

# **NATURALLY AMAZING**

**Dusan Dudas**

## DD Publishing

Naturally Amazing  
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## INTRODUCTION

Dear friends, I've written this book for those of you who are natural, vegan or vegetarian bodybuilders. For those who want to live a healthy lifestyle, feel younger and healthier, and who want to transform their bodies to achieve better tone and shape. Because there aren't enough books written about this aspect of wellness, this book contains great detail but is written simply so everybody will understand. The systems outlined here are all my own, tested and proven over many years.

I will teach you not only how to perform these exercises to get the best results, but how not to perform them to remain injury free. You won't find any technical or scientific expressions, as I want to be sure that this book helps every person who wants to achieve their goals of a great body and a healthy lifestyle. I'm probably one of the first bodybuilder to prove that you can build a good physique with a vegan or vegetarian diet. I will share with you the knowledge I've gained over the last 35 years.

While I've been a vegetarian for only the last few years, I've had the opportunity to personally compare vegetarian, vegan and meat-centred diets. I've had experience with all of them and believe that plant protein and amino acids are very powerful as plants are rich in the electrons they get from the sun and in enzymes which play the main role in digestion.

I will teach you how to eat properly, how to use supplements – how much and at what time, how to properly perform and choose exercises using correct weights, when to rest and how to breathe.

## 1 MY EARLY YEARS

I was born in Presov, Eastern Slovakia on 3<sup>rd</sup> July 1955. My father was a truck driver and my mother a fashion designer. I've one brother Lubomir, who is six years older. When I was about 6 months old, I acquired a nasty disease – something like bacteria in my digestive system. My body didn't want to digest any food so I was taken to the hospital where I stayed for quite some time.

One day the doctors called my mother to come and take me home, as they could do nothing more to help me – according to them my chances of survival were zero. While walking home with me in her arms, my mother met an old lady who asked her why she was crying. My mother told her the story about my health. The old lady said "Don't worry young lady, just go and buy some castor oil and give him one teaspoon in the morning and one teaspoon in the afternoon". My mother thanked the old lady and took a few steps. She stopped and turned around and the old lady was gone – there was no sign of her, even though it was in an open area. It was very strange. But my mother was familiar with castor oil and decided it couldn't do any harm to try the old lady's advice.

After a few days I was fine. The doctors couldn't believe it when my mother went to see them and they saw me in good health. Ever since I was old enough to understand this story, I've believed that we are a part of nature and that a proper diet based on plants can do miracles.

During my college years I was sickly and very skinny. But one summer's day I went to the local swimming pool where I spotted a very good bodybuilder. It was the first time in my life I had seen such a perfectly-proportioned, muscular body. I was totally amazed and that night I couldn't sleep – I decided I was going to look like that! I started looking for information about bodybuilding and nutrition and read every book, every magazine, every article I could find, and I began to work out. At first I didn't know what to do – even though the books were handy, I didn't know how to

breathe or what weight to use. So I worked out with a friend of mine in his small gym which had only a very few pieces of equipment, until one day I met a friend who said that his father had a very good gym in the basement of their home.

So I met his father and he kindly gave me the key to his home and I started working out in their better-equipped gym. But I still had a problem because I still had no idea how to work out correctly – what constituted good form, what exercises to do, how many sets, and so on.

One day when I was training a man named Dr. Marian Kysely, who later became my coach and trainer and who gave me the basic knowledge about bodybuilding I've been using all my life, looked at me and said

“What are you doing here?”

“I'm working out”.

“You're a very skinny boy”.

“Well I know but what can I do?”

“I can help you if you like”.

And so began my real bodybuilding training!

Dr Kysely himself was a fantastic bodybuilder. When he took his top off and started working out, once again I was totally amazed. Since that moment it was my dream to be strong and have a beautiful body. Under his coaching, I started making such enormous progress that my teachers and classmates couldn't believe I was the same skinny boy – I couldn't believe it myself! So I can say now, a good personal trainer is very important – but he must be really very good.

From that time on, I dominated at physical education. I started doing gymnastics, athletics, high-jumping and very soon I became the best sports pupil in the classroom – maybe even in the school.

I also started playing Ice Hockey – my favourite sport and one I still love. Being muscular and strong as I now was, with strong legs and good pickup, I did quite well at the sport. But when my nose was broken by an over-exuberant fellow-player, I told myself that if I wanted to survive, I'd have to give my beloved Ice Hockey a miss. I can't imagine my life without sports – it would no doubt be very boring.

When I graduated from college I wanted to study to be a doctor but at this time, under the communist system, corruption was rife. As the son of ordinary parents who weren't members of the Communist Party I didn't have a chance to go to university, and instead I had to join the army. Again because of my physique and strength, I served in the Special Forces in Marianske Lazne, a small town only fourteen kilometres from the German border.

At that time in Slovakia, two years army service was compulsory. For the first six months, I went through special exercise training but after that time I could start working out again, as there was a gym at the base. I had good friends in the food store so I had plenty of food and I could exercise! I have to say that the army service was very good for young people as it taught discipline – very important when you're aiming to achieve superior health and a superior body.

Thanks to my strength I won the army rope-climbing competition and held that record for the whole of my army service. I was able to climb a 5 metre rope in 5 seconds, with the second best time being 13 seconds. The world record at that time was 3. 5 seconds.

When I jumped off the rope, the officer who was time-keeping looked at me and asked “Do you have a monkey in your family – I've been in the army for 36 years and I've never seen anything like that”. You climb ropes only with your arms and again thanks to bodybuilding, my arms were strong.

In 1978 after my first term of service in the Slovak Army, I went to a bodybuilding camp, where, at that time, the best bodybuilders could continue their bodybuilding careers. In the 1970s and 1980s Czechoslovak bodybuilders were the best in Europe – and are arguably still. I learned so much from these top Czechoslovak competitors, that my progress was even more rapid. But in August 1979, tragedy struck. My father died of a heart attack at the age of 50. I decided to go back to my home town to care for my mother.

There a friend of mine had a good gym where just a few people worked out. I worked out there too – but always on my own for better concentration. Sometimes I met with my old coach, Dr Marian Kysely, but he always said “Well I can see that now you could teach me something about bodybuilding”. I’m lucky to be from a city which has always produced good bodybuilders. So many guys and girls work out even nowadays, probably more than anywhere else in the Czech or Slovak Republics.

## 2 THE WORLD WE LIVE IN

My other inspiration for this book was the beautiful earth we live in and all the people who care about it. Those who prefer clear water, air and food; a green and clean environment; the soft sounds of streams and rivers; the murmur of the forest and the awe of a beautiful sunset. Those who put love, health and friendship above all else.

Do you realise where we live? How much pollution, rubbish and chemicals we produce which poison us every day? Many people get seriously sick from the chemicals in our food, water and air. We use washing detergents, soaps, deodorants, shampoos, cosmetics and other chemicals that are absorbed by our skin and inhaled into our lungs. We live in the era of cancer, heart disease, diabetes, stress and depression where the race for money is more important than anything else. We unwittingly teach our children untruths about the environment. They don’t know that we’re running out of pure water, and that global warming is skewing the planet.

We eat processed food full of chemicals and devoid of nutrition. We prefer fast, tasty meals to healthy ones. We have time for everything but the preparation of a nutritious meal. Love, including self-love, and real friendships are losing their importance throughout the world. My hope is that this book will help both young and old shape their bodies and improve their health via correct exercise and a healthy diet.

Bodybuilding is a fantastic sport for all – whether young, middle-aged, or very old – it’s never too late to start working out. I know of an 85 year old bodybuilder who looked outstanding. He had good muscles, good definition and no fat at all. We have to realise that after the age of 40 every person should exercise with weights – yes weights, because no sport loads your muscles better than weights do. When you work out with weights, you work out with every muscle in your body – that’s why bodybuilding is so great. You don’t have to use very heavy weights – you don’t have to

have big muscles, you just need to trim your body of fat, tone your muscles and feel great. In particular people who work in offices and don't move enough, who sit a lot, should work out. When you work out everything moves – not only your muscles and blood, but your intestines and stomach too; and this speeds up your metabolism!

### 3 MY BODYBUILDING CAREER

The first time I competed was in 1974, as a teenager, at the Mr Eastern Slovakia competition. Even with my lack of posing knowledge, I managed to achieve second place. From 1975 to 1978 I didn't compete as I was in the army. In 1979 I competed at many bodybuilding competitions around Europe, winning many of them, and never placing worse than second. In the spring of 1980 I became Mr Slovakia, beating the bodybuilders I used to admire – that was real success for me. I showed my best form ever in September 1980 at an international bodybuilding competition in the small town of Marianske Lazne where I'd previously been based in the army. I was totally amazed when I was announced as one of the best bodybuilders in Czechoslovakia – a true victory! But the real victors were the judges who failed to place me in the national team competing in the Mr Europe bodybuilding championship in Belgium. Even the audience was outraged and shouted my name. Maybe it was because I didn't have a good manager or trainer, but unfortunately ugly politics is something you find in most sports.

However the thing that really put me off competitive bodybuilding was steroid use. Anabolic steroids spread everywhere in the sport and the more it spread, the more I disliked it. I didn't want to use those chemicals at all but I was convinced to try them for two weeks. I pumped up with muscle bulk like a balloon! But after the competition I started bleeding from the nose, my blood pressure rose and I lost the bulk gained from the chemicals as quickly as I had gained it, so I told myself "This is very dangerous stuff, why am I using it? I was a very good bodybuilder before, without these chemicals, and I can be again". Bodybuilding is about beauty, health and strength – not about the abuse of products which ruin your health. So I decided to stop competing. Without these chemicals I would not have been able to keep up with my competitors anyway so I started working as a personal trainer.

The years from 1981 to 1989 were an empty period in my bodybuilding career. I was competing only occasionally, and

in 1989 when the system in Slovakia changed from Socialism to Capitalism, I started my own business, making bodybuilding equipment and importing sports supplements from America. It was a successful business and I employed eleven people, eight of whom were bodybuilders. Our equipment was popular, because it was designed and manufactured by men who understood bodybuilding machines.

When I put my first advertisement into a Czechoslovak bodybuilding magazine, I was amazed at how many people still remembered me from my earlier competitive bodybuilding. This helped me a lot with the business and it exploded. Within two years I became rich! While it was a most successful time I worked incredibly hard until one day I realised that my health was being compromised. My hands started shaking; my blood pressure increased and I couldn't sleep at night. It was then I decided to stop working so hard on my business and change my life – I wanted to see the world. So in 1994 I immigrated to New Zealand and left the business to my family to run.

When I arrived in New Zealand, I had a problem with my English – even though I'd been studying for a year it wasn't good enough to start personal training so I had to take a job where English wasn't necessarily required. I started working for a company that made kitchen cabinetry. I worked for eight to ten hours a day then ran to English school – and so it went for the first two years! But after that period, I joined a gym. It was very well equipped and when I started working out, people in the gym started watching me. Every workout I did in that gym I was under scrutiny! Not because I didn't know how to work out, but because I started getting back into my old form very quickly, and my technique was totally different. I personally consider Czech and Slovak bodybuilding schools as the second best in the world after American. Why? Czech and Slovak bodybuilders have always been the best in amateur bodybuilding not only in Europe but around the world – and Slovak bodybuilders in particular. Slovakia is a small country with a population of only five million but bodybuilding is one of the major sports.

There was one personal trainer who came to me and asked me where I was from. I said I was from Slovakia and I showed him a photo taken when I was in top form in 1980. He couldn't believe it and commented on my technique and form. You don't have to be a bodybuilding specialist trainer or coach to recognise fantastic movement. When I work out I always concentrate on every movement – every rep, every set, because I've never preferred heavy weights over correct form. Form is the most important part of bodybuilding training, because it loads the muscles rather than tendons, shapes them, makes separation and forms those desirable deep cuts. I've always been a fan of perfect form.

After a few years of working out in different gyms, I found out that there was a natural bodybuilding competition every year in Taupo, a pretty town in the central North Island of New Zealand. I was delighted, because I had thought that all competitive bodybuilders were steroid users.

So in August 2001 I went to Taupo to compete in the South Pacific National Natural Bodybuilding Competition and I won my category for the over 40s – how happy I was! Since then I've been involved only in natural bodybuilding. But if you too want to be a good natural bodybuilder your knowledge about training, form and most importantly nutrition, must be very good.

Why mainly nutrition you ask? Because the nutritional aspect of training makes up about 80% of your success in bodybuilding. I've studied nutrition from the best nutritionists in the world and I would like to mention three names I've always admired; Robert O. Young PhD, Dr Michael Colgan and Paul C. Bragg, N.D., PH.T. Those three nutritionists are among the best in the world – if not the best. I've learnt a huge amount from them and my education continues to this day.

In 2001 I started working as a personal trainer in New Zealand. Initially I coached at a couple of different gyms and became quite successful, with clients every day from early morning through the evening. I was working in one particular gym when I met



a very attractive lady. Her name was Pauline and she hired me as a personal trainer – but I didn't know then that it was for life! On 10th April 2003, six months after we met, we were married.

This was a very successful time – I had many clients and worked 50 to 60 hours a week. But it was too much. Even though the financial rewards were good, I wasn't happy. I prepared many bodybuilders for competitions and my clients never finished lower than third. One particular year five of my clients went to compete – three came first and two second in their respective competitions.

So I decided to set up my own studio gym – a small gym where I trained my clients one at a time. I don't agree with loud music in gyms. How can you concentrate on your workout if two metres from your ears you're being bombarded with hard rock? Music like that isn't suitable for a gym, it's totally distracting. Older people particularly, can't tolerate loud music and if you can't concentrate on your workout then 50% of your effort is wasted.

As I wanted to concentrate on my work as much as I could my decision was right. My own gym studio was successful, but I worked with only a limited number of clients so that I had the time for my own workouts, and time to enjoy life and have adequate rest.

In my studio gym, I had clients who'd been with me for four years and they still enjoyed their workouts. Finding a good personal trainer nowadays is difficult. Many trainers claim to have many years experience, but most of them never educate themselves further. Some are steroid users and some don't even work out themselves! A good personal trainer should also be a good nutritionist and a natural, as opposed to a steroid, bodybuilder. Why natural? Because if steroids are used, it's impossible to know whether results are being achieved because of correct training and nutrition, or because of the chemicals delivered via the steroids.

## 4 POLLUTION & WORKING OUT

I'd like to say something about pollution and the effects of working out in it. I'm very disappointed that so many people in well developed countries have no idea how to live healthy lifestyles. They damage their health without realising they're doing so. I can see people cycling or running in streets full of cars and their fumes. I can see kids at schools that are built incredibly close to busy roads. Can you imagine what free radicals do to those people when they get into their lungs – which are then absorbed into their systems? Free radicals are harmful toxins. When you run, you breathe up to 30 times more air into your lungs than when you're sedentary. You breathe in rubbish such as dust and car fumes and they deposit in your body. What surprises me that even in towns and cities that have beautiful beaches with fresh sea air, people still chose to run on the roads.

In the summer I swim as often as I can, yet not many others are swimming – people don't realise that the sea is a healer. It holds a bounty of minerals. When you swim you breathe in the best mineral rich air there is – it sits just a few centimetres above the sea water and is incredibly healthy for you. Don't ever run, cycle, or even walk fast in polluted areas – later on you can develop lung cancer and you'll say "But I've never smoked cigarettes, how can this happen?" I'm shocked seeing mothers pushing their children in prams in highly polluted areas.

If you want to avoid pollution but your gym is in a very busy and polluted area, try to workout early in the morning – at 6.00 am. After a good sleep, this is a great time to work out. During the night your body releases energy – the energy you get from the food you eat during the day. But don't forget, if you work out in the morning, don't eat anything which could upset your stomach beforehand. I always prefer to have about 300 mls of water with a pinch of sea salt, and 500 mg to 1500 mg of L-Carnitine, on an empty stomach. After a few minutes you can have something that gives you energy – and vegetables are best, or fruit such as half an avocado. If you put

something into your stomach like this, your blood sugar increases and you get more energy. You can then work out. Some trainers recommend not eating anything before your workout so that you burn fat more quickly but I don't agree. If you don't eat an hour before you workout you can't raise your blood sugar and your body then starts converting muscle fibres into glucose and uses it as energy and you lose muscle mass rather than fat.

That's why a hungry bodybuilder shouldn't work out. Even cardio shouldn't be done on an empty stomach. It takes your body much longer to release energy from fat but it takes only few minutes to convert muscle fibres into glucose, which provides energy for muscles. The body needs immediate energy when working out.

## 5 NATURAL OR NOT?

There's a current worldwide epidemic of steroid use. This book isn't written for steroid bodybuilders, it's written for naturals who use sports supplements and food to build their muscles – those women and men who refuse to use any chemicals which could damage their health. Bodybuilding is a very beautiful sport because it forms not only your body, but your personality too. Steroids should never have been introduced to the sport as they make you aggressive and nervous. Steroid use causes your artery walls to become rough like sand paper which allows cholesterol to stick to these walls. From there it's only one step to heart disease. Steroids will also ruin your kidneys and your liver and interfere with the production of hormones. They're particularly dangerous if used in the teenage years when hormones are in imbalance. The only place for steroids is when recommended by a doctor for the very sick, and after big operations, and then for no longer than six weeks. Some bodybuilders use them the whole year because they realise that when they stop using them they lose muscle mass and strength and can't pump up so well. So they use them more and more not realising that they're becoming enslaved by steroids.

If you use steroids you get bigger, but they're not real muscles that are being built. Steroids only make capillaries and muscle fibres wider and you carry more water – you'll look big and puffy. But when you stop using these steroids, your body gets rid of the water and you get smaller again. While you use steroids, you look big, muscular and strong, but when you stop using them, even if you work out, have good food and use sports supplements, you just can't keep muscle bulk. I feel sorry for those who get caught in this trap, because all bodybuilders who use steroids will later on pay a huge price for it. Don't forget that when you take steroids not only will your skeletal muscles grow but so will your organs! Think very carefully before you touch them. Is it really worth using them? Many good bodybuilders died too young because of steroids and every year many men and women still die through their use. But

there's even more dangerous stuff – growth hormones and insulin. Don't go near them.

Our priority is to build a healthy and good looking body, naturally – with good food, good supplements and good workouts.

## 6 IMPROVING ON GENETICS

Let's get started. Who can work out? Everybody! Sometimes in the gym, I meet people who say "I've been working out for a long time, I can't get bigger, I can't get stronger and I can't get into shape. Probably I'm not cut out for this sport or genetically gifted enough to achieve my goals". It's not true! Every person can shape his or her body. The problem is that many of them do something wrong. Everybody has muscles. But it's true that genetics mean everyone is different. Some people have narrow hips, a narrow waist, wide shoulders and slim bones, they're the luckier ones. Some have thick bones, wide hips, wide waists and narrow shoulders. Those people can be champions too, but it will take them a bit longer to achieve it. The most important thing is to know which muscle parts they should develop more and which to develop less to achieve good balance.

If you have very narrow shoulders, you should increase the mass of your shoulders and make your back wider. You should be careful with exercises which can make your waist wider, such as dead lifts with heavy weights, squats with very heavy weights, incorrect exercises for the abdominal muscles and incorrect techniques.

For those of you who have very wide hips and waist I don't recommend working out with abs very often – once a week is enough. You must also be careful what type of exercises you choose for your abs as some can make your oblique muscles above your hips bigger, and you'll develop an even bigger waistline, which isn't desirable in bodybuilding. Don't forget, your abdominal muscles often work when you perform exercises for other muscle parts. Have you ever noticed how they're flexed when you do Cable Pushdowns for triceps? So you know what I mean. Later on, in further chapters for certain muscles I'll cover which exercises for abs are best, and which aren't recommended because they can harm your lower back.

If somebody has bandy legs, they can do something about that. They don't have to be embarrassed and it's very easily fixed. All they have to do is develop the inner side of their thighs and the inner side of their calves more than outer sides.

If somebody has short muscles, they should do full movements – as full as possible, in order to stretch their muscles, and of course stretching itself is important.

If you have a short body and short legs, you shouldn't develop your legs a lot, but rather the top part of your upper body. Don't use exercises that make your waistline wider. With a short body and long legs, you have to develop bigger thighs and wide shoulders and you'll get your body in better balance.

If somebody has a flat concave chest, they have to do a lot of breathing exercises, like pullovers, which increase the rib cage. And the best one is to use a dumbbell across a bench. This exercise was invented by Steve Reeves for his friend who had a rounded back and his posture improved in just a few months.

People with low pecs should do more exercises like Cable Flyes with cable pull-downs from top pulleys and a lot of Dips on parallel bars. Pullovers across a bench are also very good. But the best one was invented by the iron guru and the best personal trainer of his time, Vince Gironda. It's Dips on parallel bars with a reverse grip.

If someone has a very long latissimus up to their waist, they should do exercises which undercut the lower back muscles, like Seated Rowing with a cable, Bent Forward Rowing with a bar and Hanging Scapula Rotation to make the upper back look wider. This is also achieved with wide grip Chin Ups which is the best exercise for the upper part of the back, or Lat Pulldowns. I personally prefer Chin Ups wide and close grip and consider these to be the best, most beautiful and natural exercises for the development of back muscles.

If someone has short triceps, they should try to develop the long head of the triceps, doing exercises like Dips, Close Bench Press, One Arm Triceps Extensions seated and Scott's Kneeling Cable Overhead Extensions, which is the best.

Short biceps are also easy to fix. If you flex your biceps and there's a gap between your biceps and forearms it means that they're short. Sometimes this gap can be up to two or three centimetres, and it doesn't look very nice. Full biceps are beautiful. Have you ever seen Larry Scott's biceps? His arms are perfect. He invented Preacher Curl exercises for biceps with dumbbells and bars. These are the best exercises for making longer biceps. Larry Scott was the first man to win the Mr Olympia title in 1965 and 1966. He was also Vince Gironda's most successful pupil.

If you have carrot shaped thighs, it means that the lower muscles of your thighs aren't well developed; you should do Front Squats, Jefferson Squats and Hack Squats. I prefer hack squats with a bar, because hack machines block the movement between the knee and hip joint which puts huge stress on your knees.

If you have short or very high calves, you should avoid exercises like Seated Calf Raises. To prolong your calf muscles it's best to use Leg Presses, Donkey Raises and Calf Raises Standing but you go only from the point where your feet are parallel to the floor down – not up. I would say from the half movement from when your feet are parallel to the floor, you only go down and up – a half movement from the bottom position, to floor-parallel position. Don't go higher, don't flex them, only stretch them. It takes some time but you can change the shape of your calves even though they're a particularly stubborn muscle part.

## 7 BODY TYPES

I know that none of us can do anything about our genetics when it comes to body type, but we can change it with correct exercise and nutrition. We recognise three body types: naturally slender with fine bones narrow shoulders and wider hips are called Ectomorphs. Those individuals with large bones and usually obese rolls and with very thick bones are called Endomorphs. And naturally muscular with fine slim bones, with narrow hips and wide shoulders and symmetrical skeletal structure are called Mesomorphs. This type is the best for bodybuilding, but it doesn't mean that other types can't become bodybuilders too – they can but it may take a little longer and they will have to use correct nutrition, workout techniques and form and know to choose the right weights, systems and exercises.

I know bodybuilders who are Endomorphs and they built fantastic bodies – they knew which muscles to develop to totally change the balance of their muscle parts. There are some mixed body types which are good for bodybuilding as well. Everyone can create a beautiful body, but some have an advantage over others. As I mentioned, Mesomorph is the best type for bodybuilding. People with this skeletal structure have usually good-looking bodies, with balance, symmetry, long muscles and very fine, thin skin.

At this point I'd like to analyse bodybuilding. What is it? Natural bodybuilding I would classify as the building of beauty, strength and health – without steroids or chemicals. Do you know that bodybuilding is one of the oldest sports in the world? Its history goes thousands of years back to ancient Greece. The Greeks used to lift heavy logs and rocks bound to wooden sticks (the predecessors of modern barbells); rolled huge boulders up hills; carried heavy loads on their shoulders; climbed ropes; threw spears; wrestled among themselves and other similar activities, building beautiful, symmetrical muscular bodies at the same time. This is reflected in their sculptures seen in museums all around the world. The men with bodies such as these were admired as half gods. To become healthy and strong they drank fresh bull's blood – we know now

that blood includes all nutrition. Other historical records tell us about the gladiators in ancient Rome who also exercised with heavy loads and practised for battle with heavy weapons. Do you still think that bodybuilding is a young sport? Let's go on.

Bodybuilding can improve various conditions following injury or sickness and generally improve the confidence of those who are genetically skinny or obese. It's an excellent sport for everybody.

I want to again stress one important point. Don't worry if you're not as genetically gifted as some bodybuilders are, you can still be a very good bodybuilder if you train, supplement and eat correctly. There are many bodybuilders in the world who aren't genetically gifted but via hard work and correct nutrition, they achieve their goals. To give you a few examples; Larry Scott, who had very narrow shoulders and wider hips, was able to overcome this and become two times Mr Olympia. He developed a pair of amazing arms. Even now bodybuilders would find it difficult to beat his arms. And Frank Zane, who put fantastic muscles on his tiny frame.

Just start working out and you'll see – your effort will be rewarded. I'm lucky because I'm blessed with a Mesomorph type body. But even if a person is genetically perfect for body building, he or she can ruin it with incorrect exercise form and incorrect diet, and can begin to think that they're not meant for this sport. This is why so many boys and girls stop working out before they really utilise their potential and talent. At the beginning of your workout you need somebody to help you so choose an experienced, natural personal trainer who's achieved something in bodybuilding. If you can't afford this on an ongoing basis, make an appointment for only one session and ask them to have a look at your body. A good personal trainer knows straight away what you should do. It's worth investing a little money at this point to save you from struggling and possibly giving up on your training.

But if you can't afford to visit a personal trainer, then hopefully this book will help you. Remember that God created for us the most

beautiful body of all – there’s no other creature like us. Remember too that the better you look the more successful and respected you are in your life.

## 8 BEFORE YOU START WORKING OUT

Before you start working out, see your doctor for a complete medical check-up. You may have cardiac, lung, joint, kidney, or liver problems that you’re not aware of and a good doctor will discover this immediately. Later on you could develop a serious health problem if you’re not aware of the situation at the outset. Don’t forget bodybuilding puts a huge load on your joints, lungs, heart, liver, kidneys – it’s a hard sport and only those who are healthy should start bodybuilding. However there are cases where bodybuilding improved the cardiac condition of some people. I know bodybuilders who’ve had heart attacks but later they continue to workout and improve their health.

I had a client who, after a car crash, had a damaged muscle on his left thigh. His chiropractor told him that he would have to live with the problem. When he came to see me he couldn’t do one squat with his own body weight; – he had to hold a bar or the frame of some machine. We started slowly working out – step by step. Initially he performed squats holding a bar. Later on he was doing Squats with his own body weight and after a few weeks, we started putting weight onto his shoulders. After six months he was able to do Squats with 60 kgs on a bar, doing 8 – 10 reps. He was very happy – his legs were strong once again and he could enjoy his life fully.

I strongly recommend that everybody who wants to start working out seriously with heavy weights should have an ECG, and if they’re not sure, probably even an Ultrasound to ensure their heart is strong enough to bear the heavy loads involved in bodybuilding. In particular those who have a sedentary job or who haven’t been involved in sport for a long period, should take this type of test. The older we get, the more comprehensive the medical check-up required before grabbing any weights.

Even if your doctor detects some problem you can still start working out under his supervision with very light weights and

gradually increase them. After a few weeks, your doctor can again check your condition to ensure that things aren't deteriorating and decide whether or not you should continue with your training. You'll most likely improve any problems you had and get on track to become a great bodybuilder. Make sure you choose a good doctor who knows something about sports medicine.

## 9 WHERE TO WORK OUT

Now let's talk about where you should workout. When I started my bodybuilding career, I worked out in my own cellar gym. But when I moved to New Zealand, I had to start working out in a public gym. It was a disaster for me – I hated it. There was no privacy, I had to wait for equipment, there was loud music, people talking, and the gyms were usually built in busy polluted areas. But after a few years, I again set up my home gym. I strongly recommend that everybody who can afford it and has the necessary space, set up their own home gym. You'll have a quiet peaceful environment and you can work out any time you want without loud music, distractions or queues for equipment. You may be surprised, but you don't need a lot of equipment to get a good workout. At the end of this book I'll tell you what you would need for your own gym. A lot of the world's best bodybuilders work out at home gyms – Frank Zane, Louis Ferrigno, Franco Columbu to name just a few.

But if you have no option and you have to use a public gym, choose one which is not in a polluted area and not so loud. If you must work out in a polluted gym, work out early in the morning – between 6 and 8 am. Or late in the evening, after 7.00 pm – but no later because after 8.00 pm, blood sugar drops and your body starts to tire.

Don't avoid going to a public gym simply because you're too skinny or fat. People you see in the gym, who are now good bodybuilders, used to be the same as you! Don't be shy – you have your goal, so go for it. When you go to the gym don't speak to anybody once your workout has started. Concentrate fully on your workout – it's the only way to improve quickly.

## 10 GENERAL WORKOUT ADVICE

Let's talk about how often we should work out. There are many systems. I prefer systems like 2 days workout, 1 day off, 2 days workout, 2 days off, or 3 days workout, 1 day off, 3 days workout, 2 days – these programmes are usually used before a competition. And for beginners, I would recommend working out every other day. Don't forget your muscles need a rest after a heavy workout. They grow after a workout for up to 4-5 days, not only the few hours after it.

Usually muscles need from 48 to 72 hours for recuperation as they have to restore adenosine triphosphate (ATP), muscle glycogen and creatine. If your body doesn't have enough of them you don't grow and you'll overtrain. Don't think that the more you work out, the better you get. On the contrary, sometimes less is more. You can't work out with a muscle part which is not fully recovered, and your nervous system also needs recovery time. Overtraining symptoms are insomnia, nervousness, loss of appetite, loss of energy and motivation for going to the gym, headache, irritation, sore muscles and joints, higher blood pressure and fatigue. If you have some of those symptoms, stop working out for one week, rest and eat well. Make a sure that you sleep enough – at least 7-8 hours at night.

One of the best times of the day to work out is early in the morning between 6 am and 10 am and in the afternoon between 3 pm and 8 pm. Why? Because we know the profile of tiredness. In the morning, you have the highest level of blood sugar – that's why you're fresh and full of energy. But as the day goes on, closer to noon, your blood sugar drops and you become more and more tired. In the afternoon your body again increases its blood sugar level you're less tired, and the best time to workout is from 3.00 pm on.

Don't work out between 10 am and 3 pm if you want to make good progress! Sometimes you go to the gym and see people work out at that time of the day. Their blood sugar will be very low at this

time and they won't have sufficient energy to work out properly. Their insulin levels will also be low and we know that insulin is the only hormone that pushes blood sugar into muscle cells. If you work out between 10 am and 3 pm the body breaks down muscle fibres, converts them into simple sugar glucose, and uses it as its own source of energy. So it cannibalises your own muscles!

I recommend working out at the same time each day – let's say 3.00 o'clock. Remember if you work out at the same hour, you'll get better results. When the hour draws near for your workout, your body prepares for it; hormones and blood sugar rise and your body mobilises energy because there's something like a bio clock in your brain. The same thing happens as mealtimes draw near – your body starts making saliva and gastric juices because your bio clock tells you you're going to eat. Regularity of workout is as important as regularity of eating.

Another very important part of your workout is your diary. You should write down every workout programme and date from when you start to when you finish. During this period, you write down weights for every exercise so you can record the improvement in your strength. Measure your thighs, biceps, waist and your weight. It's rather difficult to measure your chest. When you start a new workout programme, do the same and when you finish that programme – again measure yourself. This way you'll keep a record of your improvement and you can see after two or three years which programme or system was the best for you, and you can go back and use that programme in the future. But you must keep a record of every workout programme along with everything you eat and drink and what supplements you use. So your diary is very important – don't forget that every good bodybuilder keeps a record of his or her performance, workout and nutrition.

You should change your workout programme at least every four or five weeks. Change your exercises, your system, the number of sets, – even reps because our body is able to adapt and become overtrained and your progress will suffer. After every 4 weeks, take 4 days off – after every 3 months, take the whole week off and after



a year of working out, take a whole month off. It's probably best to do this when you're on holiday. Don't forget – resting breaks are a part of your workout. I know bodybuilders who won't take any breaks because they're afraid of losing muscle size – that's foolish. You start losing size very slowly after 4-5 weeks of not working out. Only steroid bodybuilders lose size very quickly – usually after 1-2 weeks of resting. You need breaks for recuperation otherwise you'll have injuries. Don't forget that working out puts a tremendous load on your joints, tendons, ligaments and muscles, and on your nervous system.

You'll be amazed how quickly muscles will respond and start to grow after a break. And the best growth occurs when you sleep – between 10 pm and 2 am. It's at this time that your body releases the highest amount of growth hormones. I'll tell you a very interesting story. A few years ago I had a client who came to me wanting to improve his arms. He'd been unable to achieve any growth for the previous two years. I advised him to rest for one month eat well and not to go to the gym at all, as he'd been overtraining. After one month we started working out with his arms but only 2 exercises of 3 sets for biceps and 2 exercises of 3 sets for triceps. He looked at me distrustfully and asked "Is that all? I work out with my arms twice as much". My answer was that this was the reason his arms were so small. "Do you want to tell me that this is all you do for your big arms"? he asked. "Yes" I answered – "I've never overtrained them". After only one month, he increased his arms one centimetre and since then he has never overtrained.

How long should your workouts be? I recommend working out no longer than 45 minutes – maximum 50 minutes. Why? Forty-five minutes after a workout, blood sugar levels decrease causing muscle mass catabolism. Through the alanine cycle, some of the muscle protein is converted into sugar to be supplied mainly to the brain. A prolonged catabolism stage may cause massive muscle mass loss. After 45 minutes of working out, the optimum degree of muscle catabolism is needed to trigger the production of powerful natural anabolic growth hormones. It's a good idea to get some fast acting energy (10 grams of protein powder with 5 grams of glucose

and 3 grams of Kre-Alkalyn) to decrease catabolism. Kre-Alkalyn also increases the pH levels in your body to fight the acidity caused by lactic acid and ammonia which build up during a workout.

That's why we should stop working out after 45 minutes. Don't think that your body will break down fat into simple sugar glucose and use it as energy – it doesn't happen because it takes your body much longer to do this than to break down muscle fibres. That's why we shouldn't work out longer than 45, maximum 50 minutes.

When your muscles deplete all reserves of muscle glycogen, your body has a reserve of liver glycogen but there's no more than 700 – 750 mg, which is not enough even for a 3 to 5 minute workout. Again I stress – if you want to get results don't workout longer than 45-50 minutes.

As a natural bodybuilder, you shouldn't work out twice a day because your body is not able to release testosterone twice within a 24 hour period – only once. So if you workout in the morning, and again in the evening, the evening workout won't be so efficient. On the contrary, it can reverse your progress – so don't work out more than once a day. Steroid bodybuilders can work out 2 or 3 times a day because they recover more quickly and they usually use synthetic testosterone. Natural bodybuilders can workout only once a day.

The breaks between sets for natural bodybuilders should be no shorter than 1 minutes and no longer than 3 minutes. I recommend for small muscle parts 1 minute breaks, for big muscle parts 2 minutes, but for heavy squatting, up to 3 minute breaks.

During this time, we prepare the equipment for the next exercise. We can use those long breaks for breathing exercises to restore our breathing and the amount of oxygen in our bloodstream. We know that when we workout our body burns oxygen very quickly and that oxygen is the fuel for muscle cells. Later on I will talk about what minerals and vitamins we should use to build good haemoglobin

which carries oxygen in the blood and into muscle cells. At peak performance levels your blood can run through your veins at the speed of 400 kilometres an hour.

On the subject of breathing you should never hold your breath. It's very dangerous and sometimes you can get dizzy – particularly when you do heavy Squats or heavy Bench Presses. There have been many deaths where bodybuilders held their breath and, because muscles burn oxygen more quickly, their brain didn't have sufficient oxygen. There was a corresponding lack of oxygen in their bloodstream and for just an instant they became dizzy and unable to control the weight while performing a Bench Press – and the bar dropped on their necks killing them instantly!

Another danger of incorrect breathing is that you can ruin your heart valves. Never ever hold your breath. Your breathing should be in the same rhythm as your movement – regular and fluid. We inhale deeply by nose, exhale deeply by mouth. It's good to squeeze your lips and force your exhaled breath out of your lungs. But don't overbreathe by taking short breaths when exhaling and inhaling as you can hyperventilate. This can be dangerous as you can become overloaded with carbon dioxide and become dizzy. I'm telling you this from my own experience as it happened to me – once and only once – because I learned from this mistake. Exhaling should take a little longer than inhaling. Your breathing rate speeds up during exercise because more oxygen is required in muscle tissues.

In general, don't work out when you're sick, when you have the flu, or when you have a very serious injury. Sometimes if the injury is not so serious you can workout as there are some exercises you can perform even when injured. If you have an injury of your upper body, you can still work out with your legs. Later on when you're better trained, you'll know which exercise to perform when you're injured. During my bodybuilding career I had many injuries but I never stopped working out because I was able to find different exercises which caused no pain.

To give you an example, I once injured my knee and couldn't perform any squats but I could, and did, do Leg Presses, so helping with the healing of my injury. Similarly I once injured my shoulders and couldn't do any Presses but I could do Side Lateral Raises. You need to find exercises, movements and positions that you can work out with even when injured.

Never work out with a full stomach. The last meal before your workout should be one hour before and it should be a light meal – don't eat heavy foods like meat, because your stomach is a muscle as well. If you have a full stomach, it starts working and because it's very dense muscle, it takes a lot of blood. It needs energy for its work and when you start working out your body takes blood away from the stomach into your muscles and you can get stomach ache or even vomit whatever you ate before your workout. And this has happened to me too!

If you go to the gym and find you just don't feel like working out, ask yourself "Have I slept and eaten enough"? If the answer is yes, you're fine to work out and any tiredness is only in your mind. Just start working out and after the first two sets you'll be on track to having a good workout. Never ponder before your workout whether you want to train or not – JUST DO IT!

Let's talk about muscle growth. We know that according to Darwin's theory certain organisms adjust themselves to conditions from outside those in which they normally exist. In this case a workout is the outside condition to which our body has to adjust itself. The more weight you lift, the more muscle fibres you build, but we must keep the correct kinesiology in bodybuilding – in other words we must keep good form. When muscles grow bigger in response to the load placed on them we call it hypertrophy. If you use very heavy weights and incorrect form, you overload your tendons only and if they develop more than your muscles, you'll never get bigger. I saw guys in the gym stronger than me, but smaller because they had bad form. Instead of loading their muscles, they loaded their tendons. Correct form is the most important part of your workout – particularly if you're a natural bodybuilder.

Never ever sacrifice correct form for heavy weights. Sometimes you can hear “If you want to get bigger, you must get stronger and you must use very heavy weights”. It’s not true. In bodybuilding, when we want to build muscles, we use about 70% of our maximum for one rep weight. For example if your maximum Bench Press for one rep is 100 kg, you should do normal sets of 8 reps with 70 kg and that’s how you should assess weights for each muscle part. If you keep the correct speed, don’t jerk, swing or throw weights up or make any violent movement, this formula should be right for you. Don’t lift weights very quickly as it’s dangerous. The correct speed should be about 3 seconds up, 4 seconds down. If you use very heavy weights and work out very fast, you’ll be unable to control your form, can hurt yourself and be out of the gym for two or three weeks. For older bodybuilders I recommend very slow movements of 5 seconds down 4 seconds up. The first 6 reps you do very slowly followed by 6 reps faster, 2 seconds down and 1 second up, until you finish a set of 12 reps. Later on I will describe this system. This way you don’t lift heavy weights and you save your joints from wear and tear and injuries. This system was invented by two sports scientists, DeLorme and Watkins, and loads your muscles so well you won’t believe it!

Maybe you’ve had the experience where someone at the gym came to you and told you “Your form isn’t good, this exercise isn’t good, you should do it like this, or that or the other way”. At first, look at that person and assess whether they’re in good shape or not. If they’re in good shape themselves, then listen to their advice, try it and decide. Good exercise, a good system and a good weight is felt immediately. Later on you’ll learn which exercise works best for you. But I’ll tell you something. Every exercise in bodybuilding works if you use the correct form. Because all those exercises were invented by experienced bodybuilding specialists and they knew how to work out. There’s nothing new to be invented in bodybuilding. I repeat – every exercise in bodybuilding works but you must have correct form. I know that I used to do exercises that didn’t seem to work for me, but I knew that they were good exercises. I discovered that the mistake was with me and my form – the weight was too high or too low; the speed was incorrect; my posture, position or equipment

was wrong. But once you find out how to work out properly, every exercise will work for you.

If you work out today, tomorrow you should feel your muscles – but there shouldn’t be pain or soreness. The feeling you should experience 24 hours after your workout should be as if your muscles were slightly pumped. Sometimes you get that feeling after 48 hours. The day after your workout, when you flex the muscles you’ve worked out with the day before, you should feel them. But if you get cramps or flexing is very painful you’ve overdone it. Your workout was too hard. You used too many sets, too many exercises and probably too many reps. And you probably spent a long time in the gym as well. We sometimes get sore muscles when we start a new workout programme but this lasts for only a few days.

If you want to be a good bodybuilder and be healthy, you have to educate yourself. There are so many good books about nutrition and bodybuilding nowadays, and information on the internet, it’s easy to obtain good knowledge. My advice is at first use your brain and then your muscles. Think about what you’re going to do. Before you grab the bar or dumbbells or get on a machine, go through all the details in your mind – correct form, how to breathe, correct position and so on – after that you can grab the weights.

When you start working out with a certain muscle part, let’s say, legs, you have to warm them up very well. Never stretch cold muscles – it’s very dangerous. Always stretch after your warm up. Do stretches when you’ve finished your warm up with a certain muscle part. Stretch for one minute – your muscles need time to elongate and it mustn’t be painful. Don’t stretch pumped muscles or you’ll hurt yourself. I will cover stretching in more detail in a later chapter.

For a warm up I recommend using 50% of the weight you use in your normal sets. For example if you do 8 or 10 reps for Squats with 100 kg, I would recommend 50 kg for the warm up. Start warming up and don’t count reps. Stop the first warming set when you feel that your thighs are full of blood. Have a short break, stretch for

1 minute, and add another 20 kg on each side. This time you can go up to 10 or 12 reps. After that stretch, again have a 2 minute break and you can start doing your Squats at 100 kg, 8 reps.

When you work out in a colder gym, always dress appropriately. I sometimes see people in gyms who work out with their arms and when their arms are pumped, they take off their tops. This is very dangerous for their joints. If your muscles and joints get suddenly cold, they can develop rheumatism. Later on you'll have the opportunity to show people how great you look when you're on the beach or the stage! Modesty is a good motto for all bodybuilders. Don't look down on other bodybuilders who may not be as good as you – some day they may be better than you are. Don't humiliate anybody – because one day you may be humiliated too. Be friendly – if you want to give advice to others, give only honest and correct feedback. There are huge egos in this sport and this can reflect badly on all bodybuilders.

If you start a new exercise and you can't feel "the burn" after the first or second set, something is wrong – not with the exercise but with your form. If you don't feel your muscles as you would want, ask yourself if the speed is too fast. Are you going up or down too quickly? Is the position of your arms and body correct? Is the weight correct? Ask yourself these questions and you'll find the answer. It's very easy to find out what weight is good for you. Let's say you want to do Barbell Curls for biceps with 6 reps. You put on a barbell a certain weight and you start lifting. If you're able to perform, using correct form, only 4 reps, then the weight is too heavy. But if you're able to do more than 6 reps, the weight is too light. And if you perform the sixth rep and you get your arms into a 90 degree position and you're able to hold it for longer than 5 seconds, the weight is too light also. But you should build the weight regularly, slowly. Don't try a new exercise initially with very heavy weight because you'll hurt yourself. You must prepare your body for loading, new movements and angles.

## 11 GYM BEHAVIOUR

Sometimes, people will come to you for advice. Be polite and tell them "Look I'm working out and don't have time now because my breaks will be too long, but if you want some advice, I'd be happy to have a chat after my workout". Don't let anybody disturb your workout by talking, otherwise your breaks between sets will be longer and you'll lose pump.

Don't try to show off to others in the gym or impress them by putting a lot of weight on your dumbbells or barbells and using incorrect form; again you can hurt yourself. People don't care how strong you are – the most important thing is your form and how you look – your body. I remember a young guy came to me and watched as I was doing my biceps – which were big at the time. He said to me "I've noticed that your warm-up is too long. Why? You've already done three sets of warm-ups for your biceps?" I said "Well, this is not a warm up these are my normal sets". He said "But come on you have on 35 kg for your biceps and I use 45 kg. With arms like yours you should do more". I told him I was watching my form. So I showed him my form and he was unable to do even two reps with 30 kgs! And his arms were half the size of mine. Because he used bad form, the tendons of his biceps were much stronger than the bicep muscles, and as the angle of his upper arms was more than 90 degrees, his forearms lifted more of the weight that should have been loading the biceps.

Heavy weights don't build muscles – middle weights, correct form and slow movements build muscles. If this wasn't the case, some power lifters would be huge but they're not. In Slovakia, there are a lot of very good power lifters. Two of my friends are European champions. One is 72 kg and one is only 62 kg body weight and they're very strong. If the lifting of heavy weights was the only way how to get big, those champions would be three times as big as they are. Does it make sense? I think it does. I used to make the same mistake using very heavy weights and I got stronger but not bigger. I remember doing squats with 160 kg, 8 reps and my

thighs did not want to grow. I started using 100kg very slowly, as recommended by my trainer, and I couldn't believe it – they grew like mushrooms after the rain! So once again – very heavy weights don't build muscles only the weight which allows you to perform the correct form builds muscles. But of course they must not be very light either!

## 12 WHO NEEDS TO WORK OUT?

These days all sports need strong competitors – the demands for athletes with strength is very high. Some sports require athletes to workout with heavy weights. Among them are sports like Ice Hockey, Shot Put, High Jump, Wrestling, Judo, Boxing, Discus, Hammer and Javelin, Rugby, American Football, Yachting and Water Skiing. And there are other athletes, who aren't required to work out with heavy weights, but who still need to go to the gym and lift moderate weights to develop the muscles most used in their sport. Those are sports people who do motocross, gymnastics, acrobatics, distance swimming, golf, tennis and so on. If you, for example, make a sprinter go to the gym and work out with his legs doing heavy Squats, his pick up will be enormous. That's why bodybuilders, weight lifters and power lifters are very good sprinters in spite of being muscular and heavy; their sprint is good as they have strong legs and good pick up – they can explode from the earth!

But some sports people must be very careful what sort of workout they do, for example, people who do karate, play tennis, or golf should be careful not to lose speed or swing. They have to know which muscle parts are the most involved in their sport. Correct development of those muscle parts can increase their performance. I've trained golf players and they were amazed, after only a few months of working out, how their performance and shot distances improved. Some were able to deliver a ball up to 30 metres further than before they started working out with weights. That's some improvement!

Make sure you don't work out very hard the whole year long. Your body can't bear it. Your joints and tendons need some rest. It's a good idea to divide the year into three phases. The first phase is usually after your competition or peak, when you're exhausted and you can't work out hard. So for one month after this time you should work out with light weights, i.e. 70-80% of the maximum weights you work out with at your peak. Your workouts are lighter but regular. After that month, you can increase the number of sets,

exercises, weights and start working out maybe with 80-90% of the maximum effort you used at your peak. This phase should be about another month. After those two months, you should start building to your peak again, with maximum effort. For those who compete, we usually compete twice, maybe three times a year. We shouldn't compete more because we aren't able to maintain top form for such a long period. The longer you compete, the more stress you put on your body via dieting and hard workouts. Competitive bodybuilding puts enormous stress on your body and to be honest it's not healthy to compete. Why? The strict diet required before a competition and the elimination of water from the body for the few days prior is risky and can damage your kidneys or heart, so you must know how to do it. But if you love the sport as I do, then don't compete too often. For four months before your competition, you should work out for 100% of your maximum; heavy, very hard, with good form and good nutrition but still with your planned rests. You must still take breaks, even if it's very close to the competition. The final month before the competition is the hardest. So you can see that we gradually increase weights until just a few months before the competition. This way you won't be overtrained and you'll be injury-free. When I was in my twenties, I competed three up to four times every year. Now in my fifties I compete once every two years.

If you're a beginner, just starting to work out, don't favour any muscle part. I know that some guys want big arms at the beginning – and it's wrong. They don't work out with their legs and then they say I'd first like to develop my upper body and later on I'm going to develop my legs. It should never happen this way. From the very beginning of your bodybuilding career, you must develop equally every muscle part. It means that if you do six sets for your chest, you'll do the same number for each muscle part of your body. But sometimes, some muscle parts grow faster than others. This happened to me. My arms started growing faster than the rest of my body, so I worked out more with my legs, calves and other muscle parts which weren't developing so fast.

Remember, always work out for symmetry. Unsymmetrical bodybuilders look funny – remember that. Symmetry is the most

important part of bodybuilding. When you go to a competition, you'll often see both non-symmetrical and symmetrical bodybuilders. You can see how beautiful the symmetrical bodies are – with a slim waist, wide shoulders and every muscle part well developed and in balance with other muscles. That's how a bodybuilder should look. To have a well developed upper body and slim legs is not very nice, or to have a well developed chest and shoulders and small arms or calves. Again I stress this is the most important part of bodybuilding – symmetry, symmetry, symmetry.

But if some muscle part grows more slowly than others it doesn't mean you have to work out with it more often or with more exercises. I would recommend working harder and choosing the exercises where you can use heavier weights. Usually they're basic and involve free weights. Don't use any machines. We already know that all the basic exercises in bodybuilding involve free weights. You can't perform them on machines. Later on I'm going to teach you which exercises are for building mass and which are for shaping. Not every exercise in this sport builds muscle mass. Remember that. Maintain correct form. Work out with your weakest muscle parts at the beginning of your training when your body has the highest amount of energy and nutrition.

As a beginner, always start working out with free weights only. I recommend beginners to avoid using machines for the first six months of their workout. Why? If they use machines from the very beginning, they will never learn correct form. When you use a machine, you have to follow **the machine** which can sometimes put high stress on your tendons and joints. And your muscles aren't loaded as they should be. If you use free weights, the free weights follow **you**, which is the most natural way. Cables are considered to be free weights. I can give you an example. If you do Hack Squats on the machine, the machine restricts the movement of the thigh bone between the hip joint and knee joint. It can't move and this way there's huge stress on any tendon above your knees and in the hip joints. But if you take a bar and perform Hack Squats, you'll notice a big difference because you can move your hips forward

and back. You won't feel any stress on your knees or in your hip joints. On the contrary, the whole load will go on your thighs.

Classical Squats and Hack Squats with a bar are my favourite exercises for thighs. But of course they're performed with free weights – not on a Smith Machine or a Hack Machine. There are exercises which need some simple machines – like Calf Raises, or Leg Curls, but apart from those two machines, I recommend only free weights. Even if you're an advanced bodybuilder, use free weights all the time as much as you can. There's a large variety of exercises with free weights. Sometimes I say to my clients "Those fancy difficult machines were developed for lazy people". I don't want to say they're bad, in fact some of them are very good – particularly some of the newer designs that allow for better movement. But I always prefer free weights and cables to machines.

## 13 THE BEST NATURAL ENERGY SOURCE?

In the summer, we should utilise sunny days. Sometimes if you feel a bit tired after the working day, before you go to the gym and work out, you should try this healthy trick. Strip down to your waist and expose your body to the sun for 15 minutes. You'll be very surprised how you'll recharge your body with energy. Don't use sunglasses because you absorb most of the sun's energy via your eyes. After that – go to the gym and hit the weights. You'll feel full of energy and strong!

Have you ever noticed after several consecutive rainy days, you feel less energetic? You're sleepy and in a bad mood. This is usually when we say that it's good weather for sleeping – because you're more tired. But if there are a lot of sunny days consecutively, we feel full of energy and in good humour. I personally love working out in the summer. Even if it's very hot and I perspire a lot, in the summer my workouts are much better than in the winter. The skin is our third kidney – it's actually desirable to sweat when we work out as you lose toxins via perspiration. In the summer I always feel like going to the gym. But this is not always the case in the winter. The energy from the sun is the source of plant energy and if we eat raw vegetables which are exposed to the sun, we get energy very quickly. That's why raw vegetables and fruits are the best foods for us because they're full of electrons.

If you want to **lose weight**, I recommend you don't spend too much time and energy on cardio – it's useless – yes useless! When you work out with weights, you burn up to two times more calories than with cardio. Cardio is good to do on your off days when you don't work out with weights. Just 30 to 40 minutes, will strengthen your cardio-vascular system i.e. your heart. But if you want to lose weight and get into good shape, lift weights. The fastest way to lose weight is via correct diet and correct workout. After your workout with weights, which shouldn't be longer than 45 minutes, you can get on a cardio machine such as a bike, stepper or cross-trainer

for 15, maximum 20 minutes – but use very high intensity. Your heartbeat during those 15 or 20 minutes should be over 120 beats per minute. This is the best way to lose fat, particularly one month before your competition. But if you simply want to lose weight and get into shape, just doing weights is enough. But you must be on the correct diet.

If you perform cardio exercises every day for longer than 20 minutes, you may lose muscles quicker than fat. In one gym where I was training, every morning my clients and I saw the same overweight people on the cardio machines for nearly an hour, day after day. They were using the cardio machines regularly and they couldn't lose weight as they wanted. After one year, their weight and shape was still the same. And my clients, who were doing mainly weights with only a few minutes cardio, were losing body weight very quickly. Don't think that cardio will make you slim faster than weights.

## 14 COMMITMENT

In this book, I cover mainly bodybuilding, losing weight and getting people into better shape. But you know very well that if you want to achieve anything in your life – it doesn't matter whether it's in sport, business, study, politics or whatever – you must give it total commitment. You must be committed to your sport fully. To be a good bodybuilder or to excel in any sport, you must sacrifice the pleasures of our modern lifestyle – like drinking, smoking, using drugs, going to parties and so on. Instead you have to have sufficient sleep, eat correctly, drink correctly, always eat on time and go to the gym on time. You shouldn't miss any workout; you shouldn't miss any meal or any supplement. As you can see, you have to really sacrifice a lot of things that your friends, companions and workmates do – but your reward will come.

A beautiful body is something that everyone wants to have, but very few people are willing to do something about. Only those who are mentally strong can achieve it. In my personal training career, I've had many clients who came to the gym regularly and worked out very hard but they weren't able to maintain correct diet. They were not mentally strong enough to resist tempting food. So to achieve their goal was much, much harder. But some of my clients, who were willing to sacrifice unhealthy foods for healthy ones, plus work out very hard, achieved fast results and they were happy. Remember the better you look, the more respected you are. That's one reason why so many famous politicians, actors, singers and business people work out nowadays, and another reason we should put our bodies into the best shape possible – to be more successful in our lives.

Many people start working out because they want to be different from others – to feel good; to feel young; to move better; to sleep better; to cope better with everyday stress. I can guarantee you, if you start working out properly, you'll be amazed at what this sport can do for you.



When you work out, try to concentrate fully on your workout. Try to put all your problems away. Think positively. I know that sometimes it's hard. Sometimes we go through stages where we have many problems – stress at work, at home, with families, problems with relationships. But that's why a workout is such a good anti-stress formula if you make it a regular part of your lifestyle.

To work out, it doesn't mean that you have to be a big strong muscular bodybuilder – it just means getting into good shape, without fat. You don't have to eat a lot, but you have to come to the gym regularly – at least three times a week – no less. I recommend people who only want to get into shape go to the gym five times a week. Three times a week do weights and twice a week do cardio, just for their cardiovascular system and for their breathing. Plan your workouts like this:

Monday, Wednesday, Friday – weights for 45 minutes; Tuesday and Thursday – cardio for 30 to 40 minutes with your heartbeat under 120 beats per minute. Or go for a walk up the hill. That's all you have to do, but you mustn't miss any workouts. If you work out only once or twice a week, you can do your body more harm than not working out at all. Every workout is stress. If it's regular stress, your body can get used to it. But if your body isn't prepared for a workout and you work out once or twice a week – sometimes on Monday, sometimes on Thursday, Saturday, Sunday – always a different day, always a different time, it's not good for you. If you can't work out regularly, don't work out at all! It's better for you to stay away from the gym and not to do any weights at all, because you can hurt yourself. You can walk, or cycle, or do cardio exercises any time you want, as many times a week as you want. But to work out, you must work out regularly – at least three times a week.

For those who commit themselves to being good bodybuilders, I recommend one thing; never ever copy those big professional bodybuilders. Never ever follow their workout or nutrition programmes, because they're not natural bodybuilders. Their workout programmes are very hard, very long and they put

enormous stress on your body. If you're a natural bodybuilder, you mustn't follow them – ever!

When you work out, don't try to work out for huge pump or pain – this is the wrong feeling. Some guys come to the gym and they do a lot of exercises and a lot of reps, until they feel pain in their muscles, because they think this is the way they should feel. No – the pain in your muscles is developed by raising lactic acid and ammonia – the higher the level of these chemicals the higher the level of pain. The correct feeling for well trained muscles during a workout is a pump without any sharp pain. Remember that – sharp pain indicates that something bad is happening in your muscles.

## 15 GENERAL NUTRITION

Now we'll cover the most important part of bodybuilding – nutrition. Yes my friends, nutrition is 80% of your success in bodybuilding – your workout makes up only 20%. If you want to build a beautiful body, you need very good nutrition – and you have to pay attention to it. I won't talk in great detail here about proteins, fats, carbohydrates etc as you can read all this on the internet, in bodybuilding magazines, or from the multitude of books on the market. But I'm going to share my experiences and outline what I eat as a vegetarian natural bodybuilder.

Before you start working out you should educate yourself – get as much knowledge about nutrition as possible. The more you know about nutrition, the better you get – and faster. In this sport, it's very important to know what food and supplements to take, how much and when. And you need to know what they'll do for your body. I usually don't count calories or proteins as some bodybuilders do, as I consider it a waste of time. I roughly estimate that I should eat about 30% carbohydrates, 30% proteins, and 40% good fats, such as Olive Oil, Flaxseed Oil, Sesame Oil, Avocado and so on. I try roughly to get between 2000 and 3000 calories, but always watching my body. When I see that I'm getting fatter, I cut carbohydrates and increase plant proteins, but I don't cut essential fats.

Let's talk about calories. We know that 1 gram of carbohydrates or protein gives us 4 calories, but 1 gram of good fats gives us 9 calories. Don't forget one very important fact: our body runs on electricity not on calories. Very good examples are the heart, brain and nervous system where electric impulses are most felt. Calories are for maintaining a warm body temperature. Interesting? I think it is.

I'm not a sports scientist, but I'm telling you this from my 35 years personal experience in bodybuilding. Sometimes even the "experts" can be wrong, because not every expert is a bodybuilder.

First of all we'll talk about what supplements you use. Let's start with vitamins. The most important vitamin of all is Vitamin C because our body isn't able to make it, and we have to supplement it. The only creature whose system can make Vitamin C is the dog! But we aren't dogs, we're humans. Some sports nutritionists recommend using from 1500 mgs up to 3000 mgs of Vitamin C but as I'm a pretty down to earth person, I always take the lower limit. I use between 1000 mgs to 1500 mgs. Vitamin C is important as it's a very good antioxidant and it helps to maintain collagen. You know about collagen – it's formed from amino acids and it keeps our skin elastic. It's also important for the membranes of our muscle cells and for maintaining strong, healthy tendons and ligaments.

Let's talk about the vitamin and mineral supplements that natural bodybuilders should use. There are vitamins like Vitamin A, D, and E – which are very important for natural bodybuilders and they're included in vegetables and good oils. I'm not going to tell you how much you should use because it's written on every label and you should stick to that dosage. Don't use more than is recommended of any vitamins as overdosing can be toxic and because they're fat soluble our body can't get rid of excessive amounts quickly. The body can only easily excrete water soluble vitamins like B and C.

Some of the most important minerals for natural bodybuilders are:

Chromium. This is a most important mineral for bodybuilders as it plays a role in the formation of enzymes and hormones. It also takes glucose from the blood into muscle cells and is important for the metabolism of cholesterol and the proper utilisation of blood sugar.

Zinc is essential for the synthesis of body protein and is involved in the enzymatic process and reproductive hormone activities.

Iron is an important mineral for the formation of haemoglobin and we know that haemoglobin carries the oxygen from the lungs to the cells of the body. Bodybuilders should use iron daily in sufficient amounts particularly if they're vegetarian.

Calcium is essential for all the vital functions of our body. We need it to build healthy teeth, bones and for good growth. It's essential for your heartbeat and all muscle activities.

Choline is an important liver protein. It's very good to use before a competition because it breaks down fats.

Magnesium assists with the absorption of calcium and iron. It's important for your heartbeat and it's considered to be an electrolyte.

Some extra- special supplements for natural bodybuilders:

L-Carnitine is an amino acid which should be used before a competition because this is the only substance in the body which allows fatty acids to get through the mitochondria of muscle cells where fats are burned as energy.

Kelp is a good sea vegetable for speeding up the metabolism.

Nitric Oxide gives a good pump and releases growth hormones. It's Arginine in all three forms and is one of the hottest supplements on the market for bodybuilders.

Powdered Protein – Whey is considered to be the best because of its biological value, but it's not suitable as a source of high protein for vegan or vegetarian bodybuilders. In this case I recommend organic hemp protein powder.

Free Amino Acids. This is another important supplement which should be used by every bodybuilder. We know that amino acids in free form are the building blocks of muscle proteins – simply said muscles.

If you're a meat eater, another excellent supplement is the amino supplement Liverplex. It's desiccated liver usually made of organic beef liver from Argentina. It's rich in B vitamins, Choline and Inositol. Vince Gironda, one of the best trainers of his time, recommended using every three hours, two pills of Liverplex with 200mg of Vitamin C.

B Group Vitamins are important for bodybuilders because they support the metabolism of proteins into the blood stream. Our food these days doesn't include enough B Vitamins and they're fragile and easily destroyed by cooking, heating and processing. B Vitamins are killed at temperatures over 70 degrees Celsius and we cook our food at temperatures of 100 degrees and higher. This is why everybody should supplement with B Complex Vitamins, not only sports people.

All the supplements I've mentioned are very important. But if you can't afford to buy all these supplements, and you want to know which are the most important for bodybuilders, I would recommend B Complex Vitamins, a multimineral supplement, Vitamin C and soy, hemp or rice protein powders. These four supplements are important for beginners and they will work very well for you when combined with proper workout and diet.

## 16 PROTEIN

I'm not going to talk about what proteins are, where they're from and what they do for us. You know all that. However, I'd like to mention one thing. I don't agree, as many experts insist, that vegetable proteins are second-class proteins, and that their biological value isn't as high as that of animal ones. Why don't I agree? Because vegetable proteins are more easily digested, absorbed and metabolised by our body than animal proteins. For example plants include edestin, which is a bioactive plant protein very easily absorbed by our body, and unlike animal proteins, no toxic ammonia is created as a by-product.

Animal proteins are usually processed proteins – cooked meat or dairy products and powders which our body isn't able to metabolise as well as vegetable proteins. A lot of bodybuilding publications recommend that we should use up to two or three grams of protein per kilo of body weight, or more. It's not about how much protein you use, but how much your body is able to metabolise. A lot of bodybuilders eat huge amounts of protein and all they do is load their kidneys then urinate the excess protein out of their system – what a waste of money! Excessive protein is also converted into ammonia which is toxic and worse, high animal protein diets can also cause serious heart disease.

Excess protein can be converted and stored as body fat and yes you can get fat from excessive amounts of animal proteins. But if you eat unprocessed vegetable proteins as found in lentils, beans and vegetables, your body is able to metabolise all the available proteins. Of course if you eat processed vegetable proteins made of peas or soy, they're not quite so easily metabolised. But you'd be surprised at how much protein is in fresh raw green vegetables and this protein is raw – the same as amino acids from vegetables are raw. So I repeat, your body is able to use **all** the raw proteins and amino acids from the raw vegetables we eat.

However, if you don't trust vegetable proteins you can eat animal proteins. But don't think you should eat only whey protein because its biological value is the highest possible – our body needs all sorts of protein. If you're a natural bodybuilder, I would recommend you have daily not only whey protein, but also milk and egg proteins. But if you're a vegetarian or vegan bodybuilder you should eat vegetables like spinach, kale, broccoli, lentils, beans, soy beans and nuts like almonds, pumpkin seeds, sesame seeds and sunflower seeds. These are the best proteins for us and I can personally vouch that the results are fantastic.

I also don't agree that you can't be a good bodybuilder if you don't eat animal proteins. Look at a gorilla. It's a very powerful animal with beautiful huge muscles as is a horse, and these animals are plant eaters!

Every meal you put into your mouth, five, up to six times a day, should consist of all three food groups – proteins, carbohydrates and fats. We know that our body metabolises protein better with carbohydrates.

I'd like to mention the side effects of eating animal proteins. Yes my friends don't think that animal proteins are particularly healthy to eat. Many of you may be surprised by this statement, but it's true. Animal proteins create high acidity in our bodies – and if our systems are highly acidic, we can become seriously ill. I'm talking here not about the actual acids found in foods such as lemons, but rather about the acid ash that is left in our bodies after food is processed. These acids can burn holes in our intestines; damage the walls of our stomachs, hearts, blood vessels, veins and totally destroy the biochemistry in our bodies. That's why it's not recommended to eat large amounts of animal proteins. But if you want to use them it's your choice but you should have a variety of animal protein, plus vegetable proteins. The best protein powders are made of organic peas, soy and hemp.

I'd like to give you a few tips about which green vegetables offer the best sources of protein. I consider kale, lettuce and spinach

to be the best for the human digestive system. I don't agree that our muscles grow from proteins only, because our muscles grow mainly from food which is rich in positively charged electrons and from healthy blood. This means only one food – green vegetables. I recommend having protein with every meal – at least 15 to 20 grams, to keep a positive nitrogen balance in our muscles. But once again, don't overdose on it.

As a beginner don't use any supplements but Vitamin C, B Vitamins, Minerals and a little protein powder. At first build your muscles with food only. After 6 months you can then go onto proteins and gainers. You should use special supplements like Tribulus, Nitric Oxide, Creatine and similar supplements only after the age of 18.

## 17 CARBOHYDRATE

If you educate yourself about nutrition as you should, you may already know that carbohydrates can be categorised as either complex or simple. Complex carbohydrates are the best for us because the calories from these carbohydrates are released into the blood-stream slowly and gradually so the body is supplied with long-lasting energy. But energy from simple carbohydrates is not long lasting energy. It means that the body gets all the energy at once and later on you're lacking energy. This is why simple carbohydrates are usually used by bodybuilders immediately after their workout when they need to restore their energy very quickly and supply the brain with glucose.

Complex carbohydrates enter the bloodstream within three to four hours. Simple carbohydrates enter the bloodstream within 15 – 30 minutes. You know that we get complex carbohydrates from vegetables, pasta, potatoes, bread and similar foods. Simple carbohydrates we get from honey, sugar, (which I don't recommend for bodybuilders – a better option is honey) and fruits. You should eat carbohydrates with every protein meal because we know that carbohydrates also allow the body to use protein efficiently and keep the correct acid/alkaline balance. Of course the best carbohydrates are from vegetables.

When you're on a high protein diet and you reduce your intake of carbohydrates you have to compensate every fourth day with a lot of carbohydrates throughout the whole day, otherwise you'll start losing muscle. Don't think that if you eat a lot of protein you won't lose muscle – you will!

Even though one gram of protein has the same amount of calories as one gram of carbohydrate, we have to eat carbohydrates because they restore muscle glycogen which is needed to supply energy to your muscles.

Here are some questions – what’s better? Raw vegetables or processed? Raw grains or processed? Raw fruits or processed? Raw meat, or processed? Of course, raw is **the best**. Here’s an example. The American Indians used to eat only fresh meat – raw buffalo meat. The red fresh meat included everything – all the vitamins, minerals, carbohydrates, fats, proteins and, most importantly, enzymes, required. That’s why the American Indians were so lean, healthy and fat-free – they didn’t know any disease. But if you cook meat, you destroy everything in it so only proteins and fats remain, along with some minerals. If you eat tartare steak, which is just raw meat, this food is digested within one hour. If you eat cooked meat it’s not digested for up to four or five hours and even then it’s not digested totally! Why do we cook our foods? Because they taste better and today very few people care about whether or not their food is healthy. This is very sad to see.

So when Europeans came to America and showed the Indians how to grow crops and cook meat, the indigenous peoples started to become sick. It only proves that raw food is really the best food for human consumption. Our early ancestors were fruit and plant eaters. In later times, when there was drought and inadequate supplies of plants to eat, they started killing animals. At first the meat they ate was raw until they discovered fire and found out that cooked and roasted meat tasted better.

That’s how our blood started changing – by eating different foods. The first blood group was probably A – vegetarians. A and AB blood groups should be vegetarian but O and B groups should be meat eaters to some extent, because their body needs red meat to maintain good health. So although vegetarianism isn’t right for everyone this doesn’t mean that O’s and B’s can’t be vegetarians. But if they choose to follow a vegetarian lifestyle, they must ensure they get sufficient iron and Vitamin B12. Yes vegetarians must eat foods rich in iron and as they don’t eat red meat, they should get their iron from seaweed, spinach and other plants and fruits which include iron. Alternatively they have to supplement. Do you know that seaweeds like nori, dulse or kelp contain 10 times more calcium

than cow’s milk and several times more iron than red meat? Good news for vegetarians and vegans!

Let’s get back to carbohydrates. I’m often asked how many carbohydrates I eat. To be honest I’ve never counted carbohydrates in my whole bodybuilding career as I believe it’s a lot of work and a waste of time. My measurement of body fat is done via the mirror! I personally don’t believe in the measurement of fat with callipers as it’s not accurate. The most precise method of measuring body fat is under water. We’ll cover that later in another chapter. We should have carbohydrates with each meal but as we now know, they should be complex carbohydrates.

Why are simple carbohydrates not the best choice? Because they force the pancreas to release insulin to regulate the blood sugar level down below normal which causes an immediate increase in energy – but only for a very short time. This sort of energy is depleted by your body very quickly. Complex carbohydrates are usually foods which have a glycemic index below 60. Simple carbohydrates are foods which have a glycemic index higher than 60.

Bodybuilding competitors eat a lot of carbohydrates two days before a competition to get rid of water. Yes, carbohydrates act as a diuretic, releasing water from the tissues, and restoring adenosine triphosphate for better energy and pump before they get on stage.

## 18 FAT

Now we're going to cover the most essential fats in our body – essential fatty acids. I recommend using fats over carbohydrates for energy. Fats sustain the blood sugar level for up to seven hours and are burned as energy sources very slowly. It's difficult for our body to break down its own fat quickly to be used as fuel and that's why we should eat natural foods and supplements to help our body to speed it up.

The best fat burner on the market is Acetyl L-Carnitine, a natural supplement made of milk. L-Carnitine must be taken in acetylated form. This is the only substance in our body which helps fats to get through the membrane of mitochondria where they're burned into energy, and although our body does make it L-Carnitine it's not produced in sufficient amounts to break down fat. Usually L-Carnitine is advertised as an energiser and people are confused; is it an energiser or a fat-burner? In fact it's a fat-burner which realises the energy from fat.

I don't agree with a diet without fats. The body uses fat as fuel when carbohydrates are absent. Some bodybuilders don't even eat good fats, like the fats in avocados, good oils, seeds, nuts, soy lecithin. These fats are very important to our body – we get energy from them along with huge health benefits. Don't forget, fats are the substances which help your body to create hormones and hormones are one of the most important materials for building muscles and burning body fats. For example testosterone is not only a muscle builder, but also a fat burner. That is why when we men are young with plenty of testosterone in our systems our waistline is slim but later on as we get older and testosterone levels drop our waistline expands. Of course our overall diet also has an impact on this.

I recommend eating 5 grams of saturated fat per day. It doesn't have to be from animal sources but usually it is. If you're a natural bodybuilder but not vegetarian or vegan you should have saturated fat from meat. The best sort of fat in this case is from lean beef. Yes,

we need saturated fat but not a lot. Vegans or vegetarians can get it from some oils and vegetarians can also get it from milk products.

Our nervous system is covered with fat. Fat is the best source of energy. One gram gives you up to 9 calories.

Another good source of fat is eggs. Some sports people are afraid to eat a lot of eggs, because of the cholesterol they contain, but in fact egg yolks include so much lecithin that we needn't be afraid to eat them. Some bodybuilders eat only egg whites – but the body's not able to break down the protein in egg whites without the presence of the yolks. If you eat only egg whites, they're converted into glucose and not into simple unit amino acids – so it's important to eat the whole egg. Many sports nutritionists and scientists consider eggs to be the most perfect food in the world because all the nutrients in the egg are in perfect balance. I guess they must be because a life is created from the egg. But they also contain bacteria which can be harmful. I personally don't include eggs as part of my regular diet.

The second most perfect food according to scientists is cow's milk, which isn't ideally suited to humans. Correct – cow's milk is not suitable for human consumption, and if you drink it you may become lactose-intolerant. It's produced specifically to be drunk by baby cows only. The best milk for humans is obviously human milk! .

A young body can have milk but after the age of 30, it's much harder for our body to utilise milk. I started having problems with milk after the age of 40. Prior to that I used to drink up to three litres of milk a day, particularly when I was in my twenties and I must say, I'm not sure whether it worked for me or not. I considered milk as one of the best foods for bodybuilders at that time. Today as my knowledge about food is much greater, I no longer feel this way!

We divide fats into two categories; saturated and unsaturated. Saturated fats are usually from animal sources, like meat, dairy products, and eggs and small amounts can also be found in other

sources. These sorts of fats are usually solid at room temperature. Unsaturated fats are usually from oils, nuts, seeds, plants and fruits and are usually liquid at room temperature. Unsaturated fats are divided into polyunsaturated and monounsaturated.

When you design your bodybuilding diet, make sure that you eat enough unsaturated fats every day and a small amount of saturated fats as well. If you stick with oils, nuts, seeds and fruits you'll get enough of both of them. Essential fatty acids are high in energy. They're materials for making hormones, maintaining skin elasticity, restoring cartilage, helping your body to lubricate the joints and they're very important for healthy hair and nails.

I would specifically like to mention the essential fatty acids Omega 3, 6 and 9 which are very important for good health. They're beneficial for our arteries and for lowering cholesterol. These fats are usually found in fish oils and plant oils and the best fish oil is from cod liver.

And here's a very important point to consider; we're all different in regard to our digestive systems. One person can eat a mountain of food and still remain slim, while others get fat very quickly by eating only small amounts of food. Some of us have fast and some have slow metabolisms. The absorption of nutrients depends on the length of the small intestine. The longer it is, the better the absorption. Those who have very long small intestines are usually fatter; they don't eat a lot yet still gain weight easily.

## 19 MORE IMPORTANT NUTRITION

Water is also a nutrient. Some don't consider it to be, but try to live without it! Your body consists of up to 70% water but not all water is good for us to drink. Maybe you've had the experience where you've drunk a lot of water when you were thirsty but couldn't satisfy your thirst. If you drink water with very low pH (potential of hydrogen) it's not absorbed into your cells and you excrete it via urine as soon as it's drunk so even when you drink "enough" you're still dehydrated. Though it may sound a bit strange, it's scientifically proven. The best water to drink is one which has a pH of 8 or higher. I drink Waiwera Water from New Zealand. This water was judged by Decanter Magazine as the world's best – it has a pH of 8.6. If you don't have access to water like this you can buy pH drops which improve the pH of any water. Most waters have their pH written on the label. Don't forget to bathe your muscles in it!

Dehydration is very dangerous and can cause kidney stones, cramps and make your blood thicker, which is bad for your heart. Good hydration is also important for cleansing your body of free radicals. Try to drink at least two litres of good pure water with a high pH every day. Don't drink tap water as it's full of chemicals. In a few years' time pure water will be more expensive than oil. Human stupidity has already ruined many sources of fresh clean water around the world, meaning that the next generation will suffer a shortage of pure water.

Salt is another very important nutrient. Yes, the same nutrient a lot of people are warned off by doctors as it can cause high blood pressure! However the doctors are right if they're referring to processed salt, but wrong if they mean natural salts, such as Celtic hand harvested sea salt or similar, along with salt from any other natural sources. Real unprocessed salt is not white but slightly greyish in colour. Yes, our body needs natural unprocessed salt daily. Do you need proof? Are your tears salty? Is your blood salty? Is your sweat salty? Yes they are. The saltiness of our body is 9% – the same as that of the ocean.



Furthermore salt contains about 30% sodium and about 50% chloride which as we know are very important electrolytes. A shortage of these elements can cause heartbeat problems, cramps or lowered performance during your workout. Salt keeps your metabolism at a higher level. Good sports nutritionists recommend around 2-3 grams of salt per day. In the summer when we tend to perspire more the amount can be a bit higher. Sodium in salt is a very important element which keeps your body alkaline and maintains water in the body's cells.

## **20 ALKALISING REGIME FOR VEGETARIAN AND VEGAN BODYBUILDERS**

### **Breakfast – 7.00 am**

On an empty stomach take 400ml of pH 8.6 (or higher) water with a pinch of natural sea-salt, with a 500mg capsule of L-Carnitine.

### **7.30 am**

Salad of two tomatoes, 1 capsicum (bell pepper), 1 small raw onion, 1 clove of garlic, 1 green cucumber (about 15 cm long) and 4 white radishes with home-baked yeast-free bread made of quinoa, spelt or buckwheat along with sea-salt and pH 8.6 water.

In addition, have 1 avocado on the bread then eat 1 Tablespoon of flaxseed oil, 1 Tablespoon of sesame seeds, 1 Tablespoon of pumpkin seeds and 3 brazil nuts for selenium.

Following this meal take 1 multi-mineral tablet, 1 capsule of fish oil, and 1 capsule of Acetyl L-Cysteine.

### **Snack – 10.00 am**

A big bowl of green salad, consisting of 4 leaves each of cabbage and lettuce, 3 to 4 celery sticks, a handful of sprouted lentils, a handful of baby spinach leaves, 1 avocado and 1 carrot. To this I add 1 Tablespoon of olive oil, along with the juice of half a lemon.

Following this eat a bowl of buckwheat porridge.

With this meal take 1 capsule of saw palmetto, and 2 capsules of olive leaf extract.

**Lunch – 1.00 pm**

Before this meal, drink 1 Tablespoon of liquid chlorophyll with 250 mls of pH 8.6 water. Then have 1 green cucumber, 1 capsicum 1 large tomato and 1 small raw onion. (This is your starter).

Then for the real treat of the day! Millet porridge! Made as follows:

About 120g of millet flour, 300 mls of pH 8.6 water – stir this all the time while cooking – for no longer than 10 minutes. As soon as it's cooked add 1 Tablespoon of almond butter, 1 teaspoon of coconut oil and two scoops of stevia (100% natural sweetener made of herbs and very alkaline). Don't use any artificial sweetener. This meal is absolutely delicious, nutritious and will satisfy any cravings you may have. After this meal, take 1 capsule of Broccology and 1 Tablespoon of sunflower seeds.

**2:00 pm**

A hemp protein shake consisting of 30 grams organic hemp protein powder, 5 grams lecithin granules, 3 grams barley grass powder, 0.5 grams stevia natural sweetener and 1 teaspoon of cinnamon. Blend everything with 300ml of soy or almond milk. You can have this protein shake twice a day.

**Half an Hour Before Workout:**

Take 3 grams of Kre-Alkalyn.

**Immediately After Workout:**

Take 3 grams of Kre-Alkalyn.

**5:00 pm**

Another small green salad, similar to the one at 10:00 am, with 2 hands full of sprouted lentils, which are rich in protein and amino acids (sprout your own if possible). Follow with a small bowl of oats porridge with cinnamon and 0.5 grams of stevia.

**Dinner – 7:00 pm**

Two sliced zucchini (courgette) cooked in coconut oil, 1 small bowl of Italian spelt pasta, with 2 Tablespoons of flaxseed oil. As a dessert, eat about 30 almonds that have been soaked in pH water for about 12 hours.

You can use this diet all the year long and also before your competition and you'll never get fat. If you want to lose more fat before a competition cut out only the carbohydrates from grains. A look in a mirror tells you what to do. Try to get more calories, if you need them, from avocados and oils.

All the foods and flavourings I eat are organic. They're expensive but still cheaper than doctors! The whole day drink only pH 8.6 water, fresh vegetable juice and tomato juice – no other drinks. The amount of water depends on how much you lose through perspiration. Many bodybuilders, when they want to lose weight, make one big mistake – they don't drink a lot of water because they think that water will remain in the body and they won't lose fat as quickly as they want. This isn't the case – in fact it's very dangerous. Don't forget that vegetables also have a lot of water. If you drink large amounts of water to clean your body of toxins, you go to the toilet often and lose minerals via urine so don't forget to supplement with electrolytes at that time.

I guess you're thinking how time-consuming all this food preparation will be, but I can assure you once you get into your daily routine it won't take long. You have to prepare those foods in the evening and place them in your lunch box or get up early in the morning before you go to work or school and prepare them.

## 21 WEIGHT GAINING DIET FOR MEAT EATING NATURAL BODYBUILDERS

### On Rising:

300 ml of high pH water with 1 gram of unprocessed sea salt

### Before Breakfast:

Protein shake consisting of 8 oz water, 200 grams of low fat cottage cheese, 1 Tablespoon flaxseed oil, one banana, 1 scoop stevia natural sweetener.

### Breakfast – 7.00 am

Bowl of oatmeal, 5 egg omelette, 300ml of soy or almond milk, 1 multi-vitamin tablet.

### Snack – 10.00 am

1 small can of tuna, 250 grams of green salad, protein shake of 20 grams of whey and 300 ml of low fat milk.

### Lunch – 1.00 pm

150 – 200 grams of chicken breast or fish, brown rice, green salad, 1 multivitamin tablet, and desert of your choice.

### Half an Hour Before Workout:

3 grams of Kre-Alkalyn

### 10 Minutes Before Workout:

3 grams of sodium bicarbonate.

### Immediately After Workout:

3 grams of Kre-Alkalyn, 5 grams of glutamine, 1 banana, 4 tablets of amino acids.

### Afternoon Snack:

Protein shake consisting of 300 mls skim milk, 25 grams whey protein, 10 grams egg protein, 1 banana and 1 Teaspoon honey.

### Dinner – 7.00 pm

Fish or any lean meat, sweet potato, broccoli, 10-20 soaked almonds.

### Before Bed:

Protein shake consisting of 20 grams of whey and 300 mls of low fat milk, 1 multi-mineral tablet.

You can design your diet programme as you wish – this is only an example. But always make sure that you have at least three servings of raw green vegetables a day. The vegetables are fantastic cleansers as they consist of good fibres which clean your stomach and intestines of food which have stuck to them. Further, the enzymes in vegetables are a very important part of digestion. Before eating any meat have a bowl of raw green vegetables to help your body to digest the meat more quickly so that it doesn't remain in your intestines and begin to rot.

You can also have about 2-3 grams of sodium bicarbonate which is another good way to help to digest the meat. If you don't empty your bowel regularly every morning, before bed time have 250ml of freshly squeezed juice from green vegetables. If you're a meat eater, it's a good idea to drink freshly squeezed vegetable juice to prevent constipation, particularly before a bodybuilding competition when you're on a high animal protein diet. When your competition is over, take three days to clean your body with water melon and green vegetables. After those three days choose one day a week and eat nothing during the day but water melon. You may have dinner only, consisting of a very soft meal like cooked vegetables or vegetable soup and brown rice. Do this at least for one month. When your cleansing is over, get back onto your usual eating programme.

Remember, if your digestion works properly, your stools should float on the water in the toilet bowl. The more water is in your food the better for your health and the foods containing the

highest amount of good water are vegetables and fruits. However, don't overindulge in fruits which contain too much sugar.

So you must clean not only the outside of your body, but also the inside – this is very important for your health. Hydrate your body efficiently and regularly. Try to keep your body alkaline as often as possible by checking it with pH testing tapes which you can buy from a chemist. The test is very simple – just monitor your saliva and urine two hours after eating. This way you'll find out which foods are really the best for you.

So, finally we're going to cover workout form so we can build muscle on our beautiful bodies.

## 22 'DIAMOND' CALVES

Calves and shoulders have denser muscles than other muscles because we use them every day – so they have to be loaded with heavier weights. For calves we usually use higher repetitions. The first 5-6 repetitions only bring more blood into the calves and the rest of the repetitions develop them. I do 12 to 15 very heavy reps per set but we can do up to 25 reps. I must stress that genetics play a very important role in regard to this muscle part. I know bodybuilders who have genetically big calves and don't work out a lot with them. I, on the other hand, had to work out with my calves a lot and hard because they looked like broomsticks before I started bodybuilding. I recommend working out with the calves twice a week, but no more than 10 sets all together. When you perform calf exercises always slightly push your knees against each other so the pressure is on the first two toes; this way, you load the outer calf muscles as well. It's best to work out the calves with bare feet.

### **DONKEY CALF RAISE:**

This is considered to be the best exercise for calves. Place your feet about 30 cm apart on a 12-15 cm high block. Bend down and support your body with forearms placed on a bench at the same height as your waistline. Ask your work out partner to sit on your lower back. Lower your heels and stretch your calves as much as possible for 2 seconds. Raise your heels up and contract the calf muscles very hard again for 2 seconds. Positive movement (upwards) should take 2 seconds, negative (downwards) 3-4 seconds. Keep your feet parallel all the time. You can also perform the same exercise on the leg press machine. This exercise stretches your calves as no other can and it's very good too for those who have short and high calf muscles. I also recommend this exercise for women who regularly wear high heeled shoes.

### **CALF RAISE ON HACK SQUAT MACHINE:**

Stand with your feet parallel about 15 centimetres apart on a platform, with your face directed at the machine. Lock your knees and raise heels up as high as possible. Hold for 2 seconds and lower

them to the maximum stretch and again hold them fully stretched for 2 seconds. If the platform is very long then use a block about 12-15 cm high. Don't perform short movements if you want to have nice shaped calves. Inhale going down, exhale going up.

**SEATED CALF RAISE:**

Sit on a machine specially designed for this exercise. Place your feet on a block about 20 cm apart. Raise your heels up and flex them as hard as possible for 2 seconds, because this is the most important part of this exercise. The exercise undercuts your calf muscles and gives them that heart-like shape. This is not suitable for bodybuilders with short and high calf muscles. Breathe as with the previous exercise. Use a fluid and slow movement – 2 seconds up and 3 down.

**STANDING/LYING CALF RAISE ON A CALF MACHINE:**

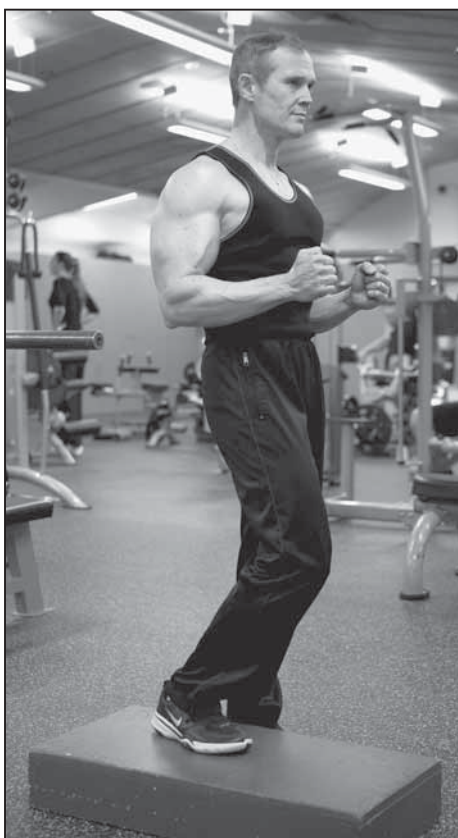
For this exercise we use a specifically designed machine. It can be performed with both feet on a block or one only. The correct way to perform this exercise is similar to those I've described for the exercises above. But I want to dwell on calf raises with one foot on the block, as this is a particularly beneficial exercise. When you perform this exercise, you can spot yourself with your free foot and so use heavier weights. You can apply a negative system of movement, which means that when you raise your heel, you use both feet but when you go down you take one foot off the block. The load is enormous. A lot of bodybuilding experts consider this exercise as very effective and give it a rate of 96% efficiency.



Me, at the age of 54

### ALTERNATE JUMPING ON A BLOCK:

Take a block about 10 cms wide, 15 cms high and about 50 cms long. Place one foot on the floor and one on the block. Start jumping from side to side on your toes only, alternating your feet and touching the block and floor with a different foot for each jump. Perform this exercise with 4 sets each of 1 minute of jumping. You'll not believe the pump you get. This can be a good warm up as well at the beginning of your workout for calves. We can also hold dumbbells in our hands while jumping for a heavier load. I invented this exercise to stress calves even more.



## 23 POWERFUL THIGHS

Now for the biggest muscle part – thighs. To build big thighs we have to use the best and only exercise, and it's.... Squats. You can't build big thighs without Classical Squats – that is, when you hold the bar on your trapezius behind your neck. When I was in my early 20's I had a very well developed upper body but my thighs, even though I was using very heavy weights, were not big enough and so the symmetry of my body was totally out of balance. Even though I was able to perform Squats with up to 160kg for 8 to 10 reps, my thighs were strong but not as big as I wanted. One day I learned about a bodybuilding club where all bodybuilders had very good thighs. The club was in a city only 30 kms from my home so one day I went to see the trainer at this gym. He knew me from competitions and was very willing to help. We went to a squatting area in his gym and he asked me to show him how I performed my Squats.

After a warm up I put on a bar weighing 160kg and started squatting. After about 3 or 4 reps he stopped me and told me he couldn't watch my form as it was so bad. He told me that with the weight I was using I couldn't control my movement. I leaned forward too much, stuck my bottom out and loaded my lower back and glutes more than my thighs; my speed was also very high. By performing squats this way I made the tendons of my thighs very strong, much stronger than my muscles and that's why the entire load was lifted mainly by the tendons. Wrong squatting also makes your gluteus bigger and waist wider. Who wants that?

So he asked me to decrease the weight from 160kg to 80kg. I asked him "Do you want me to jump with this weight – it's too light?" and he said "I can guarantee you it won't be". After that, he grabbed the bar, placed his heels on a wooden block about 5 cms high and with perfect form did a full set of 8 reps. His form was absolutely perfect and so were his thighs. I followed him and I had a problem to finish the set with 80 kgs only. After that I performed another five sets the way he had shown me. Thanking him for his time and advice, I left the gym. The next day, I could barely walk. My

thighs were extremely sore but my lower back and gluteus were not. Since then, Squats have become my favourite exercise and nobody will ever persuade me that heavy weights build big muscles. Correct form builds big muscles – heavy weights build strength. If you don't want to ruin your knee and hip joints, don't use very heavy weights for squatting because it's a waste of time.

Now I'm going to describe the most perfect and best form for squatting I've ever learned in my life. After using this form, it took me only 3 months to increase the size of my thighs by 4 cms!

**CLASSICAL SQUATS WITH BAR BEHIND THE NECK:**

After a warm up, which could be biking for 5 minutes and squatting with a very light weight, take the correct weight, place your heels on a 5 cm high wooden block about 75 cms long and 10 cms wide (approximately). Yes, we use the block for squatting because it helps you to keep your back straighter. I've been using the block all my life for squatting and never had any problem with my knees or lower back as some bodybuilding experts say you might. Your feet are in a natural position about 30 to 40 cms apart (depending on how tall you are), toes pointing to the sides, so your feet form approximately a 60 degree angle against each other.

When you go down, inhale deeply all the way until the bottom position. Try to keep your back as straight as possible – get into the bottom position until your thighs are parallel to the floor. From this position, start exhaling, raise yourself up (don't bounce), pushing your pelvis forward and shoulders back trying to decrease pressure on your heels. This way, your back will get into a straighter position automatically. Before you fully straighten your legs out, stop (don't lock your knees). Don't pause, even for half a second – go immediately down again. When you perform Squats, don't pause at the bottom, or at the top position. Move like a piston in a cylinder. The movement is 3 seconds down and 2 seconds up and very fluid. Don't hold your breath. Inhale via your nose going down and exhale by mouth when coming up. While exhaling squeeze your lips and make the hole in your mouth smaller forcing your lungs to develop very high pressure as if you wanted to blow the candles out on your

birthday cake. Doing so, you unconsciously flex your abdominals, which support your upper body even more, and decrease the stress on your lower back.

Of course the weight should be just right to perform 8 – 10 reps perfectly. If you're able to do more reps than this, using the correct form, increase the weight; if you're not, decrease it. Never sacrifice correct form for heavy weights.

If you want to increase the size of your thighs more quickly, perform 8 sets of 8 reps per thigh workout and no another thigh exercises – you'll be amazed how it works. It's the best bulking system in the bodybuilding and fitness industry. This exercise can also be done on the Smith Machine and it isolates the muscles beautifully. You place the running bar of the machine on your shoulders and place your feet about 20 cms forward keeping them together. Apply the same form as with the Squats described above, but don't use a block with the Smith Machine.

Remember, there is no better exercise than classical Squats, but the Smith Machine option is good for a change. A lot of trainers hate Squats, but if you do them, you'll grow much faster and they will prove that they deserve to be called the king of all exercises.

After you've worked out for your thighs, don't forget to stretch your spine – this is important. Why? When you place a heavy load on your shoulders, you compress your spine and interrupt its natural curve. Some parts of the spine can even become slightly dislocated.

To put it right again, ask somebody in the gym for assistance. Grab a chinning bar, and lower your body to straight arms with your back muscles totally relaxed. Your helper then grabs your body above your hips with his hands clutched together around your back and very slowly and gradually hangs himself from you for about 5-10 seconds. After this time he can bounce but very slightly. Sometimes you'll hear a click in the lower spine!

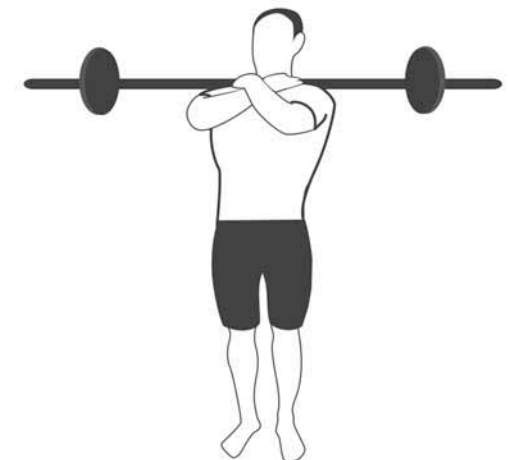
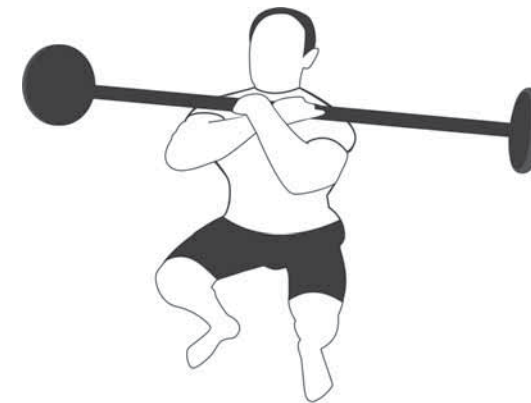
You can also do this if somebody in the gym dislocates their lower spine during a work out. It works very well especially if the dislocation has just occurred. Sometimes you even feel new blood flowing into the brain – a sign that your spine has been in the compressed position for some time. Do it immediately after squatting or even the next morning. I devised this system after having a problem with my lower spine.



**FRONT SQUATS:**

This is another very good exercise for thighs. While the classical Squats develop the whole thigh muscle, the front Squats develop mainly the lower half of the thighs and make those famous ‘tear drops’ above the knees. This exercise forces you to keep your back straight and there’s no way to perform it wrongly. I personally recommend it for those of you who have a problem doing Classical

Squats properly. Take a bar and place it in front of your neck on your collarbone (clavicle). It digs into your neck a bit which at first you’ll find uncomfortable, but you’ll soon get used to it. Cross your arms and grip the bar keeping your elbows at eye level for the whole up and down movement, otherwise the bar will roll down on your upper arms. Step on the same block you use for the Classical Squats and keep all the rules for correct form described for the Classical Squats. If it hurts your collarbone a lot, use small sponges under the bar as I do. It’s a bulking exercise and very good for those who have carrot-shaped thighs (i.e. not very big above knees).





**HACK SQUATS WITH BAR:**

I prefer to perform this exercise with a bar rather than on a Hack Machine, as it reduces the stress on the knees and hip joints. For beginners it's better to use the machine so they don't have to worry about correct form. Once you're an advanced body builder I would suggest you use the bar. Put the bar on a stand so that when you turn your back to it, the bar touches your hamstrings about 12 cms under your glutes. Grab it with your hands only slightly wider apart than shoulder width with palms facing backwards. Place your heels on a block about 10 cms high, keeping your feet parallel about 20 cms apart. Start breathing in and squatting down trying to keep your back as straight as possible, moving the bar forward only a very little. When you get your thighs parallel to the floor, stop for 2 seconds, start lifting and breathing out, pushing the bar back and pelvis forward. Don't lock your knees; don't pause at the top but



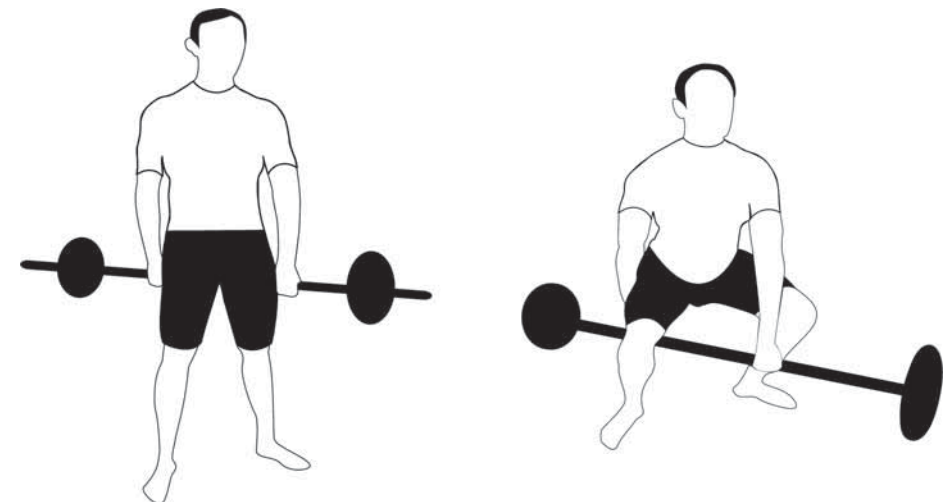
straight away repeat another 8 – 10 reps. All the trainers I've ever taught this exercise have been amazed how effective it is – much better than on the Hack Machine. This exercise is very good for shaping and building the size of your lower thighs. It doesn't work on glutes if it's performed properly. Do a 3-4 second movement down and 2 seconds up.

**HACK SQUATS ON THE MACHINE:**

When you use the machine there's no need to worry about your form. Just use the correct speed. But to get out the most of it, keep your feet parallel only 7 cms apart and keep your legs parallel all the way up and down. Don't rebound from the bottom position as it can be dangerous for your knees, especially the knee tendons. At the top position don't lock your knees but stop just before you straighten out your legs fully.

**JEFFERSON SQUATS:**

Even though you don't often see this exercise in the gyms, I want to teach and recommend this one, as it's excellent. The form for this type of Squat is similar to that for Hack Squats with a bar, with the only differences being that you hold the bar between the legs and don't use any block. It's a bulking exercise that develops all the thigh muscles and if it's performed properly, it doesn't load the glutes so much.



**KNEELING SQUATS WITH BAR BEHIND THE NECK:**

The majority of you have probably never heard of this exercise. It's a very good and clever one for those who have problems performing normal exercises because of spine, hip or knee injuries. Kneel down on a bench under a squat rack. Make sure that your shins are entirely on the bench (you'll need a bench about 50 cms wide or put two benches together) and your feet free. Take the bar in a straight position, place it on your shoulders behind your neck, inhale and slowly sit on your calves, and get up again while exhaling. The movement is very slow and fluid – 3 seconds up and down.

**LEG EXTENSIONS:**

This exercise for thighs is considered as a shaper. It's not for bulking up and should be used mainly with a high number of reps before a competition. Don't waste your time and energy performing it while building the size of your thighs. Never use very heavy weights as it's ineffective and very bad for your knees. Make sure that when you sit on the Extension Machine, the turning point of your knees is exactly opposite the turning joint of the moving frame you push with your lower legs. The padding rollers must not run on your shins. Be careful as some machines aren't well designed for this exercise and can ruin your knees. Slowly lift your lower legs up to straight position, hold them up for 2 seconds while flexing your thigh muscles as much as possible and lower them with a 4 second movement to the starting position. Don't pause but lift them up again for 15-20 reps. This is very good for the shape, separation and definition of your thigh muscles.

**LEG PRESSES ON MACHINE:**

I want to teach you how to perform this exercise properly to avoid injuries and the wearing out of your hip joints. I'm shocked when I see some in the gym using huge weights and fast movements with this machine. Can you imagine the pressure on their hip joints? They don't realise that later on in life their knees and hips will be worn out. When you lie down on the Leg Press Machine, make sure that the back rest forms with the runner (the part where you

put the weights) an angle greater than 100 degrees. This way you save your back and hips. Keep your legs parallel about 25 – 30 cms apart. When you lower the weights inhale and at the top position don't pause and don't lock your knees but again repeat the rep. Movement up and down should be at the same speed of about 3 seconds.

I use this exercise for those clients who like it, but you can build your thighs with better and safer exercises as mentioned above. This is the only bulking exercise which develops the middle part of your thighs. Incorrect form can develop big glutes and we don't need them to be big, we want them slimmer and strong.

These thigh exercises are the best I've found in all my years of bodybuilding and though you'll find many more, these are the only ones I'd recommend.

## 24 'PUFFED-UP' HAMSTRINGS

Good thighs with well developed hamstrings look very good from the side. Strong hamstrings are also very important for good posture. People who generally work seated and don't stretch their hamstrings have much shorter hamstring muscles and this affects their posture and changes the lower curve of their spine. Pain can also develop later in life if the hamstring muscles aren't worked.

### LEG CURLS ON THE LEG CURL MACHINE:

Lie down on your stomach on the machine and don't place your chest on the pad but place your forearms on it as you do when you read a book on the beach. By maintaining this position you can't lift your hips and the load goes on your hamstrings. Hook your heels under the padded rollers. Keep your feet apart about 20 cms and start lifting the weights up while inhaling, until your hamstrings stop you at the top position. Hold it for 2 seconds and while exhaling lower the weights but don't lock your knees at the bottom as it can be dangerous for the back of your knees. Don't pause but immediately go up again without kicking or throwing the load up. Use fluid and slow movement – 3 seconds up and 4 seconds down. As with leg extensions, make sure that the turning point of your knees is exactly opposite the turning point of the weight frame of the machine. The rollers shouldn't run on your calves.

### SUPPORTED LEG CURL:

This is a natural exercise which places a huge load on your hamstrings. Kneel down on the floor and hook your feet under some object or heavy barbell, your body and calves forming about a 120 degree angle. Grab a bar or any wooden stick as support and place it about a metre in front of you on the floor. Make sure that it doesn't slide. Lock your body in the waistline area and bend forward as much as you can, supporting yourself with the bar as little as you can. When you feel tension in your hamstrings, stop for 2 seconds and using your back thigh muscles, move back but don't interrupt the tension in your muscles. This means that you should stop when your body and calves again form an angle of about 120

degrees. Stop for 2 seconds and slowly bend forward to complete the whole set. The movement forward and back is 3-4 seconds. A lot of my clients get cramps when performing this exercise but this doesn't mean that the exercise is bad but rather that the body is lacking minerals so some electrolyte drink is recommended in this case. The more you use this exercise, the lower you'll be able to go down with your body.



**STIFF LEGGED DEADLIFT:**

I personally don't favour this exercise, because it places a lot of stress on your lower back area, wears out the lower spine and makes your waistline wider. However I want to describe the form I used until I discovered that it wasn't such a healthy exercise! So it's up to you but if you decide to do this, here is the correct form. To get a good stretch, grab a bar with your palms facing backwards about 50 cms apart and place your toes on a block about 5 cms high. Lock your knees, flex your abdominal muscles to lower the stress on your lower back and slowly start lowering the bar while exhaling. Keep the bar as close as possible to your legs, until you can no longer bear the stretch in your hamstrings. Stop for 2 seconds and very slowly start lifting and inhaling. This exercise also develops the lower back muscles. Use very slow movement of about 3 seconds up and down so as to avoid injury.

**GOOD MORNING:**

If this exercise is done properly you get fantastic results. However, although it's one of the most effective exercises it's quite difficult to perform. To get a good load on your hamstrings, the form must be perfect. So let's start. Place the bar on your shoulders, as if you wanted to do Squats and your toes on a block 5 cms high. At the same time, while exhaling, start pushing your pelvis backwards as far as possible, bending your body forward but bending your knees only slightly. Fully concentrate on the feeling in your hamstrings. Don't bring your body down to ground level position it's not necessary. Stop for 2 seconds and straighten up your body while inhaling. Without any pause perform up to 8 reps – no more. If your form is perfect, you'll feel enormous stretch in your hamstrings that no other exercise will give you. The most important part of this exercise is to push the pelvis backwards as much as possible. Perform it very slowly 3-4 seconds up and down.



## 25 'WASHBOARD' ABS

Now let's talk about the most difficult muscle part. It's not a difficult muscle part to work out with, but the most difficult to expose. Yes my friends, abs are the last muscle part to appear because they're usually covered with fat. In particular after the age of 30 when the amount of testosterone in male bodies drops – we have a tendency to get fatter around our waistline. It is the same for women when their body goes through hormonal changes.

We can't have well defined abs all year round, but it's still a very important muscle part. To have good abs means to have good posture and a problem-free back. You should always develop balance between your lower back muscles and your abs. You'll notice that the abs work very often, for example when you do triceps, Cable Pushdowns, Squats, Biceps Standing, Barbell Curls or whatever. I personally start working out with my abs only three months before a competition.

I'm well known among bodybuilders for my slim waist – even at the age of 55, my waist is 71 cms. This is my theory about working out with abs. Don't work out with your abs a lot or you'll end up with a wide waistline. Many bodybuilders work out with their abs the whole year because they believe they'll have better and better abs. No. You develop them to a certain standard or size and shape and that's it. You'll look much better if your body has a V shape than a square shape!

I'm not going to teach you useless exercises for abs and to me bench crunches, or cable crunches or any crunches at all are a waste of time. When you work out with your abs, you should use the best exercises which develop the whole of the abdominal area – the upper and lower region of your abs. And those exercises are Hanging Knees Up and other similar exercises – those where you lift your legs. When you work out with your abs, you also move your upper body and legs and you develop the whole area. You don't have to do three or four exercises for your abs, one, maximum two

exercises of three sets is enough, but they must be very efficient exercises which really load your abs well. And not only load them and develop them, but shape and make those desirable deep cuts in your abs.

### HANGING KNEES UP:

This is the best abs exercise of all. You can place yourself on a bar or you can use special holders. Grab the chinning bar with your hands about 40 cms apart. Totally relax your body. Slightly bend your legs and try to lift them up as high as possible while exhaling. Yes, when you go up with your legs, you have to exhale because you squeeze your diaphragm. At the top position, try to hold the legs for two seconds and slowly lower them back, but don't straighten them out fully. When we work out with our abs we usually do shorter movements – the shorter the better. This is a totally different movement to those with other muscle parts. This way you keep the tension in your abs during the whole set.



When you perform this exercise, make sure that you don't lift the whole body – don't bend your arms at your elbows – they should be locked. Try not to swing. If you perform this exercise very slowly, you won't swing. The movement should be about 2 seconds down and about 3 to 4 seconds up. Don't perform more than 12 reps. If you can do this exercise easily, place a dumbbell between your feet. You can perform this exercise with straight or bent legs it depends on your physical ability. As with other muscle parts I don't agree with high reps for abs as they don't develop muscle mass.

I personally perform 8 to 10 reps. Inhale when you lower your legs, exhale when you lift them up.



**OBLIQUE HANGING KNEES UP:**

This exercise is similar to the previous one. We perform everything the same, but with one difference. When we lift our legs up, we lift them at an angle, so it means your body and your legs make an angle of 45 degrees. This way you develop the oblique muscles of your waist. But you perform the exercise the same way as hanging knee up.

**SEATED KNEES UP:**

Sit on a bench about 20 cms from the front edge and grab it by the sides with your hands about 30 cms behind your gluteus. Place your legs down on the floor, bend them slightly, suck your stomach in and while exhaling, lift them up as much as possible but don't move your upper body – it must remain still. When you get your legs up, hold them for two seconds; squeeze your abs as much as you can – this is how you shape them. Slowly lower your legs but don't touch the floor. If you can perform more than 10 reps easily, again, place a dumbbell between your feet. Perform partial movements. It means that from the top position you go down only two thirds of the full movement and lift your legs up again. The most important part of every abdominal exercise is the squeezing

and holding at least for two seconds. This exercise develops the whole abs and very upper part of your thighs.

You can perform the same exercise on a bench with the backrest of the bench at a 50 to 60 degree angle. So it means you sit on the bench, you lean your back on the backrest and you lift your legs up only. This way you isolate the movement and load your abs even more.

**ABS CRUNCHES ON THE FLOOR:**

Lie on the floor and place your hands behind your head. Lift your legs and cross them so that the calves are parallel to the floor and keep them in that position. Simultaneously try to bring your elbows and knees as close as possible while exhaling. Squeeze your abs as much as you can for two seconds and slowly extend your legs forward and your body back towards the floor. But try not to touch the floor with you shoulder blades. Remain in this position for two seconds and again bring your elbows and knees together as close as possible and hold for two seconds again. Perform no more than 12 reps. If the movement is easy for you to do, place a dumbbell between your feet, or try to perform the exercise very slowly.





### FROG SITUPS:

Lie on the floor on your back. Cross your legs and pull your feet as close as possible to your gluteus. Place your hands behind your head. Lift your elbows up and while exhaling, try to lift your body as high as possible at the same time squeezing your abs. At the top position, stop for two seconds and slowly go down but don't touch the floor with your shoulder blades.

While performing this exercise push your knees towards the floor as much as you can. The speed of movement is 2 seconds up and 3 to 4 seconds down. Exhale when you contract your abs muscles, inhale when you stretch them.

### HIP ROLLS ON THE FLOOR:

Get into the same position as if you wanted to do Frog Situps. But instead of placing your hands behind your head, place them with palms on the floor under your hips. With this exercise, don't lift your body but try to lift your crossed legs up as high as possible with your body motionless on the floor. Contract your abs and remain in this position for 2 seconds. Slowly lower your legs down but don't put them on the floor. Stop about 7 – 10 cms above it. Exhale while lifting your legs up – inhale while lowering them. The speed up is 2 seconds, down 3 seconds.

### LEG AND BODY RAISES ON THE FLOOR:

This exercise is also called Jack knife. Lie on the floor and lift your arms parallel in front of your face. They're straight out and locked at your elbows. Try at the same time to lift your body and your legs which are locked at your knees. Bring your hands and feet as close together as possible. Contract your abs hard and hold it for 2 seconds. Simultaneously, slowly lower your arms and legs but don't touch the floor. Only your glutes are on the floor. Stop with your body and legs 7 – 10 cms above the floor and repeat the movement. The speed is 2 seconds up 3 seconds down. Breathing is the same as with the previous abs exercises. This exercise is quite difficult to perform – it needs a bit of practice to get your balance. Once you get the rhythm, it gives you a very good load for your abs.

These are what I consider to be the best exercises for your abs. If you work out with your abs three months before a competition only they respond quickly and get into shape more easily. Remember that symmetry is the most important thing in bodybuilding.



## 26 'MEAN' LOWER BACK

It's very important to develop the lower back properly and in good balance. Many people have problems which cause pain in this area and the reason is generally because of weak lower back muscles which are unable to hold the pelvis area together firmly with the spine. This is particularly so with those who work seated the whole day and don't get any exercise – those lazy couch potatoes (and I know that's not you)! So, let's talk about a few very good exercises for this part of the body.

### GOOD MORNING:

This exercise is described in the chapter about hamstrings so go back please and read the instructions on how to perform it.

### REVERSE HYPEREXTENSIONS:

This exercise I personally consider as the best one for the development of lower back muscles. There's a specific machine for this but if you don't have access to one you can use a stand, as you can see in the picture. This exercise rid my wife of a niggling lower back problem she'd had for years.

Lie down on the hyperextension bench with your belly on the pad and legs down. While inhaling lift your legs up as high as possible and hold for 3 seconds. Slowly lower them to the starting position while exhaling the whole way down. If you're able to perform 8-10 reps per set easily, place a dumbbell between your feet. The speed is 2 seconds up and 3 seconds down. If you don't use the dumbbell, keep your feet about 50 cms apart.



### STIFF LEGGED DEADLIFT:

I've already described this exercise in Chapter 24 for hamstrings so go back please and read the instructions on how to correctly perform it.

### DEADLIFT:

This exercise is considered to be the best to increase testosterone in your body during a workout and it's also a good



one to build the strength of the entire body. It's one of the three exercises performed in power lifting and some power lifters can lift weights that even a fork lift would have problems with! Here's how to perform it.

Contract your abdominal muscles and grab a bar about 50 cms apart but one hand with the palm facing backwards and the other facing forward. Power lifters call it a lock grip. Your feet are parallel about 30 cms apart. Exhale while bent down holding the bar then exhale as you lift. Start lifting and keep the bar as close as you can to your shins while inhaling. Once you get it up over your knees, try to run it on your thighs pushing your upper body backwards to decrease the stress on your lower back and get better balance. This way you involve your legs more than your lower back when lifting. Straighten up and push your shoulders back as much as you can and exhale. Wait for 2 seconds and while inhaling again bend your knees and slowly lower the bar to the floor in the same way you lifted it. Put the bar on the floor, exhale, pause for 3-4 seconds, inhale and repeat the lift.

Don't perform this without pausing at the lower position, otherwise you won't breathe properly and could develop very high blood pressure in the brain which can be extremely dangerous. Don't jerk or make any violent movement. Lift and lower the bar very slowly, gradually involving the muscles of your body. I've heard of bad injuries caused by the use of incorrect form with this exercise. Start with light weights at first and gradually increase them as your form improves. If your lower back muscles aren't strong enough or you've never worked out with them, don't perform this exercise straight away – wait until you're stronger. I recommend this exercise for advanced bodybuilders only. Perform no more than 6-8 reps per set.



**TORSO RAISE – LYING:**

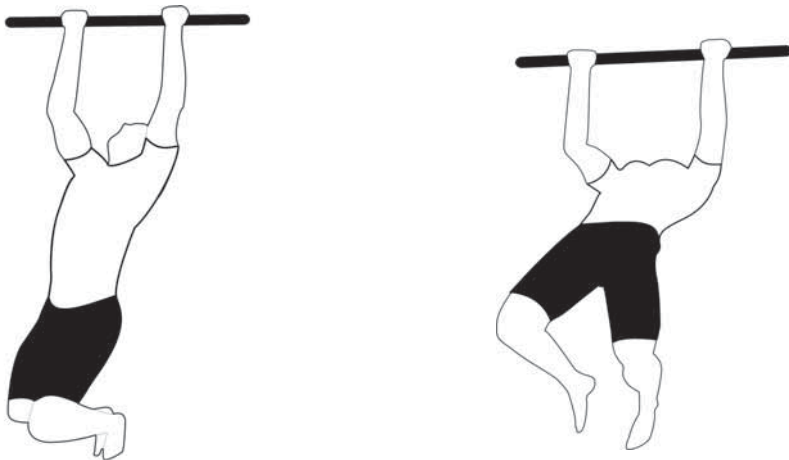
Lie on your stomach on the floor and place your feet under some object to prevent them from lifting up, with your hands on the back of your head. Try to lift your body upwards as high as possible while inhaling. Remain in the top position for 2 seconds. Slowly exhale and lower your body. Don't touch the floor with your chin. 8 to 10 reps are enough per set.



**HANGING SCAPULA ROTATIONS:**

This is a famous exercise from Larry Scott's book, "The Loaded Guns". Larry won the first Mr. Olympia contest in 1965. This is the best exercise to sculpt your lower lats and if you're able to perform it without bending your arms, you'll work your lats only and not your arms.

So let's start. Grab a chining bar with your palms facing forward about shoulder width. Try to raise your pelvis as high as possible without bending your arms while inhaling. At first you'll have to give it a swing until you're stronger and your form is better. Bend your head backwards and try to make a 90 degree angle between your arms and your chest. Once you get your pelvis as high as possible, start exhaling and slowly lower your pelvis, but only half way down. Stop and repeat – 8 slow reps are enough.



**27 'GORILLA' CHEST**

To develop a really good chest, you must know how to involve your chest muscles so they work more than your front shoulders or triceps. Let's start with an exercise which is considered as the basic one for chest development – one which is not as easy to perform as it first appears!

**BENCH PRESS ON FLAT BENCH WITH BAR:**

Before you start to do one of the most beautiful and effective exercises in bodybuilding and power lifting, make sure that the bench press bench you're going to use is no wider than 20 – 25 cms and the upholstery is at least 7 cms high and soft. If there's no bench like this available, take your towel and roll it to about 10 cms in diameter and place it on the bench lengthwise so that it sits between your shoulder blades. Why? Because many trainers complain about pain in the front area of their shoulders and this pain is caused by the use of a too-wide bench without back support.

Let me explain what happens. The shoulder blades are part of the shoulders. When you lie on a wide bench without a roll between your shoulder blades, the shoulder blades are blocked and flat. They can't move and neither can your shoulders. When you lower the bar the shoulders remain still and can't move up and down so the pressure of the weights goes entirely on the front part of the shoulder joints, where small bones, about the size of a thumb and called coracoids, stabilise the joint balls. So the shoulder blades don't share the pressure. But if the pressure of the weights sits mainly on the spine area and your shoulder blades can move, you'll not hurt the front area of your shoulders. In my gym I've a bench which is only 12 cms wide and the padding is soft and 10 cms thick. None of my clients has ever complained about shoulder pain.

Now let's start the exercise. If you want to get stronger with this exercise, don't worry about the correct form; just run the bar up and down as you'll often see done in gyms. But if you want to develop good chest muscles, then do pay attention to the correct

form. Lie down on a Bench Press bench and grab the bar with your hands twice your shoulder width apart, with your thumbs opposite your fingers. Don't place your thumbs on the same side as your fingers as this is very dangerous, particularly when your palms are sweaty. The bar can slide off your hands and serious injuries can result. Remember, safety is number one.

Start inhaling and lowering the bar at first straight down, but when it's half way down start pushing your elbows back and steer the bar towards your neck and gently touch it. This way you give your chest muscles very good stretch and you don't load your triceps only. If you feel pain in the front of your shoulders then don't go so low. Using this form you'll notice that the bar doesn't run straight down but in a curve. At the bottom position don't pause but start exhaling and lifting the bar following the same curve up. It means that you push the bar slightly forward and from half way up; you push it straight up to the top position. When you perform this exercise, concentrate on the feeling in your chest muscles. Stretch them as much as you can as well as contracting them. Don't lower the bar very quickly, you can seriously hurt yourself and be out of the gym for a long time. Movement down is about 3 seconds and up is 2 seconds.

You use the same form when you perform Bench Press Inclines but I don't use an angle greater than 30 degrees as an angle greater than this can damage the front part of your shoulders. I do not recommend performing Bench Press Declines as it's a dangerous exercise which causes high blood pressure in the brain area. If you want develop the lower part of your chest muscles do Dips instead. Never ever try the maximum one rep bench press if there's nobody around to supervise you. This exercise has already caused deaths in gyms when either the bar dropped on a trainer's neck and killed him instantly, or he couldn't lift the heavy weight up again and died under the pressure of the bar on his wind pipe, so please, don't increase the statistics.



### **DUMBBELL PRESS INCLINE AND FLAT:**

This is one of the most effective exercises for chest development and in comparison with the Bench Press with a bar; this one can stretch your chest muscles even more because you're able to lower the dumbbells further. Again use the same bench as you use for Bench Presses with a bar. Grab a pair of dumbbells and touch them at the top position. Drop the inner side of them 5 cms, start inhaling and lowering,



pushing your elbows backwards, so that the dumbbells nearly touch your shoulders at the bottom position. Try to keep the dumbbells as close as possible – they'll make a triangular movement. The speed is 3 seconds down and 2 seconds up. Don't bounce the weights from the bottom position, but gently stop, start exhaling and push



them up slowly finishing the rep by contracting your chest muscles as much as possible.

Remember, your chest muscles must be very hard at the top position so don't relax them at all. A slow movement is safe; fast is dangerous. At the beginning of this exercise, the first 3 reps of the first set shouldn't be so deep. Give your tendons time to stretch at first. After that you can lower the dumbbells as deeply as you feel. This way you'll avoid injuries.

**FLYES WITH DUMBBELLS OR CABLES ON FLAT OR INCLINE BENCH:**

Use the correct bench as described in the section on bench pressing with a bar. Take a pair of dumbbells with which you're able to perform 8 reps. Straighten your arms and touch the dumbbells at the top position. Start inhaling and lowering them, but once you get them apart about 75 cms, bend so that forearms and upper arms make a 90 degree angle. Push your elbows backwards and stretch your pecs as much as possible.

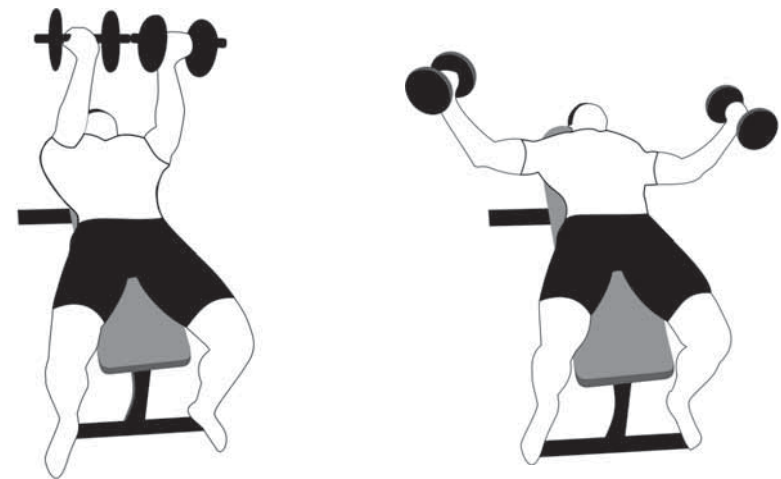
You'll be amazed at the stretch you get. This is another excellent exercise for your chest. You can use the same form for Flyes with cables. The advantage of this one over that with dumbbells is that

there's maximum tension all the time. Additionally, this exercise also develops that deep gap between your pecs. Movement for both exercises is 3 seconds down and 3 up.

On the last repetition of each set, when your hands are together, hold it for 5 seconds before you put the handles of the cables down.

**TURNING FLYES:**

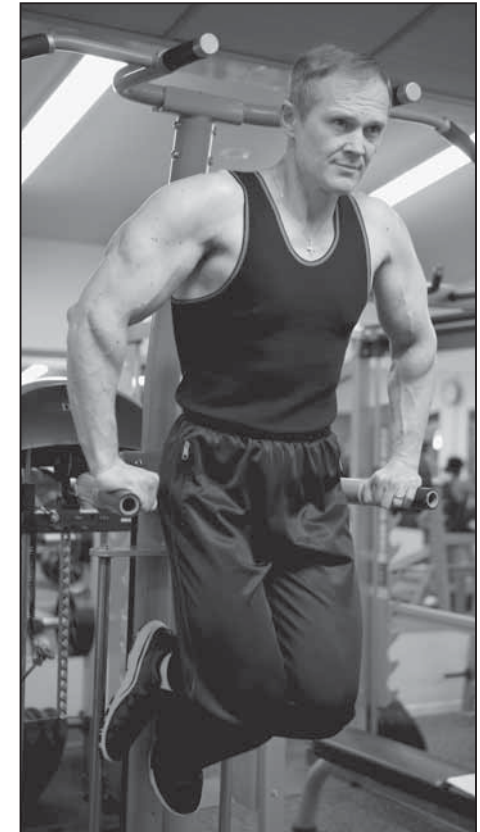
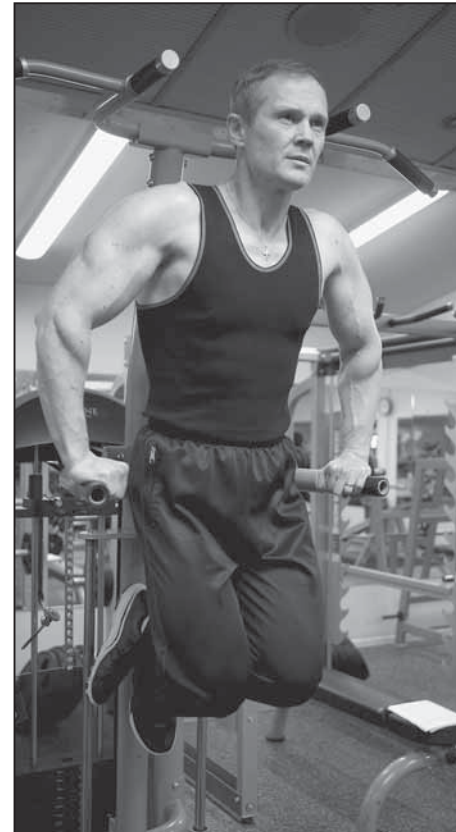
The movement of this exercise is similar to the movement described in the previous exercise but before you reach the top position you turn the dumbbell ends closest to your little fingers together so that they touch. The palms face your head. This way you can squeeze your chest muscles even harder.



**DIPS WITH REVERSE GRIP:**

I consider this exercise as the best for building the bottom part of the pecs and it also undercuts them. When I performed it, people always looked at me with surprise. Some of them decided to give it a try, but found it wasn't so easy to do – it's much harder to perform than classical dips on parallel bars. At first, you have to be able to do 8-10 reps of Classical Dips on parallel bars with at least 10 kgs on your weight belt, to be able to go down deep enough.

Stand between parallel bars and grab them with your palms facing away from your body. Lift yourself up bringing your feet together and push them forward as much as you can with your legs straight and knees locked. While inhaling, push your elbows forward and lower your body down as much as possible. At the bottom position remain for 2 seconds and while exhaling, lift your body up to straight arms. No other exercise gives such good stretch for your lower pecs. I can guarantee you'll love it from the very first set; and what it does to your pecs will convince you that it's really an excellent exercise. The movement is 3 seconds down and 3 up and very fluid. This is also an excellent exercise for shoulders and triceps.



**FLYES ON PEC DECK MACHINE:**

Even though I'm a big fan of working out with free weights and avoiding machines as much as possible, I have to stress that this machine is really a good one. It gives the same results as Flyes with cables, but there's one difference which makes this machine more effective than cables – the form you use to perform it. It's not as easy as you would think. You can see people in the gym doing Flyes on this machine without turning their palms. They hold the levers and move them forward and back with their elbows dropped, but this is incorrect. You must grab the handles of the levers with your palms open and bring them forward together. Make sure, that your arms are parallel to the floor and start inhaling, lifting your elbows up as much as you can, because this is the most important part of the exercise. The handles sit between your thumb and index finger nearly on the edge of the upper part of your palms. Move them

backwards until you get a good stretch for your pecs and hold for 2 seconds. Start exhaling, pushing the levers forward and at the same time dropping your elbows until the handles sit on the lower part of your palms, and contract your chest muscles. Hold it for 2 seconds and repeat.

At the end of every set after the last rep, hold the contraction of your pecs for 5 seconds. This way you get a very good load on your pecs. When you're going to put the levers down, bring them together and at first, turn your body to one side and put that lever down, then turn your body again and put the second one down. Never let them go at the bottom position. You can overstretch your front shoulder tendons and hurt yourself. Do fluid movements 3 seconds forward and 3 seconds back. Don't jerk or perform this exercise very quickly!

**KNEELING CABLE CROSSOVER:**

This exercise is considered to be another very good one for building and undercutting the lower pecs. Take the pulley handles and kneel down. Stretch your arms out fully. Your arms should roughly make a 45 degree angle with the floor. At first, inhale deeply, start exhaling and pulling the cables down in front of your body. Cross your arms as much as you can without bending your body forward and with your arms only slightly bent. Hold this position for 2 seconds and repeat. At the end of each set, after the last repetition, hold it for 5 seconds at the bottom position. Use the movements already described with previous exercises for chest muscles.

**BENCH PRESS ON THE SMITH MACHINE:**

It's not difficult to perform this exercise, if you've already learnt how to correctly do a Bench Press with free weights. When you lower the bar of the Smith Machine, push your elbows back and use a wider grip. But if you do Incline Presses, don't use a bench with an angle greater than 20 degrees, or you can hurt the tendons of your front shoulders. To be honest, even though the Smith Machine is a very good invention, I personally prefer the Bench Press with

a bar. But for a beginner this can be good one to start with. Use the movements already described.

**DUMBBELL PULLOVERS ACROSS BENCH:**

This exercise was invented by bodybuilding icon Steve Reeves for his friend, who had an oval back and a flat chest. After six months on this exercise, his friend swapped the oval back and the flat chest. Yes, this is an absolutely fantastic exercise for anyone who has a similar problem. I particularly recommend this exercise for people who work long hours in an office and for students who are seated every day. It can improve your posture and increase the size of your rib cage. Thanks to Steve Reeves, we have one of the best exercises in the bodybuilding industry. Dumbbell Pullovers across a bench should be a part of everybody's workout programme. Some bodybuilders use it as a warm up exercise before a back workout, as it gives your lats a good pump up.

Here is the description of the form I use for my clients: Take a dumbbell with which you're able to do 12-15 repetitions. We use higher repetitions, as this exercise is a breathing one and we should breathe like a steam engine. Lie down across the bench, so that the top of your shoulders are level with the the edge of it. Basically you lie on your shoulder blades only with your head hanging over.

The dumbbell sits on your palms, which face the ceiling of the gym. Place the dumbbell exactly opposite your belly button with your pelvis at the same level as your trunk. This is the starting position. Start inhaling as deeply as you can through your nose and at the same time, push your pelvis down as low as you can and move the dumbbell over your head as low as possible with your arms straight and elbows locked. At the bottom position finish inhaling, don't pause but straight away start exhaling and bring the dumbbell to starting position while lifting your pelvis up. The movement can be a bit faster, but should be very fluid and without pauses until you finish the whole set.



**DIPS ON TWO BENCHES:**

This is another good one to build the lower area of chest muscles and an excellent exercise to undercut the pecs. It also develops your triceps very well. I used to do this exercise for the development of my triceps with a weight of about 100kg on my lap. My training partner put five 20kg plates on my thighs and I was able to perform 6-8 reps. Let's do it!

Prepare two parallel benches so that your feet sit on one bench and your hands



hold the edge of the other. Make sure that the bench which you hold with your hands has a strong edge which won't break under the pressure of your body weight. Use a shoulder-width grip.

Straighten your legs, and start inhaling and lowering your upper body to the bottom position. Concentrate on the feeling in the front shoulder area. If you feel any pain whatsoever, stop performing this exercise. The shoulder joints get into a rather unnatural position at the bottom part of the exercise and if you're vulnerable to shoulder injuries, please choose another exercise. Don't go down quickly as it can be dangerous. Movement down is about 3 seconds and up 2 seconds.



## 28 'KILLER' UPPER BACK

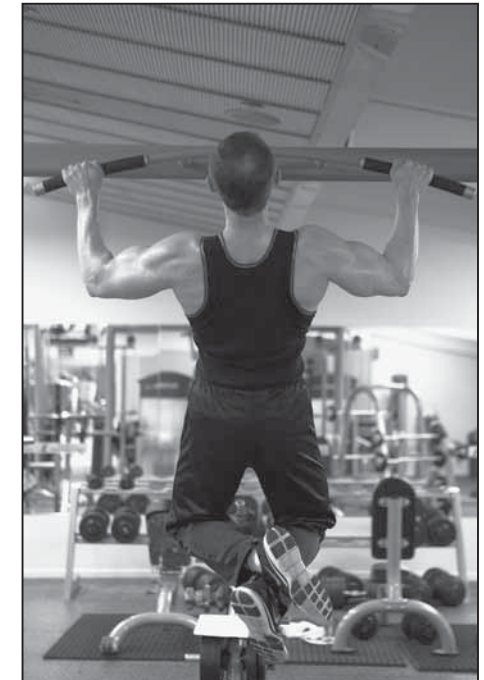
To get that desirable V shape, we have to develop the upper back muscles well. A wide upper back and a slim waist are what bodybuilding is all about. Before the involvement of steroids in bodybuilding, every bodybuilder had a nice V shape. But unfortunately growth hormones and steroids develop not only muscles, but the intestines and stomach, which make the waistline area very wide. So there are a lot of pregnant looking bodybuilders nowadays yet it seems that nobody is prepared to stop using these chemicals. But natural bodybuilders still keep their waists slim and that's what gives them that beautiful V shape. I would like to start this chapter with one of the most beautiful and natural exercises, and the absolute number one exercise for the upper back muscles:

### WIDE GRIP CHIN UPS:

This exercise can be done on a straight Chin Up bar or on a special version with ends bent down 45 degrees. I recommend trying both and finding out which one is better for you. However I have to stress, that the one with the bent ends isolates the biceps more, which means that your biceps aren't loaded so much. Jump on a bar with your hands about 90 cms apart and thumbs on the same side as your fingers. Bend your legs and cross them. Now you're in a hanging position. Try to take your thumbs and index fingers off the bar. This way you isolate your biceps even more and load your lats much better. Start inhaling through your nose and pulling yourself up – right up to your chin. Stop inhaling, start exhaling and very, very slowly lower your body until your arms are straight. At the bottom position relax for 2 seconds and repeat 6-8 times.

Not everybody can do 6-8 reps themselves for the very first time. I too wasn't able to originally, but I put a bench under the Chin Up Bar and placed one of my feet on it while lifting up so as to spot myself; but when I was lowering my body, I took it off. In other words, I assisted myself to lift up only. By doing this, after one month I became stronger and was able to perform the exercise

without spotting. Don't swing or jerk up. Perform this beautiful exercise very slowly; give your muscles time to work and you'll get a back like a table. Time up and down is about 3 seconds. If you're able to do more than 10 reps, add some weight on your weight belt.



### CLOSE UNDER GRIP CHIN UPS:

This exercise is the brother of the previous one. The only difference is that when we perform this one, we grab the bar using an under grip with hands touching each other. The rest you perform exactly as the chin up with a wide grip. It's a very good natural exercise for biceps development as well.

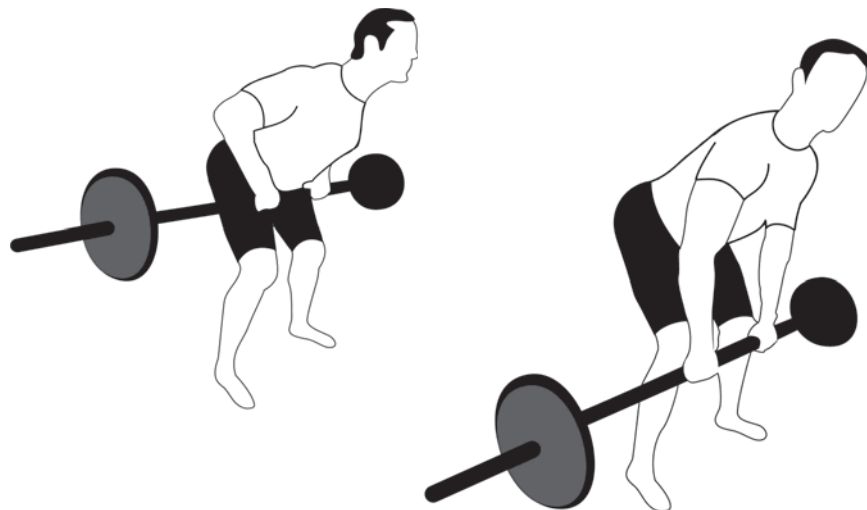




**BENT FORWARD BARBELL ROW TO WAIST:**

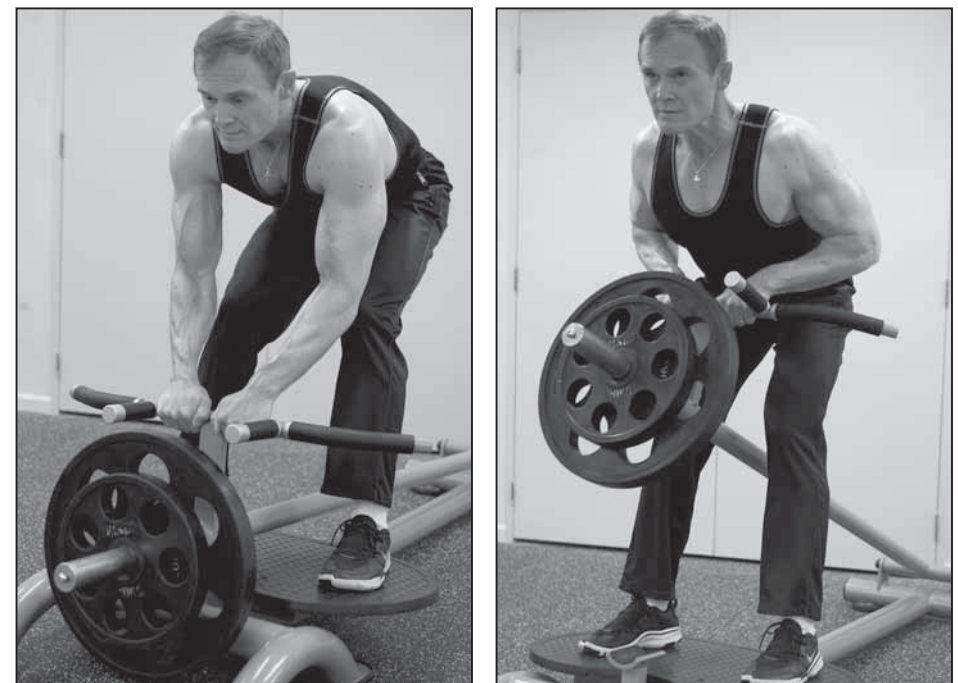
Some bodybuilders consider this exercise as one of the best for bulking up the back muscles and I agree. When we perform this exercise we usually use very heavy weights but only as heavy as will allow you to maintain correct form. Grab a bar with a weight that allows you to do 6-8 repetitions. Your hands have about a shoulder width grip. I prefer thumbs on the same side as fingers, but this is up to you. Bend forward so that your body makes about a 30 degree angle against the floor and bend your knees slightly. Now here's the most important part of this exercise. Bend your lower back inwards as much as you can; this is very important for the safety of your spine. The bar is at the bottom position under your knees and your arms are straight. Start inhaling and run the bar up on your thighs keeping elbows as close as possible to your body. At the top position, try to lift your shoulders up and bring your shoulder blades as close to each other as you can.

Stop the bar for 2 seconds and while exhaling slowly lower it to straight arms. This is one exercise that will give you that "loaded muscles" feeling straight away from the very first repetition. Don't swing or jerk the weights, otherwise you can not only hurt your lower back, but you'll be unable to maintain correct form. Speed is about 3 seconds up and 3 down.



**T-BAR ROW:**

This is one of my favourite exercises for the back. It's also called a Hummer. With this one I prefer to use a free Olympic Bar on which you load only one end with plates while the other one is fixed in the corner of some object. I don't use a cross bar, but grab the bar with both hands to the loaded end as close as possible to the plates, with one hand forward and the other behind so they're touching each other. This grip helps to stretch the lats even more. Start with the arms straight in the lower position and make a half squat with your legs trying to push the body backwards as hard as possible. This way you should get an initial stretch immediately. Begin lifting and inhaling at the same time. At the top, the position of the plates should be exactly opposite your face. Stop for 2 seconds and very slowly lower the bar while exhaling, until your arms are straight, still pushing your body backwards as much as you can. Keep your arms tight as close to the body as you can. Once again, push your body backwards all the way up and down for excellent stretching. The speed is about 2 seconds up and 3 down. Perform about 6-8 reps per set.



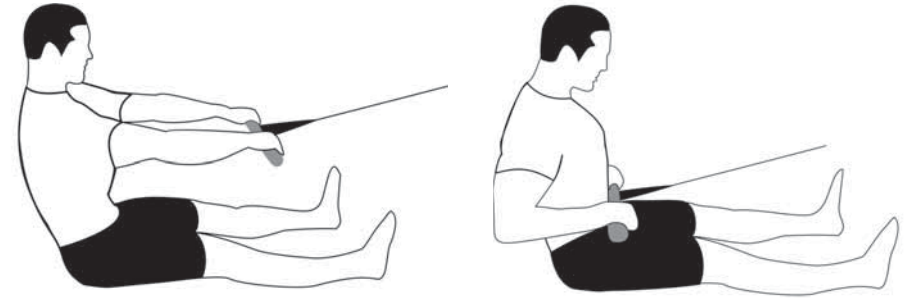
**CABLE ROW TO CHEST:**

Sit on the floor on a mat and grab the bar of the pulley with your hands about 90 cms apart. I prefer to hold it with my thumbs and fingers on the same side. The cable should make roughly a 45 degree angle against the floor but 90 degrees against your body. Begin inhaling and pulling the bar towards your chest keeping the elbows up. Once you reach the chest hold the bar for 2 seconds and while moving back to the starting position, exhale and stretch your back muscles by relaxing for 2 seconds before the next rep. The speed is 2 seconds towards your chest and 3 away from it. Use 8-10 repetitions. This is a shaping exercise.

**CABLE ROW TO WAIST:**

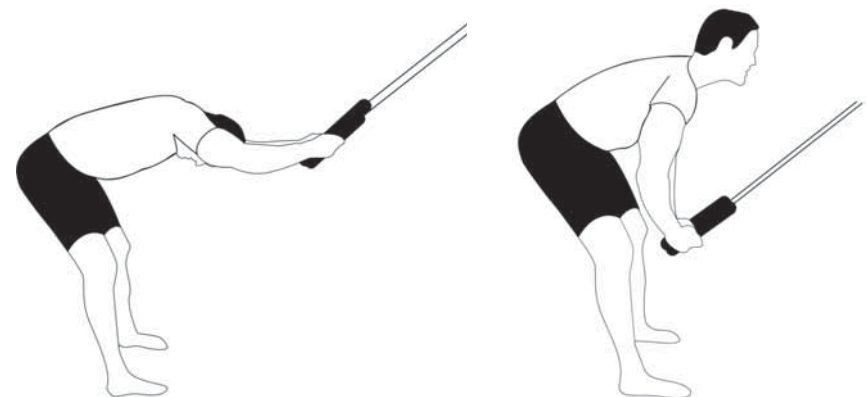
Sit on a pulley rowing machine and grab the bar with your hands about 25 cms apart. The cable should be parallel to the floor. As for the previous exercise, fingers and thumbs are on the same side of the bar – by now you should know why. This exercise can be done two ways: moving your body forward and back, (i.e. cheating) or keeping it still, making a 90 degree angle with the floor. I prefer the second position.

Start inhaling and pulling the bar towards your belly button, pressing your arms against your body. Push your shoulders back and try to squeeze the shoulder blades as much as possible. If you use very slow movements, you'll be able to maintain the rules of perfect form and load your back muscles, not only your arms and front shoulders. Try to get maximum contraction; hold it for 2 seconds and while exhaling, slowly bring the bar back to the starting position. Remain there for 2 seconds and repeat. Your legs are locked at the knees all the time. If you keep your legs in the bent position, the thigh muscles are under tension, which means that they need energy and oxygen. But at this time only your back muscles should be under tension. I recommend straight legs.



**CABLE ROW WITH ROPE TO KNEES:**

This is one exercise that can give you a really fantastic stretch if you do it correctly. Attach the rope to the cable of a pulley machine. Grab it with your hands touching each other and bend down so your upper body is parallel to the floor. With your arms stretched out and locked in at the elbows, at first inhale deeply and when you start exhaling, start pulling the cable towards your knees involving your lats only. By the time you get the rope to your knees you should finish exhaling. Note that the breathing with this exercise is different to the other exercises for the upper back. The reason is that in the bottom position, your diaphragm is pressed by your abs and your chest and this is why you have to exhale. Don't pause but straight away break the resistance of the weights, inhale and slowly bring the rope to the starting position. Totally relax your back muscles until you feel a stretching in your lats and remain in this position for up to 3 seconds before you start the next repetition. If you keep all the rules I've just described, your back will be absolutely roasted after 4 sets. Use a very slow and fluid movement.

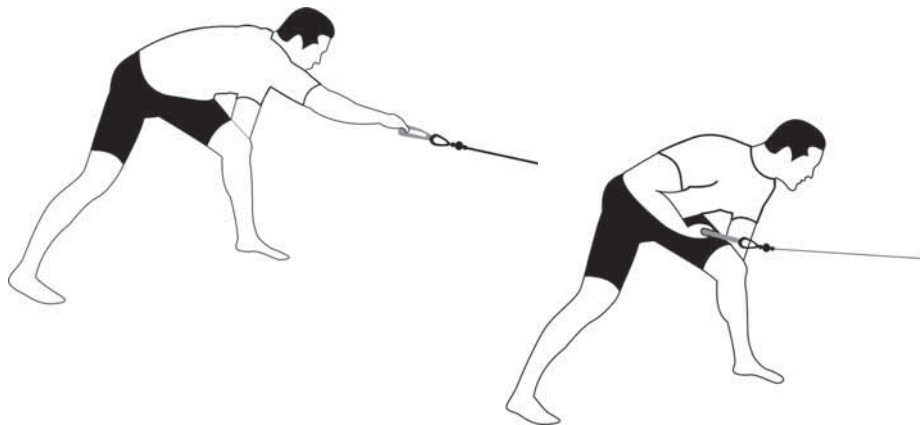


**STRADDLED ONE ARM LAT PULL:**

This is one of Larry Scott's favourite exercises for lats. To be honest, I've never seen anybody do it anywhere in the world. It's a pity, because it really works very well. I have adapted the exercise and I use a spiral movement, which I'm about to describe.

Place one leg forward and squat. Straighten out the other leg and twist up at the hip and at the same time place the opposite forearm on the thigh of the bent leg. The foot of the back leg is turned with toes pointing out to the side and the ball of the foot and heel are firmly on the floor. Now there's only one arm free and it's obviously on the side of the straight leg. Grab the handle of the cable of the pulley machine with all your fingers and thumb on the same side. The pulley should be very low – only 10 – 12 cms from the floor. The back of your palm faces up. Start inhaling and making a spiral movement with your hand until you nearly touch the hip. Finish inhaling and stop twisting. Now the back of your palm is facing the floor. Start exhaling and twisting your hand again until your arm is fully straight.

By twisting your hand this way, you can pull the cable further back. It looks a bit difficult, but once you get used to it, the correct form for this exercise will pay off. Do fluid and slow movements of 8 reps. In the stretched position, you relax your back muscles and let the weights stretch them for 3 seconds before you start the next repetition.



**LAT PULLDOWNS:**

This is one exercise for back muscles you'll see in every gym and so it should be as it's particularly effective. But I have to stress that some trainers prefer this one to the Chin Ups, because it's easier and more comfortable – but it's certainly not better. It should be done exactly as the Chin Up with Wide Grip. The only difference is with this exercise, we pull the weight up not our body. Please go back and read the instructions for Chin Ups.

**ONE ARM DUMBBELL ROW:**

Kneel down with one leg on a bench; let's say the left one. Support your body with your left arm. Your right leg is fully stretched out and the foot is a bit further back on the floor. Grab a dumbbell that will allow you to perform 8 repetitions with your right hand and stretch your arm down relaxing your right side back muscles. Start inhaling and pull the dumbbell up as much as you can. Keep your arm close to your body, do not lift your shoulder and stop for 2 seconds. Start exhaling and lower the dumbbell but about 25 cms before you reach the bottom position, start pushing it forward to give your lat a good stretch. You don't run the dumbbell straight up and down but rather in an arc. At the bottom position don't pause, but repeat the movement. Don't throw or swing the dumbbell up – use a fluid movement 2 seconds up and 3 down.

## 29 'GLADIATOR' TRAPEZIUS

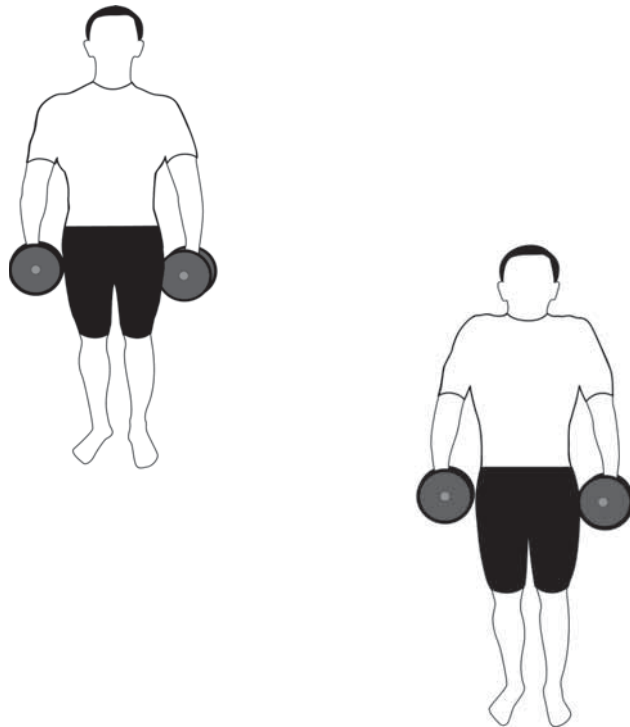
After the arms, this is the second most popular muscle part with young boys beginning bodybuilding. I'm always asked for workouts to hit the trapezius even harder. I don't blame them as this muscle part gives them a "strong man" look! So let's go for it.

### BARBELL SHRUGS:

Grab a bar with a reverse shoulder-width grip, inhale and lift your shoulders up as much as you can. Stop for 2 seconds, exhale and drop the shoulders down. Use very heavy weights and a quick speed for both the up and down movements. Perform fluid movements of 10 reps. Don't bend your arms.

### DUMBBELL SHRUGS:

Grab a pair of very heavy dumbbells and follow the same rules as described for barbell shrugs.



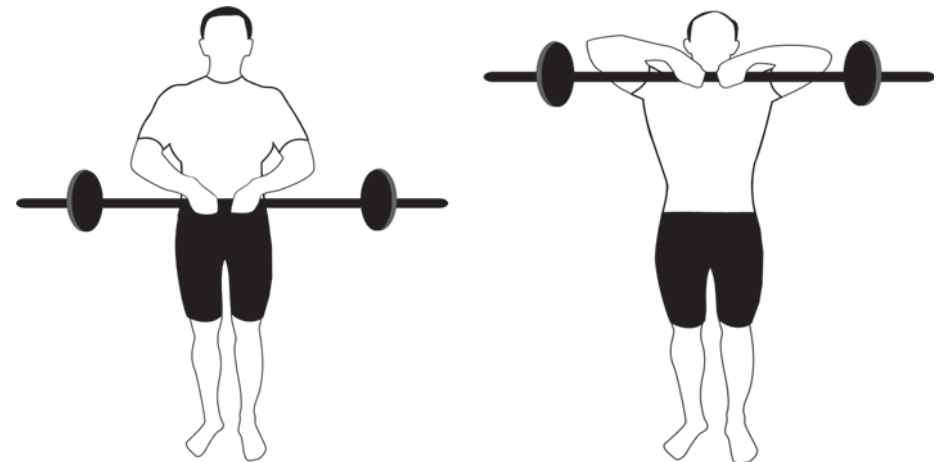
### SHRUGS ON THE CALF MACHINE:

I personally like this one most of all the exercises for trapezius. You can use very heavy weights and your hands are free. Place the padded arm of the machine on your shoulders and hit it! By now you already know how.

### UPRIGHT ROWS WITH BARBELL OR CABLE:

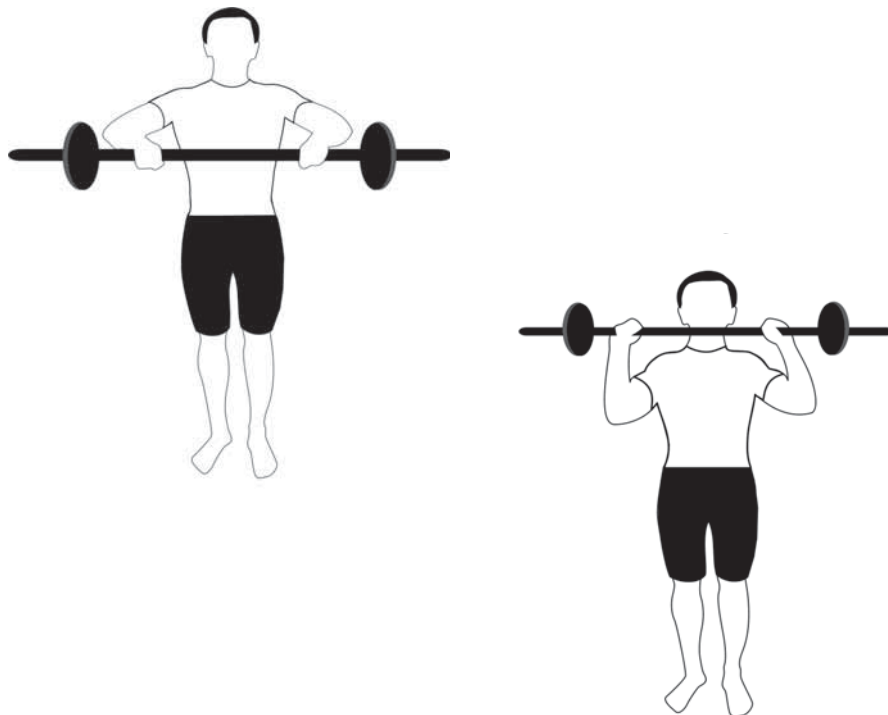
This exercise is a very popular one for trapezius and shoulder development. Some sports scientists don't recommend it as it can cause injuries of the rotator cuffs but I'm going to teach you how to do it correctly and you must decide whether or not you want to use it. Grab the bar of a Cable Machine or barbell with your hands only 8 - 10 cms apart. Your feet are in a natural position and knees are locked. Start pulling the bar up while inhaling and keep your elbows up as much as you can. Stop under your chin, start exhaling and slowly lower the barbell or the bar but only to your belly button, no lower, to keep the tension in your trapezius and shoulders. At the bottom position keep your elbows away from your body as far as possible. Perform the next repetition the same way. Use 8 reps per set.

I used to do this exercise a lot when I was younger and never had any problems, but if the scientists have a reason not to recommend it, we should consider the use of this one - it's up to you. Movement up is 2 seconds and down 3 seconds.



**WEIGHT LIFTING LIFT:**

I devised this exercise but the basis for it is a weightlifting lift – the Clean and Press. For this exercise I took only the first part of it – the Cleaning. Take a bar with which you can perform 6-8 repetitions. Grab it with your hands about 50 cms apart and get your body into a straight position. Now the bar is touching your thighs. From this position inhale deeply, lift your shoulders up and clean the bar to your neck quickly. Once it sits on your hands by your neck, start exhaling and simultaneously turn your hands until the knuckles face the floor, and lift your elbows up as high as possible, still not lowering the bar until your elbows are in a position where you can't lift them any higher. Then, start lowering the bar very slowly but only to your belly button. Stop and straight away jerk the bar up again. This movement is a bit difficult but the load you get on your shoulders is enormous. It works very well on your trapezius, shoulders and forearms. The bar should run about 10 – 12 cms from your body. The movement up is very quick, but down is about 3-4 seconds. This really works!



**30 'COCONUT' SHOULDERS**

This muscle part, if developed well, gives your body a great appearance. Wide, rounded shoulders together with a slim waist are the first step to perfect symmetry – that's what bodybuilding is about. Let's go and build those coconut-looking shoulders.

**FRONT BARBELL RAISE:**

Grab a barbell with your arms shoulder width apart, lift it to your belly button, lock the elbows and push them forward. This is the starting position. Now start inhaling, pull the barbell upwards until it's level with the top of your head, finish inhaling, start exhaling and lower the barbell back to your belly button. Don't squeeze the bar of the barbell. If you do, you involve the forearm muscles and the shoulder muscles get less load. Remember, the barbell should sit on your thumbs only, the fingers hardly touch it. As we can't use very heavy weights for this exercise, it's possible to hold it this way. You can "cheat" when lifting the barbell, but the lowering should take about 3 seconds. This can also be done with a cable on a pulley machine. This is one of my favourite exercises.



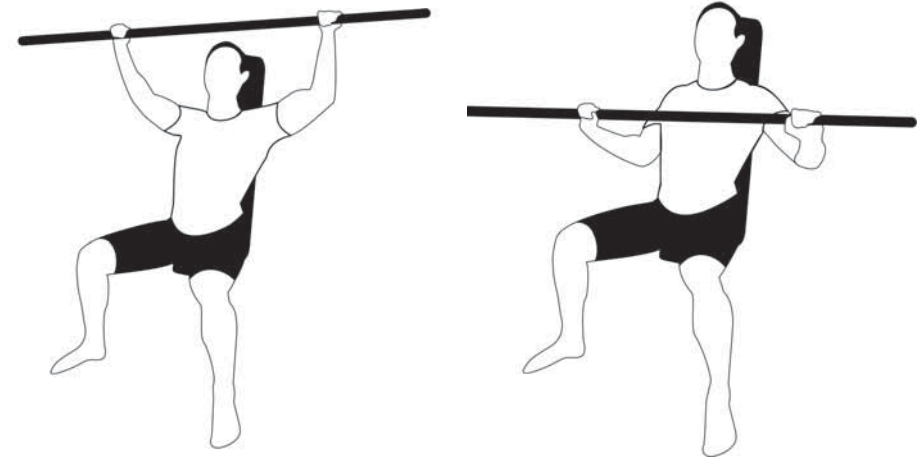
**STANDING MILITARY PRESS:**

Stand firmly on the floor with your feet about 50 cms apart, grab a barbell with your hands about 75 cms apart and lift it up under your chin as weightlifters do when they perform the Clean and Press. With this exercise we can “cheat” in order to lift heavier weights. Finish the lift with your arms slightly bent at the top position. Inhale and slowly lower the barbell under your chin. Now, how to do the “cheating part”. As you start to lower the barbell, simultaneously do a partial squat, lowering yourself about 10 cms and when the barbell reaches your chin immediately straighten your legs quickly and jerk the barbell upwards. Those two movements must be simultaneous and fast. This way you’ll be able to lift heavier weights and load your shoulders even more.

You can also perform this exercise behind your head, but from this position you can damage your shoulder joints. If you do decide to perform this exercise from behind your head, make sure that you don’t lower the barbell below your ear level. If you go lower, you can slightly dislocate your shoulder joints and damage the front edge of the joint cups, which is very soft. Jerk the barbell up, if you cheat, but lower for 3 seconds. This system is called negatives. Give it a try. The Standing Military Press can also be done seated on a bench or on the Smith Machine, but that way we can’t cheat.

**SEATED MILITARY PRESS WITH BARBELL OR SMITH MACHINE:**

Sit on a bench with the back-rest adjusted to about a 100 degree angle. Grab the bar in front of your body with a very wide grip and lift it up – but don’t lock your elbows. Inhale and lower the bar under your pecs, stop for 2 seconds, exhale and lift it up to the starting position. Do the movement very slowly. This is a long-forgotten exercise but one of the best for shoulders. Give it a try and you will be amazed how it works. Keep the same 3 second speed up and down.



**SEATED OR STANDING DUMBBELL PRESS:**

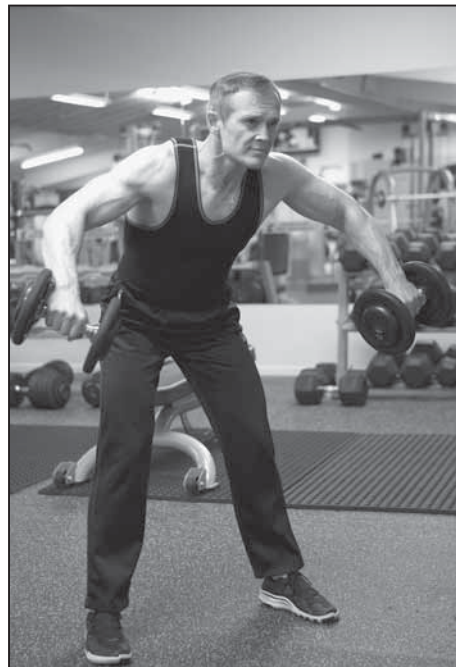
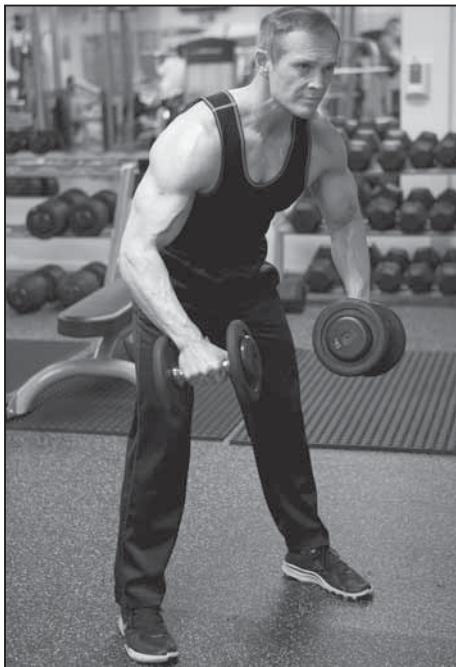
For this shoulder exercise we use a similar technique to the Military Press with barbell. Grab a pair of dumbbells, with which you can perform 8 repetitions. Lift them up and slightly drop the ends that are facing your head. This means that the handles aren’t parallel to the floor. This way you lower the stress in the elbow joints. When you lift or lower the dumbbells, your hands are about 65 cms apart and run straight up and down. At the top position don’t bring them together otherwise the tension in the shoulders is interrupted, and don’t lock your elbows either. The rest of it you already know.

**LATERAL SIDE RAISE:**

This exercise is considered the best for the middle part of the shoulders. It gives them that round beautiful look, which is not so easy to develop.

Stand in front of a mirror, (this is very important for this exercise), and bend slightly forward. Grab a pair of dumbbells with which you can do only 4 reps slowly – but you’re going to do 8 reps using a swinging upward movement. I know that until now I’ve taught you to perform exercises slowly, but the shoulders need very heavy weights to grow. Why? Whatever exercises you do for your upper body, the shoulders always work; they’re used to being loaded so they’re very stubborn.

Let's start. You hold the dumbbells not in the middle, but so the little fingers touch the plates inside. If you hold them this way, the thumb side of them drops and this is the first part of the exercise. The dumbbells hang on your arms in front of the thighs. Now, bend your arms slightly, swing the dumbbells up and simultaneously dip your shoulders down "NOT UP"! If you lift them up, you involve the trapezius in the lift but you want to load your shoulders. Remember, the trapezius lifts the shoulders and the shoulders lift the arms. At the top position, your elbows must be higher than your wrists and in the mirror you should see even the back deltoids of your shoulders. When you lower the dumbbells, try to resist the earth's gravity as much as you can and stop the dumbbells about 15 cms from your thighs. This way there's tension in your shoulders all the time. Inhale when you lift and exhale when you lower the dumbbells. Is it difficult? Yes it is, I agree. But it's fantastic! The upward movement is similar to the one you use when you pour wine from a bottle into a glass. When you do this, you lift the elbow up, don't you? That is exactly what I want you to do when you lift the dumbbells up. I often see trainers in gyms bending their bodies back instead of



forward. By doing this they load only the front deltoids and not the middle. You can do it!

**LATERAL SIDE RAISE WITH CABLES:**

For this exercise you're going to use crossed cables. Apply the same form as with the Dumbbell Side Lateral Raises. The advantage of using the cables is that there's resistance all the time even at the bottom position.

**BENT OVER LATERAL SIDE RAISE:**

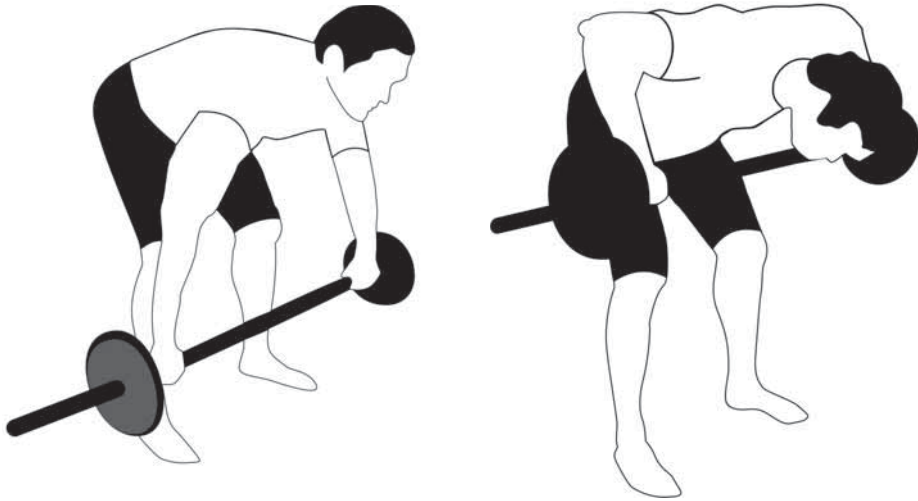
This exercise develops the back deltoids of your shoulders. Take a pair of dumbbells and bend your upper body forward, until it's parallel to the floor. Lock your knees and start inhaling and lifting the dumbbells backwards so that your arms make about a 45 degree angle with your body. Contract the back muscles of your shoulders as hard as you can and slowly, while exhaling, lower the dumbbells, but only half way down. Stop and repeat. You don't drop them until your arms are straight if you want to keep maximum tension in your shoulder muscles.

You can perform it a different way with your arms making a 90 degree angle with your upper body. See which way is better for you. If you want to decrease the stress in your lower back and use heavier weights, I have a little tip for you. Take an adjustable bench and lift the longer part up so it will support your head. Bend down and place your forehead on the edge of the bench. This is more comfortable. The speed up is 1 second and the half way down movement 2 seconds. You can also use crossed cables for this exercise.

**BENT- OVER BARBELL ROW TO NECK:**

This is another good exercise for the development of the back part of your shoulder muscles. Bend down and grab a barbell with hands placed at twice the width of your shoulders. Inhale and pull it towards your neck pushing your elbows forward. Exhale and lower the barbell until your arms are straight. Your thumbs are on the same side as your fingers. You can place your head on a bench as

described with the previous exercise. Speed up and down is about 2-3 seconds. You can use quite heavy weights for this one.



### REVERSE PEC DECK FLYES:

This exercise for the back deltoids of the shoulders is probably the most popular among bodybuilders, because there's the same resistance during the whole movement and no stress on the lower back area. Sit on the pec-deck machine with your chest leaning against the back rest. Grab the arms of the machine so that the back of your palms face your upper chest. Inhale and push the arms backwards contracting the back of your shoulders very hard. Hold it for 3 seconds and slowly release back to the starting position while exhaling. Movement to contract your muscles is 2 seconds. Movement to relax them is 3 seconds. For the contracting movement you can also use a jerking movement if you want to use a heavier load but to relax your muscles use a slow movement.

## 31 MOUNTAINOUS BICEPS

Finally we have reached the most popular muscle part for most boys! I want to start this chapter with the two best exercises for this dream muscle part. You've already heard about Preacher Curls, but probably most of you don't know who invented them. It was Larry Scott, the first person to win all the three titles: Mr America, Mr Universe and Mr Olympia. Larry Scott built the most beautiful and perfect arms I've ever seen. In some bodybuilding magazines the special bench used for this exercises is called Scott's Curling Bench but usually it's described as the Preacher's Curl Bench. So let's go and start to build those fantastic biceps!

### BARBELL CURLS ON SCOTT'S BENCH (PREACHER CURLS):

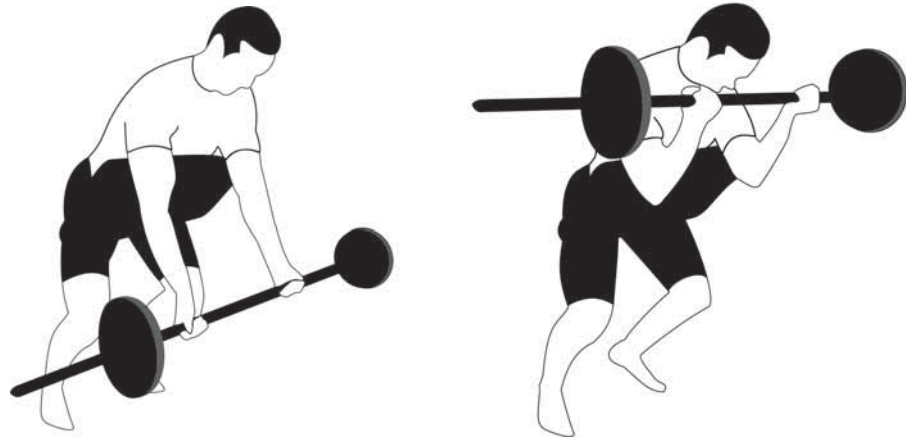
This exercise is the only one which develops long biceps so that there's no gap between the forearm and biceps when you flex your arm. Every bodybuilder should start his biceps workout with this exercise.

Firstly let's talk about the bench we perform this exercise on. The most important part is the face which has to be convex, oval, short and not flat at all. The angle of the face is about 80 degrees. Remember, your elbows must not touch the bench otherwise you'll damage your elbow joints. Unfortunately I notice that in many gyms these benches are wrongly designed. If the bench in your gym has a long face and an angle of about 45 degrees, as most of them do, use it backwards. This means that you place your body on the face and lean your arms against the back part of the bench, which is shorter, so your elbows are free. Grab a barbell with your hands about shoulder width apart, push your elbows in, so the distance between them is about 5 cms shorter than the distance between your hands, start exhaling and slowly lower the barbell with the wrists uncurled at the bottom position. You must stretch your biceps as much as you can if you want them to be wide and long. Slowly lift it up but don't push your shoulders backwards at all. At the top



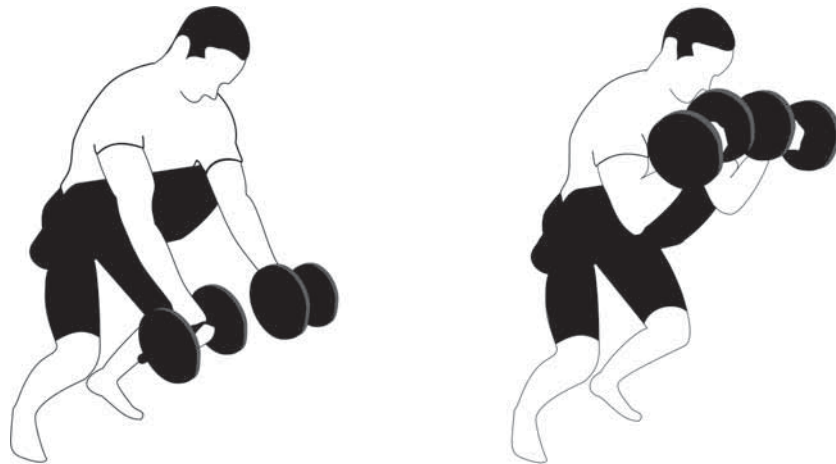
position flex your biceps as much as you can and finish inhaling. Hold for 2 seconds and repeat.

With this exercise the rule is, the slower the movement, the better pump. Please don't use an EZ bar, it puts your palms into a V shape position and you don't load the whole width of your biceps.



**DUMBBELL CURLS ON SCOTT'S BENCH:**

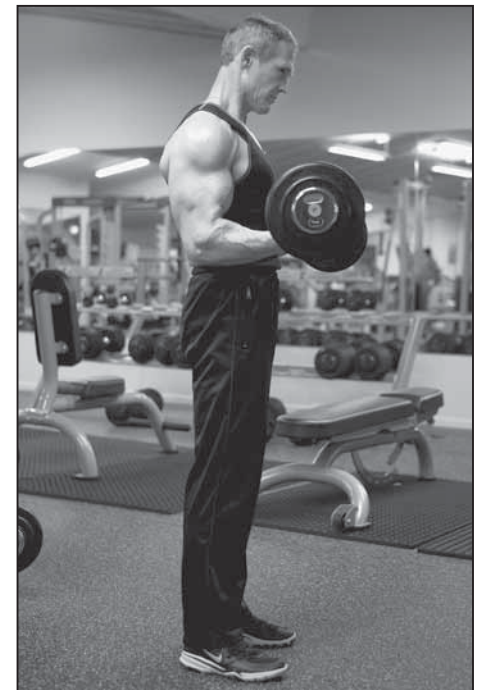
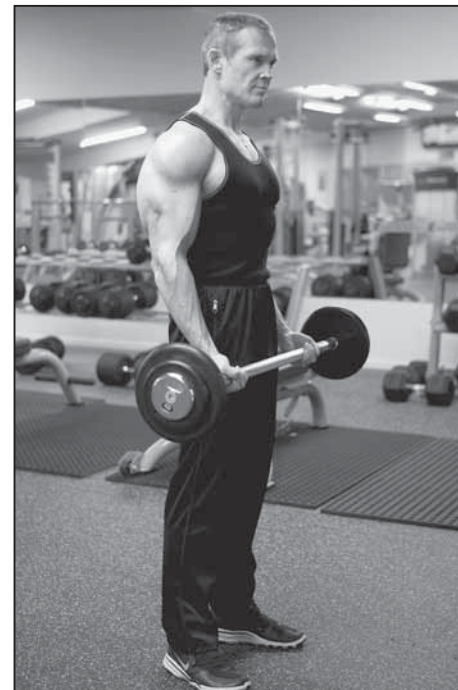
With this exercise you use the same form as with a barbell, but you hold the dumbbells parallel to the floor. Don't drop the inner plates of the dumbbells otherwise you won't load the whole width of your biceps.



**STANDING BARBELL CURL:**

This exercise can be done with a cable as well as with the technique I'm about to describe. Many trainers consider this exercise to be the basic one for biceps development as it's the only one with which you can use very heavy weights – however I don't!

Grab a barbell, with which you're able to perform no more than 6 repetitions. Use a shoulder width grip. The barbell touches your thighs. This is the starting position. Start inhaling and lift the barbell up, keeping your elbows firmly stuck to your body. Don't push them forward otherwise you involve your front shoulders in the lifting and totally change the angle of your upper arms, which decreases the load on the biceps. Don't lean backwards but keep your back straight and lift the barbell up only as high as your biceps allow. Don't squeeze the bar otherwise your forearm muscles take up to 30% of the load from your biceps. When you start lowering, first bend your body slightly forward, open your hands so you isolate the forearm muscles, and lower the barbell very slowly. As soon as you touch your thighs (you must touch them after every



rep) don't pause but straight away repeat the exercise. Exhale the whole way down while lowering. You should stop exhaling when the barbell touches your thighs – no sooner.

Remember to hold the bar only as is needed so the bar won't slip out of your hands; no firmer. Otherwise, as I've already mentioned, your forearms take more load than your biceps. Don't use more than 6 repetitions per set. The biceps are small muscles and with higher repetitions you overtrain them.

**STANDING REVERSE GRIP BARBELL CURL:**

This exercise is done using the same technique as for the standing barbell curl but there's one difference; you hold the bar with your hands over it. While the previous exercise for biceps develops mainly the long and short head of the biceps, this one develops your forearms and the biceps brachialis. It's the muscle between the biceps and the triceps on the outer part of the arm. It's an important part of the arms as it makes the biceps look wider from the front view.

**STANDING ALTERNATE DUMBBELL CURL:**

Take a pair of dumbbells with which you can do 6 reps, and hold them closer to the inner plates. Curl only one dumbbell to the top position. Start lowering the same dumbbell and start curling the other one at the bottom position simultaneously. The dumbbells should meet at the level where your arms make a 90 degree angle. Keep the dumbbells flat all the time. Don't drop the inner plates of the dumbbells (closest to your body). Don't throw the dumbbells up and down, the movement is fluid and so is your breathing. Don't forget, that your muscles need time to work. Speed up and down is about 2-3 seconds.

**DRAGGING BARBELL CURL:**

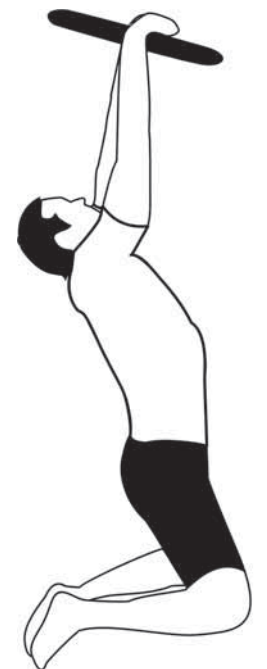
Grab a barbell as if you wanted to perform the Standing Barbell Curl and instead of curling it, drag it on your body, pulling upwards, with your elbows pushing backwards. Don't lift your shoulders otherwise you lose the correct load on the biceps. Don't take the bar off your body on the way up and down even for a while.

The load you get is incredible. Inhale up and exhale down. Do no more than 6 reps. You don't see this exercise done in the gyms very often which is a pity, because it's one of the classics and one of the best for biceps. Give it a try – I'm sure you'll agree.

**CLOSE WRIST- GRIP CHIN UP:**

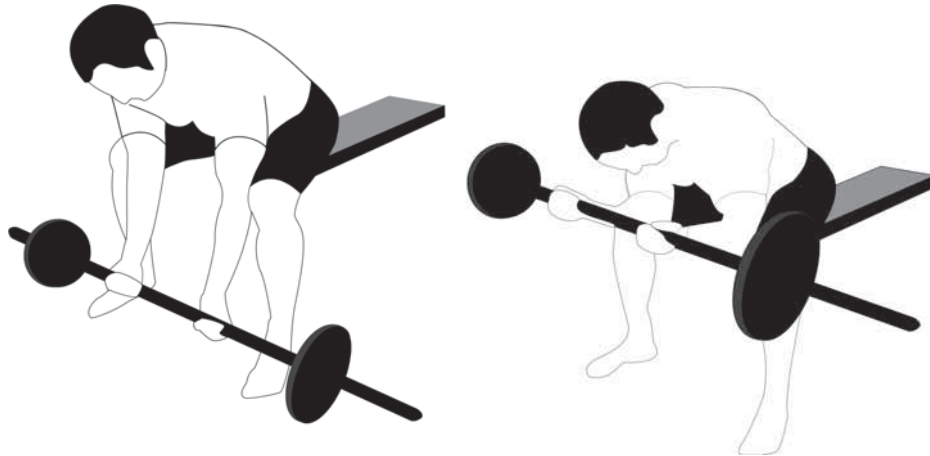
Until now I've taught you the exercises that develop the bulk of your biceps. Now we'll cover the ones that develop the peaks of your biceps.

Let's start with the Close Grip Chin Up. This is a similar movement to the one described in Chapter 28 but the difference is in holding the chinning bar. The grip is very uncomfortable I have to say, because you don't hold the bar with your hands and fingers. But if you can bear it, you'll get a load on your biceps that no other exercise for this muscle part can give you. Clench your fists firmly, curl your wrists as much as you can and hook yourself on the chining bar. The bar digs into your wrists but try to bear it for 6 reps. Only if it's extremely uncomfortable should you use something to soften it. Pull your body up to the chin while inhaling. Now you're in the top position. Lower your body, while exhaling, but no deeper than 25 cms, and pull yourself up again to keep maximum tension in the biceps. After 6 reps your biceps will be roasted. Your hands are about 25 cms apart. It's hard but incredible and the most natural exercise for the biceps peaks. The movement is very slow, as slow as you can manage.



**BENT OVER BARBELL CURL:**

This exercise is also for the peaks of your biceps. Grab a barbell with your hands about 30 cms apart and sit on the end of a bench. Bend over and hold your arms between your knees. Your elbows should be directly opposite the knees. Gently push your arms with your knees and start curling the barbell up to a contracted position. Try to contract your biceps as hard as you can, hold it for 2 seconds and slowly lower the barbell. Don't move your shoulders up or down. It would be even better if you could get help for the last 2 reps as it's very hard to lift the barbell up to your neck. Perform no more than 6 repetitions. Inhale when you lift and exhale when you lower. Don't pause at the bottom position.



**SEATED OVERHEAD CABLE CURL:**

This is the last exercise I'm going to describe for the biceps. Grab the bar of a pulley machine with your hands about 30 cms apart and sit on a bench or on the floor (depending on the construction of the machine), and straighten your arms fully. The wrists, elbows and shoulders are at the same level. The cable pulley is at the same level as the top of your head. Start curling and bring the bar over your head, contracting the biceps very hard to get the maximum effect. Hold it for 2 seconds and slowly bring your arms again up to the straight position. Don't move your elbows up or down while

performing this exercise otherwise you lose the effect which builds those desirable peaks of the biceps. Inhale when you pull the bar and exhale when you straighten your arms. Do 6 reps per a set. The movement forward and back is about 2 seconds only.



## 32 'HORSESHOE' TRICEPS

### SCOTT'S KNEELING TRICEPS EXTENSION:

I want to start with the exercise which I personally consider to be the best of all. This is a fantastic exercise for building huge-sized triceps because it places a good load on the long head. I can vouch for this from personal experience.

Take an adjustable bench and lift the seat and back-rest up so they make a symmetrical angle of 120 – 140 degrees. Attach a V-bar to a cable. The pulley of the cable machine should be about 90 cms above the floor. You'll find the correct height, as the cable should gently rub the back of your head when your arms are straightened out. Turn your back to the machine and kneel down placing your elbows on the bench. Hold the bar with your thumbs and fingers on the same side. Stretch your arm out fully – this is the starting position. Start inhaling and very slowly move your forearms backwards until the biceps stop the movement. Start exhaling and pushing the bar forward up to straight arms, contract your triceps as hard as possible and repeat. Keep your head down as low as you can. Don't use the rope. Perform 8 repetitions per set. The form for this exercise has to be absolutely perfect to achieve an incredible pump. This exercise gives your triceps not only fantastic



bulk, but separation and shape as well. Do it as often as possible. The movement forward and back is about 3 seconds.



### CLOSE GRIP BENCH PRESS:

This is a very good exercise for building the mass and strength of your triceps. With this exercise you use very heavy weights and you don't have to worry about correct form. It's very simple.

You can perform this on the Smith Machine or with a bar – both work very well. Lie down on a bench press bench as if you wanted to do presses for the chest, but shift your body so that the bar will touch your chest just under your pecs. Grab the bar with your hands about 25 cms apart. Lift the bar off the stand, start inhaling very deeply and lower the bar. When it touches your chest, immediately exhale and lift the bar again but don't lock your elbows. Use a higher speed to lift heavier weights. Don't hold your breath because you're using very heavy weights, your body needs a good supply of oxygen. Make sure that there's someone nearby to supervise you and don't use very heavy weights if you're working out on your own – only use the weight you can manage – you already know why.

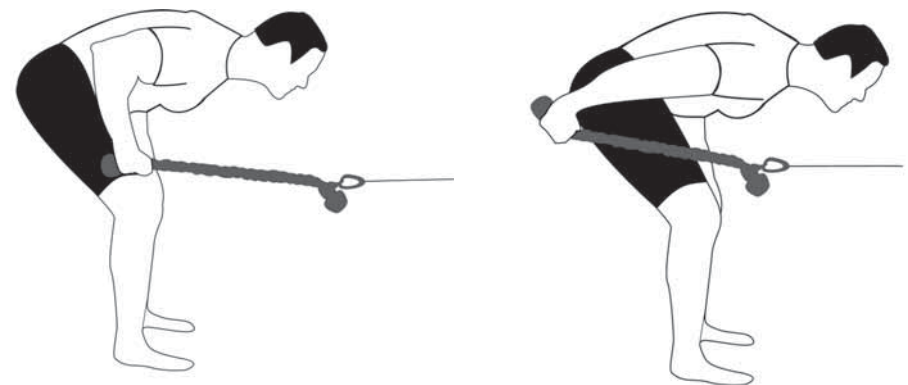
For this exercise you can also use an EZ bar which makes your grip more comfortable. When you perform this exercise you can even lift your glutes off the bench.



**DUMBBELL OR CABLE KICKBACK:**

This exercise forms the separation of your triceps heads so they look like a horseshoe. Grab a dumbbell but don't squeeze the handle very firmly. Bend over so your upper body is parallel to the floor as is your arm. With your free arm you can support your body by holding a bench or equipment to decrease the stress on your lower back. Lower the dumbbell by curling your arm but only about 25 – 30 cms to keep constant tension in your triceps. Lift it up again to contract the triceps as hard as you can then lock your elbow and hold for 2-3 seconds. That hold is very important. Inhale when you lift and exhale when you lower.

The movement is very slow – do it as slowly as you wish. You can do this exercise with a cable and attach a rope for a better grip. The form is the same but with the cable you keep the load even up and down. You also develop higher tension at the bottom position by lowering your hand further – this is the real advantage over the dumbbell version. I personally prefer the cable exercise.



**FRENCH PRESS:**

This exercise is also called Skull Crushers but this one was invented by the French so French Press is the correct name.

This exercise can be done in three different positions: lying, seated or standing. Let's talk about the version used in most gyms;

the lying version. You can use an EZ bar – this places less stress on your wrists than the straight one does. Lie down on a bench and grab the bar with your hands about 15-20 cms apart and fingers and thumbs on the same side. Lift your legs up and bend at the knees. This way the earth's gravity pulls blood from the thighs down into your upper body and from there you get more blood into your triceps. We know that the blood supply into muscles is very important during exercise and the thighs carry a lot of blood. You can put your feet on the floor if you find it difficult to keep your balance. Now, start inhaling, lower the bar to the top of your forehead and gently touch it, keeping the forearms parallel by pushing the elbows against each other. From this position start exhaling, lifting the bar up but don't lock your elbows at the top and don't pause, but straight away do another rep. Don't move your elbows forward or back – keep them still. Perform no more than 8 reps.

Now, whether to do this exercise standing or seated. The form for both is the same. Grab a straight or EZ Bar as for the previous exercise. Lift your arms up until they're in line with your body, inhale and lower the bar behind the neck as low as possible keeping your elbows close to your head. At the bottom position don't pause, but exhale and lift the bar up. At the top don't lock the elbows, but stop about 10 – 12 cms below the top position to consistently maintain the tension in your muscles. I must stress that the standing version stretches your triceps even better. The speed down is 3 seconds and up 2 seconds.

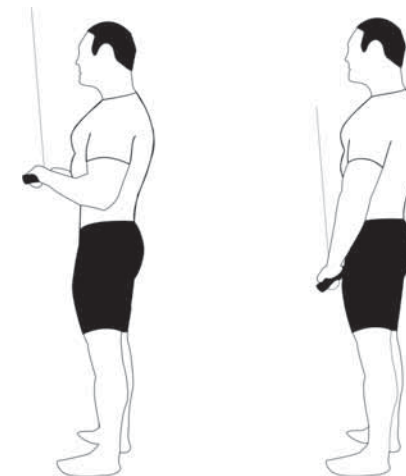
**CABLE PRESSDOWN:**

This exercise can be carried out two different ways, it depends on the purpose. If you want to shape your triceps, use the strict form, but if you want to bulk up, use rough strength only without worrying about the correct form. I'm going to describe both ways.

Grab the bar of a cable machine with your hands about 25 – 30 cms apart. Press it down until your arms are straight and lock your elbows to achieve maximum contraction in your triceps. You should touch your thighs. This is the starting position. Start inhaling and simultaneously curl your arms moving the bar up very slowly

until your biceps stop the movement. Start exhaling and press the bar down to locked elbows. The elbows are firmly stuck to your body. Don't move them forward or back. The bar runs about 10 cms from your body. Perform 8-10 reps per set. This is the shaping version.

The bulking version should be done like this. Grab the bar with your hands only 5 cms apart, press it down any way you can, keeping the elbows away from your body as if you wanted to pump a tire. You can even lean your body over the bar to push it. For this exercise we use very heavy weights and 6 reps only. Cheating is a must!

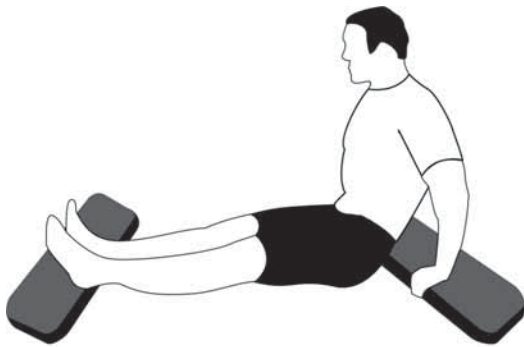


**DIPS ON TWO BENCHES:**

This is a very good bulking exercise. As mentioned earlier in my twenties I was able to do this one with 100 kilos on my lap. Take two benches, grab the edge of one and place your feet on the opposite bench. Your hands are about 25 – 30 cms apart. Make sure that the edge you hold is firm enough and will not break; otherwise you risk a very serious injury. Lift your body until your arms are straight – this is the starting position. Inhale, lower your body as deeply as you can and concentrate on the feeling in your shoulders. If you feel even tiny pricking in the front of your shoulders, stop doing this exercise. When you reach the bottom position, start exhaling and

lift your body up but stop about 10 cms below the starting position and do another rep.

Don't lock your elbows. If you're strong enough, place some plates on your lap. Do no more than 6-8 repetitions. The movement down is about 3 seconds and up about 2 seconds. This is also a good exercise for undercutting the pecs.



**DUMBBELL OVERHEAD EXTENSIONS:**

This exercise can be done in three positions – standing, seated and lying. At first let me tell you how to perform the first two. Stand or sit, take a dumbbell, place it with its inner plate on your open palm and straighten your arm up. Your palm will face the ceiling. You can also hold the dumbbell via a bar, but I prefer to do it without. This way you decrease the load on the forearm and load the whole of the triceps. Start inhaling and lower the dumbbell until the biceps stop the movement. From the bottom position exhale and lift but don't lock your elbow. Keep your arm as close as you

can to the head and don't move your elbow; rather spot yourself with your free arm. You spot yourself only when lifting.

This is the advantage of this exercise, that you can do negative reps and use a heavier dumbbell. This exercise develops the long head of the triceps and is one of the most popular exercises for this muscle part. Do 8 reps per set. The speed of the movement up is 2 seconds, down 3 seconds. You can also perform this exercise with both arms.

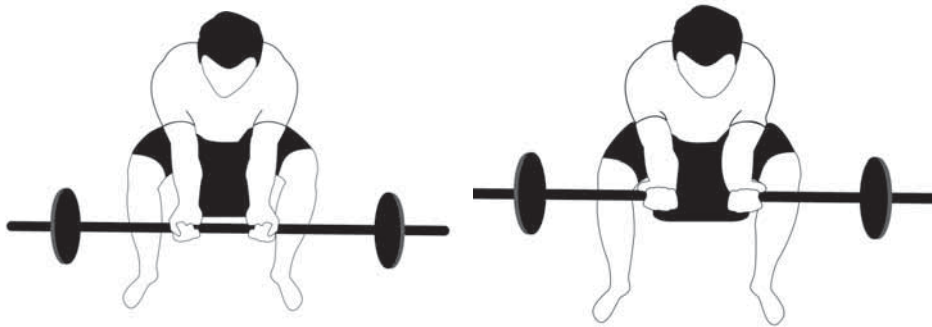
Now let's talk about Dumbbell Extensions Lying. Lie down on a bench and grab a dumbbell by the bar. We do it this way because the movement is totally different from that in the previous exercise. Let's say that you're going to use your right arm first. Straighten it up – this is the starting position. Inhale and lower the dumbbell to your left ear which means that the forearm is across your face. Exhale and lift the weight up but don't lock your elbow. Do 8 reps per set with each arm. This exercise gives your triceps very good loading.

### 33 BULGING FOREARMS

The forearms work all the time whatever you do for your upper body. To be honest, I've never worked this muscle part in my bodybuilding career but if your grip is not strong enough to hold heavy bars or your forearms are too slim, or you want to form good symmetry with your upper arms, you can do these two exercises:

#### BARBELL WRIST CURLS:

Sit on a bench, hold the barbells with your palms up about 20 cms apart and place your forearms on the bench with your hands over the edge of it. Your elbows are between your knees. Hold the barbell with the fingers and thumbs on the same side. Curl the wrists up and hold for 2 seconds contracting your forearm muscles. Slowly lower and repeat up to 10 – 12 reps. For this exercise we use higher reps as the muscles of the forearms are dense as are the calves.



#### REVERSE BARBELL WRIST CURL:

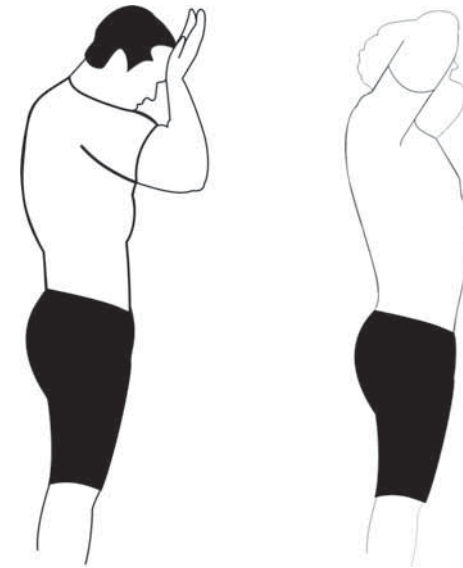
Get into the same position as for the previous exercise but grab the barbell with your palms facing the floor and thumbs under. The rest is the same as the exercise above. When you work out with the forearms, you can superset both exercises and perform 3 sets of each without a break between sets.

### 34 INCREDIBLE NECK

This is the last muscle part for which I'm going to describe a workout. As with the forearms I personally have never done any exercise for the neck. The neck muscles get developed when we work out our back muscles but if you're not happy with the size of yours, use the following.

#### HEAD AND ARMS RESISTANCE:

Stand or sit down, place your palms on your forehead and push them against the resistance of your head for 4 seconds and relax for 2-3 seconds. Do 10 -12 reps and place your hands behind your head and use the same system as for the previous exercise. You can superset both exercises for 3 sets of each. For resistance you can also use a wall by placing a towel between your head and the wall.



*Note: Those exercises you most like to do give you the best results because you concentrate on them better than those you dislike – so include them in your workout programme more often.*



## 35 MY MOST SUCCESSFUL WORKOUT PROGRAMMES

In this chapter I'm going to let you in on my best workout programmes – the ones that turned me into a successful bodybuilder. Some of them were designed by my personal trainer at the beginning of my career in this wonderful sport and some of them I devised myself. I'm going to put them in the order you should do them if you're a bodybuilding beginner.

### WORKOUT 1:

#### MONDAY:

Squats with Bar	5 sets	16-14-12-10-8 reps
Bench Press with Bar	5 sets	14-12-10-8-6 reps
Chin Ups with Spotting	5 sets	10-8-6-4-2 reps

#### WEDNESDAY:

Hack Squats with Bar	5 sets	10 reps
Flyes on 20 degree Angled Bench	5 sets	8 reps
T-Bar Row	5 sets	8 reps

#### FRIDAY:

Front Squats	5 sets	16-14-12-10-8 reps
Dumbbell Bench Press	5 sets	14-12-10-8-6 reps
Chin Ups Reverse Grip (Under Grip)	5 sets	6 reps

This is a very good system for bulking up. Don't do it for longer than 6 weeks. After 6 heavy weeks, go to a simple system for a while.

### WORKOUT 2:

#### MONDAY:

##### Chest

Bench Press With Bar	4 sets	8 reps
Pec Deck	3 sets	8 reps
Dumbbell Pullovers Across Bench	2 sets	15 reps

##### Triceps

Close Grip Bench Press	4 sets	6 reps
French Press lying with EZ Bar	3 sets	8 reps
Cable Pressdown	2 sets	10 reps

##### Abs

Hanging Knees Up – Slow	3 sets	10 reps
Leg Lifts on Bench	2 sets	10 reps

#### WEDNESDAY:

##### Thighs

Squats With Bar	4 sets	8 reps
Hack Squats With Bar	3 sets	8 reps
Leg Press On Machine	2 sets	10 reps
Leg Curl On Machine	3 sets	8 reps

##### Shoulders

Military Press Seated With Bar	3 sets	8 reps
Side Lateral Raise	3 sets	8 reps
Bent Over Lateral Raise	3 sets	8 reps

#### FRIDAY:

##### Calves

Calf Raises Standing On Machine	3 sets	12 reps
Calf Raises On Leg Press	3 sets	14 reps

##### Back

Chin Up Wide Grip	4 sets	6-8 reps
T-Bar Row	3 sets	8 reps
Close Grip Lat Cable Pulldown	2 sets	10 reps

**Biceps**

Barbell Curl Standing	3 sets	5 reps
Dumbbell Preacher Curl	3 sets	6 reps
Dragging Barbell Curl	2 sets	6 reps

**WORKOUT 3:**

This is my most successful work out programme ever and one I've been doing for many years. I do it 4 times a week and twice with each muscle part. Many bodybuilders work out 3-4 exercises per muscle part once a week, but to me, this one is more productive. Note that for every workout I use different exercises. I recommend you to give it a try.

**MONDAY:**

**Calves**

Calf Raises Standing On Machine	3 sets	12 reps
Calf Raises Standing On Block	2 sets	30 reps

**Shoulders**

Military Press Standing With Bar	4 sets	8 reps
Side Lateral Raise	3 sets	10 reps

**Biceps**

Standing Barbell Curl	4 sets	6 reps
Preacher Dumbbell Curl	3 sets	6 reps

**Triceps**

Close Grip Bench Press With Bar	4 sets	6 reps
French Press Lying With Bar	3 sets	8 reps

**TUESDAY:**

**Legs**

Squats With Bar	4 sets	10 reps
Hack Squats On Machine	3 sets	8 reps
Hamstrings Leg Curl	3 sets	8 reps

**Chest**

Flat Bench Press With Bar	4 sets	8 reps
Incline 20 Degree Angle Flye	3 sets	10 reps

**Back**

Wide Grip Chin Up	4 sets	8 reps
T-Bar Row	3 sets	8 reps

**Abs**

Hanging Knees Up – Slow	3 sets	10 reps
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**THURSDAY:**

**Calves**

Calf Raises On A Block – No Weights	2 sets	16-14-12-10-8-6 reps and the same breaks in seconds between sets**
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**Shoulders**

Dumbbell Press Seated	4 sets	8 reps
Upright Row With Bar	3 sets	8 reps

**Biceps and Triceps Combinations\***

Barbell Preacher Curl	4 sets	6 reps
Triceps Cable Pushdown	4 sets	10 reps

**Second Combination**

Dumbbell Curl Seated	3 sets	6 reps
Dips On Parallel Bars	3 sets	8 reps

\*\*With this exercise you perform 16 reps followed by a 16 second break, 14 reps followed by a 14 second break...etc after the 6<sup>th</sup> rep set you have a 2 minute break and repeat the whole giant set once again.

\*Combination means that after the set for biceps, you go straight to the set for triceps and than you have a break for 2 minutes and repeat.

**FRIDAY:**

**Legs**

Front Squats With Bar	4 sets	8 reps
Hack Squats With Bar	3 sets	8 reps
Supported Leg Curl	3 sets	8 reps

**Chest**

Flat Dumbbell Press	4 sets	8 reps
Reverse Grip Dips	3 sets	8-10 reps

**Back**

Close Grip Chin Up	4 sets	6-8 reps
Barbell Row To Waist	3 sets	8 reps

And now I'm going to reveal my secret workout programme, which in the summer of 1980 made me one of the best bodybuilders overall in middle Europe. I started using this programme only 4 weeks before the competition, 6 times a week and every session took me only 50 minutes. Exceptional!

**WORKOUT 4:**

**MONDAY:**

**Shoulders**

Military Press Seated		
On Smith Machine	3 sets	6 reps
Side Lateral Raises	3 sets	8 reps
Upright Row With Barbell	2 sets	8 reps

**Biceps and Triceps Combinations\***

Barbell Curl Standing	3 sets	6 reps
Close Grip Bench Press		
On Smith Machine	3 sets	6 reps

**Second Combination**

Barbell Preacher Curl	3 sets	6 reps
Cable Pushdown	3 sets	8 reps

**Third Combination**

Dumbbell Curl Seated	2 sets	6 reps
Dips On Parallel Bars	2 sets	10 reps

**TUESDAY:**

**Calves**

Calf Raises Standing On Machine	10 sets	15 reps
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**Thighs**

Leg Extensions	10 sets	12 reps
Hamstrings Leg Curl	4 sets	10 reps

**Abs**

Hanging Knees Up	3 sets	12 reps
Jack Knife On Floor	3 sets	12 reps

Note that for my thighs, I did only Extensions and no Squats, as they make your thighs smooth before a competition. Leg Extensions are also a shaper. Don't perform Squats of any kind before the competition if you want definition.

**WEDNESDAY:**

**Chest**

Flat Bench Press With Bar	3 sets	6 reps
Incline 20 Degree Bench Flyes	3 sets	8 reps
Flat Dumbbell Press	2 sets	8 reps

**Back**

Chin Up Wide Grip	3 sets	8 reps
T-Bar Row	3 sets	8 reps
Cable Row To Waist	2 sets	10 reps

**Abs**

Hanging Knees Up	4 sets	12 reps
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**THURSDAY:**

**Shoulders**

Dumbbell Press Seated	3 sets	8 reps
Cable Lateral Raises	3 sets	8 reps
Bent-Over Barbell Row To Neck	3 sets	8 reps

**Biceps and Triceps Combinations**

Dumbbell Preacher Curl	3 sets	6 reps
Cable Kick Back	3 sets	8 reps

**Second Combination**

Barbell Preacher Curl	3 sets	6 reps
French Press Lying With Barbell	3 sets	8 reps

**Third Combination**

Barbell Curl Close Grip		
Hands Touching	2 sets	6 reps
One Arm Dumbbell Triceps		
Extensions Seated	2 sets	8 reps

**FRIDAY:**

**Calves**

Calf Raises On Leg Press	10 sets	14 reps
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**Thighs**

Extensions On Machine Very Slow	10 sets	12 reps
Supported Leg Curl	4 sets	8 reps

**Abs**

Seated Knee Up	3 sets	12 reps
Knees Up On Abs Stand Very Slow	3 sets	10 reps

**SATURDAY:**

**Chest**

Incline Dumbbell Press		
On 20 Degree Bench	3 sets	8 reps
Flat Wide Grip Bench Press To Neck	2 sets	8 reps
Reverse Grip Dips On Parallel Bars	3 sets	8 reps

**Back**

Close Grip Chin Up		
With Weight Belt	3 sets	6 reps
Cable Lat Pulldown		
Wide Grip Seated	3 sets	8 reps
Bent Over One Arm Cable Row	2 sets	8 reps

**Abs**

On Floor Knees & Elbows Together	4 sets	12 reps
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It's a hard system, which requires a lot of rest, good nutrition and concentration on each rep. After each competition I took two weeks off from the gym. The breaks between sets for small muscle parts are 1 minute and for big ones 2 minutes. A lot of trainers think that high rep sets give definition but I don't agree. The correct diet will help you rid yourself of fat. When you're on a low carbohydrate diet before a competition, you don't have enough energy and a high rep set takes longer. As we well know, that the longer the set the more energy it uses. Adenosine triphosphate and muscle glycogen are made of carbohydrates and are depleted within 10-15 seconds of performing a set, so save your muscle mass and get cut wisely.

**WORKOUT 5:**

This is a workout programme to be done every other day. It means that an entire day's rest follows each day's training. The disadvantage of this one is that you also work out at weekends when you may prefer to go on a trip or to a party – so decide. It's a bulking system.

**DAY ONE:**

**Chest**

Peck-Deck Flyes	3 sets	10 reps
Dips On Parallel Bars	3 sets	8 reps
Bench Press	3 sets	6 reps

**Shoulders**

Side Lateral Raises	3 sets	10 reps
Upright Row With Bar	3 sets	8 reps
Military Press Standing With Bar	3 sets	6 reps

**DAY TWO:**

Rest

**DAY THREE:**

**Back**

Lat Pulldown Wide Grip	3 sets	10 reps
Bent Over Barbell Row	3 sets	8 reps
Chin Up Wide Grip	3 sets	6 reps

**Triceps**

Cable Pushdown	3 sets	10 reps
French Press With Bar Or EZ Bar	3 sets	8 reps
Close Grip Bench Press	3 sets	6 reps

**DAY FOUR:**

Rest

**DAY FIVE:**

**Calves and Hamstrings Combination**

Calf Raise On Machine Standing	3 sets	14 reps
Hamstrings On Leg Curl Machine	3 sets	8 reps
Calf Raises On Leg Press	3 sets	12 reps

**Thighs**

Squats With Bar	6 sets	8 reps
Lunges With Dumbbells	3 sets	10 reps

**Biceps**

Dumbbell Curl Seated	3 sets	6 reps
Preacher Barbell Curl	3 sets	5 reps
Barbell Curl Heavy		
Negatives (Cheating)	3 sets	4 reps

**DAY SIX:**

Rest

**Repeat the whole programme**

**WORKOUT 6:**

I would call this one a pre pumped system. It's very good for those who get to the stale stage and can't get any further improvement. We know that high rep sets give us good pump but no bulk or strength. To lift very heavy weights, we have to perform low rep sets, which on the other side don't provide good blood flow. With less blood, muscles don't get enough nutrition or oxygen and we also risk being injured because the muscles aren't sufficiently warmed up. When you perform a set of 8 reps, the first 3-4 reps only increase the blood flow into muscles and the rest of them increase hypertrophy. So what we should do? Let's join them together.

The best way is to prepare two sets of weights. The first set is the weight, with which you can do 3 reps only with maximum effort and the second one is 50% lower than the first one.

Take the 50% lower weight and do 10 reps fluently, drop it and straight away grab the 3 rep weight and do 3 heavy reps, after that, you have a rest for 2 minutes. Use the same system for each exercise of this workout programme. This way you get both – pump and heavy loading. Isn't that fantastic? And it works as well! Give it a try and you won't be disappointed.

**DAY ONE:**

**Chest**

Flat Bench Press	3 sets	10+3 reps
Incline Flyes	3 sets	10+3 reps
Dips On Parallel Bars	3 sets	10+3 reps

**Triceps**

Cable Pushdown	3 sets	10+3 reps
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French Press Lying With Bar Or EZ Bar	3 sets	10+3 reps
Close Grip Bench Press With Bar	3 sets	10+3 reps

**DAY TWO:**

Rest

**DAY THREE:**

**Calves**

Calf Raise On Machine Standing	3 sets	10+6 reps
Calf Raise On Leg Press	3 sets	10+6 reps

**Thighs**

Squats With Bar	3 sets	10+3 reps
Leg Press	3 sets	10+3 reps
Hack Squats On Machine	3 sets	10+3 reps

**Hamstrings**

Leg Curl On Machine	3 sets	10+3 reps
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**Shoulders**

Military Press Standing with Bar (cheating)	3 sets	10+3 reps
Upright Row Standing with Cable	3 sets	10+3 reps
Front Barbell Raise	3 sets	10+3 reps

**DAY FOUR:**

Rest

**DAY FIVE:**

**Back**

Lat Pulldown	3 sets	10+3 reps
Barbell Row To Waist	3 sets	10+3 reps
Chin Up Wide Grip With Weight For 3 Reps	3 sets	10+3 reps

**Biceps**

Preacher Dumbbell Curl	3 sets	8+3 reps
Barbell Curl	3 sets	8+3 reps
Cable Curl Standing	3 sets	8+3 reps

**DAY SIX:**

Rest

**DAY SEVEN:**

The same as day one

**Repeat the whole programme and use it for five weeks.**

**WORKOUT 7:**

This is a system for advanced trainers only – not for beginners. Do you think you lack the strength to compete as a power lifter? Try this special system called Rep Pause which was invented in America to increase the overall strength of the body. This is how I used it.

I found the maximum weight, with which I was able to do only one rep. For example for Bench Press at that time it was 140 kg. I decreased it 5% meaning that I did a set of 4 reps with 133 kg. After a good warm up I took the bar with 133 kg and did one rep, put the bar on a stand, dropped my arms down to get more blood into them for 10 seconds, after that I did the second rep the same way as I did the first but after the third rep I took a 15 second break then did the last (4<sup>th</sup>) rep of the set. It goes like this: 1<sup>st</sup> rep 10 second break, 2<sup>nd</sup> rep 10 second break, 3<sup>rd</sup> rep 15 second break, 4<sup>th</sup> rep 3 minutes break. I then repeated it and did 4 sets for each exercise. It's a very hard system and shouldn't be done for longer than 4 weeks. After that time I took a week off to recuperate – especially important for my joints and tendons. While on this system I ate a lot of amino acids and good carbohydrates. The best amino acids to use with this system to keep your joints in healthy shape are Glucosamine and Chondroitin. I also recommend Fish and Flaxseed Oil.

For this system you'll need a training partner, firstly to spot you but more importantly, for your safety. **DO NOT PERFORM THIS SYSTEM ON YOUR OWN.** The system is based on the fact that it's lactic acid which stops us from lifting very heavy weights but our muscles need only 10 -15 seconds to lower lactic acid levels. The body makes the lactic acid to protect itself from over exhaustion and damage to the cardiovascular system.

**MONDAY:**

Squats With Bar	4 sets	1-1-1-1 reps
Bench Press With Bar	4 sets	1-1-1-1 reps
Bent Over Barbell Row	4 sets	1-1-1-1 reps

**WEDNESDAY:**

Front Squats With Bar	4 sets	1-1-1-1 reps
Dumbbell Bench Press	4 sets	1-1-1-1 reps
Close Grip Chin Up With Weight Belt	4 sets	1-1-1-1 reps

**FRIDAY:**

Hack Squats On Machine	4 sets	1-1-1-1 reps
Incline 20 Degree Bench Press With Bar	4 sets	1-1-1-1 reps
Dead Lift With Correct Form	4 sets	1-1-1-1 reps

As you can see, we work out with big muscle parts only, but simultaneously small muscle parts also get stronger. For example when we perform close grip chin up our biceps also have a workout.

I hope you'll choose some of these workout programmes and achieve the same great results as I have, but I do recommend you use them in the order they're written.

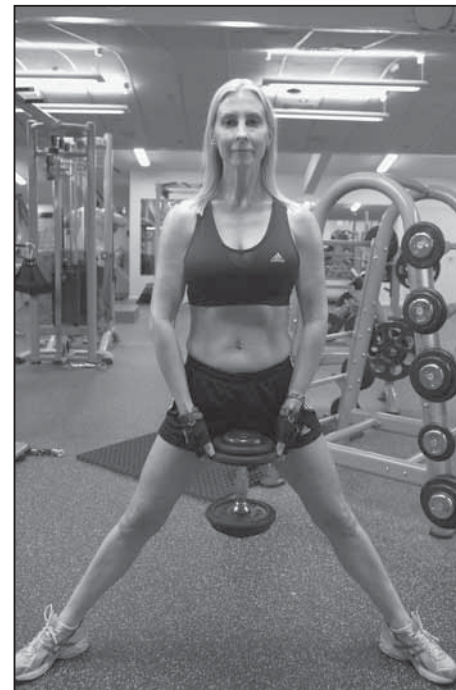
**Good luck!**

## 36 EXERCISES SPECIFICALLY FOR WOMEN

In this chapter I'm going to talk about exercises I've found to be very effective for women during my personal training career. Women wanting to improve their physique require slightly different exercises. A woman's body produces ten times less testosterone than a man's body and the fat content of a woman's body is higher. Now you know what those muscular female bodybuilders use to get bigger – male synthetic testosterone. Here are some of the exercises I use for my female clients.

### WIDE SQUAT WITH DUMBBELL:

Stand with your feet about 75 – 80 cms apart and grab a dumbbell with both hands. Lock your body at the waistline and squat until the dumbbell touches the floor still keeping your back as straight as possible and head erect. Inhale while lowering and exhale going up to start position. Don't lock your knees. The movement is very slow – 4 seconds down and 3 seconds up.

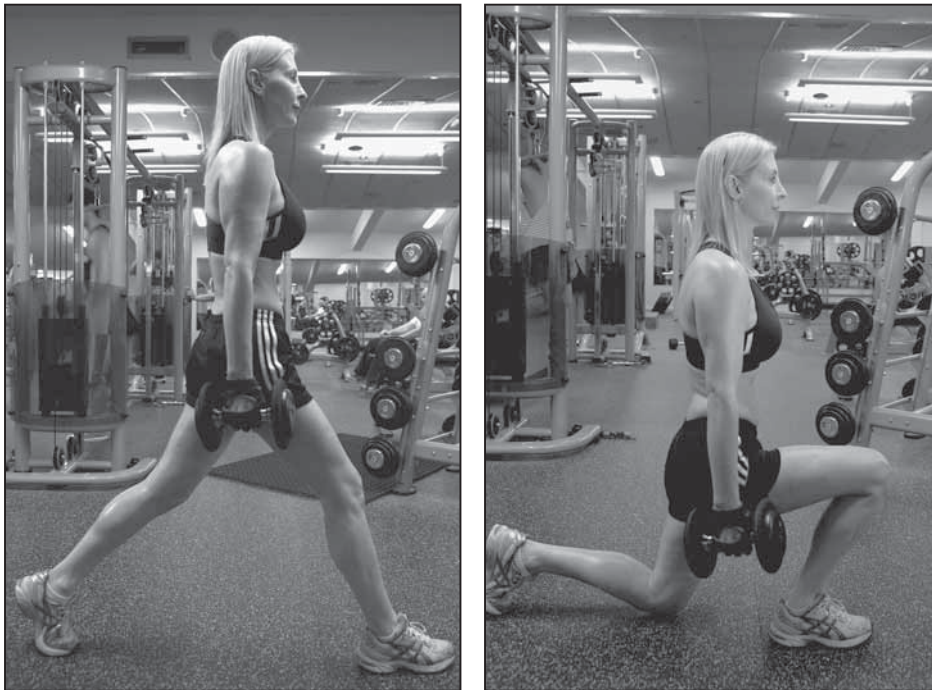


My client Kara Barnston at the age of 45



**LUNGES WITH DUMBBELLS:**

Grab a pair of dumbbells and take a long step with your feet about 60 cms apart. Start inhaling and touch the floor with the knee of the back leg. The thigh of the front leg should be parallel to the floor – if it's not, readjust your feet. At the bottom position stop inhaling and start exhaling while lifting your body but don't lock your knees. Keep your back totally straight and don't lean forward while squatting. At first, finish a full set for one leg and without breaking, do the same with the other leg. Take a 30 second break and repeat. Perform 10-12 reps for each leg. I prefer stationary lunges to walking ones. Use a very slow and fluid movement.



**RAISES ON BENCH:**

Grab a pair of dumbbells, start inhaling and step on the bench with each foot alternately but don't lock your knees. Exhale and place your feet on the floor one after the other. Repeat stepping again for 30 seconds each time putting the same foot forward. After 30 seconds swap feet and without a break do another 30 seconds

of stepping. Breathe regularly and step on the floor on your toes to load your calves. Keep your back straight. This is one of the best exercises for the gluteus muscles and all the leg muscles.



**HIP MOVEMENT FROM SIDE TO SIDE:**

Stand with your feet about 115 cms apart and your hands placed at the waist. Take a deep breath and place the weight of your body on one leg by moving to the side very slowly. Dip your pelvis as low as possible, exhale very slowly and remain in this position for 3 seconds. Inhale and simultaneously move to the other side keeping the same form all the time. During the whole set your back must remain totally straight. As this exercise gives very good stretch in your inner thighs, the movement from side to side must be done very slowly and regularly. With the first set, don't dip your pelvis too low, but give your inner thighs time to gradually stretch. This exercise creates those beautiful deep lines on the lateral thighs which separate hamstrings from the front thighs. It's also a great shaper for the gluteus and the muscles above the knees.





**SQUATS WITH DUMBBELLS:**

Grab a pair of dumbbells and place your feet together. If there's one available you can also use a 5 cms high block under your heels. The reason for keeping your feet together is that you also load your lateral thighs. Start inhaling and squat until your thighs are parallel to the floor. Stop inhaling, start exhaling, push

your pelvis forward and lift your body up but don't lock your knees. At the top position don't pause but straight away do another 10-12 reps slowly. Try to keep the tension in your thighs all the time. The movement up and down is about 2 – 3 seconds. Don't hold your breath but breathe like a steam engine and at the same time you'll clean your lungs from all the free radicals we inhale in our dirty environment. As you know, you should breathe in via your nose and out via your mouth.



**ABS SQUEEZING:**

Stand with your feet about 40 – 45 cms apart and place your hands at the waist. Suck your belly in and contract your abdominals as hard as possible. Turn your upper body about 45 degrees and bend forward squeezing one side of your abs even harder. When you squeeze only one side of your abs exhale, remain in this position for 2 seconds and while swapping to the other side inhale. This exercise makes a beautiful arch around your abdominal area and gives

separation of the abdominal muscles. It should be done mainly before a competition. I've never seen this exercise performed in any gym – it's one I was taught 37 years ago by a personal trainer who had very good abs.



**BENCH DIPS:**

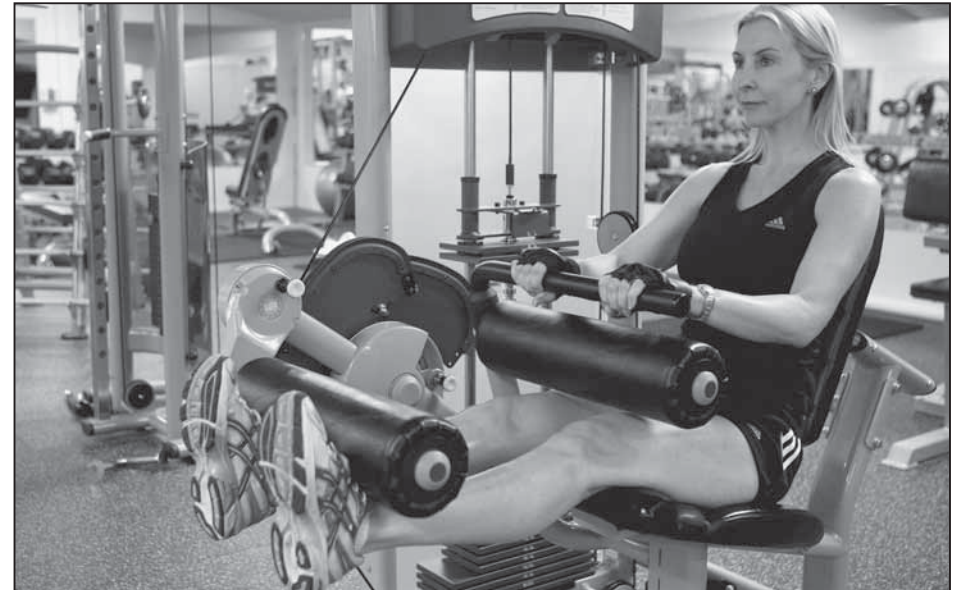
Take a bench and grab the edge with your hands apart about 30 – 35 cms. Straighten your body with the knees locked; inhale deeply and lower your body as much as possible. Without pausing exhale at the lowest position and lift to the starting position without locking your elbows. Do another rep without pausing. Concentrate on the feeling in your shoulders and if you feel even a tiny prickling in them, stop performing this exercise. The reason is that with this exercise the shoulder joints get into an unnatural position, which puts pressure on the soft edge of the shoulder joint cups. This is a drawback in regard to these bench dips but the big advantage is that it lifts the muscles of the chest to which the woman's breasts

are connected and it lifts them up. Do slow movements of 3 seconds down and 2 up. If after a while you feel that the exercise is becoming easy, place your feet on another bench, still keeping your knees locked. This exercise also develops triceps, shoulders and the small muscles called serratus anterior which connect the front lats to the rib cage under the pecs.



**LEG EXTENSIONS:**

Now I've already described this exercise in Chapter 23. You can do it exactly as described for men but for women I would recommend you do higher reps – about 18-20 in fast and fluid movements without pauses. If you want to shape your thighs without increasing the size of your glutes this is the exercise to do. Don't use very heavy weights as it can damage your knees, and make sure the machine you want to use is well designed i.e. the turning point of the lever you push up and down with your legs must be exactly opposite the turning point of your knees, and the pads must not run on your shins. You can use up to 30 reps per set. Inhale when you lift and exhale when you lower the load.



**SQUAT AND PRESS WITH BAR:**

I consider this exercise as one of the best in the fitness and bodybuilding industry, as it develops and shapes the whole body. Maybe the reason it's not used a lot is that it's very hard to do if done correctly with adequate weight.

At first use a barbell with only light weights and learn the correct form and breathing for the exercise. Grab the barbell with your hands about 70 – 75 cms apart and squat down touching the floor with the barbell – this is the starting position. Now inhale, stand up, lift the barbell and place it under your chin, and exhale. Immediately inhale and press the barbell over your head up to locked elbows and exhale. You have just done the first half of the exercise. Hold this for 2 seconds, inhale and lower the barbell under your chin, exhale and immediately inhale, squat, touch the floor with the barbell and exhale. This is the full rep. The breathing at first glance looks a bit difficult but it's important that you breathe this way otherwise you hold your breath and fail to supply the blood with adequate amount of oxygen. By now you already know what happens if the muscle cells don't have enough oxygen – you get weaker. With this exercise the speed of movement is up to you.



**LEG SQUEEZING  
WITH CABLES  
(Abduction and  
Rotation):**

The last exercise for women I want to talk about is one that develops and firms the inner thighs. Sit on a bench, bend over and grab the handles of a pulley machine. Make sure the cables are parallel to the floor. Place your forearms inside the knees with the legs wide apart. This is the starting position. Inhale and bring your knees as close as possible with the cables giving resistance. Exhale and part your legs wide again. Use slow fluid movements. This exercise can

also be done on a specially designed machine but as you know I prefer cables or free weights – it's your choice. Perform 15-20 reps per set.



## EXAMPLE OF A WORKOUT PROGRAMME FOR WOMEN:

I use this system for my clients who want to lose weight and shape their bodies, but it's not for female bodybuilders, who can use the same workout programmes as men.

### MONDAY:

#### Legs

Warm Up 5-10 Minutes On Bike

Wide Squat With A Dumbbell	3 sets	12 reps
Lunges With Dumbbells	3 sets	10+10 reps
Raises On Bench With Dumbbells	3 sets	20+20 reps

#### Chest

Bench Press With Bar	3 sets	12 reps
Incline Flye On 20 Degree Bench	3 sets	12 reps
Bench Dips	2 sets	15 reps

#### Abs

Hanging Knee Up	3 sets	10 reps slowly
Abs Squeezing	3 sets	15+15 reps
Bike 20+10+20+10+20	10 minutes:	20 seconds fast, 10 seconds slow

### TUESDAY:

Swimming Or Fast Walking For 1 Hour

### WEDNESDAY:

#### Legs

Warm Up 5-10 Minutes On Cross Trainer

Leg Squeezing With Cables	3 sets	20 reps
Squat And Press With Bar	3 sets	12 reps

#### Combinations for Shoulders, Biceps and Triceps\*

Side Lateral Raise	3 sets	10 reps
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Barbell Curl Standing	3 sets	6 reps
Cable Pushdowns With Rope	3 sets	10 reps

#### Second combination

Dumbbell Press Seated	3 sets	12 reps
Dumbbell Curl Seated	3 sets	6 reps
French Press Lying With Bar	3 sets	8 reps

Bike 20+10+20+10+20	10 minutes:	20 seconds fast, 10 seconds slow
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\*Combination means that after one set for shoulders biceps and triceps, you have a break for 2 minutes and repeat.

### THURSDAY:

Any sport you like for as long as you wish.

### FRIDAY:

#### Legs

Warm Up 5-10 Minutes On Stepper

Hip Movement To Sides	3 sets	12+12 reps
Squats With Dumbbells	3 sets	12 reps slow
Extensions On Machine	3 sets	20 reps fast
Leg Curl On Machine	3 sets	10 reps

#### Back

Lat Pulldown On Machine	3 sets	12 reps
Cable Row To Waist Seated	3 sets	15 reps
Hyperextension	3 sets	10 reps

#### Calves

Alternate Jumping On Block

(Page 74)	3 sets of 1 minute
Bike 20+10+20+10+20	5 -10 minutes: 20 seconds fast, 10 seconds slow

Biking on a stationary bike using the 20+10 second system is absolutely the best for fat burning. Sit on the bike and start pedalling as fast as you can for 20 seconds, then pedal very slowly for 10 seconds catching your breath, and again go very fast for 20 seconds and 10 seconds slowly...and so on, until you finish a whole set of 10 to 15 minutes.

**SATURDAY:**

Spend your time in the country to clean your lungs and body of pollution – and meditate.

## 37 STRETCHING AND MEDITATION

Stretching and meditation are two things that should be included in your training programme.

Let's talk first about stretching. Stretching helps you increase the flexibility and elasticity of your muscles, prevents injuries and changes muscle shape and length. In any gym you'll find wall charts showing you how to stretch specific muscles. However I want to stress a few important things in regard to stretching, especially for bodybuilders. Never stretch cold muscles (you must warm up first), and never stretch pumped muscles i.e. after your workout. To stretch your muscles in either situation is dangerous. You should hold every stretch for at least one minute as your muscles need time to elongate. Breathe into your diaphragm inhaling and exhaling in long slow breaths. Totally relax your muscles – stretching must not be painful. Don't perform stretching in a hurry to save time – it's better not to do it at all. Gradually stretch and relax your muscles.

Now as an example, let's stretch your pecs. Get into the stretching position you usually use for stretching your chest muscles. Start stretching very slowly. When the muscles are tense hold the position until the tension lessens. Again stretch your pecs further until there's tension and again hold the position until the tension's gone and repeat once again. It means that you stretch your muscles in three stages. Usually the tension is gone after about 20 seconds.

Yoga is also recommended to increase the elasticity of your muscles.

Now, a few words about meditation. Meditation is an excellent way to get rid of the stress we have to cope with on a daily basis. It also teaches you to relax your muscles after a heavy workout and replenish your nervous system, which is also loaded during heavy exercising. Meditation can also help to cure many diseases. We should meditate every day and just 10 -15 minutes is enough.

Here's a simple meditation programme that I do myself. Lie down on a flat surface in a quiet area. Close your eyes and starting from your feet and working up to your head ask yourself, first of all, whether there's any tension in your calf muscles. Concentrate on the feeling in that area and relax the muscles until there's no tension there at all. Carry on the same way for each muscle part of your body. When you've finished doing this you'll find yourself totally relaxed and your brain will be relaxed too. Sometimes you can even fall asleep which proves that you're definitely doing the exercise properly!

You can meditate in your bed when the day's done, and it will help you to get to sleep. If there's not a quiet room available listen to some relaxing music designed especially for meditation. You can also do your meditation in a seated position with your legs crossed, hands placed on your knees and feet kept close to your glutes. Don't try to make excuses by saying you don't have time for it. If we have time to watch TV, we have time to meditate! Many people complain about not having enough time to go to the gym, play sport or go for a walk, but they have enough time to watch TV and load themselves with potato chips and fizzy drinks, play computer games or sit at the bar!

## 38 SETTING UP YOUR OWN HOME GYM

In Slovakia I used to work out in my own gym, which had only a few essential pieces of bodybuilding equipment – but it was enough. The size of my gym was just 3.5 metres by 4 metres. The only equipment was an adjustable bench press bench, squatting rack, extension machine, calf machine, hack-squat machine, chin up bar and a very simple cable – and lot of free weights.

For a beginner I would recommend at first acquiring an adjustable bench press bench, a chin up bar, a squatting stand and free weights. Later on you can gradually add more pieces of equipment. There are so many good free weight exercises, that you really don't need a great deal more if you know how to work out properly. If you prefer to go to a public gym that's fine, but I prefer my own. Your gym can be set up in a garage, cellar or any spare room. Don't be convinced that all the fancy machines are better than free weights – it's not true!

## 39 PREPARING FOR COMPETITIONS

This is the final chapter and I'm going to pass on some beneficial information for those of you who've decided to compete.

### DIET

You must find out yourself how many weeks before a competition you have to go on a diet. Diet is the most important part of your preparation for the competition. If you don't keep strictly to your diet, all those sacrifices and months of hard work can be wasted. I don't agree that we should be told how many calories we should eat, or how much protein or fat we should consume, because everybody has a different metabolism. But you shouldn't have any real problems if you don't exceed 10% of body fat the whole year round for men. For women I would recommend about 18% body fat to be ready on time. Many competitors leave it too late to start their diets and when the time is up, they try to lose fat very quickly, but what usually happens in this case is that they start losing muscles faster than fat. You should lose no more than 300-400 grams of body fat a week during your competition preparation. Some bodybuilders use fat callipers to measure their fat percentage but I've never used these – the mirror has always been my best guide.

I recommend that all natural bodybuilders eat a lot of raw vegetables and fish, particularly salmon which doesn't hold any mercury or chemical in its flesh. For a good source of protein you can also eat nuts, seeds, soy, rice and hemp protein, which is particularly good. Drink a lot of alkaline water and vegetable juices which are rich in minerals, enzymes, vitamins and chlorophyll. Avoid pasta, white rice and any simple carbohydrates. When you're on a low carbohydrate diet, your body doesn't have enough carbohydrates to make muscle glycogen and you can lose muscles so it's recommended that after 3 days on a high protein low carbohydrate diet you load your body for one day with good carbohydrates. If you think your metabolism is very slow, have only two carbohydrate meals – one in the morning and one for lunch. If

your metabolism is fast, have three carbohydrates meals. On that day don't exceed 2000-2500 calories total from all meals. Don't forget, if you're on a high animal protein diet your body is acidic and you have to eliminate that acid. It's a good idea to have a bowl of raw vegetables before you eat any meat as the enzymes in the vegetables help to digest the meat more efficiently.

I recommend Acetyl L-Carnitine as the best supplement for fat burning and use kelp to speed up your metabolism. At this time it's very important to have enough vitamins and minerals.

Chose from diet programmes I've recommended and alternate them to suit your needs.

### WORKOUTS

As we already know, a low carbohydrate diet decreases the amount of muscle glycogen therefore workouts should be no longer than 40 minutes. They should then be followed by cardio for 15 minutes with your heartbeat over 120 bpm, as this is when your body burns fat the fastest.

Don't use high repetition sets – the longer the set the more energy it needs. Don't exceed 8 reps for the upper body and 10 for legs. Don't work out more often than 5 times a week. Take one day off totally for recuperation. The last 2 weeks before a competition do only 5 reps for the whole body, with heavy weights to keep muscle mass. If you think your body fat percentage is too high, do cardio in the morning but no longer than 30 minutes at high speed, with your heart rate between 120-130 beats per minute maximum. Six weeks before the competition take a one week break from the gym; your preparation will be easier and you won't be overtrained.

### THE LAST WEEK BEFORE THE COMPETITION

We have finally arrived at the last very important week of preparation. This week we have to plan everything very carefully to time our muscularity perfectly for the competition day. The most important part of this is water retention, where sodium plays the main role. We know that sodium holds water in our body and



although it's good to utilise this property, we also need to know how to then get rid of water from under the skin. Let's see how to do it properly.

Eight days before the competition start loading your body with natural unprocessed salt for five days. Use about 5 -7 grams of salt a day. This will cause water retention. Three days before the competition stop using it totally and drink distilled water but only when you're really very thirsty, to prevent any sodium getting into your body. Don't even eat celery as it's rich in sodium. Now we want to get the water from under the skin into the muscle cells so we'll look defined and bigger so we use 1500 mg of magnesium and 1500 mg of potassium a day for the last three days. Use 500 mg of each three times a day.

Carbohydrates can also help to achieve this. Six days before the competition stop eating any carbohydrates for four days and for the last two days eat 40 grams of complex carbohydrates every hour for ten hours, totalling 400 grams a day. The best carbohydrates are from brown rice and potatoes even though they're acidic – but you eat them for two days only. What happens? After being starved of carbohydrates your body is afraid that no more will be forthcoming and responds by storing higher amounts of sugar than with normal eating. That's how our ancestors survived in the past when there was a food shortage. The sugar is stored in the muscles, liver and blood.

As you reduce water intake to a minimum one day before the competition, and we know that one gram of carbohydrate absorbs up to four grams of water, what happens? Your body absorbs all the available water into the muscle cells from under the skin and on the day of the competition your muscles look fuller and the skin paper thin. All these tricks improve your vascularity naturally and safely.

**DON'T USE DIURETICS!!!** Diuretics are very dangerous because they extract electrolytes from the body and can cause muscle cramps, heart failure and kidney failure. These muscle cramps can

be so strong they can even tear your muscle fibres. There have even been a few deaths in bodybuilding which have been caused by these dangerous chemicals, so please don't even think about using them. Anyway we are natural bodybuilders and to use any chemicals in our sport is prohibited (including diuretics).

### **MEASURING BODY FAT**

As mentioned in a previous chapter, the most precise measurement of body fat is done under water. This is how it works. Under normal conditions in our usual environment, the water in our body is mainly around the muscle cells. A very small amount is actually in the cells. But when we get into cooler water the water in our body moves into the muscle cells and only body fat remains under the skin. Have you ever noticed that when you get out of the water after swimming you look leaner and feel as if you were pumped up? That's what happens. Don't forget that the water in our body is a coolant and that's why our body takes it from under the skin into the muscle cells – without that we'd feel even colder. When you measure body fat this way, you can be sure that it's only body fat and no water. And we know very well that human body fat is water soluble.

Here's an example of how water works in our body. When you perspire, you excrete water which is cooled on your skin by air so you don't overheat. When you're cold water moves from under the skin into the muscle cells so your body won't be cooled even more.

### **SKIN PREPARATION**

Some bodybuilders use sun beds to achieve a good tan but I'm strictly against this. These days there are so many good lotions to use even one hour before you get on the stage, that to risk skin disease is pointless. If you buy a tanning product give it a try before the competition to find out whether it's suitable for your skin. A bad tan masks your definition and makes your skin over-shiny. Always pat it evenly into your skin.

### **PUMPING BEFORE GETTING ON THE STAGE**

If you think that pumping before getting on stage isn't so important then I'm afraid you're wrong! Competitors can actually ruin their appearance if they don't know how to correctly pump up. At first, start pumping about 15-20 minutes prior to your posing and pump up only your upper body muscles, never your thighs as you'll make them smooth. For pumping, I believe the best equipment to use is a rubber expander, but that's up to you. At first pump up the big muscle parts, muscle by muscle, and then the small muscle parts. Do a circuit system for the whole body as follows. Start with push ups with hands wide apart, then do back, triceps, biceps, shoulders and again repeat the whole circuit a few times without a break – or just enough to catch your breath between exercises. For pumping we don't count repetitions, we just do as many as possible.

Before you get on stage, take a few minutes break so you're not totally worn out, because you're going to pose and flex your muscles very hard and this is exhausting. You don't want arrive on the stage feeling shaky or dizzy. Don't think that the longer you pump the bigger you get – on the contrary if you over-pump your muscles, they can lose definition and look flat.

### **ON THE STAGE**

Every bodybuilding competition has two parts; muscle development, which usually takes place in the morning, and free posing with music in the evening. The morning session is the most important one as your muscles are shown off and you're judged alongside your competitors.

The compulsory poses must be done perfectly therefore you have to pay attention to how they're done. When you pose always flex each muscle of your body. Many competitors forget to flex their thighs or abs.

Now let's move to the evening session of the competition. When you get on stage the first thing you have to do is fix your face. Smile or make a stone face, get into the basic pose and flex

all the muscles of your body, bow (a lot of bodybuilders forget this) and start posing but don't change your face or grin. Don't look at yourself. Hold your strong muscle parts for a slightly longer time in a pose and your weaker parts for a slightly shorter time. When you change a pose always also change the position of your feet. Moving from pose to pose must be fluent and elegant – a bit like dancing in rhythm to your music. At the end of your routine get back into the basic pose, bow and leave the stage.

## CONCLUSION

I hope this book will inspire you the same way I was inspired when I was introduced to the bodybuilding lifestyle.

Health, beauty and strength is the motto of building a beautiful body whether you're competing or just wanting to look your absolute best. Correct diet and a healthy lifestyle are the keys to living a life that is vibrant and happy where you spread good spirit to all around you.

If you've read this book, taken a totally new look at your life and started to change your body and your lifestyle, then you're already a winner – someone who deserves to be admired!