

Gironda Gems

COMMON ERRORS IN BODYBUILDING

By Vince Gironda

Not all the experts will agree with this list of common errors in bodybuilding, but Mr. Gironda has not only proved the worth of his knowledge on his own body, but is responsible for training many title winning bodybuilders spanning more than 30 years in which he has run his own gym in California.

1. Over training! (Anything over 45 minutes is over training.)
2. Working out too slowly.
3. Full Sit Ups and Leg Raises.
4. Working abdominals every workout.
5. Working upper body and legs on the same day.
6. Not touching chest to bar and calling it chinning.
7. Not raising up on the big toe when doing Toe Raises (also pulling heels together at counteraction.)
8. Bench Presses for Pecs. (90% Front Deltoid.)
9. Not touching all four bells together on dumbbell bench work. (90% Deltoid if not performed this way.)
10. Deep Knee Bends.
11. Leg Presses.
12. Under working and over working a muscle by performing too wide a variety of exercises on a given muscle.
13. Cheating exercises.
14. Presses for deltoid.
15. One arm exercises.
16. Mixing carbohydrates and protein.
17. Behind neck Chins on Pull-down Machine (Rounded Back.)
18. Not working Hyperextensions and forearms on every upper body day.
19. Skipping breakfast.
20. Side Bends.
21. Not ingesting enzymes at every meal.
22. Not arching back on lat work.
23. Leg Extensions.
24. Leg Curls on extension table.

25. Not selecting the proper exercise for deficient muscle areas.
26. Not keeping chin on chest, feet under face and elbows wide on parallel dips for pecs.
27. No knowledge of combining exercises.
28. Not changing program often enough.
29. No knowledge of breaking a rut.
30. Not specializing on slow growing areas.
31. Not taking supplements.
32. Lack of concentration during workouts.
33. Not having an expert to answer your questions.
34. Unwillingness to accept new or different concepts.
35. Jogging.

DEVELOPING MUSCLE

by Vince Gironda

This consists of two parts – developing more capillaries and more nerve pathways, or better and stronger nerve impulses to the muscle. Also, to acquire larger muscles, you must increase the intensity of work done within a given time. This means minimum rest between sets. (Push yourself.) I feel workouts should be timed, and constantly strive to shorten the time it takes to get through your routine. (This is a form of Progressive Resistance.) It does not matter how much work you do. What counts is how fast you do it. This is known as the “overload principle”. The overload principle explains why sprinters have larger leg development than longdistance runners. It is more work to run a mile than 100 yards, but the sprinter is doing more work per second.

I have found that the maximum amount of sets that can be performed to create a maximum pump to a muscle, is 12 sets. Clancy Ross and Bill Pearl both claim that if you can't get a workout in 15 sets, you are not concentrating properly. Anything above or beyond this is overwork and causes the muscle to contract and lose its blood supply. I have seen this happen to top physique stars, as well as myself. This is not theory, but fact!!! (This is a major fault I find with most beginners.)

I would like to point out here that maximum pump at every workout does not build tissue. It only keeps it pumped up and bloated, but you cannot grow on this much work. Maximum pump workouts should not be employed more often than once a week.

Remember, it takes 72 hours to rebuild tissue after this type of workout. Again, I repeat. There is a fine dividing line between enough work and too much work. If you decide to employ this routine, it is best performed by working with a weight that is about 60% of your maximum. Overenthusiastic workouts produce bloated muscle tissue, but no gains.

Top physique stars take maximum workouts every workout. But they work each muscle only twice a week. Even with their superior metabolism, they still need 72 hours recuperation. Take heed – that workouts tear down tissue – rest builds it. Talk to any champion. Because of his wide horizon of instinctive knowledge, he cannot and will not give you pat answers. Without consciously knowing the reason for his success, he is unable to guide you. Champions, you must understand, are not necessarily teachers. But they are observers. Watch any champion train, and you will recognize the fact that they appear to be doing something extra, even though they are doing the same exercises as you. That something extra is concentration and an absolute singleness of purpose. I find personally that I can get in top condition by deciding to do so. While my workout partners never seem to consider themselves to be in shape, they also say I am doing the same exercises as you and I am using the same amount of weight; that I am working out at the same speed; but I cannot seem to feel the exercise. The answer to this statement is, think about every part of the movement as you do it. Don't turn your mind off. In short, concentrate.

A New Reality By Vince Gironda

Recently I have had the opportunity to visit several gyms because they were recommended by people who informed me that these places were making a great deal of money and that they represent the new trend in gyms. So I went. What did I find? More gym equipment in one place than any gym equipment showroom. Why? Is it because of lack of understanding related to instruction? This question was answered by the fact that in each gym I visited I was surrounded by gym members seeking one thing only, information!

(From IronMan, January 1982)

AN INSIGHT INTO GIRONDA
"FROM AN OPEN LETTER: INSIDE A HIGHLY
SPECIALIZED VINCE GIRONDA COURSE"
by Bob Green

DAY ONE

A note on my desk.

I arrived home on a Friday after a week of garnering interviews, or at least trying to get them. On my desk was a note that Vince Gironda had called Wednesday. Before I even had the chance to finish reading all my mail, the 'ol ESP went off and so did the phone – it was Vince.

Needless to say, he was very enthusiastic and really wanted to get something across. "Green", he started immediately, "I want to do something I've never done before. I'd like you to write it up in the magazines. Send it to Kennedy. It'll give the readers a DIRECT INSIGHT into the "kinds" of instruction I would give an ADVANCED GUY...a champion, for instance."

"I want to show folks some of the things I do and/or suggest to people in my private, personalized programs. The same kind Makkawy and Roy Duval have been doing since last year. Look at the results these guys are getting and they're already contest winners!"

"Well, I've just been contacted by another one. A guy whose placed in the top three at the NABBA Mr. Universe – IAN LAWRENCE. The guy's gotta be one of the top 3 or 4 guys in the world for solid muscular mass! Zero fat!!! I mean...the guy is a phenomenon and he wants me to train him."

"I want to write it up as an OPEN LETTER. First we'll send him the beginning or first instalment of a private course, then we'll do an article in "open letter-style" to ILLUSTRATE the main points and the direction I would go with a guy who is truly advanced."

I admit – he had me going. I'd seen some shots in Iron man a couple of years ago on Ian Lawrence of Scotland. Truly massive. One of the most impressive, indeed. But so are Makkawy and Roy Duval and I'd seen their recent improvement under Vince's guidance. Sure, I'd love to do it.

DAY TWO

I got to Vince's in the morning and he quickly produced a detailed, 5-page letter and several 8x10's of Ian. Chris Lund shots taken during a contest, but close-up. As I perused them in wonderment, Vince eased back in his chair and started right in – VINCE..."The guy is such a GENETIC SUPERIOR, yet he did something with it. But he's not winning the Universe! Why? He's already incredible. The shows are just getting that tough. I started working on a few things: Outer delt/Anterior Aspect of Lateral Head, Outer or lateral aspect of the Biceps, triceps improvement...in his letter, you'll notice he complains about a nagging Triceps problem; probably concentrate on the Outer Triceps profile first. (Author's note: meanwhile, this guy's arm is around the 19" category with a high, full peaked biceps!)

"Most of all...I have to get him to concentrate on the WIDE aspect of the Pectoral; to provide an unbroken line (shadow) under his pecs and delts to create more of the illusion of width."

"Posing and general appearance are so very, very important when you're a top-caliber physique competitor. EVERY LITTLE THING IS IMPORTANT. Look at how many guys with incredible development that are losing contests THEY SHOULD HAVE WON."

"I perceived this with Roy Duval. Other than two factors (a problem with dieting and a different APPROACH to training), it HAD TO BE HIS PRESENTATION. You will see a "new" Roy Duval in the next world championships. Improved posing with charisma and arrogance."

BOB GREEN..."Charisma means so much. Some that don't have it naturally (and so many don't; that indefinable element). But I agree that it can be developed...to an extent at least...I mean, at least for their performance. Is that why you include the word "arrogance"? To get Roy and some of these others to project more confidence, strength, etc.?"

"I've been going back to contests lately and I've seen some shows where guys like Robby Robinson, Roy Callender, Casey Viator and a few others – should have won hands down. They were so much more well-developed. They just simply should have won. I know that the aforementioned gentlemen, since they've greatly improved their presentations, have won more and more contests. Aren't you working with Dennis Tinerino on this, too? It shows."

"They're scaring the pants off the lesser-developed athletes who've been getting by with slightly superior "acts"."

VINCE..."That's what I'm getting at. Sure, I can make some training observations that will enhance outer deltoid, outer triceps, more upper lat width, etc. But there's more!"

"Now this guy (Ian), his diet isn't all that bad. In fact, it's pretty good. He complains of Low Pecs, this and that and then right into an energy problem towards the end of the week. He needs liver tabs and a couple of other supplements. Like Glandulars. They're great!"

"The one supplement he IS taking has changed in the nature of it's usefulness: it has become COUNTER-PRODUCTIVE. You'll notice the slight puffiness in the abs, even though they stand out. These things can be corrected in a decent amount of time. The hard thing will be his posing. As you know, I've been working with Makkawy. You saw him pose a few months ago when he came down with Bob Kennedy and Chris Lund. Ken Wheeler arranged for Makkawy to get over here."

"His posing is becoming masterful. He has new "stage presence" which I had to teach him in two weeks before his last show. He is now even better! He rocked 'em in Atlantic City last year."

"Very few could hit poses that COMPLIMENTED their physique while DE-EMPHASIZING THEIR WEAK POINTS. Grimek, Ross, Sandow...I worked very hard in this area. I was lucky to have BOTH an athletic background AND a show business one. It makes a difference. I think too many physique competitors and promoters forget that the contest they're in or doing is also a "show"...a performance. Personally, I practiced posing a ½ hour every day!"

"No amount of development will overshadow a real pro that has SIMILAR development and KNOWS HOW TO MOVE...HOW TO DISPLAY, TANTALIZE AND CONFUND THE AUDIENCE. Remember, too, that the judges (in a large way) are the audience."

"Once you learn to develop the various aspects (inner, lower, outer contour, belly, etc.) of your weak points...you may still find that genetic structure has dealt you some (relative) limitations. All can be overcome and improved."

"The next thing you do, if you want to compete, is to tailor your poses to fit your physique. Then learn how to present it in a dramatic and entertaining way."

“If Ian would work on his posing and bring up the few developmental aspects he needs, he could place higher.”

The following is an open letter from Vince Gironda to one of his top-flight students and the latest of many to seek his help – Ian Lawrence of Scotland:

DAY THREE

Dear Ian,

Thank you for writing. I thoroughly enjoy working with professional attitudes as displayed by your in-depth letter and the background you sent me.

Most of the time I have been commissioned to work with movie stars, entertainers and television personalities. All the while working with championship athletes. I consider TRUE bodybuilders to be in this category. This is my first love. Professionally, I work all aspects, but to work with a dedicated athlete of your obvious calibre...ahhh, this I truly “get up for”. It seems that the “new breed” of bodybuilders has suddenly rediscovered this “laboratory of thought and application” called my gym. Roy Duval, Mohamed Makkawy most recently and others, who have come to me “quietly” before major contests. The latter individuals because they were in trouble...not finely tuned enough, but were either under contract to someone or trained at another gym.

I must commend you on the incredible amount of mass you’ve developed. Moreover, your absence of bodyfat makes it all the more impressive. I can’t think of anybody, off-hand and now competing, who is bigger. You are right up there with the top two or three guys in the world.

First of all, I think we have a classic case here of “bigger” is not always better. Obviously!

Or you would’ve won the Universe a long time ago. You are the Farnese Hercules incarnate. But like this type of physique, you may have a tendency to be somewhat “blocky” in certain shots. **SO DON’T POINT THAT UP!!!**

You’re on the right track with your training: the Double Split, the number of reps you do, etc., but some modification should be done with your back training.

The thing that HAS to be worked in immediately is your posing. Then, maybe some aspects of your overall appearance. For example: your Most Muscular shot is BASIC CRUDE! It will only make your waist look wider and your physique blockier to the

judges AND the audience. The leg shouldn't be pointed straight out, but bent (slightly) into a serpentine "S" and the hands fixed slightly BEHIND the waist – while the body is twisted a bit at an angle to DIMINISH waist size.

The idea of behind posing is to create effect and illusion. Also, NEVER LOOK THE CAMERA STRAIGHT IN THE EYE. The same goes for the audience. Look just above them or a little off to the side. Lift the head a little more. Learn to be more dramatic.

Your posing should be approached like a PERFORMANCE.

Contests are shows. It's showbiz, Ian, whether you like it or not.

Promoters today are just starting to pick up on this again.

Be dramatic, heroic...even slightly arrogant in some of your side and three-quarter poses. Tilting the chin up creates better lighting for the face and the upper tie-in of the TOP of your body. For instance, on a three-quarter shot, the head looks up at a slight tilt and then over the shoulder – DRAMATICALLY – and it SLENDERIZES THE Sternocleido Mastoids of the neck to make your shoulders appear broader. I repeat: what's going on up there on stage IS drama. Play it up.

Another thing: the mustache doesn't compliment your marvelously broad grin. In person I'm sure it's fine and we all like to see a smile once in awhile, but onstage, with the lightning, the mustache makes your smile look like a wide grin on a Chesire cat. You may want to ditch the mustache...just for the next contest.

Your hairstyle is another item. Remember, I'm only making these observations to help you. Your general appearance has a bearing on the outcome of your next contest. Either style your hair differently or let it get slightly longer. Find a competent hair stylist that will shape your cut to fit your head shape, hairline.

I cannot over-emphasize how important these (seemingly) little things are. They all add up to winning. Please send me some more photos to further help your posing.

Vince Gironda

Calculating The Pump

A man does not have to be very smart to learn some basic truths about bodybuilding after 35 years in the gym business. Observation of repetitious standards for SUCCESS in overcoming bodybuilding problems finally become startling clear. Even animals learn through repetition without any outside influence.

The first article that I ever wrote was for Physique Magazine about “overtraining”. Top men from all over the country who consult me on their training problems are all down to the last man, overtrained. Too many sets, too many repetitions and too many exercises. Most bodybuilders spend too many hours in the gym. I teach my students to simplify their routines. I encourage them to train harder by trying to get more work done in the shortest period of time. I always advise them to stay within the confines of their own personal blood sugar level.

Blood sugar level drop and losing your pump go hand in hand. That’s where you should stop. That’s the way you decide how much work is enough for you as an individual. When your blood sugar level drops you are incapable of performing at maximum efficiency. Your body drops into a catabolic state, resulting in hormone loss and capillary shrinkage. A smooth appearance is the end result. At this point you have overtrained. This happens because your central nervous system begins to retard capillary expansion so that you don’t rupture your capillaries. There is also definite muscle tissue loss which is followed by general weakness and lassitude. I refer to this condition as “over-tonus”.

Abdominal work also can produce central nervous system shock. Running also produces the same state.

Many people are under the misconception that almost any exercise makes a muscle grow larger and stronger. That is a fallacy. Back in 1925, German scientists discovered that to acquire larger muscles you must increase the intensity of work done in a given amount of time.

Generally speaking that means it doesn’t matter how much work you do – what counts is how much you get done in the shortest possible time.

Perhaps the most famous experiment relative to muscle building involved rats that were trained to run at different speeds for various lengths of time. Rats that ran six meters per minute for 195 miles had smaller muscles than rats that ran twenty six meters per minute for only 58 miles. This explains why sprinters have denser and larger muscles than distance runners.

A muscle is composed of many thousands of muscle fibers, the number of which vary from muscle to muscle as it does from person to person. The muscle fibers in the upper arm of one man

may number 40,000 while the calf muscle may contain 1,120,000 muscle fibers. It is these muscle fibers that determine how large a muscle can grow.

In 1897, an Italian scientist named Morpurto, proved even though exercise can produce a 50 percent increase in the size of a muscle, the number of muscle fibers stayed the same. The reason for the increased size was the change in the diameter of capillaries and thickening of the muscle fibers through exercise. The theory now commonly accepted is that strength and development has a definite limitation depending upon the number of muscle fibers present in a given muscle. People who want to grow larger and stronger cannot expect unlimited development. Heredity has already drawn the line. However, through proper exercise an individual may reach their maximum limits within their hereditary boundary.

You must know how to exercise to produce more capillaries. Over-tonus is caused by too many sets and too many exercise combinations. In short, it is the result of being overworked.

To achieve a maximum pump, exercise until you notice your pump diminishing. At this point check back on the number of exercises, sets, and repetitions, and the time and tempo required to achieve this effect. This is your personal exercise requirement level.

Bodybuilders are not the only athletes who overwork. I have personally researched the subject and have found that football players, after a hard game, require up to two weeks to regain their normal male hormone level. Long distance running also causes hormone loss.

To achieve maximum results, train hard but sensibly. Never exceed your body's capacity to function at its optimum level. Once you have reached your maximum pump, change to another body section before you pump yourself back down by overworking.

You will progress much faster when you apply my tried and proven method of calculating your optimum pump.

EDITOR'S NOTE – Vince Gironda is one of the most knowledgeable trainers in the world today. His advice is sensible and effective. Readers should pay a great deal of attention to it. Vince gets to the point and does not use up a lot of space on useless

conversation. His story on the pump will be very interesting and instructive to our readers as will other articles that appear in Iron Man in each issue by this author. Vince Gironda has had about 30 years experience in training many of the best physique men in the world. These effects have resulted in a great deal of information accumulating in that head of his, which he is trying to share with readers through these articles.

The pump system he describes above is one of the most popular systems in the country for developing muscle tissue. It is probably not the only system or necessarily the best for everyone; however, it is very effective for many people. Many fellows, who try to use it, use it wrong and, therefore, do not get the maximum results from it.

(From IronMan, July 1983)

WEIGHT-GAINING HINTS

by Vince Gironda

The great majority of people who come to be our students are those who have a need for greater body weight. Our improved system of body culture has allowed us to increase body weights of solid flesh on individuals who have such needs. Every case can gain. Some do take longer, but in the final analysis, results are assured. I repeat: Everyone Can Gain!

Several hints, as follows, may be a good aid in helping to gain weight. Of course, the program of exercise that is offered is of greatest importance.

1. During your exercise period, drink. Between each exercise you may drink (one pint after each muscle worked). Do not drink out of the drinking fountain because you swallow air.
2. Eating three good generous meals a day is a necessity. Even more beneficial, if time permits, would be six small meals per day. Include a great deal of good broiled meats, baked potatoes, stewed fruits, eggs, brown rice, thick soups, stews, nuts and the natural grains. Be sure to include vegetables of the green and yellow variety.
3. You may at 10 – 2 – 4 and bedtime drink certified raw milk each day in addition to your regular meals.

4. One thing to remember is to allow your meals to digest thoroughly by lying or sitting with you feet propped up on a high footstool after each meal.
5. If you take your lunch to school or work, the best sandwiches for weight gaining are made of 100% whole wheat, pumpernickel or rye breads, avocado and bacon, peanut butter and bacon or cream cheese.
6. It is my observation that 90% of the people who smoke are unable to gain weight. I feel that I cannot guarantee substantial weight gains to cigarette smokers.
7. Do not miss a workout unless absolutely imperative, as your whole bodybuilding program is based on regular habits.

MAXIMUM DEFINITION DIET

There has always been considerable mystery and misconception concerning a definition diet. Let's hope this article will help to straighten out a few of these.

To begin with, all carbohydrates must be removed from a maximum definition diet. This means – all fruit, all vegetables, all salad greens and all milk products (cheeses, yoghurt, ice cream, milk and buttermilk). The only milk products that can be used are butter and cream.

Any kind of meat, fish or fowl and eggs are the only foods permissible. You must, however, eat some carbohydrate every four or five days because you will find that you will smooth out and veins and cuts will disappear. You will find also that you are not getting the pump you should and your strength will decrease. This is because a zero carbohydrate diet drains all the stored glycogen from the liver, and only carbohydrate will replenish it. But don't try to eat a small amount of carbohydrate each day. You will only find you are smoothing out.

This high protein diet will tend to make you nervous because of the phosphorus in the meat. That is why I suggest you keep your calcium (tablets) intake high.

DIPS AND CHINS

By Vince Gironda

I do not think I have seen six men in my life do a chin properly. Don Howorth was one of them. Don pulled up with his chest high and touched his chest to the bar almost as low as his low Pec line. His elbows were drawn down to his sides, touching his lats and with the chest high and the shoulders down and back, he contracted his lats to the maximum.

If you look up the function of the lat in any Kinesiology book, it will show that the lat – in the fully contracted position – the shoulders are drawn down and back! Round the back and shoulders forward, and you shift to the Teres major muscles. Also, if you do not arch your back to full contraction, you will not develop any of the fibres across the back that attach to the spine. This will give you a flat underdeveloped look with no thickness.

This is how you do the chin: Reach up and grasp the chinning bar, but not too wide...closer than you ordinarily do them, because the lats are partially contracted in a wide grip. Next, stand on a box so that you can jump up into the contracted position and hold at the top for a split second. Now, lower your body and stand on the box (Do singles). Jump up again and touch your low pec to the bar and arch the back. Most important – elbows must touch the sides in the top or contracted position to achieve maximum contraction.

The next most abused exercise is the parallel dip for pec development. The average bodybuilder does this exercise with his elbows back and his chest up and the back arched. Also, he does not drop down low enough, plus his body usually swings due to excessive speed in pec – forming the exercise. The proper way to dip is as follows: Hands should be 32” wide, elbows straight out to the sides (never back), and chin on chest. Chest must be concave and back rounded, feet forward under the head. In short, the body is in a crescent shape. The bottom of the dipping movement is the most important part of the dip; the first 8-10 inches are very isolated pec and most important – dipping receives less help from the deltoid than any other pec exercise. Bench Press plus Incline Dumbbell Press – knuckles not facing each other but forward, about 90 percent assistance from delts. The wider the parallel bar, the wider the stress on the pec where the pec disappears under the front deltoid. This gives the chest a greater illusion of width.

Here, in Vince’s Gym, we have V-shaped parallel dip bars and by just moving your hands back you get a wider portion of the pec. By the way, if you hump up your back at the top of the movement, you work the Serratus muscles very forcibly.

Genetic Superiority
The source Of Strength
by Vince Gironda

I have said many times we all have the same number of fibres in a given muscle. Muscles are composed of thousands of fibres, which do not multiply. They only thicken by exercise (induced capillaries). So what makes the muscle stronger? Strength is the simultaneous contraction of muscle fibres. Exercise trains the muscle to simultaneously contract more muscle fibres in a given effort. If a muscle is flabby and untrained as little as ten percent of the muscle fibres contract simultaneously. Whereas ninety percent of the muscle fibres contract (co-ordinate) in a trained muscle. This is why a muscle gets stronger from routine workouts. Also, as I have stated many times, the number of capillaries multiply, and this is what makes a muscle larger. As I have said before, a muscle continually exercises until it is depleted of sugar (fuel) tends to store more when it refuels at the next meal. This is why I recommend aminos and liver tabs every three hours. Genetic superiors simply have more ability to co-ordinate muscle fibres than the rest of us. However, do not dismay this ability can be developed by anyone.

(From IronMan, March 1984)

More Information From The "Iron Guru", Vince Gironda
by Bob Green

Four sides to a muscle, Aminos with added Amino-Lysine, specialisation and how do I avoid the screaming car cutting in front of me on the freeway – were all on my mind this glorious spring day. Once again I had taken my life in my own hands and was driving down to North Hollywood to finish the last of about 20 interviews I was doing with my friend and mentor, Vince Gironda. I couldn't pass it up. Over the past 6 or 7 months we had cut so many marvellous tapes, gotten so much mail just from the first instalment printed in Iron Man, that I had to put my other interviews on the "back burner".

We had tried so many of these new revelations Vince has come up with in my home gym, as well as the Oxnard Fitness Centre, that I just couldn't quit now. I mean, you talk about results? I'm serious. Vince has been working with two champion bodybuilders, too. Roy Duval and Mohamed Makkawy. The results can be seen in their recent photos and the marvellous letters of gratitude they've sent Gironda. Please allow me to transcribe this last tape for you in which we cover all sorts of valuable goodies, including Glandulars, which are becoming more and more popular.

BG – “Vince, we left off on the last side of the tape about some of the flack you've gotten on your high-fat diet. You realise, of course, that with all the recent data – fats are being perceived more and more as no-no's.”

V – “First of all... I use my diets for SPECIFIC goals. You must also understand that many of the articles read in magazines are derived from OTHER WRITTEN SOURCES; without very much, if any, follow-up research. They're not experimenters. I use the high-fat diet, or I should say I USED the high fat diet in my mid-30's. I didn't write about it or tell anybody about it for years for one reason or another.”

“It worked for me; I found a diet that SUSTAINED me. Sustained me with a minimum of food. I was in Positive Nitrogen balance and I needed an energy source that lasted longer than an hour and a half. I needed a 6-hour energy source – which is fat. There are some experiments that I'm going to conduct on fats that are 100 years old. I guess you might say I'll spring it on the unsuspecting physique world. Maybe I should consume a quart of lard everyday and then let someone take cholesterol and triglyceride tests, ha, ha. I've had Old World practices for longevity prove themselves so many times over.”

“There are some fascinating nutritional practices that Emil Bonet made me aware of years ago. He saw these fantastically developed European handbalancers that looked like Olympic weightlifters, heavyweight division. He marvelled at their development and he tried... he went backstage to talk to these performers who were very much peasant stock, middle Europeans trying to get out of the hole by performing. He observed them drinking lard!”

BG – “Oh, my...Pritikin would come in here and have you arrested by an army if he heard you say that. I know that the first guy to teach me weightlifting in the 50's was a Hungarian refugee. He ate lard sandwiches. I thought it was a carry-over from hard times, but both his parents were working and he was living a fairly good life in Southern California. Certainly not in a ghetto area. I asked him about it; maybe old habits, but he swore by this practice. He was a superb athlete and went on to become one of the youngest tennis pros in the state.”

V – “Yes. I believe it. Sounds hard to believe, I know. I feel it's the other stuff we put in our bodies plus a lack of exercise that confounds our use of fats. Pritikin doesn't have a 19" arm either. He sits around and plays with computers. He didn't come up with his formula. Reels and reels of computer tape did. And it's still only theory.”

“In defence of cholesterol and fat, let me bring up something that is very carefully hidden by the drug companies involved: when the cholesterol controversy first came to light, there was a drug put out that emulsified cholesterol. And they still have... well; they've probably settled the claims by now. There were very heavy lawsuits. People that lost their hearing, eyesight, hair, skin turned to leather. Sexual proclivities, ah, a general loss of everything but life. Because they were taking these cholesterol-emulsifying drugs that were supposed to work. Well, the drug did work and those were the problems.”

“Many patients that were older even went into senility. Remember that the brain is around 80 percent, or so, cholesterol. Don't quote me on that figure, but suffice it to say that the largest part of the brain's makeup is cholesterol. You cannot regenerate male hormone without cholesterol. Kinda important to bodybuilders and weightlifters, eh?”

“Again, and I've said it so many times it's boring, cholesterol isn't the culprit in the first place! I see that many medical examiners are now starting to agree with me. They should've been reading some of the reports in Iron Man over the decades! Sometimes I wonder if Iron Man and a few others don't have closer pulse to health than the AMA Journal and what not or so-called “sanctioned” material.”

“Let's say it was Triglycerides. I think you wrote some stuff on that in the early 70's, Bob. Well, so did I. the problem lies in the “carrier”. Who are these people that are having trouble? Trouble

with these (related) problems. People that are inactive in the first place! Especially those that have NEVER been “active”. I’ve sold people in here vitamins that have never had a vitamin in their life! Hard to believe nowadays. Never had a vitamin? So you can imagine what you’ll find walking around out there, as far as general health is concerned. They don’t know what a good meal is.”

“Many of these people are naturally hypertensive because of their poor diet. They’re prone to everything: heart disease, arthritis...What is disease? It’s a breakdown of the entire organism. There’s no one thing you can pinpoint. Let’s get these people back into general good health again – Then we can treat the weak links. Before you prescribe anything- get them back into overall good health. At least as much as possible. Hopefully you get them before the dam breaks.”

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regression thing. A rejuvenator. It's the oldest remedy known to man. Along these lines.

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BG – “You know what I would like to try: balancing the Amino-Lysine with the glandulars.”

V – “We have! Nucleo-Gland M&F. One for the males and one for the females. It’s got the Amino-Lysine in it. So if you were to take this stuff and the aminos to balance the Amino-Lysine... well, let’s not give away the whole candy store. We’re telling the people more than they every got right now!”

“Let’s at least tell ‘em what Nucleo-Gland “M” is. Since there are more males dealing with this situation than females. Nucleo-Gland “M” is a specific combo of gonadotropic elements, whereas the “F” is based on elements relating to female needs. Here. Read off the supporting factors for the tape recorder of the “M” product. Basically, the “M” formula substantiates or “shores up” the male hormone; the major reason we take glands for. That’s what the whole thing is about precursing the male hormone. Or female. Whichever you choose to be.”

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“Shoot! All right, we’ll move right along to the next ingredient: Whole Pituitary Substance – 60 mgs. (Note: check your glandular product, if you’re using one. Ask the manufacturer what KIND of Pituitary Substance he uses. I’ve got 3 different glandular products here in front of me. Remember that I’m transcribing a taped interview done on the scene. I’m now at home and have picked up some of these products to compare. YOU’RE GOT TO BE KIDDING! I know now that I MUST get back down to Vince’s and we’ll cut a tape on some of the nonsense going on in this area. I must say that I had no idea because I was off into other things and

hadn't paid attention. Let the buyers beware. I hope I can help you in this area.)”

“Moving right along – by using the right kind of “whole Pituitary” substance, they’re only going with 10 mgs. That’s smart. It’s also impressive. I have interviewed guys that got onto the wrong kind of Pituitary substance and some got zero results while others ended up with REAL problems. I know one guy up in Ventura...”

BG – “Well, I realise that, but let’s finish this line of thought first before you and I get carried away into details like we often do. Let me continue for a moment on this Nucleo-Gland “M”. Ahhh, what else do we have here? Suprarenals – 60 mgs. Thymus – 60 mgs.; Pancreas – 60 mgs.; Kidney – 60 mgs.; Heart – 60 mgs. And RNA – 60 mgs. All in a base of Kelp. THAT’S interesting. Kelp. Remember back in the 60’s when I did my first research paper for you? It was on Kelp for an information sheet; one of many you always have for members. The second one I did for you was on liver.”

V – “Ah, yes and that brings up another point: LIVER. Everybody is looking for the “new thing” that’ll revolutionise their progress. And there HAS been some tremendous strides made in the field of nutrition. After all, here we are talking about glandulars. BUT DON’T FORGET ABOUT THE BASICS – THE KNOWN FACTORS THAT HAVE ALREADY PROVEN THEMSELVES. Things like LIVER. Liver is still one of the most potent training aids there is? It has stood the test of time.”

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“So eat your eggs, baby. And keep your levels right up there by taking ORCHIC, balance your glandulars, take liver tabs and aminos and keep your Nitrogen level constant.”

BG – “Thanks, Vince. We appreciate your sharing these things with us and bringing up ideas we may not thought of or simply passed over in our haste to “get there”. You don’t get these insights all the time and I hope the readers appreciate it. I know I do.”

(From Iron Man, January 1983)

More Information From The ”Iron Guru”, Vince Gironda
by Bob Green

Four sides to a muscle, Aminos with added Amino-Lysine, specialisation and how do I avoid the screaming car cutting in front of me on the freeway – were all on my mind this glorious Spring day. Once again I had taken my life in my own hands and was driving down to North Hollywood to finish the last of about 20 interviews I was doing with my friend and mentor, Vince Gironda. I couldn’t pass it up. Over the past 6 or 7 months we had cut so many marvellous tapes, gotten so much mail just from the first instalment printed in Iron Man, that I had to put my other interviews on the “back burner”.

We had tried so many of these new revelations Vince has come up with in my home gym, as well as the Oxnard Fitness Centre, that I just couldn’t quit now. I mean, you talk about results? I’m serious. Vince has been working with two champion bodybuilders, too. Roy Duval and Mohamed Makkawy. The results can be seen in their recent photos and the marvellous letters of gratitude they’ve sent Gironda. Please allow me to transcribe this last tape for you in which we cover all sorts of valuable goodies, including Glandulars, which are becoming more and more popular.

BG – “Vince, we left off on the last side of the tape about some of the flack you’ve gotten on your high-fat diet. You realize, of course, that with all the recent data – fats are being perceived more and more as no-no’s.”

V – “First of all... I use my diets for SPECIFIC goals. You must also understand that many of the articles read in magazines are derived from OTHER WRITTEN SOURCES; without very much, if any, follow-up research. They’re not experimenters. I use the high-fat diet, or I should say I USED the high fat diet in my mid-

30's. I didn't write about it or tell anybody about it for years for one reason or another."

"It worked for me; I found a diet that SUSTAINED me. Sustained me with a minimum of food. I was in Positive Nitrogen balance and I needed an energy source that lasted longer than an hour and a half. I needed a 6-hour energy source – which is fat. There are some experiments that I'm going to conduct on fats that are 100 years old. I guess you might say I'll spring it on the unsuspecting physique world. Maybe I should consume a quart of lard everyday and then let someone take cholesterol and triglyceride tests, ha, ha. I've had Old World practices for longevity prove themselves so many times over."

"There are some fascinating nutritional practices that Emil Bonet made me aware of years ago. He saw these fantastically developed European handbalancers that looked like Olympic weightlifters, heavyweight division. He marvelled at their development and he tried..., he went backstage to talk to these performers who were very much peasant stock, middle Europeans trying to get out of the hole by performing. He observed them drinking lard!"

BG – "Oh, my...Pritikin would come in here and have you arrested by an army if he heard you say that. I know that the first guy to teach me weightlifting in the 50's was a Hungarian refugee. He ate lard sandwiches. I thought it was a carry-over from hard times, but both his parents were working and he was living a fairly good life in Southern California. Certainly not in a ghetto area. I asked him about it; maybe old habits, but he swore by this practice. He was a superb athlete and went on to become one of the youngest tennis pros in the state."

V – "Yes. I believe it. Sounds hard to believe, I know. I feel it's the other stuff we put in our bodies plus a lack of exercise that confounds our use of fats. Pritikin doesn't have a 19" arm either. He sits around and plays with computers. He didn't come up with his formula. Reels and reels of computer tape did. And it's still only theory."

"In defence of cholesterol and fat, let me bring up something that is very carefully hidden by the drug companies involved: when the cholesterol controversy first came to light, there was a drug put out that emulsified cholesterol. And they still have..., well, they've probably settled the claims by now. There were very heavy lawsuits. People that lost their hearing, eyesight, hair, skin turned

to leather. Sexual proclivities, ah, a general loss of everything but life. Because they were taking these cholesterol-emulsifying drugs that were supposed to work. Well, the drug did work and those were the problems.”

“Many patients that were older even went into senility. Remember that the brain is around 80 percent, or so, cholesterol. Don’t quote me on that figure, but suffice it to say that the largest part of the brain’s makeup is cholesterol. You cannot regenerate male hormone without cholesterol. Kinda important to bodybuilders and weightlifters, eh?”

“Again, and I’ve said it so many times it’s boring, cholesterol isn’t the culprit in the first place! I see that many medical examiners are now starting to agree with me. They should’ve been reading some of the reports in Iron Man over the decades! Sometimes I wonder if Iron Man and a few others don’t have closer pulse to health than the AMA Journal and what not or so-called “sanctioned” material.”

“Let’s say it was Triglycerides. I think you wrote some stuff on that in the early 70’s, Bob. Well, so did I. The problem lies in the “carrier”. Who are these people that are having trouble? Trouble with these (related) problems. People that are inactive in the first place! Especially those that have NEVER been “active”. I’ve sold people in here vitamins that have never had a vitamin in their life! Hard to believe nowadays. Never had a vitamin? So you can imagine what you’ll find walking around out there, as far as general health is concerned. They don’t know what a good meal is.”

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(From Iron Man, January 1983)

Posing For Pre-Contest Peaking by Vince Gironda

Muscle control and posing are the pre-contest peaking secret, plus analyzing the body every day to decide the severity of training for that day. Nutritional analysis is also necessary, to the appearance of muscle tissue.

At the time peaking is required, all supplements must be discontinued and workouts must be cut back drastically, as well simplified. Pump, and pump only at this time. That is all that is required. No nervous energy should be used or catabolism will occur (loss of tone). The three-day period before the contest is the most important time for the peaking process to develop.

Workouts should be discontinued the last three days, posing should be intensified, and glycogen storage should be built up by using the three-day glycogen storing plan. This produces a full pumped appearance, which manifests itself by the ease of pumping when posing is practised. I have also found that backstage pumping is not advisable, due to the fact that a pumped muscle does not allow you to feel the muscles. This numbness does not allow you to feel the muscle and causes confusion when onstage.

You must at this time have perfect contact with your body, because without a mirror you are posing by feel only. At this time your confidence is important or it will adversely show during the posing routine. Also, after the pump goes down a very real lack of confidence takes place, and this is disastrous.

Without pumping before posing you will discover that posing itself produces a pump that can be recovered the second time you are called out onstage for a pose-off or bodypart exhibition.

I am sure that all who have entered physique competition will remember the day after the big night you always looked better and could not figure out why. Part of this phenomena is due to the fact that after the contest you probably went out and had your first carbohydrate meal, which is the key to producing that full pumped look. I personally always had my photos taken from one to three days after competition, and was always amazed with the ease of pumping.

(From IronMan, January 1984)

Proper Calf Training By Vince Gironda

If your calves aren't growing, I'd suggest training them on a three-day cycle. Do a heavy workout the first day, a short pumping session the next, and rest them completely the third day. A pump like this actually stimulates recovery because it forces blood into the muscle and pushes waste products out. Generally speaking, calves require more reps than any other muscle in the human body due to their greater number of muscle fibres. The biceps have about 40,000 muscle fibres, while the calf has over 1,2 million fibres.

I've noticed men with great calves – such as Steve Reeves – could invariably get up on their toes like ballet dancers and could also

stretch their heels well below their toes. I believe that you should be able to touch your heels to the floor when your toes are on a four-inch block. And you should also be able to get fully up on your toes.

I see too many bodybuilders working their calves with their shoes on and doing only partial reps. You have to work them barefooted with your toes on a rubber pad that rests on the block. And you have to use an exaggerated range of motion on all of your movements. That's the only way to build big calves efficiently.

(From IronMan, March 1984)

WHICH DIET?

Q: Vince, I would like to know your opinions on the following books. I have a problem with too much fat on my body. Please let me know which books are best? "The Last Chance Diet", "Dr. Yudkin's Low Carbohydrate Diet", "The Complete Scarsdale Medical Diet", "Dr. Stillman's Diet" or "The Cambridge Diet".

A: I cannot comment on your list of books. I do not currently read up to date nutrition publications. I read things from Archeology, literature from distant past...antiquities. Stone age nutrition is where it's at not in commercial modern publications.

BEEFING IT?

Q: I read somewhere that you had Mohamed Makkawy eating beef just before a pro contest which he won. I thought that this is outdated now. Surely bodybuilders are into fish and chicken before contests, not red meat?

A: My dietary recommendations vary with each individual I train. In Mohamed's case he needs red meat to hold maximum size. There are times when I recommend fish and poultry but only when I feel they are absolutely right for the bodybuilder concerned. Serge Nubret is another bodybuilder who can still rip up (and how!) while eating red meat. And getting back to my dietary advice to Mohamed...he won didn't he?

HAVE FAT. MUST LOSE.

Q: I have been reading your column in MuscleMag International for some years. I am 44 now. If fact your questions and answers are

the first section I turn to. My problem is this: I have a covering of fat all over my body so please give me a training routine to rid me of this unwanted body fat. I need muscular definition.

A: There is no such thing as a weight training routine for definition. There are only diets for definition. To obtain definition (cuts) it is my experience that in most cases someone of your age has to maintain a very low blood sugar state for a good period of time. In short, you will probably have to eat as little as possible.

SUPPLEMENTS

Q: Vince, I take all the diet supplements that are needed for building super muscle size such as protein powders, vitamins and minerals, but I am still not achieving the progress that I feel I could be making. Your advice would be welcome.

A: I feel you shouldn't take supplements more than five days in a row. A brief rest of two days to detoxify and then you can go back to them. In this way the body will grab all the nutrients when they are available without super saturating and over toxifying.

Q: I need more definition. Please Vince, I hear you have trained many champions. Even Bob Kennedy, Publisher of MuscleMag, says he listen to everything you say. How can I get a lower body fat percentage?

A: Take no milk products. Take 300-500 mg of Vitamin C daily. Do not drink water during workouts. Avoid sodium (cottage cheese, hamburgers and fast food contain high sodium (salt).) Increase fats while decreasing overall calorie intake. (Fats aid protein assimilation and can step up metabolic rate). Read my bulletin #5 Secrets of Definition.

Q: I have been an ardent bodybuilder for several years and I am not overweight, but I do have a bit of excess tissue about my waist and hips. How would you suggest I go about reducing my waist and hips, while continuing in the development of the rest of my body? I've been running about a mile three times weekly and I believe this is helping somewhat.

A: Start on a meat, eggs and water diet immediately. Also, do not work your abdominals any more sets and reps than you would any other muscle.

And above all...stop running.

Q: Thanks so much for your letter concerning protein intake and the use of fertilized eggs.

Would you please tell me if the ingredient which causes the anabolic effect is to be found in the white or the yellow of the egg or must the entire egg be consumed in order to achieve the desired results?

Also, how long do you recommend that an individual stay on the fertilized egg diet?

A: The ingredient that causes the anabolic effect in eggs is the fat (cholesterol). The yolk as you probably know, is 50 % fat! I, however, would not advise the exclusion of the white because science can only test for that which they are aware, or already know.

This does not mean that justifies the removal of something that is not understood. Science plays it safe; science is not an experimenter. The real scientist is the guy who is trying to discover something that was there all the time (nature), and takes the first step (unscientific) and discovers nature's secrets.

Actually, there is nothing new at all. The facts were always there. I do not subscribe to man's laws (science). My information comes from a different source. All I have to tell you is that I am turning out men like Don Peters, who at 43 years of age looks better now than he ever did when he was 20 years younger and taking steroids. Just put my findings to use and see for yourself.

I will put my reputation on the line to prove that steroids are not any better or as good as four dozen fertile eggs, 100 liver tabs, and 100 amino acid tablets per day.

Q: Please can you give me a good alternate fat burning plan. My doctor says I must cut my carbs right down. I am sick of the regular diets. Give me something new please Vince.

A: This diet is designed for those who are on a low or zero-carbohydrate diet as well as for those on a high-protein diet who are at a standstill and want to lose more fat.

This is a total, about-face plan, contrary to anything you have read or been told by diet experts. This diet plan will jog your metabolic rate and cause an immediate weight and fat loss. It is a meatless, natural carbohydrate regime, composed solely of steamed (organic) vegetables and raw salad greens and fruit. No meat, fish, chicken, eggs or cheese. Whole grains and rice are allowed.

The following will give you an idea of how to design your meals:

Breakfast:

Steamed Grains or Steamed Rice or Steamed Vegetables.

Lunch:

Caesar Salad or Raw Vegetable Salad or Fresh Fruit Salad

Dinner:

Wheat Pilaf or Steamed Vegetables or Eggplant Casserole

Sesame salt may be used on vegetables. Organic honey on steamed or cooked grains for breakfast.

Select the vegetables from the following list:

Green beans, zucchini, Italian squash, acorn squash, eggplant, rutabaga, broccoli, asparagus, artichoke, carrots, onions, lima beans, green peppers, cauliflower.

Q: I am 15 years old and I have been bodybuilding for about 1 ½ years. I weigh 175. You should receive my order for your arm course very soon in the future. I have a question. I hope you will please answer. I saw an add about Formulas B3 and B7. It said in one of the testimonials that it is a substitute for anabolic steroids but it is natural. Do you know if this stuff works? Does it hurt your body in any way? I don't ever want to use anything that would harm my body in any way.

A: Single vitamins (Mono Substances) cannot work, they need catalysts to be utilized. If you're interested in producing male hormones in your body, do as the fellows in my gym are doing. 1-3 dozen raw fertile eggs mixed in ½ & ½ cream and milk beaten, and taken every 3 hours will produce an anabolic effect by putting you in a positive nitrogen balance. It's as easy as that. The effect is really miraculous.

Q: I've lost 25 lbs. and would like to gain it back.

Would you please send me the name of your product for a body building food to gain weight.

I will then send you a money order for the cost of this gain weight supplement, and the shipping charges.

Would appreciate a reply from you as soon as possible.

A: The way to build muscle tissue and no fat is by taking amino acid and liver tablets every 3 hours (positive nitrogen balance.) Also raw fertile eggs and 2 oz. of half and half (milk and cream). Please do not use the term gaining weight. Instead, say to gain

muscle tissue. Train with weights according to my principles.
Create an illusion by building superior shape.

Q: I would like your advice on some of my problems, if you would.
How can I increase in my body size, and feel better. I always feel
tired, not from overtraining. And how can I stop this craving for
sweets and soda pop?

A: Try taking three 1 gram liver tablets every three hours and three
amino acid tablets.

Q: Thanks for your course and please may you do these things for
me please.

1. Can you tell me some way I can stop eating so much sweets?
2. Can you give me some advice on trimming my flabby waistline?

A: The reason you crave sweets is because you need proteins and
fats in your diet.

You trim the waistline by taking liver tablets and amino acids
every three hours. No problem.

Q: I was wondering if you could give me some extra help with a
problem I am having. I have been training for 8 months, and can't
seem to lose around my waist. I do situps, leg raises, frog sit ups,
and side bends. I don't seem to be losing any inches around the
middle. I eat 800 calories a day, but this doesn't help. Any help
would be appreciated.

A: The first step I take when preparing for a photo session or
contest is – to get rid of any soft tissue on my body. How do I do
it? I go on a meat and eggs diet. Then I begin my training!

In your letter, you list three worthless abdominal exercises, the
only good one being the frog ½ sit up. As a matter of fact, the side
bend has not been performed in professional Gyms for the last ten
years.

Q: I certainly enjoy reading your articles. Your opinions carry a lot
of weight due to your years of experience. However, two articles
which appeared in Iron Man magazine appear to be contradictory:

1. Iron Man, January, 1979, Volume 38 No. 2: "I have seen
students gain one inch on arms in 3 days, eating one dozen eggs
and one pound of beef daily."

2. Iron Man, September, 1978, Volume 37 No. 6: "I advocate a relatively "low" protein intake, about 65 grams per day. The body can't digest more than 20 grams per meal."

One dozen eggs and a pound of beef would amount to approximately 180 grams of protein a day, far in excess of what you recommend in the September, 1978 article.

Would you please explain?

A: Sorry about the confusion.

My feeling about body builders seriously training for maximum muscle size is simple; 4 fertile eggs every three hours is a necessity to achieve positive nitrogen balance. This is the bottom line in body building nutrition. It's the easiest way to achieve the anabolic state.

Men over 40, like Don Peters and Don Howorth look better now than they did at age 30 or under. Don Peters is at present up to 4 dozen a day, and looks unbelievable. I personally achieved the best condition of my life on 65 grams of protein a day (eggs, meat and butter).

You are opening a Pandora's Box by expecting a simple answer to your questions. If you ever get to California perhaps I could go into detail and cover every aspect of this with you.

To summarize this, I go on record by stating that you would be far better off with 65 grams of protein, than 300.

Q: I am writing you on the question of articles. I have read many times that you stress pec-isolation dips (32" wide) for general all-around , balanced pecs. Does this not over-develop the lower pecs and later in years produce a flabby look if not a tit looking appearance? I have seen many bodybuilders who, after 45 or even younger guys, have sagging looking chests.

Just what is the best system (if any) for keeping tight looking through life?

My guess would be a low-carbo diet and a high cardiovascular workout tempo, but what about the right exercises?

A: This one is easy! The sagging musculature you describe is the loss of male hormone output in later life. The only way to counteract this condition is to supply the body with hormone procuring foods (material) such as eggs, tri-germ oils etc. If you would like me to give you a ridiculous solution, don't ever develop any low pec line!!! By the way, how much low pec do you have now? Enough to worry about?

Q: Though my present diet mainly consists of protein, I find difficulty in obtaining any muscle size, but very quick to add inches to my waist measurement if I stray from the diet.

Reidar's note: He then outlines his diet, supplements and training.

A comprehensive reply in respect of diet and exercise will be much appreciated together with any other comments that will assist me in my endeavour to obtain a good muscle size and symmetrical body.

A: Did you know that Larry Scott under my supervision, went from 145 lbs. to 200 lbs.?

To begin with, I am going to point out the diet blunders you are making. Remember this diet I am about to suggest is only continued until the metabolic rate is adjusted. Later, I will suggest maintenance diet procedure.

My first bit of information is that protein, carbohydrates and sugars are incompatible. Protein digests in an acid medium and carbohydrates in an alkaline medium. The stomach must be one or the other. Sugar hypes the stored glycogen in the liver, and causes a blood sugar depletion. The best fuel food is fats and oils (they sustain blood sugar levels for six hours; carbohydrates only one hour and a half.)

When I was training for definition, my diet consisted of two hard boiled eggs mashed with 1/3 of a stick of butter for breakfast, and ½ lb. of beef for dinner. I lived on this diet for 9 months.

Also, I have found the body likes simplicity and extracts more of what it needs from a minimum amount of food, rather than a so-called balanced diet.

As far as your exercise selections are concerned, I feel that the sequence of your exercises are not logical, such as working deltoids before pectorals. Work the largest pushing muscle first, Pecs, triceps next, and front delt last. Latisimus before biceps and rear deltoid last.

Running must definitely be discontinued because it depletes male hormone, and puts you in a negative nitrogen balance (catabolism) and diminishes all muscle tone.

Next step, lets get into our exercises, such as running that produce shock to the central nervous system. Abdominal work, even properly performed, is not tolerated by the body until you have achieved a body that cosmetically

approaches near maximum development, for your body type. Abdominal development takes place in 6 weeks' time, when properly performed and at the right time.

Fat

Q: I am always hungry and all my life I have eaten pretty well what I like. As a consequence I am fat. Now I am starting to exercise with weights to get in shape (finally at 49 years of age!) I read in a book that exercise curbs the appetite, but it seems to me that I get hungrier after exercise. What do you think? Also, will salt make me fatter?

A: There is supposed to be some scientific evidence to show that exercise curbs the appetite. I have never noticed this. What exercise appears to do is normalize the appetite. It puts you in touch with your true need for food.

You will also find that the more muscle mass you build, the better able you are to stay lean (void of fat). Muscle cells are active cells. They maintain a slight continuous contraction (tone) and they burn calories continuously. Fat cells are inactive, burning very little energy (calories). Salt (sodium) holds 180 times its weight in fluid. Too much can bloat you out.

10,000 Calories?

Q: My coach says to gain mass I should eat 8,000 to 10,000 calories a day (mostly milk) and train using only the bench press, squat and barbell rows. I read what you say in MuscleMag International every month, but I have never seen you recommend this kind of training. Please reply.

A: Your coach is right! Train and eat as he recommends and you'll gain mass...a mass of crap! Jeez! Where do they dig up these coaches!??

SOFT DRINKS

Q: I do not like to drink milk because I find that I gain too much flab. Would it be OK if I had a couple of cans of pop a day instead?

A: Soft drinks may taste good but they are definitely not good for you. The sugar, caffeine and chemical additives contained in soft

drinks can trigger weight gain (two cans of pop a day would add 110,000 calories a year and get you on the way to gaining a full 32 pounds!) also you run the risk of physical and mental dependency, dental decay and increased illness as you get older. You cannot compare the nutritious value of milk and pop. Milk (especially raw milk) contains a little of almost every nutrient known to man. Soft drinks have no nutritional benefit at all.

MEAT

Q: Vince, I have just “gone off” meat lately. I just don’t have the desire to eat it. On the other hand, I am quite happy eating fish. Do I have to eat meat to progress in bodybuilding?

A: Don’t treat your body like a computer because of its rhythms; and if a food no longer appeals to you, discontinue it until the taste for it returns. When one particular item, in your case, fish, appeals to you, eat your fill of it, to satisfy that urge. Personally I feel red meat is very good for gaining size because of the fat content, but if fish is what you crave then go for it. Your desire for meat may return. There are many high protein foods that you can substitute for red meat, such as cheese, nuts, poultry and milk and egg products. You are aware of my stand on eggs I imagine?

BODYBUILDING FOR WOMEN

Q: I had to write to you Mr. Gironda because I have seen your book at my local booksellers where I live but I did not buy it because I saw that you recommended weight training exercises, and I am just not convinced that weight training is the right way to shape my body. I am 31 years old, healthy and slightly fat. Is weight training better than racket sports for shaping my body?

A: There is nothing, absolutely nothing, that can shape up a woman’s figure faster or better than bodybuilding with weights. Not swimming, dancing, running, cycling, aerobics, tennis, squash, athletics, hiking...nothing does it like weights. I have no axe to grind. I do not have a vested interest in weights. I do not sell them. They are, after all, mere lumps of iron. I would be just as happy telling you that jogging would shape you up, or that the way to a super body was through free standing exercises, aerobics or

cheerleading even, but I would not be telling the truth. Weight training is the answer. Go back to that store and buy my book!

PAY ATTENTION!

Q: My attention span is weak. For years I trained daily and never needed to be motivated. It was there all the time. But now as I approach 40 years of age I just cannot keep up with the workouts. I'm OK for a few weeks then I make excuses, watch T.V., or go out on the town. It makes me mad, but there it is. Can you motivate me Vince? Or have I lost bodybuilding forever?

A: I can't motivate you. At least not sufficiently to keep you working out. Your problem is very common. Keep trying. Firstly, cut down workout frequency to two workouts a week. Train the whole body each workout, one exercise per body part. 2 sets of 10 reps. Set a time that you train and keep to it.

Your workout should only take 30 minutes. You will feel much happier with yourself after each workout. Surely one hour a week is not too much to ask? Gradually as you get in the habit of regular training, you can split your routine in two and train four days a week, but don't force the issue. Wait until your natural drive returns. Most important to anyone lacking motivation is setting goals. Short term goals. Aim to put on an inch on your arms by summer. Define the abdominals etc. Se Q: After all the champs you turn out yearly in your gym, I felt I must write you.

My name is Bob Platoni. I turn 15 tomorrow. I've known about musclemen since I was 11, and for the past 7 months I've been training under the guidance of Calude Rigan.

My reason for writing is because of an article that appeared in a Muscle magazine called "Where are we Heading." It told about bodybuilders who take drugs and completely overlook gracefulness and a classical build. After looking around, I noticed many of your gym members have classical builds. Is there any way to look more like your men – graceful rather than just large? Also, how can one determine one's type build? I know I've got a lot of growing to do, but right now I'm short with broad hips and clavicles.

Any advice you can give me I would be thankful.

A: Thanks for your very intelligent letter, you are very perceptive. Yes, we stress symmetry above all else at my gym. I believe in specializing on the slow growing areas first, and balancing the body, instead of working on the fast growing areas and neglecting your weak points. Along with this concept on training, we also do

not believe in so-called bulking up fast. This is not muscle building, this is just getting fat, and all you accomplish is to slow down your metabolic rate. Basically, this means that Protein builds muscle, and starch builds fat. Don't try to gain weight too fast. You also stated that you were broad in the hips and short in stature. Well, by creating an illusion of length to the legs, you can make your hips look small and give the appearance of height. I've done it. I have been told I look much taller than I am by people who see me on the beach and on the stage. The way to create this illusion is the "3 Stage Sissy Squats."

t specific attainable short range goals. Remember physical shape and condition is never stagnant. You are either progressing or regressing. Regular training will make sure you're heading in the right direction.

Q: I do not know if I am right or not, but I think I saw you speeding along on Ventura Boulevard, California...riding a racing bike. I couldn't believe my eyes...tell me, was it you Vince? If so, why? I thought you were against running, and cycling isn't so different is it? Why Vince? Admit it was you and I'll know I wasn't seeing things.

A: Geez! Don't I get any privacy? Yes, it was me. I take out my race bike every other day for a quick 15-20 mile spin. Why? Because I enjoy it. OK?

Q: I'm a professional Wrestler from Montreal, Canada. I presently wrestle in Puerto Rico and soon I will go to Los Angeles. Here are my problems.

I have no more than one hour and a half, three times a week to workout, due to a heavy wrestling schedule and long trips by car. I'm 5'10" about 215 lbs. and I have small bones or a medium frame. I would like to bulk up and look husky and solid, but not get fat.

Please let me know the best routine possible for my goal.

I have a round back or shoulders and I would like to know how to correct it.

Also, which is better for me, press in front or press behind neck? Please explain to me the difference between the two presses and which muscle each of them work.

A: What you are asking is how to turn fat into muscle...

To begin with, you must realize that there is no correlation between carbohydrates and muscle tissue. Only protein can replace and

build muscle tissue. So get off those carbohydrates.

Second, the scale does not indicate whether you have a good physique, only the mirror does. What I am trying to point out is that you can lose weight (fat) and improve your physique by gaining shape, greater differential and muscularity. In short, you can look bigger by losing weight (fat).

Another thing you must understand is that exercise is not a subcutaneous fat emulsifier. You obtain muscularity only by getting off the carbohydrates!

There is no difference between the behind neck press and the front press. They are both front deltoid exercises. What you need is to cosmetically produce greater differential with lateral (head) exercises, which you will find in all of my courses.

HOW DO I PEAK?

Q: I never seem to be able to peak correctly for a contest. I diet strictly but never really get ripped. Please give me some of your valuable contest preparation advice. Anything, Vince. I need help.

A: You must be in good shape weeks before a contest. You cannot fatten up and then hope to get ripped in a week or two. Start semi-dieting three months ahead of time. Then tighten your diet up each week. Do not workout the last two or three days before a show.

Pose only. Between posing try and put your feet up to reduce the edema (excessive accumulation of fluid in the tissue spaces). Also watch the sodium. Take in none during the last days. Sodium (salt) retains water. Get plenty of sun and maybe a natural diuretic (health food store, not your local pusher).

Above all, remember that dieting for maximum cuts is a long term process of gradual food reduction. Pinch your skin below the navel on a daily basis to check progress. Learn from your body's reaction to food and exercise so that with practise you will be able to time your peak perfectly.

TELL ME

Q: Vince, Please tell me how to train. I have read everything you have written, but I still do not know how to train for best results.

A: You say that you have read everything that I write but still can't train correctly? I am stupefied! Perhaps people can't assimilate the written word. I sometimes feel that stuff I believe loses impact when it is transformed to text. This confirming my original belief: "That there has to be an unending succession of Masters to pass

along knowledge, because knowledge is not always satisfactorily absorbed by the written word.”

STARTING OUT

Q: When did you first find out about bodybuilding Vince? Did you do any sports as a youngster? How did you get into training the stars and how are you currently training yourself? Please excuse all these questions, but I am anxious to know the answers.

A: I didn't get into hard core bodybuilding until I was 20. Before that I was into pole vaulting, shot putting (in which I set records) and swimming (Buster Crabbe got me interested in this).

I was always physically aware even as a youngster and one day I decided I wanted to build a big chest, so I would run for hours across fields and sand, thinking that the deep breathing (I remember beating my parents at one time over a two mile stretch, and they were driving a car!) would build my chest. One crazy thing I would do would be to place an inner tube around my midsection while running in sand, to eliminate belly breathing. I thought this might deepen my chest. This I do not currently recommend to anyone.

Because my father was a horse trainer and stuntman, I was brought up around the Hollywood film scene and hence I became a trainer to the stars. Almost every macho film star has trained at Vince's at one time or another. Currently I am hitting the workouts really hard with Erik Estrada who is preparing for a new film project. We work six different exercises for abs for example, non stop, one hundred reps each, and results are showing up great!

NO WAY!

Q: I am 6 ft. 5 inches tall, weight is 140 pounds, and I am 54 years old. Some day I will be Mr. Olympia but I need your help to get me there. I want to come up to California to train with you Iron Guru, and you can guarantee me success, like Mister Mohamad Makkawy.

A: What is this, some kind of a joke? I'd have to slap 100 pounds of muscle on your frame. Assuming you are genetically inclined to take on ten pounds a year, we'd have a 64 year old Mr. Olympia. Success? Guarantee? No way, Jose.

Q: I am 5'9". Age 48 years old and weigh 165 lbs. I want to get to 180 lbs., but it seems that I just can't do it. I have been training for 20 years. I have a lot of energy. I take a lot of vitamins and liquid protein, but I can't get past 165 pounds. I am medium bone structure. Thinness does run in my family, but I will not accept this fact. I know something can be done to gain weight. I do not, and will not, take any drugs of any kind. I live a 100% natural life. I never get sick and feel better each passing day, but I can't gain any weight.

Please try and help me to reach my goal by this summer. I talked to many bodybuilders all these years – and they told me that you are the best.

A: I can't imagine why you want to weigh 180 lbs. at your height. I am 5 feet 8 ½ inches tall and I weigh 165-168 lbs. I wish I could keep my weight there at present! I know for a fact that you are confused as to what is a good body! Did you ever stop to think that neither weight nor measure Physique Contestants? They judge them entirely visually. I maintain that if you are unhappy with your physique it is because you do not have the proper proportions. The measure of a man's physique is not what he weighs or measures but total symmetry.

Q: Vince, I am super excited about buying your new book "Unwinding the Great Physique" that you have authored with Bob Hoffman. Please tell me if you have written up any new exercises for difficult cases. I am a real hard gainer.

A: Jeez. Your information is all screwed up! Talk about a difficult case. You are most definitely a confused person my friend. My book is entitled: "Unleashing the Wild Physique" not "Unwinding the Great Physique" OK? And I co-authored it with Bob Kennedy, publisher of this magazine, not Bob Hofman. Phew!!

Q: My wife says I am crazy because I eat, sleep and drink bodybuilding. Now I'm beginning to wonder if she's right. I can't get training out of my mind, and I am worrying about the adverse effect. What do you say?

A: All bodybuilders are crazy! Sure. Do not think that you are unusual in that you dwell on your training all the time. I have thought about little else for fifty years. But it's not really a good way to be. Dwelling on the subject of training all day long causes endocrine tension which can upset the chemical balance of your

nervous system. This form of tension can be absolutely destructive to the muscle building process and hinder formation of new tissue. For the growth process to function to its optimum level, all of your glandular processes must operate with maximum efficiency. Worry and anxiety over constantly dwelling on your workouts can prevent the free flow of endocrine secretions which is necessary for the rebuilding of nervous energy force. Remember – nerve force is essential for rebuilding tissue.

BLACK COFFEE?

Q: I have heard that you like to drink a great amount of black coffee, Vince. Do you believe it helps training?

A: I drink very little coffee now, but I did drink it when in my best shape a few years ago. Coffee is a stimulant and may serve to give you a lift. It can be helpful as a substitute for food when you are on a diet. Incidentally, I didn't have any coffee until I was 33 years of age. Currently I am partial to fresh mint tea.

Q: I have been warned by friends not to take steroids, but I want to win our local Mr. Novice State Contest, and I am sure I can do it with steroid therapy. Is there a steroid substitute? I am writing you before taking the plunge in case you know any other way. I have 15 ½" arms, 46" chest and I am 20 years old. I have been training 6 years hard.

A: Forget steroids! Some bodybuilders take them for six or eight weeks in an effort to clinch a Mr. Universe title...but your idea of taking to win a "Mr. Novice State" is nuts. For fifty bucks you can buy yourself a trophy and live until you are eighty. If you get into the steroid thing you will be all washed up by 30 years of age. I have seen it too many times.

Train each body part three times a week. Take small meals of eggs every few hours (all protein is taken from the egg and is the best source) supplement with Milk and Egg Protein, amino acid tablets and liver tabs.

Q: I have often thought of coming to California, to your Vince's Gym to train. But I'm chicken. I have heard that you shout at people and even kick them out. Are you really aggressive, loud and assertive in your gym?

A: Yes, and thank you for the compliments.

Q: I really have followed your exercise and diet Vince, but I'm still not a Mr. Olympia. Now after 25 years training I'm lost. At 44 years of age what do I do? I'm in great shape, 17" arms, 5'8", 180 lbs., 48" chest, 29" waist, 24" thighs, but I want more without resorting to drugs of course. Where do I go from here?

A: That's it! Heredity has already drawn the line. Big deal. You have made great progress. And you didn't join the steroid freaks. That's accomplishment without degradation.

Want's more

Q: Vince, I am a typical Mr. Average Bodybuilder who has been hitting the weights on and off for ten years. I've always had pretty good size and not too bad "cuts" but I think my physique is lacking. I did take steroids for six months two years ago but all they did was thicken my waist area and maybe my arms got a little bigger, but nothing dramatic happened.

Can you help me get a really dynamic looking body? The title of your new book "Unleashing the wild Physique" has really inspired me to want more than I have.

A: What you are asking for is a dynamic flaired physique, with wild, sizzling proportions...right! Firstly you should not have taken the steroids. They rob your physique of its personality. Instead of relying on planned exercise combinations you were hoping to get results from a chemical. Do not use them again.

What you need is body sculpting. Too many bodybuilders aim to increase their muscles maximally and in every direction. I agree with exercising every aspect of a bodypart (4 sides to a muscle) but I do not agree with trying to maximize the size of every area. If you want to look "wild" then you have to build maximum size only in certain areas. The ones that come to mind of course, are the upper lat width, the outer chest area, the lower and mid thigh, the forearms and calves, the lower biceps and triceps, and the lateral head of the deltoids.

Each bodybuilder is individual in his needs and without seeing your physique I cannot make an accurate judgement.

After ten years you should know enough about your body to plan your own routine for that wild look you talk about. If you don't then read my book.

Important lesson?

Q: What would you say is the most important bodybuilding lesson you have learned during your career as a bodybuilder? I respect your advice more than anyone else's so I am eagerly awaiting your esteemed reply.

A: Boy, do you know how to ask tricky questions! I would say the most important thing is to make a realistic critical plan and then work positively to achieve it without wasting time. For example; if you need to bring your calves up because they are under par, then you will have to concentrate on calf work, performing at least four hard calf training sessions (utilizing at least 10-15 sets per session) each week. But what often happens is that calves are left to the end of a workout, tossed a few miserable half hearted sets...or in some cases they are not even trained at all. It doesn't make sense. Time goes by so quickly. Don't waste it by training in anything other than a 100 per cent positive manner. That's the secret.

Illusion

Q: Would you explain to me exactly what your "creating an illusion" technique is all about? I just don't understand any of it. I have skim read your writing for many years but I still don't understand what you are all about Vince. Keep it simple and explain...please.

A: few people have ideal proportions to begin with. Hold it! Let me rephrase that. Only two perfect frames exist in bodybuilding. Cory Everson and Sergio Oliva. The rest of us have to make do with a less than perfect inheritance. If you are around the norm you will have shoulders that are too narrow, biceps that are too short, hips that are too wide etc., etc. My methods of "creating an illusion" are designed to make an average person as near to an Oliva or an Everson as is humanly possible.

In other words, putting muscle where it counts. It's all in my book "Unleashing the Wild Physique" (you can get a copy at your local library) but basically I believe in adding to shoulder width, pectoral width and lat width, while decreasing the waist and hips as much as possible. Using exercises that build overall (random) mass will not improve your appearance. In fact if your choice of exercises are like most bodybuilders you will end up with a bunched-up look that will only impress a set of scales! You sure won't look like any "wild physique".

Q: It's always been my understanding that most bodybuilders want to have little if any obliques. But some lay claim to some exercises that promote their growth.

Where do you stand on this? Thank you.

A: Obliques are only desirable if you have a very small waist, like Frank Zane. If you do not, you will ruin your taper.

Q: What is your opinion on beer? I enjoy about three beers a night and considerable more on the weekend but I do exercise hard with the weights. I feel no bad effects from alcohol, in fact I reckon it the greatest invention of mankind because it enables me to relax. Also give me a good waist trimming routine.

A: You're all screwed up! On one hand you state positively that beer is great, then you ask me my opinion. Finally you demand help in trimming your waist.

May I humbly (do I know the meaning of the word) suggest that you can trim your waist by cutting out the beer. Alcohol is a drug. It scores a point against your male hormone levels each time you indulge. It may help you to relax now but sooner or later it will turn you into a shaking nervous wreck! If you are serious about your bodybuilding (I doubt it) then drink no more beer.

Thanks Vince

Sorry to have taken so long to write you. We have been so busy moving and settling in etc.

I placed third in the Mr. Universe behind Robbie Robinson and Dave Johns.

Although I didn't win, it was a personal victory because not only was I the most "cut up" guy there, I also looked the best I've ever looked in my life, thanks to you.

Also consolation, Robbie actually told Dave Johns and me that I should have won!

Roy Duval

(From MuscleMag, September 1982)

To Pump Or Not?

Q: Do you think a bodybuilder should pump up backstage before competing? If so what are the best movements to do? This is very important to me because I want to enter a contest soon; and I want to win.

A: I am against pumping up backstage. It makes you “lose touch” with your muscles. The last few days before the contest, you should discontinue all supplements and your workouts must be cut back drastically and simplified. Pump, and pump only, at this time. That’s all you require. No nervous energy should be used, or catabolism (loss of tone) will occur.

You should reach your peak during the three-day period before a contest. Workouts should be discontinued those last three days. Posing should be intensified and glycogen stores built up by using the three-day glycogen storing plan. This produces a full and pumped appearance, which manifests itself by the ease of pumping when you pose. Personally I have seen good looking bodies ruined by over zealous back stage pumping.

Vince eccentric

Q: Friends of mine said that they visited your gym, which they like, but they said you are a little eccentric. When she asked your opinion about some bread she had bought, you threw it across the gym in disgust because it didn’t fit your nutritional standards...and then they said when a person brought a radio into the gym to play heavy rock music, you kicked it off the bench.

A: So?

Need my booze!

Q: Vince, when you were training for competition and you consciously set yourself short-term goals to achieve. Today from what read one must keep using the mind to motivate and carry through to success. I have bought courses, books, and tapes on motivation and goal setting but I still keep missing workouts and partying. From Friday till Tuesday I just like to drink. But I always regret it when I’ve had a hangover the next day. Please help me because deep down I do want to be a bodybuilding success.

A: You may want it Henry but you don’t need it! You have to be driven uncontrollably. When I was training for competition I was inspired from within. My biggest problem was the hold back my

tremendous drive. I would have willingly trained for ten hours at a time. I did not need to set goals. They were dancing in front of my every waking hour...I was hot for success. I need it! Only a handful of men in my day trained like I did and when it came to dieting, I was king of the mountain. I had an iron will. No wonder I was the most ripped bodybuilder in the world for over a decade! You are not driven Henry. You have to send away for mail order inspiration. I feel sorry for you because the merry lunacy of having to train like a madman has its special rewards. You feel like you are different to the rest. You have an all- encompassing purpose to life. A pursuit for greatness! Let's hope your party habits are only temporary. I myself, took a few flashes of time to drown my sorrows in alcohol, and probably most men go through a similar phase. But keep it short Henry, other wise you could become a bum!

Incidentally, the weekend is Friday night until Sunday night. How come you're still partying on Tuesday? You only have a two-day work week or what?

FOREARMS

Q: My forearms seem to be in line with the development of the rest of my physique although I do not do any special forearm work. Do you believe the forearms should be trained specifically each workout?

A: I wish people would think more for themselves. You have answered your own question. If your forearms are keeping pace with the rest of your development, then they are getting enough overspill from your other exercises. After all nearly every exercise brings the forearms strongly into play. It is only at times when your lower arms are failing to develop that you should include individual exercises such as wrist curls and reverse curls. Few bodybuilders spend much time working out their forearms with these exercises, but there are occasions when an arm starts to take on a look of imbalance and specialized forearm work is needed.

INTENSITY TRAINING

Q. How much intensity do you recommend your advanced pupils use in their training? This has got to be the most asked question of all. I would like to know your opinion.

A. Intensity, once you are past the beginners stage, must be over 85 percent. Anything less is a waste of time. 100 percent effort only works for the genetically gifted bodybuilder on steroids. Exactly how much intensity you should use, allowing for your being in top health would be somewhere around 85-90 percent, depending on workout length and frequency. Obviously a 4 hour long workout cannot be completed using maximum intensity on every exercise. Try to get the feel of your body's feedback system. Most muscles need 72 hours to fully recuperate. Better to undertrain than overtrain.

ISOLATION!

Q: Do you go by the feel of an exercise or do you go for the pump or a certain weight for reps or what? I have trouble isolating certain muscle groups like lats, rear delts, upper pecs, lower triceps, outside of the calf and if I use heavy weights I just don't feel like I'm working these areas. How do you use heavy weights and still isolate muscle groups?

Would it be better to use less weight and feel it in the muscle more or is the weight more important?

A: You cannot always get the exact feel you want. Don't just work for heavy weights. Try moderate weights for a while using perfect form. For the lats do a variety of pull downs, concentrating on the stretch. Rear delts: give the incline bench lateral raise (body facing bench) a try. Upper pec are worked well with dumbbell incline bench set at a shallow 30 ° angle. Single arm triceps extensions work the lower triceps and the outside calf is worked best with standing calf raise putting stress over the big toe.

WILD PHYSIQUE

Q: In your "Unleashing the Wild Physique" book, which I feel is definitely the best book ever written on bodybuilding, you talk about "oxygen loading". Do you really believe this helps build a better body?

A: Sure I do, otherwise I wouldn't have written about its importance. Your muscles greatly benefit from Oxygen Loading because by doing it you are paying back the debt created by the last set of exercise. Without it you could outrun your cardiovascular

system. Oxygen loading is particularly important in peak contraction movements and for any type of delayed activity (such as forced or aided reps) during a set. I would like to see everyone using my oxygen loading principle.

E.Z. OR NOT?

Q: Should I use an EZ curl bar or a straight bar when doing my curls? Which is best for the biceps?

A: Each of us is individual. Tendons, ligaments and bone leverage vary from one person to another. Obviously if the use of a straight bar brings discomfort in the wrist or elbow then a more comfortable EZ curl bar is superior. My own opinion is that all other things being equal the straight bar is superior for standing barbell curls than an EZ curl bar.

SLOW 'N FAST MUSCLE

Q: What do you recommend when one muscle group grows slower than the rest of the body? Everything is growing but my arms. Should I do more sets and/or exercises for this area or more forced reps and harder work or should I train the area more often or a combination of all three?

A: You may have to change exercises to find more workable movements. Experiment with Tri-sets. That is performing 3 biceps exercises, one after the other. Then repeat the whole cycle again. Perform 4 cycles of three different biceps exercises and 4 cycles of three different triceps exercises. Work to increase work load slightly each workout and gradually decrease rest time between exercises to zero. Growth comes from a training frequency per muscle group of 2 or 3 times a week. No less no more.

'V' BACK

Q: Mr. Gironda, I read your column in MuscleMag International all the time and I have just bought your book at B. Dalton's booksellers. I have learned more from that book than anything else. I do have a problem. It is my back. I have a wide V-shape, my lats are thick and really spread out well, but my back is smooth. There are no lumps when I spread my back and even when I do a double biceps pose showing the back there are no lumps. Please help me. I

do plenty of bent over rowing exercises each workout, but I just do not know what else to do. My lower back is OK.

A: Rowing is a basic back exercise. You need isolation movements to bring up different areas of your back. I suggest you try medium grip chins pulling the bar to the sternum. 5 x 8. Seated cable rowing (arching the torso each rep) 5 x 10. Prone dumbbell rowing (on high bench) 5 x 8.

I would also do some trapezius work and posterior deltoid exercise. More detail will be built into the upper back area if you build these two areas.

I'M SOLD

Q: I am a Gironda fan. No doubt about it. Have just obtained your book and believe me it is great reading. I read a chapter a night and when I am finished I just have to have a workout before going to bed. I do have a question though. It is for my biceps. I have been training for four years, and my arm measures 16-1/2". My triceps are growing each few months but I honestly believe that my biceps have not gotten bigger over the last three years. I do perform your famous bodydrag curls, and they gave me results early on, but now I just cannot get my biceps any bigger.

Please write me your answer in Bob Kennedy's MuscleMag International. I will follow your advice.

A: It is my experience that the biceps muscle is among the first to reach its genetic potential. You may have maxed-out already. That is not to say that further growth is impossible. It merely becomes more difficult. I suggest you continue the bodydrag barbell curls (ie. curling the weight keeping the bar close to the body, all the way up to the neck). Also perform the alternate supine dumbbell curl (you need a high, narrow flat bench). Do not use heavy weights in this exercise for the first four workouts. Perform each biceps movement 5 x 8 and train them twice weekly.

PRESSING?

Q: You seldom recommend pressing movements for the deltoids (shoulders) yet I have noticed that a great number of Olympic lifters of the past who did presses had really great deltoids, and even present lifters who do jerks have huge shoulders. Are you against pressing for shoulder development?

A: I must admit that I have not got results from pressing, and certainly prefer more isolation-type exercises such as lateral raise for deltoid development. Larry Scott did use a type of pressing movement very successfully. He used dumbbells but maintained a constant tension on the deltoids by not “locking out” at the top of the pressing movement. This exercise became known as the Scott Press and later was adopted by Arnold Schwarzenegger, and consequently the movement is also known as the Arnold Press. You mention that Olympic lifters who jerk heavy weights tend to have large deltoids. Has it not occurred to you that they also clean the weight to the shoulders before jerking it? I have great respect for the wide grip upright row motion (a strict form of cleaning a barbell). Use this exercise in your shoulder training routine and see those deltoids grow!

WAISTLINE

Q: I know that diet has a lot to do with the condition of the waist but I really need something different. I do crunches, situps, leg raises, twists. Vince, I want you to give me something new for my intercostals and midsection. Please suggest a good new ab exercise. I am really looking forward to reading your new book. When will it be published?

A: The book “Unleashing the Wild Physique” will be out in about six weeks. It will be available at all better book stores.

Try the following exercise for your abs. Lie on the floor on your back. Raise the right knee to the left elbow, then immediately raise the left knee to the right elbow. Endeavour to touch elbows and knees together each repetition, but do not jerk the legs upward. The movement must be slow and deliberate. Lay the head back flat on the floor between each leg lift.

You say that you know that diet has a lot to do with waistline impressiveness. “Knowing” is not enough. You have to put what you know into practise. Eat less as of now!

BELLY

Q: I want more biceps height! My arms are pretty big right now, 17-1/2” at 5’7” height, but when I pose them the biceps region appears flat. Please tell me the truth. Can I improve the height of my biceps and if so what exercise will best do the job?

A: You can belly-out any muscle with short range movements that work the center (belly) of the muscle in question. For the biceps I

suggest you perform the seated cable short range curl (using a low pulley). Curl the arms only over a 6 inch range. Five sets of ten reps.

BASICS?

Q: I am from the old school of basics when it comes to bodybuilding. I have been training since my teens in the mid sixties always using heavy weights and basic exercises. My system has always been Press Behind Neck, Squats, Bench Press, Rowing and barbell curls. I perform eight sets of five reps for all exercises and my workouts take about 3 hours. I do have some fair size but I do not really look impressive. Any suggestions?

A: For someone who has been training for around twenty years you better have gotten something from your training. Your routine stinks! And the worst thing is that you take three hours to do it. Limited routines such as yours are OK for short periods but to do the same basics for twenty years!!! Where have you been? Get more variety in your training and increase the reps to 8-10. I suggest you split a routine based on working each muscle group with three different exercises at least, maybe four. If you want shape and impressiveness then I suggest you use specific isolation exercises. Kill your love affair with the basics. After twenty years it's about time.

OXYGEN-LOADING

Q: How can I speed up my training pace and not run out of energy? I want to get a cardio-vascular type workout to lose fat and strengthen my heart and lungs.

A: Breath control is the secret of this cardiovascular type workout. Inhale and exhale on the up movement as well as the down movement. This will force oxygen into the blood stream (oxygen loading) and produces a terrific pump to the muscle. This type of breathing reduces the need for rest between sets because rest is only a need for oxygen. Deep breathing and breathlessness throughout the entire workout is one of the best fat trimmers I know of.

Between sets, don't sit and pant for breath...Hyperventilate. This gets oxygen into the blood stream and to the muscles faster. This is performed by taking slow, deep breaths through your pursed lips. Place your hands on your thigh (knees bend) and lift your chest

high as you take each breath. After 5 to 10 breaths taken in this manner you should be ready to begin your next set.

PECS

Q: My pecs are slow to grow in spite of the fact that I do a lot of straight arm flyes every workout. I also do floor dips between benches to get a stretch (3 x 15) and I get a good pump. We do not have any cables at the gym I train at, so please do not recommend any cable crossovers or anything like that.

A: What you call a good pump is superficial. What you get from floor dips and straight arm pullovers is only a skin deep burn. A real pump comes from heavy work. Forget straight arm flyes. They will wreck your elbows. Dips between benches are only good if they are made progressively heavier. (i.e., having a disc or weight attached to the body).

Try alternating the Neck Press (Supine Barbell Press lowering weight to the neck) and parallel bar dips (elbows out, chin on chest, feet forward. Grip 30-34" wide). Perform enough sets and reps to congest the area and keep raising the resistance whenever possible to ensure growth.

SQUATS

Q: What's all this I hear about Vince Gironda and squats. Vince, do you really hate them so much? Every bodybuilder who did anything has used squats, even Reeves. Are you totally against squats? I want you to answer this question through your MuscleMag International column so that the bodybuilding world will know just what your opinion is.

A: Squats spread the hips! If your hips are so narrow that you need to s-p-r-e-a-d them out then squat. OK? If you look at some champs, yes, even the most popular ones, you will see that they have in many cases ruined their physiques by heavy deep squats. Even guys with narrow hip structures can do this. I refuse to have squat racks in my gym. I have something better, a press machine. When my pupils use this they can place their feet forward of the bar so that the squat is performed with the torso leaning backwards instead of forwards. This will take the stress off the butt and hips and throw it right on the thighs.

I agree that back squats can be used in moderation by those who are in need of butt and hip muscle, but moderation is the key word. At no time should you get into the habit of performing heavy back squats, coming up with the butt first, head between the knees, etc. You could hurt your back this way...as well as spreading the hips.

Preacher Bench

Q: Vince, what is the correct way to use the preacher bench? It sounds like a stupid question as it seems that doing preacher curls takes no great intelligence but I was wondering if there is an optimal way of doing them for maximum results?

A: Your question is not stupid. And as far as I am concerned, I have rarely observed this particular piece of equipment being used correctly. First, the preacher stand is invariably placed too high on the chest. This position only allows the low biceps and the brachialis to work. Work for the upper biceps is denied. But if the preacher stand is placed so that the top is three inches lower than the low pectoral, you can finish the curl properly, which is to lean forward so the high biceps and the coracobrachialis comes into play. Done in the usual way, preacher curl produces a flat looking biceps instead of a nice full, round look. To work the outer head of the biceps, you should keep the elbows in and the hands out wide. To work the inner biceps, place the hands close together (three inches) and the elbows wide (20 inches). To work the belly of the biceps, place both the elbows and the hands about 12 inches apart. Another hint to work more lower biceps and forearm, is to let the barbell roll down to the end of your fingers and then start your curl. As you close your hand start curling by bending your wrist and flexing your forearms.

Isolation

Q: I come from the old school of bodybuilding. I believe that all one needs to develop a top physique are the basics: squats, bench presses, bent rows, press behind the neck, deadlifts, barbell curls and triceps extension. Why do you advocate so many isolations and what I call “sissy” exercises, like sissy squats for thighs and side raises for delts?

A: As I glance through pages of various muscle magazines or look at the physiques of contestants of contests I attend, I rarely see a body that I consider fully developed. Every bodypart has a weak area in most physiques I see. This is because most bodybuilders

never seem to know the proper exercise to perform to bring out the slow developing portions of the muscles (weak points) that really enhances the shape of the muscle. And to be a good bodybuilder, you must train for shape. The basics only work the belly of the muscle but do nothing for the origins and insertions of the muscle, which help to shape the muscle so much. If basics fully worked the muscle, we would have no need for preacher curls for low biceps development, hack slides for low thighs, lat pulldowns for lengthening the lats, dips for lower and outer pecs, cables for inner pecs, lateral raises for side delts and incline dumbbell presses for high pecs, incline side raise for rear delts. The list goes on and on, but the point is, unless you do shaping exercises you will be big but not look good and you will never attain maximum size unless you include shaping exercises in your routine. Have I made myself clear?

Sticking Point

Q: Vince, I've come to a point where I just cannot seem to increase my workout poundages anymore. I have been at a sticking point for over six months and my progress has stalled. What can I do to get myself gaining again?

A: Adding weight is not necessarily a method of adding resistance. At least, it is not the only method. Trying constantly to increase workout poundages leads to cheating, thus your muscles are working less than if lighter weights are being used. Try this trick. Do what I call

1 ½'s. For every rep do a half rep followed by a full rep. This one and a half equals one rep. Do all your reps for every exercise in this method. But the secret is to do this for only three sets. Any more will lead to over-work and a resulting loss of muscle tone and hormone depletion. I have found that bodybuilders always add exercises, sets and reps when they stop improving. This never produces results. The real secret is to cut back on sets and use better form. (More concentration and intensity of effort).

Biceps

Q: I am having difficulty in making my biceps grow and respond. I haven't even gained ½ inch in six months. What can I do to make my biceps grow Vince? Presently I do Barbell curls, dumbbell curls and preacher curls, three sets each of 10 reps.

A: Try doing 21's for increased arm size. Do seven partial barbell curls, moving the bar from the thighs to only half way up. Next do seven partial reps from the top and lower half way down. Next do seven full reps. Your biceps should be pumped to the max and on fire! During performance of this exercise, keep intermuscular contractions at a high level. Try also to eat more protein. I recommend 50 grams of protein six times a day while on this biceps program. Also try taking five free-form amino acid tablets and five desiccated liver tabs every three hours to keep yourself in positive nitrogen balance and the tissues saturated with protein.

SHOULDERS

Q: I noticed in your book "Unleashing the Wild Physique" which you wrote with MuscleMag's editor Bob Kennedy, that you recommend shoulder exercises that I have never heard of, such as the dumbbell press and negative lateral movement, the high bench lateral raise, the dumbbell side swing, the dumbbell circle and the Scott press. Are these really good shoulder movements or are you just trying to show us bodybuilders that you know more different movements than anyone else?

Vince, I badly need shoulder size, especially width. Any suggestions would be appreciated. I "borrowed" a complete weight set from a friend of mine and I am getting a bench from an Uncle next week, so I have the equipment I need. Answer soon Vince – I can't train until I hear from you on this.

A: Here we go again! First the guy insults me, almost calls me a liar; and then he asks for advice.

I can't really help too much without knowing what you look like, and what your present routine is, Jasper (is this name for real or is the guy sending me up?).

Send me a picture of yourself (if you dare) and I'll put it in this column together with some direct advice on shoulder work, especially for you. Include also your height, weight and current routine.

Meanwhile go for four sets of eight reps in the high pullup with barbell and four sets of eight reps with the standing lateral raise. I know it's hard in these depressive times Jasper, but try and hold back on the rudeness when you next write to me. The only good thing you've done is buy my book. Or did you "borrow" that too?

Inner Thighs

Q: Vince, at the gym I train at we do not have a machine to work the inner thighs. Is there any other exercise you can recommend that works the hard to reach area?

A: To perform this exercise you will need a cable crossover machine. The exercise is the seated pulley squeeze. Sit on a low 30-degree decline bench. Hold the cable handle inside each knee and slowly squeeze your knees together. Tense the inner thighs hard, hold for a count of two, and slowly return to the starting position.

This exercise develops the sartorius muscle and is not developed properly even by Nautilus and other inner thigh machines. Try four sets of 15 reps.

AB WORK

Q: As a healthy individual I am displeased; no angry, at my no-results-training. I am overweight, especially around my midsection, even though every night I faithfully perform 50 full situps and 50 leg raises. But my abdominal muscles just refuse to show. Help me please. I look forward to reading your new book when it is published, but for now please answer this letter through your regular column in MuscleMag International. I never miss an issue.

A: First, it should be understood that full situps and leg raises are not abdominal exercises. These movements work the Psoas Major and Psoas Minor group. The Quadratus Lumborum are also utilized. The Psoas muscles connect the upper femur bones of the leg to the lower lumbar region of the spine. This large muscle pulls the upper body to a sitting position, or pulls the legs up, as in the leg raise. You are also employing the Sartorius in the leg raise. The stomach muscles of Rectus Abdominus attach to the sternum and the pelvic basin and the junction of these two points. To illustrate, lie flat on your back, roll your shoulders and head forward. At the same time raise your pelvis upward and back towards your chest. This movement is basically the only function of the abdominals. To isolate the Psoas muscles so that you don't inadvertently pull with them, spread your knees and pull your heels up towards your buttocks. Now, in this frog position place your hands behind your neck and perform ¼ sit ups. Cramp the Rectus at the top of the movement by performing one burn.

Treat your abdominals like any other muscle. Do no more sets and reps than you would on biceps, or triceps, etc. Add weight by holding a plate behind your head.

Let's take first things first: get rid of all the fat you can before you start your abdominal program. Otherwise, you will be disappointed because abdominal exercise does not reduce fat. Only fast training where heart and lungs are involved will have any effect on your metabolic rate. And you must eat less at each meal.

Another aspect of which no one is aware, is that abdominal work should never be done by a beginner in weight training. Any abdominal exercises involve the Solar Plexus. This is the area sometimes known as the "second brain" and direct abdominal exercises can stunt muscle growth in other areas, especially where the starting bodybuilder is concerned.

SETS? REPS?

Q: I still cannot figure out what system of reps you recommend. Can you fill me in on this basic problem?

A: I like to use 8 sets of 8 reps (the honest workout) for the most part. I never suggest a pupil use more than 12 reps except in high rep muscle areas such as the forearms and calves, both of which can be worked 15-20 reps.

I do not regard the abdominals as a high rep muscle. They should be worked in the same way as the regular body parts (ie. 8-12 reps). I do feel there is a case for low reps (4-6) especially if the muscle and tendons need strength. Of course when recommending "up and down" the rack, I only suggest 4 reps, but of course there is no more than three seconds between sets using this system.

LARRY'S PECS

Q: I always liked Larry Scott's pectorals. They were not bulbous like so many guys today. I know he trained at your gym at the time he won the Olympia. How did he exercise his chest muscles?

A: Larry alternated the neck press (supine body, hands over elbows, lowering barbell to neck) with chest parallel bar dips (hands 32" apart, chin on chest, feet forward of body). These two exercises gave Larry his famous slab-like pecs by putting all the stress on the upper and outer areas.

SECRET?

Q: Occasionally I find myself asking how many reps I should do, even though I have been training for ten years. Is there a secret number?

A: I get an honest workout from eight sets of eight reps, but if you go four more reps, to twelve then you will bring on a “burn” that you cannot get from eight reps. High reps will increase capillary size and count! Lower reps will build muscle fibre (increase it up to 40 percent). You seem to be worrying about your training. Negative thought will get you nowhere. Do not lock yourself into any one system of sets and reps.

Productive workouts can never be experienced until you let go of all your fears, frustrations, tensions, doubts and indecisions. When this happens a blinding light of total awareness engulfs you.

Example: I first experienced this takeover when I was sitting behind my preacher bench waiting my turn to perform my next set. This particular bench I’ve always maintained has a life of its own. This is due to the fact that so many famous bodybuilders have literally stood behind it and “prayed” for the magic that they know it contains. I have never failed to observe the reverence displayed by any man who uses this bench. They all know that no one has ever been able to duplicate the magic proportions that this particular bench embodies. Try to copy it as they have, no one to this day has ever succeeded.

To get on with my story, the man before me finished his set and stepped aside. I picked up my Olympic barbell, took the proper grip, placed my elbows at the top of the bench and with both feet parallel, lowered the barbell smoothly to the low position, then slowly curled the bar to my front deltoids.

I was only interested in working the muscle in good, slow, smooth form (balanced cadence). No number of reps in mind. Just a good honest set in as perfect form as I could manage. The number of reps I usually did was 12. But due to the fact that I had achieved a total alpha state during the waiting period my body disassociated the reps factor and I performed 24 reps with no more effort or strain than if I had performed the usual 12 reps.

The example I am trying to give is simply that if you limit yourself to any number of reps that is all you will do. I had somehow rejected the fact that 12 reps was my limit.

SMALL BUTT

Q: I am a woman bodybuilder and have a problem. I am very thin in the buttock and hip area and want to build this up. My shoulders

and arms are well built but I really need size (muscle size, not fat) in the hip area. Any help will be greatly appreciated.

A: At my gym we give women leg press for your problem. I get them to bring the knees right down “to the armpits” and believe me, this is a total butt exercise. It will build muscle right where you want it.

INVERSION BOOTS.

Q: I saw a picture of you Vince using a pair of leather inversion boots in a recent issue of MuscleMag. Can you tell me where I can get a pair like these? Incidentally, I am surprised to see an old timer like you using this modern exercise equipment. How old are you anyway?

A: Forget the old timer talk! To give my age, which is none of your concern, would be to offer an excuse. As for the inversion boots, these were custom-made by the original inventor Dr. Robert Martin a quarter of a century ago. So these boots are not as new as you thought. And maybe I’m not as old as you think either.

TECHNIQUES!

Q: You seem to write a great deal about exercise techniques, yet I have noticed that much of it is in fact conflicting advice. I have been bodybuilding for ten years now, before that I did six years of weightlifting. I still do not know what is the best system to use. Vince, how do you justify your writing when you even go so far as to contradict your own advice?

A: I once wrote an article entitled, Muscle Confusion, which was not understood by many. Readers actually made fun of it. I will now attempt to explain in more detail the essence of that article. The following is dedicated to those of little faith and to the ones who resist change.

I am sure you are aware of the fact that due to your bio-rhythms you do not get a good workout every time you train. For instance, how often do you achieve that intangible state when every move you make seems to be letter-perfect? When this phenomenon occurs, you realize what you should experience every time you train.

Apparently, the body is trying to tell you that it does not respond to the same workout routine every workout session. So, if you understand this fact, you use different exercises, tempos, combinations of exercises and seemingly illogical sets and reps, or lack of sets and reps.

I have found that man's logic and nature's logic are totally different. In other words, try breaking the rules and see what happens. There is no single perfect system to follow for maximum results.

Suggested routines:

1. 3 sets of 8 reps.
2. 6 sets of 6 reps.
3. 5 sets of 5 reps.
4. 10-8-6-15.
5. Compound routines.
6. Super sets.
7. Push day and pull day techniques.
8. Circuit or station-type routine.
9. 10 sets for 10 reps.
10. Non-specific bulking routine.
11. Chest and back day, arms and delt day, legs third day.
12. Up and down the rack (shock principle).
13. Specialization principle day. (Everyday).
14. 3 days on and 3 days off routine (including supplements).
15. 21 days and 7 rest experiment.
16. Ascending principle and descending principle.
17. 72-hour rest routine (2 times per week workout).
18. 3 ½ minutes between sets technique.
19. Reps and burns workout.
20. 1+ ½ workout.
21. 1 set to failure + 15 minutes rest.
22. 1 set every hour (all day)
23. 1 muscle a day (overload principle)

These are some of the training manuals I plan to write when I find the time.

ARMS

Q: I am on your balanced arm routine, but my arms are at a standstill at the moment. How do I get them moving again? When working my lats on the overhead pulley, should I take a wide or

narrow grip, and should I pull the bar down in front of the face or behind the neck?

A: Use a wide grip on the overhead pulley; pull down to the front past the low pec line, and arch your back. With regard to arms, start using two “burns” on each rep plus six “burns” on the last rep. Also use a ten count on negative part of the last rep.

FROM THE SHOULDER

Q: Vince, I read so much bull all the time in the magazines. Everybody says something different. Give it to me straight. Should I keep on experimenting or is there really a secret routine?

A: OK, so listen carefully. I'll say it once. You should always give a new routine a chance to work. At least three months. When I was competing I believed absolutely in giving a routine nine (9) months to work. It seemed that something magical started to work on or about the ninth month. Gains not previously seen appeared. Just as mysteriously working on a routine longer than nine months often ceases to be productive. Perhaps boredom comes along. There is no secret routine but there sure is a good general routine. I have found that using one exercise per given body part for eight sets of eight reps is a particularly workable concept. It's a reliable, well proven routine that will always give you something worthwhile in results. It will keep your muscles honest. 8 sets of 8 gets your muscles cookin' pretty good.

BICEPS

Q: I am concerned at present with my biceps development. Currently my arms measure 15-1/2” and I train my arms using the barbell curl and the seated concentration curl, but results are not coming.

A: I suggest you do five sets of “Drag Curls” and five sets of “Preacher Curls”. This will give your biceps a workout like never before. (P.S. Drag Curls are performed by keeping the barbell touching the body as it raises from mid thigh to the chest area. The elbow will fall back rather than come forward as the curl is concluded.)

WHICH?

Q: I would like your opinion on the controversy of machines versus weights? Your views are important to me.

A: I notice people that come to me from all over the U.S.A. to take my 3-day split routine and consultation, who exercise at home with machines, have no knowledge of working out at all – the function of muscles, what muscles do what, how to direct the feeling you're supposed to get from the movements of the muscle you are using, no mind-to muscle communication.

It doesn't occur to them to be curious about the feelings one should experience from movement. Because, with machines (inanimate objects), there is no curiosity aroused. Movement can only be done one way with no variations possible. This experience is not creative. How can you create a new, alive, vibrant body with a machine? Creativity plus expanded expression can only be realized with free weights. Machines are cold, soulless objects. Barbells and dumbbells are wonderful and magical things that can create miracles. Barbells are really nothing less than magic wands that change anyone who appreciates them to anything they sincerely desire to be. Barbells and dumbbells can do anything your creativity conjures up. Like a painter's brush, there are an unlimited number of movements that you can create with a barbell or a dumbbell. How can you go wrong with all of this magic?

LOP SIDED

Q: Vince, I've been working out two years and I've developed a problem. One side of my rib-cage is bigger than the other. My left side looks larger than my right. Please Vince, tell me what I can do about this.

A: I'm going to get hell from MuscleMag readers for this because I am on record as not recommending either one arm movements or squats, but in your case because of the unusual circumstances I am...wait for it...recommending both!

Perform one arm dumbbell pullovers. Hold the dumbbell in the hand that corresponds with the small side of the thorax. Hold the wrist with the other hand and perform breathing pullovers after a set of breathing squats (20 reps).

Having now expounded I will await the two thousand letters telling me I'm a hypocrite. Over and out!

Q: I am 14 years old and have been lifting weights for about a year and a half. I have a training problem with my biceps peaks. Arnold Schwarzenegger said in a recent issue of Muscle Builder,

“if you have a lack for biceps peak you should do concentration curls and dumbbell curls with a twist of your wrist at the top of each curl.” But every time I try curls of this kind, it hurts my wrist so much that I can only do 3 or 4 reps. Even my calves are bigger than my biceps.

Do you think the advice is good or bad? Any training tips you can give me will be deeply appreciated.

Could you answer my letter because I might miss your advice in Muscle Builder.

A: Specialization on biceps should include 4 different exercises (each for a different aspect of the biceps); 3 sets of 8 reps, followed by forearm work. Also, this routine should be at the end of your workout.

Q: I am writing to you to find out how to increase my calf size. Would this help me become faster so I would be able to run the 100 yard dash in about 9.3?

If you have anything on this, would you send it to me, please?

A: I feel that the fencers lunge for leg biceps and glutes should be of great benefit for a sprinter, as well as calf raises performed with heels together and coming up off the big toe because this is the push off position in sprinting.

You might also do the seated calf-toe raise machine as an aid. Remember that nutrition is 90%; exercise is 10%.

Q: How can I build my lower legs so that they are in line with my 28” thighs. I am 5’7” tall and have been working my calves hard for 6 months now with not too much result.

A: Why build 28” thighs? You have gone overboard. At 5’7” your thighs should not measure more than 24”. First off I suggest that you cut out all heavy back squats and allow your thighs to reduce down. Then work your lower legs one day heavy and one day light. The secret of making a muscle big is by keeping the capillaries gorged with blood. We cannot increase the number of muscle fibers we have but we can increase the number of capillaries within the fiber. This can give you far bigger calves than you thought possible.

Q: Building lower legs has always been a problem for me Vince. What help can you offer a poor victim of puny calf development such as myself. What about long distance running.

A: Here we go again! Work 'em hard and regularly! Go for at least 15 reps and get as much stretch both up and down as you can. Work barefooted on 4" blocks covered with a 1/2" of gum rubber so that toes can grip efficiently, and make the exercise progressive in difficulty (add weight). Do no distance running. You will lose size this way.

Q: I cannot get my pec's to thicken up. I do plenty of bench presses and I work up to over 300 pounds for 2 reps. I finish up my chest routine with six sets of cross over pulleys to build up the inner chest, but my pecs are still not big and rounded like I want, which is like melons standing off of my chest, so that I can win contests.

A: Why in hell would you want big rounded pecs? With all respect I just cannot see it.

What you need is balanced impressive pecs with a full rounded line from your sternum to your armpits. Sure you want big pecs but big rounded melon pecs...ugh! You will look narrow and bunched up. I suggest you go for wide pecs first which means building up the outline, so that you will look impressive under pose lights. When you have "the line" you can thicken up your pecs with five quality sets of flying motions, 8 reps each set.

How do you get the line? Wide grip (30-33") dips, feet forward, elbows out, chin on chest...work up to "five good sets!"

ABDOMINALS

Q: I have tried just about every abdominal exercise there is but I still cannot get abs.

I know diet has a lot to do with it but I just cannot seem to get my abs up whatever I do. What is the best waist exercise please Vince?

A: You do not apply what you know. Sharpen up your diet. Knowledge is no good without positive action. Get your act together.

The best abdominal exercise is crunches performed on a trampoline or trampette. As you curl up your torso, your hips will sink down into the "Tram" and the ab movement's effectiveness will be compounded. You're your abs 3 times a week – no more.

RIB CAGE

Q: Can I increase my rib box shape and size with bent arm pullovers? I want to have a huge chest with a tight muscular waist.

A: Do not do heavy pullovers. They over stretch the abdominal fascia and your waist will just get sloppy. You cannot greatly change your natural rib cage beyond its normal shape, nor can exercise significantly enlarge your rib cage.

DIPS

Q: I like to do dips for my chest and arms, but I have been sick lately, and at 62 years of age I have to take it easy. My doctor says I can exercise, but I must stay within my limits. Is there any substitute for dips on parallel bars?

A: We have a special slant apparatus at “Vince’s Gym” which can adjust to allow even little old ladies to do dips...but I doubt if any other gym has this item. I suggest you place a stool under your dip bars. Give yourself a little lift when the going gets tough by allowing the stool to take some of your body weight, using your legs. Pretty soon you will get strong enough to perform dips without the stool.

HOW MUCH?

Q: I would like to come down and train under you. What’s the deal? I know you trained Scott, but who are you currently training?

A: My current “man of the moment” is Mohamed Makkawy. He has perfect genetics but still had confidence to allow me to offer a few refinements. Together we are honing his shape, proportion and posing routine. Mohamed calls my gym “The Temple”. If his progress continues he will stand above everyone else in the field. Like Scott, he is the perfect pupil. Incidentally Scott should come back to me for a year. He could be great again. I wish he would give it another shot.

With regard to your own training, I am very busy. You could send me a photo of yourself, and I will write you my fee for personal tuition.

CHANGE

Q: I recently visited your gym in Ventura Boulevard, North Hollywood, for the first time in more than 20 years. I was surprised to see that virtually nothing had changed. I appreciate your enthusiasm in helping bodybuilders because you were actually

training a fellow when I walked in last month, and if I remember correctly when I left your gym after my first visit (1960 or 61) you were coaching on the gym floor in the same enthusiastic style. But my point is...Why don't you now move with the times and go with some of the new exercise machines like Nautilus and some others I have seen?

A: I am only interested in giving my gym members the best. When you visited me in the sixties, I had apparatus such as pulley thigh extensions, moon benches, preacher benches with steep and shallow angles, special lat and pulley units and so on...that no other gym on Earth had. Now that everyone has caught on to my ways, you want me to change. I will only change when I find something better...I will not change for the sake of changing. My gym is one of the bastions of genuine bodybuilding advice. My staff and I actually coach and train with our members. If you walk into some of these bodybuilding factories built in huge warehouse space, chances are you will be told: "that is a lat machine...this one is for shoulders...Over there is the Biceps unit". In most cases you will be expected to fend for yourself. In my gym I show you how to work a particular muscle. I give out information and I have been doing this for 40 years. When a guy comes into my gym and asks how to work his chest I do not say: "The chest machine is over there!" I check out the guy's individual requirements and make corrective suggestions. Thank you for reminding me that my gym has hardly changed over the years. It shows a stability seldom seen in our modern world.

The Neck Press

Q: Vince, I need an exercise that builds the whole pec, not just the bottom part, which always seems to happen when I do a lot of regular flat bench presses. I know you do not recommend the flat bench presses, but the damn exercise is just so enjoyable to do, I can't help but do it. I know incline presses build the upper pecs, but I'm on a limited schedule and basically have time for only one exercise per muscle group. What exercise would you recommend which will build both the upper and lower chest?

A: The wide grip dip builds more pec tissue than any other exercise I know of but since you seem to love flat bench pressing so much,

why don't you do what I call the "Neck Press". This was the only type of bench pressing the great Larry Scott ever did. If it was good enough for a two-time Mr. Olympia, it should be good enough for you.

This exercise can be done with either a barbell or on the Smith machine. I prefer the machine because you don't have to worry about balancing the bar and you can really focus your attention on the pecs.

Lie back on the bench. Cross your legs and lift them off the bench and draw them back over your stomach. This position ensures perfect form and balance. This also ensures you cannot arch as your back must remain flat on the bench. This increases the range of motion of the bar. Take a wide grip on the bar and the elbows and upper arm should be directly under or slightly back of the barbell. Lower the bar to where your neck and upper chest meets – not to the nipple line as you would with regular bench presses.

Press up to within – an inch of lockout and then lower and repeat.

Try for maximum stretch as you lower the bar and tense the pecs hard at the top, trying for a hard contraction. Use a weight that is 50 percent of your maximum on the first set of 10 reps. The second set use a weight that is 75 percent of your maximum for eight reps. The third set use a weight that is 100 percent of your maximum for 6 reps. Reduce the weight the fourth set and pump out 15 reps to flush the area with blood. Rest less than 45 seconds between each set.

Q: Until I saw a recent photo of yourself, I did not believe that any man of your age could possess such a magnificent physique. I was especially impressed by your extremely flat and well-developed abdominals.

I have a problem which I hope you will be able to solve for me. I have what you might call prolapsis of the lower abdomen. In that I mean that my abdomen is relatively flat down to my navel, but then there is quite a lot of protruding fat below my navel. Can this condition be corrected? If so, what exercises do you advise?

To perhaps assist you in prescribing a solution to my problem, in the past several years I have pared my weight from 175 to 135 pounds at a height of 5'4". I do not exercise with weights, but I jog three times a week.

A: The best exercise for your condition is: bend over and place your hands on your knees and draw the lower abdominal up as hard as you can and hold for a count of 2 seconds. Repeat this for 50 reps every day. Also, remember to hold this section in tight

whenever you think of it. Walking, sitting, riding in a car, any time, any place. After a time, this will become a reflex action, and you not have to even think about it. It will become a normal subconscious thing with you.

Q: I have been in training for a few years now and have added 2 inches to my arms, making them 16 inches. Since July I have not been able to add any size to my arms. I took the past two weeks off, except for a few minor workouts, but I started back in training today. After several hours I measured my arms and they only measured 15 ½ inches.

Please advice me on how to avoid such long slumps, and is that normal to lose one-half inch after 2 weeks off?

A: To bring your arms up fast (two weeks) try my shock routine as follows:

Perform alternate DB Curls from 25 lbs. up the rack (in 5 lb. jumps) to the highest weight you can use and then turn around and come down the rack to the lowest weight you can still feel a pump from! Four reps only per set, and shake arms and hyperventilate two breaths between sets!!!

Also, carry some liver tabs around with you and take three every 2-3 hours for 72 hours. This is the reason you are not pumping, you do not have enough first-class protein in your bloodstream.

Q: I hope you can solve a few problems of mine. I know I'm writing to the right man.

1. I have fair skin and can't seem to get a tan. I've tried many tanning lotions, but nothing seems to work. Is it possible for fair skinned people to tan? Will dessicated liver or other gland tablets really bring out skin pigment?

2. Every time I do lateral raises and wide grip upright rowing, I seem to work my trapezius more so than my shoulders. Now, whenever I do these exercises, I concentrate more on my traps than my shoulders. Making my problem even worse. Am I somehow raising my shoulders when doing these exercises?

3. A friend of mine started jogging about a year ago, and his rib cage expanded radically. Are there other exercises of this kind that will increase the chest cavity? How effective is this compared to the pullover and wide grip dips? What effect does the pullover and wide grip dips have on growth compared of that of jogging, etc...increased size of bronchial tube, enlarging inner chest muscles and cartilage?

A: The answers are in numerical order.

1. Take 3 liver tablets every 3 hours.
2. You presume that you are doing lateral raises correctly! I do not. (See 1st. WORKOUT BULLETIN) Upright rowing is also explained in WORKOUT BULLETIN NO. 2.
3. Parallel dips are the best! See my booklet, DEFINITION, for the correct form. Jogging will put you into negative nitrogen balance and destroy any chance of building muscle! Pullovers will stretch out your abdominals and produce a protruding abdomen (stretched fascia).

I can't understand why you want a bigger rib cage; it will only ruin your taper!!

Q: I totally agree with your views on squatting. I've always heard that if you want to build large thighs that you should do the squat. I worked hard on this exercise for months but found that in addition to the increase in size of my thighs my gluteus maximus had also increased in size.

Since then I've been doing leg presses instead, but I've still got a problem. My rear end is still too big and I'm not sure what to do. I've heard that there is no such thing as spot reducing but that's exactly what I need.

A: Leg pressing is 10 times worse than squats!!!

The only way to decrease your glutes is to dodge the area completely and let it atrophy by not stimulating blood supply and capillary addition. Why don't you do hack slides, sissy squats, Roman chair, etc., etc., etc.

P.S. Why don't you invest in my pamphlets and educate yourself to the facts!

Q: I have been reading your articles for quite some time now. I have made good gains with my routines and I work out every other day, but I have a bad problem with my forearms. The belly of my forearms is really bad, although the top outer part near the biceps is OK. I also have thin wrists. Is this a factor?

A: The forearms are worked in almost every exercise we do in bodybuilding. Some people get enough development just from this all-round work. The size of the wrists are not a reliable indication of how big your forearms can get. The amount of cell allocation is the key.

Your problem is a back-to-basics case. I suggest you start every workout with seated wrist curls using a barbell. Go for 5-8 sets of

10-12 reps per set. Hold the elbows in close, forearms resting on the bench and raise and lower hands with an even cadence (rhythm). Do not allow the hands to unfold at the bottom of the movement. This works the fingers not the forearms.

Q: I have been on a real tough training program (3 exercises per body part) for just under a month and I seem to be burning out. Please help me. I want to be a success in this sport. You are the only person I can turn to because of your famous bodybuilding theories.

A: You insult me Sir. I am not a theorist. I am a bodybuilding trainer with experience. And experience as we all know, is more valuable than theories, because theories can be classified as “guess-work”. There is nothing concrete back of them, whereas practical experience obtains the “know-how”. Therefore I well know that none can train exclusively on a concentrated program for too long because the time will surely come when it will cease to get further results. Some term this the “sticking-point” others call it “staleness” whereas I term it over-taxing the nerves and muscles. I have found three weeks of concentrated training to be about enough, and the point at which most bodybuilders become bored and stale. And at this point, after three weeks of hard training, I find that one week of rest to be much better than would a change of program, because the softening up of muscle tissue allows for renewed energy by the storing up of vitality and re-stimulation to muscles for the resumption of training.

Rest is nature’s method of restoring the nerves and whole body. Surely, this is logical. If anyone robs himself of needed rest and allows his enthusiasm to govern him, he then continues on nerve force which will soon prove detrimental for muscle-growth. And if one cares to go into precise physiological technicalities he will readily find that the nerves need rest more than do the muscles. Muscles over bad nerves soon become weaker under the power of mis-directed nerve force.

Far too many gymnasium instructors fail to recognize the need of relaxation for the central nervous system, which I feel controls either growth or shrinkage of musculature. That is why I emphatically advice the application of real hard training, three times or oftener every week for three weeks, only and to then follow with a lay-off of one whole week so as to recuperate and give the muscles and tissues a chance to grow – and they will grow!

Q: I need to lose my gut. How many situps and leg raises should I do to develop my abs?

A: None! Situps are not a good waist movement. I was the first trainer to promote crunches. They are far better than situps or leg raises. Perform 3 or 4 sets of 10-15 reps. To lose weight you must eat less of all foods. Now!

Q: Why are you against squats? Everything I read... You say you are against squats.

A: I am not against squats. I do my own version (3 part with Burlesque bump). I also advocate Hack Squats and Sissy Squats etc. What I am against is heavy, flat-footed back squats where the subject comes up with his head between his knees for the sake of adding more weight. For every inch on the thighs you will get three inches on the hips using this insane style.

Q: It has been five years now with only small progress. I have an average frame. It is hard for me to gain weight. At least it is hard to gain muscle. I train on the every other day split and run three miles before my workout. I use heavy weights and follow all your methods Vince. I want to grow big so bad. I'll go nuts if I don't.

A: Correction. You do not, repeat not, follow my methods. My pupil Larry Scott had a hard time gaining muscular bodyweight, but he listened to me. He weighed 205 at his best, and even today, although he is very busy with his Health Club in Salt Lake City, he still weighs around 200 with 20 inch arms. Hen did not run then and he does not run now. Hard gainers cannot expect to gain quality muscle if they run. You are running right into your psychiatrist's arms! Stop today.

Q: I am seeking your advice because I have heard that you are very knowledgeable. My arms will not grow any more. They measure 14 ½" at 5'10". I do five sets of curls and five sets of triceps parallel bar dips because these are the best exercises I know. My reps average 12-15 each set.

A: Your arms need more work on the muscle fibre. Till now you are building more capillaries than muscle fibre. Try 2 exercises for biceps and 2 for triceps. 6 sets of 6 reps each. No rest at all

between sets of biceps or triceps. Rest 10 minutes after working biceps before going to triceps. Perform routine three days a week. Do not baby yourself. Work over your head. Make each rep tough. Go all out. Do not save yourself for future sets. Each will take care of itself.

Q: Would you suggest some exercises for strengthening the ligaments in my elbows and knees. Both are weak.

A: Always start with a low weight and work up. In this manner, you will produce the viscosity necessary to handle heavy weights with no further injury to these sore areas. Also, I think you should include more minerals in your diet.

Q: I have a young hopeful training under my supervision, but he has a problem that you may be able to advise me on. The inside front of the collar bone at both sides of the neck need development (High Pectoral). What can you suggest to build this area?

A: The area you describe is the pectoral attachment to the clavicle bones, and the key exercise is the incline Dumbbell Press. This exercise is performed on a 45° incline bench. Supine position with two dumbbells using 1/3rd of the maximum weight your student can handle for 6 reps. The second set, use 50% of the maximum weight 6 reps, and the third set, 75% of maximum weight. 4th set, work up to 100%; again to 75%; and 6th set, 50% maximum. 7th set, 1/3rd maximum weight. This should be enough work for a boxer to develop the clavicular area.

The exercise is best performed with the dumbbells held with the knuckles facing the body. Do not hold the dumbbells as you would a barbell, because this position is 75% deltoid, and you are trying to develop pectoral.

Q: I am 15 years old and have been bodybuilding six months now. I've made wonderful progress. However, I am an Instictive Trainer, and I've read where you should work the muscles that aren't well developed more, instead of the ones that are. I have one serious problem, and that's with my biceps. They just don't grow like my other muscles. My triceps smother them. Could you please send me your workout bulletin. Thank you.

A: What your biceps need is a shock treatment! And this is performed as follows.

Start with a pair of 20 lb. dumbbell and perform a standing alternate curl, palm up – 4 reps only. Do your reps slowly and curl the dumbbell all the way up to the shoulder, contracting tightly.

Remember to keep the elbows pointing down to the floor, with the upper arm never leaving your side. Work up the rack in 5 lb. jumps as high as you can go in weight. Now reverse and work down the rack to 20 lb. or less. Instead of resting, just shake your arms at your sides and continue curling.

This is all you do for your biceps, do not add any other exercises.

This routine should not be employed for more than 9 workouts – or 3 weeks – or you will lose size from overwork. After 3 weeks, go back to your regular biceps routine. This shock treatment should increase your arm size one inch in just 3 weeks. Overwork, and you will lose the size.

Q: A former student of yours told me you advice working stubborn calves every day. What exercise do you recommend on the off day? I was also told that you do not work the calves maximum every day, but merely pump the calf on the off day. Is this information correct?

A: Your information is correct. The stubborn calf must be worked maximum 3 days a week and pumped 3 days a week. The following exercise is the one I recommend.

ALTERNATE CALF HEEL RAISE

This exercise calls for a 4 inch calf block.

Assume position on calf block, with the balls of the feet spaced about 6 to 8 inches apart. Hold onto a table, pole, or lean against the wall with the arms outstretched. Raise the left heel until the calf is fully contracted. At the top of the motion, bend the knee and shift the weight to the right leg and lower on the right leg. Raise on the right leg, and at the top, or contracted position, bend the knee and transfer the weight to the left leg and lower with this leg.

This is a very concentrated peaking exercise, and I know of no other gym in the country that teaches it.

Q: I find your “Ask Vince” very helpful. It is the most informative and interesting.

I have been lifting weights for one year. My age is 35. The problem I am having trouble with is my abdominals, especially the lower section. To some I may sound silly, but this is the area I want to specialize in, so to speak. I am 6’ tall and weigh 170 lbs. and would like to gain to 180 without putting inches on my waist.

Most weight lifters seem to neglect the abdominals. I want and

admire what I call “washboard” abs if possible.

If you can furnish me with a routine along with a good diet to help me accomplish my goal, it would be greatly appreciated. I don’t mind working real hard. All I need is your professional advice and a workable routine.

A: I would advice you to try the concemetric Double-up. This is performed by placing the hands behind the head and pulling the knees back towards the elbows. Knees and elbows and forehead should touch in the contracted position. As the knees and elbows part, remember to allow only 10” of movement between extension and contraction.

I would also practice bending over and placing my hands on my knees and drawing the lower abs in and holding the contracted position for a count of 2.

As for the ten pounds you want to gain, cut out more carbohydrates in your diet and eat smaller meals 4 to 6 times a day.

Q: I would like to develop the thighs just above the knees and I have no hack machine. What type of squat do you recommend?

A: The following is the exercise substitute you have asked for
BARBELL HACK SQUATS

This exercise is a substitute for the famous Hack Machine, and primarily develops the muscles just above the knee area; providing the heel block is high enough. To check this, heels must be elevated high enough so that, when in the full squat position, the thighs are parallel or horizontal with the floor.

Another point to remember is, the straighter the back, the more resistance is placed on the thighs. Also, with a straight back, the hips are not working to help the legs, as in the regular deep knee bend.

Stand erect with barbell hanging behind the thighs, heels elevated and spread about 11 or 12 inches. The knees are spread 16” or 18” apart. Now, as you squat, let the barbell carry forward under the thighs to insure a deeper squat.

As you stand up, remember to keep a straight back, and at completion of squat, do not lock out, never straighten the thighs out completely at the top position (Unlocked squat.)

Q: I am writing to ask you about a training principle that has received a lot of coverage lately. My question to you Vince, and I respect your opinion is: Do you believe in training to failure?

A: Yes, I believe in training to failure...but not in the sense than you mean. I believe in training to failure of FORM. It is useless to continue an exercise if you have to use every muscle in the body to hoist it up in bad form.

Q: I have followed your writings for many years and abide by your advanced and sensible principles. I will always be a strong supporter of your views and training methods. Please send me a list of all the exercise you recommend for complete muscle isolation. Also I want to know if you have any new courses on the marked.

A: My isolation exercises are as follows:
Please read all my courses so that you will know best how to formulate and design your workouts for top results. I have just completed three new courses which divulge some new thoughts on musclebuilding.

VINCE GIRONDA'S EXERCISES FOR COMPLETE MUSCLE ISOLATION

ABDOMEN

Bent knee leg raise; abdominal hip roll; frog sit-up; concentric double-up; overhead leg raise; isometric body float; abdominal-squeeze.

PECTORAL

Broad movement

Wide and middle Dip slide; flat bench d.b. press; bent arm flat bench d.b. fly.

High Pectoral

Incline d.b. press; neck press; bent arm incline d.b. fly; incline pulley fly (cleft)

Low Pectoral

(Feet forward and down slightly) wide dip; incline d.b. press; decline d.b. fly; double circle pulley fly; standing double cable pull down.

LATISSIMUS DORSI

Hand-over-hand pull up to chest; two hand thumb up pull up; shoulder width roll up; wide two hand pull up to chest (also behind neck); long pull with arched back; arched back pull down; seated arched back short pull; 90 short pull (racing drive).

TERES MAJOR

Straight bar concave pull down; short pull concave row.

HIGH BACK

D.b. supine lateral row on incline (flat and incline); d.b. high bench power pull.

LOW BACK

Hyper extension.

DELTOID

Front Head

Lateral raise (seated and standing); full lateral Scott press; behind neck seated military press; front machine press.

Lateral Head

Upright row; two arm d.b. swing; supine and prone incline lateral.

Rear

90° bent over lateral raise; prone incline d.b. raise

TRICEPS

Low

Push down (elbows back and wide) for inside middle belly; flat bench b.b. bent arm pull-over (middle); kneeling 45° rope pull; two hand d.b. pull-over (profile of triceps)

Outer

90° rope pull (fencer's lunge)

High

Nautilus push down; reverse dips; reverse push up; short pull kick back

BICEPS

Low – Middle

Preached b.b. and d.b.; for middle belly – b.b. body drag; thumb up

twist; (middle) d.b. seated power curls; alternate d.b. incline curls (middle).

High

Spider curls; one arm seated concentration curls; two hand behind neck cable pull.

FOREARM

Zottman curls; b.b. reverse body drag; preached forearm biceps curl; alternate thumb up curl; flat bench and incline; b.b. wrist curl; b.b. knuckle up curl (reverse wrist curl).

Q: I am 16 years old and I have been lifting for a while. I have a very hard time doing chin ups. What do you suggest I do to make them easier?

A: Very few bodybuilders can do a correct chin up (pulling bar to chest).

I strongly suggest you use a lat pulldown machine and pull right into the chest so that wrists touch the chest. You will get a full lat movement this way. Do not waste your time performing incorrect chins.

Q: You have said it was bad to work your stomach muscles every day. Yet, many of the muscle books say you should. I have read many of your articles which have made good sense to me and gives me the idea you know what you're talking about, that is why I'm sending for your courses.

I would like to know if it is all right to work your stomach muscles every day. I will wait for your answer and hope it will be soon.

A: Work abdominals every day and you will lose them. They will smooth out, become bloated looking. If you work any muscle every day you lose muscle tone, and about 40% of your male hormone, producing a feminine smooth look. Overwork does not produce muscle tissue, but destroys it. Work your abdominals the same number of sets and reps you would any other muscle. And please, no High Reps.

BACK PROBLEM

Q: Vince, I find I get back pain when I do the regular barbell row exercise. What do you think of the single arm rowing movement,

holding a dumbbell in one hand and supporting the torso by placing your free hand on a bench?

A: I am not in favour of single arm movements. They do not work as well as double arm exercises. Also one arm exercises take two times longer to perform. You should always select exercises that take the minimum time and energy to employ. Try pulley work for lats, giving them as much stretch as possible.

LOP SIDED

Q: My left arm is less developed than my right. I just cannot even things up. I feel that this difference, almost two inches, will hold me back when I enter contests.

A: In the performance of any exercise, always THINK LEFT-HANDED if you are right-handed (if not, reverse), particularly on alternate movements; always start with your left arm. Start using your left arm to open doors, reach for things, etc. In short, learn to become ambidextrous. Actually, the way to bring up any smaller muscle is to concentrate on that side of your body and become fully aware of what is taking place with that muscle (Mind to muscle pathway is strengthened and improved.) Concentration is visualization. So, see the muscle in your mind's eye (and watch it pump.)

The oldest adage in bodybuilding is work for a pump. Never attempt to work the smaller side with one-arm exercises. This only overworks it and will actually cause it to shrink. You must strengthen nerve pathways first; then the muscle will grow. (Electrical Charge.) It goes without saying, you are developing better coordination with the muscle involved, and thus, will use it automatically. So, THINK LEFT!!!

Q: It has been found that a person's bone structure continues to grow until the age of around twenty-five. Is there any way a person twenty-two years of age can aid natural growth to obtain a slightly larger wrist bone size? Are there any supplements, such as bone meal, raw milk, etc., that might help one achieve this goal? If so, please detail a plan that can be tried.

A: Exercise stimulates bone growth (so do forearm wrist curls, Zottman curls, reverse curls and thumb up dumbbell curls). Your diet is fine. Now it's up to you to see yourself the way you wish to be (It works).

Weak Arches

Q: Every time I do heavy squats I notice an extreme soreness and tenderness in my arches. Do you think the heavy squatting is responsible for this problem? What exercises can I do to strengthen my arches?

A: The first thing you might try is avoiding doing your heavy squats with your toes pointed out too far, and when rising out of a squat position don't permit the knees to buckle inward, because this position throws most of the stress or weight on the inside of the foot, and consequently the arches.

The feet should be laterally rotated but only slightly. Your best foot angle can be determined by hanging from a pull up bar. Observe the natural position of the feet. This is the foot angle to use for your squatting and deadlifting as well. One of the best ways to keep the knees from buckling in is to develop a stronger set of abductor muscles (the muscles on the outside of the thigh). Also on your really heavy sets of squats use knee wraps. The function of these is to keep the knees in a straight back and forward direction and keeps the patella tendon from deviating medially or laterally and stabilizes the knee joint.

As far as strengthening the arches, include a series of calf exercises, standing or seated. These types of exercises influence the arches and serve to strengthen them, particularly if the feet are turned in, "pigeon toe" fashion.

Exercise the toes frequently by trying to pick up small objects, such as marbles, clothes-pins, etc.

If your condition of sore arches persists it would be advisable to visit a foot specialist to determine how severe the condition is, but in many cases the above hints will do much to improve it unless they are too far gone. Eventually you may have to wear arch supports as a means of relieving the pressure, especially if your job requires you to stand on your feet all day. By all means be sure to include the practice of exercising your toes every day, and when the soreness is present, run cold water over your feet. Do this after your exercise session, too.

THEY ALL SQUAT!

Q: Vince: You say that squats are out, and that anybody who regularly performs deep heavy backsquats in their workouts is nuts. Well, what I would like you to tell me...is the name of one top bodybuilder (just one Vince...Not five, not ten, not twenty...Just one!) who does not regularly perform the standard back squat. Just one name, please Mr. Gironda.

A:Mohamed Makkawy.

What About Sidebends?

Q: Vince, how can I work my obliques without adding size to them, especially at the sides? Should I do the side bend? I thought I read somewhere that you were against the performance of side bends.

A: No, never do side bends which will thicken your waist. I recommend you do front bends. Hold a dumbbell in your right hand, holding it behind your right leg. Now bend forward to the left, working the front of the left oblique. Switch hands to work the right oblique. Do 5 sets of 12-15 reps. Follow this advice and you will work your obliques without adding unwanted waist width.

Q: I am interested in “sculpting” my body using your methods outlined in your book, The Wild Physique. Two muscles which girls seem to notice on guys are the gluteus medius and the gluteus maximus. I am 5’10” and weigh 147 pounds. I have a very small bone structure. Any advice you can give me on building up my flat butt would be appreciated.

A: Years ago glute training was not a major priority among men but in this era of striated glutes and when people are so body conscious, glute training is now very important. Good glutes give the body contour and shape. Good glutes, even in clothes give your body that sexy look that women find very attractive. Since your glutes are flat and lack fullness and roundness, I suggest you do two glutes exercises to fill them out. The first is called “buns-out”. Take a light weight to begin with. Place the bar behind the neck as if you were going to do a set of squats and place the bar very low on the traps like a powerlifters squat. Then, unlike a regular full squat where one attempts to maintain a heads up, straight-back position to place most of the stress on the thighs and not on the lower back and glutes, you place your chin on your chest, bend forward in good morning style while you squat down and purposely stick your rear end as far as you can to throw the majority of the stress onto the glutes. Do 3 sets of 10-15 reps. This will build size onto the glutes. Start with a weight about one-third of what you would squat with and eventually build up to about your

bodyweight.

The second exercise you can do is the one-leg cable kickback. Attach a cable to your ankle and lean forward. Then using glute strength, raise your leg backwards as high as you can until the glute contracts. This is a high rep exercise. I suggest 3 sets of 20-25 reps with each leg.

Keep in mind that exercises like full squats, vertical leg presses, hyperextensions and good mornings will all work the glutes to some extent so include these in your workouts too. Just keep an eye on your glute development. Too much glute is as bad as not enough. For years I have warned people about doing heavy regular squats, deadlifts and vertical leg presses which spread the hips and work the glutes but in certain cases, where people lack glutes and hips, these can be done up to a point.

Q: Hi! I have been reading your articles and column in MuscleMag for a long time. I admire you very much and find you a very knowledgeable man. I'm hoping you can help me with my problem. I am 20 years old. I weigh 220 pounds at 5'10-1/2" inches and my chest is 48-1/2", thighs "28", calves "18" but my arms are only 16 inches. They just refuse to grow. I think it may be genetic because my brother has the same problem. I have tried almost everything: high reps, low reps, high sets and as few as 3-4 (believing I was overtraining). It's very disappointing as my body looks quite impressive except for my puny arms. It's gotten to be a joke with my buddies. They say things like "Hey Doug, leave your arms at home?" Please help me Vince. Oh, by the way, it's mostly my biceps that lag, my triceps aren't too bad.

A: Muscle tissue does not grow unless taxed 85 percent but beware, never work to 100 percent because maximum energy output will stop all muscular growth. Since it is your biceps that have given you most of the problems, I suggest you try doing tri-sets for them like the great Larry Scott. Do barbell curls, preacher curls and E-Z Reverse curls as a tri-set. Do 4 tri-sets, 6 reps each exercise. Take no rest between exercises but take 90 seconds rest between tri-sets.

For the triceps, super-set long rope pulls with triceps pressdowns, 6 sets of 8 reps each. This time, no rest between exercises but only 45-60 seconds rest between super-sets. For both biceps and triceps, work for a maximum pump and then stop. Over-working the arms will stop growth.

Nutrition is important for growth. Eat 50 grams of protein 4 or 5

times a day and take 3 amino acids and 3 liver tabs every 2 hours to keep the tissues saturated with protein.

No Chins

Q: I am a woman bodybuilder who has been training for just under two months. I became inspired when my brother, who is a bodybuilder, took me to the Ms. Olympia bodybuilding show in Montreal. I really enjoyed myself. Everything about the show was first class.

My only training problem is that I cannot do the chin exercise. My arms are just not strong enough. Do you have any suggestions to help me become a competent chinner?

I need to widen and thicken my back.

A: I have the answer to your chinning problem right in my gym here in North Hollywood. It's a special attachment that will help anyone in their chinning exercises. In fact MuscleMag's Bob Kennedy was down at "Vince's Gym" the other week and using this helper he managed ten one-arm chins non stop.

Until you come down to my gym (11262 Ventura Blvd., N. Hollywood) to use my apparatus I suggest you try doing partial chins from a high stool or chair. Gradually you will be able to do a complete chin on your own. Another method would be to have a workout partner hold your knee and assist you as you pulled upwards.

Chair Squat

Q: In your book *Unleashing the Wild Physique* you demonstrate an old exercise called the Roman Chair Squat. Now come on Vince, you know as well as I do that this is an old-fashioned, lousy leg exercise. It has been totally superceded by modern apparatus such as the hack machine, and leg press machine, so why are you pushing this antiquated movement? It's useless!

A: How dare you intimate that I am deliberately misleading readers. Throughout my career I have resisted jumping on the commercial bandwagon for self profit. I have outright refused to endorse over one hundred different products in the last five years. Why? Because I didn't believe in them 100 percent! So why would I push the Roman Chair leg apparatus. I don't sell them. I have no commercial interest in them.

No Sir, I promote the apparatus because in spite of being old-fashioned as you call them, the Roman Chair is a great shape

builder for men and women (Ask Gladys Portugues or Mohamed Makkawy). Incidentally barbells and dumbbells are even older (more old fashioned) yet every single champion bodybuilder uses them to build his body. Or would you care to let me know of one, just one, who does not use free weights in his workouts at least 90 percent of the time.

FOREARMS

Q: My forearms seem to be in line with the development of the rest of my physique although I do not do any special forearm work. Do you believe the forearms should be trained specifically each workout?

A: I wish people would think more for themselves. You have answered your own question. If your forearms are keeping pace with the rest of your development, then they are getting enough overspill from your other exercises. After all nearly every exercise brings the forearms strongly into play. It is only at times when your lower arms are failing to develop that you should include individual exercises such as wrist curls and reverse curls. Few bodybuilders spend much time working out their forearms with these exercises, but there are occasions when an arm starts to take on a look of imbalance and specialized forearm work is needed.

INTENSITY TRAINING

Q. How much intensity do you recommend your advanced pupils use in their training? This has got to be the most asked question of all. I would like to know your opinion.

A. Intensity, once you are past the beginners stage, must be over 85 percent. Anything less is a waste of time. 100 percent effort only works for the genetically gifted bodybuilder on steroids. Exactly how much intensity you should use, allowing for your being in top health would be somewhere around 85-90 percent, depending on workout length and frequency. Obviously a 4 hour long workout cannot be completed using maximum intensity on every exercise. Try to get the feel of your body's feedback system. Most muscles need 72 hours to fully recuperate. Better to undertrain than overtrain.

ISOLATION!

Q: Do you go by the feel of an exercise or do you go for the pump or a certain weight for reps or what? I have trouble isolating certain muscle groups like lats, rear delts, upper pecs, lower triceps, outside of the calf and if I use heavy weights I just don't feel like I'm working these areas. How do you use heavy weights and still isolate muscle groups?

Would it be better to use less weight and feel it in the muscle more or is the weight more important?

A: You cannot always get the exact feel you want. Don't just work for heavy weights. Try moderate weights for a while using perfect form. For the lats do a variety of pull downs, concentrating on the stretch. Rear delts: give the incline bench lateral raise (body facing bench) a try. Upper pec are worked well with dumbbell incline bench set at a shallow 30 ° angle. Single arm triceps extensions work the lower triceps and the outside calf is worked best with standing calf raise putting stress over the big toe.

WILD PHYSIQUE

Q: In your "Unleashing the Wild Physique" book, which I feel is definitely the best book ever written on bodybuilding, you talk about "oxygen loading". Do you really believe this helps build a better body?

A: Sure I do, otherwise I wouldn't have written about its importance. Your muscles greatly benefit from Oxygen Loading because by doing it you are paying back the debt created by the last set of exercise. Without it you could outrun your cardiovascular system. Oxygen loading is particularly important in peak contraction movements and for any type of delayed activity (such as forced or aided reps) during a set. I would like to see everyone using my oxygen loading principle.

E.Z. OR NOT?

Q: Should I use an EZ curl bar or a straight bar when doing my curls? Which is best for the biceps?

A: Each of us is individual. Tendons, ligaments and bone leverage vary from one person to another. Obviously if the use of a straight bar brings discomfort in the wrist or elbow then a more comfortable EZ curl bar is superior. My own opinion is that all

other things being equal the straight bar is superior for standing barbell curls than an EZ curl bar.

Stubborn Arms

Q: Can you give me a simplified arm program? I do not have much time to exercise, but I can do it regularly. I have tried various routines of different champions but my arms have not gained even though I was performing six different exercises for my forearms, biceps and triceps. My arms seem to pump up well when I train but the next day they are back to normal.

A: You are doing too many exercises for your arms. Try just one for each section as follows; but first you should stimulate your metabolism so that arm growth comes quicker.

1. BREATHING SQUATS

Barbell squats straight back with heels elevated 1-1 1/2". Preferably, front squat, bar on chest, heels about 20 inches wide, knees a comfortable width, about 24 inches. In the erect position, take 2 very deep breaths and hold the second breath and squat (back straight) and return to upright position and exhale. Perform 3 sets of 15 repetitions, 2 to 3 minutes rest between sets.

2. DUMBBELL CURLS

Stand in front of the dumbbell rack and pick up a pair of 20 pound dumbbells, palms facing thighs, curl left dumbbell slowly, turning palm up and bending to the left. Watching dumbbell travel up to shoulder, hand should be outside deltoid at contracted position. At this point, turn your head to the right and start to curl right dumbbell simultaneously. As you curl the right weight, lower the left hand back to starting position.

Counting with your left hand, complete four repeats only. Next step: put dumbbells back on rack and take 2 deep breaths and shake your arms and pick up the next heaviest set and do 4 repetitions. Proceed until you have curled the heaviest set of dumbbells you can handle (creative cheating is ok). Next step: work down the rack to your starting sets. That's it for biceps. Don't do any other biceps work.

3. TRICEPS

Barbell pullover and press: Lie on your back on workout bench with head slightly off the end so you can lower the bar below head. Take a 12" grip (overhand) and keeping elbows in, to parallel with

body, lower bar down, back over head and slightly below bench level, with elbows in and up, pull barbell over face to low pec line. At this point, swing elbows out wide and press barbell up and forward, ending at arms length over stomach (forward press). Lower barbell back down to chest and roll elbows in, parallel to body, and push bar back over face to starting position (4 sets of 12 reps).

4. FOREARMS

Take a 12" wide grip on a barbell. Bend over forward and place your forearms on the top of your thighs. Wrist breaks at the knee so you have full movement of barbell with your thumbs under bar, let the bar roll down to fingertips. Slowly close hand and curl wrist back to contract position, and in this position count 2. Please do 12 reps! Next, compound set is the standing overhand body drag curl, with thumbs on top of bar, start with a grip, overhand grip wider than your body and reverse. Curl barbell with the bar in contact with your body. Curl wrists back at contracted position and count 2. Next, go back to your bent over wrist curl for your second set and then second set of reverse body drag. That's it!

Lat thickness

Q: Vince, I have to tell you that you are the greatest trainer ever. After spending three weeks at "Vince's" I learned more than I would have in a lifetime training in my hometown. Thank you for helping me get on the right track. I am still improving almost every workout, but I need a little advice about back building. I notice that I neither have width or thickness in my lats. Any help would be appreciated.

A: Glad you enjoyed your stay John. I liked working with you because you listened so diligently. With regard to your back I suggest you train the area twice a week but use three different back routines (rotating them in order).

Workout No. One. Wide grip chins (to front), T-Bar Rows, Long Floor Pulley Rows

Workout No. Two. Racing-dive lat pulls, Close grip chin, Dumbbell Rowing

Workout No. Three. Medium grip chin, Close grip pulldowns to chest, Hyper extensions.

Start with three sets of each exercise (eight reps) and work up to five sets of each. As you get into the program decrease the rest time between sets as much as possible but not so much as to allow deep breathing to interfere with exercise performance.

Overtonis?

Q: Vince, I found a torn page of an article by you in an old magazine entitled Muscle Builder/Power. The magazine had Dave draper, Frank Zane, Larry Scott, Bill McArdle and Don Howorth in it. I couldn't make out what you were writing but I recall seeing the word "overtonis". I can't find any reference to this term anywhere in magazines, books or even medical dictionaries. Can you enlighten me about overtonis Vince?

A: Is this some kind of conspiracy or what? Overtonis is my word for a condition caused by too many sets, too many exercise combinations, in short, overwork. This causes tissue loss, hormone depletion, weakness and general lassitude, inability to produce a pumping effect and a smoothed out, stringy appearance.

My use of the word overtonis has caused people to criticize me for years. Just as my negative views on situps, squats, bench presses and running have...if you overtrain then the body causes the central nervous system to cease pumping blood into the capillaries. Overtonis causes pump loss. When you overtrain you just can't drum up a pump.

I suggest that bodybuilders keep their training hard but brief. A workout should not take longer than 45 minutes. It must be intense with only brief rests between sets. I thought I had put the term overtonis to bed!

FAT CITY

Q: I went on a diet binge of drinking lots of milk (4-5 quarts a day) to gain weight. Nothing happened for six months and then suddenly I began to gain quickly. I was thrilled. Then as the months turned into years, I started to realize that I had gone overboard. It took the biting words of my mother to make me aware of my condition. She told me outright that the bodybuilding methods I was using, just couldn't be right. I asked her; "Why not?" she replied that I looked, "like a round butterball". That night I looked, really looked in the mirror for the first time. I was shocked as I realized that I was fat. Really fat. Please Vince tell me how to lose weight. I want to look good.

A: Countless words have been written on how to lose weight. There have been literally thousands of books on the subject, yet

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

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

Set yourself a goal and let nothing stand in your way. Don't wait for tomorrow –

Q: I've been having a perpetual bodybuilding problem that I cannot seem to correct. I certainly hope that you can eliminate it for me. The difficulty is in trimming down that slightly bulging deposit of fat on my obliques and on each side of my lower back just above my rear end.

I have had success trimming and tightening my front abdominals with your techniques but twists, sidebends and bent over twists don't seem to help the rest of my waist where it is also important. I tried a diet you described in MuscleMag but the low carbohydrate intake decreased the mass on my whole body that I worked so hard to build up, and the fatty layer remained but on a smaller scale. In other words, proportionally I looked the same.

Vince, I want the V-shape taper that comes with all around tight, trim waistline, but have met with only frustration.

Can you please suggest some things to melt away this problem on my obliques and lower back? Should I continue the low carbohydrate – high protein diet? (I cannot consume or afford the best quantities of Choline and Inositol necessary to do any real good). Increase the reps on my present waist exercises? What should I do!?

I am 28 years old, 5 ft. 11 in. tall and 177 lbs. I've been lifting regularly for two years.

A: 1. You have a metabolic problem.

2. You need a digestive support at each meal (HCL or Enzymes)

3. You must stop combining carbohydrates and protein at the same meal.

4. You must stop those so called High-Rep reducing exercises (twists and bendovers). They are responsible for you losing muscle tissue. (Hormone Depletion)

5. If you can afford kelp tabs and Vitamin C, take three a day and fifteen kelp.

EGGS

Q: I must have read it a hundred times but I still do not understand your position on the eating of eggs Mr. Gironda. Please answer these three questions. 1. How many eggs do you eat a day? 2. How many eggs would you recommend a person with a high cholesterol count to eat daily? 3. How many eggs should person who is allergic to eggs eat?

A: The answers to your questions are as follows: 1. I personally eat no eggs at all. The reason for this is that I am not currently trying to add muscle size. 2. A person suffering from high cholesterol should keep his fat low. Only eat eggs occasionally as they are high in fat. 3. I should have thought the answer to this question is obvious. Of course a person allergic to eggs, should not eat them! Now, as to my stand with regard to eggs, that so many seem to find amusing or absurd. I recommend the egg as an excellent source of nutrition for the bodybuilder because it is recognized by nutritional scientists as being the highest quality protein known to human kind. You probably hear the word “biological” used in terms of nutrition when referring to protein. A biological percentage is not the percentage of protein in a food, it is a term that refers to the structure of protein, indicating how near it is to human tissue. For example, according to British expert Bernard Beverley human tissue is 100 percent biological. Since we can’t go around eating each other, we have to settle for second best. That is...eggs!! They are 95 percent biological in terms of amino acid structure. They are not 95 percent protein. In actual fact, an egg is only about 6 percent protein, but that protein is 95 percent usable in building human muscle tissue. Next in line to eggs comes milk, organ meats, liver, kidneys, heart – then red meats such as steak, lamb and finally poultry and fish. Protein derived from the soya bean for example, is not high on the list. It’s only about 22 percent biological, so you need a large amount of the higher quality protein foods to supply the essential amino acid balance.

Rather than take steroids I advise bodybuilders in normal robust health to take up to three dozen eggs daily, to push their muscles to a new plateau. I do not suggest that they do this for the rest of their lives. Nutrition is to be used to achieve a specific goal. You want size, then go for it with eggs. There is nothing better, so get crackin’. After 6-8 weeks or so you can drop down your egg intake

to just one or two a day.

Try another diet such as red meat and fresh vegetables...or a diet high in milk products or fish. There are scores of regimens to follow, and each will help you achieve a specific goal.

Another chance?!!!

Q: Vince, last week you kicked me out of your gym after I asked you to help me with planning my training routine. I gave you five big ones and you threw them back at me. You'll never get rich acting like that Mr. Gironda. I travelled a long way to train with you and you refused to train me or take my money. Please give me another chance, Vince.

A: You're a screwball, Ted. I don't give second chances. I agreed to train you for a certain period of time on the understanding that you followed my instructions completely. After I showed you how to perform each exercise for maximum results you insisted on doing the exercises your way. I now have no interest in you or your money. Period. Do not ever contact me again.

ASK VINCE

Q: I've always been interested in what you have written Mr. Gironda, but also I am aware that some things you say are radical to say the least. Some might say your ideas border on being "strange". I mean you do not like the squat or the bench press. These are the two basic moves in bodybuilding. You seldom recommend any shoulder pressing or regular barbell curls...Why are you different from everyone else?

A: I do not set out to be different from everybody else. It's just that my practical experience in training champion bodybuilders (and I mean training them, not just claiming to train them!) extends to a longer period of time than anyone else...It is reasonable, I believe, to understand that I may have picked up a thing or two...I am not a great believer in the exercises you mention because I have found superior substitutions, better movements. Exercises that give more shape, more development and quicker than other methods. You don't have to buy my book to find out everything I believe. Get it free from your local library. DO I HAVE IT?

Q: How do you tell if you have a good potential for bodybuilding?

A: Good potential for bodybuilding is not just a matter of physical genetics. Your mind must be of the right framework to advance your progress in spite of set backs.

Potential shows itself within the first year of training. In fact some really “genetically gifted” bodybuilders even win local and state contests within the first year of training.

Q: Do you train Sergio Oliva? I think he is the best bodybuilder around even today. I saw you at the Olympia (outside the Felt Forum on the day of the contest) in New York, but you were surrounded by fans so I did not get to shake your hand and say hi! This was the first time I had seen you, and also the first time I had seen Sergio and I must admit I got a real kick out of seeing you both. I am going to buy your book “Unleashing the Wild Physique” right now. One last thing, I had heard that Sergio’s posing was not all that hot, yet I thought he did pretty well at the Olympia. What did you think?

A: No! I do not train Sergio, but he does stop over at my gym whenever he’s in the Los Angeles area. You could almost say that Sergio doesn’t need my training because I specialize in bringing out the flared tapered look on physiques (wide shoulders, narrow hips and waist) and Sergio already has this look naturally. He’s a genetic superior.

Regarding New York, I must admit it was a joy to meet so many fans of my training methods. I didn’t realize so many youngsters were sympathetic to my methods. I was overwhelmed by so many polite and gracious young enthusiasts, I couldn’t believe it! I appreciate every one of them.

Sergio’s posing? I liked it. I thought he presented a nice mix of muscle and artistic attitudes. He looked great too!

TIMING

Q: I am 44 years of age and have been training vigorously with weights for more than two years. Can you tell me the most advantageous time of day in which to train? At the moment I am taking my workouts at night before I go to bed. I would also like to know when is the best time to take my Milk and Egg Protein Powder?

A: The right time of day to train is of much importance. That is, the time of the day when your blood sugar level is at its highest. Men

under 40 years of age perform more efficiently in the evening. Mature men reach this efficient time of day in the early hours. I personally find myself most energetic at 6:00 o'clock in the morning. My most serious training has always been done at this hour, yet, when I was in my twenties, I trained at 10:00 o'clock at night, like you.

Early morning training insures me of a high energy level the rest of the day. Science claims that breakfast is the most important meal of the day, because blood sugar drops three hours after any meal and must be re-furnished every three hours, in order to keep a constant nitrogen balance. It is also important to know that 90% of any protein ingested is utilized after training (up to 1-1/2 to 2 hours) so it is a good practise to take in protein at this time.

Q: I am 5'9". Age 48 years old and weigh 165 lbs. I want to get to 180 lbs., but it seems that I just can't do it. I have been training for 20 years. I have a lot of energy. I take a lot of vitamins and liquid protein, but I can't get past 165 pounds. I am medium bone structure. Thinness does run in my family, but I will not accept this fact. I know something can be done to gain weight. I do not, and will not, take any drugs of any kind. I live a 100% natural life. I never get sick and feel better each passing day, but I can't gain any weight.

Please try and help me to reach my goal by this summer. I talked to many bodybuilders all these years – and they told me that you are the best.

Larry Scott's Arms?

Q: I heard from a guy who's been a member of your gym for nearly thirty years. Can you believe it?

He says that he would train at your gym over any other even though they may have acres of high-tech chrome machines, pooles, sun rooms, jacuzzis and saunas! He said that Vince's Gym is straight forward and contains only apparatus that is 100 percent useful to the bodybuilder.

I have gone off track. Sorry, Vince my question is about Larry Scott's arm training. I would like you to clear up a point of contention since Larry trained at your gym when he won his big titles.

Here goes: When Larry Scott did preacher curls did he do 8 reps

and then three “burns” at the top of the movement or did he also do “burns” in the arm-extended positions?

A: Larry Scott only used the preacher bench for his biceps training at my gym, and I believe even today he uses it exclusively. He used to do eight reps with four or five “burns” (quick partial-reps) at the top, and when he couldn’t hold it any longer, he’d lower the weight and do four or five more “burns” at the bottom. He never put a weight down until he had squeezed everything there was to get out of it. He drew blood with every set.

Need Triceps

Q: Can you give me a really good triceps exercise Vince? I have a baseball biceps development that you wouldn’t believe but I just can’t get my triceps to grow any kind of belly.

A: I like using a pulley machine for stubborn triceps because they usually give more continuous tension, and once you get into pulleys you will be able to concentrate more while you’re doing the exercise. Try the rope kickback exercise. It’s worked well for many advanced bodybuilders.

Stand as illustrated with one leg stretched rear-wards and straight. Hold a rope (one end in each hand) at the back of the neck. Keep elbows wide and push outward with the arms to a straight-arm position. Keep your head down throughout the exercise. Try five sets of eight reps.

Correct Form?

Q: You seem to have a unique way of doing nearly all exercises, little things that apparently make the exercises more effective. Could you tell me the right way to do a barbell curl? I’ve always felt you had the most sensible and intelligent approach to bodybuilding.

A: You are a very astute and observant young man and sensible and intelligent for recognizing it in me. I gladly return the compliment. As to barbell curls, I have rarely seen anybody do this exercise properly. Most people lean forward as they curl, depriving the lower biceps of work and at the completion of the movement they lean back, depriving the upper biceps of work.

I recommend you do the opposite. This is what I call “perfect” curls. As you start the curl, lean back so that the lower biceps receives a lot of stretch and does most of the work. As the bar reaches mid point, your upper body should be perfectly vertical.

This allows the belly of the biceps to receive the majority of work. Finally, at the completion of the rep, lean forward, cramping the biceps and working the peak of the biceps. Obviously less weight than normal must be used when doing “perfect” curls, but your biceps will benefit more. Try 4 sets of 10 reps and you may just end up with perfect biceps.

One thigh Move?

Q: If you could only do one exercise for your thighs, what would it be? I am on a limited program and cannot do three or four exercises per body part.

A: I recommend you do either the Hack Slide, 6 sets of 8 reps, twice a week or Sissy Squats 5x15 reps, again twice weekly. The sissy squat works more of the total thigh than the hacks. If you can, and remember, the sissy is done in three parts, the downward move thrusting the knees forward while leaning back, then the burlesque bump, thrusting the hips up and forward and then finally coming to the upward position, which is not to mean you come totally upright. You should only come up three-quarters to keep the tension on the thighs. Done properly, sissy squats will develop your thighs from your knees to high up on your thigh where the muscle inserts under your shorts instead of stopping at the hips like a regular squatter’s legs do.

Ab Training.

Q: I am looking for a more efficient way to train my abs. Is there an exercise that works both the upper and lower abs at the same time?

A: Yes, the incline leg raise. Lie on a 30 degree angle, incline board, your head at the high end. As the feet come up, lift your upper body off the board and crunch your abs together. This works both the upper and lower very hard. Try 5 sets of 12-15 reps. Get a contraction each rep.

Inner Thighs?

Q: I need an exercise to work the inner part of my thighs and the long satorius muscle. I don’t have access to a nautilus abductor-adductor machine. What can I do instead Vince?

A: I get my students to do low pulley squeezes on a cable crossover machine, 5 sets of 12-15 reps. Sit on a low box in the center of a

cable crossover machine. Hold the low handles on the inside of your thighs. Allow the resistance to pull your thighs open as far as you can, really stretching the inner thigh and then using inner thigh strength only, slowly squeeze your thighs together. Hold for a count of two to contract the muscle. I feel this exercise is superior to the Nautilus machine. Try it and see.

What About Sidebends?

Q: Vince, how can I work my obliques without adding size to them, especially at the sides? Should I do the side bend? I thought I read somewhere that you were against the performance of side bends.

A: No, never do side bends which will thicken your waist. I recommend you do front bends. Hold a dumbbell in your right hand, holding it behind your right leg. Now bend forward to the left, working the front of the left oblique. Switch hands to work the right oblique. Do 5 sets of 12-15 reps. Follow this advice and you will work your obliques without adding unwanted waist width.

Q: I am interested in “sculpting” my body using your methods outlined in your book, *The Wild Physique*. Two muscles which girls seem to notice on guys are the gluteus medius and the gluteus maximus. I am 5’10” and weigh 147 pounds. I have a very small bone structure. Any advice you can give me on building up my flat butt would be appreciated.

A: Years ago glute training was not a major priority among men but in this era of striated glutes and when people are so body conscious, glute training is now very important. Good glutes give the body contour and shape. Good glutes, even in clothes give your body that sexy look that women find very attractive. Since your glutes are flat and lack fullness and roundness, I suggest you do two glutes exercises to fill them out. The first is called “buns-out”. Take a light weight to begin with. Place the bar behind the neck as if you were going to do a set of squats and place the bar very low on the traps like a powerlifters squat. Then, unlike a regular full squat where one attempts to maintain a heads up, straight-back position to place most of the stress on the thighs and not on the lower back and glutes, you place your chin on your chest, bend forward in good morning style while you squat down

and purposely stick your rear end as far as you can to throw the majority of the stress onto the glutes. Do 3 sets of 10-15 reps. This will build size

onto the glutes. Start with a weight about one-third of what you would squat with and eventually build up to about your bodyweight.

The second exercise you can do is the one-leg cable kickback. Attach a cable to your ankle and lean forward. Then using glute strength, raise your leg backwards as high as you can until the glute contracts. This is a high rep exercise. I suggest 3 sets of 20-25 reps with each leg.

Keep in mind that exercises like full squats, vertical leg presses, hyperextensions and good mornings will all work the glutes to some extent so include these in your workouts too. Just keep an eye on your glute development. Too much glute is as bad as not enough. For years I have warned people about doing heavy regular squats, deadlifts and vertical leg presses which spread the hips and work the glutes but in certain cases, where people lack glutes and hips, these can be done up to a point.

Q: Hi! I have been reading your articles and column in MuscleMag for a long time. I admire you very much and find you a very knowledgeable man. I'm hoping you can help me with my problem. I am 20 years old. I weigh 220 pounds at 5'10-1/2" inches and my chest is 48-1/2", thighs "28", calves "18" but my arms are only 16 inches. They just refuse to grow. I think it may be genetic because my brother has the same problem. I have tried almost everything: high reps, low reps, high sets and as few as 3-4 (believing I was overtraining). It's very disappointing as my body looks quite impressive except for my puny arms. It's gotten to be a joke with my buddies. They say things like "Hey Doug, leave your arms at home?" Please help me Vince. Oh, by the way, it's mostly my biceps that lag, my triceps aren't too bad.

A: Muscle tissue does not grow unless taxed 85 percent but beware, never work to 100 percent because maximum energy output will stop all muscular growth. Since it is your biceps that have given you most of the problems, I suggest you try doing tri-sets for them like the great Larry Scott. Do barbell curls, preacher curls and E-Z Reverse curls as a tri-set. Do 4 tri-sets, 6 reps each exercise. Take no rest between exercises but take 90 seconds rest between tri-sets.

For the triceps, super-set long rope pulls with triceps pressdowns, 6 sets of 8 reps each. This time, no rest between exercises but only

45-60 seconds rest between super-sets. For both biceps and triceps, work for a maximum pump and then stop. Over-working the arms will stop growth.

Nutrition is important for growth. Eat 50 grams of protein 4 or 5 times a day and take 3 amino acids and 3 liver tabs every 2 hours to keep the tissues saturated with protein.

No Chins

Q: I am a woman bodybuilder who has been training for just under two months. I became inspired when my brother, who is a bodybuilder, took me to the Ms. Olympia bodybuilding show in Montreal. I really enjoyed myself. Everything about the show was first class.

My only training problem is that I cannot do the chin exercise. My arms are just not strong enough. Do you have any suggestions to help me become a competent chinner?

I need to widen and thicken my back.

A: I have the answer to your chinning problem right in my gym here in North Hollywood. It's a special attachment that will help anyone in their chinning exercises. In fact MuscleMag's Bob Kennedy was down at "Vince's Gym" the other week and using this helper he managed ten one-arm chins non stop.

Until you come down to my gym (11262 Ventura Blvd., N. Hollywood) to use my apparatus I suggest you try doing partial chins from a high stool or chair. Gradually you will be able to do a complete chin on your own. Another method would be to have a workout partner hold your knee and assist you as you pulled upwards.

Chair Squat

Q: In your book *Unleashing the Wild Physique* you demonstrate an old exercise called the Roman Chair Squat. Now come on Vince, you know as well as I do that this is an old-fashioned, lousy leg exercise. It has been totally superceded by modern apparatus such as the hack machine, and leg press machine, so why are you pushing this antiquated movement? It's useless!

A: How dare you intimate that I am deliberately misleading readers. Throughout my career I have resisted jumping on the commercial bandwagon for self profit. I have outright refused to endorse over one hundred different products in the last five years. Why? Because I didn't believe in them 100 percent! So why would

I push the Roman Chair leg apparatus. I don't sell them. I have no commercial interest in them.

No Sir, I promote the apparatus because in spite of being old-fashioned as you call them, the Roman Chair is a great shape builder for men and women (Ask Gladys Portugues or Mohamed Makkawy). Incidentally barbells and dumbbells are even older (more old fashioned) yet every single champion bodybuilder uses them to build his body. Or would you care to let me know of one, just one, who does not use free weights in his workouts at least 90 percent of the time.

FOREARMS

Q: My forearms seem to be in line with the development of the rest of my physique although I do not do any special forearm work. Do you believe the forearms should be trained specifically each workout?

A: I wish people would think more for themselves. You have answered your own question. If your forearms are keeping pace with the rest of your development, then they are getting enough overspill from your other exercises. After all nearly every exercise brings the forearms strongly into play. It is only at times when your lower arms are failing to develop that you should include individual exercises such as wrist curls and reverse curls. Few bodybuilders spend much time working out their forearms with these exercises, but there are occasions when an arm starts to take on a look of imbalance and specialized forearm work is needed.

THEY CALL HIM VINCE

By Chuck Irving

To his fans, he's "The Iron Guru". To his detractors he's the man they love to hate, an egomaniac for more decades than Schwarzenegger has muscle. But to a growing contingent of Hollywood actors, he's all of the above and more: he's the guy who gets them in shape for the movies and television and keeps them that way. While "Body by Jake" Steinman, Jane Fonda and her training philosophies and the big time former bodybuilding champion types like Franco Columbu continue to garner much of the publicity surrounding the training of celebrities and "stars",

Vince keeps pumpin' 'em up at his torture chamber in Studio City, California. He's cornered the market at whittling off unwanted inches, adding needed ones, and churning out tuned up bodies of "Beautiful People".

While readers of this magazine are familiar with "Dr. Gu" (as actor/client Gary Wood affectionately calls him), some might be surprised to learn that he's operated out of the same location since 1938. In an age where training fads change on an almost monthly basis and where fitness "authorities" crop up overnight, it's nice to know that there is a standard, a constant, a tradition. That, in fact, is one of the reasons that many of Hollywood's finest wind up at Vince's gym. As they say in the movie business, the guy's got "legs".

John Schneider, known to television audiences from a high-profile stint on "The Dukes Of Hazzard" and a popular country western singing talent, first went to Vince over ten years ago. In person, John is quite a bit taller than you might expect and is currently sporting a big-shouldered, trim-hipped physique that is a direct result of hours of one-on-one training with Vince. As John explains it, "Vince is a man of many moods, talents, and ideas". The thing that attracted John to Vince's particular methods and madness was a combination of the physical and mental training involved in the Gironda mystique. "He is never at a loss for words, suggestions, and orders that are guaranteed to improve your overall performance in the gym as well as your life in general. Discipline to him is more than a word. It is a constant state of mind. Vince Gironda is the man of stone with the heart of gold".

The awesome Rowdy Roddy Piper, wrestling superstar-turned-actor, star of the upcoming John Carpenter movie, "They Live!" echoes John's sentiments. In fact, Roddy needed to drop twenty pounds and get ripped up for his role in the Carpenter movie. He turned to Gironda to perform the needed muscle magic. Vince placed him on the infamous "Any Meat Any Water" all protein competition diet to strip the excess body fat off Piper's body. As movie fans will soon see, the result is great. Roddy calls Vince "The only man in history who made Roddy Piper scream".

Erik Estrada has trained under Vince's tutelage on and off since 1973. Estrada credits Vince for his physique. "He gave me the "C.H.I.P.S." look", Estrada says with a wry laugh. It was Estrada, in fact who literally laid the groundwork for Vince. Several years

ago Vince made a passing remark that he needed new carpeting in the gym and Estrada, as a gesture of appreciation and friendship, had new carpeting delivered and installed the next day.

Gary Wood, the star of the movie “Hardbodies” and the upcoming “Soldier of Innocence”, credits Vince with “helping to create the illusion of size by concentration on shape rather than adding on a lot of extra poundage which would be undesirable for the camera”. Gary also has Vince to thank for helping to strip the fat off which he gained during seven gruelling months shooting “Soldiers” on location in South Korea. “I came back from that location completely out of whack, diet-wise. I’d trained with many of the popular trainers here in L.A. but hadn’t gotten the result. For me, that’s what Vince is all about – result!”

Jared Martin (Dusty Farlow on “Dallas” and currently starring in the new series “War of the Worlds”) and Doug McClure (formerly of the “Virginian” and lately of “Out of This World”) have both been Gironda disciples for years. Martin, who lives in Canada now while shooting “War” first went to Vince in 1981 and still tunes up at Vince’s when he’s in Hollywood. He says jokingly, “He’s too hard on me. He makes me leave town”. In a more serious vein he adds, “There are really two men who have had a major impact on my life. The first is Lee Strasberg. The second is Vince Gironda”. McClure jokes that “Vince has a unique way of seeing if you’re serious and will stick to it: he doesn’t talk to you for at least the first two years”. The truth is that Gironda is notorious for a mercurial temperament which changes in direct proportion to the amount of commitment and intention a student possesses. He’s not easily pleased, but then the guy’s a perfectionist. And that’s why his opinion is so highly valued by those he trains. They know that if they can please The Iron Guru, they’ve accomplished something.

The Gironda touch works not only for men, but for women as well. Greta Blackburn, who appeared on “Dynasty” as “Jennifer” and in the mini-series “V: The Final Battle” as “Lorraine” first started weight training for a role in the movie “48 Hours” at Gold’s Gym in Venice. She later worked her way through what she calls the “Yuppie trainers” at places like Nautilus Plus in Los Angeles and the exclusive Matrix One club. Miss Blackburn needed to get in top shape and fast last winter for a lead role in a soon-to-be-released motion picture entitled “The Party Line” in which she appears in several workout sequences. She followed husband Gary Wood’s lead and signed up with Vince. As she tells it, “I had

always been tall and lean. What I wanted was to build more muscle density, to pack a little muscle on these bones. When I saw the itty-bitty Nike workout clothes I was going to wear in “Party Line” I knew I had to get cut up. Vince dramatically changed my body in less time than all the other trainers I had tried. Plus I liked the idea of the “Mileage” Vince has. After all, when you really want to learn something well, don’t you go to the source, if at all possible?”

Greta’s enthusiasm soon caught on to her friend and current training partner Jane Badler (Diana on “V” and the current female star of NBC’s “The Highwayman”). Jane also needed to get in shape for a movie that she was soon to star in in Spain and sought Vince’s diet and training secrets to give her a “quick fix”. Within two weeks she noticed results. Jane says, “I wasn’t getting the tone I needed from aerobics classes and I didn’t have a clue about the dieting aspect of it all. I can’t believe it, but I’m hooked on weight training. I know what’s possible now and I can’t imagine not doing it”.

Word of mouth is a mainstay for Vince’s business within the Hollywood community. In a profession where it’s as competitive as it gets and where looking fabulous is the norm rather than the exception, everyone wants an edge. And Vince provides just that. Kimber Sissons, Ron Ely’s co-star on “Sea Hunt”, and an actress known to many for her “Spuds MacKenzie” and Lean Cuisine commercials, went to Vince to drop about ten pounds that had crept up on her. She was a serious contender for the new “Charlie’s Angels” and needed to be in top shape. Vince whittled her back down to what she calls “The old Kimber, the one I knew was there under that little bit of extra weight”. Out of thousands of girls who auditioned for the new “Angels”, Kimber got right down to the finals and also immediately landed a string of national commercials. Her results were so dramatic, in fact, that her friend Leah Ayres Hendrix asked her the secret to her new silhouette. The answer? “Vince Gironda!”

Leah, whom audiences will remember as Valerie Bryson on “The Edge of Night”, as Jill Schrader on “First of Ten” and as the female lead opposite Jena-Claude Van Damme in “Blood-sport”, beat a hasty path to Vince’s sanctum. There, she experienced a much different result than the hours of aerobics classes she had been taking. As she puts it, “I didn’t like the way I was looking and feeling from aerobics. Then I saw Kimber and said, “Where have

you been?"" Leah studied dance for many years and sees a relationship between that and the work she is doing now at Vince's. "I used to be a dancer and I think this is very refined and specific like dance". She smiles slyly when she adds, "I feel more sensual!"

Newcomer Heidi Thomas, seen briefly as a dancer on "Days of Our Lives" last year, hopes that the Gironda touch will give her that added magic that is mandatory in Hollywood success stories. "I'm into it. I was looking at the back of my hair the other day in the mirror and I noticed these cuts starting to show on my back. I'm gonna get ripped!" The Gironda touch has already turned to gold for Heidi. Within three weeks of training at Vince's, Heidi landed a Cherry Coke commercial in which she frolics on the beach in a bikini, "a little string thingy, the kind I could never bear the sight of myself in before", she adds.

The ladies at Vince's gym will put up with pain, deprivation, and occasional disappointment. What they will not tolerate is becoming "Wide loads". As Vince himself puts it, "You know how sometimes at night on the highway you see these trucks pulling a house or an oversized cargo and they have these little follow-up vehicles with a big sign with flashing lights which says "Caution: Wide Load!" Well, as soon as any of these movie actresses put on a few extra pounds all I have to do is say, "Look out! Wide load comin' through the door" and you'd be amazed how fast they get back to meat and water".

Talking to Vince, it becomes obvious that he has a great deal of affection for all of his clients and in particular, those in the movie business. When asked how he stays interested in training people after all these years, he says, "I like to think of myself as half madman, half magician. You have to be a little mad to deal with people on such a personal level day in and day out. I see people at their best and at their worst. And I also have to work magic. The magic part is only possible when the guy laying on the bench waiting for that next set is as motivated as I am. That's why I like movie people so much. They're the most highly motivated group of people alive, That inspires me!"

The list of people who have inspired and been inspired by Vince is longer than a workout on "Hell Day". (That's any Friday at Vince's gym and if you can walk out the door unassisted, post-workout, you didn't work hard enough!)

It includes: Cher, David, Bobby and Keith Carradine, Tommy Chong, Brad Davis, Clint Eastwood, Lou Ferrigno, William Holden, James Garner, Brian Keith, Jack LaLanne, Michael Landon, Burt Reynolds, David Lee Roth, Richard Roundtree, Kurt Russell, Arnold Schwarzenegger, O.J. Simpson, Carl Weathers, and Denzel Washington, among others.

Vince is a real one-of-a-kind, as those who have met him will be apt to point out. But he gets results. Ask the Hollywood celebrities. After all, they should know. Their livelihood depends on looking and feeling good. Ironically, one gets the feeling that it's not just the physical result that keeps them coming back for more. It's also an almost intangible mental set that helps them cope with the rigors of an emotionally demanding and competitive business. John Schneider sums it up best when he says, "Vince is a philosopher of great magnitude that I am honoured to know and proud to call a friend".

(From MuscleMag, November 1988)

Vince Discusses Supplements by Bob Green

"You don't just start a 115 lb. guy on something like ORCHIC!" began Vince Gironda the other day. "He's got to BALANCE his system first. I'd start him on the right diet and then a good BASELINE product. One that will provide ALL the necessary elements to "feed" his system. After a time I might get him on a multiple glandular to further enhance his growth".

The above paragraph was an initial salvo fired by Vince upon my asking a singular question. However, to be fair, some of my singular questions are actually multi-faceted. Like the food supplements Vince uses in his programs.

I recently moved back to the place of my origin, North Hollywood and headed straight to Vince's. Crazy as it sounds, after taking care of my initial business, my mind shot straight to working out. Mind you, I hadn't trained seriously for years, but started dabble with the iron more seriously for the last few months. After doing so many articles on Vince and discussing various aspects of nutrition

and training...well, what can I tell you? I merely headed to THE SOURCE.

Sooooo, I'm standing at the desk of Vince's talking to actor-stuntman Bob Tessier and all-around cameraman, Don Leomazzi about the recent hoopla at the Pan Am games over drug testing. Both men are athletes in various ways and both have lifted for years. Tessier is a big man and powerful, yet has never taken steroids. You may remember him as Shockner, the secret weapon in "THE LONGEST YARD" or as the dungeon master in "SWORDS & SORCERY".

We agreed that a strong, muscular body could be built without steroids and we also agreed that most guys don't have the patience. Couple that with all the magazine articles and gym scuttlebutt and you have more fantasy than fact. As I looked around the gym, I saw plenty of healthy, strong bodies throwing iron around and popping sweat.

Earlier this year, when I started to "dabble" again, I took Vince's advice after staying on a good diet for 30 days (cleansing – the whole bit) I increased my supplementation a bit and went on Vince's multiple glandular system. Believe me when I say things started to happen. Eating only three times a day (one big meal and two small ones) my bodyweight shot up 5 lbs. the second month. This impressed me because I had already gained about 7 lbs. the first month or so merely from making a comeback and feeding the tissues.

I had seen these techniques work wonders for Vince's pupils, particularly in the last three years in which he's employed some of his newer findings. Top champions are training under him and making improvement after months or years of stagnation. Hence the motivation to do the articles on Vince over the last two years.

And hence cameth the flak from the critics. Plus the criticism from those using steroids that are too insecure to try something else. I was getting letters, Vince has been getting letters and the magazines have been getting letters. Apparently Vince has struck a nerve; maybe several nerves.

Well, with the Pan Am thing, the coming Olympics and all, I felt it wise to get into some related articles and I'm starting with Vince. The controversy is already there, but I'll let the reader decide for himself or herself. Herrrr's Vince.....

Vince – “Transmutations of DNA are the keys. The subject is so heavy and so – I can’t get into it right now and I need to see more research results. Speaking of research results, how about all this malarky of how and why steroids work? We both know they don’t always.

It isn’t any mysterious chemical thing: **THEY ARE SYNTHETIC (MALE) HORMONE THAT HOPEFULLY MAKE YOU TRAIN HARDER.** The key is: **TRAIN HARDER – STRONGER.** The natural glandulars will enable you to do that, too”.

“Look at all the guys that train for years and don’t get anywhere. They lack that certain something to grind hard through every set. And they usually take the “strong” exercises and train them too light”.

“The right, natural glandulars, supplements and precursors will strengthen the system and affect other glands. They all work together to enable you to get a **STRONGER** workout. Stronger workouts with more intensity build strength and muscle. Not the so-called Nitrogen Retention theory or any of that. There is no evidence that the chemical changes brought about by steroids (re: liver function, etc.) are doing anything. But I can prove that the theories I use are sound and result-producing”.

“The amazing thing in the body is that by taking something (supplements, glandulars, etc.) it turns into something else...**10 TIMES STRONGER!**”

“**YOU’VE GOT TO HAVE BALANCED NUTRITION BEFORE ANYTHING WORKS.** Number one. Nature is balanced. You take the balancers...then the other products. This is another big reason some things work on some people and not on others. **THEY HAVEN’T BALANCED THEIR SYSTEM.** They don’t have the elements to fight inner stress and that further impedes success”.

“The more, the better, eh? They keep taking these steroids, and if they get any lift at all, until they stimulate the system to **ADRENAL EXHAUSTION** which **TOTALLY** counteracts the very thing they’re seeking”.

“I’d like to point out, too, before you go further, that when I mention glandular products....I’m talkin’ about 10 or 15 that can be used. I can’t prescribe in an article how everyone should take them, however”.

Bob Green – “I realize you stand up for your “Genetic Superior” theory in relation to why they make gains faster than most people. Could you explain that one more time for Iron Man readers? I get a lot of questions regarding this”.

Vince – “They rest better...they have deep, profound sleep and they have such little stress that their minds can completely turn off after their workout and they can go right down in an ALPHA STATE AGAIN. They could almost sleep during a workout. The first thing I noticed about them is that they digest their food better. They do all the things naturally that science says to do. That nature says to do”.

“they get through a workout and take a nap”. (Author’s note: refer to article by me on Dr. Carlin Venus and his comments on legendary Chuck Ahrens and some of the pre-steroid behemoths of strength and size).

“Pay attention! The body triggers a growth mechanism during sleep. That’s why you’re supposed to take Arginine-Ornithine (amino acids). I not only take those before sleep, but phosphorus-free calcium. The amino, Tryptophan works in conjunction also. It’s another amino you have to take because it isn’t produced to any great degree in the body”.

“These are INCREDIBLE things to trigger growth. You know as far as some of the others think....if they even know this...you trigger the growth mechanism with INTENSE EFFORT, but there’s more. Much more to it than that!”

“I’m researching a lot more on sleep and these mechanisms for my book. As far as I’m concerned it hasn’t been researched enough...not from a bodybuilder’s standpoint. Sleep is a powerful growth mechanism TRIGGER. Particularly after workouts. And there’s always protein-feeding; amino acids and protein at this time”.

“The proteins simply supply the material to grow on during this process. Look at Tryptophan again. It kicks in Serotonin in the brain. It enhances and triggers the sleep process. By the way...I don’t take isolated ARGININE & ORNITHINE. I TAKE A COMPLETE AMINO (complex). Then I take several other aminos, I take one amino that’s worth \$70.00 for 240 grams!”

“It’s a hospital-orientated product. Hospital quality. I take it every time I eat. I take enormous quantities of digestive aids. This is also

necessary because I was never a genetic superior and as I've said, they digest their food more efficiently".

"Lack of stress is one of the main reasons they have a better flow of digestive juices. It all goes back to stress. If Bob Hoffman ever said anything, his comment, "The first asset to health is tranquillity". Because he had all these genetic superiors around him, like Grimek, he could observe. He must've done some real observing because that is a very heavy statement".

Bob Green – "Let's say you get a guy in here and he's really thin or totally stressed-out. What would be your initial approach. Working on the possibility of adrenal stress or what?"

Vince – "Yes. Balance his nutrition with a baseline product, diet and a product called Adrenal glandular extract with a specific base of RNA and other elements I'd rather not go into now. They can order it from my gym if they want. A lot of research has gone into this. Three times a day, plus build his general health up. And get him into the proper use of Tryptophan, Phosphorus-Calcium and aminos. Do you see how this ties in?"

"I have another amino product I use here that really isn't a TRUE amino because it's in a base that has to be digested. It's a liquid, but boy does it work. It's helped to heal up a lot of people...including myself. From injuries and other related traumas. When I broke my leg, I started using it several times a day. With meals and the healing rate increased rapidly from then on; according to the doctors and specialists".

"Later on I became poisoned (accidentally) by a catheter in the hospital that was improperly administered by a doctor. I again went to a variety of aminos and am convinced they helped heal this condition, too".

"I also took about "ten thousand" holistic things, but the aminos were the key to get them going. Aminos...building blocks. You have to realize that they've used aminos on people out of prisoner of war camps much more than what you hear about steroids. Synthetic steroids. I'm into using natural steroids; let the body do its thing. If fed properly, it will".

"Synthetic steroids are no good without protein and you're just trying to get better amino acid absorption with them. Why fool around with your health to get the same end-result you can with the right aminos and other products? It's insane and NOT

NECESSARY!

So what are steroids for? To get more protein into the system. Isn't that what we're talking about?!!!"

Bob Green – "Let's let that subject roll around in the reader's minds and go to another simple product you've used for years – KELP".

Vince – "Yeah. I get a lot of mail on that, too. How much? Should they back off after a period of time. Things like that".

"I think everything should be, ah, taken in a certain rhythm. Almost biorhythmically. Hey! When I get a student finally saturated...I maintain their progress with a program of three days on and three days off. The best way to take things. Allow the body to do its thing, but you have to know when to do this and that's one of the tricks".

"It's been proven that these things work better in this manner. I know darn well you can get yourself into BIG TROUBLE taking things with no break.

It is because of this that you have to seek out a professional to get proper guidance. Self-medication is the pits! That includes taking certain supplements like glandulars and forth. You can work subtle problems into your nervous system and psyche; which is only one subtle aspect".

"A case in point: one of the kids I'm training by mail is winning contests in his local area and the steroid-taking, deep knee-bend, shoulder shrugging crowd at his gym is so uptight he is under constant threat. And I mean real threat! Physical abuse and all. The steroid monsters are so hypertensive and uptight they're lashing out. Can't take it. Can you imagine that?"

"I think an editorial should be written about some of the mental aberrations the steroid junkies get into. Certainly no tranquillity there. They're playing with fire that leads to heavy adrenal shock and aggressive behaviour that will eventually tear down their hard-earned gains. Maybe on the edge of it, but close. One thing leads to another.

My methods get people healthy...first. Robust health. The strength and development soon follow".

I hope the reader will at least look into the things Vince Gironda is saying. I have seen the results and I know the reader will benefit. The next instalment is slam-bang and will follow in the next issue.

(From IronMan, May 1984)

Vince Gironda Talks On Correct And Most Effective Training
by Bob Green

I won't go through a lot of folderol with an introduction to this interview. Vince met me head-on with this one; he was waiting for me. These interviews are ripe with information and at the same time controversial (at times) but quite titillating. Anyhoo – I want to keep the directness and flavour going on this one, so I'll get right to it.

V – “You know, every gym I go to these days, and I don't go to many, I had a partner taking me around to them because we were considering franchise possibilities at the time. I've never seen such great quantities of gym equipment as I see in these gyms today. I cannot believe some of them.”

“Would you believe that wherever I go (into these gyms) these people want one thing from me: INFORMATION. It's like – all this equipment is available to them and what do I do with it? They don't know how to use the equipment to its fullest capacity.”

“What do these big gyms tell you? It's \$150 or so a year to come in and there it is. A member goes over to an instructor and asks how he should work his biceps and the instructor points over there and says, “That's a biceps machine”. How do I work my lats? “That's a lat machine.” And so it goes.”

“You know darn well there's a lot more to it than that. Some of these places don't even sell supplements. They give no information. These people are supposed to be experts? If they were, they wouldn't need all that stuff. You and I could get a full workout on a motel floor with no equipment if we had to. The more you know about working out, the LESS equipment you need.”

“I have very little equipment in here, really. Although I'll tell you this: everything in this room I invented. It's all here for a purpose – not “show.” The only things I don't take credit for are the dumbbells, barbells and the flat bench.”

BG – “All right, I think your point is well taken. I’d like to change channels and tie this up on the brevity of training.”

V – “Aha! Turn on the machine.” (Vince, I never turned it off. That’s why I skipped over a couple of those last comments. Had to or we’d both be running for our lawyers.) “Again, what was the first article I ever wrote on bodybuilding? Huh? “Train Don’t Strain”, I got the idea from watching Ralph Mascaro, a weightlifter, who couldn’t stand up to very much (length) of exercise due to his very volatile nature. He won every amateur title in this town on 3 sets of 8.”

“Now will you please tell me where Nautilus got his brevity of training principle from? He made it up, I suppose. Tell me some of these things. Like why these guys want to look good for one another. Am I weird? I’d rather look good to that chick over there. You’re going to burn their ears on that one. I wouldn’t say that unless some son-of-a-gun came off with a bum remark and I want to cut him down. That happened this morning and I guess I’m still a little ticked. Sorry.”

“We’re not even talking about steroids and the weird complex THAT is becoming amongst guys in the game. The psychology of why a guy would put his life on the line to take them. Wow. You are talking about a total need for acceptance and recognition. People that are totally insecure.”

BG – “Do you think insecurity is the prime motivator in bodybuilding with steroids?”

V – “What is any motivator? I knew I’d never be 6 feet tall so I got bigger and broader. But I was a juvenile. Don’t forget that. I’m getting back down in weight to maybe that of which I first started. My waist is 29 inches at age 63 and I weigh 160. I’m still trying to keep my measurements up; I still want those measurements, but I don’t want the weight. My goal is to be as muscular as I was at 170, but only weigh 160.”

“I seem to respond better when I have a goal. For instance, when I was on the stage and they’re all out there clapping and screaming – do you know what I said to myself? “Is this it? What do I do tomorrow?” it took me until the drive home to realize I better come up with a new goal – because I had achieved what I set out to achieve. You better find another way to go – tomorrow or the next day.”

“That’s why I quit contests. I figured I achieved what ever I had hoped to with MY equipments. Why do like some of these guys who are over-achievers and show up worse and worse with each passing show? I’d rather have ‘em remember me at my best.”

“I give a lot of credit to Grimek. He quit 25 years before he needed to quit. There’s a guy around that is making a comeback who I’d like to get back in here...because he forgot how to workout. He gets all these big dumbbells out to do chest and he does stuff he never did in his life. He came in not too long ago to hit a few workouts. This guy COULD get back in top form, but ISN’T. I asked him why he didn’t do neck presses and dips for his chest like he used to. He couldn’t give me a truly valid answer, so I must assume he didn’t really want to get back ALL THE WAY into shape.”

BG – “I know you went to Europe last summer and among other things ended up judging a physique contest. You don’t often do this. In fact, I haven’t seen you at a contest for some time.”

V – “I will not lend my support to these pharmaceutical conventions. I’ve stayed out here. I’ve been ridiculed. But lo..., it seems they’ve “discovered” me. I’m not doing anything I haven’t done for 37 years. Yes, I’m always looking into new things, but the material I use in my gym goes back that far.”

“It’s a shame for people to be so afraid to try things; afraid of their own convictions. Some of these things just came to me. Sometimes in the process of looking for something else. Like again, the amino-Lysine application. Don Peters followed this regimen when he opened up his new gym. I had him on 3 dozen eggs, a pound of meat, mixed vegetable raw salads, aminos and 100 liver tablets and NO STEROIDS.”

“Bodybuilding is a form of therapeutic medicine. Steroids clash with this. We prepare the body for ANY sport. Or bodybuilding can be “cosmetic” just to look good. Or for general health. This opens another door: the reason these guys take shots at me about my high protein diets, my use of eggs or my steak and egg diet – they all want to know if this kind of diet will be all right for them for the rest of their lives.”

“I know I keep bringing this up, but it is a main point and one I still get a lot of mail on. I’m not talking about Health Food Store

nutrition – I’m talking about achieving a goal. My diets are for the achievement of a SPECIFIC GOAL.”

“There is a bio-rhythmical necessity to be observed when taking supplements to get the most good out of them. I originally discovered this with mail order students. Because they are coming to me from afar – they listen better. A guru is a fool in his own house. The mail order students do it all, practically to the letter. I have these guys ON supplements 72 hrs. and OFF supps. for 72 hrs. They get magnificent progress. I have a lot harder time getting anyone in my gym to follow that.”

“The best students are always champions. Champions are usually not champs in the gym and losers out there. Winners out there are winners in the gym. That is the way I perceive ALL males that walk through the door. Other members just want the Vince’s Gym membership card to shore up a weak ego. Others you can’t tell anything to for similar reasons of weak ego.”

“This is all I really know, so I use it as a gauge. I don’t know any more than the next guy about out there (pointing to the street). Except I have developed and found some concepts in here that seem to hold valid out there. You can’t be a champion and a loser at the same time. See where the mind comes back into it. All the time. You’ve either a champion or a champion – you’re either a loser, or a loser.”

“I’ve seen guys workout in this gym for 30 years and they don’t look like they ever (hardly) touched a weight. Their concept of themselves must be flat. And I’m not talking about being an ego-maniac. You need some healthy ego.”

BG – “Here we go again on this next question, but people still ask what you mean by “Overtonus”?”

V – “OVERTONUS is caused by excessive repetitions. It causes a loss of male hormone. Yes, it does. Too many reps, too long a workout, not using enough weight and bingo! That’s why sprinters have good legs and “runners” (distance) look like Death Warmed Over.”

BG – “O.K. gang, there it is. Please send your cards and letters to Vince and leave me out of it. By the way, Vince, are you still training Roy Duval by phone and by correspondence?”

V – “Oh yes, I’m training him and he was very honest. He said he got sick on the first routine of my 4 Sides to a Muscle bit. In fact he has been so appreciative of the results it has inspired me to re-write and update my old 6 Week Bulk course which is now in printing. I have added some new twists to it. I’m going into more detail with it – it was written so haphazardly before.”

“I’m working on another technique that involves different exercises and something new in a machine that I dare not even tell you about. I’d like to keep this one around for a while as my own and for my gym members.”

“Getting back to Roy Duval, he’s doing great. Here’s one of the finest bodybuilders around. He should get more publicity in the U.S. I verified my feelings on why he wasn’t winning more.”

“One area was his diet and the timing of his diet before a contest. I think we already talked about that once before. The other thing is his posing. I finally saw him pose while in Europe last year. Posing is so important; the only “performance” you have for a contest. Bob Kennedy told me, in all sincere feeling and NOT a put-down, that Roy is not aggressive enough on stage; too kickback. Competition is too tough nowadays to just go out there and throw some poses. It has to be done correctly, that is...each pose and it has to be dramatic in one way or the other.”

“Another fellow, I thought, who has a dynamite physique, but has lost some narrow decisions is Dennis Tinerino. I don’t bother these guys in my gym unless they ask me. Dennis needed a more dramatic finish to his routine. I understand he finally won the Pro Universe and that his posing has improved.”

“Roy Duval has a fabulous physique. If I could get a hold of him in here for two weeks, I’d solve his posing problem. I have photos of this guy you can’t find any faults with. So when a guy is that good, what’s wrong? You can’t keep blaming the judges. It’s either diet or posing. We took care of the dietary problem, but I hope he’s taken my advice and is working on his posing. I believe he’s back in South Africa, land of Reg Park and all that. Duval is a real gentleman and a neat guy.”

BG – “But he got sick on the 4 – sides to a muscle routine, eh? I mean, the first time he tried it? Who hasn’t? I’ve never gotten sick on a new routine until I did that one. I had to sit down and get it together or else I was going to have to make a very pointed journey

to the little boy's room. I take it back. I did get sick one other time: during the old high rep, breathing squat-pullover routine. Larry Powers from New York was the only other guy I ever met that had the guts to admit that that old method, which works every time, got to him, too. I want to know why? Why would a guy like Duval, who is in top shape, get sick on this type of routine?"

V – "Let me tell you why. I will give the same routine to people on the floor and do you know what they will do? 4 sets of 12. Do you know what a champion does? And a champion **ATTACKS** a workout. He gives it **EVERYTHING** for everything you tell him to do. The average guy doesn't. Not even a fairly good bodybuilder. But a champ goes at it hell-bent-for-leather. You'd almost think only champions can read. Sound absurd? They **APPLY**. They do what you teach and what you say. That's the difference."

"Give it (same routine) to a neophyte on the floor and he simply does 4 sets of 8 – not 4 sets of 12. Do you get my point?? Now remember, I've got Roy doing 4 exercises on a muscle. And only 3 muscle parts a day. Pecs-Lats-Delts equals one day. Triceps-Biceps-Forearm, another and Thighs-Leg Biceps-Calf the next. And believe me, doing it this way you can work to failure to where you're holding on to things just to stand up. Between sets: you should be reeling if you **APPLY** yourself. And I'm talking about 12 good reps – counting honestly in control."

BG – "You mean 8 strict reps, 2 barely and then the last two reps done barely or do you mean all 12 done strictly?"

V – "I'm talking about 12 reps counted honestly. This **CAN** include Forced Reps, Burns and Negatives if it is done **HONESTLY**. Some "semblance" of **FORM** or **CONTROL**. Even if the weight is controlled as much as possible on the way down (Note: "Negatives"). Don't be confused. The first eight (reps) should be done in as good a form as possible; full, complete reps good form – maybe struggling with reps No. 7 and 8, but still with **FORM**."

"All of those things you said. The "Burns" and all of that. Get into each set to the utmost. That's where it's at, baby. So you do 3 or 4 sets per exercise – **HOW** do you do them? That is the question."

"I'll give you a tip for Iron Man readers:It is a Seated, Alternate Dumbbell Curl. You start with this. When you get strong in the movements, you go to curling the DB's together at the same time.

Here's what I do:

- 1) Four Alternate (they're the hardest)
- 2) Four "together" (because they're easier)
- 3) Four from the shoulder – "down" ("negative style") – then up. Singles."

"We're talking about 4 sets WITHIN a set – 12 reps – with an exercise; in this instance – an Incline DB Curl. Do it this way and you get the MOST out of it. Why waste a good exercise? Is your energy so boundless you can dribble it away? If you try to do 12 reps any other way, you'd be "swinging" the weight up after 6 reps."

"Every 4 reps I go into easier applications so you continue to DICTATE to the weight. At last, I developed this One Down – One Up thing. It isn't WHAT you do – it's the WAY YOU DO IT. It is what you put into it."

"Invariably a guy will ask me for more exercises. He isn't putting his "all" into the routine. He assumes he needs to do MORE exercises. Actually, what he needs to do is put MORE into what I've already given him."

BG – "That term or that question (depending on how you look at it)... "Enough." When is "Enough"? That's almost like Orson Welles coming out and saying, "We will sell no set before its time." I think what you mean by "more" is usually effort and not always just more weight on the bar. Am I right?"

V – "Sometimes...sometimes, to break the "barrier" – to go up in weight – if you feel you are doing the exercise to the best of your ability, you go to a new weight. If you are not careful with this "new" weight, you will use too much nervous energy (in that exercise). The problem here, is in the first set or two. If you do break the barrier, your body will accept it. You NEVER put the weight down until you've done 12 reps. I'm not talking about powerlifting; I'm talking REAL bodybuilding."

"Don't put the weight down until you've done 12..., even if it is too heavy. Never. Never Fail...to do the twelve. How's that for a tip that works EVERY time? By doing twelve you establish the FACT you can do twelve reps on that (given) exercise."

"The aforementioned ties-in when you think of what I said in the other tape: VISUALIZATION. Mind control. You want steroids? Hey, buddy, meet your mind! You kick it in and IMPRESSIONS

are made on the “low self” of the brain – whatever you want to call it – ah, the subconscious. Like, you’ve got to hit the mule with a two-by-four to get his attention. Face it: you, psychologically, play tricks on yourself to get things done. To improve. Performance. In this case, if you want to use more weight.”

“But don’t change weight until you’re doing it (the exercise) with more understanding. To the very BEST of your understanding, I should say. Again, I maintain there are 4 sides to a muscle and one set to failure, or near failure, 90 percent failure – I don’t like the brand of “failure” where you are shaking and quaking and every vein is standing out on you head – that drives your solar plexus right into a state of shock.”

There are enough tips within this article to drive ANY of you guys (that have been training – girls, too) over the hump. The mind. Visualization. Four sides to a muscle. Twelve reps.

If you are having problems with your training, re-read this article and go out to the gym and try these principles. Not just once or twice. Give them a couple of weeks. Then we’ll talk. You readers want results and more information. Well, we give you all kinds of info in this magazine, but it’s up to you to apply the material and get the results.

I knew a Jewish man that used to own a deli in Burbank. As he would say, “Digest and enjoy.” I’m not one of the Jewish faith, but Mr. Klien used to say a mouthful. A wise man. Right now I’m only thinking of his line, “Digest and enjoy.” Not just, EAT and enjoy – he was from a big city – he cared about the quality of his product – he knew digestion was of the most utmost importance. How can you make a qualified remark about the guy’s food if you have to bring in the bicarbonate?

There is “good food” for thought in this article. That’s why I’m sharing it. Digest it – and you will enjoy. Thanks again for reading.

(From IronMan, January 1984)

Vince Says II
by Vince Gironda

Forearm Specialization

After each set of B.B. Preachers Stand for Biceps, without releasing the weight step back away from the stand and bend over placing the forearms on top of the thighs and wrist and hand over end of knee, plus perform 6-8 Reps (same weight used on curl) of the forearm wrist curl.

3-Day Maximum Routine

This concept allows a complete tissue break-down and insures results. Simply take the same workout you are taking now, but work your upper body three days in a row and then switch to legs and work them 3 days. This gives a complete 72 hour rest to the opposite area.

Vitamin "C" and Smog

Large amounts of vitamin C are recommended by medical experts to counteract the harmful effects of air pollution. Long recognized as a cold fighter, recent research proves that adequate amounts of Vitamin C help prevent cancer and heart disease. 1,000 milligrams per day is the minimum recommended dosage.

Kelp Has Amazing Effects

Kelp tablets are perhaps the best source of the rare trace mineral elements so often lacking in the average bodybuilder's diet. In addition to preventing iodine and other mineral deficiencies, kelp aids in fat metabolism and appears to have a beneficial effect on hair growth. Kelp has been found to contain over 14 different mineral elements.

RNA & DNA

These two elements enable the body to more efficiently read the master blueprint in the cells, and thus repair worn tissue more efficiently. These elements are indispensable in protein metabolism.

(From IronMan, September 1981)

Vince Says

WEIGHT-GAINING HINTS

by Vince Gironda

The great majority of people who come to be our students are those who have a need for greater body weight. Our improved system of body culture has allowed us to increase body weights of solid flesh on individuals who have such needs. Every case can gain. Some do take longer, but in the final analysis, results are assured. I repeat: Everyone Can Gain!

Several hints, as follows, may be a good aid in helping to gain weight. Of course, the program of exercise that is offered, is of greatest importance.

1. During your exercise period, drink. Between each exercise you may drink (one pint after each muscle worked). Do not drink out of the drinking fountain because you swallow air.
2. Eating three good generous meals a day is a necessity. Even more beneficial, if time permits, would be six small meals per day. Include a great deal of good broiled meats, baked potatoes, stewed fruits, eggs, brown rice, thick soups, stews, nuts and the natural grains. Be sure to include vegetables of the green and yellow variety.
3. You may at 10 – 2 – 4 and bedtime, drink certified raw milk each day in addition to your regular meals.
4. One thing to remember is to allow your meals to digest thoroughly by lying or sitting with you feet propped up on a high footstool after each meal.
5. If you take your lunch to school or work, the best sandwiches for weight-gaining are made of 100% whole wheat, pumpernickel or rye breads, avocado and bacon, peanut butter and bacon or cream cheese.
6. It is my observation that 90% of the people who smoke are unable to gain weight. I feel that I cannot guarantee substantial weight gains to cigarette smokers.
7. Do not miss a workout unless absolutely imperative, as your whole body-building program is based on regular habits.

(From IronMan, September 1981)

Vince Speaks His Mind by Bob Green

A couple of years ago I got a phone call from Vince Gironda, which was unusual in itself: he just doesn't call all that many people – unless it's business. This was business. The most important kind for Vince: his teachings, research and most of all – his integrity.

“Bob, I've been vilified again on my statements about running. Can you write an article for Iron Man on this? If I write a rebuttal it won't do any good. It'll just look like I'm merely trying to defend myself. You know the research and years of observation I've gone through on this. And you know about the study the U.S. Army did on my theories with Dr. Ameduri.”

Well, I told him I would because we felt Iron Man was the fairest publication for a forum on these things and Iron Man always contained the latest info on training, health, diet and the weight game in its entirety. However, at the time I was going through a silly divorce, had just opened up a gym and my writing was simply put on “hold”. Now it is not and I've been writing like a fiend for the last 6 months.

After writing up a bunch of research I had done, the first guy I went to see was Vince. Great timing, because he's more popular than ever and he's got a lot to say with a lot to back him up. The proof is in the pudding with all the talent he produces out of his gym in Studio City. In fact, he's mainly interested in working with actors, actresses (see photos of Robert Blake – Baretta, “Of Mice and Men” and Dan Haggerty – Grizzly Adams, “Condominium”), athletes and still some bodybuilders. Right now he's working with Mr. Universe, Roy Duval.

I hitched a ride down to L.A. with my trusty tape recorder, camera, pencils, pens, tons of paper and walked into his gym at a bad hour of the morning. The gym was packed! These people are serious down here. Actors, actresses, bodybuilders – the whole bit. They're finishing up their last bodypart by the time most of us are finishing our second cup of morning coffee!

As I walked in I noticed Vince darting about: grabbing an elbow here – “lift the elbow more”, grabbing a pulley there – “don't yank it! FEEL the action on the muscle”. The guy's a bundle of energy and he infuses the morning crew with every drop of it. Suddenly he

stopped and looked up towards the entrance way as if sensing my presence.

“Where have you been, Green? You’re late! Two years late, I believe”, he chided. Actually, I had called him several days in advance for an appointment, but he had to razz me and rub it in somewhat. He motored over to where I was still standing and said, “Whenever you’re ready, I am”. Well, I figured we better start with his statements on running while he was still hot.

Before I transcribe the interview, I would like to preface the running bit with the observation that Vince is not referring to the runners who compete in such events or the bodybuilders that sprint and really “run” a bit to bring out pre-contest definition or to pare down the ‘ol oblique muscles. So, with that in mind here we go –

Vince: “To begin with, my opening sentence about running is this – it (running) is not a form of physical exercise – it is a mental aberration. Sooner or later all runners are going to have to face themselves. Or their psychiatrists – or both”.

Bob: “Are you referring to the Endorphins produced by the nervous system to the brain or do you mean they are “getting off”, as it were?”

Vince: “Oh, you’re trying to get scientific. I’m just making statements. You see, I have always felt that any bodybuilding magazine that printed anything about running are aiming at a broad-based audience, but the neophytes will only become confused and the advanced people may not know when to use it. If at all”.

“First of all, runners are not in the same “place” bodybuilders are. Bodybuilders are wrestling with their problems – pitting themselves against it. Pitting themselves against stress, that is. Runners are running away from stress; they’re trying to. They are not mentally equipped to be bodybuilders. Then again, bodybuilders should not necessarily try to be runners. Show me a bodybuilder that’s supposed to be a runner and I’ll show you a guy with skinny legs. I’m not talking about occasional sprinting and I’m not going to mention any names as examples, but you know some of the guy’s I’m talking about”.

“Running creates “overtonus”. Sprinters have good legs. They only run a 100 yards or less. More work output in a shorter space of time. They get it on. You get a “pump” in a hundred reps. Now, it

is a known fact that beyond a certain point at which a maximum pump is achieved – you lose your pump. You’ve done it. You’ve stood before a mirror and pumped your arms and in your enthusiasm – and ignorance – you continued, but at a given point you say, “What happened to the pump?” and your arms are flaccid. You see, Man Plans and God Lasts”.

“At a given point nature gives you a mechanism to keep you from rupturing your capillaries. What would happen if you continued to pump? You’d rupture your capillaries! This is the same kind of thing when I tell people how to do ABDOMINAL work: Central Nervous System SHOCK”.

“Or you could call it Solar Plexus shock. Show me a guy that works gut everyday and I’ll show you a guy with a big, round, smooth DRUM belly. Actually, one of the things that happens is water forming in and around the muscle. A safeguard of some sort of which I don’t completely understand. But it is a buffering and cushioning effect; both. I can only observe and tell you what I observe”.

“Now – don’t forget: I am a valid teacher in the field. Teacher is the key word and I don’t pass anything along unless I know what I’m talking about. If you go ask some “muscle guy” how he got big, doing seminars and telling you what worked for T-H-E-M, and, of course, they fail to tell you about all the “supplements” they take. And I don’t mean vitamins. “Supplements” – quote. I’m being very kind here”.

“There’s one famous bodybuilder that gets a \$1,000 more per seminar than any of them who has the guts to stand up there and say, “I cannot take my shirt off at this seminar because, these pictures that I show you I achieve one day out of the year”. Who wants to look good only one week or one day out of the year?”

“Even if you’re not a top bodybuilder – I mean, I’d like to be able to go to the beach and look kinda good. I’d like to wear it around all the time. I’d like to wear a Tank Top or a T-shirt, if it’s a hot day. You know. So, I don’t want to go up and down like a balloon! I never did”.

“Let’s get back to running: OVERTONUS. Loss of muscle tissue (resulting from). For years these guys in magazines have been criticizing my theory on the basis of the TERM, “Overtonus”. Don’t quibble about terms; I read it in a medical book a long time

ago, or someplace. I'm not smart enough to make these things up. So what! The critics are nitpicking with me. Or trying to find fault with my concepts which they can't do on a scientific basis. So they're going to find fault with a simple thing like terminology".

"What's important? If they're trying to learn they wouldn't take shots at me. They'd listen and check it out. I never said I knew it all – I never have. All I am doing is sitting here giving you my opinion for what it's worth. I'm a RESEARCHER and am just passing along my observations".

"Now, once again you've gotten me to drift off into other areas, Green. But getting back to running and building optimum muscle: you can't stay in POSITIVE NITROGEN balance by running excessively for distance, et. al. You've got to digest 20 grams of protein every 3 hours or look at it like NITROGEN in the system every 3 hours for optimum muscle growth".

"There's no way you can keep ahead of your bodily requirements for nitrogen and perform THAT much work. Loss of hormone makes it tough, particularly when they are taking steroids. I won't go into those aspects now because we covered that on another tape. Distance running can contribute to this over-stimulation of the Adrenal glands – then you have overstressed adrenals – sometimes ADRENAL SHOCK and then the resulting feedback mechanisms cutting down on your Testosterone levels, etc. No growth".

"It is only a loss, however, to the degree that they are spending it. In the meantime they can't possibly get back from Peter what they took from Paul. Fortunately, these glands can rejuvenate themselves with care and nutrients. They can rehabilitate themselves even if they atrophy. You see this with the varying libido problems a lot of these guys have. When they get off steroids, for example, their own glandular system slowly comes back and sexual drive returns more, sense of vitality and well-being, etc".

"By the way, if anybody feels that I'm a little bereft – I can produce a remarkable paper about 20 feet long from the computer system at the UCLA Medical Center. It covers all of the concepts I teach". (Note: Up until now; Vince is doing new research in a dramatic study on weights, machines and a new technique – stay tuned in Iron Man for the exclusive breakthrough).

“An East Indian doctor headed the research team and they did an extensive study on the stuff in my courses and that I teach in my gym. Also I have a man in here (gym) that is regarded as the number one doctor of physical medicine in the country. You know, Biophysics, Biomechanics, Kineisiology and all that. He has always embraced my theories, yet I just met the man recently because he lived back east”.

“He has tested my theories on running in the US Army. He was a Physical Training department head and conducted tests. If anything scientific is needed – and how scientific does it have to be? Again, I am an OBSERVER. As a matter of fact – I get ahead of myself, I got a hold of my first real book on Kineisiology. I got it from Dr. Ameduri, the guy I mentioned that did the tests with the Army. I actually felt I could expand on it (the book). I didn’t find it too interesting”.

“There are things that bodybuilders know that doctors’ll never know or accept. Apparently there is a lady that Dr. Ameduri told me about that people in his field have the highest regard for. Her name escapes me, but they call her the “Iron Mistress”. She worked out with weights herself and observed people, subjects. She did nothing from textbooks. She accepted nothing; she started from scratch. Using herself and her students as examples she really was a pacesetter. She took her research from her PERSONAL findings”.

“I feel that most people that write books in this area are mainly quoting everybody else’s books. While I’m on subject I will say one more thing: I do not read books on nutrition anymore. Only bulletins and research stuff. I suddenly realized why: none of them have the nerve to put their picture on the flyleaf in a pair of high-cut posing briefs! You know what I’m getting at?”

“So show me these books that the AUTHOR can’t even put to use and show the results of his findings. Tell me about ‘em. And don’t forget: I’ve had thousands and thousands of “human guinea pigs” to work with. I’ve put all of my concepts to use successfully over the past 39 years. And I’m talking about stuff that gets results”.

“I’m not talking about mice or rats. I’m talking about live people. Now, I wouldn’t have to be very smart to observe what is or is not happening. Plus I have always encouraged my readers – magazines, mail order, what-not – to send me any interesting findings I could use. Feedback. For instance, two pharmacists

wrote me about the use of Lecithin as worthless when ingested. It becomes somewhat nullified in the stomach”.

“I find other people finding fault with my use of Manganese. I use it mainly for tendon injuries. However, they never have the whole story. How long I have them on it.....they assume....”.

Bob: “I remember when I came over from the Muscle Beach gym and had a bad elbow. You explained how the Manganese had to be in balance with other key nutrient factors and that vitamin B-12 was a “kicker” or co-enzyme function in the process. It worked, at any rate”.

Vince: “I now have a product that has all of these things formulated into it. Before, like when you took it you have to combine several products to get the needed factors and then you had to balance it as best you could. If you took Manganese all by itself you wouldn’t get anything out of it therapeutically. You wouldn’t relieve any Tendonitis. By the way, medical science doesn’t have a cure for Tendonitis. I’m not allowed to say that I have, yes we have the results to prove it”.

“Let’s just say I know of one. I can only suggest. I don’t prescribe or intend to, per se. Let’s just say that all the guys that come up from the beach and the heavy lifters that sometimes suffer from this – seem to try this method of Manganese supplementation and get results. That’s all I have to say on that”.

“I do not lend myself to these “Pharmaceutical Conventions” they call “contests”. I stay out here doing the same thing I’ve been doing for the last 39 years. It seems the physical culture and sports medicine folks have just discovered me. Vince Gironda, that weird guy out in the San Fernando Valley who walks on water – providing it’s only a half-inch deep (multiple laughs). Seriously. It blows my mind. The L.A. Times just did a feature story on me the other day and you said you saw the one in TV Guide”. (Note: As Vince spoke, two gentlemen came in and inquired about “renting” the gym for a couple of days. They were producing a Karate movie. With all the movie and TV stars he trains and has trained over the years it is about time he be recognized for his accomplishments).

Bob: “Vince, I seem to remember a time when you did a lot of running. Sometimes in the morning before your workouts – down in the wash nearby the gym”.

Vince: “I’ve tried everything. I ran a lot. Anything I do I give the best I’ve got. I ran with guys that belonged to the L.A. Striders club and with other athletes and stuntmen. I actually ran a half mile in 2 minutes and two-tenths seconds. It took Gene Mozee, supposedly a good runner (high school, college) 6 months to equal”.

“I didn’t claim to be a runner, though. Running is fine if you do it for the pure joy of expression. On a dusty road with Meadowlarks singing in the fields on both sides and it’s a bright, sunny day. I’ll run, but I’m not going to drive myself into the ground. Once it starts to get painful I’ve got enough sense to back off”.

Bob: “Do you think that the running is just counter-productive to the BEGINNER or the INTERMEDIATE?”

Vince: “First of all, what is the big argument all about? Cardio-vascular result is the main point. I’ll put you through 4 exercises, 12 reps, 4 different sides to a muscle, no rest and I’ll teach you something about cardio-vascular. I get runners in here that throw up on this cardio program. Respiratory and heart building. By the way, these runners throw up after a Circuit of ONE!”

“Remember O.J., the great football player. You were here then. He even had trouble getting through 3 circuits. He couldn’t for a long time. It’s tough, but it works and works quickly to improve physical efficiency, blood pressure and burns fat. The people that just rely on running or the ones in here that run too much are incredibly inefficient in so many areas of fitness”.

“If you want to train for a cardio-vascular reason you need for a medical reason or a physical activity that requires this efficiency, which is all bodybuilding’s all about – if done properly. Bodybuilding is not so much a sport as it is a form of therapeutic medicine. Bodybuilding prepares the body for ANY sport and can be tailored for specific needs. Or it can be done “cosmetically” just to look good. Or for general health”.

“This opens another door regarding the frequent criticism of my high-protein diets. They usually ask if the diet would be good to use for the rest of my life. I’m not talking about health food store nutrition in my diets. I’m working toward an athletic event or a performance and for others it is for achieving a goal. My diets are designed for the ACHIEVEMENT OF A SPECIFIC GOAL”.

“In short, we are flooding the body with protein. For instance, I have Amino-Lysine here (an isolated amino acid in a special base of glandular materials and RNA) – it is a substance taken from milk. Which....I sought to obtain from milk, especially raw milk. Everyone was drinking gallons of milk. They were big guys, but so smooth because they were getting in all the dairy fat, carbo and Sodium from the milk just to get in this precious amino acid”.

“Well, I never had the money to go into a lab and isolate L-Lysine. (Note: Vince is not talking about the isolated Lysine Monohydrochloride you find in health food stores. That is a different product and has vitamin-like qualities and is used for its corresponding co-enzyme functions). I’m just glad I have BioResearch Co. doing it for me now”.

“Lo and behold, I put a guy on Amino-Lysine and he put an inch and a half on his arms in a week and a half. Then I tried it on another guy and on another. They all made size gains; especially on the extremities, i.e. arms, legs, delts. Then I tried it on intermediates as well as advanced guys. It worked on all of them in varying degrees, but the important thing is: **THEY ALL MADE SIZEABLE GAINS**. But I found out early on why the first guy had done it and the others didn’t. He was taking in 300 grams of protein a day **PLUS** the Amino-Lysine”.

“The Amino-Lysine had to correspond with all of the rest of the aminos from his dietary protein. Why? Because of nature’s balance. You can’t take one amino that’s way up here in the chain and expect to get a giant push from it. This is why I say soy (protein supplement) products are no good. They always use soy as a filler and this is misleading on the label. Some soya aminos are way up to 90 and they will say on the package – “Amino Content: 90 percent”. Not so. Not so. Some of the aminos in soy are that low (gesturing below the counter). Some as low as 5 percent. Where do you think you **ABSORB** the amino ratio here?

Do you think you absorb it at those high levels? No, you absorb it way down there (lower levels – gesturing). They’ve all got to be in balance. Meaning the aminos, of course. So, even supplements aren’t generally understood. They have to be in **BALANCE** with something else. Yet, everybody that opens up a physique magazine is looking for some new “wonder supplement”. Why do you think liver tabs are so good?”

“Liver has all of the KNOWN and UNKNOWN factors. It is in balance. What does a carnivorous animal go for first after the kill? The organs. Unless the animal has a particular (nutritional need) use for viscera, skin or muscle protein – uh, it simply goes for the liver and then the outer organs....., usually cleaning out the organs and viscera as neat as a pin. Then....., if they need anything else – they go for that”.

Bob: “Then in this Lysine situation are you balancing the intake of the Lysine to the total consumption of protein per day?”

Vince: “If a guy is at the stage where he is, for a certain period of time, taking in, say the 300 gms. a day, he would take 9 Amino Lysine”. (Note: Here’s the formula gana:)

1. Spread out your intake into smaller meals or protein feedings so that your daily intake is 300 grams.
2. Take 9 tablets of Amino-Lysine spread out: 3 with each meal. Each tablet contains 400 mgs. L-Lysine so that is 1200 mgs. per meal. 3600 total per day.

NOTE: I think the significant aspect is that at all 3 dosages it is an amount of at least one gram of L-Lysine. Thanks, Vince. He always gives me the hard stuff to figure out. But seriously folks, the studies we did up here for 2 years seems to bear this out. You should work closely with a nutritionist on this or a doctor that’s into this sort of thing. Mainly because of the high protein intake. It is only to be done for a certain amount of time. Then the individual gradually drops some of the protein intake and replaces it with other foods. As the protein content tapers down – so does the corresponding dosage of the Lysine supplement. It’s a heck of a lot safer for bulking muscle tissue than Anabolic Steroids. Try this method. For further details see Vince’s new Bulking course, but this’ll get you off the ground.

-BG

Vince: “I never learned anything about nutrition by just reading graphs and charts. I learned from trial and error. Hey, I’ve forgotten how many grams of protein are in a liver tablet. Do you know? I know it depends on the grain size: 7 ½ or 10 ½. But that can be easily looked up. Sometimes the concepts cannot” (be so easily looked up).

“Of course we could do a whole big tape on some of the big time bodybuilders who have come to me in secret for help. Sometimes

they come to me only 2 or 3 weeks away from a contest because they are as smooth as a blimp or have other problem areas. Just last year, before one of the major contests, and not to mention any names here or the gym he came from....a very high-ranking bodybuilder. I had this gentleman stop taking ALL of his supplements. I told him to cut out ALL abdominal work and cut his workout down by one third. He started cutting up overnight”.

“Two weeks later this same gentleman walked through my door and presented me with a signed photo of himself – all cuts and splits. He signed with his new title – Mr. America. They’re all overtraining”.

Bob: “On this last note, I would like to close this article from Page 6 of Vince’s Newsletter. Herein is the quote by Dr. Clifford Ameduri M.D. on said page:

“Muscle growth is dependent on 2 things:

1. Utilization of Amino Acids by muscle cell for cellular growth (bigger myofibrils).
2. Entry of Amino Acids (final breakdown product of protein into cell). For this to occur the Amino Acids must be in the serum (blood) and they must have the mechanism to get into the cell.

Working out LOWERS blood sugar. The body shuts or slows down the insulin production. The body produces glycogen to raise blood sugar. Insulin is the primary driver of Amino Acids into the cell”.

“Workout too hard and:

- burn all your energy reserves
- shut down insulin production
- increase glycogen production
- you start working out on your “neuro transmitters” (norepinephrine), you shake – “over tonus”
- blood sugar falls
- Amino Acids don’t get into cells
- muscle growth can’t occur
- muscle growth can only occur AFTER the workout when over tonus subsides (eat).

MORAL:

1. Keep Amino Acids high in the blood
2. Keep insulin going (production)
3. Don’t burn-off all energy reserves during workout, so you don’t shut off all of the insulin”.

“I will do the second half of this interview-discussion in the follow-up issue of Iron Man. I felt it might be best for those readers who are interested in these things to really digest the contents of this material. Review it, check it out for yourselves and see what you think.

And thank you for reading.

(From IronMan, May 1982)

Workout Procedure Before Steroids

During the nineteen sixties Vince's laid claim to having more top physique stars in training than any other west coast gym. As a matter of fact, we had a first string and their photos lined the left wall of the gym. The second string had their photos on the right wall of the gym. At this time Vince's Gym entrants dominated local physique contests.

The training procedure was as follows. Train one hour and retire to the Steak House across the street from the gym and have meat and relax and back to the gym for another hour training session and repeat this procedure for three one hour workouts. (Try this you steroid freaks.)

Due to recent publicity in a muscle magazine concerning my return to heavy training, I have a new training partner, my old friend and physique contest competitor, Reg Lewis. Mario Da Silva, former Mr. Uruguay, dropped by yesterday to exchange photos with me and enlist me to contribute articles to South American muscle mags.

What! No Music In The Gym?

I am constantly dismayed when people approach me in the gym and ask why we don't have music in the gym. These people have yet to learn the real essence of the mental state that must be achieved to create this thing we are sculpting and re-shaping, to our own visualization. They don't know that to manifest this reality they must vividly imagine, ardently desire, sincerely believe in, and enthusiastically act upon to make this manifestation come to pass. I have observed men mechanically training year in and year out who possess no imagination actually produce no changes in their bodies, and never seem to notice that they were failing to achieve any changes in their bodies. When I train seriously I need total quiet and no distractions to cause the phenomenon of changing my physical body to emerge.

You will also find that in this alpha state that the passage of time no longer exists and that your former imagined limitations no longer exist. (Train over your head.) You will discover a new reality heretofore never experiences. That of the absence of limitations formerly imagined. Your

capabilities are unlimited if you can achieve this mystical state. I personally believe that from my observations of champions, and I have said this before many times in my writings, that they No.1, desire to make changes in their bodies and physiological changes take place, that logically should not and cannot take place, but lo and behold, they actually do.

So, to put it into plain English, you do not and cannot build anything without first making a mental blue print. This visualization and the faith to believe that you cannot fail, is the answer to the (illogical) miracles I have observed take place before my eyes. I have seen changes in bone structure (narrowing of hips) that physiologically were impossible to change. So if you don't believe in miracles, you have never experienced one. My life is full of miracles. There is not a day that passes that I do not experience one. So don't be afraid to ask, because you must, if you wish to receive. You create with your mind and don't you ever doubt this. By the way I have seen guys on steroids that failed to get results. Why? Because of ignorance of this magical formula? Thank God for my imagination.

I sincerely wish you would consider this my humble offering. I did not read it in any book. It is my observations over 40 years on untold thousands of successes on others and last but not least my own guinea pig, myself. I always experiment with myself first before I come to any conclusions. If I did not produce miracles, the motion picture industry would not send me their people who require miracles (Transformations). But they do, because they know that I do the job and they can depend on this. Be sure that they never give me much time, and this along requires a miracle.

New Gym Equipment?

It seems that the modern concept of a gym is quite different than the gyms of yesteryear, where you went to train under a famous trainer who took you under his wing and taught and showed you how to achieve a better body. The gyms that I have recently visited think that the secret lies in how much equipment they can stuff into any given area (as if the equipment was able to communicate with you). No instruction is given except that they point out various machines and state that this machine is for pecs, lats, biceps, or whatever muscle you inquire about.

My experience in visiting these places is that I am invariably mobbed by these trainees seeking one thing, information. My students know that muscle growth has a direct correlation between mental concentration and muscle function. Mindless exercising on fancy equipment can not possibly achieve the desired results that two simple dumbbells or a barbell in the hands of a master can produce. The art of this medium is knowing how, when, and why. Then, after hours of introspection,

forming a blue print, and utilizing your power of concentration, the equipment you need can be found in the local dump.

No champions I've ever known relied solely on equipment to get their builds! In short, the more you know about training, the simpler the equipment you need and the faster your results will come.

P.S. For all you equipment freaks; Serge Nubret came by for a workout last week. He did lats and biceps. In his 45 minute routine, he did compounds, straight sets and circuits using the overhead pull down and a chin bar – and believe me, he knows something about working out. (It has taken me 30 years to figure out the most important answer to the question.)

(From IronMan, January 1982)

Workout Tempo By Vince Gironda

I have seen two men work out on the same routine, using the same number of sets and reps, same weights, and only one of them great. Which one? The one who had a workout tempo. What is a workout tempo? Workout tempo is the evenly spaced sets (time-wise) without any distractions, and complete concentration on when to pick up the next weight and do the next set. Without even giving it a name, champions instinctively use this tempo when working out; while 90 percent of the other members walk around the gym between sets, gossip with their buddies, or look at a magazine, or just sit down and rest. Distraction to a champ is disastrous. He will tell you he loses his energy level and pump if distracted. In fact, if this occurs, you might as well quit in the middle of your workout and rest an hour or so, then try it again and take up where you left off.

Complete singleness of purpose is the key to concentration, and is engendered by a burning desire to receive satisfaction from a workout. Doing a prescribed number of sets and reps without workout tempo produces no satisfaction, and without this feeling of accomplishment, I cannot see how progress is made.

I have always felt that each workout I take is progressively different than the last one, and this simply means that more inter-muscle tension is used and tighter contractions are employed. This results in greater satisfaction with each workout.

By the way, when you reach this level of accomplishment in your workout, you may confuse this elated state of feeling with the need to do more work. Beware!!! This is where you could make your biggest mistake, by taking on more work and over-working. Remember, a little poison cures, too much kills.

(From IronMan, July 1984)

Workouts And Body Rhythm by Vince Gironda

I once wrote an article entitled, Muscle Confusion, which was not understood by many. Readers actually made fun of it. I will now attempt to explain in more detail the essence of that article. The following is dedicated to those of little faith and to the ones who resist change.

I am sure you are aware of the fact that due to your bio-rhythms you do not get a good workout every time you train. For instance, how often do you achieve that intangible state when every move you make seems to be letter-perfect? When this phenomenon occurs, you realize what you should experience every time you train.

Apparently, the body is trying to tell you that it does not respond to the same workout routine every workout session. So, if you understand this fact, you use different exercises, tempos, combinations of exercises and seemingly illogical sets and reps, or lack of sets and reps.

I have found that man's logic and nature's logic are totally different. In other words, try breaking the rules and see what happens

Suggested routines:

1. 3 sets of 8 reps.
2. 6 sets of 6 reps.
3. 5 sets of 5 reps.
4. 10-8-6-15.
5. Compound routines.
6. Super sets.
7. Push day and pull day techniques.
8. Circuit or station-type routine.
9. 10 sets for 10 reps.

10. Non-specific bulking routine.
11. Chest and back day, arms and delt day, legs third day.
12. Up and down the rack (shock principle).
13. Specialization principle day. (Everyday).
14. 3 days on and 3 days off routine (including supplements).
15. 21 days and 7 rest experiment.
16. Ascending principle and descending principle.
17. 72-hour rest routine (2 times per week workout).
18. 3 ½ minutes between sets technique.
19. Reps and burns workout.
20. 1+ ½ workout.
21. 1 set to failure + 15 minutes rest.
22. 1 set every hour (all day)
23. 1 muscle a day (overload principle)

(From IronMan, November 1983)

Note: The perceptive of you may have noticed this exact same text in the q & a on training which I've posted here earlier. Those are from MuscleMag and this one is from Iron Man.

I decided to post it one more time anyway as it has its own title and I think it offers a great deal more than just answer a simple question.

-Reidar