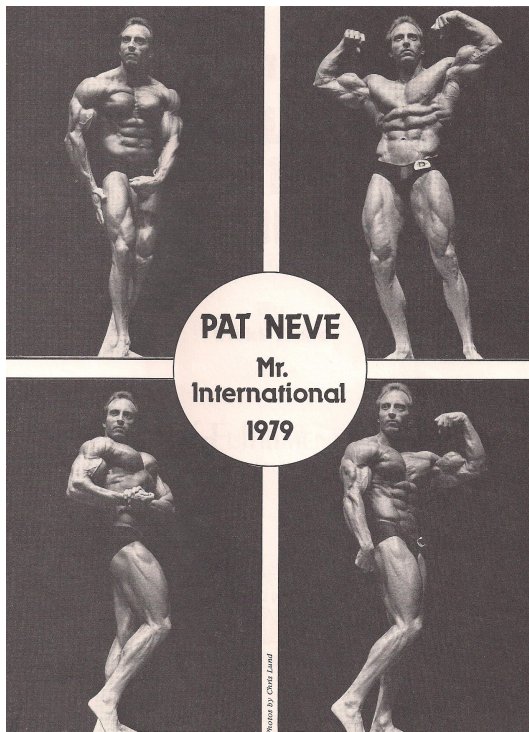


Pat Neve - Powerlifter and Bodybuilder

By: Dennis B. Weis



Consider for a moment the competitive seasonal contests of bodybuilding and powerlifting. Is it possible to train both of these areas year around and obtain a high degree of **SUCCESS** on the State and National levels?

Now we are not necessarily speaking of trying to obtain a **PEAK** in both areas at the same period and then enter both types of contests on the same evening if they should fall in that sequence. This has been achieved though and will be mentioned later in this article. We are speaking of training perhaps six months of the year exclusively on powerlifting and gearing for one or two state or national contests.

Now the remaining six months would be patterned towards competitive physique contests of the same nature.

Some reader may be wondering at this point why I are placing all the emphasis on the state or national scene, and no mention is made of the lesser competitions in the city and district areas. It is generally accepted by the top instructors in these iron game fields that it takes six to eight years in most cases to reach any national prominence. This means hard, consistent training. Usually anything less that this will indicate that the would-be competitor is not ready to even consider these two mentioned events. After the basics of training have been

achieved, the trainee will usually find his spot either in physique or powerlifting. I am not overlooking the fact that Olympic lifting is a national sport, but this particular article is relating to the two mentioned events.

Now, many times it has been said that it is almost impossible to train for and enter competitive physique and powerlift contests because it is very difficult to specialize on both for SUCCESS. For the physique contest, you most generally have to reduce your bodyweight in order to achieve the maximum in CUTS, MUSCULARITY and DEFINITION.

In powerlifting, you usually develop as much bodyweight as you can because this gives you the additional power. Now, it seems that these requirements in competitive bodybuilding and powerlifting are directly opposite ambitions if combined.

I recently asked Pat Neve to share some capsule comments relating to the combination of powerlifting and bodybuilding. Briefly, I will review Pat's participation in the iron game to date and I am sure that you will agree that he is well qualified to speak on both of these subjects. I will not go into explicit detail relating to Neve's title results.

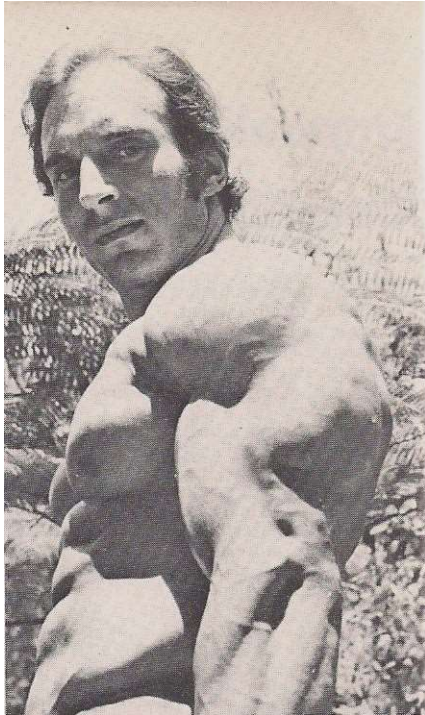
The reason is that only the died in the wool iron game fan will most generally remember such statistics and all total results that Pat Neve has achieved thus far have been published in full. I will mention at this point that there have been quite a few articles written about Neve and also some written by him regarding sound training.

Muscular Development magazine has presented two fine presentations on Pat: Vol 9 No. 8 and Vol. 13 No. 1 - MuscleMag Int'l: Vol. 2, No. 2 - Iron Man Mag: Vol. 35, No. 5 and Vol. 36 No. 2 and 3.

Pat's age today is twenty-nine years (1977). In 1972, Pat was twenty-four years old and has already earned his Masters Badge in the light heavy weight class in powerlifting. Pat achieved this distinction after only entering a total of four power meets. It was during this year that Pat scored a first in powerlifting and physique in the same meet. The scene was set for the Western Physique and Powerlift Championships.

Pat set a national record in the bench press of 468 pounds, (broke Ronnie Ray's previous record by 18 3/4 pounds) after this he went directly into the physique meet and won the Mr. Western physique title. This was indeed a great night of lifting and posing. Beginning in June of '73, Pat began to get serious about national level physique contests. From that year and up to the present year, '77, he has placed or won in such contests as the Jr. Mr. USA and the Sr. Mr. USA and Mr. America. He has won numerous awards at these contests for the best arms or chest and in some cases both in the same contest. Now that we have listed

Neve's qualifications, let's listen to what Pat has to say about training for physique and powerlifting.



In the earlier years of Pat's competitive training, he directed his efforts toward both physique and powerlifting. He did this with great **SUCCESS**. He said that his schedules of training were geared around the powerlifter style of training which was to train 4 days per week.

Consequently, he felt that he was never in **PEAK CONDITION** for the physique contests. This last statement attests to the great potential that Pat possessed in physique stature in that he could still win such contests out of peak condition.

Neve says that one of the most favorable conditions to becoming a great powerlifter is to develop the tendon and ligament strength.

THIS AREA OF DEVELOPMENT IS SUPER IMPORTANT as far as Pat is concerned. **BIG MUSCLES DO NOT NECESSARILY MEAN GREAT STRENGTH**. It is through the tendon and ligament strength that the potential strength of the muscle is carried to the joint where the movements and pressures of lifting involved are applied.

Weak ligaments limit muscle and strength growth. This area can be developed to its fullest by performing heavy powerlift type movements such as Power Rack Supports, 1/4 movements, etc. Now Pat did not go into any details of the type of total bodybuilding and powerlifting schedules that he was following up to the time he set the national bench press record of 468 pounds.

With the main interest at this point in the article centered on his astounding bench press power, I asked Pat to share in detail the explicit bench press program that he followed on his way to the 1972 national record in the 181 pound class. He said that he worked his Bench Press twice per week.

Tuesday and Saturday:

Regulation Bench Press

135 lbs. x 10 reps.
185 lbs. x 8 reps.
225 lbs. x 8 reps.
275 lbs. x 8 reps.
335 lbs. x 6 reps.
365 lbs. x 4 reps.
405 lbs. x 4 reps.
430 lbs. x 2 sets of 2 reps.

Now after these very heavy benches, Pat moves into:

Heavy DB Bench Press

On these he will use a 180 lb. DB in each hand to do 4 sets of 6 reps. After a short rest, Neve goes back to the barbell and performs some:

Heavy Incline Press

225 lbs. x 10 reps.
275 lbs. x 8 reps.
315 lbs. x 6 reps.
335 lbs. x 4 reps.
335 lbs. x 2 sets of 2 reps.

Pat's sticking point in the bench press was at the 3/4 position or lockout. He never has had any problem driving the weight off the chest. He feels that triceps are very important in the locking out process of the bench press. Pat would as a result of this obvious sticking point conclude his SPECIAL bench press routine with some Power Rack work. He would position the bar at the point of the 3/4 sticking point and push and lock out from this position.

He would use a system like this - 4 sets of 6 reps with 540 lbs.

I asked Pat if he had any FAVORITE movements that he would use from time to time that seemed to benefit the total bench press more than any other assistance movement, he said that in his case, the heavy DB seated French press has helped him the most over the years. He would work up to 160 lbs. DB for sets and reps.

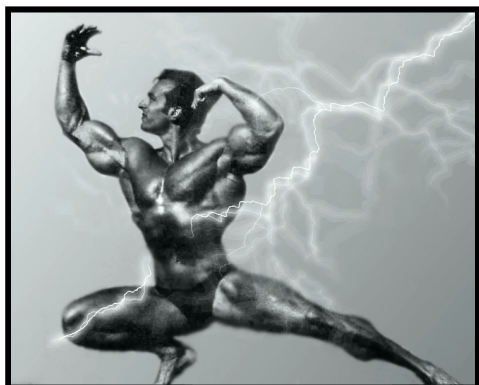
Concluding Pat's comments on power training it should be noted that he was able to squat 540 lbs. and deadlift 575 lbs. You can see that Neve is a very strong man.

Shortly after the bench press record was in his hands, Pat began to experience some arm, shoulder and knee injuries. These circumstances were a decisive factor in Pat's decision to drop powerlift training from his program. As a result,

he never tries for a limit lift anymore. He says: "IT'S NOT MY THING ANY MORE." Since 1973, he has been training very seriously for national physique titles.

Pat says that in order to do well in physique competition, you have to be blessed with a good bone structure, wide shoulders, narrow hips, good skin tone and good muscle shape. These points are just a few of the many considerations involved in competitive bodybuilding.

It is not our point in this article to go into detail regarding Neve's exact training program. This area has been covered in detail in the earlier mentioned issues of Muscular Development Magazine. At this time, let's look into some brief capsule comments by Neve on competitive physique training.



"I train basically the same all year round. The only difference is the amount of sets I perform. In the off-season, 4 to 6 sets per exercise and 4 total training days per week. Repetitions are the same year around for either the off-season or gearing for that IMPORTANT contest. The rest periods between sets on all my training programs are dictated by how long it takes my training partner to finish his sets.

During the off-season, I will train my weakest body part very HARD. In my case, it is my calf area. The past year, I have been training the calf three times per day. I will immediately upon arising begin by doing some calf stretching movements (as per advice of Boyer Coe) then I will do a few sets of non-weight calf raises. Now, at the gym where I do my workouts, I will do some very heavy weight resistance exercises for this area.

I conclude my heavy workouts with some more of the type of stretching movements and non-weight calf raises performed earlier in the day. Even with the minimum of 4 training days per week in the off-season, I find that I am in condition for posing exhibitions. During the off-season, I will gain 5 to 8 lbs. over my best weight of 180 to 182 lbs."

Now that I have discussed in brief how Neve trains in the off-season, I'll note some of the changes he makes when an important contest is the MAIN consideration.

He will begin training for the national contest about 3 months before. He increases his sets from a previous of 4 to 6 to around 7 and 8. The numbers of workout days are increased to 5 days per week. More exercises per bodypart are also added to his contest program. As mentioned before, I haven't felt it necessary to relate to Pat's exercise pattern simply because these considerations have already been discussed in the other mentioned magazines.

Pat gauges his overall proportions, cuts symmetry by mirror. This does it all for him. He never takes any measurements anymore.

Now about three weeks before the contest, Neve will begin practicing a posing routine. He will usually do this immediately after a workout because for him it seems to keep his muscles from CRAMPING.

Also, then this three-week period before the contest approaches, Pat will begin to get a suntan. The first week, he will lie out in the sun 1/2 hr. a day. He increases his time to 1 hr. the last two weeks before the contest.

He believes that sun tanning is IMPORTANT for overall body tone, and helps to tighten the skin. Also, Pat won't try an extremely dark tan because he has a strong feeling that it tends to hide a degree of definition.

Neve will train right up to the day of an important contest if possible. In other words, he doesn't see any need to taper or let up on his very intense schedule. He notices that when he has to travel by airplane or long distance by car he will lose a bit in his overall body tone. Pat says that he doesn't think about the contest on the night before. If he did, he would have a very restless night of sleep.

On the contest day, Neve will then give his full consideration to the task at hand, which is, of course, winning. The only warming up that is done before making the stage presentation is to do some calf raises (because as mentioned earlier, this is a definite weak point in the Neve physique). He will do this 5 or so minutes before going to the posing platform.

A summation of Pat Neve's contest training which can be called paying the dues is this: Pat mentioned that his wife, Vicky, has said many times that he is very hard to live with during the three months of INTENSE contest training. The slightest unfavorable situation seems to upset him very much. Vicky is very understanding though and luckily this type of stressful condition only happens once a year.

Pat has a few thoughts on some of the many facets which make up part of the complete science of COMPETITIVE BODYBUILDING.

He feels that heavy training does not build muscle mass as quickly as lighter workouts. Lighter workouts tend to burn the intercellular fat quicker. Combine this technique with the proper nutrition (for bodybuilding purposes) of proteins, and a minimum of carbohydrates plus the various supplements that many of the top bodybuilders ingest and you will find that Neve can bring out the "cuts" and "hardness" in the various muscles to a great degree. CONSISTENCY IS THE KEY TO PROGRESS in Pat's exercise pattern.

Relating to the various body parts: Winning best arms so consistently over the past years in the national contests Pat has observed that no one exercise will build a muscle to its fullest. Also complete arm development means having a well developed forearm. Favorite arm exercises are the Incline Curl and the DB French Press seated.

Chest development means having depth or thick rib cage which comes from the pullover movement. Pat favors Flyes and Parallel Bar Dips in the programs.



Neve has won some 2nd and 3rd place best bodypart awards in the various Mr. America and Mr. USA contests for the best "abs". The unusual part of this is that Pat finds it very difficult to get the abs in top condition, but when this is finally achieved; the muscle area looks extremely good.

Concentration and attitude are the biggest factors of **SUCCESSFUL TRAINING** for the competitive bodybuilder. He firmly believes that if one doesn't concentrate properly and maintain a proper **MENTAL ATTITUDE**, the muscles will not respond to training. The mental attitude helps **STIMULATE** the muscles into growth.

Pat has observed this important aspect of the **MENTAL ATTITUDE**. There have been times in his training career that he would simply **BURN** out on a certain exercise because he couldn't get his head (mental attitude) into it. During these times, he will then do some type of variation, such as super sets or even just ask someone to train with him on a certain day when he is experiencing these difficult training sessions. This seems to help his **MOTIVATION** once again.

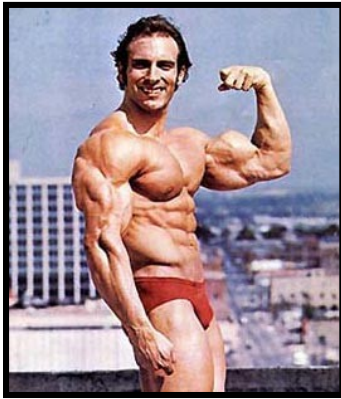
In bringing this article to a close, I asked Pat what he thought of all the national level contests (physique) relating to organization and quality of bodybuilders entered. Very simply, the biggest improvement needed is **BETTER JUDGING**, etc.

Other than that, he says that all of the various names in the national contests are very good in their entirety.

Pat has been on T.V. a number of times and finds that the publicity is great for the sport of bodybuilding. This of course will only be successful if you have the right person conducting the interview and also that the bodybuilder being interviewed conducts himself in a mature manner.

The reason behind this last statement is because most generally bodybuilders are stereo-typed. If you look into a mirror, you are an egotist. Also, the dress code of some bodybuilders isn't helping the general acceptance. This is referring to the tank top and very tight tee shirts. Lately, bodybuilding is receiving much

favorable public appreciation. Just recently, Wide World of Sports presented a nice one-hour segment to the Mr. Universe contest (IFBB).



Closing this article on Neve, he feels that in a few more years, competitive bodybuilding will become a recognized national sport. As I look over the various training steps that Pat has taken over the years regarding his powerlifting and bodybuilding, he seems to have a very **LOGICAL and COMMON SENSE APPROACH TO TRAINING**. Pat's future plans are to enter one more national physique contest, such as the Pro Mr. America contest. After that event, he hopes to open a health food store in the Phoenix area. Thanks for reading.