

Information and Power Training
For
Natural Bodybuilders

Important

The information contained in this book is the opinion of the author and not provided or intended as medical advice. No diet or exercise program should be conducted without the approval of a physician.

Written

by

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Introduction

I spent the first fifteen years of my life as a skinny kid who was afraid of his own shadow, and that's not an exaggeration by any stretch of the imagination. During those years I underwent taunts, jokes and torment that scarred me for life. Even today, although in my fifties, I can vividly recall being afraid to go out and play at recess during school, being afraid to sleep alone in the dark, being bullied and made fun of in school. Not pleasant for a child to go through. Today there are all kinds of physiology theories and treatments for such conditions. In the days I went through my ordeal, it was more or less ignored. "Don't pay attention" was the most common solution to the problems I faced. It hurt and was definitely a foundation for which I resolved myself to do something about.

I recall spending almost every waking minute dreaming about being big and strong. Having courage to do normal things like, walking in the dark, not fearing to sleep alone at night, being able to go outside and play without having the fear of being bullied. Simple little things that most kids don't even think about were plain torture for me. I was a nervous wreck all the time and it showed in everything that I did. I became introverted and wanted to stay by myself. It was the only way I could find some peace without the fear of being kidded, made fun of, or worse of all bullied. I think I did a good job of hiding it from what few kids I did associate with, the ones that didn't tease or bully me.

I had a passion for comic books. Wish I still had them all. I could make a fortune selling them right now. I was attracted to the ads for bodybuilding courses you could send off for. Charles Atlas, Ben Rebhuhn, Joe Weider, Mike Marvel. At that time, the one that attracted my attention the most and the one that was advertised the heaviest was the Ben Rebhuhn American Body Building Club Course out of Great Neck New York. I later discovered it was really the George F. Jowett Course under another name. I wanted the course so bad I could taste it. It promised to make the skinniest person into a He-Man.



My mission would be to get the course as soon as possible and end my life of torment and fear. I would become a real He-Man and my life would change for ever. No more skinny scared coward for me, no sir.

Over the years I have met countless kids and adults who have suffered the same pain and humiliation I went through. I could hear the shame and frustration in their voice as they shared their experiences with me. I felt compassion for them as I knew first hand what they are going through. Not every kid takes it so hard and not every kid carries the scars with them the rest of their lives, but some do. It's hard, difficult, and as I have already stated, life altering. It's not normal. It hurts and you are reduced to suffering alone. Young or old, it's no pleasant situation to be in.

Although kids often tease and taunt other kids without thinking, adults can be just as cruel if not more so. The scars inflicted are not easily removed and in a great many cases, the pain does not subside with time and age. They remain and every individual handles it differently. Some better than others and, in some instances, some will actually forget all about it as they mature. Those are the lucky ones.

I sincerely hope this book provides some benefit and help to the many that may find themselves in a situation they hate and don't know how to change it or are too embarrassed to seek help from someone else.

I am not a doctor or medical professional and do not advise anyone attempt any exercise, diet, or supplement program without first consulting with their doctor or health

care professional. The information contained within these pages is based on my opinion and my real life experiences.

I. The Beginning

The introduction to this book already provides some information on my personal beginnings. How I was bullied, afraid of the dark, an introvert, helpless and lost in an otherwise civil society. I still have a picture of myself hitting a pose and you can count every rib in my body, let alone the other bones. The picture was taken after I had been training for about a year. Looking at it one would have to think, “This kid has to be one of the most pathetic kids I have ever seen.” That statement would not be inappropriate. How skinny and frail was I? Check the About The Author page I have included in this book.

I am not going to dwell on all I went through. Anyone going through the same already knows what it’s like. Those that don’t... no matter what I write they will never be able to understand anyway. What might be more important, and of value to anyone, is what I did to correct my own situation.

Of great importance to me is the fact I had a very understanding and supportive Mother and Father. Maybe not accurate or correct for the purpose of writing, I always capitalize any reference to my Mother and Father out of the respect and love I have for them. If it were not for their influence and support in the early years, who knows what might have happened. Most likely I would never have made some major changes. They provided not only support and encouragement but afforded me with the opportunity to follow my dream.

Enough has been said about the bullying, being skinny, sickly, and afraid of everything real and imaginary. All of that is negative and non-productive. Let’s get to the positive and productive part. I want this book to provide a real insight on what can be accomplished by someone who refuses to take steroids and drugs, someone who has no

genetic structure, either muscle or bone, and someone who basically developed without having access to a gym or personal advice.

The first step of my journey began with the help of my Father. After a couple of weeks of doing push-ups and sit-ups I asked my Father about exercises. Dad always had a large chest and wide shoulders. He told me about Charles Atlas. In his youth he would perform the various Atlas movements and he showed me several of them. This was the first real exercise movements I performed. I would do them every night right before bed. I don't think I missed a workout in a whole year. I actually started to see results. Still skinny mind you but muscles, as small as they were began to develop.

This just encouraged me more and more. I worked harder and harder. I bought comic books every chance I had and one ad appeared on almost every front or back cover. The Ben Rebhuhn American Body Building Club mail order course. "Send one thin dime and receive all the information you will need to become a Streamlined He-Man." This I did. Not once but dozen's of times. I had almost as many advertising books for the course as I did comic books. I read the material I received over and over every single day. Not one day passed that I didn't read every word and dream about me becoming a real He-Man.

A few movements were included in the material. Dips between chairs, squats, and a couple of other movements were illustrated. I began to add these movements into my nightly workout sessions. What started as a ten or fifteen minute workout was now getting up to a hard hours worth. The promotional material was great but I knew the real success would only come if I could send away for the full program and get the Fulcrum Lever Bells that came with the course. Later, years later, I discovered that the course and Fulcrum Lever Bells were really the George F. Jowett Course. I don't know how, when, or why Rebhuhn took over but Jowett was still illustrated performing the movements.

I come from a small town in Tennessee and during this time no bodybuilding magazines were available at any news stands. In fact, the only bodybuilding magazines I

saw were on T.V. when someone might be reading one in a movie I might be watching. In those days you couldn't find a barbell or dumbbell anywhere close to where I lived. Bodybuilding was thought of as strange. Anyone who even thought about bodybuilding had to be weird or have a problem. "Lifting weights... why that will hurt you and make you muscle bound!" What good would it do to have all those muscles?" Easy for those that are not in the condition I was to say. I worked out every night in the privacy of my own bedroom. I told no one. Mom and Dad knew it and from time to time would ask about my training. They knew I had become dedicated. Although they never mentioned it, I believe they were willing to do and help me in anyway they could to get over the way I was. My condition had to be a hardship on them as well as me.

I finally got the nerve up to ask them if I could send off for the Rebhuhn Course. You could make weekly payments or you could pay in full for the price of \$24.95. To my surprise and delight they asked if I would like it for a Christmas present. Boy! Did I. To this day, I remember the feeling I had when the postage paid envelope and my order form was sent off to Great Neck New York. I couldn't wait for Christmas. It wasn't long before I received something in the mail from Rebhuhn. I opened it and to my surprise it was my first lesson. Well, Christmas was still sometime off and I knew I would have to tell Mom and Dad the first lesson came in the mail. I hated to do it because I couldn't see how I could wait for Christmas. What a treat. When I told them they said I could go ahead and start following the course.

Thus began my introduction into the world of bodybuilding. I followed the course faithfully for one full year. The only time I missed a workout was when I was sick. It also served as a nucleus for what would be a lifelong love affair with bodybuilding. During this time I happened to obtain a copy of one of Joe Weider's Muscle Builder Magazines. I read the thing from cover to cover over and over and over, never tiring of reading the same articles and looking at the same pictures. Soon I started to see advertisements for the Weider Mr. America Bodybuilding Course and other courses. Needless to say I sent off my twenty-five cents for many of his promotional packets as well as Charles Atlas and every other bodybuilding items I could find. I was a junkie.

The Rebhuhn course served me well and laid a solid foundation for what was to follow. I got a subscription to Joe Weider's Mr. America and Muscle Builder Magazines and read them monthly for ideas, tips, and training advice. This was the only source for information that was available to me. What I read I took as gospel. I became a homebound expert in exercise, physical culture and nutrition. I could name all the bones and muscles in the body, the function of all the organs, the names and purpose for every known vitamin and mineral. I was a walking encyclopedia on bodybuilding. Soon I started getting Weider's All American Athlete, Vigor, Young Mr. America and any and all other Weider publications I could lay my hands on.

With all this exposure to Weider courses, products, equipment, and claims how was I to know anything else other than Weider was the best? I branched out to Bob Hoffman and York but never seemed to get attached the way I did to the Weider material. Still, if it was anything related to bodybuilding you can bet your bottom dollar I had to have it.

At this point I knew I would have to get the Weider course and his weight set. What, another Christmas present? You bet, and that is exactly what Mom and Dad got me for Christmas one year. Now I was really on my way. I read and followed the course to the letter. Worked out six days a week and began to show some real progress. I was becoming a bodybuilder, at least in my own mind I was. I didn't know it then but later discovered that a lot of what I was doing was not really the best or right way to train. Form and technique was improvised based on what I read. I really didn't know if it was right or not and I certainly didn't know if I was doing something wrong. My teacher was the courses and what I read in the magazines. But I made progress. Soon came the Weider 3 in 1 bench as well as other pieces of equipment.

The skinny, bullied, scared of the dark kid started to develop confidence in himself. I trained everyday. Immediately after school I would go to the carport and workout. I would burn up in the heat of the summer and freeze in the cold of the winter.

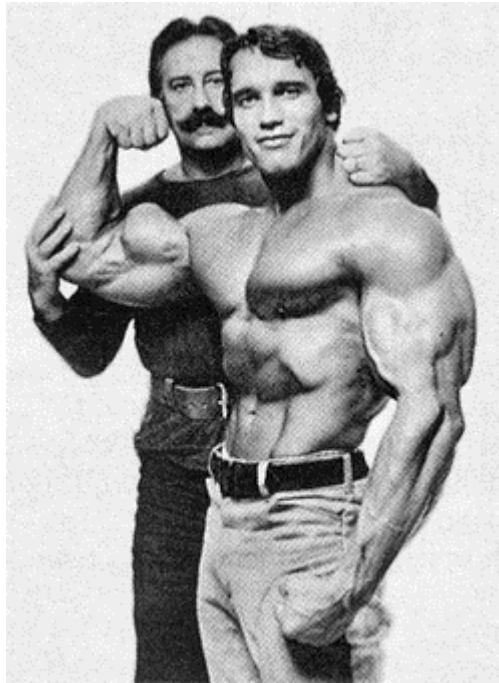
While following a double split program I would get up and workout at five in the morning before school and then after school hit it again. Totally dedicated I stayed with it no matter what. My reward was in a more muscular build than I could ever have otherwise and my strength grew to the point I was almost a legend with some of my friends. I was no longer bullied. I now felt confident and not fearful of the dark. I read one of Joe Weider's courses, How to Build Courage and Confidence and silly as it may sound, believe it helped me. I overcame so many of my fears but the scars left by the horrible fearful experiences I had when I was younger stayed with me. Bodybuilding helped me overcome and move beyond those fears like nothing else could.

I must have been fourteen or fifteen and Mom and Dad, my brother and sister were going to visit some relatives in New Jersey. Yes, the home office of Joe Weider. Could it be possible, would they care enough to go to Union City so that I could meet Weider personally? Even though it meant going way out of the way and was not really in the cards, Mom and Dad knew I was so dedicated to bodybuilding they were kind enough to make certain our trip took us to Union City.

Not being familiar with that part of the state, Mom and Dad asked my Aunt and Uncle to take us to 801 Palisades Avenue in Union City. I could hardly sleep the night before thinking about all the questions I was going to ask Joe Weider. The next day when we arrived at Weider's office my excitement turned to gloom. Upon entering the Weider Offices and asking the lady at the front window if it would be possible to see Joe Weider I was informed he was out. "Do you have an appointment, she asked?" "Well, no." "Sorry she said politely. Mr. Weider is not here." A great day turned to a bad day just like that. We all went back outside and prepared to head on out. Suddenly Mom went back in and returned shortly. "Let's stay right here she said." The lady said he just went to the Post Office and should be back in a minute. Sure enough, in just a few short minutes I spotted Joe Weider walking down the sidewalk headed right for us.

Joe was kind enough to stop and introduce himself, invited us all into his office and spent a good forty-five minutes talking to me. You can only imagine the thrill it was

for a youngster, so interested and dedicated to bodybuilding, to get the chance to meet Joe Weider. Joe called several gyms to see who was working out and made arrangements for me to go see, and workout with many of those that appeared monthly in his magazines. He also invited me to be his guest that September at the big IFBB show held at the Brooklyn Academy of Music. My father took the time to go with me to the show and we were Joe's guests backstage.



Dave Draper, Harold Poole, Rick Wayne, Larry Scott, Chuck Sipes, Frank Zane, Rock Stonewall, Sergio Oliva champion after champion. I had the opportunity to meet all the top bodybuilders, watch them train, eat with them, and bombard them with questions. I learned more in that one day than most ever have the chance to learn, unless of course you are fortunate enough to live in and around a bodybuilding hot spot.

Over the years many have criticized both Joe and Ben Weider but mostly Joe. Some of the criticism may have been earned and justified. Some is not. All I know is from the first meeting Joe has always been extremely kind and generous to me. In fact both Joe and Ben have gone out of their way to provide assistance whenever I have asked

them for help. Some I am sure feel differently about Joe and Ben but I have never had a bad experience with them. Sure they have promoted the hound out of their products. Why shouldn't they? Look at the good that has been a direct result of their influence in bodybuilding. Would the sport be anywhere near what it is today if they had not been involved? I doubt it. Sure they have built an empire but look at the risk and contribution they have made. Look at the exposure they afforded so many. Certainly this all can be debated back and forth based upon the experience had with the Weider's. I can only tell about mine and it has been very very good.

At this point in time I still believed that I might be able to obtain a world class physique. After all I had put on a lot of weight, not fat mind you, but solid muscle and my strength had increased to a level I would never have imagined possible. I worked hard, six days a week for about two hours per day. I was dedicated and lived 24/7 for bodybuilding. I had devoted my life to reading, studying, learning, and working out. It was more than a passion for me it was a way of life.

I didn't realize you had to be blessed with certain God Given genetics in order to become one of those super champions shown in the magazines each month. It never dawned on me that ones potential was actually limited to the number of muscle fibers one has, the bone structure, muscle tie-in, length of the muscles, insertions and all the other points that all the training, diet and supplements could not alter. This is not to say that you cannot make a drastic improvement in you physique by following a proper training program because you can and will. What I do mean to say is that genetics controls your ability to reach the level you can obtain. Many of the champion bodybuilders throughout history started out skinny or overweight and developed championship physiques. In the beginning you wouldn't think they had the genetic potential either but they did. You are either born with it or you are not. Nothing you can do will change this fact.

Some will never be able to obtain a 20" arm not matter what they do or how they do it. They are just not genetically inclined to have an arm that large. But, with the proper training and diet they may be able to obtain an 18" or 19" arm and that ain't bad baby.

Especially if they have a 32” waist and other body proportions to match. In fact a well shaped 18” arm fully developed is more impressive than a flat 20” arm with no shape. In other words you can build your body through bodybuilding. You can make dramatic changes in your appearance and health. You can mold yourself into something you would not be without training.

At some point I came to terms with the limited genetic potential I have. I accepted the fact I would never be able to have a 21” bicep but I was able to get my arms past the 19” barrier. I realized I could train all I could and dream all I wanted but the title of Mr. America would never be mine. That didn’t really matter as I loved to train more than anything else anyway. It was the training and slow but sure improvement in gains I made that provided all the inspiration I needed.

Most beginners believe that they can become a Mr. America by training for fifteen minutes a day, three days a week for about six months. If you were to believe most of the ads in the magazines, everyone would believe that. The truth is it is a long and hard process and not easy by any means. Certainly you can change the way you look and also improve your health by training three times a week and changing your dietary habits. But I’m talking about bodybuilding, hardcore bodybuilding, and that’s entirely different.

Well, you now have some idea of why and how one person became so involved in an activity during a time when it was completely misunderstood and definitely not recognized, especially in a small rural city in East Tennessee. I owe a lot to bodybuilding and what it did for me. Because of bodybuilding I was able to not only overcome fears and anxiety but was able to make a few dollars as a professional wrestler, owned my own gym, worked as a bodyguard, and had some other opportunities I would never have had if it weren’t for bodybuilding. Perhaps one of the most important rewards I have had is that of being in a position to help others, especially youngsters, who have asked for advice and help with their various situations.

I'm a rather simple person and have several codes I live by such as; God is first, then family, then friends. Another is the strong must protect the weak, those with knowledge must share it freely to help others, those blessed with financial wealth should show compassion for those not as fortunate. We are all the same, just visitors on this earth and we need to do our best for one another. Silly... might be, but I believe it.

I have titled this book as Horse Power by Palmieri, after the program I used to gain substantial size and strength. Since there is nothing new under the sun I am certain somewhere there is a program similar to this one. I have never seen one but the more you learn about bodybuilding the more you learn there is little that is new. The name may change but that's all. There is no way I could possibly record all I would like to share but maybe the information contained herein will be a help to someone. Horse Power is a power program I have personally used and followed over the years. It will serve natural bodybuilders, those not into taking steroids and drugs, well if they desire to gain additional size and strength. By the way... if you have never taken them don't... if you have taken them don't do it again... if you are taking them STOP! I can't make it any plainer than that.

This program is not unique in that it is the only program of its kind out there. Many programs exist and produce excellent results. I am providing information that I have found productive for me personally. The Horse Power Program was developed after many years of trial and error on my part. I wanted something that would help blast me past sticking points, add size as well as strength, and provide variety to training. Anytime I followed the Horse Power Program I obtained results I was well pleased with. It is rather simple and direct and can be performed by almost anyone. Before I outline the actual Horse Power Program I want to share some information I consider important for those interested in natural bodybuilding. Don't skip over these sections as they need to be understood in order for you to gain the most from the program.

II. Secrets and Truths



Look, not everyone wants to become a He-Man or Mr. America. There are plenty of programs and routines available for those just wanting to either add or drop a few pounds and even more for those that want to simply shape up. This writing is especially for those who do not want to use drugs and steroids. For those that are not genetically gifted. For those wanting to participate in one of the most exciting and rewarding activities one can undertake, bodybuilding the natural way.

The first myth that needs to be addressed is the one that has existed for centuries, the secrets of bodybuilding. Well, here is the secret, there are no secrets! How's that for a surprise. And all the time you thought some magical exercise or some super-secret supplement existed didn't you? The truth is bodybuilding, at any level and at any stage, will produce results in some form or fashion. There are however, some very basic ingredients in the formula for success in bodybuilding.

Genetics: You will only be limited by your God Given genetic potential. I have already mentioned this earlier. It is impossible to exceed your genetic range. The problem here is a lot of people will blame genetics for their lack of development when in reality they should correctly blame themselves for; being lazy, not adhering to a sound diet, disregarding basic bodybuilding principals, and a host of other things not even remotely

associated with genetics. The fact your genetic potential may prevent you from ever being Mr. Olympia does not hinder you from developing a sensational physique that is head and shoulders above what can be considered average.

If you are dedicated and true to bodybuilding you will be rewarded for your efforts. Bodybuilders are not average individuals. They can transform their bodies, mind, and spirit. Even if you workout with a partner or two, your progress and results are yours and yours alone, individual accomplishments. Even the most humbled gain a self-sense of pride in what they achieve, and rightfully so.

Genetics are important only if you seek a major title, outside of this; you may be the owner of the poorest genetics in the world and will still be able to obtain a superior development. But you must be careful and not easily accept poor genetics as the scapegoat for your lack of progress and results.

I have known bodybuilders who were able to develop massive chests and huge arms. They walked around on a pair of toothpicks for calves claiming their lack of calf development was due to poor genetics. The truth is, they would rarely work calves and when they did they performed movements such as calf raises wrong and would use about half the weight they would use in the bench press. Poor genetics! Bull! Be honest in your self assessment before you blame it on poor genetics.

Will Power and The Mind: Your mind and the thoughts you carry in it has a tremendous amount of influence on the body. You can actually will yourself into another state of being. Now I'm not talking about some magic crap, I'm talking about positive thinking and your ability to visualize what you want to be. Every great bodybuilder relies on mind control. See and imagine yourself as you want to be and you will become that.

I can't stress the importance of the mind in bodybuilding enough. It works! During workouts you must be able to put full and complete concentration into each and every rep of every set. You have to block out your surroundings. You must be able to

separate your workouts from your problems. Your concentration should be so intense that you are completely unaware of anything else but the movement and muscle you are working.

See and visualize the muscle you are working as you want it to be and believe it is that way. You must learn to develop mind control. It does not come easy and it takes a great deal of time to develop such skill but you need to work on it everyday. You are what you think you are. You are what you want to become. You are the captain of your ship. Don't take this lightly.

We have all seen people who talk not only during their workouts but while they are actually in the middle of a set. Or how about those that will do a set and then sit down and read a magazine for thirty minutes before they get the next set in. The one I love the most are the ones who talk on the cell phone during their workouts. You can't get there by doing any of these. You are only fooling yourself if you think you are a bodybuilder and do any of the things I just mentioned or hundreds of other such things I have not listed. Concentration... It is important and a must if you want to really achieve super results.

Diet and Nutrition: At least fifty percent of bodybuilding on the low end and possibly seventy-five to eighty percent on the high end. Simply put... your car won't run without gas and oil, your body won't work without food and nutrition, and that's just for the average sedentary person. It's more important for you as a bodybuilder, in fact it is vital, as important if not more so than your actual workouts. Exercise basically does two things; pumps blood into the muscle area you are working and tears down muscle cells. That's it! When you perform heavy barbell curls you are not building huge biceps, you are pumping blood into the region and tearing down the muscle cells in your biceps. It's the protein and nutrients you consume during the recovery process that is responsible for any increase in size.

Now that's not to say you can just consume protein vitamins and minerals and gain muscle, of course you can't. You have to exercise and put progressively heavier loads of resistance against the muscle. But you must also feed and nourish the muscle in order for it to grow. Failing to do so will result in muscle loss.



New designs in equipment and some new pieces of equipment have come about. Some modifications in training principals have been introduced but nothing has changed as drastically as diet, nutrition and the supplement aspects of bodybuilding. Today it seems as though this segment of bodybuilding changes almost monthly. The advancement of scientific research along with the development of new supplements is reported monthly in every bodybuilding magazine.

Eating habits and diet represent a foundation for bodybuilders so important that some even refuse to go to a movie for fear they will miss a feeding. All right, I admit this is the extreme but it is true. I also admit this kind of sacrifice and dedication is followed by a minority of bodybuilders in the very top of the profession. But it illustrates the great importance bodybuilders place on nutrition and diet.

A truth that seems only acceptable when discovered through one's own trail and error efforts is; not every program and not every exercise will produce results even though it has for someone else. Every human being is different. We all have different systems and responses. Take allergies for example, what may bother one person won't

another. Prescription medication, what works for and helps one person may not another. The same is true for exercise movements, routines, and systems.

Take the Preacher or Scott Curl for example. A great many bodybuilders find this movement to be one of the very best bicep builders of all time. Certainly it worked great for Larry Scott and countless others that have incorporated it into their training program. I can also point to thousands that receive little or no results from the movement regardless of how they performed it. I am one of those that will occasionally use the movement for variation in my training but get almost nothing from the exercise itself. Because I along with many others do not get much of a benefit from doing this exercise does it mean it is not a good movement? Absolutely not! It simply means what works for one person may not work for another.

In the beginning, when you first start training, almost any exercise will produce some results. The longer you stay with your training the slower and more difficult it will be for you to make progress. Once your system becomes accustomed to the demands placed on it by exercise, your body adapts rather quickly. This is why continued progress means you have to change your workouts from time to time: perform different movements, do more sets and reps, take shorter rest periods between sets, employ supersets, forced reps, etc. I know some bodybuilders that won't do the same workout for a particular muscle group two times in a row. They do something different each time.

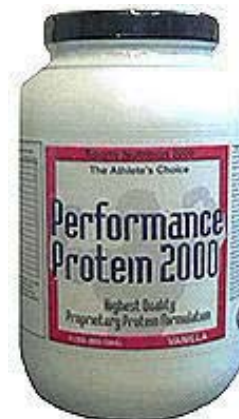
Bodybuilding is hard work. It is not for the faint hearted. It requires a lot of dedication. Each year thousands of people enter the ranks known as bodybuilders. Within three months the number is dwindled down to a few hundred. Within six months only a couple of hundred remain. By years end a small handful will still be standing in the ranks. It takes will power, determination and dedication. Exercising is one of the hardest habits to get into and the easiest habit to break.

Even though you can dramatically change your physique through bodybuilding, it is not something that will happen overnight. It takes time and patience. As I have

mentioned, you will see results rather quickly, especially if you are new to exercising. The more advanced you become the harder and longer it takes to see additional changes. Although you will steadily and constantly make progress, change will be slowed to almost a snails pace. At what stage will this slowdown take place? That's hard to say and it will vary from one person to another. In bodybuilding we call these phases' sticking points. They are normal, natural and every bodybuilder experiences them, regardless of ones degree of development.

Sticking points often result in many giving up in frustration. "I've gone as far as I can go." "I haven't made any improvement in months." Don't become discouraged. Sticking points are frustrating but they should be viewed as a sign you are making progress and it is now time to advance to another stage. Blasting past a sticking point brings new rewards and new gains. If you plan on becoming a bodybuilder I am telling you right now you will hit many many sticking points in your career. Like so many aspects of bodybuilding, tons of information is available on how to move past sticking points that I would only be redundant in listing all techniques in this book. The important thing is that you are aware of the fact they are a common and ever present part of bodybuilding. They appear from no where and they never disappear completely. You will be faced with them time and time again as you strive for your goal.

The supplement industry has become a multi-billion dollar a year industry. Are they necessary? Does every bodybuilder need to take supplements? Well, I can only express my opinions here as I am not a physician, medical professional, or nutrition expert. I do take and suggest supplements for everyone, especially bodybuilders. Non bodybuilders, even healthcare professionals not involved in bodybuilding, do not realize the enormous stress and overload bodybuilding



places on their systems. Because of this, combined with the restricted food intake bodybuilders live by, additional supplementation is not only advised but in many cases an absolute necessity.

It is true that some bodybuilders take no supplements at all. Others take far more than they need or should. Still others take them only at certain times in their training. I personally feel a good vitamin mineral tablet daily is not only of benefit for bodybuilders but the general public as well. B-Complex, Vitamin C, Vitamin E and anyone over the age of twenty-five should take a good multi enzyme digestive tablet with each meal. I think bodybuilders need a good high quality protein supplement everyday. Protein is the most important nutrient in the development of muscles. You can pick up any bodybuilding magazine and read article after article on the importance of supplements. You will also be bombarded by advertisements all claiming their products are the best in the industry.

Here again, what works for one might not work as well for another. I believe that you need a well balanced diet supplemented with additional vitamins and minerals. I also believe that you should consume about one gram of protein for every pound of bodyweight. Whey protein, milk and egg protein, and casein protein are the best. I like to take whey protein immediately following a workout because it enters the system quickly and feeds the muscles just worked. During the day a good milk and egg protein provides both a quick and sustained nutritional feeding to the muscles. Casein protein should be taken at bedtime as it is a slower release and will feed your muscles during your sleep.

The price of a supplement is not a very good indicator of the quality you may be getting. Price and quality do not always go hand in hand. You also need to adjust your intake depending on the stage and type of training you are involved in. You may want to take certain supplements all year long and others only during certain stages of your training. In any case, I would strongly advise you check with your doctor first. Read and understand all you can about the supplements you intend on taking. Do your homework

and research. Just because this one or that one takes or recommends a certain supplement don't think you have to do the same.

Stated earlier and worth repeating... DO NOT take steroids. They are dangerous and not worth the risk. I can't make it any plainer than that. I was active in bodybuilding in the 60's when steroids were really first introduced into bodybuilding. Back then some started experimenting with Dianabol in 5mg doses. Small in comparison to what is on the market today. Look, the truth is many of the top bodybuilders around today do take steroids. Not just one but many different types. I am not their judge. I can only tell you that I have never taken and I have never recommended steroids to anyone for any reason. I don't believe the risk is worth taking them and I don't feel they have a place in the sport of bodybuilding. You will never, and I mean never, go wrong or regret the fact that you start and stay natural.

I have heard and known of kids in high school taking steroids in order to build size and strength for sports. What a shame. These kids don't even know or understand what they are doing. Some punk sells them the "roids" and could care less about their health and well being. I have seen so many sixteen, fifteen and even younger kids talk about getting on or trying the "juice" that it makes me sick. The quest for fast results has become a norm in our society, especially when it comes to bodybuilding. Well, bodybuilding is not a fast process. It takes time, effort, patience and hard work. That's bodybuilding.

With all the breakthroughs in supplements today, many products produce similar if not the same results and are much safer. The health risk is far too great to fool with steroids. I come from the old school when we looked upon bodybuilding as being natural and a healthy lifestyle. Synthetic drugs have no place in my world of bodybuilding and I hope you will feel the same way.

You don't need a membership in a costly gym nor do you need to invest thousands of dollars in equipment in order to develop a great physique. Sure, joining a

well equipped gym is great and if you have one close by and can afford it by all means take advantage of the fact and get a membership. It will be money well spent. I can tell you I would, in a heart beat. If you are not fortunate enough to live close to a good gym you don't need to spend thousands of dollars on equipment to put in your garage. It really takes a lot less than you might think.

I personally like to train alone in the privacy of my own home or in a gym when almost no one is there. At home I feel the most comfortable and if I need someone to spot me, my wife does a great job. Alone I can concentrate better and give my full and complete attention to the task at hand. I can do the same in a gym if it is not crowded. I train to train not to socialize. A lot of people go to the gym to socialize, meet people and gossip. Nothing wrong with that and what better place to hangout! For me though when I workout I take it seriously. I am on a mission.

The convenience of a gym with all the dumbbells and barbells set up, the various pieces of equipment, the mirrors, and the easy access is great. It can also provide inspiration as well as being a great place to pick up some excellent tips. I am not contradicting myself in that I said you do not need a membership in a gym and then ramble on to give all the reasons you should join one. All I'm saying is that it is not necessary, nice and convenient but not necessary.

The same is true for a home gym set up. For bodybuilding all you really need is a multi-purpose bench with racks, a way to perform squats, a couple of quick change dumbbell bars, a straight bar and a curl bar, a good assortment of plates. You don't even really need an Olympic set as a standard one will do. Of course you can get combination units now that have leg extension / curl units with them, preacher benches, lat pulleys, etc. All can be had for a reasonable price.

I remember, and most or not any of the younger readers can, Chuck Sipes and how he trained. His home gym was raw. Not much of anything yet he developed into one

of the worlds best built men. He improvised and developed some very unique movements which were responsible for some fantastic gains.

I guess my whole point is, you can do it regardless of your situation if you have only the basics and have the desire. As you grow physically you can also grow your home gym or you can opt for a membership to a commercial gym. In some cases you may want to do both. I have and found it the best of all worlds.

III. Training

Oh my goodness! What a topic. Do you realize how many different training principals there are floating around! Literally hundreds and that's no stretch either. You would get tired of reading about all of them and I would get sick of writing them. For me anyway, it would be impossible to list a description of them all. This is one area a beginner should be careful with. Most beginners want to advance far to fast for their own good, in doing so they will actually slow their ability to make steady progress.

Beginners or even advanced bodybuilders returning after an extended layoff should start off gradually. Beginners must first develop a solid foundation to build upon. Become familiar with the feel and movement. Learn to actually feel the muscle you are working respond to the exercise. Coax you muscles into growing. Beginners should never blast them into growth as it will not occur. All you will do is tear your muscles down and find results impossible to obtain. Bodybuilding is a progressive sport. You build upon what you have. This takes time and patience. Even advanced bodybuilders returning from an extended layoff don't start where they left off; they gradually work back to the point they were before the layoff and move forward.

What'daya bench? Boy I hate that question. What do you do for your arms is second only to people asking how much a bodybuilder can bench. There is far more to bodybuilding than just arm development and certainly a lot more than how much a person can bench press. Bodybuilding is not a power activity. You will never see a bodybuilder

breaking world records for any lift. Bodybuilding, power lifting, Olympic lifting, and weightlifting are all different. Most bodybuilders I know are strong, much stronger than you might think. They are not however training in order to set a world record lift, they train to improve their bodies and add solid muscle mass while keeping the body fat level to a minimum.

I have known some bodybuilders that could easily bench press enough to compete with any power lifter. I also know a lot of bodybuilders that do not perform the bench press at all in their training and consider it to be a poor movement for chest development. I also know some bodybuilders that use, what some might consider, only moderate weight in the movement. For the purpose of bodybuilding, the movement and feel of the movement itself is the important thing, not the amount of weight you can lift or push. This applies to all movements.



Bodybuilding requires cycling of training programs. Sometimes you need to go into a power training routine to add additional strength. During this cycle you are concerned with the amount of weight you can perform for a given exercise but, you are not going to stay on this program year round. If you do you are not following a good bodybuilding program. Some bodybuilders will actually include a power movement in each workout. They may do three or four movements for a certain muscle group and use one of the exercises as a power movement. Upon completion of their power movement they will do the remaining exercises in a much more controlled and deliberate fashion. They will not go through an entire workout using solely power movements unless of course it is during a power cycle phase of their training.

In bodybuilding you need to progressively work the muscles harder. This might mean lifting heavier weights, it might mean cutting your rest time between sets down, it could mean including super-sets and tri-sets into your routine, forced reps, negative reps, or a host of other well tried and proven methods. Lifting heavy is only one aspect of a bodybuilders program. Placing all the emphasis on how much you can bench press is really of little or no importance to you as a bodybuilder. Don't let your ego get in the way of your bodybuilding goals. Don't fret about bragging rights; they don't add a single inch to your arms, chest, shoulders, back, thighs, or calves. What do you want to do? Bolster your ego or build your body? Who knows, if you do everything the way it should be done you might be lucky enough to do both.

Bodybuilding is a lifestyle. You can't expect the most from it if you only follow bits and pieces now and then. You have to be willing to dedicate yourself totally in order to obtain the best of results. It's hard to get to a certain point. For example, trying to build your arms from 15" to 18" will require a lot of work and effort but it most likely can be accomplished. Once you have obtained this goal it is a lot easier to maintain what you have gained than it was getting there. The good thing about bodybuilding is that once you have advanced to the point you want to be you can stay there, cut back or move on. It's all up to you and what you want. You can actually completely change your development. With enough time and experience under your belt you will be able to gain weight or lose weight. You can build up or cut down. You can increase your strength or improve your cardiovascular system. You can do almost anything if you are willing to put forth the effort.

Training should be viewed in three stages. Beginner; those just starting. Intermediate; those that have been working out steadily for about one year. Advanced; those that have worked out steadily at least a year and a half but closer to two years. Each of these stages have very distinct and different places in bodybuilding. Attempting to skip anyone of them or rush through any of them will only hinder your progress. Being a great thing for bodybuilders; energy, enthusiasm, and desire, they can also be pitfalls and disappointments as well. Overnight success and results are usually only found in the ads

for products and courses. In the real world it doesn't happen that way. Certainly some gifted individual with great and natural genetics will achieve results faster than the average person but, they are the exception and not the rule. Besides, almost all my writing is geared to the natural bodybuilder that is not blessed with any genetic advantage at all. The hard gainer, I am one such person and I know only too well the hardships our type must endure to gain even a slight increase in muscle size.

Let's look at some specifics for the three stages I have just mentioned beginners. This is a very important stage for anyone entering bodybuilding. It can also be one of the most frustrating and confusing stages. When you first begin you will undoubtedly seek advice and find it all contradictory, or at least it will appear that way. You might even become so frustrated you will finally say the heck with it; no one knows what they are talking about. It's a hard time especially if you are really in need of making a drastic physical change and are taking bodybuilding seriously.

Here are some tips and points you should follow to help you out. I'm not going to pretend that this is the only way to go because I have already stated that bodybuilding is an individual activity and every person is different. Remember, what works for one may not work for you? I do believe that this information can be of great service to you regardless of your age, present condition, or goals. I can't force you but I think you will find the following most valuable if you will adhere to the advice given.

1. *Make a record of your measurements before you begin your program. This record should include; the date, your height, weight, neck, chest, waist, arms, thighs, and calf measurements.*
2. *Take a picture of yourself and put the date on the back so you can see what you looked like before you started training and take another picture each month when you take your measurements.*

3. *Do not weigh yourself or take your measurements more frequently than once a month and be sure to do this on the same day at the same time each month.*
4. *Write down an honest assessment of your present condition and update it every month when you take your measurements. Be honest. Remember all this information is for you and if you can't be honest with yourself... well, you're in trouble.*
5. *Read all the magazines and visit all the websites you can for information on bodybuilding. Don't worry at this stage about following all you read as at this point inspiration and information is what you are really after.*
6. *Learn all you can about diet and nutrition. Learn about kinesiology and how muscles work. Which ones are pull muscles and which ones are included in the push group. What exercises are used for developing certain muscle groups and how they are performed.*
7. *Do not force or strain yourself while attempting to lift a weight that is too heavy. At this stage, the amount of weight you use is not important. Form and technique is.*
8. *You should only use one or two movements for each muscle group. You should train three times per week, working the entire body each session with a day off between each workout.*

Age has a lot to do with what type of program you really need to use at this stage. I also would not advise anyone under the age of thirteen to start lifting weights. At thirteen no effort should be placed on using heavy weights or taxing the muscles to their limits. Regardless of age, technique, form, technique, form, technique, form is what your goal should be. Got it?

Age, physical condition, will you go to a commercial gym, will you train at home and if so what equipment do you have, these and other questions are needed before a

good workout program can be developed specifically for you. Although I have written thousands of programs over the years, without specific information it would be useless to outline one here. I consider a program just as I do work. You want to make the most money you can from a job and you want to get the most results you can out of a workout.

Intermediate bodybuilders should have a solid grasp of the many aspects of what they are trying to do and how to do it. These individuals have been at it for at least a year and should be able to perform almost every exercise properly and should also have their form and technique down pat. Now is the time to start adding some serious weight to the bars and force the movement and your muscles to respond. No sloppy or jerky movements here, just full range of motion movements executed with proper form.

Super-sets, tri-set, pyramiding, forced reps, split training; all other methods should be employed during this stage of your training. You are not only advancing and learning more you should be experimenting, learning what works best for you. In this stage you will discover some new and exciting methods of training. You should begin to include principals of cycle training into your routines. You are moving toward the advanced stage of bodybuilding and you need to earn your stripes. Hard work, but it will pay off.

By the time you hit the advanced stages of bodybuilding you will already have transformed your body completely. You will now know what direction your training should take, you will have recognized your genetic potential, and you will certainly have paid your dues in, what I consider, the greatest sport of all. You can now rightfully claim your title as a bodybuilder. You will also undoubtedly have the physique to prove your claim. This does not mean you should slack off on the learning and experimenting process. No sir! It means you must put even more effort and time into bodybuilding, if your goal is to move forward that is.

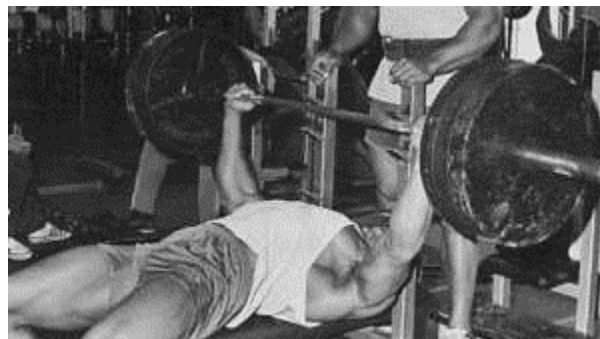
If you make it to the advanced stage you should pat yourself on the back. Many start the journey hoping to make it to this stage but few actually have what it takes to

endure to the end. Congratulations and job well done! Now don't rest, keep moving, learning, and improving. Now you have another obligation besides your own well rounded lifestyle. You now have an obligation to share what you have learned and done with others.

Remember when you first started and why you took up bodybuilding? Don't forget it! Someone else out there is just like you were or maybe even in worse shape. Remember how you wanted advice and help. Well, pass it along. You don't have to do everything for free. You have a right to make money and even a living from your efforts. But don't rip people off. Some things you should do for free. Give back to bodybuilding. Show compassion, understanding, and patience. Help spread the message of the many wonderful things bodybuilding can do.

Each stage requires not one or two but many different routines. There are many books and courses available on the market that can provide you with some excellent programs. I have written several reports on bodybuilding which offers advice and tips on training and nutrition. These also contain points of interest for bodybuilders. Such as; be careful not to over-train. This is a real problem for everyone in every stage of their training. If you push your muscles past a certain point you will actually loose instead of gaining muscle. Knowing when enough is enough is important and it comes with time and experience. I am specifically mentioning this because you need to be aware of over-training and know it does exist.

IV. Goals



What are your goals? What do you wish to see happen from your involvement in bodybuilding? Do you wish to gain weight; do you want to lose weight? Perhaps you only wish to firm up or you may want to compete in a bodybuilding event. You might only want to shape up for health reasons. Your choice is unlimited and confined only to what you seek from your efforts. Whatever your goals, bodybuilding can and will get you there provided you stay with it.

Most people, adults and those considered middle age; take up an exercise program to either gain or lose weight or maybe for improving their health. Teens and younger adults usually get involved in exercise specifically in order to become a bodybuilder in the truest sense of the term. Bodybuilding can and does apply to all categories. I've already stated that you do not have to have the goal of becoming a Mr. Olympia in order to gain benefits from bodybuilding activities. Competitive bodybuilding is only one avenue available to you. Over the years I have known a lot of people who started out with only the goal of shaping up in mind find themselves eventually becoming hardcore bodybuilders. It is an addictive sport because it does produce visible results and rewards you for your efforts.

Setting goals is important. You need to establish both short range, month by month goals and long range, year to year goals. Don't just think about them, write them down, and track your progress, your shortcomings. Keep a log and journal on your routines, diet and supplements. You will find this a valuable reference tool and one you should refer to on a regular basis. On those days, when you feel you had a bad workout, and believe me you will have many such days, you can refer back to your log book and see the progress you have made and it won't seem near as bad.

Evaluate your progress and yourself honestly. Don't round off your measurements and don't exaggerate. Your log is for your eyes only, unless of course, you want someone else to see it. You must only record accurate and honest information. Be realistic with

your goals and make certain those short-term goals are obtainable within the time frame you have allowed.

Regardless of the stage you find yourself in, not every workout will seem productive. You will have good days and bad days. Be flexible and do not become discouraged. Even champion bodybuilders have off days. It's natural and will always be a part of bodybuilding. If during one such session you find you have not enough strength to perform certain movements with the amount of weight for a given number of reps and sets you normally do... drop the weight and do some super-sets or maybe more reps and sets with the lighter weight. Don't become so fixed and glued to your routine you are unwilling to make adjustments as needed. Sometimes it may become necessary to take a one week layoff. A layoff is fine as long as there is a reason for it or it is planned. Layoffs due to laziness are never an option you can afford to take.

V. Horse Power Workout

What is the Horse Power Workout? It is a program designed especially for natural bodybuilders who desire to gain size and strength. I would not advise beginners follow this program. It is suitable for intermediate bodybuilders but more adaptive for the advanced bodybuilder. Beginners and those entering the intermediate stages can however modify this program for their use and that would be fine. These individuals may find, even with modifications, the program to be too intense and thus their bodies may not respond at all.

For this program to work, you must be willing to adjust your mental outlook and attitude so that you will accept some ideas that you may not fully agree with. No doubt you will be making some major changes in your workouts. I also advise you take one full week off before starting this program. During this off week conserve as much energy as possible and don't overdo other activities. You may find the first workout or even the first week to be easier than what you have been doing. In some cases this is normal,

depending on your age and previous routine. If you feel that way after the second week... you are doing something wrong.

You are to workout five days per week, any five you want as long as you follow the routine just as I have outlined it. Although I list the first workout on Monday, you may want to start on Sunday or even Tuesday. It doesn't matter as long as you follow the pattern. The program incorporates some concepts in modified version of bodybuilding, power lifting, strength training, and Olympic lifting into a routine especially designed for natural bodybuilders wanting to gain additional size and strength. This program should not be followed for an extended period of time. Three months should be the maximum time on it, go back to your normal training for six to nine months and you can then repeat the program. I personally think it is good to cycle this routine into your program once a year and no more for a period of one month. Here again though, it all depends on what you are striving for and you condition.

Mondays: Chest / Forearms

1. Flat Bench Press: 1 x 8, 1x 6, 1 x 5, 1 x 3, 1 x 2, 1 x 2
2. Half Bench Press, from mid point to lock out: 3 x 3
3. Half Bench Press, from chest to mid point: 3 x 3
4. Across Bench Dumbbell Pullover: 3 x 10
5. Palms Up Barbell Wrist Curl: 3 x 10

Tuesdays: Back / Forearms

1. Bent Over Barbell Rows: 1 x 8, 1 x 6, 1 x 5, 1 x 3, 1 x 2, 1 x 2
2. Barbell Power Cleans: 1 x 6, 1 x 5, 1 x 3, 1 x 2
3. Deadlift: 1 x 6, 1 x 5, 1 x 3, 1 x 3
4. Reverse Curl: 3 x 8

Wednesdays: Shoulders / Traps / Calves

1. Standing Press Behind Neck: 1 x 8, 1 x 6, 1 x 5, 1 x 3, 1 x 2
2. Barbell Shrugs: 1 x 8, 1 x 6, 1 x 5, 1 x 4, 1 x 3
3. Standing Calf Raises: 1 x 12, 1 x 10, 1 x 8, 1 x 6, 1 x 5, 1 x 3

Thursdays: Thighs

1. Full Squats: 1 x 15, 1 x 10, 1 x 8, 1 x 6, 1 x 5, 1 x 3, 1 x 6
2. Bench Squats (Half Squat): 1 x 8, 1 x 6, 1 x 5, 1 x 3
3. Leg Curl: 1 x 10, 1 x 8, 1 x 6, 1 x 5

Fridays: Biceps / Triceps

1. Barbell Curl: 1 x 8, 1 x 6, 1 x 5, 1 x 3, 1 x 2
2. Alternated Incline Dumbbell Curls: 3 x 3
3. Dips: 1 x 10, 1 x 8, 1 x 6, 1 x 5, 1 x 3
4. Lying Triceps Extension: 1 x 6, 1 x 5, 1 x 3

The Horse Power Routine! Regardless of how it looks to you or what you might think, this routine will add size and strength. How and why you might ask? Well, let me explain some key points to the program.

Most will automatically notice that there are far fewer movements per body part than they are presently performing. Intentionally this is done because in almost every instance, bodybuilders even those in advanced stages, tend to perform too many movements per body part and thus actually over train causing a slowdown in muscle gains. One point is true and always will be, you can train long or you can train hard with all out effort but you can't do both. It is humanly impossible for you to workout with all out effort for two or more hours per session. The body, regardless of your condition, cannot take it. If maximum effort is not being applied you will not gain the most from your workouts.

In the Horse Power workout you must perform each rep of each set with the maximum poundage possible. Do not hold back. For each set you reduce the number of reps and are to add weight. There are six exceptions to this rule. The Reverse Curl, Palm Up Wrist Curl, Dumbbell Pullover, Alternate Incline Dumbbell Curl, and the two Half Bench Press movements. For these six movements you are to keep the weight the same and the weight must enable you to perform the exact number of sets and reps listed, not one less and not one more. Once these movements begin to feel even slightly easier, add weight.



Your workout should be so intense that whatever muscle group you are working you exhaust it completely. On Mondays, when you are finished with your chest workout you should not be able to even bench press the bar with no weight on it. On Thursdays after you have completed your thigh workout you should not even be able to squat down with only your bodyweight. That is total effort. It should take you a couple of hours to recover. Sound brutal and maybe even a little weird? Perhaps, but it does produce results and no one ever said it would be easy. Besides, you should be well conditioned before you follow the program as it is not for a beginner.

The amount of rest you take between sets and exercises is also very important. You are performing power movements. Normally regular bodybuilding workouts allow a rest between sets of about one minute to a minute and a half. While on this routine you will need to take up to five minutes between sets but no longer. You need the extra time

to recovery so that you can push yourself. Try to keep the rest intervals at around three minutes. Do the same between exercises. Remember, this program requires all out effort.

Each primary muscle group is worked only once per week which should provide adequate time for rest and recovery. Although a maximum of three months on the program is all that is advised, some may want to follow it for only one month. It all depends on your individual system.

Some cheating is permitted in order to allow you to use heavier weights but keep it to a minimum. For example; when performing bench presses make certain you bring the bar down to touch your chest and return it to arms length without lifting your lower back and butt off the bench. A slight bump up from your chest is okay but do not overdo it. When you do calf raises don't do that silly up and down bouncing movement you see so many doing. Go all the way down and all the way up on your toes. You must be careful not to allow momentum to take over. Make certain the muscle group you are working does the work.

You will notice I have not included any schedule for ab work. This is strictly up to you. Some prefer not to include it during the power cycle while others do. Should you decide to include abs, I suggest you do three sets of crunches and three set of bent leg, leg lifts, twenty-five reps each, two to three days per week.

Nutritional information is rather difficult to provide as each individual may have specific needs. All I will say is that on this cycle, I made certain I took a good vitamin-mineral tablet daily along with additional B-Complex, Vitamin C, and Vitamin E tablets. I also took one or two multi-digestive tablets with each meal. I supplemented my protein needs with whey, milk & egg, and casein protein supplements throughout the day. I made sure I consumed enough complex carbohydrates to meet my energy needs.

Rest is important while following the Horse Power Routine. Try to get around 8 hours of sleep a night. You may also find you will need to cutback on all other activities in order to have the required energy to complete your workouts.

Some people like to train with partners. Because of the amount of weight you will need to lift following the Horse Power Routine it may even be a good idea to have a training partner to assist you with the movements. If you do follow the program with someone else, I suggest you do so with no more than three partners. More than three will interfere with the concentration required and the amount of rest you take between sets. Make certain the individuals you select are serious and willing to undertake this program with complete dedication.

Because this is a bodybuilding power program, the use of gloves, straps, wraps, and belts are permitted. Take care to protect your joints and NEVER, NEVER begin your workout sessions without first warming up completely. Perform stretching movements before and immediately after your sessions. I would always perform two light warm up sets of the movement before I began the program in earnest. Your warm up is not only critical for protecting your joints and muscles; it is also beneficial in that it helps pump blood into the region you will be working.

Said many times but definitely worth repeating; no one program will work the same for everyone. The Horse Power routine is no exception. What I can honestly tell you is that I have never seen it fail to produce results. The degree of results achieved depends a great deal on the individual following the program and their willingness to put forth the effort this routine requires. Missing workouts, skipping body parts, half hearted effort, poor form and sloppy technique will only produce minimal or no gains, not to mention the risk of injury. This is serious business, take it as such. Keep focused throughout your sessions and draw upon your mind to push you beyond what you could normally do.

If you incur one of those off workouts I mentioned earlier, let it be. Don't become discouraged and frustrated. Keep confident in what you are doing and make the next one better. If you happen to miss a workout don't try and make it up. Stay with the schedule as outlined. Just remember, a missed workout is gone forever, you can't make it up so don't miss unless it is an absolute necessity.

Establish a set time everyday for your workout sessions and stick to it. You will find this beneficial for a number of reasons. Your body will also respond much better if it knows it is on a regular schedule. Some find early mornings the best time to train; others prefer to train in the afternoon or evenings. Although at one point I did train early in the mornings, I now find I am better able to lift in the afternoon or early evening. It is totally a personal choice, whatever feels and works the best for you is fine as long as you are consistent.

I hope the insight and information will be of benefit to you and I wish you much success in your endeavors. Good Luck!

About The Author

Alan Palmieri has a diverse background. In addition to being a five term mayor he has credentials in the field of business as well as politics. He operates his own business and has held positions in corporate management. At one time the owner operator of a 30,000 square foot gym, one of the largest and best equipped in the southeast. For about two years he operated his own Karate / Self Defense studio. He wrestled professionally for a short while and worked as a bouncer and bodyguard. Over the years he has trained countless individuals and has conducted seminars and lectures on bodybuilding, as well as being the author of several published articles, courses and bodybuilding publications. He has appeared in various magazines and newsletters on bodybuilding and has appeared on TV as well as being interviewed on the radio.

He has personally trained winners of major local and state bodybuilding events, high school and college athletes and teams, professional athletes and entertainers. He has served as a judge for numerous bodybuilding events as well as promoting and holding several bodybuilding contests. He is the past State of Tennessee President of the IFBB and was awarded the prestigious IFBB Certificate of Merit.

Alan began his bodybuilding endeavors in the early 60's during what many consider bodybuilding's "Golden Era". Dave Draper was and remains the epitome of what bodybuilding is all about. Back in those days you had so many greats like Scott, Poole, Sipes, Yorton, Zane, Ortiz, Pearl, Howorth, Oliva, the introduction of Schwarzenegger and of course Draper just to name a few. No period in time saw so many greats that stood as inspiration for so many. It was a time when bodybuilders had to work, go to school and sometimes both. It was a simple time with a lot of unity. People did not understand what bodybuilding was all about. Bodybuilders were more misunderstood than understood. Times have changed.

No longer active in bodybuilding, Alan continues to receive requests for information and guidance from people concerning bodybuilding and weightlifting. He has always talked against the use of drugs and steroids in the sport and promoted natural bodybuilding.

No longer as intense or regular with his training, the following represents the measurements Alan possessed while he was active in bodybuilding. The before column are measurements before Alan began training. The after column represents measurements obtained at, what he considered was his peak.

<u>Before</u>	<u>After</u>
Height: 5'9"	Height: 5'11"
Weight: 87 lbs	Weight: 230 lbs
Neck: 11"	Neck: 19 ½"
Chest: 30"	Chest: 52"
Biceps: 7 ½"	Biceps: 19 ¼"
Waist: 26"	Waist: 34"
Thigh: 13"	Thigh: 28"
Calf: 7"	Calf: 18 ¼"

Body Part Exercise Chart

This chart lists some of the major muscle groups and provides some of the movements used in training for mass, power & strength, and shape. Naturally there are many other muscle groups and many more exercises which can be used for these and other muscle groups. This chart however provides some of the best movements.

The body, for most, will not respond to a combination program very well. If you are training to gain weight and mass you cannot expect to train for definition at the same time. You need to concentrate on one for a time and then the other. Novice bodybuilders often will say they want to add size to their frame while at the same time be ripped and cutup. It doesn't work that way. You need to cycle your training program, first for size and strength; then change diet and routines that produce shape and definition.

Body Part	Mass	Power / Strength	Shape
Chest	Bench Press Flat Bench Dumbbell Press Incline Bench Press Incline Dumbbell Press Chest Dips Dumbbell Pullover Barbell Pullover	Bench Press Incline Bench Press Power Rack Bench Press Vertical Machine Press	Bench Press To Neck Dumbbell Press Incline Dumbbell Flyes Flat Dumbbell Flyes Chest Dips Pec Dec Flyes Cable Crossover Barbell Pullover Dumbbell Pullover Machine Bench Press Vertical Machine Press
Shoulders	Standing Dumbbell Press Seated Dumbbell Press Press Behind Neck Side Lateral Raises Front Barbell Press Bent Over Laterals	Military Press Press Behind Neck Power Rack Press	Standing Side Lateral Raises Seated Side Lateral Raises Front Lateral Raises Bent Over Lateral Raises Lying Lateral Raises Cable Lateral Raises
Biceps	Cheat Barbell Curl Barbell Curl Barbell Preacher Curl Standing Alternate Dumbbell Curl Seated Alternate Dumbbell Curl Incline Dumbbell Curl Hammer Curl	Cheat Barbell Curl Barbell Curl	Close Grip EZ Curl Barbell Curl Incline Dumbbell Curl Concentration Curl Cable Curl Dumbbell Preacher Curl Spider Curl Seated Alternate Dumbbell Curl
Triceps	Close Grip Barbell Press Weighed Dips Standing Extensions Nose Busters	Close Grip Barbell Press Weighed Dips	Standing Extensions Seated Extensions Lying Extensions Dumbbell Extensions Tricep Pressdown Kickbacks Bench Dips
Back	Bent Over Row "T" Bar Row Chins One Arm Dumbbell Row Lat Pulldown To Front Stiff Leg Deadlift Barbell Shrug Dumbbell Shrug	Deadlift Power Clean Bent Over Row Chins Barbell Shrug	Lat Pulldown One Arm Dumbbell Row Bent Over Row "T" Bar Row Stiff Leg Deadlift Dumbbell Shrug Hyperextensions Long Lat Pull Chins
Thigh	Full Squat Front Squat Hack Squat Leg Press Leg Curl	Full Squat Half Squat Quarter Squat Leg Press	Full Squat Front Squat Hack Squat Sissy Squat Leg Curl Leg Extensions Lunges

Body Part	Mass	Power / Strength	Shape
Calf	Standing Calf Raises Donkey Raises Toe Press On Leg Press	Standing Calf Raises	Standing Calf Raises Donkey Raises Seated Calf Raises One Leg Calf Raises w/Dumbbell Toe Press On Leg Press Front Toe Raises
Abs		Bent Leg Sit Up Bent Leg Lifts Crunches	Crunches Hanging Leg Raises Bent Leg Raises Kneeling Cable Crunches

Basic Kinesiology Chart

Muscle Group	Popular Name	Location	Function	Typical Exercise
Quadriceps	Quads	Front of the thigh	Straightens the leg from a fully bent position; helps to flex the body at the waist.	Squats, Leg Press, Leg Extensions
Biceps femoris	Hamstrings, thigh biceps	Back of the thigh	Bends leg fully from a straighten position.	Stiff Leg Deadlifts, Leg Curls
Leg adductors		Inner thigh	Moves thighs inward toward each other.	Cable / machine Adductions
Leg Abductors		Outer thigh	Moves thighs away from each other.	Cable / machine Abductions
Gluteus maximus	Glutes	Butt	Help to straighten the body from a position flexed at the waist.	Squats, Stiff Leg Deadlifts, Lunges
Gastrocnemius	Gastrocs, Calves	Back of the lower leg	Extends toes and foot when legs are straight or partially bent.	Standing Calf Raises, Donkey Calf Raises, One Leg Calf Raises,
Soleus		Lays beneath the gastrocnemius	Extends toes and foot when the leg is bent at a 90 degree angle.	Seated Calf Raises
Tibialis anterior		Front of the lower leg	Flexes toes and foot.	Front Toe Raises
Erector spinae	Erectors, lumbars	Each side of the spine from the pelvis up to the thorax	Helps to arch the back. Helps to straighten the body from a position fully flexed at the waist.	Deadlifts, Hyperextensions, Good Mornings
Latissimus dorsi	Lats	Outer part of the upper back	Pulls upper arm bones downward and to the rear. Helps to arch the back.	Chins, Bent Over Rows, Pulldowns
Trapezius	Traps	Upper back	Helps to shrug shoulders upward and to the rear.	Shrugs, Upright Rows
Rectus abdominis	Abs	Muscle wall at the front of the abdomen	Helps to flex the body at the waist. Helps to pull shoulders toward the pelvis with the body straight or partially flexed.	Crunches, Leg Raises

Muscle Group	Popular Name	Location	Function	Typical Exercise
External / Internal / Transverse Obliques	Obliques	At the sides of the waist	Helps to rotate upper torso in relation to pelvis. Helps to bend the torso to the sides.	Side Crunches, Side Bends, Side Leg Raises
Intercostals		At the sides of the mid-waist	Helps to flex the body at the waist. Helps to depress the ribs.	Twist Crunches, Rope Crunches
Pectorals	Pecs	Muscle over the upper rib cage	Pulls upper arm bones forward and toward each other.	Incline / Flat / Decline Presses, Cable Crossovers
Deltoids	Delts	Muscle of the shoulders	Helps to raise the upper arm bones out to the sides, forward, and to the rear.	Pressing movements, Lateral Raises
Biceps	Bi's	Front of the upper arm	Bends the arm from a straight position, supinates the hands.	Curls
Brachialis		Under the Biceps	Flexes the arm with hand pronated.	Reverse Curl
Triceps	Tri's	Back of upper arm	Straighten the arm from a fully bent position.	Dips, Extensions, Pressing movements
Forearm flexors	Forearm	Inner forearm	Closes the hands and flexes the wrists.	Wrist Curls
Forearm Extensors	Forearm	Outer forearm	Opens the hands and extends the wrists	Reverse Wrist Curls

Progress Record

Measurements

Date								
Height								
Weight								
Neck								
Chest								
Arm								
Waist								
Thigh								
Calf								

Strength

Date								
Bench Press								
Squat								
Deadlift								
Press								
Curl								

Endurance

Date								
Walking								
Jogging								
Bicycle								

Before you begin any program, record your measurements along with strength and endurance performance. Record and track this information once per month.

Meal Log

Day:

Meal #	Time	Food / Supplements	Calories	Protein	Carbs	Fats	Sugar

Totals

Day:

Meal #	Time	Food / Supplements	Calories	Protein	Carbs	Fats	Sugar

Totals

Meal #	Time	Food / Supplements	Calories	Protein	Carbs	Fats	Sugar

Day:

Totals

Day:

Meal #	Time	Food / Supplements	Calories	Protein	Carbs	Fats	Sugar

Day:

Meal #	Time	Food / Supplements	Calories	Protein	Carbs	Fats	Sugar

Day:

Meal #	Time	Food / Supplements	Calories	Protein	Carbs	Fats	Sugar

Day:

Meal #	Time	Food / Supplements	Calories	Protein	Carbs	Fats	Sugar