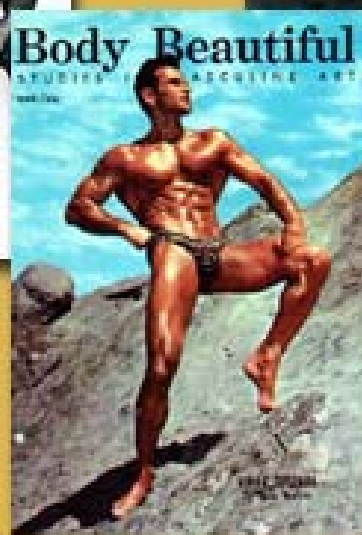
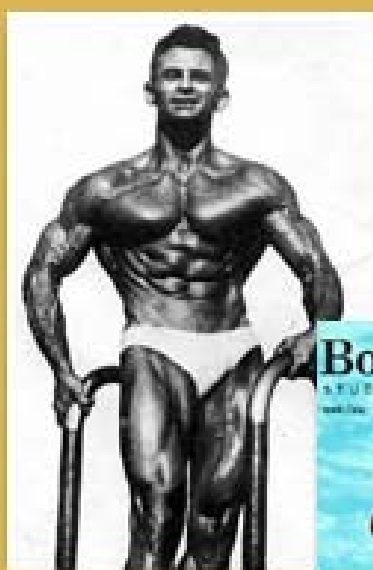


# Vince Gironda

## Legend and Myth



by Alan Palmieri

**Vince Gironda**

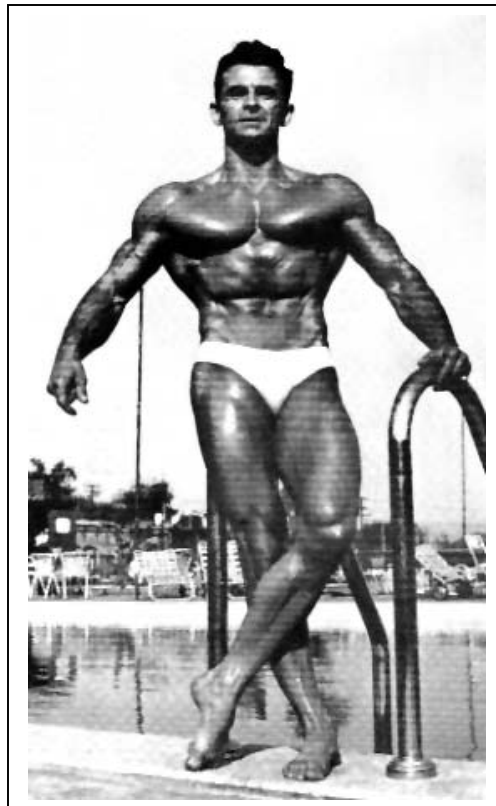
**The  
“Iron Guru”**





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

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



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

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

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

Copyright © 2003 Alan Palmieri. No part of this publication may be copied or reproduced in any form without the approval of the author.

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

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

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

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

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

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

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

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

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

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

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

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

of his concepts are today being exalted as being “New Breakthroughs.” All you have to do is look at the past to see the future.

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

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

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



He preached this at a time when most bodybuilders of that era were working each muscle group three times per week and I was one of them. He was ahead of his time with this concept. Vince instructed me to cut back to only two workouts per muscle group a week. After many years of experience under my belt I can say without reservation I whole heartedly agree with his theory on over training, especially if one is not blessed with superior genetics and recuperative abilities. I have seen more bodybuilders fail to achieve their potential and goals due to over training than any other factor.

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

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

Today the low carbohydrate diet is getting a lot of attention. In fact some, even those in the medical profession, are announcing all the healthy attributes of this new diet. Well I'll be darn! New! Vince spoke of the low carb diet years ago. In fact he wrote about it many times and suggested it for those wanting to lose weight. Talk about being ahead of his time. Although Vince knew all about and advised a calorie restricted diet he

also told me about people that did not respond well to such a program. For these individuals he advised the low carbohydrate diet as a way to lose weight. His theory... It works by restricting carbohydrate intake, thereby causing the body to burn fat for energy. Time has proven him right on the money.

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

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

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

I didn't realize Vince was so anti the squat until we talked one day and I was telling him about a workout I was having a good deal of success adding size to my thighs with. In the middle of my conversation about squatting he said, "Stop right there, squats build your butt and spread the hips." "I don't even have a squat rack in my gym because squats do not add to the flare of the body." Well I just listened and kept my mouth shut, I

sure didn't want him to hang up again. Vince went on to talk about the Sissy Squat, Hack Squat, Front Squats, and doing squats under his homemade press machine. "The body must be leaning backward when doing squats so that the thighs are worked and not the butt."

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

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

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

I can't remember all that Vince told me about nutrition but what I do remember is that he was just as far ahead of his time in this category as he was with his training methods. Boy, he once got on the digestive system kick and all I heard was H.C.L., Hydrochloric Acid and its importance in digestion of foods. He was right and both time and experimenting proved him so. I often wondered what his source for information was. Where did it come from? He could talk with the knowledge of a physician, chemist, and scientist all rolled into one.

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

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

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

Kelp was another subject Vince filled my ear about. He made is sound almost as if it were a wonder drug. Although he was perhaps the most knowledgeable individual I knew of on our sport. He would get rolling on one subject and jump to another, then another and end up talking about what we were discussing at first. One time it might be protein, another time arm training, and still another time kelp. After talking with him I would get all hyped up and ready to roll. Some would say he was not a motivator but I disagree. He could make you put hi-test in your engine.

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

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

Vince was a main source. A lot of people lived by his word. After all, he was working with some of the biggest names in Hollywood, not just bodybuilders. His clients were some of the greatest names in bodybuilding history. Most felt it was more important what he said than what he could prove. Besides, who was going to challenge him? Who would want to listen to his rants and raves? Who could prove him wrong? He was one of the most successful trainers in the history of the sport. He had to know what he was talking about!

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

## **Protein**

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

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

tasted anything as good before or since. Of course today eating raw eggs may not be the best thing to do.

Blair was a chemist as well as several other things. He was the first person I can recall that tested and experimented with different amino acid combinations. Blair developed a unique whey, egg, and milk solid protein which was far more advanced compared to the soy flour products on the market years ago. Once again, you can look back into history for so many great things. I bet you thought whey protein was something that had just been discovered recently!

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

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

## Steak and Eggs

Vince called it the strong man's favorite meal. The amount of meat and the number of eggs pharma steroids one was to eat each day depended on body weight, height, and training. Vince stated it was the best way to keep gaining size and burning all possible fat from the body. They would elevate and sustain blood sugar levels for about a 6 hour period. If you ate steak and eggs only two meals per day were necessary, one meal in the morning and the other meal at night. Force feeding of excessive amounts of protein can and will put you in a Negative Nitrogen Balance, and can cause uric acid retention and kidney, bladder and liver problems. If you are not working out hard enough you will lose your taste for protein.

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

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



## **Train 21 – Rest 7**

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

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

Vince stated that three weeks of concentrated training to be about enough and the point at which most bodybuilders become bored and stale. It is at this point, after three weeks of hard training, Vince found one week of rest to be much better than changing a program because the softening up of muscle tissue allows for renewed energy by storing up of vitality and re-stimulation to muscles for the resumption of training.

Rest is nature’s method of restoring the nerves and whole body. If one robs himself of needed rest and allows his enthusiasm to govern him, then he continues on nerve force which will soon prove detrimental for muscle growth. Muscles over bad nerves soon become weaker under the power of misdirected nerve force. Nerves require more rest than do muscles.

This concept is often rejected by those who are super enthusiastic beginners. You must remember it is not designed for or to be applied by individuals with less than one full year of heavy and regular training. Some will fight against this advice in fear they may lose a fraction of an inch during such a lay-off. Vince said; “suppose they do?” “Is it

not better to rest a week, though one loses a trifle in muscle size, and then very soon afterwards discover that his muscles are bigger and stronger than ever before?” “Or does he feel that it would be better to follow the thoughts that propel him on and on, and drive him without a rest and into that staleness where he will remain a long while and without making further gains?” “What an over enthusiastic bodybuilder needs is patience.”

Vince stated that three weeks was the average length of time, some can actually train hard and heavy for four or five weeks, maybe some for six weeks. It depends on the individual and a lot of variables. I personally believe in this concept as long as the one week lay-off is not used as a time to slowly discontinue training, and this is a real danger for many. They will take the one week off and fail to immediately get back on schedule. The one week lay-off is to be a planned part of your training program just as your exercise routine.

## **15 Sets of 4 Reps**

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

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

### **3 Day Maximum Routine**

This concept allows a complete tissue break down and insures results. Simply take the same workout you are taking now, but work your upper body three days in a row and then switch to legs and work them 3 days. This gives a complete 72 hours rest to the opposite area. Well, what can I say? Yes I tried it. After the second day I felt like a rank beginner. I used it several times as a shock program to get me out of a slump.

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

### **A Muscle Has Four Sides**

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

Vince stated, “All concepts I have advanced over the years have initially met with a certain amount of skepticism, usually because initially they seem too simple to achieve the results desired in the time given. Yet eventually, sometimes twenty-five years later, these concepts are accepted around the world as standard training axioms. I will tell you now what the secret of success really is. Believe that the course I give will work and it will. If you have doubts, and don’t put everything into it, then you will find it won’t work. The following course, A Muscle Has Four Sides, is based upon the fact that

different exercises develop different parts of a given muscle. By doing four exercises, one for each part of the muscle, you will achieve the fastest possible growth. Combine this with proper workout frequency, and correct nutrition that I give you, and the muscle will grow at the fastest possible rate. Doing more will not improve results; in fact if you do the exercises properly you will not be able to do more. I am currently training a Mr. Universe winner with 20 years experience and he tells me that this is the most difficult routine he has ever done.” Vince presented this statement in his introduction to the course.

### **Exercise Style and Performance**

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

### **Exercise Frequency**

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

style and tighter muscular contractions. These are the body parts you will work day by day in the following order.

Day 1 – Back, Chest, Shoulders

Day 2 – Triceps, Biceps, Forearms

Day 3 – Thighs, Calves

Day 4 – Same as day 1

Day 5 – Same as day 2

Day 6 – Same as day 3

Day 7 – Rest

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

### **Day 1:**

#### **Back**

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

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

**Exercise 3. Low Pulley Rowing From Racing Drive Position.** This exercise will give you that long lat sweep. Use the same pulley machine with the pulley 16” off the floor

that you used in exercise 1. From a standing position, bend over and crouch in a racing drive position. The thighs and abdomen must be kept touching throughout the entire movement. Grasp the bar 16” wide and drop your head down between your arms. Pull the bar back to just under the low pec line while at the same time squeezing your shoulders back and down to contract the lats. Keep your elbows out wide throughout the movement.

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

## **Chest**

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

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

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

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

## **Shoulders**

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

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

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

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

## **Day 2:**

### **Triceps**

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

**Exercise 2. Barbell Rollover and Press.** Lie on the same bench with your body in the same position as described in the previous exercise. From this position pull the bar over

close to your face and rest it on your chest. Now rotate your elbows out to the sides and press the bar to arms length over your chest. Try to press downward toward your feet to get a better contraction. Now lower the bar to the starting position and repeat the movement.

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

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

## **Biceps**

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

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

**Exercise 3. Alternate Incline Curls.** Lay back on an incline bench, keep your chin on your chest and knees slightly bent. Curl your left dumbbell first, keeping your elbows



back. As the dumbbell comes up, lean to that side, look at the weight and forcibly contract the bicep when the weight touches the front deltoid. When lowering the left dumbbell, curl the right one using the same techniques.

### **Forearms**

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

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

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

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

## **Day 3**

### **Thighs**

**Exercise 1. Sissy Squat.** Hold a barbell in front of your shoulders in the clean position. Place your heels on a 2”x 4” block 24” apart. Toes must be wider than the heels. The sissy squat is three separate movements each performed for four repetitions. The first is

to bend your knees and lower yourself but keep your body in a straight line between the knees and shoulders. Do not bend at the hip joint. Go down as far as you can and return to the erect position four times. The second part is to sit down on your heels as a starting position, then as you start to rise, drive your hips forward so that your body is in a straight line from knees to shoulders but the knees are still bent. Do not attempt to come to a full standing position when you reach this stage. Sit down on your heels again and repeat four repetitions. The third part is a combination of the first and second part done consecutively. Drop down until you reach the bottom position as you did in part one, then sit on your heels and drive your hips forward until you are in a straight line from knees to shoulder, then stand erect. This is one rep, repeat four times.

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

**Exercise 3. Wide Stance Frog Squat.** Hold the barbell across the front of the shoulders in the clean position. Take a wide stance and point your toes outward as far as possible. Keep your back straight and squat down to a deep position. Do not lean forward when you squat or rise. If your ankles are stiff you may have to use a block under your heels.

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

## **Calves**

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

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

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

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

### **What You Should Eat**

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

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

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

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

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

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

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

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

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

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

## **Pecs**

### **Wide Grip Neck Press**

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

## **Lats**

### **45 Degree Pulley Pull**

1. Keep in mind the action of the lat muscle is to draw the shoulder girdle down and backward.
2. Grasp the handle of the bar and step back until the weight clears the floor. Bend forward from hips until the stomach is resting on your thighs. Knees should be bent about 35 degrees. Drop your head between shoulders and extend arms forward.
3. As you begin to pull the weight back, raise your head and pull shoulders down towards the hips and draw your shoulders back.
4. As the weight is returned to the starting position, scoop downward with the handle, do not let elbows straighten out completely, also keep your elbows turned slightly out to the sides.

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

## **Delts**

### **Barbell Upright Rowing**

1. Grasp a barbell about 15" wide and stand upright with shoulders rounded forward.
2. Bend the knees and rest the bar on your thighs with elbows slightly bent.

3. Pull the bar up to the neck, but be sure not to hunch your shoulder back, if you do you will be working your traps.
4. Lower the bar until it touches your thighs and pull up again. Keep your back rounded and forward with elbows slightly forward.
5. The bar is to be pulled straight up and close to the body. Do not heave backward and use a smooth piston-like-movement.

## **Triceps**

### **2 Dumbbell Pullovers**

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

## **Biceps**

### **Thumb Under Dumbbell Curls**

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

## **Abdominals**

### **Barbell ¼ Roll Up**

1. Lay flat on a bench with your feet on the floor.
2. Take a barbell from the rack and hold it across your front delts with your elbows held high.

3. Roll your head and shoulders forward until your abs are flexed and contract them fully and cramp the muscle forcibly at the top of the movement.

## **Calves**

### **Alternate Calf Heel Raise**

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

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

## **Thighs**

### **Special Squat**

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

1. Hold a barbell on the front delts in a front squat position, elbows high. Better yet would be the use of a Smith Machine or Squat Machine.
2. The bar is placed either on the front delts or across the back if using a Smith Machine or Squat Machine.
3. Elevate your heels on a 2" board and spread them 11 inches apart.
4. Lower the body to a full squat position. IMPORTANT, the hips must be directly under the bar and your back must remain straight throughout the movement.
5. Raise up to a position where the thighs are parallel to the floor. Immediately lower your body back down to the deep squat position.

6. Now raise the body to a  $\frac{3}{4}$  squat position and never completely straighten the legs in the top position. Keep continuous tension on the thighs.

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

## **Abs**

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

“I have discovered that high reps and daily working the abdominals produce a smooth, bloated look, due to excessive hormone loss”, stated Vince. The first thing to correct in working the abdominals is you must step up your workout tempo. Do not rest between sets until your breathing slows down to normal. Push yourself into the next set and you will find that you can do it! But, instead of panting for breath; Hyperventilate. This means to breathe in slowly and very deeply through your nose and out through pursed lips.

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

Today many of the top bodybuilders have taken what Vince preached about, most of them not knowing they have done so, and incorporated his movements, ideas, and methods into their training programs. Certainly they have modified and changed them around to some degree. As strict as Vince was he always allowed for, recognized, and



encouraged individual adjustment to what he taught. He understood individual limitations and the need to either increase or decrease aspects of what he taught. It is almost impossible to write or state something that will apply the same way to everybody and Vince knew this. Some however, have taken his statements and tried to imply Vince intended them to be gospel for everyone in every case and in every situation. I never got that impression from Vince and I don't think he ever tried to give the impression that is what he was trying to do.

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

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

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

probably develop a body that appeals to more people and is more esthetically developed than most that of most bodybuilders.”

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

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

**2. Exercise and exercise routines.** If you are not a natural, you will have to learn a lot more about exercises and exercise routines than many of the champions know. It is interesting to watch beginners trying to find out from some of the bodybuilding champions what their secret exercises are, and what the best exercises are. The truth is most of today’s bodybuilding champions know very little more than beginners, because their bodies developed from basic exercises, and they never had to learn more, because some did not have to use special techniques to overcome certain problems.

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

this diet, as being unhealthy, unbalanced, etc., and a diet high in natural carbohydrate medium protein and low in fats is more in vogue. Vince had no problem letting the critics know that he was an athletic nutritionist; he advocated a diet designed based on the idea, what you should eat is what you need to eat to get the results you want.

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

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

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

### **1. Philosophy**

Dwelling on the subject of training all day causes endocrine tension, which can upset the chemical balance of your nervous system. This form of tension can be absolutely destructive to the muscle building process and hinder formation of new tissue. For the growth process to function to its optimum level, all of your glandular processes must operate with maximum efficiency. Worry and anxiety over constantly dwelling on your workouts can prevent the free flow of endocrine secretions which is necessary for the rebuilding of nervous energy force. Remember, nerve force is essential for rebuilding tissue. When you begin your workout you are to concentrate on your training, the minute you finish your workout the training session is over, "turn it off." Over-enthusiasm is one of the bodybuilder's worst enemies. Tranquility is the first rule of good health. You cannot fail to make gains if you see yourself as you wish to be. There are only one or two

good exercises for each muscle. The rest of the exercises are only variations. Any interruptions during a training session can ruin a workout by dissipating nervous energy. All great champions have the ability of complete concentration which allows them to use their nerve energy force to its maximum.

## **2. Tranquility.**

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

## **3. Workout Tempo.**

Two people using the same routine, the same number of sets and reps, same weights, and only one of them is great. Which one? The one with workout tempo! Workout tempo is; the time wise evenly spacing of sets, without distractions and complete concentration on when to pick up the next weight and do the next set. Champions instinctively use this tempo when working out; while others are walking around the gym between sets, gossip with their buddies, or look at a magazine, or just sit down and rest. Distraction to a champion is disastrous. It results in a loss of energy and pump. If you are distracted during your workout you might as well stop and rest an hour or so and then take up where you left off. Complete singleness of purpose is the key to concentration. Each workout is progressively different than the last one, and this simply means that more muscle tension is used and tighter contractions are employed. This results in greater satisfaction with each workout. When you reach this level of accomplishment in training, you may confuse this elated state of feeling with the need to do more work. Beware! This is where you could make your biggest mistake by taking on more work and over-working.

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

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

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

Champions obviously possess something others do not. Even though they may do the same routine set for set, rep for rep, they do not obtain the benefits of champions. Vince often stated that he had observed champions train in a manner he did not approve, but they received results that were phenomenal. What is it that they possess? What do they do different? They are using mental suggestion, mind control! You can actually produce the desired condition by picturing in your mind what you wish to manifest. Picture in your mind a clear image of the muscle or area of the body you wish to develop and hold the image throughout the performance of the set. The technique of mental suggestion is what all physical culture writers are trying to explain when they throw the term, “concentration” out to you. The subconscious believes any thought you perceive and stores it. It accepts everything that is spoken by you or someone else if you accept it as truth. But it must be repeated again and again until the subconscious accepts it as truth. Then it will produce the condition pictured in your mind. Whether or not a champion is aware of it, this is why they are champions, they have this ability. They are convinced of a successful outcome. This awareness is more important than any steroid, drug, diet plan, supplement, or exercise routine ever conceived.

Vince, often asked by others for the secrets of and the reason for champions would provide the information you have just read. As complex as it all might seem at

first, upon revisiting it carefully, you will see it is direct and simple. It is accurate and has stood the test of time, which in the end, is the real method of determining what is truth.

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

## **Best Exercises**

I am often asked questions about Vince by both beginners, who have heard of him either through reading older publications or from stories they have heard, and from older more experienced bodybuilders who knew of his reputation and over the years read many of the articles he either authored or had written about him. More times than not they would get around to asking what exercise Vince might suggest for developing a certain body part, “what is the best exercise for the pecs, back, biceps, etc?”

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

are in my opinion the best I have found to date, and any others are only substitutes and variations.”

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

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

#### **Wide Pec Dips**

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

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

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

## **Exercise Number 2: Lats**

### **Lat Pulls**

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

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

## **Exercise Number 3: Triceps**

### **Triceps Rope Pull**

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



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

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

##### **Barbell Curl**

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

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

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

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

## **Exercise Number 5: Delts**

### **Deltoid Lateral Raise**

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

Standing, take two dumbbells and hold them in front of your hips with the palms facing each other. The plates of the dumbbells should be touching. From this position raise out to the sides with the elbows unlocked and slightly bent. Travel upwards until the bells have reached the level of the top of your head. The palms are down and knuckles are in the up position. Never let the front of the bells raise higher than the back. It is important you keep the front of the bells lower than the back when you reach the upper position. Do not let the bells swing back and keep them slightly in front of the body at all times.

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

## **Exercise Number 6: Thighs**

### **Thigh Squat**

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

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

front of the body. In the top position your knees should remain bent and your hips out in front of your shoulders and your shoulders over your heels.

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

### **Exercise Number 7: Calf**

#### **Calf Raise**

For this movement, it will be assumed you have access to a standing calf machine. If you do not you can use a belt and chain and hang a dumbbell between your knees. Place the ball of your feet and toes on a block 3” tall. Feet are to be placed parallel, 4 inches apart. Keep your knees slightly bent throughout the movement. As you rise up on your toes, bring your heels together and place the full load of the weight on your big toe and the toe next to it. Contract forcefully and lower all the way down for a full stretch.

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

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

#### **Frog Sit Ups**

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

There you have what Vince has called the best exercises for the major muscle groups. With the advancement and introduction of all the many new pieces of equipment in recent years it is only natural for one to think of how Vince would react. Would he change his opinion of the exercises mentioned above? Would he promote them as he has so many of the other movements? We will never know. It's my personal feeling that Vince would stick to his guns and continue to advocate those movements as still the best. I say this because you can look at each one and break it down to its most basic element and see for yourself that all other movements are a reflection of the ones he promoted as the best. Besides, look what a controversy he could cause by remaining different.

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

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

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

or had made as the bodybuilders hammer and chisel. He was the sculpture and he could produce a masterpiece.

## **Preacher Stand**

How could anyone write about the exercises Vince prescribed without mentioning the Preacher Bench which later became known as the Scott Bench. In the 60's Vince was perhaps one of only a couple of gyms that had such a device. Not used and obscure throughout the country, it was a very important part of equipment at Vince's. The demand for the bench skyrocketed with the publicity and exposure of Larry Scott, which also saw a name change from Preacher Bench to Scott Bench due to Scott's tremendous arm development and articles on his training methods utilizing the bench.

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



The difference is immediately visible. It is unlike what you will find in gyms across the country. Vince credits the Easton brothers for developing the bench, he for popularizing it and Larry Scott for giving it worldwide attention. (It is said that Vince first got his start at the Easton Brothers Gym). It along with so many other unusual pieces of equipment could be found in his gym. There is no doubt Scott favored the bench, using it regularly and achieved fantastic results from its use. For the bench to be called the Scott Bench is not disrespect toward Vince as both men gained additional fame because of it.

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

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

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

The reason anyone takes up bodybuilding is their quest for more muscle. Some aspire to become bodybuilding champions, some want only to shape up, and others still for the gratification bodybuilding offers. Whatever the reason, building muscle is of paramount importance. Vince knew how to do it and how to teach it but what were the views Vince had regarding muscle development? Take the following to heart; it is another secret from the master.

## **Chins**

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

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

## **Developing Muscle**

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

Vince stated the maximum amount of sets that can be performed to create a maximum pump to a muscle is 12 sets. Anything above or beyond this is overwork and causes the muscle to contract and lose its blood supply. This is not theory but fact. He claimed and I also agree, even top bodybuilders are effected by over work. It is the major fault of advanced bodybuilders as well as beginners.

Maximum pump in every workout does not build tissue. It only keeps it pumped up and bloated, but you cannot grow on this much work. Maximum pump workouts should not be employed more often than one week. It takes 72 hours to rebuild tissue after this type of workout. There is a fine line between enough work and too much work. A maximum pump routine is best performed using a weight that is about 60% of your maximum. Overenthusiastic workouts produce bloated muscle tissue but no gains.

Top bodybuilding stars take maximum workouts every workout. But they work each muscle only twice a week. Even with their superior metabolism, they still need 72 hours to recuperate. Workouts tear down tissue, rest builds it.

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

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

1. Its function.
2. Its anatomy.
3. The physiological function.



4. The proper tempo at which you must work the muscle.
5. The selection of the right amount of weight to be used.
6. How many sets and reps need to be performed to stimulate the muscle to the maximum and not overwork it.
7. The selection of the right exercise to place the stress on the aspect of the muscle you need or wish to develop.

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

### **Common Bodybuilding Errors**

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

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

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

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

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

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

A constructive meal plan, based upon the non-mixed meal, is a product of sound physiology and is in no way connected with any form of good faddism. The indiscriminate mixing of basic food elements, carbohydrates and protein, predisposes a faulty digestion of either carbohydrate or protein. These findings have never been disproved; in fact, they have been improved upon by subsequent research. Each food not

only excites a specific gland or glands to produce digestive juices, but also influences the rate, duration, and total quantity of the juice flow.

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

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

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

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

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

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

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

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

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

4. Do not combine concentrated protein with milk.

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

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

## **Diet and Supplements**

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

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

Breakfast: 2 oz. Half & Half

2 eggs or whatever you can tolerate

1 Tablespoon Milk and Egg Protein

1 oz. Amino Acids

Mix the contents together in a blender

Supplements to be taken with this drink

3 Hydrochloric Acid Tablets

3 – 4 Enzyme Tablets  
1 R.N.A Tablet  
1 Organic Iron Tablet  
3 Tri-Germ Oil Capsules  
3 Vio-Gamic B-15 Pangamate Acid – Calcium

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

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

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

Before

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

Between

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

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

Vince had many diets for many different purposes. As you can see from this one, some of the dietary suggestions are now thought to be unhealthy. You have to remember that this diet was for a serious bodybuilder and not the average man on the street. The supplements may also be something strange to readers. Supplement advancement has made great strides over the years and some products may not be available and other substitutes may even perform better. In the back of this book I provide you with contact information for Ron Kosloff of NSP Research Nutrition. Ron was a very close friend of Vince's and he still sells some of the original supplements Vince used and sold.

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

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

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

### **Three Day Detoxification Plan**

This plan is composed of non-concentrated carbohydrates. It enables you to eat all you want and provides a sense of satisfaction you can never get from a hi protein diet. Vince reported he used this diet on excessively obese people who could not lose weight on any hi protein diet without a single failure. This diet provides a cleansing and detoxifying action from the roughage consumed. It also produces a detoxifying action by eliminating animal tissue proteins. The diet plan consists of as many fertile eggs as you can comfortably digest, mixed in certified ½ and ½ milk and cream for breakfast. Mix the eggs with the half and half using a fork. Using a blender of any kind breaks down the fat to minute suspension and the body is unable to digest it. The main body of this diet is the raw mixed green salad made with the following ingredients.

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

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

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

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

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

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

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

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

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

## **Anabolic Steroids**

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



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

The following information which I've gathered from copious amounts of data should clarify once and for all my stand on the subject. To begin with anabolic steroids is a category belonging to a series of drugs called hormonoids which are simply, synthetic reproductions of substances the body produces in varying degrees to maintain normal body functioning. Besides the anabolic steroids, which I deal with exclusively in this article, the list of hormonoids includes:

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

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

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

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

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

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

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

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

Every muscle is composed of fibers. The number of fibers varies according to the particular muscle as well as varying from one individual to another for a specific

muscle. Muscle fibers of the upper arm of one man may be 40,000 while the calf of the same man may contain as many fibers as 1,120,000. Yet still another person may have only 946,000 fibers in the calf muscle.

Because heredity controls the number of muscle fibers an individual was born with, neither exercise nor anything else can alter it. The number of muscle fibers present in each muscle controls the size to which that muscle can grow. This fact was proven by scientists as far back as 1897. However, the muscle fibers themselves can grow in diameter width. This indicates that any muscle can be developed and or increased in size.

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

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

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

One school of thought insists that if you place enough stress on a given muscle, the muscle will develop maximum symmetry. This concept is erroneous as my

findings have shown me. If it were true, we would need no diversified equipment such as the Preacher Bench for low biceps and Brachialis Anticus development or bent over barbell curls for high peak bicep and Coraco Brachialis development for instance. Nor would we need incline barbell and dumbbell work for high pecs or parallel dips and or decline bench work with weights or pulleys for the low pec.

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

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

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

Now, for the first time, I began to show real muscularity and gains. The men who judged physique contests at this time were puzzled by so much muscularity. Quotes from physique magazines stated I didn't place higher in whatever contest because of too much muscularity! They thought this kind of cut-up physique was slightly repugnant so I

lost most muscular titles to smoother men who had the type of definition of that day. The type the judges were accustomed to accepting. But the attitude of the times has changed.

To sum up what I'm trying to explain, choose an exercise that will develop the weakest portion of each of your body parts and do one exercise only, 6 sets of 6 reps to 8 sets of 8 reps and see how fast you can get it done. Speed in a workout is your best form of progressive resistance. Use the best isolation type form possible because cheating methods bring in other muscles to assist in performance of the movement and destroys the isolation principle you should be striving for here.

## **Joe Weider**

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

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

"I don't know whether it has occurred to gym owners, bodybuilders, or almost everyone involved directly or indirectly in the business of bodybuilding, how much they owe Joe Weider." Vince said. "If it weren't for Weider I might not have been known outside of the North Hollywood area." Vince praised Weider for the quality of his magazines and what he did to advance bodybuilding throughout the world. Joe and Ben

Weider have done so much to advance bodybuilding to the prominent level it enjoys today. It would be hard to imagine the sport without their influence.

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

If you are not making gains on your present routine, simplify it by cutting down to one exercise per muscle, cut back your sets and reps and start using better form. Notice he did not say cut down on weight. Just use slower movements and do every set as if it were the last set you could do.

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

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

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

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

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

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

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

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

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

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

Bodybuilding is at least 85% nutrition.

Minimum rest between sets is an absolute must.

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

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

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

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

His popularly acclaimed courses sometimes fail to paint the whole picture for the reader. Very often you would have more questions after reading his material than before you started. I don't believe Vince intended it to be this way. I think it was more of him being such a genius that he often forgot everyone was not on his level. Things he might take for granted and not fully explain, often resulted in confusion and more questions. Writing often does leave out details necessary for complete understanding, not intentionally but it does happen. You will undoubtedly discover words and supplements you may not have encountered before. You may even see some words that appear to be spelled incorrectly. Almost all came from Vince's mouth and hand. Remember, when he wrote and spoke these things times were far less sophisticated than they are today. Even the spelling of some medical terms has changed over the years.

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

Bodybuilding is still one of the greatest sports and activities around, barring none. But I feel something is missing. Oh, I know one can't live in the past and I am informed on a regular basis that the 60's, when I was so active in bodybuilding, the "Golden Era" is a time long ago and things have changed and advanced. That's true but



something has been lost in the advancement. For all the great things that have come about, many things of perhaps even greater value have been lost and all but forgotten. The names of Dave Draper, Harold Poole, Frank Zane, Chuck Sipes, Don Howorth, Reg Park, Larry Scott, Bill Pearl, Freddy Ortiz, Sergio Oliva, Arnold Schwarzenegger, Joe Weider, Ben Weider, Joe Gold, Vince Gironda, and many others will always be associated with bodybuilding and their names will always draw comments of respect for what they have done for bodybuilding. These were men of the 60's. They are still recognized as being some of the best bodybuilding ever had. Many of the names I just mentioned as well as thousands of others were influenced by techniques, methods, and principles promoted by Vince Gironda, so was he right in what he spoke, taught, and wrote?

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

## About The Author

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

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

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

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

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

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

Vince Gironda  
The  
“Iron Guru”





Wide Grip Neck Press



45 Degree Pulley Pull



Barbell Upright Rowing



2 Dumbbell Pullovers



Thumb Under Dumbbell Curls



Barbell 1/4 Roll Up



Alternate Calf Heel Raise



Special Squat



Incorrect Chin



Correct Chin

Exercises demonstrated by:  
Scott Winstead