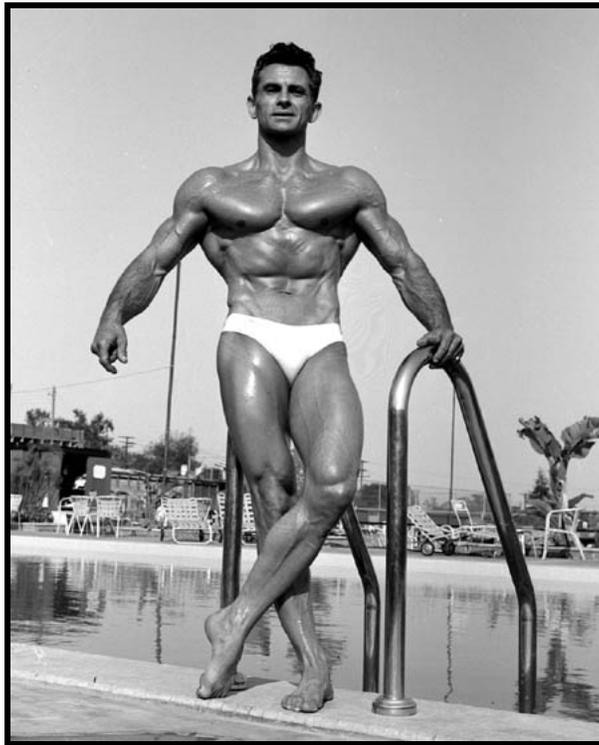


# Vince Gironda



## **Legend and Myth**

**Presented by Alan Palmieri**

**Copyright 2003 Alan Palmieri**  
**All rights reserved**

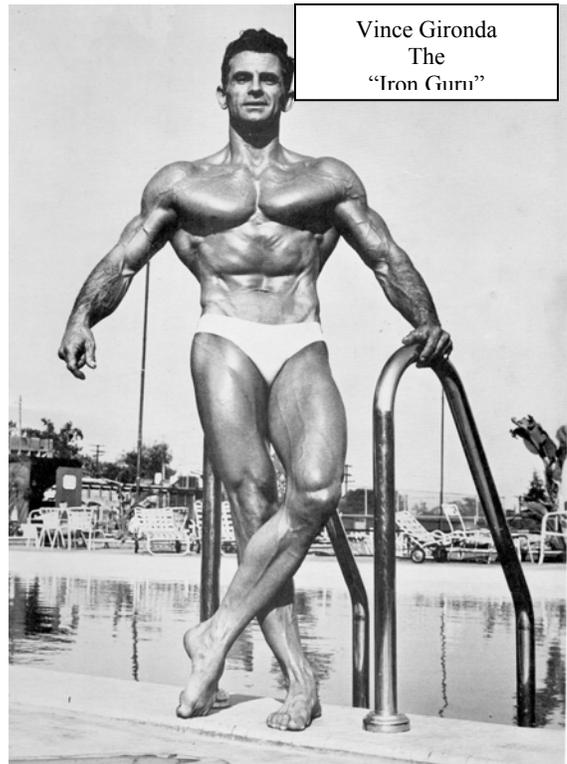
No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying and recording or by any information storage retrieval system . . .

. . . Except for brief quotations embodied in reviews and articles or by permission in writing from the author and/or publisher.



A young Vince strikes a pose that presents his excellent symmetry and proportions. When some claim you cannot develop “washboard abs” without performing hundreds of sets and reps of abdominal work, all you have to do is look at this picture. Vince not only advocated working the abs with less sets and reps, he also advised against training them at all. Vince’s unique method of training abs and the results one can obtain from following his advice is evident in this picture.

One of the most famous Gironda poses. Outstanding size and proportions. A physique that displays complete muscular development rare to find today. Vince practiced what he preached and the results speak for themselves. This shot of Vince disproves the idea you need to take drugs to develop muscles.



# Contents

Vince Gironda Legend and Myth .....	6
Protein .....	16
Steak and Eggs .....	17
Train 21 Rest 7 .....	18
15 Sets of 4 Reps .....	20
3 Day Maximum Routine .....	20
A Muscle Has Four Sides .....	21
Exercise Style and Performance .....	22
Exercise Frequency .....	22
10-8-6-15 .....	31
Abs .....	35
Genetics .....	37
Exercise and Exercise Routines .....	37
Nutrition .....	38
Mental Attitudes .....	38
Philosophy .....	39
Tranquility .....	39
Workout Tempo .....	39
Concentration .....	40
Visualization .....	40
Best Exercises .....	41
Preacher Stand .....	48
Chins .....	51
Developing Muscle .....	51
Common Bodybuilding Errors .....	53
Vince's Stone Age Nutrition .....	54
Diet and Supplements .....	56
Three Day Detoxification Plan .....	58
Vince's European Weight-Gaining Trick .....	59
Biological Transmutation of The D.N.A. ....	60
Anabolic Steroids .....	60
Failure Versus 60-80 .....	62
Joe Weider .....	65
Quick Thoughts and Insights Learned From Vince .....	65
Vince Gironda Update Section .....	70
Vince Gironda Legend and Myth Update Introduction.....	71
The Master & Pro Series of Nutritional Bodybuilding Introduction.....	72
The Master Series of Nutritional Bodybuilding.....	73
The Pro Series of Nutritional Bodybuilding.....	94
Question & Answer Section .....	111
Vince "Pure Gold" .....	158
Philosophy of Champions .....	168
Vince Gironda Seminar .....	170

All Protein Muscle Building Diet .....	184
Biographical Sketch of Vince Gironda .....	186
Gironda Oldies but Goodies.....	188
Abs Vince’s Way .....	201
The Gironda Sissy Squat .....	209
Simply Vince .....	214
Bob Kennedy .....	226
Bodybuilding For Men Over 40 .....	227
Ron Kosloff Section .....	232
Vince’s Photo Section .....	285
Interview Section Intro.....	295
Interview Transcripts	
Dick Tyler.....	297
Dave Draper.....	300
Don Howorth.....	303
Larry Scott.....	308
Bill Pearl.....	314
Paul Becker Presents: 3-Exclusive Vince Articles.....	318
About The Author .....	324
Vince-To Be Continued-Section.....	328
Contributors & Sponsors Section.....	332

# Vince Gironda

## Legend and Myth

Written  
By  
Alan Palmieri

Only a very few individuals ever earn the right to wear the label of legend or have a veil of myth associated with their name. Vince Gironda is one such person. It is almost impossible to obtain such status without making a few enemies along the way and without doing and saying things completely different from the status quo. I never met Vince Gironda personally. I did however, have many phone conversations with him and corresponded with the “Iron Guru” through the mail, long before computers and emails were around.

No doubt, many who had the privilege of knowing him on a personal level or as their trainer could provide more in-depth insight into one of bodybuilding’s mystic personalities. I however, can only relate my personal experiences. I learned much from Vince and found a person that had a lot of compassion for a bodybuilding nobody who had only sincere desire for the sport. For Vince, that could almost be contradictions in terms as it relates to the many horror stories about him some have reported.

A great deal of what is contained within these pages is not a secret. It can also be found in the many books and articles Vince authored. The fact he wrote and told me about them shows a consistency some might find rare today. After he sent me a collection of his books, we would talk and he would refer me to section so and so and I would listen to what he had to say, as I followed along in the books.

As you read further you will undoubtedly ask yourself why I move from subject to subject rather than compressing things in a more logical order; fair enough and deserving of an answer. This book is written much more differently from any of the other books I have authored to date. This one is written based upon conversations, correspondence and readings I had with and by Vince himself. It is more a work of providing you with my personal insights and sharing them with you. With Vince, it was rare if ever that a single subject was discussed. It was more a combination of things rolled into one. A little of this and a little of that and then back to this or something new. Starting with one topic, skip to another, then another. After thirty minutes close with the subject first discussed. That's how it went.

I may very well be wrong with my decision to write this book as I have. I want to share with you the insight I gained from Vince as I received it. For the most part our conversations and correspondence was a mixed bag of subjects and topics. That is exactly how I have written this. Writing this in what would be considered a literary correct manner just does not seem as the most appropriate style for this project. Our relationship was not like that nor was our phone conversations or correspondence. My dealings with him were much different than with others whether it was writing, reading, or talking.

The information exchanged was fast and furious. I would reflect for days about what I was told. In fact I would have to carefully consider all of it and would have to put it into some order, in my mind, before I could fully grasp what I needed to get out of it. Sometimes it was frustrating, I felt like I was being bombarded with things I would never understand unless I could sit down with him face to face. In time, with patience on my part, I could sort it all out and see the message. For me, the confusion that some might find in my not condensing by subject, represents a more realistic picture of what I want to present. This book is not only about Vince it is also my sharing with you the much too short experiences I had with him as well as the valuable methods he preached.

“What do you want?” Is this Vince, I asked? “What do you want?” I would like to speak to Vince Gironda please. “Look for the third time what do you want?” “I don't

have time to play phone games!” This was exactly how my first phone call to Vince went. Surprised? A little, I had already heard and read about his reputation and although you may have heard stories, nothing is quite like getting hit with it first hand. It didn’t take me long to realize I was talking to the real thing and it made me hesitate long enough for Vince to say: “I’m busy, call me back when you get your act together”. Wait Vince, I said, “I’m calling long distance from Tennessee and I would like to ask you a question.”

Years ago but it seems like only yesterday. Hard to believe time goes by so fast. I don’t recall the year I first talked with Vince but believe it to be sometime in the late sixties. I was active in bodybuilding in the 60’s, a time I consider the “Golden Era” of bodybuilding. The phone calls and correspondence continued well into the 70’s. I wish I had held onto all the letters but I still have the courses he sent. Worn and used they are still a keepsake I pick up from time to time just as I do other items I have from that period of time.

Deserving or not... true or not, Vince had a reputation for being rude and abrupt and that’s putting it mildly. He also had a reputation for being one of the most knowledgeable, innovative, and intelligent people connected with bodybuilding. It has been said that Vince was self taught in anatomy and kinesiology. He developed methods and techniques through experimentation, observation, and creativity that set the standard for bodybuilding years ago and are still followed today, time tested and proven.

It was Vince’s reputation for knowing all the ins and outs of bodybuilding that I wanted to tap into. I felt if I was going to be able to do that I would have to put up with his harsh, direct manner and so I did. Glad I did as a matter of fact. What I discovered was Vince also had another side that was not so well publicized, one of being willing to share his knowledge with someone who would listen and follow what he said; exactly what he said and to the letter. Don’t and he would spit you out in a New York second. For some reason, unknown to me, Vince also showed interest and understanding for my questions in each conversation and correspondence. It was almost like he was a different person from what I had heard about him and our first phone conversation.

Sure he would rant and rave but he also made certain I understood exactly what he was talking about. He must have had a good memory because I would call him two or three months later and he would ask direct questions related to what we discussed previously without me even bringing subjects up. He had a knack for getting his point across like I have never seen, before or since. Say what you want about Vince but you can't say he ever had a difficult time letting you know what he thought.

People change as they go through life. I do, those reading have or will, and I am certain Vince did. All I can tell you is that if he changed his philosophy or ideas about bodybuilding they were either before or after I was communicating with him. During the years I had a relationship with Vince, he remained consistent. I'm not sure I could write all he spoke of or what I learned from him. I must admit, although I never disagreed with him, I didn't accept everything he told me. Maybe that was a mistake. I knew then and I believe today he was way ahead of his time in many respects.

During the period I communicated with Vince I was already aware of my genetic limitations and grew to accept the fact I would never be a world class bodybuilder. A local reputation would have to do and I would live with it. I also learned from Vince that one should build on what they have instead of trying to create something they do not have. Create illusions, just like a magician. Take what you have, blend it together and capitalize on your strengths. Easier said than done, especially when it is being said on the phone and through the mail three thousand miles apart. But it made sense, a lot of sense.

Vince himself was not a large man and I think this is why he stressed proportion and symmetry so much. I have no doubt he would not accept what our sport has become today. Size has its place but there is a limit to what is really appealing. Of course I might be wrong but I just can't see Vince putting his stamp of approval on what the sport has become. As unique as his thinking and methods were, if you look at them closely you will find they are built on a very basic foundation, a very solid foundation at that. Some of his concepts are today being exalted as being "New Breakthroughs." All you have to do is look at the past to see the future.

Did Vince believe everything he preached? I really don't know! I do know he could justify anything he said about bodybuilding and make a case strong enough so those that scoffed would leave and try it anyway. In secret mind you, so that no one would know they tried his latest theory or method. I honestly believe he was sincere in what he said and I also believe just as strongly he was an excellent promoter. He knew how to promote his beliefs, his methods and concepts, his gym. I didn't and still don't see anything wrong with that. After all, business, any business, relies on being able to sell in order to stay open and profitable. The gym and health and fitness business is difficult no matter how you look at it. Vince was a success in the industry for many years, mainly due to his excellent ability to promote. Although he was a great promoter, perhaps the greatest trainer, and acclaimed author, he was not a great businessman. His interest was not business but in training and writing.

Most people associate Vince with Larry Scott but there were others, many others. Some stayed with him and others left. As times changed, so did bodybuilding as well as those involved with the sport. People became different. Arnold ushered in a new era. I'm still not certain whether I consider Arnold as the end of the "Golden Era" of bodybuilding or the beginning of a new era. Either way I think his arrival on the scene was at the same time a change was taking place. Did Arnold bring about the change or was change evolving on its own is a question for debate that has supporters on both sides.

Vince talked a great deal about over training. He called it "Overtonis." Overwork was perhaps the single greatest pitfall for bodybuilders. Vince claimed that over training caused the nervous system to cease pumping blood into the capillaries. It was responsible for muscle tissue loss, hormone depletion, weakness and a stringy appearance to muscles. He talked of how bodybuilders, in their quest for more size, would actually loose size due to over training the muscles they were trying to build.

He preached this at a time when most bodybuilders of that era were working each muscle group three times per week and I was one of them. He was ahead of his time with this concept. Vince instructed me to cut back to only two workouts per muscle group a

week. After many years of experience under my belt I can say without reservation I whole heartedly agree with his theory on over training, especially if one is not blessed with superior genetics and recuperative abilities. I have seen more bodybuilders fail to achieve their potential and goals due to over training than any other factor.

Most read a bodybuilding magazine article on the training methods of some champion and they attempt to copy the routine themselves. Well, it won't work. Only a small percentage of bodybuilders have the genetics and superior recuperative powers necessary to make it to the championship level. Attempting to follow their routines will definitely keep the majority of people from making progress.

During one phone conversation concerning my arm training Vince yelled; "cut back, cut back, cut back." "Take one full week off from all training and when you resume do exactly one half of what you're presently doing." But Vince, I said. Slam, he hung up. I tried to call him back but someone else picked up the phone and informed me Vince was busy. I called for two weeks before Vince would talk to me again. Typical Gironda! When he spoke you were to listen and follow. I guess a lot of people would have gone on their way and just cussed him. Deep down I felt he knew I was sincere and I absolutely knew I wanted his experience and insight so I kept calling and writing. When I finally reached him he let me know that it was not his policy to accept phone calls and talk training over the phone. Like I stated earlier, I don't know why but this limited relationship continued on and I did call and we did talk training.

Today the low carbohydrate diet is getting a lot of attention. In fact some, even those in the medical profession, are announcing all the healthy attributes of this new diet. Well I'll be darn! New! Vince spoke of the low carb diet years ago. In fact he wrote about it many times and suggested it for those wanting to lose weight. Talk about being ahead of his time. Although Vince knew all about and advised a calorie restricted diet he also told me about people that did not respond well to such a program. For these individuals he advised the low carbohydrate diet as a way to lose weight. His theory... It

works by restricting carbohydrate intake, thereby causing the body to burn fat for energy. Time has proven him right on the money.

I almost got the impression Vince had a love affair with desiccated liver. During one session it was the only subject covered. I almost felt as though he was pitching something to me, as though he was preparing to embark on a desiccated liver promotion. I don't recall all he told me about his liver supplements and why they were the best. I knew there were reasons and I also knew I had better order some, which I did. Vince suggested several different ways to take them and how many to take. The way he advised me, at that time, was to take two tablets every hour on the hour.

I remember him saying how it was possible to add extra inches on your arms without doing anything different, just taking two liver tablets every hour on the hour. I didn't really believe it but gave it a whirl. Nothing happened. I think the benefit of liver is one of the lost secrets of bodybuilding. Almost all of us took liver tablets back in the 60's, some by the handfuls, thirty, forty, even fifty a day. Vince strongly advised using only Argentina desiccated liver as he felt it to be of superior quality and more pure.

Today I think it is safe to say that liver tablets were and is an inefficient way to get nutrients and protein. It is an efficient way to get iron and the ingestion of too many, over an extended period of time, can actually result in iron poisoning. Of course people, especially bodybuilders, tend to go overboard on things and I suspect you can always say that too much of a good thing is bad no matter what it is.

I didn't realize Vince was so anti the squat until we talked one day and I was telling him about a workout I was having a good deal of success adding size to my thighs with. In the middle of my conversation about squatting he said, "Stop right there, squats build your butt and spread the hips." "I don't even have a squat rack in my gym because squats do not add to the flare of the body." Well I just listened and kept my mouth shut, I sure didn't want him to hang up again. Vince went on to talk about the Sissy Squat, Hack Squat, Front Squats, and doing squats under his homemade press machine. "The body

must be leaning backward when doing squats so that the thighs are worked and not the butt.”

I could understand what he was talking about but I didn't agree. No! I didn't tell him either. Squats are misunderstood and not done correctly by most bodybuilders. Heck, a lot of people avoid them like the plague because they are so demanding on the body. Then as today, I don't agree with his position of not performing squats. I feel they are an absolute must if you want to add mass to the thighs, but... for shape and dimension, Vince was right. The movements Vince suggested are the way to go.

Another concept of Vince's that was diametrically opposite of most mainline bodybuilders was the bench press. Vince did not advocate performing the bench press, as most know it, at all. He did advocate a bench press to the neck using a wide grip. Anyone who has used this method can vouch for the results it can produce. Most bodybuilders refuse to incorporate the movement in their workouts because it limits the amount of weight one can use. Vince was never concerned about the poundage a person could use for any movement; he was only interested in the execution of the movement and developing symmetry and balance in the physique.

Vince was also a master poser. Just look at any of his pictures and study his position. Even the fingers and toes had to be placed just right. He knew the lost art of physical display, guiding your eyes to the body part he wanted to emphasize. He understood the importance of lighting and how it could be used to accentuate strong points and cover weak ones. Vince could easily project any image he desired to the camera. Again, look and study any photo of Vince and you will get a message. He was one of the very few who was able to get his point across with a simple picture, no words were needed.

I can't remember all that Vince told me about nutrition but what I do remember is that he was just as far ahead of his time in this category as he was with his training methods. Boy, he once got on the digestive system kick and all I heard was H.C.L.,

Hydrochloric Acid and its importance in digestion of foods. He was right and both time and experimenting proved him so. I often wondered what his source for information was. Where did it come from? He could talk with the knowledge of a physician, chemist, and scientist all rolled into one.

Vince was the kind of guy, even if he didn't know what he was talking about he could make you believe he did. And how could you tell any difference? Strong, forceful, and direct, he could cut you off or build you up. He always talked about natural foods and natural bodybuilding. Only those fortunate enough to have worked out at his gym know for certain how strong a position he held in this area. From our conversations I can only surmise that he would be leading the charge against steroids and drugs which have become so common place in bodybuilding today.

Vince was an advocate of cycling supplements even back then. He told me that I should take my supplements five days in a row and go off them for two days to give my system a chance to detoxify. Later on, I guess because I had progressed to a certain level, he told me to take the supplements for three days straight and three days off. He also suggested the same three on and three off for protein. Protein can be hard on the liver and he stated it takes three days of consuming protein to saturate the liver tissue and three days to detoxify it. Made sense then and seems logical now.

Thinking back on all the things Vince said, I bet he was correct more than 95% of the time. Today the medical profession and the government aren't right that often. One can only imagine what Vince would be doing today to promote not only bodybuilding but himself. It's for certain he could sit back and say, "I told you so", about a great many things.

Kelp was another subject Vince filled my ear about. He made is sound almost as if it were a wonder drug. Although he was perhaps the most knowledgeable individual I knew of on our sport. He would get rolling on one subject and jump to another, then another and end up talking about what we were discussing at first. One time it might be

protein, another time arm training, and still another time kelp. After talking with him I would get all hyped up and ready to roll. Some would say he was not a motivator but I disagree. He could make you put hi-test in your engine.

For Vince bodybuilding was an art form and he was a sculpture, a master sculpture at that. Each movement had a very distinct purpose. A little twist of the wrist here a little tweak of the finger there, all made a difference in how the movement affected the muscles being worked. He was after complete development not size alone. He knew how to study an individual and develop a program which would produce the best results in the shortest amount of time. The major Hollywood studios paid good money for Vince to shape up many of their stars and he would, quickly at that. For Vince time was important. He didn't want to waste any of it and he sure wouldn't let someone else waste his time either.

Over the years some have questioned the proof and scientific evidence for the claims Vince made, more so today than back in his heyday or the "Golden Era." Back then we were more of a simple lot and accepted things more on faith in who was providing the information than what the information really was. Besides, as bodybuilders, working out with weights, "carrying all those muscles around", and eating healthy; or so we thought, was not accepted or understood by outsiders. Outside of a couple of bodybuilding hotspots in the country, doctors, coaches, teachers, scientists, the whole lot had no idea what bodybuilding was all about or what we were trying to do. You got your information from reading a bodybuilding publication or by word of mouth. Unlike today we had very few sources. If you were fortunate enough to train at Vince's or knew a bodybuilder who had built a name for himself, you listened because that was our source for information. We had to stick together because we had no where else to turn.

Vince was a main source. A lot of people lived by his word. After all, he was working with some of the biggest names in Hollywood, not just bodybuilders. His clients were some of the greatest names in bodybuilding history. Most felt it was more important what he said than what he could prove. Besides, who was going to challenge him? Who

would want to listen to his rants and raves? Who could prove him wrong? He was one of the most successful trainers in the history of the sport. He had to know what he was talking about!

Listen to some of the more detailed ideas Vince had and decide for yourself. Those who can show he was wrong are free to do so. Everything changes with time. I will tell you this however, a lot of what the “Iron Guru” said made sense back then, it worked, and for the vast majority of what he said is just now being proved as truth.

## **Protein**

Never use a blender to mix protein. Blenders emulsify the fat in milk to a suspension too small for digestion. Elsewhere I outline a diet containing a protein drink in which Vince recommends and instructs the follower to mix in a blender. (Contradiction, I never asked Vince about it). Never use milk for a protein mix. Milk has too much carbohydrate. Protein and carbohydrates are incompatible. Protein and carbohydrates digest in different mediums. Protein is an acid medium and carbohydrates are an alkaline medium. Mix protein and eggs in a heavy whipping cream. Mix it with a spoon to a consistency of pudding and eat with a spoon. This mixture should be eaten with 2 or 3 H.C.L. tablets for metabolic, digestive support.

Rheo H. Blair was a unique individual just as Vince was. In fact, Blair was to nutrition what Girona was to training. They often discussed various concepts related to nutrition. Blair was famous for his diet programs and he also advocated the use of a protein and cream mixture. Who originated it? Blair or Girona, I really don't know. What I do know is that it was a great mix and Larry Scott used a ton of it. I used the original Blair protein and mixed it with eggs and heavy whipping cream myself. I never tasted anything as good before or since. Of course today eating raw eggs may not be the best thing to do.

Blair was a chemist as well as several other things. He was the first person I can recall that tested and experimented with different amino acid combinations. Blair

developed a unique whey, egg, and milk solid protein which was far more advanced compared to the soy flour products on the market years ago. Once again, you can look back into history for so many great things. I bet you thought whey protein was something that had just been discovered recently!

Vince maintained that bodybuilders consuming 200 – 300 grams of protein a day were using excessive amounts of protein in their diets. His claim was; that much protein would achieve Negative Nitrogen Balance and Positive Nitrogen Balance is the secret of the anabolic state, growing state. He indicated the consumption of protein was an individual thing, depending on your age and amount of work performed. Hard working bodybuilders certainly can handle more units of protein than a sedentary office worker.

He also talked about consuming no more than 30 grams of protein at any one given time as the body was unable to utilize more than that and it would be excreted due to a lack of enzymes. This position caused a major stir when he made it and the stir continues to this day. Many people will disagree totally with his position. The great Dave Draper was and as far as I know, a strong believer in consuming large amounts of protein and certainly more than 30 grams at one sitting. Those quick to challenge Vince on this point seem to fail to think about what else he said. “The amount is flexible depending on the body type, activity, sex, age, personality type, height, weight, and workout program.” Leave this section out and it is easy to see why it might cause a ruckus. He did however; state that generally, 10 to 15 of every 100 calories should be from protein. It can become confusing.

## **Steak and Eggs**

Vince called it the strong man’s favorite meal. The amount of meat and the number of eggs one was to eat each day depended on body weight, height, and training. Vince stated it was the best way to keep gaining size and burning all possible fat from the body. They would elevate and sustain blood sugar levels for about a 6 hour period. If you ate steak and eggs only two meals per day were necessary, one meal in the morning and the other meal at night. Force feeding of excessive amounts of protein can and will put

you in a Negative Nitrogen Balance, and can cause uric acid retention and kidney, bladder and liver problems. If you are not working out hard enough you will lose your taste for protein.

Vince stated,  $\frac{3}{4}$  pound of steak and 3 – 4 eggs supply 103 grams of first class protein fast, and is easy to digest. He reported personally achieving the best shape of his career on this diet. He used this diet for nine months, taking no supplements and with no adverse effects. He also reported that after nine months of Definition Contest Training he found he was growing not simply maintaining maximum condition. Don't ask me what happened to the, "no more than 30 grams of protein at one time" theory! All I'm doing is passing on what I know.

Vince was a strong proponent of eggs. He believed it was perhaps the very best source of protein available. I remember one conversation we had about eggs in which he told me; "There is absolutely no scientific proof that eating good, wholesome, fresh eggs increases the risk of heart attack." Way back then he claimed the real culprit was triglycerides. Way ahead of his time? I think so. Even though scientists have discovered much more about eggs and cholesterol, Vince's theories might still hold up and, he preached it years ago. Vince said the best remedy for a person's high cholesterol was exercise on a regular basis. Science now claims this to be a major new breakthrough in fighting high cholesterol. New! How many years ago was Vince talking about that? He could have and might have, although I have not seen one, written a book on cholesterol.

### **Train 21 – Rest 7**

This is a unique concept Vince had which may take you past "sticking points" in your workouts. It is based on Vince's concept that over work is a major pitfall for bodybuilders. This concept is basically for experienced bodybuilders and not for "upstarts" with less than one full year of training under their belts. For those that train with regularity, at one time or other, invariably get stale. This results in sticking points. The workouts slightly wane and become more drudgery than enthusiastic.

Experience, as all know, is more valuable than theories, because theories can be classified as “guess work.” There is nothing concrete to back them up, whereas practical experience obtains the ‘know how.’ Therefore, Vince knew and recognized that none can train exclusively on a concentrated program for too long because the time will come when it will cease to get further results. Some term this point as being a sticking point or staleness, whereas Vince termed it over taxing the nerves and muscles.

Vince stated that three weeks of concentrated training to be about enough and the point at which most bodybuilders become bored and stale. It is at this point, after three weeks of hard training, Vince found one week of rest to be much better than changing a program because the softening up of muscle tissue allows for renewed energy by 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. If one robs himself of needed rest and allows his enthusiasm to govern him, then he continues on nerve force which will soon prove detrimental for muscle growth. Muscles over bad nerves soon become weaker under the power of misdirected nerve force. Nerves require more rest than do muscles.

This concept is often rejected by those who are super enthusiastic beginners. You must remember it is not designed for or to be applied by individuals with less than one full year of heavy and regular training. Some will fight against this advice in fear they may lose a fraction of an inch during such a lay-off. Vince said; “suppose they do?” “Is it not better to rest a week, though one loses a trifle in muscle size, and then very soon afterwards discover that his muscles are bigger and stronger than ever before?” “Or does he feel that it would be better to follow the thoughts that propel him on and on, and drive him without a rest and into that staleness where he will remain a long while and without making further gains?” “What an over enthusiastic bodybuilder needs is patience.”

Vince stated that three weeks was the average length of time, some can actually train hard and heavy for four or five weeks, maybe some for six weeks. It depends on the

individual and a lot of variables. I personally believe in this concept as long as the one week lay-off is not used as a time to slowly discontinue training, and this is a real danger for many. They will take the one week off and fail to immediately get back on schedule. The one week lay-off is to be a planned part of your training program just as your exercise routine.

### **15 Sets of 4 Reps**

Most people with an interest in Vince have heard of his 8 sets of 8 reps or his 10 sets of 10 reps programs. I even know some younger bodybuilders today who are following the 10 sets of 10 reps and claiming that it is a new workout program just recently developed. I can't tell you the number of times I have had to tell them about Vince Gironda and how long their "newly" developed program has been around. Anyway, even veterans may not remember his 15 sets of 4 reps program.

This program is for the advanced or those preparing for a contest. It is a maximum workout program, and in order to keep from running out of nervous energy, work fast. This minimizes nervous energy depletion and allows maximum muscular energy output. This is a split routine. Two workouts per week for each body part. Conjunctive or assisting muscles only are used each workout. For instance, pulling muscles one day; lats biceps and abdominals. The next day pushing muscles; pecs, triceps, and delts. The third day thighs and calves. This workout takes 72 hours of recuperation so do not work a muscle group more than twice a week. Adequate recuperation is a must in every type of workout! Select your movements and perform 15 set of 4 reps for each movement.

### **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 hours rest to the opposite area. Well, what can I say? Yes I tried it. After the second day I felt like a rank beginner. I used it several times as a shock program to get me out of a slump.

Vince was a strong believer in performing the greatest amount of work in the shortest possible period of time for getting the best results. Back when bodybuilders were working out for one, two, and even three hours per day each session, Vince was promoting shorter workouts with more intensity. “It’s not the amount of time that counts, it’s the quality and you can’t get quality from long extended sessions”.

## **A Muscle Has Four Sides**

If you have had the pleasure of reading several of Vince’s courses you will notice he often repeated some of the same material. Sometimes only a slight variation was made and other times it would contain completely different information. One thing is certain; he presented some of the most straightforward advice you could find. One course he promoted was A Muscle Has Four Sides. The information contained in this course has peaked the interest of bodybuilders from the time it was published. A Muscle Has Four Sides was promoted as “How To Build the Most Muscle Size In The Shortest Time Possible.” This is what Vince presented in one of his most famous courses.

Vince stated, “All concepts I have advanced over the years have initially met with a certain amount of skepticism, usually because initially they seem too simple to achieve the results desired in the time given. Yet eventually, sometimes twenty-five years later, these concepts are accepted around the world as standard training axioms. I will tell you now what the secret of success really is. Believe that the course I give will work and it will. If you have doubts, and don’t put everything into it, then you will find it won’t work. The following course, A Muscle Has Four Sides, is based upon the fact that different exercises develop different parts of a given muscle. By doing four exercises, one for each part of the muscle, you will achieve the fastest possible growth. Combine this with proper workout frequency, and correct nutrition that I give you, and the muscle will grow at the fastest possible rate. Doing more will not improve results; in fact if you do the exercises properly you will not be able to do more. I am currently training a Mr. Universe winner with 20 years experience and he tells me that this is the most difficult routine he has ever done.” Vince presented this statement in his introduction to the course.

## **Exercise Style and Performance**

Each exercise in this course is to be performed for only one set and for twelve repetitions, with the exception of the calves which are to be worked for twenty repetitions. There are four different exercises for each muscle group. Before starting on a muscle group you set up the equipment required for all four exercises, so that you can move directly from one exercise to the next without delay. On each exercise you perform inter-muscular contractions, that is tense the muscle voluntarily at the top of each movement. The principle here is the greatest amount of work done in the shortest period of time gets the greatest results. This concept pumps up the capillaries for increased muscle size. Additional exercises and sets would only cause overtones, shock to the central nervous system, and loss of muscle size. As far as weight to be used, you must force yourself to complete the required number of repetitions, even if this requires some cheating on the last two or three. However do not baby yourself by cheating too early in the set. Since all four exercises are performed consecutively, you naturally will be stronger on the first ones. It will probably take you a couple of workouts to adjust the amount of weight you will use in each movement.

## **Exercise Frequency**

This is a variation of the split routine; however you will workout twice each day, performing the same exercises in the second workout as you did in the first. The workouts must be separated by at least four hours, and in the second workout, you may have to use slightly less weight than the first. However, if you do, be sure to use stricter style and tighter muscular contractions. These are the body parts you will work day by day in the following order:

Day 1 – Back, Chest, Shoulders

Day 2 – Triceps, Biceps, Forearms

Day 3 – Thighs, Calves

Day 4 – Same as day 1

Day 5 – Same as day 2

Day 6 – Same as day 3

Day 7 – Rest

There is no abdominal work done on this course. This is a muscle size-building course and ab work can shock the solar plexus and slow down gains.

## **Day 1:**

### **Back**

**Exercise 1. Low Pulley Pull.** This exercise works two different parts of the lats, the teres major, and the section of the traps between the shoulder blades. Use a low pulley machine with the pulley 16" off the floor and try about 125 to 150 pounds. Pull the bar from a full stretch position with the head down until it touches just under the low pec line. Keep your elbows out wide and at the completion of the movement your chest should be high and the shoulders drawn down and back.

**Exercise 2. Reeves Alternate Rowing.** This exercise develops the teres muscles for width across the upper back at the shoulders. Lay two dumbbells on the floor with the handles parallel to each other. As the name implies, you perform alternate bent over rowing movements. Pull one dumbbell up with the elbow pointed straight out to the sides as you lower the other dumbbell. You must use intermuscular contraction, which means, keep all the muscles used tensed throughout the exercise.



**Exercise 3. Low Pulley Rowing From Racing Drive Position.** This exercise will give you that long lat sweep. Use the same pulley machine with the pulley 16" off the floor that you used in exercise 1. From a standing position, bend over and crouch in a racing drive position. The thighs and abdomen must be kept touching throughout the entire movement. Grasp the bar 16" wide and drop your head down between your arms. Pull the

bar back to just under the low pec line while at the same time squeezing your shoulders back and down to contract the lats. Keep your elbows out wide throughout the movement.

**Exercise 4. Two Dumbbell Rowing, Lying Face Down On a Bench 20” high.** This exercise will thicken your upper back and bring out all the muscular detail. Place two heavy dumbbells on the floor under a flat bench 20” high. With the handles parallel, lie on your stomach on the bench. Pull both dumbbells up as high as you can and keep your elbows out wide to the sides. As you pull the dumbbells up, lift your head and legs up and arch your back. Between each repetition, lay the dumbbells on the floor and relax your grip. Use all the weight possible and still get a complete movement.

## Chest

**Exercise 1. Barbell Press to Neck.** Perform bench presses to the base of the neck with medium wide hand spacing. Keep knees together and lower legs crossed throughout to isolate the movement.



**Exercise 2. V Bar Dips.** This exercise will give you that lower and outer pec outline. Use a 32” wide grip, facing the V of the bar. Keep your chin on your chest; shoulders rounded forward and elbows out wide to the sides throughout the movement. Point your toes down, keep them vertically below your face, now dip down as low as possible, and then press up maintaining your position. This is a difficult manner of dipping.

**Exercise 3. Incline Dumbbell Press.** Lying on an incline bench, press two dumbbells up until all four bells touch together at the completion of the movement. The elbows must be kept out to the sides and the palms facing each other.

**Exercise 4. Modified Bench Laterals.** This movement is more commonly known as dumbbell flies. Keep your elbows bent slightly throughout the entire movement.

## Shoulders



**Exercise 1. Dumbbell Lateral Side Swing.** This movement is for the outside of the deltoid. One arm is held out to the side slightly in front of the body, as in a side lateral raise. The other arm is held across and in front of the body, forearm in front of the face and palm down. Hold this contracted position for a second, then swing the dumbbells down in front of the body and reverse the position of the arms. Do not twist the body.

**Exercise 2. Barbell Upright Row.** Use a shoulder width grip. Lift the barbell keeping the elbows high to a position even with the upper chest and the bar about 12” away from the body. Hold this position for a second before lowering the barbell.

**Exercise 3. Scott Press.** Hold two dumbbells together in front of the chest with all four bells touching. Move the elbows out to the sides so that the dumbbells are in a wider than shoulder width position. Push your head forward and press the dumbbells up until they are even with the top of the head. Keep the palms forward.

**Exercise 4. Bent Over Dumbbell Laterals.** Stand bent over with a dumbbell in each hand, all four bells touching. Keep the head up and the back arched. Lift the dumbbells directly out to the side and at the top of the movement turn the front of the dumbbell slightly up. Pause in the contracted position before lowering the dumbbells.

## **Day 2:**

### **Triceps**

**Exercise 1. Triceps Barbell Pullover.** Lie on a flat bench with the top of your head over the bench and a barbell held at arms length over your chest. Your grip should be 12” wide. Keep your elbows in and lower the bar behind and just below your head. Return to the starting position and repeat.

**Exercise 2. Barbell Rollover and Press.** Lie on the same bench with your body in the same position as described in the previous exercise. From this position pull the bar over close to your face and rest it on your chest. Now rotate your elbows out to the sides and press the bar to arms length over your chest. Try to press downward toward your feet to get a better contraction. Now lower the bar to the starting position and repeat the movement.

**Exercise 3. Reverse Close Parallel Dip.** This is not the same exercise given as the one for the chest in the day 1 program. In this variation you face away from the V, if your parallel bars have a V, and dip with your chest out, back arched, head and feet back and your elbows must be pointed to the rear. Be sure to lock out at the top of the movement.

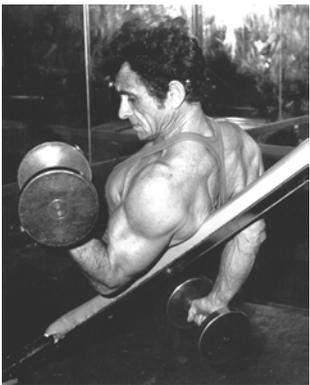
**Exercise 4. Dumbbell Kickback.** Hold two dumbbells with the front ends touching your front delts. Bend over until your stomach and thighs are touching and your knees are bent. From this position, keeping your elbows still and held close to your sides straighten your arms. As you do, raise your hips slightly and lower your shoulders.

## Biceps



**Exercise 1. Barbell Preacher Curl.** Perform your preacher curls with the left foot forward under the bench and the right foot back. Keep your stomach pressed against the elbow rest and your head and shoulders inclined forward. Your grip should be shoulder width apart and “thumb under” fashion. Start the movement by bending your wrists up and curl to the shoulders. Use smooth pumping reps and do not lean back at the top of the movement.

**Exercise 2. Reverse Preacher Curl.** This exercise is the same as the previous one except your body position is reversed. That is your stomach is against the slanted side of the preacher bench and your upper arms are against the vertical side. Keep your upper arms vertical and curl the bar up under your chin, getting a strong contraction at the top of the movement.



**Exercise 3. Alternate Incline Curls.** Lay back on an incline bench, keep your chin on your chest and knees slightly bent. Curl your left dumbbell first, keeping your elbows back. As the dumbbell comes up, lean to that side, look at the weight and forcibly

contract the bicep when the weight touches the front deltoid. When lowering the left dumbbell, curl the right one using the same techniques.

## **Forearms**

**Exercise 1. Barbell Wrist Curl.** Place a 10” block under one end of a flat bench and sit straddling the bench facing the low end. Keep your elbows pushed down against the bench and use your knees to keep them in so they don’t slip off the bench. Allow the bar to roll down to fingertips then flex the wrist and keeping the thumbs under, grip the bar tightly in the top position.

**Exercise 2. Reverse Curl Body Drag Style.** Grab a barbell with an overhand grip and the thumbs on top of the bar. Curl the bar from the thighs to the upper chest keeping the elbows back so that the bar touches the body all the time as it is curled up and lowered down.

**Exercise 3. Zottman Curl.** Hold two dumbbells at your sides. Starting with the left hand turn the palm out and curl the dumbbell out to the side and up leaning to that side. Look at the weight and forcibly contract the bicep, as you start to lower the dumbbell turn the palm down, timing your curls so that the left hand is coming down as the right hand is going up.

**Exercise 4. Thumbs Up Dumbbell Curl.** Curl two dumbbells together from the sides of the thighs with the thumbs up until the ends of the dumbbells touch the front deltoids. Keep the elbows tight to the sides throughout the movement.

## Day 3

### Thighs



**Exercise 1. Sissy Squat.** Hold a barbell in front of your shoulders in the clean position. Place your heels on a 2”x 4” block 24” apart. Toes must be wider than the heels. The sissy squat is three separate movements each performed for four repetitions. The first is to bend your knees and lower yourself but keep your body in a straight line between the knees and shoulders. Do not bend at the hip joint. Go down as far as you can and return to the erect position four times. The second part is to sit down on your heels as a starting position, then as you start to rise, drive your hips forward so that your body is in a straight line from knees to shoulders but the knees are still bent. Do not attempt to come to a full standing position when you reach this stage. Sit down on your heels again and repeat four repetitions. The third part is a combination of the first and second part done consecutively. Drop down until you reach the bottom position as you did in part one, then sit on your heels and drive your hips forward until you are in a straight line from knees to shoulder, then stand erect. This is one rep, repeat four times.

**Exercise 2. Power Leg Curl.** Lie on your stomach on the leg curl machine with your heels under the roller and your toes pointed out. Push up with your arms so that your chest is off the table. Let the body drop and at the same time curl your heels to the hips keeping the toes pointed out. Lower slowly and repeat.

**Exercise 3. Wide Stance Frog Squat.** Hold the barbell across the front of the shoulders in the clean position. Take a wide stance and point your toes outward as far as possible.

Keep your back straight and squat down to a deep position. Do not lean forward when you squat or rise. If your ankles are stiff you may have to use a block under your heels.

**Exercise 4. Power Leg Extensions.** Sit on the thigh extension table with your hands grasping the sides of the table as far back as you can reach. Straighten your legs and at the same time lay back slightly.

## Calves



**Exercise 1. Seated Heel Raise.** Perform all your calf exercises with your shoes off. Sit with your feet parallel and 3” apart, knees under the pad and hands grasping the side of the seat. Lower your heels as far as possible then as you raise them lean forward. Get as high on your toes as possible. Keep the weight centered on the big toe.

**Exercise 2. Standing Heel Raise.** Take a position on a standing calf machine with the feet parallel and the knees slightly bent. Rise up on the toes as high as possible keeping the weight on the big toe. Lower your heels slowly and allow them to touch the floor. Do not rush this movement; make it a smooth pumping pace.

**Exercise 3. Toe Press On The Leg Press Machine.** Lying on your back under the leg press machine, brace your thighs with your hands and press the weight up with the toes keeping pressure on your big toe. Keep your knees locked and feet parallel about four inches apart. Lower the weight by letting the ankle bend and the toes point down as far as possible.

**Exercise 4. Hack Slide Heel Raise.** Face the hack machine with the carriage held against your stomach. Feet are parallel and about four inches apart. Knees are kept slightly bent throughout the movement. Rise up on the toes as high as possible and perform a double contraction at the top of the movement before lowering the heels to the platform.

### **What You Should Eat**

The following is your nutritional program to go with this exercise program. It will provide the material your body needs to grow at the fastest possible rate. Every three hours drink six raw eggs, beaten first in a blender then mixed with half and half separately. Do not mix milk in the blender. With this drink take ten liver tablets, three amino lysine tablets, one vitamin E, one vitamin B complex, one chelated mineral, one PABA, and one zinc tablet. The remainder of your diet is rare steak and salad with vinegar and herb dressing. Take thirty kelp tablets and 1500 mg. of Vitamin C spread out through the day. The eggs and supplements represent a heavy schedule and you may have to work into it slowly to have your body accept it. Every three to five days, if you feel weak, eat a total carbohydrate meal to replenish your glycogen reserves.

### **10-8-6-15**

This is the famous Vince Gironda 10-8-6-15 workout routine. It is a highly effective program and one that will produce results. As with any Gironda program, you must follow it exactly as outlined.

The first set is performed 10 reps with 50% of your maximum.

The second set is performed 8 reps with 75% of your maximum.

The third set is performed 6 reps with 100% of your maximum.

The fourth set is performed 15 reps with 35% of your maximum.

Whatever weight you can handle with effort, 6 reps is considered your maximum. Rest between sets should be no longer than 60 seconds. Also, deep breathing through the mouth, Hyperventilation, should be employed between sets.

This program calls for 3 upper body workouts per week and 3 leg workouts per week. Do not add weight more often than once a week. Raising weights too fast only produces bad form.

If abdominal work is performed, it should be done on leg days only. The success of this program depends on doing the exercises outlined with no additions. This program calls for maximum form. So it seems less than what you have been doing and too easy, be honest with yourself and ask; are you doing the exercises to the best of your ability? Which means performing your reps slower? In other words, make it hurt and don't start cheating when it does. Remember a workout that does not hurt doesn't build. Constantly strive to shorten the rest period between sets; this is more important than increasing the weight you are using.

## **Pecs**

### **Wide Grip Neck Press**

1. Assume a normal bench press position. Cross your feet and raise your legs in a bent position. Your feet must not be on the floor and your legs must not be on the bench. Only the back, buttocks, and back of the head are to make contact with the bench.
2. Elbows should be directly under or slightly in back of the barbell.
3. Lower the bar to the base of your neck then return in a straight line upward.

## **Lats**

### **45 Degree Pulley Pull**

1. Keep in mind the action of the lat muscle is to draw the shoulder girdle down and backward.
2. Grasp the handle of the bar and step back until the weight clears the floor. Bend forward from hips until the stomach is resting on your thighs. Knees should be bent about 35 degrees. Drop your head between shoulders and extend arms forward.

3. As you begin to pull the weight back, raise your head and pull shoulders down towards the hips and draw your shoulders back.
4. As the weight is returned to the starting position, scoop downward with the handle, do not let elbows straighten out completely, also keep your elbows turned slightly out to the sides.

This keeps the lats constantly engaged and produces a burn. When your lats begin to tire, don't let your form change, fight to keep the back arched and shoulders arched back and down.

## **Delts**

### **Barbell Upright Rowing**

1. Grasp a barbell about 15" wide and stand upright with shoulders rounded forward.
2. Bend the knees and rest the bar on your thighs with elbows slightly bent.
3. Pull the bar up to the neck, but be sure not to hunch your shoulder back, if you do you will be working your traps.
4. Lower the bar until it touches your thighs and pull up again. Keep your back rounded and forward with elbows slightly forward.
5. The bar is to be pulled straight up and close to the body. Do not heave backward and use a smooth piston-like-movement.

## **Triceps**

### **2 Dumbbell Pullovers**

1. Lay on a flat bench with the feet touching the floor.
2. Press two dumbbells over your chest with all four bells touching, your knuckles should be facing.
3. Bend your elbows back and lower the dumbbells just past the shoulder point so that you get a full stretch of the triceps muscles.
4. Keep your elbows pointed up towards the ceiling.
5. Curl the dumbbells up to arms extended position at the completion of each rep.

## **Biceps**

### **Thumb Under Dumbbell Curls**

1. Stand erect with knees slightly bent holding a dumbbell in each hand.
2. You must keep your thumb under the dumbbell handle and the palms must be facing forward at all times and up when curling the dumbbell.
3. Keep your upper arm pressed firmly to your sides, extend the biceps 100% at the bottom of the curl by flexing your triceps.
4. Alternately curl the dumbbells and contract the biceps forcibly at the top position.

## **Abdominals**

### **Barbell ¼ Roll Up**

1. Lay flat on a bench with your feet on the floor.
2. Take a barbell from the rack and hold it across your front delts with your elbows held high.
3. Roll your head and shoulders forward until your abs are flexed and contract them fully and cramp the muscle forcibly at the top of the movement.

## **Calves**

### **Alternate Calf Heel Raise**

1. Wearing a weight belt, use a chain and hang a heavy dumbbell between the legs.
2. Stand on a calf block which is 3 1/2" to 4" high.
3. Place your feet 6 to 8 inches apart and hold onto a pole or table.
4. Raise up on the toes of the left foot while the heel of the right foot is stretched down. Keep your knees slightly bent throughout the movement.
5. Now alternate, shift your weight, and lower the left heel into a fully stretched position while rising up on the toes of the right foot.
6. You must contract fully in the top position.

The use of a weight belt and chain to hang a dumbbell from is the best way to perform this movement as a standing calf machine does not allow the movement to be performed as it should be.

## **Thighs**

### **Special Squat**

This is not a normal squat and you must pay special attention to the exercise description in order to perform the movement properly.

1. Hold a barbell on the front delts in a front squat position, elbows high. Better yet would be the use of a Smith Machine or Squat Machine.
2. The bar is placed either on the front delts or across the back if using a Smith Machine or Squat Machine.
3. Elevate your heels on a 2" board and spread them 11 inches apart.
4. Lower the body to a full squat position. IMPORTANT, the hips must be directly under the bar and your back must remain straight throughout the movement.
5. Raise up to a position where the thighs are parallel to the floor. Immediately lower your body back down to the deep squat position.
6. Now raise the body to a  $\frac{3}{4}$  squat position and never completely straighten the legs in the top position. Keep continuous tension on the thighs.

Using strict form, full concentration and forceful muscle contraction on each rep of each movement will produce extraordinary results. Not many exercises but performed as outlined, one of the most grueling workouts you can go through. Take your time and master the movements before you begin.

## **Abs**

Vince was perhaps the first person to speak up against performing the regular sit-up and leg lift for abdominals. Not until years later did people pay attention to his advice and today both of these movements, as were commonly practiced, are now regarded as useless and even harmful for the spine, lower back, and hip regions.

“I have discovered that high reps and daily working the abdominals produce a smooth, bloated look, due to excessive hormone loss”, stated Vince. The first thing to correct in working the abdominals is you must step up your workout tempo. Do not rest

between sets until your breathing slows down to normal. Push yourself into the next set and you will find that you can do it! But, instead of panting for breath; Hyperventilate. This means to breathe in slowly and very deeply through your nose and out through pursed lips.

Vince had several different movements for the abdominals that were and still are very productive movements. I know of no other trainer or bodybuilding expert that had as much direct impact on the theories and methods of training than Vince had. Each method, each body part, every theory was a complete course unto itself.

Today many of the top bodybuilders have taken what Vince preached about, most of them not knowing they have done so, and incorporated his movements, ideas, and methods into their training programs. Certainly they have modified and changed them around to some degree. As strict as Vince was he always allowed for, recognized, and encouraged individual adjustment to what he taught. He understood individual limitations and the need to either increase or decrease aspects of what he taught. It is almost impossible to write or state something that will apply the same way to everybody and Vince knew this. Some however, have taken his statements and tried to imply Vince intended them to be gospel for everyone in every case and in every situation. I never got that impression from Vince and I don't think he ever tried to give the impression that is what he was trying to do.

As I have already stated, I do not subscribe to every single theory, concept, method, or principle exalted by Vince. I also do not want anyone to think I feel he was wrong in any of his assessments. Keeping in mind, Vince knew people responded differently to each and every one of his concepts because he recognized each person is an individual and there is no such thing, as I have already stated, as a single uniform program that will work the same for everyone. The years however, have taught me that the vast majority of what Vince talked about does work for me. He was honest enough to express what he felt as a way to help and he always provided some alternative to anything that did not work for me.

Every young upstart or even a seasoned veteran wanting to become a bodybuilding champion should have had the honor of talking and listening to Vince explain the reality of bodybuilding superstars. Who are they? How did they get that way? Are they different and if so how? Can I become a champion? Sincere and honest questions and Vince had a sincere and honest response.

“If you have been training for sometime and are wondering why your muscles are not like some of the bodybuilding champions, the truth is champions are born, not made, at least in most cases.” “This is because of genetic superiority. Most people who take up bodybuilding could no more be a Mr. Universe or Mr. Olympia than they could be a professional football player or basketball player, which is another type of genetic extreme. Does this mean all your training is hopeless? Not at all, for the truth is: You can probably develop a body that appeals to more people and is more esthetically developed than most that of most bodybuilders.”

Four factors will determine how your body looks. Now, Vince did state these and he also said they are not in order of importance.

**1. Genetics.** If you are a true bodybuilding fan you probably know facts such as Arnold winning his first Mr. Universe title at 19 years of age, Serge Nubret developing his arms from 14 inches to 17 inches the first three months he trained, etc. However, while it is certainly an advantage to have been born of the right parents, others who have not been quite so fortunate have still done very well. By studying more, and persevering longer, you still will get amazing results.

**2. Exercise and Exercise Routines.** If you are not a natural, you will have to learn a lot more about exercises and exercise routines than many of the champions know. It is interesting to watch beginners trying to find out from some of the bodybuilding champions what their secret exercises are, and what the best exercises are. The truth is most of today’s bodybuilding champions know very little more than beginners, because

their bodies developed from basic exercises, and they never had to learn more, because some did not have to use special techniques to overcome certain problems.

**3. Nutrition.** What you eat, when you eat it, what supplements you take and when you take them is much more important than most bodybuilders could possibly imagine. Not to the natural but to the average bodybuilder. While it is true lots of champions become champions with very poor diets. They have superior metabolisms, burn off calories quickly and make maximum use of the proteins they ingest. But that doesn't mean you can do it. Vince claimed to have experimented with every type of diet and nutritional plan known, and then some, including no food at all. Vince reported several times about his experimenting with fasting. He even went on a forty day fast. All bodybuilders used to follow diets high in protein, low in carbohydrate. This was a plan he took credit for developing when training for contests. During a time when many were being critical of this diet, as being unhealthy, unbalanced, etc., and a diet high in natural carbohydrate medium protein and low in fats is more in vogue. Vince had no problem letting the critics know that he was an athletic nutritionist; he advocated a diet designed based on the idea, what you should eat is what you need to eat to get the results you want.

**4. Mental Attitudes.** You may not be superior genetically and you can't help that, but you can control your exercise and nutrition, if you first control your mind. Vince knew the great advantages one could obtain by using the power of ones mind. He breaks his thoughts here into five separate categories.

Although Vince could fill a book on each topic I have included basic thoughts and concepts for each.

1. Philosophy
2. Tranquility
3. Workout Tempo
4. Concentration
5. Visualization

## **1. Philosophy**

Dwelling on the subject of training all day 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. When you begin your workout you are to concentrate on your training, the minute you finish your workout the training session is over, “turn it off.” Over-enthusiasm is one of the bodybuilder’s worst enemies. Tranquility is the first rule of good health. You cannot fail to make gains if you see yourself as you wish to be. There are only one or two good exercises for each muscle. The rest of the exercises are only variations. Any interruptions during a training session can ruin a workout by dissipating nervous energy. All great champions have the ability of complete concentration which allows them to use their nerve energy force to its maximum.

## **2. Tranquility.**

The brain at rest uses 60% of the body’s energy. Thus, anything less than tranquility is disastrous to the bodybuilder. Overnight muscle loss takes place when a mental problem is encountered which upsets ones normal outlook. Excess concern regarding your workouts, diet, and conditions in your life can also place a drain on your tranquility. Such thoughts, given too much of your energy, are sure to result in less or no physical gains. Stop worrying. Choose a course of action and follow through. Champions turn it off when they leave the gym. They are also not worriers and have a positive outlook.

## **3. Workout Tempo.**

Two people using the same routine, the same number of sets and reps, same weights, and only one of them is great. Which one? The one with workout tempo! Workout tempo is; the time wise evenly spacing of sets, without distractions and complete concentration on

when to pick up the next weight and do the next set. Champions instinctively use this tempo when working out; while others are walking around the gym between sets, gossip with their buddies, or look at a magazine, or just sit down and rest. Distraction to a champion is disastrous. It results in a loss of energy and pump. If you are distracted during your workout you might as well stop and rest an hour or so and then take up where you left off. Complete singleness of purpose is the key to concentration. Each workout is progressively different than the last one, and this simply means that more muscle tension is used and tighter contractions are employed. This results in greater satisfaction with each workout. When you reach this level of accomplishment in training, 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.

#### **4. Concentration.**

Year ago Vince predicted bodybuilders of the future would exercise less than back in his time. Why, mainly due to bodybuilders advancement in the field of concentration. Every top bodybuilder uses concentration to the point they are oblivious to the activity around them. In conjunction with knowing how and where the muscle is attached and its function and what exercise involves the part of the muscle you wish to develop forms a foundation for training success. Every muscle has a low-middle lateral and high aspect. You must choose either the difficult or weak area to work on. The slow growing areas call for maximum concentration, while the faster growing areas call for considerable less concentration.

#### **5. Visualization.**

Champions obviously possess something others do not. Even though they may do the same routine set for set, rep for rep, they do not obtain the benefits of champions. Vince often stated that he had observed champions train in a manner he did not approve, but they received results that were phenomenal. What is it that they possess? What do they do different? They are using mental suggestion, mind control! You can actually produce the desired condition by picturing in your mind what you wish to manifest. Picture in your mind a clear image of the muscle or area of the body you wish to develop and hold the

image throughout the performance of the set. The technique of mental suggestion is what all physical culture writers are trying to explain when they throw the term, “concentration” out to you. The subconscious believes any thought you perceive and stores it. It accepts everything that is spoken by you or someone else if you accept it as truth. But it must be repeated again and again until the subconscious accepts it as truth. Then it will produce the condition pictured in your mind. Whether or not a champion is aware of it, this is why they are champions, they have this ability. They are convinced of a successful outcome. This awareness is more important than any steroid, drug, diet plan, supplement, or exercise routine ever conceived.

Vince, often asked by others for the secrets of and the reason for champions would provide the information you have just read. As complex as it all might seem at first, upon revisiting it carefully, you will see it is direct and simple. It is accurate and has stood the test of time, which in the end, is the real method of determining what is truth.

Some additional views Vince had that are of particular importance to every bodybuilder from the rookie to the advanced champion. Slow gainers should never incorporate abdominal work into their workouts. Abdominal work should not be used to remove fat as it cannot do it. Abdominal work only builds muscle. Nutrition and fast workouts are the only way to reduce fat tissue. Calf muscles require high reps for growth. A minimum of 20 reps should be used in all calf work. You must get a full stretch and a full contraction on each rep and each should be performed slowly. Do not add more weight to any movement more often than every third workout as too fast a jump in weight only spells sloppy form. Rapid breathing or multiple breathing control should be employed on any and all strict form exercises.

## **Best Exercises**

I am often asked questions about Vince by both beginners, who have heard of him either through reading older publications or from stories they have heard, and from older more experienced bodybuilders who knew of his reputation and over the years read many of the articles he either authored or had written about him. More times than not they

would get around to asking what exercise Vince might suggest for developing a certain body part, “what is the best exercise for the pecs, back, biceps, etc?”

As anyone with even the slightest knowledge about bodybuilding and weight training knows, individuals require individual programs designed for their specific body types and intended goals. Starting out, almost any program containing basic movements will produce some results. The experienced weight trainer naturally would require a more advanced routine. A good program consists of, depending on ones level of experience, one or more movements for each body part. As mentioned earlier, Vince believed there were only one or two great movements for each body part while the rest are variations. Here are the movements Vince reported as being the best, in his words: “These exercises are in my opinion the best I have found to date, and any others are only substitutes and variations.”

Beginners should start with performing 3 sets of 8 reps in each movement for the first month. The second month this should be increased to 5 sets of 5 reps., the third month 6 sets of 6 reps and the fourth month on 8 sets of 8 reps. The only exception to this rep schedule is for exercise number 7, Calf Raises, which should be performed for 20 to 30 reps per set. It is the slight variation in performing each movement, as described that is responsible for its effectiveness. In order for the movement to provide superior results you must execute it as instructed, not in a hap-hazard manner.

### **Exercise Number 1: Chest**

#### **Wide Pec Dips**

You must use a parallel bar that is 33” wide, if it is not you will not receive the intended benefit from this movement. Anything wider or narrower will not work the pecs as desired. The most important execution of the movement is in the elbows: They must be wide and straight out from the shoulders. The head has to be in a down position with the chin resting on the upper chest and the back should be rounded forward.

Cross your feet and make certain they are slightly in front of your face, not back. Dip down as far as possible and return as high as you can. Never change this position as it isolates the pectoral muscles and limits the involvement of the triceps. Performing the movement with the elbows in will emphasize more triceps than pecs.

Very few bodybuilders perform this movement as described. It is perhaps one of the best movements for building and shaping the pecs there is. But, it must be performed correctly in order to obtain the results it is capable of providing. Do not rush the movement, which seems to be a natural tendency. Take your time and get a full stretch at the bottom and contact the pecs forcefully at the top of the movement. Do not begin the movement with the triceps, concentrate on the pecs and allow them to begin the upward motion.

## **Exercise Number 2: Lats**

### **Lat Pulls**

In order for this movement to produce the intended results you must use a pulley that is 6' off the ground. Most lat machines and triceps machines are too high to get the desired results. If you do not have access to a machine or facility with a pulley 6' off the ground you can use a regular lat machine but it will not be the same. The next best option would be for a seated lat row machine as this is basically what the movement is except for the angle.

For the purpose of providing a description, I will assume you are using a seated lat row apparatus. Hands must be spaced close together. Grasp the handle and lean forward as far as you can with your knees slightly bent and let your head travel between your arms. From this position, start pulling the handle back and sit back at the same time. As you pull and sit back the chest should travel up until you reach a perpendicular position. At this point the chest is very high and the shoulders are drawn back and down for a full contraction of the lats. Keep your knees in the slightly bent position throughout the movement.

### **Exercise Number 3: Triceps**

#### **Triceps Rope Pull**

This is one of those Gironda specials. Although you are able to get results from performing this movement without the two pieces of equipment I will mention, the results will not be the same. It is imperative you either have or design these two for the best results. Item one is the pulley 6' off the floor mentioned in the lat movement. Item two is a small bench 16" high. Vince had a "V" bench in his gym for this movement. When I had a gym I also had one built for this very movement. The "V" allows you to put your head down between your elbows and places a unique stress on the triceps. If you do not have a "V" bench you can use any flat bench. If you do not have access to a pulley 6' off the floor nothing you do will work the same. The pulley cable must be 10' long and once again, 6' off the floor.

Reach back over your head and grab the ends of a knotted rope attached to the pulley and cable. With the elbows and head resting on the bench, pull to arms length and lockout. When you let the rope back to the starting position make certain your hands touch the upper back.

### **Exercise Number 4: Biceps**

#### **Barbell Curl**

Not your normal barbell curl and definitely not performed as the majority of people perform it, which by the way in addition to being wrong does not provide the maximum benefit in the manner they execute the movement.

Performing the barbell curl as described, you will work the lower, belly, and high part of the biceps with just this one movement. Consider it to be the perfect curl; in fact that is exactly what Vince called it. I'll tell you right up front this is a difficult movement to master. I will also tell you that if you continue to practice until you get it down pat you will never, I mean never, regret it. For all those wanting large shapely biceps, this is it.

Start by resting your elbows on your pelvis or hip bones and your body inclined with head and shoulders in back of the hips. As the barbell is curled the first 10 or 12 inches start moving the body, head and shoulders, forward until your body is in erect position. Then as you continue to curl the barbell incline your body, head and shoulders, forward and complete the movement with a forceful contraction of the biceps. Now reverse the sequence as you lower the barbell to the starting position. It should take you about 6 seconds to perform one curl.

I strongly suggest you begin by using about 50% of your maximum barbell curl to begin with. I also would suggest you practice using only a bar with no weights to get the movement down pat. It does take a great deal of getting use to and must be performed as outlined in order to provide the results it can.

### **Exercise Number 5: Delts**



### **Deltoid Lateral Raise**

This is an excellent movement for developing and sculpturing the shoulders, unfortunately most people perform the movement incorrectly and reduce its effectiveness.

Standing, take two dumbbells and hold them in front of your hips with the palms facing each other. The plates of the dumbbells should be touching. From this position raise out to the sides with the elbows unlocked and slightly bent. Travel upwards until the bells have reached the level of the top of your head. The palms are down and knuckles are in the up position. Never let the front of the bells raise higher than the back. It is

important you keep the front of the bells lower than the back when you reach the upper position. Do not let the bells swing back and keep them slightly in front of the body at all times.

Do not jerk swing the dumbbells up and do not let them simply drop down. You must keep total control throughout the entire movement and make the delts do the work. Swinging the dumbbells up due to excessive weight will not produce results.

## **Exercise Number 6: Thighs**

### **Thigh Squat**

“But I thought you said Vince was opposed to squats?” I did and he was, at least the way one would normally perform the movement. This is why so many people want to disregard some of what Vince said. They did not fully grasp what he was actually saying. Vince was talking about the back squat used by power lifters and bodybuilders. He was right in his assessment concerning that type of squat. This one however, is different.

Start the movement as you would a front squat, with the bar high on the chest resting on the front of the delts. Place your heels about 12 inches wide and on a 2 x 4. From this position begin your descent but keep your hips forward and under your shoulders at all times. As you rise up, the hips move forward until they are well out in front of the body. In the top position your knees should remain bent and your hips out in front of your shoulders and your shoulders over your heels.

As with the barbell curl mentioned earlier, this movement requires a great amount of practice to perfect. It is extremely difficult to perform. Leave your ego at home when attempting this movement as the weight you use is not important.

## **Exercise Number 7: Calf**

### **Calf Raise**

For this movement, it will be assumed you have access to a standing calf machine. If you do not you can use a belt and chain and hang a dumbbell between your knees.

Place the ball of your feet and toes on a block 3” tall. Feet are to be placed parallel, 4 inches apart. Keep your knees slightly bent throughout the movement. As you rise up on your toes, bring your heels together and place the full load of the weight on your big toe and the toe next to it. Contract forcefully and lower all the way down for a full stretch.

This movement should be performed for 20 reps each set. Vince termed the calf muscle a “high rep” muscle and insisted reps in the range of 20 to 30 were needed to produce results.

### **Exercise Number 8: Abdominals**



#### **Frog Sit Ups**

Lie flat on your back and draw your heels up under your hips wide and out to the sides like a frog. Place your hands with a barbell plate behind your head. Curl the head down with the chin to the chest as the shoulders round forward curling the upper body until only the small of the back remains in contact with the floor. This movement is not a stiff back sit up, it is a roll movement and you must perform it as such for it to produce results. [The above photo varies slightly from the written description.] Vince did not advocate performing any more sets and reps for the abs than you would do for any other muscle group.

There you have what Vince has called the best exercises for the major muscle groups. With the advancement and introduction of all the many new pieces of equipment in recent years it is only natural for one to think of how Vince would react. Would he change his opinion of the exercises mentioned above? Would he promote them as he has so many of the other movements? We will never know. It’s my personal feeling that Vince would stick to his guns and continue to advocate those movements as still the best.

I say this because you can look at each one and break it down to its most basic element and see for yourself that all other movements are a reflection of the ones he promoted as the best. Besides, look what a controversy he could cause by remaining different.

The exercises just described are not the only ones Vince advocated. He had more movements than you could possibly count. What made so many of them productive was the manner in which he would have students make a small change or modification of each to produce large gains. Technique and form were of paramount importance, never the weight.

As for the “new” equipment on the market, years ago when Vince’s Gym was the most famous gym in the world, manufactures offered to provide him with their equipment for free, just for the advertisement it would generate. Vince refused. Vince is credited with the following statement: “It’s my honest opinion that hardly any advances have been made in bodybuilding machines during the last quarter century.” “Maybe one day we will have machines that will be superior to free-weight training. When it comes I’ll be there clapping my hands with joy and cheering. Believe me, it hasn’t happened yet, and I don’t think it will.”

Vince was convinced that people who trained on machines had no knowledge of what it meant to exercise. He rationalized they had no idea as to the functions of the muscles or how they worked. Perhaps his biggest problem with them was the lack of mind to muscle communication they afforded, which in his opinion was none at all. Vince was a creative person; machines offered little or no room for creativity. Vince viewed his gym; with barbells, dumbbells, and some unique pieces of equipment he made or had made as the bodybuilders hammer and chisel. He was the sculpture and he could produce a masterpiece.

## **Preacher Stand**

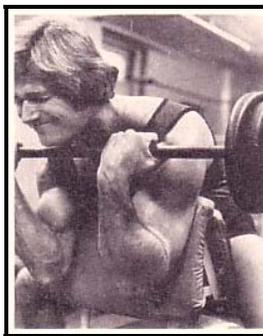
How could anyone write about the exercises Vince prescribed without mentioning the Preacher Bench which later became known as the Scott Bench. In the 60’s Vince was

perhaps one of only a couple of gyms that had such a device. Not used and obscure throughout the country, it was a very important part of equipment at Vince's. The demand for the bench skyrocketed with the publicity and exposure of Larry Scott, which also saw a name change from Preacher Bench to Scott Bench due to Scott's tremendous arm development and articles on his training methods utilizing the bench.

Companies rushed to manufacture a likeness of the bench and almost overnight every company had one in their equipment line. Even today a likeness of the bench is included with almost all home gym benches and it would be hard to find a gym which did not have at least one such bench on the floor. These benches however, are not designed like the one Vince had in his gym. They are totally different. The bench Vince had was more flat on one side but rounded on the other (as seen in the Vince's Gym photo below). This is the most important specification for the bench. The flat bench, which can be found almost everywhere, is far less productive. If you have ever been fortunate enough to use a bench like the one at Vince's you can tell the difference immediately.



The **“Original”** Preacher Bench in Vince's Gym.



Over the past 4 decades different versions of the “original” Preacher Bench have evolved (i.e. middle two photo's above) but the only one to mirror the one at Vince's Gym is the Larry Scott seated bench (photo above far right).

The difference is immediately visible. It is unlike what you will find in gyms across the country. Vince credits the Easton brothers for developing the bench, he for popularizing it and Larry Scott for giving it worldwide attention. (It is said that Vince first got his start at the Easton Brothers Gym). It along with so many other unusual pieces

of equipment could be found in his gym. There is no doubt Scott favored the bench, using it regularly and achieved fantastic results from its use. For the bench to be called the Scott Bench is not disrespect toward Vince as both men gained additional fame because of it.

In addition to the unique design, proper use of the bench is important. The top of the bench is placed 3” under the low pec line. The left leg is placed straight down in line with the post holding the elbow stand and the right leg is back for support. Elbows are shoulder width apart as are the hands taking an underhand grip on the bar. Begin the curl by letting the barbell roll down to the first joint of the fingers and start the curl by closing the hands on the bar then curl hand and wrist. Start the barbell moving upward and as the curl nears completion, the forearms should cover the upper arm. At the top of the movement, the bar should be pulled back until it touches the base of the neck and both deltoids.

Although the Preacher Bench was a main stay, some have come to believe that it was the only apparatus Vince prescribed for biceps. This is totally wrong. Vince had a ton of movements for the biceps, just as he did for every muscle group.

The genius of the “Iron Guru” for his innovative training and nutrition methods as well as his equipment concepts and exercises techniques stand alone in the annals of bodybuilding. As I re-read the courses and booklets he sent me, and reflect back over our conversations, I am always surprised at his remarkable insight, not only for “back then” but for the present. Vince had an extraordinary career. He is responsible for so many of the methods, products, supplements, and equipment we have today. Oh well, I have regressed enough, back to business.

The reason anyone takes up bodybuilding is their quest for more muscle. Some aspire to become bodybuilding champions, some want only to shape up, and others still

for the gratification bodybuilding offers. Whatever the reason, building muscle is of paramount importance. Vince knew how to do it and how to teach it but what were the views Vince had regarding muscle development? Take the following to heart; it is another secret from the master.

## **Chins**

Vince stated that for years he thought chins were a worthless exercise, until he discovered the secret of chinning correctly. “You must contract completely to get results.” You must pull the chest up to the bar; you are not getting a full contraction of the lats if you do not. The upper arms, triceps, should be touching the lats and elbows must be pulled back to the sides. You must arch the back, because the action of the lats are to pull down and backward.

Vince claimed the first mistake most make is in gripping the bar too wide. He advised taking a narrow grip. As you become proficient in performing the movement correctly with the narrow grip you were to gradually increase hand spacing.

## **Developing Muscle**

Developing muscle 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 period of time. This means minimum rest between sets, you must push yourself. Workouts should be timed and you should constantly strive to shorten the time it takes to get through a routine. Vince said this was a form of Progressive Resistance. It does not matter how much work you do, what counts is how fast you do it. Vince said this was the Overload Principal. This principal explains why sprinters have larger leg development than long-distance runners. It is more work to run a mile than 100 yards but the sprinter is doing more work per second.

Vince stated the maximum amount of sets that can be performed to create a maximum pump to a muscle is 12 sets. Anything above or beyond this is overwork and

causes the muscle to contract and lose its blood supply. This is not theory but fact. He claimed and I also agree, even top bodybuilders are effected by over work. It is the major fault of advanced bodybuilders as well as beginners.

Maximum pump in 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 one week. It takes 72 hours to rebuild tissue after this type of workout. There is a fine line between enough work and too much work. A maximum pump routine is best performed using a weight that is about 60% of your maximum. Overenthusiastic workouts produce bloated muscle tissue but no gains.

Top bodybuilding 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 to recuperate. Workouts tear down tissue, rest builds it.

I cannot tell you the number of times I have talked about this very subject. I learned it from Vince years ago and it is perhaps one of the most valuable lessons that can be learned. If one is sincerely interested in bodybuilding and desires to build muscle, keep each word of what you have just read fresh on your mind at all times. I have seen beginners as well as advanced bodybuilders make sensational gains from following this advice and understanding what you just read.

The only way to properly work any muscle and develop it to its fullest potential is by understanding as much as possible about the muscle itself. You must find out and know:

1. Its function.
2. Its anatomy.
3. The physiological function.
4. The proper tempo at which you must work the muscle.
5. The selection of the right amount of weight to be used.

6. How many sets and reps need to be performed to stimulate the muscle to the maximum and not overwork it.
7. The selection of the right exercise to place the stress on the aspect of the muscle you need or wish to develop.

And people thought and still think bodybuilders are not very intelligent! Give me a break! Remember, the more you know about what you are doing, the more rewarding and successful your results will be.

### **Common Bodybuilding Errors**

Vince had a list of common errors bodybuilders were guilty of. I'm not certain but I believe he added to the list as time went by. If he noticed something it would get placed on the list. I won't provide the entire list, heck, I'm not certain I could write them all. As you can guess from my earlier comments, Vince was a very strict taskmaster.

1. Working upper body and legs on the same day.
2. Not touching chest to bar and calling it chinning.
3. Not raising up on the big toe and pulling heels together when performing calf raises.
4. Bench presses for pecs. This is 90% front delt work.
5. Not touching all four bells together on dumbbell benches. This also is 90% front delt work if you do not touch the bells together.
6. Under working or overworking a muscle by performing too wide a variety of exercises on a given muscle.
7. Cheating exercises.
8. Presses for delts.
9. Mixing carbohydrates and protein.
10. Behind the neck chins or pull downs.
11. Skipping breakfast.
12. Swimming.
13. Side Bends.

14. Not taking enzymes at every meal.
15. Not arching the back while performing lat work.
16. Distraction.
17. Music in the gym.
18. Not selecting the proper exercise for deficient muscle areas.
19. Not keeping chin on chest, feet under the face and elbows wide on parallel dips for the pecs.
20. No knowledge of combining exercises.
21. Not changing an exercise program often enough.
22. No knowledge of breaking a rut.
23. Not specializing on slow growing areas.
24. Not taking supplements.
25. Taking too many supplements.
26. Lack of concentration during workouts.
27. Unwillingness to accept new or different concepts.

Some list huh? Thing is, Vince could talk all day about any one of these and you can bet he would be right about what he said.

### **Vince's Stone Age Nutrition**

Here is what Vince called the Non-Mixed Meal Diet Plan for Optimum Digestion, Absorption, Utilization, and Elimination.

A constructive meal plan, based upon the non-mixed meal, is a product of sound physiology and is in no way connected with any form of good faddism. The indiscriminate mixing of basic food elements, carbohydrates and protein, predisposes a faulty digestion of either carbohydrate or protein. These findings have never been disproved; in fact, they have been improved upon by subsequent research. Each food not only excites a specific gland or glands to produce digestive juices, but also influences the rate, duration, and total quantity of the juice flow.

**There are four basic rules to follow concerning improper food combinations.**

1. Do not combine concentrated carbohydrates with concentrated protein at the same meal. Proper protein digestion requires a high quantity, high quality hydrochloric acid flow in the stomach. Carbohydrate with a protein meal will preclude the digestion of protein, stopping the flow of hydrochloric acid for a period of from one to two hours. The acid will then begin to flow at a time when the partially digested contents of the stomach have already begun to move to the small intestine. The result is severe discomfort in the form of gas, heartburn, and hyperacidity.

Protein: All forms of steak, liver, kidney, heart, brains, chicken, game birds, squabs, venison, veal, mutton, lamb, lean pork, duck, goose, turkey, all varieties of fish, lobster, oysters, shrimps, crabs, fish roe, rabbit, eggs, cheese, cottage cheese, and most nuts.

Fats: Butter, cream, margarine, oils of all kinds, gravies, oily dressings, lard, bacon, and all meat fats.

2. Do not combine concentrated starch with concentrated protein at the same meal.

Starch digests in an alkaline medium while protein digests in an acid medium. If both are combined at the same meal, and if the protein is well digested, the starch will only be partially digested and the residue will promote a fermentative type of intestinal bacteria. If the starch is well digested the protein will only be partially digested and the residue will promote a putrefactive type of intestinal bacteria.

Starch: All types of potatoes, yams, whole grain wheat, oats, barley, millet, rye, all types of bread, muffins, biscuits, all types of cakes, pancakes, corn on the cob, rice, whole corn grits, and spaghetti.

3. Do not combine concentrated starch with fruit, especially any of the citrus variety.

The digestion of starch is primarily a reduction process. The acid in fruit prevents the proper hydrolyzation of the starch and delays its digestion.

4. Do not combine concentrated protein with milk.

Concentrated protein, in the form of meat, digests quite differently than milk. Milk may be combined satisfactorily with either starch or fruit.

Is this deep stuff or what? If you think its bad reading it you should have listened to him talk about it. Not really, when he talked about it, it was much more interesting than reading it. Several conversations I had with Vince were devoted to nutrition and the combining of various foods. He was into the digestive system and colon to the point he sounded as if he was a doctor.

## **Diet and Supplements**

Vince said he was often asked about gaining weight and he would reply with a question of his own; “Do you want increased bodyweight or is it size you are after?” Of course the response would usually be “size.”

Vince claimed the following diet is designed to step up muscle tissue growth, not put on body weight. Muscle size is desirable, not body weight, which will only smooth out your definition and increase the size of your hips and waist while causing a loss of symmetry.

Breakfast: 2 oz. Half & Half

2 eggs or whatever you can tolerate

1 Tablespoon Milk and Egg Protein

1 oz. Amino Acids

Mix the contents together in a blender

Supplements to be taken with this drink

3 Hydrochloric Acid Tablets

3 – 4 Enzyme Tablets

1 R.N.A Tablet

1 Organic Iron Tablet

3 Tri-Germ Oil Capsules  
3 Vio-Gamic B-15 Pangamate Acid – Calcium

Lunch: Hamburger Patty and Cottage Cheese  
Raw Vegetable Salad  
Supplements to be taken with lunch  
3 – 4 Enzyme Tablets  
3 Chelated Organic Minerals

Snack: Natural, not processed, cheese  
1 oz. Amino Acids  
4 Alerphan tablets

Dinner: Fish, steak, or hamburger, up to 1 pound  
Cottage Cheese or Chicken  
Supplements taken should be the same as breakfast.

Before

Retiring: 3 - 4 Arginine Ornithine Tabs  
3 - 4 L-Tryptophane  
3 - 4 Calcium

Between

Meals: Every three hours take 6 Liver Tablets and 6 Amino Acid Caps.

Before workouts take the following: 4 Orchic Tissue Tablets 1 hour before workout and 4 more directly after workout.

Vince had many diets for many different purposes. As you can see from this one, some of the dietary suggestions are now thought to be unhealthy. You have to remember that this diet was for a serious bodybuilder and not the average man on the

street. The supplements may also be something strange to readers. Supplement advancement has made great strides over the years and some products may not be available and other substitutes may even perform better. In the back of this book I provide you with contact information for Ron Kosloff of NSP Research Nutrition. Ron was a very close friend of Vince's and he still sells some of the original supplements Vince used and sold.

Vince was very much interested in the digestive system and the role it played in bodybuilding and good health. He was also concerned about the colon, and how to make sure it functioned properly for ultimate health. Ron was working on a special product and system for the colon and had amazing results with it. He was working with Vince on the system and just before it was introduced onto the market Vince passed away. Ron's product and supplements can also be purchased by contacting him directly. Having talked with Ron and reading his articles and material he appears to be carrying on just as Vince would have. Ron was very close to Vince and they share many of the same ideas.

Proper colon function is important and Vince knew it. He advised cleansing the mucus out of the intestinal tract by the use of psyllium seed products nightly before retiring. Since Vince preached diet was so important in bodybuilding he spent a great deal of time studying the digestive system and colon.

I credit Vince with being one of the first to make known the importance of cleansing the body and detoxifying the system. He was one of the first to recognize the important role it played in not only bodybuilding but general good health. Here is one such detoxification program.

### **Three Day Detoxification Plan**

This plan is composed of non-concentrated carbohydrates. It enables you to eat all you want and provides a sense of satisfaction you can never get from a hi protein diet. Vince reported he used this diet on excessively obese people who could not lose weight

on any hi protein diet without a single failure. This diet provides a cleansing and detoxifying action from the roughage consumed. It also produces a detoxifying action by eliminating animal tissue proteins. The diet plan consists of as many fertile eggs as you can comfortably digest, mixed in certified ½ and ½ milk and cream for breakfast. Mix the eggs with the half and half using a fork. Using a blender of any kind breaks down the fat to minute suspension and the body is unable to digest it. The main body of this diet is the raw mixed green salad made with the following ingredients:

1. A bed of raw spinach leaves
2. Sliced Zucchini or squash
3. Raw Mushrooms
4. Carrot sticks
5. Sliced celery
6. Cucumbers
7. Water chestnuts
8. Cherry tomatoes
9. Cauliflower heads
10. Bean sprouts
11. Avocado
12. Raw beets
13. Green peppers
14. Parsley
15. Watercress

Toss and serve with olive oil and vinegar and garlic chopped fine or garlic powder. No salt. The bulk of this salad will produce a cleansing effect in the intestines which is important and produce regularity and detoxification.

He also suggested taking the following supplements. Black Cherry Juice Concentrate and water, Nuclex Minerals, Amino Acid Tablets or Liquid, Vitamin C, and Vitamin A.

### **Vince's European Weight-Gaining Trick**

Vince claimed this mix was a proven and tested way to gain weight and he stated he had students that gained as much as 40 pounds following it.

Simply mix equal parts of half & half mixed in ginger ale. Drink this mix three times a day between meals. That's it! I never tried it so I can't say it works but then again, a lot of things I haven't tried work.

### **Biological Transmutation Of The D.N.A.**

For those who don't know, Transmutation is the changing of a thing into another more concentrated potent thing. D.N.A. is the master blue print in every cell of the body. R.N.A. is the message unit or messenger that conveys the information to each body part or junction. The process of transmitting information from D.N.A. to utilization of nutrients and in turn muscle tissue repair, addition or growth, is a formula used by all champions. Whether they know what they are doing or not.

In a lot of Vince's writings you will find that he maintained the position that a champion gets into shape by thinking himself into shape. He claimed that champions were champions not because of the system they use, but rather, because they were champions. This means they are able to transmutate the information for the cell, D.N.A. to the desired process of intensification. Those who employ this transmutation, you will notice, are above all things stubborn, aggressive, and possess channel vision and last but not least, faith.

### **Anabolic Steroids**

Here you go! For all those that have asked and wondered about Vince's true feelings on steroids this is it. Vince wrote this, I believe, in the late sixties. It clearly outlines his feelings.

It seems that each day I'm bombarded with questions and so naturally I find myself repeating answers over and over again. Of the most frequent inquiries, the controversy over anabolic steroids is one of the most outstanding.

The following information which I've gathered from copious amounts of data should clarify once and for all my stand on the subject. To begin with anabolic steroids is

a category belonging to a series of drugs called hormonoids which are simply, synthetic reproductions of substances the body produces in varying degrees to maintain normal body functioning. Besides the anabolic steroids, which I deal with exclusively in this article, the list of hormonoids includes:

1. Corticoid hormones and ACTH, adrenocorticotropic hormones, which help to overcome exhaustion.
2. Thyroxin, which stimulates metabolism.
3. Insulin and adrenalin.

To set the record straight, I am not totally against the use of steroids! This might rattle the few of you who have personally heard my wild protestations against their use. But let me qualify myself. I feel that they are necessary when and if they are needed therapeutically as in the treatment of chronic debilitating illnesses, certain anemic conditions, male hormone deficiency, osteoporosis, and those recovering from surgery. But in all other cases involving normal, healthy adults who use them to “bulk up” I stand firmly and adamantly against them! Not only do I think they detract from athletic integrity, but mainly because of their seriously damaging side effects.

The anabolic steroids were virtually unknown to bodybuilders and weight lifters just a few short years ago; now they are talked about or used by just about everyone. The pioneer of these drugs in American sports was Dr. John Ziegler who heard that the Russian athletes were “bulking up” by using these hormones. Subsequently Dr. Ziegler in cooperation with the CIBA Pharmaceutical Company began to administer these hormones to weight lifters at a Pennsylvania barbell club.

The response was so immediate and enthusiastic that everything got out of hand and so began their widespread misuse. When Dr. Ziegler noted the bad side effects of the drugs he discontinued their use, but of course at that point, it was too late. It’s the old story of everyone looking for a shortcut, a cure all, a panacea, a magic pill. Swallow this or that pill and tomorrow you’ll have a Mr. Universe physique!

O.K let's look at the truth of the matter. Although weight gain is possible, anabolic steroids in large quantities and even in normal quantities have been known to cause liver damage, enlarged prostate gland, shrunken testicles, and premature closure of the growing plates in the long bones in younger bodybuilders. The younger the athlete taking the drug, the greater the probability his growth will be stunted. In addition steroids can aggravate and stimulate the growth of any pre-existing infertility, and baldness. In some cases gynecomastia develops in male athletes. Tell me honestly, is it worth the risk? I don't think so!! And besides, as I've stated in an earlier article, eggs in sufficient amounts accomplish the same ends!

There you have it right from the "Iron Guru's" own mouth. Direct and typical Gironda fashion. A position spoken loud and clear based and presented with facts to back up his views. I can tell you that during any contact I had with Vince he totally condemned the use of any steroid or drug. "Natural and organic provides the best and safest results." "You don't need drugs, stay away from them."

### **Failure Versus 60-80**

This concept and information is presented in Vince's own words. As you read it remember, Vince was not against size but he did not feel size was the most important aspect for a bodybuilder to be concerned with. Vince was after more, much more. This information is important for all bodybuilders and especially those that are not genetically gifted.

Every muscle is composed of fibers. The number of fibers varies according to the particular muscle as well as varying from one individual to another for a specific muscle. Muscle fibers of the upper arm of one man may be 40,000 while the calf of the same man may contain as many fibers as 1,120,000. Yet still another person may have only 946,000 fibers in the calf muscle.

Because heredity controls the number of muscle fibers an individual was born with, neither exercise nor anything else can alter it. The number of muscle fibers present in each muscle controls the size to which that muscle can grow. This fact was proven by

scientists as far back as 1897. However, the muscle fibers themselves can grow in diameter width. This indicates that any muscle can be developed and or increased in size.

Although unlimited size cannot be expected, a far more interesting thing can be obtained and this is in the shaping of the muscle. This aspect of muscular development is almost unlimited, providing you know the proper positional exercise movement to bring out to prominence the particular aspect of the muscle you wish to enlarge or develop. Shaping a muscle is just as important as working for size or more so.

Initially, to increase muscle size, you must increase the intensity of work done within a given time. This means that it doesn't matter how much work you do but how fast you do it. This is known as the overload principle. The most significant experiment proving this involves rats which were trained to run at different speed for varying lengths of time. The rats that ran at 6 meters per minute for 195 miles had smaller muscular development than those rats that ran 26 meters per minute but for only 58 miles.

This principal of overload explains why sprinters have larger muscle size all over their bodies than long distance runners. Although it is more work to run a mile than 100 yards, the sprinter is doing more work per second and as a result, his muscles will enlarge. My contention has always been that overwork causes muscle loss due to over-tonis, tissue shrinking, nerve exhaustion and finally excessive male hormone depletion.

One school of thought insists that if you place enough stress on a given muscle, the muscle will develop maximum symmetry. This concept is erroneous as my findings have shown me. If it were true, we would need no diversified equipment such as the Preacher Bench for low biceps and Brachialis Anticus development or bent over barbell curls for high peak bicep and Coraco Brachialis development for instance. Nor would we need incline barbell and dumbbell work for high pecs or parallel dips and or decline bench work with weights or pulleys for the low pec.

The long fibers of the lats are developed by overhead work, the belly of the lat by using a 45 degree pulley and the Teres Major by pulling straight back to the chest with a pulley 16 inches off the floor from a sitting position.. Furthermore, not enough repetitions and sets don not increase blood circulation enough to raise the pulse rate to where oxygen is demanded by the blood stream. As a result, accelerated growth is not obtained. The cardiovascular and circulatory systems must be activated.

The famous Easton Brothers Gym which I attended years ago taught me to work out to total failure and my gains were very slow. Not until I opened my first gym did I begin to make the gains I was after and that was by employing a system of pumping with about 60 to 80 degrees of my maximum. I talked to weight lifters and observed that if they pushed themselves too hard in training, they lost their strength for weeks at a time.

Over the years, I constantly got into trouble by over working due to over enthusiasm. At that point, I'd become disgusted with my lack of gains and took a lay off. After about three days, I noticed that I was growing and I'd become excited and started training again and my gains would again come to a standstill. It wasn't until I decided to enter a physique competition that I found to be the real result producer which I teach now. I discovered it because I couldn't face the long, slow, tedious workouts I believed I had to face every day. Thus, I tried to get my workout over as fast as possible.

Now, for the first time, I began to show real muscularity and gains. The men who judged physique contests at this time were puzzled by so much muscularity. Quotes from physique magazines stated I didn't place higher in whatever contest because of too much muscularity! They thought this kind of cut-up physique was slightly repugnant so I lost most muscular titles to smoother men who had the type of definition of that day. The type the judges were accustomed to accepting. But the attitude of the times has changed.

To sum up what I'm trying to explain, choose an exercise that will develop the weakest portion of each of your body parts and do one exercise only, 6 sets of 6 reps to 8 sets of 8 reps and see how fast you can get it done. Speed in a workout is your best form

of progressive resistance. Use the best isolation type form possible because cheating methods bring in other muscles to assist in performance of the movement and destroys the isolation principle you should be striving for here.

## **Joe Weider**

I have long talked about Joe and Ben Weider. I have also included some of my experiences with them in some of the articles and books I have written. I know some have had less than ideal dealings with Joe and Ben but that has never been my case. From my very first meeting with them, both Joe and Ben have gone out of their way to show a sincere interest and offered whatever help they could whether it was my own bodybuilding endeavors or a special project for some organization, they always came through with more, much more, than I asked for. I have included my personal but brief words of appreciation to the Weider's because I often see more written in a negative way than a positive one concerning the great contributions and advancements they have provided bodybuilders and our sport.

During some of my conversations with Vince, he too expressed thanks and gratitude to Joe and Ben for what they have done for the sport of bodybuilding. Here is some of what Vince had to say about Joe.

“I don't know whether it has occurred to gym owners, bodybuilders, or almost everyone involved directly or indirectly in the business of bodybuilding, how much they owe Joe Weider.” Vince said. “If it weren't for Weider I might not have been known outside of the North Hollywood area.” Vince praised Weider for the quality of his magazines and what he did to advance bodybuilding throughout the world. Joe and Ben Weider have done so much to advance bodybuilding to the prominent level it enjoys today. It would be hard to imagine the sport without their influence.

## **Quick Thoughts and Insights Learned From Vince**

If you are not making gains on your present routine, simplify it by cutting down to one exercise per muscle, cut back your sets and reps and start using better form. Notice he did

not say cut down on weight. Just use slower movements and do every set as if it were the last set you could do.

Never miss a workout unless it is absolutely necessary or your progress will be retarded.

At Vince's Gym only isolation exercises were used. There are relatively few exercises one needs to master. His secret was in the combination of these exercises, the strict diet, and the use of strict adherence to form. The more you know about training, the less complicated the equipment you need. The more you know about nutrition, the faster your results will be.

The proper weight is that which you can handle doing 80% of your maximum strength for eight repetitions. Too light a weight will not allow you to feel the exercise correctly.

The most important part of training is letting the mind induce blood flow by connecting the mind with the part of your body being worked. In short, pump, contract, feel.

Each muscle gets used to a workout by the third training session. A better form of progression is to change the workout rather than increase the weight. This way the body cannot adjust to routine and has to increase strength and muscle size to handle the unaccustomed work it is asked to do.

A real rejuvenator is one Vitamin C 10 mg. tablet every two waking hours for 72 hours.

For greater absorption, supplements should be taken at regular intervals throughout the day, every 3 hours.

Carbon foods such as white bread, sugar and pastries burn up Vitamin B which in turn causes abnormal thirst, thus bloating the body tissue with water.

Fifteen percent of your body gains are dependent on the stimulation in the leg department.

If you train too heavy you can't get big. You have to do a certain number of repetitions to pump the muscle up. The muscle is in large part capillaries. You can't develop a capillary on single efforts. The number of muscle fibers you were born with never changes. Your muscles get bigger because of capillaries.

Bodybuilding is at least 85% nutrition.

Minimum rest between sets is an absolute must.

Taken in the proper amount, Vitamin C can help you release excess fluids; it is as effective as medical diuretics.

Rules are made to be challenged, questioned, changed, or completely broken. There is no "absolute" right way, or wrong way, to work out.

The knowledge, depth, and complexity of Vince can be seen in all his works. Vince's Gym in Studio City California was the Mecca of bodybuilding for years. Established in the late 40's, it was closed some years back and has been replaced by another business. Vince passed away late in 1997 just shy of his 80<sup>th</sup> birthday. More bodybuilders and movie stars trained under Vince's watchful eye than any other gym in the world. To say he was ahead of his time is an understatement. His love and passion for exercise and nutrition was overwhelming.

I always felt Vince maintained his crusty and hard exterior to hide from the general public his compassionate and caring side. This is in no way to imply he was not without his moments. After all, do one thing wrong in his gym and he would show you the door in a second. Vince would not tolerate anything other than what he set as the rules. You lived by them and you died by them.

His popularly acclaimed courses sometimes fail to paint the whole picture for the reader. Very often you would have more questions after reading his material than before you started. I don't believe Vince intended it to be this way. I think it was more of

him being such a genius that he often forgot everyone was not on his level. Things he might take for granted and not fully explain, often resulted in confusion and more questions. Writing often does leave out details necessary for complete understanding, not intentionally but it does happen. You will undoubtedly discover words and supplements you may not have encountered before. You may even see some words that appear to be spelled incorrectly. Almost all came from Vince's mouth and hand. Remember, when he wrote and spoke these things times were far less sophisticated than they are today. Even the spelling of some medical terms has changed over the years.

Worth repeating, Vince was never that impressed or concerned with a bodybuilder's size. Some of the biggest names and bodies came from his gym back in the 60's but size was always secondary for Vince. It would be wrong to assert that he was only interested in size or only interested in shape and symmetry. He was interested in total development and health. Size, shape, definition, and symmetry had to be honed and sculptured into the student's ultimate potential, and I might add, in the shortest possible time. Vince's lack of patience also applied to exercise routines. If it did not produce results it was changed and he knew how to make the necessary changes.

Bodybuilding is still one of the greatest sports and activities around, barring none. But I feel something is missing. Oh, I know one can't live in the past and I am informed on a regular basis that the 60's, when I was so active in bodybuilding, the "Golden Era" is a time long ago and things have changed and advanced. That's true but something has been lost in the advancement. For all the great things that have come about, many things of perhaps even greater value have been lost and all but forgotten. The names of Dave Draper, Harold Poole, Frank Zane, Chuck Sipes, Don Howorth, Reg Park, Larry Scott, Bill Pearl, Freddy Ortiz, Sergio Oliva, Arnold Schwarzenegger, Joe Weider, Ben Weider, Joe Gold, Vince Gironda, and many others will always be associated with bodybuilding and their names will always draw comments of respect for what they have done for bodybuilding. These were men of the 60's. They are still recognized as being some of the best bodybuilding ever had. Many of the names I just mentioned as well as thousands of others were influenced by techniques, methods, and

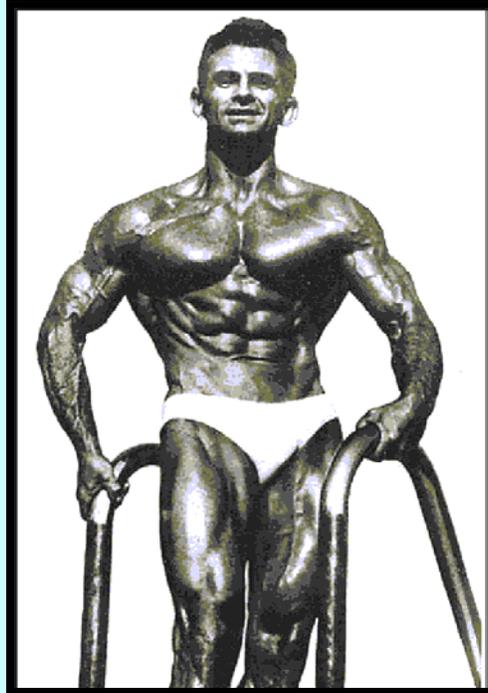
principles promoted by Vince Gironda, so was he right in what he spoke, taught, and wrote?

**Important:** I do not suggest or recommend you undertake any exercise program or follow any dietary information without first consulting with your doctor or health care professional.

# VINCE GIRONDA

## Legend and Myth

### Update Section



**Trainer of the Stars for over 50 years!**

By Alan Palmieri

© Copyright 2004 Alan Palmieri

# Vince Gironda Legend and Myth Update

## Introduction

You will notice in this section of the book a difference in some line spacing, font size, and other irregularities (such as Vince not including the sets & reps required for certain exercise combinations in the Q & A titled “Vince’s Volume-Efficiency Muscle Program” on page 112). These differences are due to the fact some of the material presented is in unedited form, as received from contributors to this project or, some items may have been altered and are provided in a more presentable format. Some items may have been faxed, emailed or provided via other methods and may not be of the best quality.

In any event, they do not distract from the intended purpose or content of the material. Often much of what I personally received from Vince was copied material. Some items appeared to be Xerox copies and the quality was not very good at all. I never mentioned this to Vince, as I was just grateful to receive whatever he would send. Besides, I do not believe Vince was really that concerned with the appearance as he was with the content. His information, message, thoughts, were and are what is important. Trying to get insight into one of the sports greatest minds requires knowing and seeing as much material as possible in different forms.

As in the first section of this book, this section also includes, what appear to be contradictions. You will notice some statements paying compliments and, from the same source statements not so complimentary. This was Vince, you could get his best and his worst. Even those that feel Vince was a tyrant had good things to say about him. In one sentence they would say how bad he was, then turn around, and praise him. It was how Vince was. Nothing fancy and Vince really liked to be the center of controversy. I think he thrived on keeping people off guard and giving them a rough time. It was sport for Vince. Some, as I did, took it because there was something to gain from it. Others resented it and completely turned on Vince. Nothing said then or now can detract from the contribution Vince Gironda made to bodybuilding.

# **The Master & Pro Series of Nutritional Bodybuilding**

## **Introduction**

Most people do not remember the Master and Pro Series by Vince Gironda. These two courses of information were very lengthy. If my memory serves me correctly, Vince charged about \$100 to \$150 for each series, at least that is what I remember from back then, they were expensive. The Master Series was considerably larger than the Pro Series, about twice as large. Both contained valuable information on diet, nutrition, supplements, and exercises. You would be hard pressed to find the originals of these courses. I have a copy and enjoy reviewing them from time to time as I do most of the material I have from Vince.

The material is very large in these courses but I felt it needed to be included in this book so I am providing just a couple of examples from each course. Basically each course had multiple courses within each one. The Pro Series I have contains 7 courses or volumes. The Master Series I have contains 11 courses or volumes. But, there are actually more than that in each one as Vince included sheets of additional information. Some of the pages were not numbered; some were actually inserted perhaps at a later date. In any event, these two series are all but forgotten except for the real diehards. I do not even recall ever seeing an advertisement for the series.

As you review these pages, you will undoubtedly notice some words spelled differently at times and some words not familiar or well known. In fact, some may not be known at all. This was pure Vince Gironda. He could write, talk, and get even the most scientific brain confused. Often there were typographical and spelling errors. Some are presented just as Vince had them.

The Master Series

Of

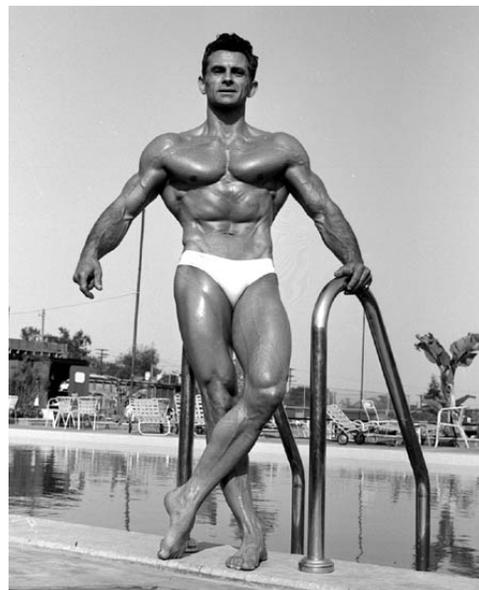
Nutritional

Bodybuilding

By

Vince

Gironda



The

Grandmaster

Of

Bodybuilding

Dear Student,

Your first month course is designed to give you the following nutritional benefits. The first diet is for detoxification. The second diet is designed to start you on a low calorie, high protein plan for burning fat and increasing muscle.

Let me explain to you the purpose of detoxification diet a simplified way. We want to detoxify your body from a build-up of “Over Proteinization”, high uric acid levels, and unhealthy additives in your foods. We want to flush excess fluids and fats from your system, and cleanse the mucus lining of the intestinal tract. When your body is fresh and clean, you absorb your foods properly on a low-calorie, low-carbohydrate diet. We also hope to prevent you from getting sick due to high toxic levels in the body and to a change in your eating and exercise habits.

The program you are about to begin requires good health and additional supplements to insure success. On the following page is a list of the vitamins that you will need the first month.

GOOD HEALTH!

Vince Gironda

## **BODYBUILDING FORMULA FOR SUCCESS**

### An Open Letter on the GIRONDA Secrets of Bodybuilding

By following my prescribed workout routines for at least a one-year period, you may develop formidable and impressive results which should transform your mental, spiritual and physical well-being to a desired stature. Transforming one's own physical attributes to the desired potential takes patience and guidance, with strict attention to details. Concurrent routines of nutrition and performance with adherence to form and dedication will lead to abundant, successful results.

The routines used include several formulated concepts which, when applied directly to your workouts, will ensure results; but, they must be done consistently. Never miss a workout unless it is absolutely necessary or your progress may be retarded. When taking a voluntary or involuntary leave of absence, as sometimes we all must, repeat an earlier or less complicated routine, then pick up where you last left off.

There are hundreds of routines which make use of thousands of exercises. At Vince's Gym, we use only isolation exercises. There are relatively few exercises one needs to master. My secret is in the combination of these exercises, the strict diet, and the use of strict adherence to form. The more you know about training, the less complicated the equipment you need; the more you know about nutrition, the faster your results will be.

"Patience", "Guidance", and "Determination" will allow you the good fortune of studying at the best gym in the world. Following my guidelines and you are sure to accomplish more in less time than ever imagined. We have a reputation to uphold, a tradition to maintain, and a desire to educate.

## **MY PHILOSOPHY OF BODYBUILDING**

To begin with, I feel that rules are made to be challenged, questioned, changed, questioned again or completely broken. There is no absolute right way or wrong way to workout. Too many bodybuilders unquestionably slave away year in and year out with exercises and concepts they never bother to analyze. I change my thinking and try to look at a concept obliquely and see if I have overlooked, or did not see, a side of the problem that I had not seen before. I experience things physically. When I experiment with a new exercise, I don't do it for one week or two or three, and expect to feel or see any difference. I give it a chance and let it become a habit pattern. The exercises you will learn from me have withstood a minimum of nine months of physical experimentation. You will now benefit from their proven results. I am flexible in my thinking and give new concepts a fair and working chance. I have no magical secrets other than an open-minded philosophy. If the old, worn patterns do not work, throw them out. If they, are partially successful, I'll creatively improve upon them, if necessary. If an old routine or exercise combination works, I'll use it. Why ruin a successful thing. In short, if it works and I get the desired results by changing, developing, renewing and altering my body, then I have attained the roadmap or blueprint to perfection as I see it.

## **THE MENTAL STATE**

The Zen masters, Hatha Yoga and Judo, teach us that the human race of today has lost all trace of an instinctive wisdom of the body. But I disagree in part. I have observed many top bodybuilders (champions) who still have this instinctive wisdom of the body, drawing it's essence from obscure biological memories going back to the beginnings of the world. The possibilities of physical expression from this angle are limitless. Achievement of any physical goal can be obtained when a person is in contact with this source.

In order to obtain this state of awareness, the Zen masters advise us to be completely aware of what we are doing at the moment. In short, physical discipline is a must. But this physical discipline should be free of all mental identification and all craving for becoming. One should see and feel as if one had already obtained the desired state of

being.

Let us now consider the all-important present- - the state of being which should be your state of mind. The easiest way to understand this is to explain the word “concentrate”. In the intransitive sense, concentrate means to bring all one’s powers, faculties or activities to bear upon a course of action, or thought, or object - - to fix exclusive attention to.

Hence: When one concentrates, he gives exclusive attention to a subject, action or thought, using all his powers and faculties toward one end (perhaps toward a definite conclusion).

### **DEVELOPING MUSCLE**

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 one should 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”. This principle explains why sprinters have larger leg development than long-distance 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 lost 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 one week. Remember, it takes 72 hours to rebuild tissue after this type of workout. 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 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 success, he is unable to guide you. Champions you must understand, are not necessarily teachers; however, 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 exercise 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 that statement is, think about every part of the movement as you do it. Don't turn your mind off. In short, concentrate.

## **STRESS**

Stress can be described as anything painful which upsets our equilibrium (workouts you do not enjoy). Stress asks for Fight or Flight - - we do neither - - so exercise.

The heartbeat quickens and the blood pressure rises. Hormones pour into the blood, alerting various organs sending sugar to the muscles. The digestive process turns off so attention can be directed to the threat. Red cells flow into arteries to help the body take in additional oxygen. The body is getting ready to release the pressure you are under by

Fight or Flight. But, unlike our caveman ancestors, we can no longer indulge in Fight or Flight, so again I say: EXERCISE - - and Hard!

No one can avoid stress no matter how metaphysical he tries to be and stress is the Bodybuilder's Number One Enemy! Stop driving yourself through workouts that are too long!

### **INSTINCTIVE TRAINING**

#### **Instinctive training is an illogical concept.**

The only way to work any muscle is to have as much understanding of that muscle as possible. Find out about:

\_\_ its function

\_\_ its anatomy

\_\_ the physiological function

\_\_ the proper temp at which you must work the muscle

\_\_ the selection of the right amount of weight to be used

\_\_ how many sets and reps need to be performed to stimulate the muscle to the maximum and not overwork it

\_\_ the selection of the right exercise to place the stress on the aspect of the muscle you need or wish to develop

Remember, the more you know about what you are doing, the more rewarding your results will be.

### **OVERTONIS**

#### **The Bodybuilder's Greatest Pitfall: Overtonis**

Overtonis is a condition caused by too many sets, too many different exercise combinations - in short - overwork, which causes muscle tissue loss, hormone depletion, weakness and smoothed-out appearance, inability to produce a pumping effect and general lassitude or weakness

Overtonis produces a stringy appearance with no healthy round look apparent in a properly worked muscle.

### **COMMON ERRORS IN BODYBUILDING**

1. Overtraining (anything over 45 minutes is overtraining)
2. Working out too slow
3. Full situps
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 bells 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 overworking a muscle by performing too wide a variety of exercises on a given muscle.
13. Jogging
14. Cheating exercises
15. Presses for deltoid
16. One-arm exercises
17. Mixing carbohydrates and protein
18. Behind neck chins on Pull-Down machine
19. Not working hyper extensions

20. Skipping breakfast
21. Swimming
22. Side Bends
23. Sag protein
24. Not ingesting enzymes at every meal
25. Not arching back on lat work
26. Distraction
27. Music in Gym
28. Not selecting the proper exercise for deficient muscle areas
29. Not keeping chin on chest, feet under, face and elbows wide on parallel dips for pecs
30. No knowledge of combination exercises
31. Not changing program often enough
32. No knowledge of breaking a rut
33. Not specializing on slow-growing areas
34. Not taking supplements
35. Taking too much supplements
36. Lack of concentration during workouts
37. Not having an expert to answer your questions
38. Unwillingness to accept new or different concepts

### **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% 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 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 overworking.

### **HOW MUCH IS ENOUGH?**

Just how many sets should you consider as enough? Depending on your power of concentration, this figure can vary from 3 to 15 sets. Anything over 12 to 15 sets will produce loss of pump or overwork (overtonis).

The tempo of the workout should be taken into consideration here because a stepped up tempo is another form of increasing the resistance. A fact to keep in mind is that to acquire more muscle tissue, you must increase the intensity of work done in a given time. This means that it doesn't matter how much work you do but how fast you do it. This is known as the OVERLOAD PRINCIPLE. For example, long-distance runners perform more total work than a sprinter, but the sprinter is doing more per second. Consequently, the sprinter's muscles become larger.

## **YOUR FIRST COURSE: PRE-CONDITIONING**

Pre-conditioning is essential for novice or advanced students and will give one the foundation on which to build the new body. Whether you are athletic, non-athletic, overweight or underweight, everyone must commence training on this course. Also, anyone returning from an absence of bodybuilding should use this course to reintroduce themselves to conditioning by spending a few days working out in the manner suggested herein.

### **SETS AND REPS**

Follow the format designed on the workout charts provided. You will notice that the reps, sets and weights vary. Do the exercises in the exact order as outlined. After the first three days, beginners should start off with the three sets of eight reps. Intermediate or advanced students may use five sets of five reps. Abdominal work should not be employed by slow gainers after pre-conditioning and should never be used to remove fat as it cannot do this. Abdominal work only builds muscle. Nutrition and fast workouts only reduce fat tissue. Calves are high rep muscle and twenty reps minimum should be employed. The pre-conditioning course leads directly to the first split routine and both courses should not exceed thirty-five minutes in duration. It is important to note that the body protects itself by going into central nervous system shock or overcompensates in stress situations. Highly advanced bodybuilders use this procedure to work into their full routines. That is why it is necessary to pre-condition in a minimal exercise program, utilizing energy in only thirty-five minutes before central nervous shock occurs.

### **SELECTING THE PROPER WEIGHT**

Choose the weight that you can handle doing 80% of your maximum strength for eight repetitions. Be able to dictate to the weight. Too light a weight will not allow you to feel the exercise correctly. The first set will be the hardest as the viscosity and form will improve in the following sets. Remember that progressive resistance exercise does not depend on completing every set with every rep. That is the challenge. Concentrate and be aware of the particular exercise being performed. The most important part of

training is letting the mind induce blood flow by connecting the mind with the part of your body being worked. In short, pump, contract, feel.

### **THE TEN COMMANDMENTS OF BODYBUILDING FAT**

1. Never mix protein, fat, and carbohydrates at the same meal. They do not digest in the same medium.
2. Cut out all food and diet drinks containing salt or sodium nitrates. Sodium retains excess water in the tissues and subcutaneous fat.
3. Stay away from or eliminate refined sugar.
4. Do not drink water during workouts or with meals. Water is a weight-gaining substance.
5. Fats are desirable and, combined with protein, help emulsify body fat and provide energy.
6. Half and half cream contains almost no carbohydrates and provides much desired bodybuilding nutrition. Throw away skim milk and homogenized milk.
7. Eggs are the best source of inexpensive protein. Use the best - - fertile eggs.
8. Carbohydrates mixed with protein turn to fat. Carbohydrates only turn to fat. Start counting grams of carbohydrates. Forget counting calories.
9. Stress or hyperactivity will not allow you to digest food properly, destroying muscle tissue. Eat slowly and put energy into your life.
10. Cigarette smoking will cause restriction of the capillary system you are trying to build, making muscle gains difficult.

### **FIRST MONTH DIET FOR WEIGHT LOSS AND FIRMING AND FOR HARD GAINERS**

For body types that have excess fat, potbelly, water retention, or want to cut up before muscle building, follow these programs exactly:

- I. FIVE DAY INTESTINAL CLEANSING PROGRAM.
- II. POSITIVE NITROGEN BALANCE DIET.

## **THE LACTO-VEGETARIAN DIET**

This is the most comfortable diet I have ever tried. It is composed of non-concentrated carbohydrates. It enables you to eat all you want and provides a sense of satisfaction you can never get from a high protein diet. I formerly used this diet on excessively obese people who could not lose weight on any high protein diet without a single failure. This diet produces a cleansing and detoxifying action from the roughage consumed. It also produces a detoxifying action by eliminating animal tissue proteins (over-proteinization). See Food is your Best Medicine by Henry G. Bieler, M.D. This diet plan consists of as many fertile eggs as you can comfortably digest, mixed in certified half and half (milk and cream) for breakfast. Mix the eggs with the half and half by using a fork. Blending in a machine of any kind breaks down the fat to minute suspension and the body is unable to digest it. The main body of this diet is the raw mixed green salad for which I will give you the ingredients, and they are:

1. A bed of raw spinach leaves, or lettuce and cabbage
2. Sliced zucchini or squash
3. Raw mushrooms
4. Carrot sticks
5. Sliced celery
6. Cucumbers (gas forming for some)
7. Water chestnuts
8. Cherry tomatoes
9. Cauliflower heads
10. Sprouts (bean)
11. Avocado
12. Raw beets
13. Green peppers

14. Parsley
15. Watercress
16. Chopped hard-boiled eggs

Toss and serve with olive oil and vinegar and garlic chopped fine or garlic powder. No salt in this salad, please. The vinegar will give you that salty taste.

The bulk of this salad will produce a cleansing effect in the intestines (bulk) which is important and produce regularity and detoxification.

### **COURSE DESCRIPTION**

Now that you have completed what I call my Introductory Course, your body is ready for a shock. Most of you slave away year in and year out without realizing that change, which certainly occurs daily in nature, that is necessary in bodybuilding. A shock to any muscle group is the necessary ingredient NEEDED to stimulate capillaries, as explained in Volume I, "Developing Muscle".

The Super-set routine is, by definition, one which exercises opposing muscle groups; for example, exercising the muscles of the back and then the muscles of the chest. Now, as for specialized application of the Super-set, I have instructed you to learn alternating sets of opposing muscle groups. You will learn to exceed the pain barrier and confuse (shock) the body. At this point in time, serious consideration must be given to the form of exercises as we are starting to "shape" as well as strengthen. You will use great concentration in this routine and wake up those sleeping muscle parts. Since you are now committed to following my workout procedure, it will come as no shock to you to learn there will be no ABB exercises performed this month. If you have forgotten why, reread Volume I. If you are still heavy around the waist, have patience.

Designing a workout program for a student requires that I locate all the weak points of each muscle you will be working on, and prescribe the exercise to develop the underdeveloped area of that specific muscle. The next step is to design a program to

work each muscle within the confines of the student's own personal recuperative processes, because overwork produces over-tonis or tissue loss. This condition is often evident in bodybuilders who overwork the abdominal area, resulting in a bloated and smoothed-out appearance.

### **MUSCLE CONFUSION FOR FASTER PROGRESS**

Considering the fact that each muscle gets used to a workout by the third training session, I have found that a better form of progression is to change the workout rather than increase the weight! This way, the body cannot adjust to routine, and has to increase strength and muscle size to handle the unaccustomed work it is asked to do! As I mentioned before, the body adjusts to routine very quickly and, in bodybuilding, this should be avoided. In short, keep the muscles confused. I tell my students that, if you do not see changes in each workout, you should ask questions; and I will find the reason changes are not occurring (overwork, nutrition, not forcing reps, etc.).

### **CREATE AN ILLUSION**

People always (upon meeting me at the bench) remark, "I thought you were six feet tall from a distance". This concept is one I train by. Achieve a longer-looking leg, diminish the hips, appear to have a smaller waistline, and accentuate the look of wider shoulders, back and chest. How do you do this? Easy - - choose the portion of each of the muscles that the average bodybuilder does not take notice of. The next step is to set up a program to work these muscle parts within the confines of each individual's recuperative processes - PLUS food combinations that help REPAIR MUSCLE TISSUE! Proportioning a muscle requires that you work one exercise only per muscle, because we are going to bring out a single PORTION of each muscle we will work on. So, we need all your strength and energy to maximally work each selected PORTION. Also, we need to recuperate from each workout 100% for fast GROWTH.

## **INTRODUCTION TO SHAPING SPECIALIZATION**

There are several exercises per given muscle that have any value. The balance are variations. This is the primary point I would like to make in reference to this short program. However, although it is short, it can be extremely difficult if you do not release the weights between sets and try to rest no longer than necessary to perform the next set. Remember, progressive resistance does not mean that you must add weight or do more sets and reps. This method of training is certainly progressive. Added weights and sets, I have found, mean only sloppier form. Do not try to rush this workout. Do every set in good form. Once you break through the pain barrier, you will feel no need to hurry through the routine.

Take Heed - Do not add to this workout because overwork causes a 40% loss of hormone. We are trying to produce hormones, not destroy them. Hormone loss causes toneless, feminine like tissue and loss of muscle size in males, and smoothed-out bloat in females.

The six sets of reps is Mr. Universe-type of training program. You must concentrate on developing these fast-growing areas of each selected muscle group. We will be bringing out those portions of muscle that project a charismatic physique, specializing in total body modification.

No Ab workout will be performed in this routine; however, hyper-extension and leg raises maybe be performed only two days per week and never at workout time so as to avoid nervous-energy shock. They are best done in combination with upper body day.

The eternal challenge facing the serious bodybuilder is how to build muscle size without adding fat. That is precisely what this diet is designed to do - - step up muscle tissue growth without necessarily putting on body weight. Extra body weight, gained quickly, usually results in a loss of definition, accompanied by an increase in the size of the waist and hips which causes a loss of symmetry.

Muscle tissues is built from proteins which are broken down into amino acids by the liver and synthesized (converted) into muscle tissue. Animal proteins (meats, eggs, cheese, milk, poultry, fish) are most easily converted into muscle in the body because they closely resemble the amino acid structure of human muscle tissue. In particular, milk and egg protein are great for building tissue for three important reasons:

1. Milk and eggs have the highest biological value (the ability to support life and growth) of all protein foods.
2. Milk and milk products (cheese, etc.) contain the anterior pituitary hormone which is secreted by the cow when lactating to accelerate growth of her calf. When humans consume cow's milk, they also benefit from the growth hormone contained in it.
3. Cow's milk contains four times as much lysine (an essential amino acid necessary for growth) as human milk.

For purposes of muscle growth, certified raw milk is superior because none of the enzymes are destroyed as is the case with pasteurized milk. Research biochemists have determined that there are 22 known amino acids needed by the human body. Of this group, ten are know as "essential" for growth. Cow's milk contains all ten in abundance. Another little known fact is that certain fatty acids must also be present in the diet and they tend to improve protein utilization.

One thing to remember is to allow your meals to digest throughly by lying or sitting with your feet propped up on a high footstool after each meal.

### **SETS AND REPS**

This Mr. Universe, nonspecialized bulk routine is performed by doing six sets of six reps on one major aspect of any muscle group. This is a two-day routine - Upper body one day, followed by legs the next day. Total workout time should not exceed 45 minutes. Monitor tempo, as hypnotic effect is desirable. Achieve the MENTAL STATE. TRY NOT TO RELEASE THE WEIGHT FROM YOUR GRASP BETWEEN SETS.

Special Note - Weight gainers may drink room temperature water from a cup (8oz.) between body parts.

### **SELECTING THE PROPER WEIGHT**

A substantial medium-to-heavy weight should be used only and only increased when no pump is achieved. A heavier weight will help you meet the pain barrier and feel the muscle.

### **THE ULTIMATE MUSCLE BUILDING DIET**

#### **Introduction:**

Thirty years' experience in the gym business has given me an insight into bodybuilding muscle that few men in the world possess. My nutrition advice has been used successfully by such stars as Larry Scott, Don Howorth, Reg Lewis, Jim Morris, Ray Routledge, Chris Dickerson, Pete Caputo, Gabie Boudreaux, Bob Birdsong, Dan Mackey, Don Peters, Charlie Fautz, Steve Davis, Sergio Oliva, Dennis Tinerino and countless others. I pioneered many of the nutrition concepts that have subsequently been proven to be the most effective for muscle growth and definition. Here is my favorite dynamite diet for increasing MUSCLE SIZE.

When I am approached in my gym by someone who asks about gaining weight, I usually respond with the following question: "Do you want increased body weight, or is it more size you are after?" Invariably, the answer is "Size!"

You should never confuse body weight with muscle growth. How much do you think an extra inch on your arms will affect the scale? Muscle, not weight, is the name of the game.

## RESUME

### **“BODY SHOP OFFERS THE REALLY BIG BUILDUP”**

by Ira Rifkin

Pass through the heavy wood door topped by a lucky horseshoe into Vince’s Gym and it quickly becomes apparent that the club is different from most bodybuilding facilities.

The usual collection of barbells and benches are present, of course, but Vince’s lacks the sleek appearance of most contemporary body shops, which cater to the business executive hoping to turn a few pounds of fat into muscle, or the bulging-bicep types who strut their stuff at the beach.

Instead, Vince’s, a 34-year old Studio City fixture that show its age, is a small, somewhat dark place where wood and brick are the dominant decor. Yet, it is also a place favored by bodybuilding enthusiasts from around the world, as well as Hollywood actors in need of molding their bodies to fit a role. “Every famous name in bodybuilding has used the equipment here,” says Phil Tauber, Gym Manager.

But the thing that sets Vince’s apart from most gyms is its Founder, Vince Gironda, “The Iron Guru” who places more emphasis on organic diets and mental conditioning than he does on actual weight lifting to achieve physical perfection.

Proper diet, says Gironda, a one-time Mr. Universe Runner-Up, is 75 percent or more of bodybuilding , which he refers to as “Body Sculpture”. And by a proper diet, Gironda (the author of a dozen books on exercise and nutrition) means the proper combinations of organically grown or raised foods in their natural and, whenever possible, raw state.

Gironda, who says he eats just once daily and has fasted for up to 40 days, calls his diet plan “Stone Age Nutrition”

“Man originally was a hunter and gatherer”, Gironda explains, “which meant he ate

one thing at a time. Primitives had a very restricted diet, but Americans mix foods without any regard to what foods are compatible”.

After a one-week detoxifying diet of raw vegetables, Gironda places clients on individualized diets that, typically, may stress a high-fat, high-protein intake, or high carbohydrates. In addition, the prescribed diet may change every few days.

“The body tells you what you need and when you need it, if you only tune into it. What we do is determine when to use which diet”, the 62-year old Gironda says.

HERE IS WHAT OTHERS HAVE SAID ABOUT VINCE GIRONDA, THE WORLD’S MOST INNOVATIVE AND INSPIRED AUTHORITY ON PHYSICAL CULTURE...

I just wanted you to know that I owe you (Vince) a great debt, perhaps even my life, for it was without a doubt my physical condition that helped me survive my recent accident...Erik Estranda, Movie Star.

\*\*\*

After 20 years of working out, I have just discovered Gironda; it’s a different world!... Gordon Story, Student.

\*\*\*

I was in a big rut, physically and mentally. Since I’ve purchased your books, read your articles and applied your techniques, I have improved more in the past couple months than in two previous years. Your theories seem valid, and full of common sense. In my estimation, you’re the best authority in the world on physical culture... Susan Fullmer, Health Food Store Retailer.

\*\*\*

I’ve purchased your books and they are absolutely fabulous... Roy Travis, Teacher  
I took the liberty of mentioning your books as recommendations to those seeking

safe, effective exercise results in my latest book on physical health... Philip Herbst, Ph.D,  
Author

### **COURSE DESCRIPTION**

Program V consists of four exercises per muscle, 8 full reps per set and 4-6 bonus (concentric contractions) at the completion of each set.

Also, I suggest on the last ½ rep (the negative aspect) to lower the weight as slowly as you are able to take the pain.

This workout is not a fast workout because we achieve the stress needed to trigger the growth phenomenon on the burns and the last ½ rep (negative). However, I still advise setting up the equipment for each of the four exercises involved so you can proceed when you feel ready.

The Pro Series

Of

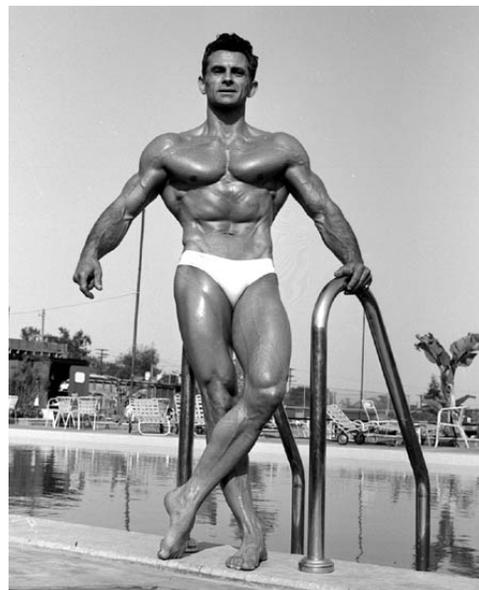
Nutritional

Bodybuilding

By

Vince

Gironda



The

Grandmaster

Of

Bodybuilding

**- VINCE'S RESEARCH MATERIAL -**  
In collaboration with: Dr. Clifford Amaduri

As to the principle of making workout time as short as possible, and even shorter later on, but of great intensity, here is a formula from Issac Newton's physics:

$$P = \frac{W}{T} = \text{Power} = \frac{W}{T}$$

$$\text{Power} = \frac{\text{Force (lb x distance (ft))}}{\text{Time (Second)}}$$

$$\text{Work} = \frac{\text{Force (lb x distance (ft))}}{\text{Time (Second)}}$$

Make a cut in time; the work is increasing for the same force and distance.

Result: Power is greater and muscle becomes greater in round measure size.

Genetic Superiority - Ability to Isolate P.N.F. (proprioceptive neuro-facilitation).

Makaway's got it! I don't.

## **PRO SERIES # II**

### **FACT AND COMMENT**

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 hand 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 eventually 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!!!

**PRO COURSE # III**

**EMPLOYING BURNS AS AN INTENSITY FACTOR**

**FACT AND COMMENT**

Poor calves should be worked everyday. Any muscle part (except bad calves) should be worked only twice a week with 3 days complete rest, including supplements. Psychologically, you are going to have a problem. But you must realize that to begin with, you are not working with enough intensity in the first place to sufficiently tax the muscle. But if you do, you must and I repeat must recuperate 72 hours.

## **PRO COURSE # III**

### **GENERAL INFORMATION**

Utilizing burns for maximum range of movement and increased muscle stress. This method is remarkable due to the fact that it insures total honesty (performance) of each and every repeat. Larry Scott always worked his biceps this way. Larry used 8 full repeats and 3-4 burns in the low position, and then 3-4 burns in the contracted position. To this day, Larry still employs this system and his biceps are still getting bigger every time I see him.

Burns are what I refer to as insurance and will undoubtedly be the most severe course I have outlined for you to date. I am suggesting 4 sets of 8 repeats on most muscles with 3-4 burns in the extended position and 3-4 burns in the contracted position. You may need a training partner to assist you to get the weight positioned in the contracted position and also take the weight from your hands at the completion of the exercise. This is the ideal method of working out. Needless to say, the form on every repeat you do should be very slow and exacting. If this is not adhered to, the program will not produce results. Cheat and you are only cheating yourself.

## **PRO COURSE # IV**

### **FACT AND COMMENT**

It is a known fact that exercise, in which there is a briefly sustained muscular peak output, releases a growth hormone. But, contrary to the so-called 100% failure system which doesn't work, because too much sustained stress does not necessarily release more growth hormone.

So, I feel it is not advisable to workout with that much intensity on each and every set. One set will do. This is the principle behind doing your first set 1 + ½ reps. This first almost to failure set is all that is necessary to trigger the growth phenomenon. The other 3 sets are capillary pumpers. (Less total intensity).

Note: Pause in the contracted position on the ½ reps.

## **PRO COURSE # V**

### **GENERAL INFORMATION**

Maximum general health due to diet and supplements insure good workouts, strength, pump, endurance and recuperation. Maximum metabolic stimulation via squats prior to working a specialized area 5 days straight each week is suggested for faster results. Two short negative workouts per day are more productive than one long counterproductive workout.

### **DIET INFORMATION**

Drink a minimum of liquids during meals, because it dilutes digestive juices. Drink no water during your workouts. This is a weight-gaining principle (o.k. for extremely thin people) dehydrated. However, you should drink 6 to 8 glasses of water daily. Water between meals act as a diuretic and releases water from tissues.

### **TRIGGER GROWTH MECHANISMS**

Workout, followed by eating one-half pound of beef. Take one tablespoon of aminos in milk and take a 90 minute nap.

## **PRO COURSE # V**

### **MENU AND SUPPLEMENTS**

#### **HIGH PROTEIN DISHES**

Raw Tarter Steak (Beef or Lamb)

Meat Loaf (Beef, Pork and Veal) or Thick Pork Chops Baked

Vegetable Omelettes or Eggs any style

#### **SUPPLEMENTS AND DIET PROCEDURES**

Amino acids with all meat meals and before retiring and/or naps

Hypo Zyme (8 glandular and 16 minerals) 4 tabs 3 times per day

Chelated Potassium and Nucleo Gland M before workouts

Alkaline foods every three days release stored sodium in tissues

72-hour carbo loading releases water from tissues

#### **LIST OF ALKALINE CARBOHYDRATES TO RELEASE STORED SODIUM IN TISSUES EVERY 72 HOURS**

1. Rice and escarole (steamed)
2. Tossed raw greens with onions
3. Cauliflower and green onions (steamed)
4. Broccoli, cheese omelet (low carbo greens permissible)
5. Waldorf salad, mayonnaise and orange juice dressing
6. Mashed rutabaga and potatoes
7. Tossed Italian green salad and vinegar and oil dressings
8. Coleslaw, vinegar and oil dressing
9. Steamed spinach with melted butter
10. Baked potato and steamed brussel sprout

11. Escarole tossed with onion (raw), Italian dressing
12. Lettuce wedges with oil and lemon dressing
13. Steamed green beans, olive oil and garlic powder

## SPECIALIZATION

### 3 sets of Each Down Rack

<u>PECS</u>	3 Sets of Inc Neck press, ½ laterals and Dips
<u>LATS</u>	Wide pull downs, 70 degree rowing, negative chins
<u>DELTS</u>	Military Press, Heavy high laterals and press; 90 degree laterals
<u>TRICEPS</u>	Compound B.B. pullovers. Kneeling rope pull, push down
<u>BICEPS</u>	Triple 6 for pump and burn and pro pump
<u>FOREARM</u>	Inc wrist curls, thumb up curl, Reverse Body Drag
<u>THIGHS</u>	Sissy squats, peaking leg curl and pulley squeezes
<u>CALVES</u>	Squat toe raise, standing toe raise and walk offs
<u>ABDOMEN</u>	Roman chair crunches and mini trampoline or Floor crunches

**PRO COURSE # VI**

**GENERAL INFORMATION**

**THE ALPHA STATE**

In order to workout in this desirable state, it requires you to workout upon arising. This is the favorite time of all the champion bodybuilders I have known

You will find that your strength is sometimes as high as 50% over any other time of the day. Plus, the sense of satisfaction achieved by early morning workouts is rarely, if ever, produced by workouts at any other time of day.

The secret is not to my knowledge ever revealed to the general public by the champs. They just, somehow, fail to mention it.

Vince Gironda

**PRO COURES # VI**

**POSITIVE NITROGEN AND BLOOD SUGAR**

- 6:00 a.m. Protein Drink, 3 oz. Half & Half, 2 raw eggs
- Supplements: 2 Coenzyme B12  
2 Liver Extract  
1 Amino Acid (Crystal)
- 7:30 a.m. WORKOUT
- 8:00 a.m. POST WORKOUT  
Raw Cottage Cheese  
Supplements: 2 Liver Extract  
2 Amino  
1 Coenzyme B12  
3 Pro gland  
Take Nap to trigger growth mechanism.
- 10:00 a.m. 3 to 4 oz. Meat (sliced beef)
- 1:00 or 2:00 p.m. Supplements: 2 Liver  
2 B12  
1 Amino (teaspoon)  
Light lunch with salad.  
Take 2<sup>nd</sup> Workout and nap.  
Snack
- 3:00 or 4:00 p.m. \*If carbo desired, use 2 hours after High-protein Lunch
- 6:00 p.m. Dinner -3-4 oz. meat and vegetable, an omelette or carbo dinner
- 8:00 or 9:00 p.m. If Carbo Dinner, eat few oz. Protein few hours later

**BASIC NUTRITIONAL RECOMMENDATIONS FOR**  
**CORRECTION OF NUTRITIONAL DEFICIENCIES**  
**OFTEN ASSOCIATED WITH BODYBUILDING**

Three Days On - 3 Days Off

In order for glands to secrete food, gland extract or synthetic hormones are required.

Adrenals - Gland tablets and panotothenic acid (alternate Vitamin C and fatty acids (Rachalin) also required.

Multi Glandular - multi and nucleo affords a balance. All glands depend on one another for balancing within the system.

If glandular system is not functioning properly, normal growth is inhibited. Balance system with specific multi-glandulars.

Optimum nutrition is necessary to build and maintain muscle and definition - Multi glandular tablets.

Pituitary - Master gland secretes 9 hormones. Actually produces growth due to its multi-balancing effect.

Start with a broad spectrum baseline product (nutritional foundation). All the basic nutritional needs are provided for imbalanced diets.

## **EXPLANATION OF SIT-UPS AND LEG RAISES**

First, it should be understood that full sit-ups 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 pelvic basin and the junction of these points. To illustrate, lie flat on your back, roll your shoulders and head foreword. At the same time raise your pelvis upwards 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 towards your buttocks. Now, in this frog position place your hands behind your neck and perform 1/4 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 a bicep or tricep, 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 exercises do not reduce fat. Only fast training where heart and lungs are involved will have any effect on your metabolic rate.

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 area sometimes known as the "second brain". Here can be found a great network of nerves and blood vessels that join and congregate. Abdominal work is such a shock to the nervous system that I could take any undeveloped beginner in my gym and add abdominal work and it would stop all muscular gains. Even stars like Larry Scott and Don Howorth rarely work their abdominals because of the shock to the arms which they are so proud of.

## Fact and Comment

By Dr. Clifford Ameduri, MD (Physical Medicine)

I. 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.

Insulin is the primary driver of Amino Acids into the cell.

II. Workout too hard and:

- Burn all your energy reserves
- Shut down insulin production
- Increase glucagons production
- Start working out on your “neuro transmitters” (norepinephrine) you shake – “over tonus”
- Blood sugar falls
- Amino Acids can’t get into cell
- 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 blood

2. Keep insulin going (production)

3. Don’t burn-off all energy reserves during workouts, so you don’t shut off all the insulin.

## **The Pro Series of Nutritional Bodybuilding**

### Basic Nutritional Recommendations For Correction of Nutritional Deficiencies Often Associated with Body Building

3 Days on – 3 Days Off

In order for glands to secrete food, gland extract or synthetic hormones are required.

Adrenals – Gland Tablets and Pantothenic Acid (alternate Vitamin C and fatty acids, Rachalin) required.

Multi Glandulars – multi and nucleo affords a balance. All glands depend on one another for balancing within the system.

If glandular system is not functioning properly, normal growth is inhibited. Balance system with specific multi glandulars.

Optimum nutrition is necessary to build and maintain muscle and definition – Multi glandular tablets.

Pituitary – Master gland secretes 9 hormones. Actually produces growth due to its multi-balancing effect.

Start with a broad-spectrum baseline product (nutritional foundation). All the basic nutritional needs are provided for imbalanced diets.

## General Information

### Conjunctive Muscle Course

### 72 Hour Split Routine

This course follows the theory that the blood should be kept in one area to achieve maximum pump (Chest, back, and delts). Then move the blood to yet another conjunctive area (tricep, bicep, and forearm), finally legs.

Chest, back and delts are worked on Monday. Triceps, biceps, and forearms on Tuesday, and legs on Wednesday. Start over on Thursday, Friday, and Saturday.

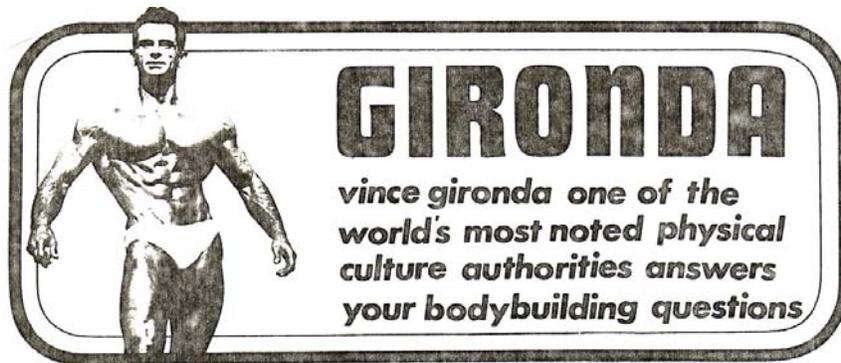
The best time to work out is when your blood sugar is highest, which is in the morning hours. Another thing I would like to stress in that the fact that any exercise course is dependent on supplements used. I have never personally trained any pro who did not depend on supplements to balance his nutritional intake. It is impossible to get maximum results without supplements.

Each course is sent out every sixty days. Always ask for your next course by the number of course that you want. Also, send for your next course a week before you finish your present one.

Here are a few rules to remember about the workout procedure. The breath that you use to talk to someone in the gym is also the breath you could have used to do your next set. Learn to use constructive cheating. In other words, do those couple extra reps you feel you can't do by cheating a little. Train over your head. Time every workout and try to progressively shorten the rest time between sets. This is a form of progression itself. Learn to be aggressive in your workouts. Do not tolerate interruptions, become impervious to everything around you.

The difference in this or any other course I write is the mans attitude who is using it. Its success or failure is how it is used. It is up to you.

## Questions and Answer Section



The following section is devoted to questions and the response Vince gave. Aspiring bodybuilders ask many of these questions today and the response, for the most part, remains accurate even today.

## VINCE GIRONDA ANSWER'S QUESTIONS

### VINCE'S VOLUME-EFFICIENCY MUSCLE PROGRAM

**Q.** Dear Vince, I am doing about 30 exercises 8 sets 12-15 of each. I want to be bigger, make more of an impact with my physique. I eat loads of chicken and fish, vegetables and other high protein foods. I keep training for a pump; doing more and more work each day. Should I take Lecithin or dolomite? Please help me. I need to make progress. I'm sick of no gains.

Sincerely,  
Steve Orwell Jr.

**A.** Dear Sir, Your combination of exercises and sets and reps are not in the form, I will explain. You are doing too many things that negate the good things that you are doing. It's a shame you haven't read any of my training manuals, because all of your questions are answered in detail. We will start with your routine: Remember, do no more or less without checking with me first. Also be aware that, I can't go into any great detail. That, you can only get from a personal consultation with me in the gym, here in California. (Personal Consultation)

### DIET – HIGH FAT HORMONE PRECURSORY PLAN

**BREAKFAST:** Supplements & 6 Fertile eggs in 3 ounces of half & half cream. Beaten with a fork (Do not use blender). You can use up to 3 dozen eggs a day.

**LUNCH:** Same as breakfast, with supplements.

**DINNER:** 1 lb. Steak and Supplements, every 3 hours take 3 Amino Acid tablets and 3 Argentine Beef Liver Tablets (Defatted).

DO NOT TAKE: Dolomite or Bone Meat Calcium, take Phosphorous free Mollusk and egg shell calcium. Do not take Lecithin (it smoothes you out) do not use wheat germ, use Tri- Germoil. Do not eat chicken and fish. (Eat Beef) Do not eat tuna, yogurt, peanuts or protein powders mixed with milk.

This is a High Fat diet and you do not need Carbohydrates.

PEC ROUTINE:

[Compound incline D.B. Press](#), Knuckles facing opposite hands – elbows at right angles in the body. Elbows are always in this position on any pectoral exercise. Compounding is alternating 2 exercises on the same muscle. Next 34” wide parallel [Pec Dips](#) - Chin on Chest – Back Rounded – Toes pointed to floor and under the face. Elbows are at right angles to the body. Dip down as far as you can, stretching to reach the floor with a double bounce at the bottom. It is important to know, you actually do not have to come up all the way to arm locked position to work this position of the Pectoral (no synopsis). Particularly in your case, as we are trying to work the widest part of the Pec to create an illusion of greater width across the chest and to make a pec line that runs up and down under the delt in a seeming unbroken line. Perform this combination – 6 sets of 6 reps – on each of the exercises, alternate each exercise.

LAT ROUTINE:

[Overhead pull down](#) – Hands 12” apart on a straight bar – Sit directly under the overhead pulley – Grasp handle with elbows unlocked and out to the side – Slowly, pull down – Gradually draw head back and arch your back – Also draw shoulders together and keep chest up. Compound this using a low pulley and do a [Racing dive lat pull](#) (90 degree position). In other words bend at the hips until thighs and abdomen are touching – Head down between shoulders – Arms outstretched and unlocked at the elbows (no synopsis). From this position pull 14” wide bar back – Begin to arch your back, at the same time pull head back, until bar touches Sternum, (Never let abdomen lose contact

with thighs.) The arch is in the Lumbar and upper back. Compound these 2 exercises without rest or hesitation until completing 4 sets of 8 reps, on each exercise.

DELTS:

**B.B. upright rowing** – Hands shoulder width on bar – Knees slightly bent, back rounded and shoulders forward – Stay in this position throughout the performance of this exercise. With an unlocked elbow, rest B.B. on upper thigh – Then pull up and out to 10” in front of the Chest. Never straighten back and heave back at the high part of the move. **D.B. Laterals** are alternated (compounded) with the **Upright row**. The same knee bent, back rounded position is assumed in this exercise. The D.B.’s are held with the 4 bells touching in front of the thighs – Elbows are bent and breaking to the side – Next raise the weights and slowly pull the back bell of each weight higher than the front bell. We refer to this move in the gym as pouring the water out of the front end of the D.B.

TRICEPS:

**Heavy B.B. supine pull-overs** – Head off the end of bench, at the ear level, 12” wide overhand grip. Start your move over your eyes – Arms extended, lower in and arch back – Over head no lower than bench level to 3” below the bench – Keep the elbows in and high – Complete the move with bar over chest at arms length. The next exercise is the **2-D-B. Pullover** – Performed in every way as the B.B. Pullover, except that the hands are facing each other.

BICEPS:

The famous **B.B. Preacher Curl** and the **90 degree Barbell peaking curl**, Grasp barbell under hand at shoulder width – Step up to Preacher stand and rest elbows only near the top of padded area – Left foot under the stand and the right leg back to act as a prop – Lower bar and at the arms extended position allow bar to roll down to the hooked and extended fingers – Close hand, curl wrist and bring bar up smoothly, until bar touches Delts and Chest – Repeat – Next bend over, pick up a B.B. about 1/3 of the

weight off the Preacher Curl and bend over placing elbows between the bent knees – Hands on bar slightly narrower than shoulder width curl to neck peaking out force a belly.

#### FOREARMS:

[Under-hand forearm curls](#) – Thumbs under bar shoulder width – Hands off the end of the knees – Bent over position – Hips higher than knees – Perform with the hands exactly the same as the start of Bicep Preacher Curl, Next exercise the shoulder width overhead – Thumb on top B.B. – [Body drag \(Reverse Curl\)](#) bar touching both ways up and down. Never!!! Let the elbow travel forward! You will be lifting the weight with the front Deltoid. (this also applies to under-hand barbell curls.)

**This upper body routine is performed three days a week. Alternate days, legs only.**

#### THIGHS:

[Hack slides](#) – Heels 16” apart and back to the rear of the foot plate – Toes out wider, 26”, 8 sets of 8 reps (never lock out at the top) Compound this with wide [“Plia” Front Squats](#) – Heels 18” apart – Toes out as wide as you can get them. At all times must the hips remain under the shoulders (Never Back) – Use the 1 and ½ style for all 8 reps and sets. Full rep and ½ rep constitutes one rep.

#### CALF:

[Donkey raises](#) with a man 30 pounds lighter than your body weight. Keep slightly unlocked – Feet parallel 4” apart – Drop down to a full stretch – Come up with all the stress on the big toe area – At the same time stress on an inward pressure between the heels. Calves are always worked 20 reps minimum. Compound with [Toe press on leg press machine](#), with 20 pounds less than body weight. I would advise leg work 3 days a week. Harder leg work makes everything else respond 15 to 20% better.

Sincerely,  
Vince Gironda

### **TRIP HAMMER TRICEPS**

**Q.** Hello Vince. My dad used to train big time serious back in the 1950's at the old Muscle Beach in California. I was asking him how the guys trained back then and he said that you were one of the top guys around who really impressed him. He said that you carried around a 49-inch chest and 17 inch arm. He went on to say that the contour of your muscles, especially your triceps created the greatest attraction.

I would love to have a big old horseshoe tricep muscles sticking out of my shirtsleeve. How do you accomplish this Vince? I just have to know.

**Alex Greene**  
**Miami, FLA.**

**A.** So you want big horseshoe triceps do you? The way I did it back then was to pick out certain tricep exercises like Tricep Press Downs with a lat machine, while leaning back against a post for greater tricep tension, hands 10 inches apart. Another exercise I would do was the Dip on the parallel bars with the upper body arched. Tricep bench dips were another good one. My heels were about the same height as my hands and I would try to force my elbows together as I dipped. A couple of other good tricep exercises I would use was the seated tricep extension and I would finish off the routine with tricep Kick-backs. Oh yeah, I also used and have done so up to today the One-Arm Dumbbell Tricep Extension

I am very particular as to how I perform an exercise. I have always advocated using correct posture on any exercise my students or I might be doing. I have never been one to rest much between sets of an exercise and continually attack the triceps or any

other muscle for that matter, rep after rep, set after set. This is the only way to do it if I want my muscles to respond exactly as I wish them to react.

This keeps the triceps “hot”, flushed with blood, and is more receptive to the additional exercises. I believed back then that it was important to give the triceps or any other muscle plenty of variable work so it can be trained from all angles, so that the long, medial and lateral heads of the triceps receive proper stimulation. This is what I now call “A Muscle Has Four Sides”.

I would do 3 sets of 8 reps in each of the tricep exercises. Remember it’s not what you do for a muscle like the triceps, but how you do it!!! If you want to get larger and more contoured triceps, you would do well to follow some of the exercises I have mentioned here. If they were good enough for me-then they should certainly be good enough for you.

### **THE GIRONDA SECRETS OF BODYBUILDING**

**Q. Mr. Gironda, I buy every book, course that is published on bodybuilding and nutrition just hoping to find out some of the secrets of champion bodybuilders. Sometimes I really get confused when I read all this stuff. I have just started subscribing to Muscle Mag International and I really enjoy “The Wild Physique” column that you write each month. You are a very generous and sincere person to invite people to write questions to you. What are the bodybuilding secrets you know about, that I should know?**

**Johnny Jones**

**West Haven, Connecticut**

**A.** It’s nice to hear from you Johnny. There are what I call the Gironda Secrets of Bodybuilding. By following my prescribed workout routines, either from the ones I write in this column, or my books or here at my gym, for at least a one-year period you will develop the following: Formidable and impressive results which should transform your

mental, spiritual and physical well-being to a desired stature.

Transforming one's own physical attributes to the desired potential takes patience and guidance with strict attention to details. Concurrent routines of nutrition and performance with adherence to form and dedication will lead to abundant, successful results.

The routines that I suggest include several formulated concepts which, when applied directly to your workouts, will ensure results; but they must be done consistently. Never miss a workout unless it is absolutely necessary or your progress may be retarded. When taking a voluntary or involuntary leave of absence, as sometimes we all must, repeat an earlier or less complicated routine, then pick up where you last left off.

There are hundreds of routines, which make use of thousands of exercises. Here at my gym, we use only prescribed isolation exercises. There are relatively few exercises one needs to master. My SECRET is in the combination of these exercises, the strict diet, and the use of strict adherence to form. The more you know about training, the less complicated the equipment you need; the more you know about nutrition, the faster your results will be...

“Patience”, “Guidance”, and “Determination” will allow you the good fortune of studying at the best gym in the world. If you can't do that then enroll in my 12 month MASTER PROGRAM through the mail and then on to a 12 month PRO SERIES. If you can't even do those then follow the advice in The Wild Physique column each month, utilizing the instructions I have given to you in this letter. Follow my guidelines and you are sure to accomplish more in less time than ever imagined. I have a reputation to uphold, a tradition to maintain, and a desire to educate the bodybuilding public.

### **REP LIMITS**

**Q. Vince. Some of the bodybuilders I workout with have told me to do 15 reps**

**per set for muscles like the “quads, “hamstrings”, “calves” and “abs”. For the rest of the remaining ones they say 8 reps is good. What do you think about this advice?**

**Gary Lain - Portland, OR**

**A.** Gary, I’m going to tell you a story which relates to my experience regarding the subject of exercise repetitions. I positioned myself behind the Preacher Bench (Scott Bench etc.) in my gym. 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 low biceps in good, slow, smooth, form (Cadence). I had no number of reps in mind. Just a good honest set in as perfect form as I could achieve. The number of reps I usually did was 12. I ended up performing 24 reps with no more effort or strain than if I had performed the usual 12.

The example I am trying to make 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 . I continued to rep-out to the point where the muscle was actually able to perform before it encountered a feeling of truly needing glucose.

### **BREATH CONTROL... HYPERVENTALATION**

**Q.** Dear Mr. Vincent Gironda. Years ago, I wrote you a letter please asking you about “Peripheral Flushing”. With your most generous help it was explained to me. Recently I ordered your course How I train the Movie Stars. It was full of details but I do not understand how it is that I should breath during each exercise. I get breathless. Again I will be considerable indebted for your generous help. Thank you and thank you for the spartan diet plan you sent to me.

**M. Othman**

**Perak, Malaysia**

**A.** Dear Mr. Othman. It is always nice to be appreciated and I thank you for that. If you will remember, I personally mailed you an answer to your question on “Peripheral Flushing” along with the spartan diet plan. Since you spoke of receiving it I naturally assume that you didn’t bother to look for your letter and my answer in the September 1991 copy of Muscle Mag International.

Breath control is the secret of the cardiovascular type workout in my course How I Train The Movie Stars.

Inhale and exhale on the up movement as well as the down movement. This will force oxygen into the blood stream, 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 set 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 thighs (knee bent) 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.

Most physique contestants have to catch their breaths at different points in their posing routines. I always performed a well-timed and smooth routine.

Mr. Othman, it might be a year before you find this letter in a copy of Muscle Mag International, so I am air mailing it to you personally. Regards - Vince

### **THE PERFECT CURL**

**Q.** Me and my training buddy are from New York City and have been disciples of your training methods for quite some time now. We train at a gym where your

with the “in crowd” if you sport at least an 18-inch upper arm. At 6-foot tall we both weigh a rock hard 210 pounds. I think we can get our arms up from their present 17 ½ inches to over 18 inches without using any anabolic steroids. Most of the guys in the gym who have the herking big arms do a lot of “Cheating Curls”. By this, I mean they get a start on the weight by a lean forward and a “fast” thrust away from the thighs. The weight is taken up to the delt region with a lot of back bend and unrestricted arm movement.

Vince, do you think we should follow the “big arm” boy’s example or do you know a way to do a curl movement, which would give us better results?

C. John Lewis

New York, New York

A. Thanks for the letter. It’s a pleasure to receive a letter from a person every once in awhile who doesn’t have a double digit I.Q. and sincerely seeks quality training advice. When I think of cheat curls or any other exercise in which cheating is done, I think of a movement which immediately reduces the contractile desire of the muscle at the beginning of the exercise and throws the major tension into the belly of the muscle, which in this case is the biceps. This might sound all right to you because stress at some point in the movement itself should stress the bicep belly, but not at the beginning. Why? Because doing cheat curls in the way you described theN means that the ligament and tendon attachments, which start the arm to bend, do not receive correct stimulation and development. If you don’t have contractile power here on the lower side of the bicep you will lack that fine muscle tone, speedy reflex action and complete usefulness.

In my gym I do private one-on-one personal training sessions for 300 clams (\$\$\$) for out of state bodybuilders. During your private seminar with me one of the exercises I teach you is The Perfect Curl or complete curl. This curl involves the three aspects of the biceps-low, belly and high or peak. The first part of this curl (done with a barbell) is: with the elbows, resting on the pelvis or hipbones and the body inclined with the head and shoulders just back of the hips. This particular technique of the curl involves the

lower insertion of the biceps as the barbell is curled the first 10-12 inches. At this point, the upper torso of your body is then starting to travel (head and shoulders) forward until it is in an erect or vertical position. This part of the curl involves the belly of the bicep. The third part of the curl is where the upper torso (shoulders and head) incline forward and the contraction part of the rep is completed. This third part really attacks the peak of the bicep. O.K., reverse the procedure as you lower the weight. You have to use a weight you can handle in proper form, say about 60 percent of your maximum barbell curl.

Each rep should take about 6 seconds to perform from start to finish, and all your sets should be performed with the same poundage. Don't get too cocky with the advice I have just given you, because I feel this unique and innovative technique of curling should be taught by me on a personal one-on-one basis, where I can spot any problems.

### **THREE DAY CALF BLASTING**

**Q. Vince, I have a problem building up decent calf size. Not that my calves are really that small because they measure about 17 inches, which really isn't that bad I guess, but my thighs measure in excess of 27 inches at a height of almost six foot so they appear smaller than they actually are. I am presently doing a Nautilus Double-50 Calf Routine. This consists of doing two sets of 50 repetitions in the standing calf raise.**

**For the first set I will use 50 pounds less on the calf machine than I would normally use for 12 repetitions. I try to get 25 strict reps, where I pause in the top contracted position and the bottom stretch also each and every rep. After the first 25 reps my calves are burning like crazy and I can barely stand it, but I go on to force or cheat out 25 more reps. That's the first set. I rest about 60 seconds and while I am resting I gently knead the calves. I start set number two and I usually can only get maybe 20 strict reps before I begin cheating out the final 30 repetitions. Since I am cheating so much, raising up on my heels, I really try to emphasize the**

**negative part of each rep, where I lower my heels very slowly. I only do this routine 2 or 3 times a week or two consecutive weeks at the most. I think I've maxed out my potential on this routine and I wonder if you could give me some secret tips and a workout which will blast my calves up to 18 inches plus?? Thanks dude!**

**Ron Baktis**

**Spokane, WA**

**A.** The exercise that I advise you to use are the Donkey Calf Raise (stand on a 4-6" high calf block about 24" away from a 3 foot high exercise bench or table.), Hack Slide Calf Raise, Seated Heel Raise and the Reeves Toe Press (done on a vertical leg press machine, with the glutes in front of the platform. Hands on slightly bent knees. Keep heels in and drive off with big toe and second toe).

On the first day of your calf routine choose three of the above exercises and do them in tri-set fashion to build up the calf muscles as quickly as possible and as well add necessary shape. Do each exercise one after the other for 3 sets of 20 reps each. After this workout REST the calves for 3 days then choose two exercises for the calves, say perhaps Donkeys and the Seated Heel Raise. Do these in super-set fashion for 3 sets of 35 unhurried reps. Again, REST for 3 days. O.K. now pump your brains out by doing just one set of an exercise like the Howorth Heel Raise which is almost like a Standing Calf Raise except you stand back on a calf block which is 16" from the shoulder unit. Your body should be angled about 80 degrees. Do heel raises non-stop for one minute. Work up to 5 minutes of non-stop calf raises over the next few workouts. Since the range of motion is so short compared to a long-range movement you are going to be able to perform heck of a lot of repetitions especially when you hit the five minute mark. On this exercise your feet should be parallel to each other and 4 inches apart. Raise up on the big toe area on the ball of the foot.

### **CRASH DIETING**

**Q.** Dear Mr. Gironda. My son reads your column each month in this magazine

and from what he tells me, it is a learning experience each and every month, but I never really paid any mind to what he was saying till recently. My son recently placed an order for a couple of Muscle Mag Annuals, which were published back in 1980, and 81.

I am a 36-year-old housewife who used to enter beauty contests when I was in my late teens and into my mid twenties. For the last ten years or so I have not taken very good care of my body and it shows. I have gained an extra 30 pounds of fat and my waist has gone from 21 inches at 5' 3" to just over 30 plus inches. Anyways I happened to pick up a copy of the 1981 Muscle Mag Annual, which my son had received in the mail. In there did Ron Kosloff title an article "Reflections of Vince Gironda". The article gave quite a bit of background info on you regarding nutrition and training concepts that you have developed over the years. After reading that article, I am really excited to think that you might be able to help me lose the extra 30 pounds I gained. I have been on a number of those quick-fix weight loss diet schemes and sure enough, I lose the weight, but just as surely, I gain it back again. How come? My next question is "What is the bodybuilder's sandwich?" Would it be good to eat when I am on a diet? Thank you very much for any advice you can give me.

Vicky Vincent  
Detroit, Michigan

**A.** Hi Vicky. The mailman just handed me your letter this morning and I will answer it now before I leave the gym at 11:00 a.m. You say that you are 5' 3" tall. Depending on your bone structure which if you are small and carry a 5 ½" wrist, medium with a 6" wrist or a large bone structure with a 6 ½" wrist your body weight when your in good shape should be anywhere from 108-115 pounds so you must be weighing anywhere from 138 to 145 pounds.

The reasons why reducing diets fail is that the lack of any nutrient causes the body processes to be thrown out of balance (synchronization). This may sound like an

oversimplification. The so-called dietionists in popularity today are constantly trying to prescribe oversimplified diet plans for people. These diet plans try to make the unsuccessful dieters think that this or that fancy named diet is the answer. Granted, some of these inadequate, unbalanced diets show some loss of weight for a short period of time, but none produce a lasting result. Simply because the organism seeks to cling to a balance, which it considers its own (compensation).

To begin with, dieters such as yourself need to start with a basic formula which includes a balanced number of elements. Every so-called best sellers list diet on the market today is using some aspect of nutrition in an effort to make dieters think that they have discovered an oversimplified diet. They are suggesting that this particular formula has magical properties. Upon inspection, you will find that these diets, because of their oversimplified formulas work only for a short period of time. Eventually you will find that these oversimplified formulas always blow up in your face and reverse results are always showing up with a multitude of potholes. You are right back where you started, looking for a new bestseller trick diet so try next.

The Bodybuilder' Sandwich is something you could include in your diet with great results. Take a slice of cold roast beef and roll it up in a slice of low sodium provolone cheese. This combination of protein and fat proves extremely satisfying and is very easy to digest. As you may have guessed both the cheese and the cold, roast beef are available in any supermarket deli.

Try to get back into a good exercise program if you can. Women do not react to exercise any different from men. Good luck Vicky.

### **A FAT BURNING PLAN**

**Q.** Dear Vince; I'm currently a 40 year old male. I stand 5' 8" with a heavy bone structure, and weigh 217 pounds. I've weighted this for the past 11 years. I can bench press more than my body weight for reps, do 50 sit-ups a minute and jog

**a mile in 5 minutes and 11 seconds. I try to jog 5 miles or cycle ten miles on my mountain bike everyday. I'm in the gym always four times a week. I have been trying to lose weight and I know that diets don't work as a long term solution to weight problems, but for me they don't work at all. So far I have completely stumped three physicians with my apparent inability to lose any weight at all. What is your advice? Do you have any special nutritional supplements or training techniques that will be dramatic in that it will help me lose weight permanently?**

**W.J. Rigg**

**Gaffney, S.C.**

**A.** Hey Rigg! Before I get into answering your questions can you answer a couple for me. Why in the heck are you doing bench presses and sit-ups? As far as I'm concerned the bench press is the most worthless pec exercise in the iron game. The same goes for the sit-ups. The full sit-up is not an abdominal exercise nor is it a fat reducer. Another common error I see in your bodybuilding routine is jogging.

I know you say that you weigh 217 pounds at 5' 8" but have you ever had your body fat versus lean muscle tissue checked out? If you're only carrying 15% body fat or less then you're not really over fat as you state in your letter, but I don't know this since you didn't tell me nor did you send along any photo's of yourself.

So you can't lose fat can you? You said you couldn't lose weight so I assume it's fat your talking about. The diet I am going to give you 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 fruits. No meat, fish, chicken, eggs or cheese. Whole grains and rice are allowed. The following will give you an idea of how to design meals.

Breakfast	Lunch	Dinner
Steamed Grains	Caesar Salad	Steamed Vegetables
or	or	or
Steamed Rice	Raw Vegetable Salad	Eggplant Casserole
or	or	or
Steamed Vegetables	Fresh Fruit Salad	Wheat Pilaf

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.

Quit the bench presses and the sit-ups!!! Do the barbell neck press which I consider a very valuable exercise. Bring the bar right down to your neck, holding your hands over your elbows. I really feel the CRUNCH is the perfect AB exercise for building great abdominal.

### **WORKOUTS FOR THE 40-70 AGE GROUP**

**Q.** Hi Vince. I am a 42 year old and have been pumping the iron for the past six months and yet very little has happened except that I do have some injuries that is causing a decreased performance in some of my exercises. Nothing major really. The thing that might be slowing me down is the training volume for my age level. It takes me about 1 ½ -2 hours to get through my workout. I have a couple of questions. Can you give me some tips on triggering the muscle growth mechanism in my body? And how do I know when I have done the perfect set? Thanks...

**Reid Cross**

**Waverly, OH**

**A.** Reid, the first thing you have to accept is that you do not need to do the same

maximum workout everyday. Your bio-rhythm levels differ from day to day. This also does not mean that you should not workout twice a day! If your energy level is up for a particular day (that day is when you feel that every exercise you do is great and a real feeling of satisfaction engulfs you). On a day like this you actually don't want to end your workout. Better than taking a longer workout wait four hours and workout again. The actual critical time of training effort is between 20 and 50 minutes. This is when the blood testosterone and sugar levels are at their peak. So you can see that a long workout is counterproductive, but two short workouts are very productive.

Of maximum importance get on a good exercise schedule, because your body thrives on regularity in all that you do. One of the best ways you can do this is to send me \$10.00 for a copy of my course **A Muscle has Four Sides**. It really gets into the two short workouts a day thing and in it, I show you how to build the most amount of muscle in the shortest time possible.

As far as triggering the growth mechanism, you can do this by;

1) Pushing yourself to 90 percent of maximum effort on a high energy day where your blood testosterone and glucose levels are really elevated above resting levels.

2) Keep your body in an anabolic state or positive nitrogen balance by supplying your body with 20 grams of first class protein every three hours during the time you are awake. This really triggers the growth cycle.

3) Your body will get stronger every set performed until you reach P.W.E. (Peak Working Energy) or second wind (3<sup>rd</sup> work set).

Peak working energy has something to do with finding the 'perfect set' you asked about earlier. The way to do this is to check and see how many sets and reps it takes to achieve a maximum pump. Work until you find the set that causes you to lose a pump. Exclude this set and you then have the maximum number of sets you receive a pump

from. This will vary from day to day and depends on the testosterone and glucose levels I mentioned earlier. Bill Pearl says that he would like to have three perfect sets. The first one would get him full steam, the second would get him over the hump and the third would give him a strong desire to get back into the gym the next day and do it again.

### **TOTAL SUPPLEMENTATION**

**Q. Vince; I take all the diet supplements that are needed for building super size and raw muscularity, at each of my three main meals (breakfast, lunch and dinner) I take the following Supplements:**

- 3 Amino Acid Capsules for muscle tissue growth**
- 10 one-gram liver-extract tablets for strength/endurance**
- 3 Lipo capsules choline & inositol fat burners**
- 2 HCL (hydrochloric acid) tablets- protein digestion**
- 3 Lecithin capsules - burn bodyfat & increase skin tone**
- 2 Calcium (4 at bedtime)-maintains calcium phosphorus  
Balance and tranquiles diuretic**
- 1 500 mg. C-A natural diuretic**
- 2 B Complex capsules - provides necessary enzymes for  
Carbohydrate combustion to create that energetic feeling  
when I “hit the gym”**
- 5 Germ Oil Capsules - male hormone precursor that  
facilitates tissue growth**
- \*Substitute 3 Iron Tablets at dinner only**

**After taking all these supplements, I am still not achieving the progress that I feel I could be making. I will welcome any advice you might wish to send my way.**

**E.M. Schwartz**

**Wilmington, DEL**

**A. I feel you should take supplements more than five days in a row. A brief rest of two days to detoxify and then you can go back to taking them. In this way the body will**

grab all the nutrients when they are available without super saturation and over toxifying. Vince.

### **MEGA ARM BUILDING SYSTEM**

**Q.** Hi Vince, I read the Wild Physique Column that you write for each issue of Muscle Mag. I am really an arm buff so when I read how to do the perfect curl in the September 1991 issue of Muscle Mag I really wiggled out. Your description is exactly opposite of what I have been doing. No wonder I haven't been making gains lately. Do you have anything else pertaining to arms, which will give me another initial burst of progress on my arms of say half-inch or so? What's the phone number? That way I can call you and talk in more detail about building some really big guns.

**Richard Gain – London, England**

**A.** Here's a three week mega arm building system that will literally shock your arms into one-inch on new growth. This is a triple compound super set arm blasting routine. Grasp an easy curl barbell with both hands using the normal palms up curl grip. Lower your hips until you are in a semi-squatting position where they are parallel to the floor. Your elbows should be touching the inside of your thighs near or on the knee's. Curl the barbell for 5 honest reps. Next stand up and with the same weight slide your hands out to the inside collars and curl the weight in body drag curl style (bar 2-inches from the abdomen and chest to the neck) for 5 reps.

The third part of this movement is to step forward and place your elbows on the preacher's bench and do 5 reps here. Now without hesitation hurry to a flat bench and grasp your barbell with a 10-inch wide palms down. Lay down on the bench. From arms length over your chest lower the barbell to your neck by keeping the elbows high and close together as in a downward curling movement. The next step is a slow gliding movement from the chest over the face and down behind the head. From the behind the head position, pull the bar up to arms length over the chest, then down to the back of the

head and slide it across the face to the chest. The third and final part of this movement, still using the same hand spacing elbows to the side, press the barbell from the neck straight up to arms length over the neck. I advise 5 reps here for this 3 part movement. Do this routine as I described it Super-setted for 3 to 5 sets. It will give you one-inch on your arm size in three weeks.

Please don't tie up the phone line by calling me. I am expecting a call from a publisher regarding a new book I am thinking of writing!

P.S. If your still doing the perfect curl you will get more out of it if you do things like 1/4 reps or burns. Do two burns on each rep plus six burns on the last rep. This can be done in the low range movement, middle or high part. Do this on the portion of the muscle you wish to bring to prominence. Finish off the last rep of the set with a ten second count in the negative part.

### **TRAIN FOR DEFINITION**

**Q.** Hey Vince my man! I was talking to another soul brother about you and I was telling him that as far as I was concerned you probably had the maximum amount of definition and muscularity humanly possible of any bodybuilder in the last 50 years. Hey dig, you make Clarence Bass look like the Pillsbury Doughboy. My friend says you weren't always that way and in fact you once weighed 187 pounds and looked plenty smooth. I'm not the betting kind but I've put up a fin (\$5.00) that says my buddy's wrong. So what's the scoop?

**Rocky Ford**

**Marion, OH**

**A.** You loose!!! Your friend is right. Years ago I did weigh 187 pounds and at my height of 5' 8 ½" I felt I could get in better shape if I lost 22 pounds of fat and enter the MR. USA. I did this over a period of 8 months through determination, a diet high in protein, vitamins and minerals and the right training methods. I used 10 sets of 10

repetitions for my upper bodywork and 10 sets of 20 repetitions for my legs and abdominals.

I worked my upper body on Mon-Wed-Fri starting with arms, then the deltoids, then the pecs and the lats last. On Tues & Thurs, I worked legs and abdominals. I use only one exercise for each muscle, which triples the work on it. I always pick an exercise, which will pinpoint the particular weakness in a muscle and work it very hard.

I do use other alternate exercises from time to time. The secret of this program is to work as fast and furious as possible to help burn off fat around the muscle and skin where it really counts. For example, I was able to perform 10 sets of 10 reps in just 4 minutes by the clock. You may say this is impossible but this is the schedule I followed in my definition program.

As far as my diet for breakfast I would eat steak and eggs. I wouldn't eat a lunch but at my evening meal I would eat a steak and a big salad. During that time I felt no loss of strength, my endurance was unlimited and I felt great and had lots of energy. Vince.

## **FOREARMS**

**Q.** I guess I am like many other hardcore bodybuilders who feel that the arms are without a doubt the most impressive of all the muscle groups. One thing that bothers me about arm training is that many bodybuilders will as Weider says, "Bomb & Blitz" their biceps and triceps, yet they give no attention to forearm development. This is a big mistake and one that I have made in my own training. Quite a few of the guys I know rag about some of your training concepts, such as not having a squat rack in the gym and advising bodybuilders to stay clear of bench presses.

I'm not writing this letter to blow smoke Vince but I am a dyed-in-the-wool "Iron Guru" disciple. I tell everyone who will listen that while you don't have a

squat rack in the gym you do in fact have a Smith machine and that machine can be used to perform your famous Metabolic squat. Why do benches, when I can get slabs of sculptured pecs doing those “V bar” dips.

**One area of muscle development that your critic’s don’t ever mention is that every student of Vince Gironda comes away with huge meaty forearm development. It seems to be a permanent muscle fix because I saw a recent picture of Larry Scott at age 53 in his new book Loaded Guns and his forearms are still mind boggling as ever. What’s the \$1000 (dollar) secret to brutally huge forearms?**

**Scott Dawson**

**Gary, Indiana**

**A.** Scott, your correct in your observation that all of my students come away with as big forearms as their genetics will allow. Larry Scott’s are tremendous and don’t forget Mohammed Makkaway who had a set of the largest and most vascular ever for a man of his stature.

Forearm size and strength is a great confidence builder and that general heath is measured by the grip. I was once asked why I was giving forearm work to a male model that had hired me to get him in ripped shape for an assignment in Egypt. I explained that my reason was more psychological that physical, so in a sense I was not wasting his (the male model) time and energy on a body part that would not change to any great degree. Forearms’ training was and still is a means to building confidence, aggressiveness and vigor to enhance a person’s workout.

A good forearm workout using my training concepts here at Vince’s Gym would be:

Forearms

1. [Decline Barbell Wrist Curl](#)

Place a 10" box under the legs on one end of your flat workout bench. Straddle the bench facing the low end. Hold the barbell with a 6" wide hand spacing and press your elbows and forearms into the top of the bench,

supported on both sides by your knees, hands holding the barbell, hang over the end of the bench (under hand grip, thumbs under). Now curl pausing for a 2 count at the top. 2 sets of 10 reps

2. **Body Drag Barbell Reverse Curls**

Grasp a barbell taking a 16" wide hand spacing, taking an overhand palms down and thumb on top of the bar. With the bar touching the thighs and keeping the elbows back curl (drag the B.B. up your body) the barbell up to the belt, waist, or horizontal position for 4- ½ reps, second 4- ½ reps from horizontal to neck position. Now do 4 full body drag reverse curls from your thighs to your neck. 3 more sets

3. **Zottman Dumbbell Curls**

Stand facing a mirror with a dumbbell in each hand. Palms are in facing the side of the thighs. Start with your left hand. Curl out to the side with your elbow pressed against the side of the hip. When the dumbbell reaches the top position slowly turn the dumbbell over and down in front of your chest with the palm turning down. As the left arm straightens at the arm extended down position, slowly rotate the palm to the original starting position with the palm in and ready for the next rep. At this point start the procedure with the right hand. Alternate hands. 4 sets of 12 reps

On the body drag barbell reverse curls and the Zottman dumbbell curls, use the Larry Scott secret of doing 4 - 6 burns on each set in both the contracted and extended position. Remember these are just 1/4 movements. Do a ten second negative rep on the last rep of each set. Your form on each and every rep should be very slow and exacting, otherwise this program will not produce results.

**THE ALPHA STATE**

**Q. Vince, You probably don't remember me but you published a letter of mind**

in “The Wild Physique” column of the Kennedy Muscle Mag. I explained that usually I could do 10 squat mauling reps with 250 pounds and that would be all she wrote but on one special occasion I really dug in and did 18 reps with that weight. Next workout I was back to the normal 10 reps with the 250 pounds. You said that I had entered into what you call an Alpha zone where my mental and physical state merged to optimize my normal strength levels.

You said to be happy that I had the opportunity to experience it and that hopefully it would happen again. Vince I am writing (I tried to call but some guy said you were out of the office) to tell you I had experienced the Alpha zone again, but this time it happened with the bench press. Usually I get a big triple with 300 pounds but on my last workout I did 11 reps with this weight. It’s been awhile since that letter was published and I and the readers who read your reply understand the Alpha zone, the new readers who missed reading that letter and answer might not know what I am talking about in this letter. Thanks!

**Edward Bett – Yuma, AZ**

**A.** It is good to hear from you Ed. I remember well your letter which was published in the October 1987 issue of Muscle Mag in my Wild Physique column. It is very thoughtful of you to think of the new readers of Muscle Mag and my comments 5 years ago regarding the Alpha zone. I am really busy right now working out a deal with my book publisher and I could just say that the Alpha zone is a combination of perfect concentration, perfect tension, perfect training tempo and a perfect range of movement within the set and leave it at that but I can’t and refuse to leave the readers hanging. In order to workout in this desirable state, it requires that a bodybuilder workout in the early morning because strength levels can be as high as 50% over any other time of day.

As mentioned to you previously, I have entered into the Alpha zone a few times in my life and one that I remember most was the time I was getting ready to do some curls on the preacher bench. While I was waiting for the man before me to finish up his sets and step aside, I concentrated on the perfect set of preacher curls in my mind for 12

seconds. Then I continued to concentrate for 12 more times of 12 seconds (two minutes and twenty-four seconds). By now I was in a state of meditation and ready to go. I picked up the barbell, took the proper grip which was wide to the inside collars of the 5' exercise bar. I then placed my elbows close together with the top of the bench stand 3" below the peck line. My shoulders are rounded forward over the preacher stand and both feet are parallel. I begin by lowering the barbell smoothly to the low position, and then I slowly curled the bar up to where it touched my collarbone. I always make an effort to keep the shoulders rounded forward in order to finish out the curl properly.

I was only interested in working the cephalic (outer head) area of the bicep muscle in good, slow, smooth form (cadence). I had no number of reps in mind. Just a good honest set in as perfect form as I could achieve. The number of reps I usually did with this particular weight was 12. But due to the fact that I had achieved at total Alpha state during the waiting period (where I concentrated in to a level of meditation), 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 make 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. I continued to rep-out to a point where the muscle was actually able to perform before it encountered a feeling of truly needing glucose.

Your nutritional awareness is an important and not to be forgotten key to achieving the Alpha state. That's why I tell my students and you Muscle Mag readers the value of keeping at least 20 grams of amino's in the blood every three hours by taking 4 amino caps every three hours, plus 10 to 20 liver tablets (100 per day). Drinking 2 ounces of  $\frac{1}{2}$  &  $\frac{1}{2}$  dairy cream with 6 raw eggs mixed in is important too. Oh yeah, don't forget to pop 2 or 3 amino acid tablets during your workout too.

Ed, your 300 pounds for 11 reps over your previous best of 3 reps proves that the Alpha state is just not my own unique experience, even if it did happen with that darn

bench press. Enough!!! Vince

### **STRESS SETS**

**Q.** Vince, I am currently seeking to develop overall size, strength and muscular mass. To do this I am following two types of workouts. I do one workout which I'll call "A" three times one week. Then the following week I'll do a workout "B" which is done twice per week. Workout "A" is as follows:

<b>Full Squats</b>	<b>2 sets (x) 10 repetitions</b>
<b>One-legged Calf Raises</b>	<b>3 sets " 20 "</b>
<b>Heavy dumbbell Presses</b>	<b>2 sets " 10 "</b>
<b>Behind Neck pull-ups</b>	<b>2 sets " 10 "</b>
<b>Supine (flat) bench presses</b>	<b>2 sets " 10 "</b>
<b>Regular Grip Chin-ups</b>	<b>2 sets " 10 "</b>
<b>Parallel Bar Dips</b>	<b>2 sets " 10 "</b>
<b>Two hands barbell Curl</b>	<b>2 sets " 10 "</b>
<b>Tricep press down (lat mach)</b>	<b>2 sets " 12 "</b>
<b>Palms up wrist curls w/BB</b>	<b>2 sets " 15 "</b>
<b>Regular Grip Chins</b>	<b>1 set " 10 "</b>
<b>Parallel Bar Dips</b>	<b>1 set " 10 "</b>
<b>Stiff legged Deads</b>	<b>2 sets " 15 "</b>
<b>Dumbbell Lateral Raises</b>	<b>1 set " 10 "</b>
<b>Barbell Press Behind Neck</b>	<b>1 set " 10 "</b>

It's midnight as I write this letter Vince and I forgot to list Bent Arm Flies with Dumbbells, which I do before each set of Supine (flat) Bench Presses. I do these for 2 sets of 10 reps in the pre-exhaust method which Robert Kennedy advocates. On the dumbbell presses, I use what is called a parallel hand position where all four parts of the dumbbell face each other and I always hold my elbows back in line with my deltoids. I'm lucky because the gym I train at now has a swivel

**grip pull-up type bar and I can use a parallel grip in the behind-neck pull-ups. I super-set barbell curls and tricep press downs. My legs are lagging so I am going to start out my routine with leg presses then leg extensions and then squats in my routine. Workout “B” is like this:**

<b>Stiffed-Legged Deads</b>	<b>1 set (x) 15 repetitions</b>
<b>Full Squats</b>	<b>2 sets “ 10 “</b>
<b>Barbell Standing Presses</b>	<b>2 sets “ 10 “</b>
<b>Regular-Grip Chin-ups</b>	<b>2 sets “ 10 “</b>
<b>Parallel Bar Dips</b>	<b>2 sets “ 15 “</b>
<b>Two Hands Barbell Curl</b>	<b>2 sets “ 10 “</b>
<b>Palms Up wrist curls w/BB</b>	<b>2 sets “ 15 “</b>
<b>Stiff-Legged Deads</b>	<b>1 set “ 15 “</b>

**I am making decent gains on these two routines so far but one thing bothers me. With the exception of the thighs where I was advised by the head instructor to do three exercises, I am only doing one exercise per body part and I am only doing one or two sets each. Is the instructor right about only doing one exercise for each body part? I await your professional answer. Yours truly.**

**Eddy Irman**

**Farmington, NM**

**A.** Your instructor and many biochemists are right in a way. One exercise per muscle will work. As a matter of fact proportioning a muscle requires that you work one exercise only per muscle to bring out a single Portion of the muscle you are working on. You need all your strength and energy to maximally work each selected portion.

Having made that statement, I now must declare as I have in much of my writings and past “Wild Physique” columns, that the profile of a muscle can have anywhere from four to six aspects to visually produce 3 different looks and it takes a different exercise for each individual one. You simply can’t do that with in the confines of one exercise

done the same way. My famous Body Drag Curl (which I instruct in the premier issue of Muscle Mag Video Magazine) which due to its maximum stress on the gravitational level produces belly or middle biceps and peak. The preacher curl is hard to start but develops the brachialis anticus and the lower portion of the biceps. For the supinated aspect, you need to supinate dumbbells outward and curl the hands beyond the deltoid to get the outer leaf. The inner head of the biceps is aggravated by keeping the hands together and curling up into the chest.

Do 8 honest reps then forced reps, burns or negatives or whatever feels right to get the additional 4 reps. Eight to twelve reps provides a good stress set!!!

### **THE ZERO EFFORT PRINCIPLE**

**Q.** Well hello Mr. Gironda! I have been using a training principle which seems to be working for me but I am just curious as to what you think about it. I work the chest by beginning with 2 warmup sets with 35 percent of my maximum single unfatigued best rep that I can do currently. I do 15 to 18 reps each set and they are easy as pie. After these, I hold a dumbbell in each hand in the stretch or bottom position of the bent-arm fly exercise. I hold this position, Oh I guess for 45 to 60 seconds and just stretch and it feels so good. Now the hard stuff starts. I do as many bent-arm flies as I can with 80 percent of my max single flying weight. I go to what is called positive failure. When I can't do anymore of these I don't even put the dumbbell down but I then do as many dumbbell bench presses as I can again to positive failure. Boy are my pecs roasted, but I can't quite and without any rest at all I drop the dumbbells in favor of the barbell which is 50 percent of my maximum and do as many reps as possible to positive and this time negative failure. You have to have a training partner to help with this blowtorch set of negative reps. Now I run and grab a set of dumbbells that is 40 percent of my max flying weight and crank out as many reps as possible to positive failure. Then I change from the flying position to a dumbbell press position while still lying on the flat bench and blast out as many reps as I can muster, again to positive failure. I feel like a miniature Mike

**Mentzer at his best. Counting the warm-up sets I am only doing a total of 7 sets for my chest for this cycle. I do four more cycles for the chest, thighs and back. The rest of the muscle groups only take 3 cycles. Twice a week every second or third day is the key to this thing and only for 3 to 6 months. So what do you think of it Vince?**

**Tony Snowden**

**Biloxi, MS**

**A.** Greetings from the “Iron Guru” Tony. The system being employed by you is a modification of the pre-exhaust, which I understand is exhausting a muscle part and moving on to another section of the same muscle. The plan with the system you are using is that the original fibers worked continue to be exhausted. Pre-exhaustion, in other words gets around the problem of tired supporting muscles, limiting the effectiveness of the exercises that work both primary and supporting muscle groups. Heck, my friend Kennedy explains this in his book Savage sets. As far as I am concerned this is a method escaping hard work and possibly overworking the area originally desired.

The area overworked in that sense, that too many cycles of sets and reps without adequate poundage are being used. The result of this Tony is that it creates a loss of tone and caused the worked fibers to go flat and smooth out, (over-stimulation due to causing muscle shock), as desired earlier. If you are going to follow the program you listed in your letter I advise you to stay away from using exercises like Bench Presses for the pecs, Deep Knee Bends or Squats for the thighs, Pressing for the deltoids. All these are common errors of bodybuilding.

### **AMINOS AND PROTEIN**

**Q.** Dear Vince. How are you doing there in the mecca of bodybuilding? Fine I hope. I just bought a bottle of amino acid tablets and are they expensive. It cost me \$40.00 and I really couldn't afford it for the nutritional part of my training program but somebody at the gym said they were great, so I went ahead and did it. I wonder if you could tell me how much protein I am getting? It didn't really say on the label.

**I'll be waiting to hear from you my friend.**

**R.G.**

**Kihei, HI**

**A.** You cannot decide on the protein content of an amino acid because the amino acid is now something different. It is either isolated, branch chained or otherwise. In fact an amino acid is nitrogen.

So what are we talking about? Three different things. Protein, Amino Acids, and Nitrogen. When you can decide what we are talking about, then I can give you a straight answer. I'm not qualified to give you an exact answer how much protein is in a given amount of "X" amino acid product, simply because I am not a biochemist. You have to go to a biochemist to determine your metabolic rate and rate of absorption to get a proper answer. Then, the chemist can determine your needs and if the product you are using yields the required (ratio and amount of) aminos, total protein, etc.

Realistically I use the trial and error method, which has yielded definite, positive results. You can tell rather quickly over the years what kind of protein or amino acid supplement a student needs. So far, scientific testing has validated my efforts.

You learn to take what you feel you can utilize. You have to test things on yourself. The directions on the label may not be for you. Usually they are more conservative out of necessity, practicality and the FDA. We are totally unique and different; going by a published report or label is only a guideline. That should do it.

### **TEN COMMANDMENTS OF BODYBUILDING DIET**

**Q.** **DEAR VINCE:** Back in the May 1992 issue of Muscle Mag International, I wrote a question to "Ask Bob" regarding what he thought were the very best training tips out of the literally hundreds mentioned in his book Reps! In addition, Dr. Dardens "100 High Intensity Ways to Improve Your Bodybuilding". His reply was surprising and shocking but it has sure saved me a lot of time reading through

**all the bodybuilding books on training.**

**That got me to thinking. There are nearly as many books on nutrition for the bodybuilder as there are ones on training. I don't want to bother Mr. Kennedy with my question, because I have heard that in addition to publishing his books and magazines he is busy trying to make a million dollars by opening 3 new Muscle Mag outlets. Mr. Gironda, with a heartfelt sincerity I ask what in your valued opinion would be the top ten nutritional tips of this decade or any other for that matter.**

**Morrie Zimmer**

**Anchorage, AK**

**A.** DEAR MORRIE: Here is what I personally consider to be the ten commandments of the bodybuilding diet.

- 1. Never mix protein fat, and carbohydrates at the same meal. They do not digest in the same medium.**
- 2. Cut out all food and diet drinks containing salt or sodium nitrates. Sodium retains excess water in the tissues and subcutaneous fat.**
- 3. Stay away from or eliminate refined sugar.**
- 4. Do not drink water during workouts or with meals Water is a weight gaining substance**
- 5. Fats are desirable and combined with protein help emulsify bodyfat and provide energy**
- 6. Half and half cream contains almost no carbohydrates and provides much desired bodybuilding nutrition. Throw away skim milk and homogenized milk.**

**7. Eggs are the best source of inexpensive protein. Use the best — fertile eggs.**

**8. Carbohydrates mixed with protein turn to fat. Carbohydrates only turn to fat. Start counting grams of carbohydrates. Forget counting calories.**

**9. Stress or hyperactivity will not allow you to digest food properly, destroying muscle tissue. Eat slowly and put energy into your life.**

**10. Cigarette smoking will cause restriction of the capillary system you are trying to build, making muscle gains difficult.**

### **TRIGGER GROWTH MECHANISMS**

**Q.** Dear Vince, I've read just about all the pseudo-scientific/intellectual junk that people like Arthur Jones and Dr. Ellington Darden (and some others) have written, and they'll always be many who actually believe their words just as P.T. Barnum was believed by the simple and naive.

It's almost sickening to read where they ridicule and blatantly believe all the bodybuilding realities that have been proven over-and-over by demonstrations and finished products for dozens of years. Let's simplify the whole thing once and for all. If someone asked you the secret of igniting the muscle growth mechanism in 20 words, what might those 20 words be?

**Gary L. Goober**  
**Decatur, TN**

**A.** Dear Gary, workout, followed by eating one-half pound of beef. Take one tablespoon aminos in milk and take a 90-minute nap!!!

## TWO TECHNIQUES

**Q.** Dear Vince, I am curious about a couple of things. First, you mention in your writings that to bring out a given part or aspect of the muscle as you call it is to do things like  $\frac{1}{2}$  plus  $\frac{1}{4}$  reps in the beginning or low range movement, or belly of the muscle (middle range), or peak high part. You say that these  $\frac{1}{2}$  plus  $\frac{1}{4}$  reps will produce the shape to the muscle that is desired. You call these movements' burns. What year did you invent this technique? Secondly, what do you think of Larry Scott's Up and Down the Rack System? Just curious.

Lee Berger

Provo, UT

**A.** Dear Lee, Your question on the burns technique is interesting because this method was used way, way back. In the early 1920's there was a lifter attached to the Bill Pullum club in Britain, whose name was Arthur Verge. He weighed around 132 pounds but had 16-inch arms. Verge's favorite exercise was the two-hand curl with a barbell. In fact for years he held the British record - - - can't remember the poundage - - - but he used the old 56 pound block weights, those with a half moon cut out of the top and a bar bridging the gap. If you ever have an occasion to get a hold of one you'll see just how tough it is to curl one. Anyways, Verge would do fifty alternate repetitions with the two 56 pound block weights. Then he'd do three or four burns at the end of the fifty rep set. Verge had big arms but there was one man who was lighter and arms just as big. The guy was Jose Prada, a Mexican Roman Ring artist, who stood just five feet tall and scaled around 124 pounds. His arms were 16 inches. He would tie a 15 pound dumbbell around his waist, jump up and get a hold of the rings, palms out, arms dead straight and would then pressing outwards, press himself up into a crucifix position and do reps. No bend of the arms, pure deltoid and arm power.

Up and down the rack technique is associated with Larry Scott (the first IFBB Mr. Olympia) but he didn't invent it. However, many young bodybuilders will get this impression. Again, this goes back to the old European, particularly, German training

days where there was “Der Kette” in ever-German gym. On the Kette or chain were dumbbells ranging from 20 to 110 pounds, roughly, since the dumbbells were in kilos. The trick was to up and down the chain curling, then pressing the dumbbells overhead and back again to the starting poundage. Herman Goerner was the only man able to do this in his gym, the Leipzig Weightlifting club. There is nothing like giving credit where it is due, to help you win friends and influence people. Whew!!!

### **PEERLESS VINCE**

**Q. Hi Vince, I don't have a question on training or nutrition exactly, but what I do have to ask you is about the kind of life you have lived; what was the last contest you entered and what you thought of it? I know this may be a little too personal for your liking but I for one would like to know. I'll bet some of the Muscle Mag readers who follow your column wouldn't mind knowing what you are all about as well. Here's hoping Vince.**

**Calvin Sheard**

**Charlotte, NC**

**A.** It's kind of nice receiving your letter Calvin. I can just kind of kick back here at my gym in Studio City and reminece. I was born on November 9<sup>th</sup>, 1917 in Bronx, New York and I lived there till I was eight years old. My father's occupation was that of a motion picture stunt man and it was only natural that his occupation moved me and the rest of the family out to Hollywood.

Physical fitness was of course part of a stunt-mans make up and my father planted that fire in me but it wasn't till I was 22 years of age before it took hold. It was then that I started working out with the weights at the Hollywood Y.M.C.A.

Two years later in 1941, California held its first ever Physique Contest. I placed 6<sup>th</sup> overall and after only two years of training. It set the seal upon my decision to make bodybuilding my lifetime career.

In 1949 I entered the Pro Mr. California and placed 4<sup>th</sup>. After this came several San Francisco contests and then in 1952, I won 2<sup>nd</sup> place in the Pro. Mr. America contest, being narrowly beaten by John Farbotnick.

The fruits of my success as a physique competitor were not without its thorns. My thriving gym (I've been here since 1948) demanded constant attention and as a result my personal training diminished. It wasn't until 1958 that I once again got into competition shape and placed 3<sup>rd</sup> in the Pro. Mr. USA contest. The gym business again intervened up until 1962 when I made my appearance at the 1962 Mr. Universe in London England. I just missed 1<sup>st</sup> place and the fitting title of Mr. Universe. I was however very happy with the outcome of that contest. If I never enter a physique contest, again I will consider the 1962 Mr. Universe the high point of my competitive bodybuilding career. The enthusiasm and gentlemanly manners of the British people I met were charming to me.

For this contest in 1962, I experimented with myself as to definition and took the middle road here. In the Pro. Mr. USA in 1958 I was far more defined than I was in England and after losing the "Most Muscular" title subdivision to a smoother, more bulky muscled bodybuilder named Bob Sheley, I decided definition was not the essence of muscularity. Briefly, I define my goals in bodybuilding as cosmetic shape first, raw muscularity second and I consider muscle bulk last. I realize that size wins many physique contests but I will not pander to girth and lose shape, tone and definition. I intend to win on my own ground without prostituting my ideals. I am simply not willing to surrender my ideals!!!

### **20" Arm Routine**

**Q. Dear Vince, For the past several weeks, twelve to be exact, I have been doing a "Giant Sets System" for my arms. I pick out six or eight of my favorite exercises for this muscle group, the I go all through them in a row without resting. Then I**

begin it all over again, doing the six or eight exercises, resting 30-60 seconds etc. I do this for 4 sequences. Each set only lasts 30 seconds, but each sequence is different slightly. Let me explain. During the first sequence every set of each exercise is done in a full-range of movement. By this I mean I do them from the extended (starting) position, on through the mid-range of the exercise and finally in the contracted (finishing) position and reverse the procedure for lowering the weight back down each time.

On the second sequence I divide the movement into three parts actually. One-third of the way down, two-thirds of the way down, etc. My idea is to move to each position and return each time. For example, I move the weight to 1/3 then up, move 2/3 then up and finally to full extension then up. Remember I only train 30 seconds in these varied ranges.

The third sequence I work in the middle range (1/3 to the 2/3 position). On the fourth sequence I divide the exercise movement into half, doing the lower half and return and then the upper half. I guess it's like the 21's concept without the full reps at the end. The following exercises that I use are as varied as possible to ensure the muscles are worked from every conceivable angle. The exercises I do are; Barbell curls, tricep-push-downs, seated dumbbell curls, seated barbell french press, dumbbell concentration curls, one-dumbbell tricep extensions and finally the EZ reverse curl. I train arms on the Mon-Wed-Fri gig and it's taxing to say the least. I'm getting 12 sets over 4 sequences for the biceps & triceps and 4 sets for the back of the forearms.

I try to use as heavy as poundage as I can for whatever sequence I am doing. I've got my arms up to 19" with this system of training, but I notice they haven't budged in quite a while. Do you have any arm training advice in your bag of goodies Vince, that will help me hit that magic 20" mark?

Jimmy D. Hendrick Ph.D.

**A.** Phooey on your Ph. D.!!! Every top-notch bodybuilder who has ever come to me for a program of exercise has overtrained himself. And this is the basic reason he came to me... because he was at a standstill and could not make any further gains. There is a lesson to be learned here Hendrick, and it is this. If you are not making gains on your present arm course, simplify it by cutting down to one exercise per muscle (one for the biceps, triceps and forearms etc.), cut back your sets and reps to 3 sets of 8 reps, and for crying out loud start using better form. You notice that I did not say cut down on the weight. Just use slower movements and do every set as if it were the last set you could do! I suggest you do Body drag curls for the biceps, kneeling rope pulls for the triceps (if you can't do this, the do one-dumbbell tricep extensions), and finally Drag reverse curls for the forearms. I'm going to take the trouble to describe each exercise so you will get them right.

### [Body Drag Curl](#)

Reach down and grip a barbell just wider than shoulder width. From a standing position, with your elbows back and into your sides curl that barbell all the way up to the base of the neck. Make sure that the bar brushes your body all the way up. Your chest should be thrust outward and keep your darn shoulders down. Squeeze the bicep muscles after you have curled the weight into the neck.

Idiot! Breathe-purse your lips. Do a slow decent with the barbell. It's the easiest, so make it hard. After completing this set for 8 reps place the barbell on the floor and immediately go and do;

### [Kneeling Rope Pulls](#)

The Kneeling rope pull is performed with a 45" pulley and the ends of a knotted rope in each hand. From a kneeling position bend forward at the hips to a near parallel position to the floor so that your elbows and head are resting on the top of the 16" high exercise bench.

Your hands are behind your head holding a small V-bar which is approximately 1 ½ “ in diameter. The bar is of course attached to the lat machine pulley cable. Keep your elbows out as you pull the urethane-covered (or smooth, ungreased) cable to a locked straight arm (triceps contracted) position. Repeat for 6 or so reps. If you can't do this blasted exercise for one miserable reason or another then do;

### One-Arm Dumbbell Tricep Extension

The dumbbell should rest with the edges of both plates against your upper back at the base of the neck; your palm will be facing the back of the neck as well. Your upper arm should be as near vertical (up and down) as possible and pressed against the side of your head. Of course, your arm is bent at the elbow and assumes the beginning position.

Now, reach across the mug (face) with your free hand and grip the upper portion of the tricep long head, so that the upper arm from the shoulder to the elbow remains firmly against the head. It's obvious what's next, but I'll tell you anyway. Straighten the arm by raising the dumbbell overhead. Slowly lower to the starting position and repeat for say 10-12 reps. Regardless of which one of these two exercises you choose to do, immediately after doing one or the other, finish off the first tri-set cycle by doing;

### Reverse Drag Curl

This is just like doing the very first exercise, only you grasp the bar with the palms down or overhand grip. Take a wide hand spacing (collar to collar on a 5' exercise bar) and with the barbell at the thighs curl, no actually drag it all the way up to the neck and all the way down to the thighs. Don't forget to use a false grip where your thumbs are over the top of the bar, the same as your fingers. Do 8 reps. After you have finished this one and the other two (one bicep and tricep) exercises, your done for 30 seconds. Then being a second and finally a third tri-set. If you want to produce an arm that is staggering to behold at 20" you must do this compound form of working out exactly as I have laid it out. If you do not the routine will not work. It should be performed 3 days

per week. Do what I have told you and it will turn your arms into something that will make people gasp in sheer amazement.

### **STUBBORN UPPER PECS**

**Q.** Dear Mr. Gironda, Your monthly articles in Muscle Mag International is quite valuable to me. It offers good and effective training tips. I am writing to you for some advice because I do not know who else to ask. My problem is that my pecs have no shape whatsoever. I have mass, but I am lacking in upper pecs, outer pecs and lower pec line. The problem is compounded by my rotator cuff tendinitis. Hence when I do dips, it really hurts my shoulders. Are there any alternative exercises to develop pec-flair other than your patented “Gironda Wide Pec V Dips”? What can I do to encourage new growth on my stubborn upper-pecs?

**Alex Lee**

**Houston, TX**

**A.** Take 200 mg. Of Manganese every three hours for three days (72 hours). For the tendonitis in your shoulder you need some ultra sound wave treatments. One of the best things you can do for your shoulders is to do ice massage for 5 to 10 minutes. After that resting, stretching and warming up properly prior to working pecs and shoulders is the best way to treat this type of problem. Do all bench pressing movements with the elbows (in line with the shoulder joint) at approximately a 90 degree angle to the body.

Some of the exercises you can do for upper pecs are 35 degree incline dumbbell press. Hold the dumbbells parallel to the body and press over the upper pecs, touching all four bells in the extended position. Bent Arm Incline Dumbbell or Pulley Flyes are good for the cleft. I use hanging rings in my studio for stubborn pecs also. To bring out a given part of a muscle like the upper pecs, you must specialize and do things like ½ plus 1/4 reps in the peak high part of the movement to produce the shape to the muscle you desire.

The concept that maximum contraction develops all of the muscle may be true, but how do you achieve a development of a certain aspect of a given muscle? You work only that portion of the muscle you wish to bring to prominence. Actually, maximum contraction can never produce symmetrical muscle development. It must obey your heredity individuality (inherited shape). If you know what to do, you can change your body and shape it the way You Want It To Look.

### **SERIOUS GROWTH WORKOUTS**

**Q.** Dear Vince, Man those guys at Optimum Training Systems must have a bankroll like Howard Hughes used to cause they have 3 to 4 page ads in most all of the muscle magazines. Well I ordered the Serious Growth II training manual that they kept harping about in the ads. I like some of the stuff in the manual, but with their system, you must train once in the morning, then ask your boss for 2 to 2 ½ hours off for lunch for the next workout, and then train again in the evening; or train in the morning and then in the evening, go home for dinner and 2 ½ hours later come back for a third workout.

Shoot, as near as I can figure it out this many workouts will do one to four things to you or maybe all four - - - end all social life, make you lose your spouse (for you have no free time), get you fired from your job or make you into a bodybuilding bum.

Cotton picker, with their workouts, just getting to the gym that many times puts a tremendous stress on your mind. It won't be long before you are mentally overtrained (unless you are a professional bodybuilder or a bodybuilding bum), and soon after you become mentally overtrained, and physically overtrained, you will be giving back all of your gains. So Vince, what do you think or know about training the Serious Growth II way? Thanks partner!

**Barni B. Acunto**

**Dallas, TX**

**A.** O.K. Barni, I have read your letter and will answer your question about the logic behind training concepts like the one you described in your letter. I know Leo Costa Jr., who is the president of Optimum Training System. He is just one of the guys who wrote the system. There is life after bodybuilding and you can do one of two things. One is to train in the morning and then again in the evening, or if you don't have time, you can train twice in the evening with a 40 to 60 minute break between workouts for a total of 2 hours to 2 hours and 20 minutes. You don't need 2 ½ hours between workouts because the muscles in the body can recuperate in 40 minutes to an hour.

I talked about the OTS concepts in my column back in the March 1993 issue of Muscle Mag. I then concluded and demanded that my Four Sides To A Muscle be followed instead. With my system you do four exercises, one for each part of a given muscle. Do only one set and for 12 repetitions except for the calves which are a 20 rep deal. Make sure all the equipment is set up before the workout is started for the muscle group, so you can move rather quickly from one exercise to the next without delay. Be sure to tense the muscle in the peak contraction phase on each rep.

Workout twice each day (3 to 10 days maximum) performing the same exercises in the second workout as you did in the first. The workouts must be separated by at least four hours. Hold on! I'm not contradicting myself by this statement. When I mentioned the 40 to 60 minute break that was for the OTS concept. With my Four Sides To A Muscle, the workouts last about 15 minutes minimum and 30-45 minutes a session maximum, depending on the number of muscle groups worked and the type of exercise used.

Mon & Thurs

Back

[Wide grip barbell rowing](#) - Hand spacing is the same width as the wide grip neck press for the pecs. Pull the barbell up to clavicle and sternum junction while arching your back. Lower bar slowly negative. Rest barbell on floor each rep just for a split

microsecond.

**High bench rowing** - Lie face down on a flat bench which is 24" high. Grasp 2 dumbbells, which are laying parallel under the bench. With the elbows wide, pull them up as high as you can. Do four mid-range burns.

**Hyper extensions** - Do them off the end of a bench which is 30" high. Have someone hold your ankles.

**Lat pull downs** - Use a hand spacing the same as for the wide grip barbell rowing. Position yourself 24" back from under the pulley. Lean forward at start and then lean back pulling the bar to the low pec line.

Chest

**Wide grip neck press** - Grasp barbell wide with elbows slightly back of the bar. Lower to base of neck and press upward. Cross lower legs and pull knees over stomach.

**V-Bar Dips** - I described this exercise many times so I am not going to here.

**Incline dumbbell press** - Press two dumbbells up and make sure all four parts touch at top. Keep elbows in line with shoulder joint.

**Modified dumbbell flyes** - Perform each rep halfway between a fly and a press-out.

Shoulders

**Barbell seated front and back press** - Take a wide grip on the bar just outside delt width. Lower to low pec line and press over the top of your head and then lower down to the scapula on your back.

[Dumbbell lateral raises](#) - Keep dumbbells level as you get them beyond shoulder level and beyond over head. Hold for a peak concentration of 2 seconds each rep. Lower.



[70 degree Bent over dumbbell lateral raises](#)

[Barbell Upright rowing](#) - Take a shoulder width grip. Hold barbell 12" in front of your body on the pull to the upper chest.

Tues & Fri

Triceps

[Tricep barbell pullover](#) - This is like a French press where you take a barbell with a 12" wide grip. Keep the elbows high and in, and lower bar behind and just below the head.

[Tricep barbell pullover and press](#) - This is a version of the above except you rotate the arms out to the side and press the bar over your chest and downward toward your feet.

[Parallel bar dips](#) - No comment!!!

[Dumbbell tricep kickbacks](#) - Again no comment!!!

Biceps

[Barbell preacher curls](#)

[Wide grip barbell body drag curls](#)

[Alternate incline dumbbell curls](#)

Seated vertical dumbbell curl

Forearms

Body drag reverse curls

Zottman dumbbell curls

Palms up barbell wrist curls

Dumbbell hammer curls

Wed & Sat

Thighs

Sissy squats

Power leg curls

Hack machine squats

Power leg extensions

Calves

Seated heel raises

Standing calf raises

Leg press calf raises

Hack slide heel raises

There is no abdominal work in this 6 day Four Sides To A Muscle. Ab work can and does shock the solar plexus and slows down gains. Besides abs can be developed in six weeks. Two short intense workouts per day for 3 to 10 days max are better than taking one longer one. I know that bio-rhythm levels differ from day to day. If your energy level is up on a particular day and you feel that every exercise you do is great and a real feeling of satisfaction engulfs you, then you can workout twice per day! Enough.

## **CHEMICAL VERSUS NATURAL**

**Q.** Dear Vince, I know you've trained many great bodybuilders like Larry Scott, and two time Mr. Olympia, and Mohamed Makkawy, who was 2<sup>nd</sup> in the 1983 Mr. Olympia just to name a couple. If I am not mistaken didn't he win 3 Grand Prix in the week after his top Mr. Olympia placing? Anyways what I am writing to you about is how can I train to be the biggest I can be without taking those nasty ol' anabolic steroids. Yours naturally!

**Jason Ross**

**Santee, CA**

**A.** Dear Jason, Your absolutely correct. Mohamed did win 3 Grand Prix in Zurich on Sept 25<sup>th</sup>, Sweden on the 27<sup>th</sup> and in London on October 1<sup>st</sup> of 1993, after his dramatic 2<sup>nd</sup> place finish in the Mr. O. For your information he had 6 first place finishes and one 2<sup>nd</sup> placer that year, which by the way was the best any professional bodybuilder had done up to then.

I suggest that your workout procedure be the Push/Pull concept. On the chest, delts and triceps do exercises like V-bar dips, Upright barbell rowing and supine barbell pull-overs. For the lats, biceps, thighs and calves do chins, body drag curls, sissy squats and donkey raises, just to name a few.

Every 21 days take a complete layoff from training for 7 days. This will give your body and mind a chance to recuperate. Then after that do a new program with different muscle stress angles, different resistances via a new rep scheme. This will give you a continuous plan of training enthusiasm. Here's a tip for planning your total number of sets for a muscle group. On the very first exercise do 3 sets (hypothetical) then the second and third exercise decrease the sets by 1 to 2. An example for the chest would be; wide grip neck press 3 sets of 12 reps, then dumbbell flies 2 sets of 8-10 reps and finish off with V-bar dips for 2 sets of 8-10 reps.

Regarding nutrition and supplements. I'll put my reputation on the line to prove that anabolic steroids are no better or as good as 6-7 fertile eggs (some bodybuilders go as high as 8-10 eggs), in a 6-8oz. glass of half & half. In addition to this 17-20 (1-2 grain) defatted liver tablets and the same number of free form amino acid tablets are taken every three hours of the day. If your grocery budget can't meet this demand, then take 3 fertile eggs in 3 oz. of half & half and 3 to possible 10 liver tablets plus 3-4 aminos every 3 hours.

This information probably violates past communication you have heard or read on supplements but it will produce an anabolic effect by putting you in a positive nitrogen balance while upping your precursor male hormones. My advice will help you create a cosmetic illusion the natural way.

## Vince “Pure Gold”

Vince was never at a loss for “words of wisdom.” Years ago, and still today, I have heard people remark on the things Vince said with a great deal of skepticism, some almost to the point of scoffing. I have already admitted I never followed everything Vince prescribed or said but I never thought he was off the deep end either. More recently, the scientific community has proven a great deal of what Vince spoke and taught.

Today, many people are too young to remember how it was for bodybuilding back in the 60’s and earlier. There was no real encouragement, wide spread publicity, or acceptance. What we learned, we learned on our own or from someone like Vince, who performed experiments and provided us with information and assistance. For the most part, doctors and the medical profession frowned on lifting weights and bodybuilding so they were not interested in what we needed to know. What tests were conducted were haphazard at best. Magazines and word of mouth is where we got our information. Vince Gironda, Joe Weider, Rheo Blair, and a few others helped provide information and, for the most part, that information remains accurate today.

Here are some of Vince’s statements regarding various subjects and matters. Some show the deep insight and knowledge he had, some his strong opinion and conceptions. Regardless, these comments from the “Iron Guru” are pure gold.

### **Oxygen Loading**

How you breathe during an exercise is important. There’s no golden rule though. For the most part, a bodybuilder should breathe in prior to the start of a rep and breathe out just as the hardest part is reached. Never try to breathe in and out through the nose when training vigorously. The nasal passages are just not set up for huge rushes of air intake. Inhale through pursed lips and exhale with a blast as the rep is concluded.

There are some exercises where it is best to breathe only every two or three reps, and others that lend themselves to double breathing.

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

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

## **Fat**

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

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

With experienced bodybuilders, I lose my patience when it comes to fat. Typically, I receive thousands of letters from would be Mr. Olympia enthusiasts. They claim to have read all my articles, courses, and instruction manuals, and beg me to let them train in my gym in North Hollywood. Although I do have much success with many people who put their faith in my training methods, it often happens that they are less than honest with themselves at the start. Frequently, they arrive totally unfamiliar with my training methods and downright fat!

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

### **Abdominals**

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

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

### **The Muscle Sleep**

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

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

### **Special Supplements**

6 Amino Acid and desiccated liver tablets every 3 hours

4 Raw orchic tissue tablets before and after workouts

6 Each of the following before retiring. Arginine, Ornithine, Tryptophan, Phosphorus free Calcium tablets.

At 10 am – 2 pm – 4 pm and before retiring, have a protein drink. Also eat some protein before you go to bed: eggs, cottage cheese, or a piece of meat.

### **Push Muscles Into Growth**

Ninety percent of bodybuilders at any one time are in a training rut. This is how it should be! If continuous growth were possible, we would all have built our Mr. Universe bodies in a matter of months. Realistically, this is impossible. What is possible is to regain former greatness in a matter of months. Muscles have a built-in memory, which means that a former 18-inch arm can be regained in much less time than it took to build it in the first place.

The logical assumption for breaking out of a rut would be to increase the intensity and the weight resistance used in your exercises, yet this seldom works beyond a certain point. In actuality, you could dig yourself into a deeper rut.

Personally, I can often break a sticking point by simply deciding to do so. This, of course, is what athletes and weightlifters do before an important event. They plan their training to reach an all-time plateau at the time of competition. There is no doubt that the enthusiasm generated from the knowledge that you simply must be at a personal best by a certain date is very conducive to maxing out and reaching it.

### **Muscle Building**

Bodybuilding comes down to one thing: You have to stress the muscles to a maximum while stressing the constitution to a minimum.

There are a thousand and one ways to arrange your workouts. You could literally drive yourself insane trying to figure out which is the ultimate. All training, whether it is for tennis, football, bodybuilding, or what have you... must be tailored to the individual's requirements.

All a muscle needs to grow is two workouts a week. This goes for champions too. Hit muscles twice a week and they will get bigger, perhaps at a faster rate than you may believe possible.

### **Special Points**

1. Get sufficient sleep each night. Growth can only take place after recuperation. Get plenty of rest.
2. Build up enthusiasm for each workout. Going through the motions of training will not produce results. You would be better off not training.
3. Cycle your training. Never do today what you can't supersede tomorrow. Don't perform more exercises or more intensity than necessary to maintain an upward growth pattern.
4. Never continue your workout so you run out of steam before the end. Work your muscles and do not overwork your nerves. Doing so will actually result in muscle loss.
5. Take an occasional layoff. You can for a new plateau if the body is rested and willing. Make your layoffs planned and not a result of being lazy.
6. Don't forget the importance of diet. Diet is the major factor for all bodybuilding success.
7. Watch your stress level. Stress is one of the bodybuilder's greatest enemies. Stress will alter your entire physical and mental state and cause progress to halt or even reverse.

## **Rules**

There are various reasons why I have requested members of my gym to leave and leave fast. Occasionally I have been inflamed to the point of expelling certain types for trying to propagate their pseudoscientific methodology. The following is a partial list of reasons for expulsion.

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

## **Drugs**

I have never taken artificial steroids or other growth enhancing drugs, nor have I ever recommended them for any of my gym members or pupils. I detest the use of chemicals by any athlete in any sport. Everything about drugs rubs me the wrong way. Unlike many pro bodybuilders who see benefits that outweigh the disadvantages, I see only the atrocious side effects and absolutely no benefits.

## **Building Pectorals**

I get a lot of static over my claim that the bench press is all for the front deltoid. A lot of guys have built big chests with the bench press, but I don't see much impressiveness in spite of the size. I prefer the collar-to-collar grip neck press. Lower the bar down to the neck instead of the chest. Of course, the famous Gironda dips

using a wide grip on a “V” dipping bar. I still maintain this is the best movement for developing the outer pec line.

I also recommend doing decline pulls with cables. The outer areas of the chest are activated, creating a greater waist to chest taper, with well-developed and shaped outer pecs. The press to the neck, “V” dipping bar dips performed properly, and decline cable pulls will produce the best in all around development.

### **The Physique**

You cannot build a good physique using just a few basic movements. It is impossible. Just think for a moment; how can an individual build a balanced physique when typically, his workout routine includes 15 or 20 sets of bench presses, 5 or 6 sets of squats, 3 sets of shoulder work, and most likely no calf work, no forearm work and only some improperly performed ab work? Well, that’s what you find going on in most gyms.

Drugs and improper workouts have caused bodybuilders to lose physical symmetry. I believe one of the hallmarks of virile manhood is wide shoulders, slim waist and small hips. How many bodybuilders have them? You could count the number on the fingers of one hand. Yet every bodybuilder has big droopy pecs.

Let’s bring the tapered physique back!

### **B Complex**

B complex vitamins are great fat movers and a necessity for bodybuilders. However, single B Vitamins are of little or no use to the body. I have found that the complete B complex must be taken.

## **Vitamin C**

A real rejuvenator, de-toxifier, is one Vitamin C 100 mg tablet every two waking hours per day for 72 hours.

## **Breakfast**

Breakfast should consist of protein, fat and 1/4 to 1/3 of the entire day's calories. You will make fewer errors, react faster, think more clearly and be less tired at the end of the day.

## **Mid-Afternoon Pickup**

For a mid-afternoon pick up, try this high protein drink: One package of Knox Gelatin, one cup of hot water and bouillon.

## **Calories**

Walking for one half hour burns only 175 calories. One pound of fat contains 3,500 calories. One-hour workouts in a gym can burn 1,000 calories.

## **Beware of Vitamin Destroyers**

Baking Soda, carbonated water, sugar, tobacco, mineral oil, sedatives, alcohol, barbiturates, antibiotics, overcooking, pasteurization, oxidation, exposure to light, preservatives.

## **Protein**

Protein lasts for only 3 hours in the bloodstream, but takes 4 hours before it reaches it. I feel that protein supplements should be taken intermittently throughout the day rather than at mealtime only.

High protein foods should not be consumed with high starch foods at the same meal. Pure fats may be combined with a high protein meal, but do not combine pure fats and high starches together.

Contrary to popular belief, protein in excess will be stored as body fat.

### **Muscle Pump Means Muscle Growth**

I have found that the maximum number of sets that should be performed for the best pump is 12. Anything above this is over-work and causes the muscles to contract and lose their blood supply.

Maximum pump involving the same muscle(s) in every workout does not build tissue. It takes 72 hours to re-build muscle tissue after this sort of work. In other words, take care to rest adequately between workouts to permit muscle repair and growth.

### **Dump The Scale**

Every gym owner should throw out his scales. If you don't like what you see in the mirror, what difference does it make what the scale says anyway? In addition, the scale can be a deceiving liar too: Larry Scott is 5'8" and weighs 200 lbs; those are my exact measurements too. I must be perfect, you conclude. Not very logical is it?

### **Presses Vince's Style**

*Vince was not a big supporter of the press in the manner most performed the movement. Some came to state that Vince was completely against any press whatsoever. This is not true. The following is one example how Vince took a standard movement and made it into something entirely different.*

The difference in my method of pressing is that, at the extended or arms overhead position, instead of lowering the barbell after reaching this position, you hold the barbell for a count of six. This insures perfect contraction of the deltoids and produces faster deltoid development.

It is my observation that presses are not side or lateral head exercises, they are front deltoid exercises. I also believe that presses never produce the best of deltoid growth. Now don't get me wrong about presses. I think they have a value in the right context,

which is, only advanced bodybuilders should press. Because, at this time, they need to round out their deltoid development. This exercise, as I see it, is a finishing off type of movement.

### **Calf Training**

Calves are a stretch muscle, so you must try to lengthen the muscle by stretching at the bottom of the movement. I have discovered that men with poor calf development have poor range of motion. On the other hand, men with good calves have developed great flexibility. Obviously then, the Donkey Raise is one of the best calf exercises because the bent-over position induces a great stretch.

### **Protein**

A standardized ratio of protein cannot be followed, I contend, because of the difference in biological individuality, differing rates of assimilation, digestion and metabolism. The best rule to employ in deciding how much protein you can efficiently handle is physical comfort. You should not suffer from a feeling of fullness after a meal, shortening of breath or a tired feeling after eating. In short, you should enjoy a feeling of well-being after a meal.

### **Endurance**

In training, you can't expect the best gains if you have trouble getting through your workout. I'm sure you are interested in endurance in relation to your training. Desiccated liver is very important when it comes to obtaining increased endurance levels. Another benefit of desiccated liver is its ability to help the body detoxify many chemicals that are dangerous but extremely hard to escape from.

## **Philosophy of Champions**

Clancy Ross used to say, “Don’t talk to me during my workouts – talk to me after I am finished, and then I’ll help you.” Clancy would also advise people to never talk to him about training after he left the gym.

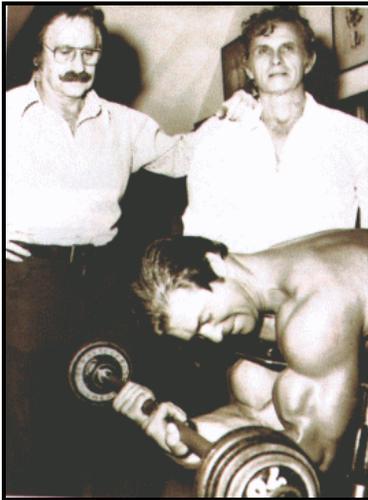
Dwelling on the subject of training all day long causes endocrine tension, which can upset the chemical balance of your nervous system. This form of tension can be destructive to the muscle-building process and hinder formation of new tissue. For the growth process to function to its optimum level, all 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.

When you are in the gym, you are there to concentrate on training and work; but the minute you step out of the door when the training session is over, fret not, “turn it off.” Give your subconscious mind a chance to perform its mystical job. Over-enthusiasm is the bodybuilder’s worst enemy. You must always remember that tranquility is the first rule of good health – I have never observed a champion who did not subscribe to this fact.

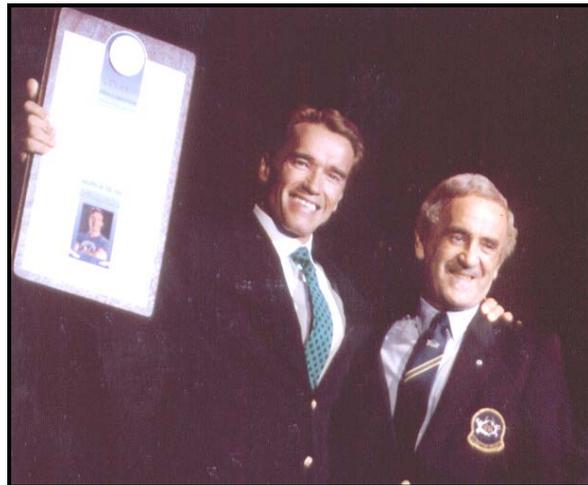
It is my honest opinion, based on thirty years of bodybuilding experience, that you cannot fail to make gains if you see yourself as you wish to be. Changing your workouts around constantly is not the answer, but a proper mental attitude is. Never doubt or lose sight of the fact that you will reach your goal. I personally agree with Reg Park who contends that there are only one or two good exercises for each given muscle. The rest of the exercises are only variations.

Most of my training is done with workout partners and the training program is changed often to keep them interested and enthusiastic. I normally change the exercises each

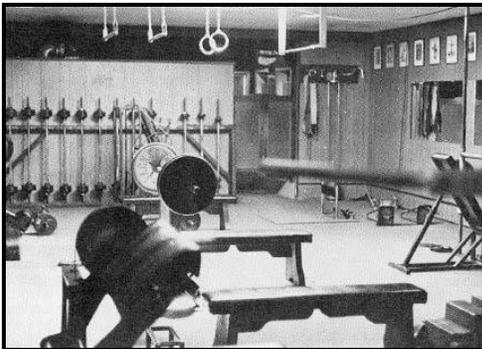
month only because my training partners are not capable of real concentration. Whenever I have a show or photo session coming up, however, I always revert back to my own specialized training program, which works best for me. I also workout alone with as few people as possible in the gym and take the phone off the hook. Training without interruption allows maximum concentration and full attention to be focused on my workout. Any interruption can ruin a workout by dissipating nervous energy. Concentration such as this is not a conscious thing except for the surface awareness of the proper amount of sets, repetitions and weight to use in such exercise. All great champions have this ability of complete concentration, which allows them to use their nerve energy force to its maximum.



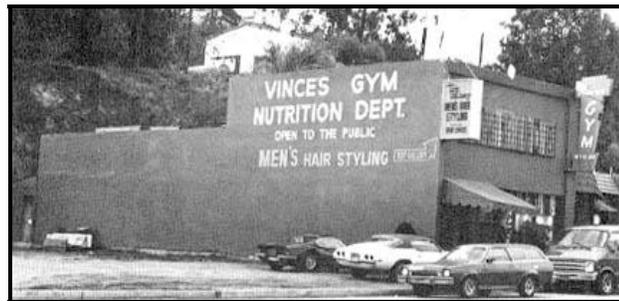
**Three legends: Joe Weider, Vince, Larry Scott**



**Arnold Schwarzenegger and Ben Weider both knew Vince well and respected him.**



**Inside Vince's**



**A shot of Vince's from outside**

## **Vince Gironda Seminar**

Vince Gironda became a legend in the bodybuilding business. Even if you don't follow or believe all his training philosophies you have to admire him for his many unique contributions to the world of bodybuilding. Vince first came into world recognition when as a bodybuilding competitor; he displayed tremendous muscularity and cuts never before seen at the time.

In addition to some of the top bodybuilders, Vince was also a trainer to movie and television stars. His gym located at 11262 Ventura Boulevard in Hollywood California became the mecca for bodybuilders and movie stars alike.

Vince earned a reputation because of his many controversial articles and statements related to bodybuilding. Vince once said, "I like to drop a bombshell now and again just to keep the bodybuilding world on its toes." Vince did that, in fact no one could do it better.

The following is an information article on a seminar conducted by Vince in May of 1981. It began with Serge Nubret, Bob Kennedy, Artie Zeller and Vince going to France for the WABBA Mr. World contest.

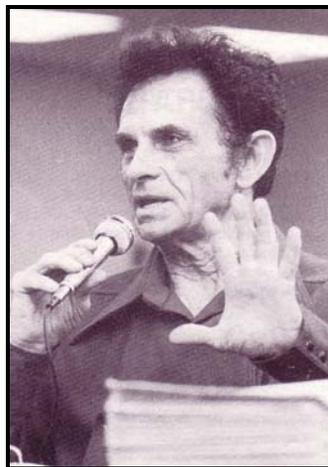
All parties were sitting around the breakfast table reminiscing over the bodybuilding world as it once was. Pretty soon though, Vince began to dominate the conversation and started to make comments like, "Larry Scott did everything I ever told him! "He never deviated from any course I ever gave him!" He never did bench presses for his pecs, he did neck presses and alternated them with 32 inch wide parallel dips." All of a sudden, Bob Kennedy stated: "You should conduct a seminar Vince! I'm certain you could present one of the best seminars in the business. Why don't you give it some thought?" Vince replied almost immediately, "OK, maybe I will do just that. Where would you suggest I hold this seminar?" Bob stated he knew someone in Canada who would really like to sponsor just such an event and told Vince to leave it to him.



**Vince Gironda & Bob Kennedy**

Bob Kennedy spoke with Ken Wheeler who has been responsible for bringing more top physique stars to Canada than any one else. Ken is also a huge fan of Vince Gironda's. With a full head of steam, Ken began to put all the plans together and on Saturday May 30, the first ever Vince Gironda Seminar was held at Ken Wheeler's, Vic Tanny Nautilus Gym in Toronto.

For the first two hours, Vince outlined and presented his philosophy on physical culture including in depth study into training, diet and nutrition. This, as you can imagine held the audience captive and spellbound.



**Vince began:**

Doctor Clifford Ameduri who has the reputation for being one of the top physical medicine doctors in the U.S. today has backed up my concept of, "Keeping the aminos

high in your blood!” Working out lowers blood sugar, the body shuts down insulin production. Insulin production pushes aminos into the cell. Muscle growth can only occur after the workout when overtonis subsides. The boys who trained at my gym in the 60’s would go out and eat protein.

The major cause for failure in bodybuilding is over work! People perform too many sets, too many reps, and work out too slow. They perform too many exercises and have no cosmetic plan as to why they’re doing what they do. They don’t know the deltoids have three sides; the front, side, and rear. They don’t know if they want to appear wider, they have to work the lateral part of the delts, not the front or rear. I find everybody is working the front deltoid most of the time.

Specialization has always been thought of as overwork. The best way to specialize is to alternate mass exercises for a particular muscle one day and then do capillary pumping the next day. Bill Isaac in Hawaii works his calves every day but he does one heavy day followed by a pump day. This is the best way to keep your calves up.

My current workout is a twice a day routine. I work out with Eric Estrada, Ken Wheeler and his son twice a day. I got the best results I’ve had in a long time because the secret of making a muscle big is by keeping the capillaries gorged with blood. You live and die with the same amount of muscle fibers but you can increase the number of capillaries within the fiber!

There is a machine that comes up every five years or so. It seems to be raising its head again now. This machine pumps your arm through an alternating current to pump the capillaries up. In theory, this machine should work but as with many other things, they look better on paper than they do in practice.

So, if you can keep the capillaries gorged by working out more than once a day you’re going to grow faster. Put your arm in a sling so that you can’t use it and you will find that arm will go down in size if you don’t use it.

How much is enough! Maximum pump is enough! I'm sure most of you have exercised your arms in front of a mirror with barbell curls. You will have noticed that as you do each set your arms are getting bigger. Then you will notice, as you look down that the pump has gone. Of course, the body does this so that you don't rupture all your capillaries. It says it's had enough. To go any further would throw your body into a state of "shock."

Bill Pearl and Larry Scott both say that if you can't get it in 12 or 15 sets you'll never get it. Well, that's a lot of sets! They can handle that much work but the average man cannot. I see a lot of semi-advanced bodybuilders attempting that much work, plus they never put the kind of intensity into it that Larry Scott did.

Incidentally, I see the routine that Larry Scott does in the magazines and they don't resemble anything he ever did when he was training at my gym. He did "burns" after every movement to pump the muscle up and to work it to failure. He didn't do full reps because he couldn't go any further with a full rep.

For those interested in bench presses for strength, which by the way is probably the most worthless pec exercise in the iron game, I do a neck press, which I consider a very valuable exercise. I bring the bar right into my neck holding my hands over my elbows (in other words, a wide grip). It is the second best exercise, dumbbell incline presses are best, for developing the upper pecs.

The bench press just uses too many different muscles to get any specific development for it. For instance Don Howorth, he never got pecs from doing bench presses. He did my so-called neck press using four hundred pounds with ridiculous ease. He never got big pecs though because I guess he just didn't have the amount of fibers needed to get big pecs. Just like Steve Reeves, he like Howorth, never got big pecs but what shape they had.

I've become famous for what is called, "Cosmetic Programming," creating illusions. Movie people don't want to become big, they want to become slim. In order to get fast

results I am often given only 10 days to revitalize these people and make them look like steel workers. In some cases, they even sober up!

I've discovered that if you do the parallel dip placing your hands wide apart you can create an illusion of great width across the upper body, especially if you combine this with full development of the lateral head of the deltoid. So, without actually getting him any bigger, I can make him look as though he has very wide shoulders. Also, in order to make a man's arm look more developed, I have them work the lateral aspect of the deltoid and triceps. The exercise to use here is the bent over triceps pulley extensions using a rope. Get down into the racing dive position and hold the rope behind the neck with both arms because one arm and one-legged exercises are totally valueless!

I chinned myself with my right arm every day for years, and it didn't get any bigger than my left arm. In physical medicine, they always train a withered limb with a strong limb. There seems to be transference of energy from one limb to another. There also seems to be a nerve pathway that runs up from the spine right around the body, so that it appears that both limbs need to be activated at the same time.

Another actual example I offer as proof of this is when I tried to get my left lat up. I used a 175 pound dumbbell for nine months doing 20 reps a set. I gained nothing! So you see, it doesn't work! One of the last contests I trained for I did dumbbell concentration curls with a fifty pound dumbbell for 8 sets of 8 reps. I did these for my biceps because I could move fast. One arm was constantly working and I could actually finish it in three and a half minutes. After nine months of these, I had absolutely no growth at all and I put plenty of work into it!

As far as cosmetically shaping the body is concerned, I am totally against squats! I'm against squats because squats build too much hip. On the other hand sissy squats, roman chair squats and leg extensions create an illusion of a diminished hip by creating a development that begins at the ilium, and goes all the way down to the leg, creating a

longer looking leg. Just the same, as working the abdominals create a thicker looking waist. The abdominals like any other muscle will grow if you train it properly.

If I train for pictures or whatever, I have to go on a diet first because I know that exercise alone is not a subcutaneous fat emulsifier! All the sit-ups in the world aren't going to reduce my stomach if I'm going to keep eating French bread! You've got to speed up your metabolic rate. You can only lose weight metabolically. You can use things like Kelp that stimulate the thyroid and Vitamin C that draws water out of the tissues. So, if you want to keep your waist small you don't work it! If you want abs you work them like any other muscle in the body and you can get them in six weeks! I guarantee it, but you don't perform sit-ups and leg raises because they're not abdominal exercises, they're psoas major exercises. The perfect AB exercise is my crunch exercise.

In almost every gym I go in I see people working their calves with shoes on. They're completely oblivious to the fact the calf is a stretch muscle and that you need to touch the floor with your heels. There's over 150,000 fibers in a calf compared to only 40,000 in the biceps. Which means the calf requires more work. I maintain that calves require 20 reps per set!

In order to develop the calf so that you get the horseshoe peak, you've got to come up on the big toe and cause a very sophisticated pressure between the heels so that you'll throw the stress on the diamond head. If you come up on the path of least resistance, which is on the outside of the little toe, you're going to get a bow-legged look. You're not going to develop the calf on the inside.

When you get into the bent knee position such as seated calf raises you are no longer working the Gastrocnemius, you are now working soleus, which is the muscle that attaches to the lower leg bone and heel. This was an exercise, which I was always against because on paper it looked like it would give me thick ankles, which I didn't need because I already had enough tissue down there. Upon trying out the seated calf machine

for the first time, I was surprised to feel the pain immediately beneath the horseshoe head of the calf. I was overjoyed but a little saddened that I didn't know this 30 years ago.

The calf is a stretch muscle, and that's why Donkey Raise exercises are superior to all calf movements. Only men with good calves have a good range of movement. I can remember photos of Steve Reeves standing in profile with Pudgy Stockton. They were both right up on their toes and Steve had as much range of movement as she did, and women have greater flexibility than men in general. Reeves had great flexibility and he had great calves too!

Specialization is something you shouldn't attempt until you've gotten some size. There are some areas of the muscles that respond quickly to exercise and some that respond slowly. For instance, I can build low pecs quite easily but I find it harder to build upper pecs, but of course, I wouldn't know that until after I had been training some time in order that I could determine just which aspect was growing.

I've recently gotten my weight down 10 pounds to the lightest I've been for years. I workout every day but I don't get any bigger. I don't get any bigger because I don't eat much. I only eat 100 grams of protein per day. After you've been given a cosmetically designed program, which tells you exactly where you're trying to build the muscle, and if you know the intensity, tempo and the time involvement, the scientific nutrition is the next principle that must be employed.

“Bodybuilding nutrition today is procuring male hormone! Well, I can procure male hormone as good as any steroid pill with the use of raw eggs!”

Hospitals are using raw eggs in lieu of “Dianabol” in cases of massive burns and skin graft patients. They feed them up to four dozen eggs a day! The results are amazing. Eggs are the number one food and the number one protein! It's a perfect protein and all units of protein are taken from the egg. Milk is second to eggs but milk has too much carbohydrate in it. Only a handful of men, like Larry Scott can take milk without getting

fat. Most of us are going to get fat on milk. Eggs, by the way, have to be ingested every three hours because the bloodstream only holds protein for three hours. We should feed ourselves like babies! They feed babies every three hours because babies get hungry when their blood sugar drops.

Raw beef is my next choice in bodybuilding because of the high phosphorus content. I actually get sick if I eat chicken because there are so many pesticides and steroids injected into chickens down in California.

There seems to be a craze now about chicken and fish being the way to go. Well, that “fish and water diet” is enough to give you real medical problems within 3 days. You lose weight on it alright, but it’s definitely not a healthy way to go.

Veal and lamb are very high in “Pituitary hormones” because they’re young growing animals and they don’t shoot them with steroids. Maybe I shouldn’t be mentioning this up here in Canada because they don’t inject pesticides here.

Ken Wheeler brought me a piece of meat that was bigger than anything I’ve ever seen in my life! He bought me a piece of prime rib beef that was three inches thick and weighed a pound and a half. That was all meat too, and when I had finished it, I felt perfectly normal. I didn’t feel bloated and it didn’t feel heavy in my stomach. There were no steroids in that meat because at home I could never eat that much meat. We get our liver tablets of course from Argentina because it’s against the law to shoot hormones into animals down there. So, in short, there’s not enough stimulation in fish and chicken for me.

I believe that every three to five days you need to get a “carbohydrate loading meal” into your body. I’m the one that started the carbohydrate loading principle that’s being used by the athletes today, although I never got much credit for it.

Steroids are a “cop out”! These are for people who don’t know how to workout and are too lazy to find out how to workout.

Tri-germ oils are good although they’re not as refined as wheat germ oil. Vitamin E without wheat germ capsules to back them up are absolutely worthless! Minerals are necessary to precursor hormones and you should start taking liver tablets every three hours. Ten of them!

Adrenals are great blood builders but you should be careful with adrenals because they’re very potent. I think you should go off them two days of the week.

Blood builders! The perfect food is liver! When I was training Don Howorth, we added B Vitamins to his liver tablets and he reported a better pump during his workouts. Then we added iron to his liver tablets and he got even better pumps. So these two things should be taken in conjunction with liver tablets.

I am against too much Vitamin B and I’ve kind of eliminated it from my reducing diets because I find it holds water in the tissues so, you should be careful if you’re trying to cut up. Fat burners of course mean Kelp, the old standby that stimulates your thyroid. You can stimulate your thyroid with 30 Kelp tablets a day! Remember though, Kelp only helps and it won’t do much for you if your continue eating too much carbohydrate.

Contrary to popular belief, I don’t think that carbohydrate will make you fat if you know how to use it properly. Sometime ago I wrote an article entitled “Carbohydrate No Villain!” I feel that carbohydrates are necessary every third or fifth day in order to get the glycogen back in the liver.

I lived on a fat diet when I was training for the Mr. Universe contest and I didn’t publicize it because I didn’t think it would be accepted at that time. I later had the courage to bring it out and of course, that diet was the egg diet. Incidentally, a man named Stephenson lived with the Eskimos for 18 years in the Artic and when he tested at Bellvue Hospital, he had a perfect cholesterol count. I maintain that guys who are training

at the gym and taking anywhere between one and three dozen eggs a day have a lower cholesterol count because of fat lipotrophics. Fats dissolve fats! They break down fat!

Vitamin C is a natural diuretic. For definition, you can get a lot of water out of your tissue by using 1500 mg. of C a day and you can use as little as 500 mg.

Liver tablets literally melt fat off you and of course, it keeps your blood sugar level high. Also, I believe that you should enjoy your evening meal at night. Most of the people who write books on nutrition treat people as if they were computers. They are logical but they forget many of the needs of man. Remember man has been eating at the end of the day as reward for millions of years.

Actually, I think they know more about walking on the moon than they do nutrition. It's possibly one of the least known or understood subjects in the world, yet it still interests and fascinates nearly everybody. Nutrition is the answer. Use my cholesterol high hormone suggestions related to eggs and you'll grow as fast as you ever would on steroids and, it's lasting.

These steroid boys lose their bodies when they get off the stuff and who wants all the side effects they're not even printing or telling us. I'm not prepared at this time in my life to risk my health for another trophy. There's only one trophy in my cabinet that I even care about anyway, and that's the one that I won at the Mr. Universe in London. At least I can go out and hock it for about \$500 if I needed to. The others are just pieces of tin! That ain't much to die over!

I feel that we as bodybuilders should try to create the same type of illusion as the movie stars are after. The steroid boys are getting too big in the rump and nobody has a "taper" nowadays. I'm deliberately down to 160 pounds because I'm not particularly interested in convincing a man that I'm looking good. I still feel that slim hips and a narrow waist is the way a man should be, so if I can maybe appeal to only one woman in this room, then I would be satisfied, although I still want the measurements I had when I was at a heavier

body-weight. These guys are so lazy that if they had some work to do they'd probably go and hire a derrick to do it! So what the hell do you want to be built like that for?

Every workout has to be the best workout you ever had. It's got to be totally honest. If I start out with Preacher Curls and then go immediately into a set of Incline Curls and if I'm not hurting bad during that set, then I know the weight wasn't heavy enough or my tempo wasn't fast enough. It's got to hurt, but the whole workout takes only 15 minutes and I want you to be prepared for more pain than you've ever suffered in your life. But as I said, it's only 15 minutes and I can stand a hot iron in my arms for 15 minutes if I knew I was going to get big.

The only rest I get is in between body parts. I line up four pieces of equipment for one muscle and go from exercise to exercise without rest. Each exercise is done for one set of 12 reps to failure. It sure beats those three-hour workouts. I don't think anybody has been able to keep up with my 10 sets of 10 program which I wrote down in a book called "Definition." I don't know how I kept up with it either. I guess every time I thought about the big guys I would be competing against, my motivation led to abject fear.

So to recap, remember to;

1. Keep the blood sugar up
2. Do not deplete the hormone by overworking
3. Try to get through a workout without running out of gas

We have to take hormone precursor supplements and the number one hormone precursor is Zinc! That's the castor catalyst. Next comes PABA, which should be taken in conjunction with Zinc. I also recommend tissue or bull testicles. It's one of the oldest known rejuvenators there is.

I have a detoxifying diet I put everybody on for the first three to five day. It consists of 15 vegetables and raw green salad with vinegar and oil-herb dressing. We found that the quickest way to get weight off people such as these movie stars is to put them on this

protein free diet for a few days. Plus it acts as an intestinal broom getting rid of mucus in the intestinal tract. The intestines are lined with mucus due to injudicious eating over the greater part of your life. This diet is the best way to clean out. The same goes when you're in a rut. Most people think you should work harder when in fact you should "clean out!" So your body can start reabsorbing nutrients again.

Jim Morris came to me two weeks before the Mr. America contest in a state of shock. He just couldn't get cut! I knew Jim was a big supplement user so I had him cut his supplements out. I told him to cut his workouts down to one third because overworking just produces overtonis. Two weeks later, he came back, shook my hand, and handed me a picture of himself as the new Mr. America! By the way, Bill Pearl always sends me his hardest cases.

**Q. What is the difference between working your lats with a lat machine as opposed to working them with chins?** **A.** Well, the way I see it, the lat machine is for people who can't chin! The only way you can chin yourself effectively is by using a chinning bar that has a parallel gripping position so that both of your palms are facing each other throughout the exercise.

**Q. How long should you workout?** **A.** If you go beyond 45 minutes, I know for sure your blood sugar level is going to drop and you're not going to gain any muscle. You've got to race the clock to get your workout done in 45 minutes. You've really got to work fast. These bench pressers make me laugh. They come in the gym and wipe their hands with chalk, walk around and tell jokes. Then they do nothing but bench presses and a few barbell curls for two or three hours! Most of them are overweight and in most cases, they don't even have pecs! I feel that they're totally insecure as men and that maybe this has got something to do with their manliness or macho image.

**Q. How much work should you do for each muscle?** **A.** I know for sure you can't do the Sissy Squat for over 5 sets of 12 reps and grow on it. I know that for sure. Calves, I don't think you can do enough work on them. I do 30 reps on calves when I'm training

for something. I did 10 sets of 10 reps with 300 pounds on claves for one year and didn't gain an eighth of an inch on them. It wasn't until I jumped to 20 reps that I started to see some muscle growth.

I've seen people add two exercises to my "Four Sides To A Muscle System" and they stop muscle growth almost immediately. I've got guys training at the gym who are so enthusiastic that they do two series of my "Four Sides To A Muscle System" instead of only one, and they don't grow.

This is a problem of having a hobby that feels so good, you don't want to stop it. But you must, you must get on top of it and control your enthusiasm. You've got to intensify it and make yourself realize that this is all you're going to do so you've got to work it hard. I know for a fact that I'm not going to be able to talk you into doing less right way, but when you get tired of not growing, try my way.

**Q. How many eggs a day should I start with? A.** Start with as many as you can comfortably ingest and just build up your tolerance for them.

**Q. Should these eggs be raw? A.** Yes, they must be raw, but don't mix them with a blender. If you do this, they become too emulsified and you are less able to digest them. Just beat them up a little bit with a fork and mix in some half and half.

**Q. What part of the egg should I use? A.** There has always been controversy as to which part of the egg you should consume, either the egg yolk or the white part. They've done many experiments and they have thrown away both parts at one time or another. The patients treated for burn cases were given both parts of the eggs. Don't ask me why, but it just seems to work better that way. I feel the egg is the perfect food, the seed of life. Cholesterol is found in the yolk of the egg but there is lecithin in the white part. That's a perfectly balanced natural food, so why should we interfere with the balance of nature?

**Q. When do you work abs?** **A.** I never work abs on an upper body day because too much abdominal work causes shock on your system. You can take an untrained man and take a full inch off his arms by giving him too much ab work! I work my abs on leg days or later in the day, on the floor in front of the television.

**Q. How do you work your abs?** **A.** I do leg raises lying on a slight decline bench. What you must understand when you do leg raises is that as soon as you put your arms behind your head for something to hold onto, you immediately negate the rectus abdominus and you start using the Psoas major. You've got to keep the small of the back right into the surface of the board or bench. Keep your chin on your chest and never let your legs come down to touch the board or floor.

You must keep your body in a kind of crescent position to keep the stress on the abs. I let my legs come right over my head so I can feel a contraction in the abs. I really feel the crunch is a perfect ab exercise but you can't get any size from it. One day I'll have to build an ab machine so that you can have progressive resistance. Adding reps is not the answer to building great abdominals. I would guarantee that if you did the exercise correctly, you couldn't do more than 4 sets of 12 reps. It would wipe you out!

## All Protein Muscle Building Diet

When I am approached in my gym by anyone who asks about gaining weight I usually ask this question:

“Do you want increased body weight – or is it size that you are after”?

Invariably, the answer is, “SIZE”!

So, let’s not confuse body weight with muscle growth. (How much do you think an extra inch on your arm will affect the scales?)

This diet is designed to step up muscle tissue growth... not put on body weight. Remember, muscle size is desirable – not body weight – which will only smooth out your definition and increase the size of your hips and waist and cause a loss of symmetry.

Breakfast:    12 oz. Half & Half  
                  2 eggs  
                  1 Tablespoon Milk & Egg Protein  
                  1 oz. Amino Acids

Supplements to be used with this drink:

3 – 4 Hydrochloric Acid Tablets  
3 – 4 Enzyme Tablets  
1 R.N.A. Tablet  
1 Organic Iron Tablet  
3 Tri-Germ Oil Capsules

Lunch:            Hamburger Patty and Cottage Cheese

Supplements: Same as breakfast except for the Iron and R.N.A.

3:00 Snack:    Natural, not processed, cheese & 1 oz. Amino Acids

Dinner:            Steak or Hamburger, up to 1 lb., and Cottage Cheese

Supplements: Same as breakfast except for iron

Before Retiring: Protein Powder, milk, Half & Half or cream

Between Meals: 6 Liver Tablets every three hours.

One thing to remember is to allow your meals to digest thoroughly by lying or sitting with your feet propped up on a high footstool after each meal.

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.

Do not miss a workout unless imperative, as your whole bodybuilding program is based on regular habits.

## Biographical Sketch of Vince Gironda

*The following was written by Gene Mozee and included in some of Vince's courses. It was as an introduction in Vince's "Blueprint For The Bodybuilder" which was first printed in 1966. Vince had a lot of supporters and followers. For a long time, if Vince's name was attached to something, it was considered golden.*

Considered to be one of the world's foremost authorities on physical culture, Vince Gironda has successfully operated his own gymnasium for more than twenty-one years. During this time, he has helped supervise the training and dietary programs of such great champions as Larry Scott, Don Howorth, Reg Lewis, Ray Routledge, John Tristram, Dominic Juliano, Gable Boudreaux, Gene Beloff, Hossien Shokuh, Humberto Garcia, and many others too numerous to mention. After arriving on the West Coast, Freddy Ortiz gained nine pounds of muscular weight with no loss of definition the first month he trained at Vince's Gym in North Hollywood, California,

Vince has trained such movie idols as Dale Robertson, Clint Walker, James Garner, Clint Eastwood, Jim Drury, Clu Gulagher, Jimmy Darren, George Hamilton, Mike Henry, Sean Flynn, David Carradine, Larry Parks, John Saxson, Bill Smith and countless others.

At 50, Vince is still one of the world's best developed men. He retains his amazing muscular development that enabled him to be called the best developed man of all time for the "Apollo" type physique. He is considered by many to be the most muscular man in the world. Vince attributes his amazing development to hard training and proper nutrition, especially nutrition. In fact, he has said many times that bodybuilding is 75% nutrition and 25% exercise.

One of the first bodybuilders to realize the importance of proper diet and food supplements, Vince has experimented with nearly every form of diet and supplement in existence. His knowledge is so great on nutrition, that he is often consulted by doctors for special dietary procedures. He has a library of more than sixty books on nutrition and for the past twenty-five years, Vince has read every book available on the subject.

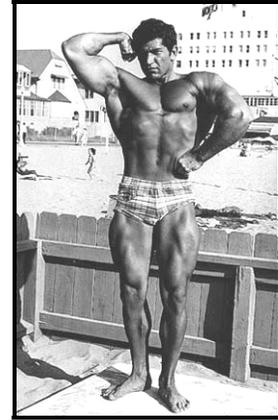
In recent years, Vince Gironda has personally trained more champions than anyone else in the world. His vast knowledge of bodybuilding and nutrition have enabled him to become one of the greats in the bodybuilding game. One need only see his amazing physique, youthful vitality and tremendous enthusiasm to realize that this champion practices what he preaches.



**Clancy Ross**



**Don Peters**

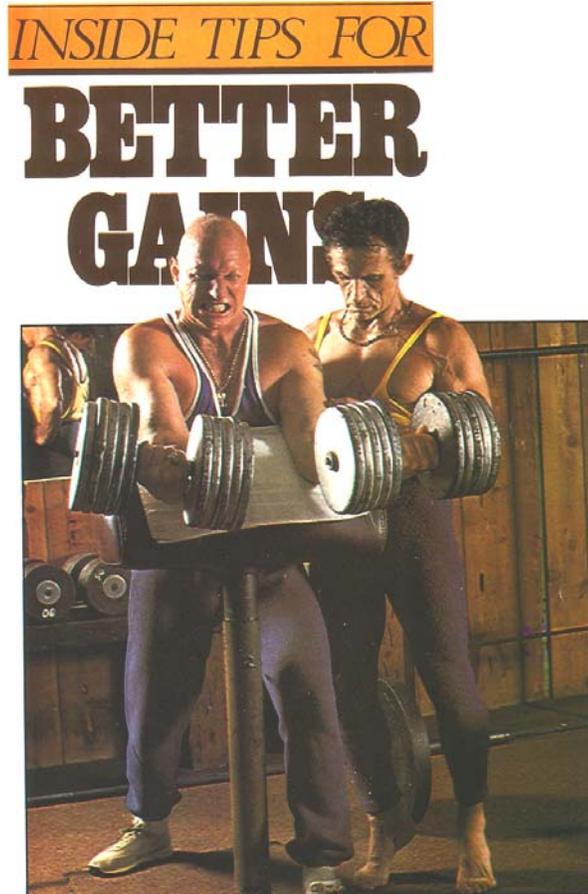


**Reg Lewis**



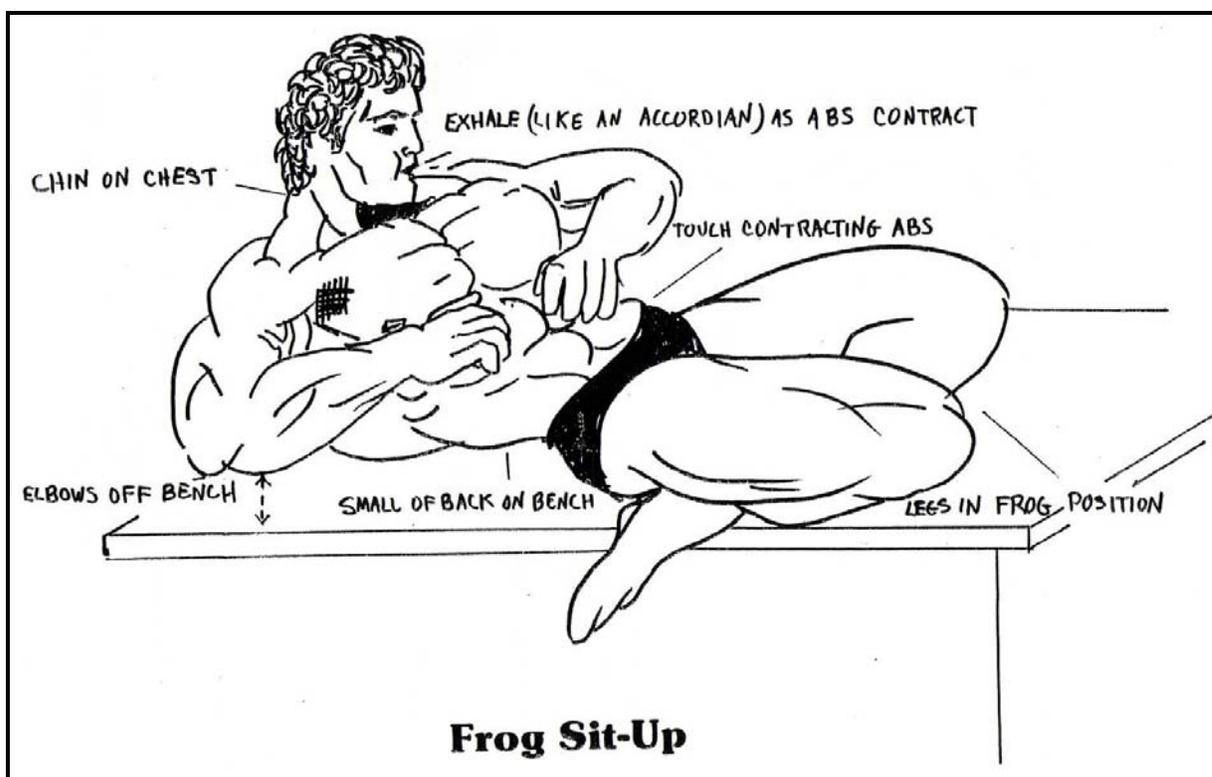
**Freddy Ortiz**

## Gironda Oldies but Goodies



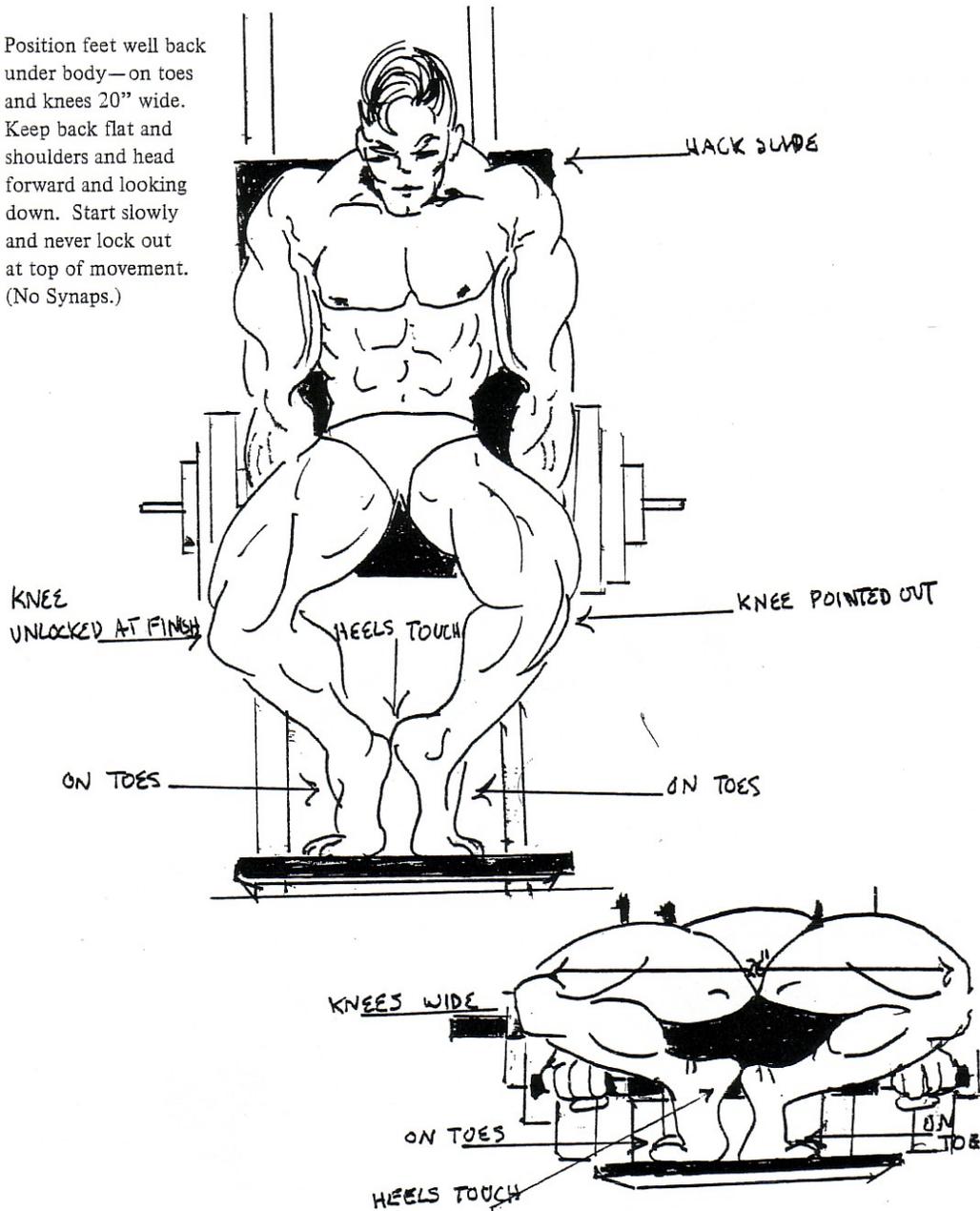
Vince developed ways to perform movements to get results. He was not interested in exercises that simply let one go through the motions. If a certain movement had merit but with a little change could be better, Vince would not hesitate to make the change. If it worked, he would do it. If Vince did it, he expected everyone else to do it also.

**The Most Famous  
of all the  
Gironda Oldies but Goodies**



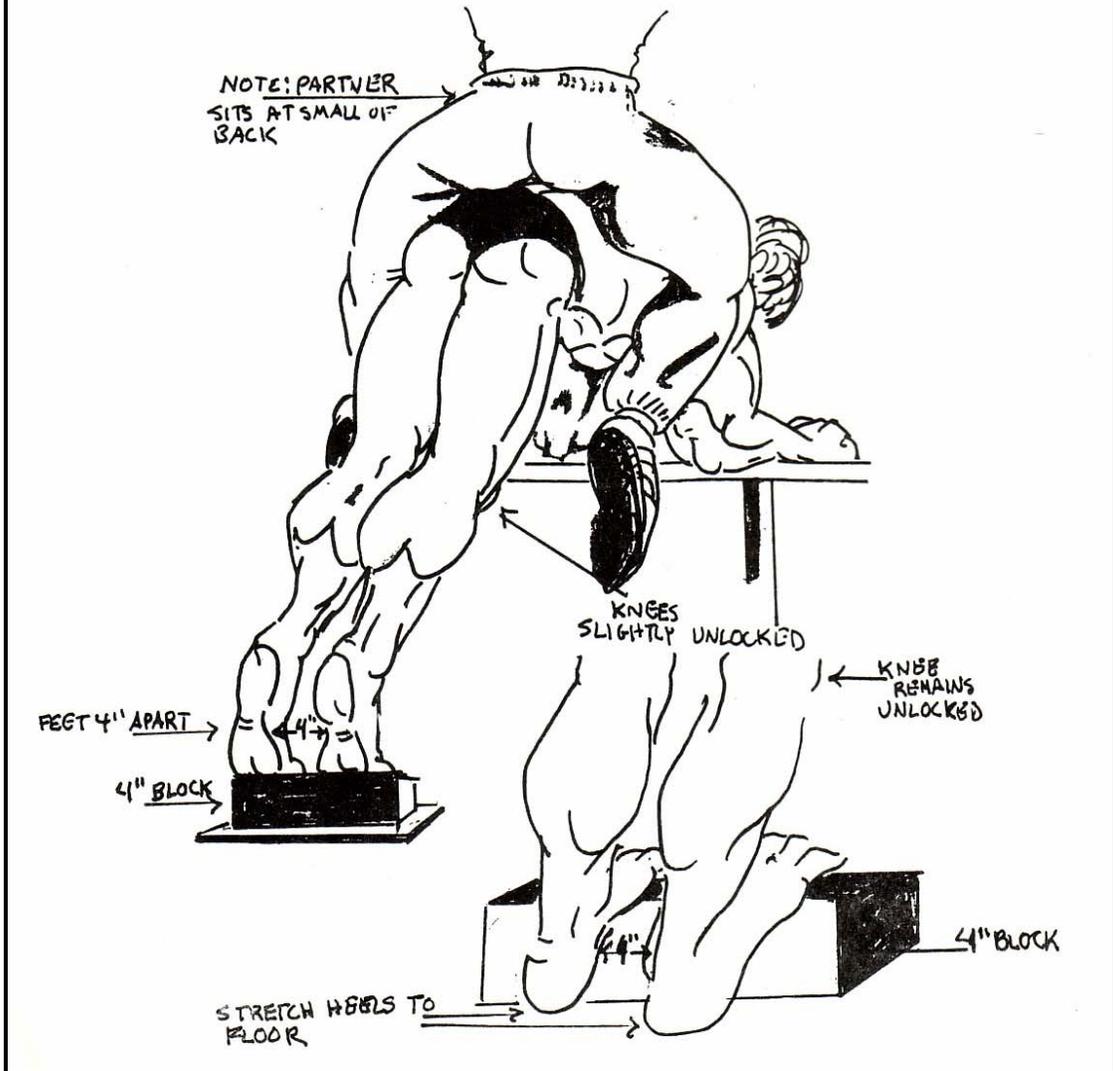
# THIGHS... HACK SLIDE

Position feet well back under body—on toes and knees 20" wide. Keep back flat and shoulders and head forward and looking down. Start slowly and never lock out at top of movement. (No Synaps.)



# CALVES... DONKEY RAISE

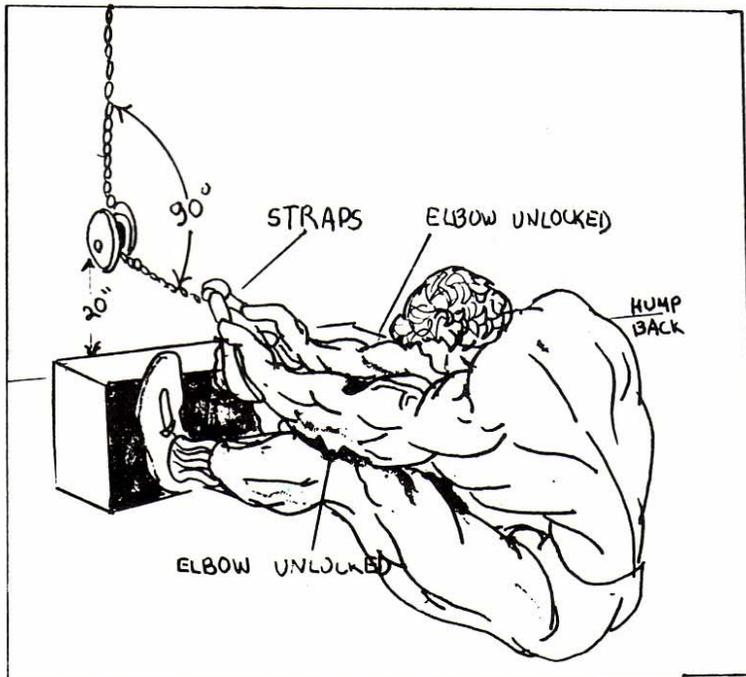
Place feet 3" apart on 4" block and bend over (back horizontal) and place elbows and hands on a table or high bench. Have a work-out partner sit in small of back (40 pounds less than your weight). As you rise up to the contracted top position, turn heels inward until they touch at top of movement. Then lower and return to parallel heel position. (20 Reps per set.)



# LATS... HORIZONTAL PULLEY

I RECOMMEND THIS EXERCISE BECAUSE IT KEEPS THE MUSCLE UNDER CONTRACTION AT ALL TIMES . . . . .

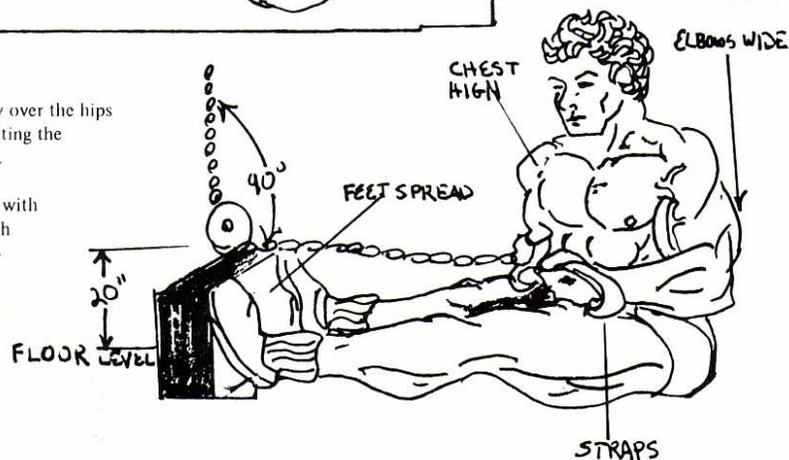
Set your pulley 20" from the floor and use a handle about 16" wide with a 1" bar grip. Place some kind of brace for your feet so you can pull the weight to your chest without sliding forward.



Lean forward from the hips.  
Grasp the handle.  
Straighten your legs.  
Get a full stretch.  
But NEVER lock-out or straighten the elbows . . .  
PULL BACK . . .  
to the low pec line.  
Arch your back.  
Push the chest up.

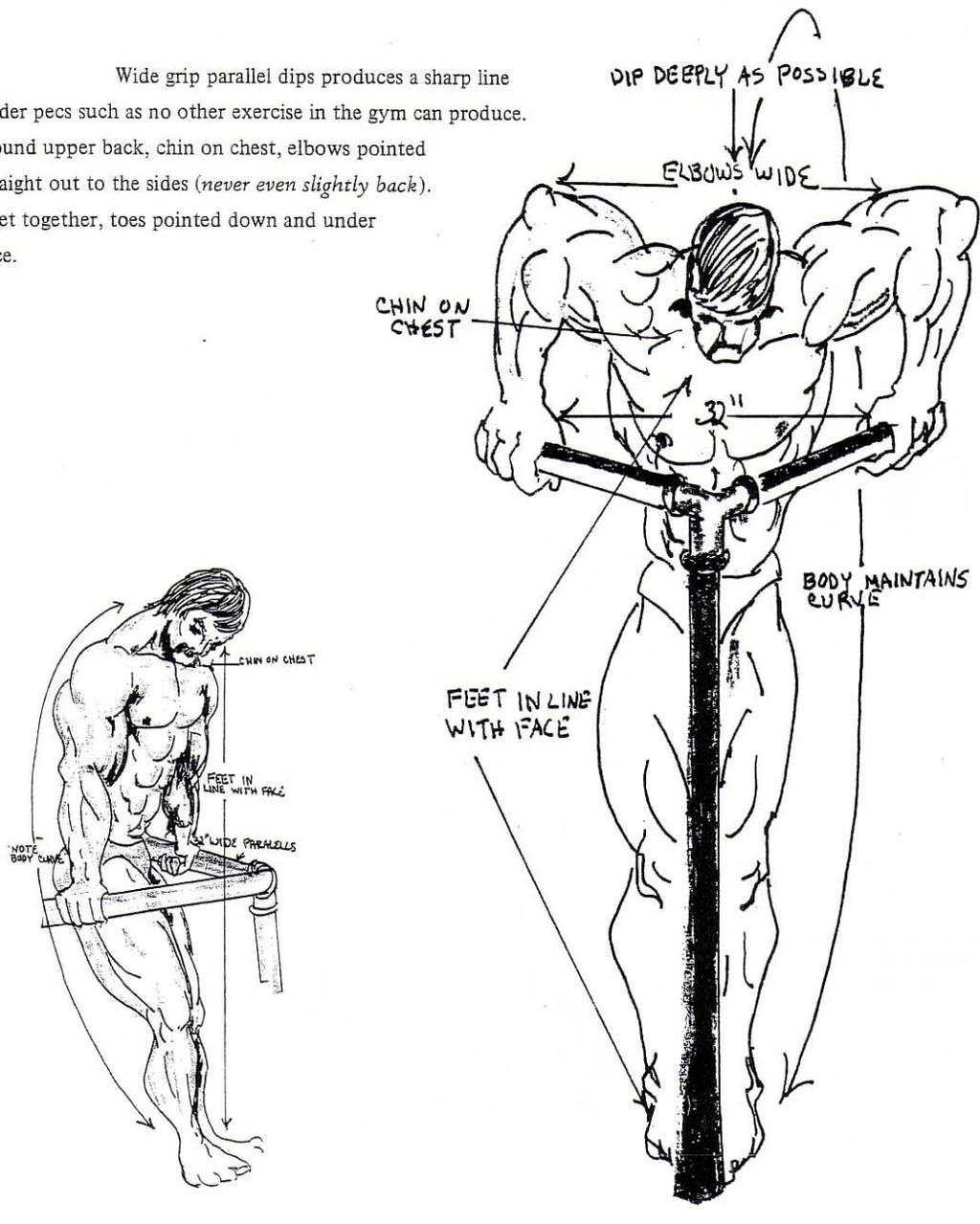
When the shoulders are directly over the hips pull them back tightly, contracting the upper back (middle trapezius).

Lean forward on the way back with the handle, and get a full stretch at the completion of the movement, but never allow the elbows to straighten. This keeps the lats under contraction at all times.



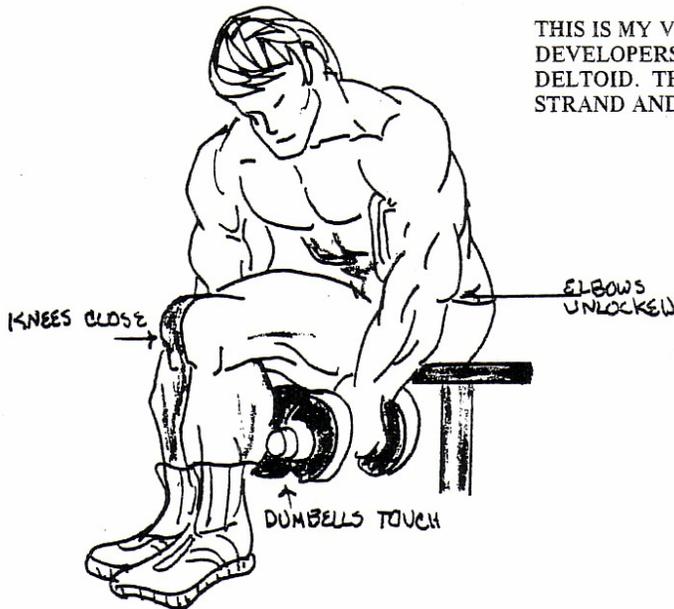
# PECS...WIDE PARALLEL DIPS

Wide grip parallel dips produces a sharp line under pecs such as no other exercise in the gym can produce. Round upper back, chin on chest, elbows pointed straight out to the sides (*never even slightly back*). Feet together, toes pointed down and under face.



# DELTS... LATERAL RAISE

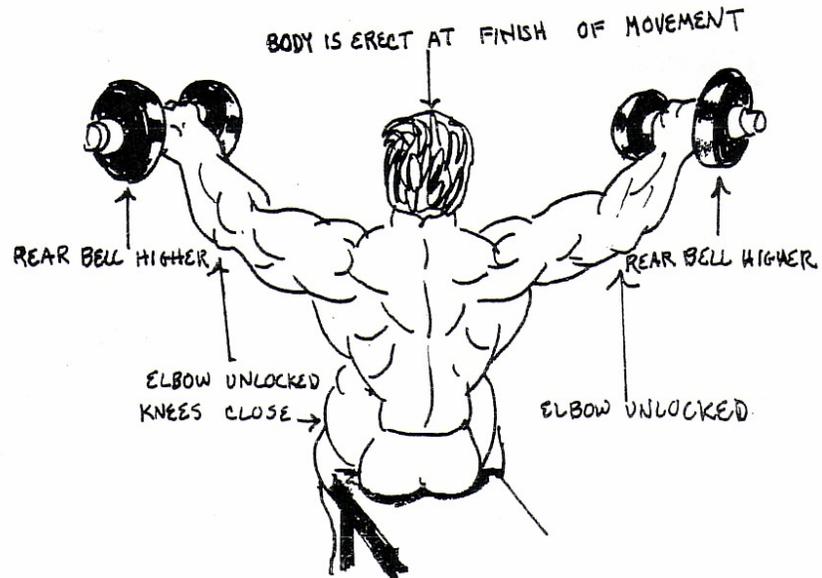
THIS IS MY VERSION OF ONE OF THE FASTEST DEVELOPERS OF THE OUTSIDE HEAD OF THE DELTOID. THE MOVEMENT CUPS THE LATERAL STRAND AND BRINGS IT TO PROMINENCE.



Sit on the end of a workout bench with a dumbbell in each hand.

Lean forward from the hips and touch both ends of the dumbbells together under the thighs, always touch all 4 bells under the legs, upper body in the proper position to keep the stress on the lateral strand.

Hold your forward position of your body as you raise the dumbbells upward to head height.



When the dumbbells reach head height or the top of the movement be sure the back of each bell is higher than the front, this insures the side or lateral strand of receiving maximum benefit.

# BICEPS ... PREACHER CURL

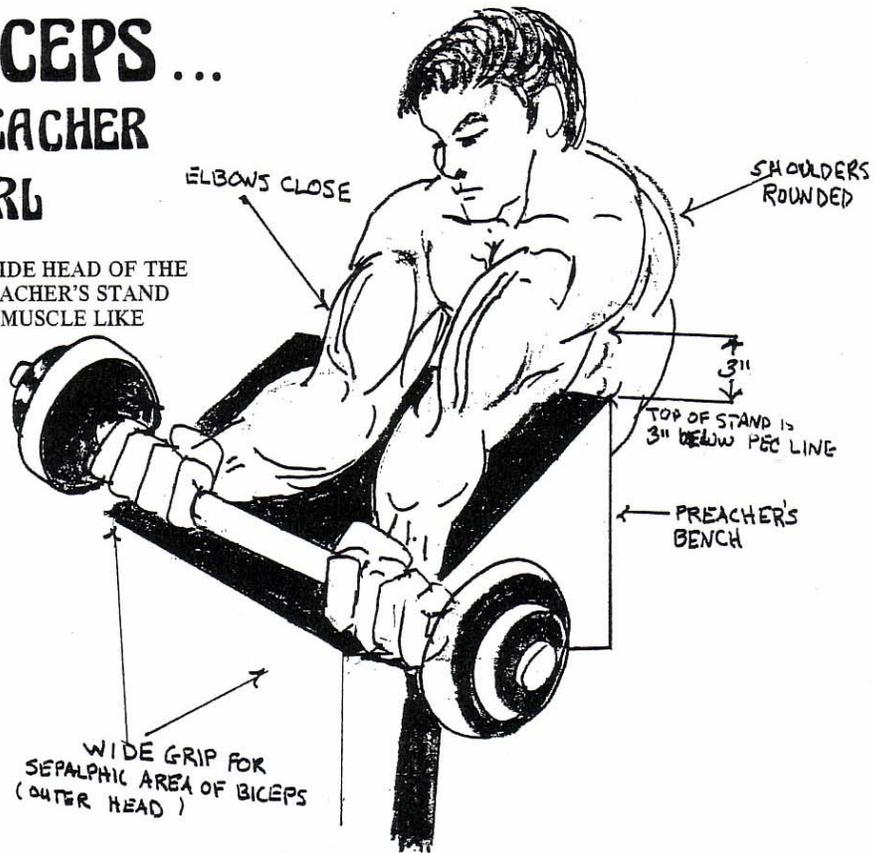
FOR THE OUTSIDE HEAD OF THE BICEP THE PREACHER'S STAND ISOLATES THE MUSCLE LIKE NO OTHER.

Shoulders rounded forward over the stand.

Elbows close together.

Hands wide to the inside of the collars on a 5' exercise bar.

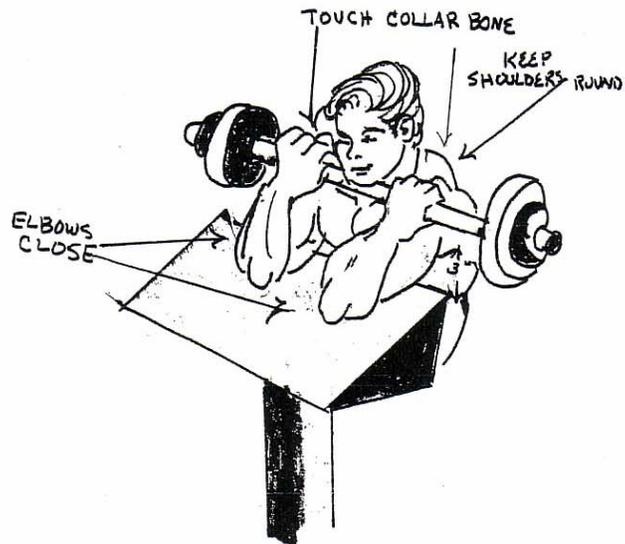
The top of the stand should be 3" below the lower pec.



WIDE GRIP FOR  
SEPALPHIC AREA OF BICEPS  
(OUTER HEAD)

Bring the bar up touching the collar bone.

Keep the shoulders rounded forward in order to finish the curl properly.



# TRICEPS... TRICEP PULL

THIS EXERCISE IS FOR THE LATERAL (OUTSIDE) HEAD

This is performed by using a 45° lat-pull pulley machine.

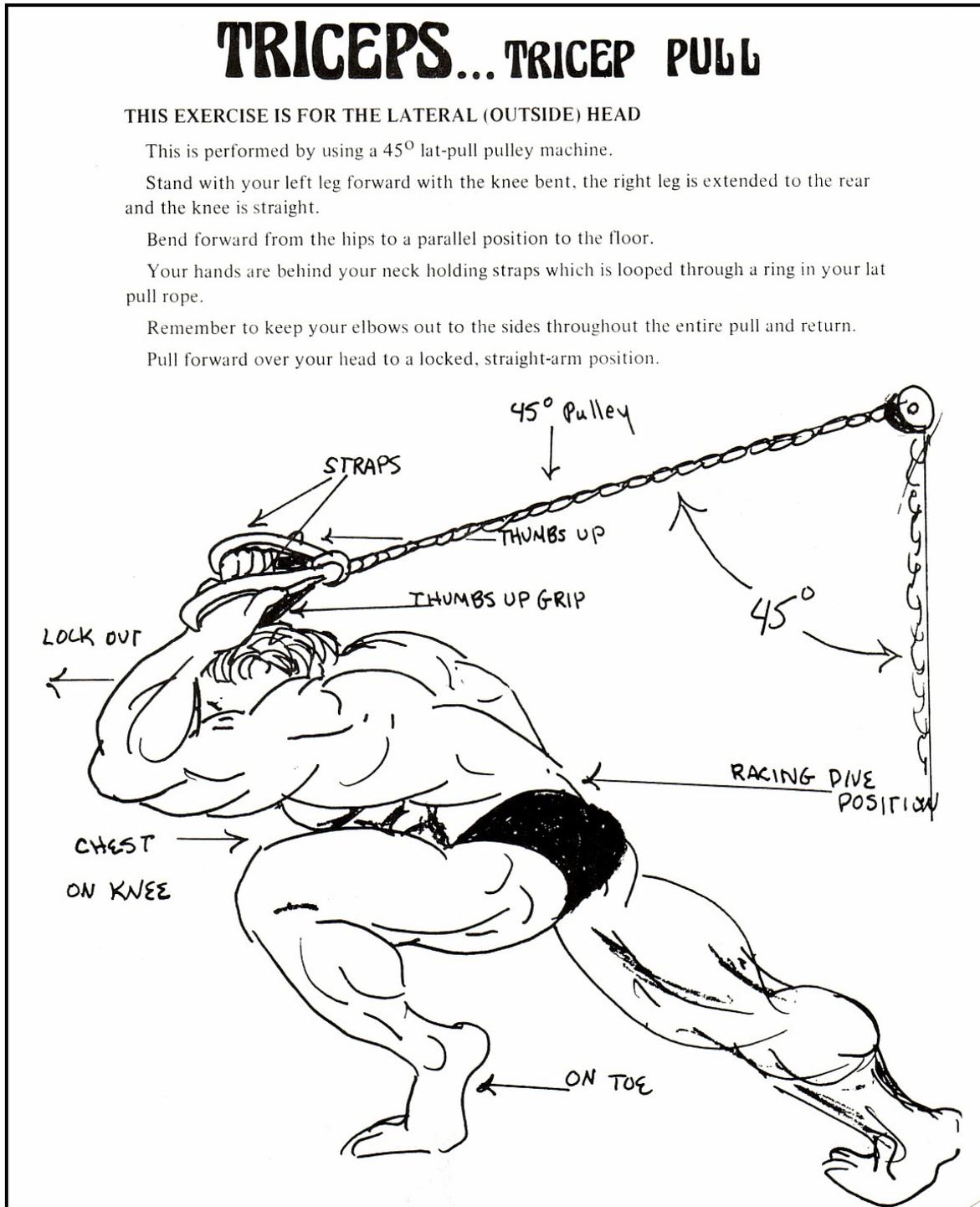
Stand with your left leg forward with the knee bent, the right leg is extended to the rear and the knee is straight.

Bend forward from the hips to a parallel position to the floor.

Your hands are behind your neck holding straps which is looped through a ring in your lat pull rope.

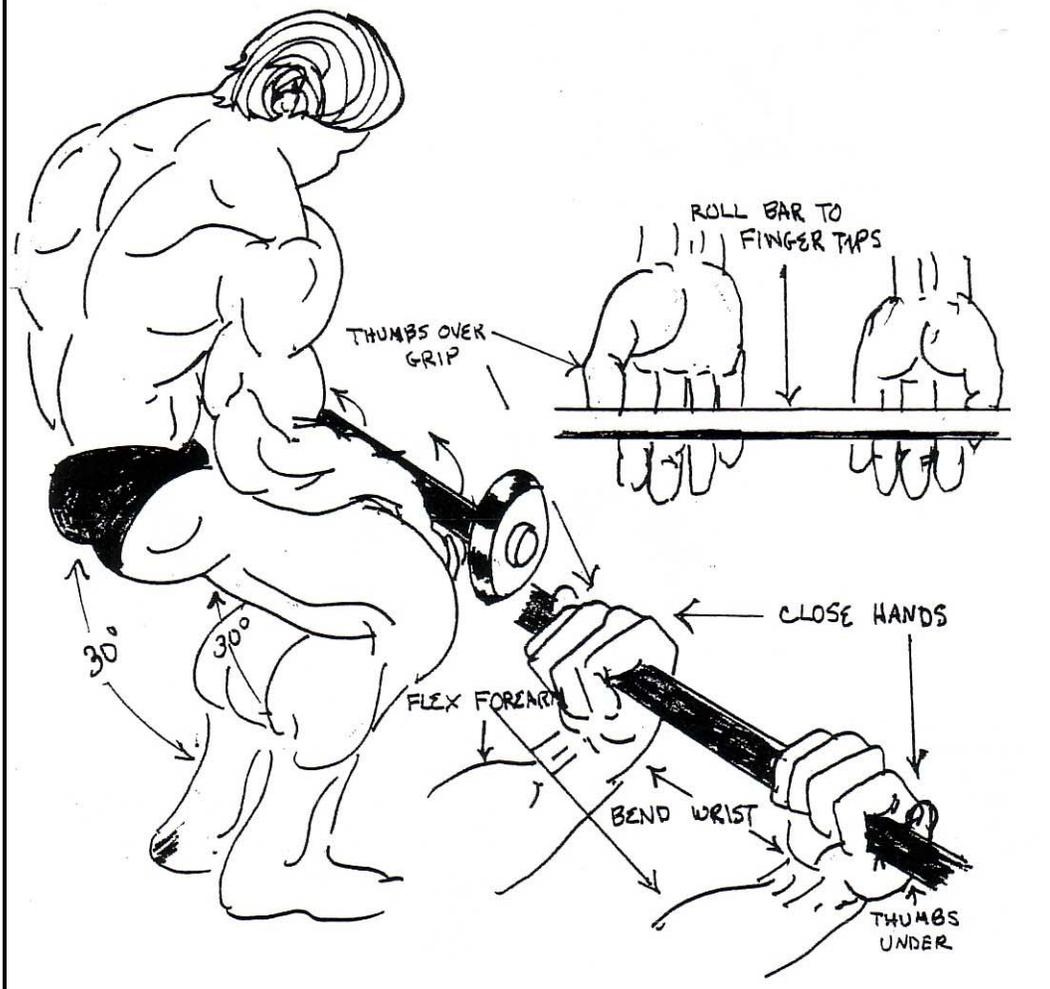
Remember to keep your elbows out to the sides throughout the entire pull and return.

Pull forward over your head to a locked, straight-arm position.

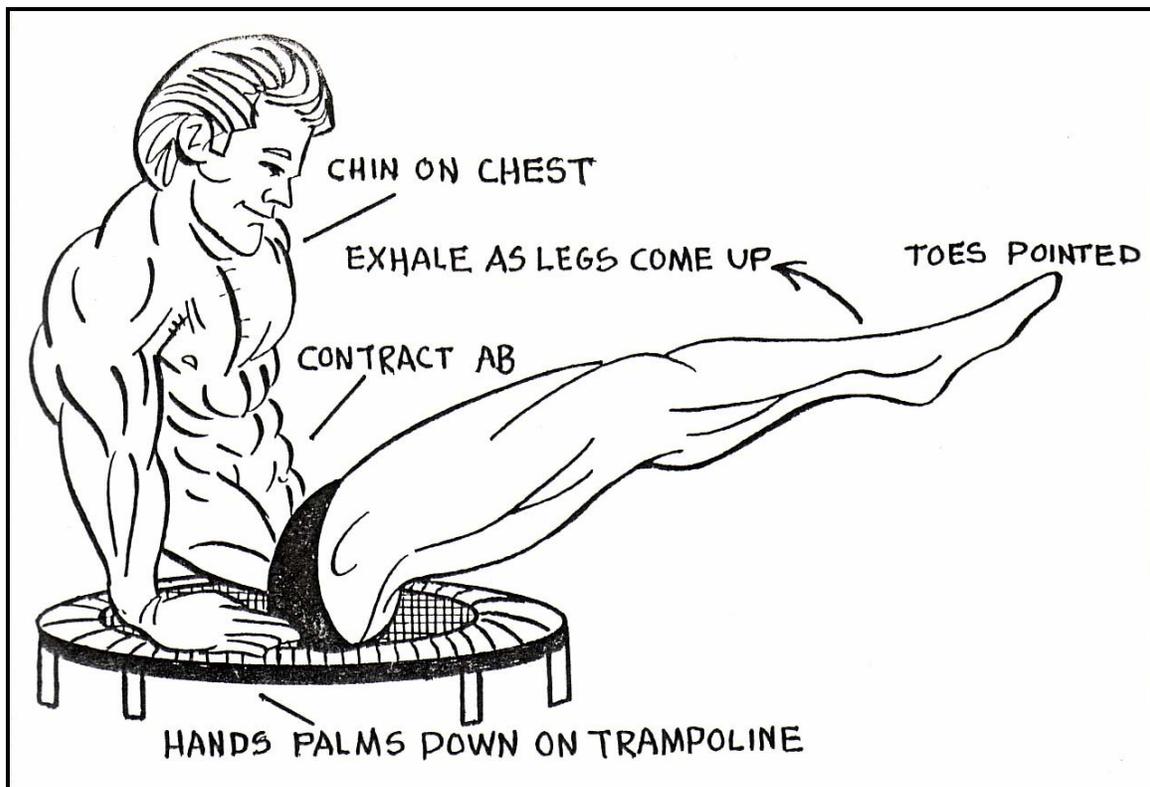


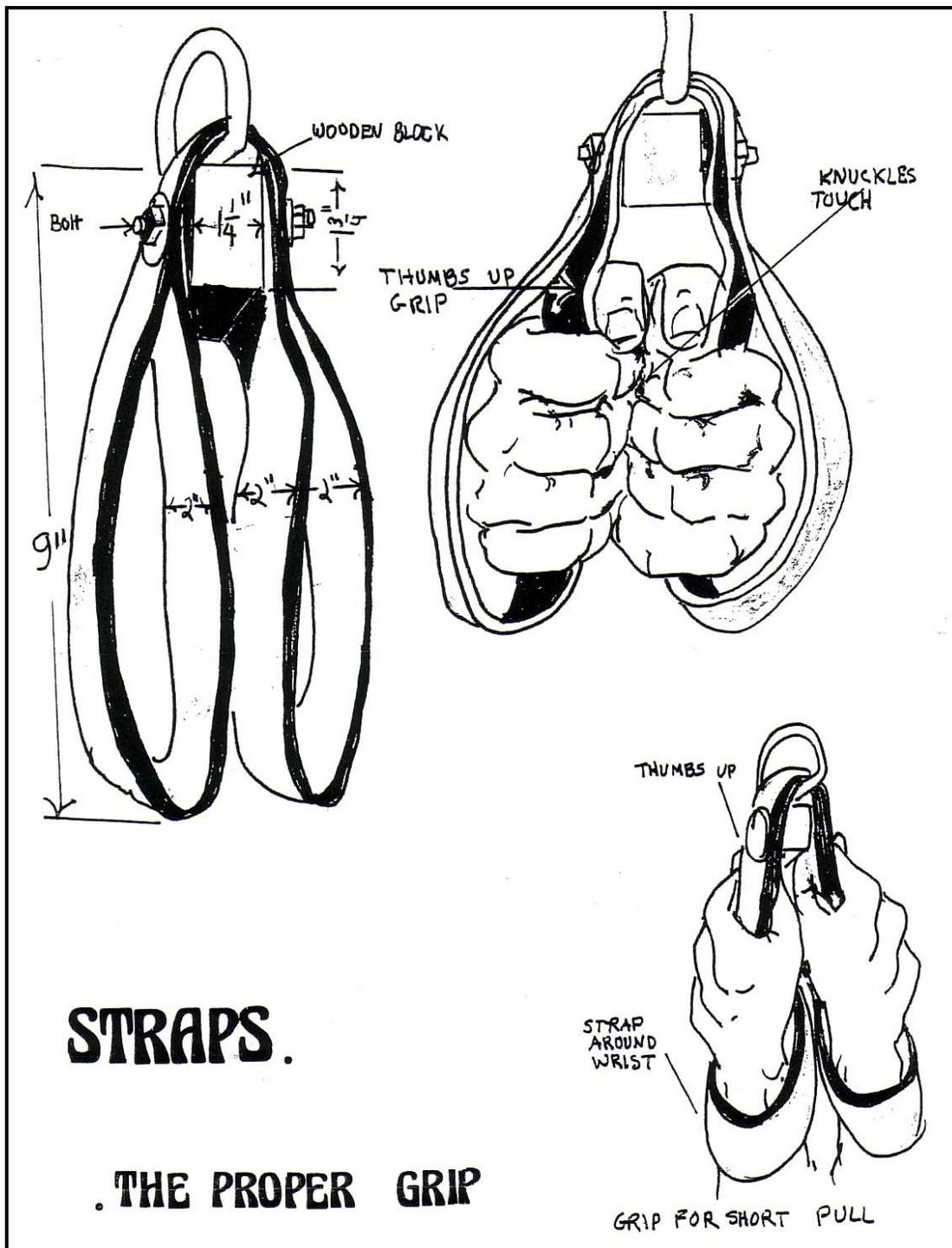
# FOREARM... FOREARM CURL

Grasp Bar Bell underhand grip 15" apart, lay forearms on thighs, wrist on knee and hands over knee. Lower hips so thighs are 30° angle. Let bar bell roll down to ends of fingers (thumb under bar) and roll bar up hand and flex forearms to full contraction.



## ABDOMINALS... MINI-TRAMPOLINE CRUNCH

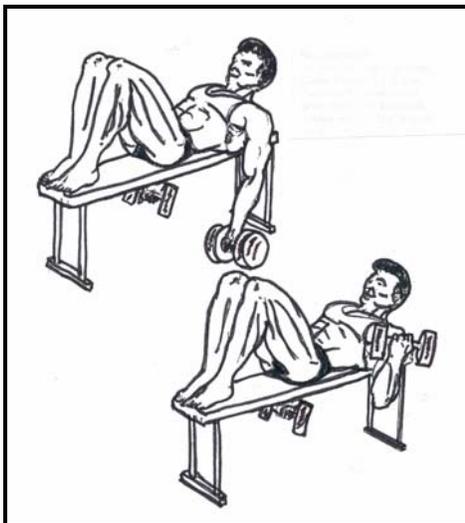




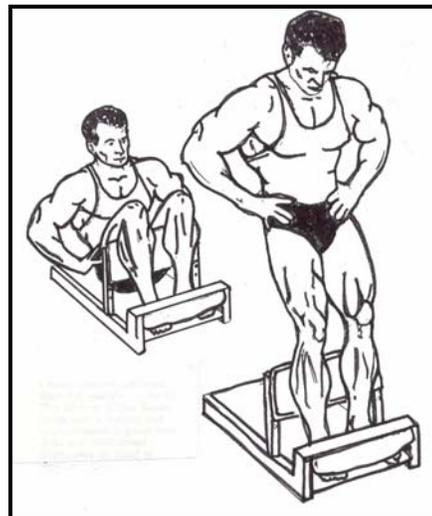
Top Illustration: TRICEPS...Tricep Pull  
 Bottom Illustration: LATS...Horizontal Pull

## Two Gironda Favorites

Vince had many different exercises he liked. Many were “old standbys” that received the Gironda twist to them, which made them more productive. Everyone knows how he felt about bench presses to the neck and “V” bar dips with a wide grip, here are two, perhaps lesser known or at least not as publicized as some of Vince’s other movements. One is for the biceps and one for the legs. Both are result producers and worth incorporating into a workout routine. Performed properly they will pump the muscles until it feels as though your skin is going to burst.



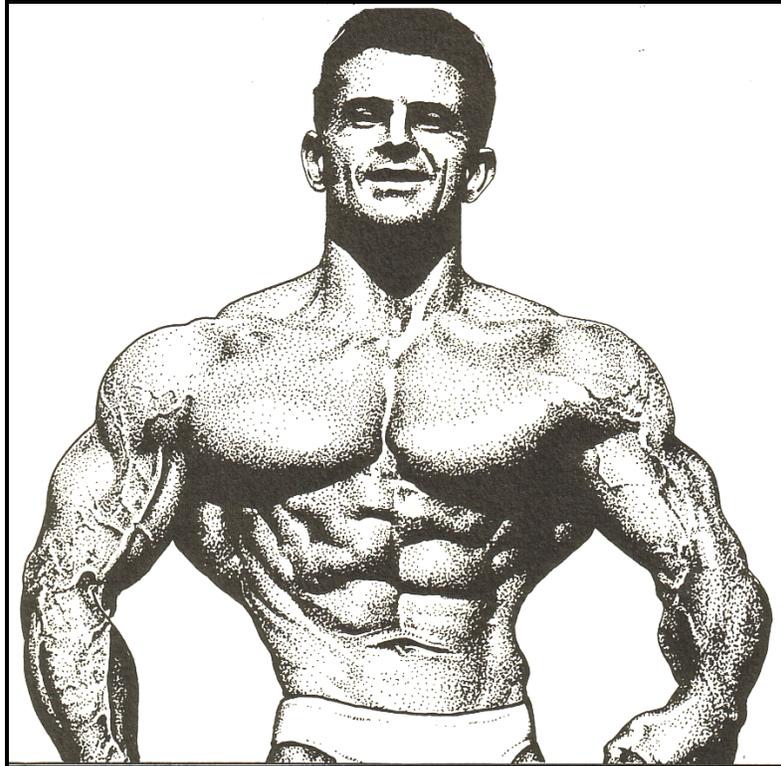
**Supine Bench Curl**



**Roman Chair Squat**

The Supine Bench Curl has been contributed to being originated by the “Iron Guru” himself. “Its one of the most effective total arm exercises around, try it and see.” ... Vince Gironda

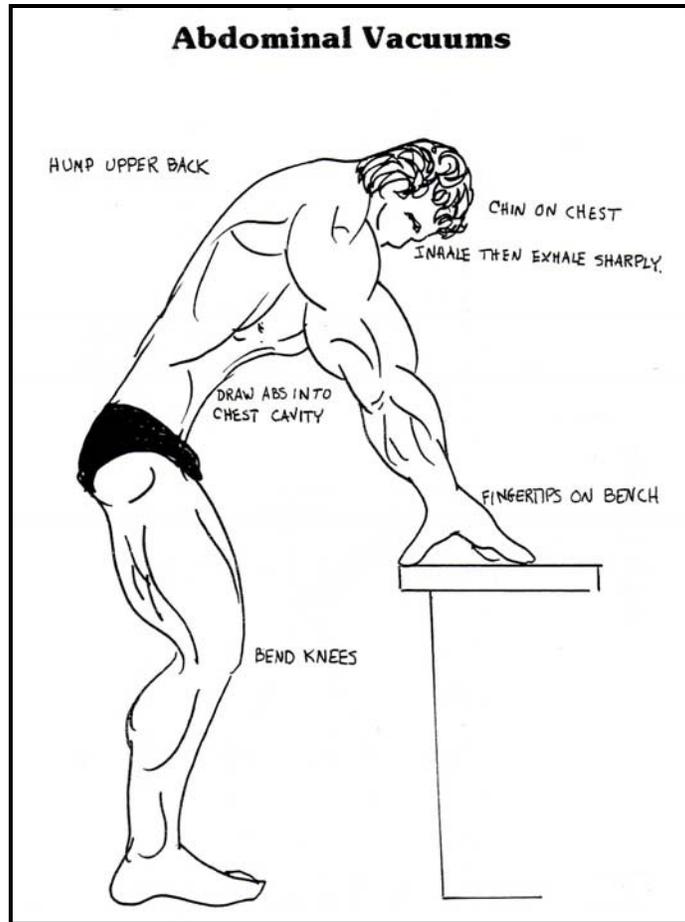
“I have always believed that if it works... do it!” The Roman Chair Squat is an old exercise but nevertheless a good one.” ... Vince Gironda

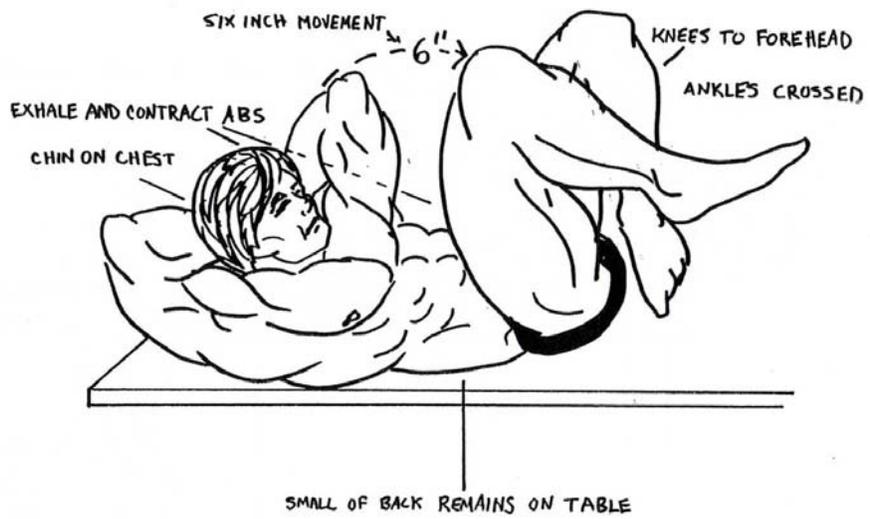


### **Abs Vince's Way**

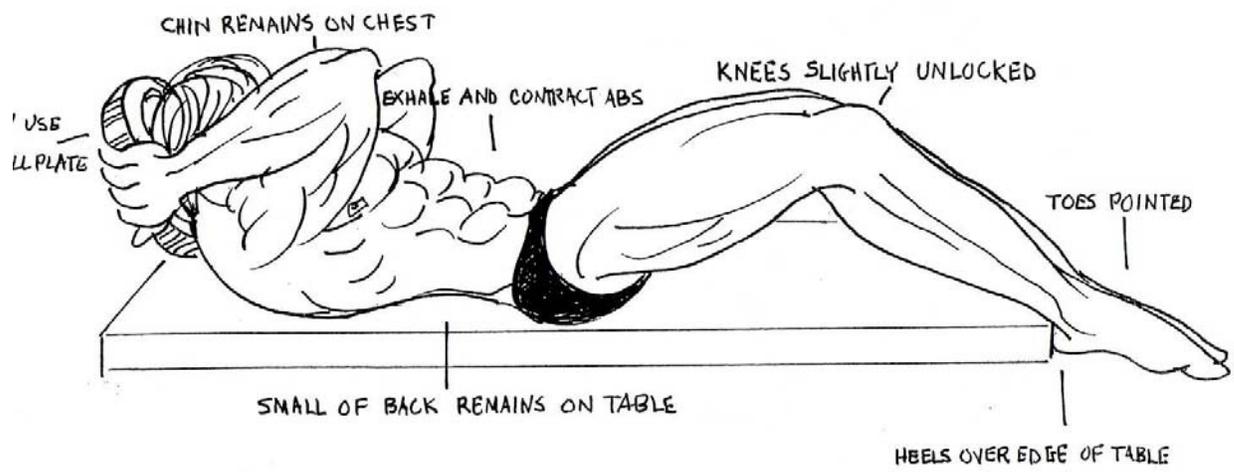
Vince was unique and often stood alone in his concept of abdominal training. His movements and methods shocked the bodybuilding world but they did produce results. He had student's employee various movements in addition to diet and supplementation. No one in the history of bodybuilding presented such revolutionary concepts for abdominal training. These are some of Vince's exercises.

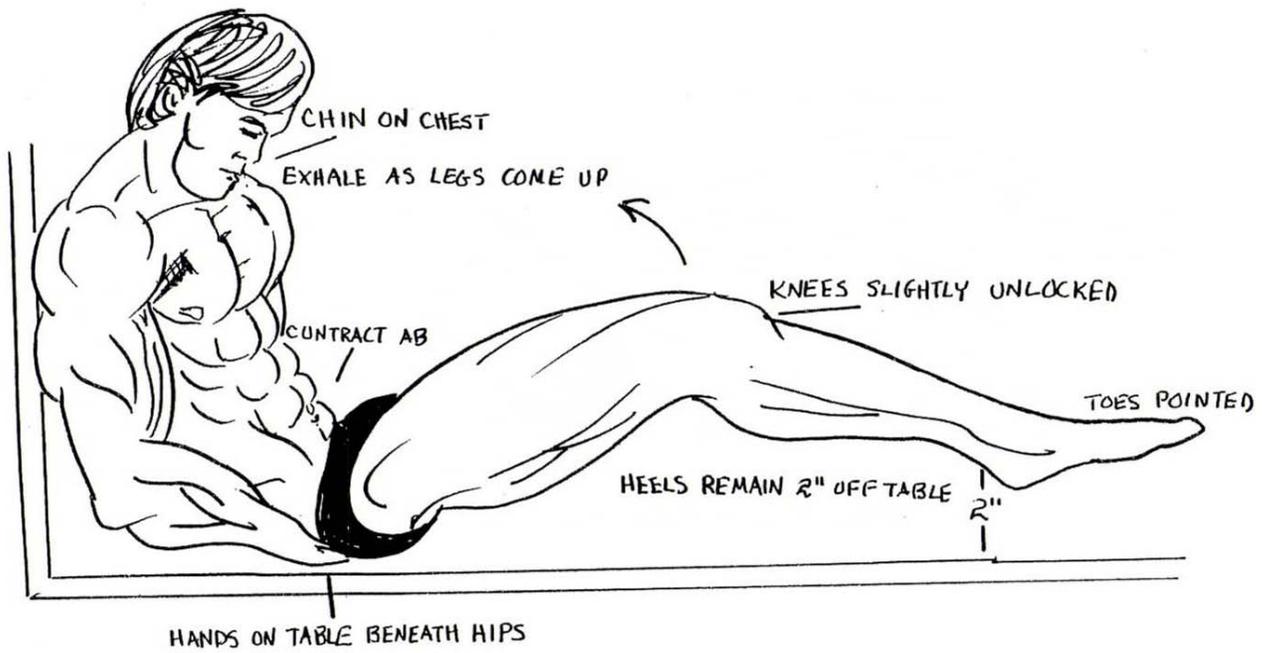
## Abdominal Vacuums



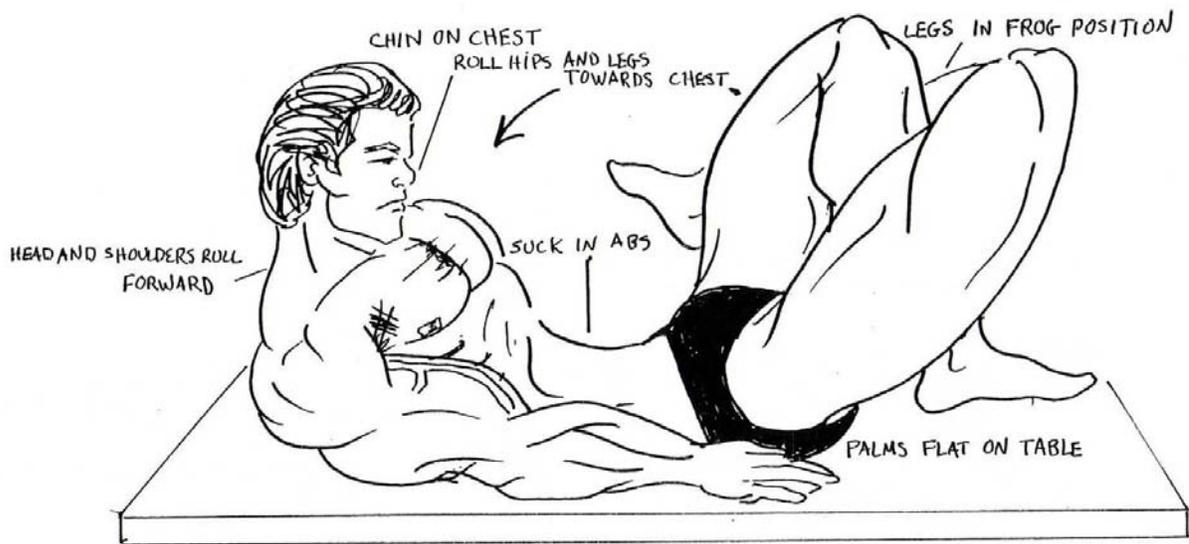


### **Concematic Double Up**





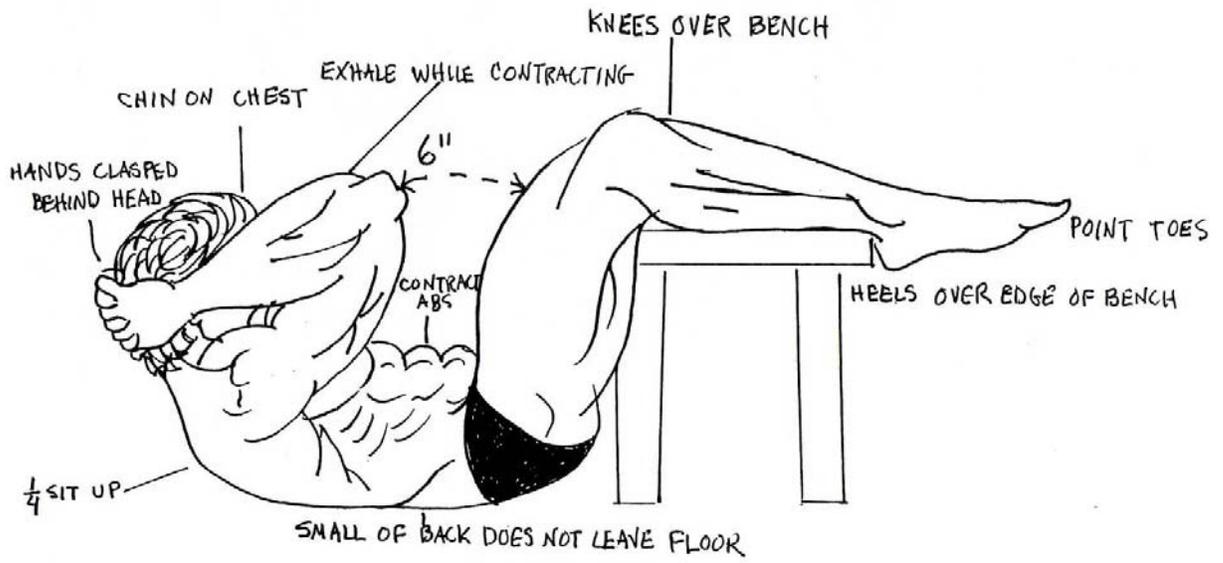
## **Bent Knee Leg Rise—**



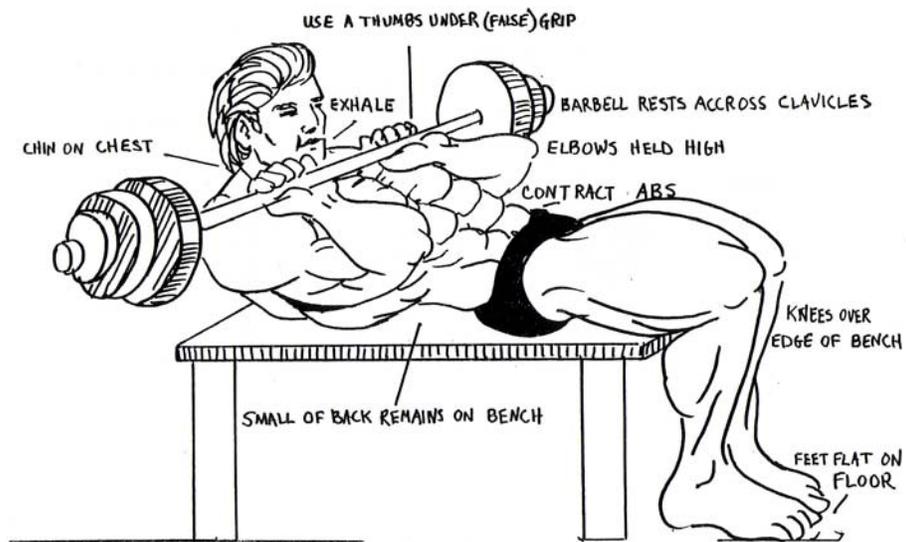
LOW ABDO SPECIAL

## The Hip Roll

This exercise is best done with the back flat on a table with the head and shoulders rolled forward and the hands flat on the table beside the hips. Next step: Cross your legs as in the Frog Sit Up and roll the hips and crossed legs towards the chest. This movement also requires that you suck in your abdomen as you perform it.



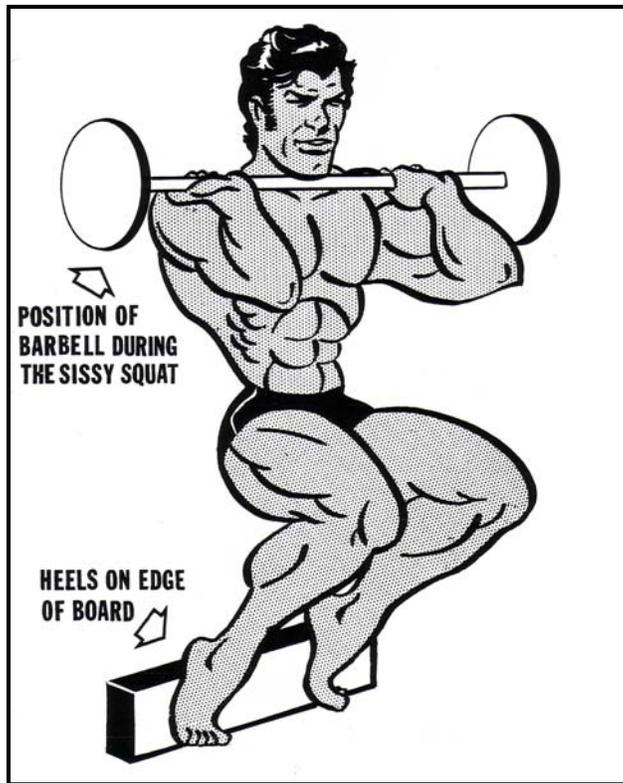
## Low Abdominal Sit Up Over Bench

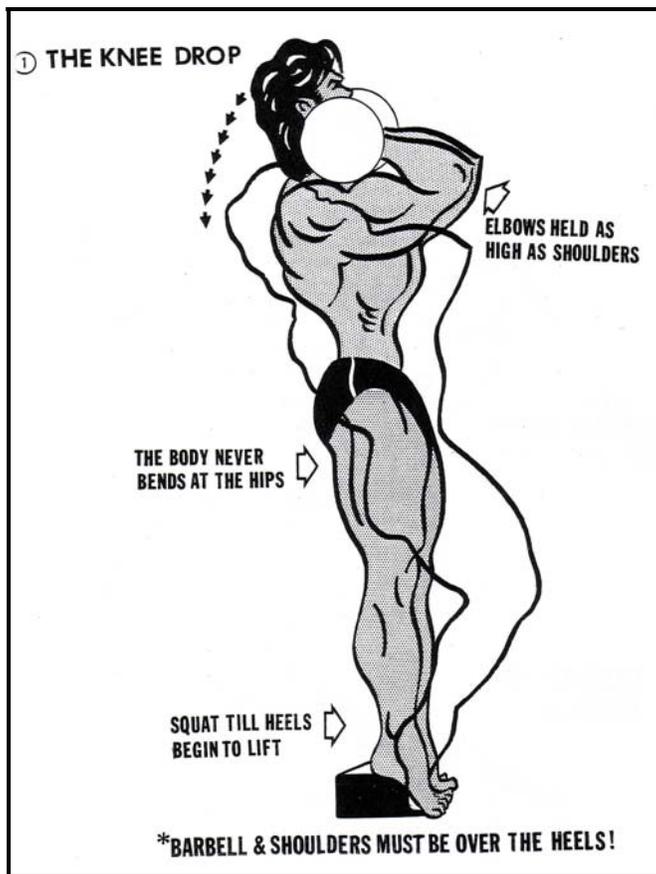


**Bar Bell 1/4 Roll Up**

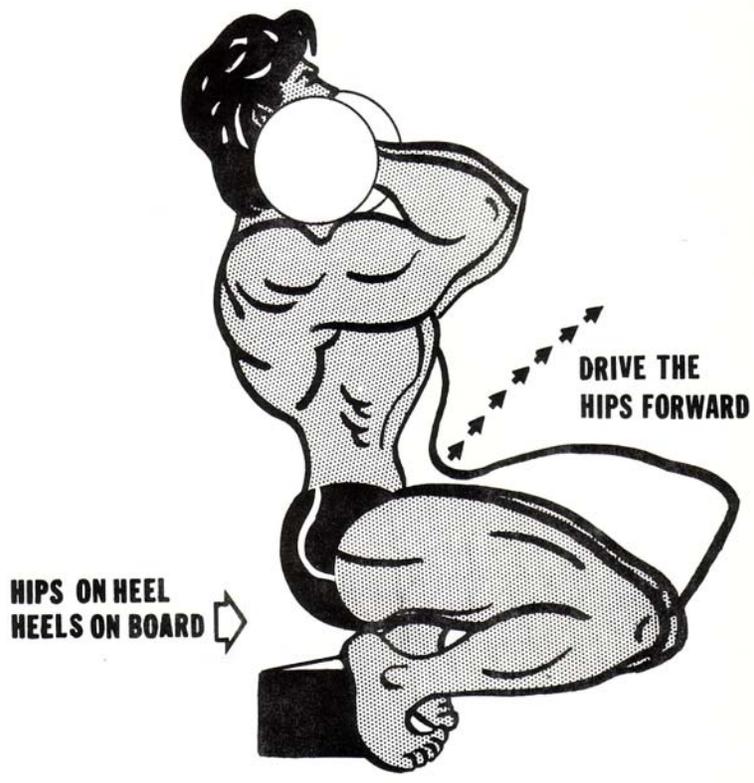
### **The Gironda Sissy Squat**

Vince had the ability to take any movement and make it more productive by adding a little of this or a little of that to it. The Sissy Squat performed the Gironda way is one such movement. By it self and the standard version of the Sissy Squat, many have fallen by the wayside, performed as Vince instructed ensured maximum output but also maximum results. It is a difficult movement to perform, as Vince required.





② THE BURLESQUE BUMP



③ THE FLUSH-OUT

1st. MOVEMENT  
(Knee Drop)

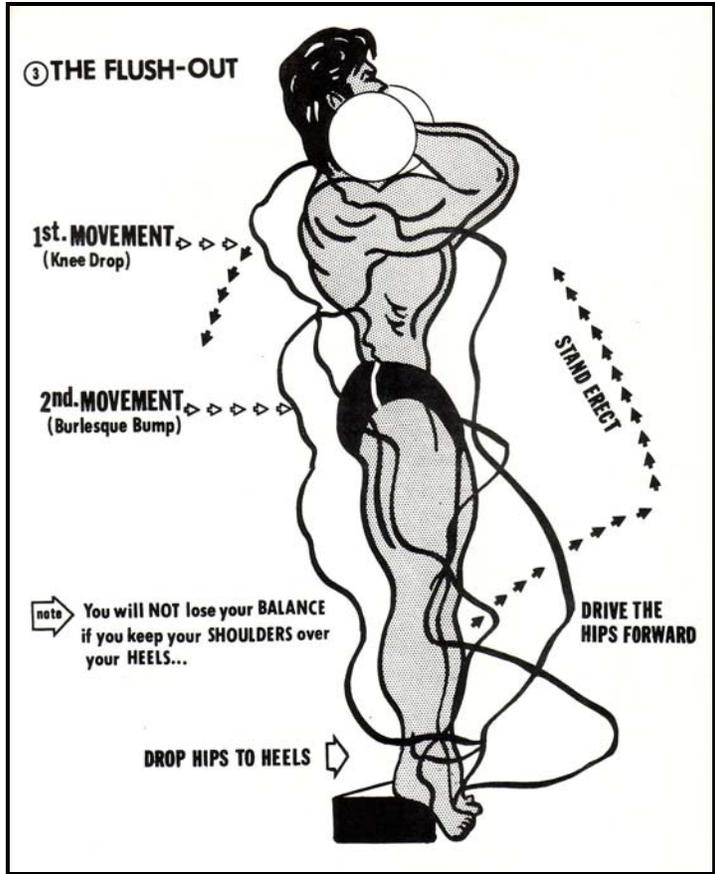
2nd. MOVEMENT  
(Burlesque Bump)

**note** You will NOT lose your BALANCE  
if you keep your SHOULDERS over  
your HEELS...

DROP HIPS TO HEELS

STAND ERECT

DRIVE THE  
HIPS FORWARD



## **Simply Vince**

**Simply Vince** is a section containing various items. Some came from his courses, some from books, others correspondence, and others still from miscellaneous sources. This section contains a mix of material. Even as this book is being prepared in it's final stages, additional items are added to Simply Vince.

**Vince Gironda "The Immortal Instructor"  
was included in several of Vince's publications.**

Vince Gironda



**THE IMMORTAL INSTRUCTOR**

If a list of great and important bodybuilding champions were compiled, a fair percentage of them would share one common bond, an association with the "Immortal Instructor," Vince Gironda.

Gironda is perhaps the sport's most potent guiding influence using his business, "Vince's Gym" in California to mold and help the physical culture elite, people over the years like Larry Scott, Freddy Ortiz, Pete Caputo, Arnold Schwarzenegger, plus various Hollywood motion picture stars.

Vince himself possesses the ideal esthetic proportionate development. For approximately 25 years he has bucked the tide of bodybuilding nonsense, training men along individually tailored lines with weights and scientific nutrition.

Today in his mid-50s there is no letup in the pride and honesty which are the backbone and elements that earned him the nationwide reputation of bodybuilding's most knowledgeable instructor—bodybuilding's "Immortal Instructor."

WEIGHT REDUCING		WEIGHT GAINING	
10 Liver Tab	100	100	100
10 Kelp Tab	80	80	80
3 Lipotron	43.9	43.9	43.9
3 Enzyme H.C.	91.6	91.6	91.6
3 Enzyme Label	77	77	77
3 Vitamin B Tab	80	80	80
3 Iron Label (I)	118.9	118.9	118.9
8 Selenium Labels			
1 Vitamin A Label			
1 RNA Label			
1 Vitamin C Label			
3 Vitamin Tablets			

Protein	Quantity
Condensed Milk	1 Quart
Canned Tuna	1 Can, 6 1/2 ozs
Beef	1 pound
Chicken	8 ozs., 1 cup
Fish	1 pound
Cheese	1 pound
Heart	1 pound
Jerky	1 pound

**CREATOR OF CHAMPIONS**

*Vince's Gym*

11262 Ventura Boulevard  
North Hollywood, California 91604  
Telephone 769 - 8851

Vince ran this ad copy in several of his publications  
and select bodybuilding magazines  
in the 60's and 70's.



## TRAIN WITH VINCE GIRONDA

At last — Vince tells you through these booklets, how he trains the stars, and offers you the T-shirt his students wear.

ALL PERSONAL CORRESPONDENCE WILL BE ANSWERED FOR A FEE OF ONLY \$20.00 PER LETTER.

### FIRST WORKOUT BULLETIN —

Vince Gironda reveals the techniques he teaches students in his Hollywood gym. The exercises and routines that have helped produce the West Coast stars are yours to use at home. Completely illustrated by the champs in: The Vince Gironda First Workout Bulletin. Postpaid, only . . . \$2.98

### SECOND WORKOUT BULLETIN —

This is Vince's famous 10-8-6-15 routine designed to accelerate muscle gains for those who have been slowed down or in a rut. Great for body builders who have a limited amount of time to give to their workouts. Advances the fact that to acquire larger muscles you must increase the intensity of work done in a given time. The Vince Gironda Second Workout Bulletin has been revised: 8" x 10" photos of Don Peters demonstrating each exercise; Two new diets, plus: Explanation of Sets and Reps, Developing Muscle, Instinctive Training, Body Building is 85 per cent Nutrition, and Tempo. Postpaid, only . . . . . \$5.00

### THIRD WORKOUT BULLETIN —

Vince Gironda has compiled a new Manual on the most controversial of all body parts. This mystical muscle group, with a second brain all its own (the Solar Plexus), and the vast network of blood vessels and nerve endings, improperly worked, can, and will, cause actual tissue loss, particularly in beginning body builders. In the case of advanced bodybuilders, hold back all gains. This muscle group is the Abdominals. This new manual contains a chapter on Metabolism, Instinctive Training; How Much is Enough; and Why Count Sets and Reps; plus the Psoas Muscles versus the Rectus Abdominals; Explanation of Leg Raises and Sit Ups; A New Concept in Abdominal Work; Abdominal Isolation for Sharper Abdominals; Concemetric Double-Ups; Myth and Fact Concerning Abdominals; and a Low Carbohydrate High Fat Diet. The Vince Gironda Third Workout Bulletin, postpaid, only . . . . . \$7.50

### BLUEPRINT FOR THE BODYBUILDER—

Vince Gironda's unique course stressing his unusual theories on nutrition. Studied and used by the great West Coast stars. Price, postpaid, . . . . . \$3.00

### DEFINITION — Revised

This routine is the same type workout used by Vince Gironda, the man considered by experts to be the most muscular man in the world. In this book are explained: the exercises used to bring out the maximum shape and definition; the proper length of time necessary to develop definition; reasons for lack of definition; specialization and the diminishing workout system; and breathing and breath control secrets never before revealed. Fully illustrated to show how to perform each exercise. Definition, Postpaid, . . . . . \$5.00

### THREE SETS OF MAXIMUM EFFORT — OR — THE SISSY SQUAT —

A new book. This exercise has never been explained by any physique magazine fully because it is not fully understood. Learn the secrets from the man who popularized this complete shaping and bulk routine. Send your order today, only . . . . . \$3.00

### VINCE'S CORNER —

Vince has selected from his magazine articles, the most up-to-date information you will need to help you with your bodybuilding problems. As was the popular series of articles, this manual is called VINCE'S CORNER — a book with the most valuable bodybuilding information. Reveals techniques learned from over 30 years experience. 40 photos showing how to perform special exercises, pose your physique. Learn not only from reading, but also by the association of guiding pictures. Order this 32 page manual now for just . . . . . \$5.00

### VINCE'S WORKOUT SHIRT —

Used by the champs in Vince's Gym; designed to keep muscles warmed, and tailored to show them off. Form-fitted, comfortable. Heavy blue nylon with white letters, in Small, Medium, Large and X-tra Large (please specify when ordering). Price, postpaid . . . . . \$12.00

### THE VINCE GIRONDA FILE NO. II

A 64-page book explaining Vince's concepts on exercise and nutrition . . . . . \$10.00

### THE VINCE GIRONDA FILE —

Paperback book — only 500 copies available. This was Vince's Master File of published and unpublished work compiled over a period of years. Per copy, Postpaid . . . . . \$10.00

### VINCE'S 6 WEEKS' BULK COURSE —

A non-specific bulk routine . . . . . \$5.00

### BALANCED ARMS —

Add 1" on your arms in just two weeks . . . . . \$5.00

## VINCE GIRONDA

11262 Ventura Blvd.  
North Hollywood, Calif.

91604

OVERSEAS ORDERS — PLEASE SEND POSTAGE



Here is a look at the ad copy that Vince ran exclusively in MuscleMag International.

**TIRED OF FAD ROUTINES?**

**LET VINCE SHOW YOU THE ONLY WAY TO MUSCULAR GREATNESS!**

The collage features the following items and prices:

- THE Sissy Squat** by VINCE GIRONDA: \$5.00
- 10-0-0-10** VINCE GIRONDA: \$7.50
- The VINCE GIRONDA WORKOUT ROLLETIN**: \$5.00
- The New Revised Master Abdominal Course**: \$10.00
- VINCE'S CORNER**: \$7.50
- How I train the MOVIE STARS** Vince Gironda: \$10.00
- Why do champion's muscles look different?** Vince Gironda: \$10.00
- DEFINITION** VINCE GIRONDA: \$7.50
- A muscle has FOUR SIDES** Vince Gironda: \$10.00
- Vince's SIX WEEKS SIX PACK COURSE**: \$7.50
- BALANCED ARMS**: \$7.50
- The Vince Gironda File**: \$12.50
- VINCE GIRONDA'S BLUEPRINT TO BODYBUILDING**: \$5.00
- When Vince speaks the stars listen**: \$10.00

We've all seen them, right? The fad diets and routines that just don't work. In your search for physical perfection you've tried them all... to no avail. Well your search is over!!! Here is all, yes **all**, the information you will ever need to reach your hidden potential. Now you can join the ranks of men like **Larry Scott** and **Mohammed Makkawy** as you train under the master himself... **Vince Gironda**... And as your physique grows to new levels you will realize that these courses are not fads. **No sir!** These courses are compiled with decades of experimentation and research into the field of bodybuilding. **Believe it, they work!** Waste no more time. Unleash your potential as you benefit from the over 30 years of **Vince's** experience and knowledge. **Order today!!!**

In England, Vince's courses are available from Chris Lund, 18 Craigshaw, Sq., Hylton Castle Est., Sunderland, Tyne-Wear, SR5 3NG England.

Clip entire page and send to:  
**Vince Gironda**  
 Vince's Gym: 11262 Ventura Blvd.  
 North Hollywood, CA 91604

**Yes Vince!** I want you to show me the way to muscular greatness! Please send me the courses I have checked above. Enclosed is check/money order for the amount of \$\_\_\_\_\_.

I wish to charge my  Master Charge  Visa

Card No. \_\_\_\_\_ Exp. Date \_\_\_\_\_

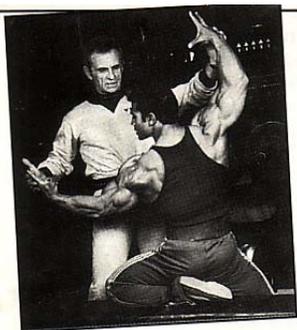
Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

California residents add 6% sales tax. Sorry, no COD's.

**And finally  
here is a new look Ad Copy  
for Vince's books and courses  
that appeared in  
the October 1996 issue of Iron Man magazine.**



## THE ORIGINAL IRON GURU VINCE GIRONDA

**TRAINER OF THE STARS FOR OVER 50 YEARS**

Vince has been the last word in muscle for over 5 decades. Now with the Vince Gironda Library, you can share his secret formula. Don't wait, don't lose out. Start building the body you've always wanted—now! "After 50 years of training everyone from beginners and movie stars, to Olympia winners, I've learned things you've never dreamed of and... I've organized them all into these special reports. Things like...

**Why Do Champions Look So Different?...Report #1**

- 5 things you must do before you ever walk in the gym...pgs 3-6
- Key factors that determine how you're going to look before you ever touch a weight... pgs 3-4
- The 9 key points on the body that rivet the eye and...how to coax maximum growth out of each body part...pgs 8-13

**The Secret to Muscle Thickness...Report #2**

- Attacking the muscle from all sides... pgs 1-11
- Nutrition designed to thicken muscle fiber... pgs 12-13

(Mr. Olympia Mohamed Makkawy said, "This is the best system to gain size I've ever used.")

**Secret File #I (Reports 3 thru 29)**

- Keys to Mental Focus...pgs 3-10
- How to avoid overwork...pgs 11-13
- Secrets on all 9 key bodyparts...pgs 14-26
- Secret Training concepts you've never heard before...pgs 27-31
- Nutrition that forces your body to grow...pgs 33-60

**Secret File #II (Reports 30 thru 48)**

- How to Create an Illusion with your own body...pgs 1-5
- The 39 most common errors in bodybuilding...pgs 11-12
- How to avoid bodybuilding's most common error...pgs 13-14
- The Ultimate Muscle Building Diet... pgs 18-37

- Inside Secrets about bodybuilding... pgs 38-47
- Questions you've always wanted to ask... pgs 54-64

**The Wild Physique**

- 192 fully illustrated pages of "Insider" tips about Building a Stunning Physique.
- Discover the fascinating details why Vince is...both the Most Hated and the Most Loved bodybuilder living today...pgs 1-16
- How to make the most of Your Own Genetics...pgs 16-20
- The trick to discover the ideal number of sets and reps...pgs 20-24
- The mystery of Instinctive Training revealed...pgs 43-50
- Critical tips on Getting Started Right... pgs 50-64
- Bodybuilding is 85% nutrition so listen closely...pgs 79-94
- Training Systems for the whole body... pgs 95-142
- How To Create Magic...when you step on stage (posing)...pgs 142-152

**Risk Free Order Form**

Prompt and Courteous Refund If You are not Fully Satisfied

Vince's Gym Mailorder  
21704 Devonshire St., Ste. 347  
Chatsworth, CA 91311  
805-527-6726

Vince, I'm so excited to get this stuff, I can hardly wait. I want that wild look! Please rush me the items I've checked below.

I'm enclosing  check  money order for \_\_\_\_\_ + \$6.50 shipping and handling.

- 1. Why Do Champions Look So Different?...\$7.00
- 2. Building All Four Sides of a Muscle.....\$7.00
- 3. Secret File I (Reports 3 thru 29).....\$15.00
- 4. Secret File II (Reports 30 thru 48).....\$15.00
- 5. The Wild Physique.....\$47.00

- Bonus (order any 3 and get FREE shipping)
- Super Bonus (order 3, 4 and 5 for \$67 and get 1 and 2 FREE + FREE shipping...save \$30.50)

Rush My Order to:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_





# G I R O N D A T A L K S

**VINCE'S GYM**

FOR ADVANCED  
BODYBUILDERS  
ONLY —

Now! The undisputed leader in  
Muscle-Building Nutrition tells all.

#### SUBJECTS COVERED

- \* Nature's Anabolic Steroids
- \* Ribonucleic Acids
- \* Hormone Precursors
- \* Nitrogen Retention
- \* The Importance of Crude  
Extractions of Tri-Germ Oils
- \* Amino Acids vs. Protein
- \* Metabolic Stimulators
- \* Catalytic Dilators
- \* Synergistic Vaso Dilators
- \* Carbohydrate Withdrawal
- \* Digestive Supports
- \* Seaweed
- \* Niacin
- \* Ginseng

Results of 26 years research. Vince  
tells how to "make it" without  
drugs.

60 min. Cassette Tape only \$9.95  
postpaid

All orders shipped by AIR MAIL  
same day as received. Foreign  
orders add \$1.00 postage.  
California residents add 5 per cent  
sales tax. Order from:



1417 W. 8th St.  
San Pedro, Calif. 90732

Vince Gironda and Larry Scott popularized the Preacher Stand or Scott Bench like no one else could. There is a right way and a wrong way to use the bench. In order to obtain the most from its use, the guidelines in the following article will be most helpful.

## How To Use The Preacher's Stand For Developing Biceps

by Vince Gironda

**I**NSOFAR as I am concerned, I have never observed this piece of equipment being used correctly.

First, the Preacher's Stand is invariably placed too high on the chest. This position allows only the low bicep to work, and Brachialis Anticus, which is a muscle under the low bicep that actually starts the arm to bend, after which the low bicep takes over. This muscle is attached to the forearm and reaches half-way up the upper arm bone. It is responsible for the thickness in the low bicep region.



If the Preacher's Stand is placed so that the top is 3" lower than the low pectoral, you can finish the curl properly, which is to lean forward so the high bicep and the coracobrachialis comes into play.

The high placement of the Preacher's Stand results in a low maximum bicep and brachialis pull, but no high bicep and coracobrachialis development. This produces a flat bicep instead of a round look. To go further, the outer head of the bicep is developed by placing the elbows in and the hands wide. This position can only be successfully obtained by resting the elbows on a Preacher's Stand so as to provide a firm placement for the elbows. The inner head of the bicep is developed by placing the hands close together (3" apart) and the elbows 20" wide. Needless to say, the regular hand placement on the bar for the regular Preacher's Curl is 11" apart, with elbows the same width, which develops the center portion of the bicep. Another hint is to let the barbell roll down to the end of the fingers and then start your curl. As you close your hand start curling by bending your wrist and flexing your forearms.

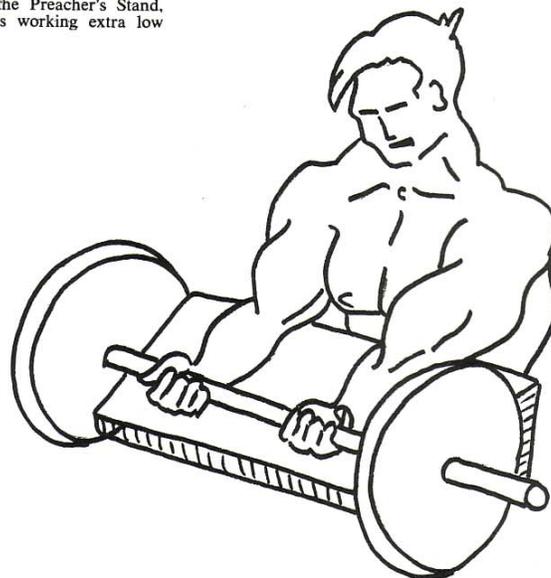
After you finish as many reps as your strength permits, step back from the Preacher's Stand and curl the barbell 4 or 5 more reps with elbows well back and the bar as close to the body as possible, touching the neck at the top of each rep. This type of burn is superior to half reps with elbows on the Preacher's Stand, since besides working extra low



bicep and brachialis you also further work the belly of the bicep, high bicep and coracobrachialis.

Minimum rest between sets is a must. This is what I call a high tension workout or an honest workout. Now if you wish to specialize on biceps, work a maximum of three days a week and pump with lighter poundages two days a week. The common concept of specialization is overwork and overwork produces muscle tissue loss (catabolism).

The proper number of sets and reps differ with the individual (anywhere from 8 to 15 sets). I personally have never observed anyone grow on more than 15 sets, and as you know, I have trained more champions than any other gym owner in the world.



# THE VINCE GIRONDA WORKOUT BULLETIN



by **JOE WEIDER**

Trainer of the Champions

**F**OR the past twenty-three years, Vince Gironda has been turning out physique champions at his world famous gym in North Hollywood, California. He has helped more Mr. America and Mr. Universe winners with their training programs than any other gymnasium owner in the world. In addition to helping such bodybuilding greats as Larry Scott, Don Howorth, Ray Routledge, John Tristram, Reg Lewis, Dominic Juliano, Gable Boudreaux, Don Peters, Bert Elliot, Dan Mackey, Gene Mozee, Rick Giofu, Charlie Fautz, Steve Reno and many others too numerous to mention . . . Vince has often been called "the trainer of the movie stars." Every casting agent in town knows that when they need some well developed bodybuilders for a certain movie or television role, they always go to Vince Gironda first.

The number of famous actors who have used Vince's gym is so numerous that it would be difficult to even begin. Just to name a few, James Garner, Clint Eastwood, James Darren, Jim Drury, Joe Campanella, Bill Smith, Clu Gulagher, Gary Conway, Kent McCord, Dale Robertson, Clint Walker and many, many others.

The magic of Vince Gironda's name has attracted many top physique stars from all over the country who come to his famous North Hollywood gymnasium to train under his watchful eye. Freddie Ortiz trained at Vince's Gym for a couple of months and left in the best shape of his career. Presently, the world's biggest and soon to be greatest physique star, Arnold Schwarzenegger, is now training with Vince Gironda to help put the finishing touches onto his massive 250-pound frame.

In this exercise bulletin, you will find a very concise, unique exercise program which will help get **YOU** onto the right track toward a championship physique. His observations and choice of exercises are those which he feels are the most valuable to the up-and-coming bodybuilder. Too often, beginners become confused over the best method to improve their development because they attempt complicated programs followed by advanced physique stars such as Scott, Howorth, Oliva, etc. I can highly recommend Vince Gironda's sound and basic approach in this excellent booklet, and I'm sure that you will find it an invaluable guide for faster bodybuilding progress.

**JOE WEIDER**

Publisher, Executive Editor  
Weider Publications International

**Vince included the above instruction in some of his books and courses.**

# INCREASING MUSCLE SIZE

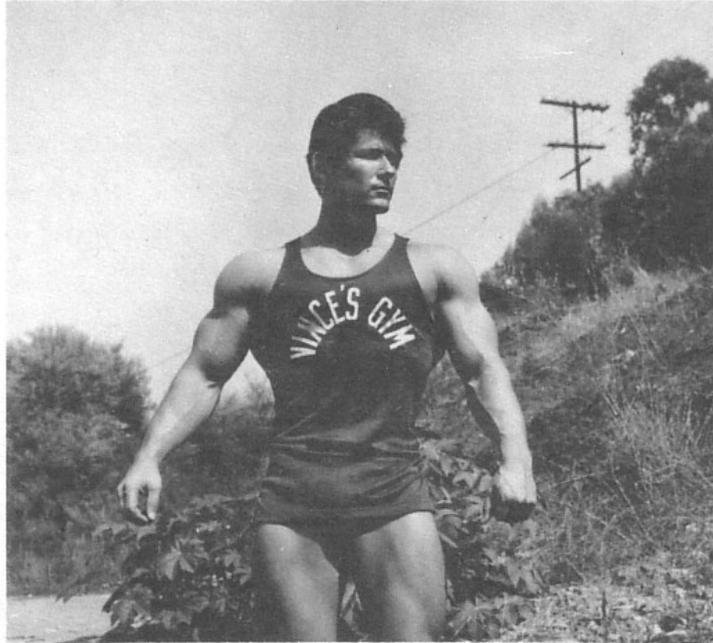
Many people are under the misconception that almost any exercise makes muscles grow larger and stronger. That's not true. Back in 1925 German scientists discovered that to acquire large muscles you must increase the intensity of work done within a given time. That means that it doesn't matter how *much* work you do. What counts is how *fast* you do it. This discovery has come to be known as the overload principle. Perhaps the most famous experiment which demonstrates it involves rats trained to run at different speeds for varying lengths of time. Rats that ran at 6 meters per minute for 195 miles had smaller muscles than rats that ran at 26 meters per minute, but for only 58 miles. In another study all rats ran the same speed. One group ran for an hour per day for three months for a total of 35 miles. Another ran at the same speed for 3 hours a day for six months, a total of 207 miles. When the experiment ended, the size of muscles in both groups remained the same.

The principle of overload also explains why sprinters have bigger and larger muscles than distance runners. Although it's more work to run a mile than it is to run 100 yards, the sprinter is doing more work per second. Consequently, his muscles will become larger.

A muscle is composed of muscle fibers, the number of which vary from muscle to muscle and even from person to person in the same muscle. The muscle fibers in the upper arm of one man may number 40,000 while the calf muscle may contain 1,120,000 fibers. Another person may have only 946,000 fibers. Heredity controls the number of muscle fibers present, and it will not change.

It is these muscle fibers which determine how large a muscle can grow. In 1897 an Italian scientist named Morpurgo showed that even though exercise had produced a 50 per cent increase in the size of a muscle, the number of muscle fibers stayed the same. The reason for the change was the increase in diameter—about 40 per cent—of the muscle fibers. Thus, he developed the principle now commonly accepted that strength development has a definite limitation depending upon the *number of muscle fibers* present at birth and on the fixed maximum size to which any muscle fiber may grow. That means that people who want to grow stronger cannot expect unlimited development. Heredity has already drawn the line. But, through proper exercise they may reach their maximum limit within their heredity boundaries.

# Don Howorth



Don Howorth, second only in popularity to Larry Scott as the most outstanding physique of the past decade, attributes his fabulous gains of 30 pounds of muscular body weight to the concepts developed by Vince Gironda.

*Vince's Gym*

ALL RIGHTS RESERVED.

No part of this manual may be reproduced in any form whatsoever without permission in writing from the author.

First Printing — July, 1975

**The following comments were written by Larry Scott as the Foreword to “Vince’s Six Week Bulk Course.”**

Hello Friends:

Congratulations on your selection. You have chosen Vince Gironda to be your trainer. You could not have selected a more capable champion to accompany you on your road to the top.

There are many champions and no one can doubt each champion has learned what will work for him, but how can anyone tell you what will work for you?

Who has had enough experience with the dozens of champions to analyze, dissect, and sift their various methods for effectiveness?

Who has designed and carefully implemented the advanced facilities whereby these refined ideas can be wrestled from the shelter of thought, to be exposed under the brutal light of sets, reps and sweat?

What one champion is responsible not only for his own special secrets but many of the secrets now chosen as your guide and companion on your journey to become the best, Vince Gironda.

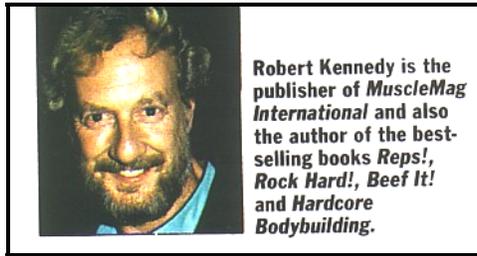
Larry

**The following Preface is contained in “Vince’s Six Week Bulk Course.”**

This program’s purpose is designed to produce quick size by working non-specifically (four different aspects of each muscle) – in other words, it is not a shaping course. Now, the muscle to receive the most work is the muscle you start with. I always start with the arms. So, this is how I will set up the course. Before we start, I would like to point out that muscle tissue does not grow unless taxed 85 per cent! Beware, however, never work to 100 per cent because maximum energy output will stop all muscular growth!

The body parts Vince listed in order to be worked were:

1. Biceps
2. Triceps
3. Pecs
4. Lats
5. Delts
6. Forearms
7. Thighs
8. Calves



## **Bob Kennedy**

Robert Kennedy is legendary in the bodybuilding world as the publisher of “MuscleMag International” a monthly magazine for bodybuilders that he started in 1974.

Many may not know that Bob trained and competed successfully in weightlifting and bodybuilding competitions. He was born in England and moved to Canada where he built a publishing empire known throughout the world. Bob has written dozens of books and co-authored others with people like Ben Weider and Vince Gironda.

Vince stayed with Bob for a period so that Bob could gain additional information and insight into all Vince was and had to say on various subjects for his books and magazines. Vince and Bob co-authored “Unleashing The Wild Physique” which is one of the best books you can read if your interest is in Vince Gironda and his methods. Bob is also well known as a straight shooter and one of the most knowledgeable and respected authorities in the field of bodybuilding.

Today “MuscleMag International” is a leading source of information for all who follow bodybuilding. It continues to provide in-depth articles in all phases of the sport as well as personal behind the scene’s information.

Bob was gracious in sending some photos for use in this publication, some extremely rare and I acknowledge his gracious contribution with deep thanks.

Much thanks to Bob Kennedy and “MuscleMag International!”

# Bodybuilding for Men Over 40

By Vince Gironda

This is being written for men who consider themselves "older men," who are confused by the so-called physical culture writers who are themselves confused.

These writers—self proclaimed experts—are advising older men to use lighter weights and high repetition programs. This is not only a waste of time and energy, it is also detrimental. The real secret is to know how muscle is developed and to train accordingly. This is what I am about to reveal to you.

To begin with, it is important to understand the correct time of the day to train. That is, the time of day when you blood sugar level is at its highest. Men under 40 years of age function more efficiently in the evening. Mature men reach this efficiency 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 o'clock at night. World famous fitness expert Jack LaLanne also trains before 6:00 am, and bodybuilding superstar Bill Pearl always trained at the same early hour in the morning.

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 the blood sugar drops three hours after any meal, it needs to be refurbished every three hours in order to maintain a constant nitrogen balance. It is important to know that 90% of any protein ingested is utilized after training (up to 1 to 2 hours), so it is recommended to consume more protein at this time.

The right approach to your training routine is simply to set in motion the right mental attitude. You must have a clear image of what you wish to feel and see from the workout. This means you must constantly take a visual inventory of your physique. You should stand in front of a mirror and analyze your development—drawing a positive thought form of any body part that you wish to improve.

This visual inventory procedure may require a few poses, which enable you to make a mind-to-muscle contact. This is done by isolating the muscle and developing a control, which is very important to establishing a strengthened nerve impulse to a given muscle. Actually, you must realize that nerve impulses are established to send stronger and more efficient electrical charges before the muscle can be developed. The larger the muscle the stronger the nerve charge. Think of this process as charging your storage battery—the stronger the charge, the harder the contraction.

## THE EXERCISE PROGRAM

Any exercise program should be designed to create an illusion, because we all have faults in our conformation. The first illusion to create—which all of the modern-day bodybuilders seem to lack—is shoulder width. As far as I am concerned, the average lay person has always admired broad shoulders above all else. This has always proclaimed a man as an athlete who has broad shoulders.

**PECS**—The first exercise I am about to describe creates an illusion of width across the chest by creating a shadow and/or line under the pecs and continuing until it seems to merge with the shadow under the deltoid. This exercise is:

*V-Bar Parallel Dips.* Until you develop the look described above, you will not be able to appear to have pecs. This movement is performed by using a 32" wide parallel bar and holding your body in a crescent shape position (chest concave), with the elbows wide in order to fully engage the pectoral muscles. The head is facing the floor, looking at the pointed toes, and dipping down as far as you can stretch. The bottom of the stretch is the most important aspect of the movement. The first 8 to 10 inches is 100% pectoral engagement, providing the elbows are wide. If the elbows are facing back to any degree the value of the exercise is diminished by 80%.

**UPPER BACK**—The next exercise to employ is for width across the upper back. You may be surprised to learn at this point that I am not suggesting latissimus dorsi work. Why? Because long lats destroy a dramatic taper which we are trying to achieve. The teres major, however, does just the opposite by producing a wide shoulder and back appearance.

*Seated Horizontal Pulley Rowing.* Teres major muscles are engaged by a horizontal pull to the chest with the chest concave, or chest up (chest up produces more back width). In my gym, I had a special piece of equipment, which I designed with a horizontal pull. The pulley is 16 inches off the floor and you sit and pull a 24" wide handle back to your chest with the legs slightly bent. It is important to always touch the chest at the bottom of the sternum to insure maximum contraction. Also, remember to keep the elbows up away from the body. Last but not least, you should have a picture in your mind of the anatomy of the teres and upper back. Study a good anatomy chart of the upper back for a better understanding.

**DELTOIDS**—This is the next body part in line to produce the cosmetic look we wish to achieve. The lateral head of the deltoid is the portion of this three-headed muscle, which gives the maximum-width look we are striving for. Presses of any kind develop the thickness or front deltoid, not the width of the delts. The posterior (rear) delt also contributes to thickness only of the delts. You can work these strands at a later date to round out the deltoid, but not at this stage.

*Upright Rowing Motion.* This exercise develops the deltoids faster than any exercise I know. The width of the grip is shoulders-width—any narrower grip causes the trapezius to be brought into play and will develop them and not the deltoids. The bar is across the upper thighs at the start and the elbows are not locked out, they are pointed outwards. As the bar is pulled up, pull it away from the body (about 10-inches). When you reach the height of the mid-pectoral, the elbows stop at the height of the top of your head—the elbows are also forward, not out to the sides. At this position, the upper arms should be in the same position as the lateral raise with dumbbells. Actually, this exercise is a duplicate of the lateral raise. However, it is superior to the lateral raise for deltoid development.

**TRICEPS**—The exercise for this muscle is a compound movement (two exercises on a given muscle). The name of this combination is referred to as

*Barbell Pullover and Press.* Lie down on a flat bench with the top of your head off the end of the bench. Take a slightly narrower than shoulders-width overhand grip and begin with the arms extended over the chest. From this position, with elbows parallel to the body, lower the bar down and back under the bottom of the head; without pausing, pull the bar upwards and forward to the starting position. Perform 8 reps, then without stopping, lower the bar to the base of the neck and do 8 presses with the elbows always under the bar.

**BICEPS**—Here is a great biceps developer that builds this muscle rapidly. It is also a compound movement.

*Preacher Stand Curls* and *Barbell Body Drag.* The proper stance using the Preacher Stand is: the left leg is place next to the post, holding the Preacher Stand, and the right leg is back for support.

- Elbows are placed 3" below top of stand and are shoulder-width. Hands are shoulder width.
- Begin curl by letting the barbell roll down to the first joint of the fingers.
- Start curl by closing hand on bar and then curl hand and wrist.
- Start the barbell moving up and as curl nears completion, the forearms should cover the upper arm.
- At the top of the movement, the bar should be pulled back until it touches base of neck and front deltoids.
- After completing this set, select a barbell 40% lighter and with a wide grip curl up touching the body all the way up to the neck and back down the same way (barbell body drag).

Now for forearms. Sit on a bench and lay forearms on top of thighs with the wrists breaking over end of knees.

**THIGHS**—The following exercise builds shape and size to the mid and lower portions of the thighs:

*Hack Slide.* This exercise is performed with the heels about 16" to 18" apart, with the toes wider and upward. The heels should be positioned well back under the hips to produce maximum thigh stress and to create development above the knee and middle thigh areas. Never lock out at the top of the movement. This is an incomplete burn type of movement and builds muscle tissue faster than any other thigh exercise I know. Steve Reeves' thighs were the type of shape and development produced by this exercise. If you feel you need leg biceps development, after every set of hack slides, step outside the platform to the sides, toes very wide, and do 4 to 6 more reps without resting. This was Larry Scott's method of working his thighs.

**CALVES**—This muscle has more fibers (1,120,000) than any other muscle in the human body. The upper arm has only 40,000 fibers. So this indicates to me that more work is needed. I have experimented with heavy weights and low reps (10 reps) and received no success. This experiment lasted one year. I found 20 reps to be the answer, with all the weight you can handle. Also, you may work stubborn calves on off-days, providing you use no weight—pump only!

*Calf Raises.* You must rise on your toes with the feet placed on a 4" block. Most of the weight is on the first two toes: big toe and second toe. If you wish to develop the diamond peak of the calves, the knees must be slightly out of lock. As you rise, there is a pressure at the heels. You must also remember that calves are a stretch muscle, so make an effort to touch the floor on each rep. I have observed the men with good calf development have this full range of movement, and those that don't have shown a marked lack of development. Get good use out of the calf machine.

SETS and REPS for men over 40—I particularly advise beginning this program with three sets only. You may add a fourth set later only if you feel that you are honestly doing the exercises to the best of your ability. Train three times a week with at least a day of rest between workouts.

Beware of adding sets and weight. This usually indicates sloppier form and is an excuse to justify it. Rather than to raise the weight, I advise doing three sets of 8 reps, and increasing the reps as you improve to 12. Never raise the reps until you have completed three workouts at the number of reps you are using at the time. This is the system that I taught at my gym for fifty years with great success.

On compound movement or burn movements, the second exercise is less than the first movement, such as 8 reps on the Preacher Curls and 6 on the Body Drag; or 8 reps on the Hack Slide for the thighs, and 6 reps on the leg biceps

(feet wide outside of the platform). Calves, of course, are always 20 reps. Prior to a contest, I raised the count to 30 reps.

# **Ron Kosloff**

## **Section**

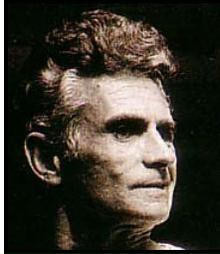
### **Introduction**

Ron Kosloff is a long time personal friend of Vince's. They had a lot in common in that they both were heavily into nutrition and supplementation for not only bodybuilding but overall general health as well. Just prior to Vince's passing, Ron had informed him of a special product for cleansing the entire system. Had Vince lived, I believe he would have promoted this product as hard as any product he ever promoted.

Ron sells the same NSP supplements that Vince carried in his gym. In the many articles and courses Vince wrote, sections on diet and supplements usually listed products that are unique and almost impossible to find. For those wanting to use the products Vince recommended and sold, you can contact Ron for a complete list of what he has. Ron also has a lot of material on various aspects of training, diet, and supplements. He is a wealth of information and a very honest and enjoyable individual.

Ron informed me he was working to get his website up and it would be loaded with information on Vince as well as supplements and other points of interest. Sorry I do not have a web address for you, as I write this, Ron did not have one. You can contact him direct by mail or telephone.

Ron Kosloff  
NSP Research Nutrition  
15255 E. 7 Mile Road  
Detroit, MI 48205  
(313) 372-1807



## The **Vince Gironda** and **Rheo Blair** Controversy

by: Ron Kosloff, N/C - NSP Research Nutrition

In July of 2003, I got a phone call from a gentleman named Randy Roach. He is a bodybuilder and personal trainer out of Waterloo, Ontario Canada. The Western Price Foundation has commissioned him to do a story on the history of nutrition and bodybuilding. He said that my friend, Bob Gajda (yes, the former A.A.U. Mr America), in Palatine, Illinois has given him my name to call regarding history during the 50's, 60's, 70's and 80's. In particular, he wanted to know about Vince Gironda and a gentleman named Rheo Blair. Of course, this just stirred my memory banks and I found myself emotionally charged. I found myself recovering things deep in my memory banks and my emotions stirred as I recalled Vince's gym, the '65 Olympia, the '66 Olympia, Don Howorth, Larry Scott, Dave Draper, Bill McArdle, a lot of the movie stars that Vince trained, the foreign bodybuilders that came over such as Mohamed Makkawy and I recalled some of the feelings that I felt in those days. It excited me because I loved talking about Vince Gironda and Rheo Blair, as they were both major contributors to bodybuilding history! Sometime ago, I set out on a one-man mission to never let Vince "die". Randy and I had lengthy phone conversations at least 3 times a week all through

July, August and September and, eventually, we became friends. I found Randy to be a very intellectual and bright person and I reinvigorated by our conversations and the stirring of my memories. The main element of Randy's research at that time was the 50's and 60's and he wanted my thoughts on the comparison between Rheo Blair and Vince Gironda to determine who was the most knowledgeable of nutrition.

Recalling the past, I have noticed that old-time bodybuilding is starting to come back in many phases. Many people are sick and disgusted by the freaks that we are seeing in bodybuilding magazines. Many of these magazines themselves are distasteful and often repulsive because they are nothing but tits, abs, and steroids. Now people are looking back to the way bodybuilding used to be in the 50's and 60's, not so much the drugs, because, although drugs did exist in that era, drug use was nothing like the saturation abuse of drugs today. It has truly become a drug culture. I see in my business, NSP, which I refer to as "the old-time bodybuilding company", an interest in what worked back then, that which still works today and will always work regarding nutrition and supplementation. These proven methods include amino acids, glandulars, liver tablets, digestive enzymes, vitamin packets, 92% egg and milk protein, pituitary enhancers and growth factors, etc.; this is one of the reasons I have the new Website.

From the start, I knew the bodybuilding and nutrition were something that I had an affinity for, actually I had a love affair with them and I wanted to pursue them. I was on a quest to learn from as many people as I possibly could. During this quest, I knew that California was the place to go; therefore I spent a lot of money on airplane trips and rental cars so that I could gain more knowledge. It may seem hard to believe, but you'd be shocked at the people I assumed knew what they were talking about who were actually extremely ignorant. It was in California that I met both Rheo and Vince.

Rheo Blair's real name was Irving Johnson and he was out of Chicago, Illinois. I cannot substantiate whether he was a gym owner, whether he was a bodybuilder (although he never looked like a bodybuilder to me), or whether he was a nutritionist, or exactly what he did. I hope that Randy will be able to enlighten me on that once he is done with his research. But I do know that he changed his name to Rheo H. Blair on the advice of his

astrologist . It was always sketchy why he moved from Chicago to Los Angeles. He was a very knowledgeable man and it is my understanding that his teacher, advisor and guru was renowned nutritionist Dr. Carlton Fredericks, who was a professor of nutrition at Fairleigh Dickinson University in New Jersey. Dr. Fredericks was one of the first to advocate fats and proteins and hydrochloric acid and to discount the value of over consumption of carbohydrates. Rheo, being a disciple of Dr. Fredericks, learned everything he could from him. When Rheo went to California, his forte was nutrition counseling and what he called body rejuvenating. One of the things I agreed wholeheartedly with Rheo was that exercise does not make you healthy. He stated that nutrition and peace of mind, the right mental attitude, make you healthy. In that respect, I agreed with him and on my Website, [gironbodybuilding.com](http://gironbodybuilding.com) you can read the article that I wrote about the myths and truths of exercise. Rheo did have one exercise called the high kick which he felt would benefit the cardiovascular system and strengthen the back muscles if enough repetitions were done. I personally never really understood the value of it.

Rheo took up shop in Hollywood as the “nutritionist of the stars” because he was a very flamboyant and likeable person. He implemented what Dr. Fredericks taught him about liver tablets, cleansing of the liver and hydrochloric acid. He was one of the first people to advocate the milk and egg protein. I’ve always told people that 10,000 years ago the finest proteins biologically for the human body were raw milk, eggs, liver and glands which are what Rheo promoted. If you take liver tablets long enough, they will regenerate and detoxify your liver. The liver is the most important gland in the body because it does something to everything you eat. You can lose a number of organs and still function but if you lose your liver, you will die. After Rheo built up quite a reputation, he started to manufacture a milk and egg protein and a line of supplements. Eventually, he and Vince Gironda met and became good friends. I would like, once and for all, to dispel the myth that Rheo Blair taught Vince Gironda everything about nutrition. I don’t know how that rumor got started but it is a lie. Vince has been using hydrochloric acid as well as talking about digesting food and the importance of protein and fat back in the 50's. Rheo did teach Vince the value of milk and egg protein in

supplement form but he gave the impression that if you consumed his protein that there was some sort of miracle or magic in it. Although I felt that Rheo was a very likeable person, I would have to call him a bit of a con artist (while Randy Roach prefers to call him a salesman). It's all in how you look at it. My terminology is just a little stronger. Because Rheo was somewhat charismatic, he had a following. Since most bodybuilders don't have a lot of money, he began marketing his milk and egg protein by giving it to the top bodybuilders for free so that they would advocate his product. This "you scratch my back, I'll scratch yours" promotional practice was common for "gym bums". Although Rheo never mentioned drugs, he knew that taking liver tabs, milk and protein, and fats would highly compliment drugs. So if you took drugs and used proper nutrition, your growth would be 2 or 3 times that of somebody who just took drugs. Rheo knew that but he didn't want to alienate anybody and he didn't care because after awhile he became a very wealthy person, so he would ignore steroids altogether. Remember, when he consulted a Hollywood star, his rates were not cheap, as Ray Raridon told me.

After reading about Rheo and hearing about him, I decided to contact him on one of my trips to California to pursue my quest for knowledge. He graciously welcomed me into his Rosewood St. home where I spent an entire afternoon with him. Since he used to ship products right from his house, he showed me his operation and introduced me to the very nice people who worked for him. I did not want to take advantage of him by just picking his brain so I bought a host of his supplements thinking that his milk and protein and supplement line was something unique and special, especially due to the fact that they were very overpriced. But, as I had learned from Vince, from some of Dr. Carlton Fredericks' writings and from my friend, Dr. Harry Eidenier, Jr., the most renowned nutritional biochemist in America, you cannot digest protein without fat. So, there was no magic to Rheo Blair's protein after all. His "secret formula" was just a promotion, the sign of a huckster. It got to the point that he was telling people that it was formulated to match mother's milk. That was not mother's milk. Milk is higher in fat and carbohydrates than it is in protein because for the first couple of years in a child's life the most important thing is the development of the brain and the organs. The muscles are last. If you ever look at a baby in the first few years of its life, you will notice quite a bit

of so-called baby fat. As good and as intriguing as it sounded, the secret was that when you mix this protein you mix it with raw  $\frac{1}{2}$  and  $\frac{1}{2}$  or cream, which are fats. I have always said that if you isolate a protein without fat, it is just converted to sugar and stored in the liver as glycogen. The most important thing is not how much protein you eat, but how much you digest, so Rheo advocated hydrochloric acid tabs. There was the secret! The cream and the hydrochloric acid tablets. There is not much you can do with milk and egg protein, once isolated, and when I asked, he told me that he did not add amino acids to it, which I doubted. He told me it was a special blend. Oh, boy! After years of being in the supplement business, I know that most biochemist laugh when somebody mentions “special blends” as they question what is actually being added, possibly including amino acids, vitamins and minerals. Back then there weren’t that many milk and egg protein products on the market and I used to order one out of the back of Iron Man Magazine from a little company, I believe it was called Douglas, which was a lot cheaper than Rheo’s. I always knew that his product was overpriced. He used the marketing gimmick of overpricing it so that people would think that it must be really good if it is so expensive. This marketing ploy of overpricing worked well for Rheo with his wealthy Hollywood customers. Although his products were very good, they certainly weren’t the miracle that he said they were and did not give me any more benefit than any other liver tablets, protein or triglyceride oils did.

There were a lot of rumors that Rheo lived strictly on milk and egg protein and his supplements. I question that because Ray Raridon, of NSP, told me that Rheo would go to fancy restaurants in the Los Angeles area. It is doubtful that milk and egg protein was served at these restaurants, so I would assume that he ate steak and salads at those places. When he died, it was reputed that he died of food poisoning although I can’t verify that. Where were his hydrochloric acid tablets if he ate food in a restaurant? If your hydrochloric acid levels are high, you don’t have to worry about e-coli bacteria or spoiled food. Read the article on my Website about the time that I ate the spoiled turkey and took the hydrochloric acid tabs and apple cider vinegar and didn’t get sick. Note: a dog can drink sewer water and not get sick because of the hydrochloric acid in his system. One of the reasons why Americans are becoming so sick today is because we are losing

our hydrochloric acid due to the fact that we have become carbohydrate eaters, causing us to become alkaline. God has given us two stalwarts for our immune system, one being hydrochloric acid and the other being intestinal bacteria, which we are also losing due to consumption of processed and refined foods, chlorinated water and meat products soaked in chlorine, all of which destroy intestinal bacteria. Along with those, taking aspirin and antibiotics greatly contribute to the destruction of our intestinal bacteria. How ironic that Rheo must have forgotten to take his hydrochloric acid tablets.

Along with his milk and egg protein, I bought Rheo's liver tablets and his trigerm oils. Trigerm oils were nothing new, having been around since the 1940's. Fats are hormone precursors. In the end, there was really nothing magical about his formula. The truth is that Rheo H. Blair taught me nothing about bodybuilding because, at the time, he wasn't even interested in bodybuilding, only in promoting his products through bodybuilders. I don't think I have ever read anything memorable that Rheo has written, certainly nothing on bodybuilding. He wrote just a few articles concerning his products, how to mix it, how to take it and what liver does. But all that was common knowledge back then. So the bottom line is that I did not learn anything memorable or monumental about nutrition or bodybuilding from Rheo H. Blair. I'm sorry, but I tried!

I know a gentleman who has been a customer of mine for 10 years who is pretty close to 70 and, of course, he went through the war years. When he first came to me, I trained him in Vince Gironda's methods and he owes his phenomenal look to Vince and, obviously to eating right. We were talking about the old Iron Man Magazines that Rheo used to advertise in, when Perry Rader was the editor. Rheo gave the impression, through his advertisements, that he invented dry milk and egg protein. My customer found this comical because, as a child, he used to get government issued dry milk and dry egg powder during wartime, which certainly disputes the fact that Rheo invented it. I did enjoy Rheo's sense of humor and I found him personable and comical. However, on your trek through life you cannot truly like a man until you respect him. Respect is a paramount to really liking a person. Although I did like many things about Rheo, I cannot say that I respected him due to such shenanigans as his mother's milk statements

and giving people the impression that he invented milk and egg protein.

Now we come to whom I call “The Great Vince Gironda” You have to remember that there were many, many people who did not like Vince at all but there were none that did not respect him for his knowledge. To me, that is the greatest tribute that you can pay a man. In my 25 years of selling Vince’s courses, I have found that the people who are interested in his methods have a degree of intelligence and integrity. It’s obvious that the people who are interested in taking Vince’s courses and who talk to me have no interest in taking steroids. They are dedicated people who work hard and don’t like to cheat or harm their bodies. They just want to be healthy and they want a decent physique. On a recent phone order, a customer began to give me his Visa number. I told him that I would just ship the products and course materials with an invoice and he could send a check to me after he received the package. The customer was surprised by my trust in him. I explained to him that in all my years of selling Vince’s courses, I have never had one person stiff me on the payment because people that believe in Vince’s methods are a different breed. With the Masters and the Pro series being the most expensive, Vince created 17 manuals. And, of course, Vince was big on supplements to be adjunct to size and definition. In his manuals it’s just like a brilliant road map: how, when, why, potencies, etc. I have always told people that I guarantee them 100%. I advise them to read them 2 or 3 times so that all the information sinks in and then to call me. I tell them that when they call me they are going to say one of two things, either it’s the biggest bunch of B.S. that they ever read or that Vince Gironda was a phenomenal genius who was way ahead of his time. In all these years, I have only had one person who has asked for a refund stating that they were worthless but he did so after he unscrupulously copied the courses and wanted his money returned.

As you all know, there is a reason for everything in the world. Maybe I can give you an insight to Vince as a person. I hope I’m correct in my assumptions. After I got to know him, I would go to California for a week or two every year, depending on my time off from my job at General Motors. I would stay in his gym as an observer and I saw many of the movie stars and the bodybuilders who worked out there. One of the things I would

do was study Vince. I have always been a very analytical person. In college, my psychology professor always gave me A's and noted my aptitude for the class. Psychology is really just common sense, analyzing a person by what you see of their emotions and how they react to different situations, where they were secure and insecure. Vince was barely 5' 8" and my opinion is that he had somewhat of a small man complex. That's not to say that tall men don't have complexes. As a 6' 4", 170-pound kid, my stature was an easy target for people to pick on because I was tall but there was not much to me. One of the reasons I wear a beard today, as I have for many years, is to cover up the acne scars around my jaw line. I had my face sanded twice and I most certainly had a complex. It is not unreasonable to say that most bodybuilders are short to medium sized people who have something physically to prove. I'm not saying that all have an inferiority complex, but they all do experience inadequacies as Vince did as a small man and as I did as a tall man. Many emotions enter into the field of bodybuilding with these inadequacies so one wants to overcome these by being strong with large muscles. I believe that the Spanish term is macho. Under this heading are sexual prowess and the desire to attract the opposite sex. Through life, your efficiencies don't motivate you, but the inadequacies will motivate you to overcome them, which is the case with most bodybuilders. All the human emotions that come into play including love, hate, passion, betrayal, fear, insecurity have a lot to do with your physical size and strength and a multitude of emotional problems that we go through, especially when we're young. Vince wanted to prove that he could be just as strong at 5' 8" as anybody who was taller. Interestingly, the one bodybuilder that he always admired was Steve Reeves.

It was established that Vince first opened his gym on Ventura Boulevard in North Hollywood around 1947. By the early 50's, Vince had one heck of a terrific, natural physique, natural being the key word, so he had to know something about nutrition. He always said, "Bodybuilding is 85% to 90% nutrition". Fact: He did know more than anyone at that time. Towards the middle 50's he started to enter contests and he never did well because he was actually too ripped, too defined. He would always place 2<sup>nd</sup>, 3<sup>rd</sup>, or 4<sup>th</sup>. They had to give him something because he was very impressive but that type of physique was not in style at the time. As I've said many times, and make no mistake,

Vince Gironda was the father of modern-day bodybuilding. He is the one who took it from its primitive, ignorant state and elevated it to a science. This is something that is obvious when you read any of his courses. After reading an article I wrote for Muscle Mag International, a gentleman sent a tape to me of a contest where some old-time bodybuilders of the early 50's posed. I can tell you that to this day, nobody could pose like Vince Gironda because he turned it into a total art form. You will see many bodybuilders pose today and they are just copying from Vince. He was so head and shoulders above everybody else in his posing and in his physique, it was really almost funny. I know of many bodybuilders who came to Vince's gym not only to train but also to pay homage to the man. When you pay homage to someone, that means your degree of respect for that person is totally monumental. It was a tragedy that his ripped, defined, symmetrical physique wasn't in vogue. Placing 2<sup>nd</sup> or 3<sup>rd</sup> and never really winning a big contest took its toll on him emotionally. Ray Raridon knew Vince since he was a kid and told me that this was extremely hard on Vince. By the middle 50's, when Vince was in his early 40's, he became bitter because that is when drugs started to seep into bodybuilding. I think his bitterness grew as he gave all his knowledge to bodybuilding from the late 50's to the 70's and it was apparent that nobody wanted to apply themselves naturally; they just wanted to take drugs to get big and to cut up. After all that took place is when Vince developed a caustic personality. He was fighting back and getting even for never being recognized and never winning a contest. A lot of the things he did as a result were not right, but he did them anyways. I've always said that Dr. John wrote a song about Vince because Vince "was in the right place, musta been the wrong time, he was on the right road, musta took the wrong turn." May I inject a comment? I have spoken and counseled by phone a man named David Griffin from Wales (United Kingdom-England) for two years. He just placed 4<sup>th</sup> in a world contest and everyone is asking how he attained his unusual physique. The answer: Vince's methods and diet. He was the smallest in his class and he isn't on the juice. One judge told him if he had a little more size, he would have won. Got the point?

As the 60's rolled around, Vince became a scientist and researcher with his endeavors on his trial-and-error methods and getting data wherever he could find it. He never accepted

anything and he questioned everything. He would take data and he would spend weeks and months seeing if the data was correct or incorrect. If the data proved right, he would advocate it, if it proved wrong he would debunk it. It was constant trial-and-error and, if you do read his courses, you will see what I'm saying. There was a man that I mention in one of my articles by the name of Dr. Clifford Ameduri who was a doctor out of the East and he held Vince in such high esteem. He and I spoke on the phone a couple of times and he was amazed at Vince's knowledge, and experiments, and his tenacity when looking into every aspect of physical culture and nutrition. He had every one of Vince's courses and he marveled at them. While Vince gave credit to the great Monte Wolford for showing him the sissy squat, Vince took the sissy squat and made that exercise a science. Monte wouldn't have recognized it! He was the only person in the whole bodybuilding game that knew anything about kinesiology, how a muscle works, and he applied that knowledge. When he would pioneer a method that he personally didn't invent but rather enhanced, Vince always gave credit to the people who taught him. He was a very fair person and brutally honest.

I used to study his very small gym. Every piece of equipment in there was designed to work a muscle a thousand times over. He hated machines and would always question what a machine could create. In the late 60's, early 70's there was a man of DeLand, FL named Arthur Jones who was quite intelligent and invented the Nautilus machines. He opened Nautilus centers around the country. He had the cams that would create resistance on the extension as well as the contraction. It was these increased resistance machines that had the advantage over the machines used previously in bodybuilding, which really didn't do much good. The only reason I never liked the Nautilus machines is because you could only do an exercise one way and Vince proved that they weren't effective because they couldn't invoke muscle confusion. If you had to invoke muscle confusion, then you'd have to have 10 machines for your biceps, 10 machines for your triceps, 10 machines for your delts and 10 machines for your chest. Get the picture? Although they were fine for the average person trying to get a conditioning workout, they were worthless in and impractical for bodybuilders. I recall the middle or late 70's when some guy asked Vince why he didn't have more machines in the gym. Vince just ripped

into him calling him an idiot because the machines couldn't create anything and that if he wanted machines, he should go someplace else. I also remember a similar conversation between Vince and another man about not having a radio in the gym. Now that was a scene! Usually Vince's gym was like a Comedy Castle with people always cracking jokes and laughing as they did their serious workouts.

In later years, Vince was cranking out all of his knowledge and his courses as *The Vince Gironda File, Vol. 1 & 2, Blueprint for the Bodybuilder*, his best exercises including the 10-8-6-15, The Sissy Squat, and the 6 Week Bulk Courses. There were other famous bodybuilders such as Bill Pearl and Arnold who were writing books about bodybuilding and I read all of them and, in many instances, I was embarrassed for a lot of these people, not to mention any names, because their writings and knowledge, in my way of thinking, were just a joke. If you have the opportunity to read any old-time bodybuilder articles, you may or may not agree with me regarding lack of knowledge of some of the authors. Through telephone conversations, I have become friends with a man by the name of Nelson Montana from New York City. He wrote *The History of the Supplement Industry* and *The Pioneers of Bodybuilding*. He has all of Vince's courses and he trains according to those courses and has a fabulous physique to prove it. You will see on my Website that he states, "Vince was the archetypical know-it-all, but in Vince's case, he did know it all!" I salute and thank Nelson for writing that. Right on! When you entered his gym, there was a nutritional and training information rack on the front door with numerous hand typed articles. An old-timer at the gym told me that they had been there since the middle 1950's, years before Rheo H. Blair.

Unfortunately, Vince was a terrible businessman and everybody knew it. He did not love money that much because his passion was researching and teaching and knowledge. I have had people criticize not the content of his courses, but the simply typed and hand drawn presentation and publication of them. I let people know that I will never change them because that was Vince. He was not a fancy person and he did things the way he know how and he communicated with you the way that he knew how. Those courses have stood the test of time and they are still in their genuine infancy. They are plain and simple just like the man was. I will never touch them. One fellow at a contest

complained that I wanted \$19.00 for "File Part 1" because it's only 1/4 inch thick. I pointed out to him that there was a million dollars worth of knowledge in them for that 1/4 inch book and that this one is loaded with nutrition and diet information.

Vince discovered many monumental things in bodybuilding. He understood that muscles had a lot to do with nerve force and he was the one who first mentioned the nerve force in muscles. He was the first one who advised against working your abdominals if you are trying to gain size because it will cause shock to the solar plexus, the second brain of the body. I believe that the solar plexus is tied right into the nerve endings of the testicles, possibly causing your hormone levels to drop. Vince was also the first one to state that sit-ups and leg raises don't make your stomach smaller, they make your stomach bigger and he stated that exercise does not reduce superfluous fat, it's all glandular function, thyroid, etc. He was the first to talk about muscle confusion, that you shouldn't do the same exercise over and over again because the muscle becomes accustomed to the movement. Along with Ed Yarick, Vince was one of the earliest to point out that squats would result in a big rear end and would ruin your physique. He came out with how to break a rut with his 10-8-6-15 routine, which is just phenomenal. He told people that even if they have been working out a year or two, they are over training just based on the longevity of their workouts so he came up with the concept of training for 21 days, then taking 7 days off to rest your physique. As an over trainer, that was a real boon to me. He not only pioneered the sissy squat but he took it to another level. He took the research of German scientists and he invoked intensity into workouts. His theory was to workout like a sprinter, not like a long distance runner. Get in the gym get out. Make your workouts fast and brief. He said that 99% of the people in the world over train, which causes tonis. Sadly, people laughed at him for using the terminology tonis but it is a medical term referring to how muscles get smaller if you over train. He also invented burns for when you are on a definition diet: for every repetition at the top at the contraction, you do 6 quick burns, 1/4 reps to create definition. He came up with the 21's or the 3 splits where you do half a rep at the extension to 1/2 way and then you do 1/2 way on the contraction, you do 7 reps of each then you do a full complete extension and a complete contraction. He came up with the palm grip where you never put your thumb

around the bar because you are invoking forearm in every exercise. This was a stroke of genius. He was the one that told people to concentrate, to invoke autosuggestion, which is why he wouldn't allow music to be played in the gym. That is what prodded him to write "Why Champs' Muscles Look Different". It was the people who concentrated, who had that focus and that oneness of thought, who became champions. He smiled when I asked him if he studied with the Zen masters, leading me to believe that he did because he was so much into concentration. He got his definition diet from the Eskimos, and it was from Stefanson's book, Not by Bread Alone, that he came up with the plan for the 3 to 5 days you take zero carbohydrates until you get light headed and your liver is devoid of glycogen, you carb up on the 3<sup>rd</sup> to 5<sup>th</sup> day at lunch then you go back on zero carbs and the last 7 days you go on nothing but meat and water. On the Friday before the contest you carb up again and then you will get very vascular for the contest. He told people never to pump up before a contest because posing is pumping up and you can't pump up twice. He told bodybuilders to take an enema on Friday before a competition to shrink their stomach and he told them to drink water in normal amounts and take amino acids all day. He came up with the 8 sets of 8 reps and cutting the time down from 30 seconds to roughly 5 seconds between each set, which goes along with his intensity theory. Then he came up with the 4 sets of 12 to break the rep routine. He also came up with 6 sets of 6. He conceived the idea that when your muscles get stale, occasionally work them to the point of failure with one set. He originated synaps and no synaps, which are complete extension/complete contraction and never extend/never contract, respectively. He told people to do one exercise per body part, don't over train by doing 4 or 5 exercises per body part. He also came up with the compounds, which is to take 2 exercises, do a set of one, then the other and do 4 sets of each until you have 8 sets of 8 reps, which was another brilliant theory that proved correct. Thinking about all of Vince's implementations, if I were to buy 3 courses, I would choose "The Wild Physique", "File Part 1" and "Blueprint for the Bodybuilder". If you read those, you will realize that Vince was truly, truly something special.

Vince was not only a bodybuilder, he used to "toss the caper" which was an old Scottish strength game, he was a bike rider, including doing bicycle sprints, he was a swimmer

and at 50 years old he ran the 100 yard dash in 10.9 seconds according to Ray Raridon!  
He was a gifted man in every aspect of physical culture.

In conclusion, I apologize to Rheo supporters, because although he was a nice man whose personality I enjoyed despite his exaggerations, he clearly, in no uncertain terms, did not compare to Vince Gironda. While most people have forgotten about Rheo, Vince stood the test of time and in the final analysis, this is the true test!

Thanks,

Ron

## **Another Memorable Moment The 1965 Mr. Olympia Contest**

The excitement for me started to build around January of 1965 and September was a long way off. I was just a kid, still going to school. I had to work hard and save my money in order to stay in the expensive hotels of New York. I was going to take the train, as I didn't want to fly. As each month passed, the excitement and tension of my upcoming trip grew and grew. I'd read all the Weider magazines and just contemplated the day that I would be in New York, at the Brooklyn Academy of Music. Finally, September came. I had been so excited the previous weeks that I could hardly sleep. Then came the day I went down to the train station, got on the train and was on my way to New York. Naturally, I had a couple of Weider magazines with me. I was reading about the anticipated battle between Larry Scott, Harold Poole and others. It just seemed like I was on that train forever and I was getting impatient. I went back to the sleeper car and went to bed. I really didn't sleep that well. I tossed and turned all night. I got up early in the morning, had breakfast and as we were coming down the Hudson River I saw New York. I thought, "Oh boy! We're here!" The train pulled in, I got my bags, and I stepped outside Grand Central Station.

A cab swerved to miss another car, came up on the sidewalk, and almost ran me down. I said to myself, "Oh God, welcome to New York." So anyway, I got into a cab and went to the hotel. It was Friday night I had dinner and walked around Broadway for a little while before returning to the hotel to get some sleep. Saturday morning I went to visit some of my relatives and then returned to the hotel. I had the clerk at the front desk show me a map of how to get to the Brooklyn Academy of Music via the subway. I new cabs would be too expensive. I wanted to arrive at the contest a couple hours early, so my journey by subway began. I got on the train and as I looked around I thought to myself, "Oh my God, this is just like the movies and on TV." There were a bunch of mean; ragged-looking people and it just scared the living hell out of me. I sat down and tried to look inconspicuous. All the way there I prayed to God to please let me get back home safe. I thought for sure I was going to be mugged or get assaulted. Every once in a while a policeman came through and I felt a little bit safer. Finally when I got to the station in Brooklyn I thought again, "it's just like the movies." You have to remember, I'm from the city of Detroit with about one million people. In New York there are about eight million and they live rather close together. I was terrified, some of them looked like the gangsters from the movies. I ran down the street to the Brooklyn Academy of Music, everyone was standing outside; I tried to mingle and look inconspicuous. I stood up against the building until they finally opened the doors.

I was greatly relieved to go inside, the people in there were all interested in bodybuilding, not me. While I was standing there a fellow walked up and asked "are you alone?" I said "yes." He said, "well I'm

alone too and I'm scared to death." He continued "Are you going back to Manhattan when this is over?" Again I said "yes." He said "I'll tell you what, I'll get a cab for us if you don't mind, because I don't want to take the subway again." I responded "That's terrific, I'll pay half, I don't want to take the subway again either." We stood there for 45 minutes discussing all kind of things. I found out he was from Buffalo, New York. We even argued about who was going to win, Harold Poole or Larry Scott for Mr. Olympia and Dave Draper for Mr. America. I can't remember whom Draper was competing against. They seemed to be the two favorites and everybody was talking about them. Ironically, Scott seemed to be veiled in secrecy. There were no recent pictures of him. Although, there were rumors coming out of California that he was looking absolutely fabulous. Anyway, about 45 minutes later the doors opened.

I went to my seat and my newfound friend Jack, went to his seat. The place was packed. It looked like people were hanging over the rafters. Standing room only. I have never seen an event where the excitement was at such a fevered pitch. I could sense a great anticipation in the crowd and feel the excitement. Then of course the competition started. The emcee came out and said, "Welcome Mr. America, Mr. Universe, and Mr. Olympia contestants." To be truthful as the show progressed, I don't remember much about the first half because I was there to see Dave Draper and Larry Scott. When Dave Draper came out, he brought down the house. He had a beautiful tan, blonde hair, and he was wearing these sequined silver-blue posing trunks, which just added another dimension to his overall look. Of course he won that night. The clock ticked away and I was now getting closer to the battle between Larry Scott and Harold Poole. It's funny, I can't even remember who the other competitors were, and everything seemed like a blur to me. It was now time for the main event, Mr. Olympia. Harold came out and he looked phenomenal. I thought to myself, Scott better be in the best shape of his life. The applause died down, and I will never forget when the emcee stepped to the microphone. After a long pause, he said "now representing Vince's Gym from North Hollywood, California, Larry Scott." I along with everyone else watch as Larry stepped out from behind the curtain to the left of me. The audience went absolutely berserk clapping, yelling and screaming. They stomped their feet and it just got louder and louder, total bedlam. Larry just stood there, motionless for about 20 seconds. He then walked, almost in slow motion, towards the dais. There he was, almost idol looking with his blonde hair and blue eyes. I had never seen anything like him before, almost like a freak of his day. The audience couldn't be quieted. It got so loud that I had to put my fingers in my ears. The noise level was so loud that I thought for sure the building was going to crumble. He stepped on to the dais and again stood there for about 15 seconds, taking in all of the screaming and yelling. Women were jumping up and down. The women next to me started to cry, tears of emotional joy. She just couldn't contain herself. The crowd was still whistling, stomping, screaming, and clapping. He was ultimately the total package. The secrecy was

unveiled. Larry just stood there and the victory was his. He had a shape that I had never seen in my life: ponderous forearms, biceps, delts, back, legs, and triceps. The chest-pec tie in was something inexplicable. All the while the noise just kept getting louder and all he was doing was standing there. The he went into a double biceps and continued with an absolutely phenomenal posing routine.

I started to get dizzy, because I'm hypoglycemic. I think my blood sugar level started to drop. Right away I ate some food that I had brought so my blood sugar level would go back up. I had to sit down. My head was spinning. I just couldn't believe what I was witnessing. I found myself crying too. They would not let him off the dais. The screaming, yelling and rumbling continued sounding like jet planes taking off or an earthquake. Everybody was screaming his name, "Lar-ry! Lar-ry!" or "Sco-tt! Sco-tt!" With each pose he grew into this mythical giant right before everyone's eyes. I was truly a once in a lifetime, spectacular event. You could see him getting tired. He dropped his arms and started to walk off stage. As he was walking off the stage the noise level never depleted, it just got louder. They called him back on stage, and the man who was tired posed again. Finally, when Larry could hardly lift his arms, he said, "I've had it. I can't do anymore. Thank you." For 5 minutes after he left the stage the yelling, screaming and cheering never diminished. Someone behind me kept yelling, "He's a God! He's a God!" On that day, in that place, everyone looked at him and thought he was just that, a God. If the judges would have given the title to someone else, I think each one would have been shot or hanged. It was just obvious to everyone there that Larry Scott was the winner and they didn't have to go any further, the rest was just a formality.

The contest was over and I was just spent. My voice was worn out and raspy from all the cheering. I was so tired. My blood sugar had dropped again. I had to eat something to boost my blood sugar up again. I didn't want to leave, no body did. I wanted to see it again. When the doors closed my friend and I walked out and got in the cab to go back to Manhattan. During the ride all Jack (my new friend) and I could talk about was the contest. At the end of the cab ride Jack went to his hotel and me to mine. For years after that Jack and I always stayed in touch. In fact, we came back in 1966 and saw the show again. When I got on the train the next day I meet a married couple, they were from the Detroit area. We struck up a conversation and come to find out they were at the contest also. We talked about nothing else, but Larry Scott, the entire trip back to Detroit. When I got home everybody at the YMCA wanted me to go over the story of Larry Scott and the Mr. Olympia contest. I must have told the story for the next two months. I was a celebrity.

I do have a tape that a gentleman sent me from Seattle three years ago. I received it after I wrote an article about Vince Gironda in Muscle Mag. International, Bob Kennedy's magazine. He sent me the only film of the 1965 and 1966 Mr. Olympia competition. It is my understanding that someone had a home movie camera at the shows and used it to film the whole show. It isn't professional grade, but it was good and very

informative. It is something that I will cherish forever. It really brings back those great memories. As a matter of fact I viewed it again Tuesday night just before I started to write this article.

In all the years I have been in bodybuilding and nutrition this was the most memorable and thrilling moment of my life. The next year, in 1966, I saved my money and returned to New York and the second Mr. Olympia competition. Larry won again, of course. I felt it was hands down. Although Sergio Oliva, Chuck Sipes and Harold Poole did look great, there really was no comparison at all. That year, the noise level was exactly the same as it was in 1965. I don't think one man has ever stirred the emotions of people like Larry Scott. It was ironic that such a soft-spoken man could stir such emotion. He never had much to say when I met him, some years later, at Vince's Gym. I really think he was shy, but he had a certain charisma. There was just something about him that you couldn't help but like. He always attracted a crowd wherever he went.

After the 1966 show, Larry retired. In all of the years that I had gone to the contests thereafter, I have never seen anything that could match Larry Scott and those two contests, and believe me I've seen them all. I've seen Arnold, Draper, Lee Haney, Frank Zane, and Dorian Yates etc. I realize the genius of Vince Gironda because he had Larry take each muscle and sculpt it individually through his special isolation exercises. That's what created the look that Larry possessed that no one else did. Years later Frank Zane came close. He was always a little smaller, but Vince always attested to the fact that Frank also possessed a special physique. He patterned his, "Why Champs Muscles Look Different After Larry and Frank.

Larry's posing routine was just superior. I always like to ask people, "Who do you think taught Larry how to pose?" Many years later, Ray Reardon, Vince's partner, and original owner of NSP, told me that the night that Larry won Mr. Olympia in 1965 Vince cried when he found out. You know that it was actually Vince Gironda that was up on stage that night. Larry was everything that Vince ever wanted to be and should have been. Unfortunately, Vince was so ahead of his time that he was never recognized on that level. I once asked Vince, "was that your finest moment, when Larry won the Mr. Olympia and everyone new that you had trained him?" He answered me with a definite, "absolutely!" After that Vince finally received the recognition that he deserved. Bodybuilders all over the world made the trek to his North Hollywood gym to train.

**Note:** If any one who reads this article was at either of the shows mentioned in this article please contact me.

Thanks so much,

Ron Kosloff n/c

(313) 372-1807



### A Memorable Moment

As a kid I always knew that some day I would get into bodybuilding. I always admired physical culture and excellent physiques. Unfortunately, I never was blessed with what Vince Gironda called “a genetically superior body”, but through the years I did build a fairly decent physique.

A friend of mine, Herbie, had a brother who was deeply into bodybuilding. He had an excellent physique and entered a few contests when drugs weren't so prevalent and did quite well. He worked out at an old gym in downtown Detroit called Yaco's Gym, it was owned by George Yaco, and was located in the Taft Hotel. Once in awhile Herbie and I would go down and watch his brother work out. We were too young to work out ourselves, but nonetheless watching the body builders was quite fascinating. One day, in the early 60's, we were at the gym watching Herbie's brother work out. I was thumbing through a magazine reading about a body builder named Steve Reeves. He was the epitome of bodybuilding at that time. Everybody wanted to be like Steve Reeves because he was all natural and tremendously gifted.

So here I am sitting in the gym, when the door opens, I glance at the door, then back at the magazine, low and behold, it was Steve Reeves. Everybody in the gym was taken aback at the sight of him and he caused quite a stir. It just so happened that he was in town with the May West Muscle Troop, a traveling show, at the old Shubert Theatre in Detroit. He

had walked 3-4 miles down Woodward to train at Yaco's Gym. As I looked at him, my first impression was that he was the male equivalent of the most beautiful woman that you could ever see. He was flawless. He was about 6' 1" and he weighed approximately 220 lbs. The genetic proportions of this man were just phenomenal. He had a small waist, no obliques, small glutes, sweeping thighs, tremendous calves, square pecks and rounded delts. Vince Gironda always said that Steve Reeves was the best there ever was. For all practical purposes Steve Reeves was the epitome of bodybuilding at that time. If you scanned Steve you would see that he had a perfect head of hair and complexion, and it made for a memorable moment in my life. Steve's image has never left my psyche. I could never emulate him, but every time I worked out I would always think of Steve Reeves standing there. That day in the gym, he took his workout and I noticed that his workout was very similar to what Vince Gironda taught.

The only person that I have ever seen that could match Steve genetically, or perhaps was even a little superior, was a man named Don Howorth. He trained at Vince Gironda's gym. It is not uncommon for many people in different parts of the world to come up with the same ideas and philosophies at the same time. For example, it's just like when the car was invented, there was a man in England who was working on the internal combustion engine and at the same time a German engineer was also working on an internal combustion engine.

The point I am trying to make is Steve worked out at a gym in the San Francisco Bay area, which was owned by a man named Ed Yarick. Ed had the same philosophies as Vince. Don't over train, work out hard and fast, he

stressed nutrition and working out each muscle to the nth degree. He also stressed that the sum of the parts equals the total in creating a beautiful physique. Ed was dead against weight lifting squats, which did nothing for you, but give you a big rear end, widen your hips, push your stomach out and widen your lower back, just as Vince believed. Ed invented an exercise similar to what Vince would teach in the sissy squat, it was called a T-bar. It was a bar that came through a platform in a hole in the floor. You would grab the T-bar behind you and when the bar went down, your pelvis went forward resulting in a sissy squat. The results were obvious in Steve's physique because he had a tremendously small waist and tremendously small abs. He also did not have the typical over developed steroid rear end like most squatters have.

As we all watched Steve Reeves train, he was a very deliberate trainer and he implemented what Ed Yarick and Vince Gironda preached intensely. He got through his work out very, very quickly, with very little rest. Anyone could see that mentally he was into it, and that he blocked everything out as he used a lot of autosuggestion. He did not lift that much weight, I think he did about 25-30lbs. in dumb bell curls, which is not a lot of weight He did all isolation exercises just as Vince and Ed preached. That particular day in the gym he worked his upper body but he only did one exercise per body part. Being that everybody gathered around as he worked out and because he was the celebrity, so-called hit of the show, he really did not have that much time to work out. You could tell that he was not comfortable with all the adulation and attention, perhaps he was even a little shy. Steve was truly a one of a kind, gifted person. But what impressed me the most about him

was that he was totally natural. I think the only supplement Steve took was B12 shots for blood building and muscle growth.

Steve worked out in Ed Yarick's gym until he came south to the L.A. area and worked out at Muscle Beach. There he got involved in the movies and then entered a few physique National and World contests. I thought I'd share this little story with you about Steve Reeves because everytime I go into a gym, there are two people I think of, Steve Reeves and Vince Gironda. The thought of them sort of motivates me and it's a shame that now both of them are gone.

Another little tidbit, Steve Reeves is the reason that I have always worn a beard, because of that day at Yaco's Gym and in his Hercules movies he wore a beard.

Thanks for your ear.

Ron

A handwritten signature in cursive script that reads "Ron". The signature is written in black ink and features a long, horizontal flourish extending to the right from the end of the name.



meant more to him than anything. When he would train someone and they would become successful, this was his personal reward. Chris agreed too, that there was a lot of heart and honesty in Vince. Chris, as long as I can remember has advocated Vince's methods, he is a personal trainer and I believe that he has done that exclusively since he got out of the health food business. Chris and I on many occasions have shared stories about our personal training experiences and one thing that we can always agree on is that if someone follows Vince's methods they are sure to have good results. I personally have never failed if my student follows Vince's principles.

Chris and I spoke for a while and he was distraught at the fact of Vince's passing, feeling deeply the loss of a great friend and teacher. After Chris and I spoke, I put the office recorder on for about two hours and I reminisced.

The first thing that I recalled was our first meeting. I had a consultation with him and while we were talking he excused himself, got up and took some money out of the register and gave it to a member and promptly threw him out of the gym for doing sit ups and leg raises. I was shocked, of course, but when I found out Vince's reasoning I understood. Sit ups and leg raises don't reduce the size of your stomach, as Vince discovered about forty years ago, so the student was just wasting his time, because he really wasn't listening. He had previously told the student not to do them because Vince was personally training him. Along with everything Vince taught me I realized then that he was probably so far ahead of his time that most people, in retrospect, didn't even know what he was talking about. Ninety five percent of what Vince told me just simply worked and Chris found out the same thing and when I train someone they quickly discover just how great his methods are-simple and intelligent.

Dr. Clifford Armaduri called Vince a gifted person and a genius before the word was en vogue. I spoke to the Doctor years ago and we both marveled at Vince being the only man we had ever seen who could point to every muscle in the human body, name it, plus tell you how it functions. Now that's brilliant! We were also awed by Vince's knowledge of nutrition. People

are now discovering after twenty-five years of this "complex carbohydrate B.S.", as I call it, Vince would yell in the gym, "But they're inferior proteins, just lots of sugar, you jerks!". He was always outspoken and controversial to the end. He was the type of person that built this country-the true individual that is now a dying breed.

As a kid I would go to all the contests and Vince would turn out champions like a baker turns out cookies. The emcee would always say "Representing Vince's Gym, from North Hollywood California".... Larry Scott, Don Howorth and a host of others. I seriously doubt that Larry would have been a success if Vince hadn't taken him under his wing, since Larry wasn't that genetically blessed. I was totally impressed with a truly beautiful physique, which I call the Vince Gironda Style of Shape, Symmetry and Cuts. I knew he was onto something and that he was special just by looking at that type of physique. I also knew that eventually I would go to him. But first I ordered all his courses. When I received all of them and read them I said this man is brilliant! But let me say this, if you don't have any brains, don't read his courses.

The first time he trained me he told me that I was the only person that ever did the precise movements the correct way. That acknowledgment really, really felt good. When Vince trained me I stayed in California for a period of six weeks. I rented a motel room that was just down the block from the gym, and I trained very hard for the entire time. I made more progress in that six weeks than I had in an entire two year training period prior to that time. When I came back from California to the YMCA gym where I regularly worked out people were in disbelief at how good I looked after such a short amount of time. I was stunned myself that I was looking ninety percent better doing ninety percent less. But when I was training, it was with great intensity! Vince first applied that word to bodybuilding.

I continued the rest of the evening thinking back fondly on the times that I was fortunate enough to have spent with Vince. It finally dawned on me all of the lessons that I learned from Vince, how he had a tremendous affect in turning my life around, and pointing me in the direction of nutrition. I am now a nutritional consultant, because of him I got my degree. I work at the

Grosse Pointe Alternative Health Care Clinic outside of Detroit, I also own NSP (East) and Research Nutrition. I'm on staff and I do all their diet consultations. I use the things that Vince taught me about liver tablets, what he taught me about glandulars, amino acids to keep your endocrine system strong and your immune levels high. One of the things he told me was to eat a high protein meal after training as the muscles need the amino acids to grow, and most importantly, to recuperate. Well, as usual, I see that some college just proved him right again. As soon as you're done with this physical, strenuous exercise eat a good protein meal, because the branch chain amino acids will quickly repair, nourish and return the muscle to it's former strength and it will get bigger. They just proved that. So it just goes to show you how brilliant the guy was. What he taught me about hydrochloric acid, that its not how much food you eat it's what you digest. He would always stress these things to me and now I'm helping people and I realize it was Vince that taught me all of this. Take liver tablets for example, right now in bodybuilding they're out of style because bodybuilding is like America, a fad country where things are in style, out of style, in style, out of style, we are all, whether we like to admit it, controlled by Madison Avenue and big advertising, from what we eat, to what we drink, to what we smoke, etc. The protein powders and Met-Rx powders are in fashion today. Amino acids, glandulars, hydrochloric acid, and digestive enzymes are out. But being a severe hypoglycemic Vince taught me what I had to do to control my hypoglycemia. Every three hours I eat, and I keep my diet very low in carbohydrates. I use liver tablets because there is no finer blood builder than liver. Its B12, its amino acid content, it nourishes the liver, it contains a substance called P450 which he taught me detoxifies the liver of all poisons, toxins, drugs, and alcohol. Every time I take a physical they marvel at the function of my liver. So, of course, every three hours I take my liver tablets. He taught me the importance of chromium picolinate and minerals to regulate my pancreatic functions and insulin secretions. So I guess what I'm doing here is paying homage to Vince, maybe I never really realized what a controlling factor the man was in my life. He taught me the importance of eggs, and what a powerful, powerful, substance eggs are. He showed me

how important eggs are to bodybuilding and the very best hormone procurers.

My routine for the last twenty-five years has been, I get up and my high fat jump starter is four or five eggs, depending on how hungry I am, raw milk cheese (Vince taught me about raw milk cheese) not the garbage you buy in the grocery store and I've done that for the last twenty-five years. Eggs don't cause heart attacks. People will take the yolk from the egg and just eat the egg white, but that's wrong. Eggs are a whole food, it is the greatest food that you can eat. It closely matches the human anatomy. Eggs are the finest protein, along with liver and raw milk, but that's been proven over and over. They have the highest P.E.R. rating. People say, so what causes a heart attack? Sugars and starches. The average American diet is pancakes, ice cream, cookies, pies, cakes candies, pretzels, doughnuts, pizzas, Slurppies, Pop Tarts, sugar frosted flakes, bologna sandwiches, bagels and pastas, (I literally tell people white flour bagels and pastas are garbage!). Then you have all of the fast foods. But you take an egg, which is a perfect food, you see, God is the greatest chemist in the world, God created an egg, a drug company created a medical doctor. All medical doctors do is write prescriptions, that's all. Nothing more, nothing less. They tell you what is wrong with you and they write a prescription, a dangerous synthetic drug! So if you take an egg and separate the white and the yolk what you get is an isolated protein. Any time you separate protein from fat you get an incomplete food. Let me give you an example of these protein powders on the market. You get them and they tell you to mix them with juice or water, well let me tell you folks, you can't digest protein with out fat. Vince taught me that and he was right. Take an egg white, protein can not be digested with out fat, so when you swallow an egg white it goes into your stomach and your stomach says, "Hey, where's the fat?" The white, which is protein, has no vehicle for conversion so it's converted to sugar. The same thing happens when you use protein powder, Met-Rx or what have you. They say to mix with juice or water because they're made of ionized whey protein. Whey protein is the skim of cottage cheese, its not biologically superior to eggs, liver, and milk. They make you feel good because it's carbohydrate sugar, and you're going to put on weight, but I'll tell you one thing it's

not going to be muscle weight. So you see what I'm saying, the fallacies that you're told. You can not digest protein with out fat, and it must be digested to be converted to amino acids. Once it's digested it goes through the liver and is converted to amino acids, if it's not digested the liver can not do it's job. So you see you've been learning things that aren't necessarily true. If eggs or fat cause heart attacks I want someone to tell me how my grandmother and grandfather, who lived on a farm, ate nothing but raw milk, natural eggs, pork sausage, butter (my grandfather used to eat lard sandwiches), they were both muscular people with beautiful skin. My grandfather died two months shy of his ninety-eighth birthday and my grandmother died when she was one hundred and one. There was an Indian that worked for my grandfather and he worked literally for food and shelter. We kids on the farm used to give him pears, peaches and apples and he'd say, "Oh, you kids crazy!". He wanted meat. Grandma and Grandpa would butcher a hog or a steer, and put it in the cellar (the cellar was like a fridge back then), and he would go down into the cellar and eat meat. Meat was all he would eat, and I mean the whole animal. Well I want somebody to tell me, a medical doctor or a so called dietician, how this man lived to be one hundred and thirteen years old living on a high fat high protein diet. I want some one to tell me that. Vince, you're right again!

These things that Vince taught me I am now realizing how I carried them through my life and I taught other people. It's been a blessing for me because when I do consultations I put people on glandulars, I know some people say glandulars and liver are not good food. But I tell you folks, that's where the energy is. The first thing a carnivore eats when it kills another animal is its' glands and intestines. So, I've taken liver tablets for twenty-five years, since I met Vince. I remember one time while I was working at General Motors, they took a blood test and the color of my blood was far superior to their color chart. The nurse said to me, how do you do that, and I said that I take a lot of liver tablets. Being a medical nurse she said sure, sure, sure and looked at me like I was crazy. Unfortunately, we are putting our lives in the hands of these people. Read these two good books about the medical profession and it will scare the hell out of you, Silent

## Violence-Silent Death and The Drug Lords!

These are all the things that Vince taught me about nutrition, hydrochloric acid, eggs, and folks, they just plain work. Because as I said, the man was so far ahead of his time it was really almost a joke. Speaking of jokes, he was a real comedian and jokes in the gym kept things loose.

Let me tell you a story about Vince. Bob Kennedy of Muscle Men International was a good friend of Vince, and Vince used to write periodic articles in the magazine. After Vince died I called Bob and I said, Bob I've know Vince for twenty-five years and I'd like to continue his column because I know his methods backwards and frontwards. Bob said to me, Ron I would love to have you continue his column, but you know what, I was getting complaints, that Vince is too old, and who wants to listen to what he has to say. Well of course that struck a nerve, and I would like to address those folks who felt that way. In America today we have one horrible agenda that we practice. Madison Avenue has created the youth culture, it wants to sell things to young people with money. It wants to ignore older people and of course this is our culture...money. It is really a crime because if you're over fifty, even sometimes over forty, no one wants to listen to you anymore. The American Plains Indians, look at how they treated their elders. They treated them with dignity and respect. The problem here folks, like Bob was saying, nobody wanted to listen to Vince because he was old, but nobody stops to think, what Vince had was wisdom, knowledge, experience, and data. If you go to any other country in the world and you are over fifty, by God, you're put up on a pedestal. People come to you for advice, they come to you for knowledge, and you're revered. But not in America, and Vince was a tragic example of this. He went out of style. I'll tell you this, whenever an older, wise, intelligent person tells you something you should listen to his wisdom. He's only trying to save you a lot of heartache and grief. Certainly Vince Gironda did this for me. Take heed, what happened to Vince shouldn't have happened to him. He was a victim pure and simple of our culture. I was disappointed, Bob Kennedy was disappointed, Chris Aragona was disappointed. But that's the way it is. It's funny, folks, I've always made this statement and people will call me and say, I

remember you said years ago that some day Vincent Van Gogh will have nothing on Vince Gironda because some day Vince Gironda will be the Vincent Van Gogh of bodybuilding. In another fifteen years you'll be reading what Vince had to say. Everything he said fifty years ago is now coming true, don't overtrain, work out like a sprinter not a long distance runner, bodybuilding is eighty-five to ninety per cent nutrition, always use muscle confusion, don't do sit ups and leg raises because they make your stomach bigger not smaller and they curtail your muscle gains because your hormone level drops. He said all of this years ago because he went through trial and error. He discovered it was true. Slowly but surely his methods have been proven, and they have stood the test of time. Unfortunately some authority has begun to take credit and you see a lot of copycats because they're stealing everything from Vince, and that's a fact. You know who you are and you should be ashamed of yourselves.

I remember two or three years ago some idiot in a magazine wrote in and said, "If Vince Gironda is so great, how come he never won a major contest?" Well the simple fact is that back in his day there was a different style to bodybuilding, either you looked like John Grimick, bulky and smooth, or you weren't a bodybuilder. Now, the authorities might not want to recognize this but Vince Gironda is the father of modern bodybuilding. He created definition. Hell, in the Forties he was ripped to shreds,. He never placed more that second or third in a contest. They looked at him and said, what is this, who is this, what kind of physique is this. But I'll tell you what, if you're not defined and shapely now folks you might as well just go on home. Again, we should all pay homage to Vince, he invented definition. He invented the beautiful physique, the shapely physique. Do you see what I'm saying? This guy who said that really doesn't know much about history, he's probably a drug user anyway. Of course most of the physiques now are drug physiques, and they don't have any real relation to natural bodybuilding. Vince used to call bodybuilding contests "pharmaceutical conventions" whenever some one would ask why he didn't attend them anymore. They are. You could never create a physique like that naturally. I see some of these guys on stage and they look to me like Gorgo. My friend Bob saw Dorian Yates

last year and said he looks like a cow. Vince used to call a lot of these Mr. Olympias Gorgos, and freaks, and that's what they are. They are sacrificing their health, Vince was the first one to make the statement that some bodybuilder was going to die on the stage, and it's happened more than once, I hear. Vince created the anti-drug movement in bodybuilding. He hated drugs with a passion. Drugs came into the picture in 1963, and by all measures they completely defeated natural bodybuilding, because all you had to do was pump some decadrolin in and you got a physique. I've seen guys at the Powerhouse use drugs and in thirty days, my God, you couldn't believe what they turned into. Ten to fifteen pound weight gains almost overnight.

I used to own the Powerhouse Gym in Centerline, Michigan, with my partner Paul Dudgeon, for ten years. There was a man who was a top area bodybuilder, he was a drug user. and he used to belittle Vince's methods. Because he said that you didn't do enough, and you didn't do weight lifting exercises. I told him one time, if they ever took your steroids away from you, you would just be an ordinary Joe, and your so called wonder method that you read in the magazines wouldn't work any more. So as things come to past, being on drugs for so long, it began to affect his marriage. His wife said look, it's the drugs or me. He quit the steroids because he didn't want to lose his family. Everyone around the gym began to notice that he was shrinking like a prune. One day to my surprise he came to me and he said, "I used to think that you were a real screwball and that your methods were really goofy, now I realize what you said was true. My methods don't work anymore, I was overtraining just like you said." This guy today is a natural bodybuilder, he's still married, and he's got a heck of a physique. When I see him at the gym we talk a lot. I still do my training at the Powerhouse in Centerline, so if you want to get a hold of me the number there is 810-755-5330 and when I'm done with this article I'll give you my number at the office.

I'm training a young fellow at the gym, he's been working out for a couple years now and of course he wasn't getting anywhere because he was overtraining and he didn't have any knowledge of nutrition. He was eating a high carbohydrate diet, which is ridiculous because

carbohydrates are just sugar, I tell people not to believe all this crap about carbohydrates building muscle tissue. Muscle tissue is not made of sugar, it's made of protein. I told him I would improve his physique in about three months fifteen to twenty per cent. I stress one thing very clearly, that the obvious fact that Vince was a bodybuilder and a bodybuilding trainer, not a weight lifter or a weight lifter trainer. He teaches isolation exercises for the muscles, not group exercises for the muscles. Example, you do a strict movement, no cheating, with a twenty-five pound dumbbell in the dumbbell curl for the biceps and isolate the muscle, so it only does the work. Don't use sixty pounds, and jerk, tug, pull, and swing the weight. You ultimately must decide if you want to be a bodybuilder or a weight lifter. Personally, I love to intimidate big cheaters and I ask them if they can do eight sets of eight reps with a twenty-five pound dumb bell for the biceps Vince's way. First they laugh at me, then they precede to make big fools of themselves when they can't even do two sets, and I yell at them you've got six more sets to go. There is a winner of many titles at the Powerhouse Gym that calls Vince's methods too hard. I want somebody to hand me a violin so that I can play him a tune. Another thing that I must mention is that you would be ten to fifteen per cent smaller using his methods. But you have to sacrifice something to get something. But ultimately you will look a thousand times better, in shape, definition and symmetry, and that's what we really want, isn't it. Remember, as I said, Frank Zane, look at the way he looked and he wasn't a big person. He just happened to have a beautiful, beautiful, physique. And, of course, when it comes to strength there are two types, group strength and individual muscle strength. A bodybuilder can not work out like a weight lifter and a weight lifter can not work out like a bodybuilder. Vince would stress that to people. So, I'll let that be your call. But as I said, the many years I went to California, the many times I trained in Vince's gym I saw him make a fool of many people because they couldn't work out the way a bodybuilder should work out. They couldn't do it, and ultimately what it is, it's a blow to their egos. Because everybody's always asking me and my student, "How much can you lift?" And we shoot back at them and glare at them the way Vince did, "We are not weight lifters. We

are bodybuilders." So he started on Vince's routine and a superb nutrition program that I laid out for him. Three months later he is happy as a lark. His friends tell him how good he looks. He's done learning now, I taught him everything that Vince taught me and he's on his own and he's only going to get better. The reason he came to me in the first place is because some one on the West Side told him that I trained Ron Love for the 1988 Junior American, I put him on Vince's routine, he was trying to get cut and I put him on Vince's meat and egg diet with cream and protein and, of course all of the supplements. Ron won hands down. Everyone in America was calling to ask how he did it. Ron called me and said that he would like to give me a kiss, but he couldn't because I was a guy.

So this young man came to me for help, he had a weak upper biceps, and he asked me how to develop the upper biceps, not the middle biceps, but the upper biceps by the deltoid. Now, I've asked probably fifty people, including Mr. Americas, and Mr. Universes, and many other so called knowledgeable people. But they couldn't help. I always tell people that the worse person in a gym to ask for advice is the biggest guy in the gym, with the best physique. Because all he can tell you is how to overtrain, and he won't tell you that he's taking steroids. So to help this guy increase his upper biceps I showed him Vince's drag curl and in about six weeks he was showing the fullness in his upper biceps. Most of your Mr. Americas and Mr. Olympias don't have the slightest idea how to bring that muscle out, and when I asked them about it they only give me stupid answers. Vince was the only guy who knew how to isolate and work that muscle. When I told this young guy about liver tablets and fats and proteins he said, "Oh my God, my doctor told me that I should eat carbohydrates and remove fats from my diet." I said to him, "Young man, do you know what substance in the human body manufactures every hormone in the human body? It's called cholesterol and if you have low natural fat intake you'll have low cholesterol, that's HDL, and you're not going to be able to gain size. That's why I'm going to get you on glandulars and liver tablets, amino acids and milk and egg protein." The guy has since done fabulous. And of course when we get back to medical doctors they don't know anything

about nutrition. I told you, they're prescription writers. Let's look at the book, Protein Power. The guy who wrote the book copied from Vince, they all do. In this book the guy lists five tribes of the world who exist on a high fat high protein diet. These people are perfectly, perfectly healthy. If they don't starve they lead long lives. Number one is the Eskimo. Now, what does the Eskimo eat? Fat and blubber and protein and fish and heart and liver and kidney and spleen. Never eats any vegetables, and lo and behold they are slim people. Number two are the Rocky Mountain Men. The Rocky Mountain Men ate what they killed, there's no fruits and vegetables in the Rocky Mountains. Third is the American Plains Indian. His whole life was the buffalo. It was his food, his weapon, his clothing, his shelter. That's why the white man killed the buffalo, to starve the Indian. Indians didn't eat corn until we put him on the reservation. Indians were very muscular people. Remember, the Indian was the finest light cavalry in the world. The Union soldiers called them that. The Indians were warriors. Then you move to South America the Bolare. Then to Africa and the Masai. For the Masai, cattle were a prized possession. They were basically meat eaters and protein eaters. All five of these people were highly sexed, because they had high natural hormone levels. As a matter of fact they all has cholesterol levels of three to five hundred. No arterial sclerosis or heart attacks whatsoever. As a matter of fact, they medical profession tells you what it wants to tell you, it creates a drug after your bad diet has created a problem. All you have to do is go to the library and get a medical dictionary, it's Tabor's 16<sup>th</sup> ed. Page 1909. I'll tell you in essence what it says. The ingestion of an excess amount of carbohydrates, sugar, is converted by the liver to triglycerides and diglycerides which are a sticky form of fat that the liver pushes into the bloodstream, your LDL levels go up, your VDL levels go up, your triglyceride and diglyceride levels go up. You have arteriosclerosis, you have a heart attack. What you want to do is keep your HDL levels very high and that comes from eating fats and proteins, like the American Plains Indian. So see medical doctors are wrong again. They usually are. They don't know how to prevent diseases, they just write prescriptions for the ones you have. But you see, that's the essence. If you want to read a good book read Not By Bread

Alone, it's out of print so you'll have to go to the library to get it, it was one of Vince's bibles. It was written by a man named Stephenson, who in the middle to late eighteen hundreds, he lived with the Eskimos for twenty years and ate exactly what the Eskimos ate and he came back to Columbia Presbyterian Medical Center in New York City, and they couldn't find anything wrong with him. He was normal and he was healthy. See what I'm saying. So now we know the real culprit in disease, it's possessed and refined foods. The reason that Americans are getting so sick is because they're eating so many carbohydrates. What do carbohydrates create in your body? They create something call alkalosis. All protein foods are digested in an acid base, all non-protein foods in an alkaline base. Well, the balance of the human body should be an acid base so if you create an alkaline state you can not digest your food. If you stuck your finger down your stomach you should burn the end of your finger, because the stomach should be full of hydrochloric acid. Once you eat a high carbohydrate diet, your body says, hey , why should I bother to manufacture hydrochloric acid? The word protein means "most important", Hippocrates named it twenty-five hundred years ago. So how do you create an acid state? Well as you get older you're going to have to use a little apple cider vinegar, lemon juice or hydrochloric acid tablets. But when you're younger just eat a good protein food, take a B complex vitamin and Zinc, because they work with your stomach and create hydrochloric acid, and you always want to keep those levels high. Now the reason Vince taught me the importance of hydrochloric acid is because it digests protein. So you can eat a ton of food, it doesn't matter how much food you eat, it's what you digest, assimilate and absorb. That's the key! That's what Vince Gironda said, eighty-five to ninety-five percent of bodybuilding is nutrition! Again, that's what the word protein means, "most important".

Just in case you're interested Hippocrates said a lot of things. He laid down ten rules twenty-five hundred years ago that the medical profession has ignored because what he said doesn't make money and as we know the medical profession is all about making money and lots of it. In this country 1.4 trillion dollars a year is spent on health care. Health care, folks, is taking care of sick people, and as I said there is no such thing as diseases. Nutritional deficiencies cause most medical diseases. Americans, incidently, are very sick people and what's more, the sickest

in the world. Plus we have forty-five per cent of our people obese, all from eating refined carbohydrates!

So this is what Hippocrates said:

1. The natural way is the only way.
2. Treat the cause of an illness not the symptoms.
3. Throw away your drugs and heal the people with food.
4. Look to the spine for illnesses. (Hippocrates was a chiropractor, by the way.)
5. Natural food can prevent diseases.
6. Do no harm to your patients.
7. The word protein means most important.
8. Do not perform surgery for money.
9. A healthy colon is essential.
10. Do not administer dangerous and harmful drugs.

So you see what I'm saying, he laid down these rules and they are very, very important. Of course most medical doctors take the Hippocratic Oath, that's where it came from.

Vince taught me all of these things and now I'm teaching people and they're getting results, just like I did. And of course when I first started to train this young man he asked me who Vince Gironda had trained. I told him only practically every top bodybuilder in the world, they would come to him but unfortunately none of them ever gave him any credit. Most people don't know but Frank Zane was a key club member at Vince's gym, and he would come at night anytime to train. He had a key to the gym. Most people don't know, but Arnold Schwarzenegger was sent to Vince Gironda for two years. Here's an interesting story you might get a chuckle out of concerning Arnold Schwarzenegger. See everybody assumes that when Arnold Schwarzenegger came to America he trained under the trainer of champions, Joe Weider. Nothing could be further from the truth. Weider just promoted Arnold, made a lot of money, they both promoted each other and made a lot of money. Arnold's German industrial sponsor sent him to Vince. Of course, Arnold had a pretty big ego, he was not that good when he first started he was more on the fat fleshy side, and he walked into Vince's gym (John Balick the editor of Iron

Man can substantiate this, he was standing right there), and he said, "I'm Arnold Schwarzenegger from Austria, and I'm Mr. So and So." Vince looked up at him through his granny glasses and said, "You're nothing but a fat you know what." So for two years he spent time at Vince's gym and then, of course, after Joe Weider signed him he went to the beach and on to become a movie star and a multi-millionaire. But Arnold made a statement years later to John Balick that that was the best thing that ever happened to him because he thought he was king of the world and Vince brought him right down, shattered his ego. They all passed through Vince's gym.

Of course when I first started to train this young fellow he said to me that we weren't doing much. This was the routine I had him on to start, you never want to work a muscle more than twice in one week, and when you work it you work it with intensity. Of course you never rest for more than fifteen or twenty seconds between each set. When you work with intensity you'll be surprised at how quick you get the pump, which is what you're looking for. Remember, when you're trying to gain you never work your stomach, cause it attacks and shocks the nerves in your solar plexus and then, of course your hormone levels go down. You work your biceps, triceps, delts, chest and back on Monday. You work your forearms, your thighs, your side biceps, your calves, and if you want to work your inner thighs on Tuesday that's okay. Then repeat Monday's workout on Thursday and Tuesday's workout on Friday. And remember what I told you, eighty- five to ninety per cent of body building is diet and then of course you have to rest because this is when HGH is released by your pituitary and you'll gain muscular size. And of course I said, I'm going to show you how not to work out. I'm not criticizing anybody, but this is how most people work out. I pointed to a fellow in the gym. He was a local body building hero, he'd won a few contests and of course he was a steroid user. And I said, he comes in on the exact same days, he's probably here six days a week, but when he comes in he doesn't do very much. He just thinks that by being in the gym and taking steroids is going to increase his physique, which probably will happen with the steroids, okay. I told the kid to watch this guy. He came in and went over to the bench press and he was doing the bench press for his chest and the bench press is

not a chest exercise, the neck press is, as Vince teaches. So he did one set and he grunted and groaned and grunted and groaned he did about seven or eight reps and then he sat there for ten minutes looking at himself in the mirror. Then he got up and got a drink of water, then in another seven or eight minutes he came back and did another set. He grunted and groaned and then he went into the next room and B.S.'ed with some guys for ten or fifteen minutes and then he did another set. And then he worked his chest and he did the same thing with his delts. He read the bulletin board, he did about four sets and he left. Most guys go to the gym and they spend hours there and they tell their girlfriends and parents that they worked out for three hours. Well this guy he did practically nothing, See what I'm saying? He did more reading the bulletin board, drinking the water, and looking at himself in the mirror than he did working out. There was nothing intense in his work out. Then of course another question that the kid asked me was, what about personal trainers? How come your a personal trainer and , he pointed to another fellow in the gym who was doing personal training and he's certified. So I said certified by who? I said I know the guy's methods. He'll tell you to eat gobs and gobs of complex carbohydrates. Look at who he trains. Are they making any progress? No. To someone who's being trained by a personal trainer, it's like you, you're going to get into this gym four times a week and you're going to work out Monday a half hour, Tuesday a half hour, Thursday a half hour, Friday a half hour and then you're going to go home. These people spend two and three hours in a gym and this personal trainer kills them. Why? Because otherwise they don't feel they have gotten their money's worth. They don't understand the philosophy of what German Scientists proved, the most amount of work in the least amount of time. What did German Scientists prove? They proved, and this was documented, end of story, that the only way you could increase the size of the muscle is by what they call the German Overload Principle. The most amount of work in the least amount of time. So it doesn't make any difference how much work you do, it's how fast you do it. That's why Vince's students always looked a thousand times better than anyone else. That's why sprinters have far, far superior physiques than long distance runners who over train. That was proven

conclusively a hundred years ago by German Scientists, end of story. And that's the methods Vince adapted. See, the guy, as I've said many times in this article, was just so brilliant it was almost mind-boggling. All of the things scientifically and collectively that he would do to create a physique were just amazing. They don't understand that. They don't understand nutrition. They don't understand that the word protein means most important. Then I showed him what this personal trainer was doing. He's telling people to grab the weight and put your thumb around the bar. You never put your thumb around the bar, only in a few exercises, Vince explains! In any exercise inadvertently you will use your forearm to help lift the weight. You put your thumb under the bar, it's called a palm grip. He's got these people doing sit-ups and leg raises and they're trying to gain size and they're not getting anywhere, because, as Vince explained, of the shock to the solar-plexus.. So, this is what they're doing. Of course, if you look at how they're doing a bench press, a bench press is not a chest exercise. It's an inner delts exercise. When you bring the bar down to the lower pec line, you're working your inner delts. If you arch your back to hoist the weight up you're using the terrace major. If you put your thumb around the bar you're using your biceps and triceps and forearm. You're working everything but your chest. This is why Vince preaches isolation exercises. Vince really scoffed at personal trainers because they really didn't know much. Somebody just made five hundred dollars off of them to give them a phony certification and they still didn't know what they were doing. This fellow was trained by a personal trainer for two years and he never got anywhere. They don't know much about kinesiology. They don't know much about how a muscle works, and if you don't know how a muscle works, how can you work a muscle. I'm like Vince, I teach nutrition first and then exercise. Not just exercise, and nothing about nutrition. Because bodybuilding is eighty-five to ninety per cent nutrition. Like I've always said some people look but they never really see, some people listen but they never really hear, that's just some of the lessons in life and really, most people never learn life's lessons. Unfortunately, big advertising and marketing is America. Doesn't make any difference what you have as long as you market it correctly. I've often said that

if somebody came up with rabbit pellets, and told bodybuilders that rabbit pellets were good for you, bodybuilders would be eating rabbit pellets. Vince said once that the average intelligence in your average gym wasn't any higher than your average pair of socks.

Of course this young fellow that I'm training asked me another thing. Have I ever been to the Weider Research Clinic in Los Angeles. Of course I started to chuckle and I said, I'll tell you one thing, I was as naive as you are when I first went out to California, before I saw Vince. I asked a few people where the Weider Research Clinic was and they told me that there was no such thing. They laughed at me and said hey, we've got to straighten you out. You have to remember that Joe Weider gave a lot to bodybuilding, but he took a lot away from bodybuilding. He created the drug gorgos and freaks that we see today. He knew that appealed to kids. He knew that's where the money was. He asked a publicist one time what the average age of a reader of his magazine was and the guy said fifteen to nineteen years old. So Joe said we're going to go after that guy then. It's all marketing. I remember back in the late sixties early seventies he marketed a waist belt that was produced on the planet Zebor, yeah, Zebor. It had microscopic electron balls in it and if you put this waist belt on and walked around in it the movement of your body would create electronic impulses that would burn your body fat. He sold about twenty-one million dollars worth of this item. The government said that it was a scam and he had to return about twelve million dollars. He still ended up making a tidy profit. Joe Weider is all marketing. That bust in the magazine is his head on somebody else's body. Vince always thought that was funny and I'm sure over the years, if you know anything about California bodybuilding, then you know that Vince Gironda didn't not get along with Joe Weider. They were adversaries and their training philosophies were totally different. When Vince's methods were compared to the Weider method there was no comparison. But Joe Weider didn't care. To him Vince was just a gym owner and seller of his nutritional supplements, and his courses. It's a sad, sad fact that when Vince died, Madilyn, his wife told me he was overdrawn about one-hundred and sixty dollars on his bank account. Vince pretty much died a pauper. I'm very much saddened by that fact. But

that's the scoop with Joe Weider. Now you have to remember that after Vince died Joe Weider had the very, very, commendable decency to write a little section in his magazine concerning Vince Gironda. Basically it said., we are sad to see that Vince Gironda recently passed away. And then Joe Weider gave Vince a lot of credit when he said, in very small print, clearly this man was way, way, way ahead of his time. And he certainly was.

Vince knew the lessons of life, such as you should never be concerned whether people like you or not, but whether they respect you. The liking will come after they respect you. But, Vince scared many so-called authorities with his revolutionary ideas and theories, and as I have said this is why they attacked him routinely. Example: He always mentions the word Tonic, which is loss of muscle tissue from overtraining. He read this in a medical journal, but they constantly attacked his use of this word saying they never heard of it! Vince called his findings facts, but Gene Mozzee and John Balick said that statement was extreme, but as I said, I never trained anyone where his methods didn't work! To me, they were facts!

This student of mine asked me about supplements and Muscle Media and Met-Rx and E.A.S. and Bill Phillips and, of course, I had to answer him honestly. One of the things I considered when I wrote this article is talking about Bill Phillips and Muscle Media because it doesn't have much to do with Vince, but I've been sort of prodded into doing it because of something Bill Phillips said that a customer of mine related to me two or three years ago made me very, very, angry and upset. It concerned Vince. It was a rather degrading statement. So I think I'll discuss it with you, if you don't mind. I feel as if Bill Phillips is the new Joe Weider. That's my gut feeling. His Muscle Media is just a catalog of his own supplements, which is his right, of course. But I feel that he slammed Vince, and he made Vince look very foolish, because what this person told me was that he was at some seminar or bodybuilding contest and Bill Phillips was talking to a bunch of people and they asked him about liver tablets and milk and egg protein and Vince Gironda and he said, very directly, that was "old time" bodybuilding. That was passe. Inferring that Vince really didn't know what he was talking about. So I said to myself, "Well,

maybe I will put it in the article since I am very angry." Let me explain this first. This is a bit of philosophy. There was a man named Martin Boorman and he was in Hitler's regime and he was minister of propaganda. Martin Boorman knew that if you control what people see, and what they hear, and what they read you can literally control people. The church in the middle ages called it propagate, that's where the word propaganda comes from. The Orientals called it mind conditioning or brain washing. What do we call it today? We call it marketing. If you get all of your information from the media you're brainwashed. Like the egg scare. The media told people that eggs cause heart attacks and everyone believed it. When ever I do a consultation or seminar I tell people that I wish that there were zippers on their heads so that I could unzip them and take out all of the garbage that the media has put in. The media can control our thinking. This is exactly what Mr. Phillips is doing. He's done some very, very slick marketing that I'm just awed by. I mean this guy has come out with his nutrition news or supplement guide and it's amazing how a man who doesn't know anything about nutrition is telling you about it, and of course his Met-Rx always comes out on top. There was a magazine called Nutrition News, four or five years ago, that called Met-Rx a hoax. There's a man named Steve Patton, a good friend of mine, who works for Universal Nutrition Supplements. I'm sure you've heard of Universal, out of New Jersey? I talk to Steve a lot. We talk about nutrition and Vince and bodybuilding. In the course of conversation Dr. Scott Connelly's name came, up who supposedly invented Met-Rx. I asked Steve one time where is the miracle in Met-Rx. Steve said to me that it was like I always said, the miracle is in the marketing. It's a hell of a marketing plan. Bodybuilding today is controlled by the magazines. One of the magazines that's in charge seems to be Muscle Media 2000. Everybody reads it and they say, "Well, if Bill Phillips says it, it must be true. Bill Phillips says that liver tablets are no good." Let me tell you something about Bill Phillips and liver. He panned liver, said it was no good. It's old time bodybuilding, he wouldn't take it because it traps toxins in the body and that's got to be terrible. Let me tell you something folks, anybody who makes a statement like that doesn't really know that much about nutrition. The liver has probably a

thousand functions, it manufactures hormones, it filters, it converts amino acids to protein, it transfers nutrients, I could go on and on and on. It nourishes the liver when you eat liver, it contains P450 which happens to detoxify drugs and a thousand bad things in your body. Liver is a unique food, and that's why Vince turned me on to it. Liver used to be the staple of bodybuilding, and now some guy says it's no good and now nobody uses it. When you do that you prove that you don't know much about nutrition, because liver is a phenomenal food. Put it this way, when an animal can get any food of his choice organ meat is the first thing he goes for, if an animal gets an egg he eats the whole egg. He doesn't just eat the white and throw the yolk away. Bill Phillips promotes creatine and creatine's a great thing, if you don't abuse it. But remember, that's why Vince advocated a lot of liver a lot of glands and a lot of meat. Because they contain creatin, that's why when you took liver tablets you got a tremendous amount of energy. Plus the fact that liver contains cytachrome C, which is an iron bonding amino acid that draws oxygen into the blood stream. It also contains a substance called P450, and P450 is a tremendous anti-oxidant and detoxifier. Probably the most powerful know, Dr. P. H. Ersoff at the University of Michigan proved that in the early 1950's. So see why liver and glands and meat are so important? Because they're hormone procursing nutrients, so just ask the Indians. . Of course, Mr. Phillips says that if you use his E.A.S. and his products this is "New Way" bodybuilding. Well, I've looked at a lot of his products and some of them are good, but remember, as Gironda proved you have to have at least a thousand milligrams of Chelated or ionized calcium everyday, plus high amounts of macro minerals, and trace minerals. Senate Bill number 264 in 1936 told the American people that our soil was lacking twenty-two minerals then. Well, sixty-four years later it's over forty. Some people say forty-five. That's why Vince recommended Celtic sea salt and liquid minerals. So that you could get all of your mineral. Your minerals and your trace minerals do what? They're hormone precursors. What happens when you procure hormones? You create muscle tissue. Of course, B complex is indispensable. I don't see any good, solid, quantities or high potencies of B complex in any of Mr. Phillips

products. Then there's the matter of synthetic hormones on the market these days, Androstendione and a couple of others. Vince always said that if you're very well nourished that you can manufacture your own hormones into your fifties, sixties, eighties and nineties. My Grandfather lived to be a couple months shy of his ninety-eighth birthday he was sexed in his eighties! My Grandmother lived to be one hundred and one. She had her last baby at fifty-four. They had tremendously high hormone levels because they ate all natural foods. Vince was death against synthetic hormones of any kind. Because, as you know, when bodybuilders take synthetic hormones their own hormone production ceases. Your testicles will shrivel up to nothing and a lot of them have to take synthetic hormones for the rest of their lives. So don't mess around with Androstendione, and all of that garbage. Oh sure, it makes everybody a lot of money, but you can do it naturally folks. So do it naturally, like Vince Gironda always advocated and not the cheaters way. Drug users, as Vince always said, are nothing but cheaters. Of course, in a lot of the protein powders that he and the others make, I see forty, forty-five grams of protein and I think, Oh my God! You can't digest all of that protein unless you take extra, extra amounts of proteolytic enzymes, extra amounts of hydrochloric acid. If you're a man thirty to thirty-five grams is all you can digest at a meal. For a woman it's twenty-five. What happens to undigested protein. It's converted to sugar. It sounds good but it's just a game of one-upmanship between companies. One company says, we have twenty-five grams of protein. And the next one says, well, we have thirty-five. And so on and so on. It's just a marketing ploy. Unfortunately Mr. Phillips doesn't know much about nutrition. But he's sure making a lot of money marketing this stuff to people who don't know any better. I spoke to Mr. Phillips about eight or nine years ago and I asked him why isn't there any fat in your protein. He said to me, "Oh, you can't have any fat." See, he was on the anti-fat band wagon. Which proves that he didn't know much about natural fats. You'll die without natural fats. You see, Americans have been on a high carbohydrate, zero fat diet for the last forty or fifty years and we're getting fatter and we're getting sicker. Don't believe anything but the facts. Americans are the fattest people in the world and we're the sickest people

in the world. Mr. Phillips didn't know that you can't digest protein with out fats. He told me, "No, no, no, you mix this with juice or water." So, I asked him, "Do you believe in mixing carbohydrates and proteins?", "Oh yes," he said, "Eat rice and chicken and meat and potatoes." and I said "Didn't anyone tell you that you can only digest half of each one? That proteins and starches are not compatible and that the other half of the protein that is not digested will putrefy in you intestines and the half of the carbohydrate that is not digested will ferment in your stomach." He didn't even know this. He doesn't even know basic nutrition. What do you do when you don't know much about nutrition? You B.S. people. You use the media to B.S. people. Now I understand from what friend of mine tells me, he puts a little fat in his protein now. Someone must have told him that you can't digest protein with out fat. In his new bodybuilding courses he has contests now for people who use his products. Now he's telling people, work out brief, work out fast, don't overtrain. I think Vince Gironda said over fifty years ago don't overtrain. So Bill Phillips is just now jumping on the bandwagon. From what I understand from reliable sources, he used to be a steroid pusher. It seems that Mr. Phillips is like a tree in the wind, which ever way the wind blows the tree bends. Mr. Phillips, I can't deny, is a multimillionaire. I understand that he just turned down ten million dollars for his firm. One thing that I would like to do right is challenge Mr. Phillips to a contest. First, he trains a student with his methods and his supplements except for those synthetic steroids, the Androstendione and the rest of that synthetic garbage, then we will see his results. Secondly I will take the same person using Vince's principles and methods and by the end result we'll see which methods are better. I challenge him to that. Where there's money there's the pursuit of money and people will do anything to make money. I'm not much of a bible pounder but in the bible Jesus says, "Beware of the man that wears the cloak of respectability." and "The love of money is the root of all evil." Using drugs, selling drugs, selling steroids. Didn't Jesus say it's a sin to use pharmacia to alter the mind and the body? Isn't pharmacopeia a Greek word meaning spiritism, sorcery, witchcraft, and drugery? Didn't Jesus tell you not to do that? This is just something I had to say. When I

say that he's the new Joe Weider I mean it. Thank you for being tolerant enough to listen to this footnote.

As I said many, many years ago, very few people under thirty years of age will ever believe or even listen to Vince's method simply because of the maturity factor. Young people are easily swayed. I recall there were three friends of mine when I owned the Powerhouse gym. Tom Patton, who's won a few tittles, he's a personal trainer. Dan Martin, who's a personal trainer, and Little John Pechinino, all of whom have excellent physiques. Many years ago when I first met them they thought that I was a nice guy but, oh those silly methods! That was when they were in their teens and twenties. Now let me tell you one thing, I take my hat off to each and every one of them. They didn't agree with me, that was fine. But they never really disagreed. Now, ten years later Tom Patton uses Vince's training and nutritional methods exclusively. So does Dan Martin, so does John Pitchanino. They all ask me, "Ron, why didn't you make me listen to you fifteen years ago?" Well, as I said, it's all education, wisdom and experience. As I've always said, if the lightbulb of life doesn't go on by the time someone is thirty-five years old, it'll never really go on. They're going to be wallowing in their ignorance until the day they die. I've always observed that usually if people don't learn the lessons of life before the age of thirty-five they never really will. I'm training a young man at the Powerhouse, his name is Tony Oglesby and I'm certifying him in Vince's methods. When Tony first came to me two years ago he was a little bit bigger but absolutely no shape, no definition, no symmetry. He was what he called "hardcore", whatever that means. Now, two years later, Tony's about ten, fifteen percent smaller, but with a phenomenal shape. I wish you could see this kid. He's never entered a contest, but he will. He's targeting the contests for the year 2000. Right before he does I'm going to put him on Vince's six week bulk course, and then after that his definition course. I haven't seen the competition yet, but Tony does not take steroids, never did and won't. He's going to blow everybody away. I make that guarantee right now. Because when somebody would come to Vince they'd say, I want to be Mr. America, Mr. California, Mr. Olympia, Mr. Whatever, and Vince would always say to them,

like he said to Larry Scott, you do exactly what I tell you to do and you will be a title winner. But getting back to Vince, and I stated this many, many years ago, and of course it's more true today than ever, the only crime that Vince Gironda ever committed was being out of style, and being fifty years ahead of his time. He stood virtually alone because he didn't pursue the big bucks and he didn't choose to lie. This, I'm sure that you'll agree, is not only admirable, and honest but also to be respected. The fact is, and it will always be, that the truth is a very, very, powerful weapon. The truth was one of Vince's virtues. This weapon, the truth, is really the only weapon that Vince had against the steroid users and the entrepreneurs, I hope you get my point. The one thing he always prodded you to do was think, I know he made me think. He gave me a compliment one time, he said, "You must have a high I.Q., because you're always searching, you're always prodding, you're always asking questions." Of course, we know, as I think this article has simply stated, that Vince's I.Q. was near genius level. It's just too bad that people out there who are making millions of dollars selling B.S. and H.S.. I hope you know what that means, their intelligence level is not that high. The only intelligence that they have is to make money at all cost. I said before that I'm going to do my best to make Vince Gironda a symbol of all that was good, decent and honest in bodybuilding. I will do my best not to let his name, his methods and his principles fade away without a fight.

I recently spoke to Vince's wife, Madilyn and she has given me (NSP Research Nutrition), the exclusive rights to distribute Vince's courses. In the coming months I hope that you'll see some ads in magazines and publications saying that Vince's courses are available again. My objective is to not let Vince Gironda die. I'm going to do my best to make sure that Vince's knowledge, philosophy and goodwill toward bodybuilding will live on. I hope you'll understand that I'm doing this because Vince was a teacher to me and a mentor. I truly loved the man! If you read his courses, if you understand how brilliant he was, you'll only benefit from it. What I'm going to do is, if the courses are a success, I'm going to make three videos. The videos will explain Vince's philosophy, all of his nutritional principles, and all of his training methods. Some of the

knowledge in these courses will be mine because there was nobody to carry on the torch so I did a lot of experimenting. Vince commented on many, many things that I showed him. Like a colon cleansing kit that I developed. Vince always stressed, clean that colon, keep that colon clean. That's also one of the things that Hippocrates said, a healthy colon is essential. I'm going to offer this service, so if anyone wants to come to Detroit I will personally teach them all of Vince's nutritional principles and certify anyone in Vince's principles and theories. If you see something on the video that you don't understand I will be glad to advise you or you can call me at anytime. My office number is (313) 372-1807.

Another thing that I am going to attempt to erect a historic marker on Ventura Boulevard to pay tribute to Vince Gironda, the father of modern bodybuilding, the Guru, as he is often called. If anyone would like to send in donations they will be greatly appreciated. I also plan to use money from the sale of the courses, so a lot depends on how the sales go. My address is NSP Research Nutrition, c/o Ron, 15255 E. Seven Mile, Detroit MI 48205.

In writing this article about Vince I don't want you to think that Vince was a perfect person. To a lot of people he had a lot of faults, but then don't we all. You're not talking to a perfect person, ever. There's no such thing. He had his faults, but he sure had his positives. He knew what he was talking about as far as bodybuilding goes. One of his faults, he admitted, was that he had a battle with the grape, in liquid form. But no matter, nobody is perfect. I truly felt deeply for this man. I became very emotional when writing this article. It's a tribute to Vince, it's a tribute to his greatness. Everything I said in this article I wrote from the heart.

I wasn't at Vince' funeral but if I was this would be my eulogy to him.....

When I walk into a gym for a workout I instinctively think of Vince, for that is the profound effect that he had on me. Students that I have trained relate the same thing to me as if he was watching them. I always ask my students to promise me that they will tell people it was the Guru's methods that gave them their new physique, so his methods will live on.

My advice to young bodybuilders is to remember the old German proverb, To soon ve get olt, to late ve get shcmart. Almost to a T, my students who make progress in a short amount of time say that they realize that they had wasted, one, two, three or four years of worthless training. Don't do that yourself. Please listen to Vince and give him a chance.

In my life I've met very few people that didn't speak with a forked tongue, as the Indians used to say of the white man. There are only two reasons in life why people lie, one is for personal gain, and the other is to make money. Got it? There are no other reasons. There are people who give and take in the bodybuilding game, so you better know who they are. Vince gave to bodybuilding his whole life and took nothing. He became very angry when talking to the phonies in the game, like the phony drug users that are all around us. Of course, I totally agree with him on that subject. If you look around most people just follow the crowd in every phase of their life, but if you are perceptive you have to realize that all of us profit from visionary people like Vince. I put his contribution in fitness and in bodybuilding in the class of Thomas Jefferson, Henry Ford, Franklin Roosevelt, Thomas Edison, Hippocrates, etc. He never was a profiteer like some of the people in this game, again, you know exactly who they are. He was, as Bob Seger said, like a rock. He never wavered as he took viscous and monumental abuse for his different views. Just like the above mentioned people. Even me, as a proponent and an exponent of his methods, I have received much abuse. Years ago people at the gym used to laugh at me behind my back, but how times have changed! The people that laughed at me are now coming to me for advice.

Vince's most glaring shortcoming was that he didn't have money to promote and market his theories. If he did, Oh my goodness, the revelation that would be! I have a picture in my office of Vince at age forty-six, when he had attained the best shape of his life. His research just kept progressing and getting better. Vince was only 5' 8" tall, but to me he was 8' 5" tall. His size and the fact that he didn't possess a genetically gifted physique and structure made him become a scientist and a sculpture of his body. He did this better than anybody because he had to,

then he passed this knowledge onto his students. He would be very proud of people who call me today concerning his methods, as I observe that the great majority of them are very intelligent people, and Vince loved intelligent people.

I feel very fortunate that on my trek through life I've had great, honest, fair, and knowledgeable people teach me the lessons of life. Vince was one of the best, and he has created a cult of people throughout the United States and the world that hold him in the highest esteem. My heart is heavy because he truly had nothing to live for after he closed his gym. I can't go to L.A. and work out and learn from him. As Dr. John said he was in the right place but it must have been the wrong time. I know that there are thousands of people who hate the fact he's passed and won't be around any longer, but then again maybe he will!

I truly respected and loved this guy. The last thing I can say is that I will miss you very much, Vince Gironda. Good-bye to the greatest trainer of all!

I dedicate this article to his wife Madilyn, his son Guy, my friends Ray Raridon, Chris Aragona, Steve Patton, John Balik, Gene Mozzee, all the old members of his gym, his fans and students, my students, to all the people that have called me, and especially to my friend Bob Kennedy of Muscle Mag International for including this article in his fine publication.

Thank you so much!

Ron Kosloff N/C  
NSP Research Nutrition

## Myth Versus Facts About Abdominals

By Ron Kosloff, NSP-Research Nutrition



1. It is a **FACT** that the only function of the Rectus Abdominis (abdominal muscles) is to shorten the distance between the pubic bone and the sternum.
2. It is a **MYTH** that the full straight legged sit-up on the abdominal board is an abdominal exercise.
3. It is a **FACT** that leg raises are leg exercises.
4. It is a **MYTH** that abdominal exercises of any kind are fat emulsifiers (reducers).
5. It is a **FACT** that the full sit up is a Psoas Major exercise.
6. It is a **MYTH** that an arched back engages the **rectus abdominis** muscle; it only stretches it.
7. It is a **FACT** that the Psoas Major muscle arches the back both in the standing position and in the supine position.
8. It is a **MYTH** that the abdominals or the Spinae Erector muscles arch the back.
9. It is a **FACT** that high reps and/or daily abdominal exercise workouts result in a loss to tissue (muscle) and tone.
10. It is a **MYTH** that abdominal exercises produce a small waist.
11. It is a **FACT** that supplements speed up the metabolic rate and emulsify subcutaneous fat.
12. It is a **MYTH** that the abdominals need to be worked any differently than other muscle groups, as far as sets and reps are concerned.
13. It is a **FACT** that you can lose up to one full inch off your arm if you add abdominal exercises to your routine if you have trained less than two years.
14. It is a **MYTH** that eating fat causes you to get fat -- quite the contrary, fat **burns** fat.
15. It is a **FACT** that most physique champions do not work abdominals before a contest.
16. It is a **MYTH** that hanging from the chinning bar and bringing the knees to the chest is an abdominal exercise --it is a leg exercise used by sprinters.
17. It is a **FACT** that abdominal work causes a nerve shock to the nerve cluster in the second brain (soar plexus) and curtails all other muscular gains.

These statements have been fortified in 50 years of body building research by Vince Gironda, whom I consider, as do many others, to be the most knowledgeable body building teacher in the world. These statements are fact!

Thank You,

**Ron Kosloff, Clinical Nutritionist • 15255 East 7 Mile Road, Detroit, Michigan 48205 • (313) 372-1807**

A PLEA TO VINCE GIRONDA'S SUPPORTERS

The existing tragedy is that the greatest mind in Bodybuilding is silent & slowly becoming passe. Our Bodybuilding publications seldom mention Vince anymore, but then again they have no direction except advertising, boobs, & steroids.

Young Bodybuilders really have never heard of Vince. Just ask one! This in itself is interrupting the natural progression of knowledge, & that is just what Vince was all about. Most Proponents, & Exponents of Vince's methods are 40 years old & Over. Most are very intelligent, open minded people, as I have observed! Plus, they are world wide as I have discovered after I wrote my latest article about him.

So, this is why I'm making a plea to all of you to carry on his visions & legacy by being verbal & educating & teaching the young Bodybuilders you encounter. I would appreciate it, & Vince would love it, - I know! It would be horrible to see his methods die forever!

Sincerly,

Ron Kosióff

## **Vince's Photo Section**



**Vince is at far right shaking hands and holding a tight grip on that trophy**



**Vince at far left, Walt Baptiste center, Floyd Page right.**

Photos courtesy MuscleMag Int'l

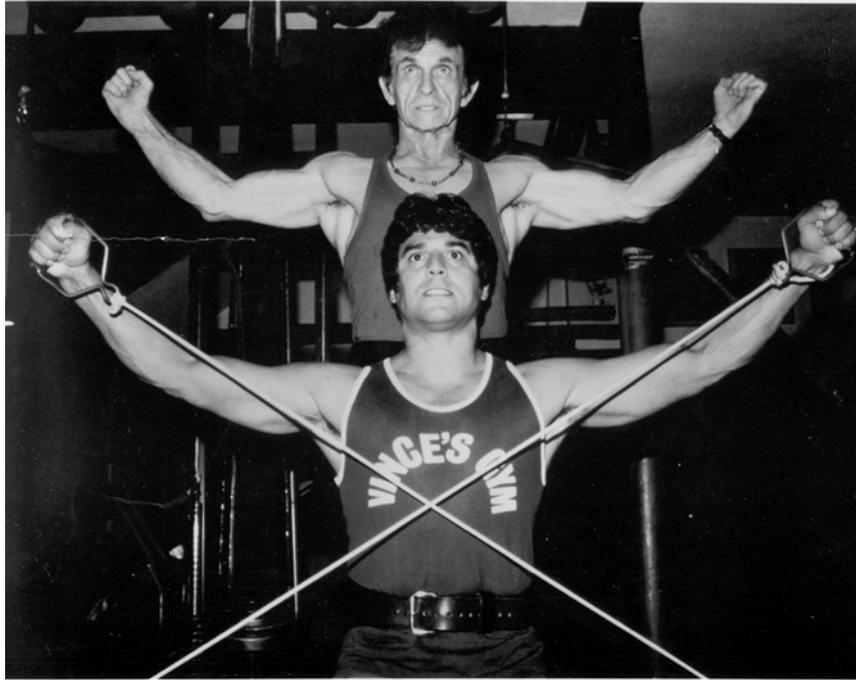


**T.V. star Bill Smith and Vince in Vince's Gym.**



**T.V. Superstar Michael Landon and Vince.**

Photos courtesy MuscleMag Int'l



**C.H.I.P.S star Eric Estrada and Vince.**



**Vince second from left and the legendary Steve Reeves on the right.**

Photos courtesy MuscleMag Int'l



Vince and Don Peters working on the **Front Squats** or **Sissy Squats**.



Vince with Miss USA Lynn RoBuck.

Photos courtesy MuscleMag Int'l



**The Iron Guru in his office at Vince's Gym with Brad Harris**



**A rare light picture inside Vince's. Light for Vince's that is.**



**Dark gym and dark photos, the Gironda way.**

Photos courtesy MuscleMag Int'l

**A few exercise photo's of Vince practicing what he preached.**



**Cross Body Dumbbell  
Curl**



**Close Grip Triceps Press**



**Front Squat (Bottom position)**



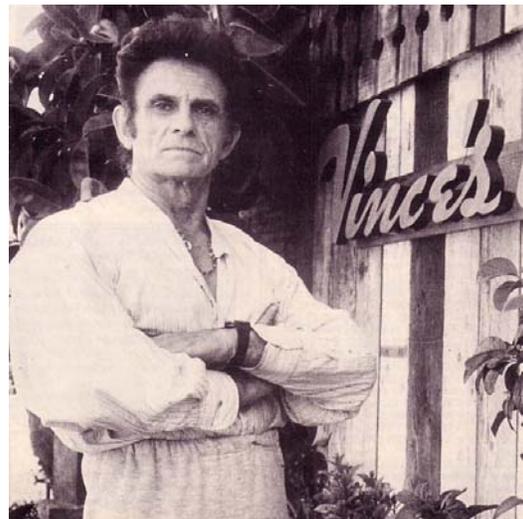
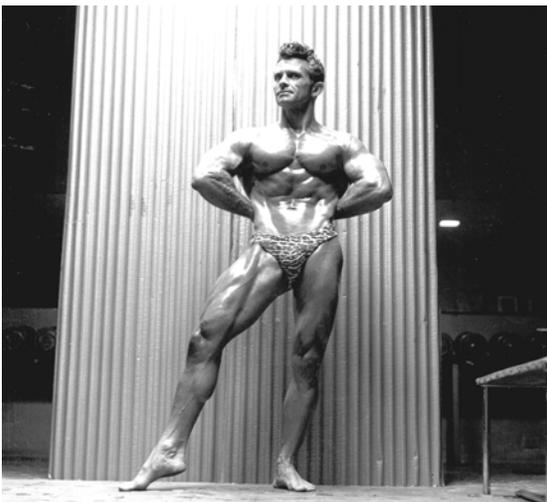
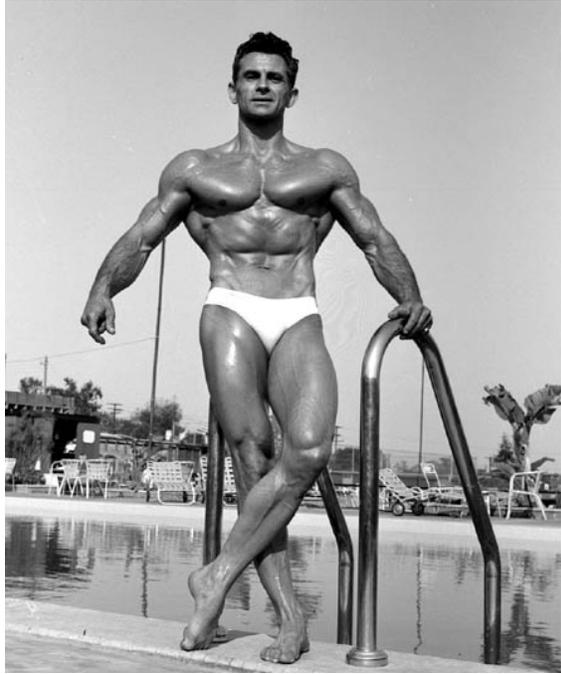
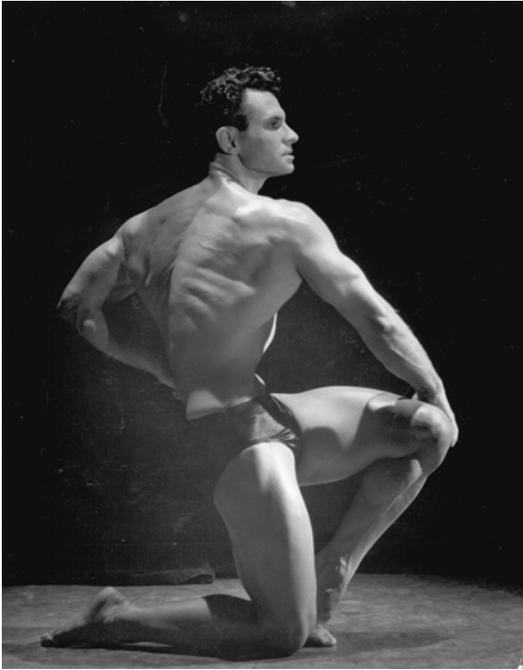
**Seated Dumbbell Curls**  
– Legs Crossed

Photos courtesy MuscleMag Int'l

I don't know why and I don't know if anyone knows why Vince liked the mystique of taking dark pictures. He was a master at posing and also had a big hand in photography so He must have had a reason. He never talked to me about it and I'm not certain he did anyone else either.

Some will claim, and truthfully so, Vince was not a big fan of barbells, because of the amount of space they took up in his gym. This is fact but, it didn't stop those that followed a program from achieving very successful results. Vince knew how to put a little twist here or a little turn there to make a movement more productive. Often credited with developing certain pieces of exercise equipment, the reality was the equipment was around for many years. Vince just figured how to get the most from it and taught others the proper technique required to get maximum benefits.

**Some well known  
and some not  
so well known  
poses of Vince.**



Photos courtesy MuscleMag Int'l



Photos courtesy MuscleMag Int'l

Vince had the ability to display his physique to its best advantage. It is easy to see his genetic potential for size was limited but that did not keep him from developing a prize winning physique. Most people tend to gravitate toward that which is natural for them. Symmetry, definition, shape, proportion and the ability to display it to the best advantage was definitely Vince's strong points. His posing ability was perhaps the best in the field of bodybuilding.

# **Interview Section**

## **Introduction**

The Interview Section contains interviews I conducted with Bill Pearl, Don Howorth, Larry Scott, and Dick Tyler, although Dick Tyler's is presented more as an overview of our conversation than an interview. I have also included an email Dave Draper sent in response to my asking for comments from him about Vince.

It would be natural for the reader to wonder why some other people who are connected with bodybuilding were not interviewed or why they do not have their comments included. Several others were contacted and for the most part, I did not receive a response to my request. Others I did not contact due to time being a factor and I was trying to complete this project in a timely manner. In either case, I think what is included in this section provides some real insight. Besides, Almost everyone has a thought or comment about Vince and it would be impossible to include them all.

Consider Bill Pearl. Perhaps the sports true gentleman and certainly one of the pioneers that helped bring bodybuilding to the forefront. Bill's reputation and build has endured the years and inspired many to take up the sport for not only self-improvement but for competition as well. Bill has a great web site and contains information on all aspects of bodybuilding.

Dick Tyler. What a joy it was reading Dick's articles each month in Mr. America and Muscle Builder. Even though he was a bodybuilder in his own right, a great many came to know him strictly as a writer. The power of his pen provided information and enjoyment with every article. What he wrote years ago still inspire and promote bodybuilding today. His book "West Coast Bodybuilding Scene" will stir all those who want to relive bodybuilding's golden days or those that want to discover what those days were like.

Dave Draper. What can be said that has not already been said about one of the sports greatest. Dave set the standard for many inspiring bodybuilders. He was admired and looked up to as the pinnacle of what bodybuilding could do for those willing to take the journey. Although Dave never trained at Vince's, he became friends with the Iron Guru. Today Dave and his wife Laree have one of the most comprehensive web sites on bodybuilding, nutrition, and fitness there is.

Larry Scott. You cannot think of Vince's Gym and not think of Larry Scott. Larry was perhaps the first of the modern day bodybuilders to receive much publicity and attention. His good looks and smile coupled with his Mr. Olympia physique served the sport of bodybuilding well. The first Mr. Olympia, Larry established a standard that lasted many years and still inspires today. Today Larry does many things. One being the manufacturing of equipment like that used in Vince's.

Don Howorth. Those of us who are bodybuilding products of the 60's will always remember Don and Vince's Gym as being the place of all places to train. No one, not even today, had the shoulders of Don Howorth. He was, and remains, honest and hard-hitting, never pulling his punches or words. Some may not like what Don says but you can count on it being truthful, and being exactly what he feels. There is a real need for that in the sport of bodybuilding. Those of us who have been in bodybuilding for many years remember the dishonesty that existed years ago. Some feel it remains to this day. You may not like or agree with Don, but he will tell you how it is.

# Dick Tyler Interview

March 24, 2004

This was not an interview in the normal sense of the word; it was just a phone conversation. I telephoned Dick Tyler, who I had met over thirty years ago, after reading his newly released book “West Coast Bodybuilding Scene.” Laree Draper was kind enough to provide me with his number. I called Dick, who is a successful chiropractor in California for two reasons: One, to tell him what a great book “West Coast Bodybuilding Scene” is and two, to talk about Vince Gironda.

For a lot of people not familiar with the 1960’s bodybuilding scene, Dick Tyler may be a name not recognized. Dick was an actor for many years. He also starred on Broadway and in a T.V. series and won numerous awards. Dick was a bodybuilder in his own right and began writing articles for Mr. America and Muscle Builder to help pay his way through chiropractic college. He is and has been a chiropractic doctor for over thirty-five years. During the 60’s Dick was one of the best known bodybuilding writers, and I feel authority, in the business. He knew all the top stars and they all knew him.

Back in the 60’s I remember waiting every month for my issues of Mr. America and Muscle Builder. I couldn’t wait to read the news scoops and articles he wrote. He was one of my favorite writers. Humor, information, inspiration, and a little spice, but always well worth reading. No one wrote like Dick Tyler. I can’t think of a single time I was disappointed in reading something he wrote. The book brought back many memories of the great time bodybuilding was in the 60’s. I can’t speak for Dick but for me, I enjoyed the conversation more than I can put into words and the memories almost made me feel young again.

When I complimented Dick on “West Coast Bodybuilding Scene”, he informed me right away that it was the work of Dave and Laree Draper. Dick said that Dave was the one who called and suggested the book. “I don’t have any of the articles or anything else I did back then,” Dick informed Dave. According to Dick, Dave told him not to worry they had the material. Dick said Laree put it together and Dave got the pictures and put in the captions. Just a note here: If you have not read “West Coast Bodybuilding Scene,” and you have any feelings for bodybuilding, especially back in the 60’s, get the book as fast as you can. It’s great!

After exchanging a few more pleasantries we started to swap stories about Vince. Dick knew him well. Vince used Dick as his chiropractor, seems even the Iron Guru would get bent out of shape from time to time. Dick son and Vince’s son were friends and spent a good amount of time together. Dick said, “Vince knew he was a character, I think he enjoyed being that way.” At this point we exchanged several stories and had some good laughs.

Dick said Vince hated “bulkiers”, (bodybuilders that just got as heavy as they could). Vince liked aesthetics, symmetry, not just bulk. Dick talked about the fact Vince

had won some contests over competitors who were much larger than he was because of his posing and ability to present himself in a positive way. No matter who you talk with, anyone who knew Vince may or may not have liked him but all will tell you he was a master poser. He knew how to display a physique to its greatest advantage.

Dick and I talked about the influence Vince had on the bodybuilding scene. Dick said he felt some of his influence was due to the people that trained at Vince's Gym, Larry Scott, Don Howorth, and others. Big name bodybuilding stars as well as T.V. and movie celebrities. People tended to seek Vince's advice and listen to him because the best in the industry trained at his gym. People thought Vince's Gym was the Mecca of bodybuilding and Vince was the Iron Guru.

With permission and deep appreciation to Dr. Dick Tyler, Laree Draper, and Dave Draper, the following are some excerpts from their book, "West Coast Bodybuilding Scene" that relate to Vince Gironda. You can order a copy of "West Coast Bodybuilding Scene" from Dave and Laree's website; [www.davedraper.com](http://www.davedraper.com) or by entering Dave Draper in any search engine box. The book contains 400 pages and about 160 photographs. It's a real treasure for all "Golden Era" bodybuilding enthusiasts.

\*\*\*\*\*

If you go up to Vince and innocently ask, "What's cooking?" you might get an answer like "crushed mushrooms marinated in guava sauce," or "stewed eggplant au gratin." He'll be referring to the restaurant to be opened above his gym. That's right. Vince is going into the restaurant business. Actually, the Italian anatomy chart will just be leasing the place to a group of health food gourmets and devotees. From what I understand, John Barrymore, Jr. (son of the famous actor and fine actor one in his own right) will be doing the cooking with Roger Montgomery and Don Howorth helping out.

I went upstairs the other day just to check things out and had quite a surprise. What the place lacks in size, it more than makes up in quality of decor. I was particularly impressed by the massive furniture which I understand was all done by Dave Draper.

\*\*\*\*\*

You may not know it, but Vince has a gym and a half. This half-gym consists of apparatus like chinning and dipping bars that are on a platform outdoors beside the gym. It started out as a major project for those who wanted to train with the rays of the California sun bouncing on them while they heaved the iron. Enthusiasm waned and what is left are some bars and a platform hanging onto the main building. While looking over the equipment I asked Vince who used it.

"I do," he said with a grin.

"What do you do?" I asked.

"I take a workout that lasts twenty minutes."

“And you can get results from that?”

“The way I do – yes.”

Naturally I had to ask the way he takes a workout.

“First,” said Vince, “I chin for ten reps, then do ten pushups followed by ten dips. It’s, of course, all done without a pause between sets. This is then repeated until I’ve done the whole thing ten times over. So far, I’ve been able to do it all in twenty minutes and I’m aiming to cut that time down.”

\*\*\*\*\*

“Most people,” continued Vince, “think of a full situp as the best way to reach this area. Actually a full situp is just a waste of time. You always see pictures of someone doing a situp with someone holding their ankles. It makes me sick to see it. The only time the abdominals work is at the very beginning of the situp. They help get your shoulders off the floor and that’s about it.”

“That’s why you never do full situps, isn’t it?” I asked.

“That’s right, I just do concentrations. That flopping back and forth stuff is for the birds.”

“I agree, but what’s new?”

“Obviously the best way to concentrate on a single muscle group is to isolate it. Contraction start to do that, but you still get assistance from the Psoas Major, Illiacus and Quadratus Lumborum.”

“Aw, c’mon now, Vince. This is a clean magazine.”

“Those,” said Vince patiently, “are some of the muscles that assist in the situp movement. They have nothing to do with the abdominals.”

“What is a guy supposed to do with them, cut them off? Ha, ha.” Only I laughed.

“No,” said the great Italian sage, “just don’t exercise them.”

“Even a simple contraction brings them into play, how can you keep from exercising them?” I asked.

He looked at me with a glint in his eye. “That’s the secret.” Vince turned from me and called over one of the gym members.

He had him lay on the flat abdominal board.

“Now, whenever the legs are stretched out, they not only act as an unwanted counter-balance, but activate that unmentionable muscle group we talked about earlier.”

“I know! You fold your legs under you,” I said in a flash of brilliance.

“You’re on the right track. However, when you fold them under, the body still has a tendency to use other muscle groups besides the abdominals.”

I was going to suggest cutting off the legs, but no one laughed at my earlier remarks so I kept my trap shut.

“Since you can’t cut the legs off,” said Vince – naturally people chuckled – you strap the hips down, thus negating all but the action of the abdominals.

So that was it. It seemed so simple, yet no one I knew had ever done abdominal work just that way.

“I do eight sets of eight reps. When you do an exercise correctly, you don’t need to do more. In fact, I’m thinking of cutting down to six sets of six reps.”



## Dave Draper

The following is the actual email I received from the great Dave Draper. I proudly share with you his comments on Vince. As it is with everything Dave has to say or write... It is worth listening to and reading.

Hi Alan,

Another quick response by your buddy, dave draper.

Thanks for requesting my participation in your latest project, a book on wily Vince Gironda. Heres the best I can do:

### ON VINCE

I hardly knew the legendary Vince Gironda, I didn't hang in his neck of the woods and I didn't train under his influence. I truly admired and was inspired by his muscular, symmetrical physique. Many of his training edicts parallel my own, none of them are wrong and a lot are downright far-out creative.

While I bounced off the walls of the Muscle Beach Gym, or the Dungeon as it was affectionately called in the 60s, Larry Scott and Don Howorth were pushing the iron in the tiny confines of Vince's Gym in North Hollywood. Vince had had his day before the camera and on the posing dais, and his primary function had become ruling his roost and keeping his feathery friends from doing anything he wouldn't do. Squats, bench presses and deadlifts topped his list of destructive acts, and low reps and long rests between sets were forbidden. Bulk up and you get a black eye, Bozo.

In reality, you could do anything you wanted to do, but straying from his precepts gave Vince the opportunity to vilify the doer. He thrived on the act, practice made him quite good at it, and he became infamous for it. Eventually, unless you were the subject of Vince's engaging verbal reproach, you couldn't be sure he loved you.

His love was valuable and hard-earned, and disseminated among those who dared to be honest and themselves. He loathed, and readily exposed, personal deception and pretense; he could identify a phony and his lie a mile away. Vince was, after all, the Guru.

Vince and I were very good friends, brothers separated by 25 years yet bound by the inexorable pull of gravity.

Dave Draper, the Bomber  
Spring 2004

## Dave Draper



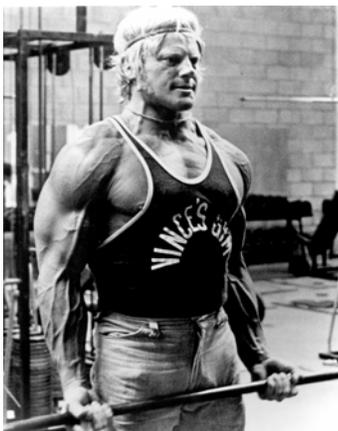
Mass, cuts, proportions all in one.



This picture shows the true massiveness of the Bomber back!



When Dave takes the stage the audience as well as competitors watch.



Dave performs curls with a Vince's Gym shirt on.



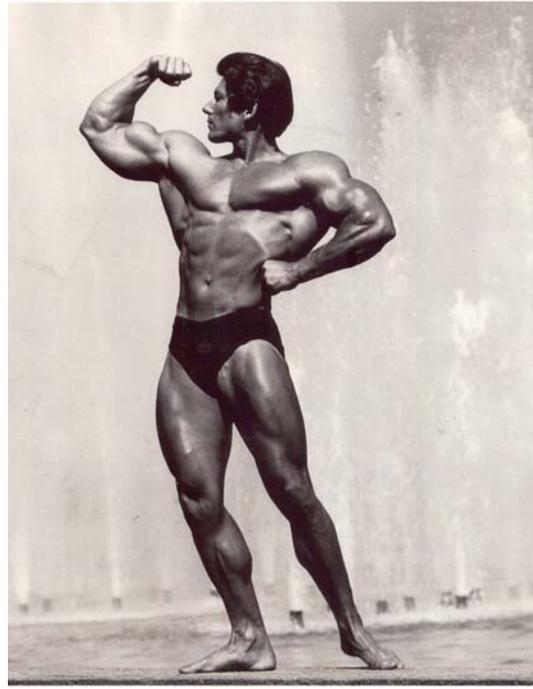
What can you say, from the back and relaxed... Massive!

Photos courtesy Dave and Laree Draper

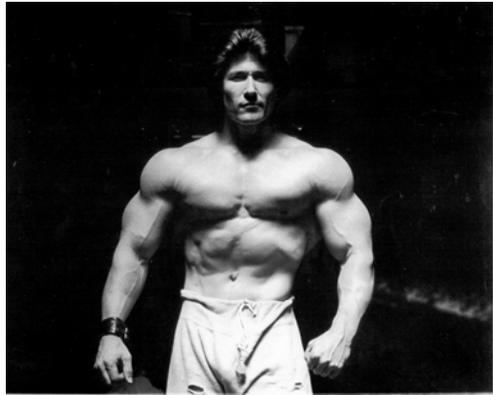
## Don Howorth



Photo taken the day after Don won the 1967 America Mr. America contest. Photo by Caruso



Don 6 weeks after winning the 1967 Mr. contest. Photo by Rheo H. Blair.



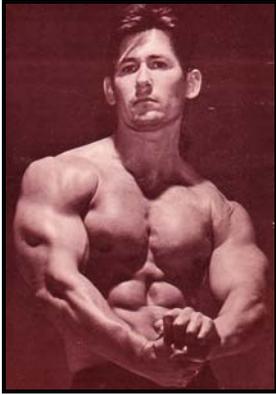
1968 at Vince's Gym. Bodyweight of 215 lbs.



1968 at Vince's with Vince looking over Don's right shoulder.

These photos show the tremendous shoulder width Don had coupled with his 20" arms. The bottom two photos, once again, show the darkness of Vince's Gym. Almost inviting the mystique that was associated with it.

Photos courtesy Don Howorth



## **Don Howorth Interview**

March 10, 2004

**AP:** Don it's an honor to get to speak with you again. As I mentioned earlier, there is only a small handful of not only pioneers but original bodybuilders from back in the 60's and you are definitely one of those. You helped inspire a lot of people to enter the sport. You most likely don't remember but we first met the night you won the Mr. America title in 1967. As you know I am working on a project, an update to my book on Vince Gironda. You trained at Vince's back in the 60's.

**DH:** I trained there in 1964. I didn't go back in 1965 because I knew Dave Draper was going to win the Mr. America. Then I went back to work at the studio for about a year I guess. I started training again in 1966 and over did it and was defeated by Chester Yorton.

**AP:** Don what about Vince's facilities, how where they when you were there, was it pretty advanced?

**DH:** Well to tell you the truth I had to do a lot of adapting because I came from Pasadena Gym which was an incredible gym. They had a lot of equipment and a lot of heavy weights and pull down machines. Vince's did not have all that equipment and in some ways that probably did me some good because my workouts were like three and a half to four hours long.

**AP:** Four hours a day is a long time Don.

**DH:** Yeah, it was kill and take no prisoners, you know what I mean.

**AP:** That's the way it use to be.

**DH:** When I got to Vince's I had to adapt my workouts to you know, Vince's things. He didn't have a very good pull down machine I think it belonged to Jack LaLane at one time. It was not a very good unit. What I basically did was chins and of course Vince

didn't like for anyone to do bench presses but I still did them anyway. Being at Vince's I did change my workout around. I was also introduced to Rheo H. Blair. Prior to that I was taking just a bare minimum amount of supplements. Back then not many knew about them or how to use them correctly.

**AP:** I remember seeing several pictures of you working out at Vince's on what looked like a homemade smith machine.

**DH:** Yeah, I forgot who made that up but Vince did have a smith machine but it was nothing like what they have today. I used it a lot for toe raises.

**AP:** Did Vince have a lot of influence on you as far as the type of routine and program you worked on?

**DH:** Not at all.

**AP:** So basically you used you own routines.

**DH:** Everyone always asked "How did you get so big", and I would say; "do you want the truth," I did everything Vince told me not to do (laughing). Vince would tell me I wasn't rolling my shoulders doing incline curls and I use to tell him "Yeah but Vince, my arms are twenty." Vince taught me really how to pose and about nutrition. What I picked up on nutrition I got from Vince and Rheo H. Blair. The way Vince's Gym was set up I had to compress everything and worked out a lot faster. It cut my workout from four down to about two and a half hours. Of course that was with fifteen seconds rest between sets and probably a minute between body parts. I made it through but I was taking a lot of supplements at that time also and that helped.

**AP:** Don were you using heavy weights during your time at Vince's?

**DH:** Oh yes, very heavy weights and I employed the pyramid program that Joe Weider said he invented. I used that back in 1960 at Pasadena Gym. I always went up to a peak. I always started out with bench presses and warmed up with about 225 then dumped 50 pounds for maybe 8 reps or whatever it was because I always went up to a very high weight with low reps. I would keep on going like that. I would do twenty-eight sets for pecs and arms. Together it would be like thirty-six sets. And in-between all that before the Mr. America, I was working on my weak points each day and everybody was telling me "You can't do that and recover." But you know that's what got me in that particular shape that day, that night, that's what got me there. I was working my back, my thighs, my calves; five – six days a week.

**AP:** That's a pretty heavy schedule.

**DH:** Vince and I both sat down one day and said: "Okay let's start to get some calves." We started to do some things together. Vince and I were pretty together in the sixties. But we kind of split in the seventies and eighties and went different ways. Anyway, we said

we were going to try and do something so we did two sets of as many reps as we could, (calf raises), on the smith machine without any weight. We got something like fifty or sixty reps. I'll tell you what, the next day I tried to step out of bed and I couldn't put my feet down because my calves were so sore. I started using that as a premise to build bigger calves because I would work my calves very heavy one day and the next day I would do two sets with no weights on the smith machine until I got to a hundred reps.

**AP:** Right. (Taking it all in because this is the side on one bodybuilders training that most people don't get to hear about).

**DH:** I also worked my legs everyday. Heavy one day and light the next day. By heavy I mean one day I would do eight sets of hacks, six sets of leg extensions and six sets of leg curls. I was never a squatter because before I got to Vince's Gym I had two herniated disks and that puts a little kink on trying to do squats. I squatted before, like when I entered the AAU Mr. America. You had to have a weightlifting total so you had to do a Clean and Jerk, a Snatch, and a Press. The Snatch and Clean and Jerk are not very easy on the back, you know.

**AP:** Right, none of those movements are.

**DH:** I started working my thighs on Vince's advice, one more time. I think there was a problem with my father's side of the family with disk injuries and those affect the lower part of the body, the legs. But at that time my legs felt great because on my off days I would do four sets of front squats for about twenty-five reps.

**AP:** That's a pretty intense workout, much more so than the average person would ever think you would go through.

**DH:** Ah yeah, well, I tell people about the routines and they think I'm crazy but to me it was easy because I cut it down from four hours. I use to do forty sets a body part. Everybody now asks, "why'd you do that many?" Well, there was nobody around to tell you what to do; you had to go by what felt right. Then as I got closer to the Mr. America I started doing less and when I started doing less of course I started recovering a lot faster and I started getting bigger. I really started getting bigger. I knew before I got there that was my year because the times I went before I never had that great pump, that great feel. You know what I mean, the one that you didn't have to stand there and just shake from intense flexing to show your body off, you can just, you know, bang and there you are.

I remember I had a conversation with Frank Zane and he said; "oh you'll be back next year." I said, "No no Frank this is it." I knew when I stepped up on the stage that was the year. They told me that Rock Stonewall was ahead in the pre-judging. In fact Dick Tyler and Dave Draper just put a book out and it's on the market. They were selling them at the Pro Am a couple of weeks ago. It's called West Coast Bodybuilding Scene. Dick relayed that story in there because he was one of the judges at that time. It was like being released from bondage. I quit for several years after that. I went on and did a few posing

exhibitions and some small seminars. We would just sit around and talk with people. We didn't charge any money in those days. I have always liked helping people.

**AP:** You were very gracious with me the first time we met. It was backstage at the Brooklyn Academy of Music in 1967, the year you won the Mr. America title. You gave a lot of your time to answer my questions and I noticed you spent a lot of time talking with others and helping them also.

**DH:** Well I sure didn't get gracious from Vince I can tell you that. He could really be a case. You know he had some good ideas and things about training, nutrition, and equipment. I think the reason Vince and I got along so well is we were both born on the same day, November 9<sup>th</sup>. He was just eighteen years older than I was. So that's why I think we got along so well. I remember the first time I went into his gym he said; "Hey, Hi fat kid." I was weighing about 218 and I said, "Yeah, I feel like a glazed donut", Vince started laughing.

**AP:** Vince had a reputation for being hardnosed about things but knew his business.

**DH:** Vince was really all right at first. In fact I ran the gym in 1966 and 1967 and Vince basically just stayed home. I would workout from about 11:00 to about 1:30 or so everyday.

**AP:** You trained with Larry Scott for awhile didn't you Don?

**DH:** Well no, not really. We trained at Vince's but we never trained together. Larry basically had a set routine that he did.

**AP:** I recently spoke with Bill Pearl who said that Vince liked dumbbells because barbells took up too much space in his gym.

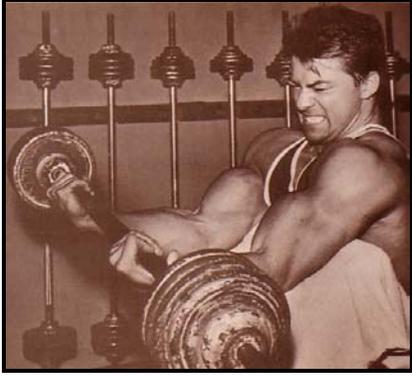
**DH:** I use to say that I won the Mr. America title while working out on a leg extension leg curl machine that was made out of galvanized pipe. I never used a hack squat machine until I came to Vince's Gym. I worked out twelve or thirteen years before I ever used a hack machine. Of course we use to hold a bar behind our butt but that was real hard on the knees and back. I squatted some but not a lot because, like I said, I had a herniated disk in my back. In 1958 I didn't start training really heavy until right after that when I went to Pasadena Gym.

**AP:** Don do you have any last thoughts you might want to share about Vince.

**DH:** Vince had a lot of people working out at his gym. You had Larry Scott, Bill McArdle, John Tristram, Gable Boudreaux, Don Peters, really a lot of champions. Vince of course taught me how to pose and that was a big thing. Another reason we got along so well is Vince liked symmetry and I was in the same frame of mind. My shoulders, fortunately in those days, grew very easily so right before the Mr. America I just kind of backed off of them for about two weeks beforehand. Vince suggested I just do some

dumbbell presses and some side raises and basically that's all I did. Years before that I did hundreds of presses behind the neck

**AP:** Don, I want to thank you for taking the time to talk with me. It's been many years and it's good to know you're doing fine. I still think you are one of our sports greats and I wish you continued good luck in the future.



## Larry Scott Interview

March 16, 2004

**AP:** Larry, thank you for taking the time to talk with me. I am working on a project updating my book on Vince. I know that Vince was very cantankerous but he was always very good to me. He would tell people not to call but always allowed me to do so. He sent me all his courses and would take a lot of time talking to me about training and nutrition. He would also give me updates on your training and the progress you were making. I believe that you are probably one of the most famous of all that came out of Vince's. I would just like to pick your mind a little and get some comments from you about your relationship with Vince because it appeared there was a special chemistry between you two.

**LS:** Well, as you are probably aware I think it was your southern accent that endeared you to Vince. He could be a hard guy to get along with and could make people nervous. We never socialized at all. Vince had a lot of knowledge and professionally we were close and I would go to him all the time when I had any questions about training and something I was trying to figure out. Vince was always really good about giving me ideas. He was very knowledgeable about physiques in that he wouldn't give you an idea and just say, "you got to do this," he would say, "try this." Then I would take it and try it and let him know whether or not it worked. So our relationship in that regard was very good. Sometimes he would make me nervous because he could be so unpredictable in his emotional outbursts he made me feel like he was a walking time bomb or something. Never knowing when he was going to go off. I remember the very first time I met him, I walked into his health club and I guess I must have had, you know, kind of a big head. I managed to appear in one magazine and I walked in and I said "how do you do, my name is Larry Scott." I must have said it in a way, that sounded like: "Hey, here I am," because Vince said "so what!"

**AP:** Typical Vince Girona fashion.

**LS:** Well, that kind of defines our relationship. Then when I won the California contest, some of the guys came back to the gym and said, "Larry won," and Vince said, "he didn't deserve it." They said, "What do you mean he didn't deserve it?" "He looked great!" Vince said, "He wasn't ready physiologically." Maybe I wasn't and maybe I needed to

pay the price first and he paid the price and knew what he was talking about. It all kind of, I don't know, defines the relationship we had.

When I moved back to Utah, and I would go back to take photos for Joe Weider, I would always insist that we would take them at Vince's Gym. Joe would say that it was too dark in there, "it's not a good light Larry." I would say I would just like to do it because I always wanted to help keep Vince in the limelight as well as I could because he had given me a lot of advice, a lot of which I wasn't aware of. I was ah, shocked, that's almost the right word. At one point later on I had told Vince: "If you can give me all your booklets, I will design an ad for you, to put in MuscleMag International that will help sell your booklets." One that I think would be better because I had seen the one he had in there currently and I could see some of the things I knew about marketing were not being utilized in his ads. I thought I could help him. In order for me to do that I needed to know what the content of each one was so I could pick out "hot buttons" out of each one to use in the ad. Vince sent them to me and I started to read them and I was amazed to see how many things he had in his books that I thought I had come up with on my own. I had taken credit for them, not intentionally, I just thought they were mine, but they were actually his ideas he had about training. I was pretty amazed at that.

I guess out of thanks, appreciation, I went back to Vince's for a photo session and he took me in the back and he showed me where he had hung a sign that said, Larry Scott's Dressing Room. I could not believe it. I just could not believe that he would ever do something like that. He never ever gave me the indication that he would ever do something like that. I was flabbergasted. So that kind of shows you the relationship we had.

**AP:** The times Vince and I talked on the phone about you he was always very complimentary. He always had positive things to say about you and how hard you would work. He would get on my case quite often; in fact he even hung up on me one time, typical Vince style. I tried to call him back for about three days and he refused to take my phone call. Finally he took it and I said, "well you hung up on me last time Vince." He said, "If you start I'll hang up on you again!"

**LS:** A lot of the things he did I would like to have had the courage to do.

**AP:** Larry how about some of the valuable lessons Vince passed on to you about training or anything else. Do you have any you would like to share?

**LS:** I remember when I competed in a Los Angeles contest, I took third. There was one chap in there named Franklin Jones, he won the Most Muscular. Three months later I went into the Mr. California contest. My sole intention was just winning the Most Muscular; I thought I could do that. I didn't think I had any chance of winning but I did want to win Most Muscular. In the meantime, Vince had helped me with my posing and it made a tremendous difference. I won the California contest and it was an absolute shock, total shock. When I didn't get fifth I gave up because I knew I wasn't even going to be in the running. When I got first I was dumbfounded.

Just a short while ago, a guy by the name of Ron Kosloff, who is a real fan of Vince Gironda's, sent me a video of Vince's posing routine. I had never seen Vince's posing routine. My posing was based on what Vince taught me. A lot of things, after you have done them for so many years you begin to think you came up with the ideas yourself. I watched the video of his posing routine and I'm telling you, they were the poses I did. The way he went from one pose to the next, I learned that from Vince. I'm a lot more of a fan or product of Vince's than I ever realized, so I can't say enough about Vince. I can't say enough about his knowledge.

He helped me a lot. I learned the down the rack dumbbell system for shoulders. I couldn't get big in my shoulders. I had tried all the things in the magazines and they didn't work for me, I had to put on more meat because I wasn't as big as some of the others. Vince taught me that down the rack system for deltoids which really helped me put on some extra weight in my shoulders which I needed so badly.

Vince led me to the Preacher Bench. I had never heard of the Preacher Bench. It was a funny looking little bench in his gym and I didn't like working biceps, I was more into triceps. He led me over to the Preacher Bench and showed me how to use it. It became a bone of contention between us because I got to where I used it so much that whenever I did an article for Joe Weider that talked about arms I would take him over to that bench. Joe is a real creative guy and he called it the Scott Bench. Boy, I tell you, I had fits over this. The first time the article came out in the Weider magazine and it said, the "Scott Preacher Bench," Vince put it up on his bulletin board and put a big red line through it and wrote "bullshit" under it. I said, "Vince, I didn't write that." Yeah, right he said.

**AP:** If I am not mistaken the Easton Brothers Gym had the original Preacher Bench.

**LS:** Yes, they are the ones that actually created it.

**AP:** You are the one that made the bench famous. I can't remember a time when you did not have name recognition with the bench.

**LS:** I guess I popularized it. There were a couple of things about it I didn't like so when I got out to California I asked Vince for his permission to remanufacture those pieces and change it. I didn't say anything about changing; I wouldn't dare say that to him. I asked him if I could manufacture them and he gave me his permission. I changed some things on them. After so long in the business you learn to improve on things if you can but Vince was the foundation of where it all came from.

**AP:** There toward the end I had heard that Vince's Gym really hit on some hard times and he eventually sold all his equipment for something like twenty thousand dollars, did you hear anything about that?

**LS:** Yes, I did know about that, and I was sick when I heard he sold all his dumbbells and all his equipment for five grand. I would never have even dared to offer him anything like that. I would have loved to have had those.

**AP:** Boy oh boy. Gosh, just the Preacher, Scott Bench that he had would have easily brought five to ten thousand itself. That is really sad.

**LS:** It was sad. As a matter of fact, I told Vince I was going to and help him. I was going to put together a special fund raiser for Vince and I was trying to get all the guys, you know; bodybuilders, movie stars, etc. to come. I wanted to help him raise cash and pay off some bills. Of all the actors that worked out there, and I won't mention names of those that wouldn't help, but the one that was positive and willing to pitch in was Clint Eastwood. A lot of the bodybuilders were but I couldn't get any of the actors that trained at Vince's. Vince had a lot of friends and people that spoke highly of him.

I remember one day when Clint Eastwood was in Vince's training, he was doing side laterals I think, for his shoulders. I said "Clint, come here and let me show you how to do this to make a lot more progress." He said, "Oh man, I'm leaving you make me tired." He wasn't very motivated.

I remember Clint Walker from the Cheyenne series trained at Vince's quite a lot. There were a lot of people that trained at Vince's, mainly movie stars and bodybuilders. At one time, there were four Mr. Americas training there at the same time. Most of the guy's who were training for physique contests had to work during the day so most of the actors were there around midday.

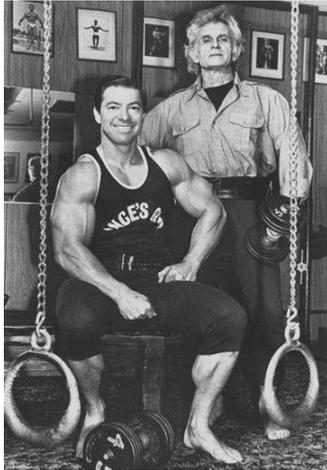
**AP:** Well Larry, you have certainly provided a great amount of information and I am deeply grateful for your time. Are there any last comments you would like to add about Vince or Vince's Gym?

**LS:** Some may think it didn't look like much but boy that gym had class. All the pieces were leather covered. Although it was dark inside, in the spring or when it would rain and water would come running down the hill (behind Vince's), we would have to walk around in bare feet; we were walking in water. The pieces (equipment), were tailored, I mean they were just good pieces. If you go to some gyms today the equipment is not made for the body, not the way it should work. The equipment at Vince's were tailored for the guy who knew what he was doing. I always trained there when I went to California, it was a great club.

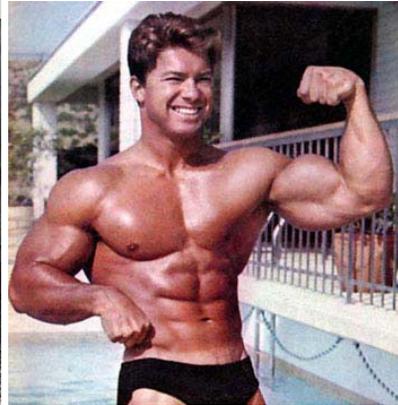
## Larry Scott



**The incredible Scott arm**



**Larry Scott & Vince  
at Vince's Gym**



**Larry Scott a young champion**



**A youthful muscular Scott**



**A mature muscular Scott**



**Joe Weider & Larry Scott**



**The Scott charm and personality come through even in his photos, from early on in his career until this day.**

## Bill Pearl



**Bill Pearl is totally massive**



**Pearl was as strong as he looked**



**A pioneer in bodybuilding**



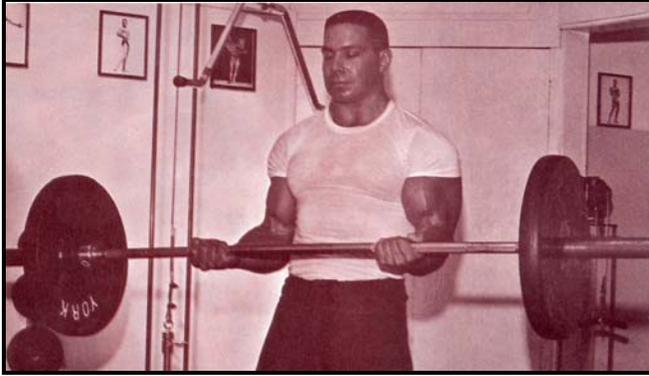
**Bill Pearl at perhaps his best**



**Bill Pearl, a deserving champion and one of bodybuilding's true gentlemen.**



**A living legend himself**



## **Bill Pearl Interview**

March 10, 2004

**AP:** Bill I am grateful for you taking the time to talk with me about Vince Gironda. It is an honor to have your contributions because you have been one of the driving forces in the field of bodybuilding for many years.

**BP:** Well thank you. That is very kind of you to say.

**AP:** Bill I know your time is very valuable so let's get right to it if that's okay with you? I would like to ask you about the first time you can recall meeting Vince.

**BP:** The first time I met Vince in person was in 1956 when he and I and a group of other people were competing in the Mr. USA Contest. It was a professional contest put on by Bert Goodrich who was the first Mr. America, I believe back in 1939.

**AP:** Bill, do you remember who won that contest? (Trying my hand at a little humor here).

**BP:** As a matter of fact I do, I happened to win the contest.

**BP:** I had heard of Vince Gironda before that first meeting. I had a health club in Sacramento, California and Vince had a health club in Los Angeles. I had never been to his club but I had read about Vince for years and knew he was a very dynamic person in the industry. So I made an effort to go see him and talk. We became very good friends from that 1956 contest.

**AP:** Bill you and Vince were both very unique individuals and you both pioneered a lot of different concepts and ideas. I believe Vince really marketed his concepts and ideas where you were more laid back and just let word of mouth spread yours.

**BP:** Vince was the type of person who had great influence on everybody he met. He was dynamic as all heck and whatever it took to get someone's attention whether it was hitting them upside the head or belittling the individual, if he had a point he wanted to get across, whatever it took to get his point across, Vince was going to do it. He was a very strong willed individual.

**AP:** Was the '56 Mr. USA Contest the first contest you entered at the professional level.

**BP:** Yes because that was the only professional contest that there was. Bert Goodrich had promised a grand prize for the winner of one thousand dollars and when I got my check it was for five hundred dollars, so he burnt me for five hundred bucks.

**AP:** That was very typical of the early years in bodybuilding wasn't it?

**BP:** It's very typical still; I don't think a whole lot has changed.

**AP:** Not being from what is considered the Mecca of bodybuilding, the West Coast, what made you locate in Oregon?

**BP:** I was born in Oregon and I was born on an Indian Resorvation. I spent my early years going to Indian schools and then my folks moved to the Washington State area.

**AP:** Bill, I have just about all of the books you have written and think they are a terrific source of information and inspiration. Did you ever have the opportunity to train with Vince?

**BP:** No, I was really from a different era than Vince. In some ways we competed against one another in that people like Bill McArdle and Larry Scott and so on were Vince's side. For example Larry Scott was a few years younger than I and at one point; I was one of those that people wanted to defeat. Larry was very close to Vince and I tried to stay a distance from them just because of that. But as time has gone by, Larry and I have become very dear friends. Vince and I also become dear friends. It was just that once the competition aspect of the things got out of place everything was okay then.

**AP:** All top bodybuilders are very competitive, they have to be. Nothing wrong with it and certainly it was good for the sport that lasting friendships were made.

**BP:** Vince was a very deep thinker but a very unique man as well. As an example; if you read a lot of material that Vince Gironda wrote he was not a big fan of barbells. But the reason why was because his club was so small. He came to me one time and said; every time a person picks up a barbell in my gym I loose seven feet of floor space. I'd rather have two more people in the gym than a set of barbells that's going to take up all that space. I want more bodies in the gym. Vince programmed workouts with dumbbells and machines ignoring barbells because barbells took up too much space on the gym floor.

**AP:** I never thought of it that way but I guess if you have limited space it makes sense.

**BP:** Vince was a very ingenious guy in his concepts and so strong with his writing and beliefs that his philosophy really impacted the entire industry. Because Vince said it was right, that barbells were not a good thing to press but dumbbells were, many stopped pressing with barbells.

**AP:** Bill let me change the subject for just a moment and talk about you. I understand you went to the Arnold Classic this past weekend.

**BP:** Yes, I did. I was honored and received the Life Time Achievement Award and everyone was very, very cordial I couldn't have been treated nicer. What Arnold and Jim Lorimer did was a real compliment and one of the highlights of my bodybuilding career. The Arnold Classic is at such a high level, to even be a part of it in anyway is a compliment. Arnold and Jim were so very kind and I was deeply honored.

**AP:** Bill you are most definitely well deserving of the award because it is my personal feeling you have done so much for bodybuilding and humanity as well. You have always been a true champion and gentleman.

**BP:** Well, thank you.

**AP:** Bill, what about your future plans?

**BP:** Let me tell one last quick one on Vince if I may.

**AP:** Certainly, go ahead.

**BP:** This might describe Vince's character as good as anything I can think of. Vince had this habit of smoking these little black cigarettes, like those little black Mexican ones. They were more like small cigars than cigarettes. Were you aware of that?

**AP:** No I wasn't.

**BP:** Well Vince smoked and it wasn't like a Lucky Strike Cigarette, it was a little black stinking cigarette. Being a purest, I didn't like cigarette smoke but Vince would actually smoke the damn things in his gym. I had a health club on Manchester Boulevard and Vince would come over quite often and I would go over and see Vince on Ventura Boulevard. Over the years we had become very close friends. Vince would walk into the gym and I had great big Non Smoking signs all over my gym. Vince would always walk in smoking those damn things. I told him, "Vince I don't want you smoking in my gym," so what would he do? When he came in he would make certain I was in my office, he would light one of those little black cigars, take about three or four really good puffs and get it going real good. He would then put it on the window sill next to the door so the wind would blow the smoke into the gym; but he wasn't smoking in the gym. Then he would walk in and say hi and spend his time talking about things and just about time the cigarette was about to go out Vince would grab it and take off.

**AP:** That sounds like the Vince we all knew and loved.

**BP:** So it shows you the guy had an attitude. He would take what I said and be very appreciative but he was not going to give up on Vince.

**AP:** Bill, thank you so very much for the time you have given me with this interview I am deeply grateful. I am also very honored because you are a true legend in bodybuilding and I know many people still want to hear what you have to say.

**Note:** I met Bill Pearl many years ago and found him to be very honest in what he felt and said. He has always impressed me as a gentleman and someone who cared about others. He has done much to advance the sport of bodybuilding and is one of the few who will be remembered for not only his victories but also his contributions.



**Paul Becker  
Presents:  
3-Exclusive Vince Articles**

Although not an interview, Paul Becker owner of bodybuilding website Truly Huge, [www.trulyhuge.com](http://www.trulyhuge.com), provided the following articles for inclusion in this update. If you have not had the pleasure of visiting Paul's site I would highly recommend doing so as it contains a wealth of information on bodybuilding.

Thanks to Paul for these articles and allowing me to use them!

# Vince Gironda's Routine for Fast Arm Growth

By Paul Becker

Vince Gironda was known as the "Iron Guru". Bodybuilders who have trained at Vince's Gym over the years, have included "Body by" Jake Steinman, Lou ("The Incredible Hulk") Ferrigno, and even Arnold ("The Terminator") Schwarzenegger.

Vince also helped the studios whip their stars into shape for the movies (he could get an out of shape actor looking like a stud in a few weeks time); he helped train the likes of Cher, Clint Eastwood, Denzel Washington, James Garner, Brian Keith, Tommy Chong (of Cheech & Chong) and Erik Estrada.

It is said that in the late 1960's, before bodybuilders started to abuse steroids, Vince's methods produced more top physique stars than any other gym in the world. Give Vince's arm routine a try and see why the champs went to him for advice.

## **Metabolic Stimulation (Breathing Squats):**

Squats, 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 repeats, 2 to 3 minutes rest between sets. This gets your adrenal activated for your arm program.

## **Biceps:**

Stand in front of the dumbbell rack and pick up a pair of 15# dumbbells. and with 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 dumbbell, lower the left dumbbell 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 heavier set and do 4 repeats.

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 set. That's it for bicep. Don't do any other bicep work.

## **Triceps:**

Barbell pullover and press: lie on your back on a bench with your head slightly off and end so you can lower barbell below head. Take a 12" grip (over-hand) lower barbell

down and 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 to arms length over stomach (forward press). Lower barbell back down to chest and roll elbows in, parallel position (4 sets of 12 reps).

# Vince Gironda's Stone Age Eating

By Paul Becker

Vince Gironda's Stone Age Diet For Modern Body Sculpting  
by Paul Becker

I get this question all the time, "What workout or exercises should I do to get rid of fat?"

Regarding the reduction of bodyfat, these problems are almost always diet, not workout, related. The "Iron Guru" Vince Gironda stated "body sculpting is 80% diet...if you don't have your diet down first, the rest is moot.

I was told a story of a nineteen-year old named Pete who was overweight and fat, his diet consisted of mainly pasta and other carbohydrates. Pete's goal was to become a Mr. America winner. Under Vince Gironda's wing, Pete got ripped and won the Mr. California title. How did he do this? By taking Vince's advice, he gradually reduced his carbs and increased his protein intake.

## Stone Age Eating

The vast majority of nutrient consumption for the past 100,000 years or so has been in the form of saturated animal fat and protein, with fat taking the larger percentage. The balance was made up of things that could be eaten in a raw state such as vegetables, berries, some fruits (in season) and nuts. That's basically it. It has only been fairly recently that mans diet has shifted to a diet of high carbs - breads, pastas, candy bars, sodas, etc. And we grew fat and sicker and weaker after that change was made.

Arnold and many of the bodybuilders of the 60's were on the Vince Gironda's diet of steak, eggs, protein powder mixed with whole cream, etc. It was a healthy moderate fat, high protein, low carb diet with plenty of green veggies.

A bodybuilder named Eddie Giuliani, who worked at World's Gym in the 1980's, used to laugh at the "carb freaks" who were trying to get lean on diets full of pasta. "I can't wait until bodybuilders go back to the steak and eggs diet.", he would say. At the time Eddie was in his fifties, but he still had a ripped six-pack that would make everyone envious.

There should be no doubt that dietary fat does not make people fat. It is the combination of fat and carbohydrates (and excessive caloric

consumption along with a sedentary lifestyle) that makes people fat.

Recently I decided to radically lower my carbohydrate intake. I replaced all carbs with green vegetables and limited my fruit to one serving per day. I got much leaner on a 65% fat diet than I ever was on 50% carbs. (I do try to balance my saturated fats with omega 3 oils and try to consume more lean meats, but fat is still fat calorically speaking. Dietary fat also has little to do with cholesterol and heart disease. If you want the truth, read *The Cholesterol Myths* by Uffe Ravnskov, MD, PhD.)

My calorie intake was higher, but my bodyfat has decreased and my energy levels were way up and I didn't have the "blood sugar lows" I had while on a higher carb diet.

Give Vince's Diet a test drive

First, gradually cut back on the amount of processed carbs you're consuming. Pastas, breads, sugars, etc., are typically the biggest problems. Replace the calories from these with protein foods and green vegetables.

Eating five to six small meals throughout the day will help. For example, if you're consuming 2,500 calories, divide that by five and have 500 at breakfast, morning/afternoon snack, lunch and dinner.

Drink lots of water. If you're not drinking at least a gallon per day, you're setting yourself up for water retention. Your kidneys won't have enough fluids to work with and you're going to have trouble losing bodyfat.

# Vince Gironda's 10 Sets of 10 Reps

By Paul Becker

Vince Gironda advocated that kind of workout about 30 years ago. It has gotten popular again under the name of German Volume Training. The theory is, by exposing the muscle fibers to such a high volume of work, they're forced to grow (or die trying!).

It simply involves doing 10 sets of 10 reps on the same exercise, while resting only about 60 seconds between each set. The weight used is about 50% of your 1RM, which will feel very light for the first few sets. But, as you go on and fatigue sets in, you will have to fight to get you full 10 reps, and wish you started with a lighter weight. Once you can actually complete 10 sets of 10, you increase the weight at your next workout.

Here is an example every othe day split workout you can try for the 10 sets of 10 reps technique:

Day 1

Legs, Chest and Biceps

[Squat](#) - 10 set of 10 reps

[Dips](#) - 10 sets of 10 reps

[Preacher Curls](#) - 10 set of 10 reps

Day 2

Rest

Day 3

Back, Shoulders and Triceps

[Cable Row](#) - 10 set of 10 reps

[Lateral Raise](#) - 10 set of 10 reps

[Tricep Rope Pushdown](#) - 10 set of 10 reps

Day 4

Rest

Day 5

Repeat day 1, etc.

## About The Author

Alan Palmieri has a diverse background. In addition to being a five term mayor he has credentials in the field of business as well as politics. He operates his own business and has held positions in corporate management; conducted professional development, government, political relations and business management classes at the University of Tennessee.

At one time, the owner operator of a 30,000 square foot gym, one of the largest and best equipped in the southeast. For about two years, he operated his own Karate / Self Defense studio. Alan wrestled professionally for a short while and worked as a bouncer and bodyguard. Over the years, he has trained countless individuals and has conducted seminars and lectures on bodybuilding, as well as being the author of several published articles, courses and bodybuilding publications. He has appeared in various magazines and newsletters on bodybuilding and has appeared on TV as well as being interviewed on the radio.

He has personally trained winners of major, local and state bodybuilding events, high school and college athletes and teams, professional athletes and entertainers. He has served as a judge for numerous bodybuilding events as well as promoting and holding several bodybuilding contests. He is the past State of Tennessee President of the IFBB and was awarded the prestigious IFBB Certificate of Merit.

Alan began his bodybuilding endeavors in the early 60's during what many consider bodybuilding's "Golden Era". Back in those days you had so many greats like Draper, Scott, Pearl, Poole, Sipes, Yorton, Zane, Ortiz, Pearl, Howorth, Oliva, the introduction of Schwarzenegger just to name a few. No period in time saw so many greats that stood as inspiration for so many. It was a time when bodybuilders had to work, go to school and sometimes both. It was a simple time with a lot of unity. People did not understand what bodybuilding was all about. Bodybuilders were more misunderstood than understood. Times have changed.

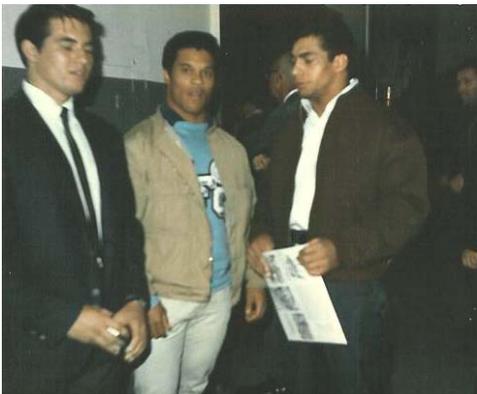
No longer as active in bodybuilding, Alan continues to receive requests for information and guidance from people concerning bodybuilding and weightlifting. He has always talked against the use of drugs and steroids in the sport and promoted natural bodybuilding.

Not as intense or regular with his training, the following represents the measurements Alan possessed while he was active in bodybuilding. The before column are measurements before Alan began training as a youth. The after column represents measurements obtained at, what he considered was his peak.

<u>Before</u>	<u>After</u>
Height: 5'9"	Height: 5'11"
Weight: 87 lbs	Weight: 230 lbs
Neck: 11"	Neck: 19 ½"
Chest: 30"	Chest: 52"
Biceps: 7 ½"	Biceps: 19 ¼"
Waist: 26"	Waist: 34"
Thigh: 13"	Thigh: 28"
Calf: 7"	Calf: 18 ¼"



**From L to R. Joe Weider, the author Alan Palmieri, and Alan's father Angelo Palmieri outside the Weider offices in Union City, NJ. Alan was about 15 years old when this picture was taken during his first meeting with Joe. In several of the author's books and articles, he has written about his wonderful experiences with Joe Weider and the relationship that has lasted over the years.**



**From L to R. Alan, Rick Wayne, Harold Poole. This photo was taken backstage at the Brooklyn Academy of Music in 1967. That evening Rick won the IFBB Mr. World title, and Harold placed third in the IFBB Mr. Olympia contest. Rick and Harold are two legends in the sport of bodybuilding. He may not have invented it but when Harold would hit the "crab" pose, it belonged to him.**



**The author and Rock Stonewall. Rock had developed a dynamic physique and had just as dynamic of a posing routine. Alan**

and Rock became fast friends and enjoyed sharing training information as well as having many laughs. Rock's personality was one of the greatest.



The author and Hulk Hogan in a dressing room prior to a wrestling match. The author participated as a professional wrestler for a short time. Later he became a promoter and worked areas in the southeast.

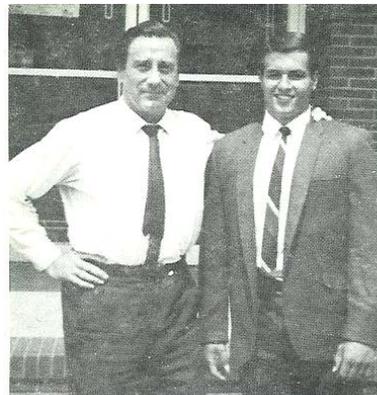
The article below is taken from an IFBB Newsletter announcing the appointment of the author to the position of President of the IFBB for the state of Tennessee.

**UNITED STATES OF AMERICA**

Our energetic President for the U.S.A., Mr. Ralph Johnson, is now busy organizing the U.S.A. into fourteen different regions. Each region will be controlled by its own Committee, to assure that Bodybuilding is developed to its maximum under the strict amateur rules of the I.F.B.B. Only the finest and most dedicated men are selected. In the accompanying photo you see the President of the I.F.B.B. Tennessee, Mr. Alan Palmieri posing with Mr. Joseph Weider. It is dedicated officials like this who help make Bodybuilding the important Sport that it is in America.

Splendid progress is being made for the Organization of the 1976 World Championships, to be held in Philadelphia, Pennsylvania, during the Celebrations of the Bicentennial Birth of America. Because of Mr. Ralph Johnson's energetic, devoted and capable work, he has been elevated to the position of President of the I.F.B.B. for America, from his former post as President of the I.F.B.B. for Pennsylvania.

... cont'd. on page 5...



Mr. Alan Palmieri, proudly poses with Mr. Joe Weider. Mr. Palmieri is the type of energetic executive that makes the I.F.B.B. so strong in America.

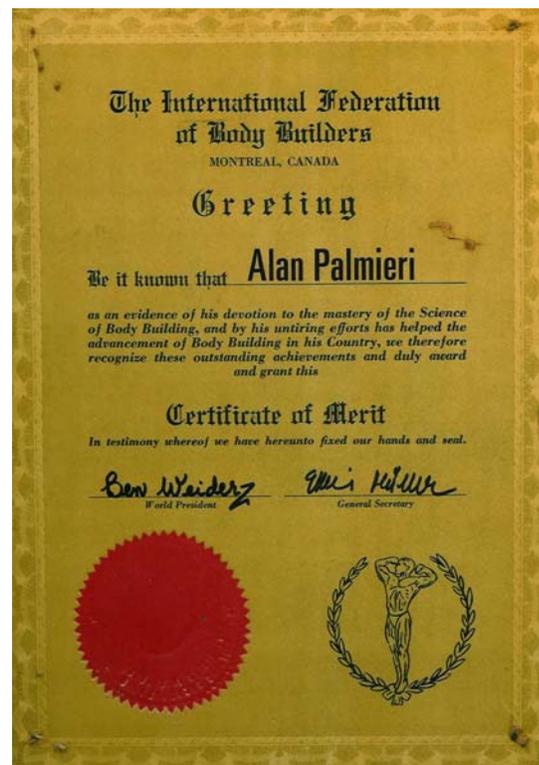
Above is the picture that appeared in the IFBB Newsletter of Joe Weider and Alan prior to his appointment as IFBB President for the state of Tennessee.

The caption next to the picture reads: *Mr. Alan Palmieri proudly poses with Mr. Joe Weider. Mr. Palmieri is the type of energetic executive that makes the IFBB so strong in America*



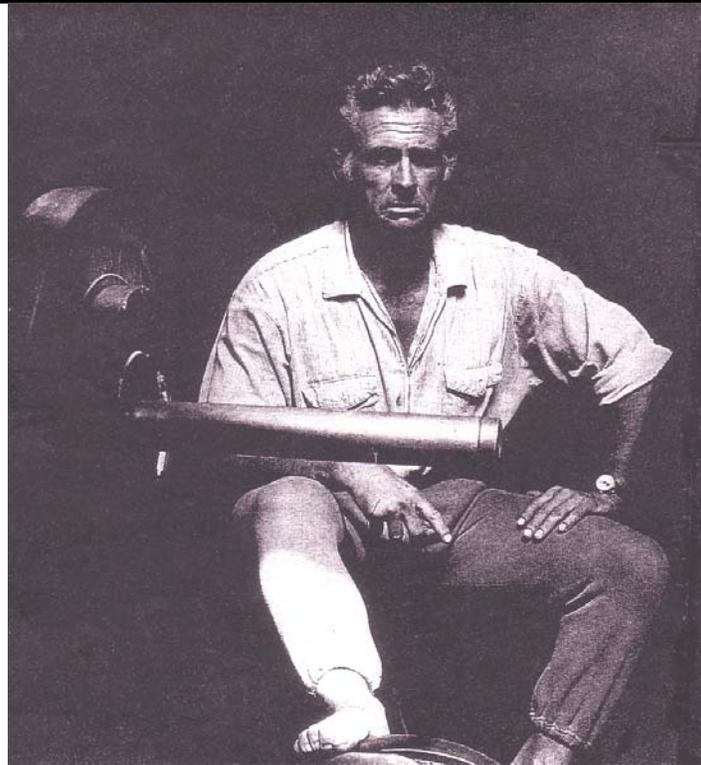
The article and picture above come from an IFBB Newsletter. The first paragraph reads. Our energetic President for the U.S.A., Mr. Ralph Johnson, is now busy organizing the U.S.A. into fourteen different regions. Each region will be controlled by its own Committee, to assure that Bodybuilding is developed to its maximum under the strict amateur rules of the IFBB. Only the finest and most dedicated men are selected. In the accompanying photo you see the President of the IFBB Tennessee, Mr. Alan Palmieri posing with Mr. Joseph Weider. It is dedicated officials like this who help make Bodybuilding the important sport that it is

The prestigious IFBB Certificate of Merit which was awarded to the author for his many contributions and dedicated service to the IFBB and the sport of bodybuilding.



**VINCE-TO BE CONTINUED-SECTION**

## VINCE GIRONDA 1917 - 1997



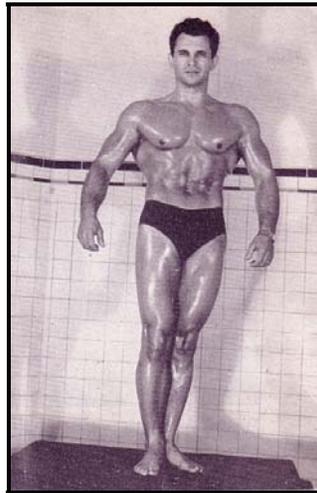
**Flex Magazine February 1998**  
**Written by Peter McGough**

On October 18, three weeks shy of his 80<sup>th</sup> birthday, bodybuilding maverick and legend **VINCE GIRONDA** passed away. Apparently, Vince died suddenly with no lingering illness. While that's the way most would wish to go, it seems unreal that Vince Gironda is no longer among us. Anyone under the age of 40 probably doesn't realize the truth behind that last statement or the standing that the name and rep of Vince Gironda conveyed during more innocent bodybuilding times: before the mid-80's. Indeed, Vince was truly ahead of his time, unveiling a physique in the 1950's that was ripped and symmetrical decades before those adjectives became part of the bodybuilding vernacular. Add to that his radical training methods – he wouldn't allow a squat rack in his gym – and his celebrated prickly “What the hell d'ya want” manner and you have a bodybuilding one-off who was known as the Iron Guru long before the word “guru” became chronically overused.

Vince Gironda was born in the Bronx, New York, on November 9, 1917. His earliest stimulus toward physical culture came after seeing champion swimmer **BUSTER CRABBE** (who played the on screen **FLASH GORDON**) line up for a race. Then, at age 21, he saw **JOHN GRIMEK** on the June 1939 cover of *Strength & Health* and was inspired to take up weight training.

On April 1946, he opened his soon-to-be-famous Vince's Gym in Studio City, located in Los Angeles' San Fernando Valley. The gym closed in September 1995, but in its time, it catered to champion bodybuilders and Hollywood stars alike, all of whom Vince treated with equal courtesy or curtness depending on how he viewed their egos.

Vince appeared on the covers of and wrote extensively for, all the major bodybuilding magazines including Weider publications. In recent years, his column "Unleashing the Wild Physique" (named after his bestselling book) ran in *MuscleMag International*.



Vince at the "1949"  
Physique Contest in L.A.

In his first competition, Vince took sixth place at the 1941 Mr. California. His final contest outing was at age 44, when he finished second in class 2 of the 1962 NABBA

Pro Universe in London. But in an era when – does this sound familiar? – bulk and size held sway, Vince preferred lines, leanness and definition, a preference that meant he never won a contest.

In 1991, the Los Angeles Athletic Club presented Vince with a plaque for his contributions to physical fitness and to bodybuilding in particular, and in 1994, he received the inaugural **PEARY RADER** (founder of *Ironman* magazine) award for Lifelong Contributions to the Sport of Bodybuilding.

*Ironman* publisher **JOHN BALIK** rang me with the news of Vince's death, and I daresay John's call was as much a need to impart the news to someone of mature years who knew the significance of Vince's contribution to the sport as it was an act of professional courtesy. In fact, John had planned a big celebration to coincide with Vince's 80<sup>th</sup> birthday on November 9.

If there is any consolation to be drawn from Vince's death, it is that he died suddenly and enjoyed good health all his life. His mark on the sport is inestimable. For those of us who remember Vince as the powerhouse he was, he always made us feel young. With his passing, we now feel a little older. FLEX offers sincere condolences to Vince's Widow, his son GUY, and the entire Gironda family.

## **Contributors & Sponsors Section**

# ANNOUNCING!

## THE BODYBUILDING data CD SUPER BRAIN STACK

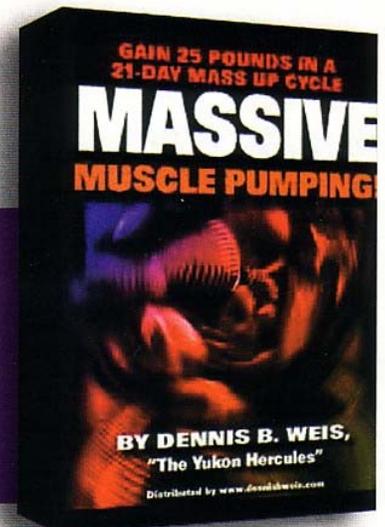
I have a 'custom' made (PDF format) collectible data CD (titled: Bodybuilding Brain Stack CD) which contain 9 of my extensive 'world famous' e-reports (Acquire Cinderblock Abs The Australian Way, Special Big Arms Report, Buyers Beware! Mail-Order Muscle Ads, The Jettison Technique, Gaining Muscular Size & Strength: "Chuck Sipes Super-Seminar" ECHOES FROM THE POWER STORM THAT WAS...CHUCK SIPES!, Ted Arcidi Report, Massive Muscle Pumping: "Gain 25 Pounds in 21 Days" and the Creatine Triple Phase Plan).

By Dennis B. Weis "The Yukon Hercules"

In addition to the above 9 e-reports I am also including 12 feature length bonus TRAINING MAXIMUM PARAMETER TECH ANABOLIC KINESIO SYSTEMS:", The Barbell Clean & Press, Fabulous Forearms Forged of Steel , Hip Belt Squats: "The Anabolic Equalizer", Armed Power Now!, Heavy Iron Seminar, World Class Bench Pressing, Embryonic Bodybuilding, Natural Contest Training, Dennis Tinerino's Lost Seminar, Bits of Advice and Routines, 13-Secret Exercises of Physique Champions and Mike Dayton's Legendary Feats of Strength.

The 9 e-reports and 12 feature length bonus systems comprise a 'massive' 735+ pages worth of The "Behind Closed Door Training Secrets" Of The World's Most Successful Bodybuilders!

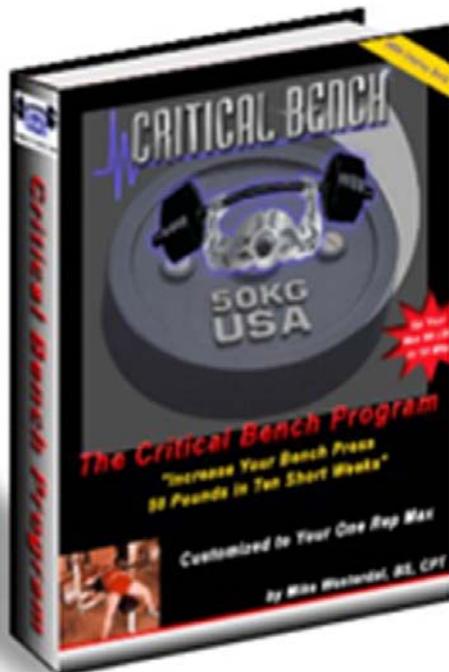
You can learn more about this Master Bodybuilding data CD Hardcore Brain Stack 'package' by logging onto [www.dennisbweis.com](http://www.dennisbweis.com) .



CRITICAL BENCH.com

**"You Were Born Small & Weak But Nobody Said You Have To Stay That Way!"**

***"Here's A Secret Weapon That You Can Use To Help Increase Your Bench Press AND Improve The Way You Look!"***



***The Critical Bench Program***

- \* **Set a Personal Record**
- \* **Add Muscle Mass**
- \* **Blast Past a Plateau**
- \* **Join Thousands of Others**
- \* **Bragging Rights**
- \* **Customized For Your Max**
- \* **Get STRONGER!**

**Order Securely Online At:**  
<http://www.criticalbench.com/mm.htm>

**Or mail \$39 With Your One Rep Max**

**To: Critical Bench LLC  
192 1/2 Adams Street  
Waltham, MA 02453**

CRITICAL BENCH.com

**Increase 50 LBS in 10 WKS!**