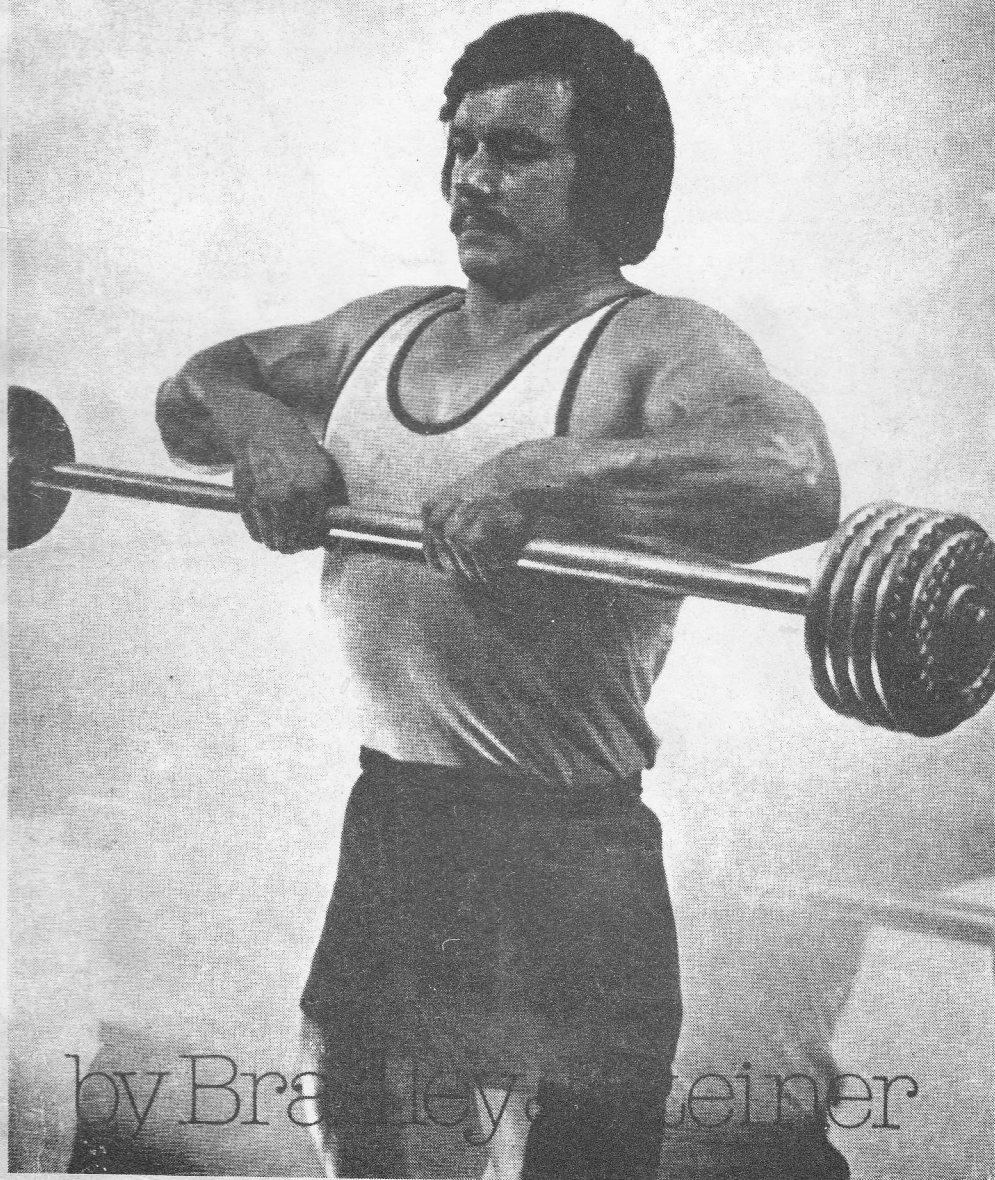


The Hard Gainers BIBLE



by Bradley Steiner

THE HARD GAINER'S BIBLE

by Bradley J. Steiner

INTRODUCTION

This book is actually one long personal message. A message from me to every single person engaged in weight-training who has failed to gain the muscular bodyweight he desires to gain. I know, you see, what it feels like to be skinny and weak, and to want desperately to grow muscular and strong. I've been there. Once, when I was sixteen, I felt the dissatisfaction with my own body that *you* feel. I made up my mind then and there to DO something about my dissatisfaction. And I did.

This book is the end result of almost fourteen years of "doing": studying, training, working, sweating, teaching and writing in a field I love - physical training.

I learned a lot in my years of participation and study, and one of the most important things I learned is this:

NO MATTER WHO YOU ARE, NO MATTER HOW BAD YOUR POTENTIAL, AND REGARDLESS OF YOUR STARTING CONDITION, YOU DON'T *HAVE TO STAY* WEAK AND SKINNY IF YOU'RE DETERMINED *NOT TO!*

That's right. I'll stand behind that statement 100% because I know it's true. No one- and that means Y O U - "must" remain physically under-developed, and ashamed of his weakness.

It is true that some people are born with much greater hereditary advantages, and the natural tendency to be strong and well-built, which the rest of us do not have. We can't all be Mr. Americas, and not all of us can develop into weight-lifters capable of representing our Nation in the International Olympics. But all of this really is unimportant. Because we all - yes, ALL - can develop satisfactorily if we employ the correct training methods, properly tailored to our needs as unique individuals.

This is a book about those methods.

I won't let you down, whoever you are. Give my methods a chance and they'll work for you. That's a promise. I've seen them work on everyone who's tried them. They worked on me, too. But, please, TRY.

No methods of physical training can be effective without the effort of those who employ them. Effort does not consist of a start-stop-start-stop mode of training; and it is not the result of beginning

with a deep-seated fear that "I'll never make it... never, never never! I just *know* I won't". That sort of thing is what is responsible for failure — much more so than starting with poor natural potential. Believe me, I know what I say.

I'd like you to gamble on yourself. Make a really big wager — put everything you've got right on the table and **BET ON YOU**. Bet, with me, that this time you're going to make it. *This* time, no matter how many times in the past you've "failed", you're **NOT GOING TO FAIL**. You're going to succeed. I am utterly confident of what I say, and I truly pray that you will go "whole hog" with me in an effort to remake yourself to your own satisfaction!

There is no secret to my teaching, and there is nothing about my methods that require special schooling or an especially brilliant mind to grasp. The first prerequisite to success is to **WANT** to succeed. I assume you've got that much to begin with, or you'd never have purchased this book. Next comes **WANTING IT HARD**. Do you? I hope so. I hope you'll *let* yourself "want it hard" because if you do, you automatically make having it a possibility. Don't worry, I assure you that success in building your body is within your grasp. You needn't "hold your desire back" for fear that to want it too hard would only leave you open to another failure, or to more discouragement, **NONSENSE! THIS TIME YOU ARE GOING TO SUCCEED**.

Let's begin with this basic alliance, then: I'll be the teacher, and you be the student. I can't do much without you, and, if you've failed thus far, it's a safe bet you need me. Good. I'll teach. You learn. I won't hold back from you — not enthusiasm, knowledge or sincerity. So don't hold back from me. Give me your best efforts. Join with me, and let's get the job done! We can. No question about it. **TOGETHER** we'll make it.

Ready to go?

Come on!

CHAPTER ONE: WHAT IS A HARD GAINER, ANYWAY?

It always helps to clearly understand what you're talking about, whenever you want to solve a problem. Well, we know our problem, all right: It's how we can pack solid, muscular bodyweight onto your slender frame. However, this question of you being a "hard gainer". What's that? *Really*, how do we define a hard gainer? Couldn't your past training failures or your seeming inability to pack on muscular weight be simply due to your following the *wrong methods*, as opposed to having an "unfavorable potential"? Frankly, no it couldn't be due to that. Extreme failure to gain muscular development is almost totally the result of being a **HARD GAINER**.

A hard gainer is a person who, because of a particularly unfavorable bone and/or muscular structure, and possibly a poor metabolism and quality of muscle fiber tissue **FAILS TO RESPOND** to normal or even unusual training programs. Opposite to the "hard gainer" we have the "easy gainer". *He* packs on muscle when he so much as looks at a barbell! For him training must be hard if it is to build him up, but he can be always assured that, so long as he does *something* with those inanimate weights, he *will* make progress.

I do not mean to suggest by what I say that men who are among the world's top physiques were able to achieve their status with little work or haphazard training. This is not so. But there is not one single top lifter or physique man who found that he **FAILED TO RESPOND AT ALL** to normal training methods. And we all know those men who seem "born" with a propensity for naturally good development. They *are* born like that, and I see no reason to deny it. The "hard gainer", typically, is *not* born like that. Frequently he must bleed for every ounce of muscle he puts on, if, in fact, he is able to put on any at all (this depends upon whether or not he follows methods of training that approach the proper ones).

A hard gainer must be more scientific in his approach to training because he has, unfortunately, the kind of body that quickly "stops responding" to training once even slightly incorrect methods are employed. In my own case — and I was as hard a gainer as anyone could ever hope *not* to be! — I found that significant changes occurred in my development by the mere addition or subtraction of a **SINGLE SET** in the strategically important place! I found that, in certain instances, even *slight* variations in training "style" (which experience had taught me was correct for my needs) made *huge* differences in my ultimate development, and in the productivity of any single workout!

Some may scoff at my remarks, but I swear that they are true. Any fellow "hard gainer" who is reading this I'm sure will understand.

If you are a hard gainer you'll know it — if not at first, then after you've put a good six month's effort into your workouts and gotten zilch for results! Not all hard gainers do this poorly, but many do. The majority just manage *mediocre* gains from *total* efforts. And there is the key to understanding the hard gainer and his problems!

Weight-training works for anyone. But it works better for some than for others because they possess THE INHERENT POTENTIAL TO RESPOND FAVORABLY to that training. Just like a born genius can respond more favorably to four years of college than an idiot can. A hard gainer is one for whom SPECIAL METHODS are needed to get results that are similar to what relatively easy gainers get on ordinary methods.

The guys with the worst troubles are, paradoxically, the DETERMINED hard gainers! For these poor chaps, things can get really rough. Here's why . . .

The thing that a hard gainer needs to gain are clear: He requires intensive but BRIEF workouts, an almost PERFECT diet, and carefully restricted NUMBER of workouts per week, and assorted other definite CONTROLS on what he does and how he does it, if he is to gain favorably. But a seriously-determined hard gainer will always tend to misunderstand himself to the point where he will always TRAIN TOO LONG AND TRAIN TOO OFTEN. He more than likely will tend to OVEReat (which won't help *muscular* gains) and he will "psyche" himself improperly, so that he becomes, often, a psycho. Strangely enough, hard gainers often have an ABUNDANCE of energy, but this is used to their weight-gaining detriment when they POUR TOO MUCH OF IT INTO PHYSICAL TRAINING AND ALLIED SPORTS AND ACTIVITIES. In certain instances hard gainers have low energy, but I have not found this to be generally true. They possess, on the average, a "nervous" type of energy that forces them, unless they control it, to drive themselves too far. Adequate rest needs to be taken if muscular bodyweight gains are desired — and of course this is not possible when too much "push" and "drive" influences one's daily actions.

Bone structure, as I briefly mentioned earlier, is related to one's status as a hard gainer. By far, the majority of truly hard gainers fall into the category of "small boned" people. In more medical language, they are "ECTOMORPHS".

An ectomorph is a small-boned person; someone with a slender, light skeletal structure, and rather slim muscles. He tends to

have, often, narrow shoulders, a naturally trim waist, and very thin wrists and ankles. Even a fairly tall "ectomorph" (5'10" or 6'1") has wrists measuring less than 7"! At about 5'10", for instance, my wrists measure about 6³/₄" around. Hardly massively-built!

People, to use a humorous example, are something like dogs. When you see a pup with clumsy, huge, flopping paws you can be relatively certain that he will grow up to be a hulking monster. Like many of the well-bred German Shepherd dogs. A boy whose hands seem like "big mitts" and whose feet appear almost as "flippers" almost surely has the inherent bone structure to develop into a quite large, impressively-built adult.

Big boned people are called "endomorphs", and medium-boned people are called "mesomorphs". This designation, by the way, is the result of research done many years ago by a Dr. Sheldon. He set up these three basic human "types" which, though I doubt Sheldon had me in mind when he undertook his task, has been singularly helpful to me in my own work.

There are cases where medium-boned or heavy-boned men have found developmental gains difficult, but these cases are indeed very rare. In every instance that I personally know of, every medium or big-boned individual who failed to progress satisfactorily in training failed because he simply neglected to workout, or he followed a really atrocious, self-defeating life-style. Good traits, inherited from healthy, strong parents can easily be negated if you - foolishly - neglect yourself. In a like manner, as you will learn in this book, the worst possible inherited physique and potential NEED NOT BE AN IRREVERSIBLE DISADVANTAGE, PROVIDED YOU TRAIN AND LIVE PROPERLY.

In large measure it's up to you, as I shall keep stressing throughout this book. In the exact same way that a person who is born poor can achieve wealth, so can a weak, thin man achieve strength and muscular development — IF HE WORKS PROPERLY FOR IT.

What I strongly urge is that you try to determine your own bone structure now. If your wrists and ankles are thick you will know that your ultimate potential is PROBABLY greater, providing you work hard. If your wrists are very thin you will at least not start out deceiving yourself about ultimately achieving 20" arms! And, while we're on this point, let me stress this:

Any small-boned man who succeeds in maximally developing his body will LOOK as good (and often better!) than a bigger-boned fellow who also has good development. The largest my upper arms ever measured, for example, was a little more than 16", yet often people assume that my arms are really much bigger. The

sharp contrast between slender wrists and small hands and a BIG upper arm is what does it. Likewise, my chest stretches the tape at under 50" — but many people have just assumed that my chest was a great deal bigger than it actually is— solely because of appearance.

I say all this not to dwell upon myself, but simply to point out that, as a small-boned person who literally had to, at times, work to the point of tears for even a LITTLE gain, I know what the heck I'm talking about. I began training by using about 50 pounds in the *squat!* My arms were about 10", and I broke into a sweat trying to chin the bar once, freehand! Yet I worked up to doing (at an eventual bodyweight of 180) full, down-to-the-floor squats for two sets of 8 reps with 250 pounds on the bar, and I at one time trained in the behind-neck press using 145 lbs. for 4 sets of 8 reps, at a bodyweight *then* of 175 pounds. I worked out on chinning with *weights* some time ago, and worked into sets and reps with 40 pounds strapped to my waist — strict form, full movements.. All these things were done during regularly-scheduled, normal workouts, not "trials". In partial squats (half-way down) I used to use almost 400 pounds for sets of 15 reps.

Nothing that I have achieved for myself can rank as a world record, or even as a spectacular record of progress, for many people. BUT IT GAVE ME MORE THAN WHAT I WANTED. I am not today "weak" in any sense of the term — unless you stack me up against some really top-flight "natural", and my physique, according to people who have cared to pass their opinion on to me, is good; rugged and strong-looking.

Again I stress: I am not saying any of this to boast or to inflate my ego by dwelling upon my own case. I am no Mr. America, but I *did* achieve a very good development, in strength and size and, most definitely, in all-round fitness, health and athletic ability. Perhaps the greatest thing I achieved is a tremendously broad knowledge of every form and aspect of physical training and personal development. For my own poor beginning gave me an almost desperate motivation to LEARN and to apply everything that I learned. I developed, because of what I came to understand, a deep knowledge of dealing with hard gainers (having been one) and a deep love for teaching the best methods to those who wanted to learn bodybuilding and lifting.

So, after more than a dozen years of intensive study, training, teaching experience and research, I stand before you and say flatly: SUCCESS IS YOURS FOR THE ASKING, BUT YOU HAVE TO BE PREPARED TO "ASK" WITH SWEAT AND UNDERSTANDING OF PROPER METHOD.

If you are a hard gainer you'll know it, and you must understand that only by the intelligent and persistent application of PROVEN PRINCIPLES can you attain what you want.

Realistically accept what you are. No matter what anyone may tell you, it is not possible to alter your basic structure or physical type. IT IS ONLY POSSIBLE TO MAXIMALLY DEVELOP WHAT YOU'VE GOT. Please believe that, and don't start out in training by saying, like so many people do say: "Well, the reason I'M taking up barbell work is because I want to look like Sergio Oliva". My answer to such people is, invariably, "Sergio Oliva is *he* and you are *you*. You can make very good progress, but no matter how much progress you succeed in making, you will always remain yourself."

Being yourself is not so bad, really. Even if, for now, you are having a problem with the basic potential you've got. We will start with that, and we will build on that, until, one day, sure as shooting', you'll look in the mirror and behold! You'll like what you see very, very much. Because you'll be strong and well-built.

It's not all *that* bad to be a hard gainer. You'll see!

CHAPTER TWO: SOME PRACTICAL CONSIDERATIONS

True, as a hard gainer you're something of a "special case". But in other respects, you're exactly the same as Mr. Universe! How? Let's see...

You've got the same fundamental body structure as everyone else (i.e. two arms, legs and a chest, etc.) as well as the same "form" of tissue structure. The *quality* and *size* of your biceps may be a far cry from Franco Columbu's, for instance, but they're still built in the same *structural* way, and they're composed of *fibers*, and they *contract* and *expand*, and they must be *broken down* in order to be built up.

As a member of the human race you, like everyone else, possess LIMITATIONS. Although certain men like Columbu, Zane, Pearl, etc. and so on may not *look* it, they, like you, get tired, need rest, must eat, sleep, are subject to mental ups and downs, etc. and so on.

THE FUNDAMENTAL CONCEPTS OF PHYSICAL TRAINING ARE THE SAME FOR EVERYONE: IT IS THE APPLICATION OF THOSE CONCEPTS TO UNIQUE, INDIVIDUAL CASES, THAT MAKES THE DIFFERENCE.

Please re-read the above, indented paragraph carefully. It is very important to understand the idea presented there.

Core-concepts do not differ as people differ. The principle behind progressive-resistance work is valid for everyone; what differs is only how that principle must be tailored to suit individual requirements.

Let's take a look at exactly how a muscle is developed...

All voluntary muscles (biceps, triceps, hip and thigh muscles, abdominal, shoulder, neck, etc. etc.) are composed of FIBERS. We can think of these *fibers* as the strands that make up a rope. The "muscle" is the rope, and the fibers of the muscles are the rope's "strands". With that basic concept in your mind you have a pretty accurate picture of what, in fact, a muscle really is. Many people, quite erroneously, believe that a muscle is a more-or-less singularly "solid" *mass* of tissue. Similar to an *organ*. This is not so. A muscle is woven out of *fibers*.

The precise quantity of fibers comprising any given muscle group are the same, regardless of the individual whom we examine. Does this mean that your biceps have the same number of muscle

fibers as Sergio Oliva's????? Yes! Difficult as it may be for you to accept this, it is nonetheless true.

The essential difference between your (or my!) biceps and Sergio's lies not in their *quantity* of fiber tissue, but in that tissue's QUALITY. Sergio has about ninety times the inherent strength and quality in his muscle fibers than the average person has. Not only does Sergio's inherent better-than-average structure make him more NATURALLY impressive, it also gives him umpteen times the POTENTIAL FOR GROWTH than the average person possesses. That's part of the reason why Sergio makes ordinary men look like stick figures.

Every easy gainer, natural bodybuilder, outstanding "natural" lifter, etc. has this greater-than-average quality of muscle fiber tissue.

Hard gainers generally have poorer quality of muscle fiber.

In the case of EITHER the naturally well-blessed or the naturally under-par, however, the QUANTITY of muscle fibers existing in the muscles is the same, and the BASIC PRINCIPLE REQUIRED for their development is the same.

MUSCLE FIBERS FOLLOW *THIS* COURSE IN AN EFFECTIVE BODYBUILDING PROGRAM:

1. They are BROKEN DOWN via intense, deliberate work in an exercise.
2. They are REBUILT via adequate NUTRITION and REST.
3. They "spring back" from their "break down-build-up" process a little bit BIGGER and a lot STRONGER, *IF THE TRAINING HAS BEEN CORRECTLY APPLIED*.

Underscore that simple procedure in your mind and don't ever allow yourself to forget it. That's all there is to effective bodybuilding. The only problem is, it *reads* more easily than it "applies"!

If you've had considerable past experience with weight-training then I don't have to tell you that trying to obtain the *right* amount of exercise can drive you nuts. Especially if you're a hard gainer.

The trick is to JUST break down the body's muscle fibers, and then JUST allow sufficient rest and nutrition, and NEVER to overdo either. Which, in a sense is like saying that brain surgery is JUST a matter of knowing how to use the scalpel right!

Muscles grow when a demand is placed upon them REQUIRING their increase in strength and size. Otherwise, they will not grow at all. And here I want to spend a bit of time explaining why the LEAST effective and *worst* possible method of training for the

hard gainer is the so-called "pumping" style of training.

To pump-up a muscle means, in reality, to inflate the muscle with blood — nothing more. Thus, when a trainee uses the pumping method of exercising he employs a light poundage and works rapidly to congest his muscles or gorge them, with blood. The result, right after the exercise is completed, is often a very impressive **LOOKING** development. Actually, however, the result is mere appearance, for the "increased size" that seems so impressive is merely temporary **TISSUE INFLATION**, not solid growth.

The pump method of training is, understandably, popular. Everyone wants to look good fast! However, to look good **PERMANENTLY** is a different story; just like it is a different story to look strong, and to actually **BE** strong — which also results from a non-pumping style of training.

Pumping is an awful way to train.

Pumping up the muscles might be acceptable for an already well-developed Apollo, just prior to a contest, simply to maximize the developed muscle he has — but it serves only to prevent actual gains in all other instances; and for the hard gainer it is simply **P O I S O N**.

You can, at best, achieve only a temporary inflation of your muscles for the duration of a single workout by pumping them up. If you want really solid growth, don't train that way.

In order for muscles to actually develop (i.e. to *become* truly bigger and genuinely stronger) the muscle **FIBERS** themselves must be worked extremely hard. They must be "broken down". It is possible to move your arm two hundred times, with no weight in your hand, and "pump up" your biceps — but you'll not break down one iota of actual fiber, and thus, when the pump subsides, you're back where you started. When the fiber is broken down, there is only minimal pump, but in a day or so, providing rest and nutrition are adequate, **THE MUSCLE WILL BE ACTUALLY BIGGER AND STRONGER**. Not *much* bigger and stronger, but *some*. And as time goes on and a continuum of workouts of the same type are employed, the muscles gradually grow **CONSIDERABLY**. Eventually, inches are added where needed or wanted, body power is doubled, then trebled, and true, maximum development takes place.

The process is sometimes tedious, it is always hard work, but **IT AND IT ALONE WILL PAY OFF IN THE END**. Remember that. And, of all the available "methods", the simple, basic, *hard* one takes the least actual training time.

Anyone can build his body this way. Anyone. You. Me. Your friend, and even your enemy. The reason is because this method **ACCORDS WITH THE METHOD OF NATURE'S OWN**

Nature provides changes and evolution and growth when **DEMANDS** are made for these changes. If you wish to be bigger and stronger and to put muscular bodyweight on your frame, then you shall have to **FORCE** your body to immerse itself in circumstances that **NECESSITATE** its increased development.

Just as when you must struggle with the difficulty in learning a foreign language to be able to speak it, so you must struggle with work that is difficult, when you seek to master the body that is yours. "**DO THE THING, AND YOU WILL HAVE THE POWER.**" said Emerson. Go ahead and **DO** work that demands more of you than what you have, and, with my hand on my heart I tell you: "**YOU WILL GET THE STRENGTH AND DEVELOPMENT YOU NEED!**" Nature, your body, and the basic natural law of growth will not let you down!

The thing, above all, that a hard gainer needs to learn is to **NOT OVERDO** his training, and to be always certain that his exertions are carefully **CONTROLLED**. Workouts should be strictly and carefully **LIMITED**, so as always to work you **WITHIN YOUR CAPACITY TO BENEFIT**. If training starts to take more out of you than your recuperative power can replace, you will not gain. I have found that this particular error is the single most common one that ambitious "hard gainers" make! Perhaps you have been the victim of this mistake in training, yourself?

It is better to do too little than to do too much when trying to build up on a slender, hard-gaining frame. Too little, speaking from the standpoint of exercise *quantity*, will at least not hamper your gaining and hold you back. Too much work definitely will hold you back. And here I better explain that when I say "Work hard!" I am not contradicting myself and my admonition to "Avoid too much work!"...

Hard work is the only way to build solid muscles. But that hard work need not be done in excessive **AMOUNTS**. One good set of a basic exercise, done with a hefty degree of exertion will do more for the hard gainer than ten sets done without "spirit".

A good, hard workout can be taken by anyone in a fairly brief period of time, but a lazy bodybuilder can easily (and frequently does) loll through a three-hour "workout" that accomplishes little more than pumping up everything he's got — including his eyeballs!

The bodybuilder whose training time consumes an hour or less, **PROVIDING HE IS WORKING HARD**, stands only to gain from his efforts; whereas the marathon trainee, unless he is a "natural", will surely lose.

Many people think that heavy, basic workouts are suitable only for the power-oriented trainee, but this is not true at all. A hard gainer *must* train simply. He must FOCUS his energies where they will do the most good, without depleting him. If he doesn't, he will only defeat his own best interests.

The place where one's energies are best concentrated, it takes no great wisdom to appreciate, is on the BEST POSSIBLE EXERCISE ASSORTMENT. This is what leads to GAINS. Gains in shape, power, size and all-over development.

If too much work is undertaken, then justice cannot be done to all of it. Concentration, energy and "staying power" will simply give-out after their initial flush of effort-output. Once the body has been worked it needs REST, not more work. The easy gainer need not concern himself with this too intently, since his greater natural recuperative powers will have him "ready to go" again the day after even two hours of overtraining! But if *I* overtrain severely on a training day I might not be ready to go at the weights full steam for another four or five days. BECAUSE I, LIKE YOU, AM A HARD GAINER.

Every workout should be thought of as a step. The goal is to get to the top — to one's goal. Some few people can leap two or even three steps at a time because they were born with longer, more agile legs. But for those who have shorter, less agile legs, one single step at a time is wisest. If a person not naturally endowed for taking big leaps tries one, he might easily fall flat on his face. So the hard gainer *walks carefully* toward the same goal that the easy gainer *runs towards*. Both, if they follow their natural bent, will get there. But the right method of traveling the same road is — and must remain — different.

The basic method of breaking down-build up applies to all, with regard to training. In this chapter you have seen how and why you as a hard gainer need a special, restricted approach, with regard to how you apply the proven principles of bodybuilding and lifting training. If you come to understand and apply what has been said you cannot fail.

Training is crucially important to your success, and as an introduction to the RIGHT training methods, this chapter was written. Now, before we discuss more specific training information we shall look at the matter of DIET, and see how, as a hard gainer, you may incorporate the fundamentals of correct nutrition to aid your efforts. Following that, in chapter four, the mental aspects of encouraging growth and development will be set forth for your use.

Please read and study the information and advice I have taken pains to give you. If you do this, I assure you that excellent progress will result!

CHAPTER THREE: DIET - THE MOST-OFTEN NEGLECTED FACTOR

I have met many top physique men who said plainly that they considered diet to be 80-90% of effective bodybuilding. And these men were *not* hard gainers; not by a long-shot! I have worked with hard gainers who, up until working with me, did almost everything right, *except* to eat properly. When this flaw in their program was resolved, they gained fine.

Diet is crucially important, and this is doubly the case, where a hard gainer is concerned. Why? I'll tell you.

As a hard gainer you are operating, to begin with, at a serious disadvantage. Don't kid yourself about this. It is hard enough work to build a fine physique, but when you're trying to do so with the cards stacked against you from the outset, it's even harder. You must give yourself every "plus" factor that you can give yourself, if you seriously want to win. If you don't do this, you're either very, very optimistic, or very unwise.

By the correct combining of effective dietary habits with the other essentials of development (i.e. exercise, rest and mental attitude) you enhance immeasurably your chances for success. In fact, my experience has shown me that the correct application of good diet in one's living, coupled with the proper method of barbell training, is a virtual GUARANTEE of ultimate success — provided PERSISTENCE is applied.

To a very large extent, you see, how good your diet is determines how well your body is capable of responding to your training program.

The right kind of exercise breaks down body (muscle) tissue. This we've already pointed out and you'll recall that it is *this form of exercise only* that I espouse in working with hard gainers. Okay, fine. The other half of this "method" requires your body's response to make it effective. I mean of course that once the muscles have been adequately broken down, they must REBUILD. Your recuperative and replenishing powers are then taxed to the utmost. Not *during* the workout, but afterwards, when it's time to rest and to recuperate. It is *then* that your body is truly be placed under a stringent demand for excellent "performance"! Not only must the muscles that have been broken down be rebuilt, but THEY MUST BE REBUILT IN EXCESS OF THEIR PREVIOUS "BEST" LEVEL!

If you only "just recuperate" from a workout in time to workout again, you might as well save yourself the trouble of training

at all. It would be like running on a treadmill. Possibly effective for conditioning and fitness purposes, but hardly appropriate for getting anyplace!

Every workout must produce GROWTH if it is to be efficient for the hard gainer in the building-up stages.

Growth is always determined by the two simple and inter-related factors:

HOW WELL WAS MUSCLE TISSUE BROKEN DOWN?

HOW WELL DID YOUR BODY RE-BUILD IT "UP"?

Exercise will determine the answer to the first part of that inquiry. DIET will, coupled with rest, determine the answer to the second part.

Once the muscle fibers have been thoroughly worked, and thus broken down (NOT pumped), the blood carries away the waste elements that have accumulated and carries TO the muscles the NUTRITIVE ELEMENTS that will rebuild them.

If the blood carries (and I don't mean this humorously) hot dog elements, pizza elements and bits of digested potato chips and cheap delicatessen sandwiches and french fries, **HOW IN CREATION DO YOU EXPECT YOUR MUSCLES TO MAXIMALLY BENEFIT????** How, please tell me, can *anyone* expect MAXIMUM gains from such a scanty nutritional program, ESPECIALLY IF HE ALREADY IS A HARD GAINER AND LACKS THE PERFECT METALOBISM TO UTILIZE EVERY OUNCE OF NUTRITIVE VALUE IN THE FOODS HE EATS?

Balance your diet like a scientist in a laboratory balances out the elements in a crucial formula. You'd not consider putting dirt and garbage into your car. You'd shop for the best possible fuel you could afford, and if you *didn't* use good fuel, you'd *expect* less than perfect functioning. How come you don't have the same respect for your body as you have for your car? Don't you think that your magnificent human body deserves AT LEAST the same care, careful attention and maintenance that a car deserves? And if you grant to a mechanical contrivance the right to function at less than full efficiency when it is not being properly "fed", do have the common sense to grant to your body - God's greatest "machine", the same priviledges! **IF YOU FEED CRAP TO YOUR BODY YOU'LL GET CRAPPY SERVICE FROM IT!** Period.

I am certainly not a health-food nut. I urge everyone to plan and to think wisely and realistically, and to avoid "fads" and wild diet schemes. However, good, sound nutritional habits are certainly not to be equated with "fads" and crazy "schemes". Not at all.

Good, simple, basic natural foods will do just fine for

building a superman body. You can obtain ninety percent of these at any large supermarket or good grocery store. But how frequently do you honestly *try* to get these things from your grocery? Do you, each day, shop seriously and carefully for the greenest greens, the best fresh fruits, the reddest, leanest meats, and the largest eggs? Or do you pick up a six-pack of your favorite beer, a couple of bags of potato chips, some cold-cuts and a loaf of bread and a jar of mustard and go home, thinking you've now obtained the food you need for lunch? Think about these things. If you are careless about what food products you purchase you are only throwing away a good deal of your opportunity to help achieve that muscular, powerful physique that you want.

You cannot fool Mother Nature. When you neglect to provide your body and mind with what it requires **YOU WILL PAY THE PRICE FOR YOUR NEGLECT**. You might "get by" for a while if you were blessed with hereditary advantages - but you will not "beat" out Mother Nature in the long run. No dice, my friend. Life is very clear-cut. If you want such-and-such you must **DO** such-and-such. If you aspire to physical strength and an admiration-creating physique the price, the more so if you begin as a hard gainer, is **TREMENDOUS EFFORT AND PERFECT DIET**.

Please heed my words. I do know what I am talking about. I want your success for you, if for no other reason than I take pride in my work, and I value the results of my own efforts to teach. Besides yourself there is probably no one on this earth that wants you to "get what you're after" more than me.

Plan now to attach the importance that is needed to your diet. If you do, you will see the excellent benefits almost immediately.

Eating properly for strength and the attainment of solid muscular weight is not only a matter of eating "a lot". Plenty of fellows, in their zeal to gain bodyweight, eat a lot. But they do not understand that, however much they need good, muscular weight, they do NOT need - or look good with - fatty tissue on their frame.

It is just as important to regulate **QUANTITY** of food intake, as it is important to regulate **QUALITY**. The hard gainer is in possession of the sort of metabolism that easily becomes off-balanced, so to speak, and rapidly loses shape and tone when it is over or under fed. Perfect metabolisms, on the other hand, can automatically compensate quickly for an excessive quantity of food by "burning it up". No so the hard gainer. He piles on undesirable fat. His diet must be so balanced that he eats *only* what he actually can grow on.

Naturally, a too-strict approach is not a good idea, for the simple reason that you're unlikely to stick with it for long. So, I point the "ideal" out to you, and I leave it to you to approximate that ideal

as best you can. Just remember this simple and irrevocable fact: **ONLY TO THE EXTENT THAT YOU DO THINGS PROPERLY CAN YOU HOPE TO GAIN WHAT YOU WISH TO GAIN.** There are no miracles in this business, and results will always remain proportionate to your efforts — in diet, exercise and attitude.

Your best bet is to begin your dietary program by doing two basic things: Cut to a bare minimum the “garbage” foods. Try to achieve a sensible **BALANCE** of the good foods.

You know what the garbage foods are, so I needn't take up space here enumerating them. As far as the good foods go...

THE HARD-GAINER'S "STAPLES"

There are two basic categories of food that I have found it best for hard-gainers to practically “live on” in the process of building their bodies:

1. Lean meats, organ meats, poultry, fish fowl, etc.
2. Fresh, raw vegetables of every type.

Supplementary to those two core essentials we can include:

Milk - in large quantities for teenagers who are extremely slim, and in modest quantities (2 pints a day) for older, more mature men who wish to gain.

Eggs - in proportions similar to those explained above, for milk.

Cheeses, nuts, beans and peas - these are excellent solid muscle-builders, and they should be eaten as desired by the slim, hard gaining trainee.

Fats and starches - in the form of rice, potatoes, spaghetti, macaroni, etc.*

*I must note here that although the trainee may be extremely slender, it is **NOT** a good idea to attempt to pile on the needed weight via the speedy means of fats and starches. As mentioned earlier, this leads to the rather undesirable gain in a fatty, rather than muscular, tissue. Fats and starches, however, emphatically **ARE ESSENTIAL** in a good, overall, well-balanced food plan.

A SAMPLE MENU FOR THE HARD GAINER... PROVIDED HE IS ALSO A "HARD TRAINER"!

If calories and muscle tissue are being burned up in severe muscle-building workouts, a good, basic menu plan for gaining might

be something along the lines of the following dietary plan. It is suggested that, in addition to the following menu plan, the hard-gainer use a high-potency vitamin-mineral supplement each day.

BREAKFAST

- 3 eggs (prepared any style)
- 2 slices whole wheat bread and butter
- 4 strips of bacon
- 1 large glass of milk
- 1 large serving of fresh fruit.

MID-MORNING SNACK

- 1 glass of milk
- 1 slice of whole wheat bread with peanut butter

LUNCH

- ½-1 full pound of chopped meat hamburger
- 1 tossed vegetable salad
- 1 baked potato
- 1 apple or pear + beverage of your choice

EVENING MEAL

- 1 large steak or large fresh-cooked fish (halibut, haddock, etc.) or large serving of poultry
- 1 rice, spaghetti or potato dish
- 2 slices of whole wheat bread with butter
- 1 tossed vegetable salad
- 1 glass of milk
- Fresh fruit or fruit pie dessert
- Coffee or tea, if desired

LATE SNACK

A nice piece of fruit (apple, pear, banana, etc.) will do nicely!

That is a quite substantial menu. I am willing to wager, even without meeting you personally, that your present diet does not approximate the foregoing plan! If it did you'd undoubtedly be in much heftier condition than you're in now!

Perhaps the menu I gave seems too heavy. This is because:

- a. You are presently under-eating of the good foods you need, and,
- b. You are not in proper, hard training.

As you gradually become used to living, training and eating like the strongman you're eventually to become, my suggested dietary plan will no longer appear to be fantastic. Indeed, I know of many hard-training men who exceed, considerably, the quantity of food that I advocate.

QUESTION

"Isn't it possible that, at least at the outset, I'd be over-doing it if I ate all you suggest?"

ANSWER

No. If you begin training, and if you're serious about packing on solid muscle, you'll not be over-doing it at all. **JUST DON'T TRY TO CONTINUE EATING ANY USUALLY-INDULGED-IN JUNK FOODS ALONG WITH MY SUGGESTED MENU!!**

SECOND QUESTION

"Can I make *any* changes in the menu you suggest — or must I follow it to the letter?"

ANSWER

Certainly you can change it! Who do you think I am, anyway? Some sort of dictator?

The important point for you to grasp is that the plan I've suggested is a **BASIC CONCEPT**, generally-indicative of how you'd be advised to eat. Feel free to have tuna on whole wheat bread, instead of peanut butter, if that's your fancy. Or, feel free to have 4 eggs instead of three, or, perhaps, don't have eggs at all — have a half a chicken for breakfast if you like!

The intelligent individual will try to apply *concepts* not dogma to his self-training, and he will adjust his diet to fit himself.

Rigid diet plans are outrageous for the simple fact that only crack-pots stay on them for long. **AND TO GET THE MOST GOOD FROM ANY DIET AND/OR EXERCISE PROGRAM IT MUST BECOME AN INTEGRAL PART OF YOUR LIFE, NOT A PASSING FAD.**

You might wish to know what your chances are of building up impressively, given a poor potential and hereditary disadvantages, if you **DON'T** start carefully watching your nutrition. Frankly, not very good.

You paid your money for this book presumably because you wanted to get something you didn't have before. Namely, the truth about how, as a hard gainer, you could nonetheless succeed in building a fine body and great strength. I did not try to sell you a bill of goods. I tried, and am trying, to persuade you of the truth, and I tell you quite simply, bluntly and honestly that unless you **REALLY** put an effort into your nutritional planning you probably will not build up as you seek to build up. That's the truth.

On the bright side of things I'll swear to you that a determined effort to eat well, exercise properly, rest sufficiently and maintain a positive mental attitude will **TRANSFORM YOU**. That,

also, is the truth. That is the pot of gold waiting at the end of the rainbow! It's real. It's there. It's up to you first to **WANT IT**, and then, to go ahead with all of your might and **WORK HARD** for it.

I have never known anyone who applied the correct principles of barbell training as expounded in this book, and who ate as advised, and who followed the other advice I am giving you, to fail. Such just doesn't happen. When Mother Nature gets 100% from you, she invariably *returns* a full 100% +!

ON GAIN-WEIGHT SUPPLEMENTS

I don't believe in the heavy use of food supplements. Not for anyone. **ESPECIALLY** (and perhaps, surprisingly, to many) in the case of hard gainers, of all people! Why?

Hard gainers need **COMPLETE, BALANCED NUTRITION**. They need it more definitely and more directly than their easy-gaining brothers. **THEY DON'T HAVE THE EXTRA-EFFICIENT METABOLISMS NEEDED TO ASSIMILATE BOTH THE SUPPLEMENTS AND THE FULL, BALANCED MEAL, IN GREAT AMOUNTS.** Far better for these people to use a small, judicious amount of one or two really important supplements (like vitamin-mineral tablets and wheat germ oil) than to stuff their systems with powders, pills and concoctions.

Despite what many of the advertisers say, their supplements are not "essential" to your growth. Most people who use supplements use way too many. Especially in the case of protein supplements which, except for hospital patients who can't eat eggs, steaks, liver and who can't drink milk, are almost completely a waste of money.

If you are so scrawny that you look funny you need a doctor, not a can of powder. And if the doctor finds that there's nothing organically wrong with you, you need large amounts of good, solid, nourishing food. Plus sensible exercise, a renewed, positive philosophy of life, and plenty of rest and recuperation so that your body builds up in response to your training efforts.

There is always the **NATURAL, SANE, LOGICAL** and **OBVIOUS** answer to the problem; so why look for spectacular promises that lead to frustration and disappointment? I assume you've had enough of that nonsense, and now, finally, you **REALLY** want to get to the top of the mountain!

There is one final item I want to discuss with you now, before moving on to the next chapter and the next subject. It is the widespread use of anabolic steroid drugs in physical training.

Drugs in no way are "supplements" of the nutritional,

dietary type. True, all too many trainees have begun to supplement their workouts with drug use, but that is beside the point. Drugs are **ALWAYS** a potentially-dangerous threat to your health, even when administered by a medical doctor, and they should **NEVER, NEVER, NEVER, NEVER, UNDER ANY CIRCUMSTANCES OR CONDITIONS WHATSOEVER BE USED FOR THE PURPOSE OF "HELPING" IN BODYBUILDING OR WEIGHT-LIFTING.**

I know full well that what I say runs drastically contrary to popular usage of these steroid drugs in bodybuilding and lifting circles. Still, I maintain my position and I will not condone, accept, tolerate or sympathize with drug use in physical training — whether urged by coaches, doctors or the unfortunately misinformed trainees themselves.

Being "number one", having the biggest arms, being the best athlete in any particular field is **NOT** the most important thing in the world. Not when, to attain this, you must risk damaging or destroying your own precious health and your body. Strive, rationally, to enjoy yourself. Strive to build up, to grow and to participate to the best of your God-given (not drug-given) potential. Leave it at that. Eat well, exercise hard and strive to be a real Man - inside and out. If you do these things, honestly, persistently and with all of the power within you, your reward will be a million times more than any possible "reward" obtained through the use of a syringe, or a furtively-hidden bottle of pills.

CHAPTER FOUR: SOME THOUGHTS ON THOUGHT

You, as an especially hard gainer, must come to understand and apply the principles of correct mental power and control, if you hope to achieve your maximum physical development. Every body-builder and lifter who enjoys great success in his training makes use of the mental aspects of the Art, but **NO ONE NEEDS MORE TO COME TO APPRECIATE THOSE ASPECTS FULLY, AS SOON AS POSSIBLE, AS THE HARD GAINER!**

The power of the mind is incredible, and often by understanding how best to **USE** that power, everything else can be efficiently handled. Within your mind lies the strength to mold your body - and your life - in any way you desire. It will be your mind's command to "change" that will be primarily responsible for the progress you will make in building muscle and strength. In contrast, remember this: **ANY NEGATIVE ASPECTS OF YOUR PRESENT SITUATION ARE EITHER WHOLLY OR IN LARGE PART DUE TO YOUR MENTAL ATTITUDE.** No one whose "mind wills it" remains a failure or a weakling long! And that applies no matter into *what* unfortunate circumstance he was born.

You have no control over inherent qualities - **AT FIRST.** That is, if you were born weak, skinny, with poor potential and a slender frame, you must, **AT FIRST,** accept your situation because it is, after all, a "given". It is the temporary reality with which you must deal. However, once a person reaches the age of understanding, when his capacity to **THINK, PLAN, VISUALIZE** and **PROJECT GOALS** matures, he has within his grasp the means of radically altering any "unfortunate life situations" into which, or with which, he was born.

Please re-read the last paragraph. That is a fundamental truth of human nature that it will pay you to grasp and appreciate fully.

Human beings, for reasons that, I confess, I do not fully understand, *tend* naturally to adjust to unfortunate life situations in the following manner . . .

- a. They tend to **ACCEPT** whatever poverty of wealth or personal development they were born with — accept it as "just me", without even contemplating seriously whether or not it needs to continue in existence.
- b. They tend to **RESENT** themselves for being inadequate, for "having" such an undesirable life situation, without even considering the fact that **SUCH A SITUATION IS WITHIN THEIR POWER TO CONTROL IF ONLY**

THEY MAKE THE EFFORT.

Perhaps a good deal of the reason why people function in this manner can be attributed to the fact that more often than not, they are *encouraged* to do so by their family and by their upbringing. This is significant, and it is unfortunate; but it is also UNNECESSARY.

Every human being who has basically sound health, a normally-functioning brain, and the WILL to do so, can fight and overcome any undesirable and unfortunate accidents of birth. Wealth and health, muscle, fame, strength, success and power — all are within the reach of anyone who TRULY wants these blessings. The Creator did not create anyone to be a failure, and it is one of the greatest errors a man can make when he allows himself to think that "It's no use, I was just born to be a weakling". Nonsense! No one was born to be anything but a SUCCESS, if only he'd realize that fact!

You may have been born a weakling, but don't foolishly jump to the conclusion that, therefore, you were "born TO REMAIN a weakling". Often, as it turns out, those persons who were born with a particular disadvantage find out that, because of what that disadvantage motivates them to do, it was really a BLESSING IN DISGUISE! I'm sure that this is true in my case. Were I born with a "natural's" physique and inherent power, and if I were never miserably dissatisfied with the physique and strength I had as a young boy, I never would have developed the burning desire to CHANGE my situation, and to learn the Art of physical training so I could help others.

What you make of your life situation does not depend upon what that particular life situation *is*; it depends upon HOW YOU VIEW AND ACCEPT IT.

The major problem, psychologically, of the hard gainer, is that his SELF-IMAGE is awful. He "feels" like a hard gainer, and he "feels" like he was never "supposed to be" anything more. He NEVER REALLY CONVINCES HIMSELF THAT PHYSICAL DEVELOPMENT IS "REALLY" A POSSIBILITY FOR HIMSELF.

To achieve anything you must have an image of that which you desire to achieve. Not surprisingly, those whose "achievement" amounts to nought but failure, VIEW FAILURE, CONTINUALLY, IN THEIR MIND'S EYE! They see only that they have weakness, and they VIEW weakness as inevitable for themselves. Thus, no matter how hard they "train" and no matter who tries to help them, the never truly "get over the hump" and start to BELIEVE that they can build up.

WHEN THE DAY ARRIVES THAT YOU CONVINC YOURSELF OF THE CERTAINTY THAT YOU WILL INDEED BE WELL-BUILT AND POWERFUL ONE DAY, YOU CAN KISS TRAINING FAILURE GOODBYE! Failure cannot live long with a man who is SUCCESS-oriented. Success cancels failure out. It destroys the "failure-consciousness" that destroys successful attainment. On the other hand, of course, a failure-oriented consciousness destroys any chance for success. You have a choice, therefore. You may fill your mind with the CONVICTION THAT SUCCESS IS INEVITABLE AND CERTAIN, or, YOU MAY FILL YOUR MIND WITH THE MORBID FEAR THAT FAILURE IS INEVITABLE. You may have either mental state, but *you cannot have both*. So choose which one you want!

There are three possible states of mind a man can have at any given time. They are:

1. A state of full optimism, cheerfulness, certainty of success, etc.
2. A state of full negativism.
3. A state that is a *mixture* of the two extremes.

The vast majority of human beings generally function in state number three, most of the time. When things go well, they switch over to the first state. When things go poorly, they collapse into despair — state number two. But always, when life goes along in neither great sorrow or joy, they continue along in state number three.

State number three will keep you alive and functioning, but it won't build for you DYNAMIC HAPPINESS and GREAT SUCCESS in the things you want. WITH JUST A MODEST ACT OF WILL, THE EXERCISE OF SELF-CONTROL, AND THE REALIZATION THAT *IT CAN BE DONE*, YOU CAN SWITCH OVER INTO STATE NUMBER ONE, REMAIN THERE, AND ACHIEVE PRACTICALLY ANYTHING IN THIS WORLD THAT YOU DESIRE — INCLUDING GREAT PHYSICAL POWER AND A FANTASTIC PHYSIQUE!

Now which mental state do you think it advantageous to appropriate for yourself?

Is it worth the EFFORT to appropriate a cheerful, optimistic, dynamic and purposeful state of mind? OF COURSE IT IS, FOR IT IS THE ONLY WAY TO RISE ABOVE YOUR PRESENT CIRCUMSTANCES AND TO ACHIEVE YOUR HEART'S DESIRE!!!

The build you seek is waiting for you, IF you set your sights on it and IF you believe in the possibility of its attainment.

IMAGING

The first step in the utilization of mental power for the attainment of a great physique is **IMAGINE**; or visualizing in your mind's eye the strength, development and improved appearance you want. **SEE** it. **FEEL** its reality. **KNOW** that it will be yours!

Many times I have heard it urged that a bodybuilder should adopt an "ideal" or a model, upon which he bases his own goals. There is both good and bad about such a suggestion, and, if you find that the thought appeals greatly to you, you might try it. However, my personal belief is that an individual is far better off by simply **ADMIRING** others' physiques and lifting ability, and setting about to visualize only his self-improvement as the goal sought. That is, I would advise you to take a good, long, careful look at yourself in the mirror, and visualize **YOU** and see how **YOU** want **YOU** to look, taking into consideration your own unique features. My personal physique idol, when I started training, was the actor-athlete Robert Conrad, and, later on, as I became more involved in training, I admired other men's great development. Reg Park of England, Maurice Jones, of Canada, and other top men from the United States. There were perhaps ten physiques I considered "great", and that I would not have minded having for my own, but I **NEVER EXPECTED TO LOOK LIKE THE PEOPLE I ADMIRERD**. That would have been very unrealistic. In the same manner, I admire enormously such people today as the late Howard Hughes, the late J. Paul Getty, Hugh Hefner, the late Theodore Roosevelt, etc. and so on. **BUT I DON'T NECESSARILY ASPIRE TO THE EXACT SAME FORM AND TYPE OF SUCCESS THAT THESE MEN ENJOY(ED)**. I have my own unique goals and aspirations, and these men **INSPIRE** me to attain them. It's the same with physical training. Get all the help, inspiration and encouragement you can from every outstanding personage in the field — but never lose sight of the fact that you are a unique, special, **INDIVIDUAL CASE**, and that for you, success will have its own special, wonderful form that you will enjoy as **YOU**.

PLANNING

Once the image of the goal is clear, set the plan for its attainment! In this regard, I've pretty much "wrapped things up" for you — right here in this book. If you follow the plan of training contained herein, you'll achieve success. It's that simple.

Having your plan will require persistence of you; since plans only work when they are followed! However, **HAVING THE PLAN** is most important. And, in this book, I've given it to you. **FOLLOW IT!**

TOTAL DEVOTION TO WHAT YOU WANT

Give up the habit of living half-way. Even if you find it takes superhuman effort to do so — do so! When you've hit on something worthwhile, **STEP ON THE GAS!** Go ahead with firm resolve and an iron-jawed determination of will power to achieve it. When you realize that you don't particularly want something, drop it. Fast. Energy is one thing human beings must learn to apportion, if they are to get the most out of their lives. It is detrimental to the attainment of any goal, when energy is sapped by concentration on other things.

Total dedication does not mean that you do nothing but train. It means that **WHEN YOU TRAIN**, you "do nothing but train"! It means that you "boil down" your life to the **BASICS OF WHAT YOU TRULY DESIRE**, and then you give your all to the achievement of those basics.

People must learn the art of total devotion to what they want, and you need to learn the art of complete devotion, if you wish to achieve the great physique you dream of achieving.

I must point out here, for your edification, that the crucial issue of **HAVING A CLEAR IMAGE OF YOUR GOAL**, will add considerably to your capacity to devote yourself fully to your purpose. Nothing is as impossible of attainment as trying to get somewhere in a hurry, when you don't know where you're going, and have no clear destination of a place you'd like to be!

PATIENCE

Rome and Herculean Men were not built in a day. If your goal is a great thing, don't expect it to be attained overnight. It takes time.

No one should start out with the idea that extremely little time will be required of him for the building of his body. Results can be had quickly, but the **FINISHED PRODUCT**, that is, the development of the physique you imaged, may be longer in coming.

BE PREPARED TO WAIT AND TO KEEP WORKING, WITHOUT BECOMING RESENTFUL, DISCOURAGED OR DISILLUSIONED.

One helpful hint I pass on to people and which has always helped me is to remember this:

NO MATTER WHETHER OR NOT YOU WORK TOWARDS YOUR GOAL, THE TIME WILL PASS ANYWAY. ULTIMATELY, THE TIME THAT WOULD HAVE BEEN REQUIRED FOR SUCCESS WILL ARRIVE: BUT ONLY IF YOU'VE KEPT WORKING TOWARD THAT SUCCESS WILL YOU BE IN A POSITION TO RECEIVE IT!

Set your will, program your mind and determine to put forth all you've got in quest of your heart's desire — strength, muscle and super-health. You will not fail if you do this, because you will be using the proven laws of successful attainment that have always worked for successful people throughout the ages.

Your mind is the key and the source to every great success you'll ever know — especially the success of building your body as you want it to be built. Think on this.

CHAPTER FIVE: GENERAL TRAINING ADVICE

We're ready now to get into the actual training you must use in order to build your physique. You're going to learn the most all-round effective, proven methods of progressive-resistance exercise for hard-gainers. First, however, let's lay a good, firm foundation. Let's iron out any problems or rough spots in your understanding of how to GO ABOUT that very important weight-training which you're about to commence.

What are the *fundamentals of working out*? What are the concepts, principles and basics that will enable you, particularly as a hard gainer, to reap the utmost and richest rewards from the sessions of training that you take?

1. CLEAR YOUR MIND before a workout, and KEEP IT CLEARED — of everything but the training at hand — for the entire duration of your period of exercise.

If we lived in a perfect world there would be no need for such advice as the first item here given. In fact, were everything "perfect as is" there'd be no real reason for bodybuilding in the first place! We'd all have been born with perfect bodies, perfect minds and perfectly-organized, happily running lives. But of course none of these things apply to the real world. LIFE itself is full of constant, sometimes painfully serious problems. For *everyone*. And, in the face of this I say: All right, so life is rough and full of problems. Granted. *So what?* Does that mean that by sitting in a corner and worrying and fretting endlessly you're going to make things any better? Does giving up solve problems? Does assuming a cynical "I just can't bring myself to do anything" attitude really help matters in the least? You know it doesn't! Go back and read chapter four if you think it does!

Regardless of your problems, difficulties and despite any obstacles fate might decide to throw in your path, remember this: you MUST learn to clear your mind when training time arrives, and give the workout at hand your full attention. There is nothing to be gained by being glum and dis-spirited. There is *everything* to gain by being cheerful, optimistic and full of DRIVE. There is every real chance that, to the exact extent that you begin to develop your body and spirit through weight-training, you will TREMENDOUSLY INCREASE your capacity to deal with all of life's "problems". In any case, and regardless of whether you agree or not, there is certainly nothing to be gained by using up your training time in worrying yourself over what has happened *before* your workout, or in what might happen *after* your workout. When workout times arrives, WORKOUT. Don't

bother to give problems, concerns, people, places or things your slightest thought or attention. Training time is YOUR time. Exclusively, totally, 100%, completely for YOU. Accept what I say, and learn not to let anything but your training concern you when you train.

2. Be sure that you've got the necessary, basic equipment, and that it's set up and convenient for your use when training time arrives.

I personally feel that commercial gyms and, above all, "health clubs"!, are a waste of good money. There are a few good gyms, but not many, and if it's at all possible I urge you to train at home. I have always worked out at home, for well over twelve years now, even though I've always lived in either a rented room or an apartment! I have never had to limit my use of heavy weights, either, since a couple of inexpensive rubber mats placed on the floor will prevent even a 400 pound Olympic barbell from making noise when it's lowered to the ground!

You really only need simple equipment. If you are just starting out, get the following as your bare minimum "home gym":

A five or six foot bar with plates totalling at least 150 pounds. You will eventually require a barbell AT LEAST capable of being loaded to 200 pounds, and it is better if you have a total of 300-400 pounds of weights available.

A good set of squat racks.

Those two basic items will serve nicely for an excellent start. In actuality, they are all you'll ever really need, unless you become desirous of a more serious approach to more advanced training.

Other HIGHLY DESIRABLE but not absolutely necessary items of equipment include:

A strong flat bench with uprights supports for heavy bench pressing.

An abdominal board.

A couple of dumbbells.

Health shoes ("iron boots")

An incline bench.

A strong set of quality cables (for use when travelling).

It is always a good idea, in addition to your basic training equipment, to be prepared for your workouts with some personal items or "gear". These include:

A strong, standard lifting belt.

Athletic sneakers or lifter's shoes.

A heavy sweatsuit and white woolen or cotton socks.

Lifter's "straps" (used by advanced trainees to maintain a

grip of a heavy bar for such heavy exercises as power-type cleans, dead lifts, etc.)

You can put on a pair of bathing trunks and workout otherwise naked and barefoot if you wish, but I don't advise this. Aside from the real health hazard of getting "chilled" when perspiration freezes on your skin during between-set pauses in a winter workout, there is the comfort and discipline factor of being properly "dressed" for the workout occasion. TAKE YOURSELF AND YOUR TRAINING SERIOUSLY. If you went to a wedding in sneakers and gym shorts you'd probably feel out of place. By the same token, when gym attire is "in order" wear it. There is an advantage to "feeling like" a lifter or barbell man when workout time arrives.

Also, keep your equipment in a convenient location, and have it all set up for yourself when it's time to workout. GET ORGANIZED! Don't be so careless with your equipment that you've got to search for a collar or for that "other dumbbell bar" during a workout. Once in the mood of training, nothing should be permitted to disturb that mood, until the workout's done.

3. Train always WITHIN THE CONFINES OF YOUR SCHEDULED program or routine.

There is most definitely a place, in the routine of an advanced trainee, for "instinctive" or "train as you feel" workouts. But such a method of training HAS NO PLACE in the hard gainer's schedule. There are two reasons why not:

First, the hard gainer MUST conserve energy and devote himself to a carefully limited program — or else he will self-defeatingly over-train.

Second, as a relative newcomer to training, the hard gainer must, until he has built up considerably, be extra-careful not to neglect any special exercise, or over-train on any "favorite" exercise. A BALANCED PROGRAM is always best insured by a DEFINITE, and CAREFULLY LAID-OUT schedule or plan of training.

You will find that the routine I outline for you will not be either excessively-draining of your energies, or particularly time-consuming. This is as it should be, for this is the plan most conducive to GROWTH stimulation. GROWTH — solid, muscular growth — is always the hard-gainer's purpose, until such time as he's satisfied with his level of development.

Where a specific number of sets and reps is indicated, ADHERE to them. Don't, on days when energy is especially high, attempt to do MORE. Deliberately hold back your ardor, and restrain yourself from overdoing your routine. This policy will not necessarily always apply to you for all time to come — but it certainly must

remain the rule until such time as you've gained muscle and strength to the point where "more gaining" is not a prime goal or objective.

Consider your program rather compulsively. Regard it as a kind of "absolute" that you simply must adhere to, AS IT IS SET FORTH. If you do this you will find that, as you begin to see results, there comes an enormous feeling of self-pride and satisfaction from having completed the "mission" or "assignment" to which you've assigned yourself.

It is important to take pride in things you do, in this life. It is necessary to have a sense of balance, purpose and direction in your life, and, in large part because of this fact, you are instructed to STICK WITH THE DEFINITE, SPECIFIC PROGRAM assigned to you.

I assure you, a 100% effort to do your training in the seemingly modest - but REGULAR - amounts indicated, will produce for you far greater results than you could hope to get in any other way.

4. During your workouts take care to CONCENTRATE hard on each exercise like it alone was your entire routine!

Every exercise you do is important. Therefore every set you do is necessary for good progress, and naturally, every single repetition of every set deserves your total outpouring of dedicated mental CONCENTRATION and physical EXERTION.

Really make an effort to put everything you've got into your workouts. Make every single training session count, by giving every movement a complete and combined mental/physical DRIVE.

The most successful men in the world - be they bodybuilders or businessmen, have achieved their status largely through the intelligent use of FOCUSED MENTAL ENERGY. By going off on a tangent, by attempting to think of two things at one time, or by trying to do more than one thing at a time, one only dissipates seriously one's true strength. Success is almost synonymous with CONCENTRATION. To the extent that each of your workouts becomes an exercise in mental concentration as well as muscular contraction, you help to assure your speedy and complete attainment of your objectives.

Do each exercise with spirit. Never permit yourself to "run through" or to haphazardly dilly-dally through a workout. THINK into each major muscle that you work. "Become" that muscle, in your own mind, and totally immerse yourself in the complete effort required.

It is in the degree of their concentration upon the same exercise that the difference between the truly dedicated physical culturist and the dillitante can be ascertained. Watch a Mr. America

doing simple barbell curls, and you'll see what I mean! It's the same exercise we do, but Oh! what a difference it makes when he does it!

5. STRICT and CORRECT exercise performance is necessary.

Cheating, like instinctive training, has its place in bodybuilding. But the proper way for the hard gainer to train while he's building up is via STRICT and CORRECT exercise movements. In this way the best results will be forthcoming.

Remember that every exercise included in the training recommended serves its own special purpose. If the exercise is done as it ought to be, then the purpose will be well served, by providing the body with the EXACT and definite form of exercise it needs in that particular instance. However, when cheating is used, the result is to lessen the DEFINITENESS of the exercise's function. Thus, where the very strict, regular press behind neck produces amazingly good shoulder/tricep/trapezius development, the "jerk" or cheating press behind the neck fails to work this same muscle area nearly as well — even though heavier weights are handled. THE VERY THING, IN SUCH AN INSTANCE, THAT ALLOWS ONE TO HANDLE HEAVIER WEIGHTS, IS THE THING THAT MAKES THE EXERCISE ONLY MINIMALLY EFFECTIVE, WHERE, PREVIOUSLY, IT HAD BEEN A FIRST-RATE DEVELOPER OF THE INDICATED MUSCLE GROUP. Cheating is effective because it permits the body parts being worked to obtain assistance from other body parts not actually intended to be used. The heavier weight that is lifted is not really, therefore, being "lifted" by the muscle groups under consideration at all. It is being lifted by those muscle groups, PLUS the "assisting" muscle groups. In all, making for poorer development, all-round.

Train strictly, correctly and very much in accordance with the approved and "right" style. This is a must for getting the absolute *most* from your program.

6. Maintain a notebook of your training progress.

Always record, in a notebook, what you do or don't do on any given training day. This will serve to give you feelings of accomplishment as your record of completed workouts "adds up", and it will serve to push you into even harder efforts as your training advances.

Record the date of each workout, the exercises done; also the poundages and the set-rep scheme followed. Should you, because of illness or emergency, be forced to miss a workout, record THAT, too. A large number of notations of "missed workouts" can be taken as written proof that you WON'T achieve your goal, and that you are

simply too lazy or slackening off on your own efforts on your own behalf. Face it.

7. Get a few sheets of plain white poster paper — the larger the better. On them, in thick black marker ink, I want you to print up the following signs, and hang them where you'll see them while you train:

***A QUITTER NEVER WINS, AND A
WINNER NEVER QUILTS!***

YOU CAN IF YOU BELIEVE YOU CAN!

***ANYTHING THE MIND OF MAN CAN
CONCEIVE AND BELIEVE, IT CAN
ACHIEVE!***

***PEOPLE DO NOT LACK STRENGTH,
THEY LACK WILL!* - Victor Hugo**

***NEVER, NEVER, NEVER, NEVER,
NEVER, GIVE UP!* - Sir Winston Churchill**

It is about time you started thinking along the lines of some really GREAT men, and along the idea paths that lead somewhere! I want the sayings that have inspired me, and that I know have direct bearing on a man's attainment of success and prosperity to become YOUR basic mottos!

Gradually, day by day, as you train and look up to read, again and again, those immortal sayings, the philosophies that underlie them will become a part of your own spirit. When that happens you'll not need me anymore! When the day arrives that you REFUSE to admit defeat, when you learn that SUCCESS is your birthright, no matter how impossible the odds are that you must face to attain it, then my friend you will have the physique, the strength and the spirit that you ardently desire.

There is more to this struggle than the mere acquisition of muscle - though that is certainly an important part of it all. There is YOU; the total, complete, full and excellent development of yourSELF, along the lines of the Man you wish to be, in mind, in spirit and, of course, in body as well.

Weakness, negativism and self-doubt are all unbecoming to God's image. Relinquish them!

I hope that I've succeeded in "psyching" you up a bit. That was my aim in writing this chapter. Now that you're rarin' to go, we can turn to the next chapter, together, and get started on the program that's going to change your life!

CHAPTER SIX: THE BASIC GAINING AND BULK COURSE

Please follow the course outlined for you in this chapter exactly as I've written it out for you, WITHOUT MAKING ANY ALTERATIONS, ADDITION, OR SUBTRACTIONS. At least, don't make any alterations in your training for the first few months. Give your body a real chance to "accept" and profit from this program of training as it is.

If you are a follower of most of the muscle publications that hit the newsstands monthly I'm sure you'll find the format of this program rather unusual. No super-sets. No "bombing". No "blitzing". No "blasting". No fantastic, three-hour, six-day-a-week marathon schedules. No series of five, six and seven sets-per-given-exercise. In fact, compared to the vast majority of the schedules, routines and programs you'll find in many of the popular publications, *mine* seems hardly to be worth mentioning! That is, unless you consider one little item about my routine that the others don't necessarily offer:

MY PROGRAM, HEREIN GIVEN, PRESENTS AN ALL BUT 100% INFALLIBLE METHOD OF EFFECTIVE, HEALTHFUL MUSCLE-BUILDING AND WEIGHT-GAINING — A PROGRAM WHICH, IF FOLLOWED AS GIVEN BY ANY HARDGAINER WITH DETERMINATION, DEFINITELY WILL PUT MUSCLE ON WHERE IT'S WANTED AND NEEDED!

The schedule you will be on has been proven. Proven by me on people who, like yourself, "couldn't gain any solid muscle, no matter how hard they tried" before. The program is simple, direct, not all-that-tough to stick with, and, above all, REALISTICALLY DESIGNED, AND HONESTLY ORGANIZED. It was not concocted out of my fertile imagination to "hook" you, or to make you feel like you've been initiated into the program that was personally followed by Hercules or Samson.

The trouble with the vast majority of the programs published or offered for sale through the muscle magazines is that, while they may make mind-boggling reading (something like good science-fiction, actually) they really aren't much use to the average man; and, as far as the HARD GAINER is concerned, it is perfectly ludicrous and irrational to expect *him* to benefit from such endless gobs of nonsensical muscular gyrations!

The program you will be placed on is intended for the **HARD GAINER** who seeks —

- a. Additional muscular bodyweight
- b. A greatly improved physique (improved muscle shape, tone, etc.)
- c. Larger muscles, where applicable (i.e. biceps, shoulders, legs, back, etc.)
- d. Stronger muscles
- e. Greater vigor, health and vitality

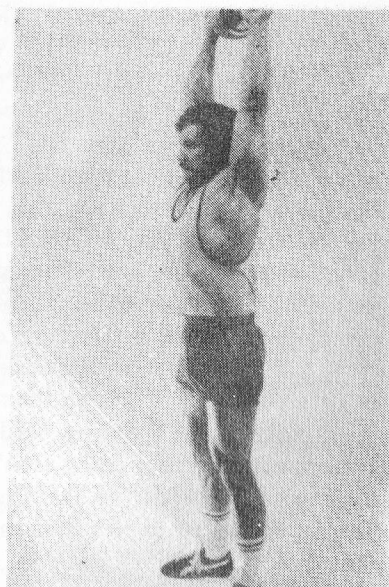
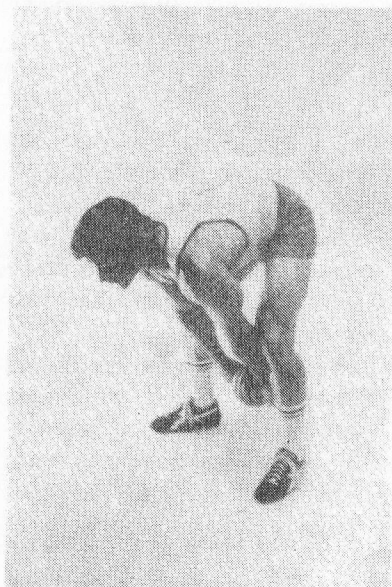
If you will follow the course as given you will see, within five weeks, that each of the five listed goals is rapidly becoming closer to your attainment!

THE PROGRAM

Exercise 1:

Warm-up with the light, dumbbell swing between legs. Keep a tight grip on the light dumbbell, and perform the exercise in a continual, smooth, fairly rapid manner, taking care to come completely erect and then to bend fully forward for every repetition. Do 15 reps. **DO NOT DO A SECOND SET!**

It is not necessary for anyone to progress beyond using a 25-pound dumbbell in this exercise, since the aim here is only to warm-up.

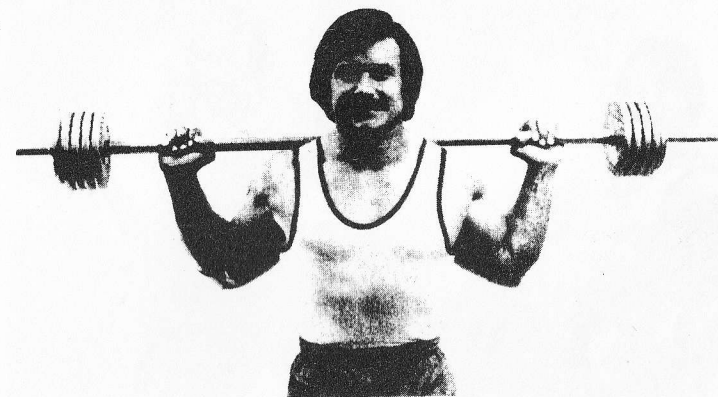


Exercise 2:

Press behind the neck.

Do this exercise right off your squat racks. Load the bar up to weight that allows 10 fairly easy reps. Rest a couple of minutes. Now add weight, and do another 10 reps in excellent form. The final two reps should require *extremely* hard work.

After two workouts, add 2½ to 5 pounds to the bar, depending upon how your strength feels. **ADD WEIGHT TO BOTH YOUR WARM-UP SET AND YOUR SECOND, HEAVY SET!** You must work very, very hard in behind-the-neck pressing to reap full benefits.

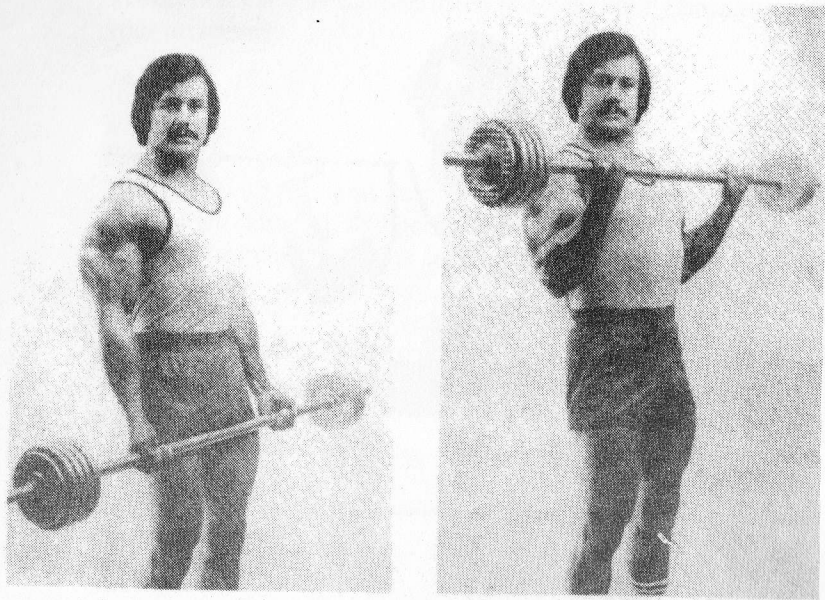


Exercise 3:

Regular curl.*

Do only one set of regular curls with a moderate weight on the bar. Ten reps in *perfect* form. Add weight exactly as described for presses behind the neck, however do not push as hard to add weight to this exercise after the first two or three months as you continue to push to increase your press poundage.

*If you have a set of dumbbells you may use simultaneous two-dumbbell standing curls instead of the barbell curl. One set, 10 reps, and add weight every third workout.



Exercise 4:

Wide-grip bench presses.

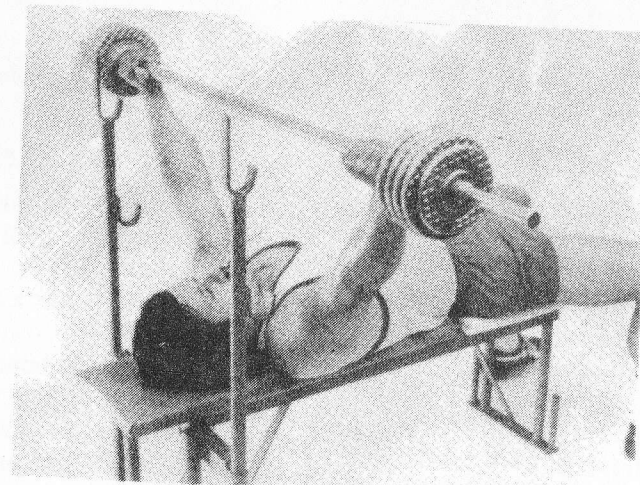
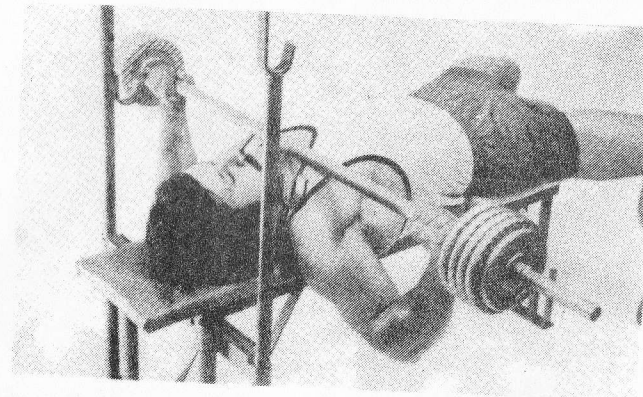
Do these on the floor if you must, or use a strong box, until you obtain a bench.

Do one set of 12 reps with a moderate weight. Rest a few moments. Add weight to the bar and do 12 more reps. **THE FINAL TWO REPS MUST REQUIRE A REALLY HARD, ALL-OUT EFFORT.**

After every two workouts add **AT LEAST 5** pounds to the bar. If possible, add 10 pounds. Increase **BOTH** warm-up and regular, heavy set.

Do not bounce the bar off your chest, and always do full, complete bench press movements.

Keep a tight, controlling grip on the bar.



Exercise 5:

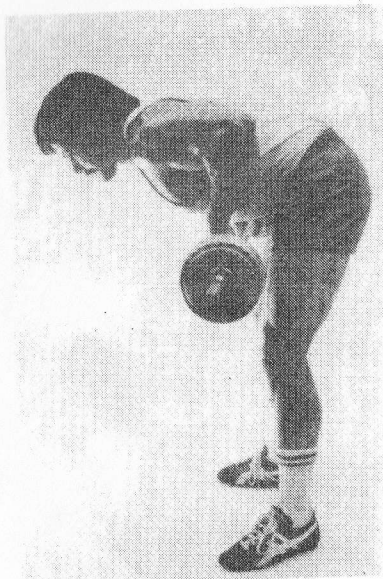
Barbell bent-over rowing motion.*

Use a fairly close grip and row to the mid-section. Let the knees flex a bit for comfort, but work very, very strictly, and go into heavy poundages as soon as you can!

Use a heavy poundage for two sets of 12 reps — **SAME WEIGHT** each set.

*If you have a dumbbell set you may use single-arm dumbbell rowing in place of this exercise, if you wish. Use the same set-rep scheme as for barbell rowing, working each side alternately.

Add 5 pounds every third workout.



Exercise 6:
SQUAT!

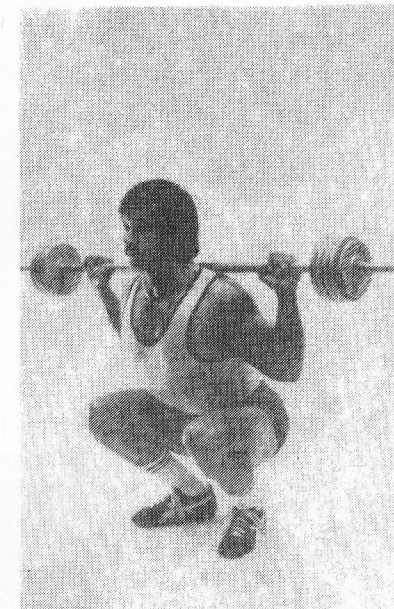
This is, beyond question, the single most important exercise in the routine. PLEASE PUSH IT HARD IF YOU ARE SINCERE ABOUT GETTING RESULTS!

Use padding on your shoulders and get set with feet a comfortable distance apart — not too wide, not too close. Keep your head *up* as you squat, and NEVER bounce or drop suddenly into the low position. Lower yourself, via leg and hip strength, until your thighs are just below parallel position. Then. COME UP! Fast, hard and explosively — come erect and get set for the next rep.

I suggest you take several (don't count how many!) deep, deep breaths between reps when you squat. This helps to expand the chest considerably. It is not essential, but, again, I recommend it. Start the deep breathing after your first five reps have been completed.

Do a warm-up set of about 18-20 reps, and use a moderately heavy weight. You should be really "worked" after this set, and you'll need a good five minute's rest before doing the second set. In this interval between sets, go to your flat bench (or a sturdy box), and do ONE SET of Exercise #7 - described next. After the pullovers do a second, HEAVIER set of squats. Use the deep-breathing, but do only 12 reps. Then, do a second set of pullovers.

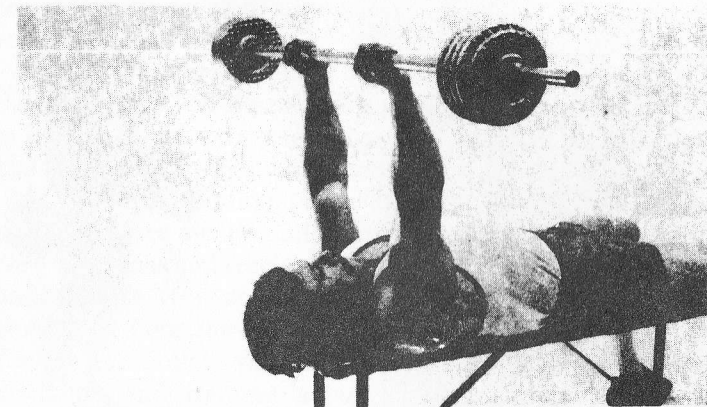
Add 10 pounds to *both* the warm-up and heavy squat sets every third workout. FIGHT! This one's very rough, but I guarantee it will bring you gains in strength and development that you'd never believe!

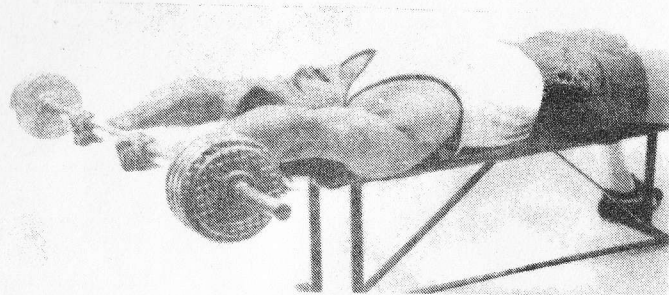


Exercise 7:

Pullovers with a very light barbell or the empty bar.* Do stiff-arm pullovers, NEVER EXCEEDING 30 pounds total weight in this exercise, no matter how strong you get. Breathe very deeply, and get a good, almost painful stretch. Tight grip on the bar. Twenty reps per set.

*You may use two light dumbbells, if available.



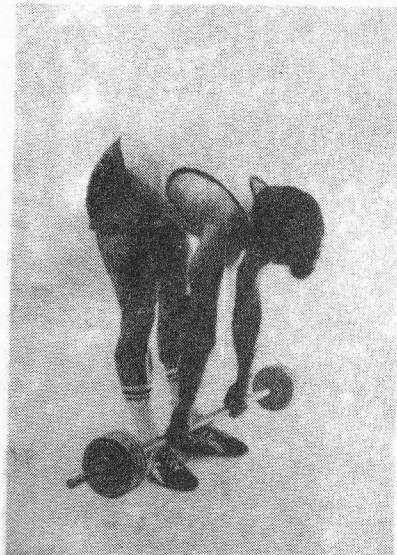


10
Sit-up with legged dead lift.

Don't stand on a block or bench to get maximum stretch. Just do the exercise in extremely good form, **AND DON'T STRESS HEAVY WEIGHTS**. This is very important. If you attempt to work too heavy in this one you'll detract from squatting and overwork your vital low back area (to say nothing of your energy level!).

Use a comfortably moderate weight for a single set of 15 reps. Use a very tight grip. Try to "crush" the bar in your hands.

Add 2½ to 5 pounds after every **SIX** workouts. When and if the weight should start to feel "heavy", take 5 pounds off the bar and add **NOTHING** for three weeks.

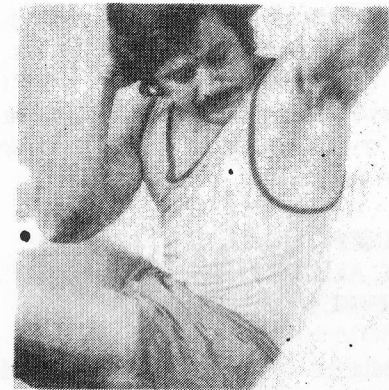


Exercise 9:

You may do either sit-ups (on a slant board if possible), or leg raises (on a slant board if possible).

If you do sit-ups do 1 set of 25-30 reps, **NO WEIGHT**. If you do leg-raises do 2 sets of 15 reps, **NO WEIGHT**. This is simply a token abdominal exercise, and the idea is to top off a heavy weight program with just a "touch" of minimal "ab" work.

That's your workout. When it's over, take a nice, relaxing shower. Then, either sit or lay down for a while.



SOME PARTICULARS

You should regard the program I've given you as a basic, three-month course. If you are currently training, **TAKE A CLEAR SEVEN DAY REST BEFORE COMMENCING THIS SCHEDULE**. This may seem like a week lost, but I assure you it is merely a temporary retreat that, ultimately, will enable you to more rapidly forge ahead and progress.

After three months of regular training (on three alternate days per week) you are to take a two-week layoff. Do this regardless of how you feel, and see to it that you participate in daily *calisthenics* and/or jogging/swimming sessions to stay in trim.

After your initial three months' program, coupled with your diet and revised mental outlook you will be dumbfounded at what the New You looks and feels like! Then, you may elect to continue on the basic course (for another two months, say) or you can make alterations along the lines described in the next chapter. Either way, you're set! Follow the schedule in this chapter, placing doubt, hesitation and training advice to the contrary aside, and you **CANNOT AND WILL NOT FAIL!!!**

CHAPTER SEVEN: GOING FURTHER...

Although the basic course given to you in the last chapter is all you actually need to make maximum progress as a hard gainer, and although, if you were to require but ONE program of training it would be, by far, the best, this chapter contains information about somewhat "advanced" methods. For variety, perhaps a bit of experimentation, or possibly for a little more specialized advanced work, I'm sure you'll find the material here extremely valuable. Don't deviate from your basic program for AT LEAST three months, after which time, if you wish, you might try your hand at a little *sensible* training alterations, along the following lines...

HOW TO TRAIN FOR POWER AND SHEER BULK, ALMOST EXCLUSIVELY

Your basic program is designed to allow you, as a hard gainer, to make excellent ALL-ROUND progress. That is, if you follow the routine as presented, you will achieve SIZE, POWER, SHAPELY MUSCLE, etc. Everything is balanced and well-rounded.

Suppose, however, after really building up considerably (as you're sure to do on your basic program, if you follow it as instructed) you become especially concerned about achieving more POWER? Suppose, being a hard gainer, you've always had "a thing" for *strength*, and even though your strength has improved considerably, you're still not satisfied? What do you do? How should you train?

Power, per se, is achieved via three main ways:

VERY HEAVY WORKOUTS

ABUNDANT NUTRITION

ADEQUATE REST AND RELAXATION

The catch is that merely by continually trying to go heavier and still heavier on your basic program you WON'T achieve the limit in power — you'll only succeed in burning yourself out! Power training, per se, must be conducted along the lines of much BRIEFER workouts, LOW reps, MULTIPLE SETS, and extreme efforts to maintain a program within the bounds of only a FEW, SELECT MOVEMENTS.

When and if you become "power hungry" you will have to

alter your basic program somewhat. The exercises that I would recommend for a Power Program are:

PRESS BEHIND THE NECK

SQUAT

BENCH PRESS

BENT-ROWING (barbell only)

DEAD LIFTING (regular or stiff-leg)

In the extreme, a power program could be cut to a bare minimum schedule of but two exercises — the Military press and the Squat — but don't try such severe limitation on your exercises unless you're totally positive that power, and not even a little muscular shape, is your ONLY goal. The press and squat course will do the job, incidentally — have no fear about that! This was the primary "course" that Paul Anderson followed to build *his* strength, and he did okay!

Let's return to the schedule of power training that I've indicated for you, however. I really do believe that it would be best to at least give it a try before dropping back to the minimal two-exercise routine.

Train three days a week, but in the following manner: Let's say your training days are MONDAY, WEDNESDAY and FRIDAY. Okay, you train HARD on Monday and again on Friday, but on Wednesday you *ease up* considerably, and go ahead at, say, about 60-70% of your full effort capacity. NEVER ATTEMPT TO DO THREE VERY HARD WORKOUTS IN A SINGLE WEEK.

Try the following set-rep schemes in your power program:

Press behind neck - 1 x 6, 1 x 4, 2 x 2-3

Squat - 1 x 8-10, 1 x 5, 2 x 2-3

Bench press - 1 x 10, 1 x 5, 2 x 2-3

Bent-rowing 4 x 8

Dead lifting 1 x 8, 1 x 4, 2 x 3

The object is, naturally, to work into heavy weights. Your final set(s) must be all-out efforts with weights that approach your limit capacity, or you're simply wasting time in power training. Power is attained by lifting HEAVY weights.

Weights must be regulated by how you feel on your scheduled training days. As an advanced trainee, and as someone seeking always to go heavier, it is best for you to make efforts to hit new "maximums" in the SQUAT and BENCH PRESS every two weeks. In the dead lift try to achieve a new limit once every month, no more. In the bent-rowing and in the press behind neck simply train hard and heavy. You don't need to try for one-rep singles here, but go heavy and hard just the same.

Use *these* set-rep schemes when trying for new limit lifts:

SQUAT 1 x 8, 1 x 5, 1 x 3, 1 x 2-3, 1 x 2, 1 x 1

BENCH PRESS: 1 x 6, 1 x 4, 1 x 4, 1 x 2, 1 x 1

DEAD LIFT: 1 x 6, 1 x 4, 1 x 3, 1 x 2, 1 x 1

By training in the manner described you should easily be able to double your strength.

Train on a power course for SIX WEEKS. Then take a week's rest before resuming the course for another FOUR WEEKS. After that, go off strict power work and back onto all-round training.

The best supplement to a power course is to get outdoors and run for about 30 minutes, twice a week. Alternatively, rope-skipping is a fine exercise to do on between-workout days.

USING SHAPING EXERCISES

If you must spend time on the little exercises - the "shaping exercises" - at least do it right!

Use shaping exercises as a part of your training only after you've succeeded in building up considerably. At that time, these exercises may be included in a sensible program in the following manner:

FIRST, select about six good BASIC exercises that work the muscles fully, *without* inducing pump, etc. These exercises will constitute the core of your program. I'd suggest...

Standard barbell curl

Military press

Squat

Bench press

Bent-rowing

Stiff-leg dead lift

In each of those basic exercises use ONE SET. Use a set that is moderately heavy and that serves to give the main muscle group involved a very good workout.

SECOND, select about four basic SHAPING exercises that may be used with your basics, as direct "supplements" to the heavy sets. For example...

Standard barbell curl

Seated concentration curl

Military press

Dumbbell lateral raise

Squat

Bench press

Lying one-arm tricep extension

Bent-rowing

Stiff-leg dead lift

Side bends with a dumbbell

A program such as that one, followed properly, will provide a very efficient balance of both heavy work and shaping exercise, without sacrificing the basic requirements of good, overall training.

The shaping exercises are best done in two or three sets each. This would be, for instance, a very good program...

Barbell curl - 1 x 8

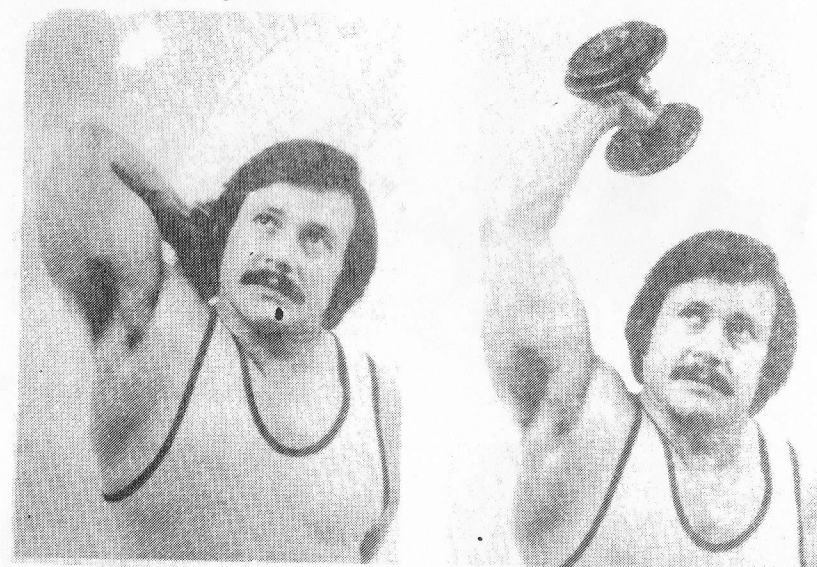
Seated concentration curl - 2 x 12

Military press - 1 x 8

Lateral raises - 3 x 6-8

Squat - 1 x 15-18

Bench press - 1 x 12



One-arm tricep extension - 3 x 6-8

Bent-rowing - 1 x 12

Stiff-leg dead lift - 1 x 15

Side bends with a dumbbell - 2 x 15-20

That routine is nowhere near as spectacular as the ones presented in the popular muscle magazines, but it DOES work. Especially so for hard gainers, since it CAREFULLY CONTROLS and LIMITS the amount of work done, while insuring a balanced, well-organized workout for the entire body.

Such a schedule might be worked for two months, thrice weekly, before a layoff and a change.

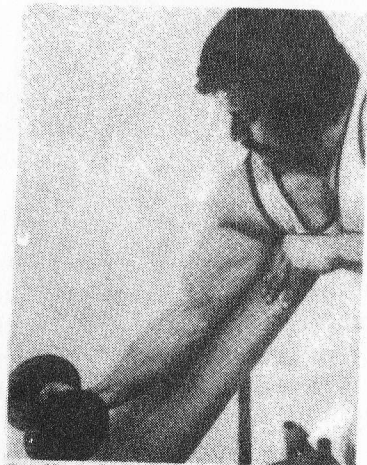
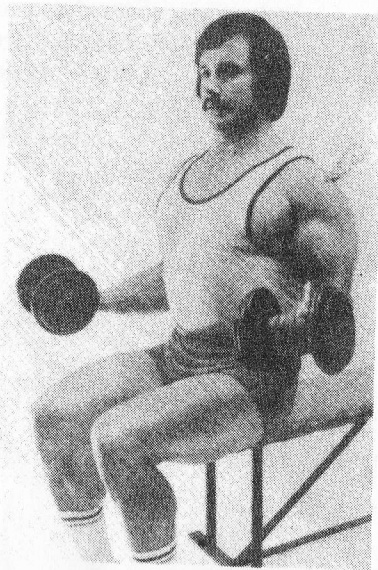
EXERCISE VARIATIONS

The basic program outlined in the last chapter is the all-around best for the typical hard gainer. But, as training experience is acquired it need not be stuck to rigidly. For the purpose of variety or simply to experiment, you can use any of the following exercise variations with full confidence of their value...

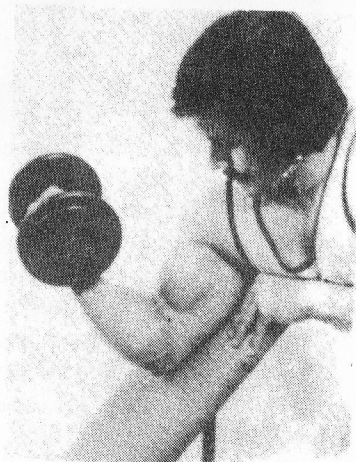
FOR BICEPS



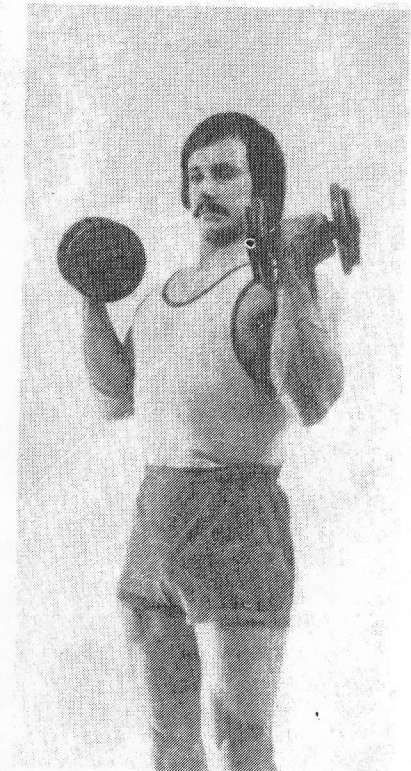
Seated dumbbell curls



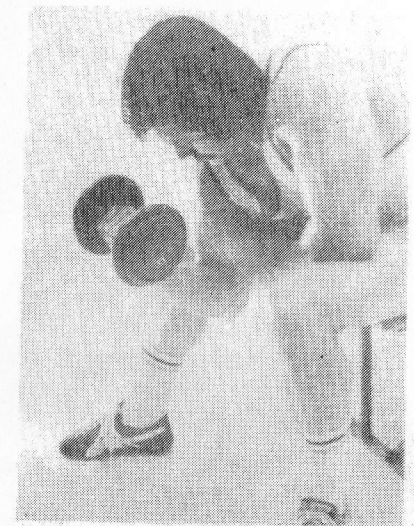
Incline dumbbell curls



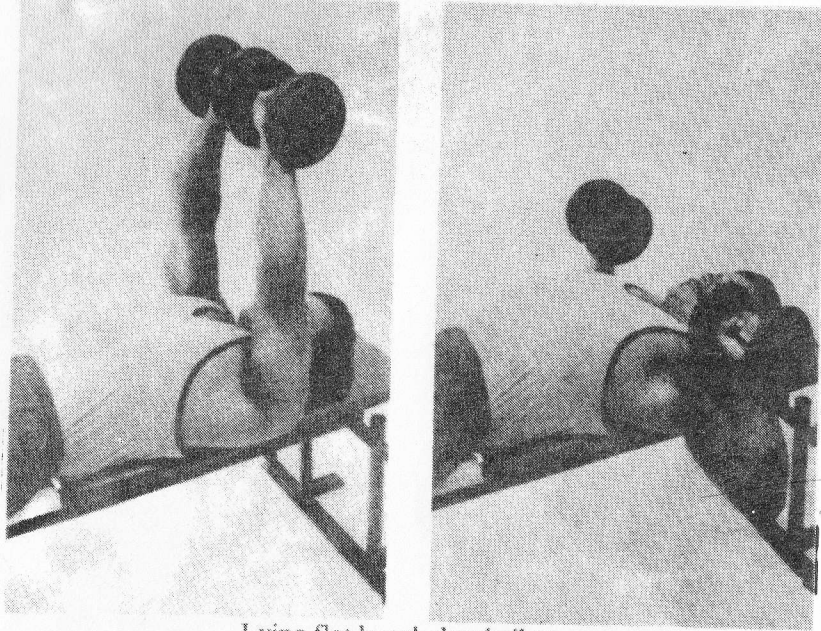
Heavy dumbbell curls



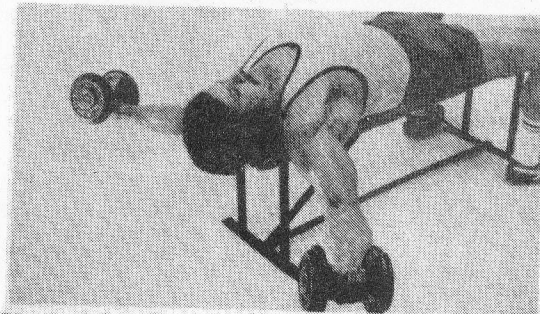
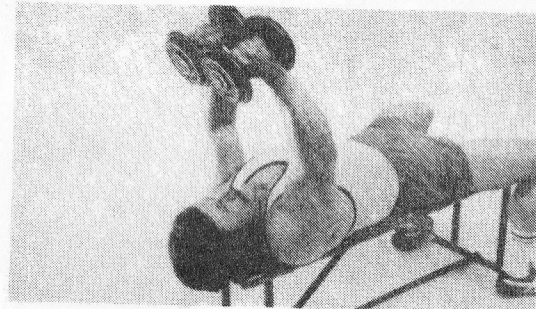
Concentration curls



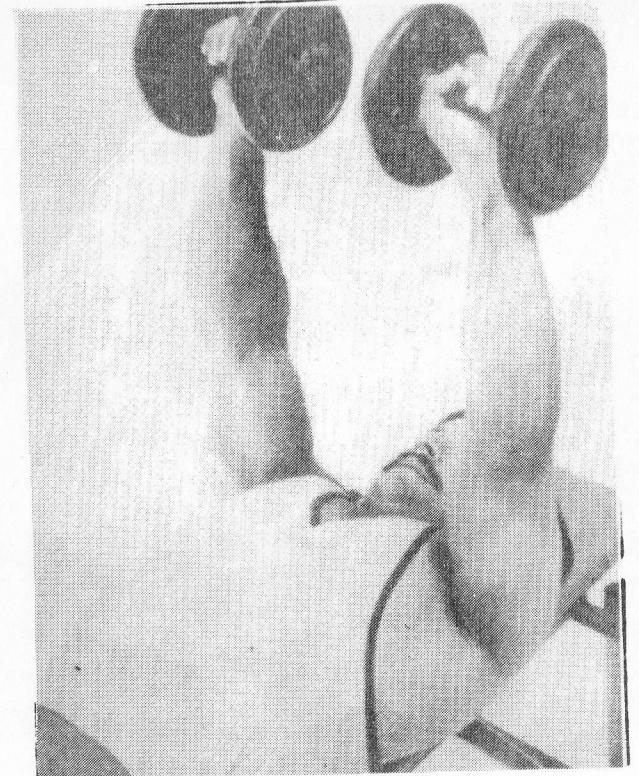
FOR CHEST



Lying flat bench dumbbell presses

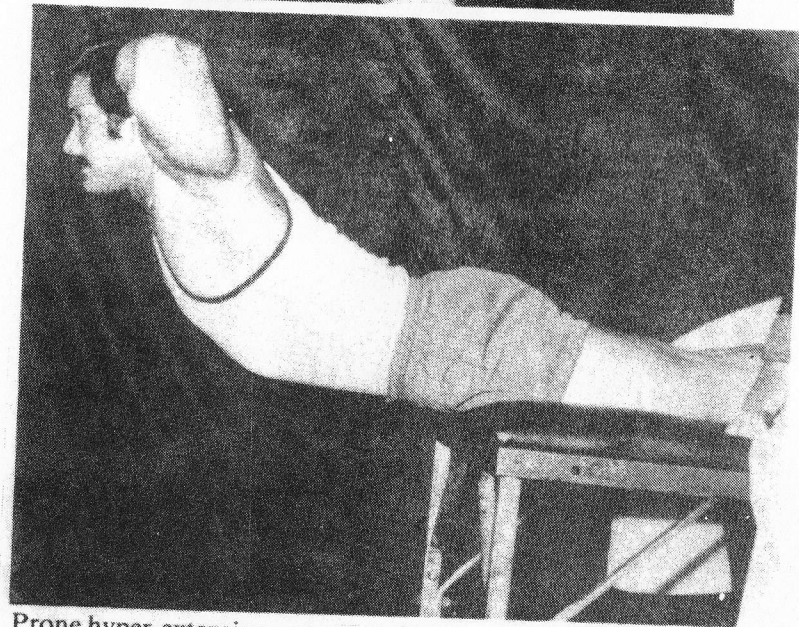
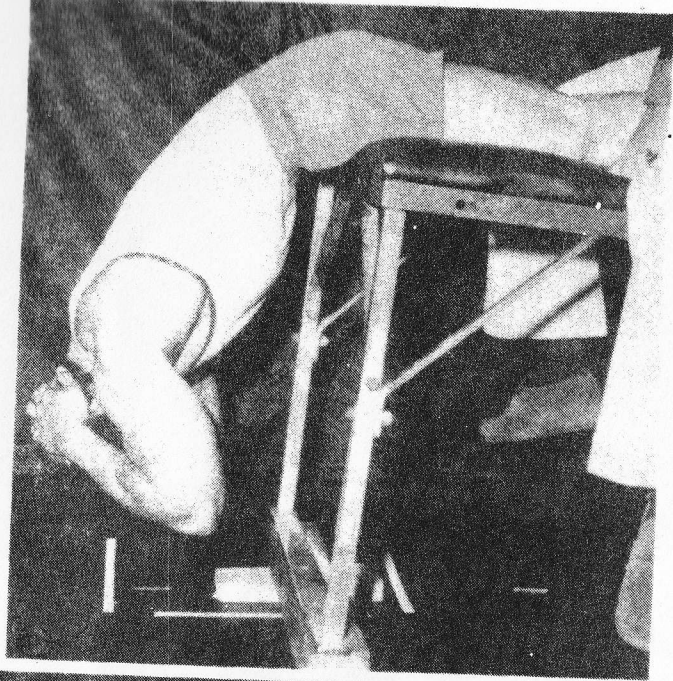


Heavy lying flys (on flat bench or on incline bench)



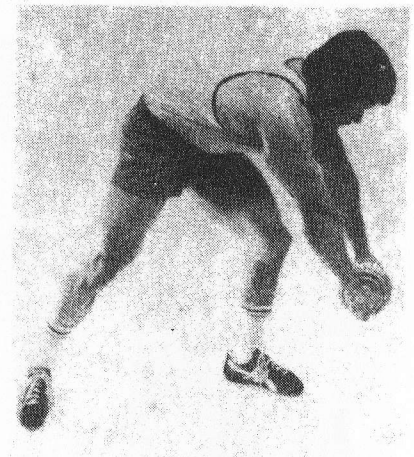
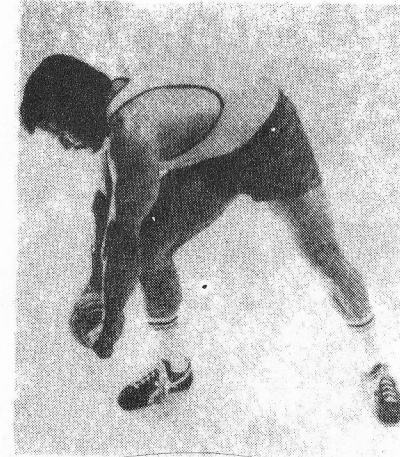
Incline dumbbell presses

FOR LOWER BACK

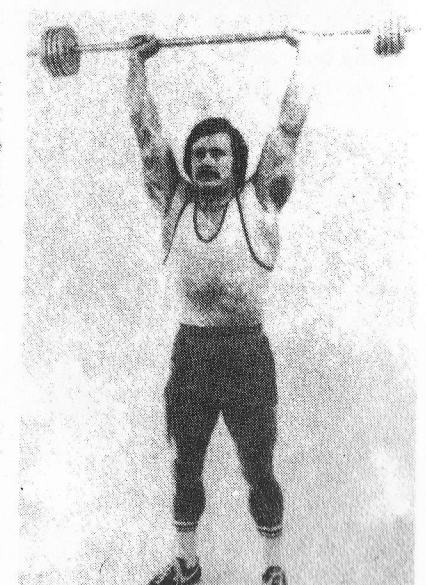
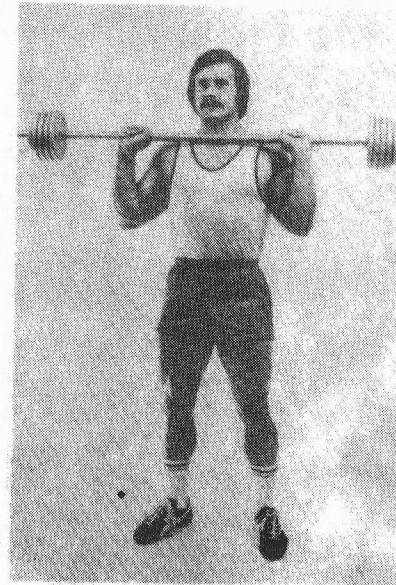


Prone hyper-extensions

Swingbell turns



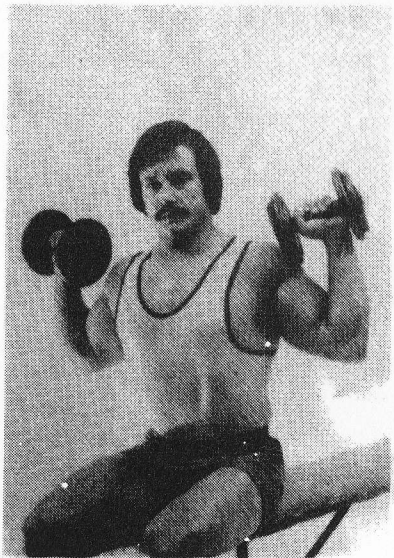
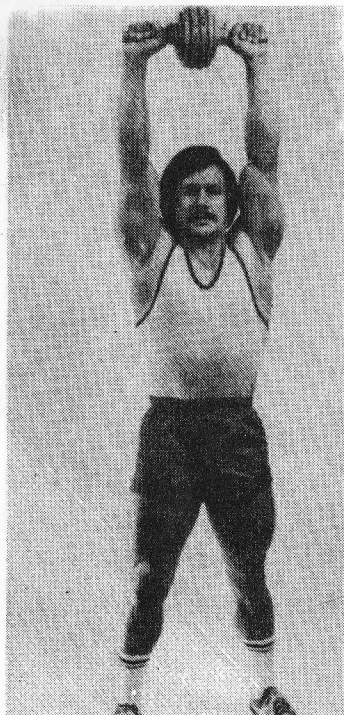
FOR SHOULDERS



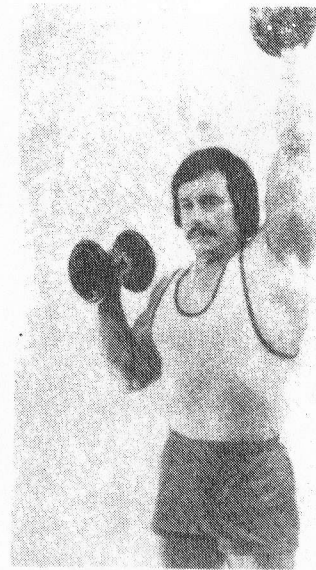
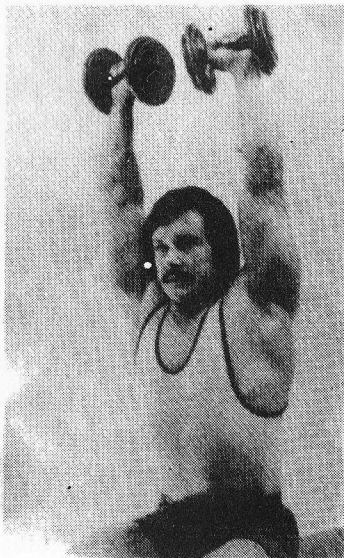
Military press (seated or standing)



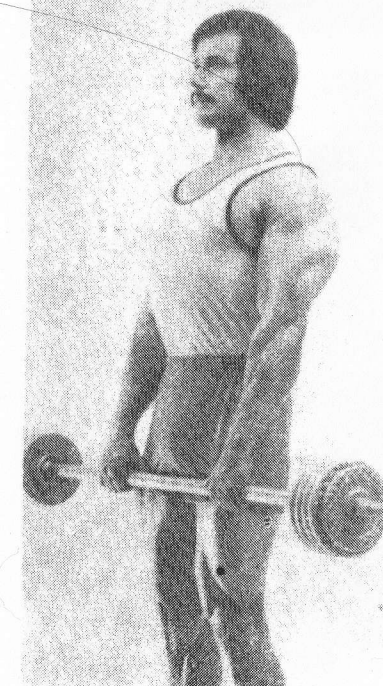
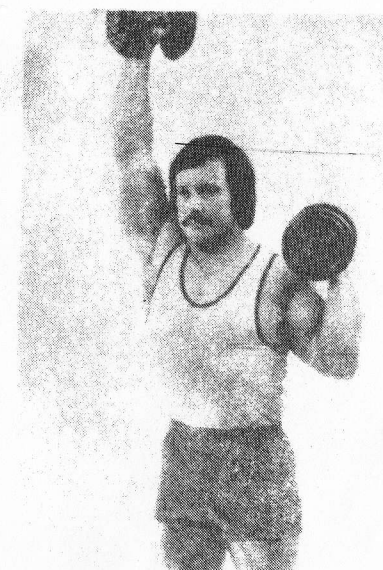
Swing bell raise to front



Seated two-dumbbell press



Alternate dumbbell press



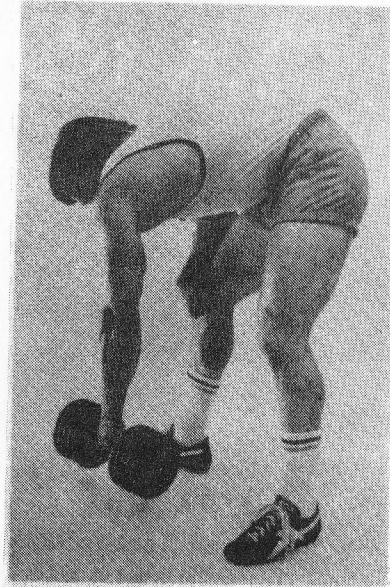
Upright rowing



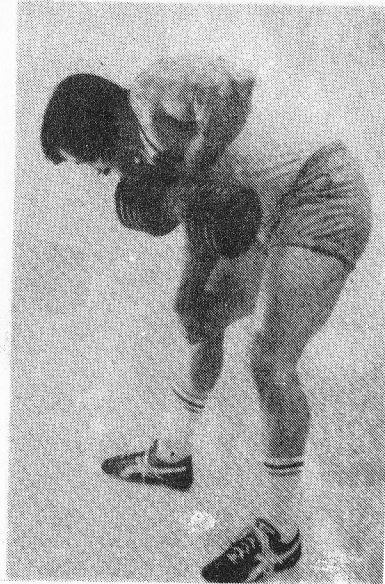
FOR UPPER BACK



Power cleans (also hits lower back)



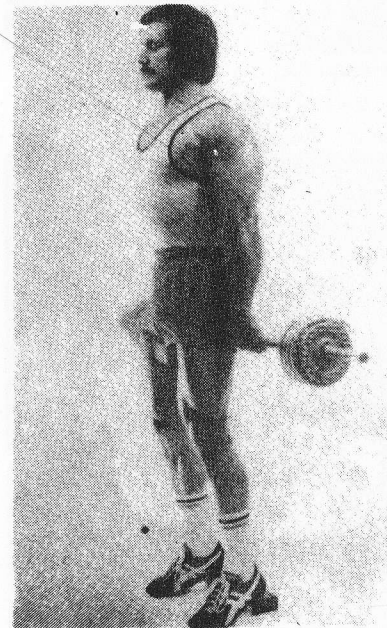
Dumbbell rowing



FOR LEGS

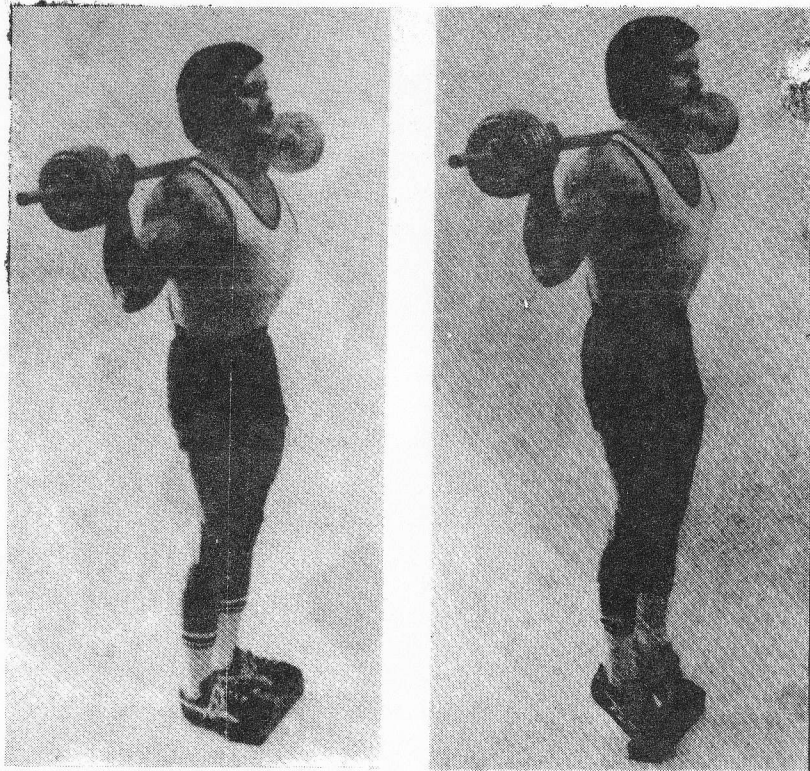


Front Squats



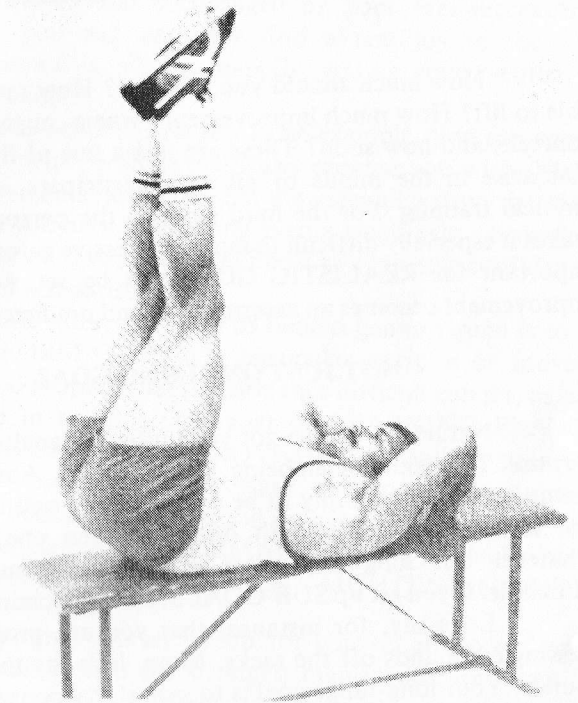
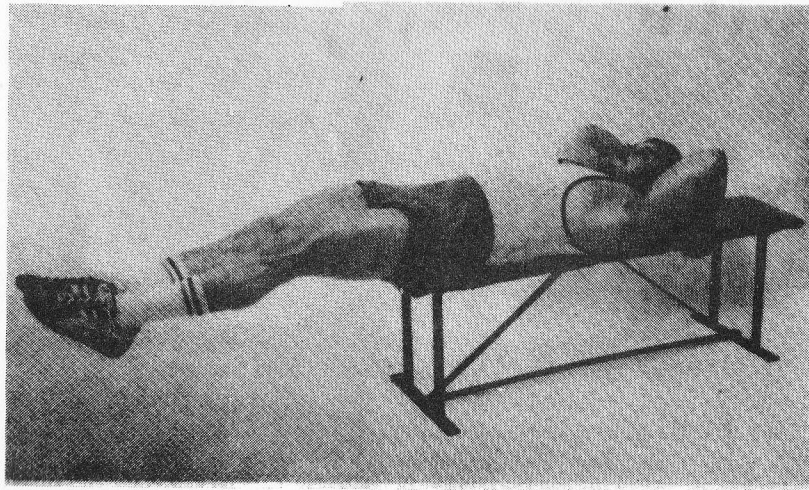
Hack squats





Calf work (only if desired)

ABDOMINAL WORK



Abdominal work should consist primarily of sit-ups and leg raises in all their respective variations. "Crunches" are often used to good effect, but if a good, all-round routine is followed, the mid-section always receives a fair share of work and doesn't need more than about ten minutes special exercise in any given workout. Sit-ups and leg raises are the best basic "ab" exercises a man can do. Leg raises can be improved by doing them while hanging from a chinning or high bar.

There you have a lifetime of exercise variations set forth for your reference! Believe me, the simpler your overall approach the better, and it is by far more important to work **HARD** at a few good, select movements than it is to use every exercise in the book as a "dabbler". However long you train, and however many course variations you set up for yourself as you become advanced, remember that **QUALITY** outstrips quantity every time, as far as getting the most from a workout.

With all of the hard work and effort you'll be putting into your training it will be important that you maintain clear, definite goals to achieve. These will keep you motivated, and keep you on the right path to success. In the next chapter we shall discuss them.

CHAPTER EIGHT: GOALS — GOALS — GOALS!

How much should you measure? How much should you be able to lift? How much improvement - where- ought you to expect of yourself; and how soon? These are just a few of the many questions that arise in the minds of all who participate in barbell-dumbbell physical training. For the hard gainer - the person whose potential makes it especially difficult to make impressive gains - it is particularly important for **REALISTIC GOALS** to be set, so that noticeable improvement becomes an ascertainable and *predictable* thing.

NOT JUST ONE LONG GOAL...

Naturally, you've got your ultimate goal - your long-range *purpose*. This could mean being, for some, Mr. America, or a power champ, or perhaps simply to be exceptionally well-built and to have, say, three times the strength one had when one started training. Whatever this long-range goal is, it can be made more easily attainable, if you set up **SUB-GOALS**. I shall explain.

Let's say, for instance, that you are presently capable of pressing 60 pounds off the racks. More, let's say that you weigh 150 pounds. Your long-range goal is to gain thirty pounds of muscle, and to considerably increase your strength. Looking ahead to that happy day when you'll weigh 180 pounds, we can determine that a respectable *long range* press goal might be bodyweight - or 180 pounds. You could make it more, but anyone who can press, in strict military fashion, his bodyweight, is well above the even *strong* average athlete.

Okay. Ultimately your objective is to **TREBLE** your present pressing poundage. You can do this, and you certainly ought to retain in your mind that **CLEAR IMAGE** of your long-range goal. However, to realistically motivate you to do your very best **DURING THE LONG HAUL OF TRAINING TOWARDS THAT ULTIMATE GOAL**, it would be wise to set up sub-goals that you can reach, and in time *pass*. You might determine to shoot for an 85 pound press by, say, two and a half or three months from your very next workout. This gives you a shorter-term goal, and you won't be feeling so distant and far away from your objective — or from meaningful progress.

Immediately upon reaching your 85 pound press, **BOOST** the goal to 100 pounds, to be achieved, say, within the next two

months, or perhaps less. Soon, you'll have attained *that* goal! Motivated, inspired and encouraged by your ever-successful goal achievements, you will naturally find a real joy in the struggle onwards and upwards — until, happily, you hit your eventual target goal of 180 pounds.

I mentioned the press just as an example. You can apply this "sub-goal" principle with virtually any exercise you wish. Make the poundage increments noticeable but manageable within the specified period of time you allot. Achieving even a small gain - provided you have looked forward to it - is a big boost to your self-confidence and to your sense of self-satisfaction.

Another interesting way to remain goal-oriented is to try to improve **PERFORMANCE** in a particular exercise or movement. People who find proper squat performance difficult can set, as part of their objective in training, the goal of **LEARNING FLAWLESS PERFORMANCE FOR THE MOVEMENT**. Make a point of it. Really try. It's not always necessary to concentrate on weight-increases only, in order to make good progress. Not by a long shot. If you're really deficient in **PERFORMANCE** of any particular exercise, you will gain permanent benefits by **STRAIGHTENING OUT THE PROBLEM**.

Always give yourself credit for your attainments, however modest. It matters little if the strongest man in the world can squat with 600 pounds for 10 reps. If you, presently, can squat with only 100 pounds, and if you improve to the point where you can squat with 150 pounds, *that's* real improvement of 50%! And it fully deserves acknowledgement. We only really "improve" relative to ourselves. Competition with others is meaningless and conducive to swelled egos and swelled heads.

Setting goals by and for yourself will help you materially in improving enormously, relative to your previous "best".

RATE YOUR STICK-TO-IT-IVE-NESS!

A person who fails to **STICK** with his workouts regularly is doomed to failure. There is no point in pretending that one can make gains without a fairly compulsive adherence to a regular program of workouts.

To help yourself in achieving a "non-blemished" record of workout regularity, try this:

Set a goal of completing **TWELVE** workouts during every four-week (month-long, roughly) period. This assumes three workouts a week. Now you've **GOT TO GET THOSE THREE**

WORKOUTS A WEEK IN, remember! Should you miss a Monday workout, for instance, you'll just have to train Tuesday and Wednesday together (or, if you prefer, Tuesday, Thursday and Friday or Saturday). At the end of four weeks' time, rate yourself. One workout missed is minus 5 points. Two workouts missed constitutes minus 10 points. More than two workouts missed is NG. Hang your head in shame! If, as it **SHOULD** be, you miss no workouts during a month, rate yourself **100%**! You're doing fine, and you'll be soon seeing the fruits of your labor!

Now for the hard part:

LEARN TO GIVE YOURSELF A REALLY HARD TIME WHENEVER YOU MISS A WORKOUT. GET CRAZY ABOUT IT. FEEL GUILTY ABOUT IT. START TO HATE YOURSELF. GET A LITTLE CRAZY. BECOME OBSESSED! O B S E S S E D! Now, **MAKE UP FOR THE WORKOUT IN THE FOLLOWING MONTH.** That's right, *make up for your neglect.* This is one sure way to stop being self-neglectful!

Having that objective of that set number of "must do" training sessions, will help to insure that you remain right on target.

WHAT ABOUT MEASUREMENTS?

Much has been written, said and taught about "proper" measurement of the body's muscles. There was a time decades ago, though you might not believe it!, when 16" arms were considered big! And I don't mean forearms, either — I mean upper arms!

Not too long ago 17" and 18" arms were regarded as true "Superman" proportions, and, today, some real fanatics sneer at anything less than a 20" arm.

Personally, I feel that genuinely (i.e. not induced by drug or pump) muscular, 17" or 18" upper arms are about all one can desire in a man under 6' tall. More is just "too much", except for the "BIG" fanatics. Similar measurements - in proportion to the 17-18" arms, would constitute appropriate maximum development throughout the body.

The key thing of importance in considering measurements is to always bear in mind that measurements per se tell **VERY, VERY LITTLE** about a man's physique. What is significant is not what one measures, but **HOW ONE LOOKS**, and the type and degree of **SHAPELINESS** one's physique possesses.

As a hard gainer with small bones you should give up completely, any notions of acquiring 20" arms. Give up, for that matter, the notion of achieving **ANY** really out-size proportions, and

forget about using the tape as an indicator of progress.

Concentrate on development of the body via sensible, basic methods, as discussed in this book. If you do, and if you continually check your appearance, check your posture, and use the opinions of other sincere and knowledgeable people who know you and who will take the time to tell you how you look, you will do fine.

A man with a light skeletal structure who stands 5'9" in height, can look **FANTASTIC** with but modest actual "measurements". On such a person, muscles that are well-developed but relatively "small" (tape-wise) can be super-impressive, if they are properly proportioned to each other.

Without being critical and with no snide intentions, I can tell you flatly that the relatively poor **LOOKING** physiques of many top-flight weight lifters is the result, not of small measurements by any means, but of a **LACK OF GOOD AND PROPER PROPORTION** in their physiques. They have fine shoulders, backs and arms, and, often, great legs. But their too-often over-sized **MID-SECTIONS** completely detract from their appearance as "musclemen".

If you take any top lifters with a generous "middle" and trim five or six inches from his waist, you'll see that he looks pretty much as good as any Mr. Universe anywhere! Why? **BETTER BALANCE AND FINER PROPORTION** of overall development.

A hard gainer simply must understand this: In developing the physique it is not necessary to be huge to be impressive. If you develop muscles that are as large as **YOUR PARTICULAR FRAME CAN PROPERLY CARRY**, and if you develop them **PROPORTIONATE TO EACH OTHER**, while maintaining a trim, hard waist, you will look superb.

Don't become tape-happy. It is hardly a sensible method of judging any aspect of your over-all development.

Whatever your frame can properly carry — whether trim or huge proportions — *that* and *only that* is what you'll look your best at! And that is the goal you should set for yourself.

POUNDAGES

It is always interesting, and often valuable, to determine exactly how much you can lift in any given weight-training movement. However, when I urge poundages upon you as specific "goals", I am not referring to one-rep single-lift poundages, I am referring to **WORKOUT POUNDAGES**. That is, as a hard gainer, sincerely desirous of achieving the maximum development possible to yourself, you should strive to remain within the framework of sensible and

productive set-rep schemes with ever-increasing poundages, until you hit certain poundage GOALS that should assure your ultimate maximum development.

I offer the following general chart to you as a BASIC indication of worthwhile poundages to aim for in your workouts. Consider them as you progress, and always strive to put forth efforts conducive to their eventual achievement.

EXERCISE	SET-REP SCHEME	WEIGHT
Regular curl	3 x 6	60 pounds under bodyweight
Military or Behind-the-neck press	3 x 6	40-45 pounds under bodyweight
Squat	3 x 6-8	Bodyweight plus 50 pounds
Bench press	3 x 6	Bodyweight plus 20 pounds
Bent-rowing	3 x 8	Bodyweight
Dead lift or Stiff-leg dead lift	4 x 6	Bodyweight plus 40-50 pounds

That chart does not, of course, list every exercise, but it does list the basic major exercises, and if you can understand approximately how it works, you can figure out good poundage and set-rep goals to shoot for in all of your other exercises.

Bear the following points especially in mind when you consider the information in the chart and its application to yourself...

***WEIGHTS ARE EVALUATED ACCORDING TO BODYWEIGHT, NO OTHER STANDARD**

***WHERE CERTAIN ALTERATIONS IN THE RECOMMENDED POUNDAGES BECOME NECESSARY, APPLY THESE ALTERATIONS TO SUIT YOUR NEEDS — DO NOT BE TOO RIGID**

***CONSIDER IT ALWAYS OF FIRST-HAND IMPORTANCE TO ACHIEVE POUNDAGE GOALS WHILE USING PERFECT FORM AND STRICT EXERCISE STYLE**

By adhering to the pointers herein given you will be able to stay reasonably goal-oriented and well motivated to achieve practical, realistic objectives in your training. Thus, you will avoid discouragement, keep enthusiasm very high, and progress steadily to a truly worthwhile level of development.

CHAPTER NINE: WHAT PART ISOMETRICS?

In researching all aspects of the hard gainer's problems in order to find the most effective solutions, I discovered that ISOMETRICS - properly employed - can be singularly valuable in stimulating muscular gains, as well as increasing muscular strength.

Isometric exercise is perhaps the very simplest in both theory and application - of all the recognized exercise methods. All it really is is *the application of a full muscular contractile effort against an immovable counterforce for the duration of time required to achieve a breakdown in muscle fiber from the effort expended* — usually about 10-12 seconds.

There have been, ever since the sudden rise of the popular "isometric contraction method" an ever-increasing number of machines, aids, and various appliances to assist in isometric work. These all vary in value, and some undoubtedly, are quite effective adjuncts to physical conditioning programs. However, special appliances and expensive equipment is *not* required for the effective use of isometric exercises.

HOW ISOMETRICS WORK

Isometrics work on a simple principle. Namely, that muscles can be stimulated to grow and that adequate fiber-breakdown can be achieved by one, stationary, extremely hard "tension" or "contraction" in the muscle fibers. As far as tests have been able to show, the theory is basically a sound one. Strength can be enormously increased through the proper use of isometrics, and a degree of muscle size is also attainable from these contraction techniques.

When any muscle is placed under TOTAL tension (which is the objective of any isometric contraction) the result is significant fiber breakdown. Similar in effect to what happens when weights or pulleys or cables are employed.

Question:

Is the isometric contraction method suitable, then, as a replacement for weight training?

Answer:

Most certainly *not!* And one of the greatest myths ever propagated by manufacturers and salesmen of certain isometric exercisers is that these movements can take the place of weight

training. They can't!

The advantage of weight-training is that it combines perfectly, isometric *and* isotonic (movements) exercise into one efficient system of training. With weights it is possible to completely condition the body's muscles, and to produce, without doubt, the largest possible increase in *size*, as well as strength.

Well then, if weights are so superior to isometrics, why bring isometrics into the picture at all? Why not just stick with recommending that weights be used exclusively? The answer to this question is as follows:

While isometric exercises may not be the "best" form of exercise, that certainly does not mean they are totally without merit. They serve three primary functions for the physical culturist . . .

1. As supplementary strength training (often used to help bypass sticking points in heavy training, etc.),
2. As a substitute for weight resistance work when actual heavy weight training equipment is unavailable.
and,
3. As a **MODIFIED GROWTH STIMULUS FOR HARD GAINERS, WHO, AT THE OUTSET OF TRAINING, MIGHT FIND A WEIGHT WORKOUT TOO DEMANDING.**

I leave it to your imagination and to your experience to use isometrics in the above-described first two categories. I shall concern myself here with your use — that is, your possible use — of isometrics in category number 3, above. I feel that this, for the hard gainer, is the most significant.

If you are truly emaciated and exceptionally weak for any reason, ranging from illness to hereditary disadvantage, it might pay you to consider "breaking in" your body with a sensible schedule of calisthenics and isometric contractions, to build strength for the weight work to come.

I have had the privilege of working with some very courageous and strong-willed people who, though they were enormously disadvantaged physically when they began their training, possessed the great spirit and will power to TRY, nevertheless, to improve themselves. To date, I know of no such person who failed, incidentally.

When starting such a person out on a program, I often employ a simple system of isometric contractions rather than weights. This goes on for about a month, and sometimes longer, until at least a minimal level of basic strength is achieved, and upon this minimal level we can start building up even more with weights. The advantage

of isometrics in cases such as this is the fact they they **DO NOT OVERWORK THE BODY OF THE TRAINEE**. There is an absolute *minimum* of recuperative strength depletion, as well, since the isotonic - or cardio-vascular - aspects of physical training, are virtually non-existent.

I offer the following program as a recommended course for the hard gainer to follow, if he feels for whatever reason that weight-training must be postponed until a more suitable time:



Exercise 1:

Stand facing a solid wall. It may be the wall in your room, the side of your house, or any **IMMOVABLE**, fixed wall available to you. Place both palms on the wall at your chest height. Brace yourself well, placing one foot well back for leverage. Now **P U S H!** Try really hard to push that wall down, with every ounce of effort you are capable of exerting. **DO NOT** move your feet, or permit the position of your hands on the wall to change. Do not move your body around, either. Simply, from the braced position you are in, **PUSH THAT WALL DOWN** - or try! - with all your might!

Maintain that **TOTAL, ALL-OUT EFFORT** at pushing down the wall for a ten-second period (slow count to ten) at first. After one week, use twelve seconds, and after two weeks, allow a fifteen-second effort. **DO NOT EXCEED FIFTEEN SECONDS' WORK!** More than this will be too much. Concentrate totally on placing every iota of strength you have into that single, brief contractile effort. Pretend that you are caught in a burning building and that your life depends upon your pushing down the wall! **TRY HARD!**

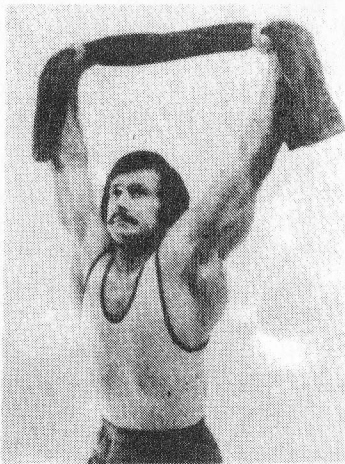


Exercise 2:

This exercise is somewhat similar to exercise 1, however it uses a higher placement of the hands on the wall to work the body from a slight leverage disadvantage, and to offer the muscle fibers a thorough opportunity to be worked well from a somewhat different angle.

Place yourself in the identical position you were instructed to get into for the first exercise (#1) EXCEPT that you now must place your hands on the wall at a position just above your head, instead of at chest height.

Use a 10-second contraction the first week; 12 seconds the second week, and 15 seconds the third week and thereafter.



Exercise 3:

Towel pull, overhead.

In some respects, this exercise resembles a popular cable movement, except, of course, that cable work includes isotonic (movement) exercise, and this one doesn't.

Take an ordinary bath towel (a length of strong rope will do, also) and grasp it securely with both hands about three feet apart, at the ends. Now straighten the arms overhead to full-length, holding the towel firmly and taut, but not too rigidly. In that position, with the arms overhead, P U L L outward - left hand pulling to the left, and right hand pulling to the right, as though you intended to pull the towel apart in the center. PULL HARD! Your whole body should feel the enormous tension if you do this one correctly. It is a dandy!

Use a 10-second contraction the first week; 12 the second; 15 the third and thereafter. Expect sore shoulders for the first few days when you begin this exercise!



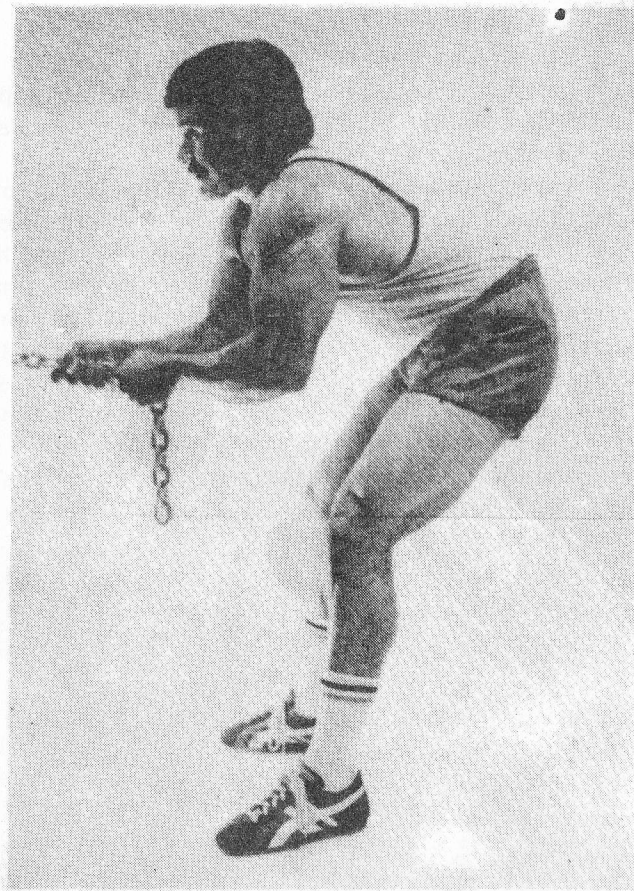
Exercise 4:

Towel pull, at chest level.

Essentially, this is the exact same exercise as the one just described (#3) with one exception: the towel is held in front of the body, at arm's length, and the contraction hits somewhat different fibers in the torso.

Really go all-out on this fine movement and you'll reap good rewards for your efforts.

Use 10 seconds' worth of all-out concentration for the first week. Starting with the second week use 12 seconds. From week #3 on, employ a 15-second all-out contraction in the exercise.

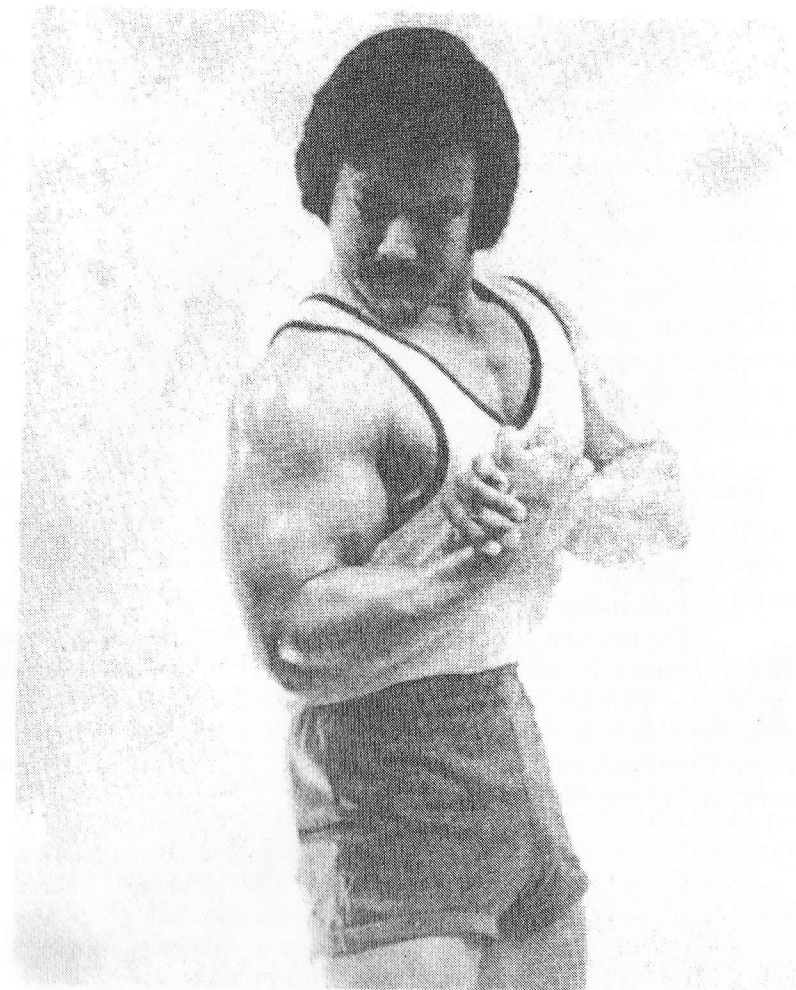


Exercise 5:
Rope haul.

Tie a really strong rope (or attach a chain) to a solid wall or to a Mac truck. Put on a pair of heavy gloves or wrap the free end of the rope or chain with cloth padding. Take hold of the wrapped end. Now brace yourself well facing *away from* the wall. **PULL!** Try with all of your strength to pull the wall down! Don't move your feet, and do not permit body movement to help you stabilize your efforts. Just brace yourself well, and **GO!**

Pull for 10 seconds the first week. Use a 12-second contraction the second week, and then use 15 seconds in week three, and in the weeks thereafter.

The most effective way to hold the rope or chain is over the shoulder.



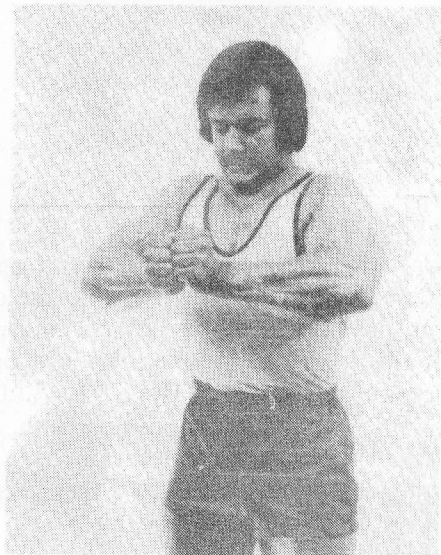
Exercise 6:
Biceps builder.

Bend one arm at a right angle and open the palm. Make a fist of the opposite hand and place it directly into the open palm. Now curl the palm up against the downward pushing resistance of the clenched fist. If this is correctly done there will be strong tension placed in the biceps of the bent arm. **DO NOT ALLOW THE ARMS TO MOVE.** Simply stabilize their position with a very intensive contraction. After 10 seconds, switch to the opposite arm. Stay with a 10 second contraction for the first week, then use 12 seconds the second week, and go on to 15 seconds the third week.



Exercise 7
Pull-apart.

For this fine contraction, simply hook your fingers together directly in front of your chest. Elbows should point directly outwards to the sides. PULL! Don't allow actual movement in the arms of any kind, but restrict intensive effort solely to the pull contraction itself. Use a 10 second contraction the first week, 12 seconds the second week, and 15 seconds the third week.



Exercise 8:

Palm press.

Exactly the reverse of the foregoing exercise (#7). In this one the palms are joined in front of the chest and a steady isometric *push* is done, until 10 seconds' worth of all-out effort has been achieved.

In the second week use 12 seconds for this contraction, and go on to 15 seconds of effort in the third week. Do not use more than 15 seconds' tension.

That wraps up your basic program of isometric work. Even if you have no equipment and essentially no starting strength, you can successfully follow the program given, to good effect. Eighty to one hundred and twenty seconds for a full isometric workout is not so much that it would *deplete* or *exhaust* anybody. Yet, assuredly, it *will* produce results! Try it and see.

Remember that the program should be followed thusly . . .

a. Workout once a day, every day, for FIVE days. Then rest a day. Then continue working once a day, every day for five days. Rest a day, and continue exactly like that for however long you stay on the program.

b. DO NOT do "two sets" of any of the isometrics. Intensive effort for one, all-out set is the best way to get results.

c. DO NOT add other, improvised exercises to the program. This brief course is intended as a break-in strength training program only, for hard gainers who find it impossible or not advisable to start right in on weights. Once the program can be managed with no feeling that one is getting an excessively hard workout, IT IS TIME TO GO ON TO WEIGHTS, not to "add more" isometric exercises!

Naturally, if there is any question in your mind about the possibility of this or any other form of exercise being totally contra-indicated in your present state, you should consult with a medical doctor.

I suggest that two additional ISOTONIC exercises be included in your isometric course. These are complementary and supplementary to the non-movement exercises, and their inclusion will only require an additional few minutes of your time, and a bit more effort from your muscles. The eventual gains you'll receive, however, will make the added work well worth your while. Do SQUATS (freehand, with no weight), and PUSH-UPS, with feet elevated on a high block, hassock or chair.

If you are extremely weak or under-developed, just do whatever you can, even if its only one rep! Better something than nothing!

**CHAPTER TEN:
THE WELL-ROUNDED LIFE TO GO
WITH THE WELL-BUILT BODY!**

Most individuals with determination - regardless of starting condition - will be able easily to manage 25 squats. Hands on hips is the best position when this exercise is done freehand. Push-ups will be rougher, but try to get 15 in good form with the feet raised, as described. At first, do one rep if that's all you can manage.

That all-out isometric workout, followed immediately by squats and push-ups, will, if you **TRY HARD** to follow it with full concentration, get you in good enough shape to commence a weight-training course within five weeks — possibly even less time than that!

For those commencing training in ultra-bad shape, I cannot recommend this break-in course too highly.

... **AND THEN THERE'S A FINE
IMPROVISED ISOMETRIC MACHINE!**

If, and only if (because you'll break it if you're not) you're weak, you can use the inexpensive Doorway Chinning Bar as an improvised isometric rack for dead lifts and squats and overhead presses. Don't throw out money on expensive isometric exercisers unless you know you're serious enough about physical training to keep using these items over the years. If you buy a chinning bar you can use it as an improvised isometric "rack" when you're weak (it will resist a 200 pound all-out contractile effort easily!) and then use it as a regular chinning bar when you get strong.

Now you've got the whole picture! You can use weights and/or isometrics to start and continue building your physique no matter *how* hard a gainer you may be! There's no longer any reason, no longer any excuse, not to get the **GREAT BUILD YOU'VE ALWAYS DREAMED OF HAVING!**

Bodybuilding is a great art. I always hate to hear people speak of it as a "sport" or as a "pastime" because it is really so much more than that — in its pristine form. However, as great as bodybuilding and physical training is, it is not, and must not be permitted to become, the "whole" of one's existence.

Perhaps more for the dedicated "hard gainer" than for anyone else, there is the temptation to give continually - often, to give too much - to one's purpose of achieving a well-built, powerful body.

It is important to realize, if you truly seek to derive the most from what this magnificent Art has to offer, that your life must retain balance and completeness for it to be fully rewarding. The purpose, always remember, for developing super-health, muscles and strength, is to maximize one's all-round ability to enjoy all of the blessings and joys of human existence.

It truly would be foolish to give all of one's time to training, and all of one's thoughts over to "lats", "delts" and "pecs"! For eventually, as one matured, the realization of one's folly would hit one as one came to appreciate the emptiness of every other area of one's life.

If I were asked to summarize and outline, very broadly, the major spheres of human existence, and the fundamental areas that require your full attention for a complete and balanced life, I would indicate them thusly:

1. ONE'S CHOSEN FIELD OF CREATIVE, PRODUCTIVE WORK
2. ONE'S ROMANTIC-SEXUAL CONCERNS
3. ONE'S CLOSE FRIENDSHIPS AND ONE'S MEANINGFUL HUMAN RELATIONSHIPS

I think that those three areas encompass, pretty well, the totality of the Meaningful Human Life.

To some, it may not be so clear how or why bodybuilding and physical training has any tie to such seemingly "unrelated" and "profoundly philosophical" areas of concern. However, I assure you first of all that it indeed **IS** related to these areas, and secondly, that by the **RIGHT APPORTIONMENT** of your time and energy to the **CORRECT METHOD** of bodybuilding, each of those three major and significant areas will be enhanced enormously.

But first of all, whoever you are, be convinced that working out and training is the means to developing one's capacity to enjoy life, *not* an end in itself.

YOUR LIFE'S WORK

There is only one person in this world who is qualified to judge your choice of a career or occupational pursuit: YOU. I say this full well knowing that many parents may be irked by my statements, thinking, as they too often do, that "they know best". They don't. And the more they keep pummeling their offspring with the nonsensical notion that they *do* "know what's best", the more they magnify their offspring's doubt in the fact that, indeed, *he* (the offspring) knows best!

If you are a young man now reading this book, remember this: YOU must choose your life work and YOU are the one who must bear responsibility for its choosing and for your ultimate success or failure in it. I am "telling it to you like it is", speaking straight from the shoulder, in full confidence that, given an honest chance to see the truth, any decent young man will accept and profit from it.

Select your life work using the following criteria only:

- a. Be sure that it is a rational, productive endeavor, one not harming, exploiting or injuring others, and,
- b. Be certain that what you select will provide full opportunity for the expansion of your natural talents and gifts, and for the full, effortful use of your intellectual and spiritual resources.

Beyond those two simple criteria, the choice is, and must be yours. Do not sell yourself short. If you will use your God-given brains to consider what you truly need to do to reap satisfaction in this life, you will quickly find the answer. Pick your calling carefully, for it will be the single most time-consuming and energy-utilizing aspect of your existence.

To your life's work, bodybuilding will add only good. It will provide you with the vigor to work long and hard toward the goals you set. It will give you tremendous energy and build your spirit of "I CAN" to an enormous degree. In whatever you do, it will add the capacity to do it better, harder and longer, and thus to enhance the rewards, both in personal satisfaction and in money.

By all means establish your training as a permanent part of your life. NEVER GIVE IT UP. If you keep your workouts as one of the "absolutes" of your existence, you will always enjoy that existence more.

Have faith in yourself, and maintain an optimistic, cheery attitude - even in the face of adversity, which is inevitable at times for us all.

If you love bodybuilding or physical fitness so much that you want to make *it* your life's work, this is certainly possible. But understand that this involves much more than working out three times a week. It requires very, very intensive study, and it requires a deep desire to explore the human individual in all ways — physically, emotionally/intellectually and spiritually. You cannot work as an instructor of others unless you know what makes them tick, and unless you care about them.

If you want my advice, those of you who are set upon physical training as your life work, I would say:

Study anatomy thoroughly

Make a brief but fairly intensive study of internal medicine

Study psychology and psychiatry - in both its theoretical and practical forms, and from its many varied theoretical bases

In addition to actually working out yourself, participate in an actual SKILL activity so that you are able to *use* your muscles

No doubt many will think that my advice seems a bit exaggerated for a "physical trainer", but it is not by any means. In fact, I'd almost say that what I've indicated is MINIMAL, if you really want to be able to call yourself a "Pro".

Some of your training might be acquired in school, though I honestly must say that I feel the average "physical education" curriculum in colleges and universities is woefully inadequate and a very poor preparation for *actually being* a "Physical Educator" in the strict sense. So, whether or not you study P.T. in school, STUDY HARD ON YOUR OWN. Pride yourself on factual knowledge — not posing ability! Very seriously, if you want to teach others you must make it your fulltime business to know your stuff. Being Mr. America is no indication that you can train someone else to be Mr. America. Nor is it an indication that you can help a young fellow build himself up following a childhood bout with rheumatic fever.

I say all this for those who are interested. For those whose career concerns center about other things, I say this: WHATEVER YOU DO, MAKE SURE THAT IT IS *YOUR CHOICE*, AND MAKE SURE THAT YOU DO IT TO THE BEST OF YOUR ABILITY. Staying in A1 Shape will always be a help to you, and bodybuilding would better remain an important part - but never the totality - of your life!

YOUR ROMANTIC-SEXUAL CONCERNS

If you're still at the mental age where the word "sex" makes you giggle, I'd suggest you grow up. There is nothing comical, dirty, strange or perverse about sex or about sexual/romantic activities. They are perhaps the strongest motivational forces in human existence.

I always urge young people to avoid sexual promiscuity and meaningless sexual encounters. Not, please note, because sex is dirty; but because sex is too good! Don't demean yourself. By all and every means seek sexual fulfillment. If you don't you're sure to end up in a place for lunatics. However, within the bounds of your own capacity to judge, try to find your sexual satisfaction in mutually-gratifying relationships with persons whom you respect, as well as find attractive.

It is not "manly" to bed every female you meet. Indeed, if you actually could do it, you'd more than likely find it a damn waste of time! Women who are promiscuous are not "dirty", they are simply self-defeating. The exact same thing applies to men! If your goal is simply to go to bed with women - and nothing more - you are just making it impossible for yourself to actually become seriously involved with some one woman you can truly love. I'm not saying that sex is for marriage only (I do NOT think it is), and I am not saying, necessarily, that experimenting, within the parameters of reason(!) with a variety of sexual-romantic partners in order to find the right one, is "wrong". I'm saying that sex ought to be important enough to everyone not to be a mere "indulgence", like having a glass of beer with lunch. Pseudo-sophisticates confess an awful lack of actual depth when they mouth the opinion that sex ought to be "like taking a glass of water when you're thirsty." Indeed I sympathize with any woman who, when she makes love to a man, assumes the importance - in his eyes - of nothing more than a glass of water!

All of this is said to try to give you some rational direction in living a fully-balanced life.

Bodybuilding offers much to aid any man in the enjoyment and fulfillment of his sexual-romantic life.

If you maintain excellent physical fitness and a strong, healthy body you will always retain the capacity to be a worthy husband, boyfriend and lover. You can bring more into any romantic relationship when you feel and know that your body is strong and healthy — inside and out! Ask any young woman — even one who "hates muscles" — if she'd prefer her husband to be limber, strong and fit, or she'd rather he be a blubbery, soft, incompetent physical

weak. See what her answer is!

Just as any man in his right mind wants a woman who has a good figure, is vigorous, alive and healthy, so any woman who is truly a woman, wants her man to be strong, healthy and capable. It is not a matter of whether or not one finds "muscles", per se, desirable — it is rather a question of whether or not one values health, strength and the general physical capacity to participate in life.

Whether you are single, married or living with a harem, stay in good shape. Try to bring all that you are capable of being into your romantic life, and you are certain to reap all that your partner is capable of giving. And I mean what I say, mister.

MEANINGFUL HUMAN RELATIONSHIPS

If Will Rogers had known my family he'd doubtless not have made the sweeping statement that "He never met a man he didn't like!" I sure've met plenty of men I couldn't stand! (And women, too!).

Seriously, apart from those people in this world who you'll dislike and have no use for, and those for whom you'll feel neither animosity nor friendship, there will be, I hope for you, a small, select group of close friends. If you don't have these friends, I feel quite sorry for you.

Friendship is crucial, I think, to a fully happy life. I personally do not have many friends, but I cherish dearly those whom I do have, and they are very important to me.

Aristotle said: "A friend is another self". By this I think he meant that in a friend we find a reflection of our own view of life, and we can share a view of existence that is unique to "us".

Just as only a fool squanders his money on things he really doesn't like, so only a fool would squander his time and energy and appreciation on people whom he did not like. **YOUR LIFE IS TOO SHORT TO SPEND IT IN THE COMPANY OF THOSE YOU DO NOT LIKE, AND IN THE PURSUIT OF THAT WHICH YOU DO NOT FIND IMPORTANT TO YOURSELF.**

Choose your friends carefully. Don't worry, the world is a big, big place, and it's always possible to find people, *if* you're receptive to others. Be yourself. Don't compromise your integrity or your efforts merely to "get others to like you". Anyone that requires a basic compromise in you before he (or she) can accept you, is placing too damn high a price on his "friendship". You don't need it! Not on those terms.

In good friends, however, you will find much. You will find that many interests, aspirations, joys, and, perhaps, sometimes even sorrows, can be shared. You will enhance every aspect of your existence.

There is every good chance that as you progress in your training and broaden your interest in bodybuilding you will become acquainted with others who share this interest. That's great! Perhaps, among those others, you will find the possibility of a solid, lasting lifetime friendship. And that's super-great!

Appreciate the people with whom you come into contact daily, and accept them, or reject them, for what they are. But be sure to attach an extra-importance to those select few whom you ultimately decide to call your friends!

The fit, strong man is, and can remain, a better friend to anyone whom he calls his friend, when he is fit, strong and healthy. And good health, a soundly muscular and attractive physique always helps one to enjoy one's time when one is with one's friends!

I hope this final chapter was not a disappointment to you, since nothing was said about the physical side of building you up. If, however, you're "really in this art", I'm sure you appreciate my message!

Train hard and live well. Enjoy your life and do all within your power to see that every day brings you closer to a meaningful goal - until, at last, you have achieved your most ardently sought goals!

-end-