

**VINCE
GIRONDA**

The Wild Physique

THE COMPLETE BOOK OF
CHAMPIONSHIP PHYSIQUE
TRAINING for **MEN** and
WOMEN.

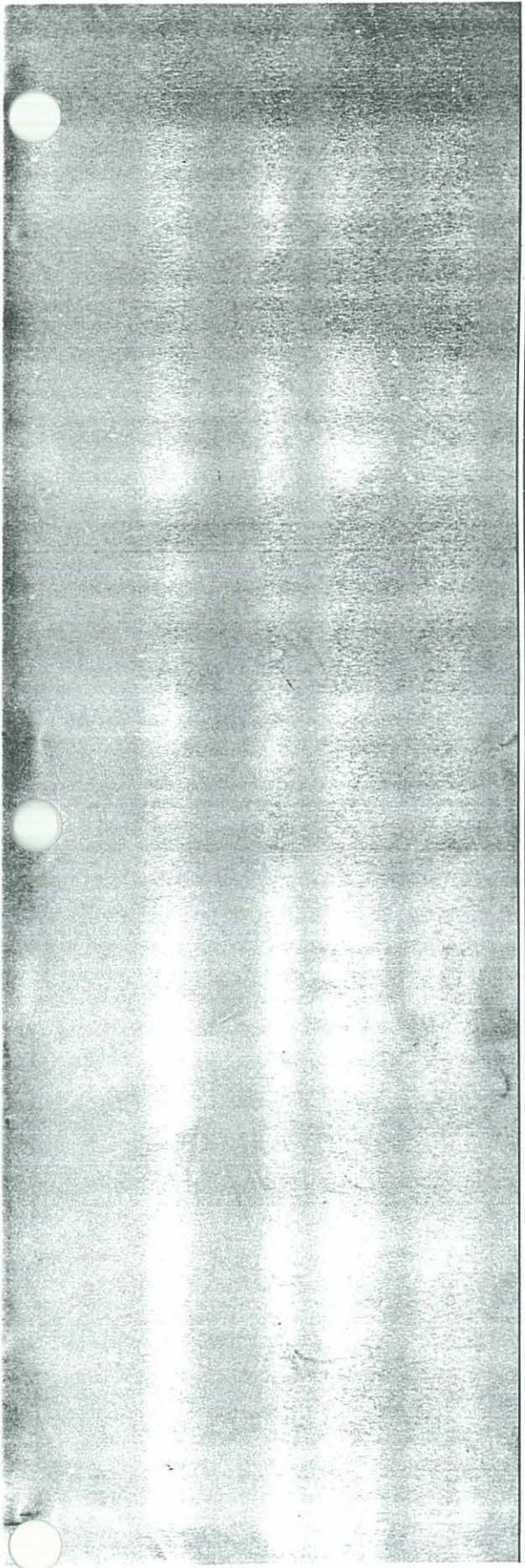
Ultimate Bodybuilding for Men and Women





THE WILD PHYSIQUE

Vince Girona



This book is dedicated with respect,
love, and friendship to my son Guy, in the
certain knowledge that he will one
day surpass my humble achievements,
as is the order of things. . . .

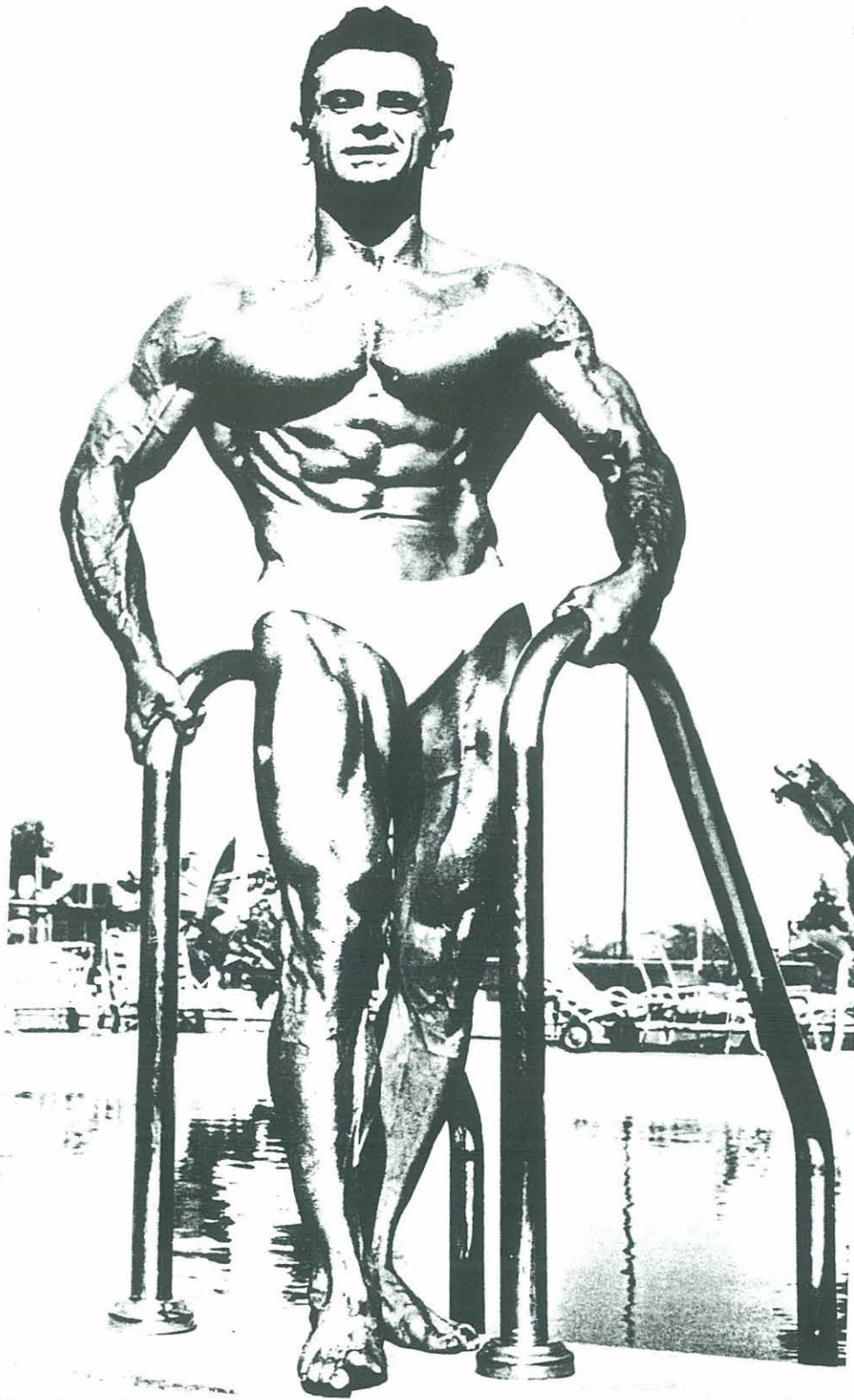
Vince Gironda

Contents

Foreword 7

- 1 TRAINING AT VINCE'S GYM 11**
Don't Waste My Time!
- 2 CHOOSING THE RIGHT PARENTS? 17**
The Grab Bag of Genetics
- 3 SETS AND REPS 21**
Getting Them Right
- 4 EXERCISE PERFORMANCE 25**
Maximizing Your Routine
- 5 STEERING AWAY FROM STEROIDS 29**
The Harmful Drug
- 6 CREATING AN ILLUSION 35**
The Set-up Physique
- 7 WOMEN 39**
Turning the Sport Around
- 8 KNOWING YOUR MUSCLES 43**
The Myth of Instinctive Training
- 9 STARTING RIGHT 51**
The Beginner
- 10 THE INTENSITY FACTOR 59**
How Much Effort?
- 11 FEEDBACK 65**
Analyzing the Data
- 12 BALANCING THE SYSTEM 69**
Regulating Your Metabolism
- 13 FLEXIBLE TRAINING 75**
The Many Ways of Musclebuilding
- 14 OPTIMAL EATING 79**
Bodybuilding is 85 Percent Nutrition
- 15 SHOULDERS 95**
Wide is Wonderful
- 16 CHEST 99**
Building Gladiator Pectorals
- 17 ABDOMINALS 105**
Defining a Marvellous Midsection
- 18 BACK BUILDING 111**
Attaining a Victorious V-Shape
- 19 BALANCED LEGS 119**
Working Thighs and Leg Biceps
- 20 DIAMOND CALVES 127**
Developing the Lower Legs
- 21 ARMS 131**
Gaining Massive Triceps and Biceps
- 22 FOREARMS 139**
Attacking the High-rep Muscle
- 23 POSING 143**
The Art of Studied Arrogance
- 24 MIDDLE AGE AND OVER 153**
Advising the Mature Bodybuilder
- 25 TWO OF THE GREATS 159**
Larry Scott and Mohamed Makkawy
- 26 BREAKING THE RUT 167**
Pushing Muscles into Growth
- 27 SPLIT ROUTINES 173**
Dividing to Conquer
- 28 WORKING OUT THE STARS 179**
Vince's Hollywood Gym

Index 190



Vince Gironda.

FOREWORD

"I can shape up a person *faster* than anyone else!" says Vince Gironda. "I am not saying that it can be done without motivation and self-discipline. Anything worth achieving takes work and perseverance. But I *do* claim to be able to shape people up *faster* than any other physique trainer."

The beautiful thing about veteran Vince Gironda is that he has an interest in bodybuilding for men and women that is boundless. In his youth, he would have been labelled as a physical-culture fanatic—maybe even a nut! Today he is merely a *superachiever*. When Vince walks into a room you know he's there. He's a force to be reckoned with. It's the same with his writing and tuition. He is *never* ignored.

Concurrent with the steady rise in bodybuilding and general physical fitness, Vince has maintained his alertness. He has never sat on his laurels—not even when he was widely acclaimed as possessing the *world's most aesthetically built physique*.

Even today in his North Hollywood gym, which he has owned for over 40 years, he still has an intense desire to learn. His mind is always open. One frequently misunderstood aspect of his teachings is his ability to shape a physique aesthetically. Some "authorities" believe that the purpose of *bodybuilding* for men and women is to strive *solely* for added muscle size. Vince opposes this view. "Since when was a work of art judged merely by its hugeness?" He believes in sculpting for physical impressiveness by *adding*



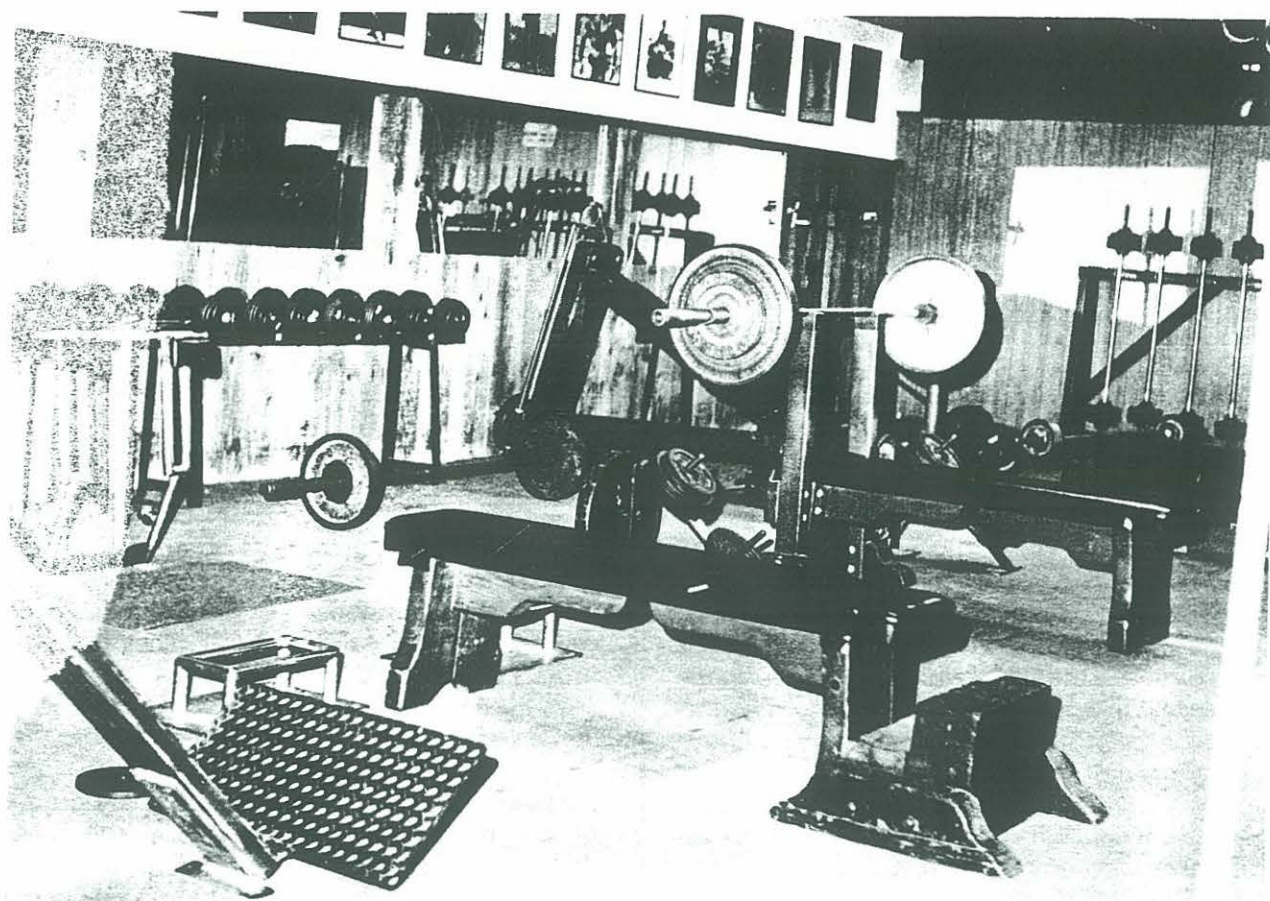
here and *subtracting* there. "I create an illusion," he says. "So many bodybuilders build huge mass all over their physiques, yet on the beach or in competition they fail hopelessly. They have the impact of an unmade bed."

"The human body is God's greatest creation. I believe that its development should be *maximized*, but always with respect for the individual's skeletal and genetic potential. I do not believe in overcrowding the frame to the extent that the individual is all bunched up, unable to walk correctly. Muscle has to be placed on the frame with care."

Attention has to be given to shape and physical appeal. If you merely build muscle size for the sake of stretching the tape measure, you are doomed to develop a so-so physique, without personality and impact."

I myself have known Vince Gironda for more years than I care to recall, but each has been a learning experience that I would not trade for the world. He is a man steeped in honesty. This book represents a quantum leap in bodybuilding knowledge for both men and women. It is a first for Gironda, yet considerably overdue and inevitably destined to become the *Bible of Bodybuilding*.

Clifford J. Ameduri, M.D.
Diplomate of the American Board of
Physical Medicine and Rehabilitation



One corner of the famous Vince's Gym located in North Hollywood, California.

Appreciation

Writing a book is more time-consuming than you would believe, but in my case it was a labor of love. I have always enjoyed my own training and the teaching of others, and writing this book has brought back so many memories.

But a book would not be possible without the help of others. I am talking about the photographers, artists, and editors, especially Charles Nurnberg, who fought for the right to publish *Unleashing the Wild Physique* at Sterling Publishing Co., Inc. I would like to express my gratitude to my right arm, Madeleine Tambellini, to Robert Hernandez, my editor, whose consideration and insight helped to shape the manuscript, and to Jim Anderson, who created the terrific design of the book.

My sincere appreciation to Chris Lund, Denie, Gene Mozee, Russ Warner, Garry Bartlett,

Walt Sorenson, Wayne Gallasch, Steve Douglas, Gino Edwards, Art Zeller, Bill Reynolds, Robert Nailon, Roger Shelley, and Doug White.

In addition, I want to thank the bodybuilders and stars who have trained at Vince's Gym, and even those who have not. We are all part of the same sport and I appreciate every one of you.

And a special salutation to Super Fitness entrepreneur Ken Wheeler, who introduced me to the scintillating Mohamed Makkawy, a man whom I have enjoyed both knowing and training.

Finally, there is Bob Kennedy, a close friend for some time now. He helped me compile my thoughts for this book, more simply and to the point. We spent many good times together at Vince's and at his home in Canada, and he has my thanks and gratitude.

Introduction to Gironda and Kennedy The Odd Couple

Way back in 1966, Vince published his first course: "Vince Gironda's Blueprint for the Bodybuilder." It contained so much information in its twenty pages that you could be forgiven for imagining that it was a complete twelve-volume encyclopedia on bodybuilding.

"Bodybuilding is 85 percent nutrition," Vince said. He told us about the importance of amino acids, desiccated liver tablets (now known as glandulars), choline and inositol, and eggs in the bodybuilder's diet. Yes, Vince was one of the first people to promote the importance of food supplements for bodybuilders. He told us outright that milk-and-egg-protein powders were best. He said that small meals every few hours were far more beneficial than larger meals, two or three times a day. "Carbohydrate overloading every fourth day can build definition." His list of commandments was endless.

But most important are Vince's exercise concepts of building muscle where it counts rather than just by following the basics to gain bulk. Incredibly, Vince has redesigned many physiques and given even name bodybuilders a whole new suit of muscles . . . all in far less time than you could imagine. "Intensity and more work in less time will *build muscle*."

Bodybuilders, gym owners, and some well-known trainers have frequently scoffed at—or simply ignored—Vince Gironda's bodybuilding methods. However, for the most part, his harshest critics have neither taken the time to understand his philosophies nor give them an honest evaluation. His unorthodox techniques have brought him undeserved criticism even though he has never claimed to be 100 percent correct in all aspects. Nevertheless, it is an undeniable fact that where bodybuilding is concerned . . . he thought of almost everything first!

Originally, Gironda came from Brooklyn, New York, but he moved at the age of seven to California with his family, because his father was contracted to be a stuntman in the original *Ben Hur* film. Vince grew up in a healthy environ-

Vince Gironda and Robert Kennedy—the odd couple.



ment, enjoying gymnastics, horse riding, and all forms of vigorous sports. At the age of twenty-two, he suddenly decided that he wanted to be stronger and better built. He took up weight training at the Hollywood YMCA and eventually became an instructor at the Easton Brothers Fitness Center where he acquired much of his early experience in the field. Since then, Vince has been honing and improving his bodybuilding knowledge, writing articles and devising training programs, through his own gymnasium in North Hollywood, California.

Robert Kennedy is the publisher of *Muscle-Mag International* and author of some twenty books on physical improvement. His most acclaimed works include *Hardcore Bodybuilding* and *Beef It!* He also invented the Pre-Exhaust System of training, which was to be incorporated into Arthur Jones's Nautilus training programs in the early 1970s.

When interviewed about his collaboration with the "Iron Guru" for *Unleashing the Wild Physique*, British-born Kennedy tends to throw the emphasis on Gironda's accomplishments. It's not that Kennedy dislikes the limelight. More simply, he feels he doesn't merit the same attention accorded the Iron Guru. "After all," he says,

"*Unleashing the Wild Physique* is a book of Vince Gironda's original concepts. The man was pumping iron before I was born. From the beginning of my own training at sixteen years of age, Vince made more sense to me than other experts and authorities in the bodybuilding game. Gironda has always been against the use of *anabolic steroids* and he has always maintained the importance of building a balanced, *proportionate physique*."

Both Gironda and Kennedy feel that there is more to bodybuilding than just pumping heavy iron. *Unleashing the Wild Physique* contains information that you will not find in any other book. The chapter on advanced nutrition and supplementation may raise a few eyebrows, but your gains in pure muscle should speak for themselves. No book gets *into* exercise performance to this degree. Each Gironda exercise has its own originality for unique results. Now men and women can shape, build, or reduce their bodies with scientific precision, isolating the development of each specific muscle area to physique perfection. Read on, absorb the information, digest the facts, assimilate the data, and then unleash your *own* wild physique. It's there just waiting to be set free.

TRAINING AT VINCE'S GYM



Vince throws a casual pose in his gym.

1

DON'T WASTE MY TIME!

I have been involved in teaching bodybuilding for 40 years. I have done this at my own gym in North Hollywood and through my courses and seminars. Now this—a book. It's a first for me and I've put my soul into it.

There's no doubt about it—I am hated and I am loved. Why? Because I am dogmatic. I have this unforgivable feeling inside me that when it comes to bodybuilding I know what I'm talking about. If it ruffles feathers, so be it. I can neither compromise to save feelings nor stretch the truth to flatter and please. I am my own man—ego-centric, controversial, and proud. I have been called irrational, rude, and even contradictory. Judge for yourself after reading this book.

My attitudes about training and nutrition come straight from the shoulder, and occasionally it gets me into steamy situations—usually only when I come nose to nose with someone with an ego as developed as my own. But for those who are willing to listen, a different story unfolds. As long as my advice is followed faithfully, I will work my butt off to help that person. If my advice is sought and then rejected, I cannot help but lose interest. That's putting it mildly. It irks my ego and the individual risks getting booted out of my gym.

Why My Gym is the Best

Gironda is blowing his horn! Well, you knew it had to come. I'll tell you sincerely why I feel my gym is *still* ahead of most others.

Did you know that when I started bodybuilding there were only two hardcore bodybuilding gyms in the whole of the United States? There was Sig Klein's in New York and Jack La Lanne's in San Francisco. That was it! The rest of the world had even less.

Today there are all types of training institutions—the spas and aerobics establishments, the Nautilus centers, sports training camps, businessmen's clubs, and quite a large number of hardcore bodybuilding gyms, too. However, many of these training centers have an overabundance of next-to-useless machines that look a thousand times better than they work. The deluded gym owners figure that potential customers will buy memberships if they are given a room full of individualized machines on which

to train. The bigger the machine, the better the appeal. Some are just about the size of a Sherman tank! I figure you would get more out of trying to lift the machine than work on it according to the designer's directions.

What you don't get at any of these "warehouse" establishments is the one thing you need more than anything else—*personalized, competent instruction*. That's where gyms like mine have the advantage. I would never install a piece of apparatus that I didn't think would help a person build a great physique. That is why we only have barbells, dumbbells, pulleys, and a variety of angled and shaped benches to enable members to work their muscles from different angles. Except for the press machine, chin and dip bars, and leg apparatus, that's it.

Vince in his gym—the last bastion of sensible physical culture.



You may say: "Gironda doesn't have these large chrome machines because he doesn't want to spend the big bucks on them." Well, you'd be mistaken. You see, because of the fact that Vince's Gym is one of the most famous in the world, I am *frequently* asked if I would accept these monstrosities free—and give the manufacturers a lot of free advertising.

It's my honest opinion that hardly any advances have been made in bodybuilding machines during the last quarter of a century. When the "Dianabol era" began, with the introduction of the so-called growth-enhancing drugs—*anabolic steroids*, musclebuilding knowledge and advancement came to a standstill. (I will express my complete condemnation of the use of steroids in a later chapter.) Maybe one day we *will* have machines that will be superior to free-weight training. When it comes I'll be there clapping my hands with joy and cheering. Believe me, it hasn't happened yet, and I don't think it will!

Most people I know who have trained on machines have no knowledge of what it means to exercise. They don't understand the functions of muscles, nor do they know how they work. They have no mind-to-muscle communication. Why? Because with machines there is no curiosity aroused. Movement can only be done one way. This experience is not creative, hence boredom sets in for the mind and muscles. Creativity and physical self-expression can only be realized when a workout is comprised mainly with free weights. Dumbbells and barbells are the bodybuilder's hammer and chisel, and in the hands of a progressive thinker they can produce a masterpiece.

There's something else I will not have in my gym: music. I have given it a lot of thought and even tried it out with an open mind. Music is only useful to hype and control the tempo and cadence of aerobic-type exercises which are done at a lively dance pace. In addition, everyone's taste in music is different—what one person might enjoy listening to, another would find distracting and irritating.

Actually, I am constantly dismayed when people approach me in the gym and ask why I don't play music. These people appear to have no concept of the mental state that must be achieved to succeed in bodybuilding. You cannot sculpt and reshape your body to the sounds of the



Steve Davis—on the beach in Acapulco.

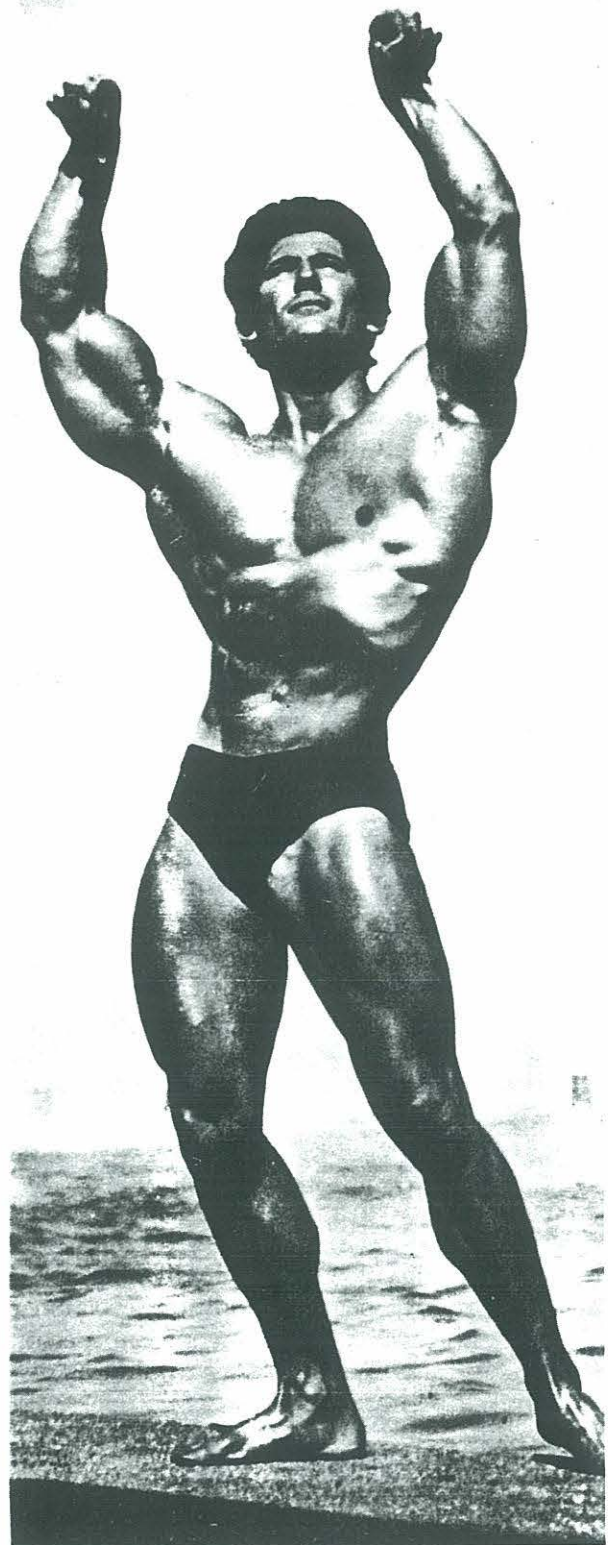


Rory Leideimeyer.

latest rock band. Don't these music-minded people realize that the accomplishment of physical perfection requires vivid imagination, enormous desire, total faith, visualization, and unending mental commitment? How can any of this be put into practice to the strains of distracting music? There are many hours *between* workouts to listen to music. Leave it out of the gym.

Unlike many in the bodybuilding business, I actually train in my own establishment. I have done so for over 40 years. And because I train every day I will not have a bad atmosphere and I will not include any apparatus that is junk! I often refer to Vince's Gym as the last bastion of bodybuilding reality where genuine instruction can be had on an ongoing basis.

Writer Bob Green once noted in an article about me: "Vince never tries to make a racehorse out of a cart horse, nor does he try to do the opposite." True. I realized early on that each physique must be built according to the master blueprint already drawn up by nature. You cannot build a huge, defined arm on a marathon runner's bone structure; neither can you give a wide-hipped, narrow-shouldered physique the ranginess of a Steve Reeves.



Don Howorth built a world-class physique training at Vince's.



Mohamed Makkawy, Lee Haney, and Samir Bannout.

There's another thing I am able to do that is almost a forgotten art today: inspire individuals to attain impressive physiques. So many of today's bodybuilders complain about the way I train people, but they don't know the bottom line. They do not understand the real basis for getting results, nor do they know how to fire up someone in the correct, *positive* way. This is an art that I have mastered.

I have been criticized for my training philosophy of "creating an illusion." Actually, my advice does not vary widely. I believe simply in enhancing a man's or woman's physique by adding and subtracting muscle in the right places. Note that I said "muscle" and not "fat."

Personally, I would rather not have to deal with fat at all. In reality, however, since I am known as the "trainer of the stars," I *do* have to deal with fat. So many men and women are sent to me by the movie studios with the accompanying request that I get their star in shape. Sometimes I'm expected to accomplish positive results in as little as five days!

With experienced bodybuilders, I lose my patience when it comes to fat. Typically, I receive thousands of letters from would-be Mr. Olympia enthusiasts. They claim to have read all my articles, courses, and instruction manuals, and beg me to let them train in my gym in North Hollywood. Although I do have much success with



Vince poses with Dick DuBois
—a former Mr. America.

many people who put their faith in my training methods, it often happens that they are less than honest with themselves at the start. Frequently, they arrive totally unfamiliar with my training methods and downright fat!

If a guy is really keen on getting the most out of my bodybuilding methods, the least he can do is turn up for his training in reasonable shape. It is an insult to me for a serious bodybuilder to arrive at my gym for advanced tuition and be fat! It's like reporting for ski-jumping classes without being able to ski!

I keep a congenial atmosphere in my gym, but I must admit that I don't have time for smart alecks. There are various reasons why I have requested members of my gym to partake of their leave—but fast. Occasionally, I have been inflamed to the point of expelling certain types for trying to propagate their pseudoscientific methodology. The following is a partial list of reasons for expulsion:

1. Failing to work. (My system works, but sometimes my students do not.)
2. Asking for squat racks! (For what?)
3. Refusing to remove shoes during calf work.
4. Attempting to serve two masters. (Impossible.)
5. Performing high-rep ab work.
6. Bringing street clothes onto the gym floor.
7. Performing full sit-ups. (Are they crazy?)
8. Starting a workout with biceps exercises.
9. Mentioning the words *running* or *aerobics*.
10. Practicing lazy, multiset bench presses.
11. Hanging around to socialize while doing one set every ten minutes.
12. Eating hamburgers and fries while on a diet.

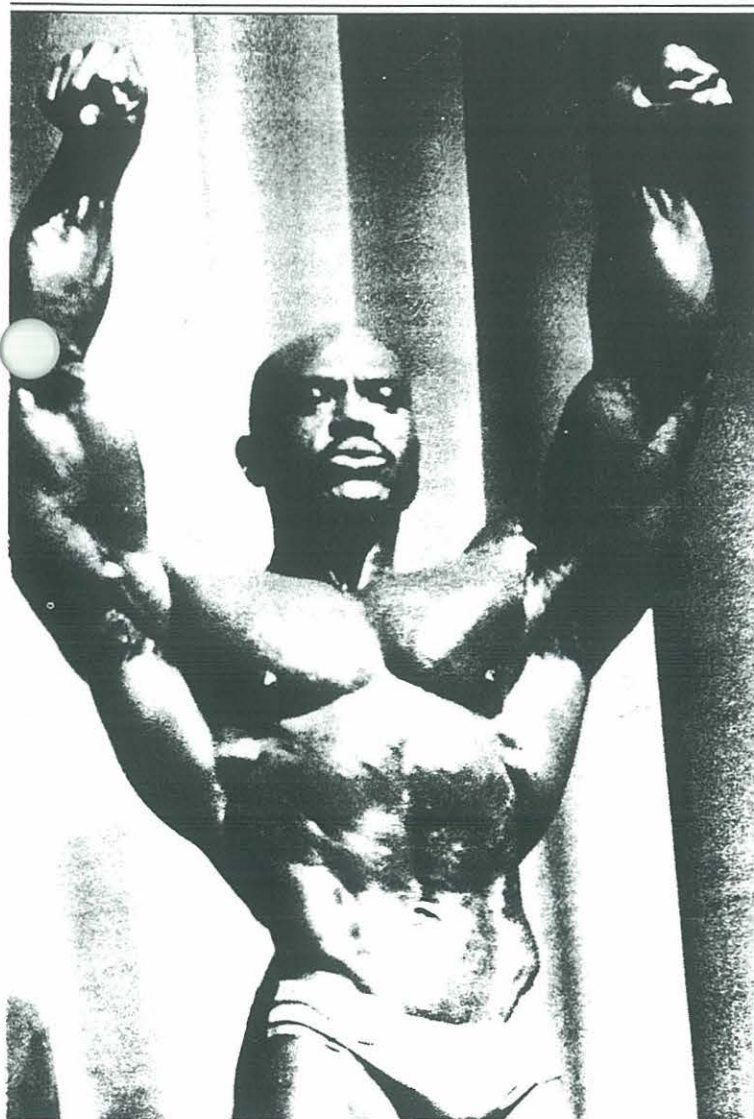
Already I'm laying down Gironda's law. That's why I'm hated and loved. Enjoy this book. I wrote it for you.



Vince Gironda.

CHOOSING THE RIGHT PARENTS?

THE GRAB BAG OF GENETICS



Sergio Oliva—three-time Mr. Olympia.

There are a thousand ways to help your body get bigger, look more impressive, or develop definition. And this book offers more of those techniques than any other single publication I have read. After you have read and assimilated all the information in this volume, I think that you'll agree.

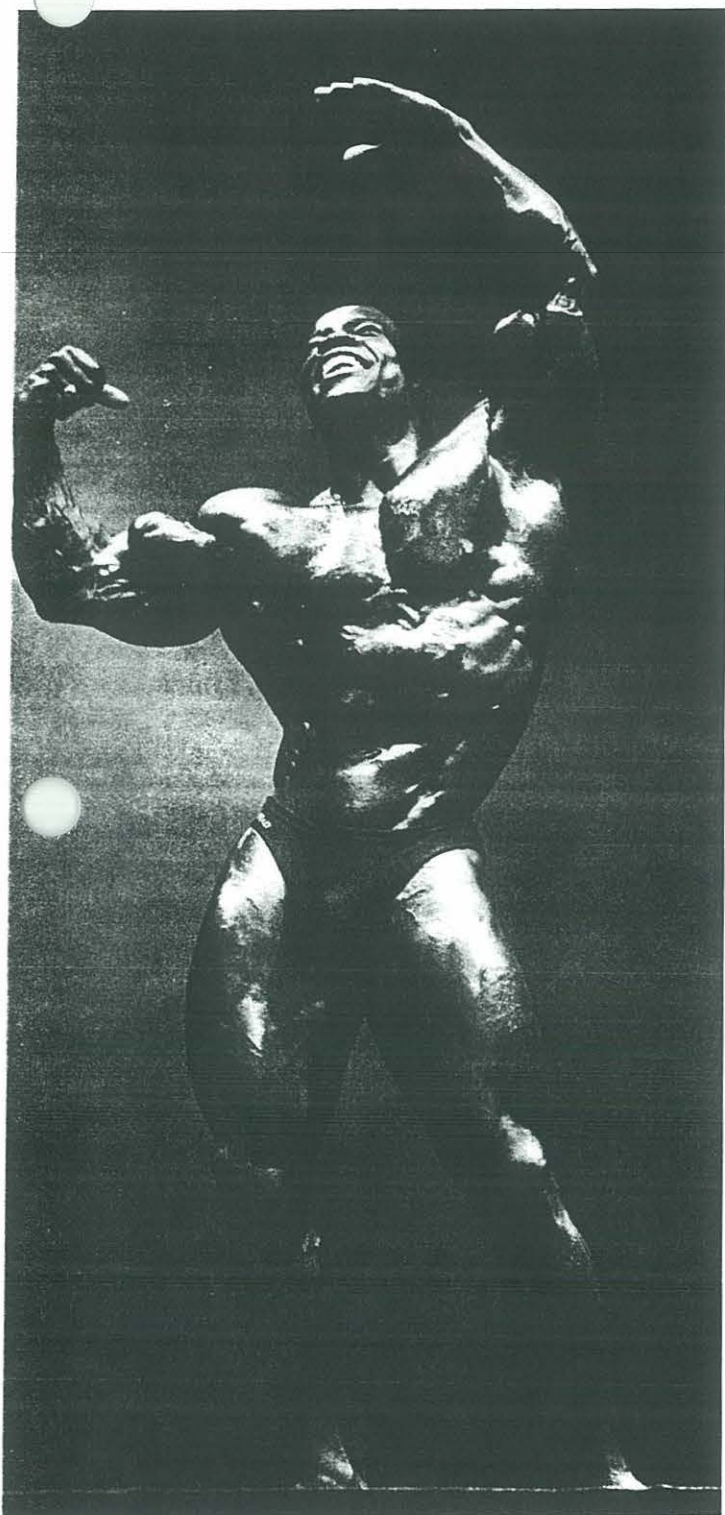
Even though you may already know and practice all this information, there is one undeniable certainty which I, known as the "Iron Guru" of bodybuilding, have to concede. You cannot construct a physique to a greater degree than what your genetic potential allows. It is impossible!

Yes, if we could choose the right parents, it would be a great advantage in bodybuilding. However, before you run off towards the sunset to commit hara-kiri, as a result of feeling disgraced by your parentage, let me inform you that the genetic potential of a man or woman in robust health and of normal bone structure is sufficient physical real estate on which to build a truly magnificent body.

Stress Test

Are you in good health right now? If the answer is yes, let's go all the way into bodybuilding. Jump aboard and fly with the eagles!

If your health and vigor are questionable, you must see a doctor now. Ask for a complete physical checkup and tell your physician that you are into weight training. If he doesn't already know it, it's a vigorous pastime that makes great demands on your muscles, heart, and lungs on a



Now coming into the spotlight after pumping iron for a quarter of a century is Albert Beckles of England.

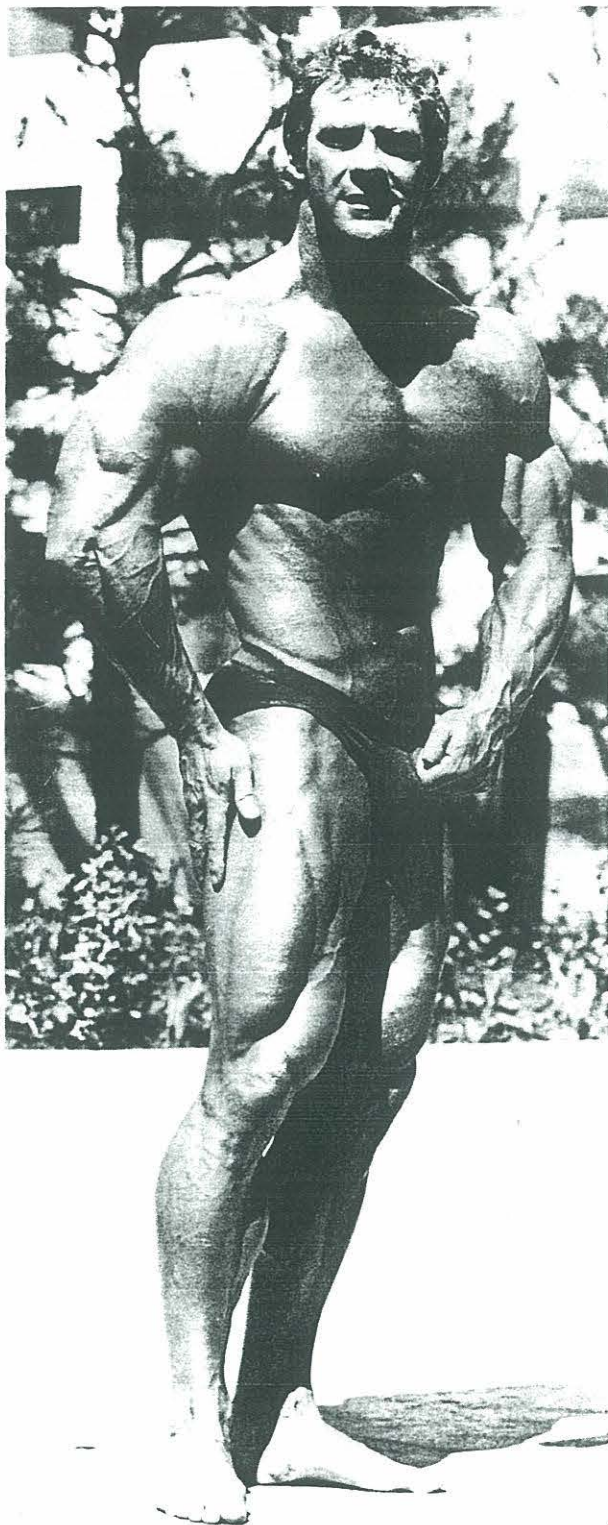
regular basis. Tell your doctor you would like a stress test, which is simply a series of common exercises, such as riding a stationary bike, jogging on a tread mill, or stepping up and down on a low stool, performed while your heart and vital functions are monitored.

What can a stress test tell your doctor? Merely how your body functions when subjected to physical stress. A less-than-perfect heart can be evidenced, as well as other organic problems. Most important is your body's ability to sustain and recuperate from vigorous exertion. In the unlikely event that your physician finds an abnormality, he can take steps to help you correct the problem. On the other hand (and the chances here are very much weighted in your favor), if you are given a clean bill of health, kick up your heels and swing into top gear.

The Genetic Superior

Assuming you're in robust health, what else would you need to be designated a genetic superior? Well, in basketball it's a seven-foot-plus athlete with abundant energy. In high jumping it's long legs and a light frame. What are the genetic requirements of a bodybuilder? Wide shoulders and narrow hips are ideal, although not a necessity. Contrary to popular belief, a bodybuilder does not need big bones. In fact, medium-sized wrists, knees, and ankles are preferable. Their smallness accentuates the muscle size. Long muscles with a general abundance of cells are desirable. Short muscles, such as deficient or "high" calves, shored-up triceps, and abruptly cut-off biceps, are the *bête noire* of the bodybuilder. Changes can be made, but they will not be as dramatic as you might wish. The tragedy, if it can be called that, is that a bodybuilder who has a couple of short muscles has to devote a great deal of his or her training to correct them.

If you have inherited well-shaped, "long" muscles, like Sergio Oliva or Lee Haney, for example, your training can be less complicated. To put it another way, there is not the burning need to sculpt the body with specific cosmetic exercises as would be the case if you had high calves, long-wristed forearms, short triceps, and high



Scott Wilson is a genetic superior par excellence.

biceps that left a four-inch gap at the elbow when flexed. Even if you had the most genetically superior physique possible, you could still ruin it with indiscriminate training and a junk-food diet.

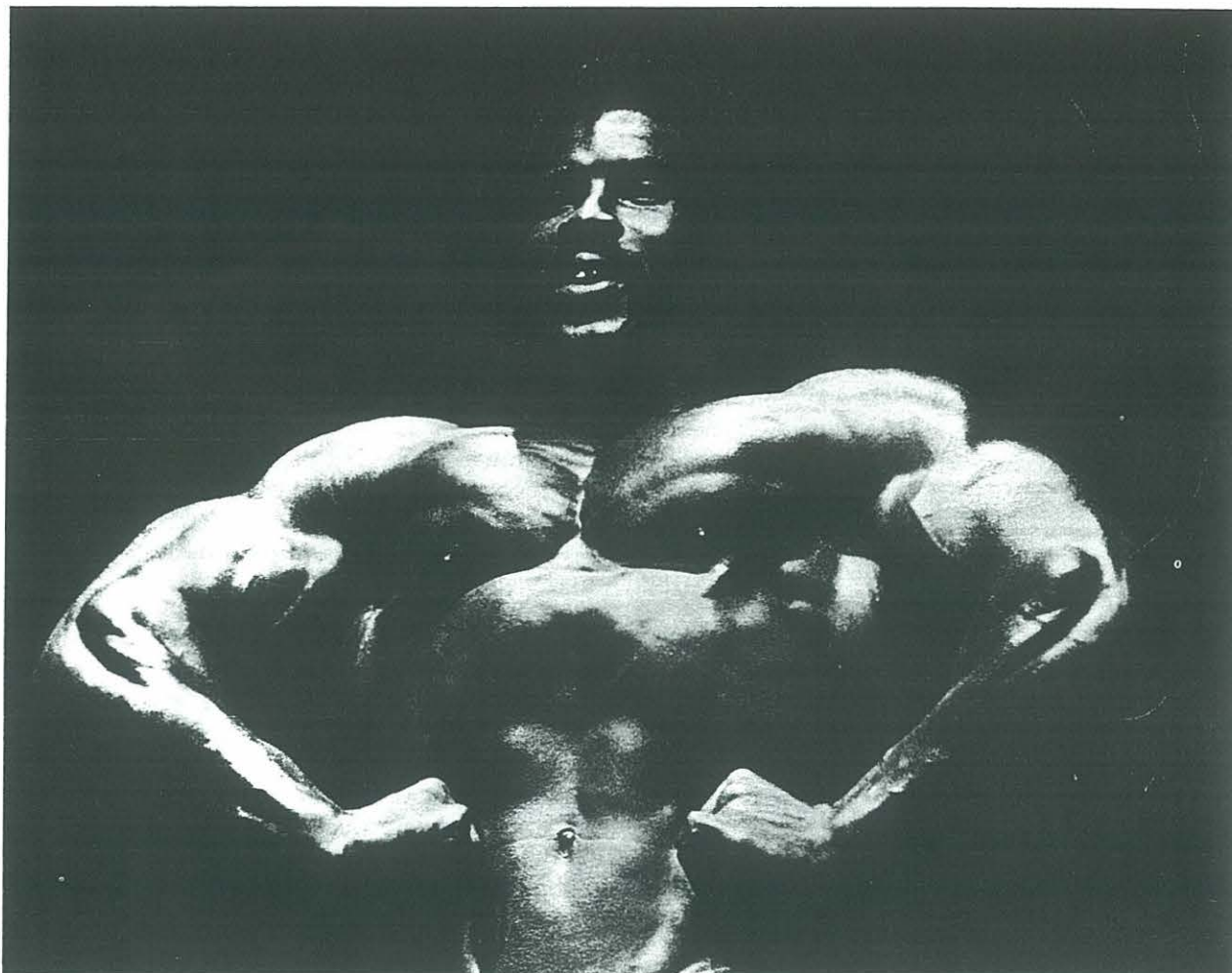
The ideal body should have straight limbs—no bow legs or knock-knees. Natural health and vitality and the ability to recuperate from vigorous exercise are all standard requirements. Good natural posture is an advantage, although very few top bodybuilders have *perfect* carriage. The best I have ever seen belongs to my pupil Mohamed Makkawy. It is not just his smile that makes him light up a stage. He has an animal elegance and flawless posture, the core of which is in his natural breeding. His raw physical potential goes beyond merely having great genetics for building large muscles.

Determination to Succeed

Although I started off this chapter by implying that both men and women are limited by their genetic inheritance, this should not put a damper on your decision to succeed against the odds. To date, the greatest bodybuilders are *not* the most genetically superior. Many have glaringly obvious faults, at least they are obvious to me. But they have refused to let these drawbacks interfere with their determination to succeed. Structural weaknesses and muscular irregularities cannot be radically altered, but—thank the Lord—they can be disguised.

Although there are a number of current studies which show an athlete's strength, speed, endurance, and development are a matter of genetic endowment, and no amount of training can overcome a deficiency in the genes, there is still hope, because as thinking human beings we can take steps to camouflage our weaknesses. Incredibly, in some cases, because a bodybuilder concentrates so much on a weak aspect of his physical makeup, it ultimately becomes his strength.

Curiously, the *most* genetically endowed individuals seldom reach the top. Why? Because this natural physical superiority must be married to determination, motivation, and effort. In other words, even the most gifted among us



The Black Prince—Robby Robinson.

must be willing to use all of their endowment to the limit. You have to work at it!

One interesting genetic characteristic is the fact that an individual can inherit the potential for building an impressive physique in only one part of his or her body and *not* in another. Many men and women, especially blacks, have great potential for building super-looking arms and shoulders, for example, yet building up the calves seems to be impossible. Because of inherited genetic factors, the upper body contains a large supply of cells, but the calves are little more than a small knot of muscle that, in most cases, no amount of training could alter significantly.

The most important barometer of muscle building potential, as difficult to estimate as muscle-cell counts, is the amount of testosterone, the male hormone you possess. In body-

building, having your fair share and more of this ingredient is *vital* important. This, as you might guess, is the reason why so many bodybuilders feel it is absolutely necessary to take artificial hormone drugs: testosterone and anabolic steroids.

Summary

Your genetic makeup is the limiting factor in your training. That's the *bad* news. The *good* news is that no one has utilized his or her raw potential to the fullest limit of their genetic capacity. Although unfavorable genetics have made thousands of bodybuilders' ultimate achievements difficult, no individual has *ever* been completely and totally limited by them!

SETS AND REPS

GETTING THEM RIGHT



Incline dumbbell presses demonstrated by superstar Serge Nubret.

For the sake of beginners, it should be understood that a *repetition* (rep), when applied to bodybuilding, is the movement of a weight or bar from point A to point B. For example, when a barbell is pushed overhead from the shoulder level and then returned to the starting position, it is known as *one rep*. Do it six times for six reps, and so on.

A *set* is the performance of a group of reps. Do ten reps and then put the weight down for one set of ten reps. It is customary to pause for a brief rest after doing a set before starting the next one. The period between sets lasts from a few seconds to a few minutes. An average rest period between sets is one minute.

You may notice in the various magazines that sets and reps are written numerically. For example, four sets of twelve reps would be abbreviated: 4×12 . Three sets of eight would be written: 3×8 . (For the purpose of clarity, numbers will be used for sets and reps throughout the book.)

The question of how many sets and reps to do is on everyone's mind. Even top champions can fall into the trap of thinking there is some ideal combination of sets and reps they should do. As I said before . . . there is no such animal! The number of sets and reps you do is restricted by: (a) the time available, (b) your individual tolerance to physical stress, and (c) your personal recuperative level.

Those people who enjoy a high degree of robust health can experiment with varying intensity levels, and chop and change their sets and reps to maximize their muscle development.

There are guidelines, however. Calves and forearms, because of their large number of tightly packed muscle fibres in their respective areas, are considered "high-rep" muscles. This is not a rule carved in stone like one of the Ten Commandments. Generally speaking, both the lower legs and lower arms are stimulated to grow faster when high reps (15–25) are used rather than the standard system (6–12). Abdominals, lower back, and thigh areas also respond quite well to higher repetitions, although unlike the

calves and forearms they can also be stimulated by low and medium reps.

I have a definite preference for the 8×8 system of sets and reps, which I will explain in more detail later. Of course, this is not for beginners. You must work up to the stage where you can benefit from this extremely advanced form of training. I doubt if anyone with less than two years of training experience could benefit from this method. I call it the "honest workout" because of the pure muscle fibre that can be

Thigh curls performed by Serge Nubret.





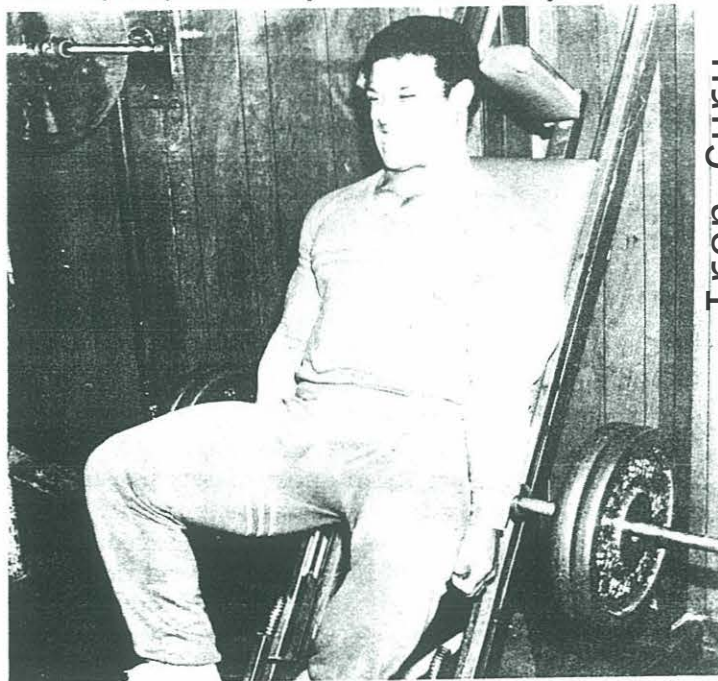
Pete Caputo—another of Vince's protégés.

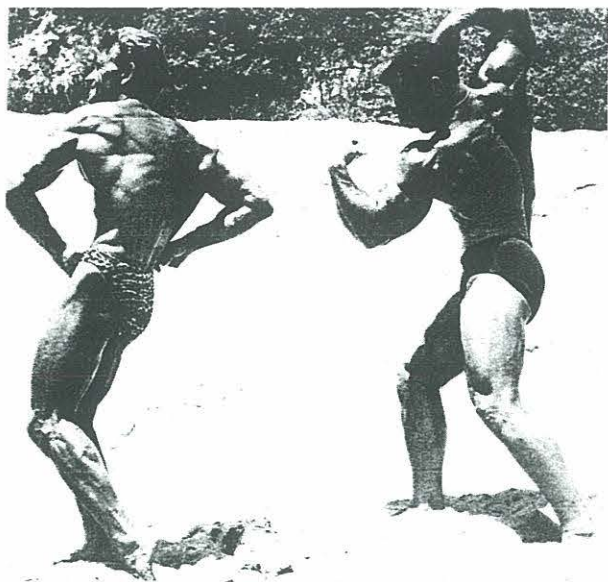
attained with this combination. Keep to 8×8 and your muscle fibre will plump out, giving you a solid mass of muscle density as a result. There will only be a minimum of capillary size built with this combination.

Increasing your repetitions from 8–12 can reduce the stimulation to the muscle fibres (and consequently they may not retain quite 100 percent of their former size), but you will find that 4 extra reps will trigger other growth factors. Your nerve pathways are better nourished, and the capillary and vascular areas are put under greater stress and virtually forced to expand. It could be argued that 4 extra reps can result in the addition of 10 percent more muscle.

In my own experiments with repetitions, I tried doing everything from singles all the way up to 500 and more. I never got what I call a "burn" in my muscles using under 8 reps, and although I knew that my fibres were responding to this honest, quality work, I became aware of something else happening when I pushed the reps to 12. A burn would arrive, sometimes accompanied by searing pain in the muscles under stress. Typically, at the conclusion of a set of 12 or more reps, I would be near screaming with pain. While doing a set of neck presses, I would be stomping my feet on the floor, chasing the pain from my body as the set concluded. There would be jagged, burning pains in my pectorals on the last additional reps.

Hack squats performed by Mohamed Makkawy.





Vince Gironda and Mr. World Chuck Sipes.

It's the same with calf work. After completing a set of donkey calf raises, I would almost toss my training partner off my back so that I could flop on a bench and massage the pain out of my calves. Yes, high reps can be painful, but used at the right time, in the correct manner, they can be very beneficial. I'm not saying that 12 reps are essential all the time. But you should consider using higher reps occasionally.

When you find yourself posing the age-old question of whether you should use high weights and low reps in your exercises, or low weights and high reps, consider what the ideal advice would be: *Use high weight with high reps!*

Yes, it's easier said than done, and a state of achievement towards which you should definitely work. Those few bodybuilders who have managed it have huge muscles. Consider the enormity of Tom Platz's thighs. He has done an incredible 28 reps with 405 pounds and 52 reps with 350 pounds. Or reflect on Casey Viator's regular 20 reps using 330 pounds on the incline press. Have you seen his pecs and delts lately?

The amount of sets you do depends on your training frequency and recuperation time. Bearing in mind that your intensity level should always be over 85 percent to trigger growth, you will find that the number of sets you need to achieve maximum stimulation is directly related to your intensity level. Personally, except for beginners, I would never recommend doing less than 3 sets of any exercise, even if your intensity were pushed up to 95 percent. An intensity of 100 percent is, of course, impossible. What is

possible is working towards 100 percent of your *potential* intensity level, which in all probability is around 93–97 percent.

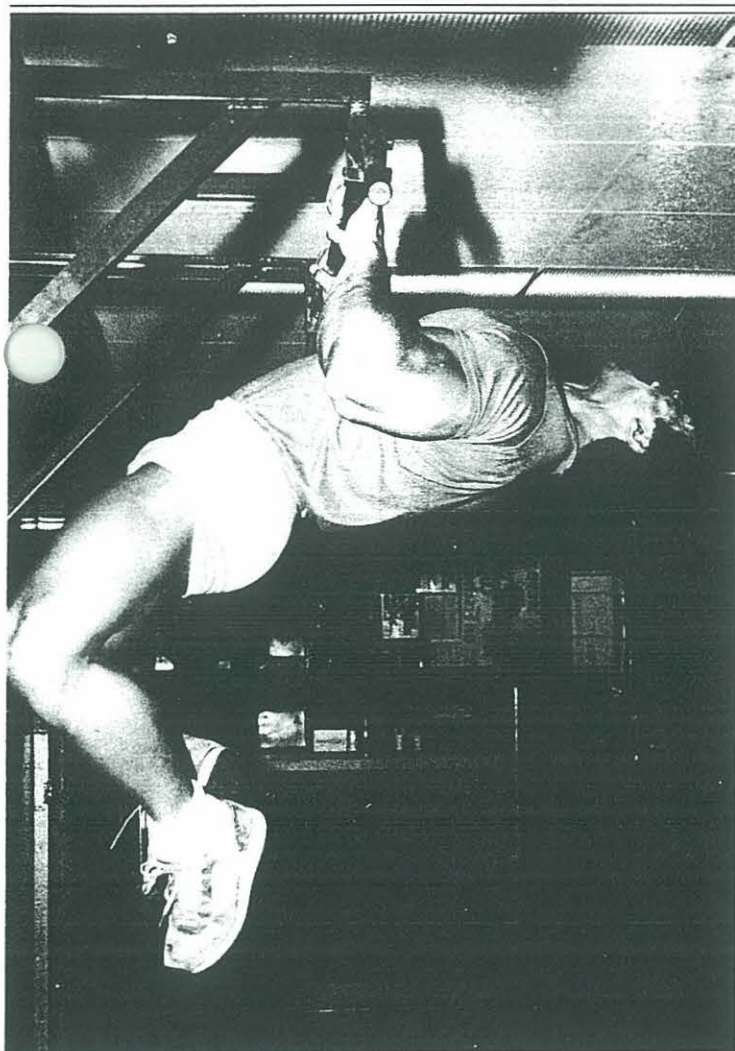
The ceiling as far as sets are concerned is 15. Performing more than that of an exercise is to invite a catastrophic sticking point. Generally speaking, I'm in favor of limiting the number of sets per *body part* to 15, too. But there are certain occasions when I feel this rule could be justifiably broken.

Use your head to keep your sets and reps within the boundaries of your recuperative abilities, while at the same time using the progressive method of striving to work your muscles with ever-increasing weight. Also adopt the practice of changing your exercises to avoid staleness. By following this method, you will (or should, if your motivation is solid) achieve a 40 percent enlargement of your muscle fibres. A further 5–8 percent of growth can result from capillary enlargement and reproduction.

Steve Davis—Mr. World.



EXERCISE PERFORMANCE



Mohamed Makkawy performs the medium-grip chin, which ends up being a pull-up to the midsection.

4

MAXIMIZING YOUR ROUTINE

My methods of training sometimes cause confusion. A fellow once travelled from London, England, to visit my gym in North Hollywood. He sat around for three full days, observing, and I noticed he was especially attentive when I worked out. He was a quiet fellow—polite, well-mannered, and all that rot! Armed with a notebook in which he described everything he saw, he was so meticulous I thought he was going to write a full-length novel on training at Vince's Gym. When it came time for him to leave for England, he offered his hand, thanking me for allowing him to observe and make notes. "What did you learn?" I asked him.

He looked down at the gym floor and appeared slightly embarrassed, but almost immediately he stammered, "Well, Mr. Gironda, if you don't mind my saying so, you have some of the weirdest exercise methods I have ever seen. You change body positions in the middle of exercises. You often cross your legs during sitting exercises, raise your legs in lying movements. You perform cheating reps, half movements in presses, curls, and chins. Honestly, sir, I don't know what to make of it all!"

I fixed the little twerp with one of my famous eyeball-to-eyeball deadpan looks, but when he became noticeably uneasy I felt sorry for him. Then I explained to him my seemingly peculiar methods. . . .

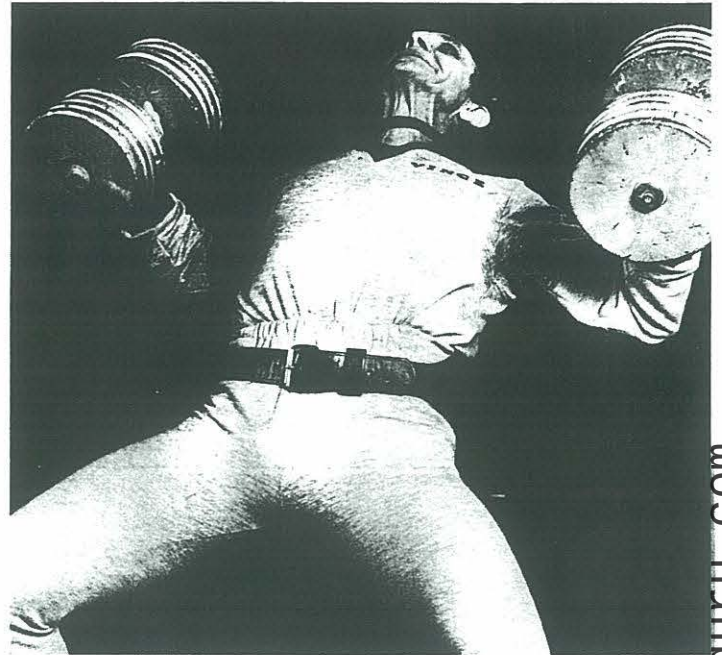
Style of Training

Basically, I am not for or against any particular style of training. I am not interested in

taking sides on any issue concerning the techniques for improving the size and shape of the human physique. Years ago the York camp, headed by Bob Hoffman, had an ongoing feud with the Weider outfit, headed by Joe and Ben Weider. One of the bones of contention was training style.

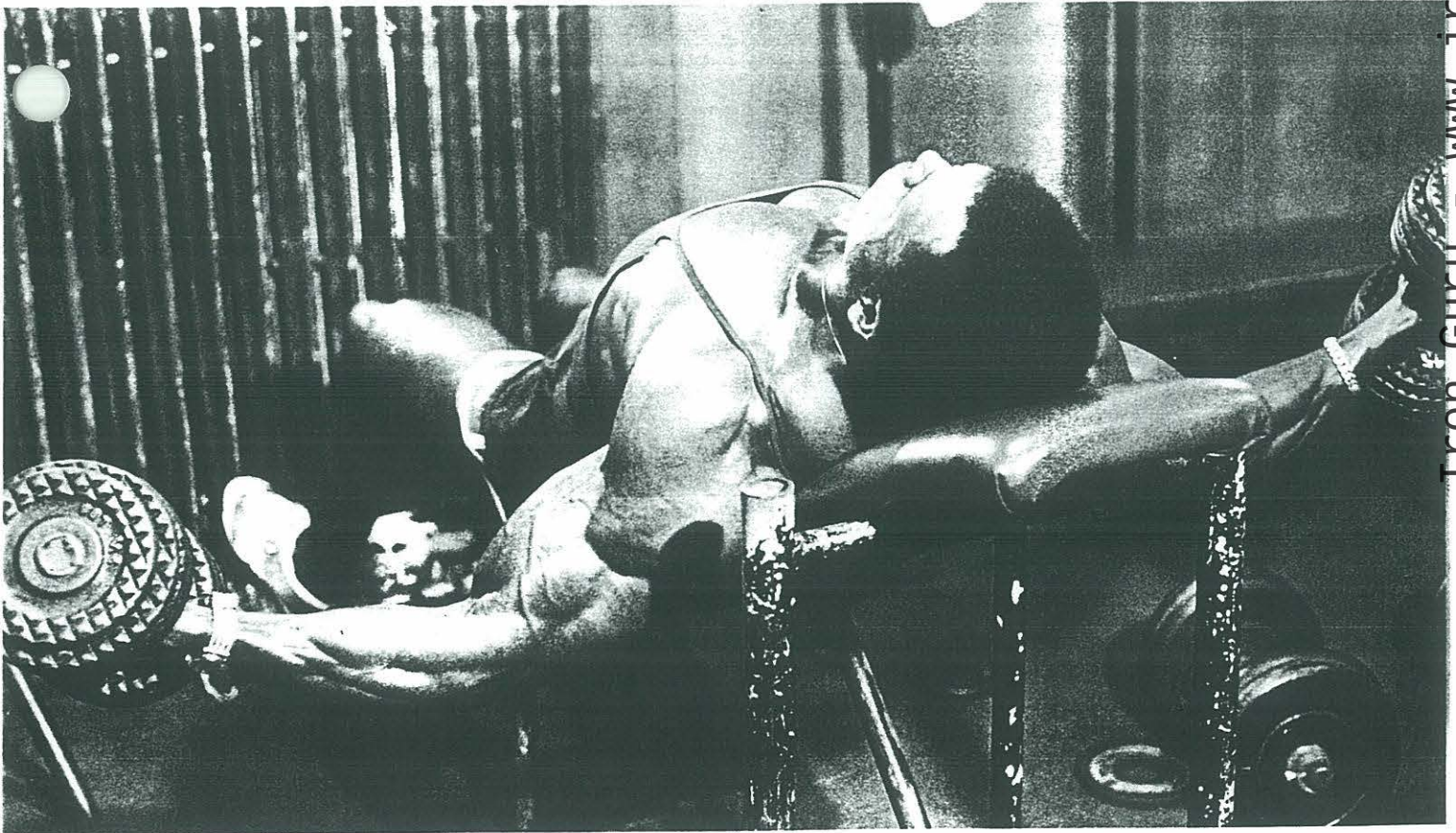
At that time, Weider promoted the cheating principle (leaning rearwards excessively during curls, etc.) and the use of basic exercises, such as presses, squats, and bench presses. On the other hand, the York people claimed that very wide varieties of exercises were needed to train the physique, and every exercise must be performed in superstrict style, otherwise it had no benefit. York proclaimed that the cheating principle was valueless.

While all this was going on, I was doing my own experiments. What I learned was that each exercise could be performed, not only in *several* ways, but that each way had its own set of pros



The Iron Guru pumps up with incline chest work.

Incline flies performed by Serge Nubret.



and cons. There were no hard and fast rules about training style. Besides, the York camp, while claiming that cheating exercises were of no value to the bodybuilder, was ardently professing that Olympic lifting was the *only* way to achieve physical perfection. And it doesn't take a genius to realize that the Olympic snatch and clean-and-jerk lifts were two of the most "cheating" exercises man's inventiveness could concoct!

Cheating! It makes you feel that you're breaking the law if you do any exercise in less than perfect form. Sure, there's a lot to be said for using superstrict style in some exercises, but don't become a slave to it. Some guys train strictly 100 percent of the time. They look like robots. You can't always get to the muscle you want to work by using ultrastrict form. You may have to perform, what I term, a little "creative cheating." Don't be for or against either strict form or loose form. Simply go with whatever it takes.

In essence, it would seem the more you lift, the bigger you will become. While this is true enough, the weight you use is only part of the story. Obviously, light weights can seem like heavy weights if the leverage factor is changed. You can press a heavy dumbbell straight overhead with more ease than if you lift it at arm's length. Tempo (workout speed and amount of rest between sets) is another factor. Nutrition, rest, and concentration all play enormous parts. When it comes to exercise performance, there are really only two points to keep in mind: (1) to tax or "damage" a muscle to its limit in the shortest possible time (in musclebuilding, you must break down muscle cells on a regular basis for them to develop) and (2) to isolate the exact muscle you want to work.

A high percentage of people who are into the sport of bodybuilding feel that I advocate some pretty unusual exercises, and that even when I do regular exercises I perform them in an irregular way. They can't believe that I prefer the hack lift to the back squat. My answer is: Who wants a big butt?

Then there's my habit of crossing one leg over the other while doing seated curls. I do this to prevent the dumbbells from hitting my thighs! Frequently, I am asked if I really prefer the wide-grip parallel bar dips to bench pressing. My answer? You bet I do. Dips build the outer



"I cross my legs so that the dumbbells have a clear path," says Vince.

flair to the pectorals—something no bench press will ever do! And what about my favorite way of chinning—pulling upward until the bar and chest meet instead of the bar and chin? My way works the lats more thoroughly!

I am often asked what “burns” are since I recommend them: They are the addition of 3–4 half or quarter reps at the end of a set of exercise. The motion involved is usually only 2–3 inches (5–8 cm). The idea is to maximize the pump before ending the set. Actually, not every exercise should be concluded with burns. You have to work it out for yourself. Go by the feel of the movement. Ideal exercises to use burns on are Scott curls, calf raises, chins, and dips. You prob-

Rachel McLish—the world’s most famous woman bodybuilder.



Vince helped design Ian Lawrence’s back program to yield maximum results.

ably wouldn’t find them useful at the end of a set of bench presses, deadlifts, or squats. However, if you feel there’s a benefit, you can give it a try on more exercises than you can imagine.

All of my recommendations—whether for doing half reps, mid-range curls, or eating two dozen eggs a day—are *me*. It is the result of 40 years in the bodybuilding business, training myself and thousands of other men and women . . . day in and day out. I recommend only what I believe in. Perhaps one day you will be able to improve on my methods. But for now they are the best there is. They are designed to build and shape the human body . . . and that’s what this sport is all about!

STEERING AWAY FROM STEROIDS



Natural bodybuilder Bob Gallucci
never used artificial steroids.

5

THE HARMFUL DRUG

I am no puritan. True, I have been what could be described as a health nut for periods of my life (for example, I refused to drink coffee for the first 33 years of my life). However, in my time I have had a short affair with the grape in its liquid form, and I have known the mellow taste of a good Cuban cigar. I even had a McDonald's hamburger . . . once!

For all my minor indiscretions, I have never taken artificial steroids or other so-called growth-enhancing drugs, nor have I ever recommended them for any of my gym members or pupils.

I detest the use of chemicals by any athlete in any sport. Everything about drugs rubs me the wrong way. Unlike many pro bodybuilders who see benefits that outweigh the disadvantages, I see only the atrocious side effects . . . and absolutely *no benefits*.

Actually, these drugs have been around for almost 50 years. As early as the 1930s, biochemists had decided there was a need for a synthetic derivative of the male hormone testosterone. Every male on earth naturally produces testosterone in the testes. It has two effects: its *androgenic* or masculinizing function, which is evidenced in the growth of facial hair, the deepening of the voice, increased aggression and libido; and the secondary factor of building up the muscles known as the *anabolic* effect. Scientists wanted to invent a drug that could be used on sick people suffering from muscle-wasting diseases and other maladies. The artificial anabolic steroid came into existence, and was used for its intended purpose for 20 years or so. Then



Canada's John Cardillo.

someone in the Soviet Union decided to try it on weightlifters, to see if it could provide a training shortcut to the building of mass and strength. The lifters did add power and Russia became dominant in world weightlifting.

At the Vienna weightlifting meet in 1954, the Russian team doctor told the American team physician, Dr. John B. Ziegler, all about the drug, whereupon the American rushed back to York, Pennsylvania, to Bob Hoffman, president of the famous York Barbell Weightlifting Club. The two men, in a bid to beat the Russians at their own

game, decided to fight fire with fire. Soon the York boys were on the stuff . . . and as a result their lifting totals increased sharply. Rather than reveal what was responsible for the strength increase, Hoffman claimed that his team's sudden success was due to a revolutionary new training method called "isometric contraction," the use of a muscle against an immovable object. He grossed millions of dollars selling isometric racks, books, and devices all based on the myth of isometrics. The craze literally swept the world.

By the 1970s, steroids were being widely and legally used primarily by male weightlifters, powerlifters, bodybuilders, professional football players, and others. By the 1980s, the drug was being used by women, too. Now it has been banned, along with other ergogenic (performance-enhancing) drugs by practically every amateur athletic federation in the world. The IFBB (International Federation of Bodybuilders) has also banned their use, but steroid abuse is still prevalent.

Not only does the steroid user risk premature loss of hair and libido, but he is also flirting with the very real likelihood of permanent, sometimes fatal damage to the liver and other organs (for example, the chances of heart attacks in later life are increased). The aging process is accelerated and even the likelihood of causing cancer is increased. The fusion of bones in youngsters could be activated earlier, thus stunting normal height. Another sad fact about artificial steroid use is that it is a turn-off to the fan. When he finds out that a bodybuilder he admires takes drugs, he is disappointed beyond belief. His idol is a cheat who relies on chemicals to build his body.

The general public now has an uneasy feeling about bodybuilders because they regard them as artificial. There is a sense of wrongness about the unbridled use of steroids. Look at the victim, his jowls are thick and meaty, his eyes are almost lost in the top of his head. The waist is thick and puffy and invariably "hangs out" when relaxed, and there is an awkwardness, as in a child who has grown too much too fast.

From my point of view, there is no advantage to be gained from the use of steroids. Although I concede that a bodybuilder on steroids will gain size and strength at a faster rate than would a non-user, I believe that the acquired mass does not help him look better in any way. To me, the bulbous, steroid-built physique looks grotesque. I've seen sausages with more interesting shapes! The truth is, of course, that steroids rob the body of its personality. Do we all want to look like gigantic, water-filled balloons?

This is an interesting question. Because the young bodybuilder *does* want to look gigantic, he gets caught up with the size syndrome. Only later, when his sense of aesthetics is more bal-



Bob Birdsong of the United States.

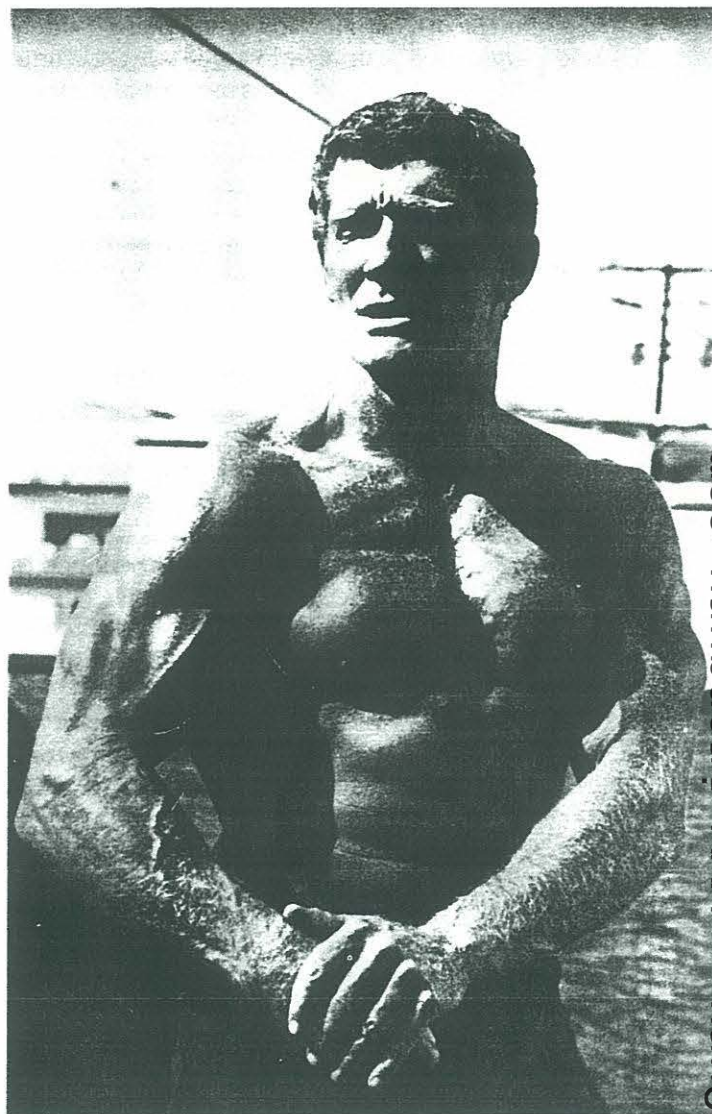
anced, does he really appreciate the importance of shape, separation, and definition.

If I haven't made my point clear, let me reiterate. *I hate and abhor the use of steroids in*

bodybuilding. Those who take them are trying to get an edge by cheating, rather than by using a good routine and proper nutrition. But my condemnation goes further. I honestly believe that the regular steroid abuser is not only damaging his *internal* system and health but also the *outward* appearance of his physique.

There have been times when training partners and even pupils of mine have taken steroids. I usually find this out from a third party, because most of my pupils know my anti-steroid feelings. It's not likely that a pupil is going to boast to me that he's on drugs. My uncontrolled wrath could blow his socks off!

"Always work for balance and definition," says Vince.



Brad Harris—film actor and producer.

If you truly want to have a great physique that will serve you all your life, look good and keep youthful, then adopt my philosophy of zero steroids for greatness.

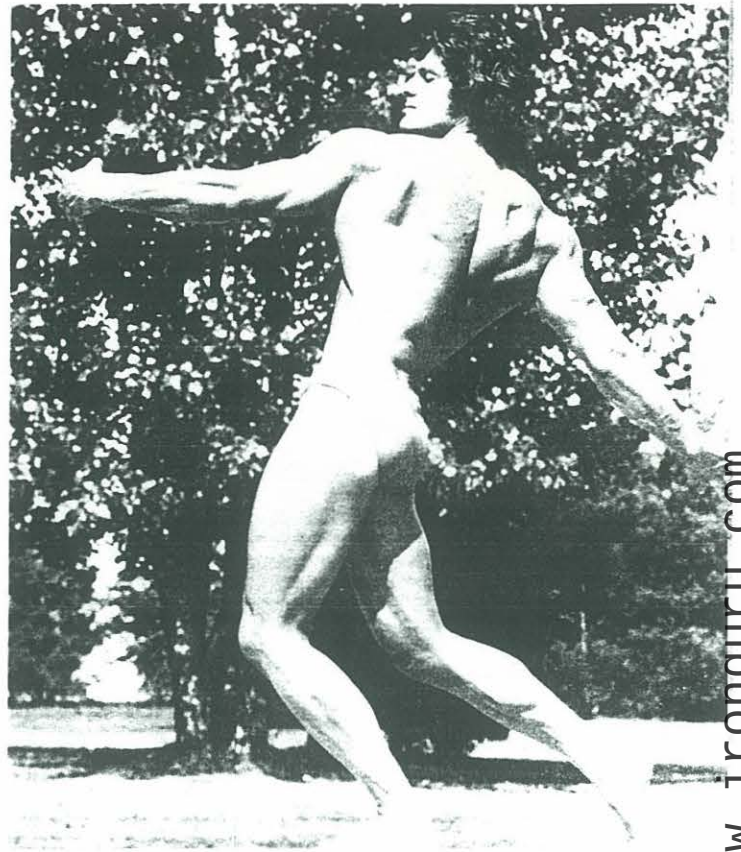
Eggs: The Natural Musclebuilder

It's a kind of joke now—Gironda and eggs! Well, my friend, bodybuilding nutrition today is "procuring male hormone!" You can do it artificially with steroids or naturally with eggs, which is better than any steroid pill!

Eggs have a higher biological value than any other protein food—even higher than meat and glandular tissues. The protein in the egg is divided between the yolk and the white, but all minerals and vitamins are in the yolk, along with the fat. They're rich in phosphorus, sulfur, iron, and Vitamin A. The average egg contains 80 calories (64 in the yolk and only 16 in the white) and approximately 250 mg of cholesterol.

Now some authorities tell us that eating too many eggs will raise your cholesterol level, making you a more likely candidate for having a heart attack. According to the National Commission on Egg Nutrition: "There is absolutely no scientific proof that eating good, wholesome, fresh eggs increases the risk of heart attack."

Dr. John Yudkin, Professor Emeritus of Nutrition at the University of London, explains that there is no sure link established between diet and coronary thrombosis. The triglyceride level in the blood is a much better indicator of coronary risk than cholesterol. The blood triglyceride, he says, is determined by how much sugar, not how many eggs you eat.



Germany's Wilfried Dübbers.

EGG CONTENT (per 100 grams)

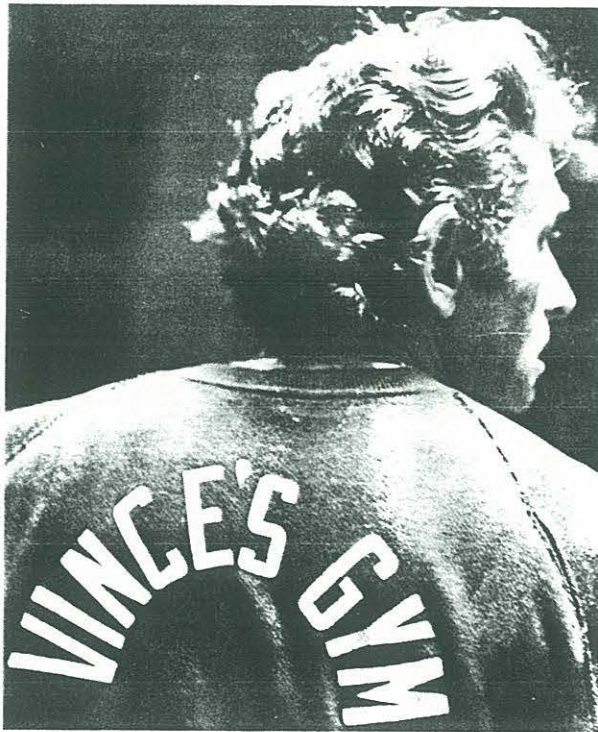
	PROTEIN	FAT	CALCIUM	PHOS- PHORUS	IRON	SODIUM	POTAS- SIUM	VITAMIN A
WHOLE FRESH EGGS	12.9 grams	11.5 grams	54 mg	205 mg	2.3 mg	122 mg	129 mg	1180 IU
EGG WHITE	10.9 grams	trace	9 mg	15 mg	0.1 mg	146 mg	139 mg	0
EGG YOLK	16 grams	30.6 grams	141 mg	569 mg	5.5 mg	55 mg	98 mg	3400 IU

Bodybuilder Mario DaSilva is against using growth-enhancing drugs.





Bertil Fox, Tony Pearson, Mohamed Makkawy, and Jusup Wilcosz.



Vince Gironda.

If you are predisposed to heart trouble or an excessive cholesterol count, I would not recommend large quantities of eggs, but then I would not advise excessive sugar, meat, nuts, or salt either. You have to be guided by your physician if you are not in regular health. He alone knows about your medical history and current problems.

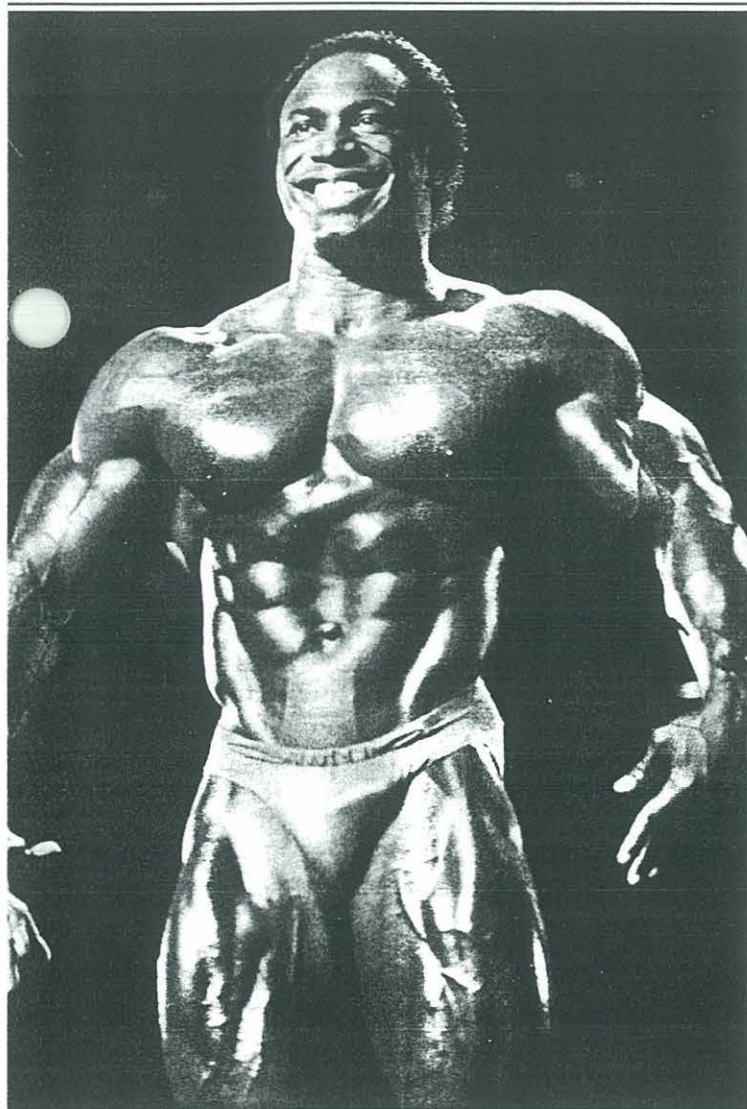
As bodybuilding nutrition, eggs are absolutely a number-one protein source. To get the maximum hormone-precursing effect, I suggest that you eat raw "fertile" eggs. But if you cannot tolerate the thought of downing raw eggs, then boil or poach them lightly. Very little effect will be lost. Try taking eggs every few hours to maximize the effect for a few weeks. Return to this practice several times a year when additional growth is desired.

A heavy diet of eggs for a few weeks could upgrade your physique like you wouldn't believe. And you'll get the anabolic effect naturally. Actually, I have made some of my best gains while eating three dozen eggs each day.

Get crackin'!

CREATING AN ILLUSION

THE SET-UP PHYSIQUE



Lee Haney of the United States.

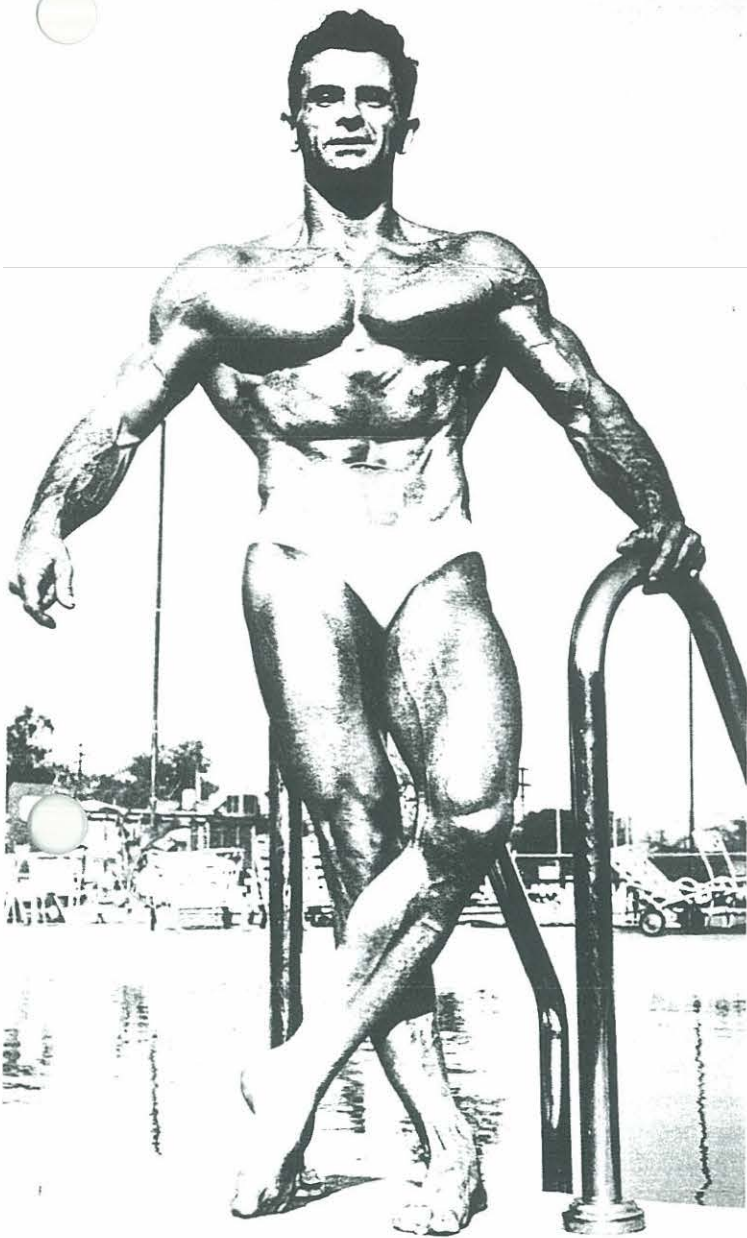
As a general rule, today's bodybuilders lift weights to develop the biggest muscles possible. It doesn't take a genius to realize that for most people the upper thighs and chest grow very quickly, mainly because of the heavy back-squat exercise and the flat bench-pressing movement. Now both exercises have their uses, but the modern bodybuilder overuses them. In some cases, very few other exercises are used.

You cannot build a good physique using just a few basic movements. It is impossible. Just think for a moment. How can an individual build a balanced physique when typically his workout routine includes 15 sets of bench presses, 10 sets of squats, only 5 sets of shoulder presses, even less back movements, and probably no forearm, calf, and abdominal work at all?

It's no wonder our gyms are full of physical monstrosities—men who have unsightly bunched-up upper bodies, heavy hips, and "turnip thighs." The ease in which they turn themselves into this freakish disproportion is increased by their insane use of tissue-building drugs. Fortunately, women do not fall prey to this problem, at least not to the same extent, because their low levels of male hormones forbid the excessive growth of muscle size.

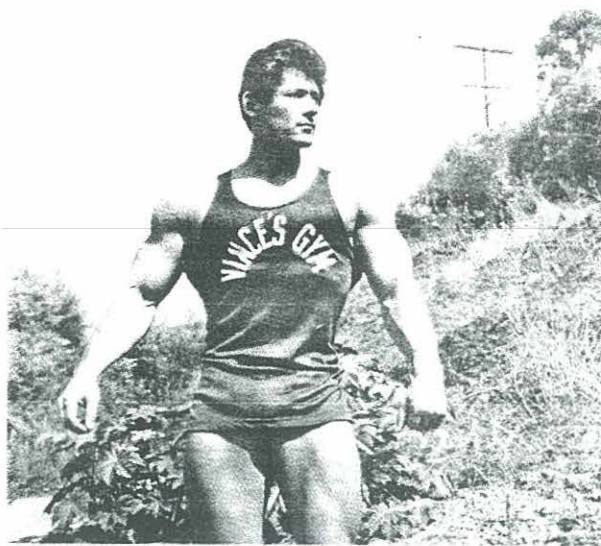
The Ideal Physique

The Greek philosopher Pythagoras first described reality and the physical symmetry of man and nature in terms of arithmetical relationships, which were also used to construct the Greek temples. These concepts were later elabo-



The Iron Guru in 1957 displays his best shape ever.

rated on and explained by Leonardo da Vinci, who depicted a man with his arms outstretched within a circle and a square. He stated that a perfect man is eight heads tall: four heads from the crest of his skull to the apex of the crotch, and four heads from the crotch to the floor. A man's shoulders should be two and a half heads wide, and the hips should be one head wide. The hands and feet should also be one head in width.



Don Howorth. What a natural!

The accepted concept of wide shoulders, small waist and hips, with tapering, straight legs is the ideal for a man's body. An erect and graceful posture is also required, which seems to be a mark of pride and intellect and awareness of the world in which we live. Needless to say, the achievement of this appearance is to design the exercises for each body part to produce size at the insertion and origin of the muscle (instead of just producing a short, bunched-up appearance, which is not a natural look). This book provides all the necessary exercises to give you the appearance of a symmetrical body. Remember that size without shape is grotesque and the overall appearance is positively revolting.

I believe that one of the hallmarks of virile manhood is wide shoulders. How many bodybuilders have them? You could count the number on the fingers of one hand. Yet every bodybuilder has big droopy pecs.

If you are not a natural, what exercises should you do? It is true that Serge Nubret developed one of the best chests of all time primarily from the barbell bench press. However, it is also true that most people will get anterior deltoid and central pectoral development from the bench press, but never get a chest that looks anything like Nubret's.

Sergio Oliva developed large, beautifully shaped thighs from the squat while retaining a



Beautiful Erika Mes poses with Tony Pearson.

small waist and hips. On the other hand, you may find that squats make your hip measurement gain as much as your thighs, and widen your lower back, destroying what taper you have. After observing the effects that certain exercises have on your body, you must work out your routine accordingly.

Remember, I am talking about cosmetic bodybuilding, not training for lifting or sports. How do you know which exercises you need? You will have to study yourself in a full-length mirror, or rely on someone you trust to tell you where you are lacking. Then pick out the appropriate exercises from my recommendations in this book.

Jim Karas.



Don Peters is most concerned with proportion.

Creating an Illusion

I have been criticized for my stand about "creating an illusion." The argument is invariably produced: "I don't want to *look* big. I want to *be* big." Well, there's no argument. I'm still advocating that you get as big as you can. But I'm adding the proviso that you don't build up areas that will detract from your body. Use your barbells and dumbbells to sculpt your body, not just to indiscriminately pile on pounds of flesh. It's the easy way out if you just train without bothering to think about what you are doing. I sometimes think that the word *bodybuilding* is harmful to the progress of our sport. Perhaps we should call it *physical culture* or *body sculpting*.

The first aspect I look at when I see a new pupil is his bone structure. Is he "set up" right? Is the posture good? The hips narrow? The shoulders wide with straight clavicles? Are his knees small, the neck long, the lats high? If everything is correct, his problems are considerably reduced. I was endowed with a well set-up frame. Steve Reeves, Sergio Oliva, Bob Paris, Matt Mendenhall, Frank Zane, Danny Padilla, Lee Haney, Scott Wilson, and Rory Leidelmeyer are others that come to mind.

Of course, there are many bodybuilders who have triumphed in spite of not possessing a perfect frame. These are the individuals who have to use their heads even more than their muscles. And key areas such as the waist and hips must be decreased to the maximum.

Let's bring the tapered physique back!

WOMEN



Charismatic bodybuilder Lydia Cheng performs for the cameras during the filming of *Pumping Iron II—The Women!*

7 TURNING THE SPORT AROUND

There has never been a more exciting time for bodybuilding. Even in California bodybuilding was never the popular pastime that it is now. And who would have thought that women would march so boldly into the sport?

Right now I have a gym full of eager women, passionately involved in pumping iron. They enjoy their training, attack their workouts with zest, and yes, we've all learned a thing or two from them in the process.

Forty years ago only a handful of women bodybuilders pumped iron in the country. I was married to one of them. Peggy Gironda got so darn good at it that she even had her own exercise show on television. When I drove her to the studios to do the show, I would tell her what exercises to demonstrate. But the TV executives thought that weight training for women was all wrong, and the show became geared more to free-hand exercises. How times change!

Everything in this book can be applied to women as well as men. The training is the same. A woman has to work just as hard for a 13-inch arm as a man does for a 19-inch arm.

The differences between men and women are not in the exercises they should do but in the emphasis. The problem areas are often different. Men are inclined to get fat around the waist; women are more apt to put weight on their hips. The training emphasis has to be tailored to individual requirements.

Because women are the child-bearing sex, they have a higher tolerance of pain than males. This makes them better trainers than men! Their style is invariably superior and they don't grum-



Lisa Lyon—an early ambassador of modern women's bodybuilding.

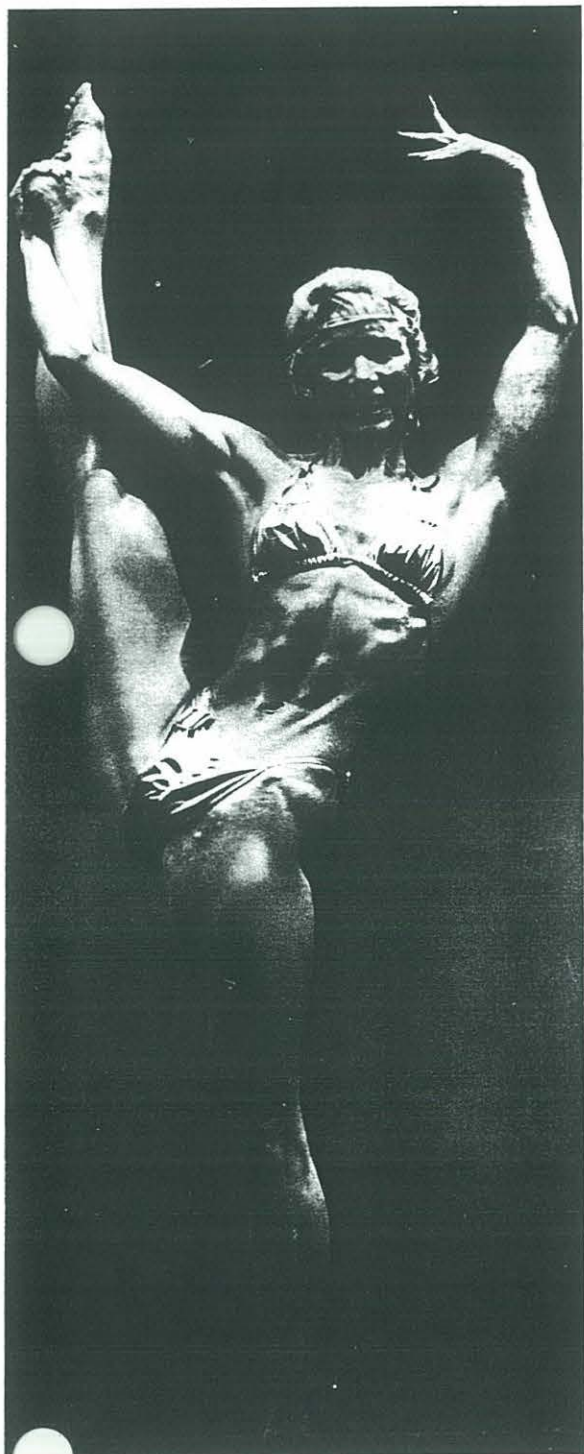
Lisa Elliot, Deborah Diana, and Carla Dunlap.



New York City's superstar bodybuilder Gladys Portugues.

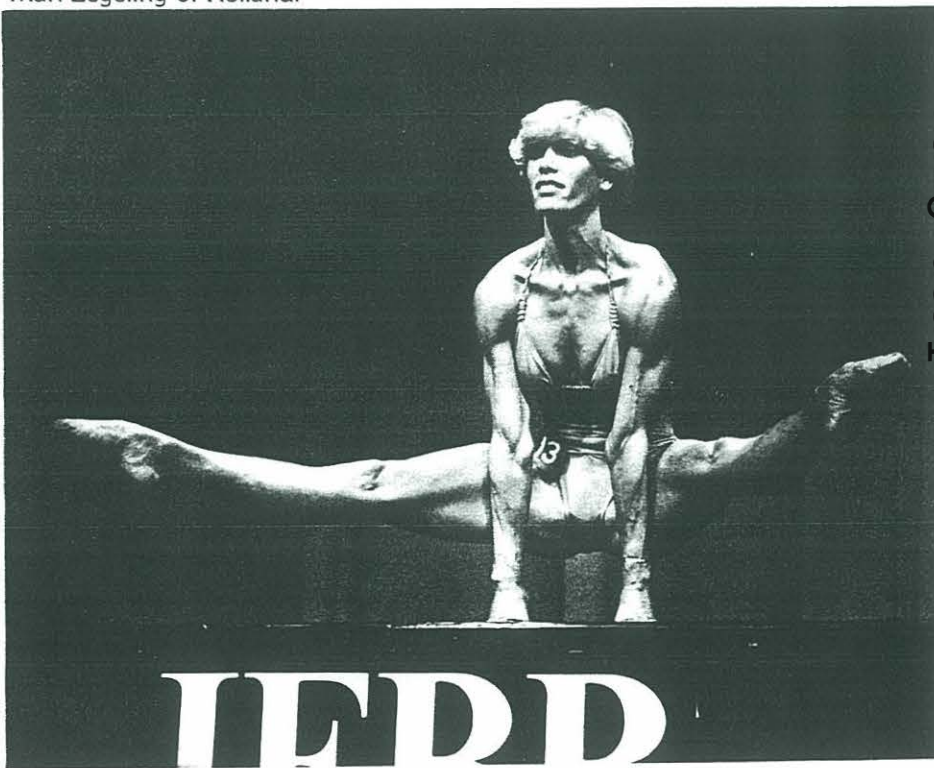


Shelley Gruwell performs
a standing split.

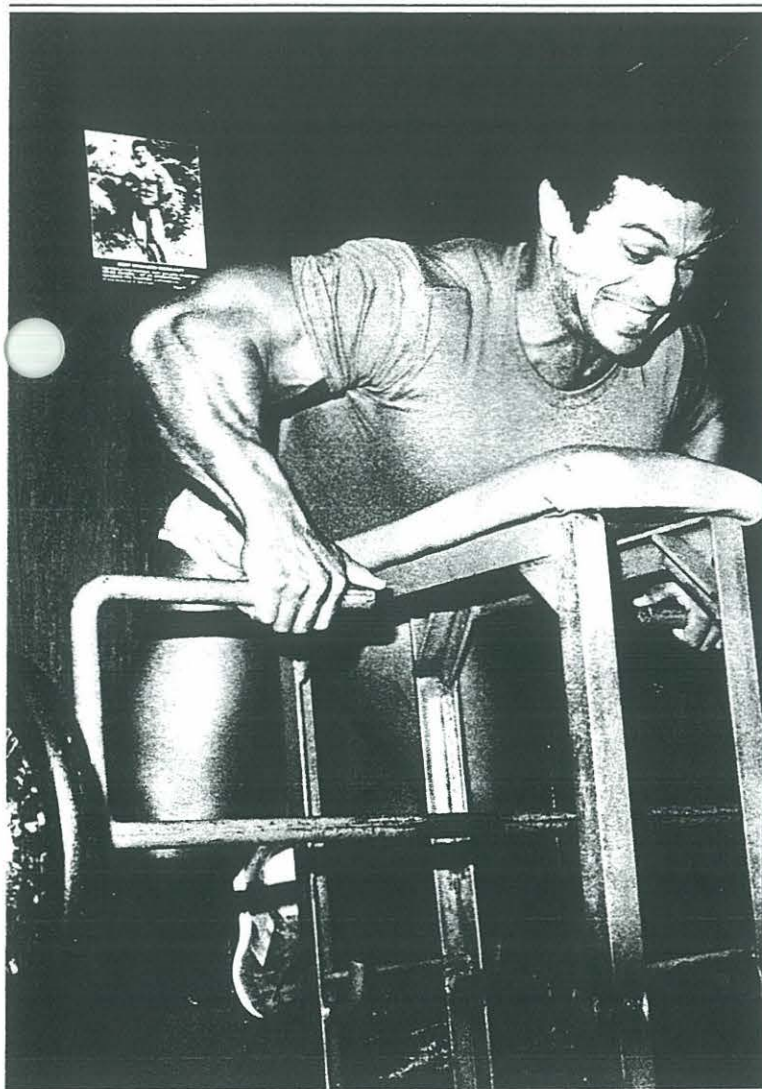


Rachel McLish.

Mari Zegeling of Holland.



KNOWING YOUR MUSCLES



Mohamed Makkawy does the high bench rows using a barbell.

8

THE MYTH OF INSTINCTIVE TRAINING

A dog knows instinctively that rest is required to help heal an injury. You've seen it many times. When a pet has been injured, either in a scrap or through an accident, it seeks a dark, cool place to rest up. The animal will lie low for days if necessary, only moving very infrequently for a small drink of water.

There are those who would have us believe that bodybuilding itself is instinctive. They say that your training should not rely on the scientific data we have at our disposal, but should be based upon our intuitions. To a degree, our appetites and recuperative instincts *are* reliable, but the sport of bodybuilding (i. e., building the shape, proportion, and definition of muscles) is far too new for us to have acquired instinctive responses. I would hazard a guess that the sport is about 10,000 years too young for us to have developed a functionally useful genetic memory!

To my mind, instinctive training is an illogical concept. The only way to work a muscle is to have as much understanding of that muscle as possible. You cannot know too much about the science of bodybuilding and the workings of the human body.

■ Muscle Function

How can you fully develop a muscle if you are unaware of its function? Right now I could walk into gyms all over the country and find people exercising under the mistaken impression that they are working a certain muscle when, in fact, they are exercising a completely different section. (I will deal with the specifics of

my recommended exercises and what areas they hit in later chapters.) Suffice it to say I have seen literally thousands of men and women training incorrectly due to insufficient knowledge of muscle function. Look at the bench pressers who think they are developing their pectorals when a high percentage of the effort is actually done by their front deltoids. What about the so-called squat, which is 90 percent gluteus instead of the thigh? The narrow-grip upright rowing advocates who are building traps instead of shoulders? The curlers who are hitting the anterior deltoid instead of the biceps? And the list goes on.

Samir Bannout—Mr. Olympia.

Anatomy

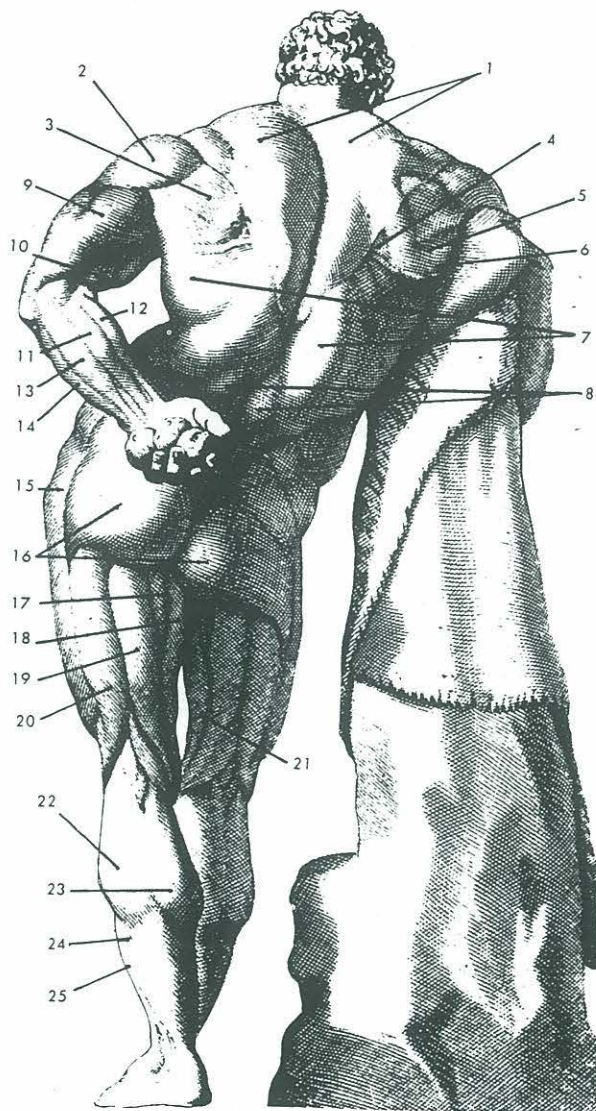
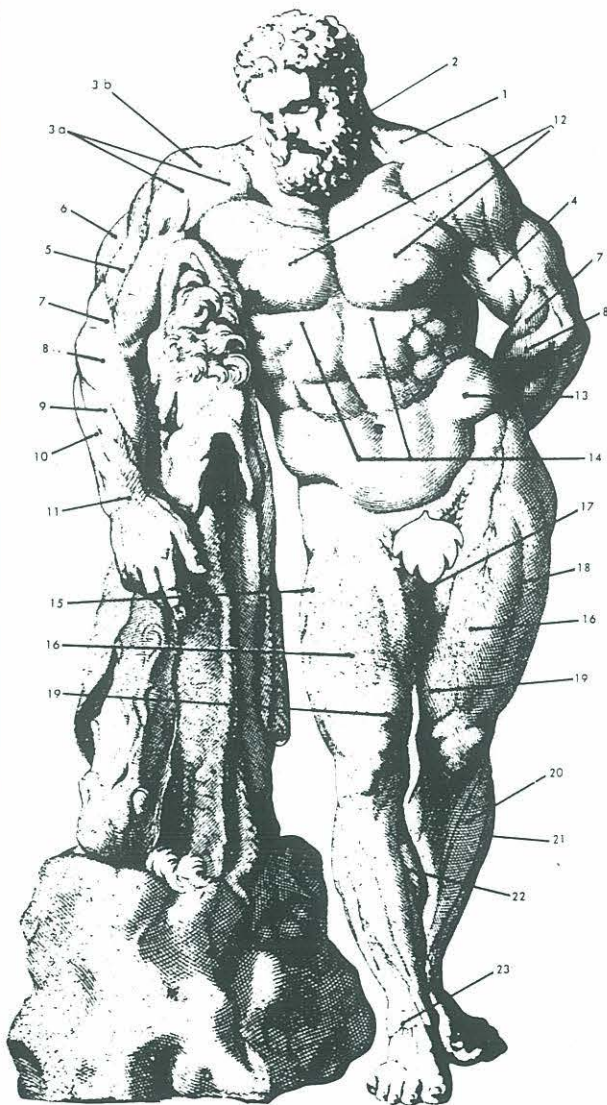
For some reason, visitors to my gym want to impress me. I know they are dying to take off their shirts and show me their muscles. What do these people want from me? Praise? That is one thing that doesn't pour easily from my lips, but when it does I know no bounds. I will enthusiastically sing the praises of those who deserve it.

Try as I may, I cannot say it with less pretension: The average bodybuilder is on a different wavelength than me. Anatomically, he is virtually illiterate. Sure, he knows what "pecs," "lats," "bi's," "quads," and "tri's" are, but what of



HERCULES MUSCLE CHART

A CONCISE CHART OF VOLUNTARY MUSCLES AND THEIR FUNCTION

[illegible]



Tony Pearson is striated from head to toe.

the other important muscles, such as the brachialis, the rhomboideus, the soleus, the tibialis anticus, and the teres major?

Yes, a bodybuilding enthusiast may want to take his shirt off and impress me with his big biceps, massive pecs, and wide back, but when I ask why he didn't take time out to build his teres major or his sternocleido-mastoid he looks at me with confused ignorance. I might as well be talking double Dutch.

Years ago I was the only competitive bodybuilder around who could not only name upper-thigh muscles, such as the tensor fascia and the adductor longus, but could actually point them out clearly—on my own body. This was considered almost freakish way back then. Today no bodybuilder, male or female, could win a top contest without displaying these muscles clearly. Fundamental anatomy is a must for any would-be bodybuilding champion.

Weight Selection

Instinctively, especially with kids, there is an almost uncontrollable urge to go all out for a maximum lift. You only have to be present when a bunch of teenagers first see a barbell set in order to prove this theory. They soon are loading it up to maximum to try out their strength.

You may act in the same way. Your ego may absolutely dictate that you "max out" on every set, regardless of other factors. This approach is incorrect. The prime requisite is that the exercise be done correctly to achieve the projected effect.

The first point to understand is that weight training for physique building is never a matter of merely lifting a weight from point A to point B. The idea is to use that weight to stimulate muscle growth in a previously identified area. And you do this by taking the weight through a specific pathway, which I might add is seldom via the instinctive or easiest route. This is all the more reason why you should select a weight that will allow correct exercise performance.

When I show my pupils a new exercise, I never allow them to use anywhere near maximum weight. This is one of the most common and counterproductive pitfalls in bodybuilding. All new exercises should be done with medium-light weights for the first two workouts. This will

minimize tissue damage and prevent excessive soreness the following day. Later, of course, it is your avowed duty to damage that muscle tissue to the maximum. Regular breaking down of muscle cells is the name of this game.

However, even in the advanced stages of bodybuilding, you must guard against letting your ego select the weight used for a particular exercise. This is a very real problem for 95 percent of all serious bodybuilders. They cannot bear to use less weight in an exercise when they know they are capable of lifting more.

Those who keep their egos under control are rewarded with a better-looking physique. Witness Serge Nubret, a man who can bench press 500 pounds, but who chooses to lower the bar to his neck with his elbows wide apart, using only 250 pounds. Arnold Schwarzenegger, a man able to deadlift over 600 pounds, exercises with only a third of that poundage.

Workout Tempo

The unsuccessful bodybuilder often thinks nothing of resting for up to ten minutes between sets, talking to friends or reading the newspaper. If you do this, you might as well quit in the middle of your workout and go home, because without proper tempo you lose not only your pump, but your energy level. On the other hand, the champion has a very businesslike view of his training tempo. There is order and control in everything he does. Not only is there a smooth and regular cadence to his repetitions, but the rest periods between sets are very regimented. You cannot make any real progress taking irregular rests between your sets.

When you train with tempo, as virtually every champion does, you know exactly how long to rest between each set. You know when to pick up the next weight to do the next set—and your muscles thrive on the discipline. There is an electrical energy that is generated when your muscles are working hard. Don't disrupt it by taking long or irregular rests. They may be as little as ten seconds or as long as three minutes.

Proper workout tempo results from a positive attitude and a complete singleness of purpose. Without tempo, no amount of sets and reps will give you the satisfaction of a job well



Superripped Tom Platz.

done. Certainly, you will not seriously challenge your potential to its limit training in an undisciplined manner.

Always push your tempo from one week to the next. Don't succumb to laziness or boredom. Maintain concentration, not only during a set of a particular exercise but also during the metered rest period. Keep fired up and zeroed in for maximum results.

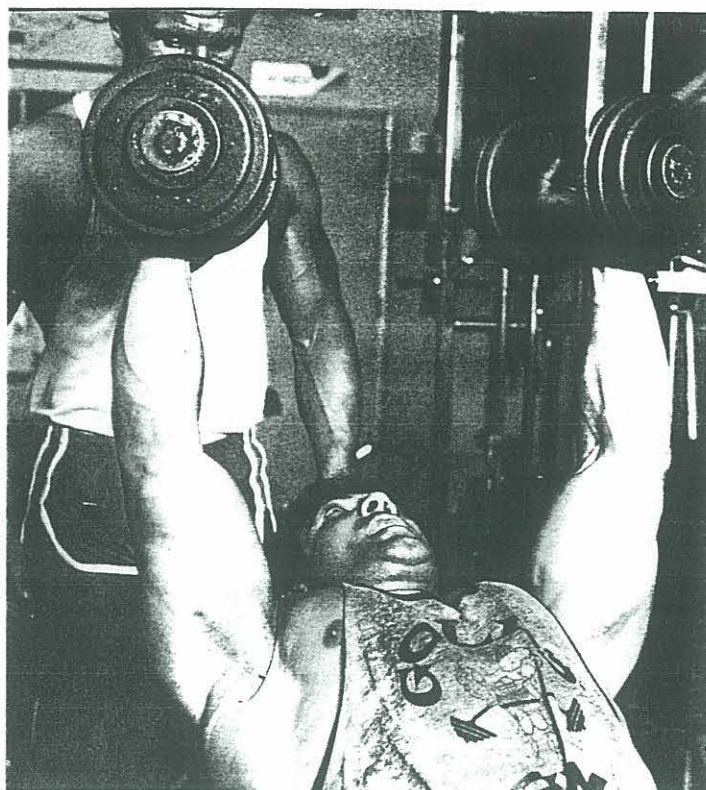
Oxygen Loading

How you breathe during an exercise is important. There's no golden rule, though. For the most part, a bodybuilder should breathe in prior to the start of a rep and breathe out just as the

Andreas Cahling of California.



48

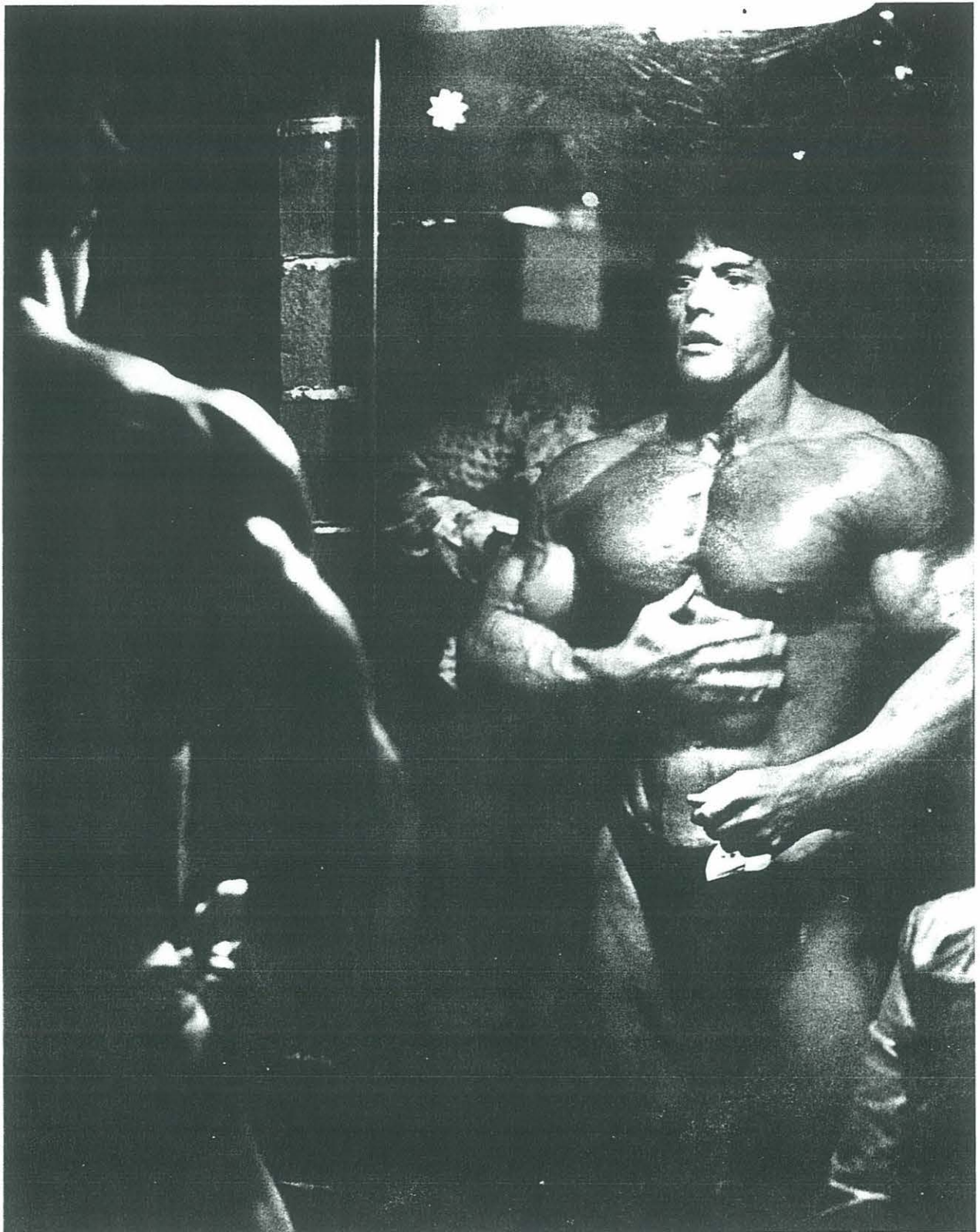


Incline bench work performed by Reid Schindle.

hardest part is reached. Never try to breathe in and out through the nose when training vigorously. The nasal passages are just not set up for huge rushes of air intake. Inhale through pursed lips and exhale with a blast as the rep is concluded. There are some exercises where it is best to breathe only every two or three reps, and others that lend themselves to double breathing.

If you are training with a good tempo, don't just allow your body to recover by sitting down and panting. Load up with oxygen. Hyperventilate. Place your hands on your thighs (knees bent) and lift your chest high as you slowly take each breath through pursed lips. After taking five or ten breaths in this manner, you should be ready to begin your next set. I call this "oxygen loading."

Your muscles definitely benefit from this oxygen-loading principle. By pouring oxygen into the blood (through the lungs), you are paying back the debt created by the last set of exercises. This produces a terrific muscle pump. It also aids in maintaining exercise rhythm, which is important for maximum workout efficiency.



Bob Birdsong trains with dedication at Vince's Gym.

This gorging the muscles with oxygen is a definite secret of the champs. It prevents them from running out of gas in the middle of a workout. Arnold Schwarzenegger used to keep an oxygen tank in the gym where he worked out. When his sets of tedious leg work put him into an oxygen debt, he would go over to his oxygen reserve and inhale a few deep breaths. Pretty soon he would be raring to resume exercising his legs again—with added gusto.

It is my opinion that oxygen loading is required prior to a set that includes a few forced reps (in which a training partner assists you with a lift that you are unable to complete on your own). This often allows a trainer to hold his breath during the set; otherwise he might have to gulp air, interfering with the exercise performance. Any peak contraction move, in which the end part of a particular repetition is also the hardest to do, should be preceded by oxygen loading. You must keep your blood and muscle tissues supplied with air.

Finally, on the subject of breathing, I have noticed that most men and women inhale deeply before doing a sit-up or leg raise. I am very much

Multi-Mr. Universe Boyer Coe.



50



Vince explains the correct technique for breathing during exercise.

against this practice. There must be little air in the lungs as you exhale completely and contract the abdominal muscles.

Exercise Selection

As a bodybuilder, whose job it is to *shape* your body as well as build it, you should become aware of exactly which part of a muscle a particular exercise "hits." You can't always bring about muscle growth simply by working a certain area. For example, many bodybuilders desire more upper-pec (high chest) development. Accordingly, they do presses on an incline bench, lowering the bar to the very top of the chest to work the uppermost muscles. And work them it does, as is evidenced by the degree of upper-pec soreness the next day. However, growth may still be *more* pronounced in the lower- and middle-pectoral area (which may have only received 10 percent of the stimulation), because that area is more conducive to growth. It has more fibres.

In spite of this somewhat confusing disclosure about the nature of muscle development, you must always plug along and work the weakest areas, and even neglect some of the more obvious muscles if need be. Your ultimate goal, of course, is perfect proportion.

One hundred percent instinctive training will keep you in ignorance and dig you into the deepest sticking point you've ever encountered. Remember, the more you know about what you are doing, the better your chance for success.

STARTING RIGHT

THE BEGINNER



Barry Hosteter—actor, writer,
and former instructor at Vince's Gym.

Many people feel that if I have any information at all to impart, it is solely for the advanced bodybuilder. Sure, I like to share my knowledge with them, but to categorize me as a trainer who can *only* advise the competitive bodybuilder is very shortsighted. Modesty is not one of my strong points. It should not come as a surprise if I suggest that I may indeed know about *all* aspects of bodybuilding, not just the advanced, competitive variety.

I still find myself confronted with advising beginners more than I do any other single category of weight trainer. Does it surprise you that my advice to the novice differs extensively from the advice generally imparted by gym owners and other so-called authorities of iron? It shouldn't. By now you should realize that my ways are different.

Most authorities would recommend that a beginner train the whole body three times a week (Mondays, Wednesdays, and Fridays), using a system of 3 × 10 sets and reps, working with 8–10 exercises.

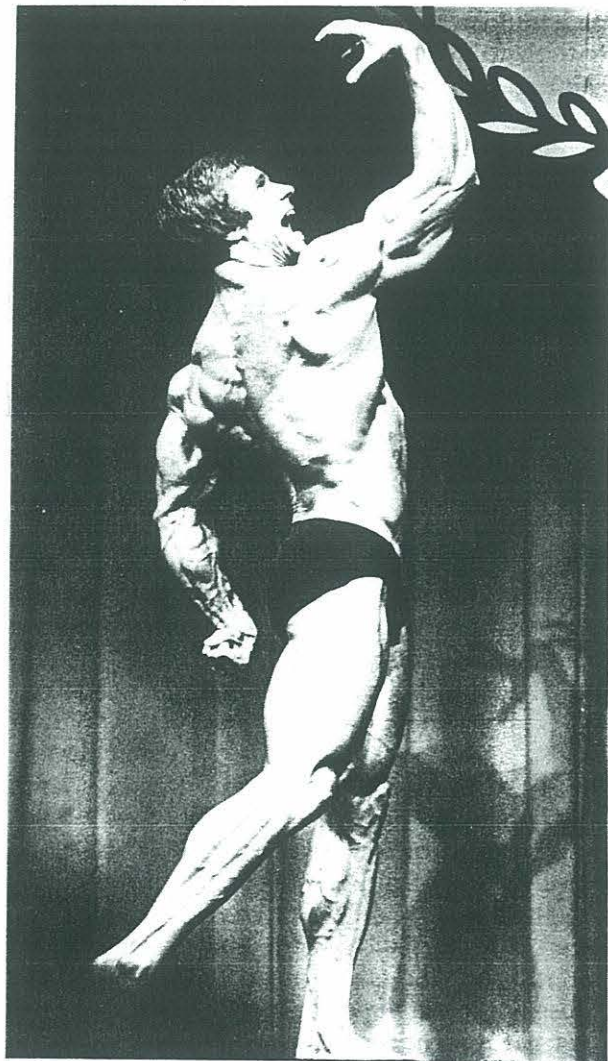
I believe that a beginner does not need a day of rest between his exercise sessions. He is usually so ambitious and keen to progress that he *prefers* to train daily (resting on Sundays, even so). I advise a beginner to train six days a week using one set of each exercise only. The second week I allow him two sets of each exercise, and the third week he gets three sets per exercise. Thereafter he stays with three sets for six months, but the exercises *do* change. Why? Because only a small percentage of enthusiasts can keep to the same routine week after week, month

after month, without them getting totally bored.

Curiously, I have noticed that some superfit individuals, often beginners to bodybuilding, actually adapt to an exercise within *three* workouts. This, of course, means that some exercises in a routine should be changed frequently.

This does not happen with everyone, not even all beginners. Some trainers, because they have a high level of dedication and enthusiasm, can stick with a routine for a year or more and still have no reason to change. They continue to love the exercise they are doing; they drum up a pump, repeatedly get stronger, and the growth pattern is maintained. Presto! If it works, why change?

USA physique champion Dale Ruplinger in a dramatic pose.



This superphysique belongs to Californian Steve Davis.

Overload Training

Bodybuilders work out with barbells and dumbbells in a progressive program according to the rules of *overload training*. Start with light weights. As you progress you will grow stronger, enabling you to add weight to the bar. This additional weight—overloading—makes new demands on the body, which reacts by overcompensating. You get stronger.

Actually, strength does not always result in bigger muscles, at least not right away. Some people can get tendon strength, with little or no additional muscle size. Muscle size increases only when you combine overload training with additional food intake. The correct type and quantity of foods are essential for gaining muscle size and strength.

Overload training is the fastest method of building and reshaping your physique. Each body part can be worked individually with nu-

merous effective exercises, permitting your development with tailor-made movements and resistance. There is no single activity or sport that builds strength and muscle size as fast as bodybuilding with weights. In fact, those who compete in any other sports invariably use a program of weight training to improve their all-round ability.

Remember, you can add as much weight to the bar as you feel is within your capability. However, once you have ascertained what resistance you need for each exercise, I suggest you only increase the weight in small amounts on a fairly regular basis. Many people try to increase the weight by about five pounds every week or two, but this is only relative. Beginners in my gym are encouraged to add weight every three workouts.

A big, robust man may be able to add 30 pounds a week to his barbell in some movements, while a more slightly built woman may find it a Herculean task to add five pounds a month. Obviously, the exact amount you add to the bar varies not only between the sexes but between the exercises. You will be able to add more weight when you bench press and less for single-arm curls.

Clothing

The question of what to wear during your workout need only have one requirement: comfort. Accordingly, whether you choose to train in a sweat suit or shorts and tank top, make sure that you wear loose clothing. It is advisable to dress warmly in colder temperatures, ever mindful, of course, that when the body is overheated it is never a good idea to cool down too quickly. Avoid windy areas when your workout is finished. Towel off the sweat, shower, and put on some clothing. Never go out of your training area into the cold winter air without wearing very warm clothing.

It is wise to get into the habit of wearing a weight belt. Once you start lifting respectable poundages, you need to support your back. There is also benefit to the waistline. On certain movements, the midsection area may be pushed outward. A belt holds your stomach in, and that's good. Lifting belts, usually made of thick

leather hide, can be bought from most sporting goods stores.

The Beginner's Workout

For beginners, it doesn't really matter what time of day you train (although I favor early morning) but it is a good idea to try and train at the *same* time each day. This enables your body's internal clock to set itself. After a few workouts taken at a regular time, you will find your body is "ready to go" each session at the allotted time. If you are involved in shift work subject to variations in night and day schedules, you will have to make a choice between your job and your health and success as a bodybuilder. Shift work is stressful to the body, debilitating to the mind, and *not* recommended. Tell your boss that Mr. Gironda said no more shift work. And if he doesn't see it your way . . . quit!

Beginners who come to my gym are put on the most effective routine that I have managed to devise. Here, in order of performance, are the exercises.

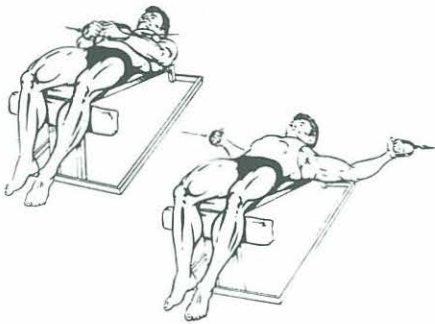
Harold Dickerson of England.



1. Decline Pulley Hug *Pectorals (12 reps)*

All beginners are advised to start with this exercise. It is the only way for a weak person (male or female) to hit the lower-pec line, which will then quickly make itself apparent and improve overall chest appearance.

Lie on a decline bench and grab two low pulley handles (attached to the floor). From a starting position with arms out to your sides, bring them forward until your knuckles touch

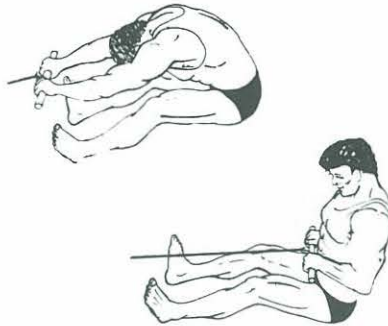


a few inches above your groin (do not touch thumbs). Throughout the movement, keep your arms slightly bent and elbows back. Return arms to starting position and repeat. Remember that this exercise resembles a hugging motion.

2. Short Pulley Row *Upper Lats and Teres Major (12 reps)*

This exercise definitely broadens the upper back and shoulder area; it is a super upper-lat builder. I am not an advocate of building lower lats that run right down to the waistline. Overdeveloped lower lats ruin a bodybuilder's taper and detract from the overall V-shape of the back.

Start this short, 16-inch (40-cm) pulley row by sitting on the floor, with legs (bent at knees) stretched out in front of you against foot rests (or 2-in. × 4-in. wood block).

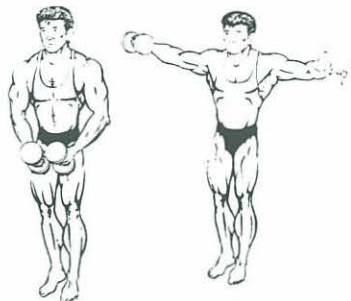


Lean forward with your head down between shoulders. Pull the pulley towards your torso until the bar is just under the pec line. Keep your elbows up. As the pulley handle nears the chest, arch the back and lift the chest high. Return the bar to the starting position and repeat.

3. Lateral Raise *Lateral Deltoid (10 reps)*

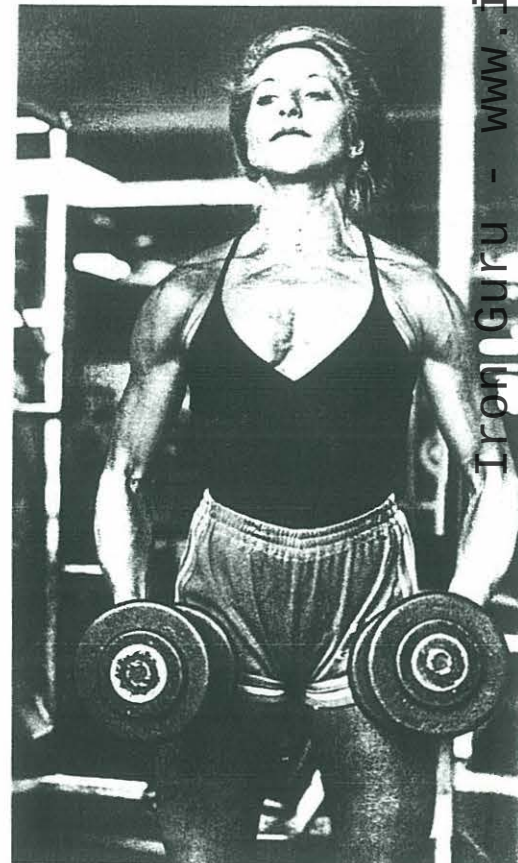
There are a thousand wrong ways to perform this exercise. Here's the correct way—if you want wide shoulders, that is!

Stand with feet comfortably apart, rounded back,



knees and elbows bent. The dumbbells must "start" in front of your body, not from the side of your thighs. Raise upwards in front of the body but to the side. (The arms should be at the ten minutes past ten o'clock position. But unlike the hands of a clock, *your* arms should be bent.) Raise no higher than the height of your ears. (After this point, the traps take over.) An important point to remember is that the back of the dumbbell is kept higher than the front. This will ensure that the lateral (side) head of the deltoid—the part that gives you impressive width—is kept engaged throughout the movement. Lower and repeat.

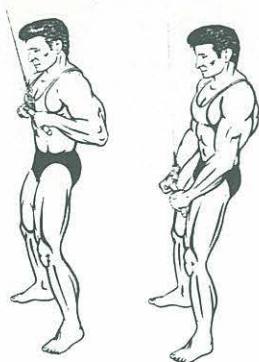
Kay Baxter does a lateral raise.



4. Triceps Pushdown *Triceps (10 reps)*

I often refer to this exercise as the *power push*.

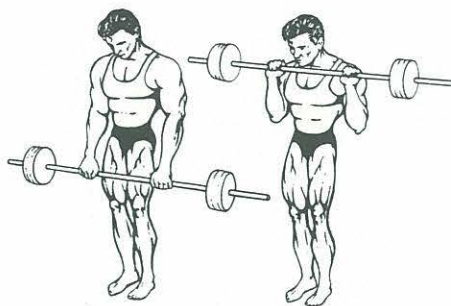
Grip a straight lat-pulley bar with hands placed 12 inches (30 cm) apart. Bend the knees to assist with your body. Keeping your elbows wide (not tight against the side of your waist), press the bar downwards. Return to starting position and repeat.



Remember to start from under the pec line—not higher—and you will build size in both the middle of the triceps and in the lower-arm regions, because the elbows are held high and wide as you power down against the resistance. (Actually, in my gym, there is a convenient post opposite the lat pulley, affording the exercisers the added advantage of being able to lean against this support for balance.)

5. Barbell Body Drag Curl *Biceps (10 reps)*

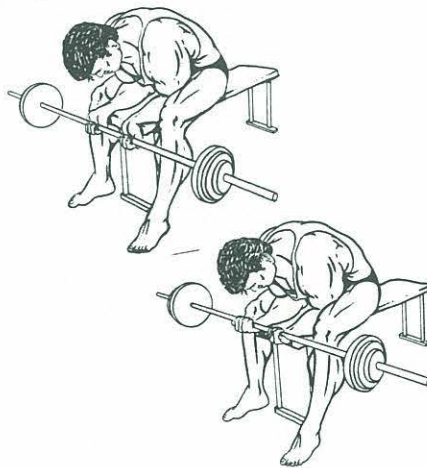
Take a shoulder-width grip on a barbell and, starting with the bar resting against the upper legs, raise it from thighs to throat, keeping the bar in contact with the body at all times. Keep your elbows back. This



will perpetuate the involvement of the biceps and take the pressure off the front deltoids. Lower the bar and repeat.

6. Seated Wrist Curl *Forearms (12 reps)*

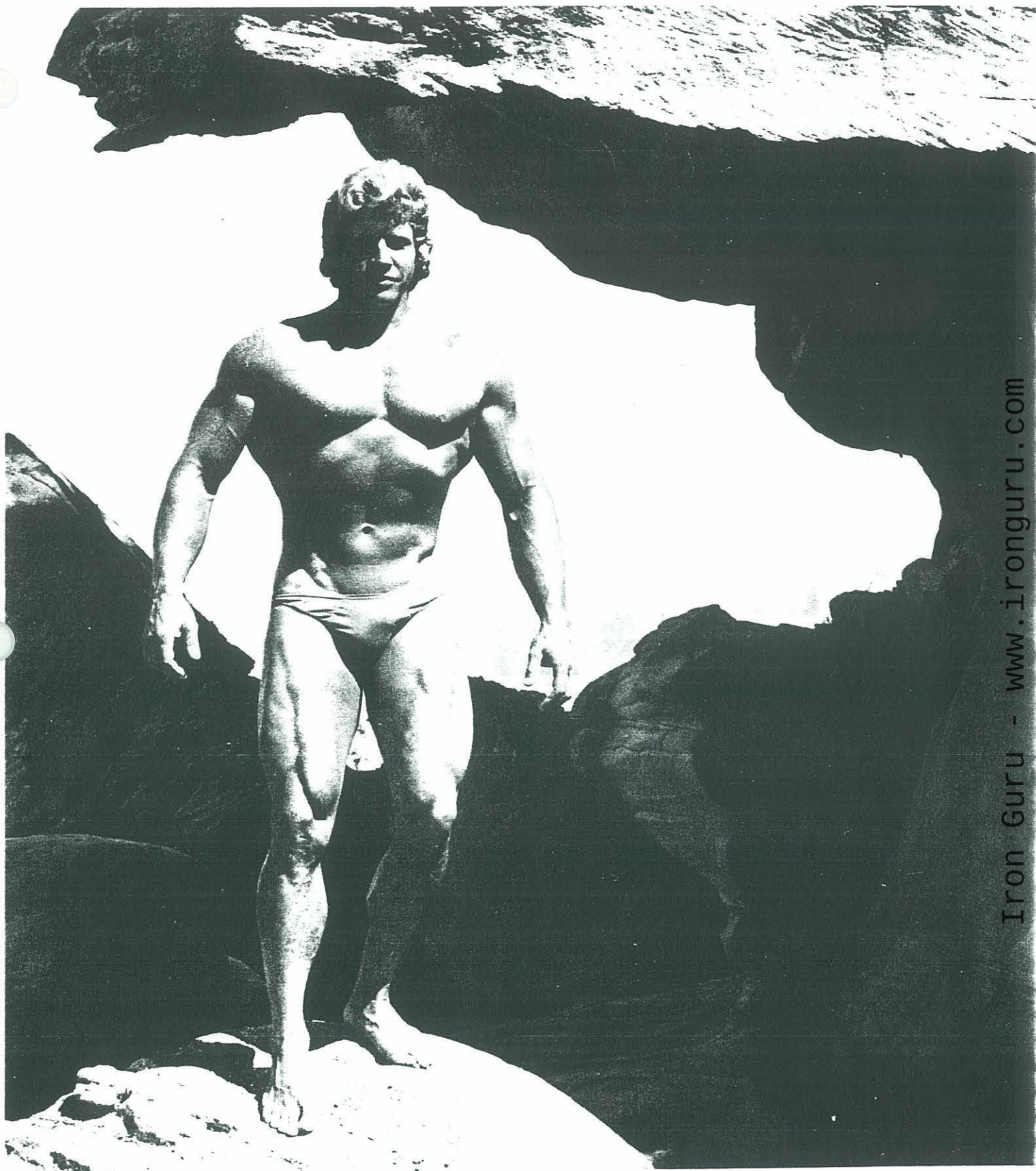
Place your forearms along a flat bench, pressed between your thighs. Your hands should be free at the end of the bench. Holding the bar with palms facing upwards and 10 inches (25 cm) apart, raise and lower the hands as high and low as possible. Do not follow the



common practice of rolling the bar down the fingers between reps. This works the wrist, not the forearms. If you want to work the lower forearms, place a 6–8-inch (15–20-cm) block underneath the back of the bench to raise the angle.



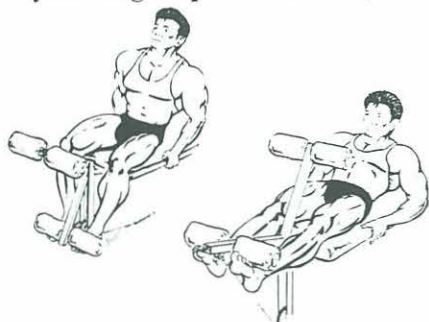
Rick Wayne achieved his all-time best condition while at Vince's Gym.



Ted Matush of Australia.

7. Leg Extension Thighs (12 reps)

Sit on a leg-extension machine with your body angled rearwards. (Your hands should be about 16 inches (40 cm) back from your hips.) As you raise your legs upwards, use your



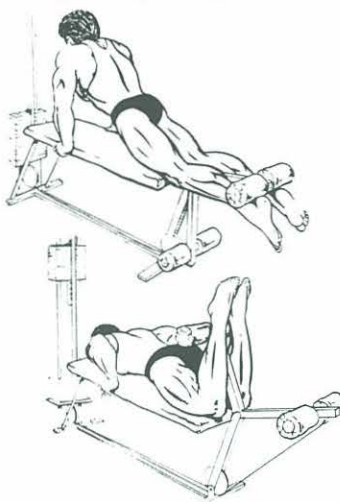
body as a *power thrust* (fulcrum) by leaning rearwards. Lower and repeat. This is a fine exercise for those who may have minor knee problems because, unlike the squat, the pressure is off the lower knees.

Mohamed Makkawy.



8. Leg Curl Thigh Biceps (12 reps)

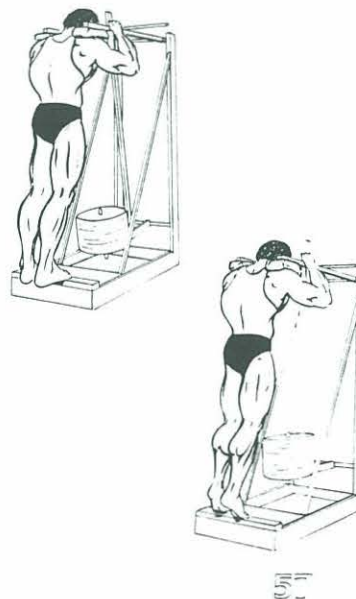
Lie on your front, hands holding the edge of the machine, as though you were going to do a push-up. As you curl the pad with your legs, drop down to the table (machine) top, allowing the momentum to conclude the movement properly (i.e., squeezing the pad against the



back of your thighs). If you perform this exercise in the traditional way (lying flat), you will notice that your butt raises off the apparatus. Most people are very weak in the thigh biceps and the body will follow the path of least resistance, depriving those muscles of important action.

9. Calf Heel Raise Calf (20 reps)

Stand on the balls of the feet about 4 inches (10 cm) on a block at least 6 inches (15 cm) high. Keep your knees slightly bent. (Because the calves need a full, up-down stretch, you need a block to extend the range of movement.) Keep the feet parallel as you raise up and down. The suggested repetition for calf work is higher because the lower leg is a high-rep muscle. Lower reps stimulate calf growth in only the genetic naturals (who would also develop outstanding lower legs from climbing out of bed in the morning).





Steve Davis.

10. Bent-knee Leg Raise Lower Abdominals (20 reps plus)

Lie flat on a table or on the floor. Place your palms flat down next to the hips. Raise your bent knees towards your chest and lift your head for-

ward at the same time. Your hips should raise off the floor during the movement. Exhale as you compress your body; inhale as you return to extended position. If you breathe in as



you compress your body, you could stretch the ab muscles and develop a drum belly.

11. Table Crunch Upper and Middle Abdominals (10 reps plus)

Hook heels over the end of a bench or table. Place your hands behind your head. Roll forward, exhaling as you do. Do



not take the small of the back off the surface. As you roll up, tuck your pelvis forward in the contracted position. Inhale as you return to starting position.

12. Double-up Complete Frontal Midsection (10 reps plus)

This exercise is a combination of the two previous movements. Lie on your back, hands behind the head, legs extended, toes pointed. While exhaling and raising your upper body one-third of the way upwards, lift your legs with knees bent. You will find yourself balancing on about 10 inches (25 cm) of the lower back. Do not try to balance on 3 inches (8 cm) of your bottom as some may suggest. This is a gymnastic movement, not a scientific ab builder. Inhale and return to starting position.



Note: A thin, extremely underweight bodybuilder should *not* perform exercises 10, 11, or 12. Concentrated abdominal work will serve to shock the system and prevent normal muscle gains. These exercises should be performed only by overweight individuals. It is advised that the repetitions be increased by at least ten counts per workout, since the muscle must be overworked to reduce size. Unfortunately, this is the only reducing exercise plan I can offer. Of course, a restricted diet plays an important part for overweight bodybuilders, too. (More on that later.)

THE INTENSITY FACTOR

HOW MUCH EFFORT?

10



Note the concentration displayed by Ulf Bengtsson of Sweden.

I have used countless combinations of intensity in my workouts, and observed tens of thousands of bodybuilders at all stages of development.

My conclusion is that there is a very specific relationship regarding how much intensity (effort) you must put into training to maintain muscle growth. And this degree of intensity varies. Beginners and older (mature) bodybuilders will *not* grow from using an all-out effort. It puts the body into shock and there is a corresponding negative feedback. The muscles rebel and nothing happens—except if this 100 percent effort is continued, size would be lost because of overtraining.

The only person who can use all-out intensity (and, of course, the number of sets would have to be reduced drastically) is the superfit, *genetic superior* on steroids. These artificial chemicals (and you know I am totally against them) have side effects running from heart disease in later life to liver cancer. Although they do aid workout recuperation in the short run, they'll kill you in the long run.

So how should most people train, those not on steroids who are neither beginners nor in their fifties? This is a very difficult question to answer categorically, because your workout intensity must vary according to your personal level of fitness and tolerance to strenuous exercise.

Once you are past the beginner's stage, anything less than 85 percent intensity is a waste of time. So every workout should involve effort over this percentage. How much more will depend on workout frequency, because a hard-worked



Pete Caputo—a Vince's Gym protégé who knows the meaning of intensity.

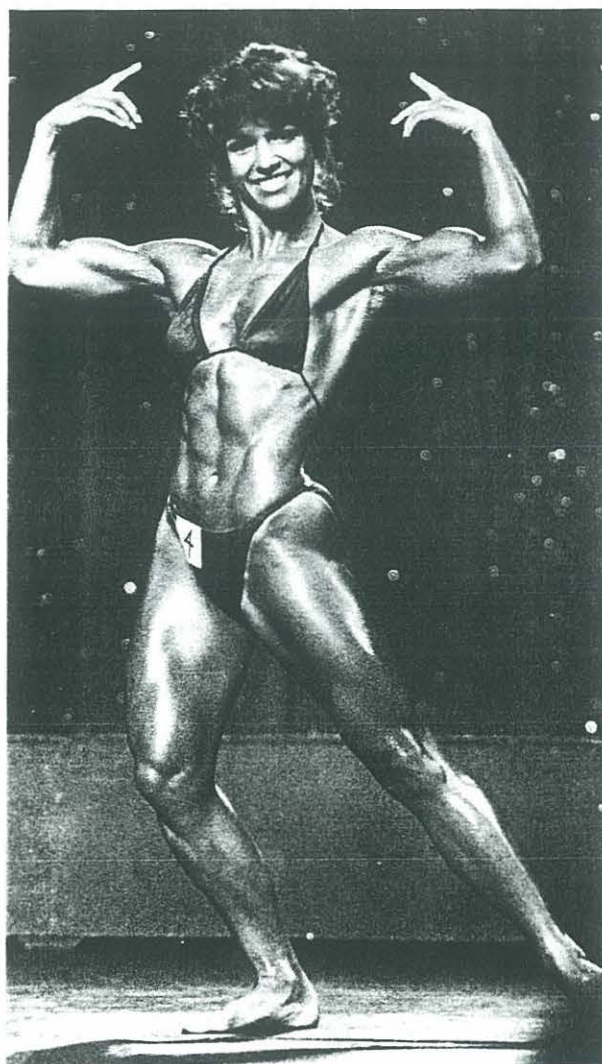
muscle takes at least 72 hours to fully recuperate.

There are other variables to consider. You may find that certain exercises require near maximum intensity. For example, some people can really sock it to their chest with incline presses and *not* overwork the muscle. (I suspect this is because the whole body is pretty well relaxed during the exercise and only the arms and chest are being worked.) In contrast, maximum-intensity high-rep squats might not only cause overwork in the long haul; because just about every large muscle in the body is brought into play, they could make you throw up minutes after completing an all-out effort.

Remember that developing muscle is a two-

way situation: (1) building muscle fibres by increasing resistance to overcompensate for future stress and (2) developing more capillaries and nerve pathways to feed the new growth.

Your workouts must encompass training habits that maximize stimulation to encourage growth on *both* fronts. Actually, after a preliminary warm-up set, you can stimulate regular muscle-fibre growth with one or two good sets, as Mr. Universe Mike Mentzer has frequently explained. But capillary growth only results from performing *multiple* sets, usually incorporating the use of fairly high reps. This explains why most champions devote the greater part of their training to high-rep sets at an intensity level

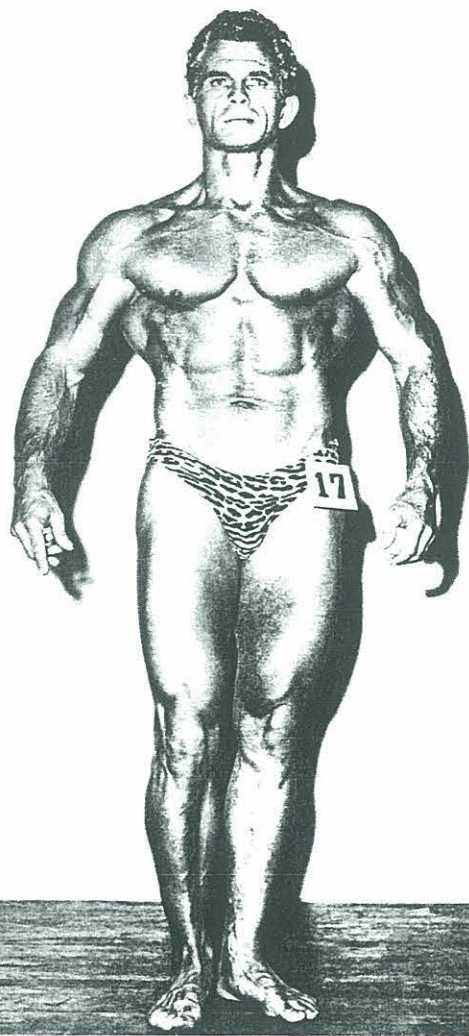


Gail Schroeder.

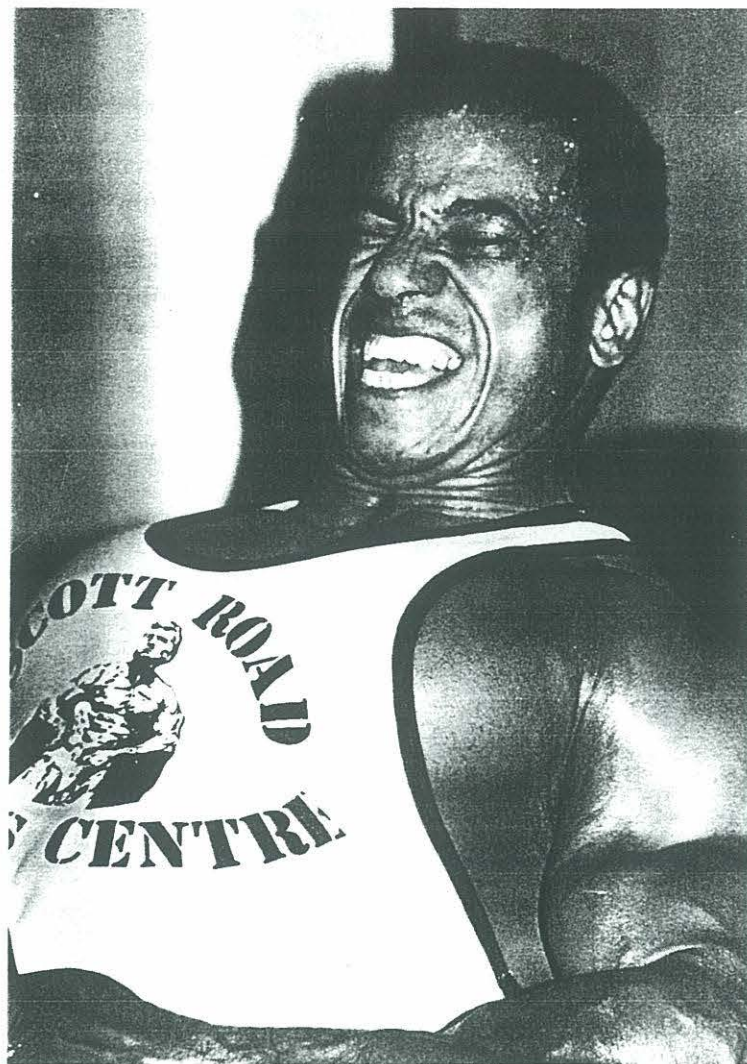
of 85–90 percent. When they feel the need for higher-intensity training, sometimes even involving negative and forced reps, they will do it.

Quite often a superheavy workout is followed by a two-day rest period. Years ago the York gang, headed by the incomparable John Grimek, would train with only moderate weights during their weekday workouts, reserving Saturday mornings as their *heavy* day. This allowed them the entire weekend, right up to Monday night, for full recuperation.

Bill Pearl and Reg Park “mixed up” their training to afford maximum results. They would perform each exercise using both heavy and light weights. For example, they would perform 3–4



Vince shows perfect physical proportions at the age of 46.



Mr. Olympia Chris Dickerson shows what intensity is all about.

sets with a heavy weight and low reps, and then finish off with 2–3 sets of higher reps with a lighter weight.

I remember studying Reg Park’s physique when he was power training. He was doing 5 sets of 5 reps. His physique looked thick. Obviously, he had maximized his muscle-fibre size. Park then went to South Africa and followed a system of 10-rep exercises. The appearance of his muscle changed because the capillary count looked higher, but the thickness appeared to suffer fractionally. A few years later, Park mixed up his training and his physique reached its ultimate potential. He had both cross-sectional thickness and muscle height. He looked superb!

8 Sets of 8 Reps

That's right! I come back to this high-intensity "honest workout" more often than any other for maximizing muscle-fibre growth in the quickest possible time for the advanced bodybuilder.

Working within the 8×8 guidelines is not sufficient to guarantee gains. You must exhaust each muscle with the right tempo and weight

resistance. I recommend that you reduce the rest time between sets to 15–20 seconds, ultimately not even letting go of the bar between sets. But be careful not to overpump or overtrain. The secret is to train hard for no more than 45 minutes.

I would far rather train an advanced bodybuilder two or even three times a day, allowing a 72-hour rest period for the muscles afterwards, than to train only once a day with insufficient recuperation time.

The famous back of Sergio Oliva.





Vince instructs John Tristram in his rope pull exercise—a refinement of the movement devised by veteran Jack Delinger.

The 8 × 8 workout can be extremely tough, not only on the muscles but also on the cardiovascular system, especially when minimum rest is taken between sets. The secret of short-term recuperation is oxygen loading. Try breathing twice per repetition. This will force oxygen into the bloodstream, and certainly help the pump. After a set, concentrate on hyperventilating (5–10 slow breaths through pursed lips) to pay back the oxygen debt you will incur from the intense sets of 8 reps.

Breaking the Rules

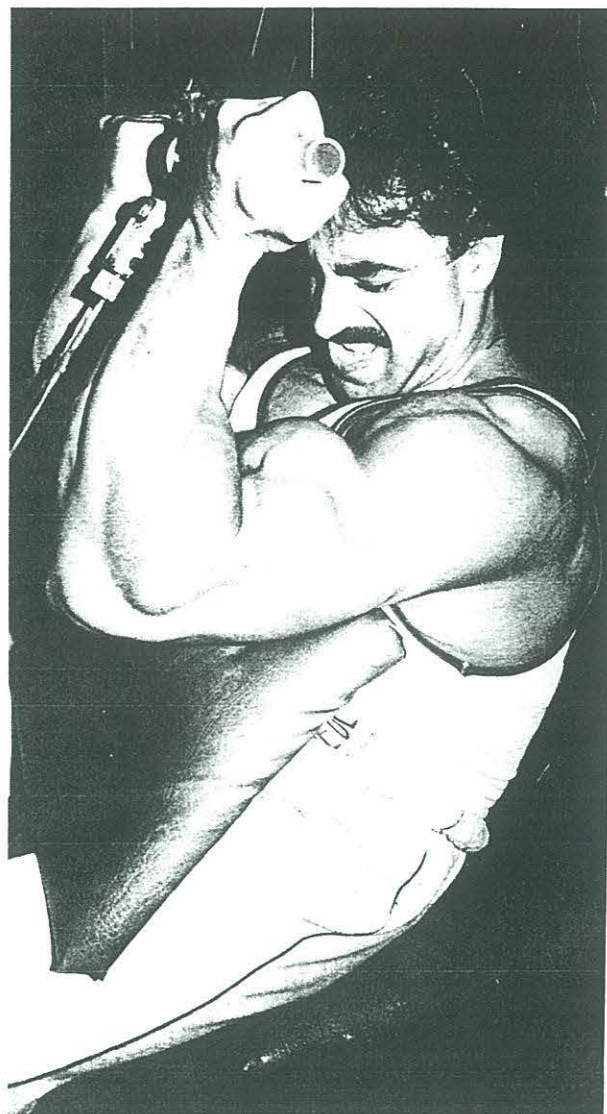
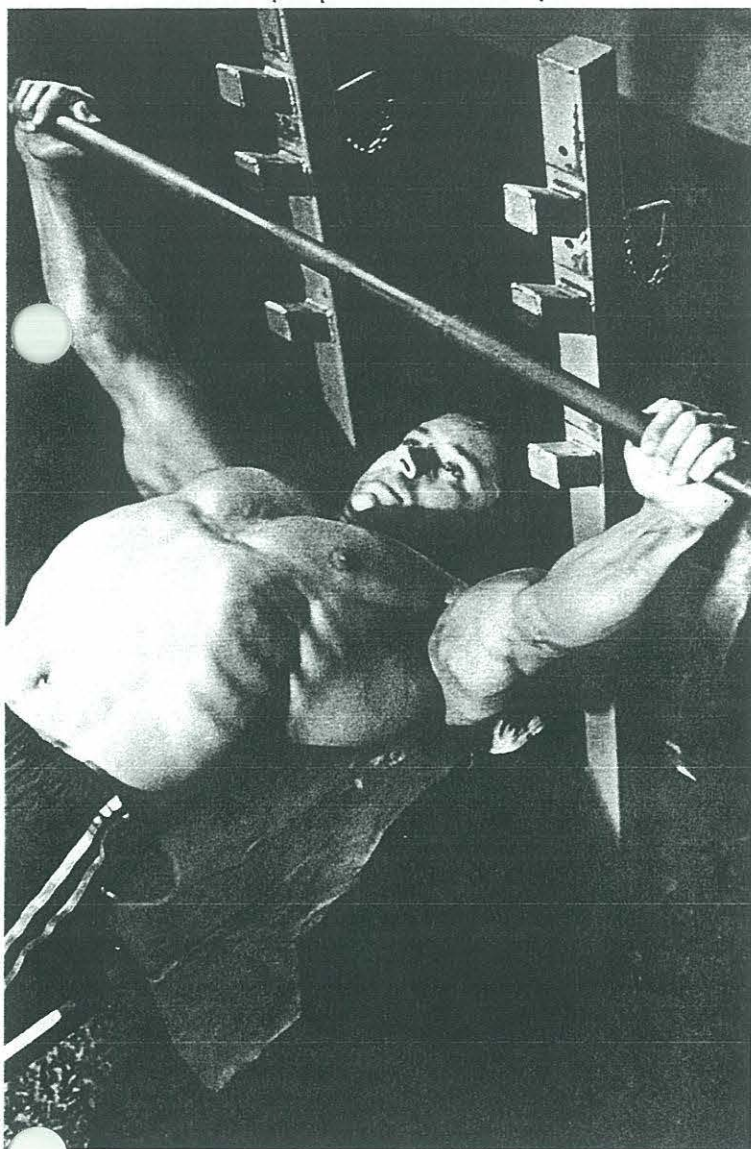
To add further to this complicated situation, there is also value in breaking the rules now and again. A *change* in musclebuilding often offers great advantage. I know it would be easier for me to recommend 10 exercises, with 8 sets of 8 reps—and that's it! But if I laid down rigid rules, I would not be telling you the truth.

As I previously mentioned, by its very nature, bodybuilding can become boring to the

mind as well as the muscles and the only thing to alleviate this boredom is to break out of it by changing around your exercise routine. At one time in my career, I noticed that my muscles got used to a new exercise or system of sets and reps within a matter of *days*.

Steve Reeves—Mr. America, Mr. World, Mr. Universe—went through periods when he changed his workout dramatically *every* training session. The constant surprise gave his muscles the added stimuli to grow. However, even this form of free-style weight training started to lose its effectiveness. You could say his muscles got

Anibal Lopez performs the neck press.



Mr. Olympia Samir Bannout uses the preacher bench for cable curls.

used to the pattern of constant change! At any rate, Steve returned to a more formal, planned routine and again his muscles responded positively.

To summarize my recommendations about workout intensity, you should make every attempt to observe the reactions of your muscles to varying intensity loads while sustaining 85 percent of your maximum effort. Only very infrequently pushing to absolute *all-out* effort, which when practiced regularly actually stunts muscle growth or worse—you lose size!

FEEDBACK

ANALYZING THE DATA



Bertil Fox of Great Britain.

I believe it is the duty of serious trainers to familiarize themselves with bodybuilding as much as possible. Don't just read the classic bodybuilding books—Arnold Schwarzenegger's *Education of a Bodybuilder*, Robert Kennedy's *Hardcore Bodybuilding*, or Charles Gaines's *Pumping Iron*—read everything you can get your hands on. Go right into the heart of your sport.

Use your mind to actively learn and then practice these discoveries in your workouts. *Question* the way you feel before, during, and after a training session. *Study* the way a muscle reacts under the pressure of each movement. *Examine* the differences between each exercise you perform for a specific muscle area. *Search* for the correct exercise combinations that work best for you. *Investigate* every new theory that you come across, and try any worthwhile training philosophy that you feel deserves a chance.

Yes, feedback is what it's all about. If you neglect the messages your body sends you, you will never know when to train, how much exercise to do or how much intensity to develop. You will be training with a great disadvantage and certainly you will not reach your goals.

Years ago I was uncertain about the specific effects that certain exercises had on my muscles. I would do a particular movement and then wonder how I could determine which part of the muscle was actually being worked. Because of my knowledge of anatomy I was pretty sure, but where was the ultimate proof?

I then decided to sacrifice my training to get the precise answers. I would cease all working out for a few weeks and then perform several



Lydia Cheng performs the incline bench dumbbell press.

sets of a selected exercise. The day after the workout I would analyze the soreness by pushing my fingers into the muscles. I could locate the area of maximum tenderness in this way, and therefore learn exactly which parts of my muscles certain exercises would hit most. This feedback varies from person to person, because each individual possesses different skeletal characteristics that throw the stress of an exercise on a certain area.

Have you ever noticed the day after a particularly heavy workout that not only is it difficult getting out of bed, but your body feels a little numb, especially in the areas that you have

worked aggressively? (You may not even be sore if the recovery process hasn't actually started.) Your heart rate may be faster and perhaps even more noticeable while lying or sitting quietly. You may even have a slight headache. The indications are, of course, that you have overtrained, which means you will need more rest time to recuperate. Perhaps you will have to miss a scheduled workout. If you train the body before it has recovered from the previous training session, you will dig yourself into a sticking point that may be hard to break. The moral here is not to involve yourself in mammoth workouts that will require days of recovery time. Intensity, workout length, sets, reps, and poundages should be increased progressively. Quantum leaps are out!

Overtonis

Overtraining is a very real problem for many bodybuilders. Most who come to me for help are overtrained. It's not that I don't recommend hard work—I do—but you won't get anywhere if the muscle is frequently overworked. I call this condition "overtonis." Over the years, some people have challenged me about the official existence of this word. One thing's for sure, the *condition* exists. Overtonis is caused by too many sets and/or too little rest. This results in a loss of muscle tissue, hormone depletion, and weakness. Ironically, a person suffering from this overwork and staleness often looks as though he hasn't been doing enough work, because of the stringy and smoothed-out appearance of the muscles.

Another aspect of overtonis is the failure of the muscle to pump effectively. A pump is *not* necessary for muscle growth during the first year of training, but it becomes a welcome indication that you are stimulating a growth response as your training progresses. Personally, I always try to attain a sound pump, with one proviso. I like to arrive at it via quality sets—the "honest workout" of 8 sets of 8 reps.

Overwork (overtonis) causes the nervous system to cease pumping blood into the capillaries. If nature hadn't installed this "safety valve," the capillaries could rupture.

Of course, it is possible to drum up a pump by performing a few dozen floor push-ups . . .

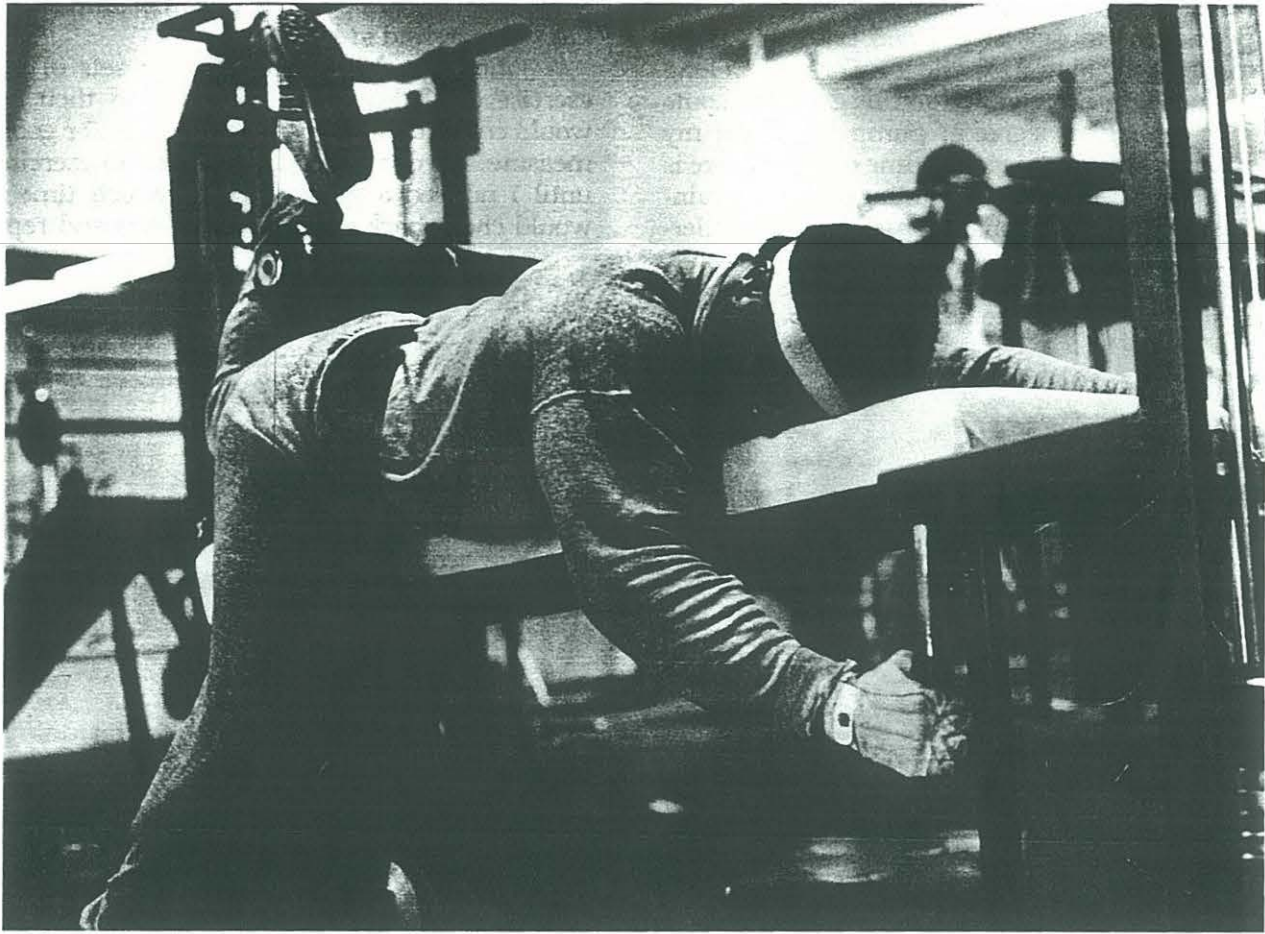
but so what? The pump will arrive but not the permanent muscle size. I can base this statement on my actual experience. For quite a long period in my career, I was getting great workouts judging by the degree of pump I got, but my muscles grew no bigger as time passed. There is more to successful bodybuilding than the attainment of muscle congestion. Don't misunder-

stand me. I deem a pump to be important, but it has to be arrived at honestly!

John Grimek used to perform sets of an exercise until the pump arrived, and then he would conclude with just one more set for good measure. My own method would be to exercise until I noticed a pump *loss*, at which time I would check back the number of sets and reps

During his Mr. Olympia training, Arnold Schwarzenegger always paid attention to his body's feedback.





A variation of the single-leg thigh curl, illustrated by the dynamic Bronston Austin, Jr.

Neuville, Wilcosz, Makkawy.



required to achieve this effect (noting the tempo and amount of between-set rest). In this way, I was able to calculate my personal exercise level. Do you see why feedback is so important?

My whole life has been devoted to listening to my body, obtaining feedback, and sifting through the data. Without a second's thought, I can tell you my reaction to virtually any foods, training methods, or other aspects of physique building. I have also studied the feedback of others. After I get to know a pupil, it doesn't take long for me to know when I have to recommend that he or she eat beef, eggs, fish, or whatever. The same goes for their training. I make it my business to know which exercises develop the body and which are a waste of time! An analysis of their feedback is the only way to know what to do next.

BALANCING THE SYSTEM



Susie Green towels off after a heavy workout.

12

REGULATING YOUR METABOLISM

Metabolism, or metabolic rate, is the speed at which your body regulates itself. You could compare it to the idle of a car. Typically, the high strung ectomorphic, nervous type, possessing a stringy, thin build, has a very high or fast metabolic rate. And the man who is slow-moving, placid, or docile in nature, often overweight and big-boned, invariably has a slow metabolism.

To a skinny bodybuilding enthusiast, a slower metabolism is welcomed, but as we get older the slow metabolic rate brings about an opposite effect. We gain weight too easily. In contrast to our youth when we could eat anything and not gain an ounce, we later gain fat while barely eating anything.

What is the ideal state of metabolism for a bodybuilder? Obviously, a fast metabolism is no good. You just can't gain weight. On the other hand, a slow metabolism is equally unwanted. You would be rolling in and out of the gym on a layer of fat! The condition you want is a healthy, vigorous, *normal* metabolic rate. If you are so blessed, be thankful and train accordingly.

■ The Fast Metabolism

A superfast metabolism is the bane of the skinny bodybuilder. I have seen thousands of them at my gym. Most are in total despair. Some eat huge meals, drink gallons of milk, and train regularly, yet they fail to gain more than a pound or two of weight in a year. These people, known as ectomorphs, are easy to recognize. They have no fat on their bodies. They are often tall, always gangly, and invariably tense, with an egg-shaped

head, angular features, and a small abdomen. The man or woman with a fast metabolic rate is always worrying about something and usually cannot relax either physically or mentally.

How can a fast metabolism be corrected? The answer, of course, is immobilization. You should be as lazy as your lifestyle will permit. It's far better to take a desk job than do manual labor, and more advantageous to keep to brief, high-intensity routines (30–40 minutes) than to train for hours on end. It's certainly a step in the right direction to temporarily limit other physical sports and pastimes.

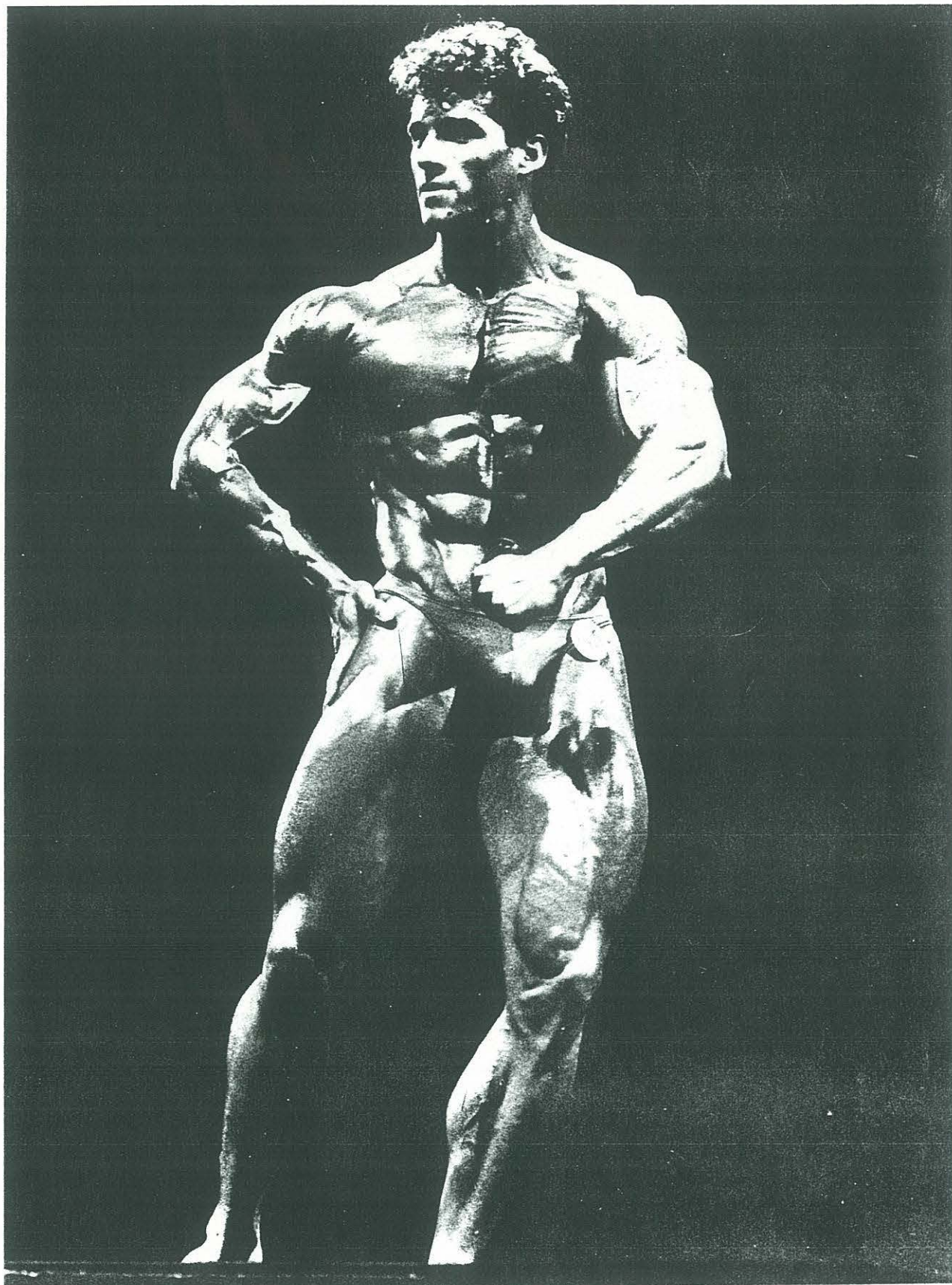
Serge Nubret of France.



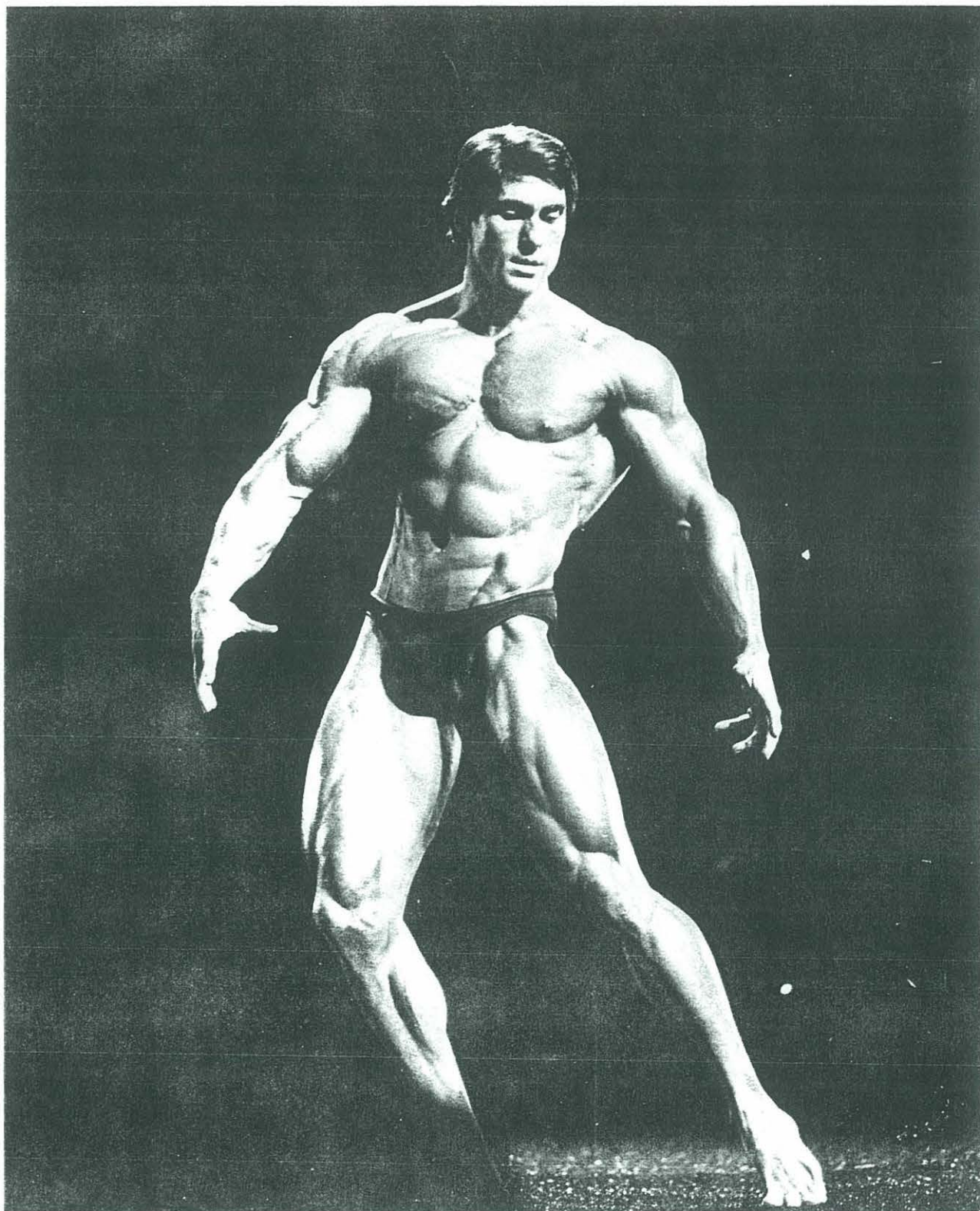
Mixed-pairs champion Shelley Gruwell.

In order to slow down your metabolism, you must purposely practice relaxation. Put your feet up during the day, particularly after meals. Relax after eating small, regular meals, watching television, or working at school or the office. Never do anything physical immediately after eating.

Stop and look at yourself during the day. How do you walk down the street? Do you have good posture, and an easy, relaxed walking style, or are you bent forward, energetically fighting the traffic and crowds with every step? Get the idea? Now relax! Rid yourself of tension and unwanted mental and physical stress.



Bodybuilder Bob Paris—the new Steve Reeves.



Jacques Neuville—IFBB world champion.

Training the Hard Gainer

The standard formula to train the hard gainer is three days a week, with a day's rest between workouts. I find this is unsatisfactory. The ectomorph has amazing recuperative powers. There is a need for frequent, relatively short workouts five or even six times a week at 85 percent intensity. The ectomorph is invariably superenthusiastic and never feels any kind of satisfaction until the day's workout is completed.

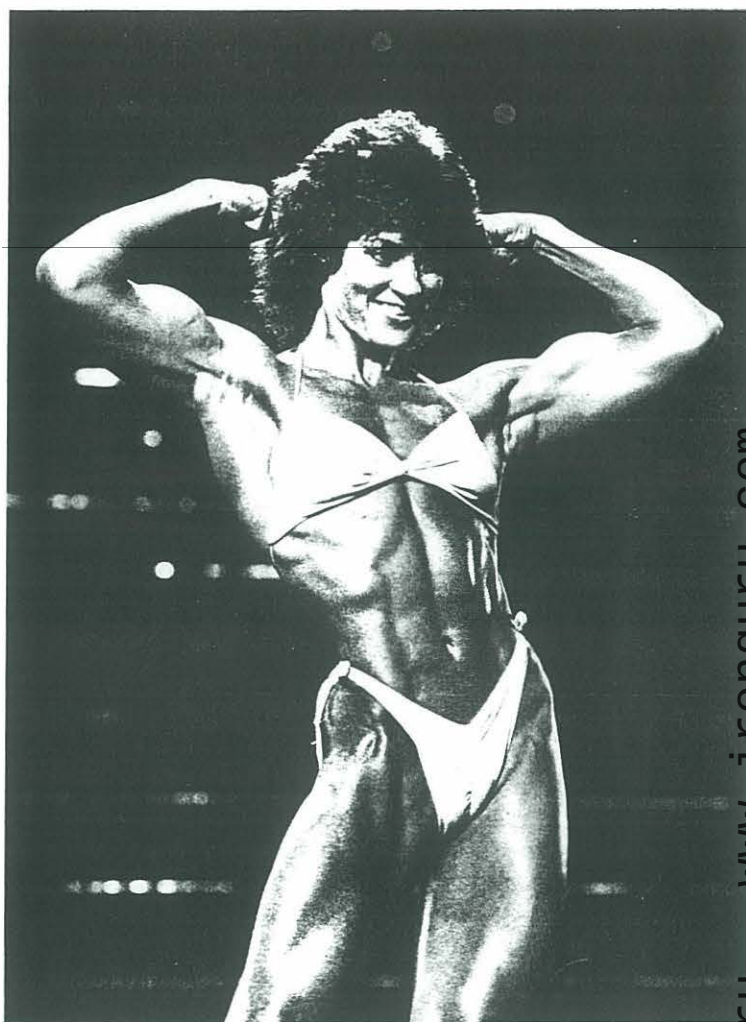
Due to the nervous, emotional makeup of the underweight hard gainer, I never recommend more than 3-4 sets of 6-8 repetitions. Each body part must be represented by one exercise, with the exception of the abdominals. I am against any direct abdominal work for the hard gainer; the area is easily traumatized, which means you can overwork it to the extent that it will signal the rest of the body to stop growing.

The ectomorph needs variety, both in nutrition and exercise. You should change your routine frequently, adopting a new exercise every few workouts, but be careful to never overtrain. Keep amino acids high in the blood by ingesting small, regular quantities of high-protein foods, such as meat, fish, and eggs. Take a good-quality milk-and-egg protein supplement for positive nitrogen balance. This will provide a never-ending source of musclebuilding energy so that your blood sugar never drops.

The Slow Metabolism

Leg work is the great regulator of the metabolism. If you have a sluggish system, heavy leg work can be used to hype your metabolism, and normalize your body's chemical processes. After doing a few weeks of this stimulating work, your digestive system will accelerate; your glands will secrete more; your hormones will be stirred up. In short, your metabolism will start to normalize.

Peary Rader, who has been teaching specific metabolism training for 40 years, once said: "With poor metabolism you have poor progress." He advocates the performance of high-energy leg work, in his case, *breathing squats*. Rader states:



Top bodybuilder Lori Bowen.

"You need to squat with 20 repetitions, and the last 8 repetitions should be forced reps. Make a point of breathing deeply between repetitions. You may want to breathe five or six times for each of the last few reps."

Actually, once you have normalized your metabolism, the regular practice of weight training should keep you normal. The likelihood is that you will never again have a very fast nor a very slow metabolic rate. If there is some change, however, it is usually evidenced by a *slowing down* of the metabolism as you age. If you feel that your system is getting sluggish, you can again take steps to hype it with very strenuous exercises, such as high-rep squats, cleans, or even bike riding and swimming.



Dave Draper, the Golden Bear, gives a seminar in Australia for promoter Paul Graham.

Eating the correct foods will also help balance a slow metabolism. Junk foods such as sugary soft drinks, candies, cookies, and synthetic products will ultimately slow down the metabolic rate, whereas fresh eggs, vegetables, seafood, fruits, and nuts will serve to normalize the processes.

Tony Pearson and Jacqueline and Serge Nubret.



Downsizing

Countless words have been written on how to lose weight. There have been literally thousands of books on the subject, yet ironically it comes down to *eating less*. I would never suggest you waste time counting calories and working with any of the popular diets to lose weight. Simply eat less. Sure, it's true that natural foods are preferable. (If a food contains natural fibre, it moves through the system more efficiently). But you can even get fat on high-fibre foods if you eat too much.



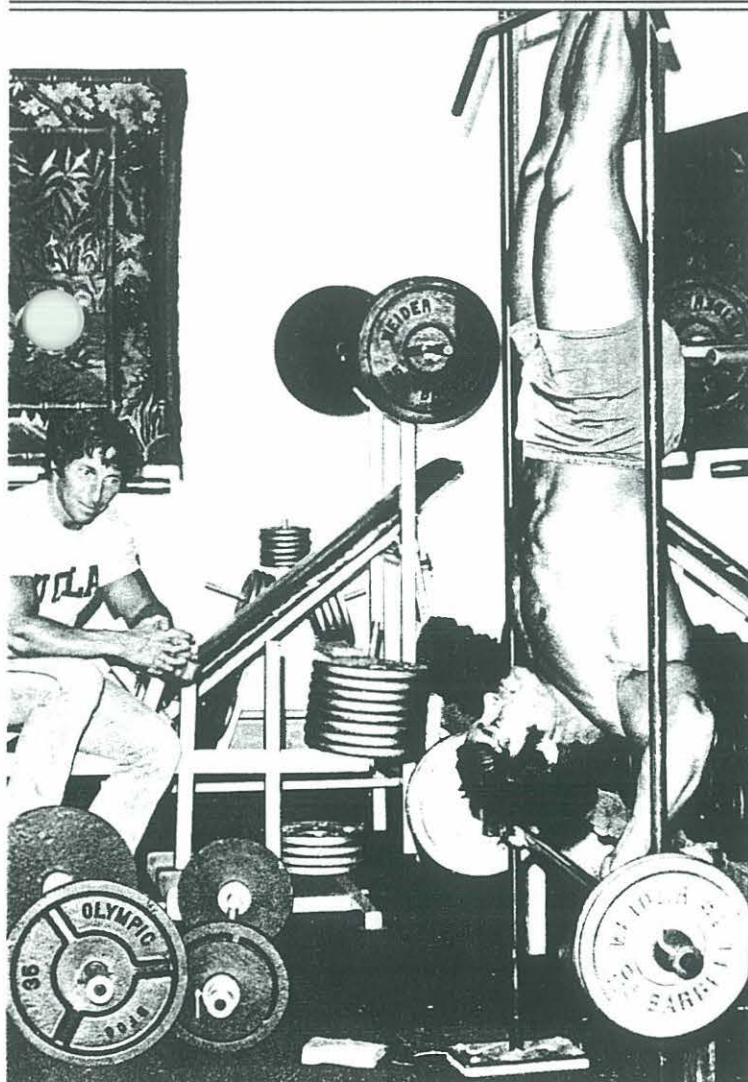
Ed Fury. What a physique!

Another misconception is that you don't need willpower; it's absolutely necessary. If you don't have it naturally, drum it up. Tell yourself over and over again that you are tired of being overweight, that you *will* have a muscular, dynamic body. You can do it!

Set yourself a goal and let nothing stand in your way. Don't wait for tomorrow—start right now. Eat *less* at your next meal and keep it going.

FLEXIBLE TRAINING

13 THE MANY WAYS OF MUSCLE- BUILDING



Ed Guigliani watches Franco Columbu perform upside-down rows in Franco's home gym.

People who are already aware of my articles and gym instruction may smile after reading the heading of this chapter. I can hear them now: "Gironda's the most *inflexible* guy around. He is so adamant about his ideas, so direct with his instructions—he leaves no room for flexibility." Wrong! Even at my advanced stage of experience I am willing to learn. I admit it's hard for me to listen for more than a few seconds to someone else's theories, especially when I am confronted with a syringe-pumping, steroid-popping, bunched-up hippopotamus. However, when I catch even a hint of sensibility from an intelligent source, I listen well.

I have also been a great observer. Being a conscientious gym owner, this has become second nature to me. I have watched young bodybuilding enthusiasts strive for greatness. I have seen some succeed and others fail. In every case I asked myself . . . Why? In virtually every instance I reached a conclusion as to why one person failed where another succeeded.

By now you should be aware of my belief that rules, even *my* rules, are made to be challenged, questioned, changed, or even broken. There is no absolute right or wrong way to work out.

I change my thinking and try to look at a concept from a different perspective, searching to discover a better way of training. For example, when I experiment with a new exercise, I don't do it for a few weeks, expecting to feel or see an immediate positive result. The exercises I recommend have all been tested thoroughly on myself and others for a minimum period of nine



Robby Robinson—an amazing physique by any standards.

months. I never throw out old-fashioned methods because they are old. I only throw out concepts because they are *useless*.

Some concepts are only partially successful. In such cases I will try to creatively improve upon them. I have absolutely no hang-up about using an ancient routine or exercise, even if it comes originally from the pre-Sandow era. In short, if it works, and I get the desired results, then I use it.

Many trainers will never attempt to experiment with their routines. This is due to their lack

of self-esteem and their inherent inability to trust their own observations and draw any decisive conclusions. All I am asking bodybuilders to do is to cease playing follow-the-leader and start experimenting, and perhaps contribute something to the science of bodybuilding, which seems to have stumbled and ceased to advance since the introduction of drugs. What was once known as physical culture could now almost be regarded as chemical warfare.

Mental Suggestion

Champion bodybuilders definitely possess something unique. They may work out set for set, rep for rep, with training partners, sometimes over a period of years. Even eating patterns may be identical . . . yet the champion advances while the training partner may not. I have noticed that the champion is using something more than the sets and reps his partner is using—and it has nothing to do with genetic superiority. He is using *mental suggestion*—a form of self-hypnosis.

Every scientist knows that the mind can rule the body if the thought is strong enough. Consider the illness and even death that stress and fear can cause . . . the vigor and energy produced by excitement. Yes, the mind's power is awesome!

The first time I noticed a bodybuilder using his mind in a concentrated way was backstage at an important physique event in California. The man was Walt Baptiste, a former gym owner and magazine (*Body Moderne*) publisher from San Francisco. Before going out to guest pose, Walt would touch his abdominals, looking at them with immense concentration to control and define them. Today this is nothing new. All successful bodybuilders try to *visualize* their muscles, not just backstage before a contest, but also during their workouts.

Arnold Schwarzenegger “saw” his biceps as “huge mountains” as he trained them. When the image was accepted by his subconscious, his biceps had no alternative but to grow bigger in accordance with his mental picture.

You may feel that concentration—and its effects on the physique—is just so much hogwash. It may seem too weird for you to waste

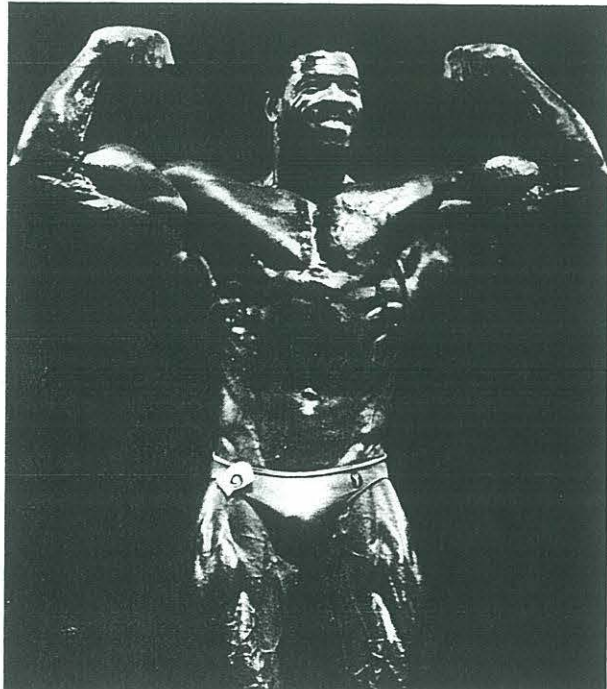
your time with it. Well, let me tell you right now: If you do not develop this aspect of your training, you will get nowhere!

When physical culture writers use the nebulous term *concentration*, they are referring to the technique of mental suggestion. They recognize that concentration is necessary, but do not know how to trigger the mechanism that produces the phenomenon. If your mind accepts a thought as truth, your subconscious will record it as fact. Incredibly, the body, with the right stimulus, will act out the vision and produce the condition pictured in your mind.

If a weightlifter *believes* he can lift a given weight for 10 repetitions, he will succeed. If a bodybuilder sees himself as a champion, and if the boundaries of his genetic potential allow it, he *will* develop that championship calibre. This pattern of believing is used by *all* champions in *all* sports, whether they know it or not.

In the case of bodybuilders, it is more important than any steroid drug, any diet plan, food supplement, or exercise routine ever conceived. I have even observed bodybuilders who take unimaginable amounts of steroids and supplements, constantly trying new routines and principles, yet fail to get results. They never will

Bill Grant.



Arnold Schwarzenegger "saw" his biceps as huge mountains. This is how he appeared in the film *Conan the Barbarian*.

until they discover the magic of visualization and truly believe that what they are doing will bring success.

Yes, there is more than one way to build muscle. I detail countless *different* roads to take: exercises and routines, set and rep combinations, food and supplement advice. Each can work for you (although some may not), but all are based on my personal findings, and have proven useful to both my pupils and myself. Variety is not just the spice of life. It is the *essence* of musclebuilding.

Danny Padilla performs high-speed reps while Mike Mentzer does everything with slow deliberation. Both have built maximum muscle size, yet neither could be called to task for their individual training style. You will notice, though, that each employs total visualization and the image of success.

The right approach to your bodybuilding routine is to follow my training and diet advice,



Vera Bendel.

but couple it with the right mental attitude. There may be hundreds of ways to train and diet, but when it comes to mental attitude there is only one way to go. Believe in yourself 100 percent.

■ Training Schedule

Once you're *into* training, then every workout has to be your best yet. You must knock your muscles into the next time zone. Pound 'em out as quickly as possible. Exhaust them thoroughly and then rest. I seldom advocate a workout lasting more than 45 minutes. But I'm flexible. There are times when you may need less, and other occasions when you may need to work out longer. In truth, there exists an enormous variety of exercises, sets, and reps; if you plan your program and give it a chance, there is no one on earth who can say you are wrong.

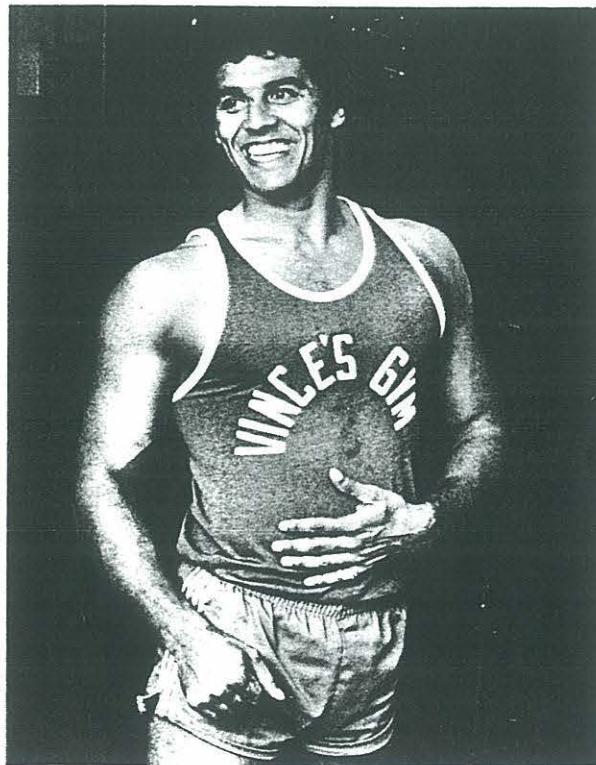
Another moot point about which I refuse to assert my dogma concerns the ideal time of day for training. The best time to train is when your blood-sugar level is at its highest. Men under 30 years of age perform more efficiently in the evening. Mature men reach this efficient time of day in the early hours. I personally find myself most

energetic around 6 A.M. My most serious training has always been done at this hour, yet when I was in my twenties I trained at 10 P.M. Whichever time of day you choose to train, endeavor to keep to this same time each day.

Of course, because most people work, the most usual time for people to train is between 5 and 8 P.M., usually before their evening meal. Don't train after a heavy meal. You will continually feel uncomfortable, breathing is more difficult, and sometimes the pump is harder to drum up because your stomach requires blood to help with digestion.

Even though I have set guidelines for your bodybuilding program throughout this book, you must remember to keep an open mind. Be mentally active and constantly aware of what you are doing in your workouts. Obviously, if all you do is go through the motions of training without any self-discipline and dedication, you will get nowhere. There are still many pathways to the top of each mountain. In every case you have to work hard—with total mental commitment and physical drive—to reach the summit.

Television and movie star Erik Estrada trains at Vince's Gym.



OPTIMAL EATING



Dave Draper and Reg Park pose together at a Mr. Olympia contest.

14

BODY- BUILDING IS 85 PERCENT NUTRITION

People are often skeptical of my statement that bodybuilding is 85 percent nutrition. I have frequently observed a certain type of individual who assumes exercise is the "cure-all" for all problems and proceeds to train without paying any attention to diet. This is a common occurrence, especially among beginners.

After a perplexing year or two of hard workouts without good results, he finally realizes that something is wrong and comes to me for help. I explain the need for supplements and a controlled diet regimen. After the person follows my dietary advice for a short period, the results "magically" appear. I've seen it happen so many times I don't know if I should laugh or cry.

The average bodybuilder vastly underestimates the value of diet and overestimates how good his own eating program is. What is enough protein and calories to maintain the average person's weight is grossly inadequate when trying to pack on pounds of muscle. My diets are designed for the hardcore bodybuilder who must fight for every inch of muscle size, relying on diet—not steroids—for a positive nitrogen balance. You'll find that in order to succeed you are going to have to be just as dedicated to your diet as you are to your training.

I am frequently asked the question, "Are your diets to be used continually as maintenance diets?" I emphatically answer, "No!" My diets are designed for the achievement of specific goals only. Once you achieve that goal, or you stop responding to a diet, it's time for a change to a different regimen to give the body a chance to rest in order to make further gains possible.

My nutritional advice has been successfully used by such bodybuilding stars as Larry Scott, Don Howorth, Reg Lewis, Jim Morris, Ray Routledge, Chris Dickerson, Pete Caputo, Steve Davis, Sergio Oliva, Dennis Tinerino, Mohamed Mak-kawy, and countless others, plus many TV and movie stars. In fact, I've pioneered many of the nutritional concepts that have subsequently been proven to be most effective for muscle growth and definition. In this chapter I will outline the exact diets and supplements that have given my gym members and many of the top bodybuilders such outstanding results. By conscientiously utilizing these same nutritional practices, you can experience fantastic gains, too.

Unless you come to my gym where I can personally train and observe you, I cannot recommend a certain diet, although I can tell you what constitutes good bodybuilding nutrition. But I also give you some responsibility, too. I expect you to experiment, analyze, and, to think for yourself. You must learn to recognize the signs that indicate a need for a change in your eating habits. Follow a diet that meets your requirements to achieve a particular goal—add or lose weight or lose fat and add muscle size. Then you are on the right track in your quest for a more perfect body and good health.

Innate Animal Wisdom

My observations over the years have shown me that people naturally seem to prefer some foods over others. Some prefer to eat meats with few starches and carbohydrates, while others seem to naturally eat a vegetarian diet with little or no meat. At other times, people will eat more or less of certain foods in answer to a specific need of the body. If you eat too much of one food, you get a distaste for it, which is the body's way of telling you to change your diet. This food selection is derived from a wisdom that is instinctively and obediently observed—what I call “innate animal wisdom.”

The essence of my teachings on nutrition is that each person must interpret his or her own “innate animal wisdom” with regard to the



Mike Torchia is in great proportion and shape. Good nutrition is his key to success.

quest for balanced nutrition. No one diet can cover all your body's needs, and anyone who makes this claim is leading you astray. *Different needs require different diets.* Thus, for example, it's not correct to say that a primarily meat diet is best for gains for everyone at all times. I also value lacto-vegetarian (fruit, nuts, vegetables, and dairy products) and total vegetarian (no dairy products) diets, but you must know when to use each to achieve best results. Nervous fatigue due to excessive stress, often associated with superachievers and workaholics, calls for the substitution of high-protein foods (excess phosphorus) with a lacto-vegetarian diet plan until the nerves have regenerated and calcium-phosphorus supplies are brought back into proper balance. When eating too much protein over long periods, toxins build up in the tissues and the vegetarian diet allows the body to alkalize and normalize, due to the natural cleansing and detoxifying action from all the roughage consumed.

At other times, extra protein is absolutely necessary for maximum gains, calling for consumption of large quantities of meat, eggs, and milk. People often question me on advocating the consumption of large amounts of raw eggs (up to 36 a day) with equally large quantities of milk and meat, and liver and amino-acid tablets every three hours to create positive nitrogen balance. But they haven't bothered to take the time to understand my methods. I'm not saying you should eat like this all the time. For short periods of time and under the right conditions your body can actually thrive on these tremendous amounts of food. When combined with proper training, it can stimulate some rather remarkable and exceptional gains.

My advice to you is this: Be wise enough to recognize your natural cravings for food. You are neither a total carnivore (meat eater) nor a total vegetarian. Don't fight against your own nature, like someone trying to swim upstream. Go with it, learn your body's rhythms, and you'll benefit.

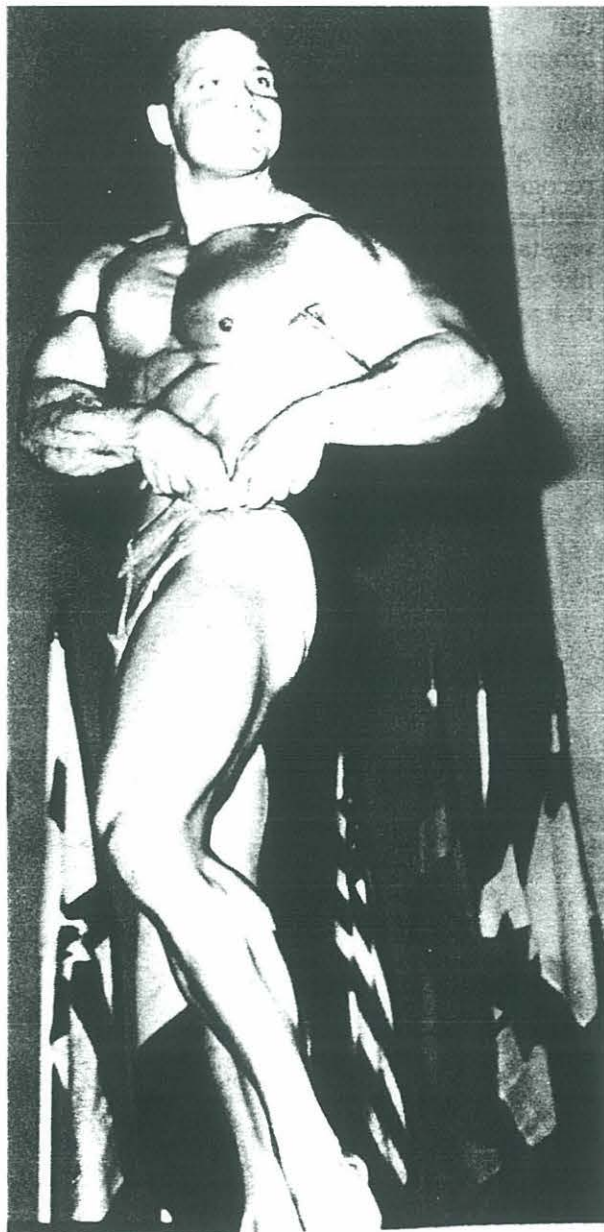
Vince Gironda (far right) at the age of 46 at the London NABBA Mr. Universe.



Because only you can determine what diets and foods are best for you and when a diet has stopped being effective. Remember, your individual needs are different from the next person's and you must discover your own metabolism.

In your choice of foods, *think* nutrition first. Cut out all processed and junk foods from your diet. If you have a choice between a baked potato and greasy french fries, take the baked

Multi-Mr. Universe Bill Pearl.



potato. Fresh fruits and vegetables are better than canned ones and stone-ground whole-wheat bread is better than refined white bread. A glass of milk has more nutrition in it and will do more for your bodybuilding than a dozen cases of soda. Also try and eat as many raw or lightly cooked foods as possible. Thus vital nutrients and enzymes are not destroyed in the cooking process and the foods are easier to digest. (For example, raw meat [steak tartar] digests in one hour while well-cooked meats take over four hours, burdening your system.)

This doesn't mean you can never indulge yourself a little. Most top-flight bodybuilders I have known have what they call their "junk-food day" to help them get through their tough pre-contest diets. Although I personally do not recommend junk food, I think you should occasionally satisfy a craving and have that pizza, pasta, ice cream, or whatever and get it out of your system. Why? Because meticulously adhering to man-made laws all the time just does not work. Trust your body's wisdom and indulge in whatever you crave. But try and limit your indulging to no more than once a week.

■ The Balanced Diet

There is much talk about the need for a *balanced* diet. But what is it? Traditionally, most nutritionists define a balanced diet as eating from the five major food groups each day.

1. Meats, poultry, fish
2. Eggs, milk, and other dairy products such as cheese, cottage cheese, yogurt
3. Grains (breads and cereals)
4. Vegetables, fruits, legumes, nuts
5. Fats (oils, butter, margarine)

I agree with this system of eating for good health and in off-season maintenance diets. But this is not the only way to achieve a balanced diet. I feel the body needs certain nutritional elements but not necessarily at each meal. Man needs protein (meat, eggs, milk, cheese, fish, poultry) for growth, maintenance, and repair; and vitamins, minerals, and enzymes to act as catalysts in the metabolic process; and an energy source, which can be either fats (oils, butter) or carbohydrates (fruits, grains).

Protein

Everyone knows that protein is what the body uses to repair itself and it is needed for growth. Compare the following foods in relation to their content of protein.

<u>Food</u>	<u>Grams of Protein</u>	<u>Quantity</u>
Fish	118.9	1 lb.
Cheese	112	1 lb.
Beef (lean)	100	1 lb.
Turkey	91.6	1 lb.
Chicken	80	1 lb.
Heart	77	1 lb.
Tuna (canned)	50	6½ oz.
Cottage cheese	43.9	8 oz.
Milk	33	1 qt.
Egg	7	1

Milk, cheese, eggs, fish, meat, and poultry are the best sources because they include all of the essential amino acids (those not produced in the body that we must get from the food we eat). They are more easily converted into muscle in the body because they closely resemble the amino acid structure of human muscle tissue. Other kinds of protein are fruits, vegetables, grains, nuts, and legumes, but these are incomplete sources, lacking one or more of the essential amino acids, which must be combined with complete sources to make a usable protein.

For bodybuilding purposes, eggs are the number-one protein; milk proteins are number two; meat, fish, and poultry are number three. Protein in the body is in a constant state of exchange and must be replaced regularly if muscular gains are to be realized. This is why I recommend taking amino acids and liver tablets every three hours plus large quantities of eggs, meat, and half & half daily, to flood the tissues with a constant supply of protein.

I have often been severely criticized on this point. Some experts say you only need one gram of protein per kilogram (2.2 lbs.) of bodyweight. According to that theory, a 200-lb. man would need less than 100 grams of protein to gain weight. But I believe that for short periods of time the body can use five or six or even ten times this amount and that training increases the body's need for protein. Most top champs use at least 2-3 grams or more of protein per kilogram of bodyweight.

Fats and Cholesterol

Personally, I prefer to use fats as energy sources over carbohydrates since they sustain the body's blood-sugar level for up to six hours and as fuel sources burn slowly. In fact, due to the difficulty the body has in breaking fats down into energy, it actually burns body fat in the process. But the body will only use fats as fuel in the absence of any carbohydrates.

Now to the cholesterol controversy again. Many people get upset when I tell them to eat three dozen raw eggs mixed with cream. "What about cholesterol?" they scream. In fact, hospital experiments with burn victims who were fed three dozen eggs per day showed those people to have a lower cholesterol count than when they were put on a low-fat diet. I personally have yet to find a single bodybuilder in normal good health who eats large quantities of eggs and has an elevated cholesterol count because of it.

As previously mentioned in the chapter about steroids regarding eggs and cholesterol, doctors interested in the prevention and treatment of cardiovascular disease have long ago discarded the theory that animal fat is the cause of heart disease. This theory is a gross over-

Kati Bellari (Miss Spain) and Vince backstage at the world championships.

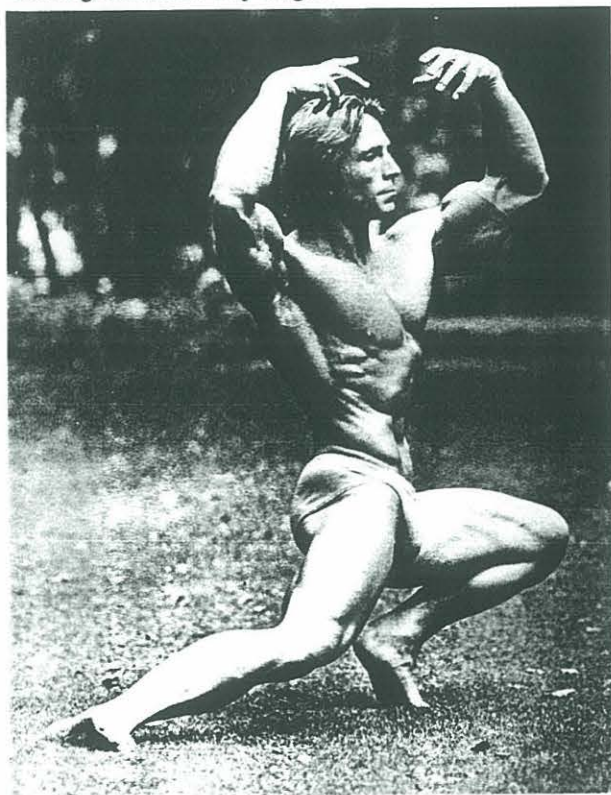


simplification. Also, a little-known fact is that the body itself manufactures more cholesterol than you could possibly eat. The body reduces cholesterol output or produces more depending on how much of it you ingest.

Carbohydrates

Carbohydrates raise the blood-sugar level and supply the muscles with energy. They also allow the body to use protein more efficiently and aid in maintaining a correct acid-alkaline balance—a critical point often overlooked by those on high-protein diets. When dieting to lose weight, it is important to include one carbohydrate meal every 72–96 hours (no protein) to restore carbohydrates to the system and glycogen to the muscle. This promotes recovery and a better pump from your workouts. If you eat carbohydrates after 3–4 days on a high-protein/high-fat diet, it causes a diuretic action, releasing water from the tissues. People often report a lower bodyweight of several pounds when using this method.

Steve Davis shows that a good body looks great from any angle.



The Advanced Maintenance Diet

This is a diet that you can remain on for a long time because it is well balanced with protein, fats, and carbohydrates. I recommend that you stay on it most of the time for gradual weight gains. Use the other diets given as short-term boosters when trying to force the body to maximum gains. For more explanation about the supplements, turn to page 90.

Breakfast

- 1 cup coffee or tea
- 4–6 eggs (poached or soft boiled, or in an omelette with choice of cheese, bacon, mushrooms, etc. No salt)
- 2 slices whole-wheat bread or toast with sweet butter
- 1 glass raw milk (if possible)

Supplements

- 1 multi-vitamin tablet
- 1 Vitamin B complex
- 1 Vitamin C complex (300 mg)
- 1 chelated mineral tablet
- 1 hydrochloric acid (HCL) tablet (before meal)
- 3 digestive enzyme tablets (after meal)
- 3 lysine tablets (400 mg)
- 2 bile salt tablets
- 10 kelp tablets
- 3 (each) pituitary and adrenal glandular tablets

Lunch

- 1 glass iced tea or lemonade
- 1 lb. broiled meat (your choice) with steamed green vegetables
- or
- 1 8 oz. can of tuna fish with fresh fruit
- or
- Raw vegetable salad with strips of chicken or turkey, egg, natural cheese. Oil and vinegar dressing (no sugar or salt)
- 1–2 glasses of milk

Supplements

Same as breakfast

Dinner

1 lb. broiled steak with mixed green salad

or

1 lb. baked chops with steamed spinach, broccoli, or cauliflower with carrot strip and celery salad

Sprinkle salads with sesame seeds and use a plain yogurt dressing

Jell-O with fruit and cream

Supplements

Same as breakfast

Special Supplements

6 amino-acid and desiccated-liver tablets (every 3 hours)

4 raw orchic-tissue tablets (before and after workouts)

6 (each) of the following (before retiring): arginine, ornithine, tryptophan, phosphorus-free calcium tablets

At 10 A.M., 2 P.M., 4 P.M., and before retiring, have a protein drink (see page 85 for Vince's Special Protein Drink recipe). Also, eat some protein before you go to bed: eggs, cottage cheese, or a piece of meat.

The Hormone Precursor Diet

Nutrition for the bodybuilder is actually very simple. The bottom line is to get your system in *positive nitrogen balance*. This is achieved by ingesting 30–50 grams of grade-A protein every three hours to keep your blood-sugar level with a constant supply of protein to the muscles. Since raw fertile eggs are the number-one source of grade-A protein (and the least expensive) and are quickly and easily digested in a mixture of half & half, it is the best food source for growth and strength.

This diet will provide a satisfied feeling in the hard gainer because of the steady blood-sugar levels. It is superior to a meat, egg, and water diet because you will never experience actual hunger or weariness. Since it puts you in a positive nitrogen balance (anabolic state) by precursing hormones, it is the best nutrition program for the hard gainer. It is also known as the ultimate musclebuilding diet!



Andre Maille of Canada.

Breakfast

Vince's Special Protein Drink

12 oz. half & half

12 raw eggs

½ cup milk-and-egg-protein powder

1 banana

(Make 1–3 mixtures of the above formula in a blender and drink it throughout the day, between meals, and before retiring.)

Supplements

1 multi-vitamin tablet

3 Vitamin A and D tablets or 3 halibut oil capsules

1 Vitamin B complex

1 Vitamin B₁₂ tablet

1 Vitamin C complex (300 mg)

2 Vitamin E capsules (800 IU)

1 chelated mineral tablet

1 zinc tablet

5 alfalfa tablets

10 kelp tablets

3 tri-germ and wheat germ oil capsules

1 RNA-DNA tablet

1 hydrochloric acid (HCL) tablet (before meal)

3 digestive enzyme tablets (after meal)

3 lysine tablets (400 mg)

3 multi-glandular tablets (Nucleo Glan male or female)



Vince Gironda.

Lunch

1 lb. hamburger or other meat
Mixed green salad or raw vegetables

Supplements

1 iron tablet
4 calcium tablets
(Same as breakfast with the omission of Vitamin E, tri-germ, wheat germ, and halibut oil capsules.)

Dinner

1–2 lb. steak or roast meat
Raw or steamed vegetables or salad and cottage cheese

Supplements

Same as lunch

Special Supplements

10 amino-acid and desiccated-liver tablets (every 3 hours)
5 yeast tablets with the protein drink
4 raw orchic-tissue tablets (before and after workouts)
6 (each) of the following (before retiring): arginine, ornithine, tryptophan, calcium tablets

Follow the Hormone Precursor Diet for 6–8 weeks. Then either adopt a more balanced diet with no half & half mixture and lots of vegetables to give your system a chance to detoxify, or follow a fasting program before returning to a heavy protein diet when trying for maximum weight gains.

Fasting

When you've been eating heavily over long periods of time, a heavy buildup of mucus accumulates in the intestinal tract, preventing proper digestion and absorption of your food. When you feel bloated and lethargic and the gains have stopped, it's time to "clean out" with a five-day intestinal-cleansing program. Take a psyllium seed product like Mutacil according to the instructions below:

Day One—Drink water, fruit and vegetable juices only. Drink one tablespoon of a psyllium seed product in a glass of water, followed by a second glass of water, three times daily and before bed. Also take one tablespoon of liquid amino acid three times daily.

Day Two—Same as first day.

Day Three—Same as first day except add clear broth or bouillon.

Day Four—Same as third day except add heavier soups, Jell-O, yogurt, and custard pudding.

Day Five—Same as fourth day except add light solid foods, soft eggs, etc.

Slowly add heavier foods before returning to your previous diet. If you were on a high-protein diet with large supplementation dosages and you wish to detoxify further, you would go on a total vegetarian diet for one week. This will give the system a chance to rejuvenate itself.

The Weight-Gaining Diet

The real secret to gaining weight is food. The more you eat, the more you'll gain. While eating three nutritionally balanced meals a day is good, it is even more beneficial to eat six or more meals per day. Eat smaller meals—but more often—about every three hours. If you can't find the time to eat six meals a day, try eating three main meals with snacks between meals and before going to bed.

The cardinal rules of weight gaining are: Never overeat at any one particular meal (this causes bloating and gas and may actually cause a weight loss) and never allow yourself to get hungry. You want to always keep a constant supply of

protein and other nutrients to the muscles. Include a great deal of broiled meats and thick stews in your diet as well as lots of raw vegetables. Drink a lot of half & half, my protein mixture, or certified raw milk throughout the day.

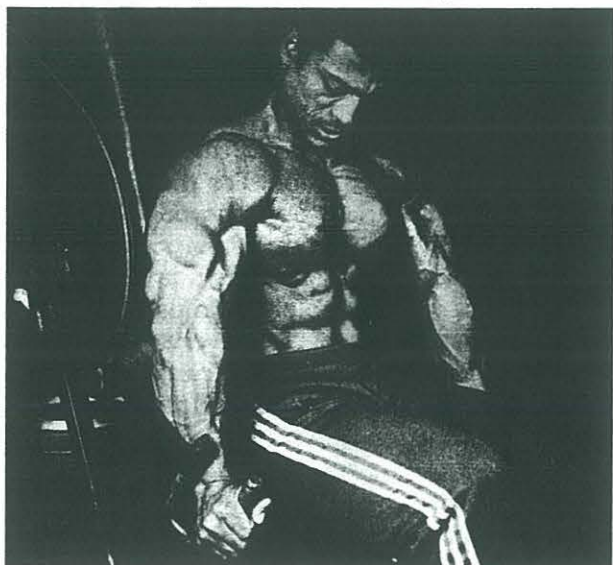
Try to follow regular sleeping, eating, and training habits. Endeavor to calm down and stop burning up calories through nervous energy. Get control of your emotions. Nervous energy shuts off all your endocrine secretions, causing weight loss.

The importance of a good breakfast cannot be stressed enough. It is the most important meal of the day, supplying the body with nutrition and fuel after many hours of having no food. And be sure to supplement your diet with my recommendations, since the high-protein meals outlined are *not* necessarily well-balanced meals.

After each meal allow your food to digest thoroughly by lying or sitting with your feet propped up on a high footstool. This allows one-third of the blood in the body to concentrate around the stomach for maximum digestion, and it also allows the food to remain there longer.

And finally, don't smoke! It interferes with gaining weight as it destroys your appetite by raising the blood-sugar level. It also shrinks the capillaries and interferes with muscle growth.

A special triceps exercise
demonstrated by Mohamed Makkawy.



Breakfast

- 4-8 oz. liver, chops, steak, hamburger, brains, kidney, or fish
- 4-6 eggs or 4 oz. natural cheese
- 1 glass certified raw milk, half & half, or raw cream
- 2 slices rye or whole-wheat toast with sweet butter

Supplements

- 1 Vitamin B complex
- 1 Vitamin C complex (300 mg)
- 3 Vitamin E capsules (600-1200 IU)
- 10 alfalfa tablets
- 10 kelp tablets
- 3 tri-germ and wheat germ oil capsules
- 1 halibut oil capsule
- 1 hypothalamus tablet
- 1 hypo-zyme tablet
- 3 hydrochloric acid (HCL) tablets (before meal)
- 3 digestive enzyme tablets (after meal)
- 1 lipotropic tablet (250 mg of choline, inositol, methionine)
- 4 calcium tablets
- 1 zinc tablet with PABA (para-aminobenzoic acid)
- 3 lysine tablets
- 3 multi-glandular tablets (Nucleo Glan male or female)

Lunch

- Eggs (no limit)
- Meat (any kind, no limit)
- 8 oz. cottage cheese
- Raw vegetable salad
- Fruit

Supplements

- 1 iron tablet
- 4 calcium tablets
- (Same as breakfast with the omission of Vitamin E, tri-germ, wheat germ, and halibut oil capsules.)

Dinner

- Same as lunch (choose different foods)
- Yogurt
- Fruit

Supplements

- Same as lunch

Special Supplements

- 10 amino-acid and desiccated-liver tablets (every 3 hours)
- 5 yeast tablets (every 3 hours)
- 10 grams of arginine, ornithine (before retiring)
- 5 grams of tryptophan (before retiring)

Snacks

Half & half, Vince's Special Protein Drink, or half & half and ginger ale with between-meal sandwiches with cheese, eggs, meat, tuna fish, or peanut butter on rye or whole-wheat bread.

The Lacto-Vegetarian Diet

This is the easiest diet to follow because you can eat as much as you wish. It is composed of non-concentrated carbohydrates and protein from raw eggs, milk-and-egg-protein powder, and half & half. You will also experience a sense of satisfaction that you can never get from a purely high-protein diet. I recommend this diet for obese people who have a hard time losing weight on any diet. The roughage will produce a cleansing effect in the intestines, which produces regularity and detoxification. This diet is great for breaking a rut if you've stopped making gains.

Breakfast

- Vince's Special Protein Drink
 - 12 oz. half & half
 - 12 raw eggs
 - $\frac{1}{3}$ – $\frac{1}{2}$ cup milk-and-egg-protein powder
 - 1 banana
- (Make up to three of these drinks per day in a blender. Sip between meals.)

Supplements

- 1 multi-vitamin tablet
- 1 chelated mineral tablet
- 3 Vitamin B complex
- 1 Vitamin B₁₂ tablet
- 1 Vitamin B₁₅ tablet
- 1 Vitamin C complex (500 mg)
- 3 lysine tablets
- 3 multi-glandular tablets (Nucleo Glan male or female)

88

Lunch

Raw mixed vegetable salad
(Ingredients: avocado, bean sprouts, beets, cabbage, carrots, cauliflower heads, celery, cherry tomatoes, cucumbers, green peppers, hard-boiled eggs, lettuce, mushrooms, parsley, spinach, water chestnuts, watercress, zucchini or squash. Toss and serve with olive oil, vinegar, and chopped garlic or garlic powder. No salt or sugar.)

Supplements

- 1 iron tablet
- (Same as breakfast)

Dinner

Same as lunch
Fruit

Supplements

Same as lunch

Special Supplements

- 5 amino-acid tablets or 1 oz. liquid amino acid (every 3 hours)
- 4 raw orchic-tissue tablets, 1 Vitamin B complex, 1 niacin tablet (before and after workouts)
- 5–10 grams arginine, ornithine (before retiring)
- 3–5 grams tryptophan plus 6 calcium tablets (before retiring)

The Maximum-Definition Diet

There has always been considerable mystery and misconception concerning a diet that promotes muscle definition. For the most part, all carbohydrates must be removed from your menu. The only milk products that can be used are butter and cream. Meat, fish, and eggs are the only foods permissible. You must, however, eat a high-carbohydrate meal every four or five days (i.e., pasta, potato, grain, fruit); otherwise your muscles will smooth out and your strength will decrease.

When dieting to lose fat, the use of lipotropic or fat-burning agents are helpful. They don't perform miracles, but they do speed up results. The main lipotropics are the B vi-

tamins choline and inositol, which aid in the production of lecithin, enabling the liver and gall bladder to metabolize fats more readily and efficiently. I recommend that 250–1000 mg be taken with meals.

Other lipotropics that should be taken are the amino acid methionine, betaine hydrochloric acid, liver and yeast tablets, B complex, kelp, alfalfa, Vitamin C, tri-germ, wheat germ, and fish oils.

Breakfast

Eggs (no limit)

Meat (any kind, no limit)

Supplements

- 1 multi-vitamin tablet
- 1 Vitamin B complex
- 1 Vitamin C tablet (300–500 mg)
- 1 Vitamin E capsule
- 1 chelated mineral tablet
- 10 alfalfa tablets
- 10 kelp tablets
- 3 tri-germ and wheat germ oil capsules
- 3 halibut oil capsules
- 3 hydrochloric acid (HCL) tablets (before meal)
- 3 digestive enzyme tablets (after meal)
- 3 lipotropic tablets (250–1000 mg choline, inositol, methionine)
- 10 calcium tablets
- 1 RNA-DNA tablet
- 1 niacin tablet
- 1 oz. liquid beef amino acid
- 3 lysine tablets
- 3 multi-glandular tablets (Nucleo Glan male or female)

Lunch

Same as breakfast

Supplements

- 1 iron tablet
- (Same as breakfast with the omission of Vitamin E, tri-germ, wheat germ, and halibut oil capsules.)

Dinner

Same as lunch

Supplements

Same as lunch

Special Supplements

10 amino-acid and desiccated-liver tablets (every 3 hours)

1 Vitamin C (300 mg) plus 5 calcium tablets (every 3 hours)

4 raw orchic-tissue tablets (before and after workouts)

5–10 grams of arginine, ornithine (before retiring on an empty stomach)

3–5 grams of tryptophan plus 10 calcium tablets (before retiring on an empty stomach)

The above diet works so well for defining muscles because fats are used as a source of fuel for the body. Since it is difficult for the body to convert fat into energy, this results in a loss of your existing body fat. Finally, I recommend that you take a layoff of 3–5 days from all supplements every third week, while abstaining from them one day each week. Also, remember to have a high-carbohydrate meal with no protein every third or fourth day to replenish glycogen to your muscles.

Salvidor Ruiz of Spain.



Supplements

People often ask me, "Why do you use so many supplements in conjunction with your diets and are they really all necessary?" The reason for so many supplements is that most bodybuilders have been on poor diets for so long that their systems are imbalanced. The right supplements must be taken to get the body's endocrine system into balance, or else you will not grow from your workouts. Since the nutritional elements vitally needed are not supplied via the food they eat, they must be supplied via supplements.

However, it's not simply a matter of gulping down a few supplements with your meals for you to be instantly in proper balance. It takes time—usually 4–6 weeks. To achieve maximum effects, you must take the right supplements, in the proper amounts, in the right combinations, and at the right time. Otherwise much of the effects from the supplements are wasted or negated. I have also observed that there is a rhythmical pattern to be observed when taking food supplements. For best long-term results, supplements should be taken for three days and then stopped for three days, which allows maximum utilization of the supplement without toxifying the system.

I don't start beginners on advanced nutrition before they're ready for it. First, I balance their systems by correcting any nutritional deficiency by putting them on the right diet and a good all-round nutritional program with all the necessary elements to feed the system. Once I know they're in balance and ready, I give them advanced supplements like raw orchic, multi-glandulars, isolated free-form amino acids, and desiccated liver plus a high-protein diet to keep the nitrogen level constant. Now they're *ready* to gain. In fact, when the system is operating at peak efficiency you should see gains from nearly every workout.

It is important for bodybuilders to have some basic knowledge of the main vitamins and minerals, so I will briefly discuss them now. Those who want more specific knowledge on individual vitamins and minerals should study books on nutrition or see a nutritionist.

Vitamin A is important for good vision, healthy skin, hair, and it also helps in maintain-



An optimal nutrition program is vitally important for Britain's Bertil Fox.



Linda Cheeseman and Serge Nubret.

ing healthy mucus membranes. The best sources are fish, eggs, liver, milk, carrots, and spinach.

Vitamin B complex (This includes all twelve B vitamins.) The B complex is involved in just about every function of the body and is especially essential to the nervous system, the digestive system, metabolism of fats, carbohydrates, sugars, and protein, and is involved in the production of red blood cells and cell growth. The best sources are eggs, whole grains, poultry, green vegetables, fish, fruits, milk, and brewers yeast.

Vitamin C complex (This includes Vitamin P or the bioflavinoids, which are synergistic with Vitamin C and greatly multiply the beneficial effects.) Vitamin C is a great detoxifier, stress fighter, and healing agent. It is essential for the proper absorption of minerals, especially calcium. It helps promote recovery from workouts, prevents capillary damage and sore muscles. Large amounts of Vitamin C has a hardening effect on your physique and has a mild diuretic action on the tissues (releasing water from them). It also is used in the manufacture of collagen, the binding substance that holds all the

cells and bones together. The best sources are from citrus fruits, tomatoes, and green vegetables.

Vitamin D is essential for strong teeth and bones and is required throughout life for proper calcium metabolism. The best sources are from milk, fish, egg yolks, chicken livers, and direct sunlight.

Vitamin E is indispensable for muscle growth and endurance and is a true strength builder. It contributes to the functioning of the circulatory, respiratory, and reproductive systems and protects many nutrients from oxidation. The best sources are wheat germ, vegetable oils, and leafy green vegetables.

Minerals Your body also needs adequate amounts of the following minerals for good health: calcium, magnesium, phosphorus, iron, iodine, potassium, sodium, zinc, manganese, as well as small amounts of trace minerals like copper, selenium, cobalt, and chromium. Always buy minerals that are chelated; otherwise, your body will not absorb them properly. Chelation increases absorption of the minerals by 20-25 percent.

Hormone Precursors

The goal of every bodybuilder is to *build* muscular size and *reduce* body fat. This can only happen when the body's glands are healthy and hormone production is in a state of positive nitrogen balance. Bodybuilders have taken anabolic steroids and synthetic male hormones for years as a means of increasing protein synthesis, but the effects of steroids are only temporary and potentially disastrous.

The importance of balanced hormone production cannot be overstated for bodybuilding success. The glands within your body are capable of manufacturing hormones *only* if all the right nutrients are available to nourish them. When glandular imbalances occur, corrective measures must be taken by following a high-protein diet of hormone-precursing foods and supplements.

Some of the natural hormone precursors include: wheat germ and tri-germ oils, kelp, alfalfa, yeast, desiccated liver, raw multi-glandulars (especially pituitary and adrenal gland and raw orchic tissue), Vitamins B and C complex, Vitamin E, the herb ginseng, Kalo Kalo, and raw fertile eggs.

Wheat Germ Oil is very rich in Vitamins A, B, and E, iron, and unsaturated fatty acids. It has anti-stress and endurance factors that enable people to withstand the rigors of hard training. It is best taken on an empty stomach immediately after your workout.

Kelp is a seaweed which contains 44 minerals, and is especially high in iodine. This stimulates the thyroid gland and speeds up the metabolism naturally. It is a great fat burner, especially when combined with other lipotropic or fat-burning agents. I recommend ten per meal when dieting to lose fat.

Alfalfa is the strongest detoxicant of any food and seems to help sufferers of bursitis, arthritis, and tendinitis. It is 20 percent protein—the same as raw liver—and contains all eight essential amino acids, plus eight enzymes necessary for the digestion of food. Alfalfa also has many minerals and trace elements and is the richest source of calcium known. It has seven times more calcium than phosphorus, so it can be used to chemically rebalance the calcium-phosphorus ratio when on a high-protein diet.



England's Roy Perrott.

Yeast contains almost no fat, starch, or sugar but has excellent protein (37 percent while meat is only 23 percent), 17 different vitamins including the complete B complex, 16 amino acids, selenium, and several other important minerals. It is also an excellent natural supply of nucleic acids (RNA-DNA), which have been found to slow down the aging process and to recharge worn-out cells.

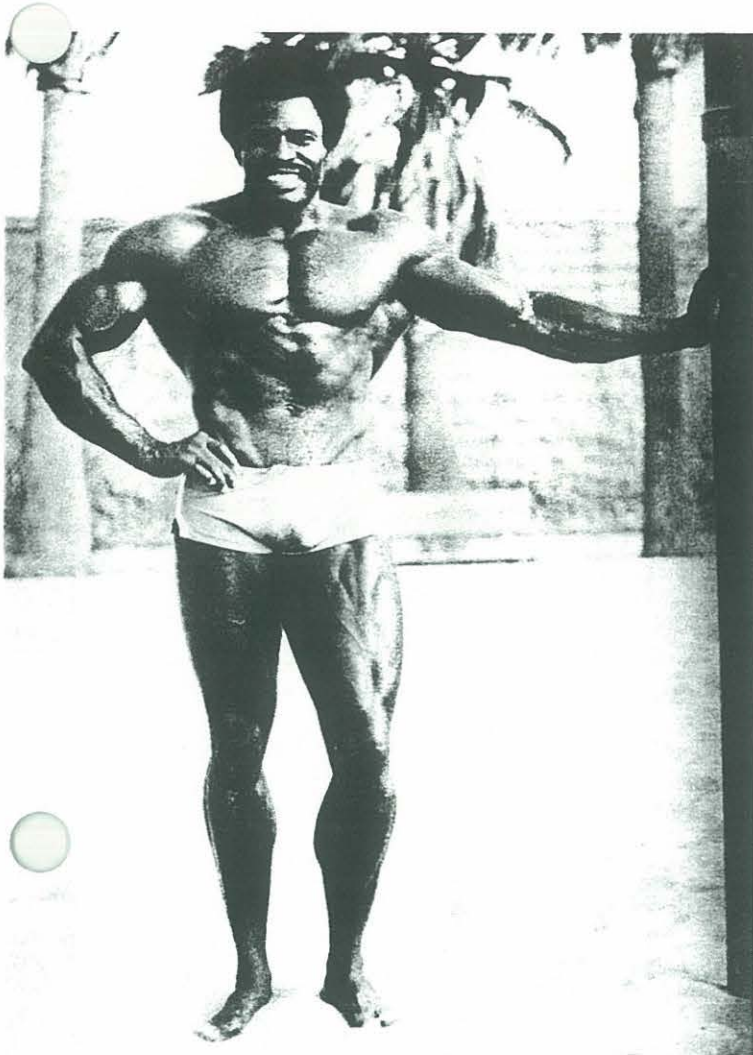
Desiccated Liver is one of the most potent training aids for the bodybuilder. Because desiccated liver is whole liver concentrated by vacuum drying at a low temperature, preserving all the nutrients and enzymes of raw liver, it is four times as potent as whole liver. It has more going for it than any other food supplement. It is very high (80 percent) in useable bodybuilding protein, which it keeps in the blood for peak performance. It is also a strong blood builder. It has nucleic acids for proper amino-acid utilization, is rich in iron, selenium, B complex, and other micro-nutrients. It contains a growth factor and an anti-estrogen factor, which keeps male bodybuilders' testosterone levels high. It is also a great anti-toxin.

The amounts of yeast and desiccated liver that you should take depends on your level of training and energy needs. Beginners can start with six liver tablets per day (two per meal) and three yeast tablets (one per meal). Intermediates should take no less than six liver and four yeast tablets per meal. Every week add an extra tablet of each until you double your starting level. Advanced bodybuilders make fantastic progress on 50-100 liver and 30-60 yeast tablets per day over short periods of time. These amounts allow you to take in tremendous amounts of protein and other nutrients without large amounts of food. However, you should build up gradually to this amount to avoid upsetting your digestion.

Raw Glandulars The theory behind glandular supplementation is that cells are attracted to similar type cells. That is, raw gland products can be used to bolster the functions of a particular organ or gland. As with vitamins and minerals, the glandulars must be taken in proper combination to achieve maximum results. Thus it's important to use a balanced glandular product. I recommend Nucleo Glan M or F (male or female), taken one hour before and one hour after your workouts.



Mr. Universe John Brown.



Dave Dupree.

Amino Acids

Amino acids have provided a giant breakthrough for bodybuilding. They get to the muscle quickly and efficiently, even if you have digestive problems. They provide quick and easy building materials for the body without bloating or fattening the body. They also aid in keeping blood-sugar levels up during stressful times of dieting to lose fat. Taking amino acids every three hours keeps the body *constantly* supplied with protein and the nitrogen level stable.

Free-form amino acids have become a tremendous aid to the bodybuilder. Arginine and ornithine, when taken just before bed on an empty stomach, help elevate the natural levels of growth hormone in the body and aid in burning fat.

I have found the amino acid lysine to be very beneficial for aiding growth when combined with a high-protein diet. For every 100 grams of protein you ingest, take three lysine tablets. When combined and balanced with the raw glandulars, the effect is even more potent.

Protein Powders

When mixing protein powders with milk or half & half, always add oil to your drink. Otherwise your body will not utilize the protein completely, because during the manufacturing process fats and enzymes are removed.

Always use milk-and-egg protein or meat protein, which are readily used by the body, but never use soy protein. While soybeans are rich in protein, the amino acids are arranged so poorly that less than 10 percent of the protein in soybeans can be used by humans unless a supplemental source of animal protein is supplied, like milk and/or eggs. Soybeans are almost impossible to digest and cause much bloating and gas because they have 7–10 different protein-digesting inhibitors which not only make it nearly impossible for you to digest the soybean supplement, but any other food as well.

Hydrochloric Acid and Digestive Enzymes

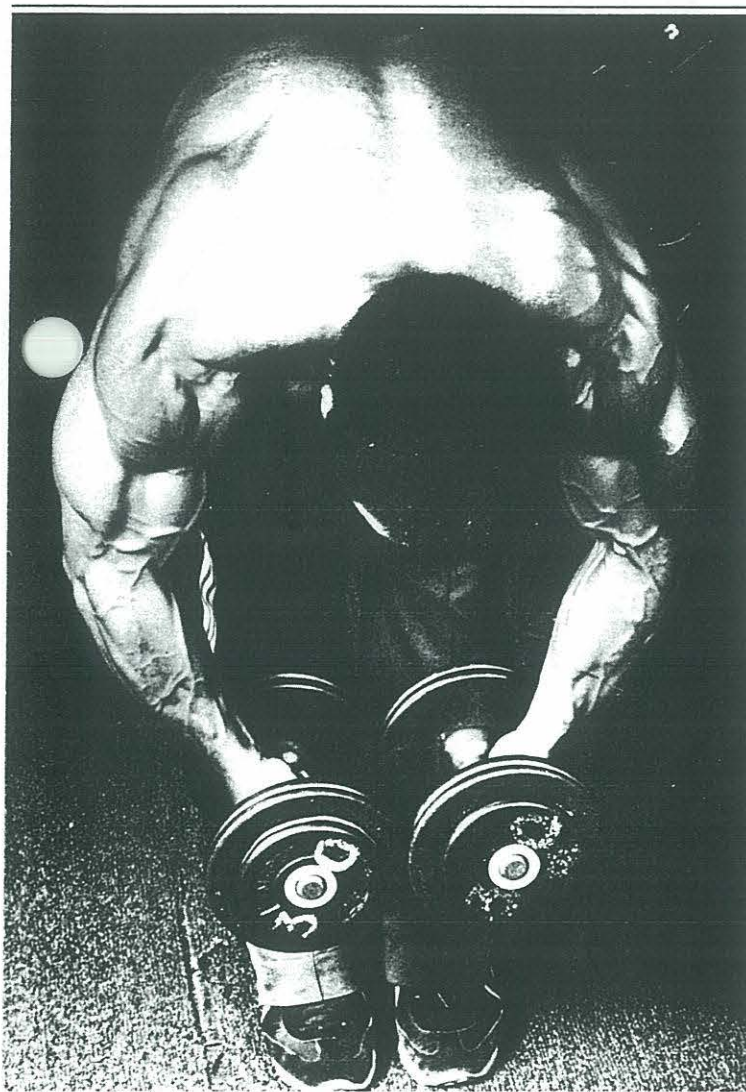
One of the most important factors in protein digestion is hydrochloric acid or HCL. Most of the foods you eat have been cooked, destroying the enzymes, and making them harder to digest. HCL is secreted by the lining of the stomach and creates a situation in which the digestive enzyme pepsin acts on proteins and breaks them down into peptides. If HCL is missing or insufficient, the breakdown of protein will not take place in the stomach. If this happens, the protein food will pass through the body mostly undigested, causing gas, pain, and discomfort. It is important to take HCL tablets before your meals and digestive enzymes afterwards for optimal digestive efficiency. Remember, it's not how much protein you eat, it's how much is digested and used by the body.

Are you beginning to see the importance of nutrition in your bodybuilding program? The sooner you get serious about your diet, the faster my exercises will develop your perfectly proportioned physique!

SHOULDERS

15

WIDE IS WONDERFUL



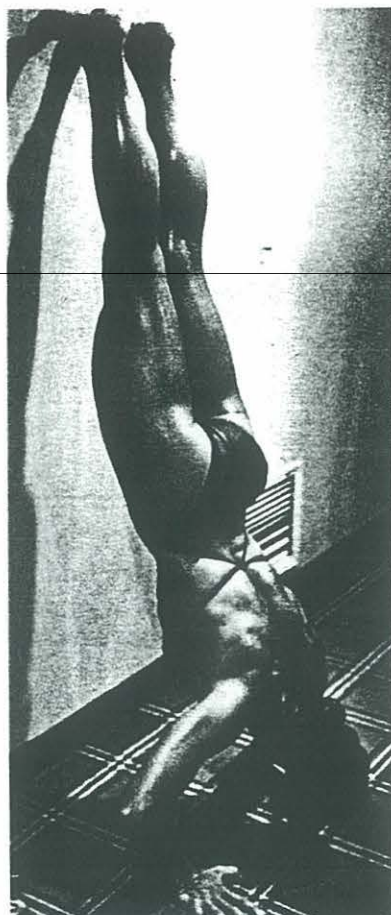
Mohamed Makkawy does bent-over flying for the deltoids.

Was there ever a hero who didn't have broad shoulders? Now even the women want them, and I'm all for it. Naturally, a woman doesn't want "barn-door" shoulders, but a strong-looking female body should possess *muscular* shoulders. The only aspect that can make wide, healthy shoulders on men or women look wrong is a short neck. Then it creates an unattractive, hunchy appearance. Any activity that adds excessive shoulder muscle, however shapely, will not help your physical appearance in the case of a short neck.

The question of how much shoulder width you can obtain is dependent on the width of your clavicle (the collarbone continues to grow naturally until you are in your late twenties). Of course, building deltoids (shoulder muscles) on top of the bone ends will help greatly, but the limiting factor is governed by your natural (bi-acromial) bone width.

This didn't stop Larry Scott, though. His shoulders are not exactly wide naturally, but he made them totally outstanding by working them hard using my methods.

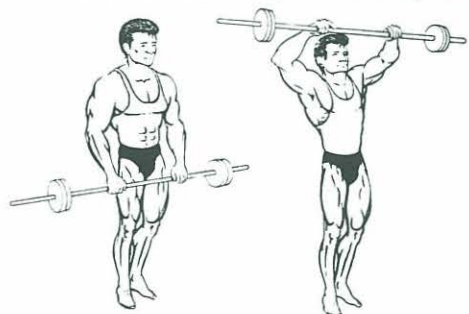
Remember that the shoulders are a three-headed muscle. The front, side, and rear deltoid heads are joined around the shoulder area to form a rounded, melonlike mass. For full development, each head has to be trained individually with specific exercises. The following exercises indicate which shoulder muscles are being worked in each movement. Beginners can simply choose one exercise for the general shoulder area, but more advanced trainers should choose one exercise for each of the three sections.



Lynn Conkwright pumps her shoulders with handstand dips.

High Pull Side Deltoid (8 reps)

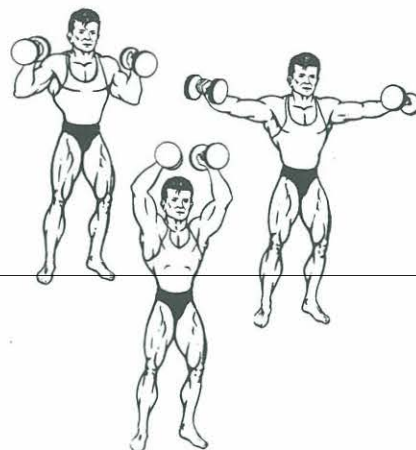
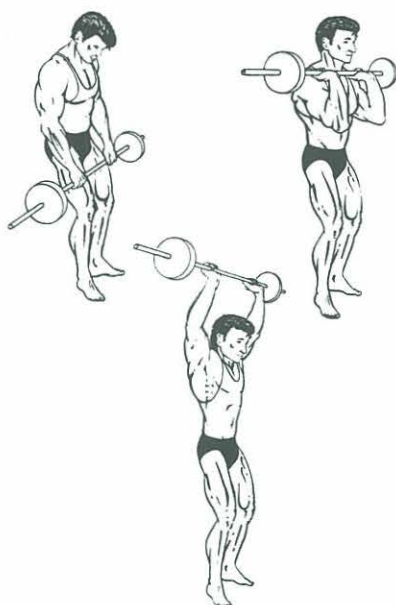
Hold a barbell at shoulder width. Pull upwards until level with the top of your head. Keep bar held forward, 12 inches (30



cm) in front of your face, throughout the exercise. Lower and repeat in a steady rhythm.

Clean and Press Side and Front Deltoids (8 reps)

Stand with feet about 14 inches (35 cm) apart. Hold a barbell across thighs in front of the body. Clean the weight to the shoulders and immediately press overhead, moving the bar slightly rearwards when in the overhead position. Lower to original position and repeat.



Dumbbell Press and Negative Lateral Front and Side Deltoids (8 reps)

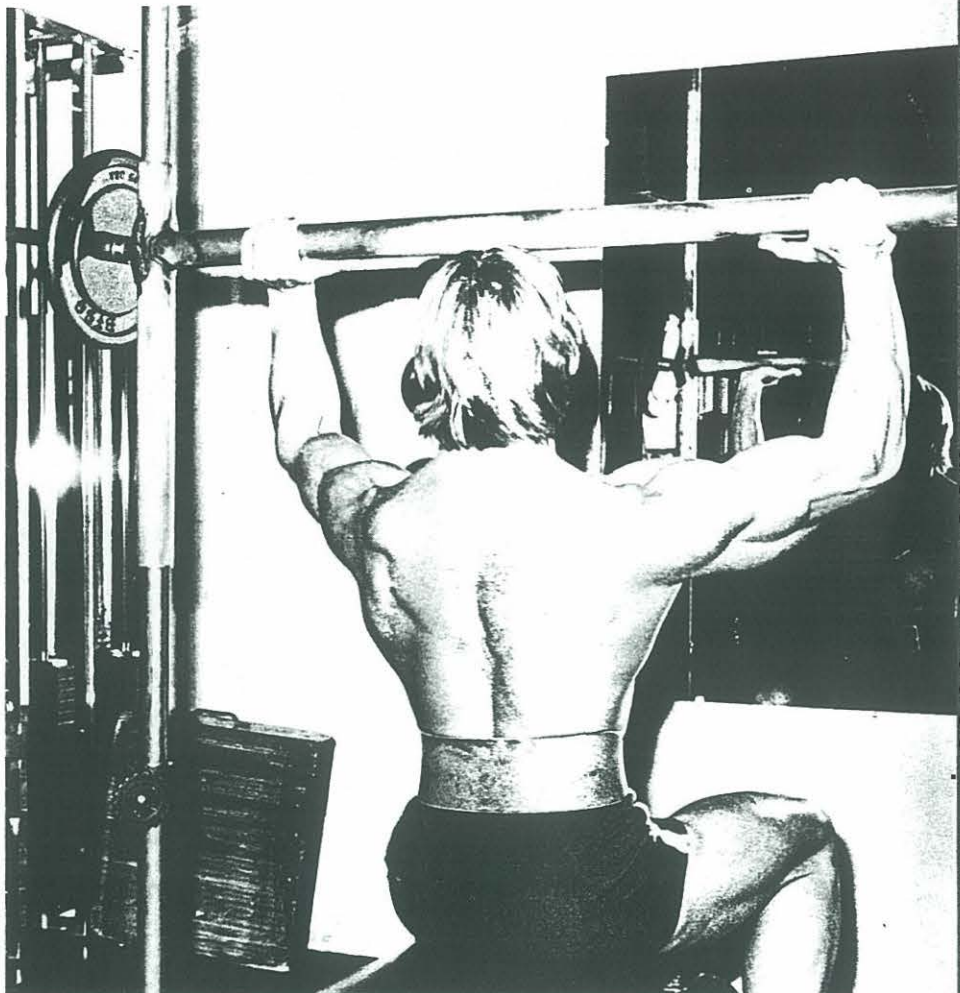
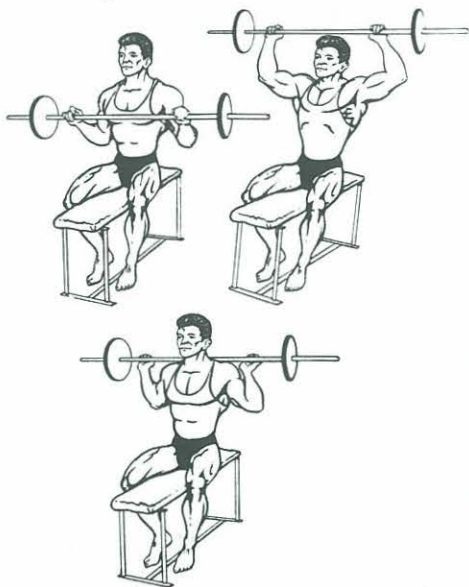
Adopt a standing position, feet comfortably apart. Hold a pair of dumbbells at the shoulders and press them overhead simultaneously. When they reach the overhead position, lower the arms slowly in a lateral-raise position (out to the sides) so that the negative effect is felt. Bring dumbbells to the shoulders to repeat the process.



Wide-grip presses as performed by 1981 Mr. Olympia Franco Columbu.

Alternate Seated Front and Back Press
Front and Side Deltoids (8 reps)

Adopt a seated position holding a barbell at the lower-pec line in front of the body. Press upwards and lower to the back of the shoulders, below the deltoids. Alternate front and back pressing, without raising the bar much beyond the height of the top of the head.



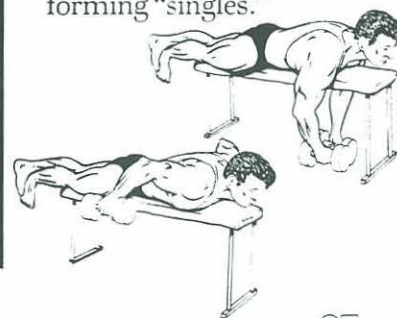
Steve Davis uses the press machine for shoulder development.



Vince demonstrates a new deltoid exercise.

High Bench Lateral Posterior Deltoid (8 reps)

Lie face down (prone) on a 30-inch (75-cm)-high exercise bench. Keeping the arms slightly bent, raise the dumbbells out to the side. Relax the hands at the bottom of the movement, which is called performing "singles."

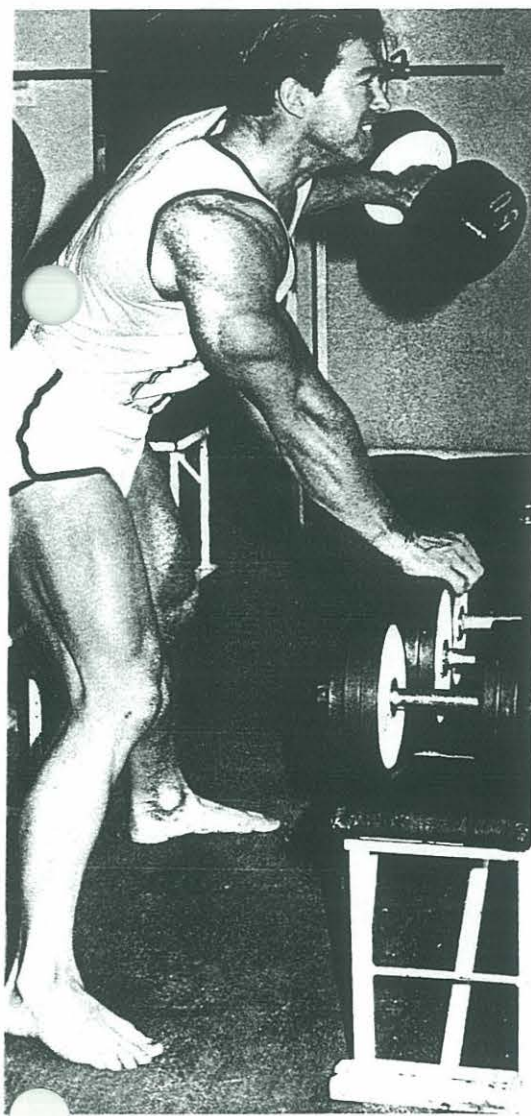


Seated Lateral Raise *Side Deltoid (8 reps)*

Sit at the end of a bench, leaning forward as shown. Hold a



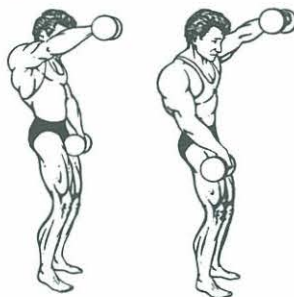
Isolating the lateral deltoid
—Larry Scott shows how.



pair of dumbbells under the thighs. Raise out to sides until level with the top of the head. Try and keep the dumbbells level (or lower at the front, as though pouring a jug). Lower to original position.

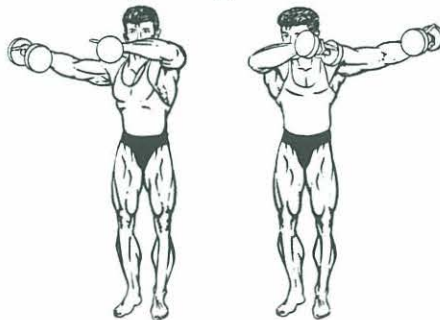
Alternate Front Raise *Posterior and Anterior Deltoid (8 reps)*

Hold a pair of dumbbells down at the sides of the body. Keep the elbows slightly bent and allow wrists to go limp. Raise first one dumbbell and then the other, in alternate style, to the front as illustrated.



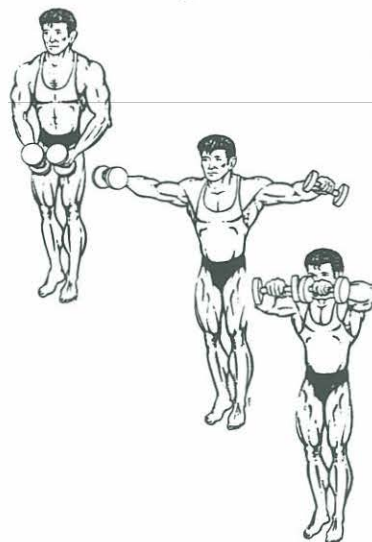
Dumbbell Side Swing *Side Deltoid (8 reps)*

Stand with feet slightly apart. Raise dumbbells together in the "drawn-bow" position as illustrated. Reverse procedure using other hand. Palms must face downwards at all times. The movement is a continuous down-up swing.



Dumbbell Circle *Complete Deltoid (8 reps)*

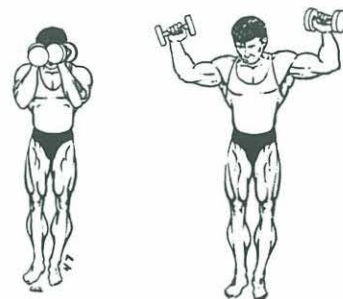
Stand with feet together, dumbbells held together at front of



hips. Raise out to the sides and then to the front. Keep arms slightly bent at all times. Lower to starting position and repeat.

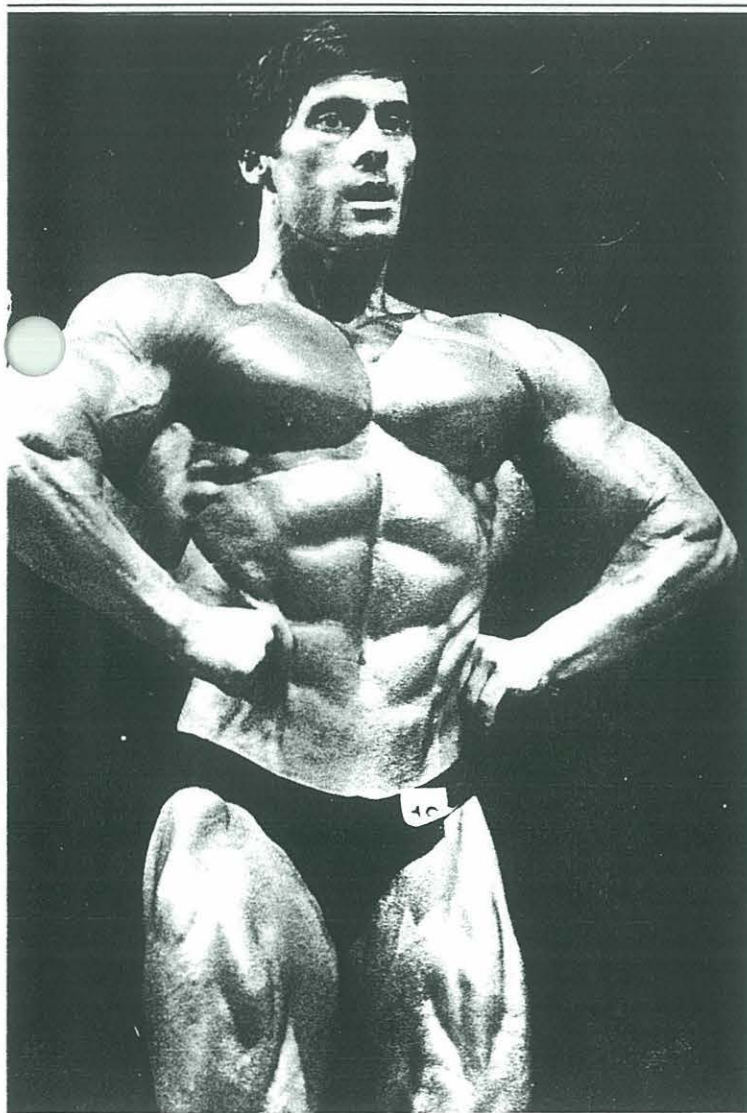
Scott Press *Side and Front Deltoids (8 reps)*

Hold a pair of dumbbells at the shoulders, as shown in illustration, palms facing inward.



Swing elbows sideways and rearwards. Keep palms facing forward. Press until level with the top of the head—no higher. Return to starting position and repeat.

CHEST

BUILDING
GLADIATOR
PECTORALS

Jacques Neuville of France.

I've never understood why male bodybuilders want to build huge, bulbous chest muscles. The area just isn't set up to carry 20 pounds of beef. The pectorals or "pecs" run across the top of the rib cage and should be slablike in appearance, not bulging and hanging from sheer weight. A man's chest development should not in any way resemble women's breasts. (Breasts are glands and not greatly influenced by exercise; pectorals are muscles that can be changed in size and shape.)

You have to add muscle in the proper places. Slap it on where it counts. When I first took on the training of Mohamed Makkawy, he had big pecs—yes—but there was no shape. They didn't add to his physique. We changed all that by working the outer portions of his chest. After training with my methods for eight weeks, he entered contests looking like a brand-new bodybuilder. People started calling him "The Magic Egyptian." They didn't know why, but I did!

I get a lot of static over my claim that the bench press is all for the front deltoid. A lot of guys have built big chests with the bench press, but I don't see much impressiveness in spite of the size. I prefer the collar-to-collar-grip neck press (lowering the bar down to the neck instead of the chest). And then there's the famous Gironda dips using a wide grip (you can look up the exact performance at the end of this chapter). I still maintain this is the best movement for developing the outer-pec line. (Larry Scott would alternate dips and neck presses for his chest—nothing else.)

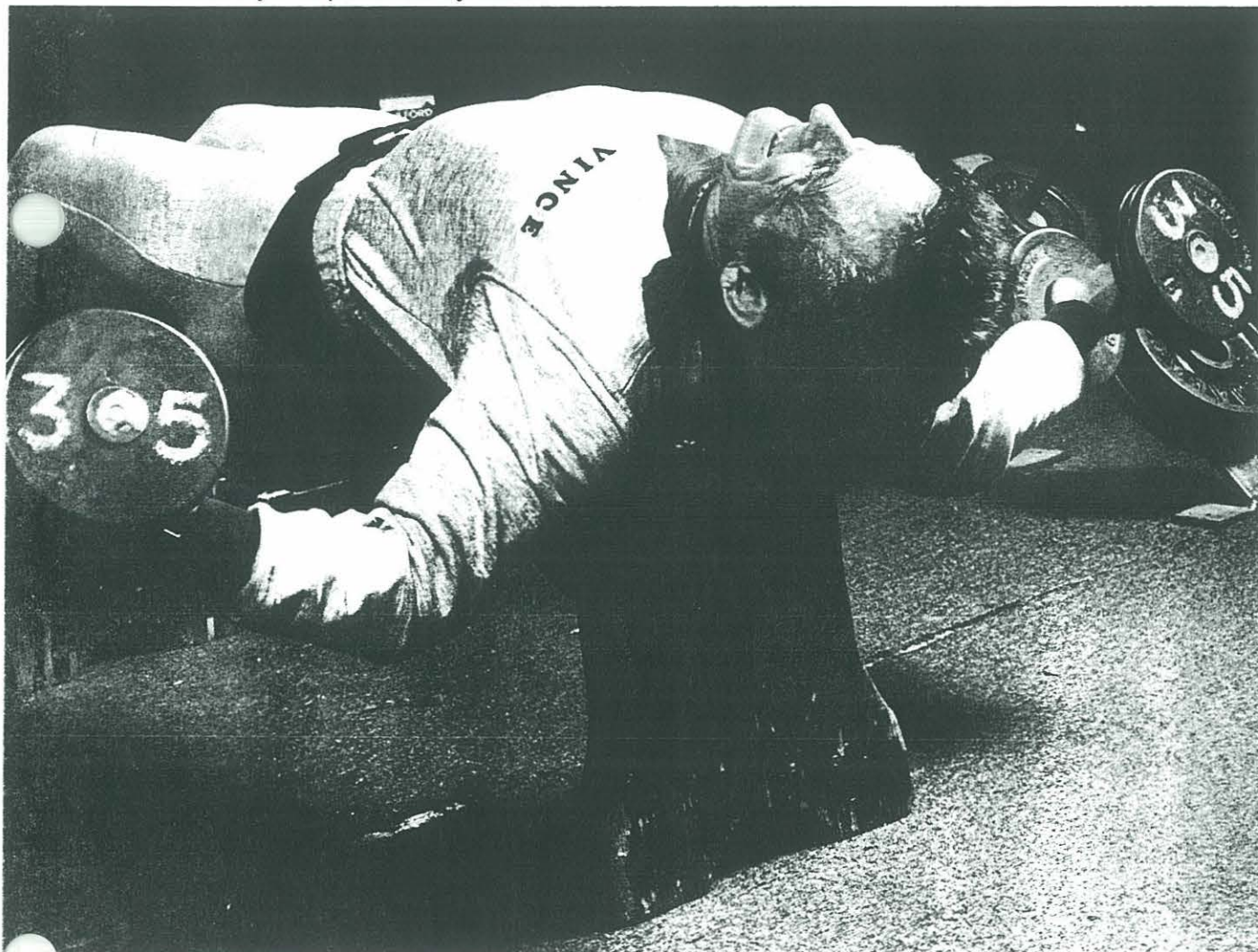
Currently, I recommend using pulleys a great deal at my gym. Of course, we always have used them, but it seems that more people everywhere are finding pulleys useful in chest work. My favorite is the decline pull. The outer areas of the chest are activated, creating a greater waist-to-chest taper.

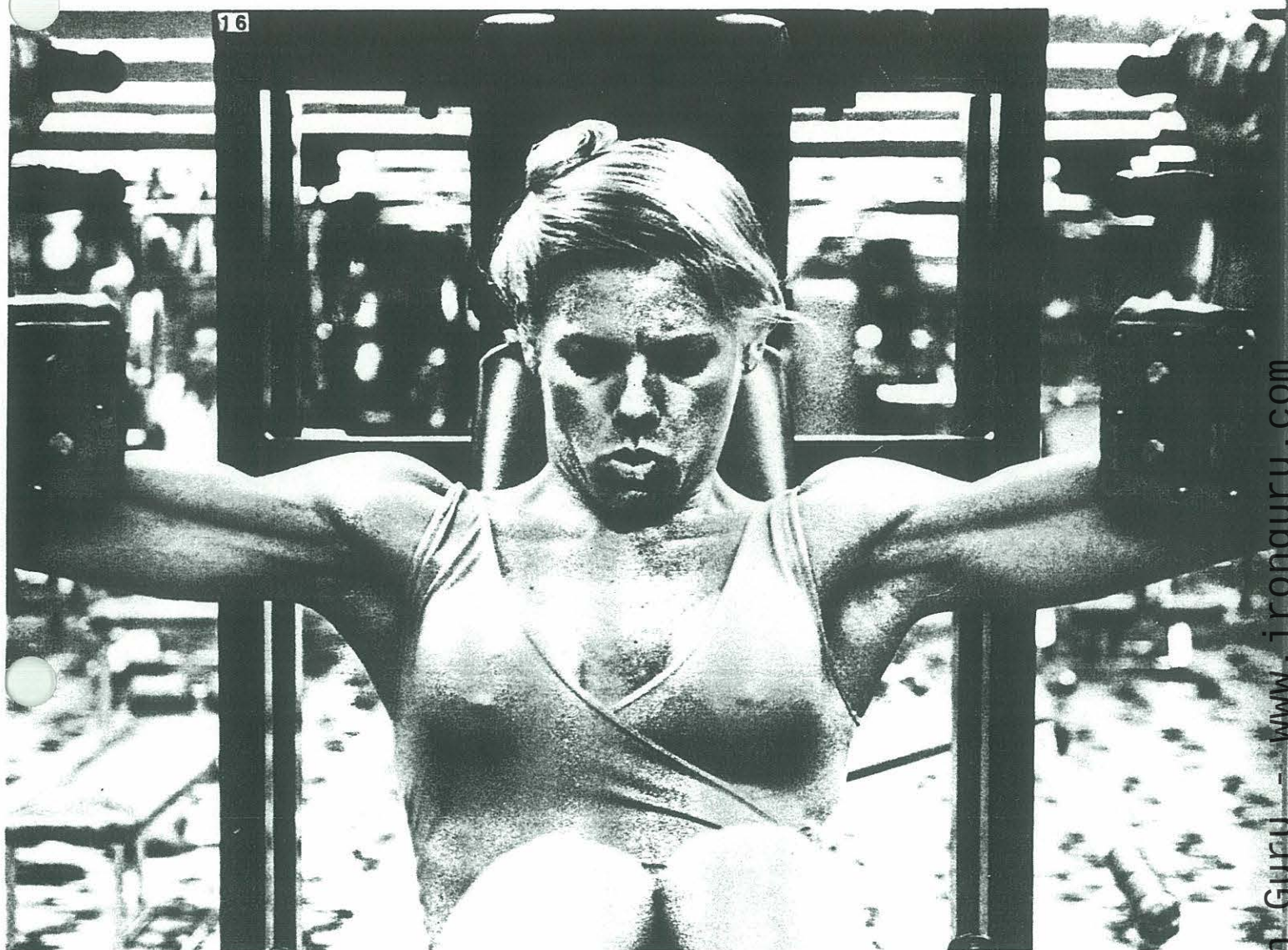
Never try to develop or spread your rib cage, unless you are built like a doormouse! Keep the bottom of your rib cage small, not pushed out artificially with pullovers and other stretching exercises. The size-at-all-costs freaks try to stretch out their chest boxes. This is another thing I don't understand. Don't they realize that if they do this they will look fat in normal clothes?

When sculpting your pectorals, use discretion. Remember that all incline presses and flyes tend to build the upper pectorals while decline work activates the lower chest. If you perform flat-bench work with a barbell, the main emphasis of stress is in line with the position of the lowered barbell. Lower it to the upper chest and you will build high pecs. Lower the bar to the nipple level to focus the main stress there. It's the same with the crossover pulleys. Cross the arms high for high pecs; lower for low pecs. It's not hard to remember.

The chest is a magnificent area, full of potential for impressive development. Build it with sensitivity, always keeping an eye to balance and shape.

Dumbbell flyes as performed by Vince.

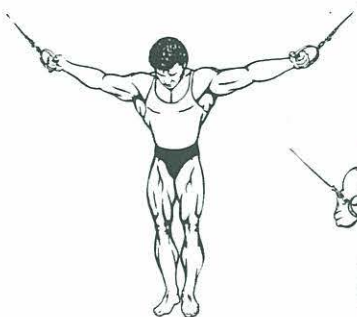


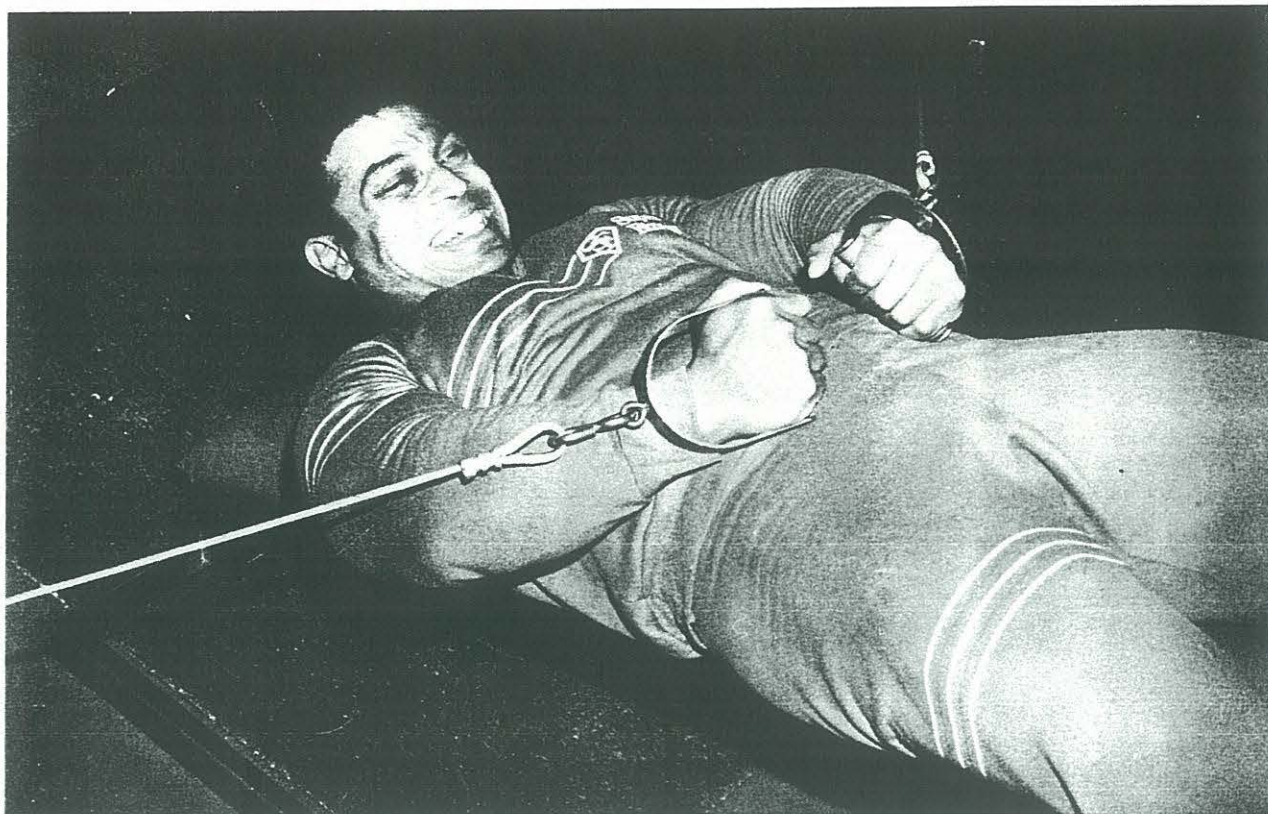


Super pec work as performed by model bodybuilder Susie Green.

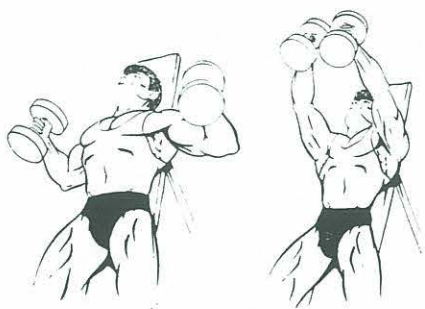
Pulley Crossover ***Complete Chest (10 reps)***

Hold a pair of overhead pulleys, palms facing each other. Allow the pecs to pull arms forward until knuckles are touching. Keep arms slightly bent at all times. Return to starting position and repeat. Touch the knuckles high to work the upper chest. Touch them at medium height or lower to work those aspects.





Mohamed Makkawy does the special low-pulley decline chest exercise that Vince rates so highly.

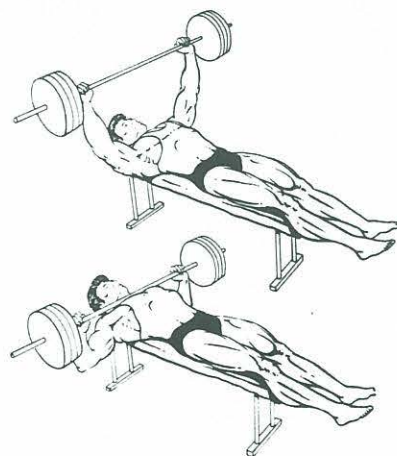
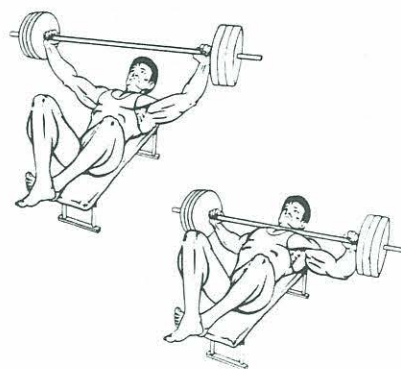


Incline Dumbbell Press **Upper Chest (8 reps)**

Lie on a 35-degree inclined bench. Hold two dumbbells parallel to the body, palms facing inward. Keep elbows out to the sides, away from the torso. Press both dumbbells simultaneously upwards until elbows lock in the extended position. Lower and repeat.

Barbell Neck Press **Upper Chest (8 reps)**

Lie flat on your back (supine) holding a loaded barbell with a wide grip. Lower the bar to the bottom of the neck, keeping elbows away from the body. Raise and repeat, controlling the barbell at all times.

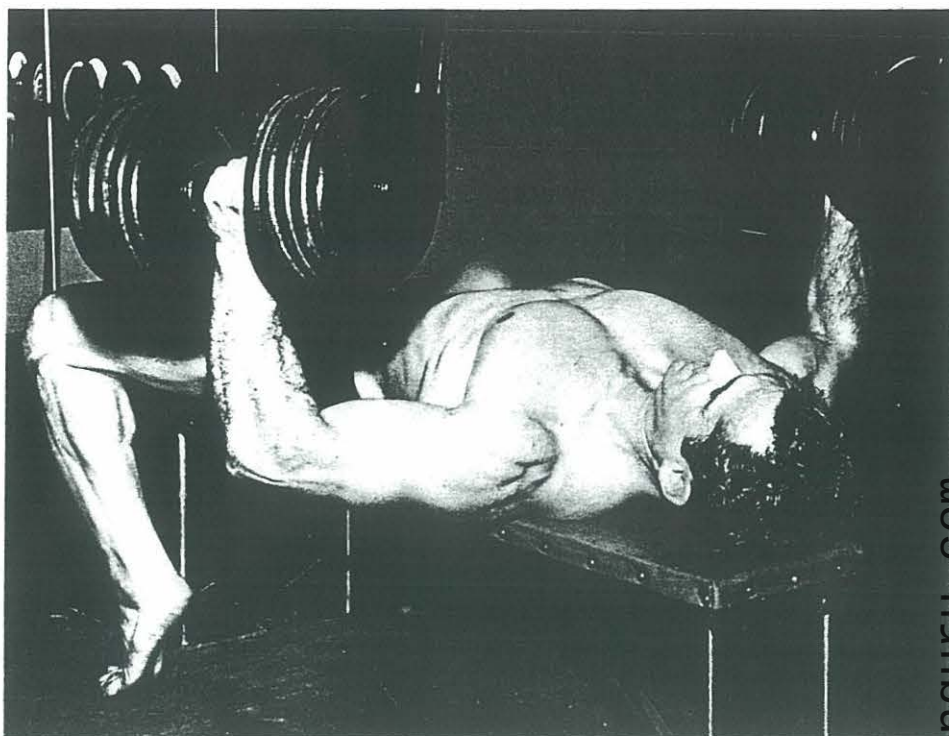
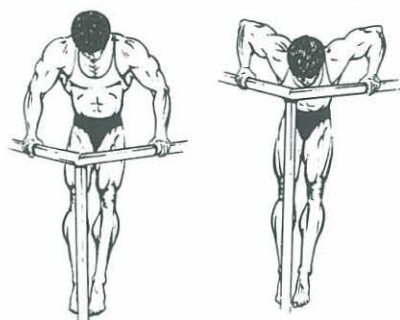


Neck Press on Decline Bench **Lower Chest (8 reps)**

Hold a loaded barbell with a wide grip on a decline bench at arm's length. Lower slowly to the central area of the chest. Keep elbows out to the sides away from the torso. Raise and repeat with a steady rhythm.

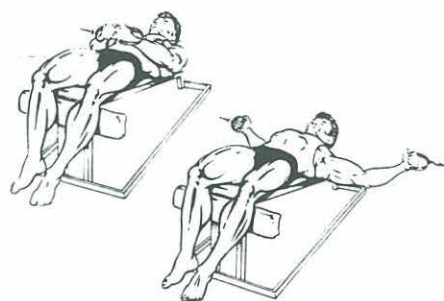
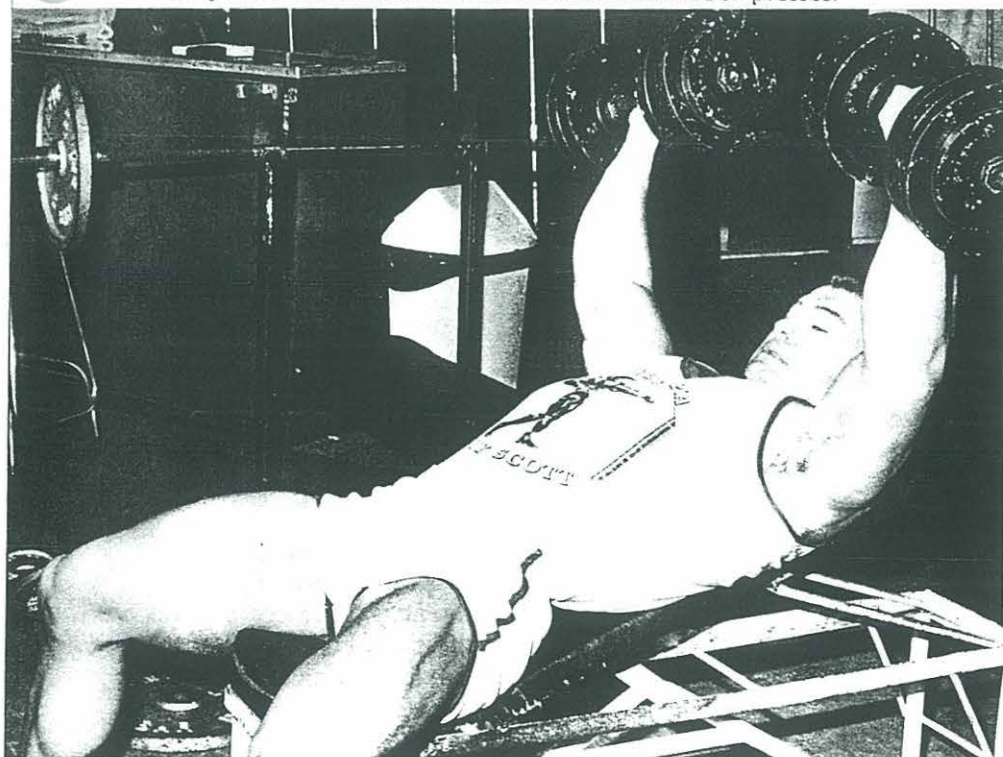
Wide Parallel Bar Dip *Lower and Outer Pectorals (8 reps)*

Keep your chin on your chest, round the back, and hold feet forward under your face. Dip downwards on 32-inch (80-cm)-wide parallel bars (wider if you are very tall) and raise upwards into a straight-arm position. Make a point of stretching as low as you can at the dip part of the exercise. Do not bounce up and down, but perform the exercise under strict control.



Vince shows how heavy dumbbell work can greatly benefit chest development.

Larry Scott demonstrates shallow-incline dumbbell presses.

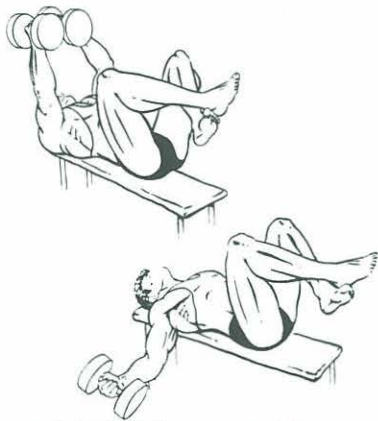


Decline Floor Cable Pull *Outer Pectorals (10 reps)*

This exercise can only be performed if you have access to a pair of cables that are set to a base pulley. Start the movement on a decline bench with hands facing rearwards and above the shoulders. Pull steadily forward to a position over the hips. The arms should be slightly bent throughout movement. Allow the cables to pull your arms back to starting position and repeat.



Dave Johns.



Dumbbell Flyes on Flat Bench

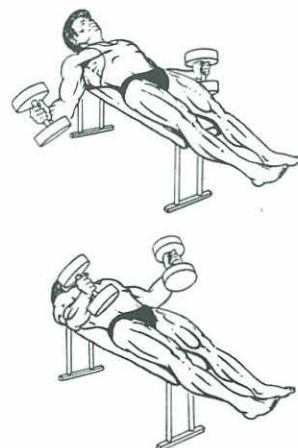
Middle Chest (8 reps)

Lie on your back holding two dumbbells. Your feet may be placed flat on the floor, or raise them up as I prefer (balance is a little harder to hold if the feet are off the ground). With the palms facing upwards throughout the exercise, lower

out to the sides with slightly bent arms. Stretch down completely at the bottom point of each repetition. Raise and repeat.

Dumbbell Flyes with Forward Scoop ***Middle and Low Chest (8 reps)***

Lie on a flat bench facing upwards. Hold dumbbells at arm's length above your head (palms facing each other). Lower dumbbells in the re-



gular flye motion. As they reach the low position, swing dumbbells towards the knees, and up over the hips, continuing until they are once again at arm's length over the chest. Lower and repeat.

ABDOMINALS



France's Gerard Buinoud shows off his super abdominal development.

17

DEFINING A MARVELLOUS MIDSECTION

The abdominal muscles are perhaps the most misunderstood area of all. Contrary to popular opinion, you cannot produce localized *spot reduction* by performing a few sets of sit-ups every day. Only nutritional dieting and high-activity training with minimum rest periods will cause weight loss. Heart and lung action are very important to emulsify fat.

The best abdominals I ever saw belonged to French-Canadian gym owner Leo Robert. Not only did Leo have chunky abdominal muscles from the bottom of his rib cage to well below the navel, but they were also perfectly aligned in three straight rows. He was the envy of every bodybuilder in his day.

If your abdominals are not completely straight, don't worry. Only a handful of physiques have straight abs, and you will not be penalized in competition if you don't have them.

Generally speaking, the abdominals develop easily. Early in my bodybuilding career, because I wanted as much size as possible, I neither worked my abs nor did I watch my food intake. I didn't exactly build a huge belly, but I must admit I lost sight of my abdominal ridges. And I didn't even care. Then one day I spied Steve Reeves and Jack La Lanne on the beach—both of whom had extremely well-defined midsections. The sun caught their abs just right, enough to make me pose the question to myself: "Why not me?"

Once I decided that I wanted a "washboard" midsection, it didn't take a heck of a long time. I got world-class abdominals in just six weeks!



Sandy Nista shows the correct way to perform abdominal crunches.

Because they obtain the best blood supply in the body, the abdominals do not have to be worked with dozens of sets of high reps every day. This is most definitely not a good idea. You will smooth out your abs and subject your system to a degree of shock that can hinder gains if you overwork these sensitive muscles. Simply work the abs using 8–12 reps with 4–5 sets per exercise. As I said before, beginning bodybuilders hoping to make fast muscle gains should never do any direct abdominal movements. The midsection gets quite enough activity from the regular weight-training exercises.

A word about side bends: Don't do them! They will not reduce waist size, and will only

serve to build up the obliques, which I am totally against.

Most people are unaware that the full sit-up and leg-raise exercises are *not* primary abdominal movements. True, there is some midsection involvement, but they are not pure waistline exercises. Few understand that the action of the abdominal muscles is to *shorten the distance between the pelvic basin and the sternum*. It has little to do with full leg raises or sit-ups, except in the contracted range of the movement when the distance is shortened between the pelvis and the sternum. The partial sit-up (lifting the body only one-quarter or one-half of the way) is a better abdominal builder.

When performing any of the trunk and hip-rolling motions that I advocate, the most important factor is to keep the small of the back in constant contact with the bench or board. As soon as you arch your back, you will notice the stress on the midsection is relieved, and the workload is shifted to the psoas muscles, which attach to the upper thighbones and both sides of the spine. Their function is to pull the upper body to a sitting position.

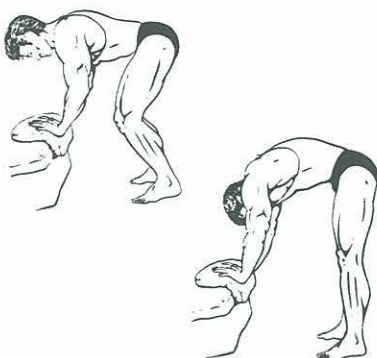
Unless you isolate a muscle, you can overwork it by doing too many sets and reps to get a pump. I recommend waist exercises that isolate the abdominals as much as possible, rather than ones that work everything from the thighs to the back.

You may perform waist exercises once you have achieved a good degree of abdominal strength and condition in an aerobic-style manner. Don't wait for your breath to return to normal; merely wait a few seconds before starting the next set. I have known some individuals who take up to a five-minute rest between exercises. This is ridiculous. Hyperventilate between sets, load up with oxygen, and go at it again. This will give your workouts a cardiovascular effect. The stimulation is also a fat emulsifier.

Leg raises illustrated by Yvonne Mills.



When training for utmost abdominal delineation, I have always advocated adding *lipotropics* (fat emulsifiers) to the diet: choline, methionine, inositol, lipase, Vitamin F (safflower oil), lecithin, betaine, and all animal fats. Sharp, well-built abdominal muscles are worth a king's ransom. To my mind, there is no more treasured possession.

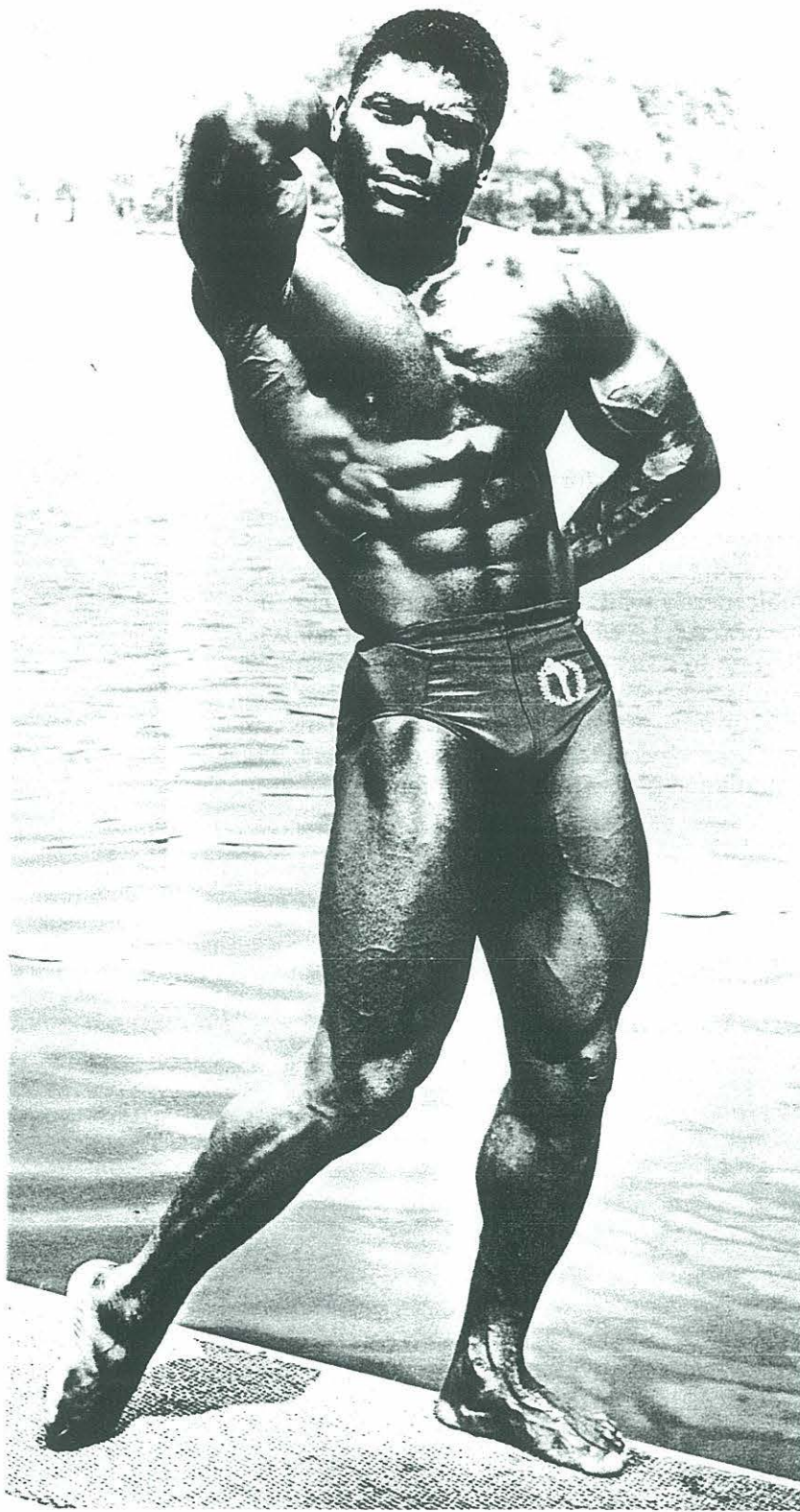
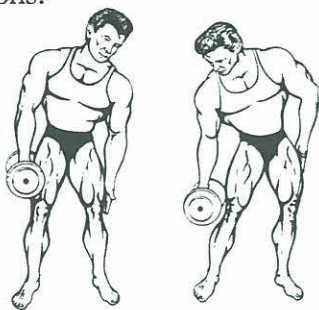


Abdominal Vacuum ***Rectus Abdominis (8*** ***reps)***

Bend over and place hands on a low bench or table. From this position, with the knees bent slightly, draw the abdominal muscles into the chest cavity, also hunching the back. Hold for two seconds, then let go and thoroughly relax the stomach.

Side Bend with Dumbbell ***Front Obliques (10 reps)***

Do not do this exercise if you are naturally wide in the hips. It will make your obliques too big. Hold one dumbbell in your hand. Lean rearwards slightly and bend the torso from side to side, running the free hand (palm in) up and down the leg as you bend. Change the dumbbell to the other hand and perform the same number of repetitions.



Wilf Sylvester.

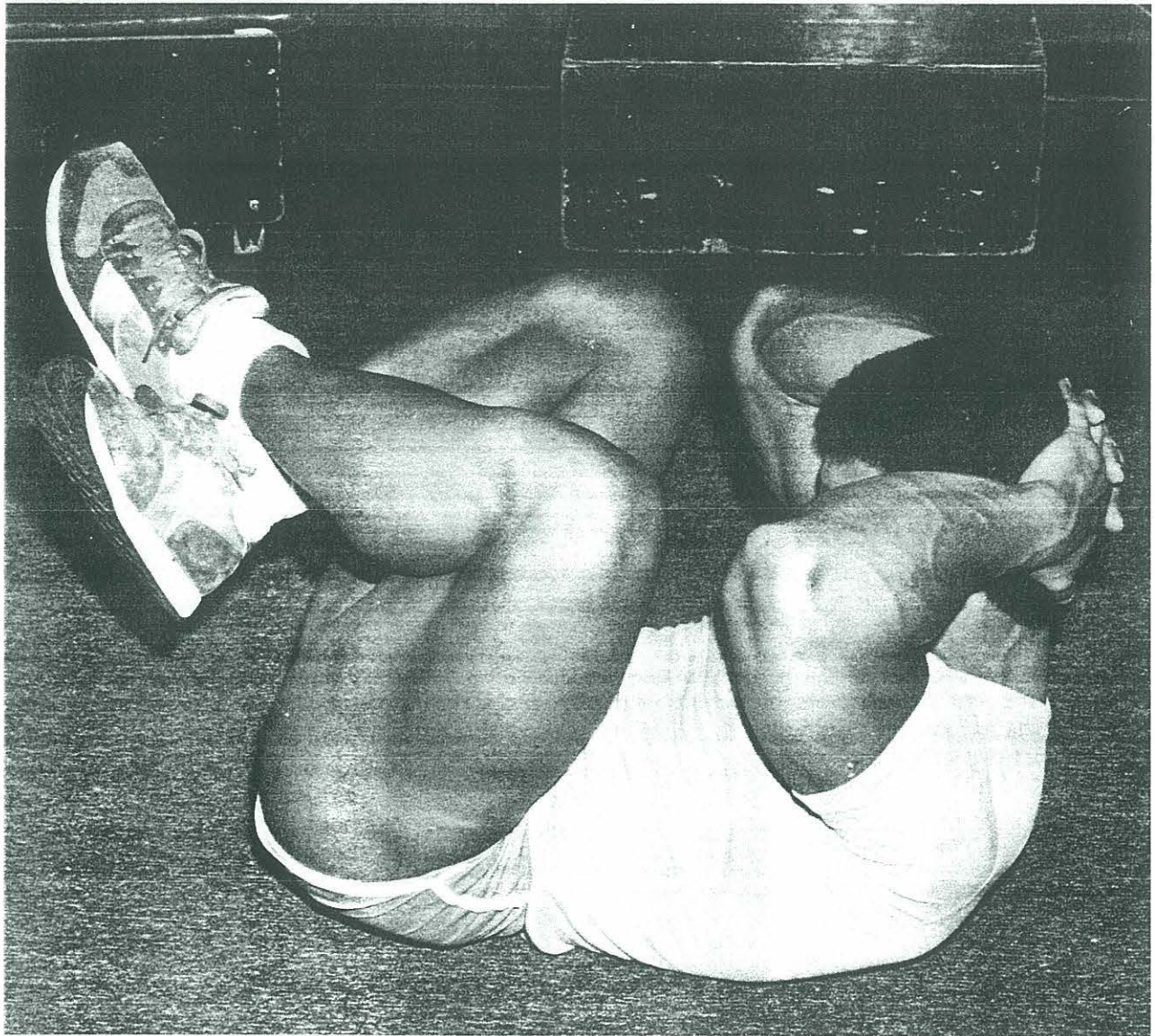


Serge Nubret performs a leg raise.



Concetric Crunch ***Rectus Abdominis (8*** ***reps)***

Lie flat on the floor with hands behind head. Bring the knees over hips while sitting up. Pull elbows forward and knees backwards simultaneously, touching them together. Hold the stomach in for two seconds. Exhale all air on contraction, as with all abdominal exercises.



Concetric crunches performed by Mohamed Makkawy.

Half Sit-up Upper Abdominals (10 reps)

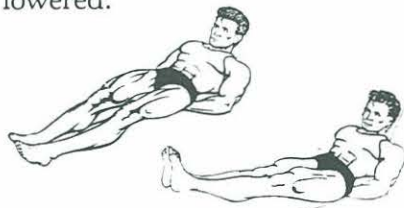
You may do this exercise with or without a weight depending on your strength and condition. Lie flat on the floor or abdominal board and hold a barbell plate behind your head with both hands. You may hook your feet under a piece of furniture or strap to hold legs down during this exercise. Bend knees



slightly and roll upper body forward, keeping lower back and hips flat on floor or bench. Exhale on contraction while sucking in waist. Hold contracted position for two seconds. If more weight is needed, a loaded barbell may be held across upper chest.

Stiff-leg Raise Rectus Abdominis (8 reps)

Place head against back of abdominal bench or wall, hands placed under hips (palms down). Extend legs straight and point the toes. Raise legs as far upwards as possible. Hold the contracted position for two seconds. Exhale throughout the movement through pursed lips, breathing in as legs are lowered.



Kozo Sudo.

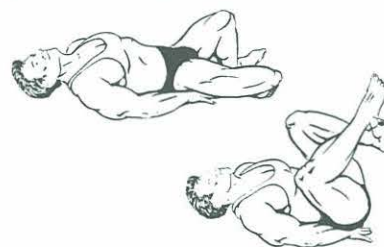


Frog Sit-up Rectus Abdominis (8 reps)

Lie on your back on the floor. Put your heels together and place your hands behind your head. Pull head forward to a tight contracted position. Hold for two seconds and repeat.

Hip Roll Low Abdominals (8 reps)

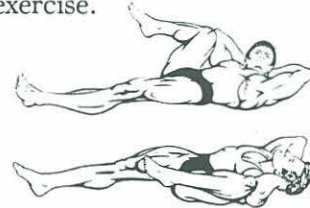
Lie on your back on the floor with your hands (palms down) under your hips. Cross your legs at the ankles with knees bent.



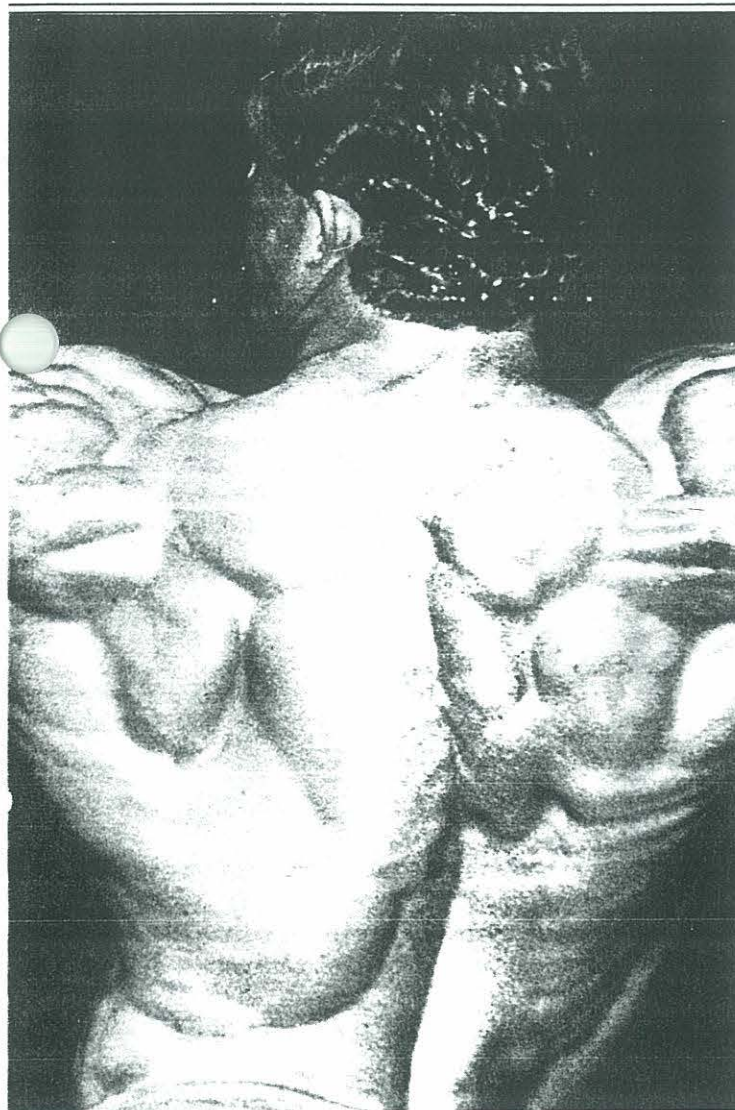
Pull legs towards your chest until knees are above it. Return to starting position and repeat.

Knee-to-elbow Raise Obliques (8 reps)

Lie in a supine position on the floor. Raise the right knee to the right elbow (touch it) and hold for one second; then raise the left knee to the left elbow and hold for one second. Keep the body flat on the floor throughout exercise.



BACK BUILDING



The outstanding back of Kai Szkalak.

18

ATTAINING A VICTORIOUS V-SHAPE

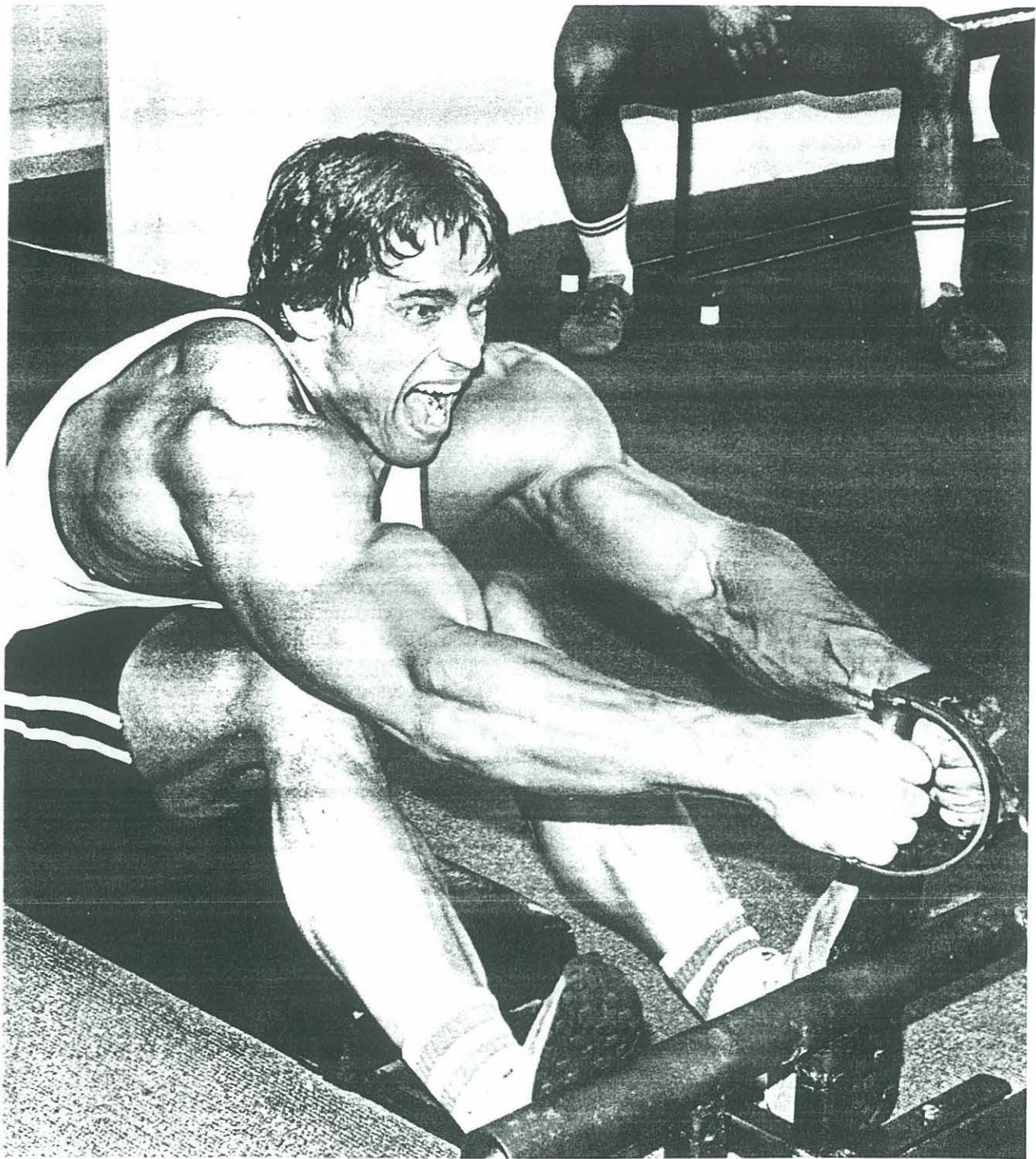
When I close my eyes and think of the best backs I've ever seen, my mind adds a picture of Robby Robinson. He hasn't quite got the widest back (that distinction belongs to Tony Pearson), but there is a density and muscularity that is seldom seen even among the ranks of professional bodybuilders.

Actor/producer Brad Harris, who has spent years working out at my gym, has an amazing back. Only once in all my years did I see him with his shirt off, but what a sight! I would guess that much of Brad's back impressiveness resulted from his habit of warming up with high cleans at the beginning of his workouts. He used about 135 pounds and did 20–30 repetitions.

The lats are the second-largest muscle in the body (the thighs being number one), and they show under the armpits even when the body is viewed from the front. It is the lats (short for latissimus dorsi) which give you that wide-back appearance. Well-developed lats mean a super taper.

It has been suggested that unless you start training in your teens, complete lat development (especially around the scapulae) is impossible. I do not subscribe to this claim, since I did not start training with weights until I was 22 years old and I ultimately built the widest lats of my day.

There are two clear aspects to lat development: width (the impressive V-shape) and density (the thickness of the muscle). Some trainers claim that whatever they do they can't "feel" their lats when they train. I can understand this problem even though I have never experienced it



Determination is written all over Arnold Schwarzenegger's face. It's little wonder that he won seven Mr. Olympia titles.

personally. These individuals have weak nerve impulses to this particular muscle. The remedy is to count to six in the contracted position during all lat exercises. This is one method of strengthening nerve force to an area.

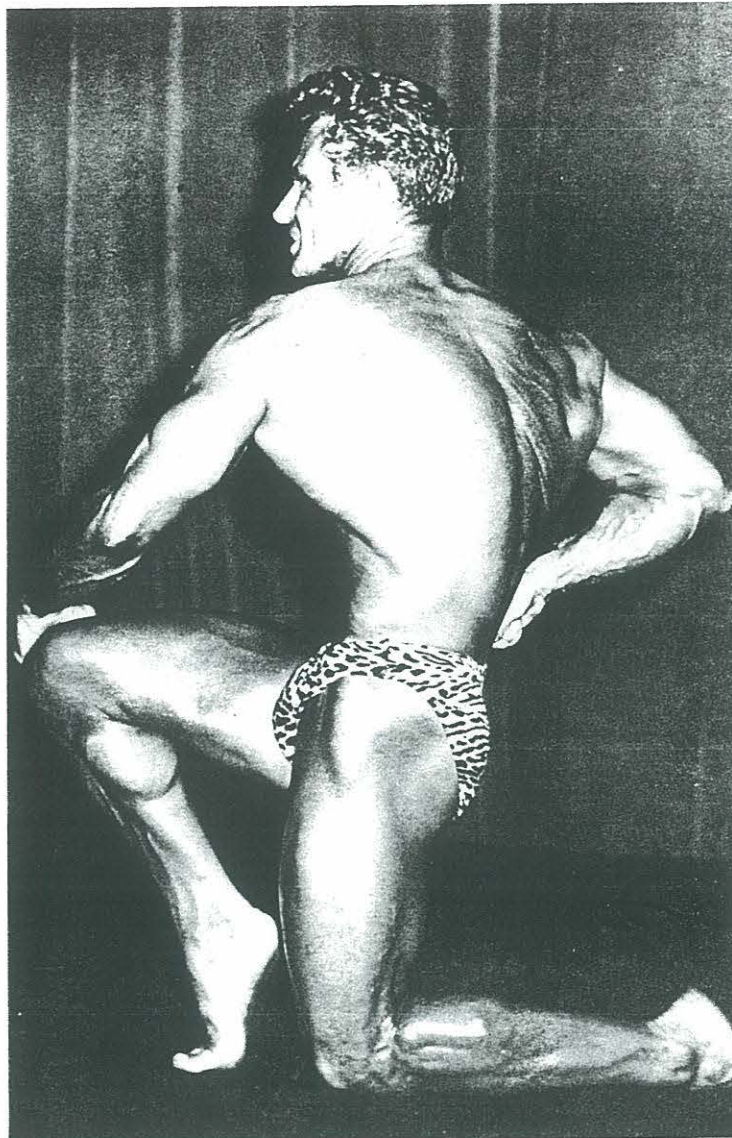
It is my theory that having a strong nerve force as impulse to a muscle means a larger,

stronger muscle with a better blood supply. Several exercises should be employed for best results. Only after you gain full control of the lat is it advisable to use a system of 8 sets of 8 reps or 10 sets of 10 reps.

The next requirement of working the muscle is to know its function and anatomy. The lats

are connected to the top of the pelvis and up both sides of the spine. These connections are referred to as the *origin* of the muscle. The *insertion* of the lats are the upper-arm bones. The function of the lat is to pull down the arms and shoulder girdle and arch the back. The biggest mistake I have observed in lat work is not completing the move-

The widest back in bodybuilding.
Tony Pearson is the owner.



The Iron Guru shows his fantastic V-shape.

ment or full contraction. This habit produces a flat back with no trapezius development or thickness.

The way I advocate chinning for lats is to pull upwards to the overhead bar so that the nipples touch it. I realize this isn't practical for women because they lack the arm strength of men (although I have seen a number of women in my gym who could outchin the men!). Men should always try and pull to complete contraction (that's what builds the lats) instead of just pulling up until the chin is level with the height of the bar.



Sergio Oliva performs lat pulldowns.
Note the complete contraction.

Don Howorth, who really did have an outstanding lat development, performs his chins in this manner. Even though you may find it difficult to perform this chest-to-bar movement, keep trying. Eventually, you will be able to do one. In time, you will be doing sets of 8–10 reps.

I am emphatically against lower-lat development. I just do not see the point in trying to build the lats in the bottom area where they join the upper waist. Lower-lat development detracts from the impressiveness of a body. It robs you of that V-shape flair.

Dennis Tinerino, who in his early days trained at my gym, has an extremely good back. He maintains, and I completely agree with him, that the back is capable of absorbing more hard work than any other muscle group. Dennis, incidentally, could row with 300 pounds all day—and from what I hear there were times when he did!

I especially advocate the development of the teres major. Few bodybuilders are aware of this muscle, which lies directly below the rear deltoids. That's why I constantly recommend seated pulley work to the lower-pec line of the chest.

The lower back is one of the most neglected parts of the body. I'm in favor of prone hyperextensions for this vital body area, but nearly all lifts involve the lower back in one way or another.

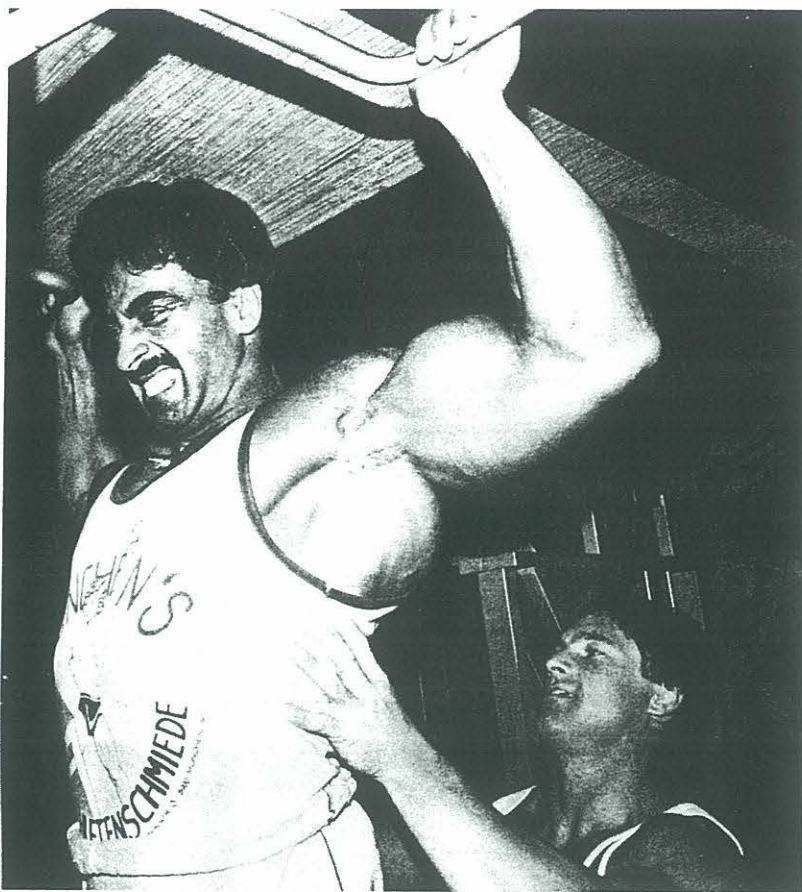
Don't forget that the trapezius or "traps" are back muscles. In fact, they extend from the base of the neck all the way down the middle of the back. You can see the traps from the front, too. They form a slope from high up on your neck to your shoulders. Since the traps get worked from all angles every time you lift a weight, I very seldom recommend any direct exercises for the area.

Certainly, when it comes to narrow-shouldered men (especially if they have short necks), I do not advocate building the traps. However, a long-necked bodybuilder with wide, "rangy" shoulders could use traps work, if only to fill in the neck-to-shoulder regions. Serge Nubret has the best traps I've ever seen. And because of his broad shoulders and narrow hips, they don't detract from his deltoid width. Ironically, he does no direct trapezius exercises (shrugs, cleans, or deadlifts). His traps are a result of his all-round training.



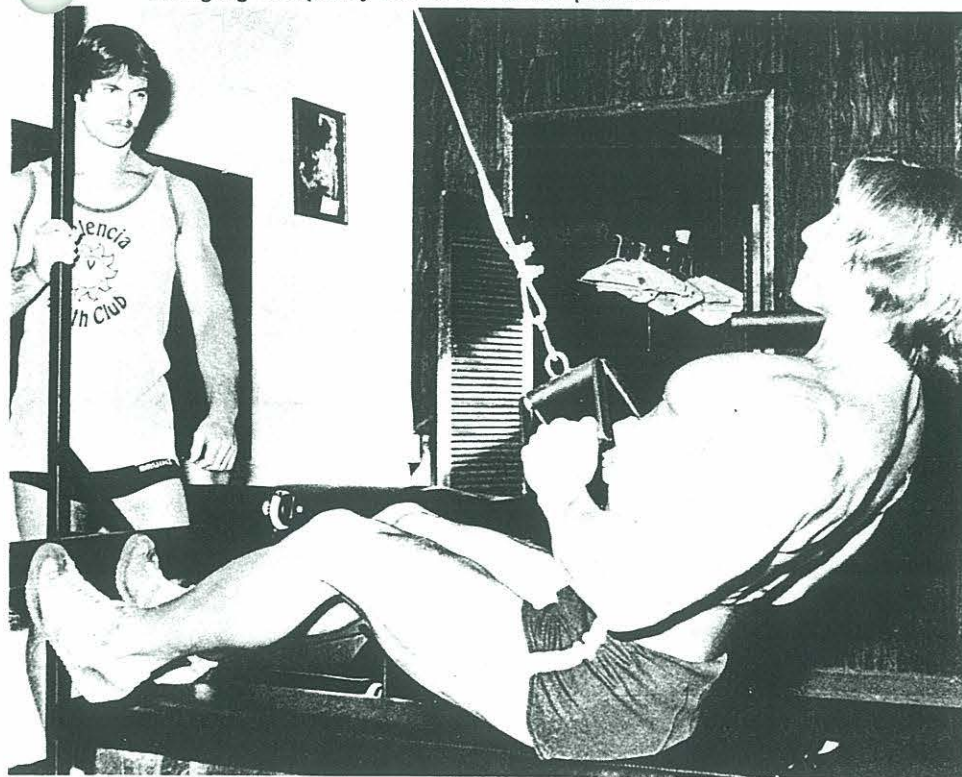
Parallel Bar Chin *Upper and Middle Lats (8 reps)*

Grasp two parallel bars about 18 inches (45 cm) apart. Start with the arms straight in a hanging position. Pull upwards and thrust the chest up high. Keep the head back and shoulders pulled down and back. This is the easiest of all chins and is a very complete motion. Lower and repeat.



Mr. Olympia Samir Bannout trains to the limit while chinning.

Steve Davis pumps his back by bringing the pulley bar to the lower-pec line.



Long Floor Pull *Upper and Middle Lats (8 reps)*

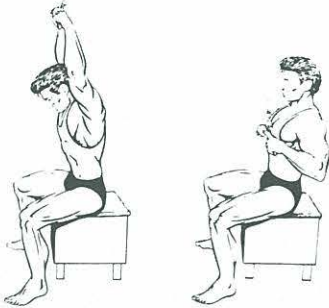
Sit on the floor with a lat-pulley machine (the pulley approximately 6 inches [15 cm] high on the wall, the cable 10 inches [25 cm] long). Bend the body as illustrated, knees bent, head



dropped between arms. Pull downwards on the cable, with head back and chest up. Sit back just past the right-angle position to the floor, touching bar to chest just below the lower-pec line. Repeat.

Overhead Pulldown ***Length of Lats (8 reps)***

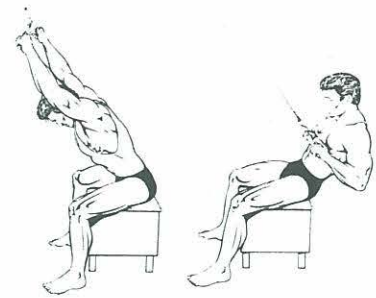
Sit directly under the pulley, holding the bar with a medium-wide grip. Pull down-



wards, arching the back and lifting the chest. Do not lay back. Touch bar under the lower pec line and repeat.

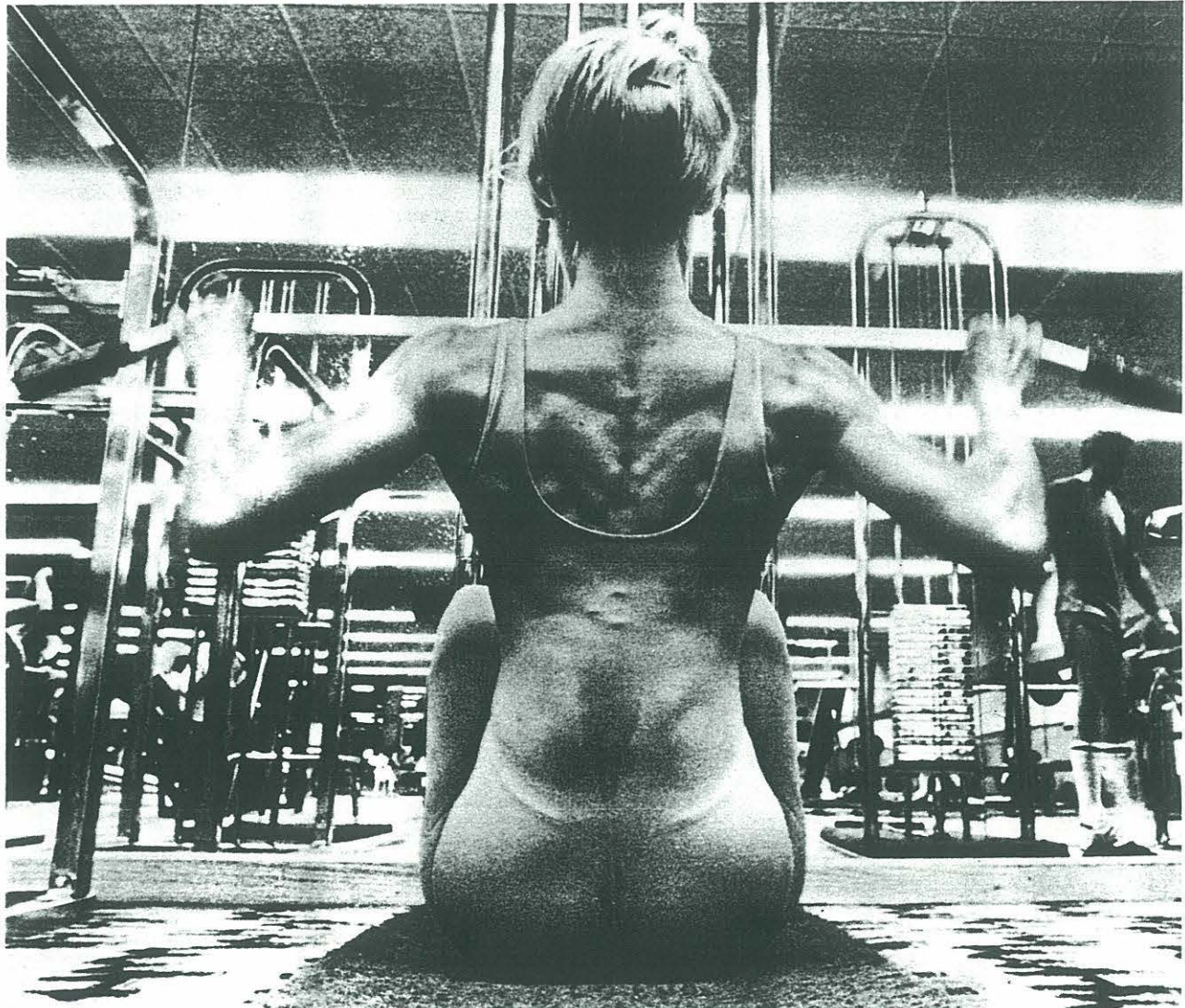
Overhead Leaning Pulldown ***Teres Major (8 reps)***

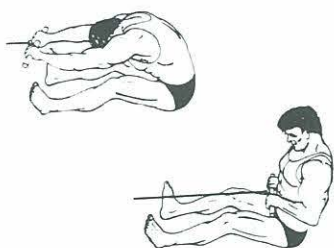
Sit away from the lat machine so that the pulley is at a 60-degree angle. Start with the head between the arms. Pull rearwards, keeping elbows high and wide. As you bring the



pulley bar downwards, lay back and drop chin to chest. Keep chest concave (hump back). Touch bar to the lower-pec line and repeat.

Susie Green demonstrates lat pulldowns.



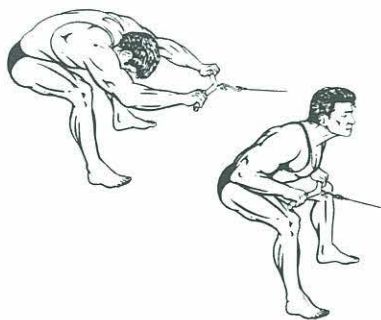


Short Pulley Row **Teres Major (8 reps)**

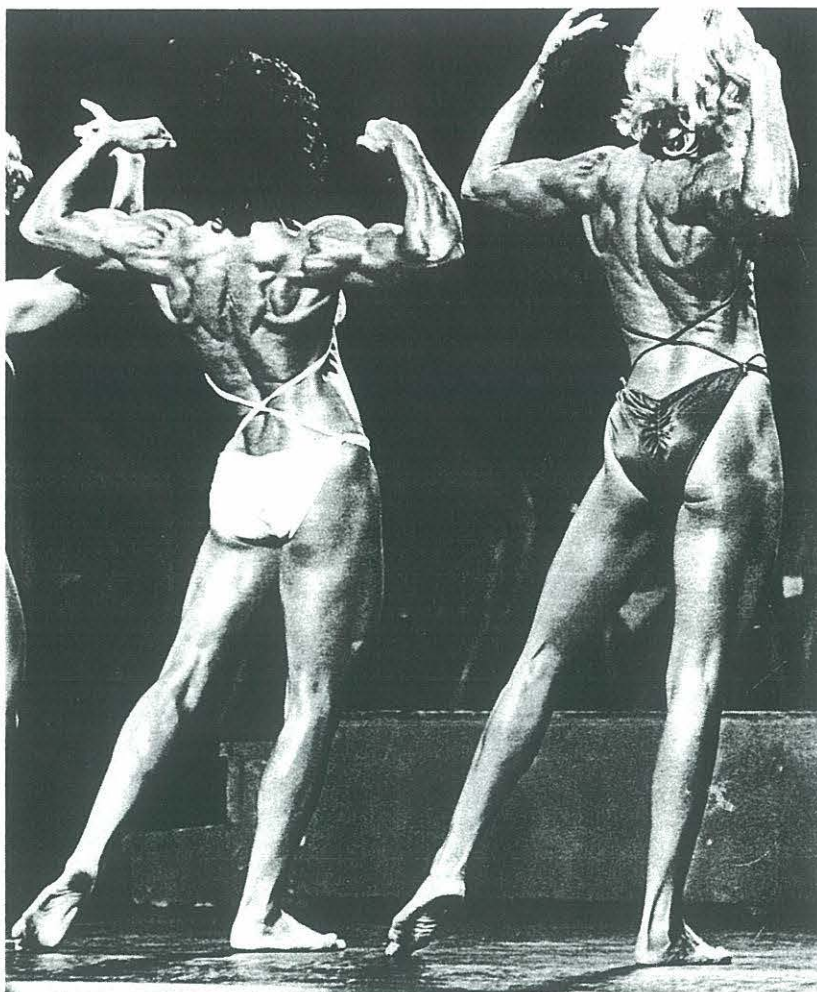
Use a cable apparatus where the pulley is 16 inches (40 cm) off the floor. Grasp the handles and stretch forward with your head dropped between arms. Draw the head down to the chest and pull backwards with the arms. As you pull, concave your chest and lay back, pulling the bar to the lower-pec line. Repeat.

Racing-dive Lat Pulls **Lat Belly (8 reps)**

Stand in the bent-over racing-dive position as shown, abdomen touching thighs. The floor pulley should be approximately 16 inches (40 cm) off the floor. Extend arms and



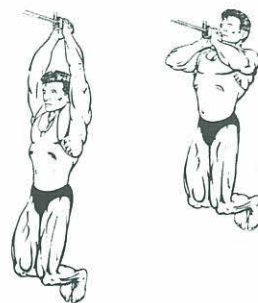
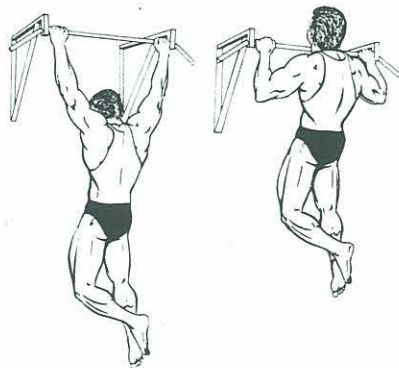
grasp the pulley, keeping head down. Pull inward with the elbows wide. Pull head rearwards and arch back while pulling the bar to the lower-pec line.



Laura Combes and Claudia Wilbourn compare backs.

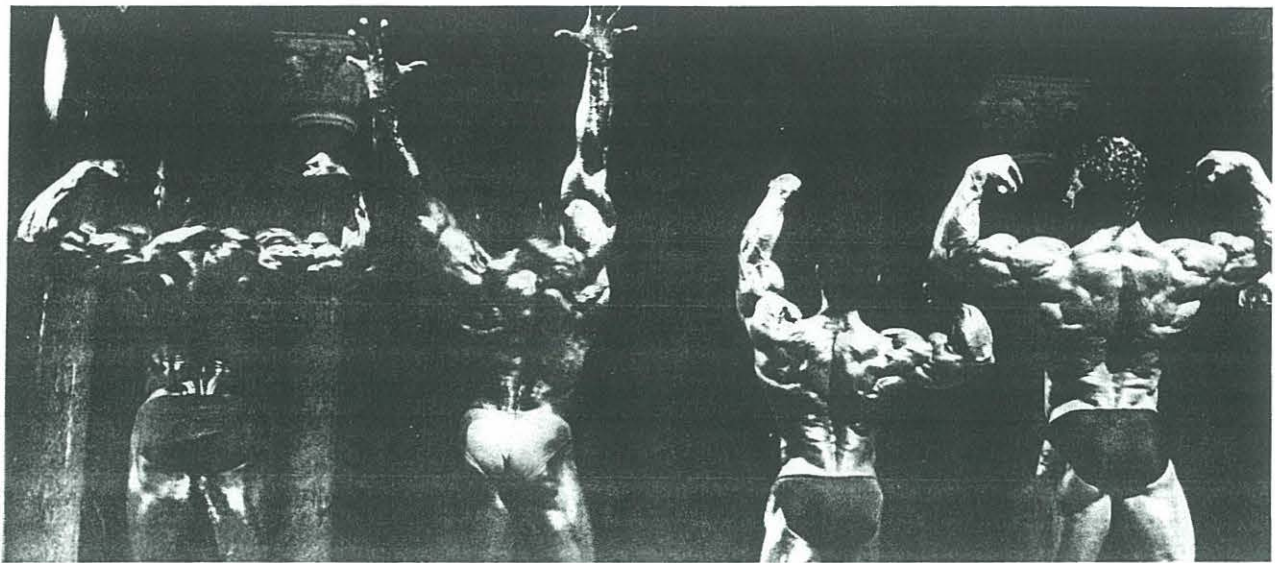
Wide Overhead Chin **Lat Belly (8 reps)**

Use a wide grip on an overhead chinning bar and pull yourself up vigorously, first to the left side, then to the right. Touch your chin to the hand. Repeat the same count to each side.



End Bar Chin **Length of Lats (8 reps)**

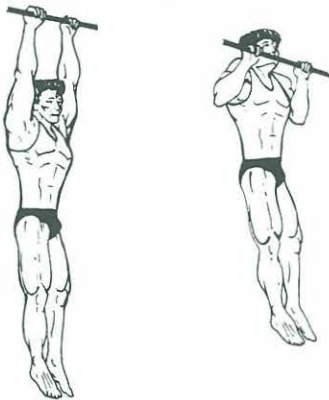
Grasp the end of a chinning bar with one hand hooked over the other. You may wrap a towel around the end of the bar for comfort. Pull upwards keeping elbows wide, back arched, and head back. Touch pec line to end of bar. Lower and repeat.



An incredible array of backs—Bertil Fox, Tony Pearson, Mohamed Makkawy, and Jusup Wilcosz.

Medium-grip Chin Length of Lats (8 reps)

Hang from an overhead chinning bar using a medium-wide grip. Pull up vigorously until your sternum touches bar. Advanced pupils can roll the body and head back to a face-up (planche) position, pulling the body upwards so that the bar is at mid-waist level.



High Bench Dumbbell Row Middle and Upper Back (8 reps)

Lie face down on an exercise bench at least 30 inches (75 cm) high. Hold a dumbbell in each hand at arm's length. Pull both weights upwards simultaneously while lifting legs and



head. Keep elbows wide (at right angles to the body) and hold at the contracted position. The trick here is to relax the hands in the low position, doing "singles."

Prone Pull-in Lat Belly (8 reps)

Lie prone (face down) on the floor. Hold a 6-inch (15-cm) low-pulley bar with a medium or wide grip. Pull the bar along



the floor until it reaches the pec line. You may need to anchor your feet to prevent sliding forward. Allow bar to pull forward and repeat.

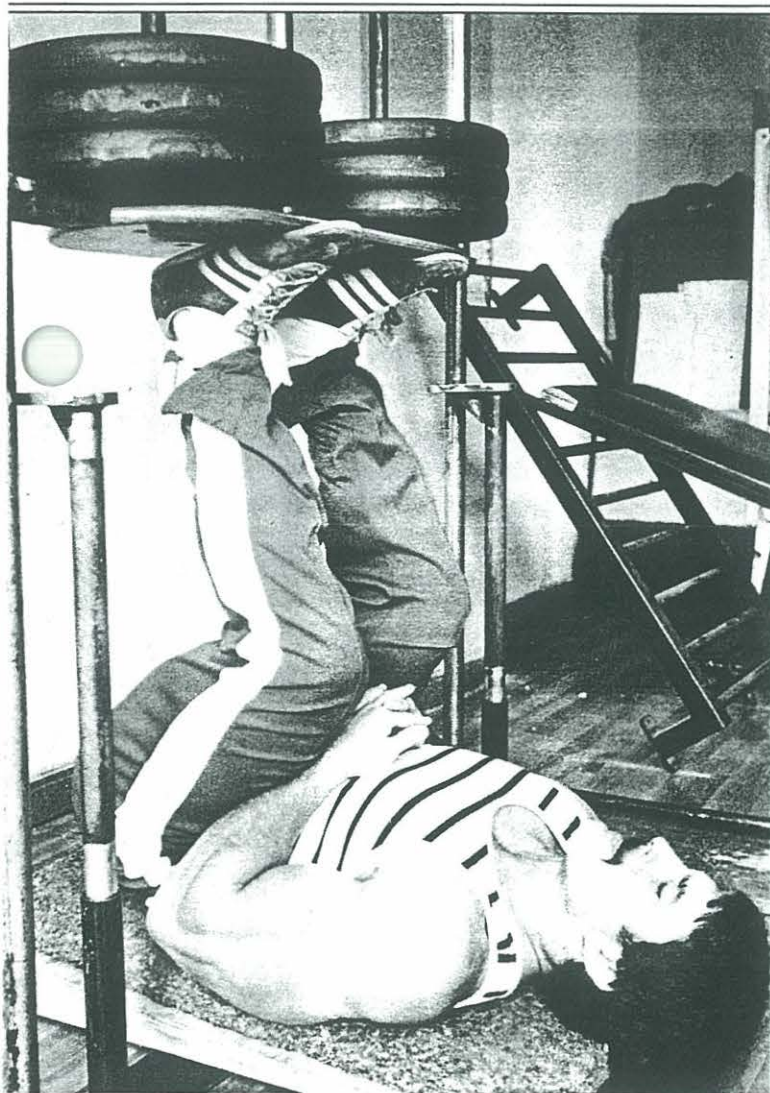
Hyperextension Lower Back (10 reps)

Adopt a position using a special hyperextension apparatus in which your body is facing in the prone position (face down). Place your hands behind your



lower back or behind your neck, whichever is the most comfortable. Arch upwards until your torso is in line with your legs. Lower slowly and repeat. This is one of the most valuable lower-back exercises and should be performed on all your "leg days."

BALANCED LEGS



Another version of the leg press performed by Mike Mentzer.

19

WORKING THIGHS AND LEG BICEPS

One thing I remember about my early days in this crazy world of bodybuilding is that you could always tell a Marcy man by the size of his thighs. They were huge!

Walt Marcyan, the originator of the famous Marcy equipment line, used to specialize at his gym in putting weight on guys in 30 days. He had his members do high-rep squats, 20 reps with four deep breaths between each one. Walt's staff counted the reps out loud and the thighs of the students grew by the week. You could hear the puffing and blowing a block away.

In my day I had a pretty good thigh development. Although there are many large and well-shaped thighs on bodybuilders today, there are none that I would call perfect. An ideal thigh should have the middle part as big as the upper area. (One of my instructors, Mr. California Monty Wolford, had the ideal proportions. I never quite made it!) Admittedly, there is no single perfect shape, but there are guidelines which a bodybuilder should follow. Considerations should include balanced quads, adequate vastus internus and externus, a fully developed thigh biceps, upper-thigh detail of the adductors, the delineation of the sartorius, deep top-to-bottom separations, and enough definition to afford some evidence of cross-striations.

I have always admired Steve Reeves's upper legs, but I'd have to conclude that with the advent of the hack machine there are now thousands of bodybuilders with better upper legs. The best thighs I have seen to date belong to Mr. Olympia 1983 Samir Bannout, but even though I admire his upper-leg development more than



Jusup Wilcosz does feet-forward squats on the Smith machine under the watchful eye of Arnold Schwarzenegger.

anyone else's, I still see room for minor improvements.

■ The Squat

During the "golden oldies," and I'm talking about the Sandow era now, there were many thigh exercises used—hack lifts, straddle lifts, free-weight leg presses, Jefferson lifts, and so on. The old-timers did not hold back on their heavy leg exercise. Then came the "enlightened" post-

war era, and the bodybuilding experts adopted the opinion that only *one* exercise was required for a complete and fully developed thigh. The squat came into prominence. Even today there is widespread opinion that the squat is the ultimate thigh exercise.

I have been accused of being against the regular back squat and there is a great deal of truth to this claim. The squat *spreads* the hips. Actually, I am vehemently against the practice of heavy back squatting, whereby the trainer comes

up with his behind, and then proceeds to follow through to the upright position, raising first his back and then finally his head. Heavy squatting in this manner builds huge upper thighs, hips, and buttocks, none of which you want.

I do not exclude the usefulness of the regular back squat. It is an excellent bun builder. Yes, there are those with flat glutes who need to add more roundness. The regular back squat, performed with a flat back in good non-bouncing style, is ideal for rounding out the glutes. I am, incidentally, greatly in favor of the basic back squat for women, because it does work the entire leg and glute area. Since women tend to have low testosterone levels, they are not likely to overdevelop their thigh or butt muscles, which is often the case with men.

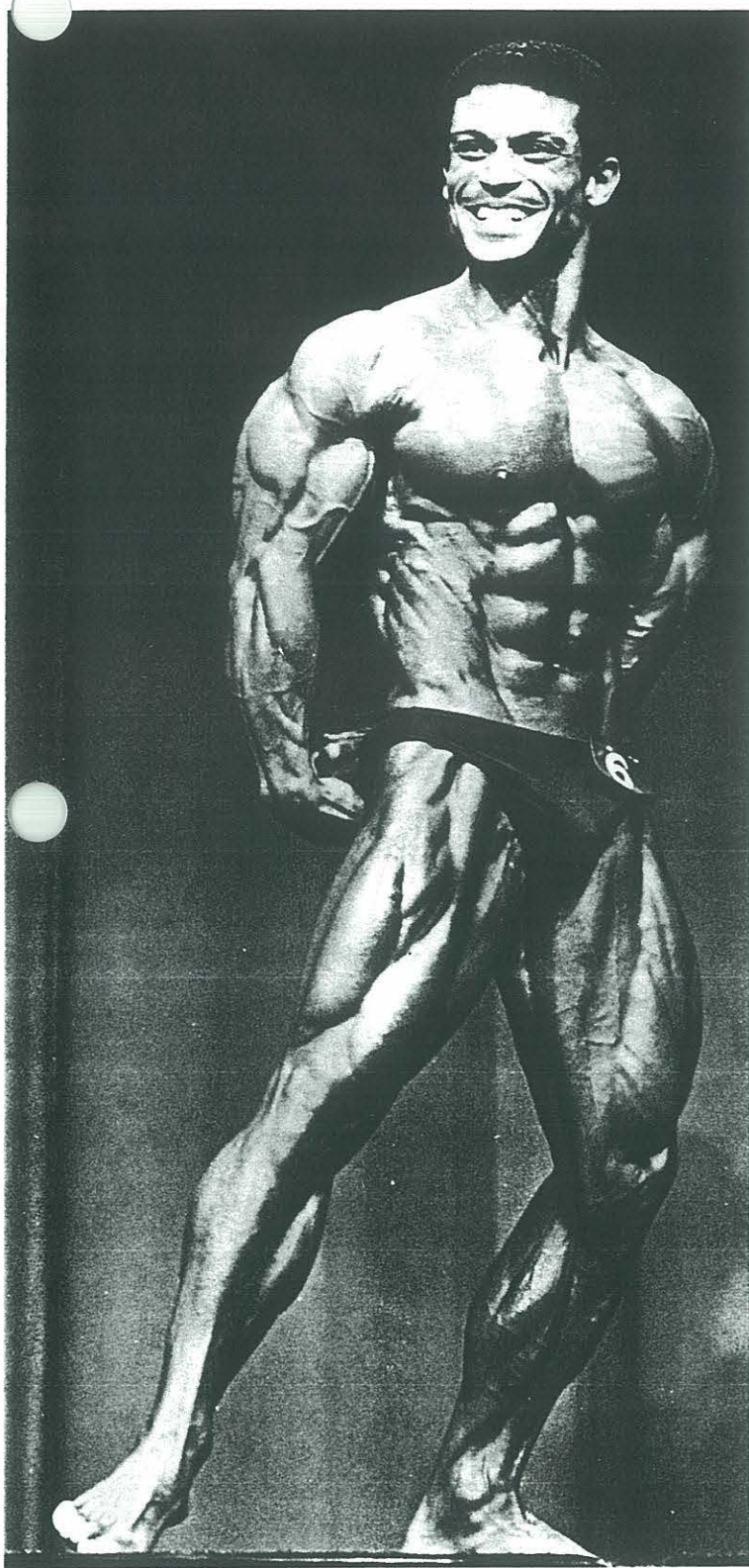
Sure, the thighs have to be worked for size, and for skinny individuals this may mean squats, but they require a variety of exercises. If you have a Smith machine or press machine (as I have in Vince's Gym), you will be able to "throw" the stress on precisely the correct area of the thigh that needs development. For 90 percent of the training public, this stress should be on the middle and lower areas. When using a press machine, the further *forward* your feet are placed the *lower* down the leg the effect is felt. The regular, butt-out back squat will build the *upper* thigh and glutes whereas the rearwards-leaning feet-forward squat will work only the *lower* thigh. Decide which is best for you and keep to the selected exercises until results become evident.

Upper Thighs

Another area that improves the overall appearance of the thigh in both men and women is the detail in the section near the groin. It is a fact that way back in the 1950s I was virtually the only competitive bodybuilder to possess this type of upper-thigh development. Many people, including physique judges, considered this unique development to be totally unnatural, and I was actually penalized points for it! Today a male or female physical culturist gets nowhere in competition without this upper-thigh muscularity. It took the rest of the pack 30 years to realize that I was right.



Chris Dickerson.



The scintillating Mohamed Makkawy.

It is not easy to bring about upper-thigh detail. All forms of sissy squats performed with the hips forward will help. I also think that lying flat on the thigh-extension movement will aid in defining these muscles. I recommended this particular exercise to my pupil Mohamed Makkawy, because he was not overendowed with cuts in this area when he started training with me.

Naturally, no thigh on earth will show any degree of definition if it is covered by a heavy layer of fat. Thick skin will ruin shape. You should always be aware of this. On the other hand, there are many bodybuilders who have shed virtually all their fat, maybe even getting their overall body-fat content down to 5 or 6 percent (or even lower) who still do not exhibit upper-thigh detail. This is because they have neither learned how to develop it sufficiently nor control and display it. For this reason, I advocate that you practice standing in front of a mirror two or three times a week, placing first one foot then the other six inches forward, while concentrating on "bringing out" the upper-thigh muscles. In time (five or six weeks) you will start to get the *feel* of these muscles and they will suddenly appear in all their majesty.

The sartorius is another thigh muscle that has to be built by isolated exercise. It is actually the longest muscle in the body—from the inside upper thigh right down to its insertion on the inner side of the knee. I like to exercise this muscle in the seated position using resistance while bringing the knees together.

There is some evidence that vigorous leg work, in some cases, can cause knee soreness. This usually results from the squat exercise. When doing any form of knee bends (squats), never allow the body to bounce in the low position. In fact, if you find any predisposition to knee aches and pains, make sure that you do not squat past the point where your thighs are parallel to the ground.

The leg-extension machine can also cause some knee pain, especially when the exercise is started from way *behind* the knee. If pain is evident, use less weight with higher repetitions, always starting each lift slowly. Do not kick the weight upwards. Lift slowly and deliberately, controlling the weight as it rises. If pain continues, drop the movement from your workouts entirely.

Thigh Biceps

Never neglect the thigh biceps. Their development makes for a dynamic-looking leg, especially when viewed from the side. When I was competing in the '50s and '60s, very few bodybuilders developed this muscle to its fullest potential. The thigh biceps were considered an inferior and unimportant muscle. Today few bodybuilders miss working this area. It gives a touch of class to the entire upper-leg shape.

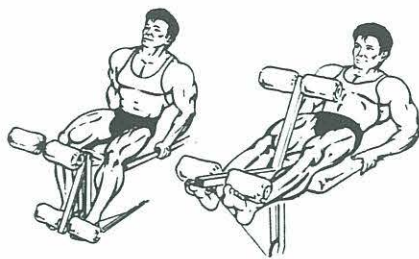
For most exercises, you will find it advantageous to wear a tight belt around the waist. This will give support to your lower back and generally serve to hold the entire waistline tight. Sometimes you will find that the exertion of working the legs actually causes the stomach area (fascia) to push outward. Over a period of time, this could stretch the abdominal wall, which is not desirable.

Vince instructs Pete Caputo on the press machine.



Frank Zane—
a physique of the highest caliber.



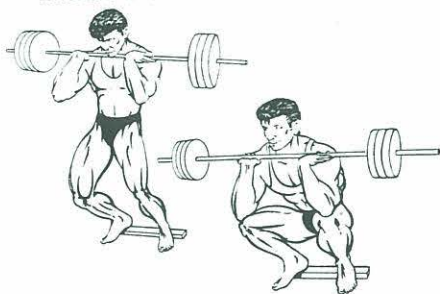


Power Thigh Extension **Front Thigh (8 reps)**

Sit on the end of a thigh-extension apparatus with the top of your foot under the roller padding. Grasp the sides of the bench 14 inches (35 cm) behind the hips. Lean forward and pull with the legs. As they extend, lie rearwards quickly in order to raise the roller to maximum height. Hold in this high position for two seconds.

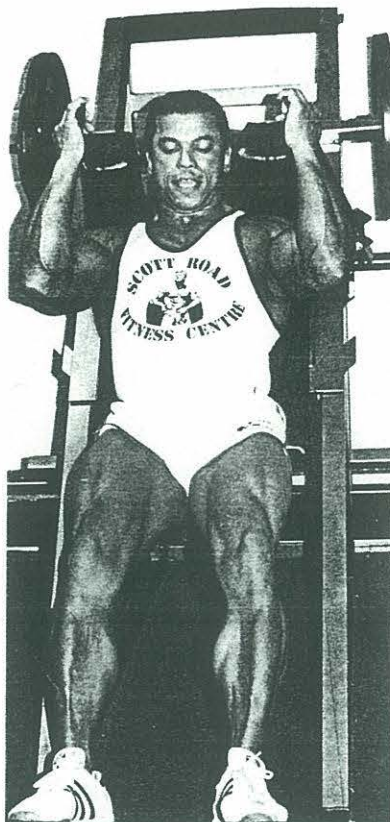
Sissy Squat **High Frontal Thigh (10 reps)**

Stand erect with your feet 14 inches (35 cm) apart, your heels on a 2-inch (5-cm)-high block. Hold a loaded barbell at



the shoulders in the "clean" position. **1st Phase:** Bend knees, drop down with back straight and shoulders over heels. When lowest position is achieved, stand up to erect position. **2nd Phase:** Go into full squat, sitting on heels. Thrust hips forward until the body and thighs are in the same straight line (knees to shoulders). Sit back on heels. **3rd Phase:** Stand erect with heels on block.

124

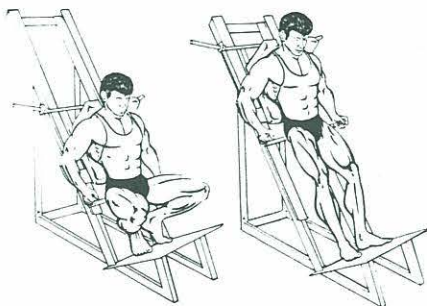


Hack-slide lifts done
Chris Dickerson-style.

Heels-together Hack **Slide**

Lower Thigh (8 reps)

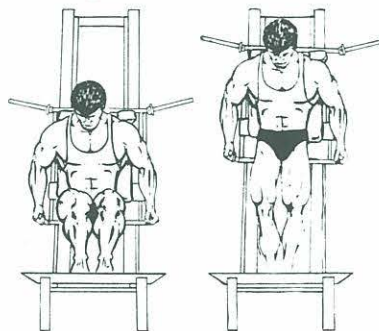
Lie back on a hack-slide machine adopting a position with the heels held together. As you lower into the squat position, allow the knees to drop out to the sides. Go as low as possible. Raise upwards but do not lock the knees. Lower and repeat.



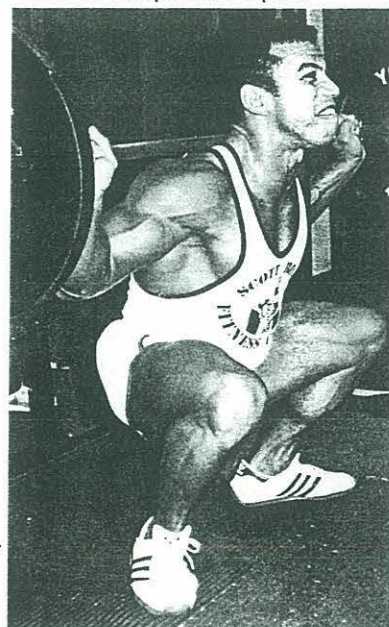
Knees-together Hack **Slide**

Lower and Outer Thigh **(8 reps)**

Adopt a comfortable position on the hack-slide machine. Keep feet close together (touching or almost touching). Lower into the squat position, but concentrate on keeping the knees together as you drop downwards. Go as low as possible before pushing up to a straight-leg position. Bounce twice at the bottom before rising. Lower and repeat.



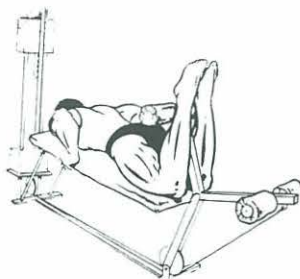
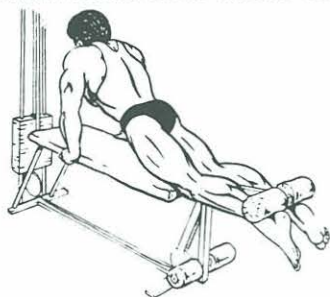
Mr. Olympia Chris Dickerson shows perfect form in the parallel squat.



Thigh Curl

Complete Thigh (10 reps)

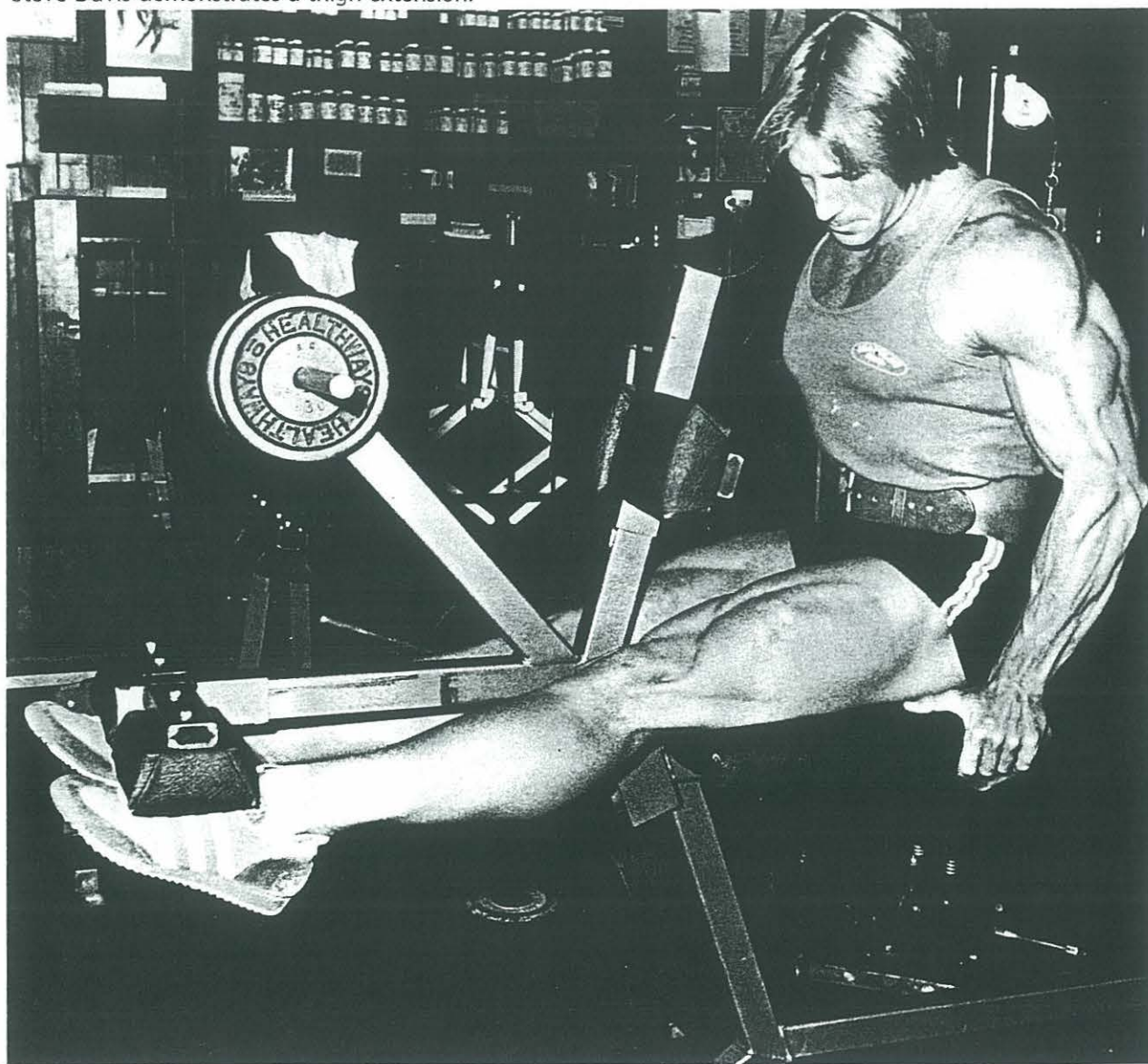
Lie prone on the thigh-curl apparatus. Hook heels under the



roller. Keep your toes wide apart and heels together. Curl

the roller and touch the glutes. Do not raise the hips. This works the *low* thigh biceps. Work the *high* thigh biceps by performing a push-up as you curl the weight upwards. The middle thigh biceps are trained by holding the upper body in a push-up position on the apparatus, dropping to the table as the legs start to curl. Always touch the roller to the glutes.

Steve Davis demonstrates a thigh extension.





Kay Baxter works her legs.

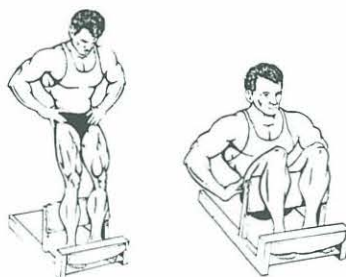
Leg Squeeze with Pulleys Inside Sartorius (10 reps)

Sit on a 6-inch (15-cm) stool or block or low end of a decline bench. Keep the heels close together and the knees spread wide. Hold a pulley cable in each hand, placing them on the inside of the knees. Spread the knees as wide as possible (stretch outward). Drag knees together touching the hands in the contracted position. Squeeze inward and repeat.



Roman Chair Squat High Frontal Thigh (8 reps)

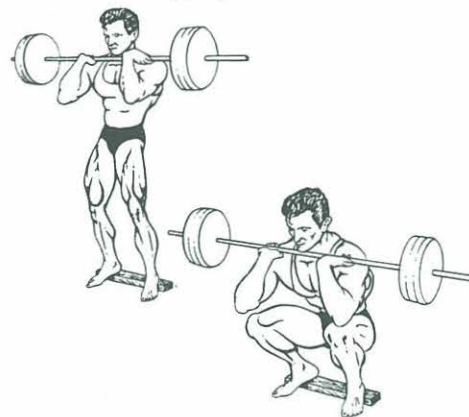
Use a Roman chair squatting apparatus (not to be confused



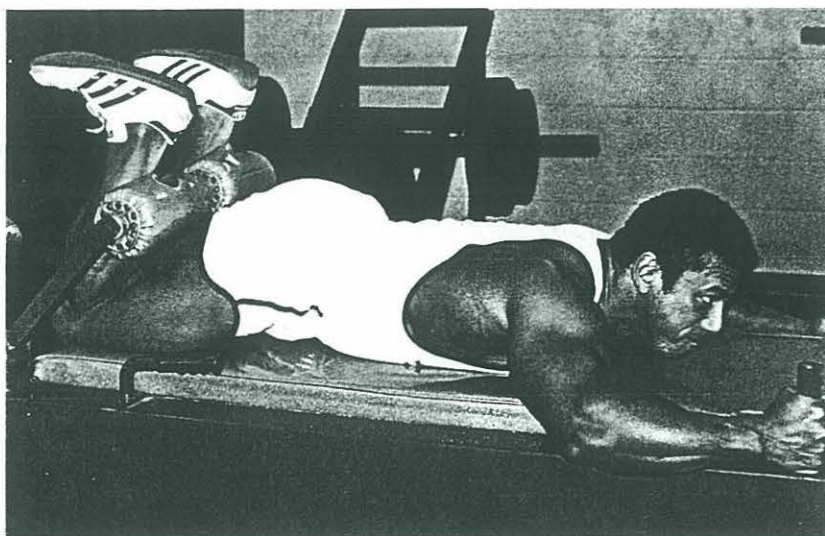
with a Roman chair sit-up apparatus). Place feet 12 inches (30 cm) apart, toes and knees pointing outward. Keep your back straight, hands on hips, and lower right down to the maximum low position. Rise upwards without leaning forward, all the way to the extended position, but do not straighten the whole body. Stop at a slightly rearwards-leaning angle to maintain stress on legs. Lower and repeat.

Delinger Squat High Frontal Thigh (8 reps)

Place feet 12 inches (30 cm) apart on a 2-inch (5-cm)-high block of wood. Hold barbell in the "clean" position as shown, on the front of the deltoids. Squat down with a straight back. As you come up from the full squat, push the hips forward until the extended position is achieved. Do not forget to lean slightly rearwards to



keep stress on the front of the thigh. Lower and repeat.



Chris Dickerson illustrates the correct movement by bringing the thigh-curl roller right to the buttocks.

DIAMOND CALVES



Sergio Oliva stretches out his calves on the seated calf machine.

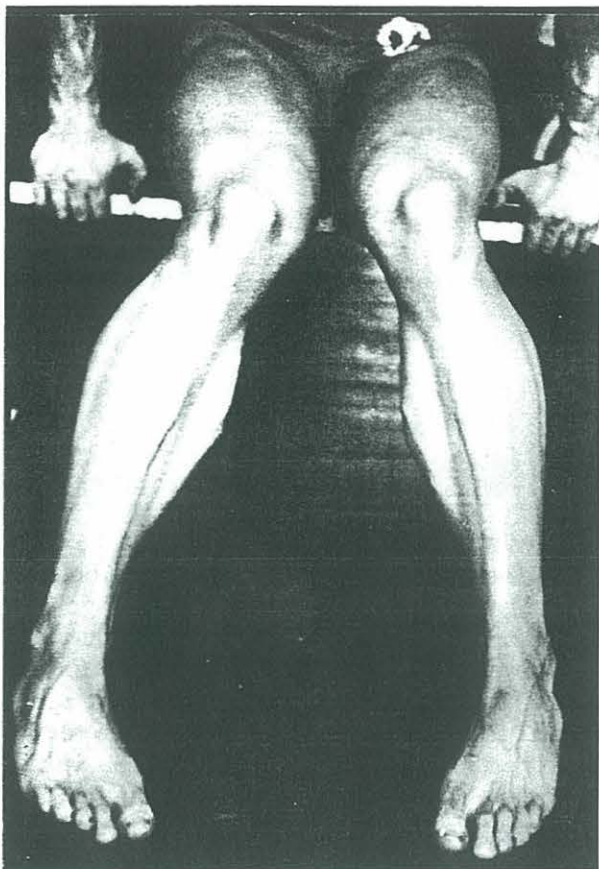
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DEVELOPING THE LOWER LEGS

My vote for the best-looking calves goes to Chris Dickerson. Somebody once told me that Dickerson's brother, who has never done any bodybuilding in his life, has lower-leg development even bigger than Chris's. So much for genetics! What makes a calf muscle look spectacular is the smallness of the knee and ankle. Dickerson has very small joints. Reeves had small knees; his ankles were a little more robust, but what a pair of lower legs he had! When he was winning contests, Reeves was just about the only guy who had that real diamond shape. Delinger, Grimek, and a few others had the size, but Steve Reeves had the size *and* shape.

If your calves aren't developing to your satisfaction, I'd suggest training them on a three-day cycle. Do a heavy workout the first day, a short pumping session the next, and rest them completely the third day. The second-day pump actually stimulates recovery, because it forces blood into the muscles and pushes out waste products. As a general rule, calves require more reps than any other muscle in the body due to their great number of muscle fibres. The biceps have about 40,000 muscle fibres, while the calf muscle has over 1.2 million fibres in a concentrated area.

I've noticed that men with great calves can invariably get up on their toes like ballet dancers and stretch their heels well below them. I believe that you should be able to touch your heels to the floor when your toes are on a 4-inch block. And you should also be able to get fully up on your toes. Most of the weight should be on the first two toes.



These diamond-peak calves belong to Peter McCarthy.

Today we see more good calf development on bodybuilders than at any other time in the past. I put this down to the fact that every gym now has both a standing and a sitting calf machine, whereas years ago they were rare. And if a gym did possess one, it invariably didn't have the capacity to offer a large amount of resistance. Like any muscle, the lower legs must be worked both regularly and progressively. Work them two or three times a week and make sure that you put the pressure on them to grow. Don't forget to stretch them out. You should see the range of stretch that men like Boyer Coe have. He worked for it with stretches using no weight, and the results speak for themselves.

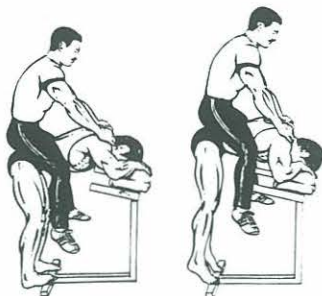
I have experimented for one year with heavy weights and low reps (10 reps) with no success. Twenty reps is the answer. If you wish to develop the diamond peak of the calf, you must keep the knees slightly bent during the movement. Here are the exercises.



Mohamed Makkawy works his calf muscles at Vince's gym.

Donkey Calf Raise *Diamond Peak (20 reps)*

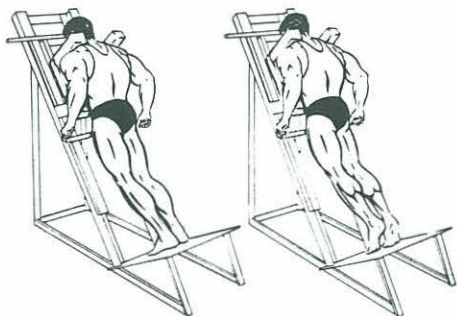
Stand on a 4-inch (10-cm)-high block about 24 inches (60 cm) back from a 3-foot (1-m)-high table. Place your forearms on



the table and bare feet (toes) on the block. Have a workout partner sitting on your lower back. Lower your heels to a fully extended stretch position. Keep knees straight. Slowly raise to a contracted position with most of the weight on the big toe. Perform 12 strict reps and 8 pumping reps. Use "creative cheating" to maximize the pump.

Hack-slide Calf Raise *High Gastrocnemius (20 reps)*

Face inward on a hack-slide machine. Stand with your feet parallel and about 4 inches (10 cm) apart. Keep your knees



locked and raise to the top position. Hold for two seconds and then lower to starting position.



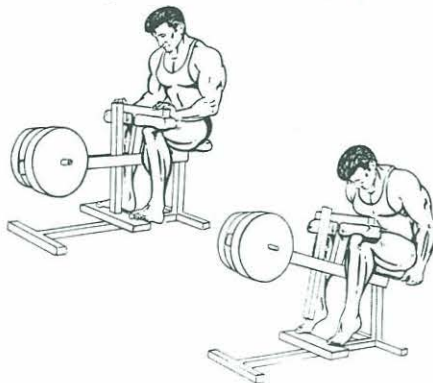
A side pose of Chris Dickerson.



Danny Padilla.

Seated Heel Raise *Soleus (20 reps)*

Sit on a seated calf apparatus. Place your hands in any posi-



tion that is comfortable. Raise the weight by going up on the toes. Lower to a full-stretch position so that the back of the lower leg really feels the stress. Your feet should be pointing slightly outward throughout the exercise.

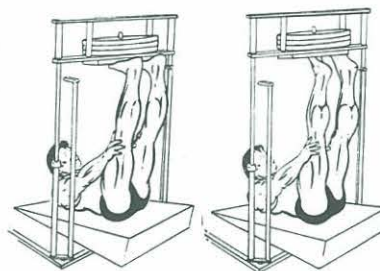
Cammie Lusko pumps her calves before going onstage.



Reeves Toe Press

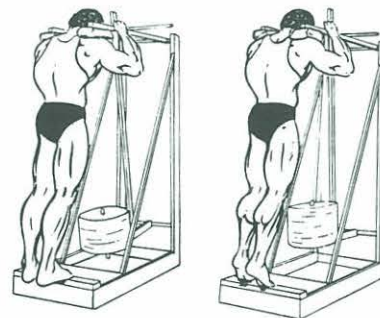
Diamond Peak (20 reps)

Lie on your back under a leg-press machine. Make sure that your glutes are placed in front of the foot platform. Place your hands on your knees, keeping them in a slightly bent position. Keep the heels in and put the "driving force" behind the big toe. Press the weight and then lower to starting position.



Howorth Heel Raise *Lower Peak (20 reps)*

Use a regular calf machine but a press machine or Smith machine is preferable. Stand back 16 inches (40 cm) from the shoulders, angling the body at



about 80 degrees. Lower heels to the maximum-stretch position and slowly raise to a fully contracted position. Keep thrust coming from your big toe. Perform 12 strict repetitions followed by 8 mid-range pumping repetitions (creative cheating).

21

GAINING MASSIVE TRICEPS AND BICEPS

ARMS



Chris Dickerson prefers working his triceps one arm at a time.

There's a trend towards building big arms today. This is fine as long as two provisos are followed. First, an arm should have a balanced development between the biceps and triceps. Second, a grossly overdeveloped arm matched with a pair of puny legs or underdeveloped shoulders looks ghastly. I abhor seeing arms that are out of proportion with the rest of the body. Get big by all means, but keep the physique balanced.

I am a firm believer of incorporating leg work with arm training. You will gain 15 percent in arm size by including leg work in your training. I say this because there are many guys around who just want big arms. They think they will get them by just training that area but it doesn't work that way. Vigorous and regular leg exercise is needed because muscle is developed only in relation to the *amount of nerve force present*. Leg work generates the greatest amount of nerve force of any single body part. This exercise doesn't have to be done on the days you work your arms. It can be incorporated by using a split-routine system of training.

It's pretty obvious to me, being the old-timer that I am, that nature didn't intend us all to have 22-inch arms. In view of this fact, consider the following: We have to train the arms adequately in order to get them to grow. However, if we overwork the arms, the endocrine glands will cease to function, causing constriction of the capillaries. This is nature's safety valve to prevent damage to the network of capillaries. In a nutshell, we have to work hard but not *too* hard.

Here's another important aspect to keep in

mind while developing the arms: You have to restrict extra physical activity. Nothing pares the arms down in size like swimming, squash, or tennis. Forget these activities while trying to build up your arm size. Later, having acquired your "big guns," you can go in for other sports.

When you train your arms, remember to build up the workout tempo gradually. Don't suddenly make a big increase in the weights you use—this can lead to sloppy form. Simply increase the resistance when you can without resorting to all-out reps. But you must still work out with a real purpose. Try and *read* the feedback your body is giving you. Be determined to get your arms bigger, but never throw your nervous system into panic.

Triceps development can be one of the most sensational sights in bodybuilding. That's if all three heads are developed correctly. If this is not done, the triceps can look a mess! The triceps are, in fact, the large muscle group in the upper arm situated opposite the well-known biceps.

The function of the triceps group is to straighten the arm, and any exercise that straightens the arm against resistance will stimulate this muscle. There are hundreds of triceps exercises.

You will find that exercises such as the bench press and overhead press, with either a barbell or dumbbell, will give you some triceps development, and this size will come pretty quickly, too. But the extra size that puts you into a super category has to be *pushed* with isolation movements (i.e., exercises that exclusively train the triceps).

For a long time now, I have been in favor of placing an emphasis on the development of the outside (lateral) head of the triceps—the area directly below the side of the shoulder. Actually, any triceps movement where the elbows are held out considerably wider than the hands will train this area somewhat. For example, the regular triceps pushdown on the lat machine, performed with the arms held tight against the side of the body, works all three triceps heads. How-

The triceps rope pull on the cradle bench demonstrated by Mohamed Makkawy.



ever, if you raise the elbows out to the side, as far as you can, then you will activate the outer triceps head more than any other. Why bother? I sincerely believe the arm takes on a thicker, more superior look when this part is developed to its fullest. Look at Mohamed Makkawy's massive, balanced triceps as an excellent example.

Although I am firm in my belief that you will have to work your triceps hard to maximize their development, I should warn you that you cannot necessarily "pound them out" with superheavy weights, because the vulnerable elbow joint can be subjected to numerous aches and pains. Mostly, this pain is called *tendinitis*, inflammation of the tendons.

If you find that your elbow hurts during a particular triceps movement, then *stop* immediately. It's possible that you could return to that same exercise later. Generally speaking, the most likely triceps exercises to cause pain in the elbows are the single-arm triceps extension and the triceps pressdown on the lat machine. The safest are compound movements like the close-grip bench press and parallel bar dips.

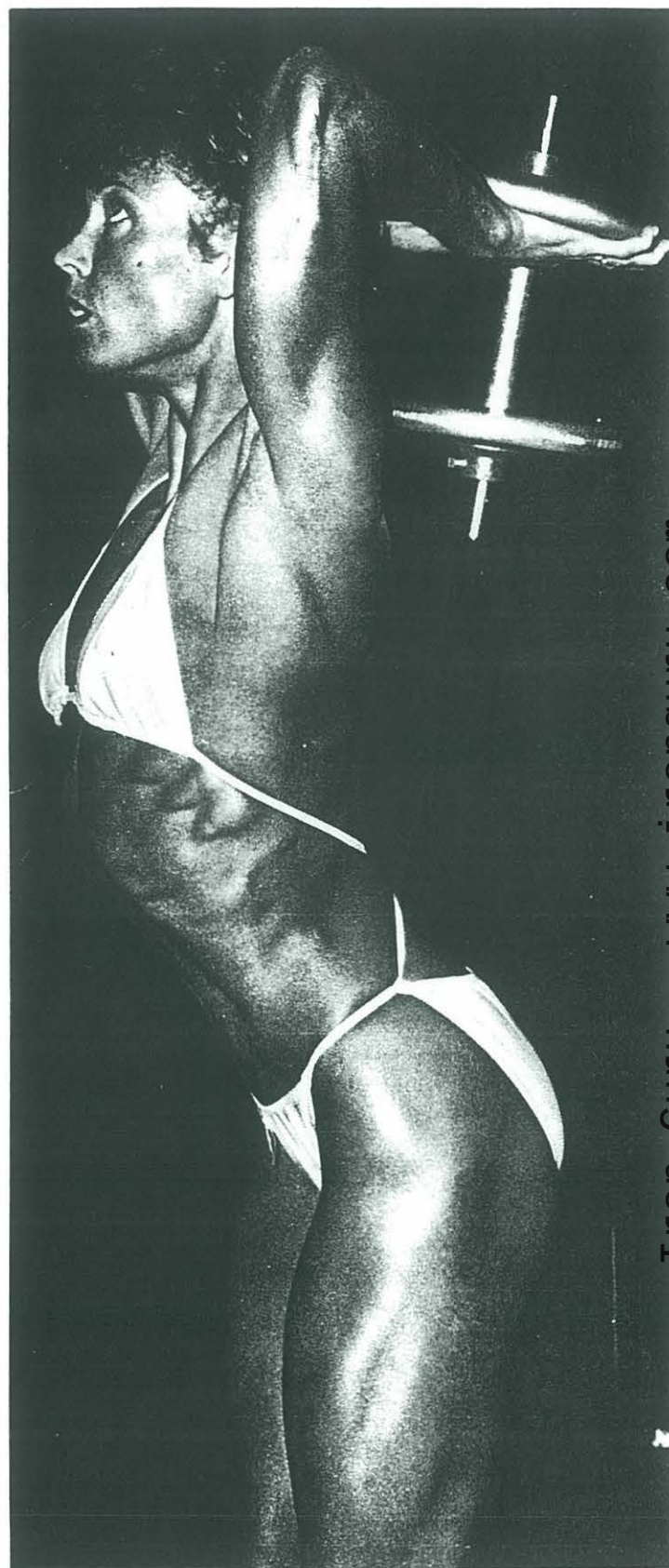
But one man's meat is another's poison. I have known individuals who use enormous weights in all manner of triceps exercises for years on end, and not suffer even the remotest discomfort. On the other hand, I have observed even moderate trainers experience elbow problems from basic compound movements. The remedy is invariably the same: rest.

It is generally understood in bodybuilding that the triceps can be shaped significantly by working the different heads with specialized movements, but the biceps cannot be shaped to the same degree.

If you are one of those people with "high" biceps (often accompanied by a large gap in the crook of the elbow), you will have to do plenty of preacher bench curls (the shallower the angle of the bench the more stress is put on the lower part of the biceps muscle).

Alternatively, the naturally flat biceps will require concentration on the peaking movements I have listed, especially the short-range movements like the undergrip chin and the seated pulley short-range curls. But, as I said, dramatic results in changing the shape *entirely* will not materialize.

Here are the exercises.



Inger Zetterqvist of Sweden performs triceps stretches.

Triceps Exercises

Lying Barbell Extension *Triceps Belly (8 reps)*

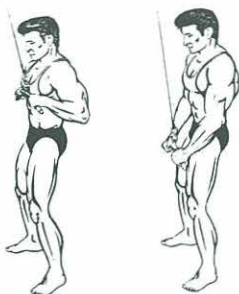
Lie in the supine position on an exercise bench with your head a few inches off the end of it. Take an overhand grip on a loaded barbell, about 12 inches



(30 cm) apart. Hold the barbell at arm's length over chest and lower by bending elbows over head. Stop the barbell just below the bench and curl back over chest. Lower and repeat.

Pulley Power Pushdown *Lower Triceps (8 reps)*

Grip a pushdown bar with hands 12 inches (30 cm) apart. Start the movement from the lower-pec line. Bend the knees



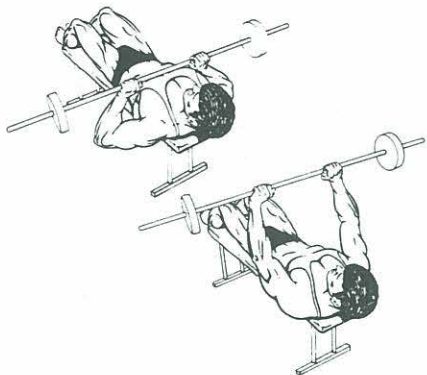
slightly and hold the elbows wide as you press downwards. Allow the weight to lift your hands slowly and repeat the pushdown motion.



Triceps pressdowns illustrated by Boyer Coe.

Narrow-grip Neck Press
Lateral Head of Triceps
(8 reps)

Lie flat on a bench with your head facing upwards. Hold a loaded barbell with hands 12 inches (30 cm) apart. Start with the bar over chest at arm's length and lower to the chest as shown. Keep the elbows wide throughout this movement.



Press the bar upwards. Concentrate on involving the triceps rather than the pectorals or deltoids. Lower and repeat.

Long Rope Pull
Lower Triceps (8 reps)

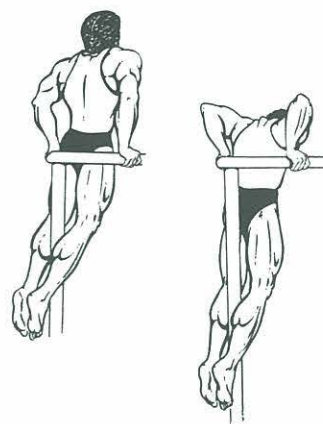
Hold a rope end in each hand. Kneel in front of a pulley and



rest elbows and forehead on flat bench (in my gym, there is a special cradle bench for this exercise). Start the pull with both hands touching behind your neck, elbows wide apart. Pull the ropes forward and lock arms. (This is Larry Scott's favorite triceps exercise.)

Parallel Bar Dip
High Triceps (8 reps)

This exercise is to be done on narrow parallel bars. Arch your head rearwards. Keep your legs tucked up under your torso. Lower your body while keeping elbows close to the sides. From the low position,



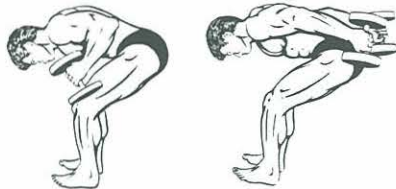
push up to a straight-arm position and hold. Lower arms to a parallel position with bar and repeat.

Larry Scott always applied high intensity to his workouts, especially when working his enormous arms.



Dumbbell Mulekick High Triceps (8 reps)

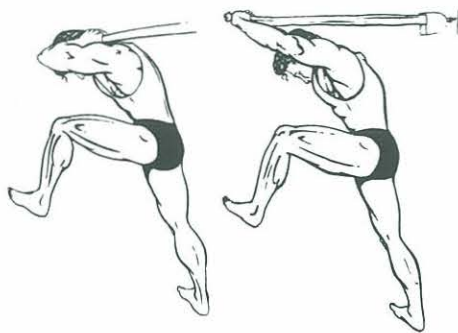
Bend over, resting chest on upper thighs (dive position). Hold



two dumbbells as illustrated. Touch them first to the shoulders and then kick them rearwards and up. As you do so, raise hips to assist the swing of the dumbbells as shown. Lower and repeat.

Rope Kickback High and Outer Triceps (8 reps)

Stand as illustrated with one leg stretched rearwards and straight. Hold a rope (one end in each hand) at the back of the neck. Keep elbows wide and push outward with the arms to



a straight-arm position. Keep your head down throughout the exercise.

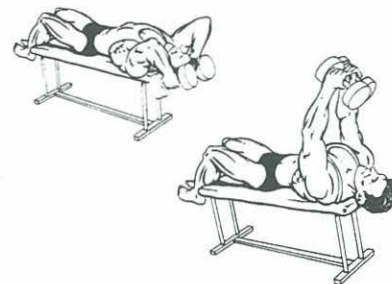
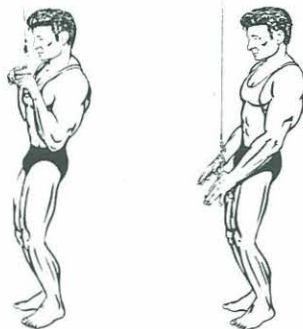
Elbows-in Pushdowns Triceps Belly (8 reps)

Grip the bar of an overhead-pushdown machine, hands 12



Undergrip chins for the biceps as performed by Mohamed Makkawy.

inches (30 cm) apart. Make sure that the elbows are held close to the sides. Start the movement from a high position on the chest. Push smoothly all the way downwards to the upper thighs and repeat.

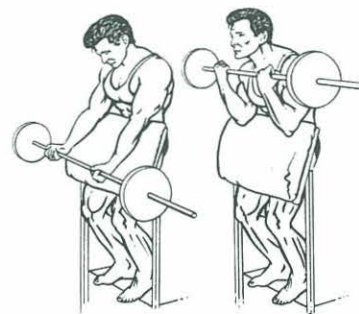


Supine Dumbbell Triceps Stretch

Complete Triceps (8 reps)

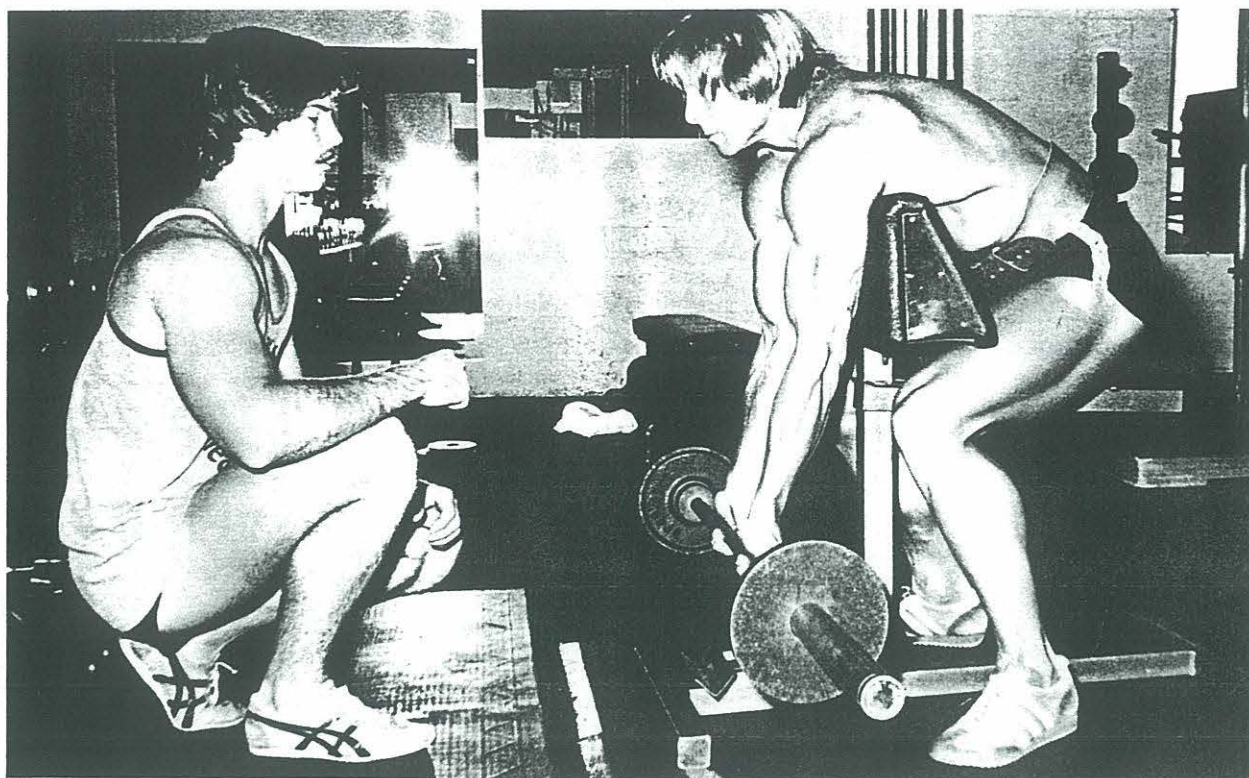
Lie face up on a flat bench holding two dumbbells above the chest, palms facing inward. Your head should be just off the end of the bench. Lower dumbbells together by bending the arms until the hands are at the side of the head. Raise to original straight-arm position over the chest. Lower and repeat.

Biceps Exercises



Barbell Preacher Curl Lower Biceps and Brachialis (8 reps)

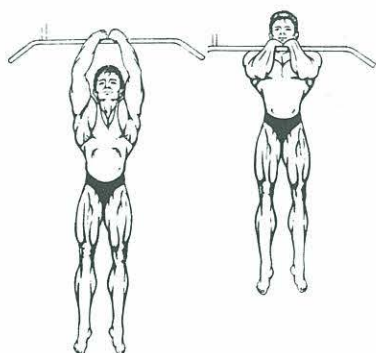
Take a shoulder-width grip on a loaded barbell. Place elbows near the top of a preacher bench. Stand fairly straight. Start the barbell curl slowly and do not lean backwards (cheat). Curl to the neck and touch it. Lower and repeat.



Steve Davis curls on the 90-degree side of the preacher bench to work the peak of his biceps.

Narrow-grip Chin Biceps Peak (8 reps)

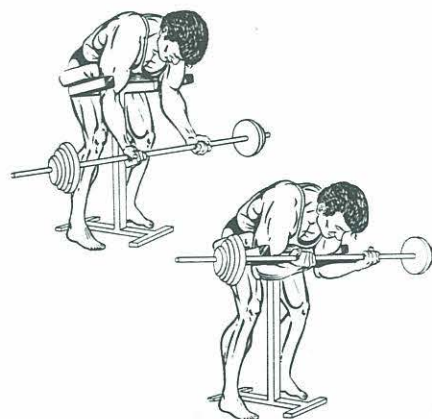
Grasp a chinning bar with hands about 3–4 inches (8–10 cm) apart. Hands should be knuckles down, palms under grip. From a hanging position,



slowly pull up until chin is above the bar. Lower slowly only 4–5 inches (10–13 cm) holding elbows high and together. Then pull up again until your neck touches bar. Movement should be slow, rhythmic, and controlled. Repeat.

Incline Alternate Dumbbell Curl Biceps Belly and Outer Head (8 reps)

Sit on an incline bench at a 35-degree angle. Keep your head and shoulders off the bench. As you curl each arm alternately, look at each dumbbell as you raise it. Curl the dumbbells to outside of the shoulder to work the outer biceps head. Perform the last half of your reps curling with both arms together.

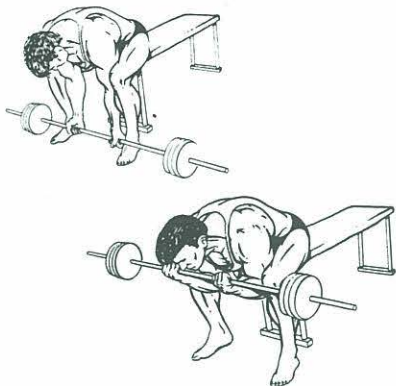


90-degree Preacher Curl Biceps Belly (8 reps)

Hold a loaded barbell on a 90-degree preacher bench (the reverse side of regular preacher bench). Without either fully straightening or fully contracting the arms, work only the middle range of this movement. On the last 3–4 repetitions, have someone assist you for 90-degree maximum contractions.

Bent-over Barbell Curl *Biceps Peak (8 reps)*

Sit at the end of an exercise bench holding your arms between the knees as illustrated. Curl the bar upwards to a contracted position under the chin without moving the angle of the upper arms. Lower and repeat.



Vince performs curls on the preacher bench.



Supine Bench Curl *Middle Biceps (8 reps)*

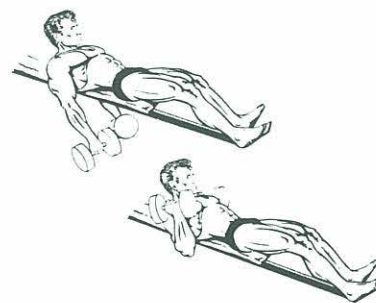
Lie on your back on a high flat bench holding a pair of dumbbells. Keep head up throughout the exercise. Alternately curl one dumbbell at a time, looking and inclining the body in the direction of the weight being curled.

Preacher Bench Dumbbell Curl *Biceps (10 reps)*

Hold a dumbbell in each hand and place the elbows comfortably on the preacher bench as shown. Lower the dumbbells until the arms are straight and then immediately curl the weights up simultaneously. Lower and repeat.



The dumbbell French press done by Don Peters.



Incline Dumbbell Curl *Biceps (8 reps)*

Lay back on an incline bench (35–50 degrees) with a dumbbell in each hand. Allow the arms to hang down and begin to curl the dumbbells slowly and simultaneously. Do not let the weights drop down after each rep—maintain strict control without “bouncing.” Lower and repeat.

FOREARMS

22

ATTACKING THE HIGH-REP MUSCLE



In years gone by, the strength and development of the forearms was foremost in many strongmen's minds. There were even guys who specialized in forearm exercises to the exclusion of everything else.

The forearms are the most visible parts of the body, with perhaps the exception of the neck. Ironically, few bodybuilders spend much time training them nowadays. There is some justification here because nearly every exercise *does* work the forearms in one way or another. The best nonspecific exercises that have an overlapping effect on the lower arms include cleans, curls, deadlifts, and chins. The least effective are bench presses and leg work. But I feel that in order to get the best out of your muscles, you must work them specifically.

The best forearms I know of belong to Mohamed Makkawy. But there's nothing wrong with the forearm development of men like Casey Viator, Chuck Sipes, Mike Mentzer, Dave Draper, Bill Pearl, Larry Scott, and Tim Belknap. Actually, Scott and Sipes do train their forearms very hard with isolation movements. (I recall Larry wrist curling 12 reps with 225 pounds.) Mentzer does not do specific forearm training. He believes that followers of the heavy-duty principle he advocates don't need it. "When you train the heavy-duty style, the forearms get all the stimulation they require," he says.

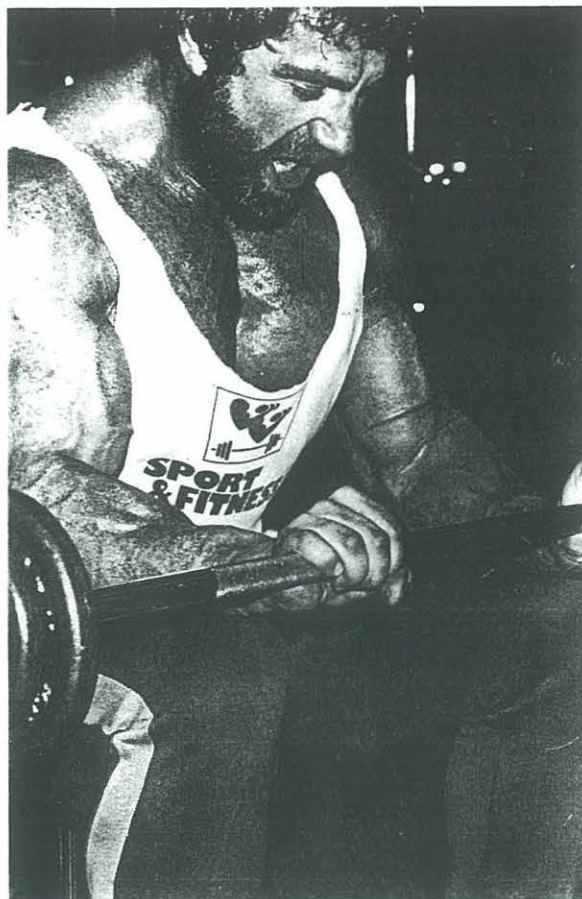
If you have under-par lower arms, you must perform isolated forearm exercises on a regular basis. And this means more than just two or three sets thrown in at the end of your workout. Those forearms must be trained as hard and

diligently as any other muscle group that you want to develop.

Unfortunately, the forearms are known to be stubborn areas that need a large amount of progressive work. Many bodybuilders make the mistake of using the same amount of weight for every forearm workout. This is not good enough: You must train progressively, increasing the workload so that they are literally *forced* to grow. This is nothing new in the field of bodybuilding, but it has been my observation over the years that often only half-hearted training is spent on forearm exercise—consequently, only minimal results are achieved.

The issue of workout tempo is even more important when exercising the forearms. Whereas the forearm exercises themselves should be done in a slow, rhythmical style, the rest *between* exercises should be minimal. Keep

Jusup Wilcosz begins the reverse wrist curl.



The reverse wrist curl at the end of the movement.

the forearms pumped so the blood is forced into the muscles and is encouraged to stay there. At the end of an exercise, pause only long enough to shake the hands for a few seconds to loosen them up . . . and then go at it again. Keep the pressure on those lower arms and they will reward your efforts with a dynamic size increase. Push for this progress and it will come—maybe sooner than you think. The forearms are tough and they need this enormous workload to fully stimulate them.

Incidentally, do not waste your time with “Mickey Mouse” gadgets like pocket exercisers. There will be a small amount of stimulation, but with this type of exerciser you are not reaping the benefits of progressive training. After a short period of time, growth will stop dead. You need a progressive workload to achieve forearm greatness!

Barbell Wrist Curl
Wrist and Lower Forearm
(12 reps)

Hold a loaded barbell in the palms-up position. Place fore-



arms on the end of an exercise bench as shown with the hands over the end of it. The elbows should be between the knees. Curl the wrists upwards and hold for a count of two. Do not allow the fingers to open as the bar is lowered. Lower and repeat.

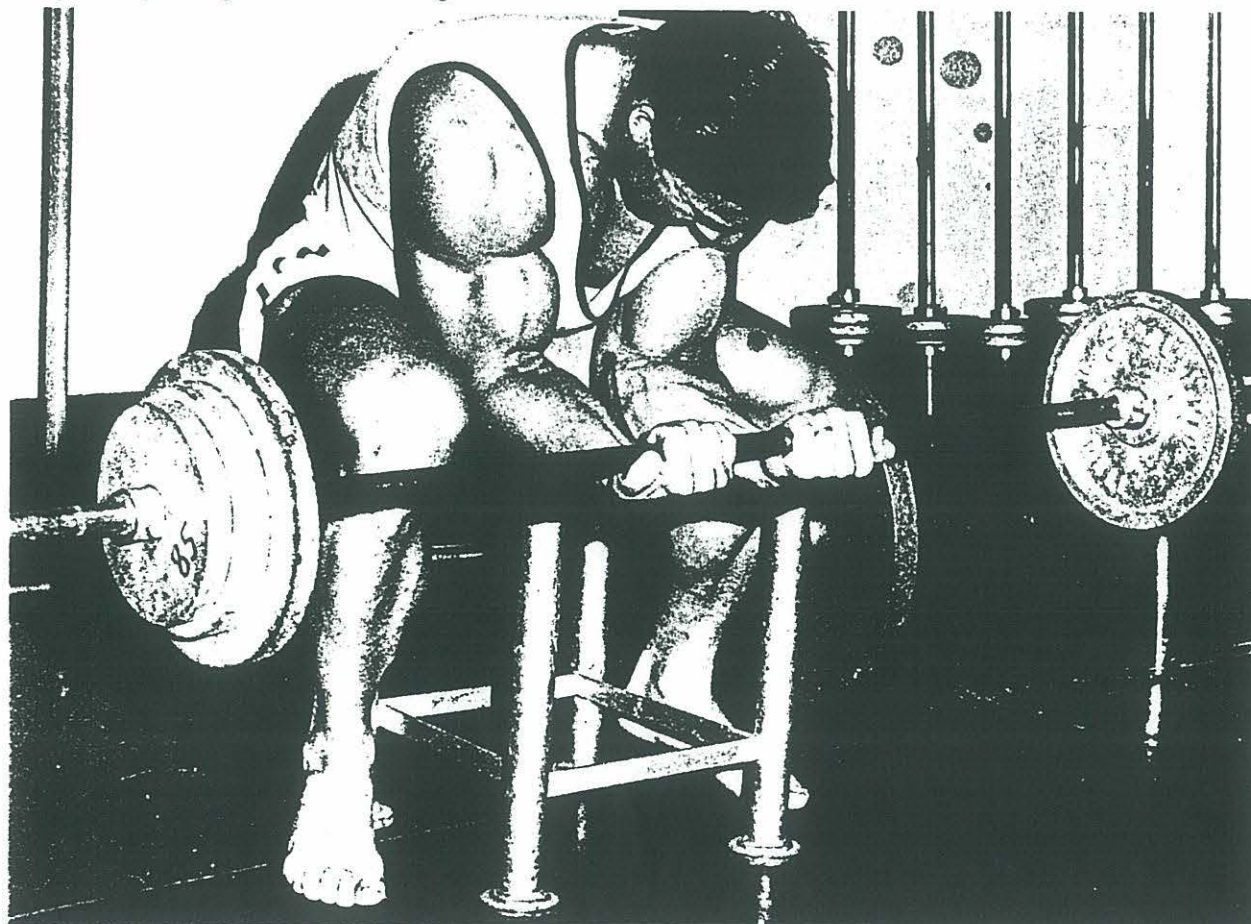
Inclined Barbell Wrist Curl
Brachio Radialis (15 reps)

Place a 10-inch (25-cm) block under the back end of the bench. Hold a loaded barbell in the palms-up position. Place forearms between knees on the bench with the hands over the



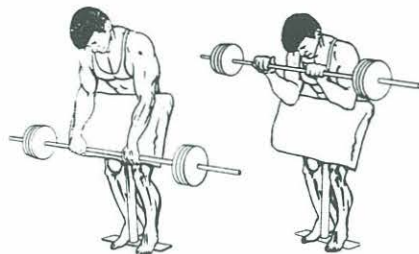
end of it. The elbows should be between the knees. Curl the wrist upwards and hold for a count of two. Lower and repeat without letting the fingers open.

Larry Scott pushing to the limit during wrist curls.



Preacher Bench Reverse Barbell Curl
Flexor Profundus Digitorum (15 reps)

Take a shoulder-width grip on a loaded barbell. Using a preacher bench (approximately 45 degrees), raise and lower the bar slowly. The hands should be set at the palms-down position.



Try to curl right up to the neck in the contracted position. Lower and repeat.



Hammer Curl
Flexor Longus Pollicis (15 reps)

Curl two dumbbells simultaneously or in alternate fashion, with thumbs at the top (as though you were using a hammer), palms facing inward. Curl the bells to the outside of the shoulders, rather than just straight up to them. Lower and repeat.

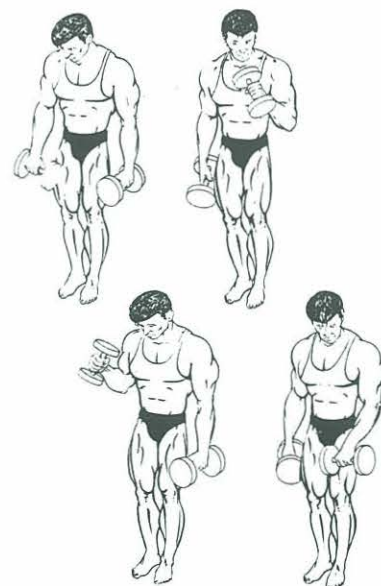
Reverse curls demonstrated by Larry Scott.



Mac Batchelor had more strength in his fingers than most men had in their entire body.

Zottman Curl
Complete Forearm (15 reps)

Hold a dumbbell in each hand at the side. Turn palms outward. Curl the left arm upwards (looking at it as it rises). When dumbbell reaches shoulder level, move it across chest and turn palm over, then lower the dumbbell in palm-down position, following down the center line of the body. When dumbbell reaches arm's length in the down position, turn the palm up and start the same procedure with the right hand.



23

POSING

THE ART OF STUDIED ARROGANCE



Jeff King—NABBA Mr. Universe.

Posing is an art form, and I do not blush to claim dominion over it. A man who can pose can bring an audience to its feet, even though he may not have the greatest body of the day. Of course, if he also happens to have the greatest body, he cannot lose. On the other hand, many a bodybuilder, possessing a superb physique, has blown his chances by failing to display his body effectively. Sometimes I feel embarrassed watching these guys at shows. Even some professionals who should know better appear awkward on the posing rostrum.

I like to refer to posing as the *art of studied arrogance*, but too many bodybuilders are falling into the trap of believing that posing is no more than showing their muscles in a light that makes people believe theirs are bigger than anyone else's.

When you are onstage, you must visualize yourself as you wish to be. You must have total self-belief! You are playing a part, for which you almost need to put yourself into a hypnotic state. You are acting out a fantasy of pride and dignity and awareness.

In the "old" days, a bodybuilder just had to go onstage and pose. He had to convince the judges that he was the best man of the day in no more than three minutes. How things have changed! Now a bodybuilder is scrutinized from all angles during a special prejudging session. He is forced to perform certain standard poses; he is examined from both sides, front and back, and then brought out with other competitors to be further examined and compared. Subsequently, he is allowed the luxury of doing his own



Mohamed Makkawy has a unique way of presenting himself.

thing—*free posing*. But it doesn't end there. If the competitor is lucky, he or she will make the final six, and that means the *posedown*. It is a free-for-all posing session where you do your best to outpose everyone else! Sometimes I'm glad I'm not competing anymore!

Music

Styles come and go, but you must remember that there are several facets to the overall effectiveness. Your choice of music, for example. Reg Park wowed everybody in the '50s with "Legend of the Glass Mountain." Everyone went crazy with "Exodus" in the '60s. Later came "Rocky" and "Eye of the Tiger."

Mohamed Makkawy did his best work to "Chariots of Fire." Casey Viator made his greatest impressions to "Conan the Barbarian." Frank

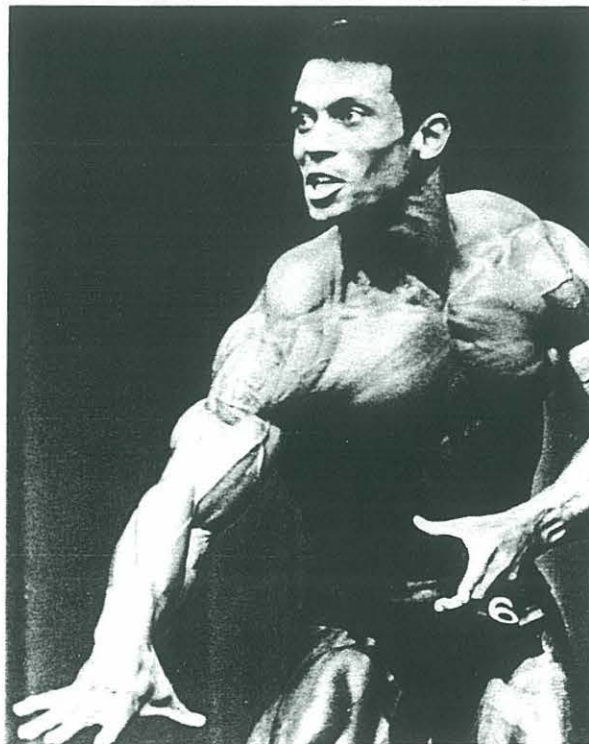
Zane invariably chose music by Pink Floyd, while Mike Mentzer posed to Wagner.

The question of what type of music to use cannot be answered categorically. There are many suitable styles, depending on the routine and the individual concerned. Al Beckles and Bill Grant can really get a crowd going with any music with a strong beat. How? They dance through their routines.

Many bodybuilders today are posing to disco music or hard rock. Perhaps one day classical music will be in style, but it doesn't bring audiences to their feet nowadays. You must try to find the ideal piece for your routine. Remember the points to look for: Your posing music must be known to the audience to some degree; it should highlight your poses; it must build to a climax; and it must draw the spectators into what you are doing onstage by engaging either their emotions or their sense of rhythm.

I have seen a bodybuilder pose to an unexciting part of his music and get very little audience reaction, only to repeat the same poses to a more inspiring part that stirs spectators to enthusiastic appreciation. This is no exaggera-

The epitome of the wild physique—Makkawy.





Three-time Mr. Olympia Frank Zane exemplifies perfect proportion and artistry in his posing.

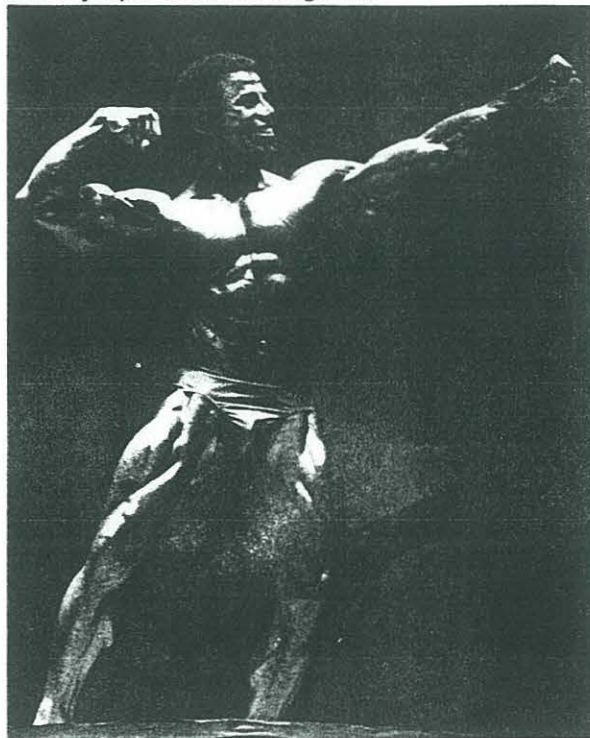
tion. Music has the power to make people cheer, jeer, dance, or lose interest completely.

Writing in *Muscle and Fitness*, musician David Lasker says that bodybuilders should use the musician's "trick" of counting during their posing: "Like a musician, you must count the beats in each bar of music. It will serve to pace your routine correctly."

Lasker also recommends that you listen carefully for the strong and weak bars. A strong bar begins with a cymbal crash or a loud, accented chord. This is the moment to sweep in and *hit* a pose. During weak bars you may simply hold your poses or glide into another attitude. Consider the number of poses in a routine (from 10–20), then choose a piece of music that has the right number of strong bars to accommodate and do justice to your own posing display.

Many bodybuilders try to orchestrate a routine by counting the strong and weak bars and then memorize them in order to choreograph their poses with the chosen music. However, since not much music was written with a bodybuilder's pose routine in mind, very few pieces lend themselves completely to the bodybuilder's

Chris Dickerson clinching the IFBB Mr. Olympia crown in England.



needs. Frequently, a pro bodybuilder will take his tape to a professional sound studio and have some of the music edited out in order to tailor the sounds to his needs. Someday music will be especially written for individual pose routines.

More and more show promoters are allowing contestants to bring along their own tapes. If you are at all serious about bodybuilding competition, you must practice until you can go through your routine automatically. If you rely on the inspiration of the moment, you will probably fail to make the impression you want to make.

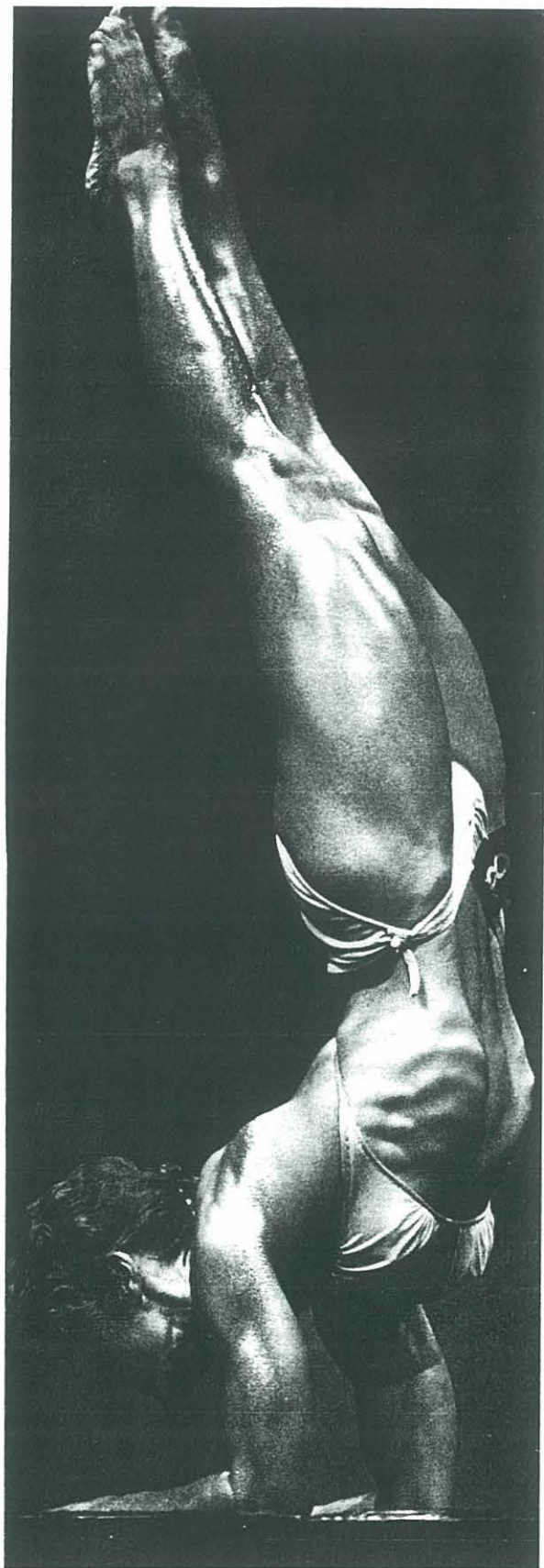
Whenever you practice your posing, count the bars of the music to see how long each pose lasts. This will help you duplicate your routine exactly each time. It will also reduce onstage "nerves," because you'll have something to occupy your mind.

Exactly what poses to perform is a completely subjective matter. Each bodybuilder has poses which only he can do effectively. One fact is certain: You must practice your posing. Apart from the compulsory poses (side chest, front abdominal, front and back double biceps, lat spread from front and back), you must develop a repertoire of poses to use during the free-posing round. Get some ideas by looking at the various books and magazines available. When you practice posing, use a full-length mirror, and adjust the light to show your muscles to their best advantage.

Russ Testo is one of the most professional posers in bodybuilding.



146



Lori Bowen demonstrates an advanced position.

**Barbell Wrist Curl
Wrist and Lower Forearm
(12 reps)**

Hold a loaded barbell in the palms-up position. Place fore-



arms on the end of an exercise bench as shown with the hands over the end of it. The elbows should be between the knees. Curl the wrists upwards and hold for a count of two. Do not allow the fingers to open as the bar is lowered. Lower and repeat.

**Inclined Barbell Wrist
Curl
Brachio Radialis (15
reps)**

Place a 10-inch (25-cm) block under the back end of the bench. Hold a loaded barbell in the palms-up position. Place forearms between knees on the bench with the hands over the



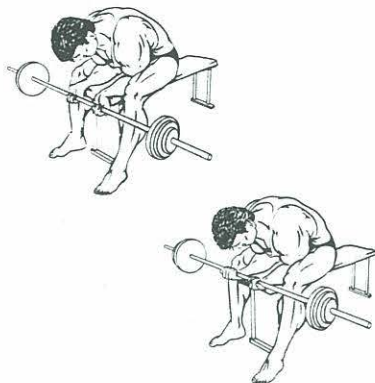
end of it. The elbows should be between the knees. Curl the wrist upwards and hold for a count of two. Lower and repeat without letting the fingers open.

Larry Scott pushing to the limit during wrist curls.



Barbell Wrist Curl
Wrist and Lower Forearm
(12 reps)

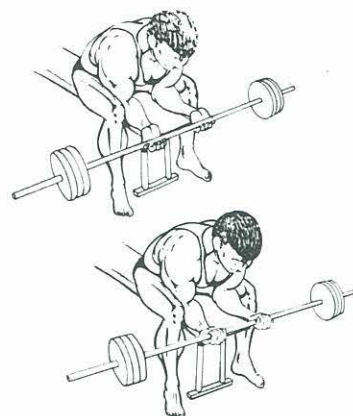
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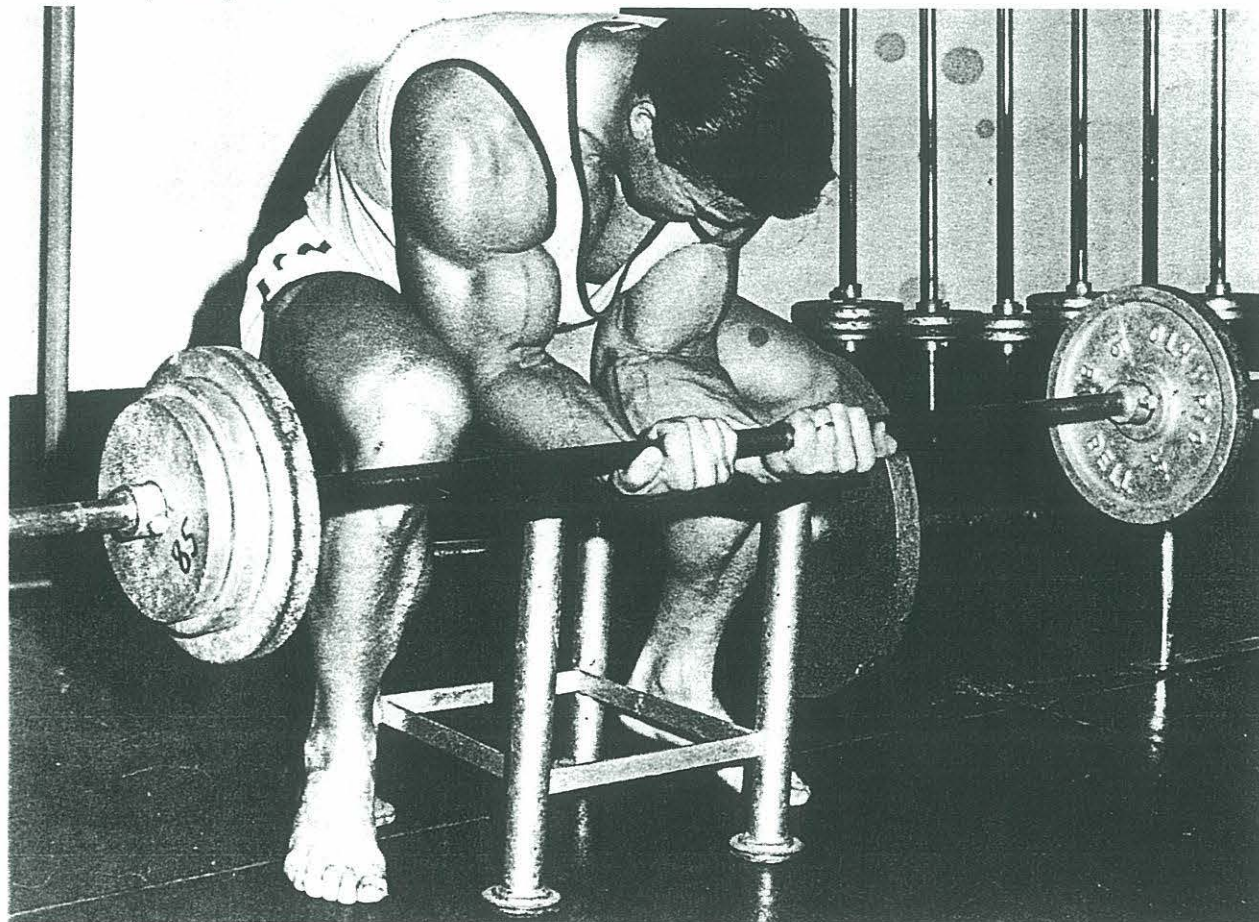
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Brachio Radialis (15 reps)

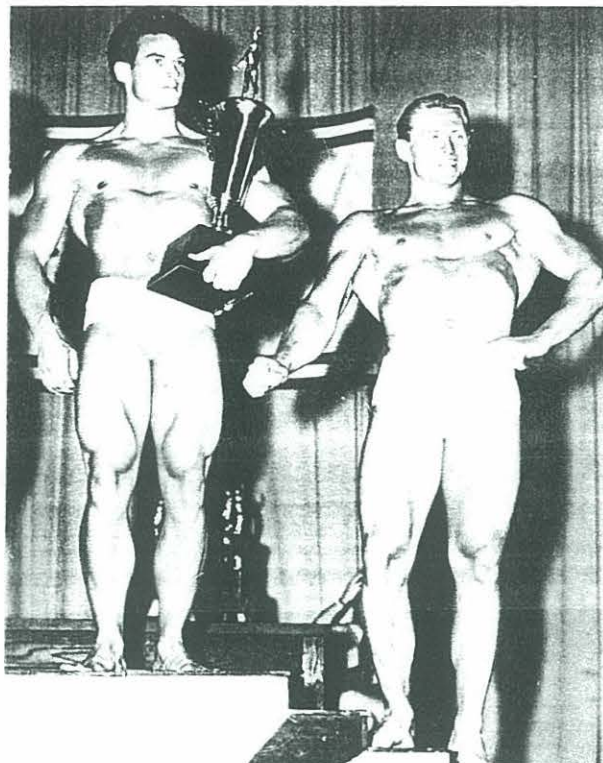
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Larry Scott pushing to the limit during wrist curls.





Steve Reeves and Al Stephan at the time when Steve won the Mr. America title in 1947.

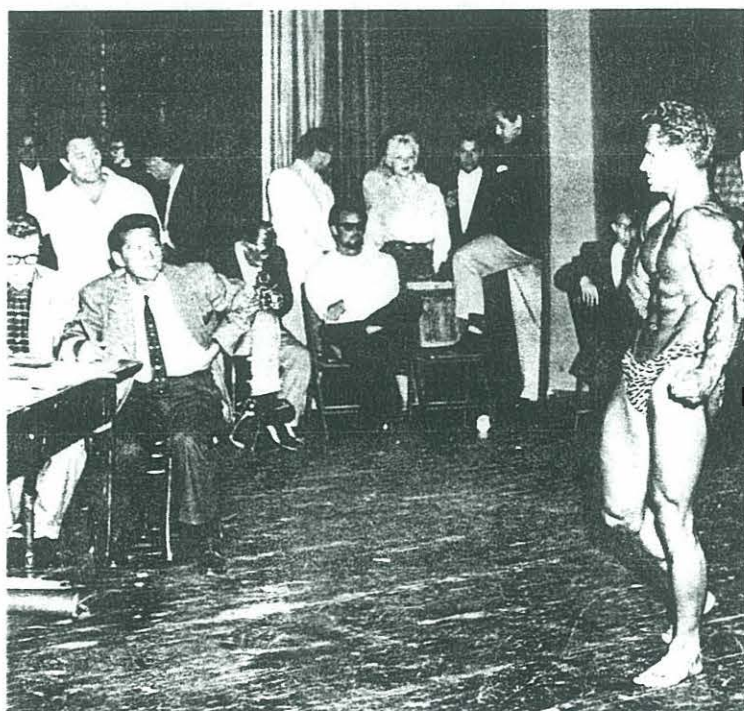
Practice *all* poses. Even if a particular attitude does not suit you, practice it. It may be a compulsory pose that you are required to do. Obviously, when you perform for a judging panel you will include only your best poses, but you should know as many as possible. The flexing, stretching, and twisting will help you look better, and it will complement the work you have done in the gym. If you find the art of posing particularly difficult, seek help from professionals who know about movement and stage presence.

It is a good idea to see live bodybuilders (if only on film or tape) to learn the secrets of how to move between poses. The entire routine must be studied. Try and see a professional show, especially one as prestigious as the IFBB Mr. Olympia. Even so, some competitors will be far superior to others. Among the all-time great posers are Sig Klein, John Grimek, Clancy Ross, Reg Park, Frank Zane, Ed Corney, Chris Dickerson, and Mohamed Makkawy.

What is the magic ingredient that you see in the bodybuilders who win all the contests? I'll tell you in a word: *charisma*! It's not just a great



Vince Gironda and Charlene James show off their proportionately balanced physiques.



Vince Gironda displays his muscular separation for a prejudging panel.

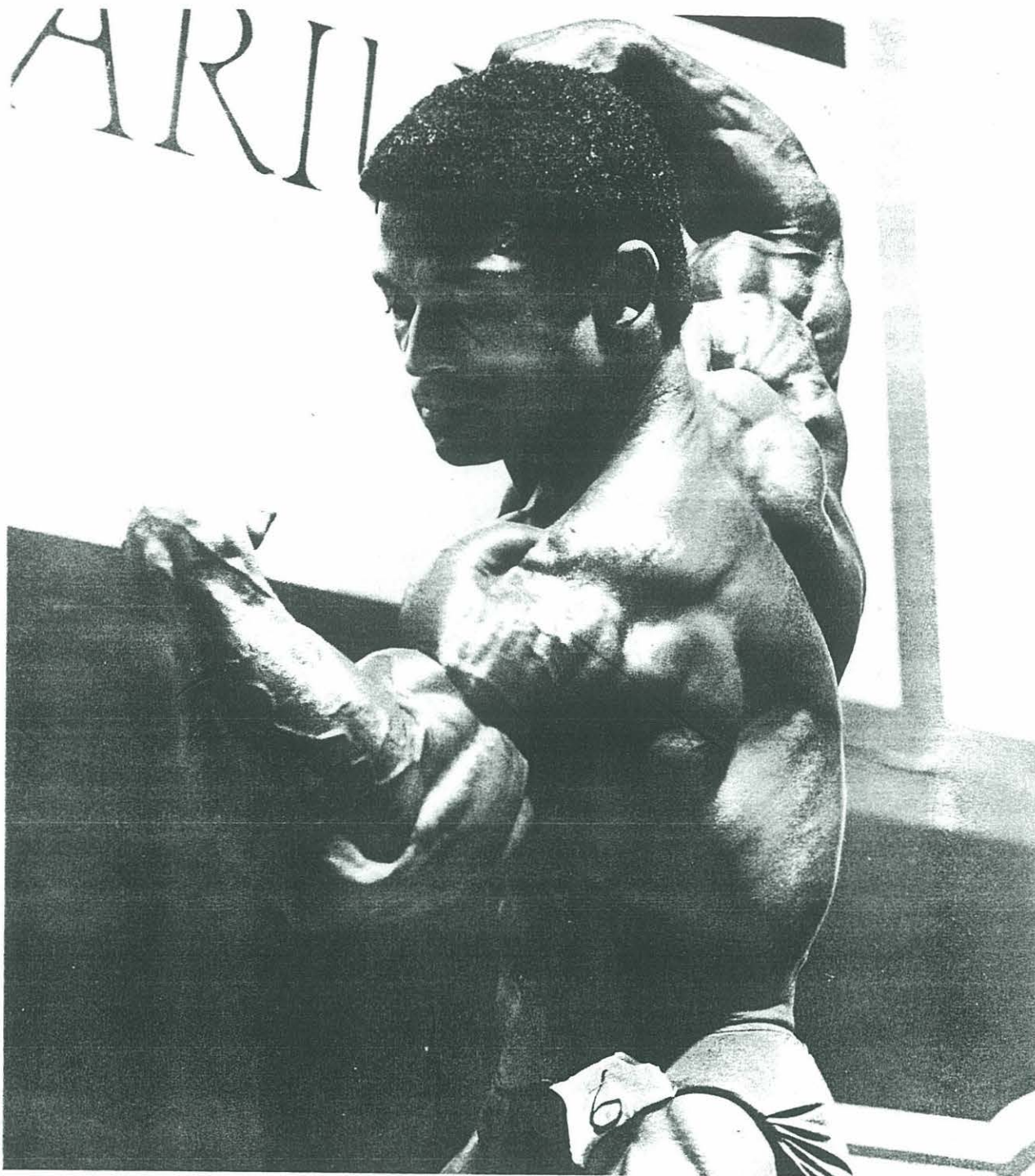


Superbodybuilder Gladys Portugues.

“double biceps” or “most muscular” pose. Charisma is the outward projection of a scintillating personality. It is the facial expression of intelligence, class, animal magnetism, and honesty. But tied closely to charisma is style—your pos-

ture, shape, clothing, and, of course, your unique way of presenting yourself.

When you practice your routine in front of a mirror, try closing your eyes before you hit each pose. After you have “fixed” your position, open

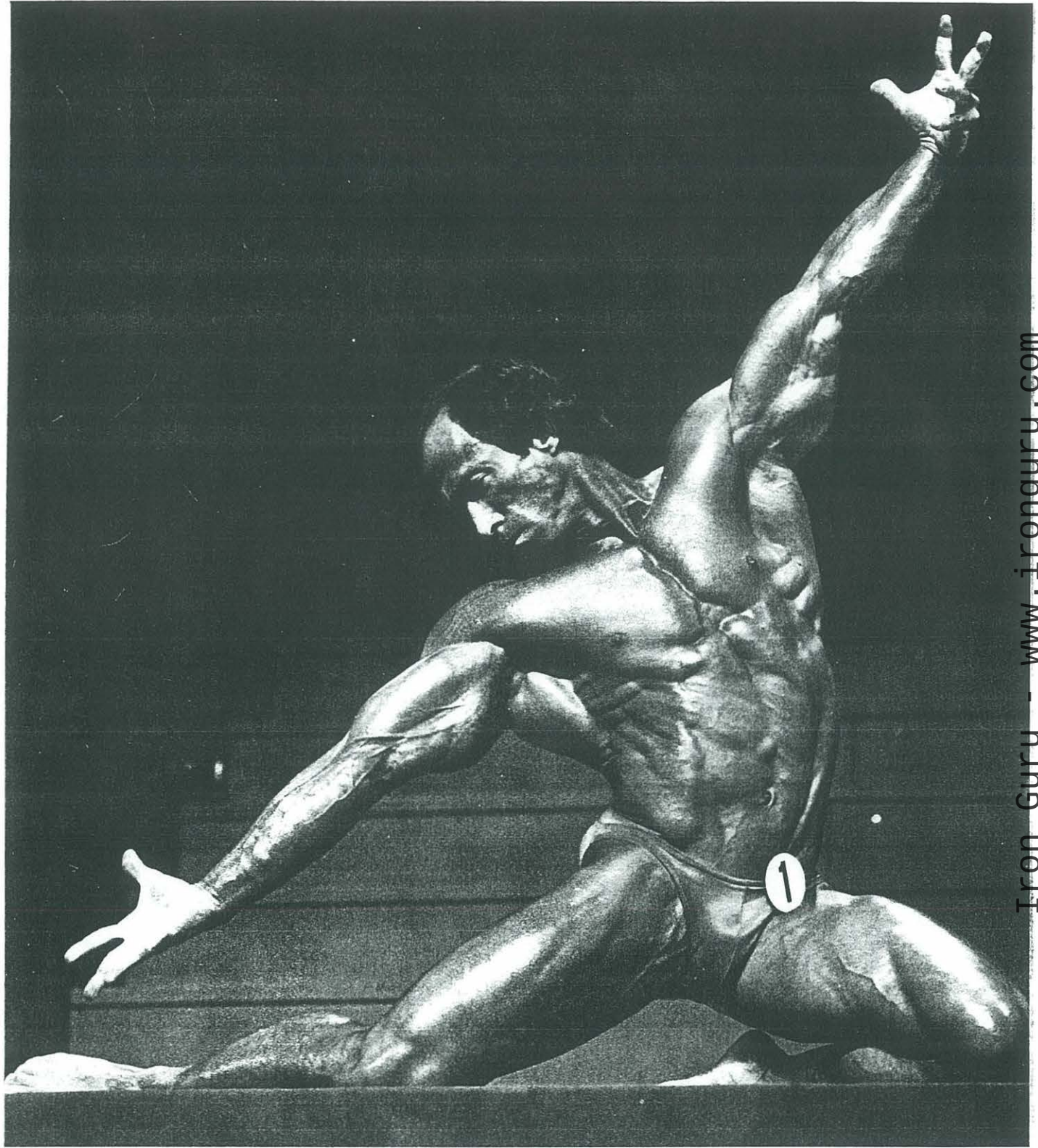


Mohamed Makkawy.

your eyes and check out the result. Is it charismatic? Always aim to look confident as you pose. A smile will beat out a frown any day. You are only kidding yourself if you think that all you need are muscles to come out on top in a body-

building contest. Charisma and presentation are everything!

The color of your pose trunks should be compatible with your skin color. Although styles change over the years, the high-cut trunk is un-

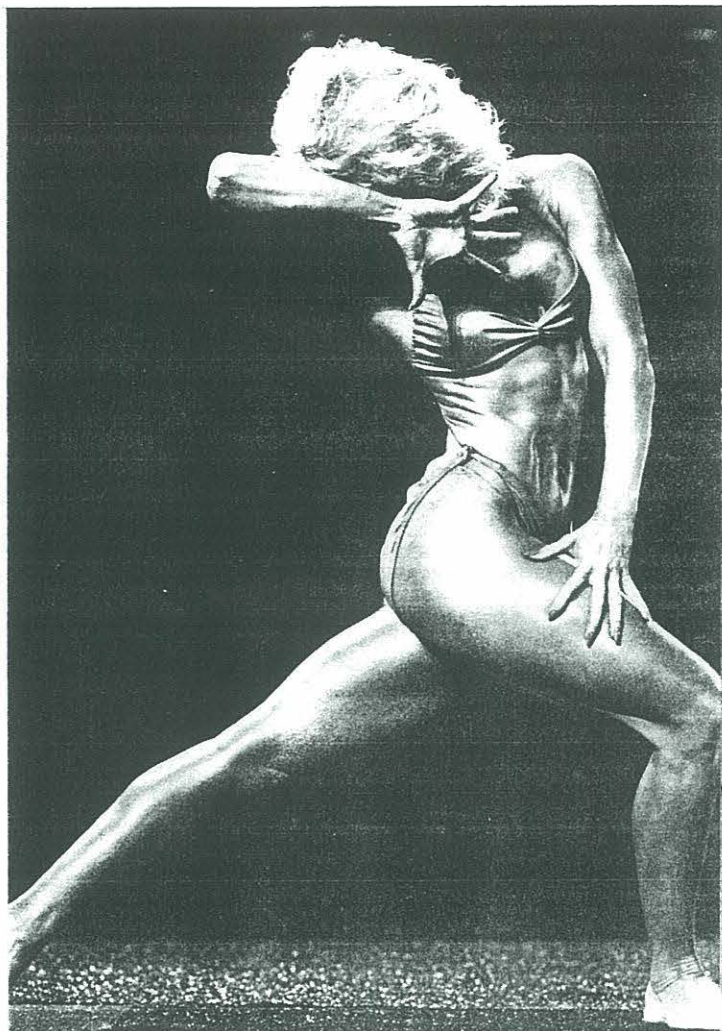
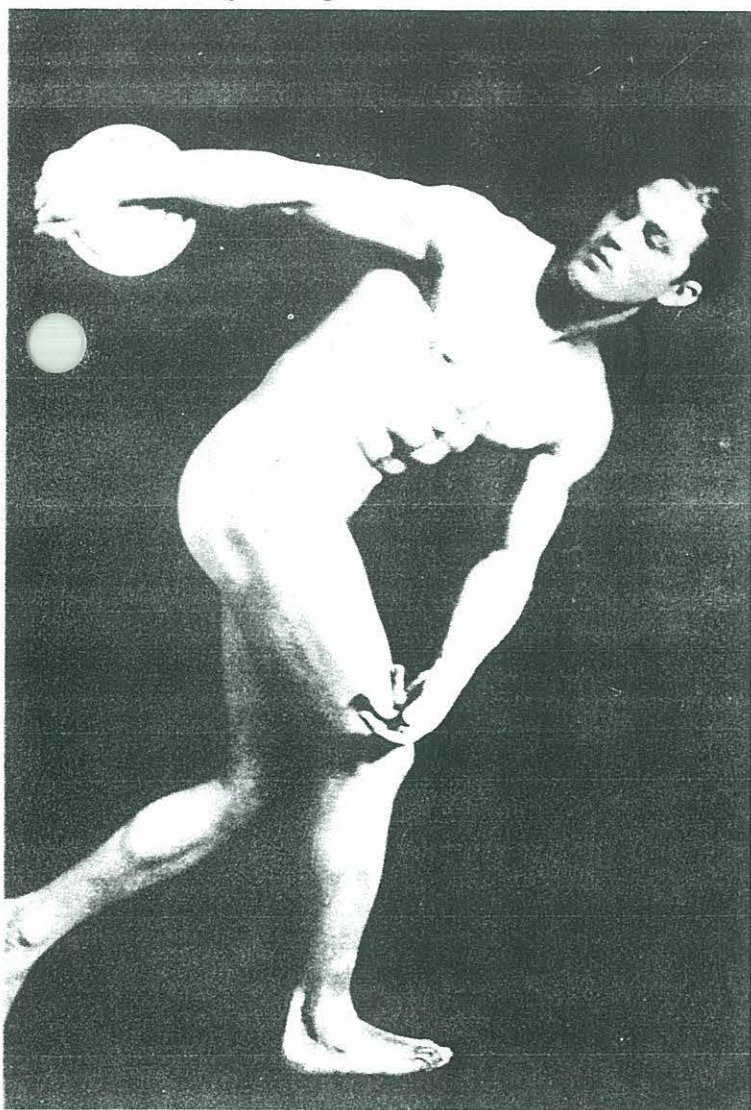


James Gaubert—IFBB world champion—in a dramatic pose.

doubtedly the most complementary to the shape of the leg. This type of trunk also allows the muscles of the upper part of the thigh to be seen. It can be a bright color to contrast with your tan, or a brown to blend in with it, so that the "line" of the body is not broken. What they should *not* be is patterned. This would be too distracting.

The best-shaped pose trunks that I know of are sold by Mr. Olympia Chris Dickerson. (I don't have a financial interest for saying this. It's just my opinion.) Frank Zane's pose briefs have design originality, and are definitely made with physique display in mind.

Tony Sansone was one of the great early posers in bodybuilding.

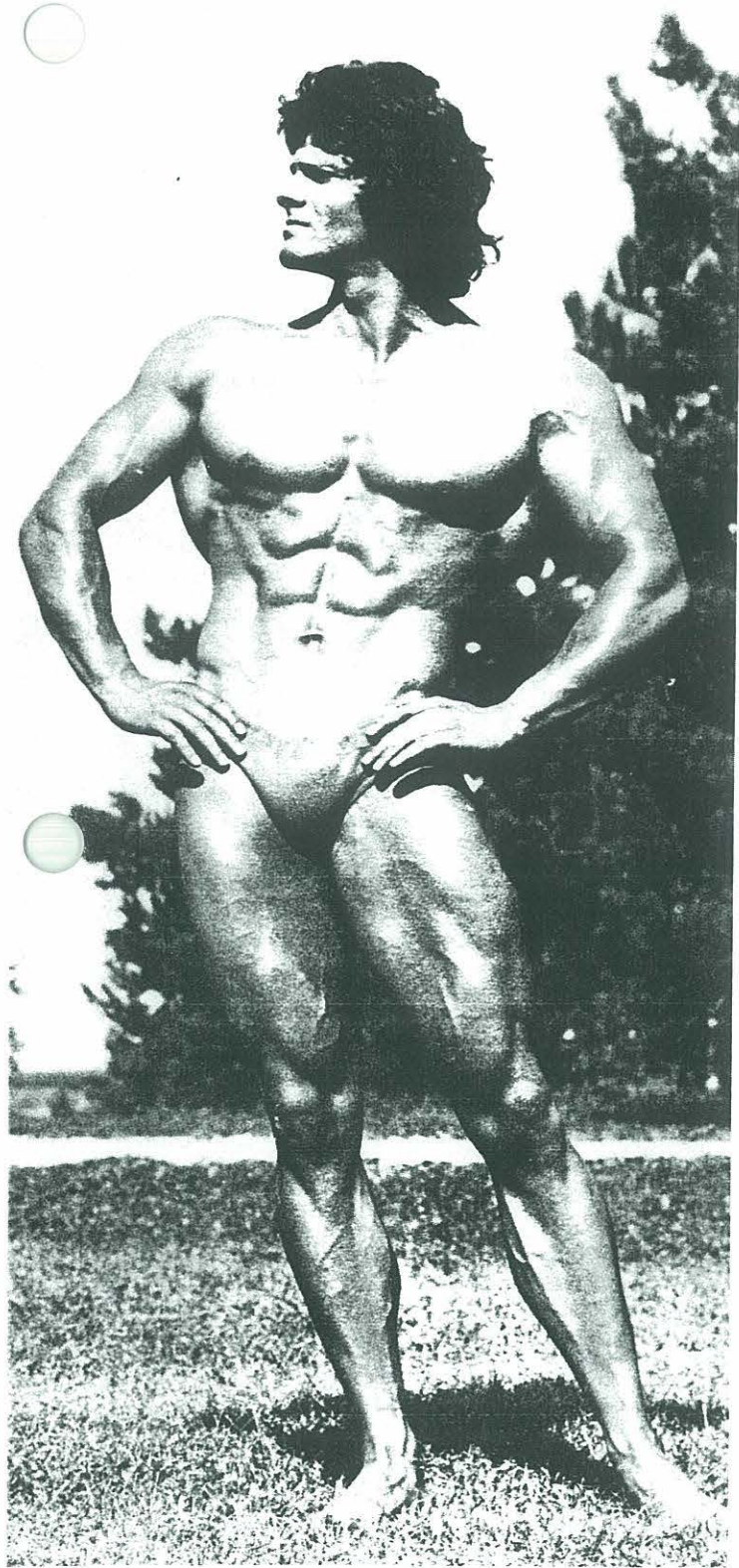


Shelley Gruwell strikes an unusual pose.

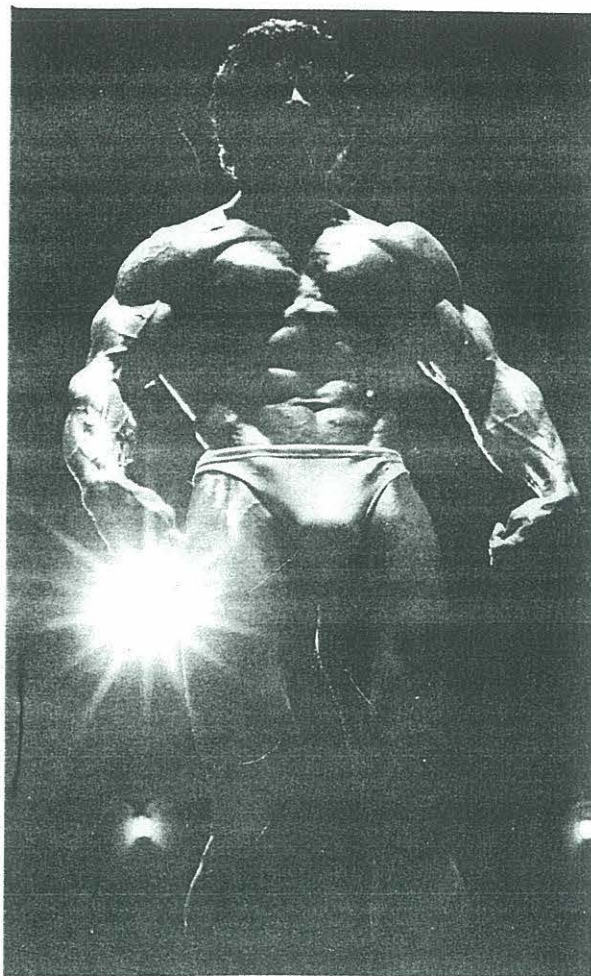
Suntans

You should endeavor to get the best natural tan possible. That means lying either under the sun or under a sunlamp. Do not forget to expose the underarms since this is an often neglected body part.

For those who cannot get an adequate natural tan, you will have to resort to an artificial tanning lotion. A few coatings of Sudden Tan by Coppertone, or some other instant-tan concoctions applied at least two days before a contest will help. Put on five or six applications, a few hours apart. Actually, very few natural tans are adequate. Most need the addition of artificial color to balance them out. Be careful with this



Wilfried Dübbers of Germany.



Harold Poole.

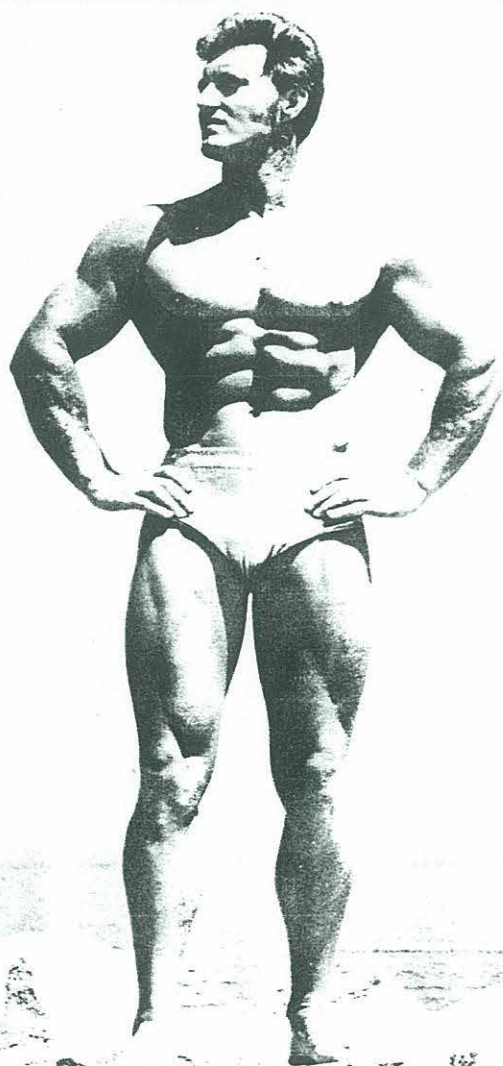
makeup, though. When I went to the NABBA Mr. Universe in 1962, I tried to complement my natural tan with an artificial tanning agent. Unfortunately, this tanning cream contained powder (chalk) which absorbed light, rather than reflected it. The result was that I appeared to be smoother than I was. I got myself a trophy but I wasn't totally happy with the way I looked on that day.

Most black men need to sunbathe. I was at a contest not long ago when Dave Johns, a black bodybuilder, was the lightest man onstage. Sunbathing adds a richness and "glow" to virtually all skin tones, and under the bright lights of a contest you cannot afford to look washed out.

The way you pose at a contest is the sum total of all your endeavors. It's your showpiece. Learn to do it well!

MIDDLE AGE AND OVER

ADVISING THE MATURE BODYBUILDER



Canadian Vic Downs—a very proportionate physique—is now in his fifties.

I am often asked about the age factor. How important is it? Are muscle gains impossible after age 40? To tell you the truth, I never think of age much. I do not acknowledge my own age as being anything unusual. I personally see an advantage in every year I gain chronologically. What you lose on the swings you gain on the merry-go-round. For example, I find that definition is easier to maintain as you get older.

In an era when promoters were holding “over 35” contests, because bodybuilders over that age were considered too old to compete successfully with the younger set, I was entering the Mr. Universe contest in England at the age of 46. All the other contestants were around half my age but I felt like a kid. I have always trained as though I were young, and if anyone asks my age I just glare at them. If I told them, it would be like offering an excuse.

I have been active in bodybuilding since my youth. I still love working out. I thrill at strenuous exercise, pulling, pushing, curling . . . the very thought of it, even after all these years, gives me a flush of excitement. But if you haven’t been involved in formal exercise for a while, it goes without saying that you should get your physician’s endorsement. And however frisky you feel, please start into your workouts slowly. Keep the weights light and allow your body to adapt to the workload in its own time.

The first thing to accept, once you are really into your training, is that you do not need to take a maximum workout every day. Your biorhythm (energy) levels differ from day to day, and you may have abundant energy during a particular

workout. Do not train endlessly even if you feel fresh and bursting with vitality. A long workout, even if you feel you just do not want it to end, is counterproductive. Conversely, two individual, short workouts can be very productive.

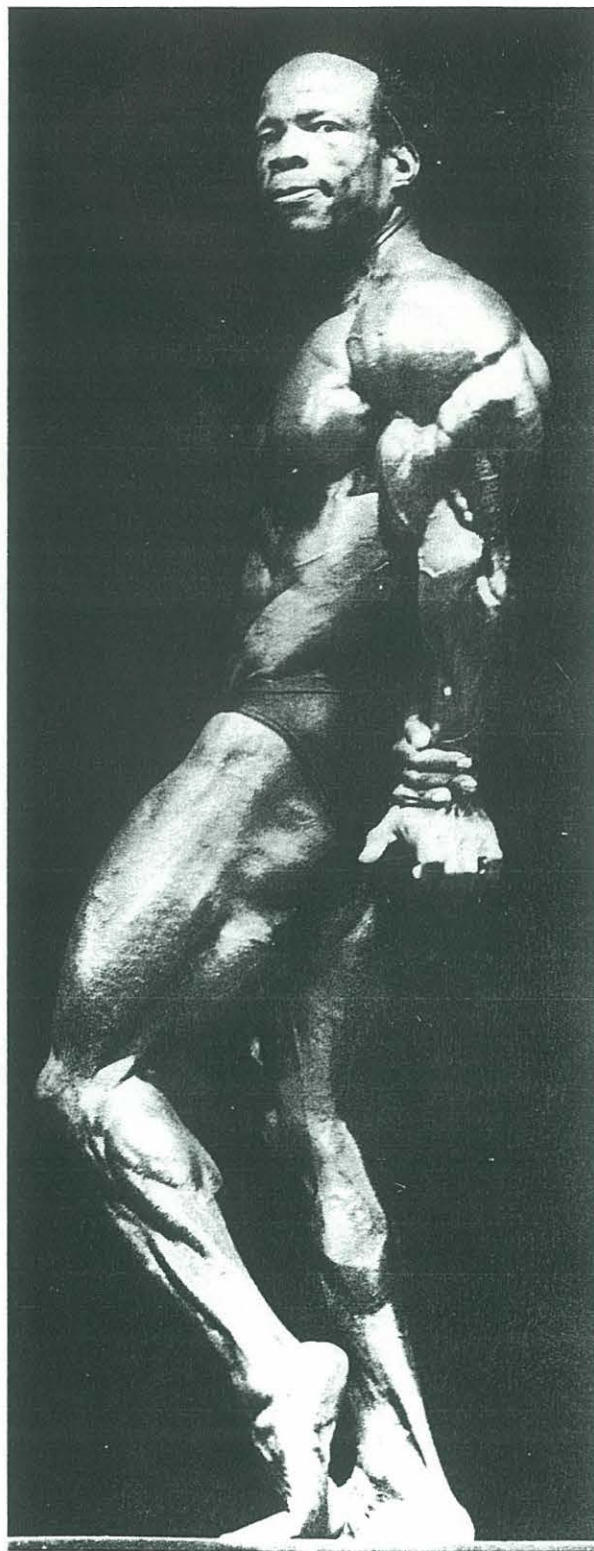
It is most important that the older body-builder endeavor to keep his or her training on schedule. Regularity in living habits will help you to maintain maximum energy. Eat at the same times each day, work out at the same time, relax at the same hour each day. Your body will set its internal clock after a short time, and as you pass from phase to phase your mind and body will be prepared to meet its obligations.

The 40-70 Weight Gainer

To gain weight, there is little doubt that you will have to eat more. I am a strong believer in taking supplements to help along the muscle-building process. Weight-gaining enthusiasts are advised to substitute certified raw milk instead of that coffee break. The following rules should be observed by those who are underweight.

Points to Remember

- *Never overeat.* This can cause discomfort, additional adipose, and a muscle-weight loss. The digestive system is confused and overworked and its efficiency ultimately impaired.
- *Eat very small meals every three hours.* There is less stress on the digestive system. Remember to keep meals regularly spaced.
- *Never allow yourself to get really hungry.* When the stomach is completely empty, the body starts to feed on itself for maintenance, and muscle size can diminish. Always eat something light before retiring at night.
- *Absolutely no smoking.* Nicotine constricts the capillaries for as long as eight hours as well as using up the body's Vitamin C reserves.
- *Get control of your emotions.* Nervous energy and worry causes the endocrine glands to shut off production.
- *Calm down! Slow down!* Refrain from wasting energy needlessly. Overactivity will assure constant loss of weight. Maximize your digestive efficiency by putting your feet up after every meal whenever possible.



Now over the half-century mark and still a competitor is Albert Beckles.



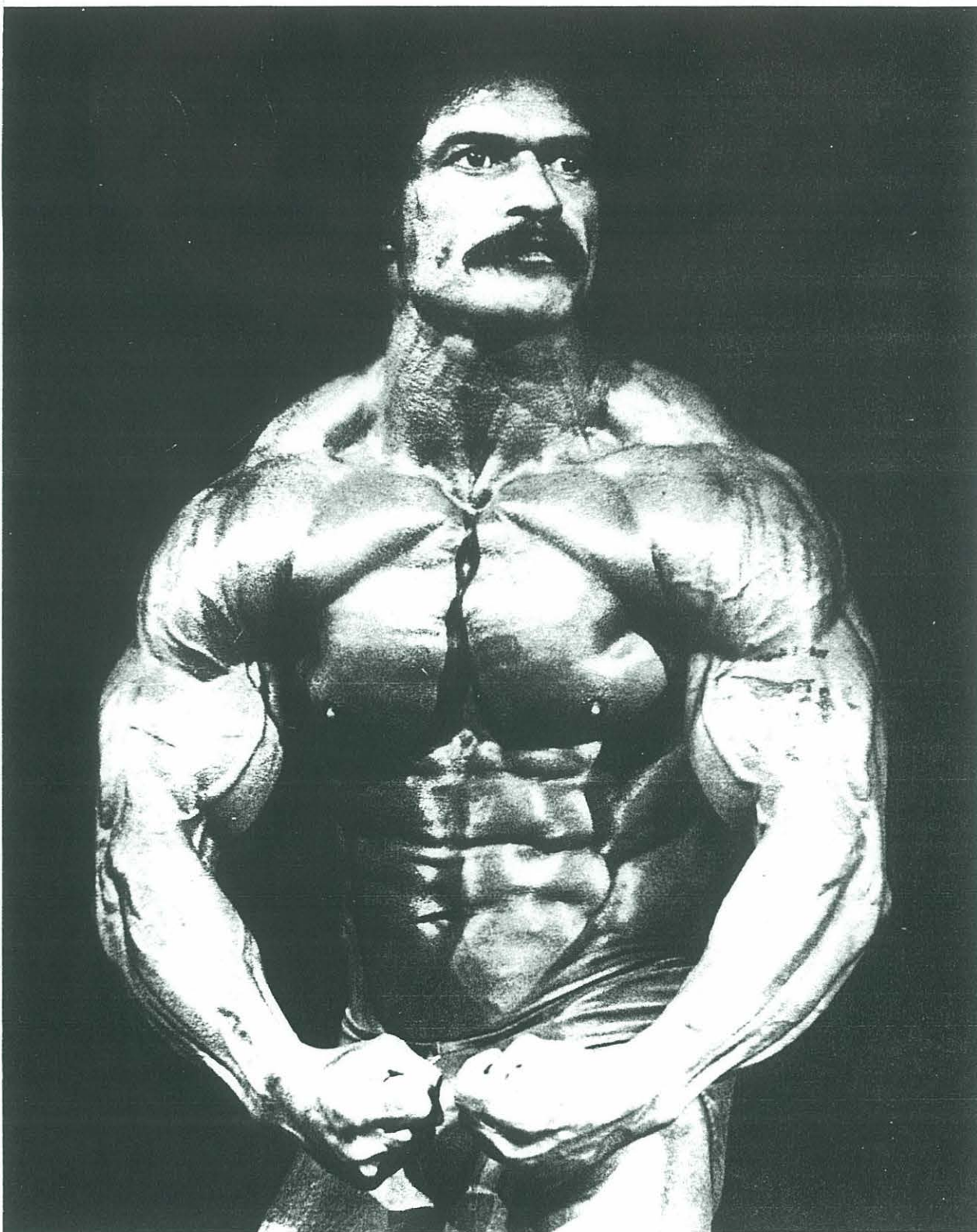
Vince enjoys vigorous exercise of all kinds.

The 40–70 Weight Reducer

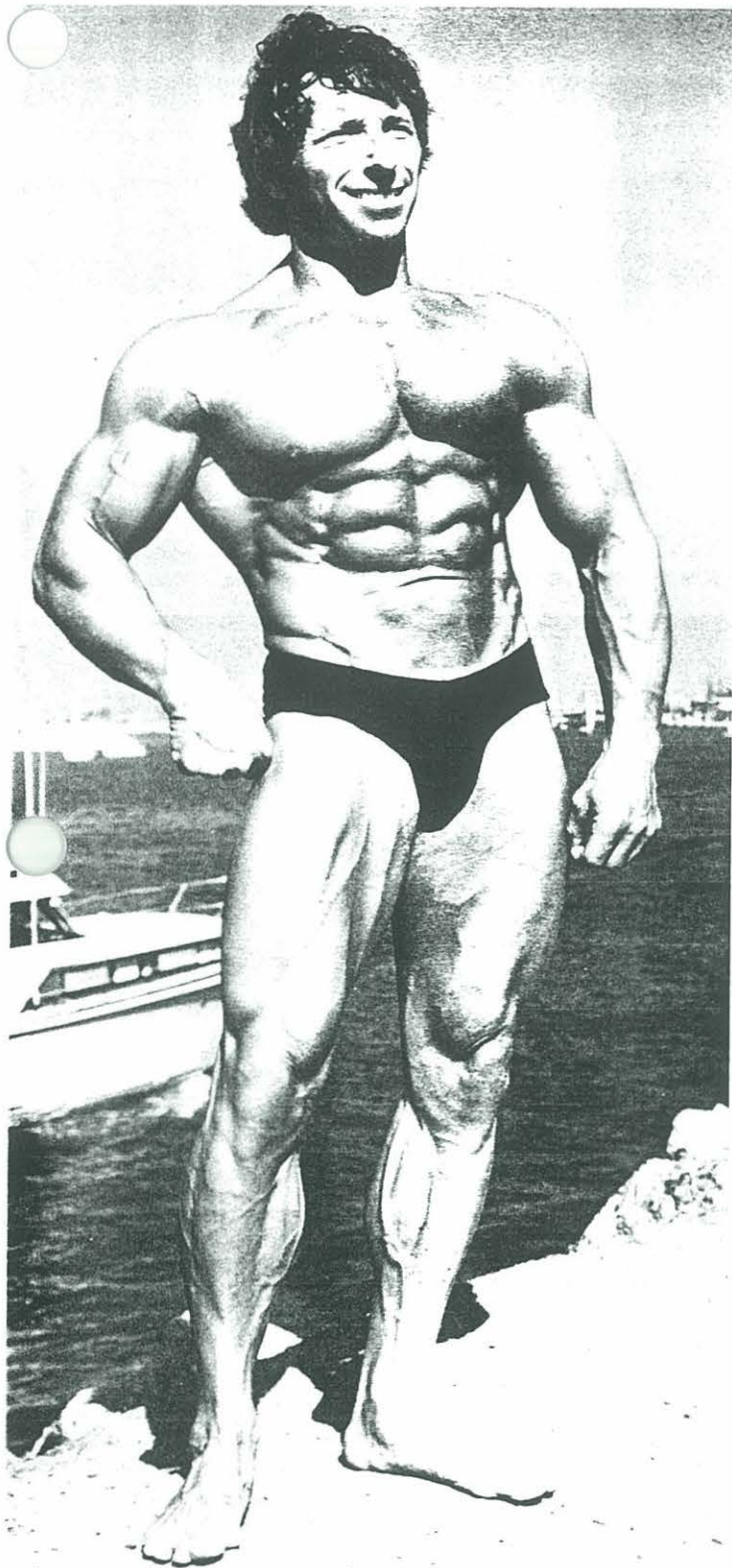
Again your food intake is the culprit. You are eating too much of the wrong kinds of foods. How long have you been on the diet merry-go-round? Maybe you can't even begin to count the number of times you have gone on a diet, lost

some weight, given up the diet . . . and gained it all back! Why do we feel the need to eat more food than the body actually requires? The answer lies in *what* we eat. (See Chapter 14 about the rules for a balanced diet.)

The first plan you should put into practice is to reduce your portions of food at *all* meals. You will find that you will immediately lose fat.



Ed Corney is still a strong candidate for major titles—and he's in his fifties.



Ed Guiliani has remained in top form all of his life.



Vince.

This will also cause your stomach to shrink, which in turn will lessen and ultimately eliminate all hunger pangs. By restricting your food intake, you are taking control. You will find a new sense of well-being and you will gain an added sense of self-satisfaction.

For those who suffer from low-blood sugar (hypoglycemia), remember that the body requires 20 grams of protein every three hours. Liver tablets (10-20) could fill this need.

After you have reduced all your food portions, I strongly suggest that you make a constant effort to upgrade the quality of the food you eat. Try and eat natural foods such as poultry, fish, meat, cheese, vegetables, fruits, nuts, and whole-wheat breads and cereals. The egg, incidentally, is the cheapest chicken dinner I know of! Where possible, eliminate gooey cakes, cookies, candies, synthetic desserts and pies, table salt, salad dressings, soft drinks, canned fruits, white-flour products, sugar, beer and ice cream.

Basically, a vigorous, healthy older person can do anything that a youngster can do, but in moderation. I myself frequently work out with bodybuilders in their twenties. And in many cases I use the same sets, reps, and poundage . . . sometimes more! You may be different: Tailor your workouts to your age and condition. Bear in mind that it's always preferable to err on the side of moderation rather than to overdo any exercise. Train too hard or too long and you will overload your constitution.

■ The Muscle Sleep

Although I can work out with the best of them, there is something I do now that I did not do as a young man. I take a nap (muscle sleep!) for half an hour every afternoon. This not only helps recuperation, but it is a great energizer. Actually, more bodybuilders than you may imagine, especially the pros (who can afford the time), make a habit of taking a short mid-afternoon nap.

The eternal champion—John Grimek—was unbeaten in physique competitions.

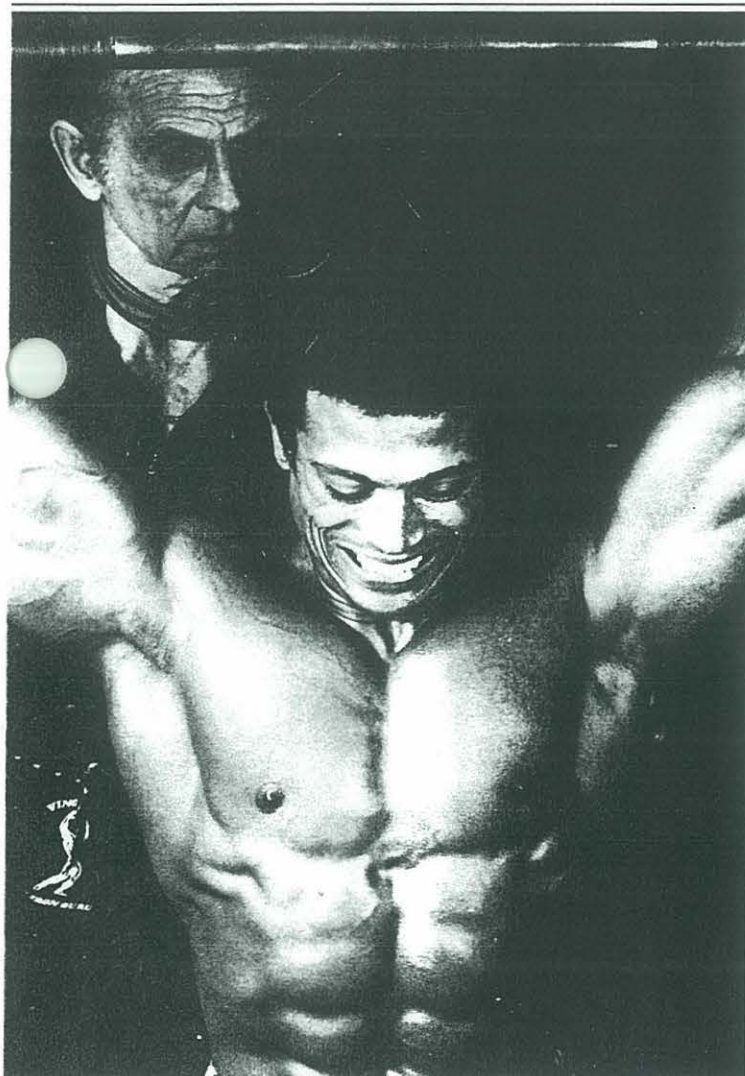


Steve Reno had great muscle development in his time, and he's still training at Vince's.

As an older person, you may want to adopt this habit of taking naps. Sleep experiments, incidentally, have shown that two or three short naps are more beneficial than one long sleep. The way most of our lives are organized, taking a nap every few hours is not practical, but it is an interesting scientific observation nevertheless.

Once you are really *into* working out and eating correctly, you will probably surprise yourself at the rate at which your body takes on new muscles. Your fitness level may also hit an all-time high. Pretty soon you may be wondering if there is anything to that old saying: *You're not getting older. You're getting better!*

TWO OF THE GREATS



Vince devises an awesome training program for Mohamed Makkawy.

25

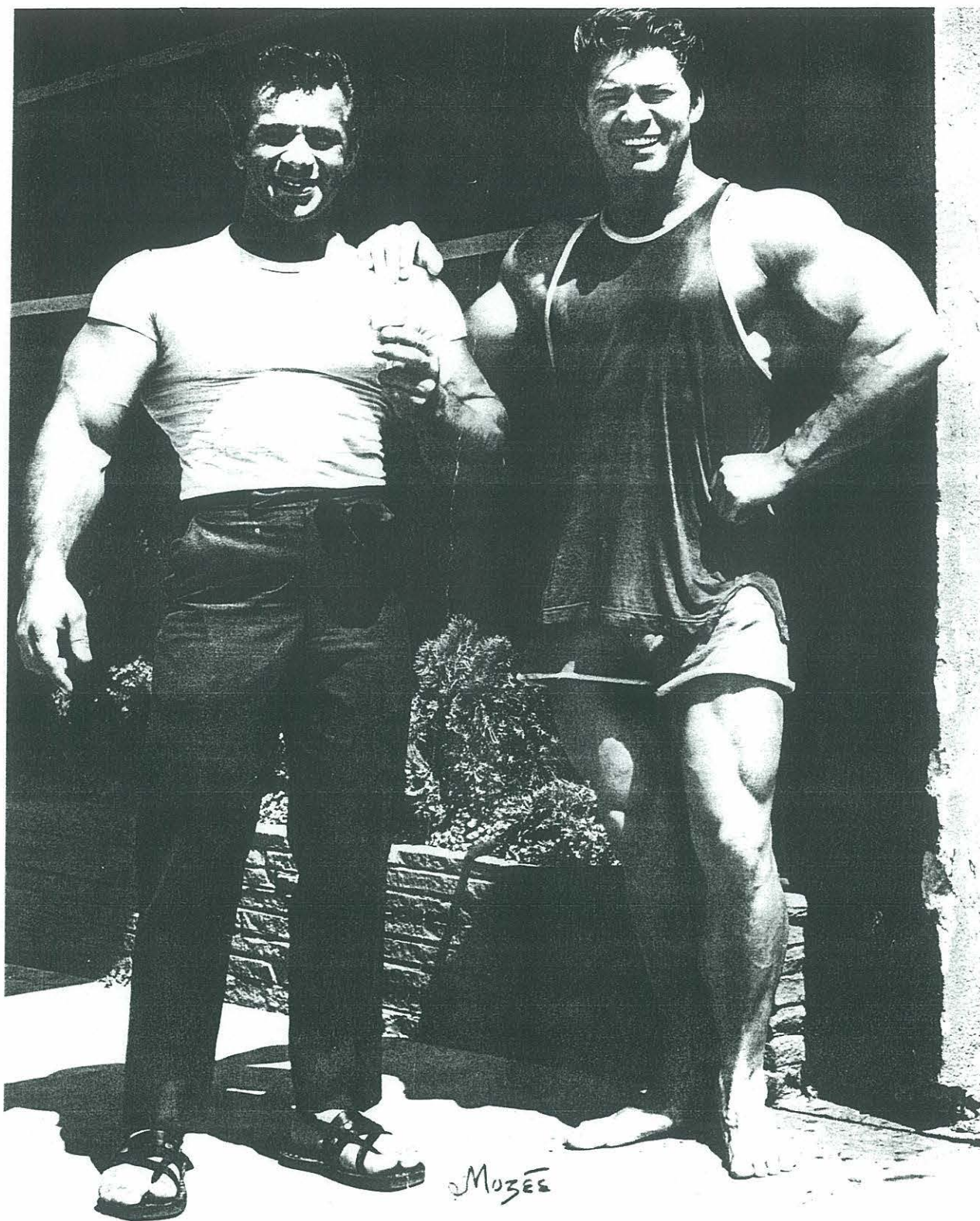
LARRY SCOTT AND MOHAMED MAKKAWY

It is every trainer's dream to work with someone with great genetics. If you are lucky enough to find a subject with super genetics *and* enthusiasm, you are doubly blessed. The ultimate wish, of course, is to find someone with great genetics, super enthusiasm, who also has faith in your methods. This triple combination comes along only once in a lifetime. In my case it happened twice. First there was the likable Larry Scott. Then came the scintillating Mohamed Makkawy.

Larry Scott: Bodybuilding's Golden Adonis

It has been some time since Larry Scott won the first Mr. Olympia contest in 1965 (he won it again the next year too), but still the name spells magic for bodybuilders the world over.

When Scott walked in to my gym for the first time many years ago, there was nothing about him that might have suggested his future stardom. I remember that he was about 5 feet 7 inches and not very wide in the shoulders. But as soon as he became my pupil, he never missed a workout and trained six days a week. His mind was totally tuned in to his training. Once he had found the exercises that worked best for him—like preacher curls for his biceps, dips on the wide parallel bars, sissy squats, lateral raises—he never dropped them. He always forced himself to lift more weight, but the exercises hardly ever changed.



Freddie Ortiz and Larry Scott in a vintage photo from the '60s.

160

Larry loved to work his calves; they were his favorite body part. After he had done many sets of calf work, he'd pick up a pair of dumbbells and walk up the hill at the back of my gym, all the way to the top, on his toes. He also invented an exercise for his shoulders that was a combination lateral raise and dumbbell press. It worked wonderfully for Larry, even though many other guys tried it with little success.

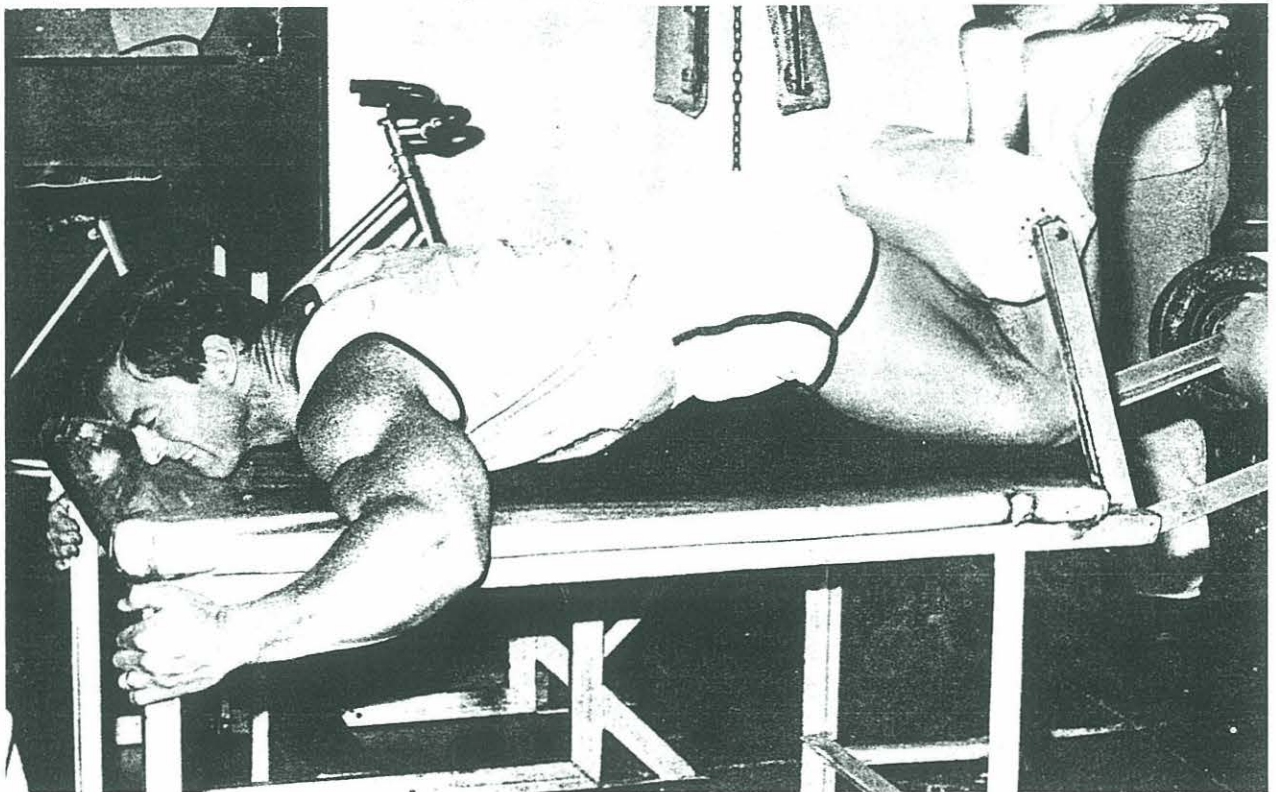
The way he'd prepare for a contest was amazing. Larry never left anything to chance. No matter what you did in the gym, nothing could break his concentration. He lived, breathed, and slept bodybuilding. Idle chat was out. He was very sociable, but only after his training was finished. He practiced posing all the time. After asking me to make various suggestions, he'd go home and incorporate everything into his own personalized routine, never copying other people.

I think Larry was at his best when he weighed just under 200 pounds. I have seen pictures of him that were taken when he weighed 225, but he never actually looked fat. Somehow



After a ten-year absence, my pupil Larry Scott came back to my gym for a day!

Larry Scott performs thigh curls with super intensity.





Don Howorth, Bill McArdle, and Larry Scott.

he managed to look hard all the time. You could always see the separations—the deltoids always stood out clearly and his biceps were defined. His shape was great.

But where Larry really excelled was in the charisma department. It was something he always had naturally. The man was basically quite shy, and yet he was able to attract hordes of admirers wherever he went. As quiet as he was, he'd get under the posing light and a certain magic just oozed out of him. You knew there was something very special about Larry when he'd come on, even though he very seldom spoke.

Larry was fully aware of the great part Joe Weider played in making him a living legend. He always speaks highly of Joe. Even though Larry has moved to Utah and we hardly ever see each other, I read in his articles in *Muscle Fitness* and *MuscleMag International* that he has not forgotten the days when he trained at my gym. We still have a plaque that reads, "Larry Scott's Dressing Room."

The world still regards Larry Scott as one of the greatest champions that bodybuilding has ever known. And I had the honor of being his trainer.

Mohamed Came Down from the Mountain

I got to know Mohamed Makkawy through my good friend and associate Ken Wheeler, who owns a chain of *Super Fitness* gyms in Toronto, Canada. Mohamed was physical director of the chain, and he finally had more time to work out. Up until this period, Mohamed had entered

some pro shows and even won the Mr. Universe title, but had not quite found the magic formula that put him consistently in the winners' circle.

Ken Wheeler had recommended that Mohamed train in my gym, and much to my delight, I found him to be the most interesting, sincere, and delightful person one could ever hope to encounter. Mohamed Makkawy was then—and is now—an absolute joy to train. Like Scott before him, he would listen intently to all I had to suggest. If he disagreed on any point, he

Ken Wheeler, Mohamed Makkawy, and Vince Gironda.



would speak his mind quietly and we would discuss it. But, most importantly, we would relate strongly on *most* bodybuilding concepts; once a decision was made, he would follow through with the most awesome training.

Mohamed usually visits me twice a year for a refresher course in the spring and again, four weeks prior to the Mr. Olympia contest, in the fall. The last time I saw him, his precontest routine included three 2½-hour workouts on the first day, with one hour off between training sessions. The workout consisted of attacking three different body parts with three exercises per part (a total of 24 sets per muscle area—8 sets per exercise). He repeated this same routine exactly twice more. From the moment he arrived in California, I started him on one dozen eggs a day and 20 liver tablets every three hours. The second day of Mohamed's training was his arm day. When I work his triceps, we do a great job on his outer triceps head. This muscle adds something very special to an arm, and I always try and maximize its development in my pupils. The exercise we use for this is the kneeling rope-pulley extension, the best triceps builder of all. It is performed on a cradle bench, a very small leather-covered platform, 16 inches (40 cm) high with an indented middle to support the elbows.

After we worked three different aspects of Mohamed's biceps—the bottom, middle, and top—it soon became evident that gaining size was no problem. His arms were huge. It was at this time that I designed a specific exercise for the belly of his biceps. It is called the cable short-range curl. He found this new exercise to be perfect for his needs.

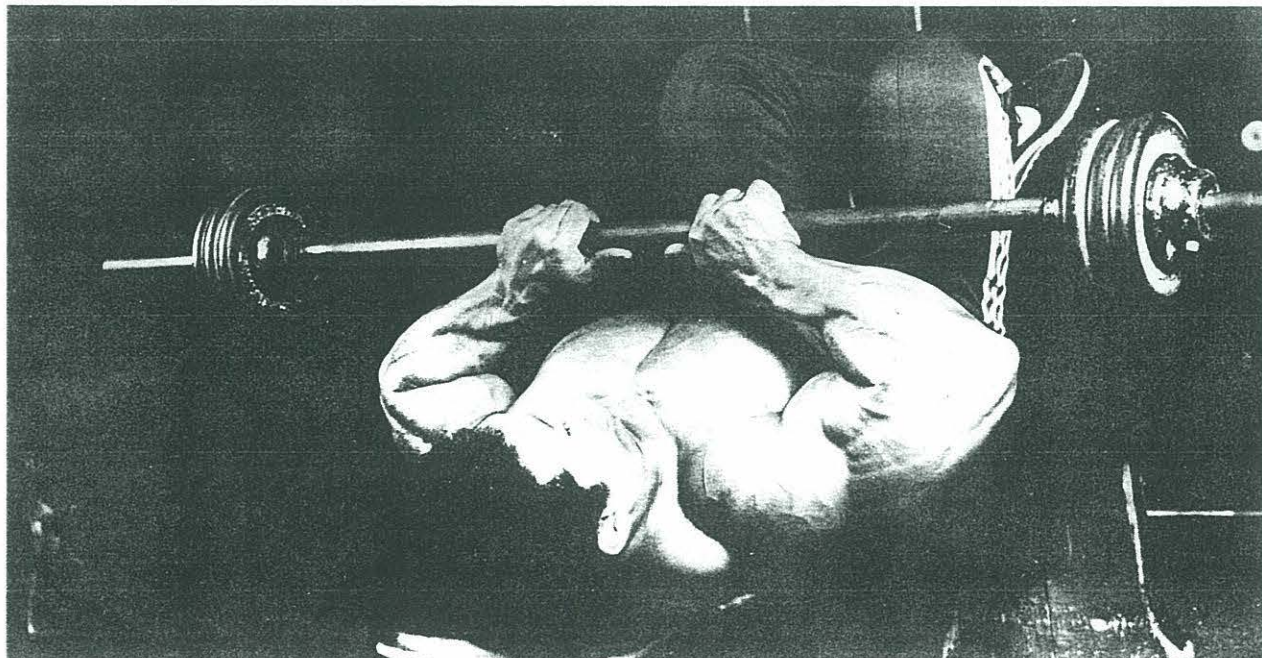
On that second workout day, I noticed that Mohamed's calves were a little down in size, and I concluded that he was overworking them in Canada. Accordingly, I only gave him 8 sets of 20 reps on the prone hack-slide machine.

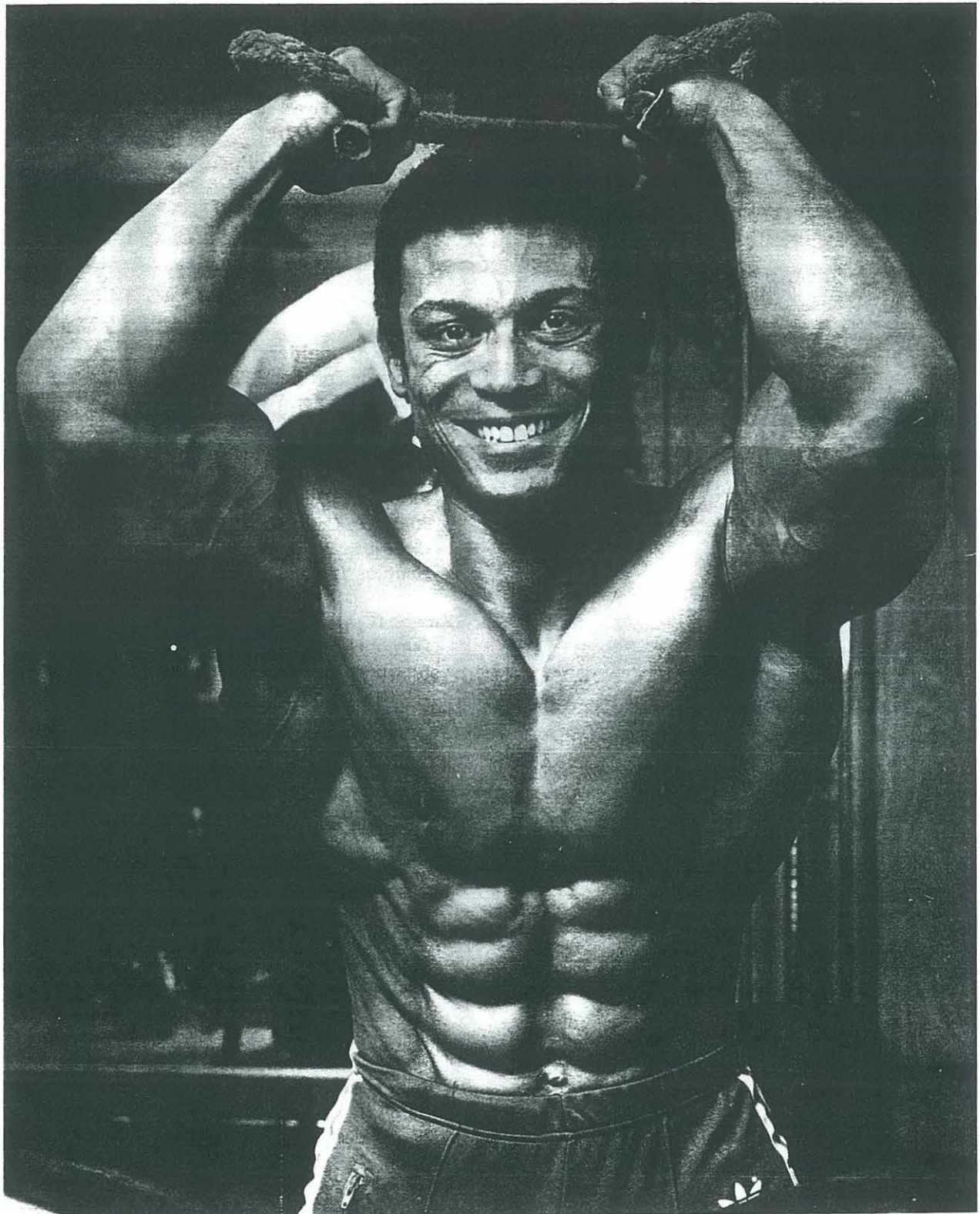
On the third day, we worked his upper legs. I started Mohamed with 8 quick sets of 8 reps on the hack-slide machine. I hurried him through in just ten minutes. This was followed by 8 sets of 8 reps on the Roman chair squats. Finally, we hammered the thigh biceps with a variety of thigh-curl machine exercises and concluded working the thighs with lay-back leg extensions.

Abdominals were trained with 8 sets of flat leg raises and 8 sets of half sit-ups (crunches). I kept his reps to 8 in these exercises, too.

Mohamed's pre-Olympia routine varied slightly according to his energy levels, and, of course, whether he was training in my gym in California or Ken Wheeler's in Toronto.

Demonstrating the narrow-grip neck press.





Superstar physiqueman Mohamed Makkawy.



Have you ever seen a harder-looking arm?

Mohamed Makkawy's Mr. Olympia Routine

Pectorals (Chest)

Neck Press	8×8
Low Bench Flye	8×8
Decline Pulley Flye	8×8
Wide Parallel Bar Dip	8×8

Latissimus (Upper Back)

90-degree Short Pulley	8×8
Chin to Chest	8×8
High Bench Row	8×8
Short Lat Pulley	8×8

Deltoids (Shoulders)

Alternate Front and Back Press	8×8
70-degree Lateral	8×8
Bent-over Pulley	8×8

Triceps (Back of Arms)

Kickback	8×8
90-degree Cradle Bench Rope Pulley	8×8
Close-grip Bench Press	8×8
Nautilus Triceps Pressdown	8×8

Biceps (Upper Arms)

Dumbbell Preacher Bench Curl	8×8
Alternate Incline Bench Curl	8×8
Spyder Bench Curl	8×8
Concentration Short-range Pulley Curl	8×8

Forearms (Lower Arms)

Decline Wrist Curl	5×10
Reverse Barbell Curl	5×10
Zottman Curl	5×10

Thighs (Upper Legs)

Hack Slide	8×12
Roman Chair Squat	8×12
Thigh Extension	8×12
Flat Leg Curl	3×20
Power Leg Curl	3×20
Pulley Squeeze	5×12

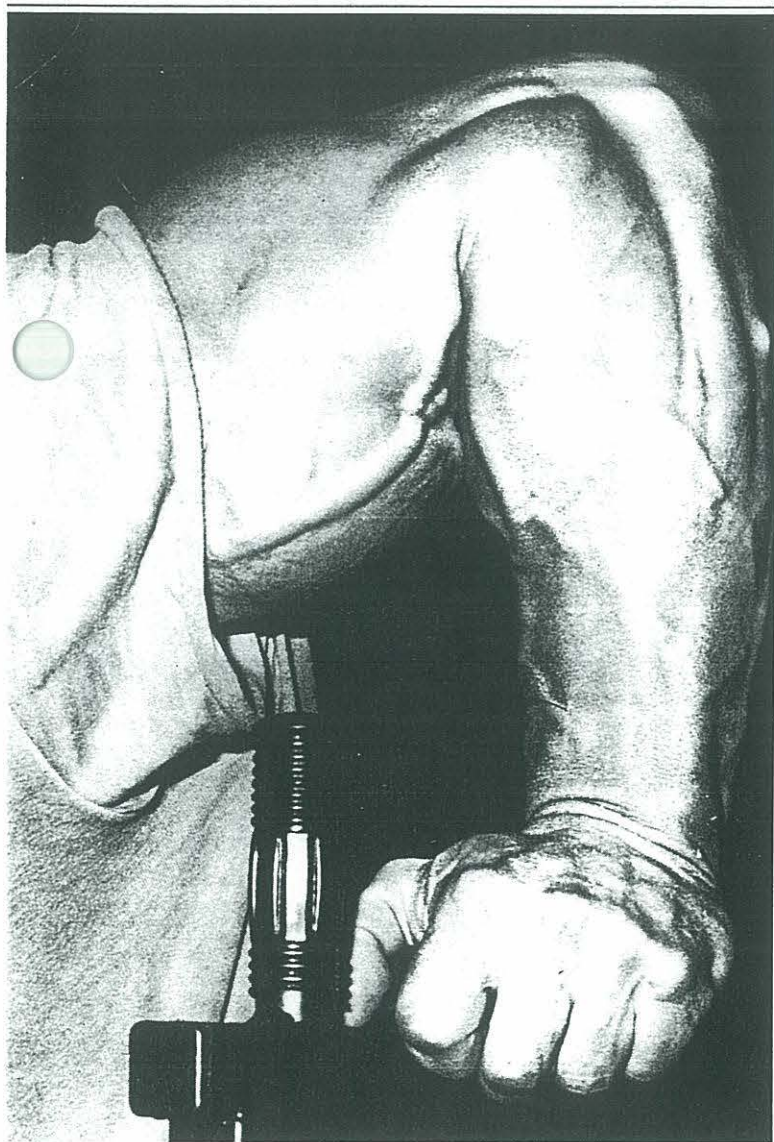
Calves (Lower Legs)

Prone Hack Heel Raise	8×20
Seated Heel Raise	8×20

Abdominals (Midsection)

Leg Raise	8×8
Crunch (Half Sit-up)	8×8

BREAKING THE RUT



26

PUSHING MUSCLES INTO GROWTH

Ninety percent of bodybuilders at any one time are in a training rut. And this is how it should be! If continuous growth were possible, we would all have built our Mr. Universe bodies in a matter of months. Realistically, this is impossible. What *is* possible is to *regain* former greatness in a matter of months. Muscles have a built-in memory, which means that a former 18-inch arm can be *regained* in much less time than it took to build it in the first place.

The logical assumption for breaking out of a rut would be to increase the intensity and the weight resistance used in your exercises, yet this seldom works beyond a certain point. In actuality, you could dig yourself into a deeper rut.

Personally, I can often break a sticking point by simply *deciding* to do it. This, of course, is what athletes and weightlifters do before an important event. They plan their training to reach an all-time plateau at the time of competition. There is no doubt that the enthusiasm generated from the knowledge that you simply *must* be at a personal best by a certain date is very conducive to maxing out and reaching it.

If your enthusiasm is waning, a change from home training to gym training could be the answer. No champion bodybuilder has *ever* won international titles training exclusively at home. Britain's Reg Park came the closest. He would train in a garage, which had no heat or electric light. His workouts were performed with the help of three sweat suits for warmth and four candles for light. Although Reg trained with a couple of partners, it took a visit to New York and California gyms for him to reach his peak.

Another way to beat the training rut is to increase your workout speed. In 1925, German scientists discovered that to acquire large muscles one must increase the intensity of work done in a given amount of time. This infers that the length of time you take to exercise is just as important as the amount of work you do. The faster you accomplish a given task, the better the muscular response.

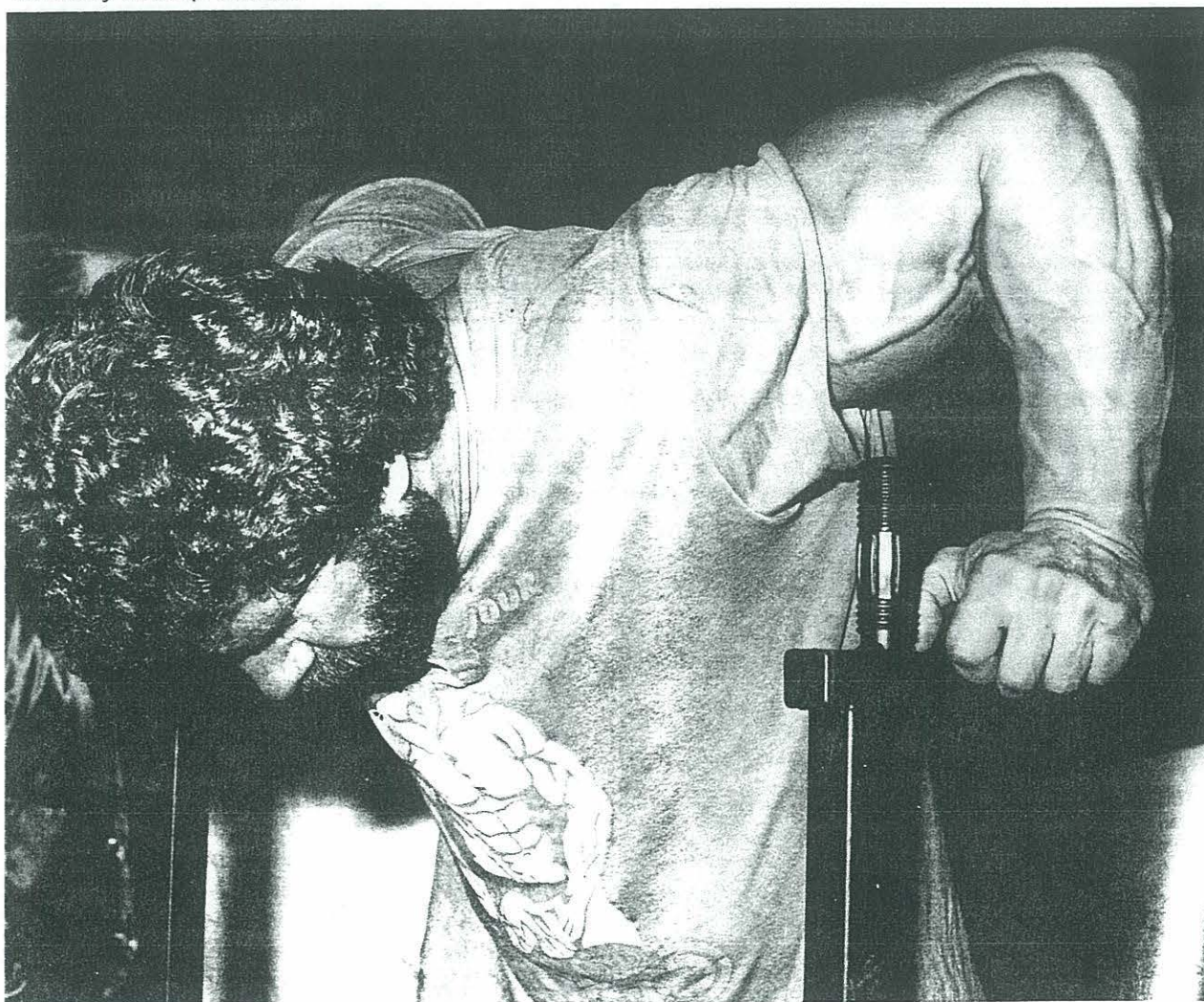
I used to maintain that you should develop steadily after every workout. It's true that Larry Scott used to grow about one-sixteenth of an inch two days after each workout (twice a week). He knew how to work his arms until he was just barely on the right side of stress. I'm not saying that what Larry Scott did could work for you. He

expected to gain that fraction of an inch. Through trial and error he learned to what thresholds he could pump his arms. Unfortunately, I've learned over the years that such ideal conditions aren't possible for everyone.

It is very likely that right now, unlike Larry Scott in his prime, you are not making regular gains. You have to break out, yet stay within that line of overwork which can cause adrenal exhaustion and stop all progress.

Perhaps you need to reassess everything mentally. Remember what Arnold Schwarzenegger said when asked about how he got his career underway: "A sea captain never sets out to sea without a carefully charted map. He knows in advance exactly what ports he will visit, and

Germany's Jusup Wilcosz.





Two-time Mr. Olympia Franco Columbu.

most importantly he knows how and when he will reach his final destination." You cannot build anything without first making a blueprint.

Whether you are male or female, fat or thin, short or tall, young or not so young, I urge you now to plan for your future. Decide what type of life you want and what degree of body develop-

Roy Duval, the British bodybuilder, always pays tribute to Vince's techniques.



Even the most muscular pose works when the great Mohamed Makkawy performs it.

ment. Do you want to look like Frank Zane or Bertil Fox? Rachel McLish or Bev Francis? Whatever your aspirations are, I recommend that you first make one of your goals a proportionate physique. Pay homage to the ideals of the ancient Greeks.

If an enthusiastic bodybuilder can't develop after every workout, he can at least do *everything* in his power to keep progress going. Consider the following solutions for breaking out of a rut.

Points to Remember

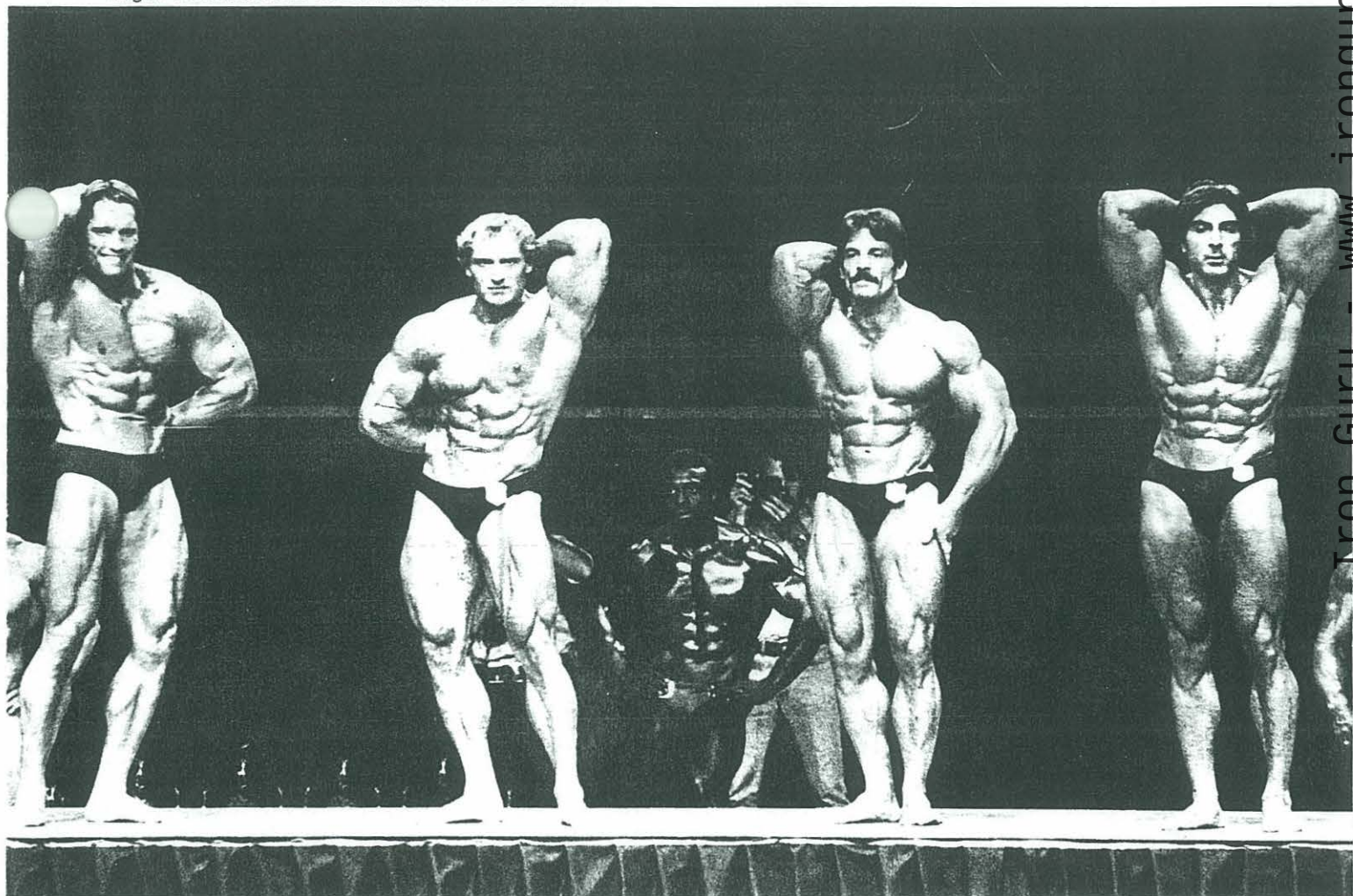
- *Get sufficient sleep each night.* Derail the sticking point by always allowing your body to have adequate rest periods. Growth can only take place after recuperation.
- *Build up as much enthusiasm for each workout as is humanly possible.* If you already love to train, you have won half the battle. Drift into the gym without enthusiasm and you'll get nowhere. Going through the motions of training won't help. Turn around and go home. You're better off watching TV.
- *Cycle your training.* Never do today what you

can't supersede tomorrow. Don't perform *more* exercises or *more* intensity than necessary to maintain an upward growth pattern. Use your mind to control your energy output. Take pride in this control. Make your workouts quietly optimistic.

- *Never continue your workouts so long that you run out of steam before the end.* When the blood sugar (glycogen) runs out the body will start to shake if you continue to force your training. You are now working on your nerves, not your muscles. Carry on and you will break your progress chart and throw your body into reverse gear.

- *Take an occasional layoff.* When you return to your regime, the body will have a new appreciation for what you are dishing out.

The Australian Olympia—Arnold Schwarzenegger (winner), Roger Walker, Mike Mentzer, and Dennis Tinerino.



Four to seven days away from heavy exercise can put your body into a receptive condition to *authorize* a substantial gain. You can go for a new plateau if the body is ready, willing, and able. Layoffs of longer than a week will make you lose some strength, tone, and size. Then you will have to start back with lighter weights and less intensity, so that you can regain your previous condition slowly. You cannot jump back in where you left off after a lengthy vacation from training.

- *Don't forget the importance of diet.* I would suggest you clean the mucus out of your intestinal tract by the use of any psyllium seed product nightly before retiring. Do this until mucus fails to show. You could be trying to digest food through a mucus membrane built up by heavy

Gladys Portugues.



Mr. Olympia Samir Bannout.

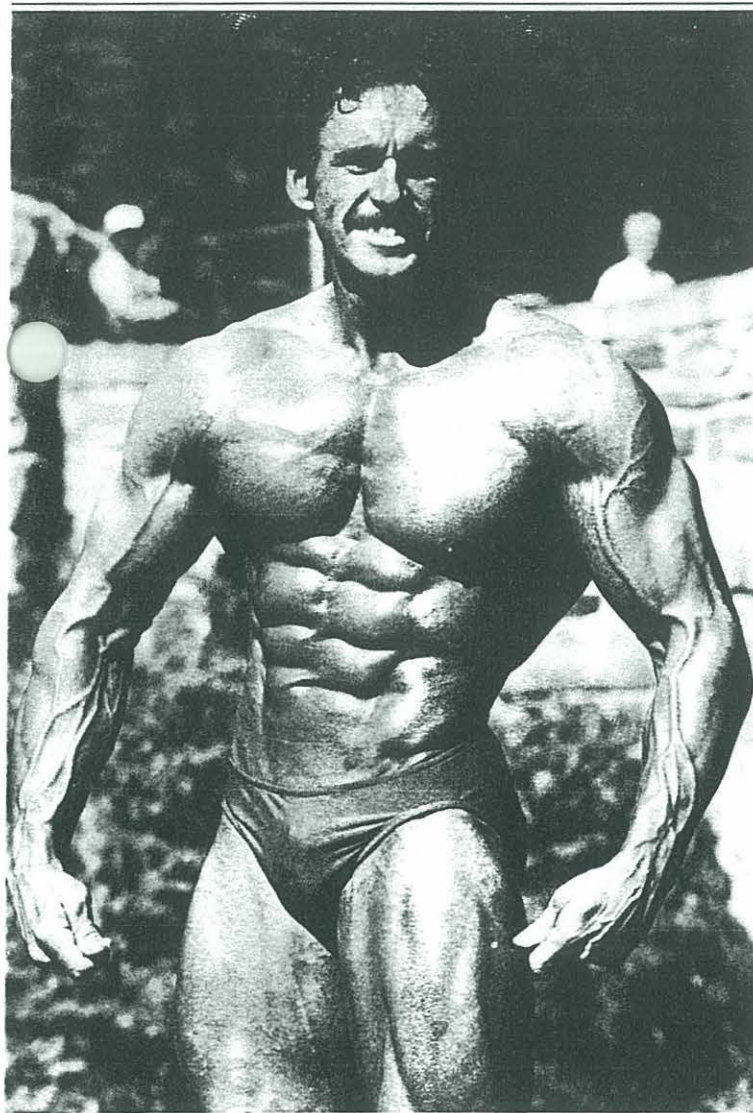
eating habits over a long period of time. When no results are apparent, clean out your system in this way every six months.

- *Watch out for unwanted stress.* Worry is the bodybuilder's greatest enemy. You may be under stress as the result of frustration in trying to gain or lose weight. Or perhaps you are worried about your job or schoolwork. Stress asks for fight or flight, and in most cases, unlike our cavemen ancestors, we do neither. Accordingly, your blood pressure can rise, your digestive system can be turned upside down. Your whole equilibrium can be upset. The result: no progress.

Remember that your body will not give you results unless you place adequate demands to justify those results. And then you must provide the right nutritional factors to let the body develop that important extra muscle.

Man is spurred on by need. Keep your goals alive in your mind. Your days of progress are just ahead. Use this chapter as a checklist to ensure that you are not "sinking the boat" with unknown "leaks." You can always find an excuse for failure, but there are no *valid* excuses.

SPLIT ROUTINES



The Phantom—Steve Michalik of New York City.

27

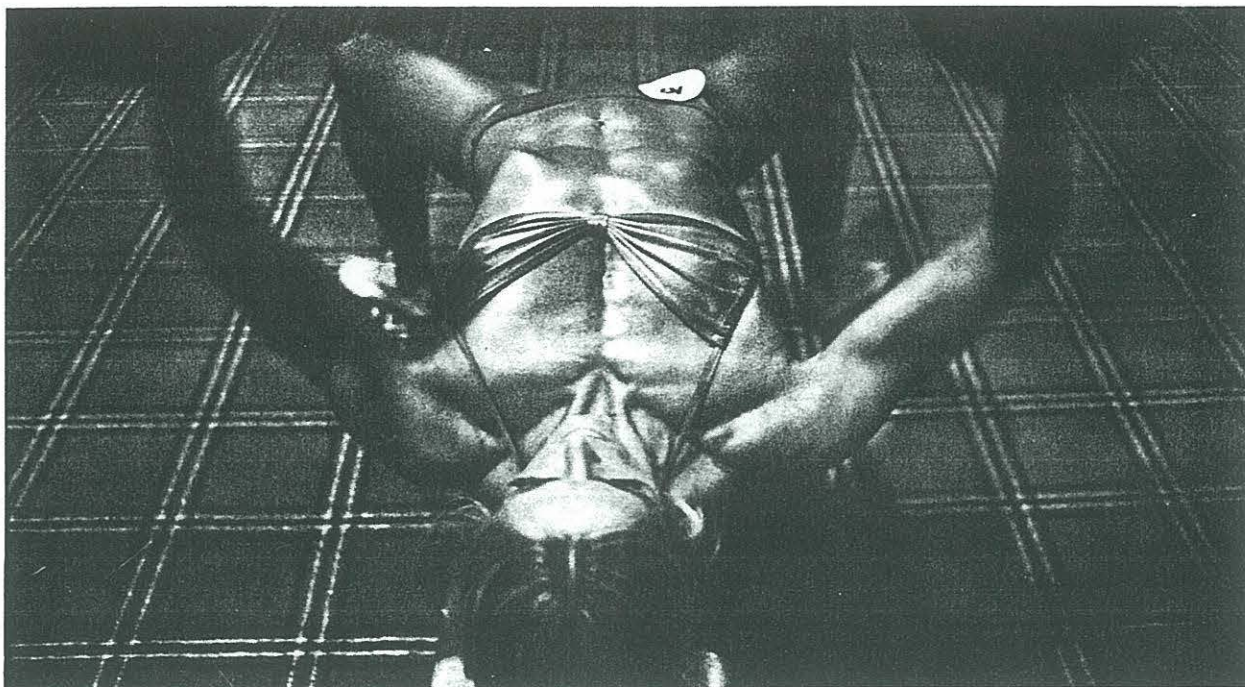
DIVIDING TO CONQUER

Bodybuilding comes down to one thing: You have to stress the muscles to a maximum while stressing the constitution to a minimum.

There are a thousand and one ways to arrange your workouts. You could literally drive yourself insane trying to figure out which is the ultimate. All training—whether it is for tennis, football, bodybuilding, or what have you—must be tailored to the individual's requirements. The most commonly used system for bodybuilders is to work out three times a week. You train the entire body each time and then take a complete day's rest between workouts. A person training in this manner could work out on Mondays, Wednesdays, and Fridays, resting on Tuesdays and Thursdays. Of course, there are other combinations.

Many beginners train in this three-day program, although you are most likely aware that I recommend more frequent workouts for them. They're usually so keen they get uptight if they don't train more frequently. Intermediates can benefit from training the whole body three times a week, but the problem soon arises that your workouts get longer and longer. This leads to the inevitable problem of the trainer *running out of gas* before his schedule is completed. I am not in favor of overly long workouts. I believe in hitting the muscles hard and getting out of the gym pronto. But many trainers, in spite of their good intentions, end up exercising slowly, and generally wasting time. A 45-minute workout becomes a three-hour marathon.

All a muscle needs to grow is two workouts a week. This goes for champions, too. Hit the



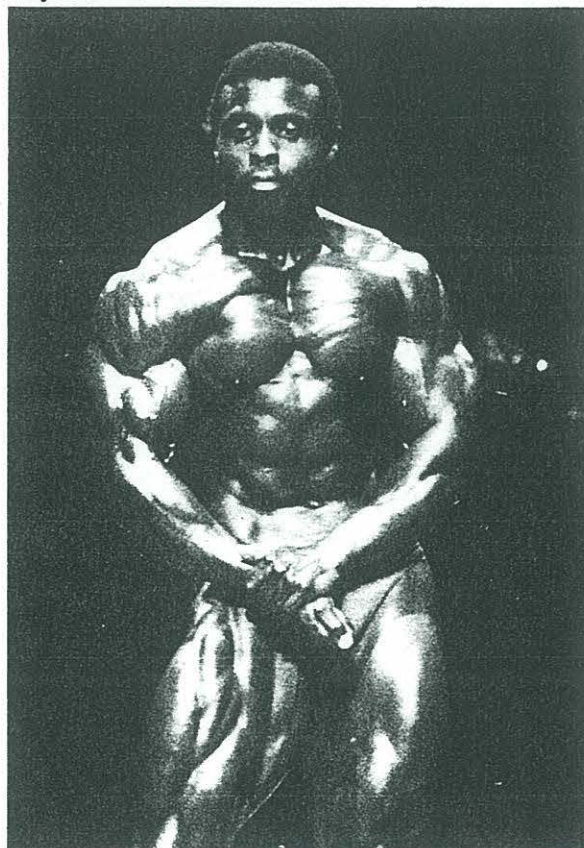
Bodybuilder Lynn Pirie works her chest with dumbbells.

muscles twice a week and they will get bigger, perhaps at a faster rate than you may believe possible.

I like to split a routine, either into two or three parts. This allows for concentrated work on a particular muscle or muscle group. The standard way to split an exercise routine is to divide it in half and perform it on alternate days. You can divide your program by performing all upper-body exercises one day and all lower-body movements the next day. Some bodybuilders prefer to do all pulling movements one day (rowing, curls, chins, etc.) and all pushing movements on another (presses, triceps stretches, and squats). A common preference, however, is to work chest, back, and arms one day and legs, shoulders, and abdominals on the next.

When you split a routine, you can train two or three successive days (or more) in a row, because you are not working the same muscle each day—at least not with *high* intensity. One day you could be working your thighs and chest and the next day your shoulders and arms. Generally speaking, your recuperative mechanism can cope with this. Your body finds it difficult to recover if you train the same muscle or area on two consecutive days.

Roy Callender of Barbados.



The split routine can be performed four days a week (which works each body part twice a week), or you can do six workouts a week (training each area three times weekly). This plan is usually followed by bodybuilders during the last

two months prior to a contest. To train six days a week all the time is sometimes too much work and can cause overtonis. Your gains will stop. You could even lose ground if your overtraining is compounded over a long period.

Bodyman Dave Draper illustrates the correct use of the preacher bench.



Remember that you can split your routine into three parts if you wish. If there are fifteen exercises in your routine, you could perform five exercises a day over three days. If you take just Sundays off (or any day you like), you will still be hitting each muscle twice a week.

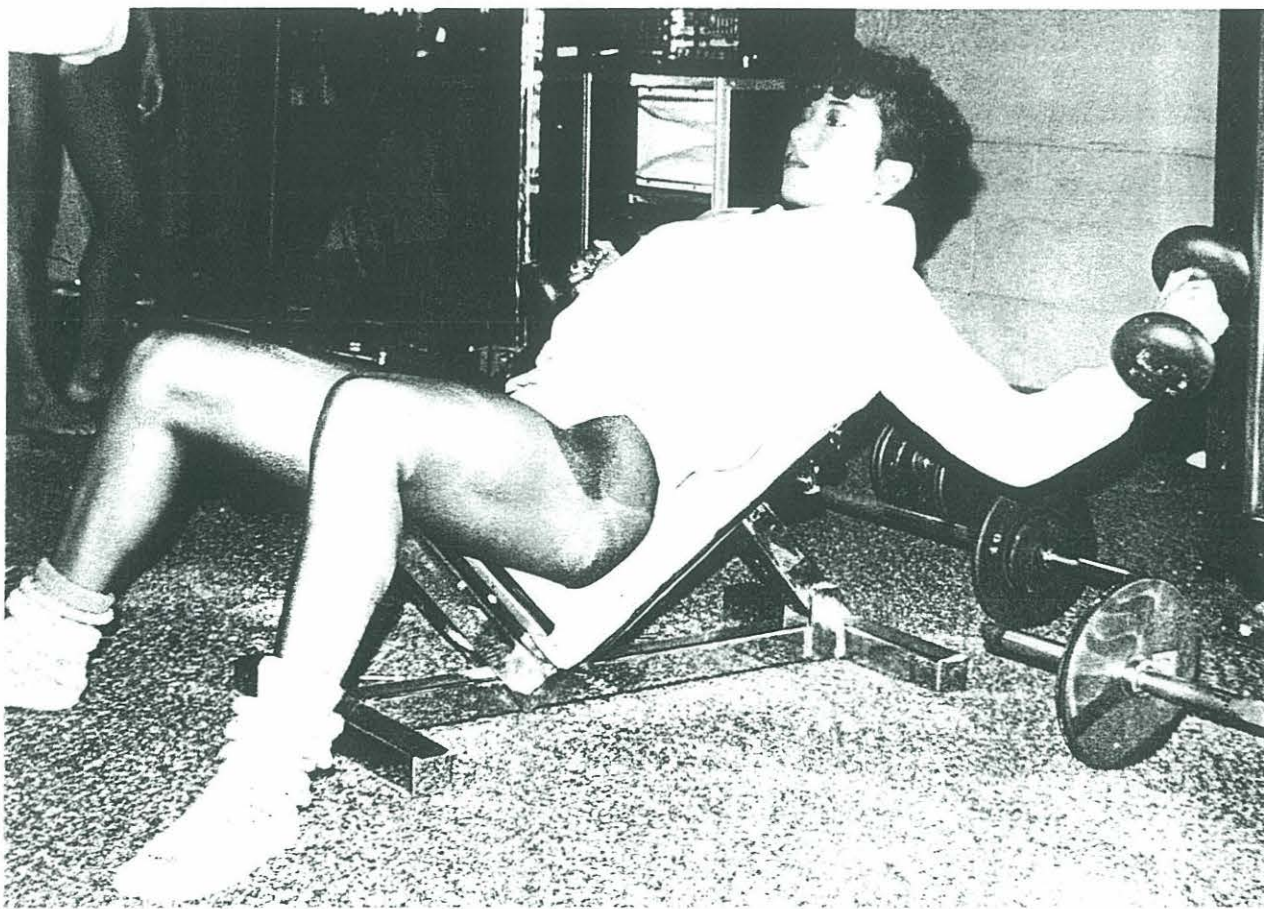
The Every-Other-Day Routine

This type of split routine, popularized by Mr. Universe Mike Mentzer, is used more frequently today than ever before. It works this way: You perform half your workout one day, followed by a complete rest the day after. After your rest day, train the other half of your body and then rest again the next day, and so on. If you think about it, this method does not fit neatly into a seven-day week cycle, so you would either

have to be a home trainer or a member of a gym that is open seven days a week.

Many experienced trainers might not feel that the *every-other-day split routine* stimulates muscle growth frequently enough. The evidence shows just the opposite.

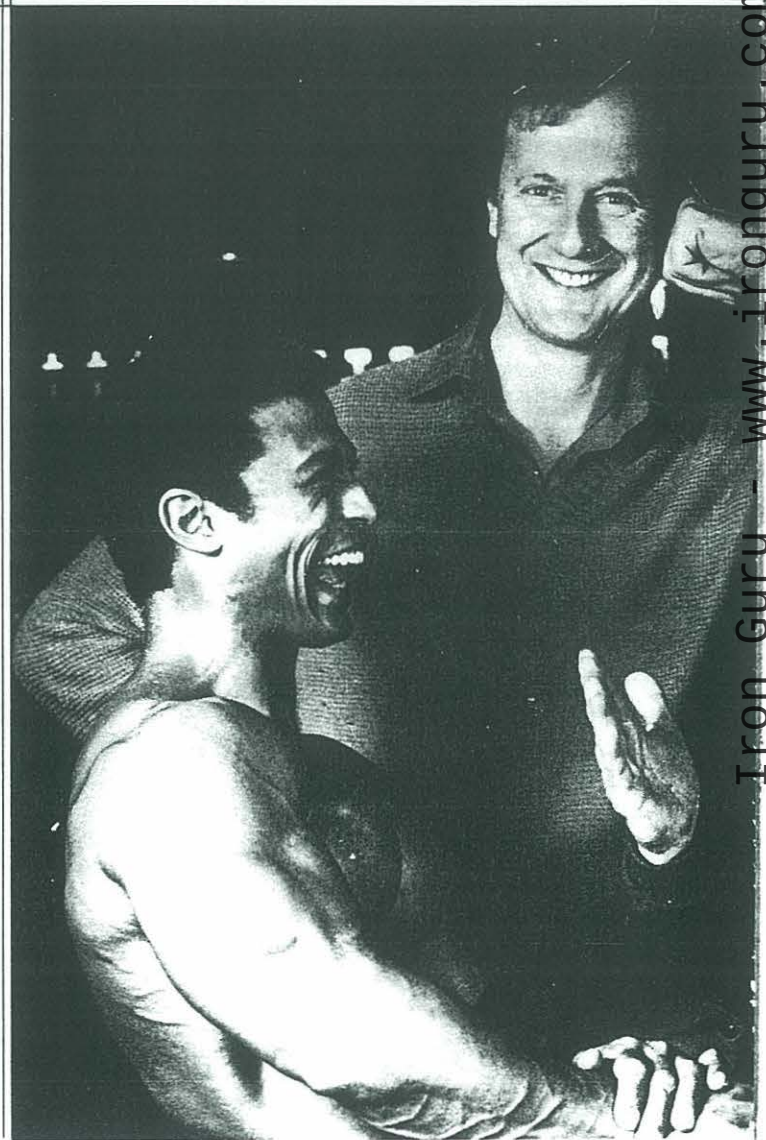
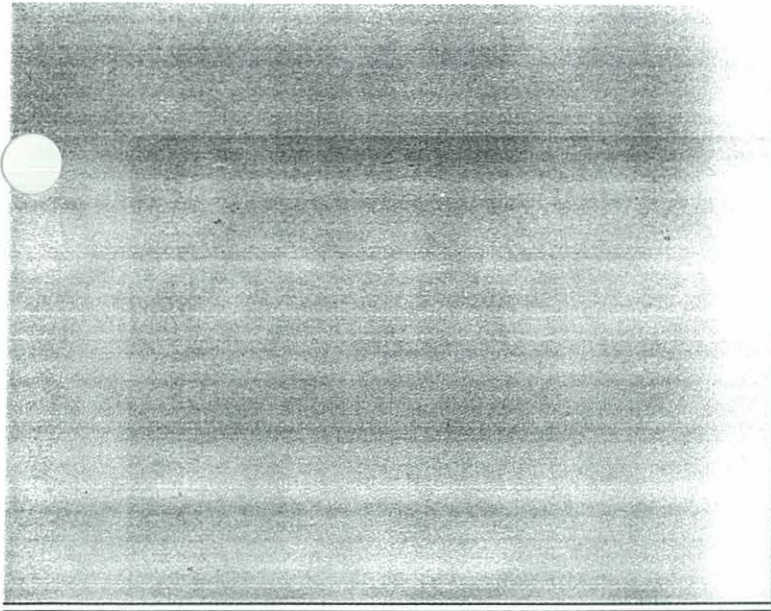
Obviously, training frequency is important. It's something you have to think about deeply, because only you get the feedback from your workouts. Listen to your body. If you are tired from a previous training session, you obviously are not ready to train again. On the other hand, if you can't abide rest days (like most beginners), and you are invariably full of pep and enthusiasm, then train more frequently. You may have to shorten your workouts to train daily, but it can often be done successfully. Tailor your workout frequency to your recuperation level. If you are developing right now, you are probably on target!



Lydia Cheng works her upper chest with incline flies.



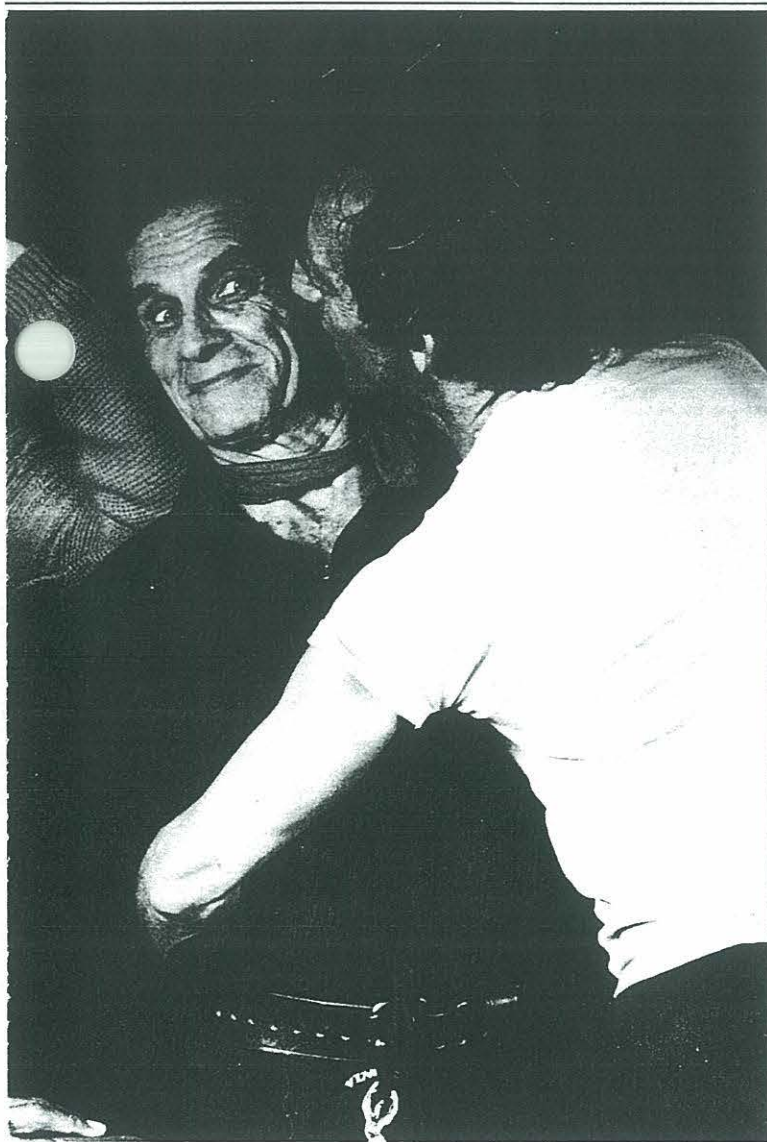
Mohamed working out on Vince's preacher bench.



WORKING OUT THE STARS

VINCE'S HOLLYWOOD GYM

28



I am famous for training the stars of show business. People come to me from all walks of entertainment—stage, TV, films . . . even circus performers.

This, of course, all came about from connections initially made by my father. He was a Hollywood stuntman par excellence! I was so proud of him that I did all kinds of stunt work in my youth, and many show-business personalities remembered me when I had finally saved enough money to open a gym. There has been an endless flow of stars and starlets to Vince's Gym in North Hollywood ever since.

Actually, not all the actors and actresses come to me by choice. Sometimes they are sent by the studio bosses. And invariably I am instructed to get these stars into shape within a week. So not only do the stars have a problem. I'm the one who takes the responsibility.

One of the first things I try to do for show-business people is make them more aware of their physical image. The pelvis should be tilted forward slightly, the waist held in, head up. You are defeating the whole purpose if you do not hold yourself well. Project animal magnetism. You must broadcast your vibrations with a studied arrogance. If nothing else, a screen actor can make his bosses feel that Vince Gironda is a magician by returning to the studio after a few days and remembering these few deportment techniques.

Happy days at Vince's Gym.

Mohamed Makkawy and Bob Kennedy enjoy a laugh as the late Marty Feldman tries to kiss the Iron Guru.

Circuit Training

The best exercise program for shaping up is the circuit or P.H.A. (Peripheral Heart Action) routine. In it, you select one exercise for each body part—chest, back, shoulders, thighs, calves, triceps, biceps, forearms, abdominals—and perform one set of 12 reps each until you have concluded the routine. Use only light weights initially. If you will be moving rapidly from one exercise to another, it is important to *set up* your apparatus before you begin. This will negate the possibility of having to look around for the correct pair of dumbbells in the middle of a circuit.

The Circuit Routine

Day 1	1 circuit	— Train Twice Daily
Day 2	2 circuits	
Day 3	3 circuits	
Day 4	4 circuits	
Day 5	5 circuits	
Day 6	4 circuits	
Day 7	4 circuits	— Train Once Daily
Day 8	4 circuits	
Day 9	4 circuits	
Day 10	4 circuits	

When you are asked to perform more than one circuit, go through the routine from beginning to end as indicated. Do not group your sets together as you would in the *straight sets* form of training.

Circuit training is not a quick size builder, because a healthy pump is seldom achieved. Movie stars usually do not want the over-developed look of a bodybuilder. It is, however, an excellent calorie burner (you'll be breathing like crazy after a couple of circuits) and a quick way of toning up the muscles. Do not try and use heavy weights or you will not be able to perform the exercises properly. Worse, you will have to stop and rest.

Needless to say, the training side of this program is only half the battle. You will have to incorporate the correct eating habits to gain or lose weight. If you want that truly vital look, you have to cut out drugs, tobacco, and alcohol.



Rory Leidekmeyer—California superman.

Trainer of the Stars

Here are some of the stars of show business who have trained at my gym.

R. G. Armstrong

A character actor who plays southern roles exclusively. Wynn Armstrong, one of our top instructors, is proud to call R. G. Armstrong his dad. I have admiration for both men.

Bob Beck

He's probably the most photographed male model in the world (the Camel ad man). Bob is absolutely never out of tip-top shape.

Tony Becker

Tony was in a war series, "For Love and Honor." He's extroverted and seems to be constantly practicing his farmer accent on the rest of the gym members. Nice guy, too!

Vince and Tommy Chong.

Ernest Borgnine

Ernest is naturally friendly, enjoys talking, and he just loves training with weights, judging by the enthusiasm he displays in the gym.

Hal Burton

He works mainly for Michael Landon in the stunt business. He's very gregarious and a nice guy, but cross him and he'll tell you where to go!

Gary Busey

When Gary makes up his mind to undertake something, absolutely nothing will deter him. He totally changed around his lifestyle for the better and now has great singleness of purpose.

Joe Campinella

A genuine personality, he has a sincere interest in people's opinions. He's a typical family man.





Don Peters with the inimitable Cher.

Lee Canalito

A massive man—6 feet 5 inches tall, 265 pounds. A former boxer, he got in shape for a Tarzan movie with Bo Derek, then turned down the part. He was previously under contract to Sylvester Stallone.

David Carradine

Mr. Mysterious. David always trained in the late hours and kept his thoughts to himself.

Mike Carradine

One of the youngest members of the famous acting family. He can be caustic, bombastic, and cocky. But he's a real tough workout partner, and that's what counts.

Cheech and Chong

Richard Marin (Cheech) is not really interested in bodybuilding, but Tommy Chong is 100 percent into working out. He has a great interest in nutrition.

Cher

Without her elaborate costumes and hairdos, few people would recognize her in the gym. But what a good sport. What a sense of humor!

Leigh Christian

She's really cute—a blond bombshell. Everybody knows when she's in the gym. The charisma is there. She's done over 100 commercials and 35 guest appearances in motion pictures.

James Darren

He worked out steadily for six months before I found out he was one of America's top singing stars.

Kevin Dobson

Kevin applied himself totally and got ripped in two weeks for *Hard Hat and Legs*.

James Drury

He comes across as a diligent student of life. He's very democratic and possesses superb self-control. James Drury never complains.

Clint Eastwood

Clint has a happy demeanor and a quiet charisma. I see him as a fun-loving rowdy.

Erik Estrada

The most generous man I have ever trained. He is never so busy that he doesn't have time to talk to his fans.

Marty Feldman

Marty had a typically quiet English outlook. He would tell jokes when pressed, but he was just as happy to listen to the jokes told by others. Marty liked to talk about soccer and world politics.

Tony Fields

He's the number-one dancer on "Solid Gold." Tony is an incredibly enthusiastic trainer. He can't believe the new body he's developed by training with Joe Borgase—my Stallone-look-alike instructor.

Bruce Fisher

He usually plays the villain in sword-and-sorcerer-type movies. Bruce is not really absorbed by weight training. But he loves to talk to the girls in the gym.

Sean Flynn

You could see his father in him in everything he did. Sean worked hard and was dedicated to the weights. He was quiet and extremely handsome.

James Garner

Mr. Nice Guy. He always stops to chat if I see him on the street. He has a laid-back outlook towards life and definitely does not like hard training.



Clint Eastwood—a former Vince's Gym member.



Vince says of Erik Estrada: "He works hard and conscientiously."

George Hamilton

A great wit. The man is full of jokes, possesses an unusual zest for life and a constant smile.

Brad Harris

Brad is accomplished in many directions. He's a film star, producer, and director. His real love is training. A superstrong and wonderfully fit human being, he never takes his shirt off—but the muscles are there—believe me!

Robert Hays

He is very serious about doing everything right in order to further his show-business career—whether in my gym or in front of the camera.

William Holden

When he trained at my gym, he looked like he took care of himself. Bill was refined and businesslike and appeared not to enjoy being in the limelight.



Brad Harris—film actor and producer—has a phenomenal physique.

Brian Keith

As one of Hollywood's finest actors, Brian has worked out for years. He has always been my idea of a real man.

Michael Landon

Michael has a nicely set-up physique and looks after himself with progressive training. He's a regular guy—one of the boys.

Les Lannon

Les trains daily to look good for his acting and comedy work. He goes home after a hard workout and still has time for his many hobbies.

Kent McCord

Kent is a casual bodybuilder, and was actually a former arm-wrestling champion at the 230-pound bodyweight. He keeps his body charged up with regular training.

Denny Miller

He's almost as tall as Clint Walker. Besides being a good actor, this blond giant has worked hard to achieve a remarkable physique.

Martin Milner

Martin has a dry sense of humor. I call him the reluctant bodybuilder. He's not a physical type, but they don't often come any nicer.

Larry Parks

This guy was loved by all who knew him. He was very gregarious, interested in everything and everyone.

Bud Penell

Formerly, Bud was a baseball player; now he's an actor. He bench presses 300 pounds every workout—never more, never less.

Michael Landon and Vince.





Vince on the film set of *Emergency Wedding* with Larry Parks, -
who went on to play *The Jolson Story*.



Bill Smith and Joe Namath in *C.C. Ryder*. Bill trained at Vince's for years.

Shawn Penn

Shawn is a very competent actor who can play any role. His studious, straightforward outlook makes him popular among my gym members.

Burt Reynolds

He can talk and joke with anyone. He is an avid sports fan. Burt just loves to exchange facts about sports and athletes.

Dale Robertson

Wow! This man has a great head of hair. As long as I've known him, he's had a trick knee, and always brought in his own iron boot to the gym.

John Russell

He appeared in "The Law Man" series when it played on television. His impressive bone structure was the envy of every serious trainer.

Kurt Russell

Kurt recently started training grudgingly. He did so because the studio required it. Now he is enthusiastic about bodybuilding and is doing great.

John Schneider

He's extremely polite. John has a gentlemanly way about him, yet he is an extremely hard worker in the gym. His newest interest is country and western music.

Gordon Scott

Gordon dedicated himself to training. He had his mind on films and ultimately achieved his goal of becoming Tarzan. He then became a workout partner of the notable Steve Reeves. He built a clean-cut, impressive physique.

O. J. Simpson

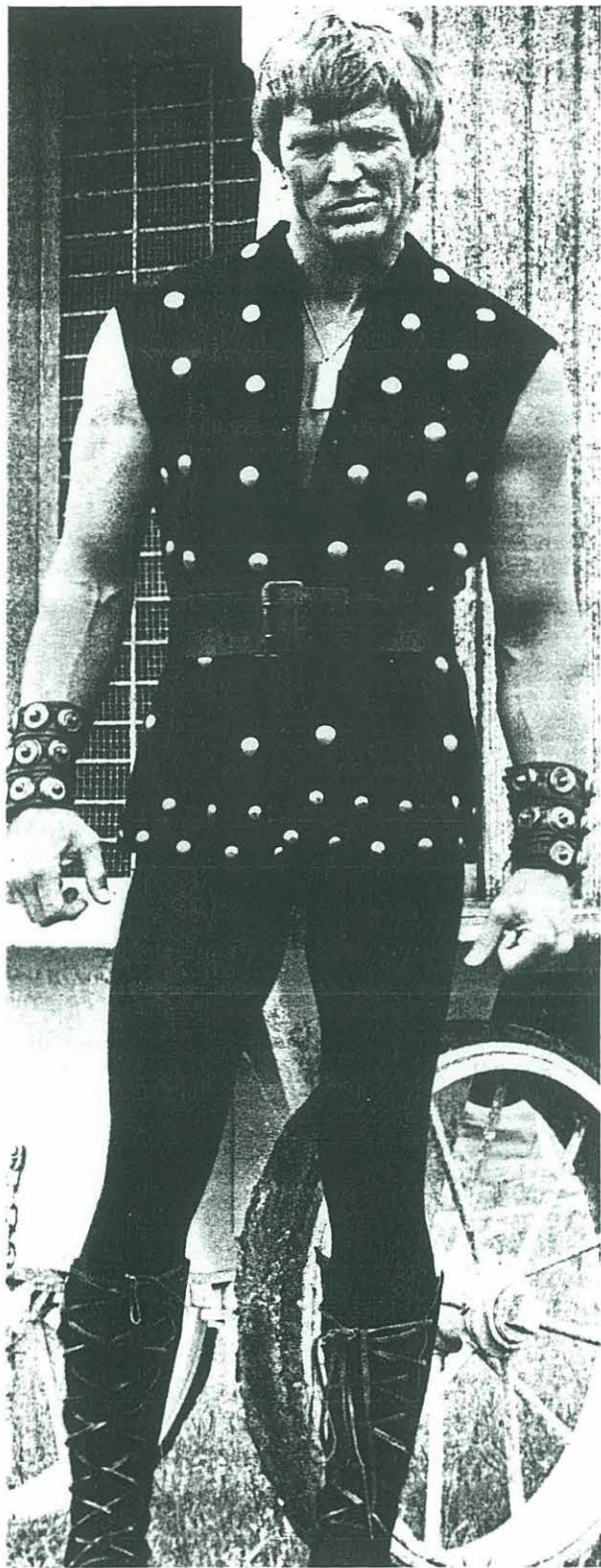
He is definitely the most coordinated man I have ever trained.

Bill Smith

I still get letters at the gym asking for Bill's workout routine. He's the most popular actor with bodybuilders. He was an aggressive, super-serious trainer. Many ask me how he built his great-looking triceps. He favored overhead extensions with the upper arm held close to the head.

Vince and John Schneider.





Actor Denny Miller.



"Tarzan" Gordon Scott.

Craig Stevens

Blake Edwards tried to make a Cary Grant out of him. But Craig never quite fit the suave-man-about-town mould. Actually, he was just the opposite in the gym. He was polite and friendly with a generous nature.

Bob Tessier

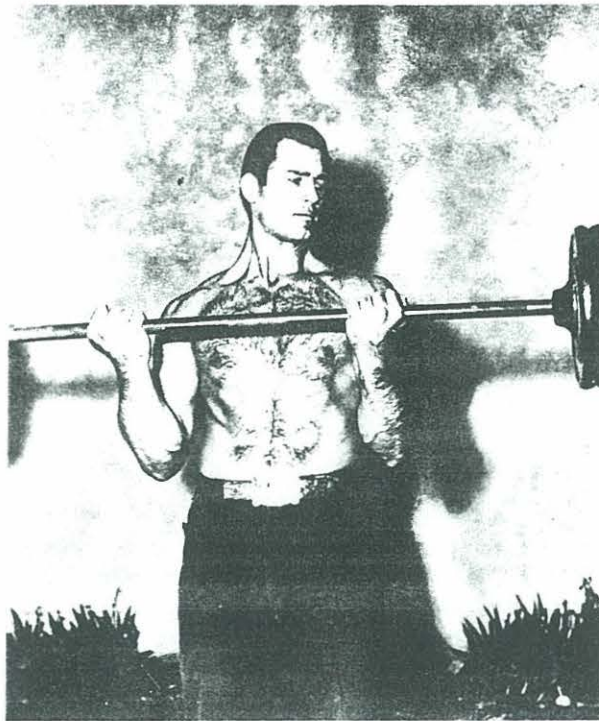
He's been training at my gym for more years than I care to remember. With his shaved head (*The Longest Yard*), he looks big and bad . . . and he is! Heck, he can curl 225 pounds over the preacher stand with a wide grip!

Clint Walker

A gentle giant. At 6 feet 6½ inches tall, he is the most physically impressive big man I have ever seen. What a natural body!

Carl Weathers

What a natural! He could accomplish almost anything physically. An Olympic athlete or an Olympia bodybuilder—both are within his grasp.



Clint Walker.

Rick Wayne, Carl Weathers, and Vince Gironda.



Index

- abdomen
 - exercises, 58illus., 105-110illus.
 - response to high reps, 22
- age, middle and advanced
 - training advice, 153-154
 - weight gaining during, 154
 - weight reduction during, 155, 157
- alfalfa, 92
- amino acids, 83, 94
- anabolic effect(s), 29-30
- androgenic effect(s), 29
- arm(s)
 - development, 131-133
 - lower, response to high reps, 22
- Armstrong, R.G., 181
- Austin, Jr., Bronston, 68illus.
- back muscle(s)
 - development, 111-114illus.
 - exercises, 54illus., 115-118illus.
 - lower, response to high reps, 22
- Bannout, Samir, 15illus., 44illus., 64illus., 115illus., 172illus.
- barbell(s). *see also* specific exercises
 - body drag curl, 55illus.
 - lying extension, 134illus.
 - neck press, 102illus.
- Baxter, Kay, 54illus., 126illus.
- Beck, Bob, 181
- Becker, Tony, 181
- Beckles, Albert, 19illus., 154illus.
- beginner training, 51-58
- bench press, 132
- Bendel, Vera, 78illus.
- Bengtsson, Ulf, 59illus.
- biceps exercise(s), 55illus., 136-138illus.
- Birdsong, Bob, 31illus., 49illus.
- black(s), potential for bodybuilding, 20
- blood-sugar level(s), 83, 157
- body fat
 - Girona's opinion of, 15-16
 - masking of muscle definition, 122
 - in women, 42
- body weight
 - gaining, 73
 - from age 40 to 70, 154
 - diet, 86-88
 - reduction, 74, 115, 157
- Borgnine, Ernest, 181
- Bowen, Lori, 69illus., 146illus.
- breathing, 48, 50
- Brown, John, 93illus.
- burns, 23, 28
- Burton, Hal, 181
- Busey, Gary, 181
- cable pull, decline floor, 103illus.
- Cahling, Andreas, 48illus.
- calf(ves)
 - development, 127-128
 - exercises, 57illus., 129-130illus.
 - response to high reps, 22, 24
- Callender, Roy, 174illus.
- Campinella, Joe, 181
- Canalito, Lee, 182
- capillary growth, 60-61
- Caputo, Pete, 23illus., 60illus., 123illus.
- carbohydrate(s), 9, 84
- Cardillo, John, 30illus.
- Carradine, David, 182
- Carradine, Mike, 182
- charisma, 147-149
- cheating principle, 26-27, 129
- Cheeseman, Linda, 91illus.
- Cheng, Lydia, 39illus., 66illus., 176illus.
- Cher, 182illus.
- chest exercises, 54illus., 99-104illus.
- chin(s)
 - exercises, 115illus., 117illus., 118illus., 136illus.
 - technique, 113
- cholesterol, 33, 83-84
- Chong, Tommy, 181illus., 182
- Christian, Leigh, 182illus.
- circuit training, 180
- clean and press, 96illus.
- clothing
 - posing, 149, 151
 - training, 53
- Coe, Boyer, 50illus., 134illus.
- Columbu, Franco, 96illus., 169illus.
- Combes, Laura, 117illus.
- concentration, 76-78
- Conkwright, Lynn, 96illus.
- Corney, Ed, 156illus.
- coronary risk, 31, 33, 83
- crunch(es), 108illus., 109illus.
- curl(s)
 - barbell body drag, 55illus.
 - bent-over barbell, 138illus.
 - dumbbell, alternate incline, 137illus.
 - hammer, 142illus.
 - incline dumbbell, 138illus.
 - preacher, 137illus., 138illus.
 - preacher bench reverse, 142illus.
 - supine bench, 138illus.
 - thigh, 125illus.
 - wrist, 55illus., 141illus.
 - Zottman, 142illus.
- Darren, James, 183illus.
- DaSilva, Mario, 33illus.
- Davis, Steve, 13illus., 24illus., 52illus., 58illus., 97illus., 115illus., 125illus., 137illus.
- Delinger squat, 126illus.
- deltoid exercise(s), 54illus., 95-98illus.
- Diana, Deborah, 41illus.
- Dickerson, Chris, 61illus., 121illus., 124illus., 129illus., 131illus., 145illus.
- Dickerson, Harold, 53illus.
- diets(s)
 - advanced maintenance, 84-85
 - balanced, 82-84
 - hormone precursor, 85-86
 - lacto-vegetarian, 81, 88
 - maximum-definition, 88-89
 - vegetarian, 81
 - weight-gaining, 86-88
- dietary fat(s), 83-84
- dip(s), 135illus.
- Dobson, Kevin, 183illus.
- donkey calf raise, 24, 129illus.
- double-up(s), 58illus.
- downsizing, 74
- Draper, Dave, 74illus., 79illus., 175illus.
- drug(s), growth-enhancing. *see* steroid(s)
- Drury, James, 183illus.
- Dubbels, Wilfried, 33illus., 152illus.
- DuBois, Dick, 16illus.
- dumbbell(s). *see also* specific exercises
 - circle, 98illus.
 - flies, 104illus.
 - high bench row, 118illus.
 - incline press, 102illus.
 - mulekick, 136illus.
 - press and negative lateral, 96illus.
 - side swing, 98illus.
 - supine triceps stretch, 136illus.
- Dunlap, Carla, 41illus.
- Dupree, Dave, 94illus.
- Duval, Roy, 170illus.
- Eastwood, Clint, 183illus.
- ectomorph(s), 69, 70, 73
- egg(s), 28, 33-34, 81. *see also* protein(s)
- elbows-in pushdowns, 136illus.
- Elliot, Lisa, 41illus.
- enzymes, digestive, 94
- Estrada, Erik, 78illus., 183, 184illus.
- exercise performance, maximizing, 25-28
- exercise selection, 50
- extension(s)
 - leg, 57illus.
 - lying barbell, 134illus.
 - power thigh, 124illus.
- fasting, 86
- fat. *see* body fat; dietary fat(s)
- feedback, 65-68
- Feldman, Marty, 179illus., 183
- Fields, Tony, 183
- Fisher, Bruce, 183
- flexible training, 75-78
- floor pull, long, 115illus.

flies, dumbbell, 104illus.
 Flynn, Sean, 183
 forearm(s)
 development, 139-140
 exercises, 55illus., 141-142illus.
 response to high reps, 22
 Fox, Bertil, 34illus., 65illus., 90illus., 118illus.
 free-weight training, advantages, 13
 frog sit-up, 110illus.
 front raise, alternate, 98illus.
 Fury, Ed, 74illus.

Gallucci, Bob, 29illus.
 Garner, James, 183
 gastrocnemius, exercises, 129illus.
 Gaubert, James, 150illus.
 genetics
 potential, 17, 20
 superior, 18-19
 Girona, Peggy, 39
 Girona, Vince, 9illus., 11illus., 12illus., 16illus., 24illus., 26illus., 27illus., 32illus., 34illus., 36illus., 50illus., 61illus., 63illus., 81illus., 83illus., 86illus., 97illus., 100illus., 103illus., 113illus., 123illus., 138illus., 147illus., 155illus., 157illus., 159illus., 161illus., 163illus., 179illus., 181illus., 188illus., 189illus. *see also* Vince's Gym
 history, 9-11
 view on steroids, 31-32
 glandular(s), raw, 93
 Grant, Bill, 77illus.
 Green, Susie, 73illus., 101illus., 116illus.
 Grimek, John, 158illus.
 Gruwell, Shelley, 40illus., 70illus., 151illus.
 Guiliani, Ed, 157illus.
 gym(s). *see also* Vince's Gym
 design, 12-14
 home, 75

hack machine, 119
 hack slide(s), 124illus., 129illus.
 Hamilton, George, 184
 hammer curl, 142illus.
 Haney, Lee, 15illus., 18, 35illus.
 hard gainer, training, 73
 Harris, Brad, 32illus., 184, 185illus.
 Hays, Robert, 184
 heart disease, risk, 31, 33, 83
 heel raise exercise(s), 57illus., 130illus.
 high bench dumbbell row, 118illus.
 high-intensity training, 60-61
 high pull, 96illus.
 hip roll, 110illus.
 Holden, William, 184
 hormone precursor(s), 92-93
 hormone(s). *see* steroid(s). anabolic
 Hosteter, Barry, 51illus.
 Howorth, Don, 14illus., 36illus., 162illus.
 Howorth heel raise, 130illus.
 hydrochloric acid (HCL), 94
 hyperextension, 118illus.
 hyperventilation, 48, 107
 hypoglycemia, 157

inspiration, 15
 instruction, personalized, 12-13
 intensity, 24, 59-64
 isometric contraction, 30

Johns, Dave, 104illus.

Karas, Jim, 38
 kelp, 92
 Kennedy, Robert, 9illus., 10, 178illus.
 King, Jeff, 143illus.
 knee pain, 122
 knees-together hack slide, 124illus.
 knee-to-elbow raise, 110illus.

Landon, Michael, 185illus.
 Lannon, Les, 185
 lateral raise(s)
 dumbbell, 54illus.
 high bench, 97illus.
 negative, dumbbell press and, 96illus.
 seated, 98illus.
 lat pulls, racing-dive, 117illus.
 lats
 development, 111-114
 exercises, 54, 115-118illus.
 Lawrence, Ian, 28illus.
 leg(s)
 exercises, 57illus., 126illus.
 lower, response to high reps, 22
 raises, 58illus.
 training combined with arms, 131
 Leidelmeier, Rory, 14illus., 180illus.
 lipotropics, 88-89, 107
 liver, desiccated, 83, 93, 157
 Lopez, Anibal, 64illus.
 Lusco, Cammie, 130illus.
 Lyon, Lisa, 40-41illus.

machine(s)
 disadvantages, 13
 leg-extension, 122
 Marcy, 119illus.
 press, 121
 Maille, Andre, 85illus.
 Makkawy, Mohamed, 15illus., 23illus., 25illus., 34illus., 43illus., 57illus., 87illus., 95illus., 102illus., 109illus., 118illus., 122illus., 128illus., 132illus., 136illus., 144illus., 149illus., 159illus., 170illus., 177illus., 178illus.
 posture, 19
 training methods and routine, 163-166illus.
 Marcy equipment, 119illus.
 Matush, Ted, 56illus.
 McArdle, Bill, 162illus.
 McCarthy, Peter, 128illus.
 McCord, Kent, 185
 McLish, Rachel, 28illus., 41illus.
 mental suggestion, 76-78
 Mentzer, Mike, 119illus., 171illus.
 Mes, Erika, 37illus., 42illus.
 metabolism
 fast, 69-73
 slow, 73-74

Michalik, Steve, 173illus.
 Miller, Denny, 185, 186illus.
 Mills, Yvonne, 107illus.
 Milner, Martin, 185
 mulekick, dumbbell, 136illus.
 muscle(s)
 anatomy, 44-46
 building potential, 20
 function, 43-44
 growth, 23, 52-53, 60
 length, 18
 origin and insertion, 113
 music
 in gym, 13-14
 posing, 144-146

Namath, Joe, 188illus.
 neck press
 barbell, 102illus.
 decline on bench, 102illus.
 narrow-grip, 135illus.
 Neuville, Jacques, 68illus., 72illus., 99illus.
 Nista, Sandy, 106illus.
 nitrogen balance, positive, 85
 Nubret, Jacqueline, 74illus.
 Nubret, Serge, 21illus., 22illus., 26illus., 70illus., 74illus., 91illus., 109illus.
 nutrition. *see also* diet(s)
 importance, 9, 79-80
 innate animal wisdom, 80-82

oblique(s), exercises, 106, 108illus., 110illus.
 Oliva, Sergio, 17illus., 18, 38, 62illus., 114illus., 127illus.
 Ortiz, Freddie, 160illus.
 overhead leaning pulldown, 116illus.
 overhead press, 132
 overhead pulldown, 116illus.
 overload training, 52-53
 overtraining (overtone), 62, 66-68
 oxygen loading, 48, 50, 63, 107

Padilla, Danny, 77, 130illus.
 pain, 23-24
 Paris, Bob, 71illus.
 Park, Reg, 79illus.
 Parks, Larry, 185, 186illus.
 Pearl, Bill, 82illus.
 Pearson, Tony, 34illus., 37illus., 46illus., 74illus., 113illus., 118illus.
 pectoral exercises, 54illus., 99-104illus.
 Penell, Bud, 185
 Penn, Shawn, 188
 Peripheral Heart Action routine (PHA), 180
 Perrott, Roy, 92illus.
 Peters, Don, 38illus., 138illus., 182illus.
 PHA (Peripheral Heart Action routine), 180
 physique, ideal, 35-38
 plateau, training, 167
 Platz, Tom, 24, 47illus.
 Poole, Harold, 152illus.
 Portugues, Gladys, 40-41illus., 148illus., 172illus.

pose trunks, 149, 151
 posing
 as art form, 143-144
 music, 144-146
 practice, 146-149
 unusual, 84
 women and, 42
 posture, 19
 preacher bench reverse barbell curl, 142illus.
 preacher curl(s), 137illus.
 press, alternate seated front and back, 97illus.
 prone pull-in, 118illus.
 protein(s)
 powders, 94
 sources, 33-34, 83
 and the hard gainer, 73
 variations in requirements, 81
 pulley(s). *see also* specific exercises
 crossover, 101illus.
 decline hug, 54illus.
 leg squeeze with, 126illus.
 power pushdown, 134illus.
 short rows, 54illus., 117illus.
 use in chest work, 100
 pump, 66-67

 racing-dive lat pulls, 117illus.
 Reeves, Steve, 147illus.
 Reeves toe press, 130illus.
 relaxation, 70
 Reno, Steve, 158illus.
 repetition(s) (reps)
 8 x 8 system, 22-23, 62-62
 defined, 21
 high, 21-22
 rest period(s), 21, 62
 Reynolds, Burt, 188
 Robertson, Dale, 188
 Robinson, Robby, 20illus., 76illus.
 Roman chair squat, 126illus.
 rope kickback, 136illus.
 rope pull, long, 135illus.
 Ruiz, Salvador, 89illus.
 Ruplinger, Dale, 52illus.
 Russell, John, 188
 Russell, Kurt, 188

 Sansone, Tony, 151illus.
 sartorius muscle, exercises, 122, 126illus.
 Schindle, Reid, 48illus.
 Schneider, John, 188illus.
 Schroeder, Gail, 60illus.
 Schwarzenegger, Arnold, 67illus., 77illus., 112illus., 120illus., 171illus.
 Scott, Gordon, 186illus., 188
 Scott, Larry, 98illus., 103illus., 135illus., 141illus., 142illus.
 training methods, 159-162illus.
 Scott press, 98illus.
 set(s)
 8 x 8 system, 22-23
 defined, 21
 number, 21
 shoulder exercise(s), 54illus., 95-98illus.
 side bend(s), 106, 108illus.

Simpson, O.J., 188
 Sipes, Chuck, 24illus.
 sit-up(s)
 frog, 110illus.
 half, 110illus.
 sleep, 53, 158
 Smith, Bill, 188illus.
 spot reduction, 105
 squat(s)
 Delinger, 126illus.
 Roman chair, 126illus.
 sissy, 124illus.
 for slow metabolism, 73
 thigh development and, 120-121
 stars, training for, 179-189illus.
 Stephan, Al, 147illus.
 steroid(s)
 bodybuilding advancement and, 13
 history, 29-31
 risks, 31-32, 59
 Stevens, Craig, 189
 sticking point, 24, 167
 stiff-leg raise, 110illus.
 stress, emotional, 172
 stress test, 17-18
 Sudo, Kozo, 110illus.
 suntan(s), 151-152
 supplement(s), 84-94. *see also* diet(s)
 Sylvester, Wilf, 108illus.
 Szkalak, Kal, 111illus.

 tempo workout, 47-48, 140
 tendinitis, 133
 tendon, size, 52
 teres major
 development, 114
 exercises, 54illus., 116-117illus.
 Tessier, Bob, 189
 Testo, Russ, 146illus.
 testosterone, 20, 29
 thigh(s)
 biceps, 123
 exercises, 57illus., 124-126illus.
 response to high reps, 22
 squats and, 120-121
 upper, 121-122
 Tinerino, Dennis, 171illus.
 Torchia, Mike, 80illus.
 training
 analysis, 65-68
 failures, 75-78
 instinctive, 43
 interruptions, 172
 maximum workout efficiency, 48, 50
 partners, 42
 routine(s)
 change, 63-64, 73
 of Mohamed Makkawy, 166
 split, 173-176
 rut, breaking, 167-172
 schedule, 51-52, 78
 style, 25-28
 trapezius muscle(s) (traps), 114
 triceps
 development, 132-133
 exercises, 55illus., 134-136illus.
 triglyceride(s), 33
 Tristram, John, 63illus.

Viator, Casey, 24
 Vince's Gym
 advantages, 11-14
 reasons for expulsion, 16
 vitamin(s), 90-91

 Walker, Clint, 189illus.
 Walker, Roger, 171illus.
 Wayne, Rick, 55illus., 189illus.
 Weathers, Carl, 189illus.
 weight belt, 53
 weight(s), selection, 46-47, 61
 wheat germ oil, 92
 Wheeler, Ken, 163illus.
 Wilbourn, Claudia, 117illus.
 Wilcosz, Jusup, 34illus., 68illus., 118illus., 120illus., 140illus., 167illus., 168illus.
 Wilson, Scott, 18illus.
 women
 in bodybuilding, 39-42
 steroid usage, 31
 workout. *see* training
 wrist curl(s), 55illus., 141illus.

 yeast, 93

 Zane, Frank, 123illus., 145illus.
 Zegeling, Mari, 40illus.
 Zetterqvist, Inger, 133illus.
 Zottman, 142illus.