



**Universal**

**Bodybuilding'**

**S**

*12 Week*

# BODY SHAPING COURSE

**for Men & Women of All Age**



### *Important!*

Before starting this course, or any physical endeavor new to your lifestyle, make sure that you are in good health by consulting your doctor. This is a precaution for your own good. Show your doctor the exercise program. No doubt your physician will be glad you have decided to embark upon a program such as this and that you are interested in improving your body and health.

If you should have any physical impairment, such as a weak heart or weak back, or you're older than the average bodybuilder, your doctor will be able to advise you as to which exercises he thinks are the best for your condition. Later on, as your health and strength improve, you will probably be able to participate in exercises that are more strenuous.

## **Universal Bodybuilding's 12-Week Body-Shaping Program ©**

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Universal Bodybuilding's 12-Week Body-Shaping Program

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*Welcome to*



UNIVERSAL  
BODYBUILDING'S

## 12 Week BODY SHAPING COURSE

### *Congratulations*

*on your desire to enter the fascinating world of Fitness, body shaping and bodybuilding!  
We have just received your enrollment form, and we're pleased you have chosen Universal Bodybuilding as your personal trainer. We offer the most exclusive Body-shaping program available. By taking the simple first step of enrollment you have embarked on the path to improved body and health.*

### *Just a note....*

***...to give you a few tips, so that you can expect the quality standards set by Universal Bodybuilding.***

Nothing can stop you from achieving your physical goals! Put your heart and desire into your training and nothing can stop you from success. You will improve! It is a scientific fact that the body responds to progressive exercise and correct eating habits, it would be impossible not to improve while following this unique course! Our thousands of satisfied students prove the effectiveness of our famous course. We have yet to see one person who follows this course not gain!

You have taken the most important step, enrolling with "Universal"! This proved that you are a person who demands the most out of life, good health and a beautiful body. Without good health you have nothing, with good health you can accomplish almost anything you set out to do in this world.



Always have a positive attitude in your training! Don't "try" to find time to train, MAKE time to train! People who fail in life are full of excuses. Here are just a few...

***"You have to be born with a good build"***

***"It's too much trouble to follow a sensible diet"***

Once you start getting in good shape you will feel like a million bucks! You will look forward to each exciting day. This is what a new healthy body will give you. Remember your body will improve from day to day. Although you may not see it right away at the beginning a wonderful change is taking place! Everyone improves, perhaps at a different pace, but everyone does improve!

Your lessons cover total development. Throughout your lessons you will develop all muscles of your body. Your lessons will cover everything from your neck down to your forearms and calves (and everything in between)!! You may be a little sore at the beginning, but this will last just a short time. You will soon become accustomed to this type of training, and be amazed at the results.

Follow our training routines and diet as closely as possible! Naturally you won't be able to follow it to the letter, as everyone's personal life is different. You can adjust your training and diet to your personal needs. Train when ever it is convenient to you. You can train morning, noon or night, whatever is best for you, but **always train three times a week.**

If you can't get the snacks as recommended, then sneak in a few when not working or in class. Do the best you can. Some of the best athletes and most perfectly developed bodies in the world made great gains while holding down two jobs or while still in school. They made the best with what ever they had, you must make the best of what you have.

If you do not like the foods we recommend, then find a substitute in our protein chart (Lesson 2). Many don't like milk, so then you consult the protein chart and find a food that is high in protein that you enjoy. Adjust to your own personal needs.

What you can become is up to you. Chances are that you just want to be in great shape. It is up to you, decide what you want and go after it! You can do it!

May your body become as beautiful and perfect as your efforts!

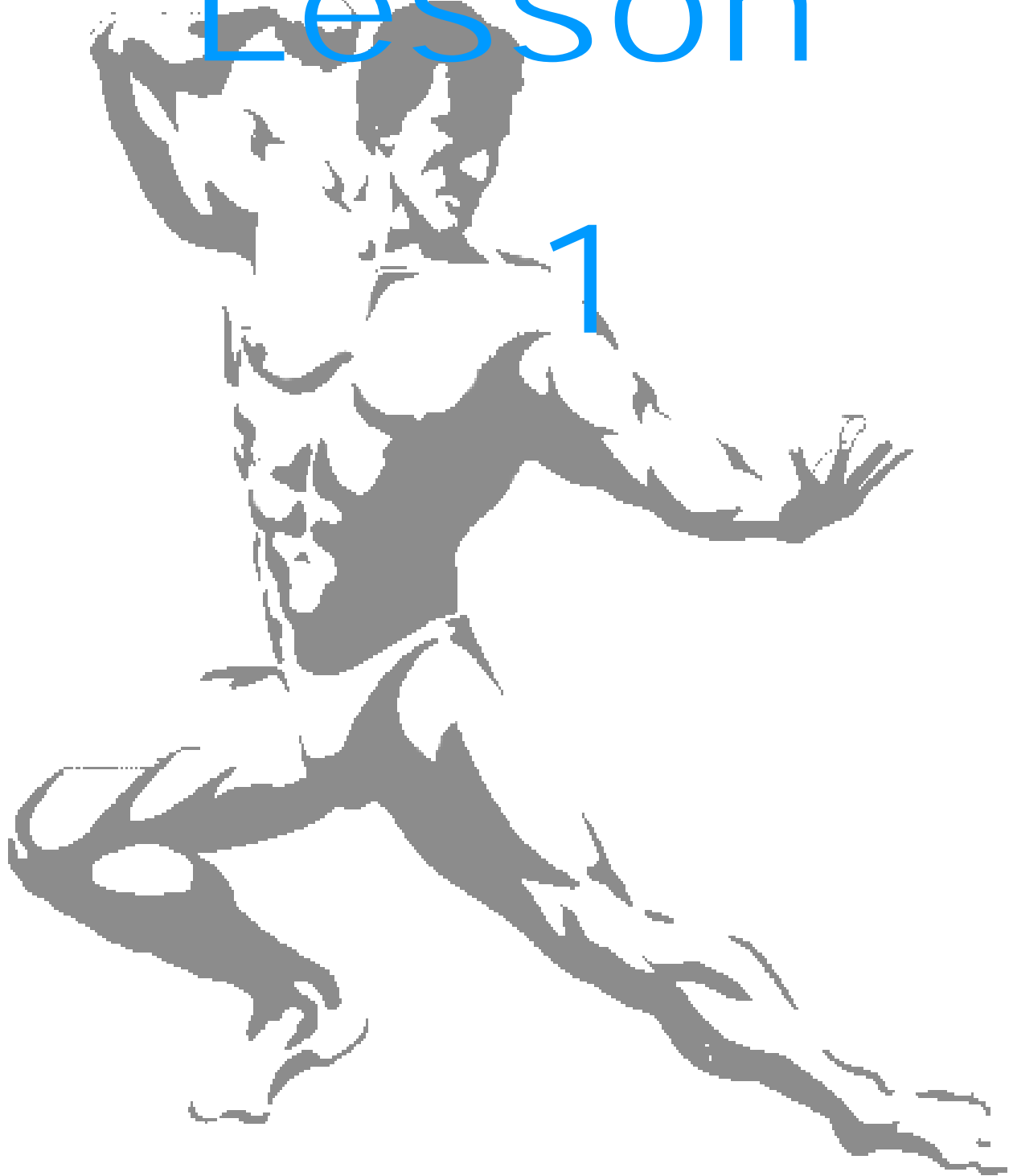
Here's wishing you the best in health and fitness.

*Morrie Mitchell*

Morrie Mitchell

Universal Bodybuilding, Inc.

# Lesson



## **The Course**

The Universal Bodybuilding Course consists of 12 weekly lessons as well as advanced routines that come with your twelfth lesson.

## **The Exercises**

Some of you may have tried some of the exercises we are about to give you, but remember, none of you have done them the Universal Bodybuilding way! There are many, many, ways to train, (most of them wrong!) and we feel our way is the best! Accordingly, we ask you to follow our instructions as closely as possible, don't add any additional exercises to the program, and don't skip any exercises we give you (unless advised to do so by your doctor). If you have any problem with the exercises (they might seem difficult at first) stay with the lesson for an extra week or two until the exercises become easier to perform. Don't worry, even if you have to stay at Lesson One for a month, you will succeed in the end.

## **Limit Your Training**

Physique champions train three times a week. More than that will result in over-training and staleness, which can result in no muscle gain and even muscle loss. By "training" we mean strictly your bodybuilding program. You may participate in as many outside activities or sports as you wish, but always train for bodybuilding three times a week. Also, it is important in the beginning to train only as much as is designated for you.

## **Common Sense**

Good common sense is important in bodybuilding as good equipment. So there will be no "accidents" to interrupt your training, use strong chairs, strong bars, well-supported benches and practice on stable ground! Think safety first, and you won't be the last to have a great body.

## **Proper Training & Routines**

As each lesson goes by, you will be closer to your goals. The bodybuilding knowledge you will learn will benefit you the rest of your life. We cannot over emphasize the importance of following our instructions! You must be faithful in your training and make an honest attempt to eat the proper foods. If you train properly, you will build muscle, no doubt about it! Bodybuilding gives the entire body, including the face, an appearance of confidence and good health.

Almost every lesson contains a special training routine other than your regular training schedule. These special routines can be used to solve minor training problems, sticking points or plateaus for example. Don't stick to one routine for months on end. Keep your training sessions interesting and rewarding!

## **Training Time**

Generally speaking, the faster you train, the better. Our routines usually take 15 minutes a day, but everyone trains at a different pace. If it takes you quite awhile to get through the routine, you're simply out of shape, as you get stronger, you will be able to get through the workout quicker.

*Train at a pace, which is comfortable for you.* Rest and get your wind after each exercise before moving on to the next exercise.

## **Performing the Exercises**

Carefully read all the instructions given with each exercise; do not just glance at the illustration! Read the instructions once, perform the exercise and then read the instructions again to be sure you performed it correctly. Perform each exercise with a quick and steady movement, no jerking or bouncing movements. Do them evenly and in an unstrained manner. Although a fast tempo is always better than a slow one, when starting this course or a new exercise, perform it slowly until you are sure as to how it is executed.

### **“Reps” and “Sets”**

You'll be seeing “reps” and “sets” scattered throughout your bodybuilding lessons. “Reps” is short for repetitions; a repetition is one complete movement or cycle of an exercise. For example, if you were doing a push-up, one complete motion of lifting yourself off the floor and lowering your body back down would be considered one rep. Ten push-ups would be 10 reps. A “set” is a group of reps. Sets are spaced apart to allow you to rest. For example, if you were to do 10 chin-ups, rest for two minutes and then do 10 more chin-ups, you would have complete two sets of ten reps each.

### **What to Wear**

Physique champions have learned that it is always best to keep your muscles warm while exercising. Don't train in a swimsuit if your training area is cool or drafty. Wear comfortable clothing that will not hinder your movements as you exercise.

### **Soreness**

Muscle soreness is natural in any type of training. Muscle soreness will only last a few days or so, and as you body gets use to training the soreness disappears.

### **Don't Miss Workouts**

Never miss workouts because of laziness! On those low energy days you will feel like skipping a workout, that's when you will need to use your

willpower and think positive! Being consistent in your training will result in progress: muscle gains and an increase in strength. Of course, there will always be those days when you will be forced to miss workouts; if you are physically ill it would be unwise to further drain your physical resources by training. Don't worry about it, just pick up where you left off or go back a week in your training, which ever feels most comfortable to you.

## Hygiene

When you finish your workout for the day, a shower or bath will give you a chance to relax, refresh and most importantly, keep clean. Clean skin will give you a clear complexion and remove bacteria that are responsible for body odor. We recommend you shower at least once a day.

## Nutrition

An extremely important aspect of bodybuilding is proper nutrition. We always urge our students to stay away from junk foods like white bread, sugary cereals, rice, potatoes, pastries and other foods containing excessive starch. No bodybuilder can go wrong with protein foods like meat, eggs, fish and cheese. We recommend different diet programs for different people. If you are underweight, we offer a diet plan containing bulk foods as well as large amounts of protein. If you are overweight we can help you with a diet plan containing lean but wholesome protein foods. And we have a diet plan for all you "normals" as well. Generally, we advise our students to substitute meat, cheese, eggs, fruits and vegetables for those sugary snacks you normally consume. We recommend that you eat light, well-balanced meals, and depend on nutritious snacks for extra energy during the day. Do NOT skip meals! We will cover nutrition more thoroughly in Lesson Two.

## Rest

For the biggest gains, you should always get adequate rest and sleep. Of course, you have other activities as well, but don't go to the extreme. You can't expect to run track before training, then play football and go out dancing all night. You need to give your muscles a chance to rest. Anytime you train, muscle cells are broken down, resting gives muscle cells a chance to rebuild and increase muscle size. When you give your muscles adequate rest your cells will rebuild properly resulting in added strength and muscle size.

## Foundation Course

Our first couple of weeks of training will give you the foundation on which to build a power-packed body. These early workouts will begin to

strengthen your body plus improve your muscle tone. You will begin to make gains in muscular development and strength. For most of you these beginning workouts will seem easy, but remember, do just exactly what the routine calls for, don't add any extra exercises! Some of you may want to combine the Weight Training and the Non-Weight Training programs - we DON'T recommend this! These early routines are important just as they are, they are all part of our progressive training program. These routines will coax and force your muscles to grow. Once you have a good foundation, we will send you our Super Muscle-Pumping Systems.

### **Weight and Non-Weight Training**

As previously mentioned, our course is broken up into two parts: one course for students who own a set of weights and one for students who do not own a set. The abdominal exercises found in this lesson are meant for both Weight and Non-weight Trainers. For the students who don't have a set of weights, we will show you what you can use around the house to train with.

### **Training for the "V-Shape"**

Both Weight and Non-Weight Trainers will do many of the same exercises. Wide-grip chinning is one. This exercise will build fantastic arms and an unbelievable back. It develops the "lat" muscle located just under your armpit on your back. This is one of the easiest muscles to develop, and gives you that wide-shouldered, narrow waist look, a "V" shape! Our training puts a special emphasis in this muscle to help you create a great body.

### ***A REMINDER!***

*This course is to be followed three times a week, allowing at least one full day of rest between workouts. Do NOT work out every other day. Train on Monday, Wednesday and Friday or on Tuesday, Thursday and Saturday. This schedule*

*allows you to rest on four days out of the seven. This is necessary in order to allow your body to rest completely so that you do not slow down your training by overworking your system.*

*When you perform two sets of each exercise, rest one minute between sets. The two abdominal exercises included in this lesson should be performed by any student whose waist needs work. Do as many Alternate Leg Kicks as you are able.*

**Now...**

*You are about to begin the course that has performed miracles on thousands of people. Everyone gains at a different pace, but everyone gains! The more effort you put into your training, the more you will get out of it, and your gains will be tremendous!*

# Lesson 1

## WEEKLY ASSIGNMENT

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### *Weight trainers*

Exercise 1: PRESS - Do one set of 8 reps

Exercise 2: UPRIGHT ROWING - Do one set of 8 reps

Exercise 3: BENCH PRESS - Do one set of 8 reps

Exercise 4: SQUAT - Do one set of 10 reps

Exercise 5: WIDE-GRIP CHIN-UP TO BACK OF NECK -  
Do one set of 8 reps

Exercise 6: LEG PUSH-OUT - Do two sets of 15 reps each

### *Non-Weight trainers*

Exercise 1: FEET-ELEVATED PUSH-UP - Do one set of 8 reps

Exercise 2: HACK SQUATS - Do one set of 12 reps



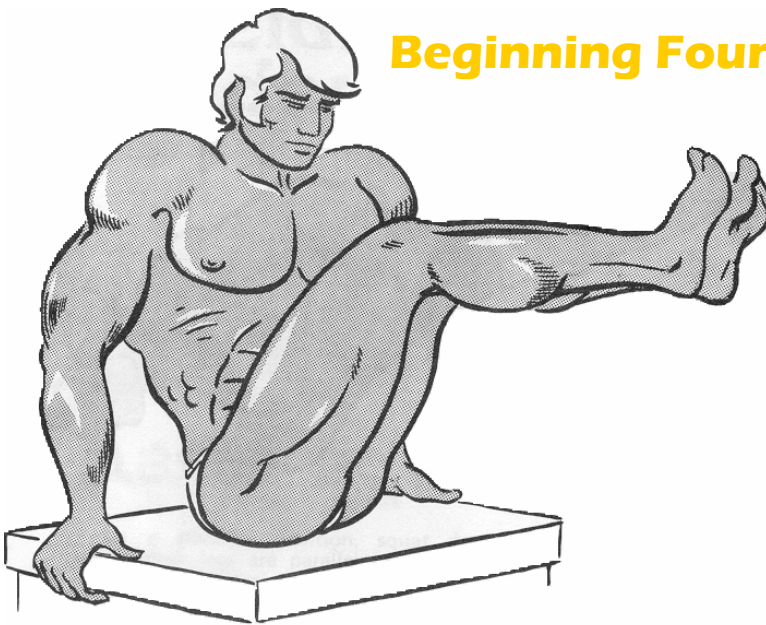
Exercise 3: WIDE-GRIP CHIN-UP to BACK OF NECK -  
Do one set of 8 reps

Exercise 4: REVERSE TRICEPS PUSH-UP - Do one set of 12  
reps

Exercise 5: LEG PUSH-OUT - Do two sets of 15 reps each

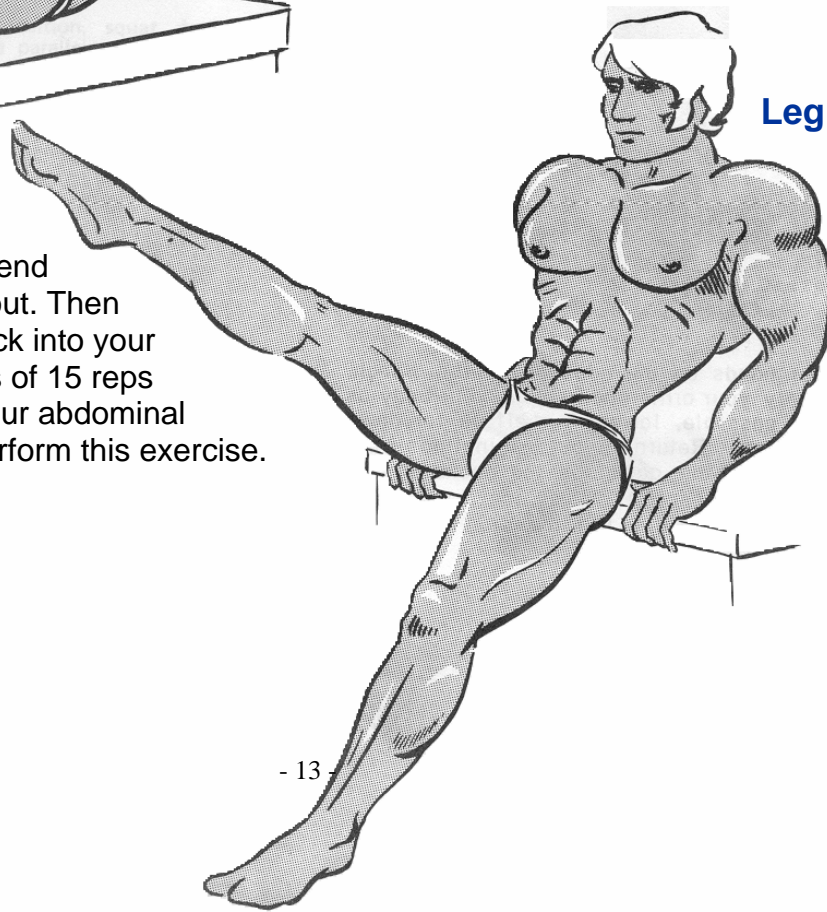
## Beginning Foundation Course

### Abdominal Exercises



#### Push-out

From a sitting position, extend your legs straight out. Then pull your knees back into your chest. Do two sets of 15 reps each, tightening your abdominal muscles as you perform this exercise.



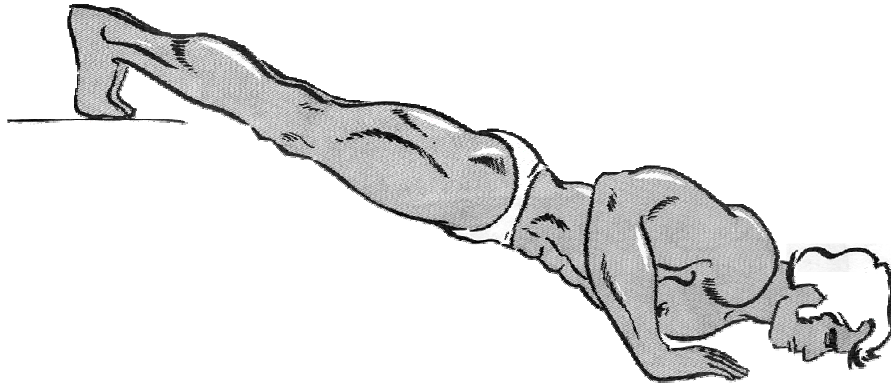
#### Leg

## Alternate Leg Kicks

Lean back and support yourself for this exercise. Alternately kick each foot as high as you can. When performed properly, you'll feel it in your waist. Try to kick higher with each repetition.

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## Non-Weight Trainers



### **Feet-Elevated Push-Up**

Place your feet on a chair and do eight push-ups. If this is hard for you, begin with regular push-ups off the floor and as you develop your strength move on to the elevated version. This will build your chest and arms, as well as power.

### **Reverse Triceps Push-Up**

Place your hands on the edge of a bed or a bench. Bending only your arms and keeping your body as straight as possible, lower yourself as far down as you can. Return to your original position. Try to feel the action in the backs of your arms, the tricep muscle. This is one of the greatest exercises for building your arms.



## Wide-grip Chin-up to Back of Neck

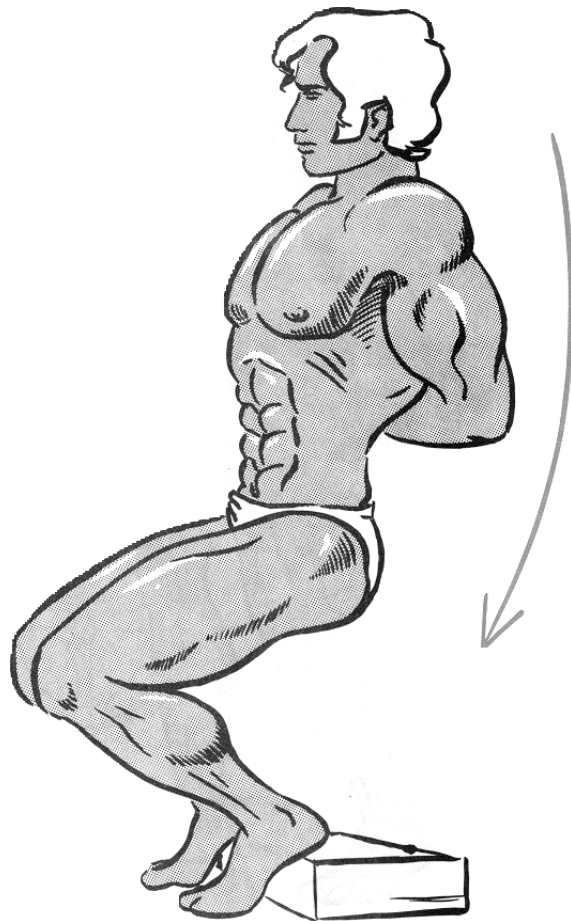
[See Weight Trainers](#)

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## Hack Squats

From a standing position, squat down until your upper legs are parallel to the floor. Keep your back very straight. This is a leverage exercise. You must learn to feel it in your thighs. This exercise was developed at Muscle Beach, California and the men who practiced it developed tremendous thigh muscles.

Do 12 reps to begin w



## Leg Push-out

[See Abdominal Exercises](#)

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## Weight Trainers

### Press

Lift the weight to your shoulders. From this position “press” it over your head. A press is performed with the weight supported on the palms of your hands, while your fingers firmly grasp the bar. All the effort in raising the weight should originate from your shoulders and arms, not your backs or legs. Raise and lower the weight evenly, do NOT jerk it up or down with sudden bursts of effort!

This will improve the size of your arms and shoulders.

Repeat 8 times



## Upright Rowing

Grab a barbell with your hands 6 inches apart, palms face down. Stand upright, then with the barbell hanging at your thighs, slowly lift until the barbell touches your chin. Lower to your thighs again.

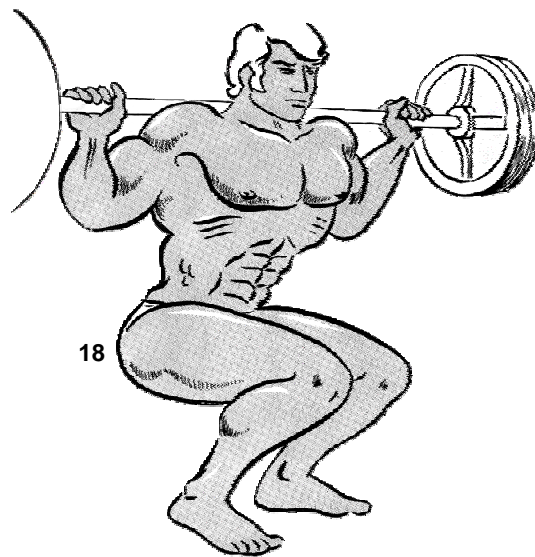
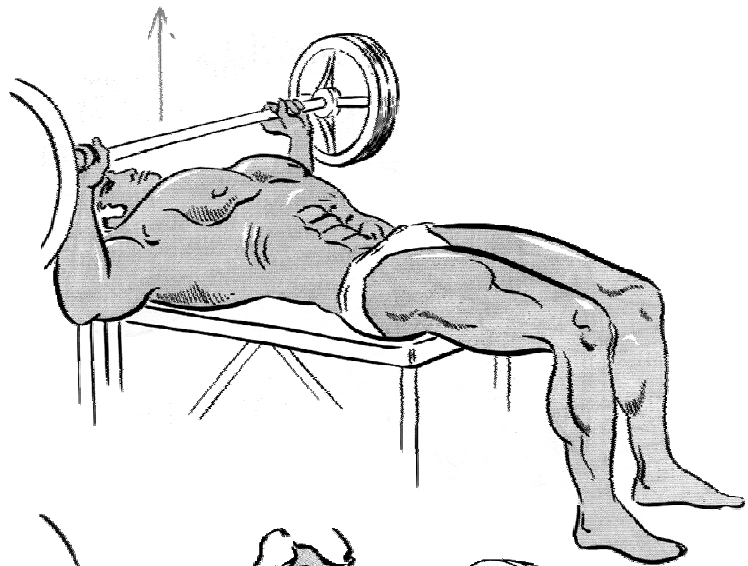
This builds the front part of your shoulders and your biceps. It also develops your forearms and part of your neck muscles.

Do 8 reps

## Bench Press

Lie on a bench with a barbell resting on your chest. Press it over your chest, return to your chest, using a shoulder wide grip. This exercise will build a big powerful chest.

Do 8 reps



## Squat

With a barbell on your shoulders, squat down until your upper thighs are parallel to the floor. Return to the standing position. To build powerful thighs

Do 10 reps

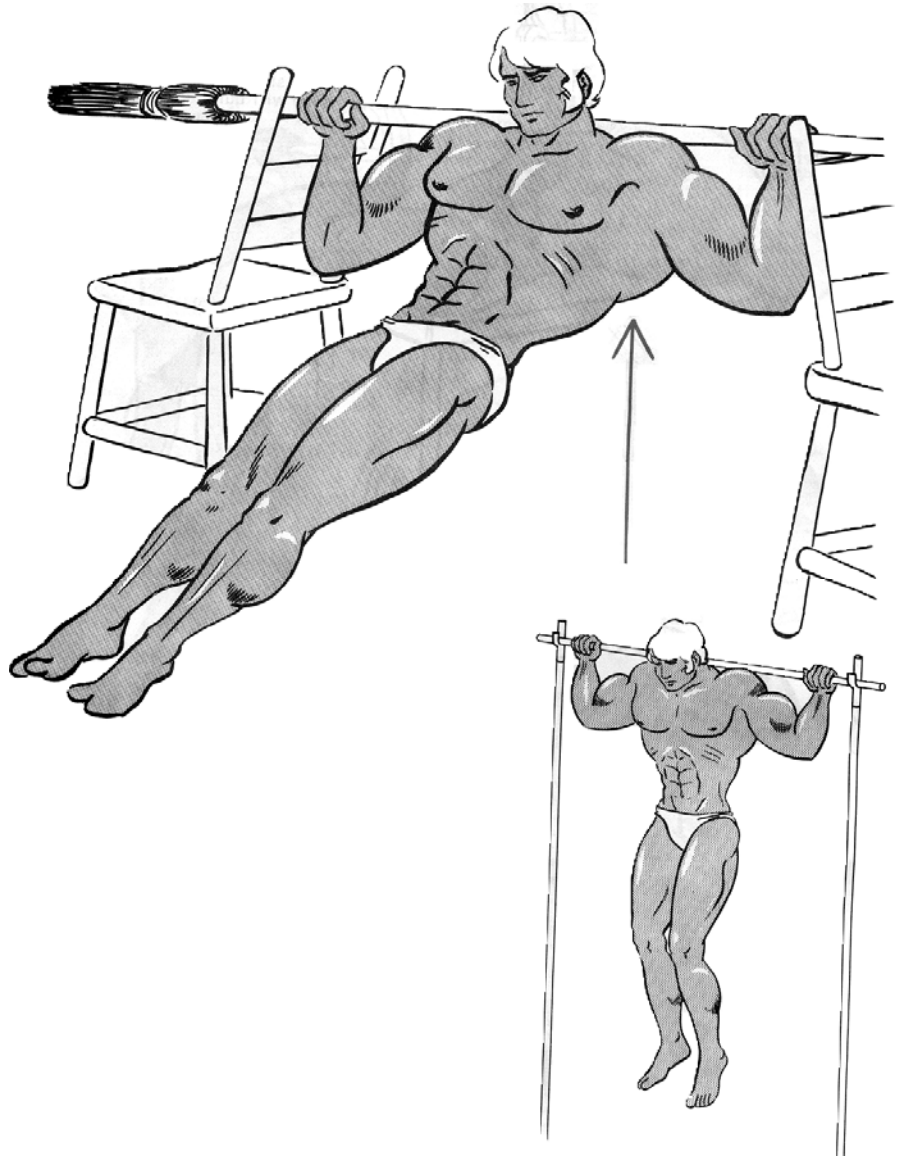
### **IMPORTANT:**

Have a friend assist you in handling the weight when you perform these two exercises. Known as a "spotter", your friend will help support the weight when you begin and end your exercises. Also, if the weight happens to slip, or you become tired, the spotter will take the weight from you before you have a chance to drop it and seriously injure yourself.



## Wide-grip Chin-up to Back of Neck

Place a broom or bar between the backs of two chairs. While sitting on the floor beneath the bar, reach up and take a wide grip. Pull yourself up until your neck or shoulders touch the bar. Return to your original position, sitting on the floor.



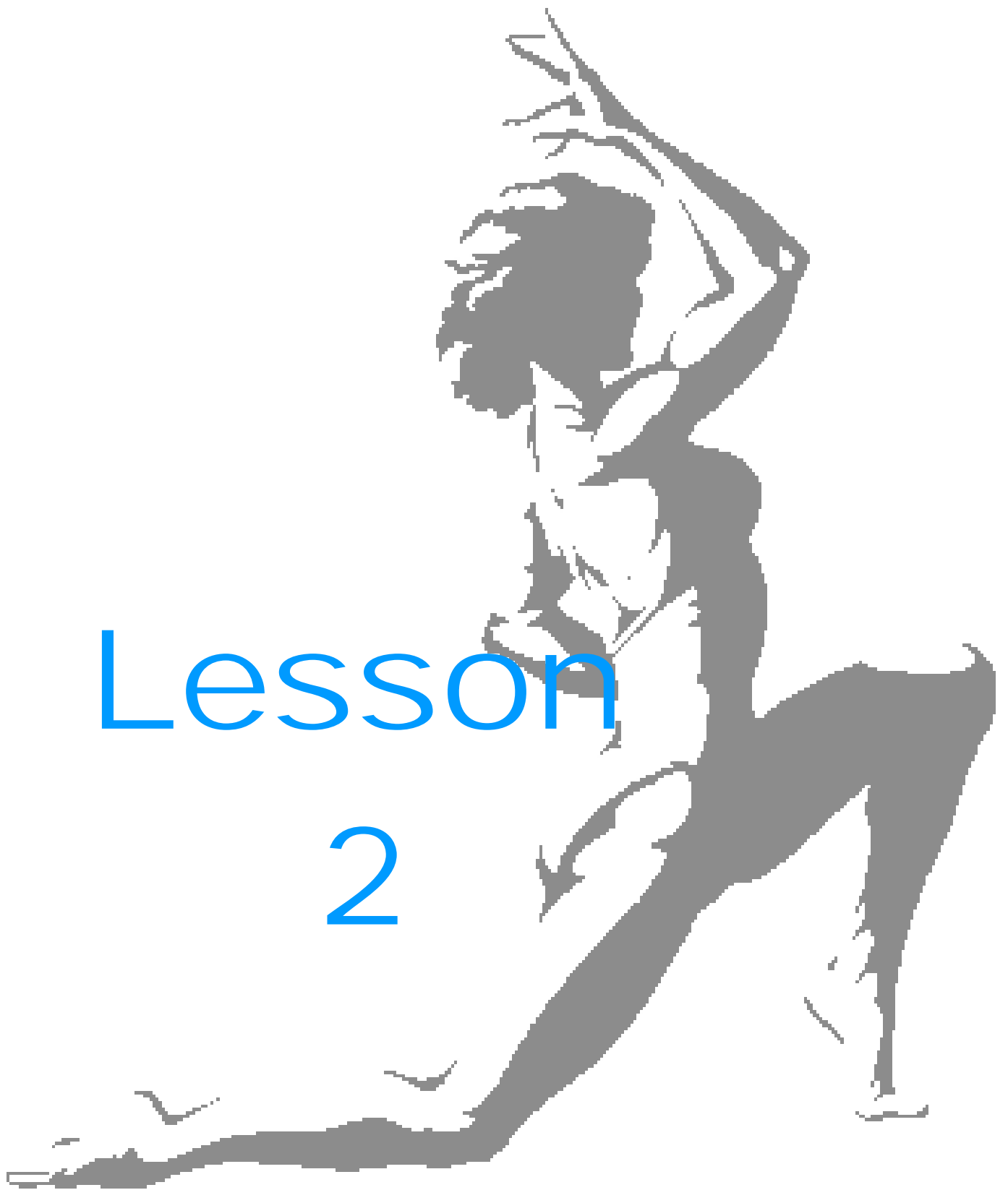
**Do 8 reps**

If you have trouble pulling yourself up, have your legs assist you slightly. If you have a chinning bar, use that instead. This exercise develops your “lats”, the muscle that builds that “V”-shape. It is also great for building big arms and shoulders.

**Leg Push-Out:** [See Abdominal Exercises](#)



# Lesson 2



# LESSON TWO

## Your Second Week

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We are now starting the second week of our foundation course. In other words, this week you will do the same exercises, and follow the same format as you did last week. These first two weeks will give you a solid foundation on which to build a muscular body. Our methods are designed to stimulate your muscles to grow from day to day. Throughout our 90-day course you will be following the most modern, scientific methods available.

If you follow this course faithfully, eat properly, and obtain adequate sleep, you will show some bodybuilding improvement day by day. Your muscles will become bigger and better defined, and your power will increase tremendously.

### ***Get Plenty of Rest***

Try to get between 7-9 hours of sleep. Some people feel great in the morning with as little as 6 hours of sleep, while others drag after 9-10 hours of sleep. The amount of sleep needed to feel refreshed in the morning should be determined by each bodybuilder as an individual. If you try to get by on less sleep than you need, the chances are you will be reducing your efficiency, even though you may not immediately recognize this fact.

### ***Progressive Training***

As mentioned briefly in Lesson One, you should perform only as many exercises as you are given. Do not add exercises to your routine, and don't do any more reps or sets than those given you. We advise this procedure early in the course for a good reason. Over-eagerness this soon will result in extremely sore muscles, fatigue, no muscle gain, and probably a great deal of disappointment for you. Later on in the course we will urge you to try to increase your workouts by one or two reps a day. Each workout will become more exciting as you try to outdo reps you performed the day before. BUT, for the first few weeks, you MUST perform only as many reps as we recommend!

If you are still having trouble performing the foundation course after two weeks delay Lesson Three for another week or two while you continue to build your strength. Also, if you ever have to really strain to complete the reps given you in any exercise, omit a few until you are up to doing them. Always hold off on the next lesson until you can perform your present lesson without difficulty

### ***Training Poundages for Weight Trainer***

When you begin training with weights, start with a comfortable amount. Take as much weight as you can handle, don't pamper yourself! You won't get anywhere if you take it easy. In exercises such as Squat and Bench Press, you'll probably be able to use heavier weights than you use in some of the other exercises.

Whenever the poundages you are using feel too light, add 5 pounds to the barbell. In most exercises you will be able to add weight regularly, and it will be months before you hit a limit. If you happen to reach your limit within only a few weeks, don't worry. As long as the weights you are using give you a thorough workout, they're the right weights for you!

### **Concentration**

This is an important part of your training. As you perform each exercise, learn to create on the muscles being worked. Form a mental picture of those muscles, and imagine them getting stronger and larger. When you do push-ups, tense the muscles being worked, and feel your chest expanding. When you are resting between sets, flex your muscles - all of them! Train with a drive and a determination as though your very life depended upon your completing each exercise and set. In no time your muscles will bulge!

### **Nutrition**

You will find the rest of this lesson devoted to a very important part of bodybuilding, NUTRITION! Exercising alone cannot give you the body you desire. A proper diet is an essential aspect of bodybuilding. Read carefully the articles on Protein, Weight Gain and Weight Loss. To assist you in your choice of foods for a specific diet we have included a Protein Guide. This is not for the purpose of adding up every gram of protein and calorie you eat, but only to give you an idea of which foods have the highest protein content and the lowest caloric content.

### **What? Eat 6 meals a day?**

Yes, we recommend that you eat six small meals a day rather than three large meals. Some of you may find it difficult to eat six meals a day due to school or work schedules. Work your meals around your schedule. It is important to get those meals and snacks in. Without them your gains won't be as good. If you have to wait until after school or work to eat then eat as soon you get home.

## **Lesson 2**

### **WEEKLY ASSIGNMENT**

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### **Weight trainers**

- Exercise 1: PRESS - Do one set of 8 reps
- Exercise 2: UPRIGHT ROWING - Do one set of 8 reps
- Exercise 3: BENCH PRESS - Do one set of 8 reps
- Exercise 4: SQUAT - Do one set of 10 reps
- Exercise 5: WIDE-GRIP CHIN-UP to BACK OF NECK -  
Do one set of 8 reps
- Exercise 6: LEG PUSHOUT - Do two sets of 15 reps each

### **Non-Weight trainers**

- Exercise 1: FEET-ELEVATED PUSH-UP - Do one set of 8 reps
- Exercise 2: HACK SQUATS - Do one set of 12 reps
- Exercise 3: WIDE-GRIP CHIN-UP to BACK OF NECK -

Do one set of 8 reps

Exercise 4: REVERSE TRICEP PUSH-UP - Do one set of 12  
reps

Exercise 5: LEG PUSHOUT - Do two sets of 15 reps each

# PROTEIN

All bodybuilding enthusiasts look for that “Super-Formula” that will aid them in building great muscles. If there is such a magic formula to be found, it would be protein. All foods have some protein in them, but you obtain the most protein when you eat foods like meat, eggs, fish, cheese and milk. Protein builds muscles, the more you consume, the faster you muscles will grow.

We advise students to eat six small meals a day, rather than three large meals. This way valuable protein is not wasted as the body can only absorb and use so much protein at one time. Never eat more than 22 grams of protein at any one time. Twenty grams of protein is equivalent to five ounces of steak, two and a half glasses of milk, or 7 tablespoons of cottage cheese.

You will gain hard muscular weight, no fat, if you consume 120 grams of protein a day. You must do it in six small meals of about 20 grams per meal. It is not hard to do! You can start with a breakfast of two eggs and bacon, and a glass of milk, yield 22 grams of protein. Three hours later you could have half a pint of cottage cheese and some fruit, yield 20 grams protein. For lunch a generous serving of meat and vegetables and a glass of milk, yield 22 grams protein. In mid-afternoon try a couple of eggs whipped in milk with a banana or some flavoring beaten into it, yield 20 grams protein. For dinner have another meal of meat and vegetables, yield 22 grams protein. Before going to bed half a cup of cottage cheese or a meat sandwich, yield 20 grams of protein. It comes to a total of about 126 grams of muscle-building protein.

The above diet is good for a man who is either a few pounds short of his desired weight or a man who is overweight.

Try to get protein from at least three different sources such as animal, foods, eggs, milk, and certain vegetables. In other words, have a variety of different foods to keep your meals interesting as well as nutritious. Remember, the more protein you eat the faster you will make muscle gains.

## ***For First Class Proteins, Try :***

FOOD	grams of protein	FOOD	grams of protein
Cheese, 2x1x1"piece	12	Eggs, 2	6
Cheese, cottage, 1/2 cup	20	Kidney, stewed, 1/2 cup	18
Halibut, 4 ounces	19	Lamb, roast, 4 ounces	16

Liver, 4 ounces	24	Almonds, 1/2 cup	18
Milk, whole, 1 quart	33	Milk, skim, 1/2 cup	18
Beans, dried soy, 1/2 cup	35	Brewers yeast, 1 Tblsp.	10
Corn Meal, yellow, 1 cup	12	Peanuts, roasted, 1/2 cup	19
Rice, brown, half a cup	9	Peanut butter, half a cup	19
Soybean flour, 1 cup	45	Wheat, shredded, 1 biscuit	12
Sunflower seeds, 1/2 cup	35	Wheat germ, 1/2 cup	16

## Weight Gain

In this article we will teach you how to gain as much as fifty pounds of rock hard muscle, although some of you may only need 10 pounds to look good. If you follow our training schedule as you put on weight, all those extra pounds will be muscle rather than fat. With the proper training your strength will increase with each pound you gain.

In the beginning you must increase your food intake very gradually. Try to follow the diet below. You may substitute some of the foods but try to drink all of the milk called for. Don't miss any snacks, they are important! Weigh yourself once every thirty days, beginning with today. Write it down and keep a weight record for yourself.

BREAKFAST	LUNCH	DINNER
2 glasses of milk Bowl of cereal or eggs and bacon 2 slices of toast with butter and jelly.	1 glass of milk, soup and 2 meat sandwiches (or peanut butter) Dessert	1 glass of milk, well-balanced meal of meat, potatoes and vegetables, 2 slices of bread and butter, Dessert
MORNING SNACK	AFTERNOON SNACK	SNACK BEFORE BED

1 glass of milk, Peanut butter sandwich	1 glass of milk, pie or cake	1 glass of milk, Peanut butter and/or jam sandwich
---	------------------------------	--

As you are gaining, you may notice your waist will get slightly larger, don't worry. You are probably not use to eating this much food. It is an easy matter to trim down and firm up your waist as you reach your desired weight. Once you are back on you regular diet you will lose that little extra around the middle.

If you follow the training schedule without fail as you put on weight all those extra pounds will become muscle not fat. With proper training your strength will increase with each pound you gain. Get 8-10 hours of sleep and relax as much as possible, save your energy for your workouts.

Occasionally a bodybuilder will want to add extra bulk and will go on a super weight-gain diet. We've got some terrific malts you can make at home. With these malts you can easily put on a pound a day. But, we will go into that in lessons to come.

## Weight Loss

Re-examine your dietary habits. First make sure your daily intake of food is nutritional. Slowly eliminate processed food, foods from white flour and their products, cake, cookies, french fries, etc, as well as sugar, from your diet.

Protein is the body building substance needed to form new tissues and cells and rebuild and repair old ones. You blood tissues, organs, skin, hair and nail are about 95% protein, along with your bones and nerves. Meat, fish, eggs and poultry are complete proteins. Others include soybeans, sunflower seeds, and

peanuts. 60% of protein consumed is changed into sugar (glucose), that's why sugar is completely unnecessary in your bodybuilding diet.

Two thirds of your diet should be protein, the other third should be made up of fresh raw fruit, vegetables, nuts and seeds. Liver is the most effective source of complete protein. It is the number one food that not only builds your body up, but greatly increases your energy. It relieves fatigue and neutralizes many dangerous drugs within your system.

Fat produces an energy reserve, slows down the rate at which food is digested and is a source of heat and energy, and a cushion for vital organs. Fish is practically a perfect food. It is an excellent source of high quality protein, vitamins and minerals. Eggs are another superior protein food. 1-2 eggs a day are recommended for everyone. They supply a full measure of minerals. True, they do contain cholesterol, but they are an excellent source of lecithin, inositol and many other effective cholesterol controlling agents. Powdered milk is outstanding because it consists of an abundance of fat free protein, vitamins and minerals. It's known to rejuvenate the heart, brain, and nerves as well as strengthen the failing body.

**Valueless Food  
at a Glance:**

**Beer, candy, crackers, cake, cookies, corn chips, doughnuts, dumplings, fudge, jam, jelly, hash, hot dogs, ice cream, macaroni, noodles, fried potatoes, pizza, potato chips, pastry, pie, pot pie, pancakes, pretzels, pudding, spaghetti, soft drinks, rolls, raviola, white bread, sugar, Shite rice, waffles**

Rather than having three large meals a day, we recommend having six small meals. Eating smaller meals will help your body to utilize all the protein. Also, eating small meals will help shrink your stomach. Below is a sample diet. Be sure to eat medium portions in all foods. The rule of thumb for losing weight is to eat 800-1000 calories less than what is need to maintain your perfect weight. You need about 15 calories per pound everyday to maintain your steady weight. Consume less calories and you lose weight, consume more and you will gain weight.

<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
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Glass of orange juice 1 poached egg 1 ounce of chicken 1 slice of whole wheat toast	1 glass skim milk Pork chop or sandwich (on whole wheat bread) Salad	Steak Cottage Cheese Salad Glass of juice or skimmed milk
<b>MORNING SNACK</b>	<b>AFTERNOON SNACK</b>	<b>EVENING SNACK</b>
1 glass skim milk ¼ cup cottage cheese	1 glass skim milk 1 ounce American cheese	1 glass skim milk or juice Piece of chicken or slice of meat

## PROTEIN GUIDE

<b>MILK. CHEESE. CREAM</b>			
<b>Milk:</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBO-HYDRATES</b>
Whole 1 cup	160	9	12
Skim 1 cup	90	9	12
Buttermilk 1 cup	90	9	12
Evaporated, unsweetened 1 cup	345	18	24
Evaporated, sweetened.. 1 cup	980	25	166
<b>Cheese:</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBO-HYDRATES</b>
Blue or Roquefort 1 oz.	105	6	1
Cheddar 1 oz .	115	7	1
Cottage 12 oz .	360	46	10
Cream 8 oz .	850	18	5
American 1 oz.	105	7	1
Camembert 1-1/3 oz.	115	7	1
Parmesan 1 oz.	130	12	1
Swiss 1 oz.	105	8	1
Pasteurized Process Cheese Spread 1 oz	80	5	2
<b>Cream:</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBO-HYDRATES</b>
Half and Half 1 cup	325	8	11
Light 1 cup	505	7	10

Whipping cream, light 1 cup	715	6	9
Whipping cream, heavy 1 cup	840	5	7
Powdered Creamer 1 cup	505	4	52
Sour 1 cup	485	7	10
Whipped topping 1 cup	155	2	6
<b>Related products:</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBO-HYDRATES</b>
Cocoa. 1 cup	245	10	27
Malted milk. 1 cup	245	11	28
Baked custard 1 cup	305	14	29
Ice cream 1 cup	255	6	28
Ice milk 1 cup	200	6	29
Yogurt 1 cup	150	7	12

<b>MEAT, POULTRY, FISH</b>			
<b>Meat</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBO-HYDRATES</b>
Bacon 2 slices	90	5	1
Ground beef, lean 3 oz.	185	23	0
Roast beef 3 oz.	165	23	0
Corned beef 3 oz.	185	22	0
Dried beef, 2 oz.	115	19	0
Beef stew 1 cup	210	15	15
Beef potpie 1 pie	560	23	43
Chile con carne 1 cup	335	19	30
Beef heart 3 oz.	160	27	1
Steak	115	18	0
Lamb chop 4 oz.	400	25	0
Lamb roast	285	18	0
Beef liver 2 oz.	130	15	3
Baked ham 3 oz.	245	18	0
Boiled ham 2 oz.	135	11	0
Pork chop 3.5 oz.	260	16	0
Pork roast 3 oz.	310	21	0
Frankfurter 1 frank	170	7	1

Pork links 2 links	125	5	trace
Veal cutlets 3 oz.	185	23	-
Salami 1 oz.	130	7	trace
Bologna 2 slices	80	3	trace
Vienna sausages 1 sausages	40	2	trace
<b>Poultry:</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBO-HYDRATES</b>
Chicken breast 3.3 oz.	155	25	1
Chicken drumstick 2.1 oz.	90	12	trace
Chicken potpie 1 pie	535	23	42

<b>Fish:</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBO-HYDRATES</b>
Breaded fish sticks 10 sticks	400	38	15
Breaded haddock 3 oz.	140	17	5
Breaded perch 3 oz.	195	16	6
Sardines 3 oz.	175	20	0
Shrimp 3 oz.	100	21	1
Tuna	170	24	0
Clams 3 oz.	65	11	2
Crabmeat 3 oz.	85	15	1
Oysters 1 cup	160	20	8
Salmon 3 oz.	120	17	0

<b>Eggs:</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBO-HYDRATES</b>
Cooked 1 egg	80	6	trace
Scrambled 1 egg	110	7	1

<b>DRY BEANS AND NUTS</b>			
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<b>Dry beans:</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBO-HYDRATES</b>
Northern 1 cup	210	14	38
Navy 1 cup	225	15	40
Pork & beans 1 cup	310	16	49
Kidney 1 cup	230	15	42
Lima 1 cup	260	16	49

<b>Nuts:</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBO-HYDRATES</b>
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Almonds 1 cup	850	26	28
Cashews 1 cup	785	24	41
Peanuts 1 cup	840	37	27
Peanut butter 1 tbsp.	95	4	3
Pecans 1 cup	740	10	16
Walnuts 1 cup	790	26	19
Shredded coconut 1 cup	450	5	12
<b>Vegetables:</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBO-HYDRATES</b>
Asparagus 4 spears	10	1	2
Lima beans 1 cup	190	13	34
Green beans 1 cup	45	2	10
Wax beans 1 cup	45	2	10
Beets 1 cup	55	2	12
Broccoli 1 cup	40	5	7
Brussels sprouts 1 cup	55	7	10
Raw cabbage 1 cup	15	1	4
Cooked cabbage 1 cup	30	2	6
Raw carrots 1 carrot	20	1	5
Cooked carrots 1 cup	45	1	10
Cooked cauliflower 1 cup	25	3	5
Celery 1 stalk	5	trace	2
Sweet corn 1 ear	70	3	16
Canned corn 1 cup	170	5	40
Cucumbers 1 cucumber	30	1	7
Endive 2 oz .	10	1	2
Lettuce 1 head	60	4	13
Canned mushrooms 1 cup	40	5	6
Raw onions 1 medium onion	40	2	10
Cooked onions 1 cup	60	3	14
Green onions 6 onions	20	1	50
Parsley 1 tbsp.	trace	trace	trace
Green peas 1 cup	165	9	31
Green peppers 1 pod	15	1	4

Hot peppers 1 tbsp.	50	2	8
Baked potatoes 1 potato	90	3	21
Boiled potatoes 1 potato	80	2	18
French-fried potatoes ~ 1/2 potato	155	2	20
Mashed Potatoes 1 cup	185	4	24
Potato Chips 10 chips	115	1	10
Radishes 4 radishes	5	trace	1
Spinach 1 cup	40	5	6
Sweet potatoes 1 potato	155	2	36
Tomatoes 1 tomato	40	2	9
Tomato catsup 1 cup	290	6	69
Tomato Juice 1 cup	45	2	10
Okra 8 pods	25	2	5
Canned Pumpkin 1 cup	75	2	18
Sauerkraut 1 cup	45	2	9
Summer Squash 1 cup	30	2	7
Turnips 1 cup	35	1	8
Cooked parsnips 1 cup	100	2	23
<b>Fruits</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBO- HYDRATES</b>
Apples 1 apple	70	trace	18
Applesauce 1 cup	230	1	61
Apricots 3 apricots	55	1	14
Avocados 1 avocado	370	5	13
Bananas 1 banana	100	1	26
Cantaloupe 1/2 a melon	60	1	14
Cranberry juice 1 cup	165	trace	42
Cranberry sauce 1 cup	405	trace	104
Dates 1 cup	490	4	130
Fruit cocktail cup	195	1	50
Grapefruit 1/2 grapefruit	45	1	12
Grapes 1 cup	65	1	15
Grape juice 1 cup	165	1	42
Orange and grapefruit juice 1 cup	110	1	26

Prune juice 1 cup	200	1	49
Oranges 1 orange	65	1	16
Peaches 1 peach	35	1	10
Peaches in syrup 1 cup	200	1	52
Pears 1 pear	100	1	25
Pears in syrup 1 cup	195	1	50
Pineapple 1 cup	75	1	19
Pineapple in syrup 1 cup	195	1	50
Plums 1 plum	25	trace	7
Plums in syrup 1 cup	205	1	53
Raspberries 1 cup	70	1	17
Raspberries, frozen 10 oz.	275	2	70
Strawberries 1 cup	55	1	13
Strawberries, frozen 10 oz.	310	1	79
Watermelon 1 wedge	115	2	27
Blueberries 1 cup	85	1	52
Dried figs 1 fig	60	1	15
Lemonade 1 cup	110	trace	28
Raisins 1 cup	480	4	128
Rhubarb 1 cup	385	1	98
Tangerines 1 tangerine	40	1	10
Papayas 1 cup	70	1	18
<b>Grain Products</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBO-HYDRATES</b>
Bagels 1 bagel	165	6	28
Barley 1 cup	700	16	158
Biscuits 1 biscuit	90	2	15
Breadcrumbs 1 cup	390	13	73
Farina 1 cup	105	3	22
French bread 1 loaf	1,315	41	251
Italian bread 1 loaf	1,250	41	251
Rye bread 1 loaf	1,100	41	236
Pumpnickel bread 1 loaf	1,115	41	241
White bread 1 loaf	1,245	41	228

Whole-wheat bread	1 loaf	1,095	41	224
Devils food cake	1 cake	3,755	49	645
White cake	1 cake	4,000	45	716
Yellow cake	1 cake	4,390	51	727
Sponge cake	1 cake	2,345	60	427
Gingerbread cake	1 cake	1,575	18	291
Fruitcake	1 cake	1,720	22	271
Pound cake	1 cake	2,430	29	242
Brownies	1 brownie	85	1	13
Chocolate chip cookies	1 cookie	50	1	6
Sandwich cookies	1 cookie	50	1	7
Fig Bars	1 cookie	50	1	11
Corn Flakes	1 cup	100	1	11
Cornmeal	1 cup	435	11	90
Corn muffins	1 muffin	125	3	19
Puffed Corn	1 cup	115	1	27
Shredded corn	1 cup	100	2	22
Graham crackers	4 crackers	110	2	21
Saltine crackers	4 crackers	50	1	8
Danish pastry plain	12 oz.	1,435	25	155
Plain doughnut	1 doughnut	125	1	16
Macaroni	1 cup	155	5	32
Macaroni and cheese	1 cup	430	17	40
Muffins	1 muffin	120	3	17
Egg noodles	1 cup	200	7	37
Puffed oats	1 cup	100	3	19
Oatmeal	1 cup	130	5	23
Pancakes	1 cake	60	2	9
Apple pie	4" wedge	350	3	51
Cherry pie	4" wedge	350	4	52
Pecan pie	4" wedge	490	6	60
Pumpkin pie	4" wedge	275	5	32
Cheese pizza	5" wedge	185	7	27

Popcorn 1 cup	40	1	5
Dutch pretzels 1 cup	60	2	12
Pretzel sticks 5 sticks	10	trace	50
Cooked white rice 1 cup	225	4	50
Instant white rice 1 cup	180	4	40
Puffed rice 1 cup	60	1	13
Hotdog or hamburger roll 1 roll	120	3	21
Hard roll 1 roll	155	5	32
Rye wafers 2 wafers	45	2	10
Spaghetti 1 cup	155	5	32
Waffles 1 waffle	205	7	27
Puffed wheat 1 cup	55	2	12
Wheat flakes 1 cup	105	3	24
Shredded wheat 1 biscuit	90	2	20
Wheat flour 1 cup	400	16	85
All-purpose flour, sifted 1 cup	420	12	88
Self-rising flour 1 cup	440	12	93
<b>Fats, Oils</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBO- HYDRATES</b>
Butter 1/2 cup	810	1	1
Lard 1 cup	1,850	0	0
Vegetable fats 1 cup	1,770	0	0
Margarine 1/2 cup	815	1	1
Corn Oil 1 cup	1,945	0	0
Cottonseed Oil 1 cup	1,945	0	0
Olive Oil 1 cup	1,945	0	0
Peanut Oil 1 cup	1,945	0	0
Safflower Oil 1 cup	1,945	0	0
Soybean Oil 1 cup	1,945	0	0
Creamy blue cheese dressing 1 tbsp.	65	trace	2
French dressing 1 tbsp.	65	trace	3
Mayonnaise 1 tbsp.	100	trace	3
Thousand Island dressing 1 tbsp.	80	trace	3
<b>Sugars, Sweets</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBO- HYDRATES</b>



Chocolate icing 1 cup	1,035	9	185
Coconut icing 1 cup	605	3	124
Fudge icing 1 cup	830	7	183
Carmel candy 1 oz.	115	1	22
Milk chocolate candy 1 oz.	145	2	16
Chocolate-coated peanuts 1 oz.	160	5	11
Mints, candy corn 1 oz.	105	trace	25
Plain fudge 1 oz.	115	1	21
Gum drops 1 oz.	100	trace	25
Hard candy 1 oz.	110	0	28
Marshmallows 1 oz.	90	1	23
Chocolate syrup 1 oz.	90	1	24
Chocolate fudge syrup 1 oz.	125	2	20
Honey 1 tbsp.	65	trace	13
Jellies 1 tbsp.	50	trace	13
Molasses 1 tbsp.	50	trace	13
Brown sugar 1 cup	820	0	212
Granulated sugar 1 cup	770	0	199
Powdered sugar 1 cup	460	0	119
Pancake syrup 1 tbsp.	60	0	15
<b>Miscellaneous Items</b>	<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBO- HYDRATES</b>
Barbecue sauce 1 cup	230	4	20
Beer 12 oz.	150	1	14
Gin, rum, vodka, whiskey 1 1/2 oz.	110	-	trace
Wine 3 1/2 oz.	85	trace	4
Cola beverages 12 oz.	145	0	37
Fruit flavored beverages 12 oz.	170	0	45
Ginger ale 12 oz.	115	0	29
Root beer 12 oz.	150	0	39
Baking chocolate 1 oz.	145	0	37
Semi-sweet chocolate 1 cup	860	7	97
Gelatin dessert 1 cup	140	4	34
Green olives 4 olives	15	trace	trace

Black olives 3 olives	15	trace	trace
Dill pickles 1 pickle	10	1	1
Sweet pickles 1 pickle	20	trace	6
Chocolate pudding 1 cup	385	8	67
Vanilla pudding 1 cup	285	9	41
Sherbet 1 cup	260	2	59
Cream of mushroom soup 1 cup	215	7	16
Beef noodle soup 1 cup	70	4	7
Minestrone soup 1 cup	105	5	14
Split pea soup 1 cup	145	9	21
Tomato soup 1 cup	90	2	16
Vegetable beef soup 1 cup	80	5	10
Vegetarian soup 1 cup	80	2	13
Tapioca 1 cup	535	1	131
Tartar sauce 1 tbsp.	75	trace	1
Vinegar 1 tbsp.	trace	trace	1
Brewer's yeast 1 tbsp	25	3	3



# LESSON THREE

## Your Third Week

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How are you doing? By this time, many students have written us letters commenting on our first two lessons. Most of them are seeing progress and are excited to tell us about it! If you would care to write us, we are always interested in finding out how are students are doing.

Has most of the soreness gone away? As you become stronger and more accustomed to your workouts, the soreness will go away. Are you tired of exercising? Slow down and get more sleep.

How are you coming with your diet plan? If you are overweight, are you avoiding those junk foods? If you are underweight, are you satisfied with your weight gain so far? **All** our students should remember to concentrate on protein foods, only protein foods can help build you the powerful muscles you desire!

### **Massive Muscles**

This week we will begin to put more emphasis on your chest training. The chest muscles can be developed to a tremendous degree. Men around six feet tall can develop a 49-inch chest. But, to get the maximum measurements will require maximum dedication!

### **Exercise Grouping**

As previously mentioned, the exercises included in this lesson emphasize the development of the chest. There is one exercise for Weight Trainers and another one for Non-Weight Trainers.

We recommend that you perform this chest exercise with the other chest exercises. Perform all arm exercises together, and all leg exercises together as well. This is known as exercise grouping and is beneficial to every bodybuilder. By concentrating on one muscle group for several routines, you “flush up” those

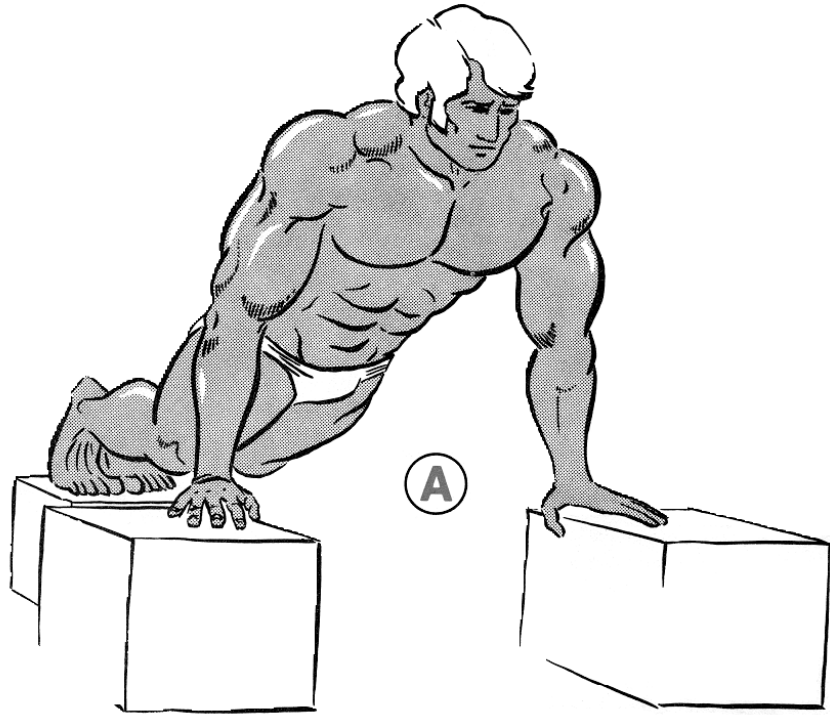
muscles, and they become bigger, faster!

# EXERCISES FOR MASSIVE CHEST SIZE

Non-Weight Trainers

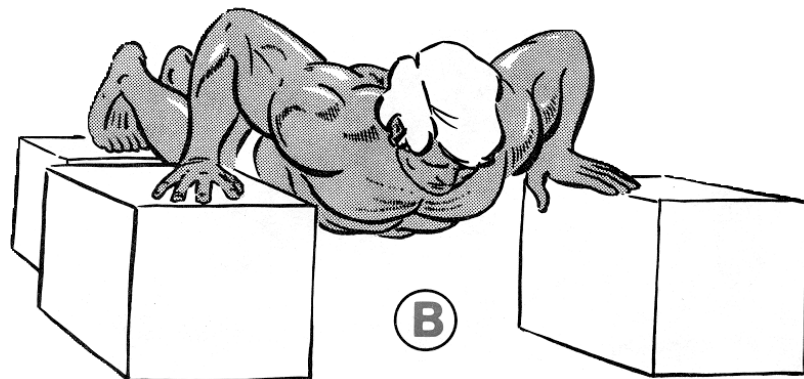
### ***Push-ups Between Chairs***

Position yourself on three chairs or boxes as shown in the illustration. Lower your torso between the boxes using a push-up motion. Dip down as far as you can, and stretch your chest. Return to the starting position.



Try 8 reps for starters.

This is a tremendous exercise for developing your chest to the fullest degree.

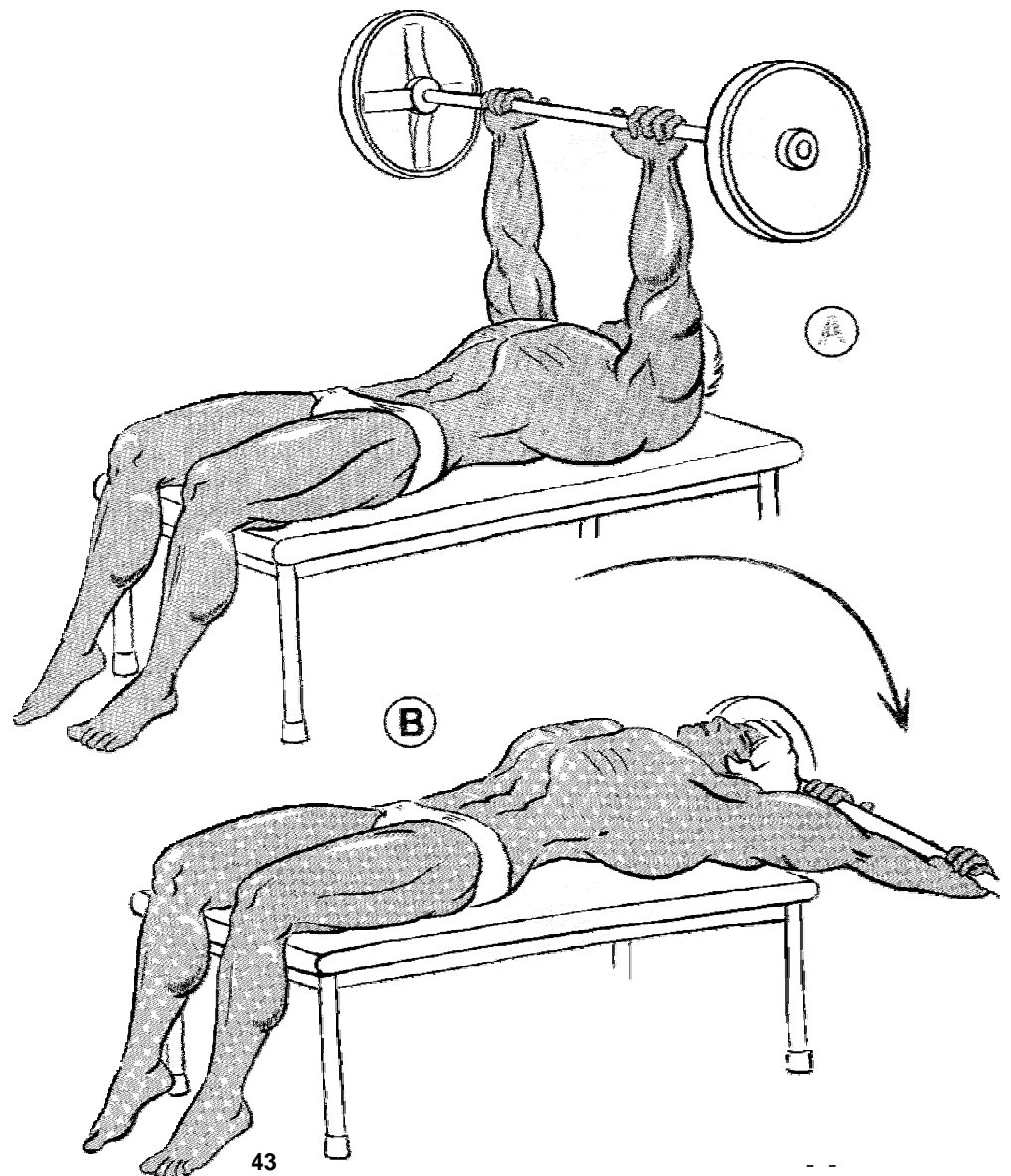


## EXERCISES FOR MASSIVE CHEST SIZE

### Weight Trainers

#### ***Straight Arm Pullover***

Using a fairly light weight, attain the position shown in illustration A, with your hands 6 inches apart. Lower the barbell back over your head as far as you are able, taking a deep breath as it descends. Exhale as you return the weight to its original position.



This exercise enlarges your rib cage, develops your chest muscles and gives your chest an excellent shape.

## Bulking Up and Training Down

What's behind the making of huge muscular gains? What is the unique secret that can force arms up to 17", 18" or even 19", and a chest measurement beyond 45", 49" and even the 50" mark? The process is very simple, and yet most of those that go into bodybuilding never come across this unique system of gaining muscular size: **bulk up and the train down!** What does this mean? Just this: if you want to get muscular fast, you must gain weight. After all, muscular size doesn't materialize out of thin air, you must eat and gain weight to feed those muscles.

This system applies to all bodybuilders, not just the thin bodybuilder. It's also for the bodybuilder who feels that he's at the right weight, but still wants to add more massive size. You have to raise your body weight **beyond what you should really weigh for your height**. In other words, if the proper weight for your height is 170 pounds, you should raise your weight up 175 pounds or more.

Why go beyond the proper weight for your height? Because when you raise your weight that high, your muscles increase tremendously. True, you may gain excess fat around the waist, and your muscles may lose some of their definition., but the important thing is that your arms, chest and shoulders are getting bigger. Remember any excess fat that you may have gained while bulking up, you can loose easily. Once you start to train down, the excess fat will go, BUT you will retain most of the extra muscular size you picked up while bulking up. Remember this is the most important bodybuilding secret.

Of course, the bodybuilder who is already overweight doesn't have to apply this principal. With proper training and diet, he can convert all his excess fat into rock-hard muscle.



## Bulking Up and Training Down Special Weight Gaining Malts

You can make fantastic gains with these malts. They are loaded with protein and calories. If you want to see those extra pounds of muscle pile on fast, then try one of these malts everyday. Do not substitute any meals for these malts, but add them to your regular diet of six small meals a day. Drink them between your meals.

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### Strawberry Malt

- 3 tablespoons of strawberry preserves or fresh strawberries

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- 2 teaspoons of honey

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- 1 raw egg

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- 3 glasses of milk

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### Ice Cream Malt

- 1 pint of ice cream

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- 1 quart of milk

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- any fruit you desire (fresh or canned)

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### Banana Malt

- 2 or 3 ripe bananas

---

- 1 raw egg

---

- 1 quart of milk

---

- ½ cup of powdered milk

---

### Chocolate Malt

- 3 Tablespoons of chocolate mix or syrup

---

- 1 teaspoon of peanut butter

---

- 1 raw egg

---

- 1 quart of milk

---

- 1 cup of powdered milk

---

## Diet Drink

This drink is for people who want to lose weight. It is low in calories, but high in protein. Pick any juice you like, mix into it an egg and a little flavoring:

### Orange Juice Mix

- 2 cups of orange juice

---

- 1 teaspoon honey

---

- 1 raw egg

---

You may have this drink instead of one of your meals, or you can have it between meals. It is a healthful energy drink.

# Lesson 3

## WEEKLY ASSIGNMENT

\*\*\*\*\*

## Weight Trainers

Exercise 1: PRESS - Do one set of 8 reps

Exercise 2: UPRIGHT ROWING - Do one set of 8 reps

Exercise 3: BENCH PRESS - Do one set of 8 reps

Exercise 4: STRAIGHT ARM PULLOVER – Do one set of 12 reps

Exercise 5: SQUAT - Do one set of 10 reps

Exercise 6: WIDE-GRIP CHIN-UP to BACK OF NECK -  
Do one set of 8 reps

Exercise 7: LEG PUSHOUT - Do two sets of 15 reps each

## Non-Weight Trainers

Exercise 1: FEET-ELEVATED PUSH-UP - Do one set of 8 reps

Exercise 2: PUSH-UPS BETWEEN CHAIRS – Do one set of 8  
reps

Exercise 3: HACK SQUATS - Do one set of 12 reps

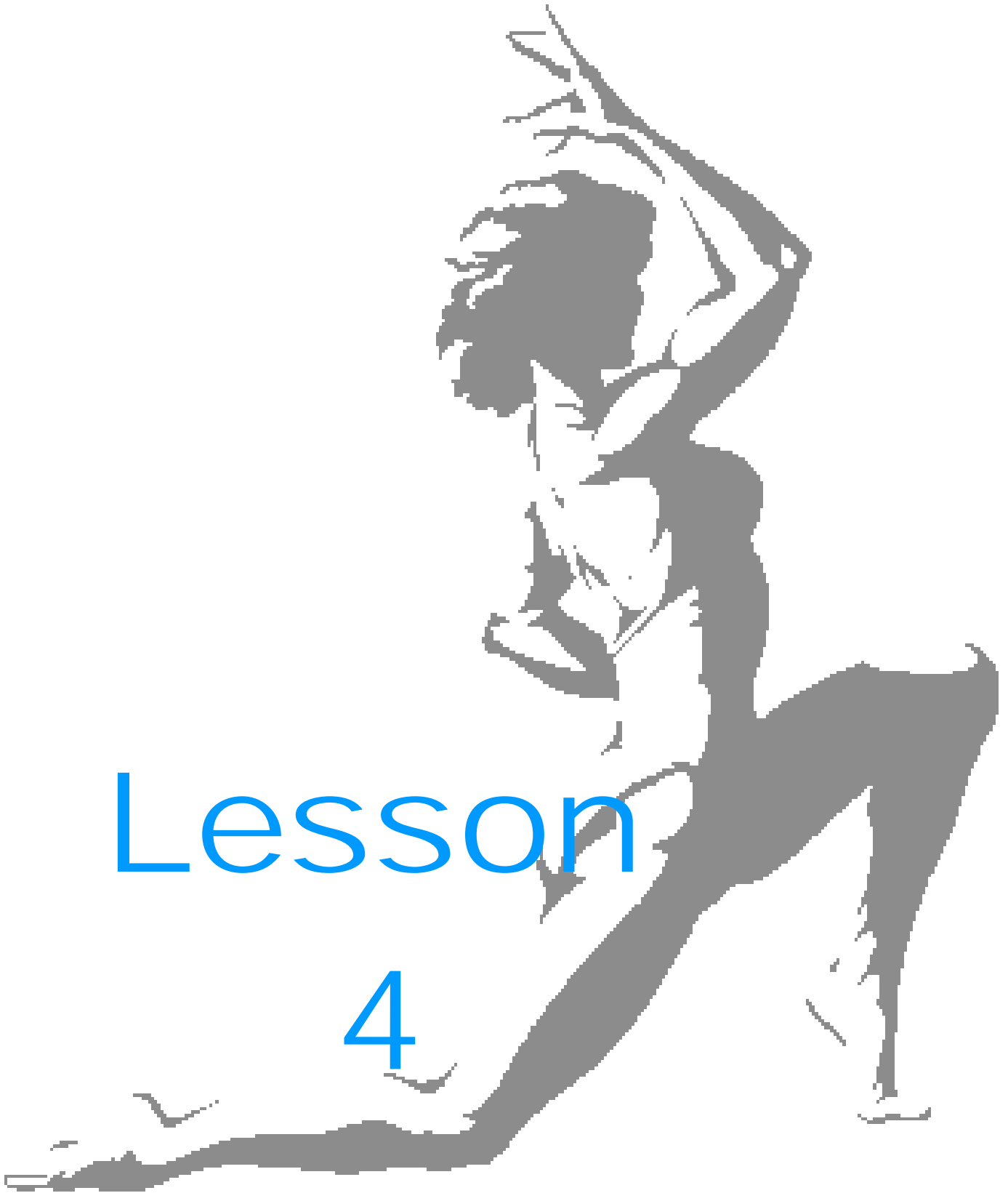
Exercise 4: WIDE-GRIP CHIN-UP to BACK OF NECK -  
Do one set of 8 reps

Exercise 5: REVERSE TRICEPS PUSH-UP - Do one set of 12  
reps

Exercise 6: ALTERNATE LEG KICK -  
Do two sets of as many reps as it takes to tire you out.

# Lesson

# 4



# LESSON FOUR

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Some day in the future, the results of your training may level off. You'll still be performing every exercise as well as possible, but you will notice the progress has stopped. You will have muscles, you'll feel good, you'll be stronger than before, but you will want more. You'll want bigger muscles, even better health and more strength. You'll want to move up from where you are seemingly stuck. Should this happen to you in your training, we recommend our **Progressive Training System**. By "progressive", we mean that every time you work out you must try to do better than the time before.

There is a legend about Hercules, that said that every day Hercules would lift a certain calf. As the calf grew, so did Hercules strength so that by the time the calf was a full grown bull Hercules was strong enough to lift it! Although we may not be able to make you strong enough to lift a bull we can give you amazing results!

Our **Progressive Training System** can be utilized by both Weight Trainers and Non-Weight Trainers, with slight variations of course.

## Weight Trainers

Adding additional weights to your barbell every workout would be rushed and haphazard, so we have devised a more mathematical method of training that lets you advance carefully and evenly. So if it seems that you are going nowhere in your training routine, get out your notebook and your weights.

### *Bench Press as an example for weight trainers:*

Using a comfortable weight, say 60 pounds, perform as many reps as you are able. For this example lets say you did 12. That will be your first set.

Rest a minute, then perform another set of 10 reps.

Rest again, and do a third set of eight reps.

With a 60 pound weight you have now done 3 sets; one set 12 reps, one set 10 reps, one set 8 reps.

Label the top of the page in your notebook as follows, to represent the weight, sets and reps you've worked:

*Bench Press: 60 pounds, 12x, 10x, 8x*

On your next workout you will begin our **Progressive Training System**. Since you did 12 reps with a 60 pound weight in first set of your last workout, you know you can do it again, so, do it! This time, however, work harder on your second set, and do 11 reps instead of 10. Finish with 8 reps as before. You've now progressed to 12x 11x 8x. Next workout bring up the last set to 9 reps. That will give you 12x 11x 9x.

As you chart these Bench Press workouts you can see just how the **Progressive Training System** works. Every work out you add one rep per exercise, NOT per set.

Your chart would read like the one below:

BENCH PRESS: 60 pounds 12x,10x,8x,

60 pounds	65 pounds	70 pounds	75 pounds	80 pounds
12x 10x 8x				
12x 11x 8x				
12x 11x 9x				
12x 12x 9x				
12x 12x 10x				
12x 12x 11x				
12x 12x 12x				

Next time you work out add 5 pounds to your weights. Then continue the series exactly as before.

Your chart would read like the one below:

60 pounds	65 pounds	70 pounds	75 pounds	80 pounds
12x 10x 8x	12x 10x 8x	12x 10x 8x	12x 10x 8x	12x 10x 8x
12x 11x 8x	12x 11x 8x	12x 11x 8x	12x 11x 8x	12x 11x 8x
12x 11x 9x	12x 11x 9x	12x 11x 9x	12x 11x 9x	12x 11x 9x
12x 12x 9x	12x 12x 9x	12x 12x 9x	12x 12x 9x	12x 12x 9x
12x 12x 10x	12x 12x 10x	12x 12x 10x	12x 12x 10x	12x 12x 10x
12x 12x 11x	12x 12x 11x	12x 12x 11x	12x 12x 11x	12x 12x 11x
12x 12x 12x	12x 12x 12x	12x 12x 12x	12x 12x 12x	12x 12x 12x

Every time you finish a series of 12x 12x 12x, you add 5 pounds to your weights Your chart will

continue as above, progressing from 65 lbs to 70 lbs to 75 lbs, and so on.

**Remember:**

**Train only three times a week. Do NOT over-train!**

Starting with 60 pounds was only a suggestion, you may want to start at 50 pounds or 70 pounds. Perhaps your first set of reps will only be 8 reps. That's all right, this is YOUR program.

In most exercises you will add 5 pounds to the barbell every time you complete a series. In others, like the squat you may want to add 10 pounds, as the thighs develop quickly.

If you hit a low energy day and just can't increase your reps, keep them the same as the last workout. You will just have two entries that read the same. You can go up the next workout.

**NOTE:** If you are going to try the Progressive Training System early in your training, we recommend that you **start** with **two sets**, not three. Eventually, you will reach a point where you can do three sets without too much difficulty.

Your chart might read like this:

50 pounds	55 pounds	60 pounds	65 pounds	70 pounds
10x 8x	10x 8x	10x 8x	10x 8x	10x 8x
10x 9x	10x 9x	10x 9x	10x 9x	10x 9x
10x 10x	10x 10x	10x 10x	10x 10x	10x 10x

## Non-Weight Trainers

Bodybuilders using the non-weight training method will have to go about **Progressive Training** in a manner different from the Weight Trainers. While the Weight Trainers increase the poundage of their weights, non-weight trainers have several options.

You may work out a system of increased reps for yourself. There are a number of combinations you will be able to use. At first try two sets a day for each exercise, and increase the reps in one set every workout. Make your entries in a notebook, one entry per exercise every workout.

You might want to use one of the combinations we've suggested below:

12x6x  
12x9x  
15x9x  
15x12x  
18x12x  
18x15x  
21x15x  
21x18x  
*etc.*

10x5x  
10x10x  
15x10x  
15x15x  
20x15x  
20x20x  
25x20x  
25x25  
*etc*

10x4x  
10x6x  
10x8x  
14x6x  
14x8x  
14x10x  
18x8x  
18x10x  
18x12x  
*etc*

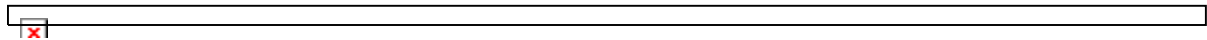
However, the average Non-Weight trainer won't be enthusiastic about doing one-hundred plus push-ups or chin-ups 3 days a week. You might get to the point where an excess of exercise will cause your muscle growth to reverse. So, we have another option for you.

If you work up to about 25 reps in one or both sets (or all three if you want to do three sets), try using some homemade weight to aid you in forcing your muscles to work harder. For exercises where your torso remains upright, like chinning or squats, tie something weighing a few pounds around your waist. Use books, one or two bricks, or even a plastic jug filled with sand or water. For exercises like push-ups, tie a sandbag to your back, or ask a friend to apply a little pressure with his hands. When you begin using your "weights" start a new column in your notebook and start again with a small number of reps in each set you perform.

There are of course some limits to this option, after all it would be difficult to strap twenty bricks around your waist. If you find that after awhile, you have stopped progressing, try another routine. We offer several, and one is bound to be the best for you. Not everyone will be able to get the same results out of progressive training, but try it out for a change if your regular routine gets dull or fails to improve your muscularity after a time.

Also, train for speed. Go through your workouts as fast as you can, taking as little time as possible to rest in between sets. Speed-training forces the muscles to work harder, resulting in a bigger muscle pump and increased strength.

**A Final Note....** Many students have become discouraged when the measuring tape fails to show any improvement from day to day. HIDE THAT TAPE! Train for strength and the muscle size will follow. For those who are on the weight loss program you might not record any significant loss for some time because muscle is replacing fat, while you are losing inches of fat you are gaining inches of muscle. Even if you can't see it, you will feel it!



## Counting Calories to Gain Weight

Watching your calories seems to be the number one ingredient in almost all diets to lose weight, and is also significant if you are trying to gain weight.

What exactly is a calorie? A calorie is the measuring unit for heat and energy in the body. You need calories to create energy for any physical activity, even just sitting there. The more calories you consume the more energy you are storing for physical activities. If you use up all the calories through physical activity then you will start to slim down. If you take in more calories and release less energy, those calories build up and you gain weight. It's that easy.

How many calories is enough? Every diet book is usually supplied with a chart, which shows you exactly how many calories you should consume a day. However, you are different, you are a bodybuilder. Your calorie intake cannot be determined by a chart, because, a body builder has totally different requirements.

If you are having problems gaining the weight you desire, keep an accurate diary of what you consume through the day. List everything, and at the end of the day add up the calories and record the number. This should be done for one week. Divide this by seven at the end of the week to come out with your daily average caloric intake. Now, multiply the weight you would like to be, by 15 and the weight you are by 15, subtract the two figures, and the difference is the additional amount of calories you need to consume.

### *For example:*

If your present weight is 200 pounds, you multiply that 15.  $200 \text{ lbs.} \times 15 = 3000 \text{ calories}$

Your desired weight is 250 pounds, multiply that by 15.  $250 \text{ lbs.} \times 15 = 3,750$   
calories

Subtract 3000 from 3750, you come out with an **additional** 750 calories more than what you are currently eating, which you need to consume, in order to **gain** weight.

## Building a Powerful Neck

A thick, powerful neck commands attention! You will never see a bodybuilder, wrestler or football player with a skinny neck. In many sports, the players put in an extra effort to build and develop their neck muscles.

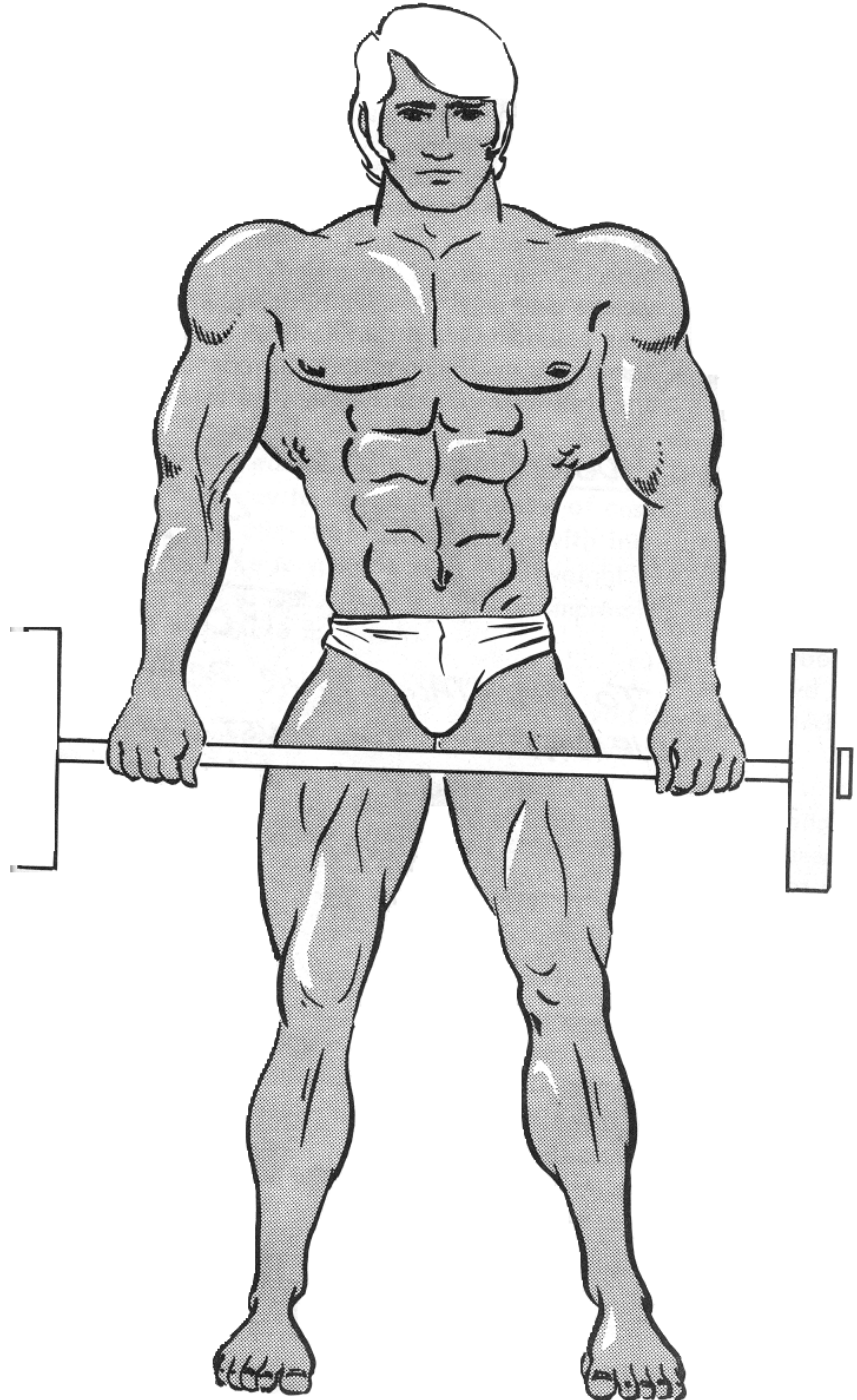


Not everyone requires extra neck work, so we have not included extra neck work in any of the routines. However, if you feel that your neck needs developing here are some exercises you can include in your routines.

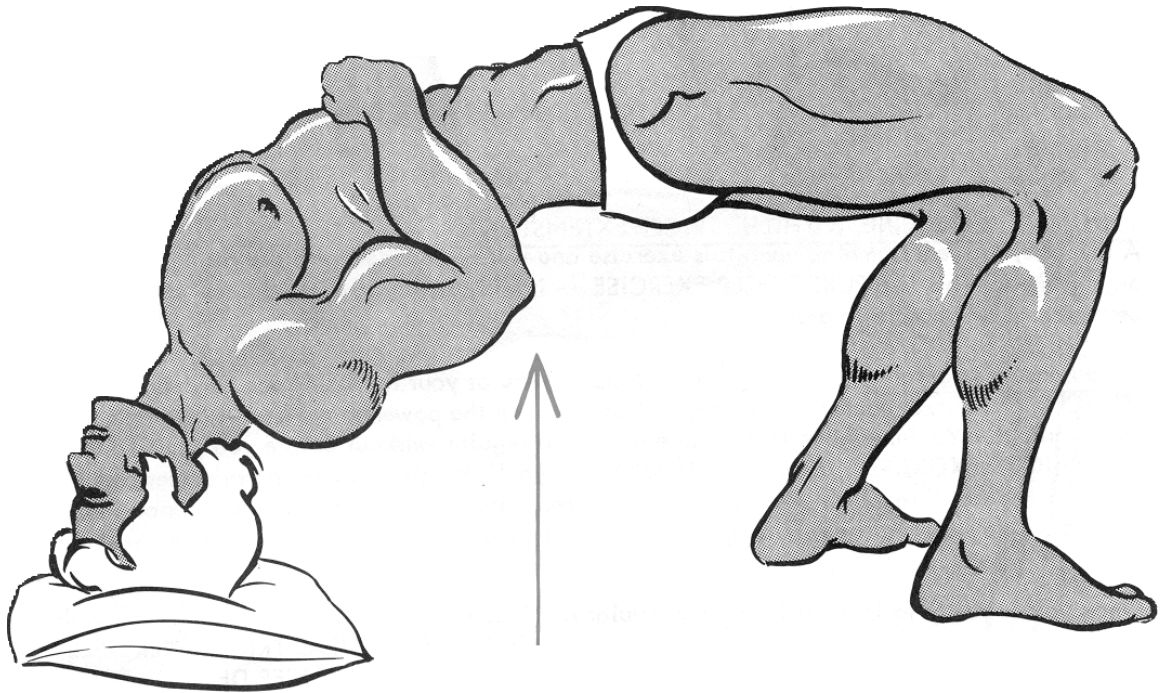
## The Shrug

This is an excellent exercise for the Trapezius muscle of the neck and one of the easiest weight-lifting exercises.

Hold the barbell in front of your thighs as shown. Now raise your shoulders as high as you can, try to come as close to your ears as possible. Attempt 12-15 rep, and do 2-3 sets. The shrug will build up the thickness in the back of your neck.



**CAUTION: Break into these exercises gradually, or you will have a stiff neck the next day!**



## Wrestler's Bridge

To perform this exercise properly, place a pillow under your head as you lie on the floor. Draw your feet up under your thighs to get a good, solid lifting stance. Now, roll your body back and up until it is supported only by your head and feet. If at the beginning you have trouble attaining this position use your hands to assist you. This is really a matter of balance, when you are upside down your sense of equilibrium is thrown off.

Once you have "bridged", lower yourself back into the original position with your shoulders and buttocks back on the floor. When you get good at lifting, you might attempt rolling your head in a circle while "bridged". Or, you might try holding a weight on your chest and gradually increasing this weight as your neck strengthens.

Practice this exercise until you have mastered it. Do anywhere from 8-15 reps, for at least 2-3 sets.

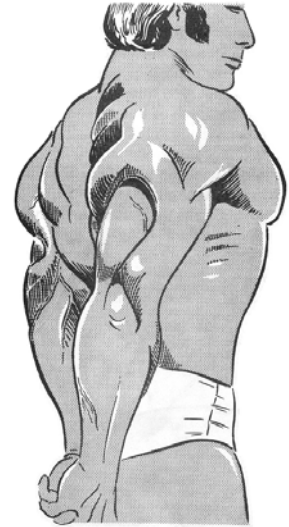
## The Triceps Muscle

The triceps muscle is undoubtedly one of the most impressive muscles on the human body. The triceps, located at the back of your arm, is the largest part, (2/3), of your upper arm.

### Building Large Arms with Triceps Extension

We did not include this exercise in any earlier routines because it is a very advanced exercise. You may not as yet have the power to perform it properly in your workout. If not, you should continue with your regular routine before you tackle this unique exercise. If you can't perform 8 reps, then practice this exercise once in a while until you can do the full 8 reps.

**When you are ready to include this exercise in your routine you may substitute it for your regular triceps exercise.**

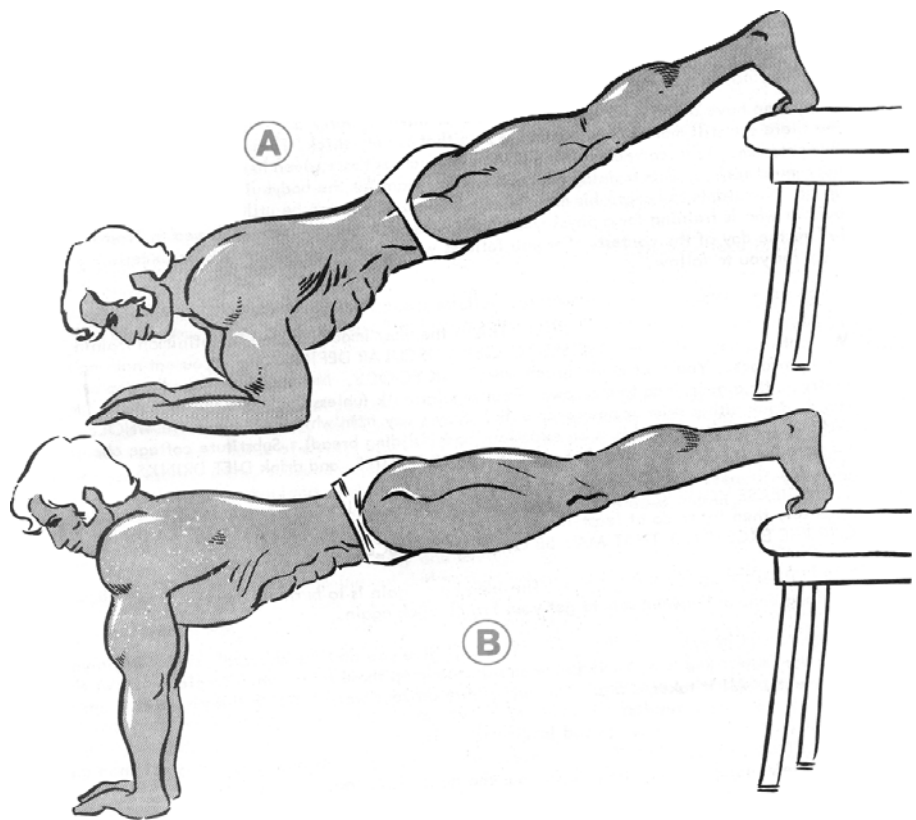


### Triceps Extension

Get into the position shown in figure A. As you rest your forearms and elbows on the floor, place your hands next to each other, palms flat. From this position, straighten your arms until they are stiff, lifting up as you would in a regular pushup (figure B). Return to starting position.

Repeat for 8 reps.

Do 3 sets.



\*\*\*\*\* **OBTAINING**

## **RAZOR SHARP** **DEFINITION**\*\*\*\*\*

The finishing touches to a top physique would be cut-up definition. God definition makes the muscles appear much larger than they are. When a man with exceptional definition poses in a physique contest, he is at a great advantage over his competitors as his muscles appear much bigger than they actually are.

This part of our program can be used by those training for physique contests, those who have bulked up and now want to harden out muscles, or those who just generally want to improve their muscularity.

1. Follow a High Protein Diet – This is the most important step in definition training. Without this step, it is impossible to get muscular definition. You must eat nothing but the best foods! Do NOT eat any junk food. It is best to stay away from whole milk and stick to skim milk. Stay away from white bread, eat only whole wheat bread. Substitute cottage cheese for potatoes. Eat meat, vegetables, fruits and diet drinks.
2. Increase your repetitions in each exercise. If you are averaging 8-10 reps in each set then try to increase to 15 reps. Do a lot of reps for your waist. Extra reps burn off excess fat that may be on your muscles.
3. Train as fast as you can. The idea here is to burn off the excess fat. Rest just long enough between sets to get your breath back.
4. Train your waist every day. This will give you that “washboard” waist. Train fast, rest

- just long enough between sets to get your breath back.
5. Practice Muscle Control every chance you get! At every opportunity, tighten and flex those muscles!

## ***How To Pose for Contests***

### **Here are a few pointers:**

- ☐ First, you must have something to show. If you are just beginning you are not ready for contests, but you may begin your posing practice, and have a friend take photos as you progress and improve.
- ☐ You can utilize different poses to emphasize your good points while disguising your faults. If you are muscular but narrow-shouldered, avoid posing straight to the front. Your best bets are abdominal, side chest and side triceps poses. If you are broad shouldered and narrow hipped we suggest lat spreads and double biceps poses. Or, keep your hips to the front while you pull your shoulders to one side, showing an extended lat muscle and a rear view of your biceps and deltoids. If your calves are not well developed stand with one foot ahead of the other, your left heel almost touching your right big toe.
- ☐ Normally, stand erect with your feet 4-6 inches apart. Push your shoulder blades apart slightly.
- ☐ The “trap over” pose is very difficult, and unless you are extremely muscular it is best avoided.
- ☐ Look pleasant. Don’t grin like the Cheshire cat, but don’t screw your face into a frown either.
- ☐ A trim haircut will make your head appear smaller and your shoulders broader. Whatever hairstyle you favor, have it shaped and combed neatly.
- ☐ To best project your muscular definition, shave your chest, and legs, as well as your back, abdomen, shoulders and any other visible areas of hair.



- ☐ Be sensible in what you choose to wear. Dark, subdued color bottoms will make your hips appear narrower, thus making your shoulders appear broader. White will broaden the appearance of your hips, but will really compliment a deep suntan.
- ☐ Many bodybuilders use “suntan in a bottle.” Apply according to the directions. A light coat of baby oil will highlight your definition.
- ☐ Use lighting to your best ability. Choose a simple distraction free background. Indoors pose in front of a bare wall, or a solid drape. When outside, stand in a grassy field free of trees, buildings, etc.. A beach with the water as a background is pleasant. Use natural backgrounds if you desire but, keep them simple.

## Lesson 4

### **WEEKLY ASSIGNMENT**

\*\*\*\*\*

***Begin applying progressive training to your routines (two sets only)***

#### Weight Trainers

Exercise 1: PRESS -

Exercise 2: UPRIGHT ROWING -

Exercise 3: BENCH PRESS -

Exercise 4: STRAIGHT ARM PULLOVER –

Exercise 5: SQUAT -

Exercise 6: WIDE-GRIP CHIN-UP to BACK OF NECK -

Exercise 7: ALTERNATE LEG KICK -

## Non-Weight trainers

Exercise 1: FEET-ELEVATED PUSH-UP -

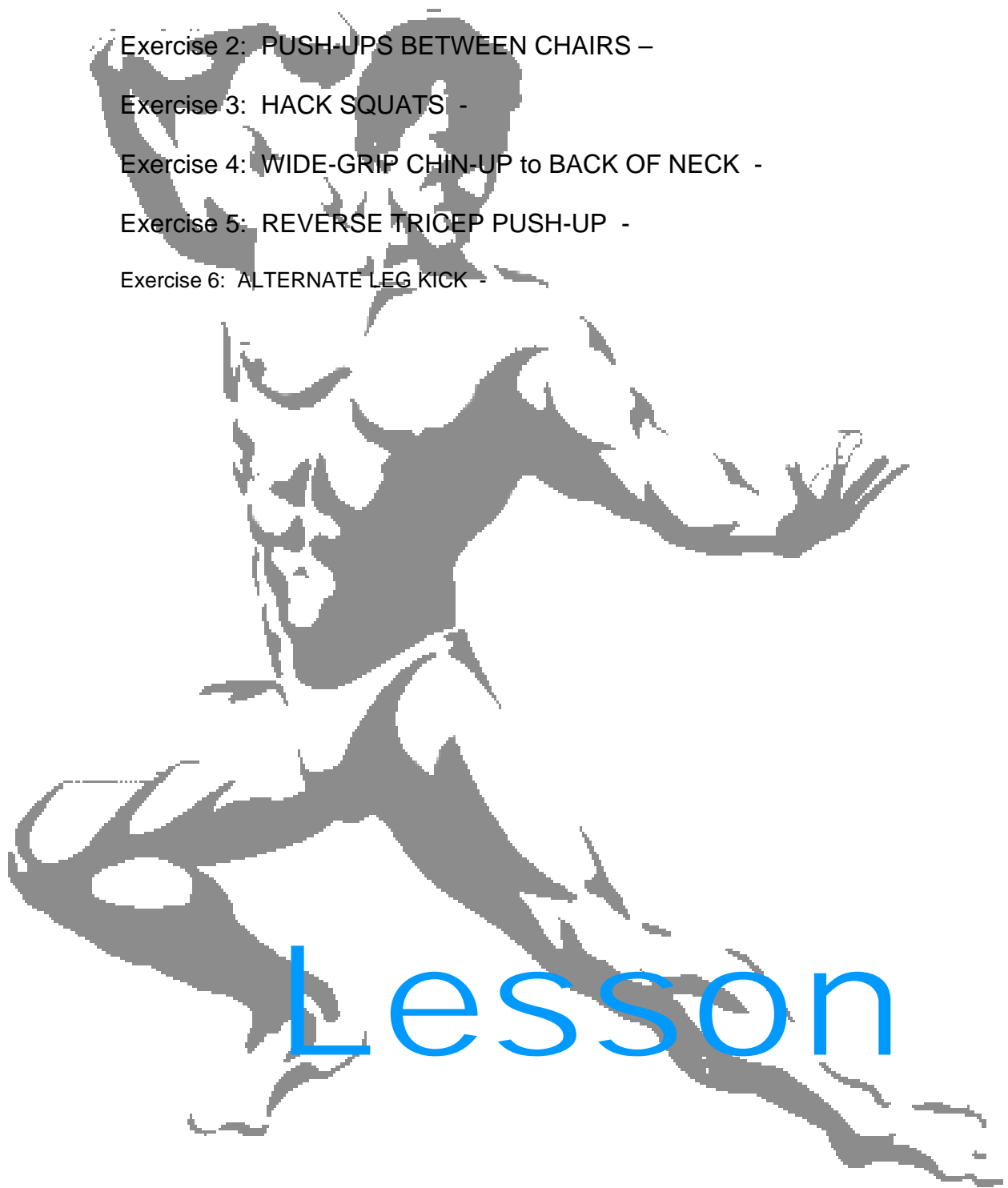
Exercise 2: PUSH-UPS BETWEEN CHAIRS –

Exercise 3: HACK SQUATS -

Exercise 4: WIDE-GRIP CHIN-UP to BACK OF NECK -

Exercise 5: REVERSE TRICEP PUSH-UP -

Exercise 6: ALTERNATE LEG KICK -



# 5

## LESSON FIVE

\*\*\*\*\*

One of the secrets of continued muscle growth is to have plenty of variety in your workouts. Another is the ability of the bodybuilder to place ever-increasing demands on the muscle areas involved in training. However, do not over-extend yourself from an energy standpoint. You could then have trouble recuperating from workout to workout, which could result in hitting a sticking point where your muscles will stop growing.

The more training you can do in the shortest length of time will result in your muscles growing faster. When performed properly your workouts should average around 15 minutes. If your



workout takes a little bit longer, don't worry, no two people train the same.

## Flush Sets

A flush set is composed of two different exercises which are applied to either the arms, the legs, lats, chest, or waist. Each exercise in the set works on a different muscle in each of these body areas. For example, when you work out your arms, one exercise concentrates on your biceps (the Barbell curl found in this lesson) and the other exercise would concentrate on your triceps (such as the triceps press.) To perform the flush set, do as many reps (only one set) of the first exercise, then, without resting, immediately perform the second exercise. As soon as you catch your breath, repeat as before. All this work concentrated on one area will pump-up and increase muscle size.

Flush sets have two benefits, they require less work-out time and your muscles work twice as hard.

Flush sets are an extremely effective system for increasing muscle size. We recommend that you perform the flush set system for 3-4 weeks, return to the regular set system for 3-4 weeks, and repeat. It keeps your routines interesting, and changes the routine for your muscles.

Flush sets can be used for any muscle area, but this week we will start with the arms. You will see a noticeable difference when you are done pumping up your arms with flush sets.

# Weight Trainers

## **Barbell Curls**

Place a barbell hanging in front of your thighs and your palms facing outwards, curl the weight to your shoulders. Then slowly lower it back down to your thighs. This exercise builds up big biceps.



## **Triceps Press**

Hold a barbell over your head with your hands about 6 inches apart and your palms upward. Lower the barbell behind your head, keeping your elbows as high as you can. As the barbell touches your neck, return it to its original position overhead.

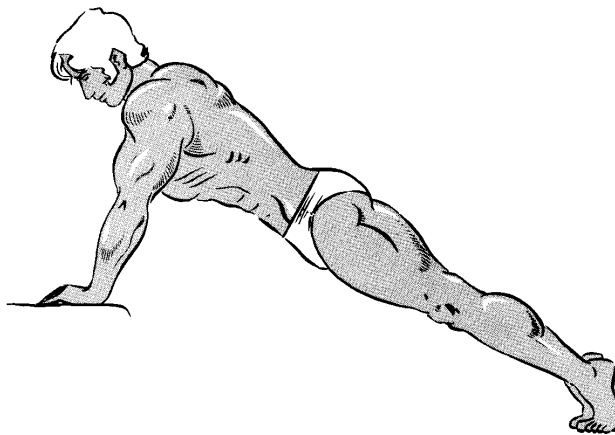
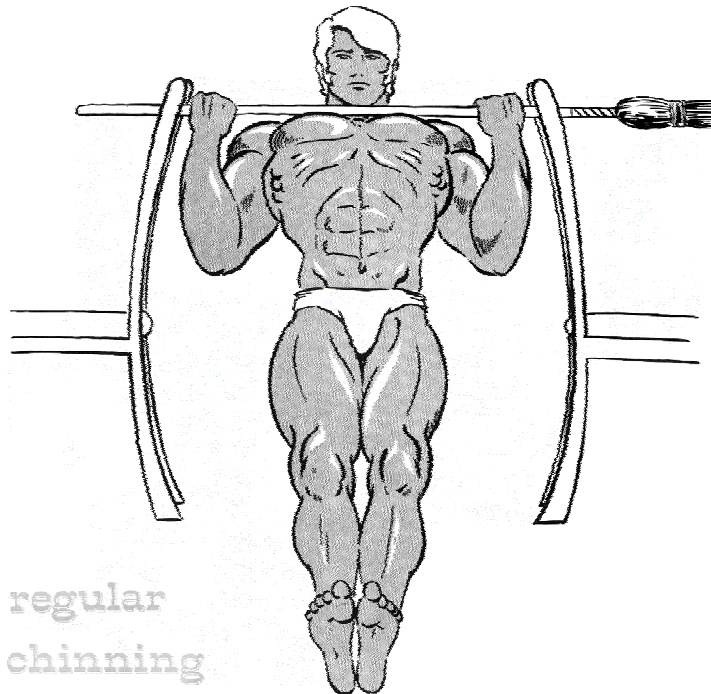
This is a tremendous arm developer, it works on the triceps which are 2/3 of your upper arm.

## Non-Weight Trainers

### **Regular Chinning**

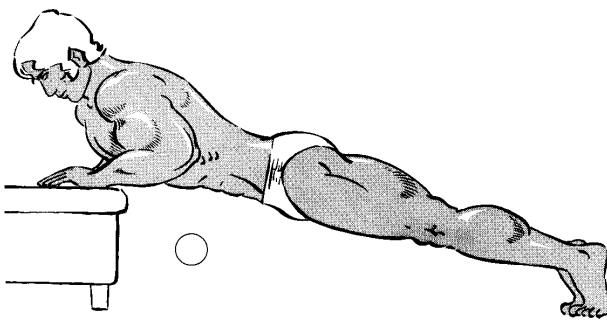
Using a broom suspended on the backs of two chairs (as shown) or a chinning bar if you have one, pull yourself up until your chin touches the bar. Tense your biceps as your chin touches the bar. Lower yourself slowly back into the starting position. If you have trouble getting the proper reps out, use your legs to help you.

This exercise is different from the wide grip chin up in that your palms are turned inward rather than outward, and your hands are closer together. Regular chinning is great for the biceps, while the wide grip chinning develops the lats.



### **Triceps Chair Push-Up**

Place a chair or footstool against a



wall so that it won't slide, and assume position A in the illustration. Your hands should be about 2 inches apart. Lower yourself until your chest touches the chair. Then, push yourself back into the starting position. This exercise enlarges the triceps muscle.

## Lesson 5

### WEEKLY ASSIGNMENT

\*\*\*\*\*

#### Weight Trainers

Exercise 1: BARBELL CURL - 8 reps and proceed immediately to the next exercise.

Exercise 2: TRICEPS PRESS - 10 reps, catch your breath, and perform another flush set of 12 reps of each exercise.

Exercise 3: STRAIGHT ARM PULLOVER – Two sets of 12 reps

Exercise 4: WIDE-GRIP CHIN-UP to the FRONT - Perform this as you would the WIDE-GRIP CHIN-UP to the REAR, except touch the front of your neck. This variation will work on your lats from a different angle. Two sets of as many reps as you can perform.

Exercise 5: SQUAT - Two sets of 12 reps

Exercise 6: PRESS – Two sets of 8 reps

Exercise 7: ALTERNATE LEG KICK - Two sets of as many reps as you can perform.

#### Non-Weight trainers

Exercise 1: REGULAR CHINNING - 8 reps flush set with TRICEPS CHAIR PUSH-UP

Exercise 2: TRICEPS CHAIR PUSH-UP – Do 12-15 reps, rest a minute, and repeat exercise one, immediately followed again by exercise 2, for a total of two flush sets.

Exercise 3: PUSH-UPS BETWEEN CHAIRS- Two sets of as many reps as you can do

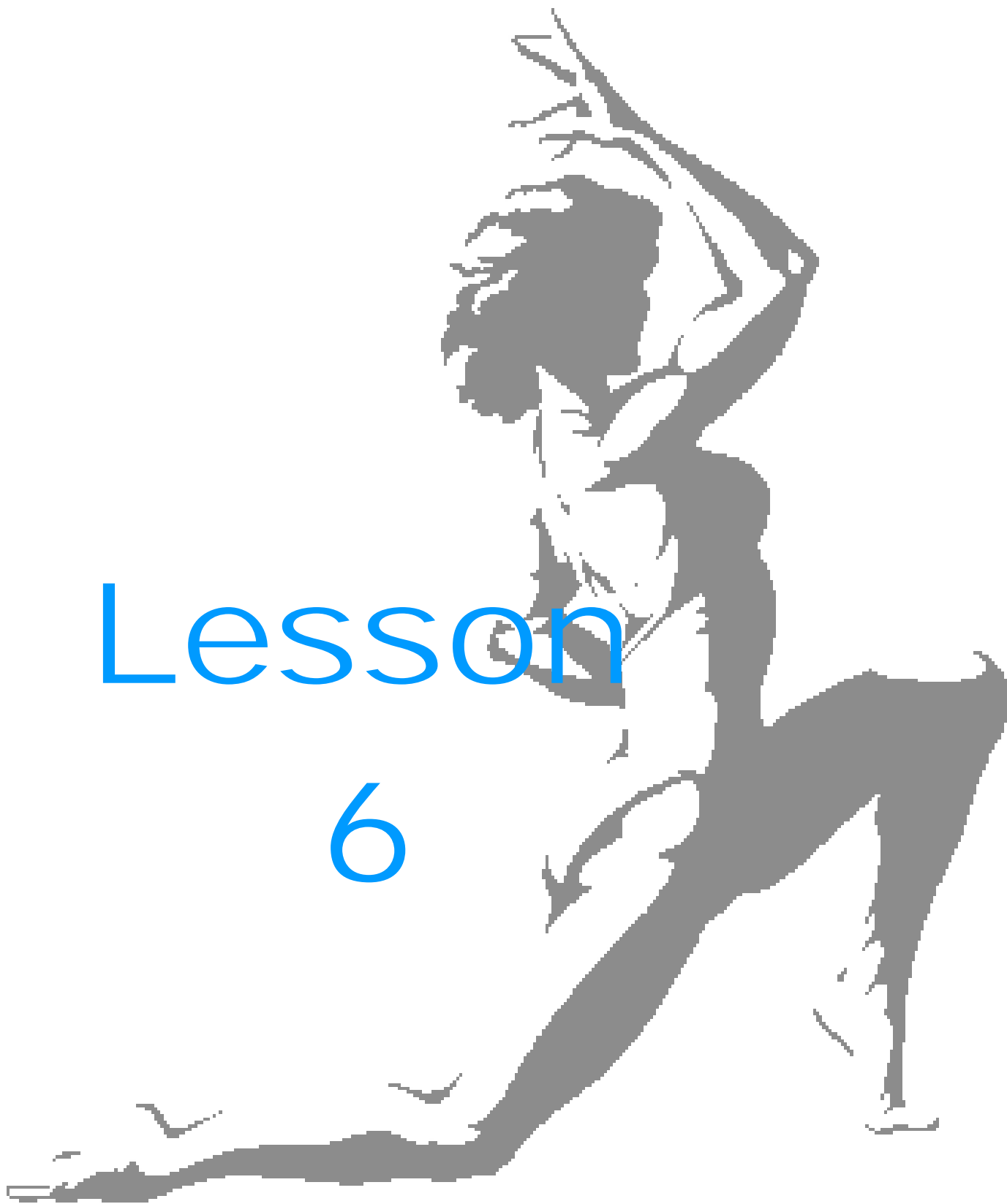
Exercise 4: WIDE-GRIP CHIN-UP to the FRONT - Perform this as you would the WIDE-GRIP CHIN-UP to the REAR, except touch the front of your neck. This variation will work on your lats from a different angle.

Exercise 5: HACK SQUATS - Two sets of 12 reps EACH

Exercise 6: ALTERNATE LEG KICK - Do two sets of as many reps as you can do.

# Lesson

# 6



# LESSON SIX

\*\*\*\*\*

How do your arms feel this week? Those flush sets really put on the arm size! Many bodybuilders throughout the world swear by flush sets. This week we will apply the flush set system to the chest area.

In this lesson we will introduce you to one of the best chest building exercises known, Parallel Dips. Some of the most powerful and massively built men in bodybuilding have specialized in this exercise. Marvin Elder, a bodybuilder in New York, could do one rep of this exercise with 400 pounds tied to him! This exercise helped Marvin accomplish a record press of 350 pounds, while only weighing 198 pounds himself.

Both weight trainers and non-weight trainers in our program will include this exercise in their routine, although it is normally considered to be a weight trainer's exercise. In the beginning you will be lifting the weight of your own body as you do in chin-ups and push-ups. When you get stronger later on, tie some kind of extra weight around your waist: books, barbell plates, bricks, anything heavy. When you first start, this exercise may seem difficult and awkward, but once your muscles adjust to it, you will find it easy.

## **Speed Repetitions for Giant Size and Power**

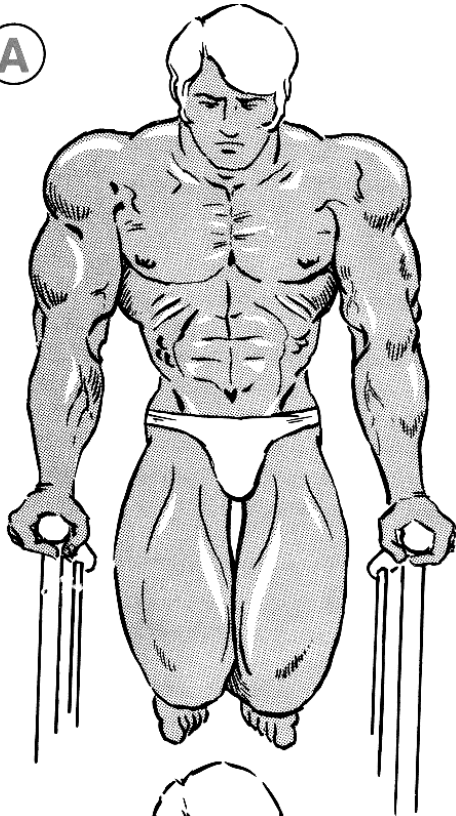
**With speed repetitions you speed your way to muscular growth!**

For beginners we recommend regular repetitions, but for the more advanced bodybuilder speed repetitions, doing your reps as fast as you can, can make you more powerful and increase your muscle size. It can give you a boost through those temporary plateaus.

Let's take a look at how the speed repetition system works using the Bench Press as an example. If you use 100 pounds for 10 reps at a moderate speed the weight will probably get pretty heavy by the 7<sup>th</sup> or 8<sup>th</sup> rep. By the time you hit the 10<sup>th</sup> rep, you've had it. Beyond that you can go no further. But, if you were to perform the same exercise using speed repetitions, so fast that you did not pause anywhere in the exercise, you would find that you could get to 14 or more repetitions. Since you don't want to go over ten reps in a set, you will find that you will have to add at least 5 pounds to the barbell to get the most out of this exercise. You can see that right away you are using more weights because of this system. As you force your muscles to work harder you will find that you will get that much more muscular development.

*These quick reps build fast, explosive power, all-important in building a power-packed body, but go easy with this system. Work with it on just one exercise before trying it on others.*

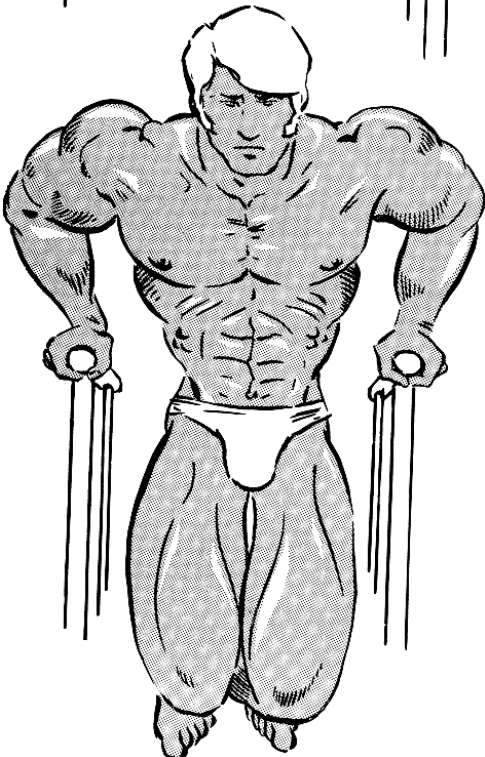
A



### ***Parallel Bar Dip***

In professional gyms, parallel bars are used, at home you can use the backs of two chairs. Start in position A with your arms and back straight and your knees bent. Lower yourself to position B as shown. Whenever you can do more than 10 reps at once, tie weights to your waist.

Parallel Dips will build you tremendous arms, and big, powerful chest muscles with a little extra effort on your part. They will also help to develop your shoulders.



*The chest muscles are among the easiest to develop. You can have really impressive chest and arm muscles by following your routines closely and with determination!*



# Lesson 6

## WEEKLY ASSIGNMENT

\*\*\*\*\*

### Weight trainers

Exercise 1: BARBELL CURL - 8-10 reps flush set with Triceps Press.

Exercise 2: TRICEPS PRESS - 8-10 reps, complete 2 flush sets..

Exercise 3: PARALLEL DIPS - 8-10 reps, flush set with Straight Arm Pullover

Exercise 4: STRAIGHT ARM PULLOVER – 8-10 reps, complete 2 flush sets.

Exercise 5: CHIN-UP to the FRONT - Two sets of as many reps as you can perform.

Exercise 6: SQUAT - Two sets of 12 reps

Exercise 7: LEG PUSH-OUTS – One set as many reps as you can

Exercise 8: ALTERNATE LEG KICK - One set of as many reps as you can perform.

### Non-Weight trainers

Exercise 1: REGULAR CHINNING – 1 set as many reps as you can, flush set with Chair Push-ups

Exercise 2: TRICEPS CHAIR PUSH-UPS – Do 12-15 reps, complete two flush sets.

Exercise 3: PARALLEL DIPS – One set as many reps as you can, flush set with Elevated Feet

Exercise 4: ELEVATED FEET PUSH-UPS – Do as many reps of this exercise as you can after performing the Parallel Dips. Complete one flush set, rest a minute

and do another flush set.

Exercise 5: CHIN-UP to the FRONT - Two sets of as many reps as you can perform.

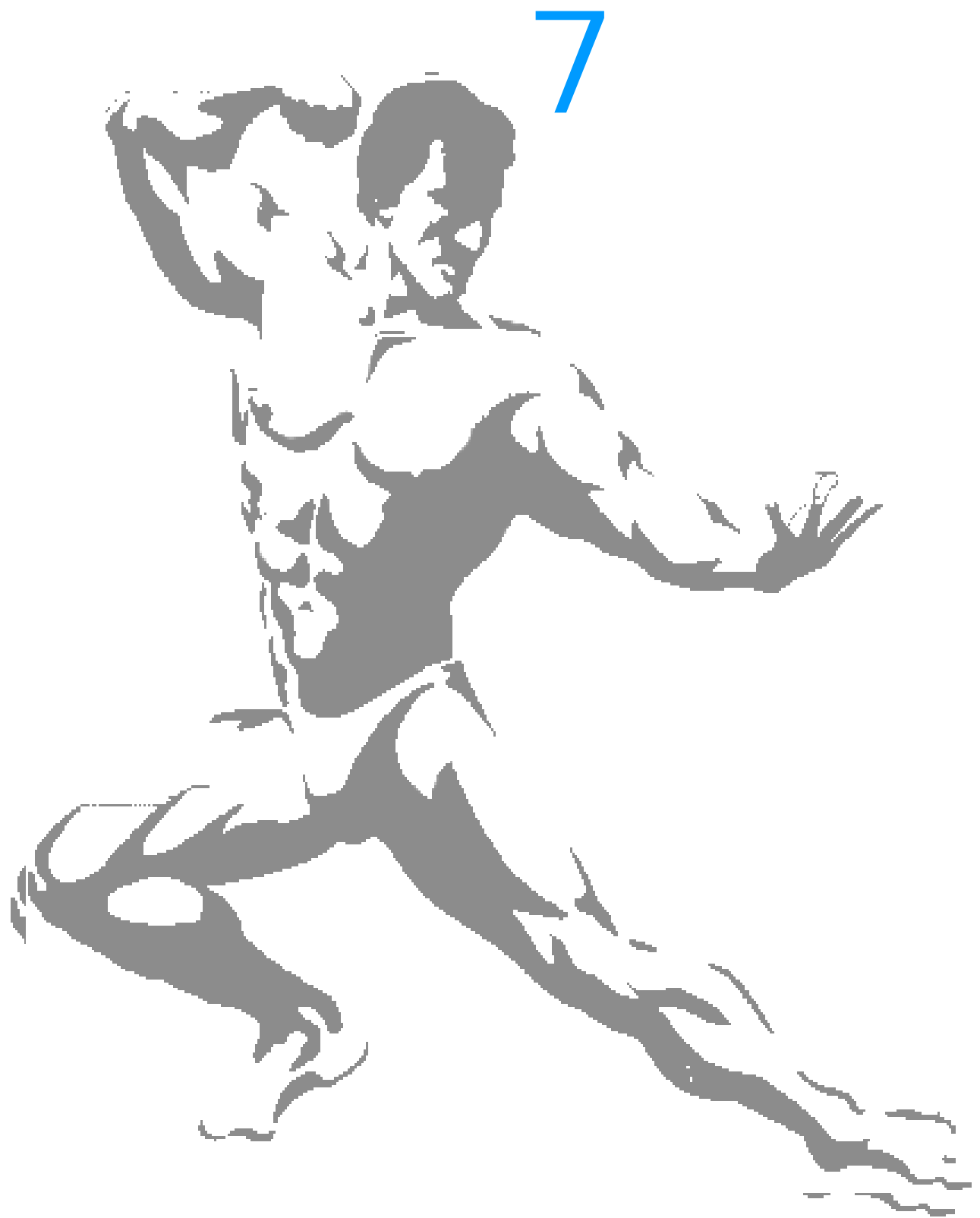
Exercise 6: HACK SQUATS - Two sets as many reps as you can perform.

Exercise 7: LEG PUSH-OUTS – One set as many reps as you can

Exercise 8: ALTERNATE LEG KICK - One set of as many reps as you can perform.

***As you can see, you are now going into advanced training! Your endurance should***

# Lesson



# LESSON SEVEN

\*\*\*\*\*

One of the biggest challenges we can face in bodybuilding is achieving a trim, athletic waist. Often, in the desire to build up large muscles the waist is overlooked. If you want to get that waist down quickly, train it daily for at least 5-10 minutes. Remember, flush sets will get you the best results. Also, it is very important that you NOT eat any junk foods!

We are going to give you a waist trimming routine that you can follow 5 days a week. (Rest on Saturday and Sunday.) You will continue to do your regular workout 3 days a week as before. These abdominal exercises are supplemental. On your workout days perform them after your workout. If you are really ambitious you can perform them in the morning and again in the evening.

These exercises are for those whose waist needs work. If your waist is in good shape put these away for now.

In the beginning, perform only one set of these exercises doing as many reps as you can. When doing just one set becomes easy, increase to two sets, allowing a minute or two of rest between sets.

In the section Abdominal Exercises you will find six very good waist trimming routines. Following these exercises is a section marked Supplemental Exercises. You may substitute any of these exercises for the first six to add variety to your waist slimming routine.

## Abdominal Exercises

### **Sit-ups**

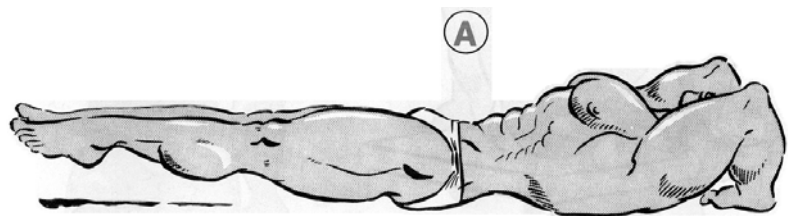
This is one of the best exercises for the waist. To make it easier to perform, place your feet under a bed or a dresser. With each repetition, your upper body should come as close as possible to your thighs. Do one set of as many reps as you can.





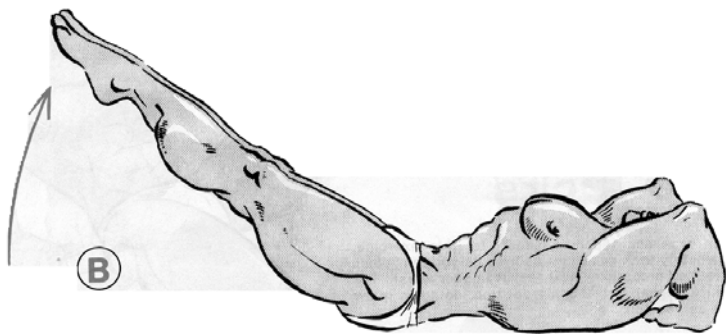
#### 4 Different Arm Positions while performing sit-ups:

- 1. Arms at side. Touch fingers to your toes
- 2. Arms folded across chest. Touch head to knees
- 3. Hands behind head. Touch elbows to knees, no twisting.
- 4. Hands above head. Touch fingers to toes.



#### Leg-Raises

This exercise will take the fat off



your lower waist. From position A raise your legs as high as you can, then slowly lower your legs, making sure your heels do not touch the floor until you've completed one set of as many reps as you can.

## ***LEG PUSH-OUT***

From a sitting position, extend your legs straight out.

Then pull your knees back to your chest.

Tighten your abdominal muscles as you perform this exercise.

Do as many reps as you can.



## **ALTERNATE LEG KICKS**

Lean back and support yourself for this exercise.

Alternately kick each foot as high as you can.

When performed properly,  
you'll feel it in your waist.

Try to kick higher with each repetition, doing as many reps as you can.



### **Side Bends**

This exercise is excellent for taking fat off the sides. Hold a book or any light weight in one hand, and bend over as far as you can to the side holding the weight. Do as many reps as possible, transfer the weight to the other hand and do the same number of reps on the other side.



### **Twisting**

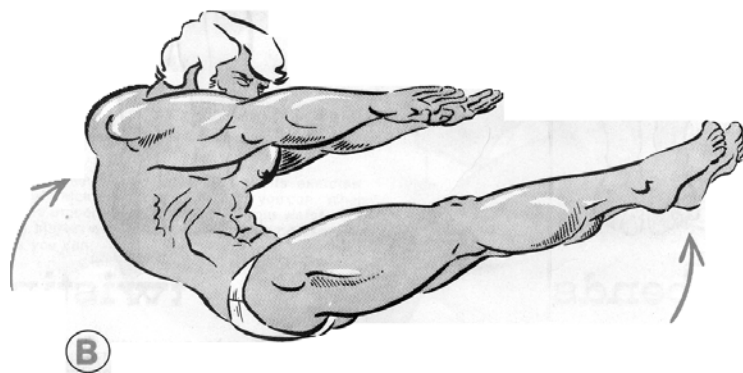
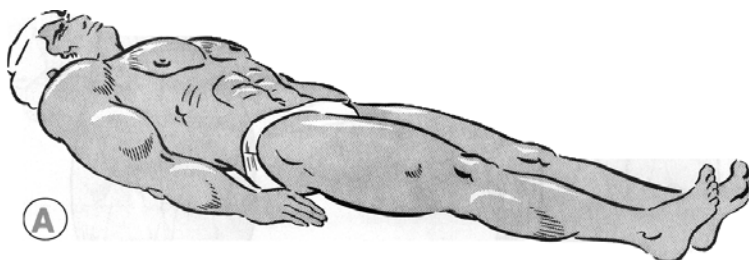
Place a broom or bar across your shoulders. Twist as far as you can on each side. This exercise will help remove that roll of fat all around your waist. Perform as many reps as you can on each side.

## Supplemental Exercises

### **Sit-Up/Leg Raise**

From position A, raise your upper body and your legs off the floor at the same time.

Bring your body to position B, with only your buttocks resting on the floor.

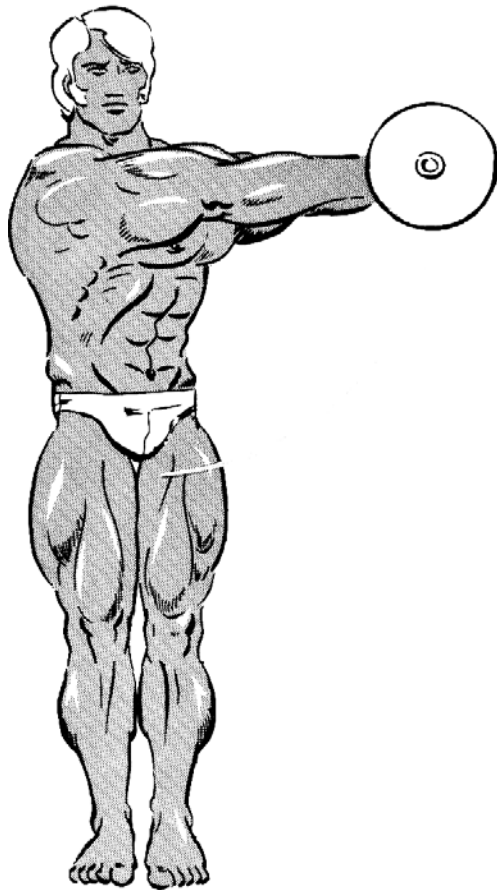




Hold that position for two or three seconds, and then slowly lower your body and legs back to the floor.

HOWEVER, do not touch the floor with either your back or your legs, keep the tension for fast results.

Do as many reps as possible.



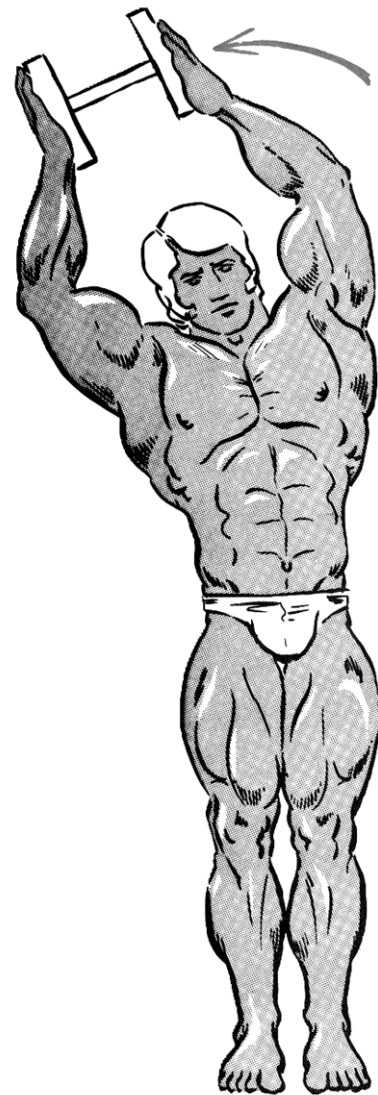
reps as you can to remove excessive fat on the sides of your waist.

### ***Dumbbell Swing***

Hold a small weight in front of your thighs.

Swing it as far to the right as possible, then to the left.

Do as many



## ***Overhead Side Bend***

Hold a light weight overhead, and bend from side to another, as far as you can.

Do as many reps as you can

## ***Parallel Bar Leg Raises***

With your body supported by parallel bars, or the backs of two chairs, slowly raise your feet as high as you can. Keep your legs straight and close together. This is an excellent waist exercise.

Although it will be difficult in the beginning, do as many reps as possible.



# Lesson 7

## WEEKLY ASSIGNMENT



### Weight trainers

Exercise 1: BARBELL CURL - 8-10 reps flush set with Triceps Press.

Exercise 2: TRICEPS PRESS - 8-10 reps, complete 2 flush sets..

Exercise 3: PARALLEL DIPS - 8-10 reps, flush set with Straight Arm Pullover

Exercise 4: STRAIGHT ARM PULLOVER – 8-10 reps, complete 2 flush sets.

Exercise 5: CHIN-UP to the FRONT - Two sets of as many reps as you can perform.

Exercise 6: SQUAT - Two sets of 12 reps

Exercise 7: LEG PUSH-OUTS – One set as many reps as you can

Exercise 8: ALTERNATE LEG KICK - One set of as many reps as you can perform.

### Non-Weight trainers

Exercise 1: REGULAR CHINNING – 1 set as many reps as you can, flush set with Chair Push-ups

Exercise 2: TRICEPS CHAIR PUSH-UPS – Do 12-15 reps, complete two flush sets.

Exercise 3: PARALLEL DIPS – One set as many reps as you can, flush set with Elevated Feet

Exercise 4: ELEVATED FEET PUSH-UPS – Do as many reps of this exercise as you can after performing the Parallel Dips. Complete one flush set, rest a minute and do another flush set.

Exercise 5: CHIN-UP to the FRONT - Two sets of as many reps as you can perform.

Exercise 6: HACK SQUATS - Two sets as many reps as you can perform.

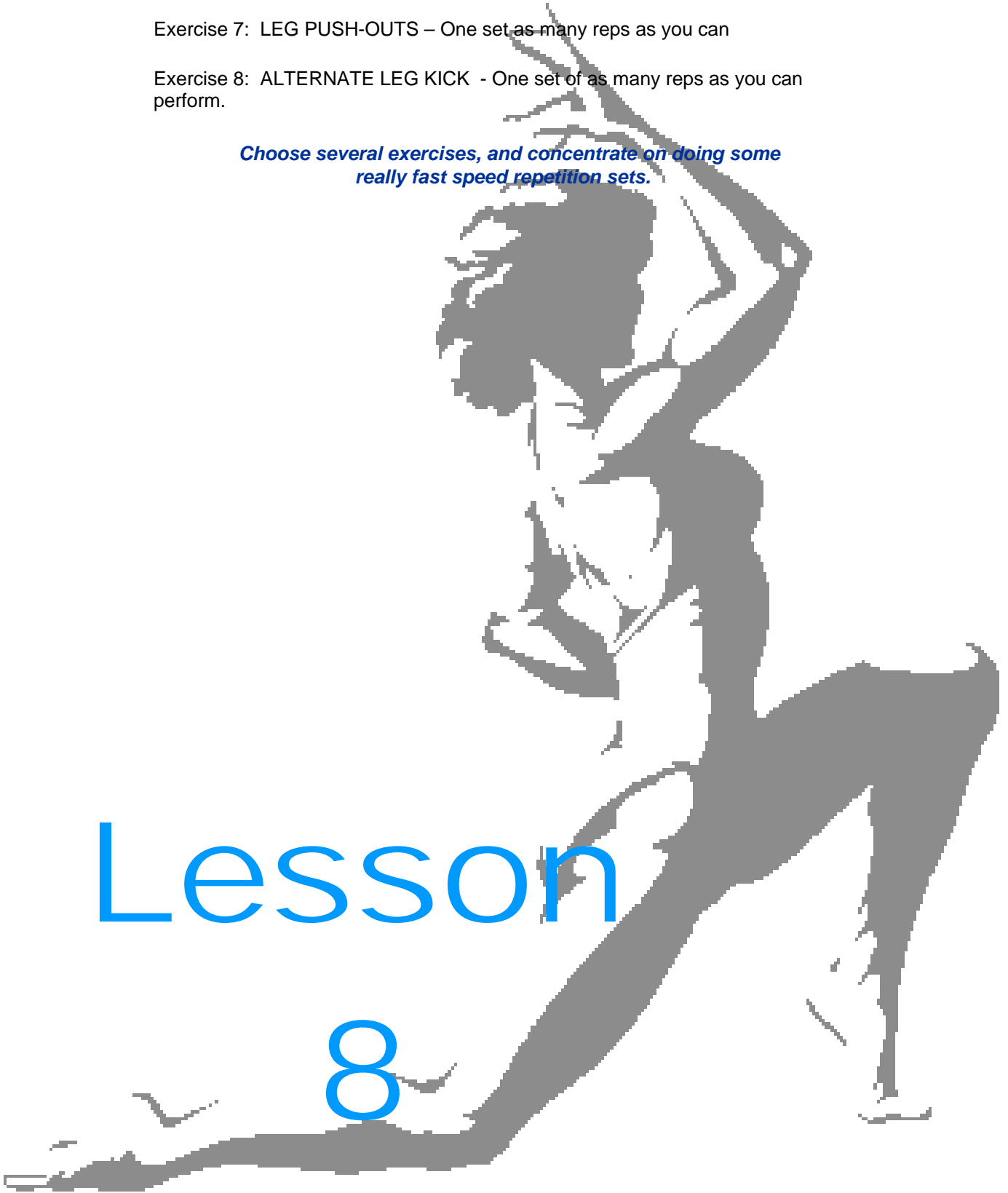
Exercise 7: LEG PUSH-OUTS – One set as many reps as you can

Exercise 8: ALTERNATE LEG KICK - One set of as many reps as you can perform.

*Choose several exercises, and concentrate on doing some really fast speed repetition sets.*

# Lesson

# 8



# LESSON EIGHT

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We have a new system that will enable you to force out more repetitions than you previously thought possible. It's a simple matter of reverse psychology; tricking your mind into doing what you ordinarily wouldn't be able to.

One of the dilemmas most bodybuilders come up against is trying to force out more reps than the number accomplished in a previous workout. We are sure that you must have experienced some trouble at some time, in working the required amount reps in a set. Acknowledging the fact that you are eating right and getting enough sleep, we conclude that the trouble must originate in your mind. Let's say for example, that you're trying to get 10 reps out. By the time you hit 7 or 8, your mind has decided that you body can't take any more. No matter how hard you try, you just can't go up!

Well, as everyone knows, it's a lot easier to go downhill than uphill. When you apply this idea to bodybuilding, it's a simple matter to see how are system works! In a 10 rep set, the 9th and 10th sets are the hardest to get out. When you use our "reverse counting" method, reps 9 and 10 are the easiest to do!

Simply take that same set that you couldn't complete, and perform the reps while counting backward! 10 - 9 - 8 - 7 - 6 - 5 - 4 - 3 - 2 - 1! You'll see yourself how easy it is, just like going down hill! Now you will be able to finish every rep in each set you do! It is just a matter of making your mind work for you!

If you are having trouble with an exercise give it a try. Are sit-ups a problem? How many can you do? Thirty or forty? Try doing 50 by counting backwards, 50-40-48-47.... all the way down to one. This method breaks sticking points. It is great for stimulating those muscles, and is very effective in "super-sets".

Starting this week, we'll make some changes in your leg exercises in order to stimulate your muscles and cause them to grow and develop. We are including some new thigh and calf exercises in this lesson.

# Weight Trainers

## ***Barbell Calf Raises***

Place a barbell across your shoulders and balance the front of your feet on a board. Raise yourself as high as you can by standing on your toes, then lower yourself so the your heels touch the floor. This exercise provides full contraction for the calves stretching them to their limit.



## ***Barbell Hack Squats***

Assume the position shown, placing your heels on a board for better leverage. Holding the barbell behind you, rise slowly, keeping your back straight as possible. Return to a squat. Do all the lifting with your legs

NOT your back. This exercise develops the muscles above your knees, and gives you legs a lot of shape rather than the bulk resulting from regular squats.

## ***One-legged Squats***

Assume the position shown, using a steady chair.

Support yourself by placing your hand against a wall or on a pole.

Raise yourself up using only one leg, and return to the squatting position, as low as possible.

In the beginning, this exercise will be difficult because it is awkward. However, only a little practice is needed before it becomes easier to perform.

Remember to alternate your legs.





## ***One-legged Calf Raises***

From the position shown, using only one leg at a time, raise and lower yourself by raising and lowering your heel.

You may support yourself by holding a chair or a wall/



# Lesson 8

## WEEKLY ASSIGNMENT

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### Weight trainers

- Exercise 1: BARBELL CURL - 10 reps flush set with Triceps Press.
- Exercise 2: TRICEPS PRESS - 10 reps, complete 2 flush sets.
- Exercise 3: PARALLEL DIPS - 8 reps, flush set with Straight Arm Pullover.
- Exercise 4: STRAIGHT ARM PULLOVER – 8-10 reps, complete 2 flush sets.
- Exercise 5: CHIN-UP to the REAR - Two sets of 12 reps.
- Exercise 6: BARBELL HACK SQUAT - Two sets of 10 reps.
- Exercise 7: BARBELL CALF RAISES – Two sets of 20-30 reps.
- Exercise 8: SIT-UPS - One set of as many reps as you can perform.

### Non-Weight trainers

- Exercise 1: REGULAR CHINNING – Ten reps, flush set with Triceps Chair Push-ups
- Exercise 2: TRICEPS CHAIR PUSH-UPS – Ten reps, complete two flush sets.
- Exercise 3: PARALLEL DIPS – Ten reps, flush set with Elevated Feet Push-ups
- Exercise 4: ELEVATED FEET PUSH-UPS – 10 reps, complete two flush sets.
- Exercise 5: CHIN-UP to the REAR - Two sets 12 reps.
- Exercise 6: ONE-LEGGED SQUATS - Two sets of 8 reps.
- Exercise 7: CALF RAISES – Two sets of 20 reps apiece with each leg.
- Exercise 8: SIT-UPS - One set of as many reps as you can perform.



# Lesson

9

# LESSON NINE

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We've got another fantastic new system for you! Here at Universal, we've been training for years. We were sure there was no other way possible to force additional arm growth on our students -- until we put the Super Multiple-Repetition System to the test one day. The students here made an average gain of one inch in only a month! Beginning bodybuilders with only a couple months' training behind them should be able to add much more than that! We are referring to arms now, but this system is applicable to the entire body with excellent results!

It has been found through medical research that muscles grow from having a rich blood supply provided for them. The more blood you can pump into anyone muscle at one time will result in that muscle growing that much faster. This system will pump more blood into your muscles than you would have ever believed possible. The flush set system and the multiple- repetition system are responsible for more arms breaking the 18" measurement.

When you first attempt this system, your muscles will I feel more "pumped up" than ever before following a workout --with such little extra effort and in such a short period of time! In a little while, you will notice a big improvement in your muscle tone --your muscles will ripple under your skin without any excess flab to mar your appearance. Your muscular definition (separation) will improve greatly.

Again, this system can be applied to any part of the body, however, to demonstrate, we will apply it to the arms using the barbell curl as an example for Weight Trainers. You are going to be doing more repetitions than before, so you will want to cut the poundage you normally use in the barbell curl. You should use 50% less weight than you previously used for 10 reps. So if you curled 100 pounds before, use only 50 pounds with the super multi-rep system.

Take your 50-pound weight and do a curl. That's it, just one. Now, with the weight hanging in front of your thighs, you rest, counting to 10. Then do two reps and stop to rest , again counting to 10. Do three reps, and stop to rest while counting to 10. Easy, isn't it ? Keep this up until you finally perform 10 reps all at once. If you find you can't do those 10 reps, then you've used too much weight. Next time, lower the poundage a little more

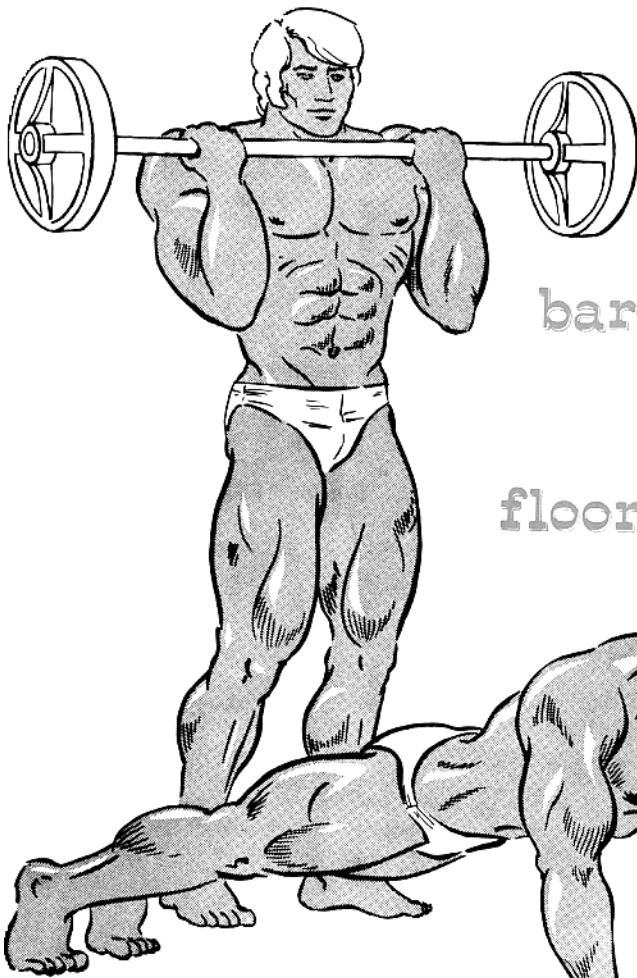
By the time you finish those 10 reps, your arms and forearms will be swelled up to a full pump. When you finally set the weight down, you'll be ready to cry "Uncle!"

For you Non-Weight Trainers, we also got terrific results when we applied this system to the arms using the common push-up. You'll get big arms and a massive chest using this system. Your rest periods would be spent on the floor counting to 10.

We want you to start this system on your next workout. Just watch the results you'll get!

***Barbell Curl***

***Floor Push-up***



barbell curl

floor push-up

As you can see, a highly trained bodybuilder must follow a very definitive system. It takes more than just every-now-and-then exercising to build muscles. It takes a carefully planned system and scientific methods with progressive repetitions and weights. All this plus graduating to more advance exercises, is necessary to continue your rapid gains in muscle building.

Next week we will start another very important bodybuilding method. Remember to eat plenty of muscle-building foods to keep your gains coming fast!

## Lesson 9

### WEEKLY ASSIGNMENT

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#### Weight trainers

Exercise 1: BARBELL CURL - Apply the multiple-repetition system to this exercise. Work up to 10 reps. Perform 2 sets.

Exercise 2: TRICEPS PRESS - 10 reps, complete 2 sets.

Exercise 3: PARALLEL DIPS - 10 reps, flush set with Straight Arm Pullover.

Exercise 4: STRAIGHT ARM PULLOVER – 8-10 reps, complete 2 flush sets.

Exercise 5: CHIN-UP to the REAR - Three sets of 12 reps each.

Exercise 6: BARBELL HACK SQUAT - Two sets of 12 reps.

Exercise 7: BARBELL CALF RAISES – Two sets of 25 reps.

Exercise 8: LEG RAISES - Two sets of as many reps as you can perform.

## Non-Weight trainers

Exercise 1: REGULAR CHINNING – 12 reps, flush set with Triceps Chair Push-ups

Exercise 2: TRICEPS CHAIR PUSH-UPS – 12 reps, complete two flush sets.

Exercise 3: PARALLEL DIPS – Two sets of 8 reps.

Exercise 4: REGULAR FLOOR PUSH-UPS – Hands a shoulders width apart. Apply the multiple-repetition system to this exercise. Perform 2 sets, working up to 10 reps each..

Exercise 5: CHIN-UP to the REAR - Three sets 12 reps each.

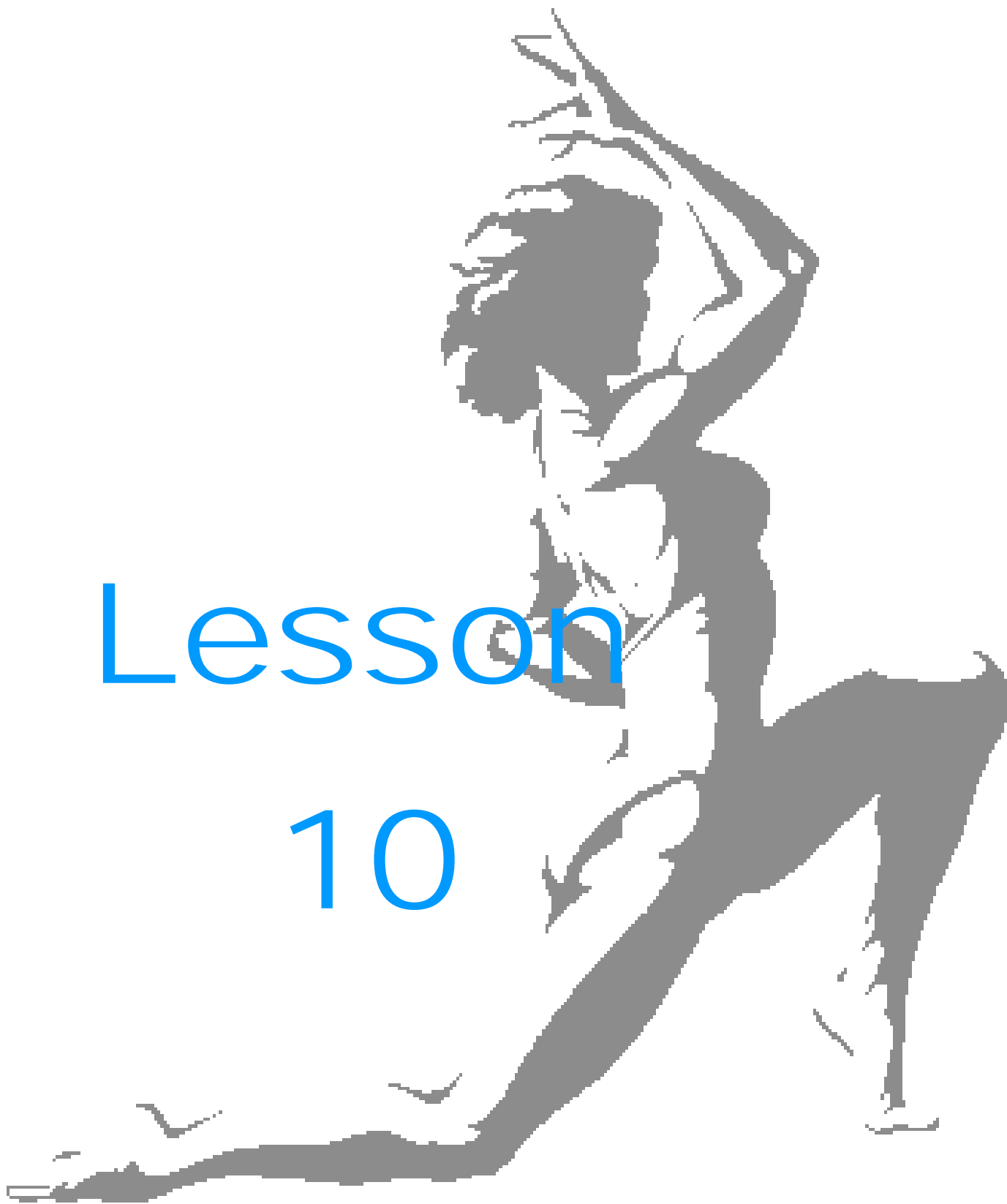
Exercise 6: ONE-LEGGED SQUATS - Two sets of 10 reps each.

Exercise 7: CALF RAISES – Two sets of 25 reps apiece with each leg.

Exercise 8: LEG RAISES - Two sets of as many reps as you can perform.

# Lesson

# 10



# LESSON TEN

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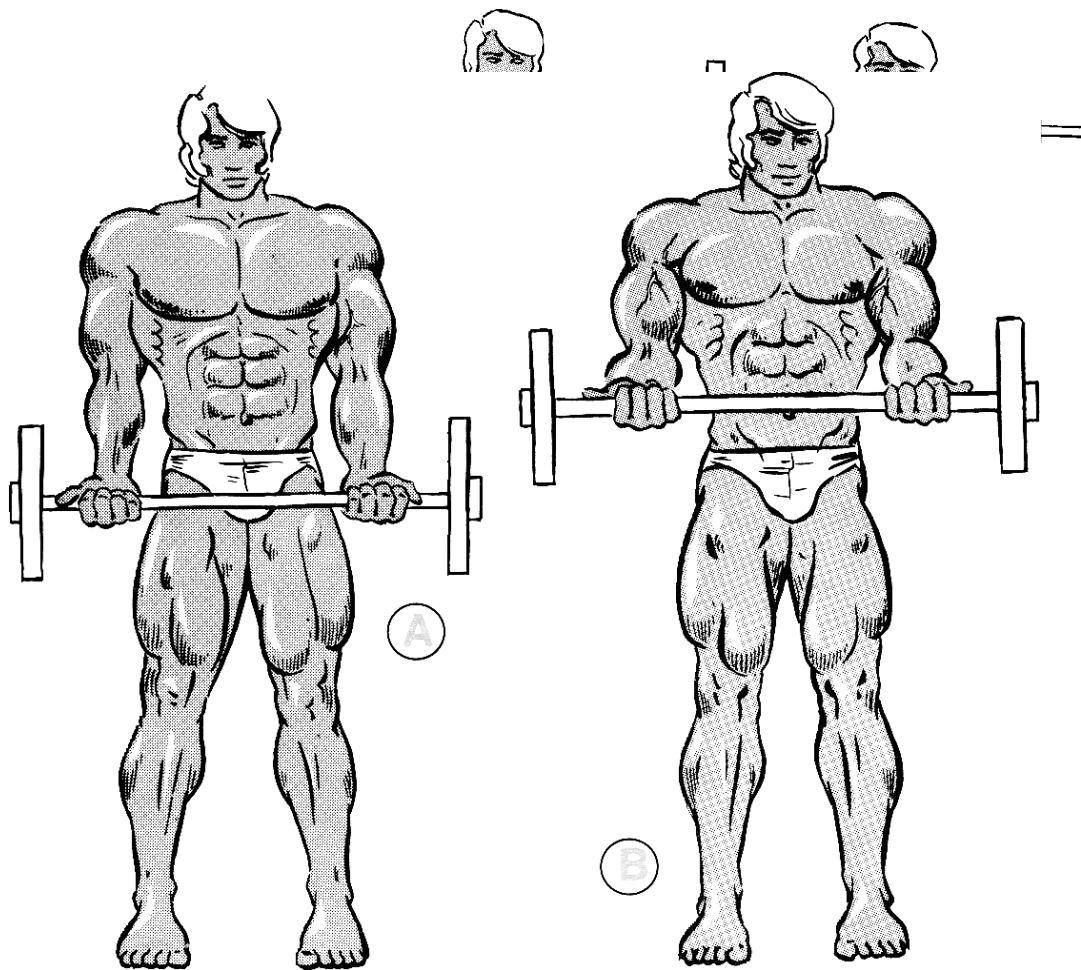
It's hard to believe how fast those weeks go by! If you've been faithful to your weekly lessons, there's no reason in the world you shouldn't be seeing tremendous improvement. Like we promised, muscles can be built up fast. Today we'll show you another secret on how to bombard those muscles of yours.

## The Tri-Pump System

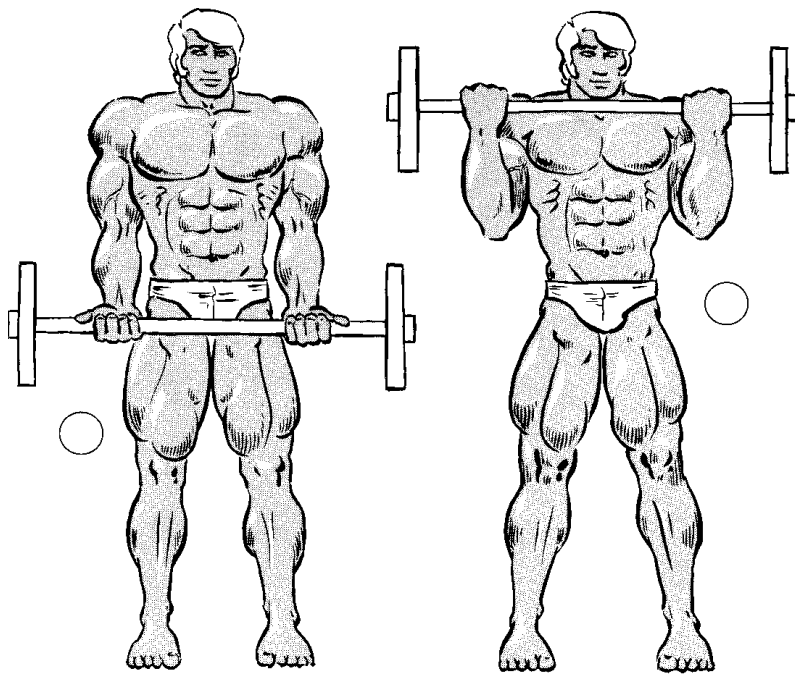
This unique system divides exercises into three parts. We'll use the old standby, the barbell curl, to demonstrate. Take a look at the illustration on this page for an explanation of Part 1.

With the barbell at your thighs as in illustration A curl the barbell up to position B, with your forearms parallel to the floor. Then lower the weight back to position A. Do 8 reps, always curling no higher than the halfway point, position B.





As you finish the eighth rep of part 1, go immediately to part 2. In part 2, you curl the barbell from position A to position B eight times. The curl is completed up to your shoulders, but the barbell lowered only as far as the halfway point, where your forearms are parallel to the floor.



After the eight rep of part 2, lower the barbell back to your thighs and begin doing eight complete barbell curls, all the way from your thighs to your shoulders and back again. These last eight reps will seem rough on your muscles, but they will pump your muscles to a tremendous degree. This system will force your muscles to GROW!

Naturally, you will have to use a weight quite a bit lighter than you normally use. The weight should be about 60% less than what you usually use for 10 reps.

It is a good idea to try this system on several different exercises, breaking each one into three parts as we did the curl. Try the regular floor push-up: Part 1 - from the floor to the halfway position (8 reps); Part 2 - from the halfway position to a full push-up (8reps); and Part 3 - eight complete push-ups.

Notice the tremendous pump you get doing it this way!

## Lesson 10

### WEEKLY ASSIGNMENT

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Now that you are in your advanced training, you will be raising the number of sets in each exercise you perform, three sets for each exercise (except leg raises). For most advanced bodybuilders the three set system seems to work the best. This advanced training schedule will take longer to follow, but your body is now conditioned to follow advanced training methods.

We've eliminated assigning a definite number of reps to let you experiment with different amounts of exercise. Do as many reps as needed to get the best possible pump. Experiment with higher as well as lower reps. Soon you will be able to determine how many reps are best for you.

### Weight trainers

Exercise 1: BARBELL CURL - Apply the tri-pump system. 3 sets as many reps as possible.

Exercise 2: TRICEPS PRESS - Apply the multiple-repetition system. 3 sets, as many reps as you can..

Exercise 3: PARALLEL DIPS - As many reps as you can, flush set with Straight Arm Pullover.

Exercise 4: STRAIGHT ARM PULLOVER – As many reps as you can, complete 3 flush sets.

Exercise 5: CHIN-UP to the REAR - Three sets of as many reps as you can.

Exercise 6: BARBELL HACK SQUAT - Three sets of as many reps as you can.

Exercise 7: BARBELL CALF RAISES – Three sets of as many reps as you can.

Exercise 8: LEG RAISES - Two sets of as many reps as you can perform.

## Non-Weight trainers

Exercise 1: REGULAR CHINNING – Three sets of as many reps as you can.

Exercise 2: TRICEPS CHAIR PUSH-UPS – Apply the multiple-repetition system. 3 sets, as many reps as you can..

Exercise 3: PARALLEL DIPS – As many reps as you can, flush set with Feet Elevated Push-ups.

Exercise 4: FEET ELEVATED PUSH-UPS – As many reps as you can, complete **3** flush sets with Parallel Dips

Exercise 5: CHIN-UP to the REAR - Three sets of as many reps as you can.

Exercise 6: ONE-LEGGED SQUATS - Three sets of as many reps as you can.

Exercise 7: CALF RAISES – Three sets of as many reps as you can.

Exercise 8: LEG RAISES - Two sets of as many reps as you can perform

## QUESTIONS AND ANSWERS

### **IS IT POSSIBLE TO BULK UP AND STILL RETAIN GOOD MUSCLE SEPARATION AND WASH- BOARD ABDOMINALS?**

No! You'll have to pursue one or the other. You can't trim down and bulk up in one easy operation. You first have to bulk up and then train down the excess bulk. Don't worry about the excess weight around your waist, once you reach your desired weight, it won't be hard to train off the extra pounds on your waistline. 'When you go off the bulking diet and get on a high-protein diet, your waist will slim down considerably.

### **I WANT TO TAKE SOME PHOTOS OF MYSELF, CAN YOU OFFER ANY TIPS?**

Most bodybuilders have a short workout before they pose, so that their muscles will be "pumped up." It doesn't make sense to pose "cold" when you can increase your muscle

measurements by an inch or two just by having a brief workout. Try doing 3 or 4 sets of push-ups before a photo session. Perform as many reps as you possibly can to force blood to your muscles. When you've completed the sets, take your pictures. Some bodybuilders rub baby oil on their skin to give it that shiny effect that so beautifully highlights well-defined muscles. See Lesson 4 for more valuable tips on posing.

### **HOW CAN I KEEP UP MY ENTHUSIASM FOR BODYBUILDING? I FIND THAT SOMETIMES I FEEL LIKE SKIPPING A WORKOUT.**

Most top bodybuilders have had this problem and have found a solution. Find a training partner that has plenty of enthusiasm for bodybuilding! Everyone has days when he feels like sloughing off --not only in bodybuilding, but also at work and in hobbies. When you hit one of those days, your partner will be there to spur you on and keep you enthusiastic, at least for the 15 minutes or so that it takes you to complete your routine! When you find a partner, make sure he is energetic, or else you'll be worse off than before!

### **I'M ON A SWIMMING TEAM, AND I WAS WONDERING IF MY BODYBUILDING WILL SLOW ME DOWN IN SWIMMING.**

It has been proven that bodybuilding WILL HELP you a great deal in swimming, as well as in any other sport. You will develop much greater speed and endurance, and your power will increase tremendously. Most top athletes are turning to bodybuilding to help them be the best in their sport. Years back, old-fashioned coaches condemned weightlifting, but they have learned through experience that bodybuilding will bring out the best in an athlete. Your swimming speed and power will improve greatly.

### **IF I DO A MILE RUNNING OR JOGGING EVERY DAY, WILL THAT STOP MY GAINS?**

No! There ARE a few bodybuilders who do some running every day who claim that it helps them out in their bodybuilding endeavors. Running won't build you big muscles, most every top runner you see has skinny legs and an upper body to match. But, running can give you a more powerful body because it builds up your endurance. Your increased endurance will greatly aid your bodybuilding, in that you will be able to perform more reps with more weight. As a result, your muscles will get larger, faster.

### **HOW MANY TOP BODYBUILDERS INCLUDE RUNNING IN THEIR WORKOUTS?**

We would estimate that maybe 2 or 3 out of a hundred might do some running --if that many. We understand that running is very popular with weightlifters in Russia, and that they all include some running in their workouts. Americans are very body conscious, and do exercises that build muscles directly.

### **I FIND THAT IF HAVE VERY LARGE BUTTOCKS AND HIPS. WHAT CAN I DO TO REDUCE THEM?**

Your problem is probably a reflection of your diet. Obviously, you're eating too much of the wrong foods, and it's all going to your excess weight department. Almost everyone who gains too much weight (we don't mean bulking up) finds that it settles in certain areas first: the buttocks, hips, waist or legs. A high-protein diet and a general exercise routine will usually remedy the situation. Since an overweight condition usually takes years to come about, you shouldn't expect miracles to happen overnight. It might take several months to arrest and eliminate the problem. The best exercise for reducing the buttocks and hip area is the hack squat. All types of abdominal work will

also aid in removing excess fat from your hips and buttocks .

### **I FIND THAT MY MUSCLES ARE SORE AFTER A WORKOUT. IS THIS NORMAL?**

Muscle soreness is a common occurrence for the beginning bodybuilder --most especially in his first couple weeks of training. If you overdo the squat the first time you try it, you'll be lucky if you can walk the next day ! All this is perfectly normal, however, as your muscles have probably never before had a thorough workout. The soreness will disappear once your body has adjusted to the workouts. Even advanced trainers will at some time experience muscle soreness, usually when they try new exercises or when they have a particularly good workout. If muscle soreness continues with no let up, you are either overworking, or your body is not getting the proper nutrients. If so, take a week's rest. When you resume training, take it easier and include plenty of vitamins and protein in your diet .

### **I FIND THAT MY WRISTS ARE AWFULLY THIN. HOW CAN I MAKE THEM BIG?**

Unless you're a teenager and still growing, you'll never do it. Trying to enlarge your wrists would be like trying to make your feet bigger. It just can't be done. LARGE WRISTS ARE NOT IMPRESSIVE, anyway. If anything, they would only make your arms and forearms look smaller. Having small wrists will give you a nice taper from your forearms down, and make your arms look big! You CAN strengthen your wrists greatly, and make them much stronger than a man whose wrists might be several inches larger. You'll get plenty of power from the exercises in this course .

### **I HAVE HEARD THAT EATING DURING A WORKOUT WILL MAKE A PERSON GAIN WEIGHT IS THIS TRUE?**

No! All it will do is bloat you up and make you feel uncomfortable. Some bodybuilders eat honey during a workout. It's a pure and natural food that supplies a lot of energy.

# Lesson

# 11



# LESSON 11

## SPECIALIZATION

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**This is one of your most important lessons!** In it you will learn how to gain muscle anywhere on your body, quickly and impressively. Where do you need more muscularity? Now you'll be able to get it!

### ***Specialization***

There comes a day when every bodybuilder must "specialize" to improve his proportions and power. Reaching your peak development is almost impossible without specialization. Every Mr. America and all other champion bodybuilders have had to rely on specialization training to bring their physiques up to par.

Specialization is not a mysterious process. It's simply a matter of training one muscle group more than the others in order to bring those measurements up to proportion with the rest of your body .As every bodybuilder trains and develops, each will discover that certain parts of h is body will grow faster than others. Even though you may work all your muscles the same, you might find that perhaps your chest and arms are developing quickly, while your lots and leg muscles lag behind. If you don't change your training routine at this point, in a few month's time you'll be one lop-sided human being with a barrel chest, massive arms, lean legs and barely detectable lats.

Keep a check on yourself in a full-length mirror. If you notice one or two groups of muscles not keeping up with the rest of your body, it's time for specialization training !

We recommend three ways to specialize. You pick the one that you feel is best suited to your needs. However, try all three ways at some time in your training, spending a couple weeks on one method before moving on to the next one. This is the best way to find out which will help you the most.

### **(1) TRAIN THE STUBBORN MUSCLES FIRST**

Which ever muscle you think needs the extra size, work on first in your routine. Do it when your energy is at its highest point --right at the beginning of your workout. This way, you can use the heaviest weight and perform the most reps with your first exercise. This extra work will result in increased size fast!

### **(2) CONCENTRATE EXTRA EFFORT IN AN EXERCISE**

To demonstrate what we mean here, we'll use our old standby, the barbell curl. First, do your 3 sets of 8 reps with a reasonably heavy weight (flush set if you want.) Then do a few sets of curls using the multiple repetition system. Follow this up with a couple sets of curls using the tri-pump system. By the time you complete all of this, your biceps will be so pumped that they will measure at least

3/4 of an inch more than when you started. You will retain some of that increased measurement the next day. This is just an example, if your legs need work rather than your arms you could try this with squats.

### **(3) TRAIN ONE MUSCLE GROUP FOR AN ENTIRE WORKOUT**

Using this method, you work out 6 times a week. You do your regular workout on Monday, Wednesday and Friday (omitting the muscle group you want to specialize on). On Tuesday, Thursday and Saturday you specialize on the muscle group that needs work. When you exercise this way, all your muscles will have a full day to rest between work-outs. On your specialization days, pick a few exercises for one muscle and do a sufficient number of sets to pump your muscles up. Or, pick one exercise and apply the different pumping systems to it. Many bodybuilders prefer to use the 10-set system. Choose an exercise and do 8 sets of 8 reps. Then, on your last 2 sets, use a much lighter weight and pump out 10 to 15 reps. This will really flush your muscles!

### *Power Specialization With Weights*

Many bodybuilders like to go on a power kick from time to time.. For about 3 or 4 weeks they train for nothing but pure power! Power training will add more massive size to the body. However, due to the low reps in power training, you will probably lose some definition. But once you go back to your regular training, your definition will return.

One advantage of power training is that you get so strong that, when you return to your regular training, the weights will seem so light that you will have to add extra poundage to your old exercise routines. Because you will begin using heavier weights in your regular workouts, your muscles will be forced to grow even more.

In power training you must use very heavy weights and the reps must be low, usually around 3, and never more than 5. It is through these low reps that your power is built up. Never do more than 3 exercises in a routine, and never train more than 3 times a week. You must conserve your energy so that you have plenty of power for your workouts. Pick 3 exercises that will get to the big, massive muscles, like the exercises we suggest on these two pages. Use whatever weight feels right for you .

Since you will be using heavier weights, you will have to rest longer between sets. Whenever you get the urge to go on a power routine, use a program similar to the one at the bottom of this page to guide you. Set up your reps and sets in the pattern indicated. Remember to use the specialization that best fits your needs. If you don't need specialization yet, then continue with last week's lesson.

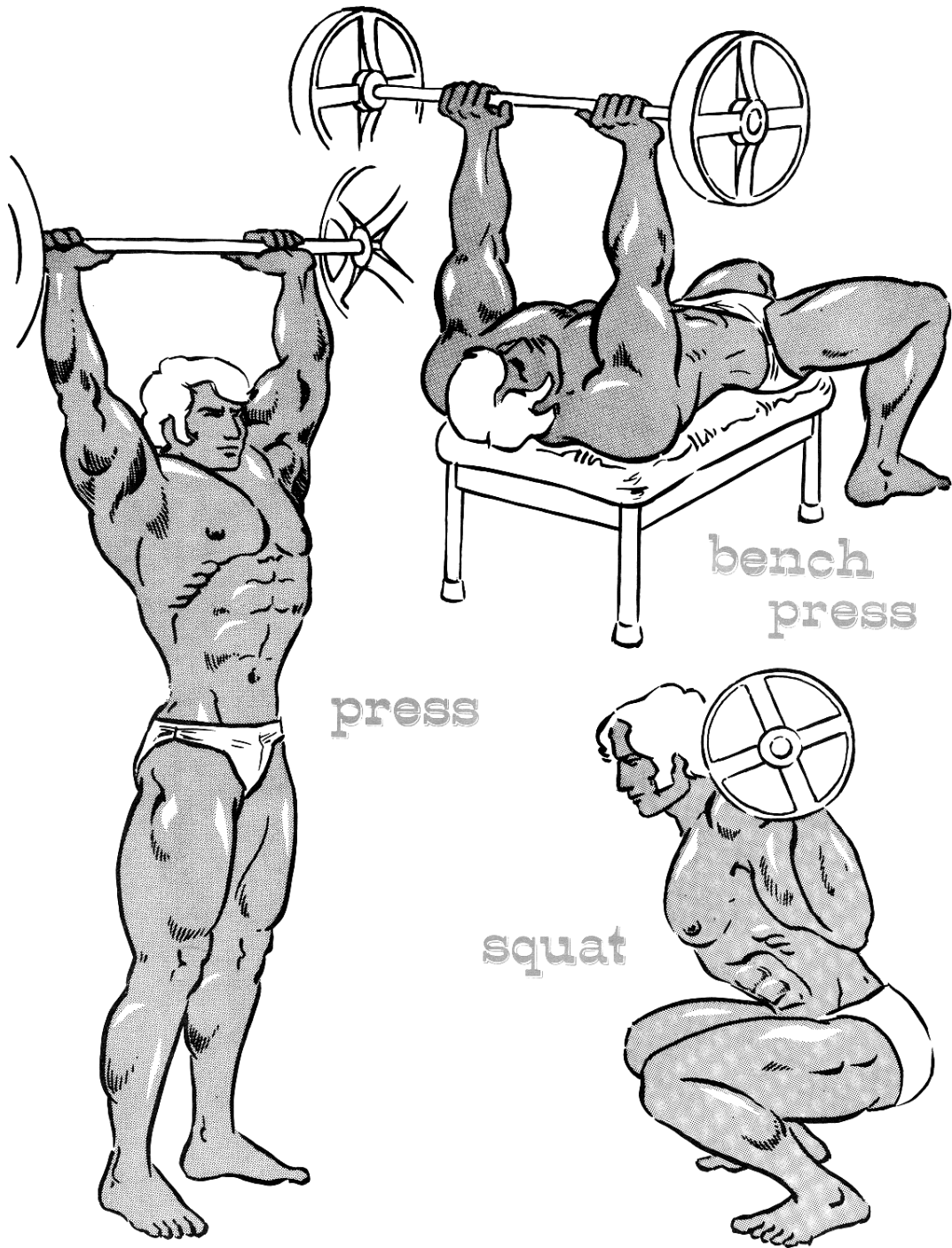
**PRESS**

**PRESS**

**BENCH PRESS**



200 lbs. 5 reps 250 lbs 3 reps 250 lbs 3 reps 250 lbs 3 reps 200 lbs 5 reps	100 lbs 5 reps 150 lbs 3 reps 150 lbs 3 reps 150 lbs 3 reps 100 lbs 5 reps	200 lbs. 5 reps 250 lbs 3 reps 250 lbs 3 reps 250 lbs 3 reps 200 lbs 5 reps
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press

bench  
press

squat

Press

Bench Press

Squat

# Lesson 12



# LESSON 12



We now come to your twelfth and last weekly lesson. If you have followed our course to the letter, you have gained in muscular size, muscle tone, strength and health. As long as you have been faithful in your lessons, it would be impossible not to make gains in muscular development. We have in our records thousands of letters from our students, telling of the excellent results they have obtained with our course..

You have at your fingertips the best information available on bodybuilding. Throughout the lessons you have obtained secrets that took years and years of training to learn.

Now that you have gotten into the habit of exercising regularly, we hope you will continue with your bodybuilding training. Exercising regularly will benefit you for the rest of your life. Not only will you have a muscular body, but you will have the energy and vitality to carry you effortlessly through every day. You will always be the envy of all your friends !

As long as you continue exercising, your muscles will continue to improve. Stop and think about that! Imagine what your body could look like in the near future. Your body has a lot of potential -- develop it to its fullest degree!

You will find your muscles to be unpredictable, some weeks your gains will be small, while other weeks it will seem like your muscles are growing every day. It's hard to make the same gains every month, but as long as you are training and eating properly, you will build.

There will be times that it will be impossible for you to train. Missing an occasional workout won't hurt too much. But try not to miss more than two workouts in anyone month. This way you won't hold back any of your bodybuilding progress.

Every couple of months, take a week off from your training. This way you will fight off any staleness that might be setting in. When you go back to your training you will feel refreshed and loaded with energy!

# CONTEST TRAINING

Regardless of your age, you can enter a contest, as age is no barrier. Contests are for the young and the not-so-young. One month a teenager might win, and the next month a man in his middle forties might win. Physique contests are usually sponsored by your local Y.M.C.A.. Contact them for full details. You should see one or two contests to get an idea of what is expected of you .

The competition of a physique contest provides a bodybuilder with that extra drive to reach physical perfection a You train harder to be better.

If you decide to enter a contest, plan to begin training for it three months in advance. You have to set up your workouts to handle each phase of preparation as best you can. Consider our following suggestions seriously:

## FIRST MONTH

The first thing you should work for is massive size. You want to add as much bulk as possible to your frame. To force those muscles to grow, you must go on a bulking-up diet. Drink plenty of milk and malts. This first month, try to gain about eight to ten pounds. Keep your reps low and the sets around four . Begin to practice your posing. Choose four or five poses --front, side, back and two optional poses --and practice moving into them smoothly. For extra details on bulking up, refer back to Lesson 3.

## SECOND MONTH

Now that you have gained a little bulk, you want to keep your size and yet get better definition. The idea now is to take off the excess weight that has not been converted to muscle (especially that roll around your waist) and retain the added muscular size. Continue drinking milk, but cut out the malts. Begin to eliminate some of the fattening foods in your diet, but still eat well. Add a couple of waist exercises to trim you down and regain that "V-shape. II Start to force out more repetitions.

## THIRD MONTH

You have thirty more days until your big day! This last month, put everything you've got into your training. Begin training six days a week. Work on your upper body one day, and your legs the next day. This is a sure way to get to the peak of your muscularity .Do about 6 sets of each exercise and do more reps than you usually do. Do plenty of pumping exercises. Your muscularity will really stand out and you'll get even more size. Bomb that waist of yours --get it as small as you can by doing a lot of reps o

Cut out all the fattening foods from your diet, and stay away from regular milk {unless you feel your muscularity is good) and start drinking skim milk. Stay away from white bread and potatoes, and stay on a high-protein diet.

*Suddenly it's the big day of the contest.* By now your posing should be very good --and your muscularity at its best! Be sure to wear well-fitted trunks with a cut and color that will compliment your physique. Try not to drink too much liquid on your contest day. This will help keep your waist small and not bloated.

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All contests will allow you time to work out before you get on the stage. Pump up your muscles with a fast, easy workout. Do 40 or 50 push-ups, or do a fast 40 or 50 reps with a light weight. This exercise will be just enough to flush your muscles and make them seem as large as possible. Some bodybuilders prefer to rub a little baby oil on their skin to make their definition really stand out as they pose. For more posing tips, refer back to Lesson 4.

Many bodybuilders have become famous after entering contests. You never know who will be in the audience when you get up on that stage. You might get a chance to pose for photographers or artists. Some bodybuilders are offered positions as Instructors in health studios. Some actors have begun their careers as bodybuilders. But, the best way to get recognition is to go out and show the world how much you have to offer!

## TEMPERAMENT IN BODYBUILDING

Once you get this far in your training, you'll find that no two bodybuilders train the same way, even if they started with the same program. Every bodybuilder will take exercises and routines and mold them to fit his needs. As we mentioned before, different bodybuilders' muscles will develop differently, so why should they train the same way?

Take the training routines we've given you and make up your own. Only you know which of your muscles need the extra work and specialization. Only you know how many reps and sets it takes to pump up your muscles. You've undoubtedly discovered that certain exercises work better for you than others. Concentrate on them!

We have seen a bodybuilder take just one exercise for each muscle group, and do as many as 8 or 10 sets. Others prefer to do no more than 3 sets per exercise, but do many exercises for each body part. Some prefer to follow low sets, some like high sets. One man might get a better pump doing 6 reps, while another might like doing 10 to 15 reps. All types of training will result in good gains for the men who train according to their own temperament.

Everyone has different goals and needs. One must learn to train for the goals he sets for himself. It is up to you to find out what is best and to go after it in your own way. We are listing some advanced training routines in the back of this lesson that you can either follow to the letter or change to fit your needs. They will give you an excellent idea of how advanced training routines should go.

## TRAIN FOR PROPORTION

When planning your workouts, be sure to keep all your body parts in proportion to one another. Contest judges won't award top prize to a guy with a 17" neck, 47" chest, 15 1/2" arms, 25" thighs and 17" calves. His arms simply do not stack up to the rest of his body. He might win the "Best Chest" or the "Best Legs" awards, but he will never win the "Best Built Man" of the contest!

A good average set of proportions might read like this: 49" chest, 32" waist, 16" to 18" arms, 26" thighs and 17" calves. These measurements are not tremendous, but they are well-proportioned, and a good goal for the beginning bodybuilder.

We once knew a fellow who had a set of statistics that once went like this: 17" arms, 41" chest, 15" neck, 21" thighs and 14" calves. It doesn't take much to figure out what muscles he was training. His arms were huge and beautifully developed. But what happened to the rest of his body? He completely neglected everything but his arms. It wasn't until he'd had his photo taken in a bathing suit that he noticed his big mistake in training. It took him a very long time to bring the rest of his body up to par. Don't make the same mistake he made. Keep all your muscles in perfect relation to the others. Keep a constant check on yourself in a full-length mirror if you have one.

## Lesson12

### **ADVANCED TRAINING ROUTINES**

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### *Weight trainers*

#### **EIGHT SET SYSTEM**

BENCH PRESS - 8 sets of 8 reps

SQUAT - 8 sets of 8 reps

BARBELL CURL - 8 sets of 8 reps

## **BIG ARM ROUTINE**

(Apply this system to any body part)

BARBELL CURL - 3 sets (Regular Curl)

BARBELL CURL - 3 sets (Tri-pump)

BARBELL CURL - 3 sets (Multiple Repetition System)

TRICEPS PRESS - 3 sets (Regular Curl)

TRICEPS PRESS - (Tri-pump)

TRICEPS PRESS - 3 sets (Multiple Repetition System)

TRICEPS CHAIR PUSH-UP - Do 2 fast sets, pumping out all the reps you can.



# Lesson12

## GENERAL ROUTINE

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### *Weight trainers*

PARALLEL BAR DIPS - 4 sets of 10 reps (tie a weight to the body)

BENCH PRESS - 3 Sets, 8 reps

PULLOVER - 2 Sets, 12 reps

BARBELL CURL - 4 sets, 10 reps (flush set with Triceps press)

TRICEPS PRESS - 4 sets, 10 reps

WIDE GRIP CHINNING - 5 sets, 8 reps

SQUAT - 2 sets (using a light weight), Multiple Repetition System

SIT-UPS - 1 set, 50 reps

### *Non-Weight trainers*

PARALLEL BAR DIPS - 4 sets of 10 reps (tie a weight to the body)

FEET ELEVATED PUSH-UPS - 3 Sets, 15 reps

REGULAR FLOOR PUSH-UPS - 2 fast sets of as many reps as you can do.

REGULAR CHINNING - 4 sets (flush set with Reverse Triceps Push-up)

REVERSE TRICEPS PUSH-UP - 4 sets (as many reps as you can force out)

WIDE GRIP CHINNING - 5 sets, 8 reps

ONE LEGGED SQUATS - 2 sets, Multiple Repetition System

SIT-UPS - 1 set, 50 reps