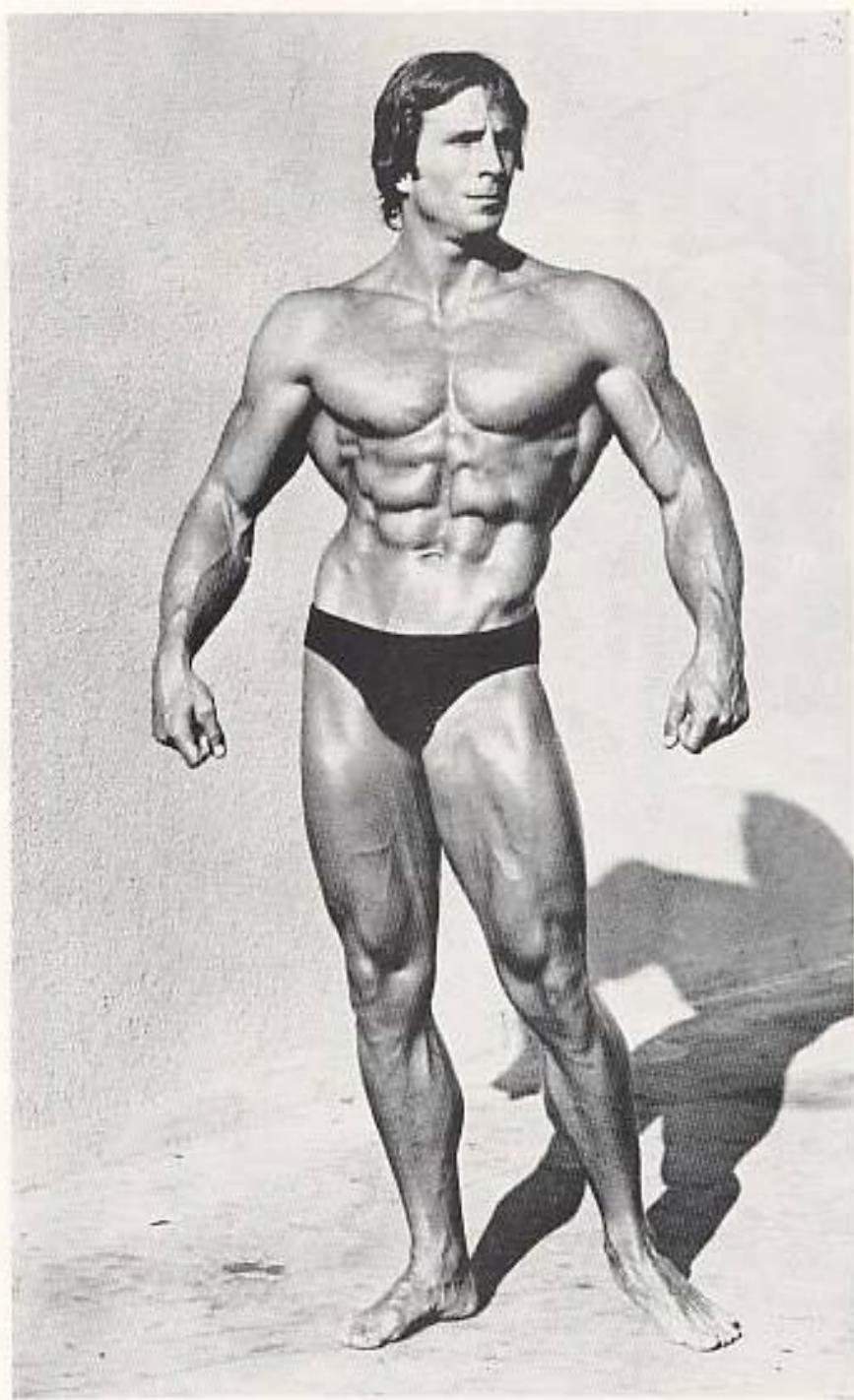
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Mike Christian of Portland, Oregon, shown at the 1980 North America Bodybuilding Championships.



Mike Dayton



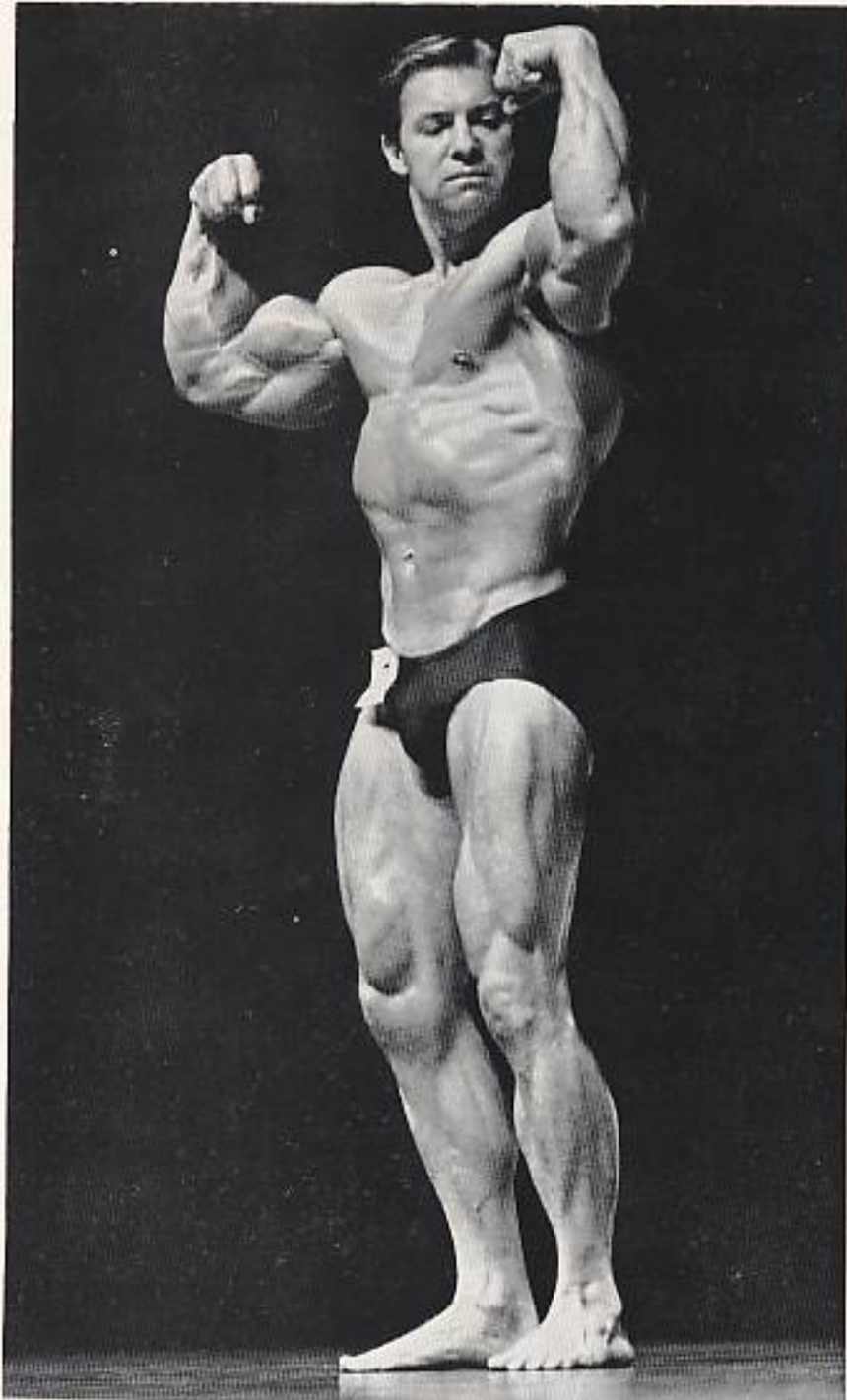
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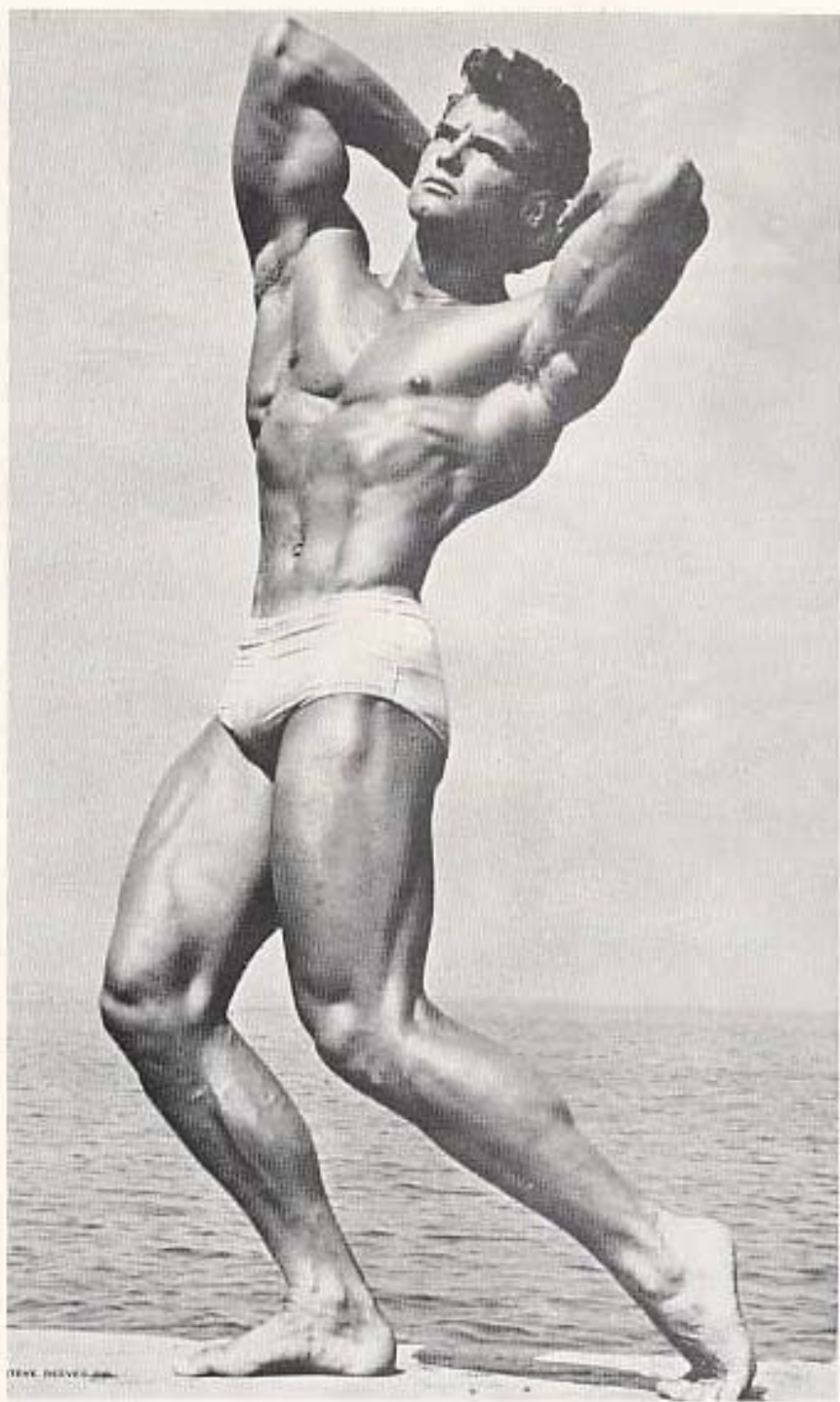
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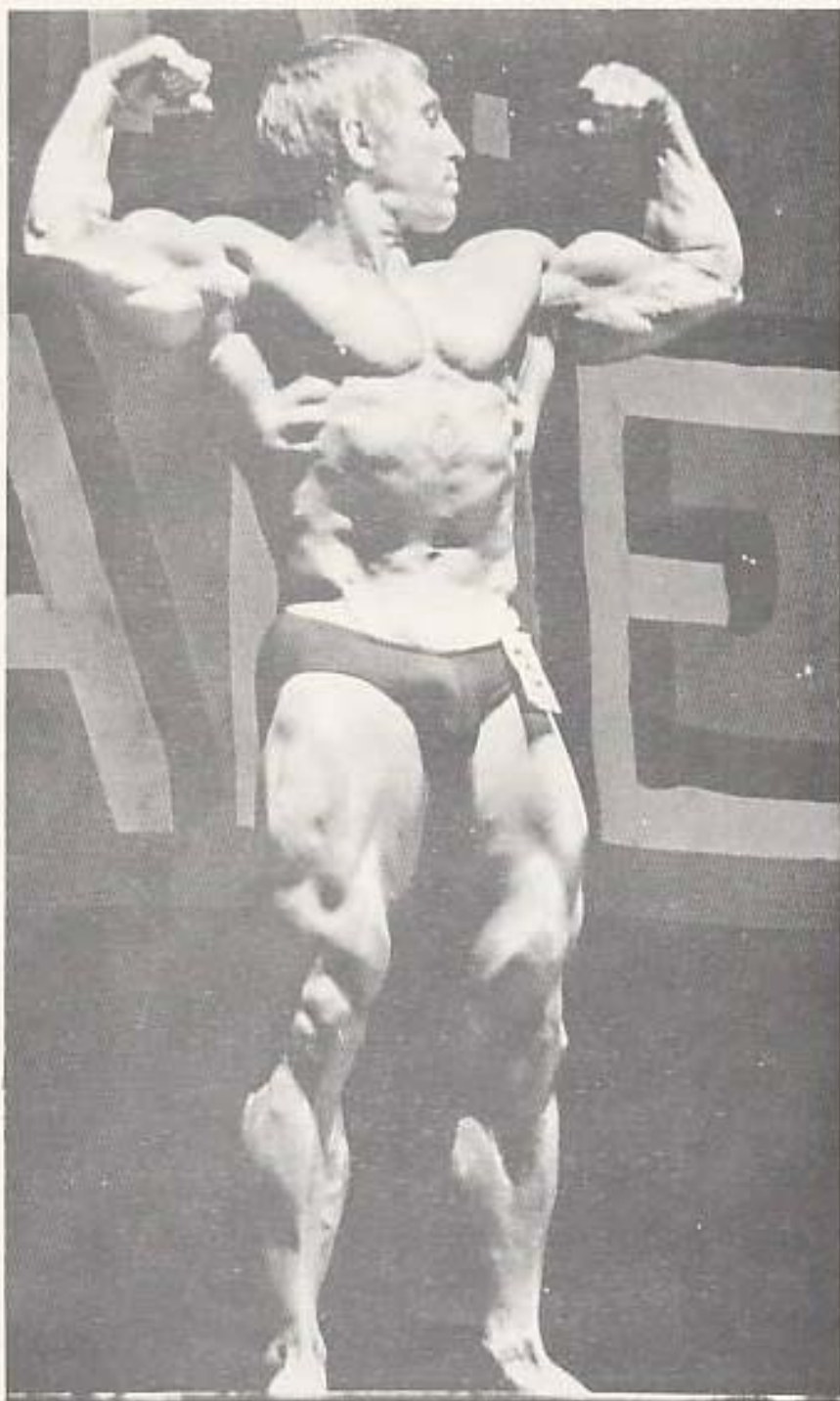
Dennis Tinerino. Mr. America, Mr. Universe, Natural Mr. America.



Larry Scott...need more be said?



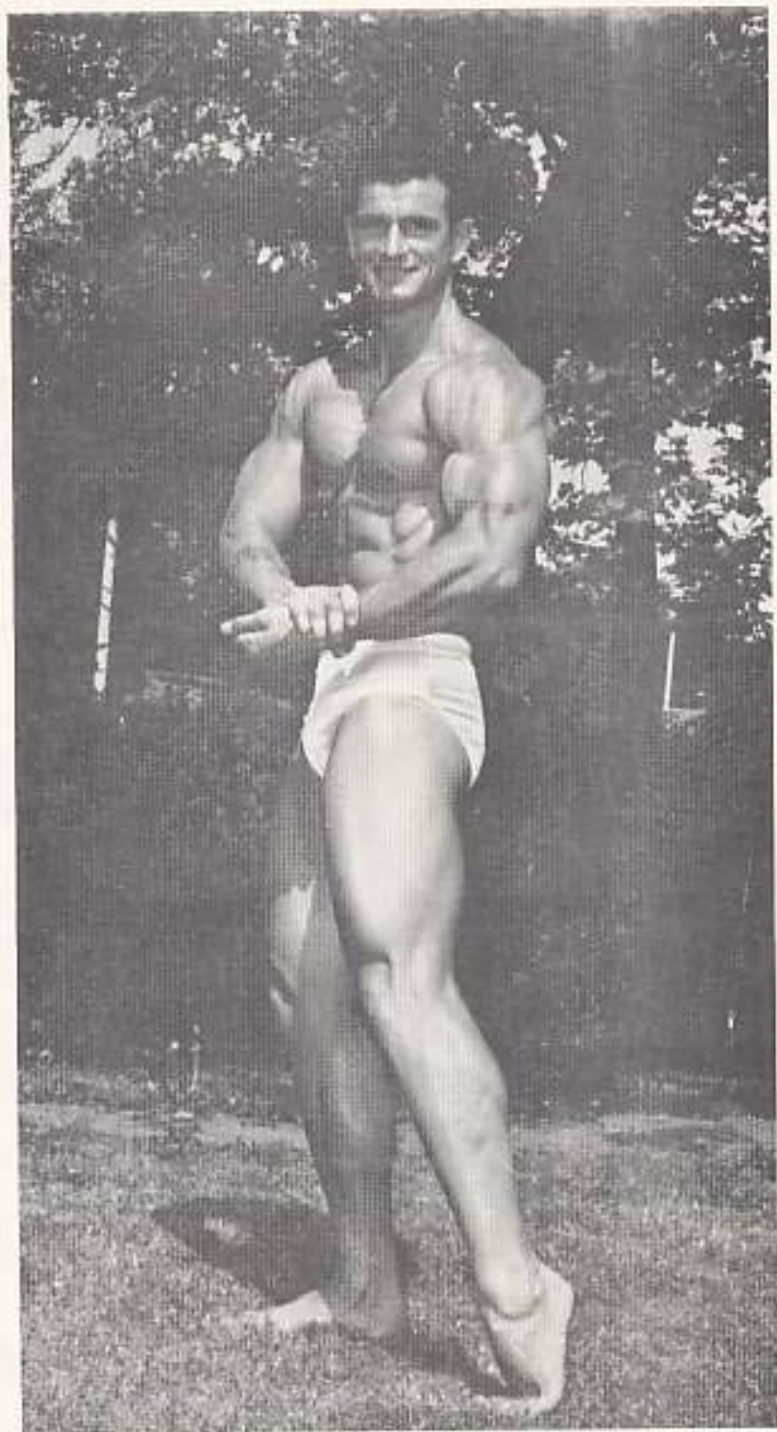
Steve Reeves



John Burkholder, victorious winner of the North American Bodybuilding Championships. John Yanyshyn photo.



Boyer Coe



Charles Estes



Clarence Bass



Shelton Leger



Dave Draper



Bill Pearl

The Summation of Training

It takes a great mental drive to have yourself together to compete in a contest. From the time you begin your pre-contest training you must start thinking that this is the contest you will be working for, the contest you are going to win. The more you burn this into your mind and convince yourself and believe in yourself of what you will accomplish this will prepare you to have the consistency and persistence to begin a special contest training program. Mr. Olympia winner, Frank Zane, has always emphasized that successful bodybuilding is in the mind. That is one of the great truths of your training efforts. Continually you must mentally tell yourself that you are going to attain more 'cuts' and a greater degree of symmetry and as well become stronger month after month. There will be no failure or bad workouts. There will only be success and positive achievement. The motivation should be to continually push forward, go to succeed. Concentration during the physical portion of the workout is very important. Think of whatever muscle group you are working and do the utmost you can to direct your mental powers to that group. Try to get the maximum amount of feeling in the muscle in relation to the amount of weight used, tension, and the pumping effect.

Total training effort is a summation of whole things. As mentioned the mental motivation is very important. Also along this line you must watch the diet, cut back on the carbohydrates some (to obtain the 'best' in cuts and muscularity), get a good tan, practice your posing and get the proper rest. Some top bodybuilders feel that proper nutrition is 80 percent of success in bodybuilding while the other 20 percent is left to the workout and the other factors mentioned above. Frank Zane approaches his training this way. There is no one thing that does it!!! It isn't the nutrition or the training or the mental attitude. It is none of that, but all of it. You can't rely on any one thing as the secret to bodybuilding success. Something by itself may add a little to your training or it may not. It is when you put them all together and then you have the summation of training. I refer to Frank Zane's training concepts frequently because he is a small boned individual who has done extremely well against the really big men in competitive bodybuilding. As a result I feel that what he has to say we should listen to.

From this input of information you can readily see that there is going to be a tremendous amount of self-sacrifice and denial when attempting to train for a competition. Of course, you must realize that anything worthwhile is not going to come easy. You will get out of training what you put in to it. This is all part of paying the dues to win a contest. Over the many months of preparatory contest training you should develop a keen awareness that you might become a little edgy due to the intensified training, increases of protein and the radical decreases in carbohydrates. You also may become quite insensitive to other people's needs around you simply because all your attention is directed on yourself during this time. Admittedly, it is also very hard to maintain a balance in a family relationship and other demands such as: earning a living, church and spiritual obligations. Try and become aware of these conditions and then take the necessary steps to keep them under control as much as possible. I would think that one will have to be around understanding people when training for a contest. You should realize that you owe these people (wife, children, friends) after the competition is over, then make it up to them.

Summary: Bodybuilding shouldn't dominate one's life except for that short preparatory period (4½ months) before the contest. If this is only done once a year the family should be able to live with that. For the wife or girl friend who is against bodybuilding endeavours, there is very little you can do to appease them. Choose a companion who has your interests of the bodybuilding endeavours.

The Muscle Chart & Notations



Pictured above is Chuck Sipes performing lat stretches.

**** LAT STRETCHES** — Divide the lat stretch into two separate parts. The first part is done immediately after each set of a regular lat exercise. Grab onto a stationary pole or doorway with one hand above the other and pull as hard as you can. Pull and isolate one lat at a time for about 5 seconds, then reverse position of hands and pull in the same manner for the other lat. This is a favorite technique of Dave Draper. Part number two — After you have completed all of your lat exercises it is time to finish off with advanced lat stretches. On your exercise bar for doing pullups attach two pieces of webbing with loops in each end. These loops will be made out of material such as scuba weight belts are made from.

Now stand on a stool and loop your wrists through the webbing. Now from this position step off the stool and lower yourself to arms length into a dead hang position from the pullup bar. Completely stretch!!! your lats from this position. Work up to hanging 1 to 2 minutes. After you have stretched the lats completely try and pull yourself up as high as possible. Use additional poundage around your waist for maximum intensity. This is a Chuck Sipes original for obtaining that zenith development within the lat structure.

**** SAXON BROTHERS GRIP EXERCISE** — Load two heavy dumbbells (100 to 175 pounds apiece), then lubricate the palms of your hands generously with Vaseline and walk around with dumbbells until you just can't hold them any longer. Do this for at least three maximum attempts.

**** DUMBBELL WRIST CURL WITH UPPER ARM PARALLEL** — As usual the forearm is laid along the top of the thigh with the hand and the lower part of the wrist extending off the end of the knee. The different part of the movement involves the upper torso. The torso is twisted a bit to bring the shoulder of the working side closer to the wrist.

Continue leaning forward and to the outside until the upper arm of the curling hand is parallel to the floor, or as near as you can make it. Remain in this position while you perform the Dumbbell Wrist Curl. Concentrate strongly.

Front Squats Dead-Starts

With a barbell held at chest under chin, go into lowest squat position, rest a moment (relax), then drive hard and fast to raise up to near standing position (legs should be bent slightly). Return immediately to low "rest" position and repeat. Remember: don't bounce at bottom, or raise up slowly.

Leg Extension

Use a regular machine, but do exercise in this manner: Lie supine (not sitting up) on machine, then extend lower legs until they are perfectly straight, hold 5 seconds (by second hand on a clock); slowly return to starting position and repeat.

Explosive High-Pulls

From your regular DL stance, with hands in regular staggered grip (mixed grip), pull barbell up fast as high as possible; immediately lower almost to floor and pull barbell up again fast. Really explode at start of pull, and pull bar high (up to lower chest like the start of a heavy "clean"). This movement will not only help your 'trap' development, but as well will take care of your delt and trap pulling and holding power, too.

Back Hyperextensions

Regular exercise, but with this variation: When you are in the high back-arch position, hold this for about 30 seconds while you twist your trunk from right-to-left-to-right, etc. Don't bend at the waist from side-to-side but twist trunk. This will be hard at first, but well worth the effort! Practice with bodyweight at first, then add weight by holding the barbell plate to chest, or behind neck as in situps.

Supine Front Arm Raise

Lie face-up on bench, hold barbell overhead with your BP grip; then lower barbell down to upper thighs (arms always straight) until it just barely touches body, and then raise back up to over-the-head position and repeat. This movement is terrific for very necessary deltoid power in the Bench Press!

Cable "Chest Pull"

Hold expander cable out in front of you, about 8" below eye-level; then pull back stiff arms as far as possible. Hold a moment, then return slowly and repeat to failure (around 12-15 reps, add cables if you can do more).

" $\frac{1}{4}$ Situps"

Be sure that your $\frac{1}{4}$ Situps are in the $\frac{1}{4}$ finish (head at knees) rather than at start; if not, do them at the finish position, and lower yourself enough to do $\frac{1}{2}$ Situps, knees bent as much as possible.

Seated Curls

Sit on a bench, with barbell resting on thighs, upper arms and elbows at sides (never move elbows from this position!), palms up; then curl barbell up towards the chest. Bar cannot be brought to touch chest, obviously if elbows don't move, thereby there will be a great cramping of the biceps (peaking) at the high position of the curl. Lower bar to thighs (just barely touching thighs).

Sustaining-Power Gripping

Use a heavy-duty gripper. Squeeze handles together and hold for 2 minutes. Place a piece of leather, etc., between closed handles to prove full closure; leather will fall out if grip weakens. Even tie a small weight (3 to 5 ounces) to this leather and hand from 12" length of twine. Alternate hands. As strength increases, add more time to this effort; never do less time than the preceding workout!

Standing French Press

Regular barbell French Press, but be sure to not move elbows, and be

sure to do movement slowly; don't bounce at low position, in fact, relax a moment at low position behind head before raising the barbell.

Parallel-Bar Dips

Perform the dipping movement in the following manner. From the very low "relaxed" position; for example, start at bottom (rather than from the top as is normal) from a relaxed "dead-hang" position, then **explode** in start to propel yourself upwards to lockout position. Never push yourself up in slow movement!!!

Side Cable Press-Out

Hold expander cable in front of body, cable touching body at lower chest; then press handles out to sides until arms are straight out to sides. Return slowly and repeat.

Jumping Squats

Hold dumbbell in each hand at sides; then squat down and jump up high (very high!!!). When you land, **don't** stop short; immediately lower into deep squat position and repeat continuously.

Wide Grip Gironda "Pec" Dips

Use a parallel bar set up which will permit you to have a spacing of 33" of width. **INSTRUCTIONS:** Begin at the top position of the parallel bar dip. Your head is 'tilted' down so that your chin is resting on the upper chest. The back is rounded forward. The elbows must be wide and straight out from the shoulders. The feet are under the face or slightly in front. Now **dip** down as far as possible and return as high as you can. **Never change this position as this isolates the pectorals and does not prominently bring the triceps into play as in the elbow back style.**

Lying French Press

On this valuable exercise be sure to use an EZ Curl Bar rather than a straight bar. The EZ Curl Bar will eliminate elbow and tricep injury due to 'more' favorable mechanical leverages.

INSTRUCTIONS: Elbows remain high. Lower the barbell to the nose or forehead. Use a narrow grip of 3 to 6 inches apart. Extend and lockout the triceps.

A Final Comment

Generally speaking, some individuals are blessed (due to heredity) with a better skeletal structure consisting of wide clavicles, narrow hips, good muscle shape and skin tone. As well, their physique seems to respond to training in a most positive way. However, by following the guidelines and suggestions set forth in this book, you will be able to make the most of what you have to work with. In closing, I want to say that I have enjoyed sharing with you some of the special advice I have learned about bodybuilding.

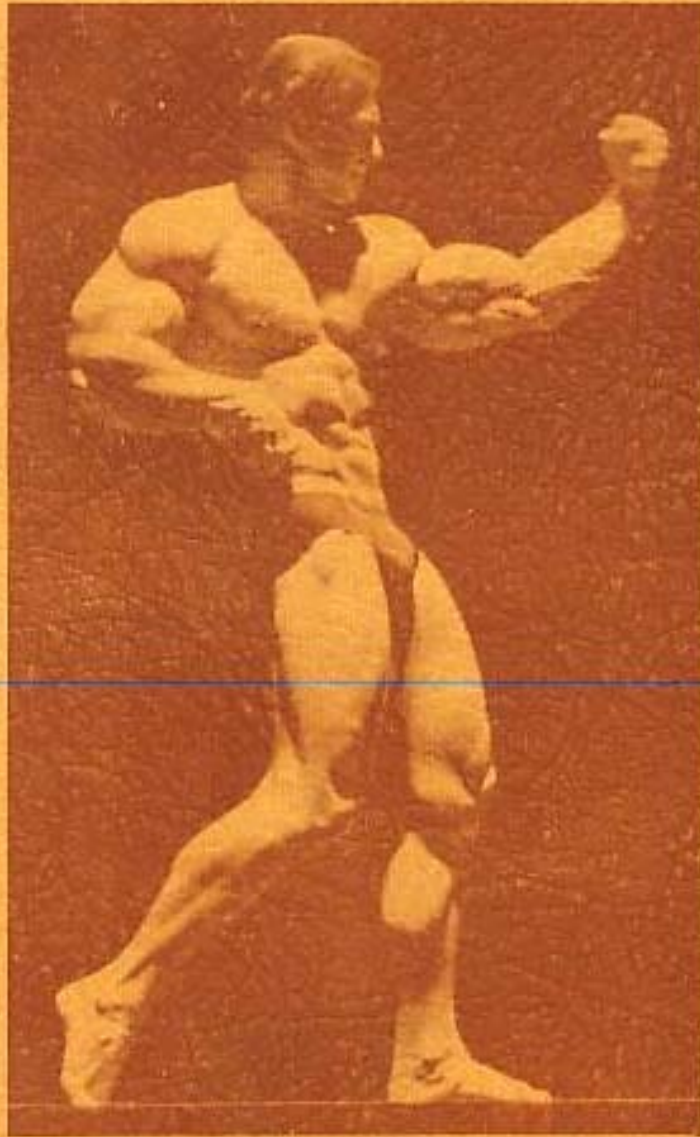
For those of you who have existing training problems in bodybuilding, powerlifting or special problem areas relating to bodyparts and strength, I offer to you my services. The payment required for this service is \$10.00 per individual letter. Cashier's Check or Postal Money Orders are acceptable. When you write please include as much information about yourself as possible. Past and present training experiences, height, weight, and bodypart measurements, training equipment available to you, your present workout schedule, how long you workout each day, etc.

OTHER BOOKS BY THE AUTHOR

Powerlifter's Training Manual \$3.95 plus 50 cents for postage.

The Best Form of Bodybuilding \$3.95 plus 50 cents for postage.

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Larry Scott